

SINDH MENTAL HEALTH AUTHORITY



<https://www.smha.sindh.gov.pk>



ISSUE No. 7

APRIL 2023 - JUNE 2023

Mental Health for All



SMHA Organized Roundtable Conference on "Impact of Social Media on Mental Health"

Dr. Sohail Ahmed Rajput, Chief Secretary Sindh was the Chief Guest of Roundtable Conference



Special Report on Page 28

Courtesy: Syed Wasif Ali





Sindh Mental Health
Authority

Sindh Mental Health Authority

Mental Health for All



Issue No. 7

April 2023 - June 2023

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MENTAL HEALTH AWARENESS

Senator Dr. Karim Ahmed Khuwaja
Chairman Sindh Mental Health Authority



Mental Health Awareness is the key to all Mental Health related problems. Post COVID19 and then Floods 2022 wreak havoc on mental health of too many Pakistanis. Statistics tell us that every fifth person living in this country, including children and adolescents, suffers from a psychological disorder; more than 75pc of them receive no treatment. That bleak scenario has become yet more grim on account of the pandemic-related challenges that have tested everyone's emotional resilience. Depression, anxiety and stress are increasing among everyone. Amid the exceptional circumstances wrought by the pandemic from 2020 onward, that isolation

was further deepened.

Sindh Mental Health Authority is systematically addressing the shortcomings in the Mental Health sector. We need a holistic and practical approach that brings mental healthcare to the vast population.

Sindh Mental Health Authority is scaling up quality mental health services and expanding network of services with the help of INGOs, different health institutions, universities, hospitals and private clinics run by the civil society organizations.

SMHA hope that the Sir Cowasjee Institute to be upgraded as the "Sir Cowasjee Jehangir Institute of Psychiatry and Behavioral Sciences" to a full-fledged

university. SMHA efforts proved successful and Sindh Government has realised it as of time to do so. Honorable Murad Ali Shah, CM Sindh announced that, "This would be the first university of psychiatry and behavioral sciences in Asia,". I hope that Sir Cowasjee Institute will get university status in future ahead.

SMHA organized Mental Health Camp in Umerkot, Sindh (Read details of camp in special report pages), where Specialists/ Doctors from different Universities, Medical Colleges, and other Institutions treated around 1000 patients & distributed free medicines. People took great interest in



camp. SMHA organized training of health staff at Hyderabad, Thatta, Sujawal and other districts in Sindh. Health Department, PPHI, SCJI and others supported for conducting the training. SMHA is providing technical guidance through different resources, working on different community mobilization approaches, and serving masses at remote rural, rural, semi urban and urban areas of Sindh. SMHA organized a round-table seminar on "Effects of social media on mental health". Seminar was attended by experts, dignitaries and members of civil society organizations.



SMHA in the field of mental health has been well recognized by different International and National institutions and Civil Society Organizations. The Tony Buzan Academy and World Brain Trust awarded Gold Medal to the Chairman SMHA, Senator Dr Karim Ahmed Khawaja, for the acknowledgement and appreciation for his services to the Mental Health Services in the Province of Sindh and Pakistan. Honorable Dr. Suhail Ahmed Rajput, Chief Secretary of Sindh, Madam Tanzila Ume Habiba, Qambrani Special Assistant to Chief Minister on I.T and Meritorious Prof. Dr. Iqbal Afridi give this prestigious award on behalf of Datu Prof. Dr. Ahmed Ali Khan, Dean, Tony Buzan Academy (UK London) to the Chairman SMHA. Tony Buzan Academy is the world renowned organization and pioneer in the field of Mind Mapping Technology.

SMHA helplines are continuously providing guidance and services to mental health patients. Helplines are supporting for the prevention of suicide & awareness and prevention of mental illnesses. The SMHA has initiated different research studies, developed various survey forms and conducted surveys during the reporting period. All activities of SMHA are being regularly update and monitored by the SMHA team. Now all SMHA activities can be viewed at SMHA website, Facebook, Twitter and Youtube Channel.

I hope our continuous efforts in Mental Health will further benefit communities.

CONDOLENCE MESSAGE

The Board of Directors of the Sindh Mental Health Authority deeply grief over sad demise of Mother of Senator Dr Karim Ahmed Khuwaja, Honorable Chairman SMHA. We

pray eternal peace for departed soul and patience for family to bear this untimely and irreparable loss.

Condolence Message from Bilawal Bhutto Zardadri, Chairman PPP

چیئر مین بلاول بھٹو زرداری کا پیپلز ڈاکٹر فورم کے مرکزی صدر ڈاکٹر کریم خواجہ سے تعزیت کا اظہار۔ پی پی پی چیئر مین کا ڈاکٹر کریم خواجہ سے ان کی والدہ کی رحلت پر افسوس و دلی ہمدردی کا اظہار۔
آپ کے غم میں برابر کا شریک ہوں: بلاول بھٹو زرداری کا تعزیتی پیغام
چیئر مین بلاول بھٹو زرداری نے مرحومہ کے لیے جنت الفردوس اور سوگوار خاندان کے لیے صبر جمیل کی دعا کی ہے۔

Condolence Message from Asif Ali Zardadri, Ex-President of Pakistan

سابق صدر آصف علی زرداری کا سینیئر کریم خواجہ کی والدہ کے انتقال پر اظہار افسوس۔ آصف علی زرداری کا سینیئر کریم خواجہ سے ان کی والدہ کے انتقال پر اظہار تعزیت۔
والدہ کا انتقال اولاد کیلئے بہت بڑا صدمہ ہوتا ہے، آصف علی زرداری
آصف علی زرداری کی سینیئر کریم خواجہ کی والدہ کی مغفرت اور بلند درجات کیلئے دعا۔

Syed Murad Ali Shah, Honorable Chief Minister of Sindh condole with Dr. Karim Ahmed Khawaja, Chairman SMHA on sad

demise of his beloved mother. CM prayed for eternal peace of departed soul.

CONDOLENCE MESSAGE

Dr. Sohail Ahmed Rajput, Chief Secretary Sindh visited Senator Dr. Karim Khuwaja's houses for condolence on sad demise of his beloved mother. Dr. Karim Khuwaja, Chairman

Sindh Mental Health Authority, Prof Dr. Amin Khuwaja, Dr. Ramzan Khuwaja, Engr. Mumtaz Khuwaja & Engr. Dara Ali Khuwaja present were during condolence visit.



CONDOLENCE MESSAGE

SMHA express deep grief and sorrow on sad demise of mother of Dr Karim Ahmed Khuwaja, Chairman Sindh Mental Health Authority. Dr's mother has been buried in his native graveyard at Tando Muhammad Khan, Sindh. Peoples from different walk of life condoled with Senator Dr Karim Ahmed Khuwaja and his younger brothers Mr. Ramzan Khuwaja, Dr. Amin Khuwaja, Mr. Mumtaz Khuwaja and his son Mr. Dara Ali Khuwaja.

Mr. Nadir Khawaja, Ex-Advisor CM Sindh, Director FIA Mr. Sultan Khawaja, Dr. Babar Jamali, Dr. Suresh Kumar, Ex-Secretary Health, Dr. Maqbool Memon, Ex-DHO Malir, Dr. Razzaq Shaikh, Dr. Zafar Mehdi, Secretary SMHA, Mr. Aftab Memon, Director SMHA, Mr. Saleemudin Memon, Director SMHA, Mr. Naval Wasvani, Mr. M. Irshad, Accountant SMHA and others participated in the Dua e Magfirat.



PROUD MOMENT OF SMHA SENATOR DR. KARIM AHMED KHAWAJA CHAIRMAN SMHA HONORED

Senator Dr. Karim Ahmad Khawaja, Chairman SMHA awarded with prestigious the Tony Buzan Academy and World Brain Trust awards for his contributions to the Mental Health Services in the Province of Sindh and Pakistan. Chief Secretary Sindh Dr. Suhail Ahmed Rajput, Special Assistant of Chief Minister on I.T Madam Tanzila Ume Habiba Qambrani and Meritorious Prof. Dr. Iqbal Afridi give this prestigious award on behalf of Datu Prof. Dr. Ahmed Ali Khan, Dean, Tony Buzan Academy (UK London) to Senator Dr. Karim Ahmed Khawaja.

Tony Buzan Academy is the world renowned organization and pioneer in the field of Mind Mapping. Tony Buzan Academy is manned by world stars in Brain Sciences and Mind Mapping Technology. Brain Trust is building the world's first and largest user-owned professional network and job marketplace. Brain Trust aims to help the world's talent realize all of their potential, with access to high-paying jobs.



FUND RAISING EVENT BY CHILDREN OF ADAM (COA), ORGANIZATION

The Children of Adam, NGO conducted Fund Raising Event for the establishment of the Neuro Psychiatric Hospital, event was held at Chief Minister House, Karachi. Syed Murad Ali Shah, honorable Chief Minister Sindh was the Chief Guest. Senator Dr Karim Ahmed Khawaja, Chairman Sindh Mental Health Authority, Dr. Syed Tariq Ibrahim, Trustee and President CoA, Mr. Muhammad Ismail Rahoo, Minister of University and Boards, Barrister Murtaza Wahab, Mayor & Law Minister, Mr. Gianchand Essrani, Minister for Minorities Affairs, Mufti Muhammad Farhan, Chairperson CoA, Dr. Ayesha Mian, Mr. Mushtaq Kassim Chhapra, Industrialist, Mr. Jawwad, M.D Zafa Pharmaceutical, on this occasion Mr. Shahzad Sadan, CEO CoA, Mr. Tanveer Shaikh, CEO

HANDS, Ms. Zareen Qureshi, CoA, Dr. Aisha Sinober Chachar, Civil Society, Social Activists, Business Community, Media persons and activists participated in the event.

Murad Ali Shah, Chief Minister Sindh in his speech express full support to the cause of specialized Neuropsychiatric care within the Community. He said that Government of Sindh is taking different initiatives in Health Sector & Sindh Government is also working on upgrading of Sir Cowasjee Jahangir Institute (SCJI) of Psychiatry as University. SCJI will be the first university in field of Psychology in Asia. CM gave shield to Senator Dr Karim Ahmed Khawaja, Chairman SMHA and recognized his services in field of Mental Health in Sindh.



MEETING WITH WORLD BANK TEAM

Sindh Mental Health Authority and World Bank team conducted a coordination meeting at SMHA office. Senator Dr. Karim Ahmed Khawaja, Chairman, Sindh Mental Health Authority, Mr. Ahsan Tehsin, Task Team Lead (TTL), Sindh Flood Emergency Rehabilitation Project (SFERP), World Bank, Ms. Mishka Zaman, Senior Social Development Specialist, World Bank (participated online), Ms. Farah Yamin Khan, Consultant SFERP, World Bank,

Dr. Syed Zafar Mehdi, Secretary SMHA, Dr. Suresh Kumar, Ex-Secretary Health, Dr. Ali Gul Metlo, Dr. Mussrat Jabeen, Member SMHA and Ms. Laila Ranjani, candidate of PhD in International Development, School of Social and Political Science, University of Edinburg, Scotland, participated in the meeting. SMHA & WB team agreed to support initiatives in the field of Mental Health.



MEETING WITH WB CONSULTANTS

A delegation of World Bank, Mr. Babar Naseer and Mr. Naseer Memon, consultant Climate Change, Disaster Management, Livelihoods, conducted a coordination meeting with Senator Dr. Karim Ahmed Khawaja, Chairman, Sindh Mental Health Authority.

Team deliberated on issues of Mental Health in Sindh. Team agreed to coordinate with SMHA for future initiatives in Sindh. Mr Ghulam Muhammad Khan Jakhriani, Ex-MNA and Chairman District Kandhkot @ Kashmore & Dr Syed Zafar Mehdi also join the meeting.



PUBLIC HEALTH SYMPOSIUM POST FLOOD 2022

Shaheed Zulfiqar Ali Bhutto Institute of Science & Technology (SZABIST) organized 1st Public Health Symposium "Health Systems Performance and Lessons Learned, 2022 Floods" held at SZABIST. Dr Shehnaz Wazir Ali, President SZABIST, attended seminar. Senator Dr. Karim Ahmed Khawaja, Chairman, Sindh Mental Health Authority participated as Guest Speaker. Dr. Irshad Ahmed Memon, D.G

Health Sindh, Dr. Sara Zubair Salman, Provincial Head (Sindh) WHO, Dr. Zaib Dahar, Senior Technical Advisor, Pathfinder, Dr. Talib Lashari, Technical Advisor, PWD, Govt. of Sindh and Dr. Syed Aziz ur Rab, CEO, Green Star Marketing, Dr. Batool Fatima, Students of SZABIST and Civil Society Organizations also participated in seminar.



MEETING ABOUT PUNJAB MENTAL HEALTH AUTHORITY

Senator Dr. Karim Ahmed Khawaja, Chairman, Sindh Mental Health Authority conducted a meeting with Prof. Dr. Ali Hashmi, Lahore about "Punjab Mental Health Authority - Formation & Issues". In this meeting, Meritorious Prof. Dr. Iqbal Afridi, Meritorious Prof. Dr. Raza ur Rehman, Hamdard University, Dr. Ajmal Mughal, Senior Psychiatrist and others attended the meeting.



ROUNDTABLE CONFERENCE ON THE “IMPACT OF SOCIAL MEDIA ON MENTAL HEALTH”

The Sindh Mental Health Authority conducted successfully Roundtable discussion on the topic "Internet, Social Media's Effects on Mental Health". Dr. Suhail Ahmed Rajput, Chief Secretary Sindh was the Chief Guest. Ms Tanzila Umi Habiba Qambrani, Special Assistant to Chief Minister Sindh for Information, Science and Technology Deptt presided over sessions. Senator Dr. Karim Ahmed Khawaja, Chairman Sindh Mental Health Authority welcome to the Chief Guest. Speakers from different institutions presented research on topic. Justice (R) Arshad Noor, SHRC, Dr. Ahson Qavi Siddiqui, CEO, Sindh Healthcare Commission, Prof. Dr. Iqbal Afridi, Ms. Leela Kalplana Devi, Additional Advocate General Sindh, Mr. M. Nasir Khan, DIG (Prison), Prof. Dr. Amin Khawaja, Representative of World Bank, NBP, HBL, Meezan Bank, Sindh Bank, Allied Bank, Prof. Riaz Ahmed Shaikh, SZABIST, Dr. Syed Zafar Mehdi, Secretary SMHA, Dr. Suresh Kumar, Dr. Ali Wasif, Dr. Ajmal Mughal, Associate Prof. Dr. Chooni Lal, JPMC, Dr. Washdev, DUHS, Dr. Suresh M.S SCJIP&BS Hyd, Prof. Ilyas Siddiqui LUMHS, Mr. Saleemuddin Memon, Director SMHA, Mr. Aftab Memon, Director SMHA, Mr. Fayyaz Shaikh, Thar Foundation, Dr. Gulzar, Dr. Abdul Samad, Dr. Muzamil Hyder, Ms. Leela Ranjani, Ms. Fareeha Kanwal, Dr. Fariha Iqbal, Media Persons, Social Activists also participated in the seminar.



TRAINING OF FEMALE PRISON STAFF

Sindh Mental Health Authority conducted training of female prison staff on "Mental Health". Training held for Female Prison Staff and Juvenile Prison Staff at Central Jail Karachi, on 13th June, 2023. This is first time training of female staff at Prison has been conducted. Training was conducted for female staff to understand, improve skills to identify, manage and refer the Psychiatric Patients to Psychiatrists and Psychologists. Madam Sheeba Shah, Deputy Inspector General of Police (Prison Women) welcome to all participants. Senator Dr. Karim Ahmed Khawaja, Chairman Sindh Mental Health Authority gave opening remarks and briefed about the issues of mental health of people in the Prison and how to

address them. Meritorious Prof. Iqbal Afridi, Assistant Prof. Dr. Washdev, Incharge Deptt. of Psychiatry, Dow University, Dr. Ajmal Mughal, Senior Psychiatrist, Adv. Kazi Mubashar Aijaz, Justice Project Pakistan, Madam Musarrat Jabeen, Member SMHA, Dr. Sobia Aftab, ICP and Ms. Fareeha Kanwal, Behria University delivered lectures / presentations to the more than 50 male and female and Juvenile Prison staff. Dr. Syed Zafar Mehdi, Secretary SMHA, Mr. Mushtaq Abu Bakar, Superintendent Women Prison, Ms. Humera Qayyum, Assistant Superintendent, Women Prison, Dr. Muzamil Hyder, Psychiatrist at Govt. Hospital Lyari, Mr. Majid Khan and others were also participated in the training sessions.



IMPORTANCE OF ETHICAL PRINCIPLES IN MENTAL HEALTH

The British Asian Trust in collaboration with Pakistan Mental Health Coalition (PMHC) conducted a training session on the "Importance of Ethical Principles for Mental Health Professionals, Stakeholder Session", held on May 24th, 2023 at P.C Hotel Karachi. Senator Dr. Karim Ahmed Khawaja, Chairman, Sindh Mental Health Authority participated as Guest speaker. Ms. Kamyla Marvi Tapal,

Director Pakistan, British Asian Trust (BAT), Mr. Iqbal Ahmed Detho, Chairperson, Sindh Human Rights Commission, Prof. Naim Siddiqui, Prof. Uzma Ali, ICP, Prof. Kiran, Dr. Pehlaj, M.S SCJIP&BS, Ms. Zainab Bhutto, Behria University, Dr. Syed Zafar Mehdi, Dr. Rubina Kidwai, Dr. Rajesh Kumar, Dr. Aisha Sanober, Dr. Sobia, Ms. Sanaa Ahmed, Ms. Adina Alam and others participated.



MENTAL HEALTH AWARENESS SEMINAR

The Sohail Trust Hospital and Sohail University conducted Mental Health Awareness Sessions & Panel Discussion at at Sohail Trust Hospital, Korangi Karachi. Senator Dr. Karim Ahmed Khawaja, Chairman, Sindh Mental Health Authority participated as Guest Speaker, other speakers were Prof. Tariq Sohail, Chairman S.M Sohail Trust, Prof. Dr. Iqbal

Afridi, Prof. Dr. Naim Siddiqui, Prof. Dr. Shehla Alvi, Prof. M. Ishaq Ghouri, Dr. Vinesh Kumar, Dr. Monika Kumari, Dr. Rabia Humayun. All participants focused discussion on mental health issues and response from different organizations. Doctors, Faculty Members, Media Persons, students participated in awareness seminar.



MEETING WITH JUSTICE PROJECT

Senator Dr. Karim Ahmed Khawaja, Chairman, Sindh Mental Health Authority conducted a meeting with Advocate Kazi Mubashir Aijaz, Justice Project Pakistan (JPP) about signing of MoU btw SMHA & JPP. Dr.

Syed Zafar Mehdi, Secretary SMHA also participated. It was decided that JPP & SMHA will give follow up to decisions taken in the meeting. SMHA & JPP team agreed to sign MoU.



AWARD CEREMONY HELD @ MOHAMMAD ALI JINNAH UNIVERSITY

Muhammad Ali Jinnah University celebrated excellence "Annual Merit Awards Ceremony 2023" held at Karachi University Campus on Saturday, June 3rd, 2023. Senator Dr. Karim Ahmed Khawaja, Chairman, Sindh Mental Health Authority participated as Guest of Honor in the Ceremony. Dr sahib spoke on

mental health issues and priorities of SMHA. Dr. Zubair Ahmed Shaikh, President, Muhammad Ali Jinnah University welcomed the participants. Dr. Ghulam Mustafa Suhag, M.D, STEVTA, Govt. of Sindh, BoG's Members, faculty members, Students and media persons participated.



SMHA-IOM ORGANIZED PSYCHIATRIC CAMP IN UMERKOT

The Sindh Mental Health Authority (SMHA), in collaboration with the International Organization for Migration-UN (IOM), conducted a groundbreaking psychiatric camp in Umerkot, Sindh on Sunday, June 4th, 2023. Camp was inaugurated by Honorable Rana Hamir Singh, MPA Sindh @ Umerkot. The main purpose of camp was to address the pressing mental health challenges faced by the community. A team of senior doctors, Associate Prof. Dr. Jawed Dars, Dr. Lakesh Khatri, Dr. Suneeta Amrat, FCPS Neurologist, Dr. Bharat Kumar, Dr. Parveen Channar, Dr. Kheenpal Das, Dr. Saima Qureshi, Dr. Rajesh SCJIP&BS, Dr. Shahryar Qambrani SCJIP&BS, Dr. Beenish IOM, Dr. Bushra IOM, Dr. Huma Agha, CWMO of dedicated healthcare professionals, consisting of psychologists, psychiatrists, neuro-physicians, and children health physicians, attended to 800 individuals, including men, women and children. These experts provided comprehensive mental health assessments and treatment recommendations, ensuring that each individual received the personalized care they required. IOM-UN supported the initiative. Essential medicines, generously donated by the IOM-UN were distributed. In the Medical Camp Senator Dr. Karim Ahmed Khawaja, Chairman Sindh Mental Health Authority welcome to the Rana Hamir Singh, Mr. M. B



Dharejo, D.C Umerkot and others District Administration Officers, Chairman SMHA also thanks to the Mr. Shafique Mahesar, Commissioner Mirpurkhas, Mr. M.B. Dharejo, D.C Umerkot, Dr. Fareed Ahmed, DHO Umerkot and Dr. Muhammad Ali Nohri, M.S Civil Hospital Umerkot, media and civil society for the support, other participants were i.e. Dr. Syed Zafar Mehdi, Secretary SMHA, Ms. Laila Ranjani, PhD in International Development and Candidate, School of Social and Political Science, University of Edinburgh, Scotland, Dr. Prem Malhi, Mr. Majid Khan, Mr. Nadeem IOM and others.



IOM DONATED MEDICINES FOR CAMP AT UMERKOT

A follow up meeting held with the International Organization for Migration (IOM), INGO regarding Medicines requirement for psychiatric camp to be organized on June 4th, 2023 for the people of District Umerkot. Senator Dr. Karim Ahmed Khawaja, Chairman,

Sindh Mental Health Authority, Dr. Syed Zafar Mehdi, Secretary SMHA, Dr. Binish Nawaz, MPSS, IOM, Eng. Zahid Lashari, Ms. Zoia Qureshi, IOM and Mr. Nadeem Ahmed, Social Mobilizer, IOM participated in the follow up meeting.



TRAINING COURSE FOR FAMILY PHYSICIANS

A meeting about training course on mental health issues, held at SMHA office. Senator Dr. Karim Ahmed Khawaja, Chairman, Sindh Mental Health Authority convene the meeting. Training Course is about mental health issues for family physicians, Health Department and PPHI Doctors of Seven (07) Districts of Karachi Division. Participants of meeting also discussed training about Mental Health for staff of Women Prisoners at central jail Karachi. Meritorious Prof. Dr. Iqbal Afridi, Prof. Dr. Shagufta Shahzadi, Chairperson, Department

of Special Education, KoU, Associate Prof. Dr. Chooni Lal, Head of Psychiatry Deptt. JPMC, Dr. Washdev, Incharge Deptt. of Psychiatry, Dow University, Dr. Ajmal Mughal, Senior Psychiatrist, Dr. Syed Zafar Mehdi, Secretary SMHA, Associate Prof. Dr. Javed Dars, Associate Prof. Dr. Hina Imran, ICP, Dr. Aisha Sanobar Chachar, Synape Pakistan Neuroscience Institute, Dr. Wamiq Ali, Synape Child Psychiatrist and Dr. Sana Siddiqui, Consultant Psychiatrist were participated in the meeting.



SMHA CONDUCTED TRAINING ON MENTAL HEALTH @ SUJAWAL

Sindh Mental Health Authority conducted a Mental Health Training of Health Professionals of District Sujawal on May 31st, 2023 at M&E Hall District Health Office Sujawal. Training was about identification, management and referral cases of the Psychiatric Patients to Psychiatrists and Psychologists. Associate Prof. Dr. Chooni Lal, Head of Psychiatry Deptt. JPMC, Dr. Kheenpal Das, Assistant Prof. Dow University of Health Sciences, Dr. Illayas, Assistant Prof. DUHS, and Dr. Alya, Consultant Psychiatrist, JPMC

delivered lectures / presentations. About 50 plus doctors, nurses and other staff participated in training. Dr. Ahmed Ali Samoo, District Health Officer, Sujawal, Dr. Syed Zafar Mehdi, Secretary SMHA, Dr. Anwar Ahmed, ADHO Sujawal, Dr. Usman, Medical Superintendent, Civil Hospital Sujawal, Mr. Saleem uddin Memon, Director SMHA and others also participated in the Training Session. SMHA also distributed information pack amongst training participants.



SMHA CONDUCTED TRAINING SESSION AT SIR COWASJEE INSTITUTE @ HYDERABAD SINDH

SMHA organized a training on Mental Health for the Health Professionals of District Hyderabad. Training sessions were conducted at Sir Cowasjee Jahangir Institute of Psychiatry and Behavioral Sciences, Hyderabad. Dr. Summera Channa, Dr. Kazi Humayun, Dr. Muhammad Raza and Dr. Sidra Rehman delivered lectures / presentations to more than 80 Doctors and Lady Health Workers participants. Senator Dr. Karim Ahmed Khawaja, Chairman, Sindh Mental Health Authority, Dr. Syed Zafar

Mehdi, Secretary SMHA, Dr. Pehlaj, Medical Superintendent, SCJIP&BS, Hyderabad, Mr. Saleem uddin Memon, Director SMHA, Mr. Fayyaz Shaikh, Thar Foundation, Dr. Rajesh Kumar, Dr. Prem Malhi and others participated. Senator Dr. Karim Ahmed Khawaja also share his experience about "how Doctors can improve their skills to identify, manage and refer the Psychiatric Patients to Psychiatrists and Psychologists".



SEMINAR ON “PSYCHOANALYSIS AND INTERPRETATION OF DREAMS”

The Department of Psychiatry and Behavioral Sciences, JPMC, Karachi in collaboration with Pakistan Association for Mental Health (PAMH) organized a seminar on "Psychoanalysis and Interpretation of Dreams", held on May, 25th 2023. Dr. Muzaffar Husain, consultant forensic psychiatrist and psychoanalyst from NHS, London, UK was the keynote speaker. He highlighted the relevance and importance of psychoanalysis in this modern era of medical science, psychological defense mechanisms, myths and misconceptions about

interpretation of dreams. Senator Dr. Karim Ahmed Khawaja, Chairman Sindh Mental Health Authority participated as Chief Guest and Dr. Syed Ali Wasif, President PAMH participated as Guest of Honour. Associate Prof. Dr. Chooni Lal, Head of Psychiatry Deptt. welcome to the participants. Prof. Majid Ali Abidi, Dr. Naeem Siddiqui, Dr. Washdev, Incharge Dow University, Dr. Ajmal Mughal, postgraduate trainees and house officers also participated in seminar.



MEETING WITH CONSULTANT FORENSIC PSYCHIATRIST

Dr. Muzaffar Hussain, Consultant Forensic Psychiatrist and Psychoanalyst today courtesy visit of Sindh Mental Health Authority office, conducted a meeting with Senator Dr. Karim Ahmed Khawaja, Chairman, Sindh Mental Health Authority. Dr. Ali Wasif, President, PMHA also attended the meeting. Participants of meeting discussed issues and responses related to mental health.



MEETING WITH INTERNATIONAL MEDICAL CORPS (IMC-INGO)

SMHA & IMC team conducted a meeting about Mental Health Issues and future of INGO interventions in Sindh. Senator Dr. Karim Ahmed Khawaja, Chairman, Sindh Mental Health Authority, Ms Georgia Karontzon, Advisor, Mental Health & Psychosocial Support (MHPSS), International Medical Corps, Mr. Rafiullah Khalil, Manager MHPSS, IMC, Dr.

Syed Zafar Mehdi, Secretary SMHA, Ms. Laila Rajani, PhD in International Development and Candidate, School of Social and Political Science, University of Edinburgh, Scotland and Mr. Aijaz Khuwaja, IMC Provincial Head, attended the meeting. SMHA & IMC team agreed to work together in future.



CELEBRATION OF MOTHER'S DAY @ WOMEN PRISON, CENTRAL JAIL KHI

Suhail Rana Art Production celebrated Mother's Day for Prison Women, at Central Jail, Karachi. Senator Dr. Karim Ahmed Khawaja, Chairman Sindh Mental Health Authority attended as Chief Guest. Ms Sheeba Shah, Deputy Inspector General of Police (Prison Women) welcome to the Chief Guest and all participants. Mr. Mushtaq Mattu, President PPP Minority Wing Karachi, Mr. Suhail Rana, Chairman, Suhail Rana Art Production, Dr. Ali Wasif, President PMHA, Mr. Mushtaq Abu Bakar, Superintendent Women Prison, Ms. Humera Qayyum, Assistant Superintendent, Women Prison, Dr. Syed Zafar Mehdi, Secretary SMHA, Mr. Humayun Usman, MQM, Ms. Roma

Mushtaq, V.C (PPP Youth Wing), Dr. Maqbool Memon, Ex-DHO Malir, Dr. M. Bux Dahani, Dr. Ayoub Baloch, Dr. Ajmal Mughal, Ms. Sakina Zafar, V.C Suhail Rana Art Production, Mr. Rauf Lala (Comedian Actor), Mr. Arshad Mehmood (Singer), Ms. Ghorri Abbass (Singer), Mr. Ali Raza (ARY host), Mr. Razzaq Tagar, SMHA, Mr. Majid Khan Solangi, SMHA, Mr. Mushtaq Ali, SMHA, Mr. Shahzada Khan, SMHA, Doctors, Civil Society, Media persons, Actors, Singers, Social Activists and others were participated in the program. 60 women prisoners along with children also attended program. Speakers stressed the need to address the rights of female prisoners, especially mothers.



TELE PSYCHIATRY SERVICES HAVE BEEN LAUNCHED AT ISLAMKOT, DISTRICT THARPARKAR

Sindh Mental Health Authority, Thar Foundation and Health Department, SCJIP&BS, DUHS, LUMHS signed a Memorandum of Understanding regarding "Tele Health Services about Mental Health". Signing ceremony held at Islamkot on 10th February, 2023. Tele Psychiatry Services have been launched on May 14th, 2023, at Islamkot, District Tharparkar. Senator Dr. Karim Ahmed Khawaja, Chairman, Sindh Mental Health Authority and MNA Dr. Mahesh Kumar Malani, Federal State Minister for Health launched Tele Services.

Representatives of SMHA, Thar Foundation

and Health Deptt. GoS participated in the Ceremony. Dr. Harchand, DHO Tharparkar, Mr. Farhan Ansari, General Manager, Thar Foundation, Dr. Syed Zafar Mehdi, Secretary SMHA, Dr. Pahlag Mal, M.S, SCJIP&BS, Mr. Fayyaz Shaikh, Thar Foundation, Mr. Susheel Malani, Dr. Rajesh, SCJIP&BS, Dr. Ashok, Thar Foundation, Mr. Junaid Ansari, Media Manager, Thar Foundation, Mr. Karan Sharma, Doctors, Para medical Staff, Lady Health Workers, Media persons, Civil Society and attended the launching ceremony. Tele health services about mental health issues is need of the area.



PSYCHIATRIST TRAINING SESSION AT THATTA

Sindh Mental Health Authority conducted a Psychiatric Training Session with the collaboration of Medical Emergency Resilience Foundation (MERF) and District Health Office, Thatta for Medical Officers and Women Medical Officers of District Thatta, held on Thursday, 11th May, 2023, at Auditorium Hall of Government Poly Technic Institute Makli, Thatta. Associate Prof. Dr. Chooni Lal, Head of Psychiatry Deptt. JPMC, Dr. Susheel, Dr. Waqim, Dr. Ilayas and Dr. Alya delivered

lectures / presentations. About 90 plus Doctors attended training session. Senator Dr. Karim Ahmed Khawaja, Chairman, Sindh Mental Health Authority, Dr. Wahid Bux Soomro, Ex-Minister Health, Dr. Safdar Shah, DHO, Thatta, Mr. Adam Malik, Regional Manager, MERF, Dr. Syed Zafar Mehdi, Secretary SMHA, Ms. Laila Ranjani, BHU, RHC and Health Professionals of District Thatta participated in the Training Session. SMHA team distributed booklets on Psychiatric issues.



SEMINAR ON MENTAL HEALTH ACT 2013

Sindh Mental Health Authority conducted first awareness Seminar on Mental Health Act 2013 at Sheraton Hotel Karachi on 24th February 2018. Senator Dr. Karim Ahmed Khawaja, Chairman SMHA, Prof. Haroon Ahmed, Prof. Iqbal Afridi, Prof. Raza ur Rehman, Prof. Dr. M. Naim Siddiqui, Prof. Suhail, (Brig) Dr. Shoaib Ahmed, Prof. Moin Ansari, Dr. Muzaffar Hussain, Prof. Qudsia

Tariq, Dr. Suresh Kumar, Ex-Secretary Health, Prof. Farah Iqbal, Prof. Ayesha Sarwat, Dr. Ajmal Mughal, Dr. Suhail Sehto, Dr. Rubeena Kidwai, Dr. Jameel Junejo, Dr. Javed Dars, Dr. Aijaz Khanzada, Adv. Zia Awan, Dr. Ayoub Shaikh, Mr. Hameed Bhutto, Journalist and people from different Civil Society Organizations also participated.



PROVINCIAL TRIPARTITE CONSULTATION

The National Commission for Justice and Peace conducted a Provincial Tri-Party Consultation with Political parties, Civil Society Organizations and Media persons regarding “Minorities Rights & Manifestos of the Political Parties”. Consultation sessions were held at the PC Hotel Karachi. Senator Dr. Karim Ahmed Khawaja Chairman, Sindh Mental Health Authority, Mr. Naveed Anthoni, PPP MPA, Ms. Leela Kalpana Devi, Additional Advocate

General Sindh, Mr. Iqbal Ahmed Detho, Chairman, Sindh Human Rights Commission, Mr. Naeem Yousaf Gill, Executive Director, National Commission for Justice & Peace, Prof. Riaz Ahmed Sheikh, SZABIST, Mr. Sharoon Sharif, NCJP, Mr. Zeeshan Babar, NCJP, Civil Society, Media persons and others participated in the consulting sessions. NCJP also inaugurate Analytical Study on 2018 Manifestoes for Religious Minorities.



RESEARCH ON MENTAL HEALTH ISSUES IN THARPARKAR

District Tharparkar is arid region of Sindh. People are facing Mental Health problems due to poverty and related issues. Ms. Laila Rajani, is candidate of PhD in International Development, School of Social and Political Science, University of Edinburgh, Scotland met with Senator Dr. Karim Ahmed Khawaja, Chairman, Sindh

Mental Health Authority. She discussed her research interest in Mental Health issues in District Tharparkar. Dr. Ayoub Baloch and Mr. Kishore Kumar also attended discussion held at SMHA office. SMHA agreed to provide full support to Ms Laila for her research on Mental Health issues.



FOLLOW UP MEETING WITH SOCIAL WELFARE DEPARTMENT

A Follow up meeting under the Chairmanship of Senator Dr. Karim Ahmed Khawaja, Chairman Sindh Mental Health Authority, held with the Social Welfare Deptt. Govt. of Sindh. Dr. Suresh Kumar, Ex-Secretary

Health, Dr. Syed Zafar Ali Mehdi, Secretary SMHA, Dr. Khalida Tanveer, Ex-FUUAST, Dr. Tooba Farooqi, FUUAST, Dr. Ambreen Sehto, LUMHS also participated in the meeting.



FOLLOW UP MEETING ABOUT OLD AGE PEOPLE

Follow up meeting to be held on 10th April, 2023 regarding Researches on Geriatric (old age) people at Committee Room of Agriculture Department, Govt. of Sindh, Karachi, in the meeting Senator Dr. Karim Ahmed Khawaja, Chairman Sindh Mental Health Authority, Dr. Shereen Mustafa, Secretary, Social Welfare Department, Dr. Tanveer Ahmed, CEO HANDS, Dr. Suresh

Kumar, Ex-Secretary Health, Dr. Ali Gul Metlo, Sindhi Association of Europe, Dr. Syed Zafar Ali Mehdi, Secretary SMHA, Ms. Samina Vertejee, Lecturer Aga Khan University, Dr. Khalida Tanveer, Ex-FUUAST, Dr. Tooba Farooqi, FUUAST, Dr. Ambreen Sahito, Associate Professor LUMHS, Ms. Rubina Jaffri, HANDS, Dr. A. Shakoor, HANDS, Mr. Parkash, HANDS and others were participated in the meeting.



MEETING WITH WORLD BANK TEAM

Dr. Seema Ahmed, Trauma and Psychosocial wellbeing DRM, World Bank conducted a meeting with Senator Dr. Karim Ahmed Khawaja, Chairman Sindh Mental Health Authority regarding mental health issues of Sindh Province. Dr. Syed Zafar Mehdi,

Secretary SMHA, Mr. Zahid Hussain Lashari and Dr. Zulfiqar Lakhair, AMS Deeplo participated in the meeting. Chairman SMHA briefed WB team about the Mental Health Issues, activities of SMHA and WB team agreed to work together in future ahead.



PROUD MOMENTS FOR SMHA

Dr Karim Ahmed Khawaja, Chairman Sindh Mental health Authority, honored with prestigious Tony Buzan Academy Award

Senator Dr. Karim Ahmad Khawaja, Chairman Sindh Mental Health Authority has been awarded prestigious Tony Buzan Academy and World Brain Trust awards for his great continuous contributions to the Mental Health Services in Province of Sindh and Pakistan. Chief Secretary Sindh Dr. Suhail Ahmed Rajput, Special Assistant of Chief Minister on I.T Madam Tanzila Ume Habiba Qambrani and Meritorious Prof. Dr. Iqbal Afridi gave this prestigious award on behalf of Datu Prof. Dr. Ahmed Ali Khan, Dean, Tony Buzan Academy (UK London) to Senator Dr. Karim Ahmed Khawaja.

Tony Buzan Academy is the world renowned organization and pioneer in the field of Mind Mapping. Tony Buzan Academy is manned by world stars in Brain Sciences and Mind Mapping Technology. Brain Trust is building World's first and largest user-owned professional network and job marketplace. Brain Trust aims to help the world's talent realize all potential, with access to high-paying jobs.

Dr. Karim Ahmed Khawaja is the founding Chairman of the Sindh Mental Health Authority. SMHA's strong foundation has been laid down under his able guidance and dedicated services for mental healthcare in Sindh.

Dr. Khawaja, is also serving on several boards of the healthcare institutions and social organizations. Some of organizations are SCJIP, LUMHS, SZABIST, Dr. Qadeer Khan Institute of Behavioral Sciences, Sindhi Adabi Board, President, People's Doctors Forum, Pakistan. Many important legislation/bills regarding mental health and overall public health delivery have been passed by the Senate and National Assembly (out of 12 bills, 5 bills have been passed in Senate and 3 bills passed in both houses). Sir Cowasjee Institute of Psychiatry bill of Mental Health University, Pakistan's first University in Mental Health has been passed by the Sindh cabinet due to great dedicated efforts of Dr Karim Ahmed Khawaja.

Dr. Khawaja is also author of several books, reports, researches and articles on diverse subjects. He is regularly contributing as commentator on current affairs, history and social subjects on electronic and social media. SMHA is proud of Dr sahib's efforts and congratulate him on receiving of a prestigious awards.



IMPACT OF SOCIAL MEDIA ON MENTAL HEALTH

Sindh Mental Health Authority conducted a round-table discussion on "Internet, Social Media's Effects on Mental Health", held at local hotel. Honorable Dr Suhail Rajput, Chief Secretary of Sindh, grace the event as Chief Guest. Ms Tanzila Umi Habiba Qambrani, Special Assistant to Chief Minister Sindh for Information, Science and Technology Department presided the round-table. Senator

Samreen Hussain, Vice Chancellor Dawood University of Engineering & Technology, Mr. Shehzad Aslam Khan, WHO, Mr. Zaeem Ahmed, FIA and Mr. Amin Hashwani, CEO of Charter for Compassion Pakistan spoke in seminar. . The main points of the round-table discussion were the impact of social media on mental health, negative influence and examining both individual and mass-level



Dr. Karim Ahmed Khawaja, Chairman Sindh Mental Health Authority welcome to the Chief Guest and all participants. Dr Karim stressed the need of responsible use of social media.

A diverse group of individuals, including renowned Psychiatrists: Dr. Ayesha Mian, Dr. Jawed Akbar Dars, Dr. Ayesha Sanobar, Dr. Fawad Suleman, Psychologists Prof. Zainab Bhutto, Community Health Specialist Prof. Fauziah Rabbani, political activists, and other key Stakeholders, social activists participated in a thought-provoking round table discussion. Dr

impacts on society. The round table identified major challenges arising from different social media platforms and proposed strategies to combat challenges.

Justice (R) Arshad Noor, SHRC, Dr. Ahson Qavi Siddiqui, CEO, Sindh Healthcare Commission, Prof. Dr. Iqbal Afridi, Ms. Leela Kalplana Devi, Additional Advocate General Sindh, Mr. M. Nasir Khan, DIG (Prison), Prof. Dr. Amin Khawaja, Representative of World Bank, NBP, HBL, Meezan Bank, Sindh Bank, Allied Bank, Prof. Riaz Ahmed Shaikh,



SZABIST, Dr. Syed Zafar Mehdi, Secretary SMHA, Dr. Suresh Kumar, Dr. Ali Wasif, Dr. Ajmal Mughal, Associate Prof. Dr. Chooni Lal, JPMC, Dr. Washdev, DUHS, Dr. Suresh M.S SCJIP&BS Hyd, Prof. Illyas Siddiqui LUMHS, Mr. Saleemuddin Memon, Director SMHA, Mr Aijaz Ali Khuwaja, Consultant, Mr. Aftab Memon, Director SMHA, Mr. Fayyaz Shaikh, Thar Foundation, Dr. Gulzar, Dr. Abdul Samad, Dr. Muzamil Hyder, Ms. Leela Ranjani, Ms. Fareeha Kanwal, Dr. Fariha Iqbal, Media Persons, Social Activists and CSOs participated.

Chief Secretary Sindh, Dr. Muhammad Sohail Rajput acknowledged the efforts of Senator Dr Karim Ahmed Khawaja, Chairman

SMHA for organizing such a thought provoking and knowledgeable discussion on current issue. Experts suggested development of rules and regulations related to safe and responsible use of social media, without compromising on freedom of speech. Furthermore, the round table participants expressed their commitment to continuing the dialogue and taking collective action to prioritize mental health in the digital era, fostering collaboration among all stakeholders and create a healthier online environment that nurtures well-being and supports individuals in digital interactions.



SMHA-IOM ORGANIZED PSYCHIATRIC CAMP IN UMERKOT

The Sindh Mental Health Authority (SMHA), in collaboration with the International Organization for Migration-UN (IOM), conducted a groundbreaking psychiatric camp in Umerkot, Sindh on Sunday, June 4th, 2023. Camp was inaugurated by Mr Rana Hamir Singh, MPA Sindh @ Umerkot. The main purpose of camp was to address the pressing

assessments and treatment recommendations, ensuring that each individual received the personalized care they required. IOM-UN supported the initiative. Essential medicines, generously donated by the IOM-UN were distributed. Medicines were distributed to the patients based on individual prescriptions, helping to alleviate their symptoms and



mental health challenges faced by the community. A team of senior doctors, Associate Prof. Dr. Jawed Dars, Dr. Lakesh Khatri, Dr. Bharat Kumar, Dr. Parveen Channar, Dr. Kheenpal Das, Dr. Saima Qureshi, Dr. Rajesh SCJIP&BS, Dr. Shahryar Qambrani SCJIP&BS, Dr. Beenish IOM, Dr. Bushra IOM, Dr. Huma Agha, CWMO of dedicated healthcare professionals, consisting of psychologists, psychiatrists, neurophysicians, and children health physicians, attended to 800 individuals, including men, women and children. These experts provided comprehensive mental health

improve their overall well-being.

The Mental Health experts team observed that generalized anxiety, depression, postpartum depression, self harm, conversion, somatic symptoms and Neuropsychological disorders were prevalent among the camp attendees, with a few cases requiring specialized attention for psychosis and addiction. Following the successful conclusion of the camp, local district health officials hosted a special ceremony to honor the collaboration between SMHA, the IOM-UN and the dedicated healthcare professionals. This



psychiatric camp was undoubtedly a significant step towards addressing mental health challenges in the region, camp participants also underscored the need for further interventions and support. SMHA and its partners remain committed to working together to devise sustainable solutions that will empower the community and ensure the provision of vital mental health services.

Senator Dr. Karim Ahmed Khawaja, Chairman Sindh Mental Health Authority welcome to Mr Rana Hamir Singh, Mr. M. B Dharejo, D.C Umerkot and others District

Administration Officers, Chairman SMHA also thanks to the Mr. Shafique Mahesar, Commissioner Mirpurkhas, Mr. M.B. Dharejo, D.C Umerkot, Dr. Fareed Ahmed, DHO Umerkot and Dr. Muhammad Ali Nohri, M.S Civil Hospital Umerkot, media and civil society. Dr. Syed Zafar Mehdi, Secretary SMHA, Ms. Laila Ranjani, PhD student/ researcher in International Developmen, School of Social and Political Science, University of Edinburgh, Scotland, Dr. Prem Malhi, Mr. Majid Khan, Mr. Nadeem IOM and others attended camp.

SEMINAR ON “PSYCHOANALYSIS AND INTERPRETATION OF DREAMS”

The Department of Psychiatry and Behavioral Sciences, JPMC, Karachi in collaboration with Pakistan Association for Mental Health (PAMH) organized a seminar on "Psychoanalysis and Interpretation of Dreams", held on May, 25th 2023. Dr. Muzaffar Husain, consultant forensic psychiatrist and psychoanalyst from NHS, London, UK was the keynote speaker. He highlighted the relevance and importance of psychoanalysis in this modern era of medical science, psychological defense mechanisms, myths and misconceptions about interpretation of dreams. Senator Dr. Karim Ahmed Khawaja, Chairman Sindh Mental Health Authority participated as Chief Guest and Dr. Syed Ali Wasif, President PAMH participated as Guest of Honour. Associate Prof. Dr. Chooni Lal, Head of Psychiatry Deptt. welcome to the participants. Prof. Majid Ali Abidi, Dr. Naeem Siddiqui, Dr. Washdev, Incharge Dow University, Dr. Ajmal Mughal, postgraduate trainees and house officers also participated in seminar.



HONOR FOR SMHA

Senator Dr. Karim Ahmed Khawaja,
Chairman, Sindh Mental Health Authority
nominated as Member Executive Board of Dr.

Abdul Qadeer Khan Institute of Behavioral
Sciences, Dow University of Health Sciences.
Following is letter of nomination:



DOW UNIVERSITY OF HEALTH SCIENCES

Vice Chancellor
Professor Mohammed Saeed Quraishi
0232028

Ref No: DUHSVC2023/05-17

May 25, 2023

Senator Dr. Karim Ahmed Khawaja,
J-103, Parliament Lodges, Islamabad.

Subject: Nomination as Member Executive Board of Dr. Abdul Qadeer Khan Institute of Behavioral Sciences, Dow University of Health Sciences

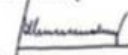
Dear Dr. Karim Ahmed Khawaja Sahab,

I am delighted to extend our warmest congratulations on your nomination as a Member of the Executive Board of Dr. Abdul Qadeer Khan Institute of Behavioral Sciences vide Resolution / Decision No: Syn-95/06.05.2023/Item-9 taken by the Syndicate in its 95th Meeting held on 06.05.2023. It is with great pleasure to invite you to join our esteemed Board of distinguished individuals who contribute their invaluable expertise and insights to our organization's mission and vision.

Your remarkable achievements and exceptional dedication have earned you a well-deserved reputation as a leader and influencer. The Executive Board has recognized your significant contributions to society and believes that your vast knowledge and experience will greatly enrich our organization's strategic decision-making processes and contribute to our continued success.

Once again, please accept our heartfelt congratulations on your nomination and express our sincere gratitude for your willingness to contribute your time and expertise to our organization.

Yours Sincerely


Prof Mohammed Saeed Quraishi

Baba-e-Urdu Road, Karachi-74200, PAKISTAN.
Phone: +92 21 99215754 - 57 & +92 21 38771000 Fax: +92 21 99215763
E-mail: vc@doh.edu.pk - Website: www.doh.edu.pk



OFFICE OF THE REGISTRAR
DOW UNIVERSITY OF HEALTH SCIENCES
Baba-e-Urdu Road Karachi-74200, Pakistan. Tel: 99215754-7 / Ext: 5603
Facsimile: 99215763, E-mail: registrar@doh.edu.pk. Website: www.doh.edu.pk

Ref No: DUHS/Reg./2023/07-54

Date: 17.07.2023

NOTIFICATION

Subject: **RE-CONSTITUTION OF EXECUTIVE BOARD OF DR. ABDUL QADEER KHAN INSTITUTE OF BEHAVIORAL SCIENCES**

In pursuance of the Health Department, Government of Sindh's Notification No. OSD-Legis/IBS/2017 dated 09.11.2017, the Executive Board of Dr. Abdul Qadeer Khan Institute of Behavioral Sciences is hereby re-constituted comprising of the following with immediate effect and until further orders:-

- | | |
|---|--------------------|
| 1. Prof. Mohammed Saeed Quraishi
Vice Chancellor, DUHS | Chairman |
| 2. Prof. Muhammad Iqbal Afidi,
Nominnee of Prof. Haroon Ahmed | Member |
| 3. Mr. Rehman Mehtab Chawla
Nominnee of Dr. Abdul Qadeer Khan
(Resolution No. Syn-82/18.07.2020/Item-11) | Member |
| 4. Senator Dr. Karim Ahmed Khawaja
Nominnee of Dr. Abdul Qadeer Khan
(Resolution No. Syn-95/06.05.2023/Item-9) | Member |
| 5. Prof. Nighat Nisar
Pro-Vice Chancellor, DUHS
(Resolution No. Syn-96/14.06.2023/Matter-1) | Member |
| 6. Prof. Zeena Haq
Principal, DDMC, DUHS
(Resolution No. Syn-91/25.06.2022/Item-08) | Member |
| 7. Prof. Anwar Ali
Principal, DEKIOSHS, DUHS
(Resolution No. Syn-95/06.05.2023/Item-8) | Member |
| 8. Prof. Sajida Qureshi
Professor of Surgery, DMC, DUHS
(Resolution No. Syn-91/25.06.2022/Item-18) | Member |
| 9. Mr. Pir Manzoor Ali Shah
Director Planning, DUHS
(Resolution No. Syn-95/06.05.2023/Item-8) | Member |
| 10. Prof. Farah Iqbal
Nominnee of HOC | Member |
| 11. Brig (R) Shoaib Ahmed ^{Retd.}
Executive Director, Dr. A.Q. Khan
Institute of Behavioral Sciences (IBS) | Member / Secretary |


(Dr. Ashraf Afiaz)
Registrar
Dow University of Health Sciences
Karachi

- Copy to:
1. The Chairman of the Executive Board.
 2. All Members of the Executive Board.
 3. The Director HR, DUHS.
 4. & to Vice-Chancellor DUHS

International Medical Corps (IMC) shared progress of IMC Mental Health activities in Sindh & requested SMHA for sustainability of activities



From Relief to Self-Reliance

June 13, 2023

Dr. Karim Ahmed Khwaja,
Chairman Mental Health Authority,
Government of Sindh, Karachi

Subject: International Medical Corps (IMC) Progress about Psychosocial/Mental Health related cases & sustainability issue

Respected Sir,

International Medical Corps is a global, humanitarian, nonprofit organization dedicated to saving lives and relieving suffering through health care training and relief and development programs. Established in 1984 by volunteer doctors and nurses, International Medical Corps is a private, voluntary, nonpolitical, nonsectarian organization. Its mission is to improve the quality of life through health interventions and related activities that build local capacity in underserved communities worldwide. By offering training and health care to local populations and medical assistance to people at highest risk, and with the flexibility to respond rapidly to emergency situations, International Medical Corps rehabilitates devastated health care systems and helps bring them back to self-reliance.

International Medical Corps has worked on a project for provision of Mental Health and Psychosocial Support (MHPSS) services and prevention and response to Gender-based Violence (GBV) in Dadu, Mirpurkhas, Larkana Naushero feroz and Khairpur districts of Sindh. Communities in all districts gave overwhelming response to project activities. IMC requested DG Health Sindh for the provision of two rooms at RHCs to establish Women & girls Safe Space Stations (WGSS), which he accepted and issued letter to all DHOs of above-mentioned districts for the provision of safe space. WGSS centers provided support to MHPSS & GBV cases and around 600 plus GBV & MHPSS cases have been identified and treated through counseling and referred to relevant clinics/government hospitals. Around 100,000 plus community members have attended counseling sessions on MHPSS and GBV related topics. Communities have been benefited from different recreational activities, as well.

The project activities supported by FCDO will close in end of June 2023. Under your guidance and support, health department & PPHI supported our teams in establishing WGSS in the health facilities. We worked for seven months (December 2022 to June, 2023) on MHPSS & GBV. IMC conducted meetings with SMHA and involved them in different medical camps and related activities. We believe that SMHA can overtake WGSS, MHPSS & GBV awareness activities and continue facilitation of MHPSS/GBV related cases in the established facilities. Our technical teams trained the local psychologists and sociologists who successfully implemented the project. Continuity of these services will greatly support communities in need.

Through this communication, I want to thank you and Government of Sindh for all support and cooperation in the successful implementation of project for deserving communities.

With best regards,

Bakhtiar Ahmed
Country Director

✓ Cc: P.S to Chief Minister Sindh, Government of Sindh
CM Sindh

Country Office: 2nd Floor Shah Tower, 03-04 SChS, E-11/2 Markaz, Islamabad. Tel: +92-51-2163156-7, Fax: +92-51-2163154
www.InternationalMedicalCorps.org

TRIBUTE TO HONORABLE PROFESSOR SYED HAROON AHMED

The Department of Psychiatry and Behavioral Sciences, JPMC paid a tribute to the Legend Professor Syed Haroon Ahmed. This program was graced by the Chairman, Sindh Mental Health Authority, Senator Dr. Karim Ahmed Khawaja, Meritorious Professor Dr. M.

Iqbal Afridi, Prof. Tarique Mehmood, Head, Radiology Department, Associate Prof. Dr. Chooni Lal, Incharge, Department of Psychiatry, JPMC, Karachi, Dr. Asif Khan, Dr. Yasmeen Asif (Soorty Family) renowned psychiatrists of Karachi.



SINDHI ADABI BOARD ORGANIZED SINDHI URDU MUSHAIRA & BOOK LAUNCHING

The Sindhi Adabi Board Sindh @ Hyderabad, organized a Sindhi-Urdu Mushaira and a book launching ceremony, held at Sindhi Adabi Board Office Hyderabad. Makhdoom Jamil uz Zaman Leader of Sarwari Jamaat and MNA participated as Chief Guest. Makhdoom Saeed uz Zaman, Chairman SAB, Senator Dr.

Karim Ahmed Khawaja, Member Board of Governors SAB, Mr. Gul Badan Javed Mirza, Secretary SAB, Board of Governor members along with renowned writers, poets, journalists participated in the event. Books have been launched & Mushaira (recitation of poetry by different poets) ceremony also held.



کوٹری، سندھی ادبی بورڈ کی جانب سے منعقد کی گئی تقریب کے مناظر

NEXUS BETWEEN MENTAL ILLNESS & POVERTY

By: Aijaz Ali Khuwaja

Mental illness ultimately leads to poverty. The nexus between 'mental illness' and poverty is one of the most well established fact in psychiatric epidemiology. Yet, there is little conclusive evidence about the nature of this relationship. Generally, explanations revolve around the idea of a vicious cycle, where poverty may cause mental ill health, and mental ill health may lead to poverty.

Problematically, much of the literature overlooks the historical, social, political, and cultural trajectories of constructions of both poverty and 'mental illness'. Laudable attempts to explore the social determinants of mental health sometimes take recourse to using and reifying psychiatric diagnostic categories that individualize distress and work to psychotically reconfigure 'symptoms' of oppression, poverty, and inequality as 'symptoms' of 'mental illness'. This raises the paradoxical issue that the very tools that are used to research the relationship between poverty and mental health may prevent recognition of the complexity of that relationship. It also implies radically different interventions into mental health and poverty that recognize the landscapes in which lived realities of poverty are embedded, the political economy of psychiatric diagnostic and prescribing practices, and ultimately to address the systemic causes of poverty and inequality.

Following are main causes of Poverty and its nexus with Mental Health;

According to WB study, around 10% to 12% average of the world's population lives in extreme poverty – but do you know why? We

look at 11 of the top causes of global poverty.

Living on less than \$2 (Rupees 600/=), a day feels like an impossible scenario, but its a reality for around 800 million people in our world today. Approximately 10%- 12% of the global population lives in extreme poverty, commonly defined as surviving on only \$1.90 a day, or less (around rupees 500/= per day). In 1990, that figure was 1.8 billion people, so serious progress has been made. While many wonder if we can really end extreme poverty. There's no "magic bullet" solution to poverty, but understanding its causes is a good first step. Here are few reasons of poverty;

INEQUALITY

Gender inequality, caste systems, marginalization based on race or tribal affiliations are all economic and social inequalities are main cause of poverty. Little to no access to the resources is also affecting poor and marginalized communities. For a population to escape poverty, all groups must be involved in the



decision-making process – especially when it comes to having a say in the things that determine place in society. Everyone must be involved in decision making about their own resources and proper use. Poverty can be decrease with proper involvement of all concerned.

HUNGER, MALNUTRITION AND STUNTING

You might think that poverty causes hunger (and you would be right!), but hunger is also a cause – and maintainer – of poverty (WB). If a person doesn't get enough food, they'll lack the strength and energy needed to work (or their immune system will weaken from malnutrition and leave them more susceptible to illness that prevents them from getting to work).

The first 1,000 days of a child's life (from womb to world) are key to ensuring their future health and likelihood of staying out of poverty (UNICEF definition). If a mother is

malnourished during pregnancy, that can be passed on to her children, leading to wasting (low weight for height) or stunting (low height for age). Child stunting, both physical and cognitive, can lead to a lifetime impacts: Adults who were stunted as children earn, on average, 22% less than those who weren't stunted (WB). In Pakistan, stunting contributes to GDP losses as high as 10%. In Sindh stunting has reached upto 39% as per MICS study of UNICEF. Malnutrition is increasing day by day and reached around 54% in remote rural and rural areas. Floods 2022 has further increased malnutrition. Thousands of people have suffered during floods 2022. People are still facing shortage of food, shelter and basic health services. Agriculture has also suffered in rural areas. Pakistan will may face food insecurity or food scarcity due to damages to different seasonal crops after flood 2022. Malnutrition is becoming one of the main cause of mental health illness.





POOR HEALTHCARE SYSTEMS – ESPECIALLY FOR MOTHERS, CHILDREN & ELDERLY PEOPLE

Extreme poverty and poor health often go hand in hand. In areas where health systems are weak, easily preventable and treatable illnesses like malaria, diarrhea, and respiratory infections can be fatal – especially for young children. And when people must travel far distances to clinics or pay for medicine, it drains already vulnerable households of money and assets, and can tip a family from poverty into extreme poverty. People in Sindh are facing internal migration due to climate change. Thousands of health facilities have been affected due to floods in 2022. Still health facilities in remote rural areas are facing scarcity of medicines, equipment, human resource and other related issues. These issues are affecting health of mother, children & elderly people.

IMMIGRATION

Immigration from one place to another in search of food/jobs is one of the most common forms of risk driving poverty today. Youth population of country like Pakistan is suffering due to financial crisis, uneven economy, no jobs

and uncertain condition. People are migrating from one place to another within country in search of food/jobs. This trend is greatly affecting local economies and burden on natural resources. Recent wave of immigration (illegal and legal, as well) from Pakistan to other countries have caused damages to country's image and accidents, which ultimately affect families (recent case is accident of boat on shores of Italy, where around 350 young Pakistani died due to accident). Young people seems to have no other choice but to travel/immigrate from one country to another in search of job. This all is happening due to uneven and unsustainable economy of country. Hundreds of families suffered due to accident of their loved ones. They are facing mental health issues due to untimely death of their loved ones.

CLEAN WATER, SANITATION, AND HYGIENE ISSUES

Currently, around the globe, more than 2 billion people don't have access to clean water at home (SDG Global Report 2022). Peoples have to travel long ways to fetch water. That's precious time that could be used working or getting a job. Contaminated water can also lead



to a host of waterborne diseases, ranging from the chronic to the life-threatening. Poor water infrastructure such as sanitation and hygiene facilities can compound this, or create other barriers to escaping poverty, such as keeping girls out of school during menstruation. No provision of water facility in girls school caused closure of female schools in remote rural and rural areas of Pakistan. In Sindh around 3000 female schools have been closed or deserted due to unavailability of pure water and sanitation facility. This issue of clean water, sanitation and hygiene is creating havoc and increasing diseases. Pakistan may not achieve UN's Sustainable Development Goal 6, which is related to the provision of safe drinking water, health & hygiene. Unavailability of WASH facilities in rural areas is creating issues related to education, health and mobility, especially females are suffering. Unavailability of WASH facilities have also created mental health issues. Female and children are suffering more.

CLIMATE CHANGE

Climate change creates hunger, whether through too little water (drought) or too much

(flooding), and its effects contribute to the cycle of poverty in several other ways including disproportionately affecting women, creating refugees, and even influencing conflict. According to one World Bank estimates that climate change has the power to push more than 100 million people into poverty over the next decade.

Sindh's poorest populations is mostly relying on farming or livestock to eat and earn a living – for example, Sindh is 70% agrarian, dependant on agriculture output. Poor People often have only just enough food and assets to last through the next season, and not enough reserves to fall back on in the event of a poor harvest (60% poor population of rural areas in Sindh have suffered loss of standing crops during floods 2022). So when climate change or natural disasters leave millions of people without food, it pushes them further into poverty, and can make recovery even more difficult. Climate Change is greatly affecting rural areas, especially of Sindh & Balochistan. Sindh & Balochistan are greatly suffering due to floods 2022. Still recovery from flood is far away. People are suffering and facing water

borne diseases. Poor people needs shelter, food and jobs to sustain impact of climate change. Flood water cannot be recede until and unless government manage and improve drainage system. First give proper system of flow of rain water, then plan housing and other related activities. If ways/paths of natural water flow remain encroached and not cleared then again flood water will hit same areas. So first priority should be a proper drainage system and then rebuilding of houses will support.

Climate has been changed so torrential rains will often lashes Sindh & Balochistan. Every village/UC/District must have evacuation plan in case of flooding in future. People should know about the climate change adaptation and climate smart agriculture, otherwise damages will further increase and world will not support us again and again. Climate Change is now a reality and we must prepare ourselves to face this reality. Their will be lasting impact of climate change on mental health of people. Women and children, as usual, will suffer more. So government must organize all basic health and infrastructure facilities surrounding villages/union councils and districts. There is need of a "Social Safety Plan" for all villages. Now we have elected representatives in all union councils so they can plan and support deserving communities. Every Union Council should have "Village Evacuation & Safety Plan" of each and every village to support in case of any emergency.

LACK OF AWARENESS/EDUCATION

Not every person without an education is living in extreme poverty. But most of the extremely poor don't have an education. There are many barriers to education around the world, including a lack of money for uniforms and books, a bias against girls' education, or many of the other causes of poverty mentioned here.

But education is often referred to as the

great equalizer, because it can open the door to jobs and other resources and skills that a family needs to not just survive, but thrive. UNESCO estimates that 171 million people could be lifted out of extreme poverty if they left school with basic reading skills. Poverty threatens education, but education can also help end poverty. China supported communities through "Technical Skills Development & Functional Literacy". In Sindh schools becomes first casualty of every disaster. Flood affected camp at school, whenever disaster occurred. Around 3000 female schools are still closed because of infrastructure damages during flood 2022. Lack of proper



Education facilities is becoming cause of mental illness in female and school going children. Government must pay attention to this important issue and resolve/rehabilitate schools buildings.

All above mentioned risk factors are contributing towards mental illness. People living in extreme poverty usually don't have access to face challenges. This means that, when a risk turns into a disaster, they turn to negative coping mechanisms, including pulling children out of school to work (or even marry), and selling off assets to buy food. That can help a family make it through one bad season, but not another. For communities constantly facing climate extremes or prolonged conflict, the repeated shocks can send a family reeling into extreme poverty and prevent them from ever recovering.

(Ref Figures: WB Report 2021 & UNICEF reports 2020/2021)

WORLD MENTAL HEALTH- WHO SURVEY RESULTS

By: Zahida

At least one in eight of us is affected by mental health issues. For adolescents aged 10 to 19, this rises to one in seven. “Rekindle our efforts to protect and improve mental health”, says the World Health Organization (WHO).

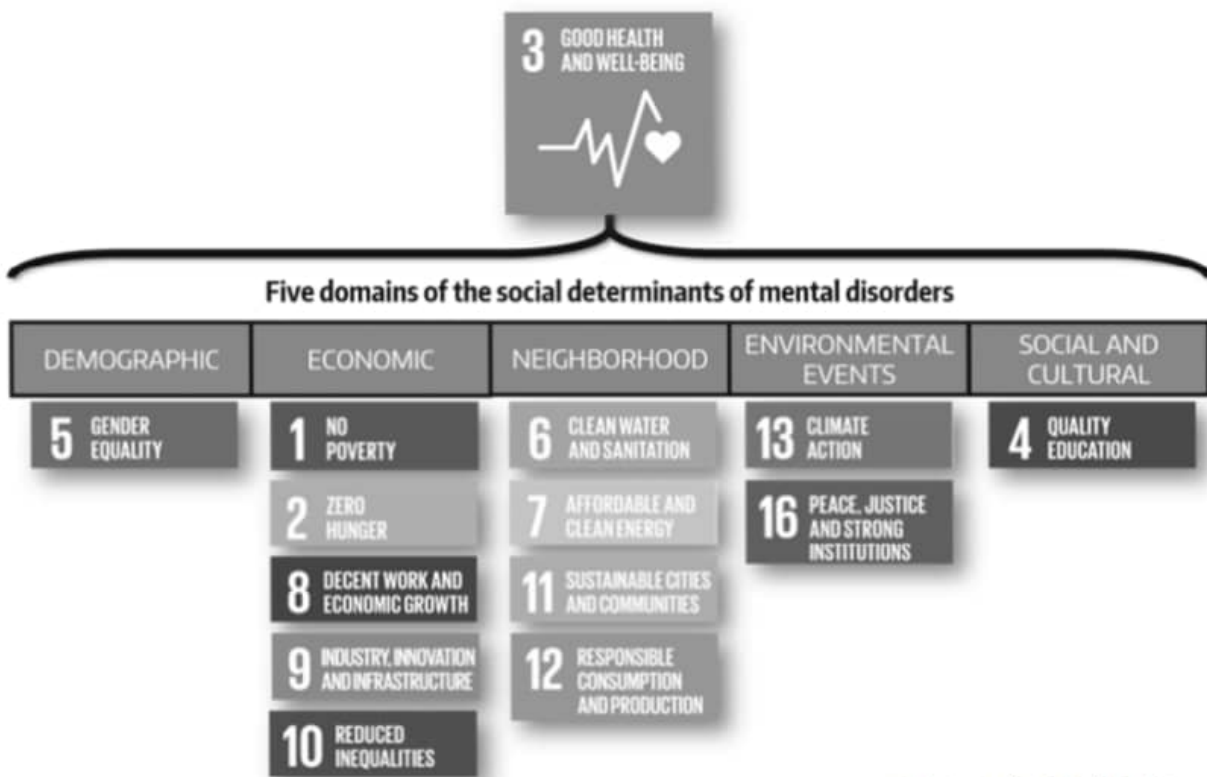
Mental Health issue was exacerbated by the COVID-19 pandemic, which caused a 25% increase in the prevalence of anxiety and depression worldwide. Despite how widespread mental health problems are, services, skills and funding for this global health issue “remain in short supply, and fall far below what is needed, especially in low and middle-income countries” (WHO).

WHO survey results of anxiety/depression

2020 shows that depression is becoming on of the main reason of mental health illness and it will further increase.

People with mental health conditions often die prematurely - as much as 20 years earlier than the average person - due to preventable physical conditions, WHO figures show. In some countries, they are also more likely to suffer human rights violations, discrimination and stigma.

To combat this global issue, the United Nations’ Good Health and Well-being Sustainable Development Goal calls for 80% of nations to integrate mental health into primary healthcare by 2030.



Source: SDGs Global Goals

PRESS CLIPPINGS

Senator Dr. Karim Ahmad Khawaja has been awarded the prestigious Tony Buzan Academy and World Brain Trust



Afridi give this award on behalf of Datu Prof. Dr. Ahmed Ali Khan, Dean, Tony Buzan Academy (UK London) to Senator Dr. Karim Khawaja. Tony Buzan Academy is world

KARACHI (ZULFIQAR RAJPAR) Senator Dr. Karim Ahmad Khawaja has been awarded the prestigious Tony Buzan Academy and World Brain Trust awards for his contributions for the Mental Health Services in the Province of Sindh and whole in Pakistan. Chief Secretary Sindh Dr. Suhail Ahmed Rajput, Special Assistant of Chief Minister on I.T Madam Tanzila Ume Habiba Qambrani and Meritorious Prof. Dr. Iqbal

renowned organization and pioneer in the field of Mind Mapping.

Tony Buzan Academy is manned by world stars in Brain Sciences and Mind Mapping Technology.

Braintrust is building the world's first and largest user-owned professional network and job marketplace. Braintrust aims to help the world's talent realize all of their potential, with access to high-paying jobs.

زمن تي ٿي پيا پٽاڀرو ٿيڻ وڃي ته منهنجو ڪهڙو ڪارڻ هوندو؟

سوشل ميڊيا جو گهڻو استعمال هاجيڪار قرار، روزانهن جو مطالبو ڪراچي و ويهڪو باڪٽرن، ماهرن ۽ ٻين طرفان سوشل ميڊيا جا منفي اثر نصاب و شامل ڪرڻ جي گهر

ٻار کي ٽيڪنالاجي کان پري رکي ته ٿو سگهجي، نگراني ڪري سگهڻا ٿا ٽنٽيلا ڪن

سوشل ميڊيا جا 95 سيڪڙو مثبت اثر ظاهر ٿيا، قانون سازي ٿيڻ کپي: ڪريم خواجا

ڪراچي (سپورٽس ڊيپارٽمنٽ) سوشل ميڊيا جا منفي صحت تي ڪيترن ثابت وڃڻ کان پوءِ مختلف آغا خان يونيورسٽي جي باڪٽرن توڙي مختلف ٽيڪنالاجي جا ڏاڪٽر ڪراچي و ويهڪو باڪٽرن ۽ نرسون جي مقرر ٿيڻ کان پوءِ به سوشل ميڊيا جي استعمال جو نقصان آڻي ٿو. ڪراچي و ويهڪو باڪٽرن ۽ نرسون جي مقرر ٿيڻ کان پوءِ به سوشل ميڊيا جي استعمال جو نقصان آڻي ٿو. ڪراچي و ويهڪو باڪٽرن ۽ نرسون جي مقرر ٿيڻ کان پوءِ به سوشل ميڊيا جي استعمال جو نقصان آڻي ٿو. ڪراچي و ويهڪو باڪٽرن ۽ نرسون جي مقرر ٿيڻ کان پوءِ به سوشل ميڊيا جي استعمال جو نقصان آڻي ٿو.



Negative mental effects and mental health on children, adults and women in social media, talking doctors and others

KARACHI (By ZULFIQAR RAJPAR)
 On behalf of the Sindh Mental Health Authority, talking about the topic of "negative mental effects and mental health on children, adults and women with regard to the use of social media", mental health expert doctors, representatives of civil society. And the representatives of the federal, provincial government agencies have suggested that children, youth, women suffer from mental health diseases, suicide and the tendency to leave their homes and the groups that give fake financial loans and blackmail the borrowers.

Recommendations should be sent to the government to make the country's weak social media laws a part of the constitution and law to strengthen and understand and counsel the mental health issues of women who constitute 60% of the coun-

try's population. children and young sons and daughters according to their age and education. Parents themselves need to get training about the positive and negative effects of social media in order to guide them by setting the time for using mobile phones, computers, etc.

This was said while addressing a symposium held at a local hotel on Monday. On this occasion, the special guest of the symposium, Sindh Chief Secretary Dr. Sohail Rajput said that we cannot stop the ways of modern technology, but now we have to set some limits on the use of social media technology. The rules and regulations that



were laid down were challenged in the Islamabad High Court, so they could not become part of the constitution, still there is a need for further improvement in these rules and regulations.

Sanjeela Qambrani, Special Assistant of IT Department of Sindh Government, said that we cannot forcefully separate our children from the technology of mobile phones and social media and we cannot even turn our backs on this technology, our people do not even know about it.



Murad offers full support for neuropsychiatric care cause

By Our Staff Reporter

KARACHI: A fund-raising event for a neuropsychiatric hospital being established in the Gadap area was organised at the Chief Minister's (CM) House on Wednesday.

The event was hosted by Children of Adam (CoA), a non-profit organisation working in various parts of the world to carry out relief work and provide assistance in the areas of food and shelter.

Speaking on the occasion, CM Syed Murad Ali Shah expressed his unwavering support for the cause of specialised neuropsychiatric care within the community.

"Given the growing prevalence of

neurological and psychiatric disorders in society, we need to have health facilities solely dedicated to tackling these illnesses," he said, emphasising that everyone should support the noble cause.

He also spoke of the work being done by the government in the health sector and said it had set up treatment and training centres for drug addicts in Hyderabad, Karachi and Sukkur.

The government was also in the process of upgrading the Sir Cowasjee Jehangir Institute of Psychiatry Hospital in Hyderabad.

CoA CEO Shahzad Sadan informed the audience that the hospital would be equipped with holistic mental health facilities and

serve the masses for free.

According to him, the hospital would have inpatient and outpatient departments and offer treatment for bipolar disorders, autistic disorders, pervasive developmental disorders, schizophrenic disorders, anxiety, and depression," he said, adding that the hospital would also offer electroconvulsive therapy and rehabilitation services.

"The funds raised will be utilised to construct the neuropsychiatric hospital with cutting-edge diagnostic equipment, advanced treatment facilities, and comprehensive patient support services." In addition, a portion of the funds will be allocated for research initiatives," he said.

سنڌ مينٽل اٿارٽي جي چيئرمين سينيٽر ڊاڪٽر ڪريم خواجہ پاران سول اسپتال ۾ دماغي مريضن لاءِ ڪئمپ جو افتتاح

ڪئمپ جو افتتاح ڪري 500 کان مٿي مريضن جو معائنو ڪري مفت دوائون ڏنيون ويون

عمرڪوٽ سول اسپتال سيد حاجي علي مردان شاھ ۾ ذهني مريضن لاءِ هڪ ڏينهن واري ڪيمپ لڳائي وئي

جنهن ۾ پ پ ايم بي اي رانا همير سنگه سوڍو، سنڌ مينٽل اٿارٽي جي چيئرمين سينيٽر ڊاڪٽر ڪريم خواجہ طرفان ڪيو ويو

جو افتتاح ڪري 500 کان مٿي مريضن جو معائنو / ڏسو صفحو 3 بقايا نمبر 41

اٿارٽي جي چيئرمين سينيٽر ڊاڪٽر ڪريم خواجہ پاران سول اسپتال ۾ دماغي مريضن لاءِ ڪئمپ

عمرڪوٽ رپورٽ: ڪانجھي مل رڪيس) پ پ ايم بي اي رانا همير سنگه سوڍو ۽ سنڌ مينٽل

8 ورهين جي درويش صفت نينگرِي زهران ڪنڀر جي قتل جو ڪيس داخل هئڻ باوجود پوليس 3 ڏينهن گذرڻ باوجود قاتل جو اڀدار جو ڪو به پتو ناهي لڳائي سگهيو

شهادت پورا رپورٽ اڪن اڄن) شهدادپور لڳ مقصودو رند ۾ زيادتي جو نشانو بڻائي پورهيت علي گل ڪنڀر جي 8 ورهين جي درويش صفت نينگرِي زهران ڪنڀر جي قتل جو ڪيس داخل هئڻ باوجود پوليس 3 ڏينهن گذرڻ باوجود قاتل جو اڀدار جو ڪو به پتو ناهي لڳائي سگهيو ۽ مقتولا / ڏسو صفحو 3 بقايا نمبر 42



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کلچر

منگل 09 ذیقعد 1444ھ 30 مئی 2023ء

عزم پر اظہار تشکر کیا۔ SCJIP&BS کے میڈیکل سپرنٹنڈنٹ ڈاکٹر پہلاج مل نے تربیتی پروگرام میں شرکت کرنے والے تمام معزز مہمانوں اور شرکاء کا تہ دل سے شکریہ ادا کیا۔ انہوں نے ان کی اہم شرکات کا اعتراف کیا اور دماغی صحت کی مدد کی اہم ضرورت کو تسلیم کرنے میں

SHMA کے تحت ہیلتھ پرومیشنز کیلئے 2 روزہ تربیتی پروگرام کا انعقاد

ذہنی صحت کے بڑھتے ہوئے مسائل سے نمٹنے کے لیے مزید نفسیاتی ماہر کی ضرورت ہے، مقررین کراچی (سٹی ڈیسک) سہ ماہی ہیلتھ اتھارٹی (SHMA) نے 26-27 مئی 2023 کو حیدرآباد میں صحت کے پیشہ ور افراد کے لیے



ان کی مسلسل کوششوں کی اہمیت پر زور دیا۔ SHMA کے زیر اہتمام دو روزہ ذہنی صحت کے تربیتی پروگرام نے کامیابی کے ساتھ پورے حیدرآباد اور اطراف سے صحت کے پیشہ ور افراد کو اکٹھا کیا۔ عام نفسیاتی حالات پر ماہرین کی زیر قیادت سیشنز کے ذریعے، تربیت کا مقصد شرکاء کے علم اور مہارت کو بڑھانا تھا۔ معزز مہمانوں اور معززین کی موجودگی نے تقریب کے وقار میں اضافہ کیا اور ذہنی صحت کے اقدامات کی اہمیت پر زور دیا۔ منتظمین نے تمام شرکاء اور مہمانوں کا شکریہ ادا کرتے ہوئے غلطیوں میں ذہنی صحت کے بوجھ سے نمٹنے کے لیے مسلسل کوششوں کی ضرورت پر زور دیا۔

مبارکباد پیش کی۔ انہوں نے ذہنی صحت کی اہمیت پر زور دیا اور اس اہم کردار کو تسلیم کیا جو اس طرح کی تربیت صحت کی دیکھ بھال کے پیشہ ور افراد کی مہارتوں کو بڑھانے میں ادا کرتی ہے۔ پروفیسر ڈاکٹر آجان نے ذہنی صحت کے اداروں کی ضرورت پر بھی زور دیا کہ وہ ذہنی صحت کے بڑھتے ہوئے مسائل سے نمٹنے کے لیے مزید نفسیاتی ماہر پیدا کریں۔ SHMA کے چیئرمین ڈاکٹر کریم خواجہ نے اختتامی کلمات ادا کیے، دماغی صحت سے متعلق آگاہی اور خدمات کو بڑھانے کے لیے تربیتی پروگرام کی اہمیت پر روشنی ڈالی۔ انہوں نے شرکاء سے ان کی فعال مصروفیت اور غلطیوں میں ذہنی صحت کی دیکھ بھال کو بہتر بنانے کے

ایک دو روزہ تربیتی پروگرام کا انعقاد کیا۔ عام نفسیاتی حالات کو حل کریں۔ یہ تربیت سرکاء و ایسی جہانگیر انسٹی ٹیوٹ آف سائیکاٹری اینڈ منٹل ہیلتھ یورل سائنسز (SCJIP&BS) میں منعقد ہوئی۔ پروفیسر ڈاکٹر عمین اسے انصاری، ڈاکٹر جمیل جونجو، ڈاکٹر پروین چنار، ڈاکٹر قلب حیدر، اور ڈاکٹر قاضی ہمایوں سمیت دماغی صحت کے ممتاز ماہرین نے عام نفسیاتی حالات جیسے موڈ کی خرابی، شیڈول فریجیا، اور سوئیڈو فارم پر سیشنز کا انعقاد کیا۔ عوارض ان ماہرین نے اپنی مہارت اور بصیرت کا اشتراک کیا، حاضرین کو قیمتی معلومات فراہم کیں۔ LUMHS کے وائس چانسلر پروفیسر ڈاکٹر اکرام الدین آجان سمیت کئی قابل ذکر

DAWN

Telepsychiatry services launched in Thar

A Correspondent Published May 20, 2023

MITHI: The Sindh Mental Health Authority (SMHA) has recently launched telepsychiatry services in Tharparkar district where recent studies and surveys have indicated an alarming frequency of depression, suicide and substance abuse.

The multi-stakeholder initiative involves government agencies and non-government organisations; Thar Foundation, health department, Dow University of Health Sciences (DUHS), Jinnah Postgraduate Medical Centre (JPMC) and Sir Cowasjee Jehangir Institute of Psychiatry (SCHIP) in Hyderabad.

The launch ceremony held at Thar Foundation Hospital in Islamkot was attended by SMHA chairman Dr Karim Khawja, MNA Dr Mahesh Milani and medical superintendent of SCHIP Dr Pehlaj Mul, among others.

“We have set up services for telepsychiatry at Thar Foundation Hospital in Islamkot. The step follows the signing of a memorandum of understanding in February this year,” secretary SMHA Dr S. Zafar Mehdi told Dawn.

Under the agreement, he explained, patients with mental health issues would be provided online consultation from senior experts working at JPMC, DUHS and SCHIP.

“These consultations would be organised through a video link while the patients would be identified by doctors at the hospital in Islamkot,” he said, adding that patients would get medicines free of cost.

According to him, a similar MoU signed two years back could not work out due to financial constraints, forcing the officials concerned to plan for a setup that involves minimum expenditure.

“That’s the benefit of telemedicine. Now, patients would get free consultation from seasoned experts in their field without the hassle of travelling long distances in search of treatment.”

Recent studies conducted in Thar have shown a high prevalence of mental health disorders including depression, anxiety, psychosis and learning disabilities.

The desert region has also reported a high number of suicide cases.

(Published in Dawn, May 20th, 2023)


سنڌي ادبي بورڊ پاران جمن ذات ڏين جي شاندار پيشايش ڪتابن جو مهورت، مشاعرو
 امداد حسيني، شبير هانف، حبيب الله صديقي ۽ عبدالقادر منگي کي پيشايش ڪئي وئي
 سيد امداد حسيني وڏو شاعر هو. عبدالقادر منگي جو پنهنجو حلقو هو. مخدوم جميل
 حبيب الله صديقي ۽ سيد شبير شاهه وڏي پائي جا اديب ۽ وڏا ماڻهو هئا
 سنڌي ادبي بورڊ جي اڳوڻن سيڪريٽرين ۽ بي اڇي ميمبرن کي پيشايش ڪرڻ فرض آهي. سعيد الزمان
 ادبي بورڊ پنهنجي تعميراتي منصوبن لاءِ پڻ سرگرم آهي. گرائٽ جي ضرورت آهي. خطاب
 جامشورو (ن ڪ) سنڌ جي اديبن، ليکڪن امداد حسيني، سيد شبير شاهه هانف،
 ۽ شاعرن پاران ناميارن ذات ڏين سيد ڊاڪٽر حبيب الله / صفحو 15 ڪالمر 6



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Sindhi Literary Board organized a Sindhi Urdu Mushaira and Book Fair as a tribute to its former secretaries and B O G members



BY ASAD QURESHI
 JAMSHORO: The Sindhi Literary Board organized a Sindhi Urdu Mushaira and Book Fair as a tribute to its former secretaries and B O G members. According to the details, Sindhi Literary Board Jamshoro has organized a ceremony to pay homage to the academic and literary services of former secretaries of the board and members of the board of governors. Dr. Habibullah Siddiqui, Imdad Hussaini, Syed Shabir Shah "Hatif" and Abdul Qadir Mangi. The ceremony was presided over by the spiritual leader of Sarwari Jamaat and member of the National Assembly, Makhdoom Jameel-ul-Zaman "Jameel". Chairman of Sindhi Literary Board Makhdoom Saeed-ul-Zaman "Aatif", Board Secretary Gulbadan Javed Mirza, Board of Governors members Sarfraz Rajar, Dr. Dar Mohammad Pathan, Dr. Karim Khawaja, Dr. Asad Jamal "Palli" were also present on this occasion. Dr. Mumtaz Bhutto, Nazir Naz, Ahmed Solangi, Dr. Sahar Imdad, Yousuf Sindhi, Dr. Murtaza Dharijo, Idris Jatui, Muhammad Yusuf Joyo, Dr. Rashida Bhatti including famous writers, poets, journalists and personalities interested in literature, women and children.

SOCIAL MESSAGE


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

POST COVID REHABILITATION- A ROAD TO RECOVERY


Covid 19 virus affect the lungs

➔


Lasting Symptoms of Covid 19




Healthy Lungs




Covid 19 affected Lungs



Breathlessness



Cough



Tiredness

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

You are Eligible for Post Covid Rehabilitation


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

We Physiotherapists can help you at our Rehabilitation OPD to:

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

Post Covid Rehabilitation Includes

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



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

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CS CamScanner

SUICIDE PREVENTION HELPLINE SET UP BY SINDH MENTAL HEALTH AUTHORITY

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

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

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

	https://smha.sindh.gov.pk/		https://www.facebook.com/smha.gov.9/
	info.smha@sindh.gov.pk		https://twitter.com/SindhMental
	smha.gov.org@gmail.com		Contact No: 021-35308771-4



جي اڏجڻ جو بيچيني سان انتظار ڪري رهيا آهن، ڪيترن متاثرين جو مطالبو آهي ته سرڪار پئسن ڏيڻ بجاءِ کين پاڻ پڪا گهر تعمير ڪرائي ڏي. برسات دوران ڪجهه فلاحي تنظيمن ۽ سرندي وارن فردن جو ڪردار ساراه جوڳو رهيو. ضرورت ان ڳالهه جي آهي ته ماحولياتي تبديلين جي اثرن کان متاثر سنڌ جي لکين ماڻهن جن ۾ عورتون، ٻار، پوڙها، معذور، ڪڏڙا فقير توڙي اقليتي ڪميونٽيز جي بحالي ۽ سندن اجهن کي اڏائڻ ۾ سرڪار کي تڪڙا قدم کڻي کين معمول مطابق زندگي گذارڻ ۾ مدد ڪئي وڃي.



انڪم سپورٽ پروگرام ۾ عورتن سان گڏ مالي امداد واري پروگرام ۾ شامل ڪيو ويو آهي) سانگهڙ تعلقي ۾ مشهور ”دل شاخ“ جي ڪپرن تي برسات وارن ڏينهن ۾ پرپاسي جي ڳوٺن جي ٻڏي وڃڻ کان پوءِ پناهه ورتل جن ۾ ڪولهي، اوڏ توڙي مڱريا برادري جا ماڻهو ويٺا هئا، جيڪي هاڻي ٻيهر پنهنجو پاڻ ڳوٺن جو پاڻي ڪڍي اچي آباد ٿيا آهن سندن چواڻي ته برسات غريب توڙي امير، هندو مسلمان جي فرق کان سواءِ سڀني کي ٻوڙيو سڀ مصيبت جي وقت ۾ گڏ هئا سين. عام ماڻهن جو چوڻ آهي ته 2010ع ۽ 2011ع وارين دريائي ٻوڏ ۽ برساتن دوران ملڪي ۽ غير ملڪي فلاحي ادارن سندن تمام گهڻي مدد ڪئي هئي پر هاڻوڪين برساتن ۾ سرڪار توڙي مختلف ادارن طرفان خاطر خواهه مدد نه ٿي سگهي آهي، عورتن خصوصاً اقليتي عورتن جي اها ابتدا هئي ته سڀني غريب عورتن کي بينظير ڪارڊ وارا پيسا ڏنا وڃن. برسات ۾ ٻڏي ويل گهرن وارن ڳوٺاڻن کي سڀ کان وڌيڪ آسرو حڪومت طرفان پڪا گهر اڏائي ڏيڻ جو آهي، هو گهرن جي سرڪار طرفان ڪيل سروي مان مطمئن نه آهن ته سرڪار جي گهرن سروي ڪندڙ ٽيمن سندن گهرن جي داخلا درست نموني سان نه ڪئي آهي. هو گهرن



پرسان مال ۽ ٻچا وٺي وڃي سنگھر شاخ جي ڪپن تي ويناسون برساتون بند ٿيڻ تي ڳوٺ جو پاڻي پاڻ ڪڍيوسين مقامي ايم پي اي نالي ماهر مدد ڪئي پر خيروپيل سانگهڙ واري چرچ جي فادر جي کاڌ خوراڪ واري مدد ڪرڻ جي ڳالهه وڌي واک ڪري رهيو هيو. سندس چواڻي ته ههڙيون برساتون اسان پنهنجي سانڀر ۾ نه ڏٺيون نه ئي وڏن کان ڪڏهن ٻڌيون ته ڪو گهڻي مينهن پوڻ جي ڪري ڳوٺن جا ڳوٺ ٻڏي ويا ماڻهو جان بچائي وڃي مٿانهين تي ويٺا هجن. فاطما عرف قائما ٻائي جنهن جي شناختي ڪارڊ موجب عمر 1931ع يعني 92 سال هئي. اسان کي ٻڌايو ته آءٌ معذور آهيان، مون کي ڪت تي کڻي هليا هئا زندگي هتي جو بچي ويس مون ههڙا مينهن پنهنجي ڄمار ۾ ڪونه ڏٺا. سموري سنڌ جي برسات متاثرين جا سانوڻي جي مينهن کان پوءِ جا داستان ڏاڍا دکدائڪ آهن خاص ڪري غريب ۽ اقليتي ڪميونٽي سان واسطو رکندڙ لوڪن جا.

45 سالن جي لالي ڪڏڙي فقير روڻهار ڪوٽيندي چيو ته اسين اڳتي زماني جا ڌڪاريل ماڻهو وري ههڙي برسات جي مصيبت وارن ڏينهن ۾ بکن ۾ پاهه تي وياسين، شهر ۾ قائم ڪيمپن ۾ وڃي پيٽ جي باهه اجهائيندا هئاسون. انهن ئي ڏينهن ۾ اسان جا ٻه فقير بيماري ۾ مري ويا. لالي فقير جو اهو مطالبو هو ته گهٽ ۾ گهٽ پي پي وارا اسان کي بينظير سپورٽ وارا پنجويهه هزار ئي ڏين ته اسان فقيرن جي مالي مدد تي ويندي. (ياد رهي ته ڪڏڻ فقيرن کي هاڻي بينظير

جي ڊاڪٽر ٻڌايو ته امدادي ڪيمپن ۾ کاڌ خوراڪ جي ڪمي نه هئي پر اتي آيل ماڻهو خاص طور تي عورتون ۽ ٻار عجيب خوف ۽ ڪشمڪش ۾ مبتلا ڏٺا ويا ڇاڪاڻ ته انهن اهڙي ڏکي صورتحال پنهنجين زندگين ۾ پهريون دفعو ڏٺي يقينن ان جا انهن متاثرين تي نفسياتي اثر پوڻ ان تر هئا، اسان ڊاڪٽرن توڙي ٻئي عملي ڪين اهڙي حالت مان ڪٻڙ جي ڪائونسلنگ ذريعي ڪوشش ڪئي.

ڪرسچن ڪالوني شهدادپور جا برسات متاثرين جيڪي گذريل 70 سالن کان شهر ۾ صفائي جو ڪم ڪن ٿا ٻڌائين ٿا ته جڏهن اسان جا ڪچا گهر ٻڏڻ لڳا ته ڪين ڪالوني جي بلڪل سامهون پوليس ٽريننگ سينٽر اندر انساني همدردي تحت قائم پراڻي بئڪ ۾ پناهه ڏني وئي جتي ڪين کاڌي پيٽي جو انتظام پاڻ ڪرڻو پيو، جيڪو کاڌي وارو سامان سانگهڙ واري چرچ جي فادر صاحب طرفان مهيا ڪيو ويو. ڪرسچن ڪميونٽي جي اعليٰ تعليم يافتا ۽ هڪ غير سرڪاري تنظيم جي بورڊ جي سرگرم رڪن ريما مريم چيو ته اسان جي حڪومت سميت ڪنهن به ڏکئي وقت ۾ مدد نه ڪئي اسان سالن کان شهر جي صفائي ڪري خدمت ڪندا رهيا آهيون.

ڏنو پٽ ٽنڊو آدم تعلقي جو پيل برادري جو تمام وڏو ڳوٺ آهي جتي جا رهواسي هاري ۽ ڳاڻي مال جا شوقين آهن تقريبن هر گهر ۾ ڳئون ڌاريل آهي، سن سالن جو خيروپيل چئي ٿو ته ڳوٺ ٻڏي ويو. روڊ جي

برسات متاثرين ۽ نفسياتي اثر

اسحاق سومرو

پڌ وڌائڻ جا اصل ذميوار آهن اهي محفوظ آهن. انهن برساتن جي تباهه ڪارين جو سبب ماحولياتي تبديلين جو نتيجو هو جنهن ڪري لکين ماڻهن کي پنهنجا گهر ۽ ڳوٺ ڇڏڻا پيا. تيز ۽ لڳاتار برساتن سبب ڪين بڪ، بيمارين کي منهن ڏيڻو پيو خراب پاڻي ۽ مچرن سندن مشڪلاتن ۾ بيپناهه اضافو ڪيو. مسلسل هڪ هفتي تائين هلندڙ برسات دوران ماڻهن جي اڪثريت پنهنجي مدد پاڻ محفوظ جڳهين، پڪن روڊن، شاخن جي مٿاهين وارن بندن تي وڃي ويئي. آفتن دوران اسان جهڙن ملڪن ۾ وڏو ڪان وڏو عورتون، ٻار، معذور، پوڙها ۽ شيدول ڪاسٽ جا فرد پوڳيندا آهن. اهڙن سانحن جنهن ۾ لکين ماڻهو متاثر ٿين پنهنجي اکين سان پنهنجا اڃها اجڙندي ڏسن اهي منظر سدائين لاءِ سندن ذهن تي حاوي رهندا آهن جن جا نفسياتي اثر ننڍي عمر جي ٻارن ۽ عورتن تي وڌيڪ پوندا آهن. سانگهڙ اسپتال

گذريل سانوڻي وارين برساتن پوري ملڪ ۽ خاص طور تي سنڌ ۾ تاريخ جي وڏي تباهي آندي، ماحولياتي تبديلي جي خطرناڪ اثرن جو چوڀول گذريل ٽن ڏهاڪن کان ٻڌندڙن پهريون دفعو پنهنجي اکين سان اهي بهيانڪ منظر پنهنجي اکين سان ڏٺا، جيتوڻيڪ ماحول جي تبديلي جي ڪارڻن ۾ اسان جي ملڪ پاڪستان جو حصو صرف هڪ سيڪڙو جيترو مس آهي جڏهن ته تباهي جو وڏو حصو اسان جي مقدر ۾ آيو. ماحوليات جي ماهرن جو چوڻ آهي ته قريبن ويهن ترين ڏينهن جيترو مينهن جو پاڻي سنڌ جي مٿان وسيو جيڪو لڦاءُ هتان جي رهواسين پهريون دفعو پسيو. گڏيل قومن جي سيڪريٽري جنرل انتونيو گوترس سنڌ جي دوري دوران چيو ته پاڪستان جي ماڻهن کي ان ڪيل گناهن جي سزا ملي آهي، خوابن جهڙيون وسڻيون ۽ واهڻ مٽي جا ڍير بڻجي ويا آهن، اهي ملڪ جيڪي عالمي گرمي



سوسائٽي جي تنظيمن جي ميمبرن شرڪت ڪئي. ذهني صحت جي شعبي ۾ SMHA کي مختلف بين الاقوامي ۽ قومي ادارن ۽ سول سوسائٽي پاران چڱيءَ طرح تسليم ڪيو ويو آهي. ٽوني بوزان اڪيڊمي ۽ ورلڊ برين ٽرسٽ پاران سنڌ ۽ پاڪستان ۾ دماغِي صحت جي حوالي سان ڪيل خدمتن جي اعتراف ۾ ايس ايم ايڇ جي چيئرمين سينيٽر ڊاڪٽر ڪريم احمد خواجه کي گولڊ ميڊل سان نوازيو ويو. عزت مآب ڊاڪٽر سهيل احمد راجپوت، چيف سيڪريٽري سنڌ، ميڊم تنزيلا ام حبيبي، وزيراعليٰ جي خصوصي معاون آءِ ٽي ۽ ميرٽوريس پروفيسر ڊاڪٽر اقبال آفريدي پاران ڊاڪٽر احمد علي خان، ڊين جي طرفان هي اعزازي ايوارڊ چيئرمين SMHA کي ڏنو ويو.

Tony Buzan اڪيڊمي (UK London) دنيا جي مشهور تنظيم آهي ۽ دماغ مپنگ ٽيڪنالاجي جي شعبي ۾ علمبردار آهي.

SMHA هيلپ لائون مسلسل ذهني صحت جي مريضن لاءِ رهنمائي ۽ خدمتون مهيا ڪري رهيو آهي. هيلپ لائينز خودڪشي جي روڪڻ ۽ شعور ۽ ذهني بيمارين جي روڪڻ لاءِ مدد ڪري رهيو آهي. SMHA مختلف تحقيقي اڀياس شروع ڪيا آهن، مختلف سروي جا فارم ٺاهيا آهن ۽ رپورٽنگ جي عرصي دوران سروي ڪيا آهن. SMHA جون سموريون سرگرميون SMHA ٽيم پاران باقاعدي اپڊيٽ ۽ نگراني ڪئي پئي وڃي. هاڻي SMHA جون سموريون سرگرميون SMHA ويب سائيت، فيس بڪ، ٽويٽر ۽ يوٽيوب چينل تي ڏسي سگهجن ٿيون. مون کي اميد آهي ته ذهني صحت ۾ اسان جي مسلسل ڪوششون قوم کي فائدو ڏينديون.



جي خدمتن کي وڌائي رهي آهي ۽ INGOs، مختلف صحت جي ادارن، يونيورسٽين، اسپتالن ۽ سول سوسائٽي جي تنظيمن پاران هلندڙ خانگي ڪلينڪ جي مدد سان خدمتن جي نيٽ ورڪ کي وڌائي رهي آهي.

ايس ايم ايڇ جي اميد آهي ته سرڪاواسجي انسٽيٽيوٽ کي ”سرڪاواسجي جهانگير انسٽيٽيوٽ آف سائڪيٽري اينڊ بيهيورل سائنسز“ جي طور تي اپ گريڊ ڪري هڪ مڪمل يونيورسٽي بڻايو ويندو. ايس ايم ايڇ جي جون ڪوششون ڪامياب ثابت ٿيون ۽ سنڌ حڪومت ان کي وقت تي محسوس ڪري ورتو آهي. وزيراعليٰ سنڌ سيد مراد علي شاهه اعلان ڪيو ته ”هي ايشيا ۾ نفسيات ۽ رويي جي سائنس جي پهرين يونيورسٽي هوندي“. مون کي اميد آهي ته سرڪاواسجي انسٽيٽيوٽ مستقبل ۾ يونيورسٽي جو درجو حاصل ڪندي.

SMHA پاران عمرڪوٽ، سنڌ ۾ ذهني صحت جي ڪيمپ منعقد ڪئي وئي (ڪيمپ جا تفصيل ريسرچ رپورٽ جي صفحن ۾ پڙهو)، جتي مختلف يونيورسٽين، ميڊيڪل ڪاليجن ۽ بين ادارن جي ماهرن/ڊاڪٽرن تقريبن 1000 مريضن جو علاج ڪيو ۽ مفت دوائون ورهايون. ماڻهن ڪئمپ ۾ وڏي دلچسپي ورتي. SMHA پاران حيدرآباد، ٺٽو، سجاول ۽ سنڌ جي ٻين ضلعن ۾ صحت جي عملي جي تربيت جو انتظام ڪيو ويو. صحت کاتي، پي پي ايڇ آءِ، ايس سي جي آءِ ۽ ٻين تربيت جي سلسلي ۾ سهڪار ڪيو. SMHA مختلف وسيلن ذريعي ٽيڪنيڪل رهنمائي فراهم ڪري رهي آهي، ڪميونٽي موبائيليزيشن جي مختلف طريقن تي ڪم ڪندي ۽ سنڌ جي ڏورانهن ڳوٺن، ڳوٺاڻن، نيم شهري ۽ شهري علائقن ۾ عوام جي خدمت ڪري رهي آهي. SMHA پاران ”ذهني صحت تي سوشل ميڊيا جا اثر“ جي موضوع تي گول ميڊ سيمينار منعقد ڪيو ويو. سيمينار ۾ ماهرن، معززين ۽ سول

ذهني صحت جي آگاهي

ڊاڪٽر ڪريم احمد خواجا
چيئرمين سنڌ مينٽل هيلٿ اٿارٽي



ڪي آزمائيو آهي. هر ڪنهن ۾ ڊپريشن، پريشاني ۽ دٻاءُ وڌي رهيو آهي. 2020ع کان ڪورونا پاران پيدا ڪيل غير معمولي حالتن جي وچ ۾، اها اڪيلائي وڌيڪ مضبوط ٿي وئي.

سنڌ ذهني صحت اٿارٽي منظم طريقي سان ذهني صحت جي شعبي ۾ موجود خامين کي دور ڪري رهي آهي. اسان کي هڪ جامع ۽ عملي طريقي جي ضرورت آهي جيڪا ذهني صحت جي سارڻياري کي وڌي آبادي تائين پهچائي.

سنڌ مينٽل هيلٿ اٿارٽي معياري ذهني صحت

ذهني صحت جي آگاهي سڀني ذهني صحت سان لاڳاپيل مسئلن جي ڪنجي آهي. ڪورونا COVID19 ۽ پوءِ ٻوڏ 2022ع ڪيترن ئي پاڪستاني جي ذهني صحت جي تباهي مچائي ڇڏي. انگ اکر اسان کي ٻڌائين ٿا ته هن ملڪ ۾ رهندڙ هر پنجون ماڻهو، جنهن ۾ ٻار ۽ نوجوان به شامل آهن، هڪ نفسياتي خرابي جو شڪار آهي؛ انهن مان 75 سيڪڙو کان وڌيڪ علاج نه ٿا ڪن. اهو ٻرندڙ منظر اڃا به وڌيڪ خراب ٿي چڪو آهي ويائي مرض سان لاڳاپيل چئلينجن جي ڪري جن سڀني جي جذباتي لچڪ

عوامی آگاہی پیغام

Dementia

الزماہر

الزماہر کی بیماری کیا ہے؟

الزماہر یعنی بولنے کی بیماری ایک لاعلاج بیماری ہے لیکن اس سے بچنا ممکن ہے۔
اس بیماری میں دماغ کے کچھ حصے مرنا شروع ہو جاتے ہیں۔
جس کی وجہ سے یادداشت اور طرز عمل جیسی صلاحیتیں
متاثر ہوتی ہیں۔

آپ کو کب خطرہ لاحق ہو سکتا ہے؟

☆ جانی بچائی چیزوں اور مقلات کو بھولنا
☆ روزمرہ کی گفتگو کے لیے مناسب
☆ الفاظ بھولنے لگنا
☆ روزمرہ کے کاموں کے لیے بھی مدد کی ضرورت پڑنا

Stroke

فالج

فالج کی بیماری کیا ہے؟

فالج دماغ میں خون کی فراہمی معطل ہونے کی وجہ سے ہوتا ہے۔
یہ دنیا بھر میں اموات اور معزوری کا ایک اہم سبب ہے اور یہ کسی بھی
عمر میں ہو سکتا ہے۔

فالج کی علامات کیا ہیں؟

☆ من ہونے کی کیفیت۔
☆ اضعافی اور بدنی کمزوری، عام طور پر جو جسم کے ایک طرف ہو۔
☆ توازن کا اہانک طے جانا۔
☆ غیر واضح گفتگو، ٹھوک گرجا، نکلنے میں دشواری، منہ کا نیچا ہونا۔
☆ نظر کی دستداشت، خودگی، کوما۔

ہم سب کے پاس فالج سے بچنے کی کیا اچھی وجوہات ہیں؟

☆ تہا کو نوشی ترک کریں۔
☆ باقاعدگی سے ورزش کریں۔
☆ دباؤ پر قابو پائیں اور مثبت رہیں
☆ متوازن غذائی منصوبہ پر چلیں۔

Parkinson's

رعشہ

پارکنسن (رعشہ) کا مرض کیا ہے؟

پارکنسن میں مبتلا افراد کے ہاتھ تھر تھر کانپتے ہیں۔ اور
اس وجہ سے وہ روزمرہ کے کام سرانجام دینے میں ناکام
ہو جاتے ہیں۔

ہم سب کے پاس رعشہ سے بچنے کی کیا اچھی وجوہات ہیں؟

☆ اپنے نیوروفزیشن کو باقاعدگی سے دکھاتے رہنا چاہئے۔
☆ صحت افزا غذا اور ورزش کا باقاعدہ اہتمام بہت ضروری
ہے۔

Epilepsy

مرگی

مرگی کی بیماری کیا ہے؟

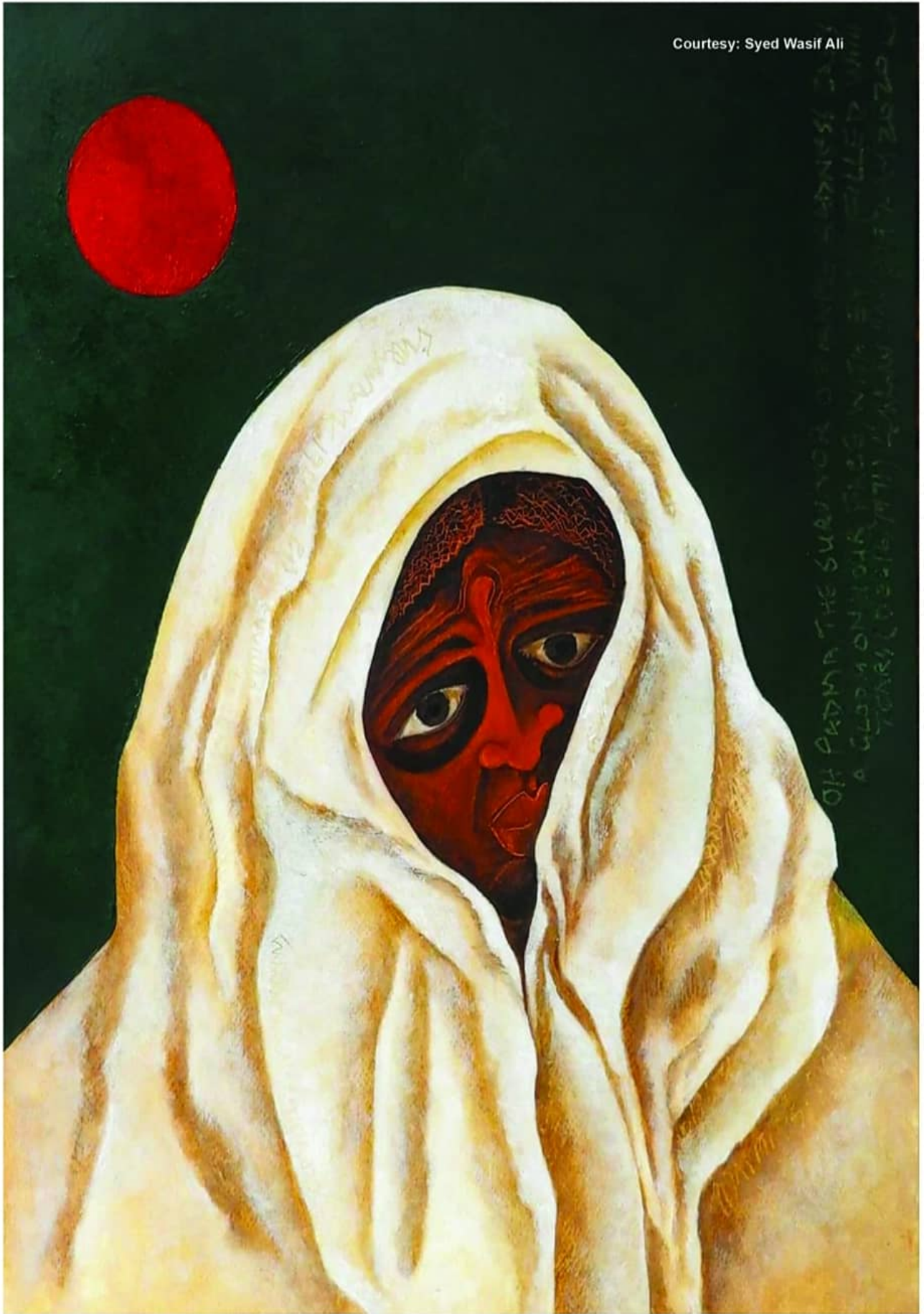
مرگی میں آدمی یک دم بے ہوش ہو کر گر پڑتا ہے۔ بے قراری جیسی حرکات
کرتا ہے، ہاتھوں، پاؤں میں تنگ (کھپا) ہوتا ہے۔

ہم سب کے پاس مرگی سے بچنے کی کیا اچھی وجوہات ہیں؟

☆ علاج کا پہلا انتخاب دوا سے علاج ہے۔
☆ علاج کا فیصلہ ڈاکٹر کے مشورے سے کریں۔

By: DR. SALMAN FAROOQ,
CONSULTANT NEUROPHYSICIAN
STROKE SPECIALIST
National Institute of Cardiovascular Disease
(NICVD)

Courtesy: Syed Wasif Ali



سندھ مينٽل هيٽ اٿارٽي



Sindh Mental Health
Authority



ذهني صحت سڀني لاءِ

اور قومی اداروں اور سول سوسائٹی کی تنظیموں نے اچھی طرح سے تسلیم کیا ہے۔ ٹونی بزان اکیڈمی اور ورلڈ برین ٹرسٹ نے SMHA کے چیئرمین سینیٹر ڈاکٹر کریم احمد خواجہ کو صوبہ سندھ اور پاکستان میں دماغی صحت کی خدمات کے لیے ان کی خدمات کے اعتراف اور تعریف پر گولڈ میڈل سے نوازا۔ عزت مآب ڈاکٹر سہیل احمد راجپوت، چیف سیکریٹری سندھ، میڈم تنزیلہ ام حبیبہ، وزیر اعلیٰ کے معاون خصوصی برائے آئی ٹی اور میر ٹورمیس پروفیسر ڈاکٹر اقبال آفریدی نے داتو پروفیسر ڈاکٹر احمد علی خان، ڈین کی جانب سے یہ اعزازی ایوارڈ چیئرمین ایس ایم ایچ اے کو دیا۔ ٹونی بزان اکیڈمی (یو کے لندن) دنیا کی مشہور تنظیم ہے اور ماسٹڈ میپنگ ٹیکنالوجی کے شعبے میں علمبردار ہے۔

SMHA ہیپل لائنز دماغی صحت کے مریضوں کو مسلسل رہنمائی اور خدمات فراہم کر رہی ہیں۔ ہیپل لائنز خود کشی کی روک تھام اور آگاہی اور ذہنی بیماریوں سے بچاؤ کے لیے معاونت کر رہی ہیں۔ ایس ایم ایچ اے نے مختلف تحقیقی مطالعات کا آغاز کیا ہے، مختلف سروے فارم تیار کیے ہیں اور رپورٹنگ کی مدت کے دوران سروے کیے ہیں۔ SMHA کی تمام سرگرمیوں کو SMHA ٹیم کے ذریعے باقاعدگی سے اپ ڈیٹ اور مانیٹر کیا جا رہا ہے۔ اب SMHA کی تمام سرگرمیاں SMHA کی ویب سائٹ، فیس بک، ٹویٹر اور یوٹیوب چینل پر دیکھی جاسکتی ہیں۔ مجھے امید ہے کہ دماغی صحت میں ہماری مسلسل کوششوں سے کمیونٹیز کو فائدہ پہنچے گا۔



اداروں، یونیورسٹیوں، ہسپتالوں اور سول سوسائٹی کی تنظیموں کے زیر انتظام نجی کلینک کی مدد سے معیاری ذہنی صحت کی خدمات کو بڑھا رہی ہے اور خدمات کے نیٹ ورک کو بڑھا رہی ہے۔

ایس ایم ایچ اے کو امید ہے کہ سرکاوا سبجی انسٹی ٹیوٹ کو "سر کاوا سبجی جہانگیر انسٹی ٹیوٹ آف سائیکاٹری اینڈ بیہیویورل سائنسز" کے طور پر ایک مکمل یونیورسٹی میں اپ گریڈ کیا جائے گا۔ ایس ایم ایچ اے کی کوششیں کامیاب ثابت ہوئیں اور حکومت سندھ نے اس کا ادراک کر لیا۔ عزت مآب مراد علی شاہ، وزیر اعلیٰ سندھ نے اعلان کیا کہ "یہ ایشیا میں سائیکاٹری اور رویے کے علوم کی پہلی یونیورسٹی ہوگی"۔ مجھے امید ہے کہ سرکاوا سبجی یونیورسٹی مستقبل میں یونیورسٹی کا درجہ حاصل کر لے گی۔

ایس ایم ایچ اے نے عمرکوٹ، سندھ میں مینٹل ہیلتھ کیمرپ کا انعقاد کیا (کیمرپ کی تفصیلات تحقیقی رپورٹ کے صفحات میں پڑھیں)، جہاں مختلف یونیورسٹیوں، میڈیکل کالجوں اور دیگر اداروں کے ماہرین/ڈاکٹرز نے تقریباً 1000 مریضوں کا علاج کیا اور مفت ادویات تقسیم کیں۔ لوگوں نے کیمرپ میں کافی دلچسپی لی۔ SMHA نے حیدرآباد، ٹھٹھہ، سجاول اور سندھ کے دیگر اضلاع میں صحت کے عملے کی تربیت کا اہتمام کیا۔ محکمہ صحت، PPHI، SCJI اور دیگر نے تربیت کے انعقاد میں تعاون کیا۔ SMHA مختلف وسائل کے ذریعے ٹیکنیکی رہنمائی فراہم کر رہا ہے، کمیونٹی کو متحرک کرنے کے مختلف طریقوں پر کام کر رہا ہے، اور سندھ کے دور دراز دیہی، دیہی، نیم شہری اور شہری علاقوں میں عوام کی خدمت کر رہا ہے۔ SMHA نے "ذہنی صحت پر سوشل میڈیا کے اثرات" کے موضوع پر ایک گول میز سیمینار کا انعقاد کیا۔ سیمینار میں ماہرین، معززین اور سول سوسائٹی تنظیموں کے ارکان نے شرکت کی۔

ذہنی صحت کے شعبے میں SMHA کو مختلف بین الاقوامی

دماغی صحت سے متعلق آگاہی

ڈاکٹر کریم احمد خواجہ
(چیئرمین سندھ مینٹل ہیلتھ اتھارٹی)



رہا ہے۔ 2020 کے بعد سے وبائی امراض کی وجہ سے پیدا ہونے والے غیر معمولی حالات کے درمیان، اس تنہائی کو مزید گہرا کر دیا گیا۔

سندھ مینٹل ہیلتھ اتھارٹی منظم طریقے سے مینٹل ہیلتھ سیکٹر میں موجود خامیوں کو دور کر رہی ہے۔ ہمیں ایک جامع اور عملی نقطہ نظر کی ضرورت ہے جو وسیع آبادی کو ذہنی صحت کی دیکھ بھال فراہم کرے۔

سندھ مینٹل ہیلتھ اتھارٹی، INGOs، مختلف صحت کے

ذہنی صحت سے متعلق آگاہی ذہنی صحت سے متعلق تمام مسائل کی کلید ہے۔ COVID19 کے بعد اور پھر سیلاب 2022 نے بہت سارے پاکستانیوں کی ذہنی صحت کو تباہ کر دیا۔ اعداد و شمار بتاتے ہیں کہ اس ملک میں رہنے والا ہر پانچواں شخص، بشمول بچے اور نوعمر، کسی نفسیاتی عارضے کا شکار ہے۔ ان میں سے 75 فیصد سے زیادہ کا علاج نہیں ہوتا۔ وبائی امراض سے متعلق چیلنجوں کی وجہ سے یہ تاریک منظر اور بھی سنگین ہو گیا ہے جس نے ہر ایک کی جذباتی لچک کا تجربہ کیا ہے۔ ہر کسی میں ڈپریشن، پریشانی اور تناؤ بڑھ



SAMBARA symbol of Sindh

سندھ مینٹل ہیلتھ اتھارٹی



اتھارٹی

<https://www.smha.sindh.gov.pk>



Sindh Mental Health Authority

اپریل 2023ء - جون 2023ء

شمارہ نمبر 7

ذہنی صحت سب کے لیے



وزیر اعلیٰ سندھ سید مراد علی شاہ، ڈاکٹر کریم احمد خواجہ چیئرمین سندھ مینٹل اتھارٹی فنڈ ریزنگ تقریب میں شیلڈ پیش کرتے ہوئے۔



سندھ مینٹل اتھارٹی کی جانب سے ذہنی امراض کے بارے میں میڈیکل کیمپ کا انعقاد کیا گیا۔