

**LIST OF SINDH MENTAL HEALTH AUTHORITY ACTIVITIES SINCE 2017 TO 2021
(FIRST TENURE)**

1. 1st Seminar about Mental awareness in Sheraton Hotel (January, 2018)
2. Psychiatry Ward of Lyari General Hospital visit by BOV (2019).
3. Seminar at Beach Luxury Hotel, Karachi (2019).
4. One Day Workshop for Master Trainers (9th February, 2020).
5. Visit of SCJIP, Hyderabad by Board of Visitors (2020).
6. Meeting regarding the inauguration of PAEDS (Psychiatric Ward) (2020).
7. Cowasjee Sports League at SCJIP, Hyderabad (27th February, 2020).
8. Visit of Helpline at Psychiatry Ward, JPMC (2020).
9. Inauguration of Psychiatry Ward at Qatar Hospital, Karachi (2020).
10. Meeting at DG Health Services Sindh Office at Hyderabad (11th July, 2019).
11. MOU Signing Ceremony of Tele-Help to prevent suicides in Thar (15th August, 2020).
12. MOU for the development of Urban Forest at SCJIP, Hyderabad (2020).
13. Visit to FM Radio at LUMHS, Hyderabad (2020).
14. One Day Seminar on Sindh Mental Health Act at Sukkur (29th November, 2018).
15. One Day Seminar on World Suicide Prevention Day 2019 (16th September, 2019).
16. Meeting with Psychologists of Sindh at Indus Hotel, Hyderabad (2020).
17. Inauguration of PAEDS (Psychiatric Ward) at Children Hospital (2020).
18. Seminar on Suicide at Regent Plaza (22nd September, 2019).
19. MOU signing ceremony with Brain Trust U.K (2020).
20. Visit to Anti-Narcotics Hospital (2020).
21. Seminar on Mental Health Issues at JPMC (2020).
22. Seminar on Sindh Mental Health Act at SCJIP, Hyderabad (2019).
23. Seminar at Institute of Behavioral Sciences (18th July, 2018).
24. Two Days Workshop Training for Medical Officers (15th February, 2019).
25. Meeting with VC UOS, VC LUMHS, MS/CEO SCJIP, Dean SS, CPD (20th August, 2020).
26. Tree Plantation for Urban Forests done for Patients at SCJIP, Hyd (2020).
27. Prof. Haroon visit to SCJIP, Hyderabad (2020).
28. BOV Visit to JPMC (2020).
29. First Meeting with Stakeholders of Thar Region regarding Suicides (23rd December, 2018).
30. World Mental Health Day 2018 (10th October, 2018).
31. Mental Health Program at JPMC (2020).
32. First Round Table Discussion on Mental Health Issues in Society (29th January, 2019).
33. Seminar regarding Sindh Mental Health Act at People's University of Medical & Health Sciences for Women Nawabshah (November, 2020).
34. Special Care Unit for Transgender at SCJIP, Hyderabad (2020).
35. Various Newspaper cuttings of Mental Health Programs (2019 to 2020).
36. Various Programs/Webinar organized by SMHA (2018 to 2020).
37. Helpline of Sindh Mental Health inaugurate by Chief Minister Sindh, Syed Murad Ali Shah on dated 13th May, 2020 (13th May, 2020).

38. **Chairman SMHA meet with Information Minister Syed Nasir Hussain Shah, regarding Helpline awareness published in the leading Newspapers of Sindh (June, 2020).**
39. **Inauguration of Website of Sindh Mental Health Authority (August, 2020).**
40. **COH-FIT Survey Press conference at JPMC, Karachi (9th September, 2020).**
41. **Zoom Webinar to mark the World Suicide Prevention Day (10th September, 2020).**
42. **Visit of Alleviate Addiction Suffering (Aas) Trust (15th September, 2020).**
43. **Meeting With Chairperson Sindh Human Right Commission (18th September, 2020).**
44. **Helpline installed and Panafallex put on walls in all over Sindh (1st October, 2020).**
45. **Seminar on World Mental Health Day at Sanghar (10th October, 2020).**
46. **Magazine about World Mental Health Day published by PAMH (14th October, 2020).**
47. **Meeting with M/s. Yasmeen, CEO Basic Needs Pakistan (26th October, 2020).**
48. **Today 29-10-2020 Sindh Cabinet meeting will be held (29th October, 2020).**
49. **Meeting with M/s Aneeta Pasha, Country Director IRD Pakistan (29th October, 2020).**
50. **Mental Health Seminar 2020 org: by Young Psychiatry Association (23rd November, 2020).**
51. **Follow up meeting with M/s Aneeta Pasha, Country Director IRD (26th November, 2020).**
52. **Meeting with Salam Dharejo, Country Coordinator, Pakistan TDHG (8th December, 2020).**
53. **Meeting with Coordinator SDG / UNDP (4th December, 2020).**
54. **MoU btw Sindh Mental Health Authority & Sindh Human Rights Commission (26th November, 2020).**
55. **Meeting with M/s Mehwish Maria, Child Protection Officer UNICEF (12th November, 2020).**
56. **Sindh Mental Health Authority installed Helpline posters on walls in all over Province of Sindh (12th November, 2020).**
57. **Follow up meeting with Mehwish Maria, CPO UNICEF on Zoom webinar (10th December, 2020).**
58. **MoU signing ceremony btw SMHA & SZABLC (10th December, 2020).**
59. **Meeting with Mr. Byram D Avari, Chairman Avari Group of Companies (2020).**
60. **News about collection of data to prevent suicide (2020).**
61. **Zoom meeting arranged by Dr. Rubina Kidwai (2020).**
62. **Inaugurates Prof Hyder Ali G Qazi Block, Dr Ibrahim Khalil Block and Deewan Gidumal Block (2020).**
63. **New 50 Bedded Female Ward (2020).**
64. **Inauguration of new OPD Block and visited New female Ward at Hyderabad (11th December, 2020).**
65. **Meeting with Dr. Fouzia Khan, Chief Advisor, CW, SE&L Deptt (15th December, 2020).**
66. **Meeting with Chief Services Executive, HANDS Pakistan**

- (22nd December, 2020).
67. Today meeting about Magazine of Sindh Mental Health Authority (22nd December, 2020).
 68. Meeting with Ms. Anita Pasha, Country Rep IRD (29th December, 2020).
 69. 2nd meeting about Magazine (31st December, 2020).
 70. 3rd follow up Meeting regarding 1st Magazine of SMHA (2nd January, 2021).
 71. Two days visit of Larkana and Sukkur Division by Chairman SMHA (5th to 6th January, 2021).
 72. 4th meeting about 1st Magazine of SMHA (7th January, 2021).
 73. Follow up meeting with Project Manager, SDGs Support Unit, UNDP (19th January, 2021).
 74. MoU Signing Ceremony Btw SMHA & IRD (20th January, 2021).
 75. 8th Board of Governors meeting (22nd January, 2021).
 76. Visit of Sindh Govt. Children's Hospital, North Karachi by Dr. Rubina Kidwai Phd, Member SMHA (22nd January, 2021).
 77. Meeting with Secretary Health, Govt. of Balochistan (26th January, 2021).
 78. Three days Training of Lady Health Worker at Mithi (25th to 27th January, 2021).
 79. 5th meeting about 1st Magazine of Sindh Mental Health Authority (28th January, 2021).
 80. Today meeting with Adv. Zainab Mahboob, Legal Head (29th January, 2021).
 81. Cleaning up work in Sir Cowasjee Institute by SMHA/W&S/HAD (3rd February, 2021).
 82. Installation of photo frame at SCJIP&BS Hyderabad (3rd February, 2021).
 83. 1st Death Anniversary of Comrade Dr. Lal Khan (10th February, 2021).
 84. 6th meeting about 1st Magazine of Sindh Mental Health Authority (19th February, 2021).
 85. Visit of SCJIPS&BS by Ms. Kamyla Marvi, Country Director for British Asian Trust (24th February, 2021).
 86. 7th meeting about 1st Magazine of Sindh Mental Health Authority (9th March, 2021).
 87. 8th March Women's Day program organized by S.R Art Production (8th March, 2021).
 88. Meeting with Dr. Qamar Abbass (10th March, 2021).
 89. Meeting with Dr. Ali Raza Mirjet, Psychiatrist (12th March, 2021).
 90. Today meeting about Mental Health issues with Thar Foundation (13th March, 2021).
 91. 4th Sindh Literature Festival at Arts Council of Pakistan Karachi (14th March, 2021).
 92. Seminar on How to Combat Suicide in Community Org. by SMHA (25th March, 2021).
 93. Thar Tele-Help Service Launched For Treating Mental Disorders (1st April, 2021).
 94. SMHA today Follow up meeting with NGO HANDS (8th April, 2021).
 95. Senator Dr. Karim Ahmed Khawaja inaugurate the new Art Gallery (9th April, 2021).
 96. Recognition of Depression is Prevention of Suicide by SMHA (7th April, 2021).

97. Senator Dr. Karim Ahmed Khawaja meeting at JPMC (10th April, 2021).
98. Recognition of Depression is Prevention of Suicide by SMHA at Malir (13th April, 2021).
99. Sindh Mental Health Authority send all Researches, Magazine and other correspondence regarding intention with different Government Departments, Autonomous, Semi-Autonomous Bodies, N.G.Os, National and International Organizations through (two or three thousands) letters.
100. Sindh Mental Health Authority published a booklet regarding Course contents for Mental Health training of Primary Care Physicians (Doctors).
101. Today's zoom webinar on Analytical study on Suicide cases (14th April, 2021).
102. SMHA follow up meeting with IRD on Zoom (15th April, 2021).
103. Meeting about Recognition prevention of Suicide in Thar (17th April, 2021).
104. Visit of Radio Station and New OPD Block at SCJIP&BS, Hyderabad (20th April, 2021).
105. 1st meeting of Second Magazine of SMHA (23rd April, 2021).
106. MoU signed btw SMHA and HANDS (26th April, 2021).
107. Follow up Meeting with HANDS on 29th April, 2021.
108. Meeting about research on Psychological effects in population (6th May, 2021).
109. Meeting with Pakistan Youth Parliamentary members (6th May, 2021).
110. 2nd meeting of second SMHA Magazine (7th May, 2021).
111. Meeting with Thar Foundation about Mental Health issues (20th May, 2021).
112. Meeting with SZABLC, HANDS, Karachi University, Edhi Foundation (20th May, 2021).
113. Discussion on Psychological Autopsy in Tharparkar through Zoom (25th May, 2021).
114. Zoom meeting about Research Study on Mental Health (26th May, 2021).
115. Pakistan Penal Code convene a meeting via zoom link (28th May, 2021).
116. Meeting with Charter for Compassion, Pakistan (1st June, 2021).
117. Final discussion about Research on Impact of Covid-19 Pandemic (1st June, 2021).
118. Psychological Autopsy of Suicide patients in Tharparkar is launch (8th June, 2021).
119. One day training session on Psychosocial impact on Mental Health (14th June, 2021).
120. MoU signed between SMHA and Charter For Compassion – Pakistan (15th June, 2021).
121. Visit of LUMHS by Chairman SMHA (19th June, 2021).
122. Today Senator Dr. Karim Ahmed Khawaja visit to SCJIP&BS Hyderabad (19th June, 2021).
123. Meeting about Impact of Covid on Mental Health at HANDS office (23rd June, 2021).
124. Meeting with NGO (Taskeen Sehatmand Pakistan).
125. International World Drug Day 2021 (26th June, 2021).
126. Meeting regarding Psychological Autopsy of Tharparkar Patients (29th June, 2021).

- 127. Meeting with Home Secretary, Govt. of Sindh (29th June, 2021).**
- 128. Secretary SMHA visit Bilquis Edhi Foundation (30th June, 2021).**
- 129. Presentation on Research abt Impact of Covid-19 Pandemic (2nd July, 2021).**
- 130. Follow up Presentation on Research abt Impact of Covid-19 Pandemic (5th July, 2021).**
- 131. Impact of Covid19 on Mental Health Research Report launched (15th July, 2021).**
- 132. Meeting with Dean Szabist Mr. Riaz Shaikh (19th July, 2021).**
- 133. Meeting with Dr. Sameen Siddiqui, AKU and his team via zoom link (27th July, 2021).**
- 134. Meeting with Dr. Aijaz Khanzada, Advisor to Health Department (4th August, 2021).**
- 135. Chairman SMHA visit to SCJIP&BS Hyderabad (7th August, 2021).**
- 136. 9th Board of Governors meeting of Sindh Mental Health Authority (13th August, 2021).**
- 137. Meeting on Psychological Autopsy of Registered cases of Suicide (16th August, 2021).**
- 138. Launching report of Psychological Autopsy of Suicide cases (23rd August, 2021).**
- 139. MoU Btw Sindh Mental Health Authority & Justice Project Society (24th August, 2021).**
- 140. Sindh Mental Health Authority today launch three Researches (24th August, 2021).**

**LIST OF SINDH MENTAL HEALTH AUTHORITY ACTIVITIES SINCE 2021 TO UPTO
DATE (SECOND TENURE)**

1. **Chairman SMHA meeting with Justice Project Pakistan (9th December, 2021).**
2. **Meeting regarding 3rd Magazine of SMHA (9th December, 2021).**
3. **Chairman SMHA meeting with Karwan-e-Hayat (14th December, 2021).**
4. **Meeting with Charter for Compassion, Pakistan (21st December, 2021).**
5. **2nd meeting regarding 3rd Magazine of SMHA (22nd December, 2021).**
6. **Chairman SMHA participate the 50th Syndicate meeting of LUMHS via zoom link (24th December, 2021).**
7. **Follow up meeting with Charter for Compassion, Pakistan (24th December, 2021).**
8. **Chairman SMHA Launch 3rd Magazine of SMHA (24th December, 2021).**
9. **Distribution Certificates to participants in Psychology Autopsy (15th January, 2022).**
10. **Secretary SMHA visit to Sir Cowasji Jahangir Institute, Hyderabad (20th January, 2022).**
12. **Secretary SMHA attend the meeting of Sindh Human Rights Commission at P.C Hotel, Karachi (25th January, 2022).**
13. **Meeting with Justice Project Pakistan on Supreme Court's Judgment (2nd February, 2022).**
14. **Chairman SMHA condolence to DHO Malir on his father's death (13th February, 2022).**
15. **Meeting with Volkan Umut Arslan, Socialist Laborer Party, Turkey (7th March, 2022).**
16. **Meeting regarding Medical Camp at Tharparkar (9th March, 2022).**
17. **2nd International Conference organized by Karachi University (10th March, 2022).**
18. **Certificate Distribution Ceremony to Contributors on Covid Research at HANDS head office Malir (17th March, 2022).**
19. **Round Table Discussion on Mental Health Challenge in Current Time (22nd March, 2022).**
20. **Chairman SMHA meeting with Pakistan Youth Parliament members (30th March, 2022).**
21. **Chairman SMHA meeting with Mr. Shafqat, Law Department (30th March, 2022).**
22. **10th Board of Governors meeting of Sindh Mental Health Authority (1st April, 2022).**
23. **Meeting with Charter for Comparison Pakistan (6th April, 2022).**
24. **Meeting with Chairman, Sindhi Adabi Board, Jamshoro (12th April, 2022).**
25. **Follow up meeting with Shafqat & Charter for Compassion Pakistan (14th April, 2022).**
26. **MoU signed Btw SMHA, CFC Pakistan & Thar Foundation (15th April, 2022).**
27. **Meeting regarding Psychiatrist Medical Camp in Tharparkar (19th April, 2022).**
28. **Meeting with Charter for Compassion Pakistan on Helpline (20th April, 2022).**
29. **Follow up meeting regarding Psychiatry Medical Camp at Tharparkar (21st April, 2022).**

30. Meeting with D.C Tharparkar regarding Medical Camp in Tharparkar (22nd April, 2022).
31. Meeting about Camp in Tharparkar with Charter for Compassion (27th April, 2022).
32. Chairman SMHA call a meeting regarding Medical camp in Tharparkar (5th May, 2022).
33. Eid Milan Party at Chief Minister House, Karachi (9th May, 2022).
34. Follow up meeting regarding Medical Camp at Tharparkar (11th May, 2022).
35. Meeting with Naseer Memon regarding Medical Camp in Tharparkar (12th May, 2022).
36. SMHA send medicines in seven Talukas of District Tharparkar regarding Medical Camp in Tharparkar (12th May, 2022).
37. As Chief Guest Chairman SMHA address to International Young Psychologists Fiesta conference at Lahore via online (13th May, 2022).
38. SMHA conducted successful free Psychiatric Camp at Tharparkar alongwith PPHI Doctors of Tharparkar (15th May, 2022).
39. Chairman SMHA visited different camps alongwith DHO Tharparkar and Press Conference with D.C Tharparkar (15th May, 2022).
40. Chairman SMHA visiting the residency of Prof. Haroon Ahmed for looking his health condition (20th May, 2022).
41. Meeting regarding Helpline at SMHA office (20th May, 2022).
42. Mirpurkhas Literature Festival was held on 22.05.2022.
43. Meeting with President Art Council of Tharparkar, Mithi (25th May, 2022).
44. Chairman SMHA meeting with Vice Chancellor JSMU (26th May, 2022).
45. SMHA give Lunch in honor to Psychiatrists and Psychologists (28th May, 2022).
46. Chairman SMHA meet with Journalists (31st May, 2022).
47. SMHA conducted Psychiatric Training Session at District Umerkot (1st June 2022 at PPHI head office and 2nd June, 2022 at Muzamil Guest House Umerkot).
48. Delegation of Art Council Tharparkar meet with Chairman SMHA (3rd June, 2022).
49. SMHA conducted Psychiatric Training Session at Mirpurkhas (6th June 2022, 09.30 a.m at Bhattai Dental & Medical College and 02.30 p.m at PPHI head office, Mirpurkhas).
50. SMHA conducted Psychiatric Training Session at District Jamshoro (20th June, 2022)
51. SMHA conducting one other Psychiatric Session at District Dadu (21st June, 2022)
52. Professors team visit Sehwan after completion of Training Session (21st June, 2022).
53. Chairman SMHA meeting with Minister Information and Archives Mr. Sharjeel Inam Memon, regarding 3 Helpline of SMHA Media promotion in all Newspaper and News Channels.
54. Today SMHA conducted Dua e Magfirat for Late Mr. Irshad Khokhar (30th June, 2022)
55. Meeting regarding 4th Magazine of SMHA (1st July, 2022)
56. Today Chairman SMHA inaugurate Helpline at Civil Hospital Karachi (4th July, 2022).
57. Seminar regarding 5th July, 1977 organized by SZAB Law College, Malir (5th July, 1977).

58. Meeting regarding discuss the oppressed class issues of Pakistan (7th July, 2022).
59. Chairman SMHA meeting with DHO, Sanghar (15th July, 2022).
60. Chairman SMHA attended the Universal Prevention Curriculum Coordination Ceremony at Institute of Clinical Psychology, University of Karachi (16th July, 2022).
61. Meeting regarding discussion on Research papers made by Prof. Haider Naqvi and Dr. Chooni Lal (19th July, 2022).
62. Chairman SMHA participate as Chief Guest in Round Table Discussion conducted by SZABIST at Karachi (26th July, 2022).
63. Meeting regarding Helpline of SMHA (27th July, 2022).
64. Chairman, SMHA participate as Chief Guest in the Inaugural Ceremony of Counselling Clinic and Digital Library, conducted by Department of Psychology, University of Karachi (28th July, 2022).
65. WHO Pakistan provided technical assistance in Sindh Province in partnership with UNWOMEN under joint interagency partnership of Essential Service Programme. Event is scheduled on 11 and 12 August, 2022 at Ball Room A, Hotel Moven Pick Karachi, from SMHA Prof. Hyder Ali Naqvi, Associate Prof. Dr. Chooni Lal and Dr. Qalb-e-Hyder, Psychiatrist and Dr. Sara from WHO, participate in the event, Chief Guest was Dr. Muhammad Juman Bahoto, D.G Health Services, Sindh.
66. Chairman SMHA meeting with Prof. Dr. Zainab Hussain Bhutto (11th August, 2022).
67. Closing Ceremony of 2 days Orientation Workshop for helpline staff, Senator Dr. Karim Ahmed Khawaja, Chairman SMHA, Dr. Ali Wasif, Prof. Dr. Qudsia Tariq, Dr. Raza ur Rahman and Ms. Beenish Zia participate in the Ceremony (from 11th and 12th August, 2022).
68. Chairman SMHA joined via zoom link in two days International E-Conference organized by Young Psychologist Association, in which panelist were Senator Dr. Karim Ahmed Khawaja, Prof. Iqbal Afridi, Dr. Farah Abbasi, Dr. Salman Shahzad, Dr. Uzma Ali, Dr. Qudsia Tariq, Dr. Farah Iqbal and others discussed on the topic (12 to 13th August, 2022).
69. Chairman SMHA participate in Rangan Bhari Shaam program 14th August Transmission hosted by Kiran Mir Amir Shah and guests were Senator Dr. Karim Ahmed Khawaja, Aliya Salim Burney, GR Baloch, Alam Brohi, Ms. Nusrat, Singer Arshad Mahmood and others (14th August, 2022).
70. MoU signed btw Sindh Mental Health Authority & Bahria University (30th August, 2022).
71. Chairman SMHA today interview to Arab News at SMHA Office Karachi (5th September, 2022).
72. Chairman SMHA meeting with Ms. Kamyla Marvi Tapal (7th September, 2022).
73. Karwan-e-Hayat organized Seminar on World Suicide Prevention Day (10th September, 2022).
74. Meeting with Dr. Khalida Tanveer, Federal Urdu University (12th September, 2022).
75. Meeting with Mr. Ali Wazir, Member of National Assembly at JPMC (18th September, 2022).
76. Chairman SMHA meeting with delegation of Federal Urdu University (19th September, 2022).
77. Meeting with Mr. Veerji Kolhi, Special Assistant to CM Sindh (20th September, 2022).

78. Indus University organized program "Jang Forum" on Flood situation (23rd September, 2022).
79. Follow up meeting with Prof. Dr. Khalida Tanveer, Chairperson FUU (26th September, 2022).
80. Chairman SMHA meet today with Secretary, Social Welfare Deptt. (28th September, 2022).
81. Chairman SMHA meet with Prof. Nisar, President PDF, KPK (28th September, 2022)
82. Seminar on "Mental fitness necessary for physical fitness, but how? (29th September, 2022).
83. Meeting with Mr. Lutaf Mangrio, Head of Tele Tabeeb Helpline (30th September, 2022).
84. Dr. Karim Khawaja participate as Chief Guest in Flood Conference (30th September, 2022).
85. Dr. Essa Laboratory organized a Seminar "World Mental Health Day" (01st October, 2022).
86. Meeting with Dr. Nuzhat Khan, Ex-D.G (NIO, Karachi) (3rd October, 2022).
87. Chairman SMHA visited Tent City & Medical Camp for Flood people (4th October, 2022).
88. Meeting with Mr. Farhan Ansari, General Manager, Thar Foundation (5th October, 2022).
89. Meeting with Naimatullah Sao, National Institute of Oceanography (6th October, 2022).
90. WPA preconference Seminar on Mental Health Day (6th October, 2022).
91. JPMC, Psychiatry Ward conduct Seminar on World Mental Health Day (11th October, 2022).
92. SCJIP&BS Hyderabad organized World Mental Health Day 2022 (12th October, 2022)
93. SMHA conduct Round Table Discussion on old age people's problem (14th October, 2022).
94. Institute of Behavioral Sciences conduct World Mental Health Day (15th October, 2022).
95. Prof. Dr. Haroon Ahmed received "Life Time Achievement Award" (16th October, 2022).
96. Hamdard University conduct World Mental Health Day 2022 (18th October, 2022).
97. Federal Urdu University conduct World Mental Health Day 2022 (19th October, 2022).
98. Inauguration of book of the Advocate Supreme Court Mr. Akhtar Hussain named "Politics of Social Change" (21st October, 2022).

99. **Book Launching Ceremony written by Dr. Sadiquallah Khan (30th October, 2022).**
100. **Diwali Festival 2022 conduct by Arts Council of Pakistan and SMHA (30th October, 2022).**
101. **Award Distribution Ceremony on World Mental Health Day by Institute of Psychology, University of Karachi (31st October, 2022).**
102. **Meeting with Mr. Farhan Ansari alongwith other Stake holders regarding Tele helpline Tharparkar (31st October, 2022).**
103. **Meet with Senator Gian Chand and Mr. Veerji Kolhi, Special Assistant to Chief Minister, Sindh (2nd November, 2022).**
104. **Chairman SMHA meet with Dr. Shahid Irfan, IOM (7th November, 2022)**
105. **A Seminar conduct by Social Work Deptt of University of Karachi (11th November, 2022).**
106. **Meeting regarding Indigenous People and Scheduled Caste in which Mr. Sadhumal Surendar Valasai, MPA and Minister, Senator Gianchand, Mr. Veerji Kolhi, Special Assistant to CM, Sindh and Prof. Saghar Samejo participate (16th November, 2022).**
107. **Sindh Mental Health Authority's Youtube videos are 84 till today i.e. 17th November, 2022 and total views of all videos are 3010 (17th November, 2022).**
108. **Meeting with Founder and CEO of Tech 4 Life Enterprises (22nd November, 2022).**
109. **Senator Dr. Karim Ahmed Khawaja meet with Senator Krishna Kumari (22nd November, 2022).**
110. **British Asian Trust visited SCJIP&BS Hyderabad (23rd November, 2022).**
111. **Meeting regarding upcoming Roundtable Discussion on 29th Nov 2022 (24th November, 2022).**
112. **Meeting with Mr. Veerji Kolhi, Special Assistant to CM Sindh (25th November, 2022).**
113. **Sindh Mental Health Authority conducted Roundtable Discussion (29th November, 2022).**
114. **International Day for Persons with Disabilities (3rd December, 2022).**
115. **Peoples Writers Forum conduct award distribution ceremony at Khi (3rd December, 2022).**
116. **Chairman SMHA participated in EKTA SPECIAL TRANSMISSION (Sindh Cultural Day 4th December 2022) on KTN entertainment (4th December, 2022).**
117. **Chairman SMHA visit SCJIP&BS Hyderabad alongwith Mr. Nadeem Memon, Commissioner Hyderabad (6th December, 2022).**
118. **Meeting with Thar Foundation regarding Tele Helpline (13th December, 2022).**
119. **Chairman SMHA meet with International Medical Corps (13th December, 2022).**

120. Chairman SMHA participate in Culture Program organized by Shaheed Zulfiqar Ali Bhutto Law College (SZABLC) (14th December, 2022).
121. International Academics & Research SUMMIT 2022 conducted at LUMHS Jamshoro (16th December, 2022).
122. Chief Minister, Sindh Syed Murad Ali Shah Inaugurate New OPD Building and Female Ward at SCJIP&BS Hyderabad (17th December, 2022).
123. Forum for Rights of Marginalized Communities organized the International Minority Rights Day a Seminar on "Rights of Marginalized Communities - Issues & Challenges" at Arts Council of Pakistan, Karachi (18th December, 2022).
124. Meeting regarding Research of Old age (Geriatric) Peoples (20th December, 2022).
125. Follow up meeting under the Chairmanship of President of Pakistan, Secretary SMHA participated (20th December, 2022).
126. Meeting with Ms. Nafeesa Hood Bhoy, Renowned Writer & Journalist (21st December, 2022).
127. Discussion on upcoming 5th Quarterly Magazine of SMHA (23rd December, 2022).
128. Chairman SMHA visited Sindh Institute of Ophthalmology (SIOVS) Hyderabad (29th December, 2022).
129. Chairman SMHA participate in Retirement Ceremony of DHO Sujwal at Beach Luxury Hotel, Karachi (31st December, 2022).
130. Youth Social Reforms (YSR) conducted 13th International Tipping Point 2021-2022 at Marriot Hotel Karachi (31st December, 2022).
131. Meeting under the Chairmanship of Chief Minister Sindh about SCJIP&BS Hyderabad at Chief Minister House, Karachi (2nd January, 2023)
132. Meeting Regarding Free Psychiatry Camp at District Malir, Karachi (3rd January, 2023).
133. Meeting with Prof. Shahin Haye, Consultant Psychiatrist (5th January, 2023).
134. Senator Dr. Karim participate in 75th Cake Cutting Ceremony of Shaheed Zulfiqar Ali Bhutto (5th January, 2023).
135. Chief Secretary, Sindh celebrate 88 Batch of L.M.C at C.S House, Karachi (6th January, 2023).
136. Sindh Mental Health Authority conducted Mental Health Camp for Flood affected Population in collaboration with International Medical Corps and other stake-holders at Mega Tent City, Malir Karachi (7th January, 2023).
137. 88 LMC batch of Doctors participated in the Valima Ceremony of Dr. Khalid's nephew and Daughter of Ms. Shazia Atta Mari, Minister for Poverty Alleviation and Social Safety, Govt. of Pakistan at Beach Luxury Hotel, Karachi (10th January, 2023).
138. Chairman SMHA call a meeting regarding Open New wards and other related issues at Sir Cowasjee Jahangir Institute of Psychiatry and Behavioral Sciences, Hyderabad (11th January, 2023).

139. Meeting regarding different Researches and other issues at Social Welfare Department, Govt. of Sindh (12th January, 2023).
140. Follow up meeting with International Organization for Migration (17th January, 2023).
141. International Organization for Migration conducted three days training session for trainers at Marriot Hotel Karachi (18th January, 2023).
142. Follow up meeting with British Asian Trust at Marriot Hotel Karachi (18th January, 2023).
143. First Board of Governors meeting of SCJIP&BS at Health Minister Office Karachi (20th January, 2023).
144. Meeting with Prof. Dr. Farukh Ahmed and Prof. Dr. Uzma Ali (20th January, 2023).
145. Meeting with Secretary Universities and Boards Department, Govt of Sindh (25th January, 2023).
146. Chairman SMHA meet with Dr. Rakesh Bhagtwani, Hamdrad University (26th January, 2023).
147. Meeting of Rehabilitation Committee for HIV/AIDS-infected persons (27th January, 2023).
148. Dr. Karim condolence to Dr. Qadir Patel over brother's Demise (30th January, 2023).
149. WHO & HSA conducted Trning of Healthcare Providers & Practitioner (30th January, 2023).
150. Meeting with Dr. Taj Baloch and Mr. Faheem Zaman (1st February, 2023).
151. Arts Council of Thar celebrated Marvi's Fair (Marvi jo Melo) (5th February, 2023).
152. Chairman SMHA meet with Prof. Dr. Riaz Sheikh, SZABIST (8th February, 2023).
153. MoU Ceremony btw Sindh Mental Health Authority & Thar Foundation (10th February, 2023).
154. Chairman SMHA visited Gorano Park and Reservoir at Tharparkar (11th February, 2023).
155. Meeting with Mr. Shahzad Sadan, CEO, Children of Adam (NGO) (14th February, 2023).
156. Roundtable Talk organized by PILER in collaboration with SMHA (15th February, 2023).
157. Secretary SMHA and British Asian Trust visited SCJIP&BS & LUMHS (17th February, 2023).
158. Sohail Rana Art Production presented by a Tribute to Dar ul Sukun (17th February, 2023).
159. SMHA conducted Seminar "How BISP can help in Mental Health issue" (18th February, 2023).
160. Inauguration of Book "Muntakhib Tasneef" of Comrade Dr. Lal Khan (26th February, 2023).
161. British Asian Trust Conducted Annual Partners Gala at Karachi (1st March, 2023).
162. Follow up meeting regarding different Researches and other issues (2nd March, 2023).

163. World Psychiatric Association (WPA) organized a Thematic Congress at Marriot Hotel Karachi (3rd March, 2023).
164. Karwan-e-Hayat conducted International Women's Day (8th March, 2023).
165. Chairman SMHA participate in Cake Cutting & Holi ceremony (8th March, 2023).
166. Chairman SMHA visited Babar Azeemi's Art Gallery exhibition (9th March, 2023).
167. Chairman SMHA visited solo exhibition of Saree and Paintings (9th March, 2023).
168. Dr. Chooni Lal cut cake of Holi alongwith Chairman SMHA at SMHA Office (9th March, 2023).
169. SZABIST conduct Global Conference on Research in Education & Social Sciences (10th March, 2023).
170. Media Persons meet with Chairman, SMHA at head office Karachi (13th March, 2023).
171. Children of Adam conducted Ground Breaking Ceremony of 150 bedded CoA Neuro Psychiatric Hospital at Gadap, District Malir Karachi (14th March, 2023).
172. Chairman SMHA call a meeting regarding Mental Health issues (16th March, 2023).
173. Inauguration of 6th Quarterly Magazine of Sindh Mental Health Authority by Senator Dr. Karim Khawaja, Dr. Syed Zafar Mehdi, Dr. Ali Wasif, Dr. Ali Gul Metlo, Dr. Ajmal Mughal, Mr. Zahid Lashari, Aijaz Khawaja and Mr. Ishaq Soomro (17th March, 2023).
174. Parwan Publication conducted Mother Tongue Conference at Karachi (18th March, 2023).
175. Arts Council of Thar conducted Awareness Seminar on Human Rights in Collaboration with Human Rights Deptt. Government of Sindh (21st March, 2023).
176. Today Dr. Seema Ahmed, World Bank visited SMHA office Karachi (3rd April, 2023).
177. Follow up meeting regarding Research on Geriatric people (10th April, 2023).
178. Follow up meeting regarding letters send to Social Welfare Department, Govt. of Sindh (13th April, 2023).
179. Ms. Laila Rajani, Candidate for PhD in International Development, School of Social and Political Science, University of Edinburgh, Scotland meet with Chairman, SMHA (18th April, 2023).
180. Chairman SMHA Eid Celebration with Older People of Dar ul Sukun (25th April, 2023).
181. NCJP conduct Try-Party Consultation program at PC Hotel, Karachi (30th April, 2023).
182. Meeting with Ms. Laila Rajani regarding her Research in Tharparka (02nd May, 2023).
183. Chairman SMHA call a meeting regarding Mental Health issues in District Thatta (03rd May, 2023).

184. Meeting regarding Inauguration of Tele Psychiatry Services at Islamkot & Psychiatry Training Session at District Thatta (04th May, 2023).
185. Meeting with (NGO) International Organization for Migration (IOM) (05th May, 2023).
186. Old memory, Chairman SMHA participated in Seminar at Tharparkar (08th May, 2023).
187. Sindh Mental Health Authority conducted Psychiatric Training Session with collaboration of Medical Emergency Resilience Foundation (MERF) at District Thatta (11th May, 2023).
188. Inauguration of Tele Psychiatry Services by Senator Dr. Karim Khawaja and MNA Dr. Mahesh Kumar Malahni at Islamkot, Tharparkar (14th May, 2023).
189. Chairman SMHA visited village Virawah and different Temples at Nangarparkar, District Tharparkar (15th May, 2023).
190. Meeting with IOM regarding Tent City of Rain and flood affected people (17th May, 2023).
191. Meeting with NGO Karwan-e-Hayat regarding Mental Health issues (17th May, 2023).
192. Suhail Rana Art Production conducted Mother's Day for Prison Women at Central Jail Karachi (17th May, 2023).
193. 1st Public Health Symposium conducted by SZABIST at Karachi (20th May, 2023).
194. Follow up meeting with International Organization for Migration (23rd May, 2023).
195. British Asian Trust conducted a Mental Health Session at PC Hotel (24th May, 2023).
196. Dr. Muzaffar Hussain Courtesy visit of SMHA office Karachi (25th May, 2023).
197. Psychiatry Deptt. JPMC conducted a Seminar on "PID" at Karachi (25th May, 2023).
198. SMHA conducted Psychiatric training Session to Hyderabad's Doctors, 1st Day of Training (26th May, 2023).
199. Second Day of Training Session at Hyderabad organized by SMHA (27th May, 2023).
200. Meeting with IOM regarding signing ceremony of handing Medicines (29th May, 2023).
201. Sohail Trust Hospital conducted Mental Health Awareness Session (30th May, 2023).
202. SMHA conducted Mental Health Training at District Sujawal (31st May, 2023).
203. Follow up Meeting with (NGO) IOM regarding Medicines for Camp (01st June, 2023).
204. Chairman SMHA call a meeting regarding discussion on many issues (02nd June, 2023).
205. Muhammad Ali Jinnah University conducted "Annual Merit Awards Ceremony" (03rd June, 2023).
206. SMHA successfully conducted Mental Health Camp at District Umerkot (04th June, 2023).
207. Chairman SMHA meet with Advocate Kazi Mubashir Aijaz, Justice Project Pakistan (JPP) (06th June, 2023).

208. First meeting with Dr. Wamiq Ali and Second meeting with JPP (07th June, 2023).
209. Children of Adam conducted Fund Raising Dinner at CM House (7th June, 2023).
210. Discussion on M.H Training for Female / Juvenile Prisoners Staff (9th June, 2023).
211. Meeting with Prof. Dr. Ali Hashmi, Lahore regarding discussion on Punjab Mental Health Authority (9th June, 2023).
212. Meeting with Prof. Dr. Ghazal Asif Farrukhi, MGSNSS Department of Anthropology, LUMHS University, Lahore (9th June, 2023).
213. SMHA conducted Mental Health Training for Female Prison Staff and Juvenile Prison Staff at Central Jail Karachi (13th June, 2023).
214. Department of Psychiatry and Behavioural Sciences, JPMC organized a program to pay tribute and to celebrate the services of Living Legend Professor Syed Haroon Ahmed (16th June 2023).
215. Chairman, Sindh Mental Health Authority Senator Dr. Karim Ahmed Khawaja's mother sad demises and buried in his native place Tando Muhammad Khan (21st June, 2023).
216. Makhdoom Saeed Zaman condolence to the Senator Dr. Karim Khawaja (2nd July, 2023).
217. Chief Secretary Sindh condolence to the Senator Karim Khawaja (4th July, 2023).
218. Meer Ghulam Muhammad Khan Jakhrani, Ex-MNA and Chairman District Kashmore condolence to the Senator Dr. Karim Ahmed Khawaja (15th July, 2023).
219. Sindhi Adabi Board organize Urdu Sindhi Mushaira & Book Launching Ceremony (17th July, 2023).
220. SMHA conducted successfully Roundtable discussion on the topic "Internet, Social Media, and Their Effects on Mental Health. (18th July, 2023).
221. 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 (18th July, 2023).
222. Meeting with delegation of World Bank regarding mental health issues (19th July, 2023).
223. Meeting regarding Discussion on collaboration btw Sindh Mental Health Authority and World Bank (27th July, 2023).
224. 11th Board of Governors meeting of Sindh Mental Health Authority was held at head office Karachi under the Chairmanship of Senator Dr. Karim Khawaja (04th August, 2023).
225. Meeting with Mr. Razaq Baloch, Journalist and Documentary maker (7th August, 2023).
226. The first meeting of Mental Health and Psychological Support (MHPSS) Technical Working Group via online (10th August, 2023).
227. Inauguration of 7th Magazine of Sindh Mental Health Authority (10th of August, 2023).
228. Meeting with Children of Adam regarding Sindh Cabinet decision (16th August, 2023)
229. Follow up meeting btw SMHA and CoA regarding Sindh Cabinet decision (21st August, 2023).

230. Chairman, SMHA and Member Board of Sindhi Adabi Board Senator Dr. Karim Ahmed Khawaja visited Sindhi Adabi Board Office (23rd August, 2023).
231. World Health Organization conducted flagship programme named mental health gap action programme (mhGAP) at Hyderabad (23rd August, 2023).
232. Karwan e Hayat conducted a Seminar on "Creating Hope Through Action" on the occasion of World Suicide Prevention Day at PC hotel Karachi (9th September 2023).
233. JPPS conducted World Suicide Prevention Day at JSMU, Karachi (12th September, 2023).
234. IOM conducted a Seminar & inaugurated Research Report of SMHA (13th September, 2023).
235. Psychiatry Deptt of JPMC conducted World Suicide Prevention Day (19th September, 2023).
236. British Asian Trust conducted stakeholders Session at Avari Tower (21st September, 2023).
237. SMHA successfully conducted free Psychiatric Medical Camp at Keti Bandar (8th October, 2023).
238. Jinnah Sindh Medical University in collaboration with SMHA organized a Seminar on World Mental Health Day at JSMU (9th October, 2023).
239. SMHA organized awareness session to the Central Jail Prisoners (9th October, 2023).
240. Karwan e Hayat conducted a Seminar on World Mental Health Day "Mental Health is a Universal Human Rights" on (10th October, 2023).
241. Institute of Behavioral Sciences, DUHS Karachi conducted a Seminar on the World Mental Health Day at IBS, Karachi (11th October, 2023).
242. Today Chairman SMHA meet with WHO head of Pakistan at Karachi (16th October, 2023).
243. Psychiatry Deptt. of JPMC conducted Seminar regarding World Mental Health Day (17th October, 2023).
244. Meeting regarding Mental Health Training to Doctors of Province Sindh in future (20th October, 2023).
245. Dr. Sohrab Sarki condolence to the Senator Dr. Karim Khawaja, Chairman SMHA (25th October, 2023).
246. Oppressed Classes and Indigenous Tribe's Festival organized by Arts Council Thar at Arts Council Karachi (29th October, 2023).
247. SMHA conducted Mental Health Training to the Karachi Division's Doctors (31st October, 2023).
248. Today follow up meeting about Mental Health helpline were chaired by Dr. Arif Alvi, President of Pakistan, in which Province Sindh and others were participated, from Province Sindh represented by Dr. Syed Zafar Mehdi, Secretary SMHA and Dr. Shabnam, Focal person of SMHA (7th November, 2023).
249. Dr. Binish Nawaz, IOM meet with Chairman SMHA regarding Mental Health issues (7th November, 2023)
250. Dr. Hazrat Ali Khan, Professor of Psychiatry and Executive Director, Balochistan Institute of Psychiatry and Behavioral

Sciences, Quetta visited SMHA office and meet Chairman SMHA (7th November, 2023).

251. Chairman, SMHA visited Sir Cowasjee Jahangir Institute of Psychiatry and Behavioral Sciences Hyderabad and Inaugurated Rehabilitation ward and Rehabilitation Park for Psychiatric patients (8th November, 2023).
252. Chairman, Sindh Mental Health Authority participated in the Seminar regarding solidarity with Palestine and celebration of birthday of revolution of Russia 1918 (9th November, 2023).
253. Chairman SMHA participated as Chief Guest in Diwali Festival program which conducted by Maheshwari Village & Maheshwari Community Nagar at Arts Council Karachi (14th November, 2023).
254. Institute of Clinical Psychology, University of Karachi conducted Mental Health & Well Being SUMMIT 2023 (15th November, 2023).
255. SHRC conducted National Conference on the "efficacy of National & Sub National Human Rights Institutions in Pakistan" at PC Hotel, Karachi (16th November, 2023).
256. Meeting regarding media and mental health by Chairman, Sindh Mental Health Authority (16th November, 2023).
257. Meeting regarding Research of Sindh Mental Health Authority under the chairmanship of Senator Dr. Karim Ahmed Khawaja, Chairman SMHA (25th November, 2023).
258. Meeting regarding Sindh task force under chairmanship of Dr. Saad Khalid, Caretaker Minister Health, Govt. of Sindh (27th November, 2023).
259. Nutrition International conducted Pre-Election Advocacy Seminar "Nutrition Matters - shaping political agendas for a healthier Pakistan" at Moven Pic Hotel, Karachi (28th November, 2023).
260. 3rd meeting about Mental Health helpline has been conducted under the Chairmanship of President of Pakistan Dr. Arif Alvi (28th November, 2023).
261. Institute of Professional Psychology, Bahria University Karachi conducted Corporate Advisory Committee meeting under chairmanship of Senator Haseeb Khan (29th November, 2023).
262. Sohail Rana Art Production and Reaching Hands conducted and celebrate Sindh Cultural Day in Dar-ul-Sukun center for Older peoples at Numaish, Karachi which (2nd December, 2023).
263. Prof. Dr. Sumbul Majeed, Head of Psychology Department, Sir Syed University of Engineering & Technology (SSUE&T) meet with Senator Dr. Karim Ahmed Khawaja, Chairman SMHA (6th December, 2023).
264. Pakistan Institute of Living and Learning and Professor of Psychiatrists in University of Manchester, visited Sindh Mental Health Authority office and meet with Chairman SMHA (8th December, 2023).
265. Sindh Mental Health Authority conducted mental health training of District Nawabshah / Shaheed Benazirabad's doctors i.e. Health Department and PPHI and Lady Health Workers (9th December, 2023).

266. Health Department, Govt. of Sindh arranged launching ceremony of substance use disorder policy and Implementation Provincial Plan for Sindh 2024 to 2027 (9th December, 2023).
267. Sindh Human Rights Commission celebrated International Human Rights Day and launch of the Human Rights information online portal SOHRISH (9th December, 2023).
268. Pakistan Hindu Council and Arts Council of Thar conducted Sindhi Culture ekta and Soormi family festival award 2023 at Liaquat Memorial Library Karachi (10th December, 2023).
269. Meeting regarding Mental health issues of District Sujawal and Sir Cowasji Jahangir Institute of Psychiatry and Behavioral sciences, Hyderabad and discuss on the artificial limbs project and other issues (11th December, 2023).
270. Today meeting conveyed by Senator Dr. Karim Ahmed Khawaja, Chairman, SMHA regarding different issues of Researches and other matters (13th December, 2023).
271. Department of Psychology, Sir Syed University of Engineering and Technology conducted Mental Health Awareness Seminar and ceremony of starting BSC degree in Psychology (18th December, 2023).
272. Institute of Clinical Psychology, University of Karachi conducted One day International Conference (22nd December, 2023).
273. Chairman SMHA visited Lal Shahbaz Qalandar Shrine & Sehwan Fort (28th December, 2023).
274. Mr. Rodrigo Chocano, husband of PhD researcher Laila Rajani visited Sindh Mental Health Authority office and meet with Chairman SMHA (29th December, 2023).
275. Ms. Shazia Memon, Additional Director, Senior Citizen, Social Welfare Department, Government of Sindh visited SMHA office and meet with Chairman SMHA (1st January, 2024).
276. follow up meeting conducted by SMHA regarding upcoming Research on the old age (Geriatric) People, under the Chairmanship of Chairman, Sindh Mental Health Authority. (3rd January, 2024).
277. People's Doctors Forum conducted 32nd Eye and Medical Camp at Ghari Khuda Baksh Bhutto, Rural Health Center (5th January, 2024).
278. Sindh Mental Health Authority's 8th Quarterly Magazine "Dr. Frantz Fanon Edition" Inaugurated by Chairman, SMHA (22nd January, 2024).
279. Sindh Mental Health Authority successfully conducted Mental Health Training session to the medical health professionals i.e. Health Department, PPHI, family physicians and Lady Health Workers of Three Districts (Matiari, Tando Muhammad Khan, Tando Allahyar) at Indus Hotel, Hyderabad (23rd January, 2024).
280. Meeting under chairmanship of Chairman, Sindh Mental Health Authority has been conducted regarding upcoming Research in Tharparkar (23rd January, 2024).
281. Meeting regarding Sindhi Adabi Board under the Chairmanship of Senator Dr. Karim Ahmed Khawaja, Vice Chairman, Sindhi Adabi

- Board / Chairman, Sindh Mental Health Authority at SAB office, Hyderabad (24th January, 2024).
282. Re-opening ceremony of Ward-5A (Dewan Giddu Mal Ward) at Sir Cowasji Jahangir Institute of Psychiatry and Behavioral Sciences (SCJIP&BS) Hyderabad (24th January, 2024).
283. Mr. Aamir Ali Mugheri, Head of Pakistan Institute for Parliamentary Services (PIPS) Sindh visited Sindh Mental Health Authority's office and meet with Chairman, SMHA (31st January, 2024).
284. Eng. Zahid Hussain Lashari, visited SMHA office alongwith Mr. Nayyar Hussain and meet with Chairman, Sindh Mental Health Authority (13th February, 2024).
285. Chairman, Sindh Mental Health Authority meet with Mr. Razzaq Baloch, International Director / Producer and project in different countries and Mr. Shakeel Soomro, Anchor, Sindh Tv News (14th February, 2024).
286. Chairman, Sindh Mental Health Authority visited (Ziarat) Shrine of Hazarat Qalandar Lal Shahbaz, Sehwan alongwith SMHA team and others (21st February, 2022).
287. Sindh Mental Health Authority successfully conducted free Psychiatric Medical Camp at Syed Abdullah Shah Institute of Medical Sciences (SASIMS) Sehwan (22nd February, 2024).
288. President, Peoples Doctors Forum and Chairman, Sindh Mental Health Authority participated in the 4th Anniversary of Comrade Dr. Lal Khan, renowned Socialist and writer at Malir Court Bar (24th February, 2024).
289. Meeting has been conducted under the chairmanship of Chairman, Sindh Mental Health Authority regarding mental health issues of Tharparkar (26th February, 2024).
290. Women in Global Health Pakistan (WGH), Population Services International (PSI) & SYNAPSE Pakistan Neuroscience Institute conducted Roundtable discussion at Marriot Hotel Karachi (27th February, 2024).
291. Chairman, Sindh Mental Health Authority participated in the Oath taken Ceremony of Chief Minister Sindh (28th February, 2024).
292. 12th Board of Governor's meeting has been conducted under the Chairmanship of Senator Dr. Karim Ahmed Khawaja, Chairman, Sindh Mental Health Authority (5th March, 2024).
293. Dr. Tahira Sahar, City Manager, TCI, Greenstar Social Marketing visited SMHA office and meet with Chairman, SMHA regarding discussion on mental health and NGO Greenstar Social Marketing's issues (5th March, 2024).
294. Chairman SMHA interview to Aik News Channel (14th March, 2024).
295. meeting regarding mental health issues of Thar and Province Sindh (15th March, 2024).
296. Senator Dr. Karim Khawaja submitted nomination paper in ECP Sindh (16th March, 2024).

297. Senator Dr. Karim Ahmed Khawaja hosted Iftar party / dinner for colleagues and staff (19th March, 2024).
298. Chairman SMHA conducted meeting regarding upcoming Roundtable discussion (21st March, 2024)
299. meeting regarding upcoming Research, Projects, Tele-Psychiatry and Training session in Tharparkar (Thar Region) (25th March, 2024).
300. Ms. Mahjabin Shah, from NAPA visited Sindh Mental Health Authority office and meet with Chairman SMHA (26th March, 2024).
301. Team of PHC Global visited SMHA office and meet with Chairman, Sindh Mental Health Authority (27th March, 2024).
302. Chairman SMHA call a follow up meeting regarding upcoming Roundtable discussion (17th April, 2024).
303. Senator Dr. Karim Khawaja visited Sir CJ Hospital (19/04/2024)
304. meeting regarding upcoming Quarterly Magazine and Roundtable Discussion (Seminar) (7th May, 2024)
305. meeting was conducted between Sindh Mental Health Authority and NGO Taskeen at SMHA office Karachi (8th May, 2024).
306. meeting was conducted regarding finalization of KPI's of Children of Adam's hospitals (20th May, 2024).
307. Senator Dr. Karim Khawaja meet with Mr. Bilawal Bhutto Zardari, Chairman PPPP (21st May, 2024).
308. launched breakup report of free mental health Camp at Syed Abdullah Shah Institute of Medical Sciences (SASIMS) Sehwan Sharif (22nd May, 2024).
309. SMHA successfully organized a round table discussion on the topic "Mental Health and the Responsibilities of Media" at Beach Luxury Hotel, Karachi (25th May, 2024).
310. IOM, Emergency Health Unit organized a coordination meeting for all stakeholders at the Beach Luxury Hotel, Karachi (27th May 2024).
311. Sir CJ Institute of Psychiatry conducted a Seminar at Hyderabad (31st May, 2024).
312. meeting has been conducted between Sindh Mental Health Authority and Department of Genetics, Karachi University (5th June, 2024).
313. Mr. Shahzad Alam Khan, World Health Organization (WHO), Islamabad visited SMHA office and meet with Chairman, SMHA and discussed on mental health issues (6th June, 2024).
314. Chairman, Sindh Mental Health Authority participated in Award Distribution Ceremony 2024 of the Children at AK Academy, Karachi (8th June, 2024).
315. Department of Psychiatry and Behavioral Sciences, JPMC in collaboration with organized a Scientific Session on "From Darkness to light : A New Era in Treatment of Depression" (11th June, 2024).
316. Chairman, Sindh Mental Health Authority call a meeting regarding upcoming quarterly magazine, Research and event in Tharparkar (13th June, 2024).

317. **Children of Adam Celebrate the Graduates of the 1st Lay Counseling program at the services of Mess club, Karachi (14th June, 2024).**
318. **Suhaila Rana Art Production celebrate International Father's with Older People Dar ul Numaish Chowrangi Near Karachi Xray Opp Quaid e Azam Mazar Karachi (15th June, 2024).**
319. **SMHA successfully conducted Mental Health Training session to the medical health professionals i.e. Health Department, PPHI, family physicians and Lady Health Supervisors of District Naushahro Feroze (24th June, 2024).**
320. **Chairman, SMHA call a meeting regarding discussion on upcoming Research which conducted by SMHA in collaboration with University of Karachi (27th June, 2024).**
321. **Girah e Ishtiraq Foundation (IOM UN migration, CFAW and PHC Global) conducted a event on the completion of Novel Arts integrated Mental Health training session at Ramada Karachi Creek Hotel (29th June, 2024).**
322. **International Organization for Migration (IOM) conducted Tree Plantation Ceremony at Kareem Bux Dispensary (5th July, 2024).**
323. **Senator Dr. Karim Ahmed Khawaja, Chairman SMHA and President, Peoples Doctors Forum, Pakistan meet with Health Minister Sindh Dr. Azra Fazal Pechuho (9th July, 2024).**
324. **Chairman SMHA inaugurate the key recommendations on the round table discussion "Mental Health and Responsibilities of Media (print, electronic and digital media) (25th July, 2024).**
325. **Ms. Banafsha, Senior Research Associate, Global Health visit SMHA office and meet with Chairman, Sindh Mental Health Authority, regarding PHC Global project (26th July, 2024).**
326. **Senator Dr. Karim Khawaja, Chairman SMHA and Member, Board of Governors of IBS participated in 10th BoG meeting of Dr. A.Q. Khan Centre, Institute of Behavioral Sciences (IBS), Dow University of Health Sciences (31st July, 2024).**
327. **Follow up meeting has been conducted between Sindh Mental Health Authority and Department of Genetics, University of Karachi (1st August, 2024).**
328. **Mr. Ahsan Azam, General Manager, Poverty Eradication Initiative (PEI) and Dr. Muhammad Tofique, CEO, Sindh Government Children Hospital Karachi visited SMHA office and meet with Chairman SMHA (2nd August, 2024).**
329. **Memorandum of Understanding (MoU) signing ceremony has been conducted between SMHA and Poverty Eradication Initiative (PEI) (7th August, 2024).**
330. **Chairman SMHA call zoom meeting regarding upcoming Research, Tele-Psychiatry and Training sessions in District Tharparkar (7th August, 2024).**
331. **President Pakistan Youth Parliament, Muhammad Abubakar, and Convener CEC, Adnan Zaman, called on Chairman SMHA, at the SMHA office (27th August, 2024).**

332. Ms. Zareen Qureshi, an advisor from the organization Children of Adam, visited the SMHA office and met with the Chairman SMHA (29th August, 2024).
333. An opening ceremony of mental health training workshops for doctors and lady health workers as well as research was organized under the umbrella of SMHA at Tharparkar (2nd September, 2024).
334. Chairman SMHA met with Ms. Zareen Qureshi, Ms. Saima Mirza, and Ms. Rida Aslam from the organization Children of Adam regarding mental health issues (5th September, 2024).
335. Mr. Abbass Haider and Mr. Khadim Hussain from PILER visited the SMHA office and met with Chairman SMHA (5th September, 2024).
336. A one-day training workshop and research orientation was successfully at Nangarparkar, organized under the umbrella of the Sindh Mental Health Authority (7th September, 2024).
337. Sindh Mental Health Authority jointly with the Pakistan Institute of Labour Education and Research (PILER), hosted a significant seminar on suicide prevention at the PILER Center in Karachi (15th September, 2024).
338. A one-day training workshop to the Lady Health Workers and research orientation was successfully organized in Diplo by SMHA (18th September, 2024).
339. Pak TraumaCon 2024, organized by the Shaheed Mohtarma Benazir Bhutto Institute of Trauma, Khi (21st September, 2024).
340. 4th Health Care Services provider session successfully organized in Thar Foundation Hospital Islamkot (21st September, 2024).
341. 5th training workshop and research orientation was successfully organized by SMHA at Diamond Hotel, Mithi (26th September, 2024).
342. The Chairman of the Sindh Mental Health Authority called a meeting regarding an upcoming event (27th September, 2024).
343. 6th and last training workshop and research orientation was successfully organized at Sufi Guest House Islamkot under the umbrella of the Sindh Mental Health Authority (28th September, 2024).
344. Dr. Sohail Ahmed Khoso, Owner and Partner, Bhitai Dental and Medical College Mirpurkas, called on Chairman Sindh Mental Health Authority (1st October, 2024).
345. The Brain Trust and Pakistan Psychiatric Society conducted a Symposium titled "Bridging East & West: Prioritizing Global Health, Wellbeing, Education and Research" at ENT Room, Royal Society of Medicine, London, UK (8th October, 2024).
346. Sir Cowasjee Jahangir Institute of Psychiatry & Behavioural Sciences, Hyderabad celebrated the Mental Health Day 2024 for promoting Mental Health and Wellbeing at SCJIP Hospital Hyderabad (10th October, 2024).
347. Syed Muhammad Naqi visited SMHA office and met with Chairman Sindh Mental Health Authority (15th October, 2024).

348. **Pakistan Psychiatric Society organized a World Mental Health Day Session on "Mental Health at the workplace at Karachi Press Club (17th October, 2024).**
349. **SMHA and SZABIST University hosted a roundtable discussion on "Let's Prioritize Mental Health in the Workplace: Focusing on Fostering Mental Wellbeing within Professional Environments" at SZABIST University Karachi (21st October, 2024).**
350. **Department of Psychiatry, Dow University of Health Sciences celebrated World Mental Health Day at Dow Medical College, Karachi (24th October, 2024).**
351. **Senator Dr Karim Khawaja meet with Brig. Tarique Quadir Lakhair, CEO, Sindh Integrated Emergency and Health Services 1122, Government of Sindh regarding discussion on mental health and other issues at SIESH head office Karachi (24th October 2024).**
352. **Ms. Fahmida Riaz, Researcher and Journalist at The Knowledge Forum, met with the Chairman SMHA for inviting in a "consultation session" scheduled for November 7, 2024 (29th October, 2024).**
353. **Cake cutting of Diwali Festival organized by Dr. Jaipal Chabria with Cooperation of Karachi Press Club (31st October, 2024).**
354. **The tripartite Memorandum of Understanding (MoU) signing ceremony between the Sindh Mental Health Authority (SMHA), Department of Genetics, University of Karachi (UoK) and Department of Psychiatry, Dow University of Health Sciences, at the Vice Chancellor Conference Room, University of Karachi (November 07, 2024).**
355. **The Knowledge Forum, a Karachi-based think tank organized a dialogue session titled "Consultation on Sindh's Position on Natural Gas under the Constitutional Framework on Natural Resources." at the Marriott Hotel Karachi (7th November 2024).**
356. **Chairman, Sindh Mental Health Authority condolence with Pir Masoom Jan Sirhindi on demise of his father Late Pir Aagha Asadullah Jan Sarhandi at Red fort Tando Saindad, Tando Muhammad Khan (10th November, 2024).**
357. **Chairman SMHA condolence with Mr Sher Amin Lakho Ex Vice Chairmen District Council on demise of his father Late Haji Amin Lakho Ex MPA & Distt President PPP TMK at Lakho House, Tando Muhammad Khan (10th November, 2024).**
358. **The SMHA has successfully commenced a three-day mental health training session (from 11th to 13th November, 2024) to the healthcare professionals of (Health Department, PPHI) and Lady Health Workers of five districts: Larkana, Qambar Shahdadkot, Shikarpur, Jacobabad, and Kandhkot (11th November, 2024).**
359. **During the three days Mental health training session to the health professionals of five Districts, Senator Dr. Karim Ahmed Khawaja visited Shrine of Shaheed Zulfiqar Ali Bhutto and Shaheed Mohtarma Benazir Bhutto at Garhi Khuda Bux Larkana (11th November, 2024).**

360. 2nd day training workshop was successfully organized at Sambara Inn Hotel Larkana under the umbrella of the Sindh Mental Health Authority (12th November, 2024).
361. During the 2nd day of Mental health training session to the health professionals of five Districts, Senator Dr. Karim Ahmed Khawaja, visited the renowned city Moin-Jo-Daro and it's Museum alongwith SMHA team and others (12th November, 2024).
362. 3rd Day mental health training successfully conducted to the health professionals of the Jacobabad and Kandhot districts. Additionally doctors of two most effected flood talukas Mehar and KN Shah of District Dadu also participated in the session (13th November, 2024).
363. Human Rights Commission of Pakistan conducted 38th annual General meeting at Beach Luxury Hotel Karachi (17th November 2024).
364. First meeting has been conducted after tripartite MoU signed between SMHA, Department of Genetics, University of Karachi and Department of Psychiatry, Dow University of Health Sciences at UoK (27th November, 2024).
365. Dr. Badarunisa Sodher co-hosted a lunch at the Government Officers Club, Karachi (1st December, 2024).
366. Sindh Mental Health Authority commenced a three-day mental health training session (from 2nd to 4th December, 2024) to the health professionals of Sukkur Division (Sukkur, Khairpur, Ghotki) (2nd December 2024).
367. During the first day of Mental health training session to the health professionals of three Districts i.e. Sukku, Khairpur and Ghotki, Senator Dr. Karim Ahmed Khawaja, visited the "Kot Dhegi Fort" (2nd December, 2024).
368. 2nd day training workshop was successfully organized at Pakistan Club Inn Hotel Sukkur under the umbrella of the Sindh Mental Health Authority (3rd December, 2024).
369. After completed the second day training session, Chairman SMHA visited Masoom Shah Minaar and Dargah Roze Dhani (Pir Pagarah) in Pir Jo Goth Khairpur alongwith SMHA team and others (3rd December, 2024).
370. 3rd day training workshop was successfully organized by Sindh Mental Health Authority at Sukkur (4th December, 2024).
371. After the completion of three days Mental health training session to the health professionals of three Districts i.e. Sukkur, Khairpur and Ghotki, Chairman, alongwith SMHA team visited the "Sadhu Bella Mandir" and "Satyun Jo Aastano" at Sukkur (4th December, 2024).
372. Chairman of the Sindh Mental Health Authority, visited the Pir Abdul Qadir Shah Jeelani Institute of Medical Science (GIMS) in Gambat and met with Dr. Rahim Bux Bhatti, the Director of GIMS (5th December, 2024).
373. After completing a three-day mental health training session for health professionals in Sukkur Division, Senator Dr. Karim

Ahmed Khawaja, visited the Shrine of Sachal Sarmast at Gambat (5th December, 2024).

- 374. Under the aegis of the Sindh Mental Health Authority and in collaboration with key partners including the Health Department, LUMHS, Thar Foundation and SCJIP&BS, a pivotal research study titled "Knowledge, Attitudes, and Practices (KAP) Among the Residents of Tharparkar" has been successfully completed. The Opening Ceremony of the Research study to be held at Pakistan Medical Association (PMA House) Karachi (11th December, 2024).**
- 375. Ms. Rabia Mirza, Chairperson, Hope for all Social development organization and Mr. Naseem A. Bhutto visited SMHA office and met with Chairman, Sindh Mental Health Authority (13th December, 2024).**
- 376. Dr. Jaipal Chhapria, Human Rights, Social Activist and Eye Specialist alongwith Mr. Naval Wasvani, Management Professional met with Senator Dr. Karim Ahmed Khawaja at SMHA office (14th December, 2024).**
- 377. Fareed Publishers launched the book "Senator Dr. Karim Ahmed Khawaja, A Legislative Odyssey" at Hall No. 2, Expo Center Karachi (15th December, 2024).**
- 378. The Institute of Professional Psychology, Bahria University, successfully hosted a thought-provoking seminar titled "Mental Wellbeing at Micro and Macro Levels: Role of Mental Health Practitioners" (17th December, 2024).**
- 379. The 13th Board of Governors' meeting of the Sindh Mental Health Authority (SMHA) was held under the chairmanship of Senator Dr. Karim Ahmed Khawaja (24th December, 2024).**
- 380. On the 27th of December, Shaheed Mohtarma Benazir Bhutto's Martyrdom Day, Senator Dr. Karim Ahmed Khawaja visited the Peoples Doctors Forum Eye Camp and also the Shrines of Shaheed Zulfiqar Ali Bhutto and Shaheed Mohtarma Benazir Bhutto at Garhi Khuda Bux, Larkana (27th December, 2024).**
- 381. University of Karachi recently hosted a seminar to celebrate the successful completion of the SRSP project titled "Psychosocial Intervention to Reduce Suicide Rates in Remote Areas of Pakistan, Tharparkar Desert," led by Dr. Saima Masoom Ali from the Department of Psychology (2nd January, 2025)**
- 382. Senator Dr. Karim Ahmed Khawaja, Chairman of the Sindh Mental Health Authority, attended the wedding ceremony of Dr. Barkat Ali Laghari's daughter in Hyderabad. Sardar Malik Asad Sikandar served as the Chief Guest (6th January, 2025).**
- 383. Dr. Zahid Hasan Ansari, Convener of the FPCCI National Standing Committee for Health and Medical Sciences, visited the SMHA office and met with Chairman (8th January, 2025).**
- 384. Engr. Syed Hilal Hassan, a Volunteer Member of UNSDG Pakistan and Industrial Psychologist, met with the Chairman SMHA (8th January, 2025).**
- 385. Senator Dr. Karim A. Khawaja, Chairman SMHA attended the wedding ceremony of Mir Hyder Ali Talpur, grandson of the late**

Mir Aijaz Ali Talpur, son of Mir Sajjad Ali Khan Talpur, and beloved nephew of Mir Mushtaq Ali Talpur (Mir Mujtaba Ali Talpur), in Tando Muhammad Khan (9th January, 2025).

- 386. Senator Dr. Karim Ahmed Khawaja, Chairman SMHA attended the wedding ceremony of Chief Minister Sindh Syed Murad Ali Shah's daughter (9th January, 2025).**
- 387. The Grand ALUMNI GALA" organized by Liaquat University of Medical and Health Sciences (LUMHS), was successfully held at LUMHS University Jamshoro (11th January, 2025).**
- 388. The Sindh Mental Health Authority successfully concluded a significant seminar titled "Mental Health Awareness for a Sound Functioning Business and Corporate Sector Entity" at Federation House in Karachi (13th January, 2025).**
- 389. Senator Dr. Karim Ahmed Khawaja, Chairman, SMHA met with Prof. Dr. Akram Shaikh, Chairman of the Pakistan Science Foundation (PSF), Ministry of Science and Technology, Government of Pakistan, Islamabad and submitted the documents related upcoming Genetic Research (20th January, 2025).**
- 390. Pakistan Institute for Parliamentary Services, Islamabad conducted a book launch event "Senator Dr. Karim Ahmed Khuwaja - A Legislative Odyssey" at PIPS, Islamabad (22nd January, 2025).**
- 391. Mr. Qazi Khizar Habib, Vice Chairman Sindh, Human Rights Commission of Pakistan visited Sindh Mental Health Authority office and met with Senator Dr. Karim Ahmed Khawaja, Chairman SMHA (1st February, 2025).**
- 392. Ms. Mubashra Tayyaba, a young psychologist, Association Clinical Psychologist, and CBT Therapist, visited the Sindh Mental Health Authority office and met with the Chairman SMHA (6th February, 2025).**
- 393. The Sindh Mental Health Authority and Children of Adam met today under the chairmanship of the Senator Dr. Karim Ahmed Khawaja, Chairman of the SMHA (6th February, 2025).**
- 394. The Chairman of the Sindh Mental Health Authority participated in the birthday celebration of Pesu Mal Advani Naiwaro (6th February, 2025).**
- 395. Mr. Nisar Ahmed Channa, Ex-Deputy Inspector General of Police, visited Sindh Mental Health Authority office and met with Senator Dr. Karim Ahmed Khawaja, Chairman SMHA (7th February, 2025).**
- 396. The Department of Social Sciences at SZABIST University held a book launch ceremony "A Legislative Odyssey (2012-2018) by Senator Dr. Karim Ahmed Khawaja, at their Clifton campus in Karachi (11th February, 2025).**
- 397. Chairman of the Sindh Mental Health Authority visited Awaz TV news channel and met with anchor Mr. Imtiaz Mir. He presented him with his recently published book, "A Legislative Odyssey 2012-2018," and a quarterly magazine published by the SMHA (13th February, 2025).**

398. **HANDS, Pakistan Excellency Club and EMA Enterprises conducted Fundraising Dinner for HANDS Pakistan, dedicated to uplifting Lives through care and support held at DHA Marina Club, Phase-8, Karachi (19th February, 2025).**
399. **Senator Dr. Karim Ahmed Khawaja met with Madam Faryal Talpur, President, Pakistan Peoples Party Women Wing and presented her with a bouquet and his book, A Legislative Odyssey (20th February, 2025).**
400. **SZABIST University conducted 3rd Global Conference on Research in Education and Social Sciences 2025 (21st February, 2025).**
401. **Sindh Mental Health Authority second time conducted a one-day mental health training program to the health professionals of Tando Muhammad Khan District (22nd February, 2025).**
402. **A seminar commemorating the 5th death anniversary of Comrade Dr. Lal Khan, organized by Tabkaati Jidojehad Publications, at PMA House Karachi (23rd February, 2025).**
403. **Shaheed Zulfiqar Ali Bhutto Law College Malir conducted Book opening ceremony of "A Legislative Odyssey- Senator Dr. Karim Ahmed Khawaja" at Memon goth malir Karachi (24th February 2025).**
404. **Chairman of the Sindh Mental Health Authority, met with Prof. Dr. Muhammad Iqbal Chaudhary, Coordinator General of the OIC Ministerial Standing Committee on Scientific and Technological Cooperation (COMSTECH), Islamabad, to discuss a research project and mental health issues (26th February, 2025).**
405. **Dr. Shaista Siddiqui, Technical Advisor, Charter for Compassion (CFC), visited the SMHA office met with Senator Dr. Karim Ahmed Khawaja to discuss about the progressive report of Helpline of SMHA and mental health issues (27th February, 2025).**
406. **A delegation from the Sindh Cabinet, Pakistan Youth Parliament visited the Sindh Mental Health Authority and met with Senator Dr. Karim Ahmed Khawaja, Chairman SMHA (27th February, 2025).**
407. **The 14th Board of Governors' meeting of the Sindh Mental Health Authority (SMHA) was held under the chairmanship of Senator Dr. Karim Ahmed Khawaja at Sir Cowasjee Jahangir Institute of Psychiatry and Behavioral Science Hyderabad (28th February, 2025).**
408. **Senator Dr. Karim Ahmed Khawaja, Engr. Zahid Hussain Lashari and Qazi Shuab Din offered their condolences to Mr. Taimoor Talpur on the demise of his father, the late Veterinary Nawab Yousif Talpur, at his Karachi residence (3rd March, 2025).**
409. **Chairman of the Sindh Mental Health Authority (SMHA), convened a meeting to discuss issues of the Sir Cowasjee Jahangir Institute of Psychiatry and Behavioural Sciences (SCJIP) in Hyderabad, along with broader mental health matters (6th March, 2025).**
410. **A seminar commemorating International Women's Day (IWD) and World Sleep Day was conducted by Meritorious Professor M. Iqbal**

- Afridi TI of Jinnah Sindh Medical University (JSMU) at the Khwaja Moin-ud-Din Lecture Hall, SMC/JSMU (10th March, 2025).
411. Engr. Naimatullah Sohoo, Chief Scientific Officer, National Institute of Oceanography (NIO), visited Sindh Mental Health Authority office and met with Senator Dr. Karim Ahmed Khawaja, Chairman of the SMHA (10th March, 2025).
412. Mr. Aftab Memon, Ex-Secretary, Government of Sindh, visited the Sindh Mental Health Authority office and met with Chairman of SMHA (25th March, 2025).
413. Peoples Bhutto Forum conducted a Seminar on the 46th Death anniversary of Shaheed Zulfiqar Ali Bhutto at Arts Council Karachi (6th April, 2025).
414. Dr. Muhammad Imran Yousuf, Consul General a.h, Consulate of the Republic of the Philippines Karachi Pakistan visited the Sindh Mental Health Authority office and met with Chairman of SMHA (8th April, 2025).
415. DNP, ORIC & JSMU organized a Seminar on commemorating World Health Day 2025 "Healthy Beginnings, Hopeful Futures," and Earth Day 2025 "Our Power, Our Planet" (9th April, 2025).
416. Prof. Panos Vostanis, Child Psychiatry, University of Leicester UK and Founder and Director of the World Awareness for Children in Trauma (WACIT) visited the Sindh Mental Health Authority office today and met with the Chairman of SMHA (10th April, 2025).
417. Fatimah Higher Education System University (FHES) and other stakeholders conducted a Roundtable Meeting for Child Mental Health Policy discussion in Karachi (11th April, 2025).
418. Freelance journalists Mr. Nasut Syed, a Climate Change PhD Researcher, and Mr. Zulfiqar Kunbhar, a Climate Change Journalist, met with the Chairman SMHA (16th April, 2025).
419. Senator Dr. Karim Ahmed Khawaja participated in the Jalsa of Pakistan People's Party against Canals on the Sindhu River at Hyderabad (18th April 2025).
420. Autism Spectrum Disorder Welfare Trust in collaboration with Sir Cowasjee Jahangir Institute of Psychiatry and Behavioral Sciences Hyderabad conducted World Autism Awareness month 2025 at Sir CJ hospital (19th April, 2025).
421. Chairman of the Sindh Mental Health Authority, convened a meeting about mental health issues in his office (23rd April, 2025).
422. Sardar Muhammad Iqbal Nohrio visited Sindh Mental Health Authority office and met with Senator Dr. Karim Ahmed Khawaja, Chairman of the SMHA (29th April, 2025).
423. Dr. Almas Qazi, General Surgeon from UK met with Senator Dr. Karim Ahmed Khawaja, Chairman of the Sindh Mental Health Authority, in his Karachi office to discuss mental health issues and other matters (30th April, 2025).
424. Meeting conveyed by Sindh Mental Health Authority regarding mental health issues under the the Chairmanship of Senator Dr Karim Ahmed Khawaja (10th May, 2025)

425. **Sindh Mental Health Authority successfully conducted free Psychiatric Medical Camp at Basic Health Unit, Hathungo, District Sanghar (25th May, 2025).**
426. **Dr. Ali Arslan Memon, Psychiatrist met with Chairman of the SMHA (2nd June, 2025).**
427. **Eng. Zahid Hussain Lashari and Mr. Faisal Aziz Memon from the People's Engineers Forum visited the Sindh Mental Health Authority and met with Senator Dr. Karim Ahmed Khawaja, Chairman of the SMHA (3rd June, 2025).**
428. **Chairman of the Sindh Mental Health Authority Senator Dr. Karim Ahmed Khawaja called a meeting regarding an upcoming awareness seminar in collaboration with the Institute of Professional Psychology (IPP), Bahria University (16th June, 2025).**
429. **June 21st, the People's Doctors Forum Pakistan and the People's Engineers Forum Sindh celebrated Shaheed Mohtarma Benazir Bhutto's 72nd Birthday, with a cake-cutting ceremony held in Karachi (21st June, 2025).**
430. **People's Doctors Forum JPMC Commemorates Birth Anniversary of Shaheed Mohtarma Benazir Bhutto at JPMC (21st June, 2025)**
431. **Senator Dr. Karim Ahmed Khawaja, Chairman of the Sindh Mental Health Authority, inaugurated the 11th Quarterly Magazine of SMHA in his office (23rd June, 2025).**
432. **Sindh Mental Health Authority (SMHA) collaborate with the Institute of Professional Psychology, Bahria University (IPP-BU) conducted a Seminar on "Pathways toward Empowerment - Overcoming Addiction Together" and it's Theme: "Breaking the Chains: Prevention, Treatment & Recovery for All!" (In alignment with World Drug Day 2025) (25th June, 2025).**
433. **The International Human Rights Sindh Forum Thatta conducted a program in honor of Senator Dr. Karim Ahmed Khawaja's recently published book, "A Legislative Odyssey 2012-2018." The program also featured discussions on mental health and human rights issues (28th June, 2025).**
434. **Chairman of the Sindh Mental Health Authority, called a meeting regarding mental health issues in desert areas (Thar desert, Nara Desert and Achhro Thar) of Sindh (1st July, 2025).**
435. **Mohammad Ali Jinnah University (MAJU) held its final-year NEXUS exhibition, a multidisciplinary event that saw all faculties set up their own stalls (2nd July, 2025).**
436. **Lt Col (Retd) Parvez Hussain, Project Director, Benazir Shaheed Anti Narcotics Force, Model Addiction, Treatment and Rehabilitation Centres Sindh visited the Sindh Mental Health Authority office and met with Chairman of SMHA, Senator Dr. Karim Ahmed Khawaja regarding mental health, Model Addiction Treatment and Rehabilitation issues (9th July, 2025).**
437. **SMHA recently conducted a one-day mental health training program for over 200 healthcare professionals and students at the Gambat Institute of Medical Sciences (GIMS) Hospital in Gambat (19th July, 2025).**

438. **Sindh Mental Health Authority successfully conducted free Psychiatric Medical Camp at Basic Health Unit, Sikandarabad, Taluka Nara, District Khairpur (20th July, 2025).**
439. **26th July, the People's Doctors Forum Pakistan celebrated Honorable President of Pakistan Mr. Asif Ali Zardari's 70th Birthday, with a cake-cutting ceremony held in Karachi (26th July, 2025).**
440. **Chairman of the Sindh Mental Health Authority, called a meeting to discuss an upcoming seminar. The seminar will launch a detailed report on the mental health camps held in the desert areas of Sindh (6th August, 2025).**
441. **The Sindh Mental Health Authority conducted Seminar regarding "Launching of Breakup Report of the Mental Health Camps in the desert areas of the Sindh Province" at Pakistan Medical Association (PMA House) Karachi (12th August, 2025).**
442. **Mr. Farhan Ansari, General Manager of the Thar Foundation, visited the Sindh Mental Health Authority (SMHA) office to meet with Chairman Senator Dr. Karim Ahmed Khawaja (13th August, 2025).**
443. **A heartwarming event, "Azaadi kay Rang Dar Ul Sukun Kay Sang," was organized by Sohail Rana Art Production & Reaching Hands at Dar ul Sukun (13th August, 2025).**
444. **Dr. Pars Ram, the Taluka Health Officer for Nara Desert, District Khairpur, along with his son, Mr. Manish Kumar, a businessman, visited the Sindh Mental Health Authority (SMHA) office (22nd August, 2025).**
445. **The Sindh Mental Health Authority (SMHA) successfully conducted a free mental health camp today at the Rural Health Center in Rehri Goth, District Malir (24th August, 2025).**
446. **Sindh Mental Health Authority and Institute of Professional Psychology, Bahria University Join Forces to Launch Landmark Book on Addiction (25th August, 2025).**
447. **Syed Mehdi Rizvi, Chief Executive Officer, (Founder) NGO, Muhammadi Hematology, Oncology Services & Welfare Foundation visited the Sindh Mental Health Authority (SMHA) office and met with the Senator Dr. Karim Ahmed Khawaja, Chairman of SMHA (26th August, 2025).**
448. **Mr. Tauha Ahmed Farooqui, Secretary, Department of Empowered Persons with Disabilities (DEPD), along with his team, visited Sir Cowasjee Jahangir Institute of Psychiatry & Behavioural Sciences (SCJIPBS), Hyderabad (27th August, 2025).**
449. **Dr. Fareeha Kanwal, Head of Hope and Cope Psychological Services Center, visited the Sindh Mental Health Authority's (SMHA) office today to meet with Chairman (4th September, 2025).**
450. **Jashan-e-Eid Milad-un-Nabi (S.A.W.W.) was celebrated with Special children's and Older peoples at Darul Sukun. This special evening program organized by Sohail Rana Art Production (5th September, 2025).**

451. The 15th Board of Governors' meeting of the Sindh Mental Health Authority (SMHA) was held today in Karachi, chaired by Senator Dr. Karim Ahmed Khawaja (9th September, 2025).
452. Public Awareness Program on Mental Health and the rising incidence of suicide in our society organized by the Committee for General Health & Safety Measures and Committee for mental health FPCCI (10th September, 2025).
453. The Sindh Mental Health Authority, in collaboration with the Thar Foundation, organized an awareness event to mark World Suicide Prevention Day in a village Saru Halepoto, Taluka Islamkot (13th September, 2025).
454. Senator Dr. Karim Ahmed Khawaja, Chairman of the Sindh Mental Health Authority, along with others visited the Sujawal residence of Dr. Iqbal Ahmed Memon to offer their condolences on the demise of his mother. Dr. Iqbal Ahmed Memon is the son of the late Ahmed Memon (14th September, 2025).
455. the Department of Psychiatry at Jinnah Postgraduate Medical Centre (JPMC) hosted an event to commemorate World Suicide Prevention Day in the JPMC Lecture Hall (17th September, 2025).
456. a meeting took place between Engr. Naimatullah Sohoo, Director General of the National Institute of Oceanography (NIO), Ministry of Science & Technology, and Senator Dr. Karim Ahmed Khawaja, Chairman of the Sindh Mental Health Authority (19th September, 2025).
457. Meeting took place between Engr. Naimatullah Sohoo, Director General of the National Institute of Oceanography (NIO), Ministry of Science & Technology, and Senator Dr. Karim Ahmed Khawaja, Chairman of the Sindh Mental Health Authority (19th September, 2025).
458. Noori Empowers, a leading non-profit organization, successfully organized an awareness session on "Mental Health Matters" at the Karachi Press Club (20th September, 2025).
459. Senator Dr. Karim Ahmed Khawaja visited the National Institute of Oceanography (NIO) in Karachi today and held a meeting with its Director General, Engr. Naimatullah Sohoo (22nd September, 2025).
460. Senator Gianchand held a constructive meeting with Senator Dr. Karim Ahmed Khawaja to discuss matters of focusing primarily on mental health initiatives and other issues (26th September, 2025).
461. Senator Dr. Karim Ahmed Khawaja, accompanied by Director General Engr. Naimatullah Sohoo, visited the National Institute of Oceanography's (NIO) Sub-Station in Ghora Bari (27th September, 2025).
462. Senator Dr. Karim Ahmed Khawaja visited the Department of Psychiatry at Aga Khan University (AKU) following an invitation from Dr. Nargis Asad, Head of the Psychiatry Department (29th September, 2025).

463. **Senator Dr. Karim Ahmed Khawaja attended the funeral prayer (Janaza Nimaz) in Karachi for the late senior journalist and anchorperson, Imtiaz Mir (29th September, 2025).**
464. **Mr. Badr ud Din Badr, Deputy Information Secretary of the Pakistan Peoples Party (PPP), District Ghizer, Gilgit-Baltistan, met with Senator Dr. Karim Ahmed Khawaja (30th September, 2025).**
465. **Eng. Zahid Hussain Lashari met with Senator Dr. Karim Ahmed Khawaja. During the meeting, Senator Dr. Karim Khawaja presented Eng. Lashari with the book, "Shah Jo Risalo and recently published Quarterly Magazine of SMHA" (2nd October, 2025).**
466. **The Sindh Mental Health Authority (SMHA), in collaboration with the Syed Abdullah Shah Institute of Medical Sciences (SASIMS), successfully organized a seminar today in observance of World Mental Health Day 2025 (10th October, 2025).**
467. **Senator Dr. Karim Ahmed Khawaja visited today to the historic Sehwan Fort, an ancient site often associated with King Darus and King Alexander the Great (10th October, 2025).**
468. **The Brain Clinic recently organized an International Seminar on Psychiatry, a Mental Health Summit, in collaboration with the British Pakistani Psychiatrists Association (BPPA), Pakistan Psychiatric Society, Karwan-e-Hayat, and the British Asian Trust (11th October, 2025).**
469. **A delegation from Indus Hospital Badin visited the Sindh Mental Health Authority (SMHA) office (27th October, 2025).**
470. **The Department of Psychiatry at Jinnah Postgraduate Medical Centre (JPMC), Karachi, successfully organized a seminar to commemorate World Mental Health Day (WMHD) (29th October, 2025).**
471. **Rotary International District 3271 successfully organized a significant seminar to commemorate World Mental Health Day, focusing on the crucial theme, "Access to Service, Mental Health in Catastrophe and Disastrous Environment." The event was held at the Pakistan American Cultural Center (PACC) in Karachi (1st November 2025).**
472. **The Brain and Mind Institute (BMI) of Aga Khan University (AKU) successfully hosted the BMI Global Conference 2025 from November 3rd to November 5th, 2025, at the AKU Auditorium Hall (4th November, 2025).**
473. **Mr. Mujeeb Metlo visited the Sindh Mental Health Authority (SMHA) office today and met with Senator Dr. Karim Ahmed Khawaja, Chairman of the SMHA (6th November, 2025).**
474. **The Sindh Mental Health Authority (SMHA), in collaboration with the Pakistan Youth Parliament (PYP), successfully conducted a crucial mental health awareness session for the local community of District Sujawal (21st November 2025).**
475. **Mr. Shariq Ahmed, former Secretary of the Law Department and a representative of Children of Adam (CoA) visited the Sindh Mental Health Authority (SMHA) office (28th November, 2025).**

476. **Fatimiyah College successfully hosted "Mind Vibe '25 – A Well-Being Fest," a thoughtful and refreshing festival dedicated to mindfulness, health, and well-being. The event took place, at the Shaheed Hameed Ali Bhojani Hall, located on Britto Road, Numaish, Karachi (6th December, 2025).**
477. **The wedding ceremony of Engr. Dara Ali Khawaja, beloved son of Senator Dr. Karim Ahmed Khawaja (Chairman of the Mental Health Authority), was successfully held (7th December, 2025).**
478. **Sir Cowasjee Jahangir Institute of Psychiatry and Behavioral Sciences Hyderabad conducted a Seminar regarding how Artificial Intelligence (AI) is being used in healthcare(18th December 2025).**
479. **Senator Dr. Karim Ahmed Khawaja visited Garhi Khuda Bux today to pay his respects at the shrines of the Founder Chairman of the Pakistan Peoples Party (PPP), Shaheed Zulfiqar Ali Bhutto, and the former Prime Minister, Shaheed Mohtarma Benazir Bhutto (27th December, 2025).**
480. **Senator Dr. Karim Ahmed Khawaja Visit to Lal Shahbaz Qalandar Shrine after the visit to Shaheed Bhutto Mausoleum on Martyrdom Day of Shaheed Mohtarma Benazir Bhutto (29th December, 2025).**
481. **Senator Dr. Karim Ahmed Khawaja, Chairman of the Sindh Mental Health Authority, to offer his heartfelt condolences on the Demise of Mir Mushtaq Talpur, a notable philanthropist and seasoned politician with his son Mir Ali Nawaz Talpur, Ex-MPA, and his nephew, Mir Sajjad Talpur (5th January 2026).**
482. **Senator Dr. Karim Ahmed Khawaja, Chairman of the Sindh Mental Health Authority, visited the residence of the late Syed Qabool Muhammad Shah, former MPA and Provincial Minister, to offer his heartfelt condolences (5th January, 2026).**
483. **The Jinnah Sindh Medical University (JSMU), in collaboration with the DNP organized a high-level seminar titled “Health and Wellbeing” today at the Sindh Medical College (SMC) Lecture Hall (7th January, 2026).**
484. **Ms. Naila Sharif, a Councillor for Tameside Council (Labour Party, UK) and Assistant Executive Member for Equalities and Cohesion, visited the Sindh Mental Health Authority (SMHA) (7th January, 2026).**
485. **Mr. Faheem-uz-Zaman, former Administrator of Karachi, visited the Sindh Mental Health Authority (SMHA) to meet with Senator Dr. Karim Ahmed Khawaja, Chairman of the SMHA (14th January, 2026).**
486. **Dr. Noor Muhammad Soomro hosted a dinner at his residence in Karachi in honor of Dr. Maqbool Ahmed Halepota, President of the Sindhi Association of North America (SANA) (15th January, 2026).**
487. **Prof. Dr. Sobia Aftab, Director of the Institute of Clinical Psychology (ICP), University of Karachi, met with Senator Dr. Karim Ahmed Khawaja, Chairman of the Sindh Mental Health Authority (SMHA), to discuss the mental health issues**

- surrounding mental healthcare in the province (22nd January, 2026).
488. The father of Dr. Syed Zafar Mehdi, Secretary of the Sindh Mental Health Authority (SMHA), passed away (27th January, 2026).
489. The HANDS Welfare Foundation successfully organized a "Dinner for a Cause" tonight at Tabani House, Karachi. The event served as a high-profile gathering to support the foundation's ongoing philanthropic initiatives and community development projects (3rd February, 2026).
490. The Psychiatry Department of Jinnah Postgraduate Medical Centre (JPMC) successfully concluded its Scientific Session as part of the 55th Annual Medical Symposium, held (3rd February, 2026).
491. The Sindhi Adabi Board (SAB) convened a meeting of its Board of Governors, at its headquarters in Jamshoro (3rd February, 2026).
492. A delegation from the Discover Psychology Foundation Punjab visited the Sindh Mental Health Authority (SMHA) office in Karachi to discuss the mental health challenges facing the country (9th February, 2026).
493. SECMC and Thar Foundation Host Stakeholder Engagement Session to Showcase Progress and Future Roadmaps (11th February, 2026).
494. Sohail Rana Art Production, in collaboration with Reaching Hands, hosted a vibrant and soul-stirring evening titled "TAARE ZAMEEN PAR" Birthday Celebrate of Sister Fazilat Inayat and Cookie today at Dar-ul-Sukun, Kashmir Road (12th February, 2026).
495. The Sindh Mental Health Authority (SMHA), in collaboration with the Pakistan Youth Parliament (PYP), organized a comprehensive Mental Health Awareness Session at the University of Sindh (Laar Campus), Badin (13th February 2026).
496. Senator Dr. Karim Ahmed Khawaja visit to the Dargah Lovaari Shareef to pay his respects at the shrine of Hazrat Sultan-ul-Oliya Khawaja Muhammad Zaman (13 February 2026).
497. Senator Dr. Karim Ahmed Khawaja, Chairman of the Sindh Mental Health Authority (SMHA), attended the prestigious wedding ceremony of Mr. Hemkant Malani and Mr. Varun Malani, the nephews of prominent PPP MNA Dr. Mahesh Kumar Malani at Sports Complex Mithi, Tharparkar (15th February 2026).
498. Under the banner of the Esar-e-Ramzan Project "Noor-e-Ramzan," the Pakistan Youth Parliament (PYP) Sindh organized a heartfelt Iftar and gift distribution ceremony at the Karachi Institute of Kidney Diseases (KIKD) (28th February 2026).
499. The Sindh Mental Health Authority (SMHA) today organized a specialized mental health training program for healthcare professionals in District Naushahro Feroze (2nd March, 2026).
500. Advocate Muhammad Ali Qureshi, President, Peoples Lawyer Forum, District Tando Muhammad Khan visited the Sindh

Mental Health Authority (SMHA) to meet with Senator Dr. Karim Ahmed Khawaja, Chairman of the SMHA (3rd March, 2026).

- 501. Senator Dr. Karim Ahmed Khawaja visited the prominent spiritual landmarks of Dargah Sufi Shah Inayat Shaheed and Dargah Shah Abdul Karim Bulri (7th March, 2026).**
- 502. Sardar Abdul Nabi Thaeem, Chief of the Thaeem Tribe and former bureaucrat, visited the Sindh Mental Health Authority (SMHA) today to meet with Chairman Senator Dr. Karim Ahmed Khawaja (12th March, 2026).**
- 503. Senator Dr. Karim Ahmed Khawaja, Chairman of the Sindh Mental Health Authority (SMHA), attended the Soyam of the daughter of Senator Sherry Rehman, Leader of the House in the Senate (24th March 2026).**
- 504. A delegation from Zhavia Healthcare visited the Sindh Mental Health Authority (SMHA) to engage in a strategic dialogue regarding the current landscape of mental health services and policy (25th March, 2026).**
- 505. Dr. Ranomal Lohano, Program Coordinator for the International Rescue Committee (IRC) visited the SMHA to meet with Senator Dr. Karim Ahmed Khawaja, Chairman of the SMHA, to discuss mental health issues (3rd April, 2026).**
- 506. Shaheed Zulfiqar Ali Bhutto (SZAB) Law College Malir organized a high-profile seminar in solemn remembrance of the late Shaheed Zulfiqar Ali Bhutto (6th April, 2026).**
- 507. To commemorate International Women's Day, Karwan-e-Hayat organized a seminar Women's Mental Health, that's titled was "Give to Gain" at the Marriott Hotel, Karachi (11th April, 2026).**
- 508. Mr. Farhan Ansari, General Manager of the Thar Foundation, visited the Sindh Mental Health Authority (SMHA) today to meet with Senator Dr. Karim Ahmed Khawaja, Chairman of the SMHA (13th April, 2026).**
- 509. Senator Dr. Karim Ahmed Khawaja, President, Peoples Doctors Forum (PDF) Pakistan and Chairman of the Sindh Mental Health Authority (SMHA), attended a dinner reception as the Chief Guest (26th April, 2026).**
- 510. A delegation from Karwan-e-Hayat visited the Sindh Mental Health Authority (SMHA) to engage in a strategic dialogue focused on the current landscape of mental health services, policy, and collaborative service delivery in the province (30th April, 2026).**
- 511. The Sindh Mental Health Authority (SMHA), in collaboration with the University of Sindh Laar Campus Badin and several prominent local organizations, hosted a high-level seminar titled "From Crises to Care: Understanding and Responding to Youth Mental Health Challenges" (2nd May, 2026).**
- 512. Senator Dr. Karim Ahmed Khawaja, Chairman of the Sindh Mental Health Authority (SMHA), expressed his deep sorrow over the passing of Mir Zaid Jakhrani, the young son of Member of National Assembly (MNA) Mir Aijaz Hussain Jakhrani (9th May, 2026).**

- 513. Sindh Mental Health Authority Presents Replica of Historic "Priest-King" Sculpture to Thar Foundation (14th May, 2026).**
- 514. A Memorandum of Understanding (MoU) signing ceremony was held between the Sindh Mental Health Authority (SMHA) and DHA Suffa University (DSU) to establish a collaborative partnership (16th May, 2026).**
- 515. As part of a three-day official visit to the Tharparkar district, Senator Dr. Karim Ahmed Khawaja, Chairman of the Sindh Mental Health Authority (SMHA), visited the historic Sant Nenuram Ashram in Islamkot (18th May, 2026).**
- 516. The Sindh Mental Health Authority (SMHA), in collaboration with the Thar Foundation, successfully conducted a series of impactful mental health awareness sessions for laborers, workers, and executives across the Sindh Engro Coal Mining Company (SECMC) and HUBCO sites (from 19 to 20th May, 2026).**
- 517. The Institute of Professional Psychology at Bahria University, Karachi Campus, hosted the prestigious PsyX International Conference 2026 at the university campus (21st May, 2026).**