SINDH MENTAL HEALTH AUTHORITY

JOURNEY THROUGH THE TIME



Picture of COSMOS

(James Webb Space Telescope)



Honorable President of Pakistan
Mr. Asif Ali Zardari



Honorable Chief Minister Sindh
Syed Murad Ali Shah



Honorable Dr. Azra Fazal Pechuho
Minister of Health Department



Honorable Chief Secretary Sindh
Syed Asif Hyder Shah



Mr. Tahir Hussain Sangi
Secretary, Health Department

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CHAPTER 1

Foreword & Executive Summary

Message from the Chairman, SMHA



When the Sindh Mental Health Authority (SMHA) was established under the landmark Sindh Mental Health Act of 2013, it stood not merely as a regulatory body, but as a historic mandate to overhaul the fragmented landscape of psychological healthcare across the province. Looking back across two successive tenures, our journey from a newly conceptualized authority to a proactive, system-strengthening institution represents a fundamental shift in how the state fulfils its obligation to public well-being.

In our earlier phases, the focus remained structurally driven anchoring our legal baseline, securing operational mechanisms, and modernizing institutional frameworks, such as the historic autonomy and restructuring of the Sir Cowasjee Jehangir Institute of Psychiatry and Behavioral Sciences (SCJIP&BS) in Hyderabad. However, as our tenure progressed, the landscape demanded a shift toward a strategic and proactive voice. We realized that policy cannot sit isolated within urban capitals; it must actively penetrate the most vulnerable, underserved ecosystems of our province.

The compounding crises of our current era ranging from the profound mental health toll of unprecedented environmental disasters and climate anxiety in flood-affected districts, to severe economic stressors that intensify domestic vulnerabilities have required an integrated, multi-sectoral response. Overcoming deep-seated societal stigma has necessitated that we move beyond reactive administration. Through structured capacity building, targeted community outreach camps, and pioneering research initiatives such as South Asia's first localized psychological autopsy study of suicide cases in Tharparkar SMHA has successfully transitioned into an empirical, data-driven policymaking entity.

This progress report, compiled with institutional rigor, outlines the cumulative milestones of our two tenures. It reflects our strategic partnerships with corporate stakeholders, academic institutions, and

international bodies, alongside our legislative recommendations to refine the legal frameworks governing mental health.

As we look toward the 2026–2030 horizon, our commitment remains absolute: to build a sustainable, decentralized, and empathetic healthcare architecture where psychological support is treated not as an auxiliary service, but as a core human right. We extend our deepest gratitude to the Government of Sindh, our dedicated board members, and our collaborative partners who continue to stand with us in executing this vital mission.

Senator Dr. Karim Ahmed Khawaja Honorary Chairman of Sindh Mental Health Authority

Message from the Secretary, SMHA

Bismillah ir-Rahman ir-Rahim

It is with a deep sense of honor and institutional pride that I present the Progress Report of the Sindh Mental Health Authority (SMHA) covering the period from 2017 to 2026. This report is a testament to eight years of unwavering commitment by our teams, our partners, and the people of Sindh, to advancing the cause of mental health as a fundamental human right.

When the Authority was operationalized, mental health remained one of the most neglected domains of public health in the province. There were no structured outreach mechanisms, inadequate legislative safeguards, and a deep stigma that kept millions from seeking the care they deserved. Over the course of these eight years, the Authority has worked steadfastly to change that reality — one conference, one training, one camp, and one policy submission at a time.

This report documents our journey across multiple fronts. We have organized provincial conferences that brought leading psychiatric professionals to Sindh. We have conducted mental health camps across districts including underserved areas of rural Sindh screening thousands of individuals and connecting them with care pathways. We have delivered trainings to primary healthcare workers, educators, and community health volunteers, embedding mental health literacy where it is needed most.

Equally important has been our advocacy work. The Authority has consistently engaged with the Sindh Health Department and the provincial Ministry of Health to push for meaningful amendments to the Sindh Mental Health Act. We have submitted formal representations, participated in legislative consultations, and worked alongside civil society to ensure that the law reflects contemporary standards of mental health care, patient rights, and community-based treatment. While much has been achieved, we are acutely aware that several critical reforms remain pending and we shall continue to press for them with equal vigor.

I am proud to acknowledge the contributions of our dedicated staff, our institutional partners, and the district health offices across Sindh. Without their collaboration, the scope and impact of our work would have been significantly diminished.

This progress report is not merely an account of the past, it is a declaration of intent for the future. As we look ahead to the next phase, the Authority remains firmly committed to scaling outreach, strengthening the legislative framework, investing in human resources for mental health, and ensuring that no person in Sindh is left behind because of a treatable condition of the mind.

Dr. Syed Zafar Mehdi Secretary, Sindh Mental Health Authority, Health Department, Government of Sindh — Karachi, Sindh, Pakistan

Letter from the Editors

As editors of this comprehensive report documenting the two foundational tenures of the Sindh Mental Health Authority, our primary objective was to move away from dry, overly detached, or purely bookish administrative reporting. Instead, this document has been deliberately structured to humanize the scale of institutional progress, transforming complex administrative timelines, legislative metrics, and medical data into a clear, engaging narrative of public impact.

Documenting an institutional evolution spanning nearly eight years requires balancing statistical precision with contextual depth. Every section of this report, from the granular year-by-year activity records to the broader policy and advocacy updates, has been carefully curated to highlight the human lives impacted by SMHA's initiatives. We have meticulously tracked the expansion of capacity-building modules, the deployment of specialized mental health camps in distant districts, and the formalization of cross-sectoral partnerships.

This text is intentionally designed to serve as both an institutional record and a strategic roadmap, offering stakeholders a completely transparent, data-driven view of the Authority's milestones, structural challenges, and future trajectories.

Syed Mahnoor Shah and Dr. Tooba Farooqi Editors, SMHA Progress Report 2017–2026

CHAPTER 2

About SMHA

Background, Mandate & Establishment History

Establishment History

The Sindh Mental Health Authority was established under the Sindh Mental Health Act, 2013, a landmark piece of provincial legislation that created a statutory regulatory body for mental health governance in Sindh for the first time. The Act mandated the Authority to oversee the implementation of mental health policy, regulate psychiatric facilities, protect the rights of individuals with mental illness, and coordinate service delivery across the province.

During its first tenure, SMHA focused on anchoring the Authority's legal and institutional foundations including the historic restructuring of the Sir Cowasjee Jehangir Institute of Psychiatry and Behavioral Sciences (SCJIP&BS) in Hyderabad, Sindh's main public psychiatric hospital. The second tenure saw a decisive shift to proactive, community-facing programming: field camps in underserved districts, a province-wide training programd for healthcare workers, and sustained legislative advocacy for reform of the Act and its subordinate Rules and Regulations.

Vision Statement

To prioritize accessibility, comprehensive care, stigma reduction, evidence-based practices, a holistic approach, empowerment, and collaboration, providing accessible, compassionate, and effective mental health services that promote well-being, support recovery, and foster a society where mental health is valued and supported.

Mission

To deliver accessible, compassionate, and evidence-based services that promote mental well-being, support recovery, and enhance the quality of life for individuals and communities across Sindh.

Objectives

- **Access:** Improve access to mental health services across all districts of Sindh, with particular focus on underserved rural and semi-urban communities.
- **Quality:** Enhance the quality of psychiatric care at public health facilities through training, infrastructure investment, and clinical standards.
- **Awareness:** Promote mental health literacy and reduce stigma through targeted public awareness campaigns and community outreach.
- **Recovery:** Support recovery-oriented care that prioritizes patient rights, dignity, and community-based treatment.
- **Collaboration:** Foster inter-institutional collaboration with government bodies, academic institutions, NGOs, and international organizations.
- **Evidence:** Build an evidence base for mental health policy through research, data collection, and publication of findings.
- **Equity:** Reduce geographic and socioeconomic disparities in access to mental health services.

Jurisdiction, Catchment Area & Funded Programs

The geographic jurisdiction of the Authority extends across all 30 districts of Sindh province, encompassing both dense urban metropolises like Karachi and Hyderabad, and rural, highly climate-vulnerable zones including the districts of Tharparkar, Badin, and Upper Sindh. Between 2017 and 2026, SMHA has documented active programming in all districts of Province Sindh.

The Authority's flagship institutional base is the Sir Cowasjee Jehangir Institute of Psychiatry and Behavioral Sciences (SCJIP&BS), Hyderabad. SMHA also operates the provincial mental health crisis helpline, inaugurated in 2020 by Chief Minister Sindh, which provides province-wide access to emergency mental health support.

The Thar Tele-Help Service (psychiatric tele-consultation across seven talukas of Tharparkar), the Lady Health Worker mental health training program, the mhGAP-aligned primary care training initiative (in partnership with WHO and HSA), and the district mental health camp series covering desert, coastal, and flood-affected communities.

SMHA at a Glance from 2017 to 2026

It provides an over view of the important or key activities throughout the journey and not an exhaustive account

2017	SMHA's first Board of Governor's meeting.
2018	SMHA's earliest public engagement including inaugural awareness seminar and first World Mental Health Day observance.
2019	Foundational legal-awareness seminars on the Sindh Mental Health Act and first stakeholder meeting on Tharparkar's suicide crisis.
2020	CM Sindh inaugurates the SMHA helpline; first Tele-Help MOU signed for Tharparkar. It SMHA's most active year for MOUs.
2021	Thar Tele-Help Service launched; Lady Health Worker training program begins; research reports on COVID-19 and suicide published.
2022	Sharp rise in district trainings and partnerships; nine World Mental Health Day events held in September–October alone.
2023	SMHA's busiest year on record (39+ activities); tele-psychiatry launched in Islamkot; first prison-staff training introduced.
2024	Multi-Districts Mental Health Trainings and mental health camps in the Province.
2025	200+ professionals trained in one session at GIMS Gambat; desert-camps breakup report launched at PMA House.
2026	Continued district training (Naushahro Feroze) and youth-parliament partnership in Badin.

CHAPTER 3

Year-by-Year Activity Record

2017 – 2026

2017

1st SMHA's Board of Governors's meeting

First Board of Governors meeting of SMHA at Health Department | October 2017· Sindh Secretariat, Karachi

The Sindh Mental Health Authority (SMHA), conducted its firth Board of Governors meeting under the Chairmanship of Senator Dr. Karim Ahmed Khawaja at the office of Special Secretary, Health Department, Government of Sindh at Sindh Secretariat Karachi.

2018

Conferences, Visits & Seminars

Inaugural Seminar on Mental Health Awareness | January 2018· Sheraton Hotel, Karachi

The Sindh Mental Health Authority held its first public seminar on mental health awareness, marking the formal beginning of SMHA's public-facing engagement. The event brought together mental health professionals, government officials, and civil society representatives to collectively affirm the need for a structured mental health response in Sindh. It set the tone for the Authority's approach: evidence-based, multi-stakeholder, and firmly grounded in advocacy.





Seminar on Mental Health | July 2018· Institute of Behavioral Sciences, Karachi

SMHA held an early stakeholder seminar at the Institute of Behavioral Sciences, bringing together academic and clinical voices to discuss the state of mental health services in Sindh. The event was part of the Authority's initial outreach to the academic psychiatric community.





One-Day Seminar on the Sindh Mental Health Act | November 2018· Sukkur

SMHA conducted a dedicated awareness seminar on the Sindh Mental Health Act in Sukkur, extending legal literacy efforts into interior Sindh. The seminar aimed to ensure that healthcare workers and local administrators in upper Sindh understood the legal protections the Act provided.





World Mental Health Day Events

World Mental Health Day 2018 | October 2018· Karachi

SMHA observed its first World Mental Health Day, marking the beginning of what would become an annual institutional commitment to the global awareness day. The observance set a precedent that SMHA would build on for the next eight years.





Meetings & Stakeholder Engagement

First Stakeholder Meeting — Tharparkar Suicide Crisis | December 2018

SMHA convened its first government-led stakeholder engagement specifically addressing the suicide crisis in Tharparkar, marking the formal beginning of the Authority's sustained involvement in the district. It was an engagement that would grow into one of SMHA's defining programmatic commitments.





2019

Conferences & Roundtables

First Roundtable Discussion on Mental Health Issues in Society | January 2019· Karachi

SMHA convened its first roundtable discussion, bringing together stakeholders from health, academia, civil society, and the media to deliberate on the social dimensions of mental illness in Sindh. The discussion helped define the early thematic priorities of the Authority, including stigma reduction, legislative reform, and community-based care. It established the roundtable as a signature format for SMHA's policy engagement work.





Trainings & Capacity Building

Two-Day Workshop for Medical Officers | February 2019· Karachi

SMHA organized a two-day workshop for medical officers, focusing on building clinical awareness and diagnostic capacity for mental health conditions at the primary care level. The workshop was one of the Authority's earliest efforts to bridge the gap between psychiatric services and general medicine recognizing that most mental health patients in Sindh are first seen not by psychiatrists, but by general practitioners.





Seminar & Awareness Sessions

One-Day Seminar on the World Suicide Prevention Day | September 2019· Karachi

SMHA organized a seminar to mark World Suicide Prevention Day (observed annually on 10 September), bringing public attention to the scale of suicide as a mental health crisis in the province.

Community Seminar on Suicide | September 2019· Regent Plaza, Karachi

A community-facing seminar on suicide awareness was held at Regent Plaza, Karachi, reaching a broader public audience beyond clinical & academic circles. The seminar reinforced suicide prevention as a recurring theme in SMHA's early public communication.




SPECIAL SUPPLEMENT ON 23rd NATIONAL PSYCHIATRIC CONFERENCE, 20 - 22 SEPT 2019, SWAT

Every 40 seconds, someone, somewhere loses his life to suicide

Seminar on the Sindh Mental Health Act | 2019· SCJIP&BS, Hyderabad

SMHA conducted a legal-awareness seminar on the Sindh Mental Health Act at SCJIP&BS Hyderabad, targeting psychiatric hospital staff directly responsible for implementing the Act's provisions. The session strengthened institutional understanding of patients' legal rights.

Mental Health Stakeholder Seminar | 2019· Beach Luxury Hotel, Karachi

SMHA held a mental health stakeholder seminar convening professionals and partners to discuss ongoing priorities for the Authority's awareness and service-delivery programs.

Meetings & Stakeholder Engagement

Meeting with Director General of Health Services, Sindh | July 2019· Hyderabad

SMHA held a strategic meeting with the Director General of Health Services Sindh, securing provincial health leadership engagement for the Authority's mandate and ongoing programs.





2020

Trainings & Capacity Building

One-Day Workshop for Master Trainers | February 2020

SMHA organized a one-day workshop for master trainers professionals who would cascade mental health knowledge to frontline health workers across the province. This cascaded training model was a deliberate strategy to multiply the Authority's limited human resources: by equipping trainers rather than individual workers, SMHA aimed to create a self-sustaining pipeline of mental health capacity at the grassroots level.

Seminars & Awareness Sessions

Seminar on Mental Health Issues | 2020· JPMC, Karachi

SMHA organized a clinical and community-focused seminar at JPMC, Karachi, addressing prevailing mental health issues affecting both hospital patients and the wider public. The seminar reflected SMHA's continuing partnership with JPMC's psychiatry department.





Board of Visitors conduct inspection visit to Psychiatry Ward | November 2020 · Sir Cowasjee Jahangir Institute of Pscyiatry and Behavioral Sciences, Hyderabad

The Board of Visitors, operating under the Sindh Mental Health Authority (SMHA), conducted its maiden inspection visit to the Sir Cowasjee Jahangir Institute of Psychiatry and Behavioral Sciences, Hyderabad. The visit was aimed at reviewing the existing psychiatric facilities, evaluating the quality of inpatient and outpatient care, and ensuring that patient rights and standards set under the Sindh Mental Health Act are strictly maintained. Previously, the board has visited different Government Hospital's Psychiatric Wards i.e. JPMC, Civil Hospital Karachi, Sindh Government Lyari General Hospital and Abbasi Shaheed Hospital.



COH-FIT Survey Press Conference | September 2020· JPMC, Karachi

SMHA held a press conference at JPMC to present findings from the COH-FIT survey, an international collaborative study examining the psychological impact of the COVID-19 pandemic. The event positioned SMHA within a global pandemic mental health research effort.





Seminar on the Sindh Mental Health Act | November 2020 · People's University of Medical & Health Sciences for Women, Nawabshah

SMHA conducted an Act-awareness seminar extending legal literacy specifically to the medical education community in the Shaheed Benazirabad region.

Zoom Webinar on World Suicide Prevention Day | September 2020· Online

SMHA organized its first fully online seminar, a Zoom webinar marking World Suicide Prevention Day during the pandemic. The shift to a digital format allowed the Authority to continue its awareness programming despite COVID-19 restrictions on in-person gatherings.

World Mental Health Day Events

World Suicide Prevention Day Webinar | September 2020· Online (via Zoom)

SMHA's first digital World Suicide Prevention Day observance — see Seminars section above for full entry.

World Mental Health Day Seminar | October 2020· Sanghar

SMHA extended its World Mental Health Day observance beyond Karachi for the first time, holding a district-level seminar in Sanghar to reach interior Sindh communities with the global awareness message.





Meetings, MOUs & Institutional Milestones

Inauguration of SMHA Mental Health Helpline by Chief Minister Sindh | January 2020· Karachi

Chief Minister Sindh Murad Ali Shah formally inaugurated SMHA's mental health crisis helpline — one of the Authority's most significant institutional milestones, providing province-wide access to crisis support for the first time.





Meeting with Psychologists of Sindh | 2020 · Indus Hotel, Hyderabad

SMHA convened a provincial consultation with psychologists, bringing together the professional psychology community to align on shared priorities for mental health service delivery in Sindh.





Launch of SMHA Official Website | August 2020

SMHA launched its official website, establishing a formal digital presence and public information channel.





Meeting with Chairperson, Sindh Human Rights Commission | September 2020· Karachi

SMHA met with the Chairperson of the SHRC to discuss cross-institutional, rights-based approaches to mental health advocacy laying groundwork for the formal MOU signed two months later.





Meeting with CEO, Basic Needs Pakistan | October 2020· Karachi

SMHA met with CEO of Basic Needs Pakistan to discuss partnership opportunities around community m. health needs.

Meeting with Country Director, IRD Pakistan | October 2020· Karachi

SMHA engaged with the Country Director of IRD Pakistan to explore collaborative mental health programming, ahead of their formal MOU signed in January 2021.

Meeting — Child Protection Officer, UNICEF | November 2020 · Karachi

SMHA held discussions with UNICEF's Child Protection Officer on child-focused mental health concerns, reflecting the Authority's engagement with international child welfare priorities.

Meeting — SDG Coordinator, UNDP | December 2020· Karachi

SMHA met with the SDG Coordinator at UNDP to discuss aligning SMHA's mental health programming with the Sustainable Development Goals framework.





Signed in 2020

- **SMHA & Tele-Help Thar —** August 2020 — First operational MOU establishing a tele-help service for suicide prevention in Tharparkar; foundation for all subsequent tele-psychiatry infrastructure in district.
- **SMHA & Brain Trust UK —** 2020 — International partnership for collaborative mental health research; one of SMHA's earliest formal international engagements.
- **SMHA & Sindh Human Rights Commission —** November 2020 — Formalized a rights-based framework for mental health advocacy and cross-institutional collaboration.
- **SMHA & SZABIST Law College —** December 2020 — Connected legal education with mental health rights advocacy, strengthening the legal dimension of SMHA's mandate.





2021

Mental Health Camps & Outreach

Launch of Thar Tele-Help Service for Mental Disorders | April 2021· Tharparkar (seven talukas)

Following the 2020 MOU, SMHA formally launched the Thar Tele-Help Service for the treatment of mental disorders across seven talukas of Tharparkar. This was a significant milestone, the first tele-psychiatric service in Sindh's rural belt, designed to connect patients in geographically isolated communities with qualified mental health professionals without requiring travel to distant urban centers.





Trainings & Capacity Building

Three-Day Training of Lady Health Workers | January 2021· Mithi, Tharparkar

SMHA conducted its first Lady Health Worker (LHW) training program, It was a three-day residential training in Mithi equipping frontline female health workers with foundational mental health knowledge and referral skills. Given the cultural dynamics of Tharparkar, where women are often the primary health-seekers and male providers have limited access to female patients, this training was of particular strategic importance.





One-Day Training on Psychosocial Impact on Mental Health | June 2021· Karachi

In the aftermath of the COVID-19 pandemic, SMHA organized a training session focused on the psychosocial dimensions of mental health addressing grief, social isolation, economic stress, and anxiety as drivers of psychiatric distress. The training helped health workers contextualize the mental health presentations they were encountering in the post-pandemic period.

Seminars, Launches & Awareness Sessions

Seminar — Launch of the Research Study of Registered cases of Suicide and How to Combat Suicide in the Community | March 2021· Karachi

SMHA organized a Seminar on "Research Study of Registered cases of Suicide from 2016 to 2020 in Sindh Province and way forward to addressing practical strategies to combat suicide at the grassroots level.





Awareness Session — Recognition of Depression as Prevention of Suicide | April 2021· Malir and across Karachi

SMHA conducted awareness sessions under the theme that recognizing depression early is itself an act of suicide prevention, improving public ability to identify warning signs in family members and peers.

Zoom Webinar — Analytical Study on Suicide Cases | April 202· Online

SMHA hosted a research-based webinar presenting an analytical study of suicide cases, sharing data-driven insights with a wider professional and public audience.

Launch — Psychological Autopsy of Suicide Patients in Tharparkar | June 2021· Karachi

SMHA launched a groundbreaking psychological autopsy study examining suicide cases in Tharparkar which was one of the first research efforts of its kind in the region. The launch marked a deliberate shift from awareness-raising toward generating original evidence on suicide in Sindh's most affected district.

Launch — Impact of COVID-19 on Mental Health Research Report | July 2021·s Karachi
SMHA formally launched its research report on the impact of COVID-19 on mental health, one of the Authority's first major post-pandemic publications. The findings informed subsequent SMHA programming on psychosocial support.





Launch — Psychological Autopsy of Suicide Cases Report | August 2021· Karachi
Building on the Tharparkar psychological autopsy study, SMHA launched a consolidated report presenting the full findings, providing rare empirical insight into the circumstances and risk factors behind suicide cases in the district.





Launch — Three Research Studies (simultaneous) | August 2021· Karachi

SMHA launched three simultaneous research outputs at a single public event, demonstrating the Authority's growing capacity as a research-generating institution.

Meetings, MOUs & Institutional Milestones

8th Board of Governors Meeting | January 2021· Karachi

SMHA convened its 8th Board of Governors meeting, continuing the Authority's regular institutional governance cycle.





Meeting — Secretary Health, Government of Balochistan | January 2021· Karachi

SMHA held an inter-provincial coordination meeting with the Secretary of Health for Balochistan, exploring shared approaches to mental health policy across provincial lines.

Meeting — Home Secretary, Government of Sindh | June 2021· Karachi

SMHA engaged with the Home Secretary of the Government of Sindh, advancing the Authority's policy priorities at a senior level of provincial administration.





Meeting — Advisor to the Health Department | August 2021· Karachi

SMHA met with Dr. Aijaz Khanzada, Advisor to the Health Department, to advance health policy advocacy directly with departmental leadership.

9th Board of Governors Meeting | August 2021· Karachi

SMHA convened its 9th Board of Governors meeting, continuing the Authority's regular institutional governance cycle.

MOUs Signed in 2021

- **SMHA & IRD Pakistan —** January 2021, Partnership for community mental health programming.
- **SMHA & HANDS Pakistan —** April 2021, Major agreement with one of Pakistan's largest development NGOs, expanding outreach capacity significantly.
- **SMHA & Charter for Compassion Pakistan —** June 2021, Partnership for mental health advocacy and community compassion programming.
- **SMHA & Justice Project Society —** August 2021, Addressing the legal rights of mental health patients, including death penalty reform for individuals with psychiatric conditions.





2022

Conferences & International Engagements

2nd International Conference on Mental Health — University of Karachi | March 2022· University of Karachi

SMHA participated in the 2nd International Conference organized by the University of Karachi, contributing to academic and policy discussions on mental health challenges in Pakistan and the region.





International Young Psychologists Fiesta Conference | May 2022· Lahore

The Chairman of SMHA was invited as Chief Guest at this conference which was a recognition of the Authority's standing in Pakistan's professional psychological community. The Chairman spoke on the importance of institutional frameworks in sustaining mental health services.

Two-Day International E-Conference — Young Psychologist Association | August 2022· Online

SMHA participated in a two-day international e-conference, with the Chairman among a distinguished panel including Prof. Iqbal Afridi, Dr. Farah Abbasi, Dr. Uzma Ali, and Dr. Qudsia Tariq. The digital format reached a wide international professional audience.

WHO / UN Women — Essential Services Program Technical Workshop | August 2022· Movenpick Hotel, Karachi

WHO Pakistan and UN Women conducted a two-day technical workshop under the joint interagency Essential Services Program. SMHA was represented by Prof. Hyder Ali Naqvi, Dr. Chooni Lal, and Dr. Qalb-e-Hyder. The event formally embedded mental health within the Essential Services framework which was a significant policy alignment with implications for resource allocation across Sindh.

Mental Health Camps & Outreach

Free Psychiatric Medical Camp — Tharparkar | May 2022 · Tharparkar

SMHA conducted its first large-scale free psychiatric camp in Tharparkar in collaboration with PPHI doctors. Prior to the camp, SMHA ensured distribution of psychiatric medicines across all seven talukas of District Tharparkar. The Chairman held a press conference alongside the District Commissioner of Tharparkar. This camp established the model including medicine pre-positioning, clinical screening, and local government coordination replicated in all subsequent SMHA field camps.





Trainings & Capacity Building

Psychiatric Training Sessions — Umerkot, Mirpurkhas, Jamshoro & Dadu | June 2022· PPHI offices, district hospitals and medical colleges across four districts

SMHA conducted coordinated psychiatric training sessions across four districts within a single month. Sessions reached doctors, nurses, and paramedical staff who had never received formal mental health training. This marked the beginning of SMHA's systematic approach to district-by-district capacity building.









Two-Day Orientation Workshop for SMHA Helpline Staff | August 2022· Karachi

SMHA conducted a two-day orientation for helpline staff, covering crisis communication, active listening, risk assessment, de-escalation, and referral protocols. Senator Dr. Karim Ahmed Khawaja, Prof. Dr. Qudsia Tariq, and Dr. Ali Wasif participated in the closing ceremony.

Seminars & Roundtable Discussions

Roundtable Discussion — Mental Health Challenges in Current Times | March 2022· Karachi

Multi-stakeholder roundtable discussing the mental health challenges facing Sindh in the post-pandemic period.





Roundtable Discussion on Mental Health — SZABIST | July 2022· SZABIST, Karachi

SMHA's Chairman served as Chief Guest, reinforcing the Authority's academic partnerships and its role in shaping university-level discourse.





Roundtable Discussion — Geriatric Mental Health | October 2022· Karachi

SMHA organized a dedicated roundtable on geriatric mental health, bringing attention to an undeserved population that had received limited policy focus.

SMHA Roundtable Discussion | November 2022· Karachi

SMHA convened a general roundtable on the mental health challenges confronting the province, continuing the pattern of regular multi-stakeholder dialogue throughout 2022.

World Mental Health Day & World Suicide Prevention Day Events (2022)

October 2022 was SMHA's most active period for World Mental Health Day observances, with nine distinct events:

- **World Suicide Prevention Day Seminar —** September 2022 — hosted by Karwan-e-Hayat, Karachi.
- **World Mental Health Day — Dr. Essa Laboratory Seminar —** October 2022 — Karachi.
- **WPA Pre-Conference Seminar (World Mental Health Day) —** October 2022 — World Psychiatric Association, Karachi.
- **World Mental Health Day Seminar — JPMC Psychiatry Ward —** October 2022 — Jinnah Postgraduate Medical Centre, Karachi.
- **World Mental Health Day 2022 — SCJIP&BS Hyderabad —** October 2022 — flagship institutional observance at Sindh's main psychiatric hospital.
- **World Mental Health Day — Institute of Behavioral Sciences —** October 2022 — Karachi.
- **World Mental Health Day 2022 — Hamdard University —** October 2022 — Karachi.
- **World Mental Health Day 2022 — Federal Urdu University —** October 2022 — Karachi.
- **Award Distribution Ceremony — Institute of Psychology, UoK —** October 2022 — formal institutional recognition of contributors to mental health work.





Meetings, MOUs & Institutional Milestones

Meeting — Justice Project Pakistan re: Supreme Court Judgment | February 2022· Karachi

SMHA met with Justice Project Pakistan to discuss the legal implications of a Supreme Court judgment concerning the rights of mental health patients, preceding the formal MOU signed the following year.

10th Board of Governors Meeting | April 2022· Karachi

SMHA convened its 10th Board of Governors meeting as part of its institutional governance cycle.

Meeting — Minister for Information re: SMHA Helpline Media Promotion | June 2022· Karachi

SMHA met with the Minister for Information to advocate for greater media coverage of the crisis helpline.

Meeting — District Health Officer, Sanghar | July 2022· Sanghar

SMHA held a coordination meeting with the DHO Sanghar, strengthening district-level health system linkages.

Universal Prevention Curriculum Coordination — ICP, UoK | July 2022· University of Karachi

SMHA participated in a coordination ceremony with the Institute of Clinical Psychology to align on a universal mental health prevention curriculum.

Inauguration of SMHA Helpline at Civil Hospital Karachi | July 2022 · Civil Hospital, Karachi

SMHA inaugurated a dedicated helpline access point at Civil Hospital Karachi, establishing a physical presence for its crisis support service at one of the city's major public hospitals.

Chief Minister Sindh Inaugurate New OPD Building and Female Ward | December 2022· Sir Cowasjee Jahangir Institute of Psychiatry and Behavioral Sciences (SCJIP&BS) Hyderabad

Honorable Chief Minister Sindh Syed Murad Ali Shah, inaugurated Newly constructed OPD Building and New Female Ward at SCJIP&BS Hyderabad. Speaking In inaugural ceremony Chief Minister Sindh announced to upgrade the 150 year old psychiatric Institute to a full-fledged University, to be chartered as the Sir Cowasjee Jahangir Mental Health and Allied Sciences University at SCJIPBS Hyderabad.





MOUs Signed in 2022

- **SMHA, Charter for Compassion Pakistan & Thar Foundation —** April 2022 — Tripartite MOU specifically targeting mental health programming in Tharparkar.
- **SMHA & Bahria University —** August 2022 — Academic partnership for mental health training and clinical psychology research.





2023

Conferences & International Engagements

World Psychiatric Association Thematic Congress | March 2023· Marriott Hotel, Karachi

A major international gathering of psychiatric professionals from across the globe. SMHA's involvement gave the Authority direct exposure to the latest developments in psychiatric research, clinical practice, and global mental health policy.

Mental Health and Wellbeing Summit 2023 | November 2023· Institute of Clinical Psychology, University of Karachi

SMHA participated as an institutional partner in this summit, which brought together psychologists, psychiatrists, public health professionals, and policymakers to assess mental wellbeing in Pakistan.

One-Day International Conference on Clinical Psychology | December 2023· University of Karachi

SMHA participated in this conference that provided a platform for clinical researchers and practitioners to share findings on assessment, intervention, and service delivery.

Mental Health Camps & Outreach

Medical Camp for Flood-Affected Populations — Mega Tent City | January 2023· Malir, Karachi (in collaboration with International Medical Corps)

In response to the catastrophic floods of 2022, SMHA organized a mental health camp for flood-affected populations at the Mega Tent City in Malir. The camp addressed acute psychosocial distress encompassing grief, anxiety, PTSD, and displacement-related depression, experienced by thousands of internally displaced families. This initiative reflected a critical evolution: that disaster response must include mental health as a core component.





First Board of Governors meeting of SCJIP&BS | January 2023· Minister Office, Karachi

First Board of Governors meeting of Sir Cowasjee Jahangir Institute of Psychiatry and Behavioral Sciences, Hyderabad was held under the chairmanship of Dr. Azra Fazal Pechuho, Minister for Health Department.





Inauguration of Tele-Psychiatry Services — Islamkot, Tharparkar | May 2023· Islamkot, Tharparkar

Senator Dr. Karim Ahmed Khawaja, Chairman SMHA, jointly inaugurated tele-psychiatry services at Islamkot alongside MNA Dr. Mahesh Kumar Malahni. This formalized a permanent tele-psychiatric facility in one of Tharparkar's most remote towns and it was a transition from periodic camp visits to sustained, infrastructure-backed service delivery.





Free Psychiatric Medical Camp — District Umerkot | June 2023· District Umerkot

SMHA conducted a free psychiatric camp across District Umerkot, extending outreach into one of Sindh's interior districts with limited access to specialist mental health care. The camp screened patients for a range of psychiatric conditions that provided services many residents had never previously accessed.





Free Psychiatric Medical Camp — Keti Bandar | October 2023· Keti Bandar, coastal Sindh

SMHA conducted a free psychiatric camp at Keti Bandar which is a remote fishing community on Sindh's coastline with virtually no prior access to mental health services. Livelihoods there are deeply vulnerable to climate events, and mental health distress is compounded by poverty and displacement. The Keti Bandar camp remains one of the most geographically significant outreach initiatives in SMHA's history.





Trainings & Capacity Building

Three-Day Training of Trainers — International Organization for Migration (IOM) | January 2023· Marriott Hotel, Karachi

IOM conducted a three-day Training of Trainers in collaboration with SMHA, building a cohort of certified mental health trainers using IOM's internationally tested MHPSS curriculum. This directly responded to displacement caused by the 2022 floods.

Training of Healthcare Providers — WHO & Health Services Academy (HSA) | January 2023· Karachi

WHO Pakistan, in collaboration with HSA and SMHA, delivered structured training for healthcare providers using WHO's evidence-based mhGAP curriculum which is the global standard for integrating mental health into primary care.

Psychiatric Training Session — District Thatta | May 2023· District Thatta (with MERF)

SMHA and the Medical Emergency Resilience Foundation (MERF) conducted a psychiatric training for health workers in Thatta, a flood-affected coastal district identified as a priority area following the 2022 floods.





Two-Day Psychiatric Training — Hyderabad Doctors | May 2023· Hyderabad

SMHA conducted a two-day psychiatric training for doctors across Hyderabad division, covering clinical assessment, pharmacological management, and psychosocial support. The two-day structure allowed deeper engagement with clinical material and case-based learning.

Mental Health Training — District Sujawal | May 2023· District Sujawal

SMHA extended its training program to District Sujawal, a lower-Sindh district with high flood vulnerability and limited health infrastructure, in direct response to documented mental health need.

Mental Health Training — Female Prison Staff & Juvenile Prison Staff | June 2023· Central Jail, Karachi

SMHA conducted a pioneering training for female prison staff and juvenile prison staff at Central Jail Karachi and it was the first formal mental health training ever delivered to Sindh's prison workforce. This reflected SMHA's expanding conception of its mandate: that mental health capacity must be built wherever vulnerable people are cared for, including within the criminal justice system.





WHO mhGAP Training Program — Hyderabad | August 2023· Hyderabad

WHO Pakistan delivered its flagship Mental Health Gap Action Program (mhGAP) training at Hyderabad, with SMHA playing a facilitative role. The mhGAP program trains non-specialist health workers to manage priority mental health conditions using standardized, evidence-based protocols.

Mental Health Training — Karachi Division Doctors | October 2023· Karachi

SMHA conducted a division-wide mental health training for doctors across Karachi, demonstrating that primary care physicians in the city are the first point of contact for most patients with mental health needs.







Mental Health Training — Nawabshah / Shaheed Benazirabad | December 2023· Nawabshah

SMHA conducted a comprehensive training covering Health Department and PPHI doctors, as well as Lady Health Workers creating a community-to-clinic continuum of mental health capacity within the district.





Seminars & Roundtable Discussions

Meeting— Rehabilitation Committee for HIV/AIDS-infected person | Januhar 2023· online

First meeting of rehabilitation Committee for HIV/AIDS-infected person in Larkana Division to be held under the Chairmanship of Commissioner Larkana and Chairman of the Committee Mr. Ghanwar Laghari.





Seminar — How BISP Can Help in Mental Health Issues | February 2023· Karachi

SMHA organized a seminar examining how the Benazir Income Support Program's social safety net could be leveraged to support mental health outcomes among low-income families.





Roundtable — Internet, Social Media & Mental Health | July 2023· Karachi

SMHA convened its first roundtable specifically addressing the relationship between internet use, social media, and mental health — breaking new thematic ground for the Authority.





IOM Seminar — Launch of SMHA Research Report on Displacement & Mental Health | September 2023· Karachi

IOM hosted a seminar to launch an SMHA research report examining the mental health needs of populations affected by flooding and displacement.

World Mental Health Day & World Suicide Prevention Day (WSPD) Events (2023)

- **'Creating Hope Through Action' WSPD Seminar — Karwan-e-Hayat —** September 2023 — PC Hotel, Karachi, under the international WSPD theme.
- **World Suicide Prevention Day — JPPS × JSMU —** September 2023 — Joint academic clinical observance.
- **World Suicide Prevention Day — JPMC Psychiatry Department —** September 2023 — Annual clinical observance at JPMC.
- **World Mental Health Day Seminar — JSMU × SMHA —** October 2023 — deepening institutional partnership between JSMU and SMHA.
- **WMHD Awareness Session — Central Jail Prisoners —** October 2023 — extending the global observance to the incarcerated population at Central Jail Karachi.
- **World Mental Health Day — Karwan-e-Hayat —** October 2023 — under the theme 'Mental Health is a Universal Human Right'.
- **WMHD Seminar — IBS, Dow University of Health Sciences —** October 2023 — academic clinical seminar.
- **WMHD Seminar — JPMC Psychiatry Department —** October 2023 — annual institutional observance.

Meetings, MOUs & Institutional Milestones

Meeting — Chief Minister Sindh re: SCJIP&BS Hyderabad | January 2023· CM House, Karachi

SMHA met with the Chief Minister to discuss the rehabilitation and expansion of SCJIP&BS Hyderabad paving the way for major infrastructure improvements over the following year.



Karachi (January 2nd, 2023) Sindh Chief Minister Syed Murad Ali Shah presides over a meeting regarding up gradation of Sir Cowasjee Jahangir Institute of Psychiatry Hyderabad to University at CM House.



Meeting — World Bank Delegation | July 2023· Karachi

SMHA held discussions with a World Bank delegation on mental health programming in Sindh, opening a channel for potential international financing and technical support.

SMHA convene meeting on Quarterly Magazine and Regional Mental Health initiatives | August 2023

A meeting of Sindh Mental Health Authority was held under chairmanship of Senator Dr. Karim A. Khawaja, to review the upcoming publication of the SMHA quarterly magazine and to discuss key initiatives addressing mental health issues.





11th Board of Governors Meeting | August 2023· Karachi

SMHA convened its 11th Board of Governors meeting.

Meeting — WHO Head of Pakistan | October 2023· Karachi

SMHA held its highest-level engagement with WHO to date directly with the Head of WHO Pakistan.





Follow-up Meeting — National Mental Health Helpline (chaired by President of Pakistan) | November 2023· Karachi

SMHA, represented by its Secretary, participated in a high-level follow-up meeting on the national mental health helpline chaired by the President of Pakistan which is a significant marker of SMHA's integration into national-level policy coordination.





Meeting — Sindh Task Force under Caretaker Minister of Health | November 2023· Karachi

SMHA participated in the provincial Sindh Task Force on mental health policy under the caretaker administration.

3rd Meeting — National Mental Health Helpline (President's Office) | November 2023· Karachi

SMHA took part in the third session of national mental health helpline coordination.

Inauguration of Rehabilitation Ward & Park — SCJIP&BS Hyderabad | November 2023· SCJIP&BS, Hyderabad

New rehabilitation ward and park infrastructure was inaugurated at SCJIP&BS Hyderabad, providing significantly improved facilities for psychiatric patients.

MOUs Signed in 2023

- **SMHA & Thar Foundation —** February 2023 — Dedicated partnership formalizing SMHA's most sustained field-implementation relationship for Tharparkar services and research.





2024

Conferences & International Engagements

Symposium — Bridging East & West: Global Health, Wellbeing, Education and Research | October 2024· Royal Society of Medicine, London, UK

The Brain Trust and the Pakistan Psychiatric Society jointly organized this prestigious symposium. SMHA's representation marked the Authority's presence on a genuinely global stage, with Sindh's experience serving as a reference point for mental health governance in lower-middle-income contexts.

BMI Global Conference — Brain and Mind Institute, Aga Khan University | November 2024· AKU Auditorium, Karachi

The Brain and Mind Institute of Aga Khan University hosted this three-day flagship research conference. SMHA engaged with leading neuroscientists, psychiatrists, and public health researchers from Pakistan and abroad. The conference addressed mental health from cellular mechanisms to health system design.

Mental Health Camps & Field Outreach

Free Psychiatric Medical Camp — SASIMS, Sehwan | February 2024· Syed Abdullah Shah Institute of Medical Sciences, Sehwan

SMHA conducted a free psychiatric camp at SASIMS in Sehwan, extending quality psychiatric care to a historic and densely populated town in central Sindh. A breakup report documenting patient numbers, conditions, and treatments was subsequently launched in May 2024 — setting a new standard for accountability in SMHA's outreach activities.





Trainings & Capacity Building

Multi-District Mental Health Training — Matiari, Tando Muhammad Khan & Tando Allahyar | January 2024· Indus Hotel, Hyderabad

SMHA trained health professionals from three contiguous districts in a single structured event, creating a critical mass of trained mental health responders across the southern bank of the Indus. Doctors from the Health Department, PPHI, family physicians, and Lady Health Workers all participated.





Mental Health Training — District Naushahro Feroze | June 2024· Naushahro Feroze

SMHA conducted a mental health training targeting Health Department staff, PPHI, family physicians, and Lady Health Supervisors, as part of the Authority's effort to ensure every district has trained mental health responders.

Skate park Training & Research Series — Six Sessions Across the District | September–October 2024· Nangarparkar, Diplo, Islamkot & Mithi, Tharparkar

SMHA designed and delivered its most ambitious field initiative to that date: six sequential training workshops and research orientations spanning all major population centers of Tharparkar. Each session combined clinical training for doctors and Lady Health Workers with a structured research orientation generating data while building local capacity simultaneously. This series represented a decisive shift from isolated events to a sustained, district-wide integrated program.





Three-Day Mental Health Training — Five Districts of Larkana Division | November 2024· Larkana

SMHA launched a three-day training covering five districts: Larkana, Qambar Shahdadkot, Shikarpur, Jacobabad, and Kandhkot. Doctors and Lady Health Workers participated across all three days; the final day also included doctors from the flood-affected talukas of Mehar and KN Shah in District Dadu expanding to six districts in total. Among the largest trainings in SMHA's history by geographic and participant scope.





Three-Day Mental Health Training — Sukkur Division (Sukkur, Khairpur, Ghotki) | December 2024· Pakistan Club Inn Hotel, Sukkur

SMHA conducted a three-day training for health professionals across Sukkur division, covering doctors, paramedics, and health workers from all three districts. This placed SMHA firmly in upper Sindh at scale for the first time.





Seminars & Roundtable Discussions

Roundtable — Responsibilities of Media in Reporting Mental Health | May 2024· Beach Luxury Hotel, Karachi

SMHA organized a roundtable engaging print, electronic, and digital media directly on suicide and mental health reporting standards addressing how coverage can either reinforce stigma or support public understanding.





World Mental Health Day Events (2024)

- **Symposium & World Mental Health Day 2024 — The Brain Trust & PPS —** October 2024 — Royal Society of Medicine at London.
- **Mental Health Day 2024 — SCJIP&BS Hyderabad —** October 2024 — Annual institutional flagship observance.
- **WMHD Session — Pakistan Psychiatric Society —** October 2024 — At Karachi Press Club, theme: 'Mental Health at the Workplace'.
- **Roundtable — 'Prioritising Mental Health in the Workplace' (SMHA × SZABIST) —** October 2024 — Co-organized with SZABIST as part of WMHD programming.
- **WMHD — Dow Medical College Psychiatry Department —** October 2024 — Academic clinical observance, Karachi.







Meetings, MOUs & Institutional Milestones

Re-opening of Ward 5A (Dewan Giddu Mal Ward) — SCJIP&BS | January 2024 · SCJIP&BS, Hyderabad

SMHA presided over the re-opening of Ward 5A, restoring inpatient capacity at the province's main psychiatric hospital.

32nd Free Eye and Medical Camp — PDF & SZABIST | January 2024· RHC Ghadi Khuda Bux, Larkana

The Peoples Doctors Forum (PDF), in collaboration with SZABIST, successfully organized the 32nd Free Eye and Medical Camp at the Rural Health Centre in Garhi Khuda Bakhsh, Larkana, to mark the birth anniversary of Shaheed Zulfikar Ali Bhutto.



Tactical inauguration was performed by First Lady Aseefa Bhutto Zardari alongside Madam Sanam Bhutto. During the event, both dignitaries participated in a cake-cutting ceremony to honor the memory of Shaheed Zulfikar Ali Bhutto.







12th Board of Governors Meeting | March 2024 · Karachi

SMHA convened its 12th Board of Governors meeting.

Meeting — Honorable Bilawal Bhutto Zardari (Chairman PPP) | July 2024 · Karachi

A significant high-level advocacy meeting with Honorable Bilawal Bhutto Zardari, Chairman of the Pakistan People's Party (PPP) to discuss the different health and other issues.



Meeting — Health Minister Sindh (Dr. Azra Fazal Pechuho) | July 2024 · Karachi

The meeting was held on the directive of Honorable President of Pakistan Mr. Asif Ali Zardari sahb. A significant high-level advocacy meeting advancing SMHA's policy and resourcing priorities, including a ten-point charter on psychiatric staffing, new psychiatry wards, and tele-psychiatry expansion and other health issues of the Province.







Opening Ceremony — KAP Research Study, Tharparkar | December 2024 · PMA House, Karachi

SMHA held an opening ceremony for a Knowledge, Attitudes, and Practices research study in Tharparkar, conducted jointly with LUMHS, the Thar Foundation, and SCJIP.

13th Board of Governors Meeting | December 2024· Karachi

SMHA convened its 13th Board of Governors meeting.





MOUs Signed in 2024

- **SMHA & Poverty Eradication Initiative (PEI) —** August 2024 — Extending mental health services to low-income communities.
- **Tripartite MOU — SMHA, University of Karachi (Genetics) & DUHS (Psychiatry) —** November 2024 — First-of-its-kind collaboration to study the genetic basis of mental health disorders in the local population.





2025

Conferences, Meetings & Academic Engagements

3rd Global Conference on Research in Education and Social Sciences — SZABIST | February 2025
SZABIST University, Karachi

SMHA participated in SZABIST's interdisciplinary conference, contributing to discussions on the social determinants of mental health across education, psychology, social work, and public health audiences.

Meeting — Senator Dr. Karim Khawaja met with Madam Faryal Talpur | February 2025, Karachi

Senator Dr. Karim Ahmed Khawaja met with Faryal Talpur, Central President of the Pakistan People's Party (PPP) Women's Wing, to discuss ongoing socio-political matters.

During the meeting, Senator Khawaja presented Ms. Talpur with a bouquet and a copy of his book, A Legislative Odyssey (2012–2018), which chronicles key legislative milestones and parliamentary contributions during his tenure.





PDF JPMC celebrated 72nd Birthday of former Prime Minister SMBB — | June 2025, JPMC Karachi

The People's Doctors Forum (PDF) at the Jinnah Postgraduate Medical Centre (JPMC) Karachi held a cake-cutting ceremony to commemorate the birth anniversary of former Prime Minister Shaheed Mohtarma Benazir Bhutto, honoring her legacy as the first woman elected Prime Minister to lead a Muslim-majority nation.





International Human Rights Sindh Forum Thatta conducted program— | June 2025 · Thatta

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.





PDF Pakistan celebrated 70th Birthday of Honorable Asif Ali Zardari — | July, 2025 . Karachi

The People's Doctors Forum Pakistan and the People's Engineers Forum Sindh celebrated Honorable President of Pakistan Mr. Asif Ali Zardari's 70th Birthday, with a cake-cutting ceremony held in Karachi.





International Mental Health Summit — The Brain Clinic | October 2025 · Karachi

The Brain Clinic organized this summit in collaboration with the British Pakistani Psychiatrists Association, Pakistan Psychiatric Society, Karwan-e-Hayat, and the British Asian Trust. SMHA's participation reflected the Authority's integration into the most senior levels of Pakistan's psychiatric professional community.

Mental Health Camps & Field Outreach

Free Psychiatric Medical Camp — BHU Hathungo, District Sanghar | May 2025 · Basic Health Unit, Hathungo, Sanghar

SMHA brought specialist psychiatric services to a primary care setting, demonstrating the strategy of using existing public health infrastructure to maximize reach in districts not previously prioritized.





Free Psychiatric Medical Camp — Sikandarabad, Taluka Nara, District Khairpur | July 2025 · BHU Sikandarabad, Nara, Khairpur

SMHA conducted a camp in the semi-desert Nara canal region, part of the Authority's expanding focus on Sindh's arid-zone communities where climatic stress and social isolation create elevated mental health risks.





Free Mental Health Camp — Rehri Goth, District Malir | August 2025 · Rural Health Center, Rehri Goth, Malir

SMHA conducted a camp at the margins of Karachi, a peri-urban fishing community with informal settlements and limited public services. The Rehri Goth camp demonstrated that mental health deprivation is not confined to remote rural areas.





Seminar — Launch of Breakup Report on Mental Health Camps in Desert Areas | August 2025· PMA House, Karachi

SMHA convened a seminar to launch a comprehensive breakup report documenting camps across Tharparkar, Nara, and Achhro Thar — the first consolidated evidence base for this body of outreach work. The seminar marked SMHA's transition from doing the work to systematically measuring and reporting it.





Trainings & Capacity Building

One-Day Mental Health Training — Tando Muhammad Khan | February 2025· Tando Muhammad Khan

The second training in Tando Muhammad Khan, reflecting SMHA's commitment to continuity and periodic reinforcement rather than one-time capacity-building.

One-Day Mental Health Training — GIMS Hospital, Gambat | July 2025· Gambat Institute of Medical Sciences, Gambat

SMHA trained over 200 healthcare professionals and students in a single session at GIMS Gambat, one of the largest single-event training cohorts in the Authority's history, reaching final-year medical students alongside practicing physicians.





Seminars & Awareness Sessions

Seminar — Mental Health Awareness for Business & Corporate Sector | January 2025· Federation House, Karachi

A deliberate expansion of the Authority's outreach into the private sector and workplace wellbeing, marking the first engagement with Karachi's corporate community.

Seminar — Outcomes of SRSP Suicide Reduction Project, Tharparkar (UoK) | January 2025 · University of Karachi

SMHA presented the outcomes of its Suicide Reduction Project in Tharparkar, sharing the results of sustained psychosocial intervention with the wider academic community.

Seminar — Pathways toward Empowerment: Overcoming Addiction | June 2025 · Bahria University, Karachi (with IPP)

SMHA partnered with Bahria University's Institute of Professional Psychology to host a seminar on addiction recovery, aligned with World Drug Day 2025.





Public Awareness Program — Mental Health & Suicide Prevention | September 2025 · FPCCI, Karachi

SMHA organized a public awareness session at the Federation of Pakistan Chambers of Commerce & Industry, reinforcing its strategy of reaching new non-clinical audiences.

Mental Health Awareness Session — District Sujawal (Pakistan Youth Parliament) | November 2025 · District Sujawal

SMHA partnered with the Pakistan Youth Parliament to deliver a community-level awareness session in Sujawal, engaging young people as mental health advocates in rural Sindh.

World Mental Health Day & World Suicide Prevention Day (WSPD) Events (2025)

- **WSPD Awareness Event — Saru Halepoto village, Islamkot, Tharparkar (with Thar Foundation) —** September 2025 — bringing the global observance directly into one of Tharparkar's most affected communities.





- **World Suicide Prevention Day — JPMC —** September 2025 — annual clinical observance at JPMC lecture hall.
- **Public Awareness Session — 'Mental Health Matters' (Noori Empowers, Karachi Press Club) —** September 2025 — civil-society-led awareness session supported by SMHA.





- **WMHD Seminar 2025 — SMHA × SASIMS, Sehwan —** October 2025 — extending the annual observance into interior Sindh.
- **WMHD Seminar — JPMC —** October 2025 — annual institutional observance.
- **WMHD Seminar — Rotary International (Pakistan American Cultural Center) —** November 2025 — under the theme 'Mental Health in Catastrophe and Disaster Environments'.

Meetings & Institutional Milestones

14th Board of Governors Meeting | February 2025· SCJIP&BS, Hyderabad

Notably convened at SMHA's main psychiatric institution rather than Karachi.

Meeting — Health Ministry re: Mental Health in Desert Areas | June 2025· Karachi

SMHA met with provincial health leadership to plan mental health interventions across Sindh's desert regions — directly preceding the desert camp series delivered in those areas.

15th Board of Governors Meeting | September 2025· Karachi

SMHA convened its 15th Board of Governors meeting, continuing the Authority's governance cadence into its eighth year of operation.

2026

Activities documented through mid-year 2026 only.

Trainings & Capacity Building

Mental Health Training — District Naushahro Feroze (Second Training) | March 2026 · Naushahro Feroze

SMHA conducted a second specialized mental health training in Naushahro Feroze, further consolidating gains from the first training and extending coverage to new cohorts of health workers. This demonstrates the Authority's model of sustained engagement: entering a district, building initial capacity, and returning to deepen it over time.





Seminars & Awareness Sessions

Mental Health Awareness Session — University of Sindh, Laar Campus, Badin | February 2026 · University of Sindh, Laar Campus, Badin (with Pakistan Youth Parliament)

SMHA, again in partnership with the Pakistan Youth Parliament, conducted a mental health awareness session at the University of Sindh's Laar Campus, reaching a rural university community and continuing the Authority's youth-engagement strategy.





SMHA and Thar Foundation to trained over 1000 workers— SECMC and HUBCO sites | 19 & 20 May, 2026 · Islamkot, Tharparkar

The SMHA in collaboration with 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. The joint initiative successfully trained more than 1000 employees across various organizational levels.





World Ocean Day 2026 Seminar — NIO | 8 June 2026 · National Institute of Oceanography, Karachi

Chairman SMHA participated as Chief Guest in the seminar commemorating World Ocean Day 2026, organized by the National Institute of Oceanography (NIO) under the Ministry of Science and Technology, Government of Pakistan.





Inauguration — Sachal Sami Auditorium Hall | 11 June 2026 · Shaheed Bhutto Law College, Malir

The inauguration ceremony of the newly constructed Sachal Sami Auditorium Hall was held at the Shaheed Bhutto Law College (SBLC) in Memon Goth, Gadap Town, Malir.

Meeting on Mental Health Issues | 15 June 2026 · SMHA Head Office, Karachi

A meeting regarding mental health issues was convened by Senator Dr. Karim Ahmed Khawaja, Chairman SMHA, at the Authority's Karachi head office.

Diplomatic Reception — Philippine Independence Day | 15 June 2026 · Consulate of Philippines, Karachi

The Consulate of the Republic of the Philippines in Karachi hosted a diplomatic reception to celebrate the 128th Anniversary of the Declaration of Philippine Independence, alongside the 77th Anniversary of the establishment of bilateral relations between Pakistan and the Philippines.

Seminar — Gen Z in Pakistan: Identity, Influence & Future | 16 June 2026 · DHA Suffa University, Karachi

SMHA, in collaboration with DHA Suffa University (DSU), Karachi, organized a seminar titled "Gen Z in Pakistan: Identity, Influence & the Future – Rights, Responsibilities, & Shaping a Shared Future."





Visit — Neuropsychiatric Hospital (Children of Adam) | 17 June 2026 · Karachi

At the request of the management of Children of Adam, Senator Dr. Karim Ahmed Khawaja, Chairman SMHA, along with Dr. Syed Zafar Mehdi, Secretary SMHA, visited the FB Area Neuropsychiatric Hospital.





Visit — Neuropsychiatric Hospitals, Gadap & Dumba Goth (Children of Adam) | 18 June 2026· Gadap and Dumba Goth, Karachi

Following an invitation from the management of Children of Adam (CoA), Senator Dr. Karim Ahmed Khawaja and Dr. Syed Zafar Mehdi, Secretary SMHA, visited two more neuropsychiatric hospitals run by the organization in Gadap and Dumba Goth.





Briefing & Review Meeting — NIO / Ministry of Science & Technology | 27 June 2026 · Karachi

On special invitation, Senator Dr. Karim Ahmed Khawaja, Chairman SMHA, participated in the high-level briefing and review meeting to Mr. Shahid Iqbal Baloch, Federal Secretary for the Ministry of Science and Technology, Government of Pakistan, by the Director General of NIO.





Visit — Prof. Dr. Sobia Aftab, ICP, University of Karachi | 30 June 2026 · SMHA Office, Karachi

Prof. Dr. Sobia Aftab, Director of the Institute of Clinical Psychology (ICP) at the University of Karachi, visited the SMHA office and met with the Chairman of the Authority.

Dinner Reception — Mr. Bashir Sarki | 30 June 2026 · BBQ Tonight, Karachi

Senator Dr. Karim Ahmed Khawaja, Chairman SMHA, hosted a formal dinner reception in honor of Mr. Bashir Sarki at BBQ Tonight, Karachi.

Visit — Dr. Ameer Ali Channa | 7 July 2026 · SMHA Office, Karachi

Prominent physician, former Medical Superintendent, TMK Hospital, and former District Health Officer (DHO), Dr. Ameer Ali Channa, visited SMHA office to meet with the Chairman of the Authority, Senator Dr. Karim A. Khawaja.

Collaboration Proposal — Department of Psychiatry, Aga Khan University | 21 July 2026 · SMHA Office, Karachi

Following discussions at the University of Karachi climate change seminar, the Chairman wrote to Dr. Nargis Asad, Interim Chair of the Department of Psychiatry, proposing that SMHA and the Department jointly organize a seminar on Artificial Intelligence and Mental Health. The letter requested that AKU suggest a suitable date and venue, marking SMHA's first structured engagement with the intersection of digital technology and psychiatric care.

Collaboration Proposal — NED University of Engineering & Technology | 24 July 2026 · SMHA Office

The Chairman wrote to Prof. Dr. Muhammad Tufail, Vice Chancellor, proposing a jointly convened seminar on Artificial Intelligence and Mental Health at the University's premises. The letter also transmitted hard copies of SMHA's research papers, camp breakup reports, and policy recommendations for the University library and its students, extending the Authority's reach to a technical rather than clinical audience.

Inauguration ceremony of Mind and Body fitness Gym — DEPD and SMHA | 24 July 2026 · SCJIP&BS Hyderabad

The Secretary, Department of Empowerment of persons with disabilities (DEPD) Mr. Tauha Farooqi and Sindh Mental Health Authority's Chairman Senator Dr. Karim Ahmed Khawaja inaugurate the Mind and Body fitness Gym. The facility established to strengthen the physical, mental and psychological rehabilitation recovering patients by providing modern rehabilitation services.





Seminar — Climate Change in Pakistan: A Global crisis, challenges, impact and sustainable solution | 21st July 2026· University of Karachi

SMHA, in collaboration with Institute of Clinical Psychology (ICP) University of Karachi, organized a seminar titled "Climate Change in Pakistan: A Global Crisis, Challenges, Impact and Sustainable Solution**."**





Seminar - Mental Health and Drug Abuse— University of Modern Sciences, TMK | August 2026· University of Modern Sciences, Tando Muhammad Khan (in collaboration with SMHA)

The University of Modern Science, Tando Muhammad Khan SMHA, in collaboration with the Sindh Mental Health Authority, hosted a Seminar on Mental Health and Drug Abuse at Tando Muhammad Khan. The primary objective of the seminar was to raise awareness about the growing issue of substance abuse among youth students and to explore practical mental health interventions.





Celebrate Independence Day- Dar-ul-Sukun | August 2026· Sohail Rana Art Production, Karachi

The Sohail Rana Art Production celebrates Independence Day program "Azadi kay rang Dar-ul-Sukun kay Sang" dedicated to bringing joy to the elderly residents and special children at Dar-ul-Sukun.





Department of Psychology hosts "Pakistan Pre-Independence Day" | August 2026· Karachi University

The Department of Psychology, University of Karachi hosts "Pakistan Pre-Independence Day" celebration at Chinese Teachers Memorial Auditorium, University of Karachi.





World Suicide Prevention Day (WSPD) Events 2026

Panel discussion - to mark "World Suicide Prevention Day 2026" | September 2026· Counselling and Wellness office at Aga Khan University, Karachi.

The Counselling and Wellness office at AKU hosted a penal discussion on suicide prevention and mental health awareness to mark "World Suicide Prevention Day".





Department of Psychiatry hosted "World Suicide Prevention Day 2026" | September 2026 · JPMC.

The Department of Psychiatry and Behavioral Sciences, Jinnah Postgraduate Medical Centre (JPMC) hosts "World Suicide Prevention Day" changing the narrative on suicide. At the request of Senator Dr. Karim Ahmed Khawaja, Chairman of the SMHA, the Honorable Justice Muhammad Hassan Akbar, Judge of the Sindh High Court, grace the seminar as Chief Guest.





Meetings, Visits & Capacity buildings

Visit — Dr. Yahya Tunio, JPMC & Advocate Muhammad Rahib Lakho | 16 September 2026· SMHA Office, Karachi

Dr. Yahya Tunio, Deputy Director of Jinnah Postgraduate Medical Centre (JPMC), along with Advocate Muhammad Rahib Lakho, visited the Sindh Mental Health Authority (SMHA) office.

Cake-Cutting Ceremony — Birthday of Bilawal Bhutto Zardari | 21 September 2026 · Hyderabad

The People's Doctors Forum (PDF), Pakistan, organized a cake-cutting ceremony in Hyderabad to celebrate the birthday of Chairman Pakistan Peoples Party (PPP), Honourable Bilawal Bhutto Zardari





Inspection Visit — Newly Built 100-Bed Ward, SCJIP&BS | 21 September 2026· SCJIP&BS, Hyderabad

Chairman SMHA, Senator Dr. Karim Ahmed Khawaja, visited the Sir Cowasjee Jahangir Institute of Psychiatry and Behavioural Sciences (SCJIP&BS) in Hyderabad to inspect the finalised construction work of the newly built 100-bed ward.





Delegation Visit — NED University | 23 September 2026 · SMHA Office, Karachi

A delegation from NED University visited the Sindh Mental Health Authority (SMHA) to deliberate on the framework and arrangements for an upcoming collaborative event.





Visit — Mental Health Experts from Punjab | 28 September 2026 · SMHA Office, Karachi

Prominent mental health experts from Punjab visited the Sindh Mental Health Authority (SMHA) to discuss key initiatives and collaboration on national mental health challenges.




Visit — Dr. Muniza, Chairperson, Department of Psychology, University of Sindh | 2 October 2026 · SMHA Office, Karachi

Dr. Muniza, Chairperson of the Department of Psychology at the University of Sindh, visited the Sindh Mental Health Authority (SMHA) and met with Senator Dr. Karim Ahmed Khawaja, Chairman of the Authority. During the meeting, Dr. Muniza presented a bouquet to Dr. Khawaja, and both dignitaries discussed upcoming mental health initiatives, institutional collaboration, and key policy issues.




Briefing to PPP Chairman Bilawal Bhutto Zardari — Thar Foundation Hospital, Islamkot | 5 October 2026 · Thar Foundation Hospital, Islamkot, Tharparkar

Honourable Bilawal Bhutto Zardari, Chairman of the Pakistan Peoples Party (PPP), inaugurated Pakistan's first-ever Coal Drying Unit at Thar Coal Block-I & Block-II and visited the Thar Foundation Hospital in Islamkot. During the visit, Senator Dr. Karim Ahmed Khawaja briefed Bilawal Bhutto Zardari on mental health initiatives in District Tharparkar, highlighting awareness seminars, tele-psychiatry services, psychiatric camps, research initiatives, statistical reports, and comprehensive mental health studies conducted across Sindh by SMHA. Chief Minister Sindh, accompanied the Chairman on this occasion, with psychiatrist Dr. Manisha Kumari who was also present during the briefing.



World Mental Health Day (WMHD) Events 2026

Seminar — "AI Revolution and Mental Health," SZAB Law College | 7 October 2026 · Memon Goth, Malir

Shaheed Zulfiqar Ali Bhutto (SZAB) Law College, Memon Goth, Malir, organized a seminar titled "AI Revolution and Mental Health" to explore the evolving impact of artificial intelligence on psychological well-being and society. Senator Dr. Karim Ahmed Khawaja, Chairman SMHA, attended as Chief Guest.





Symposium — Youth Mental Health & Responsible AI Innovation, NED University | 8 October 2026 · STEM Centre, NED University, Karachi

In observance of World Mental Health Day, NED University of Engineering & Technology (Main Campus), in partnership with SMHA, hosted a symposium titled "Youth Mental Health & Responsible AI Innovation: Clinical Perspectives & Future Roadmaps" at the STEM Centre.





World Mental Health Day 2026 — Dar-ul-Sukun Welfare Society | 10 October 2026 · Dar-ul-Sukun Head Office, Karachi

In observance of World Mental Health Day 2026, the Dar-ul-Sukun Welfare Society hosted a special awareness and rehabilitation event under the theme "Mental Health, Rehabilitation & Inclusion," bringing together experts, healthcare professionals, and community members to foster dialogue and action surrounding holistic mental healthcare.





World Mental Health Day 2026 — Awareness Rally & Ceremony, SCJIP&BS | 10 October 2026 · SCJIP&BS, Hyderabad

SCJIP&BS, Hyderabad, organized an awareness rally, exhibition, and grand ceremony to mark World Mental Health Day, with Commissioner Hyderabad Division Mr. Fayyaz Hussain Abbassi as Chief Guest. Secretary SMHA, Dr. Syed Zafar Mehdi, represented the Authority. The ceremony was attended by officials from the health department, medical experts, university professors, researchers, social workers, representatives of welfare organizations, philanthropists, patients' relatives, and citizens.





World Mental Health Day 2026 Seminar — AWARE, Umerkot | 10 October 2026 · Umerkot

On the occasion of World Mental Health Day 2026, AWARE organized a seminar in Umerkot. SMHA was represented by Dr. Abdul Razzaque Nohri and Dr. Lakesh Kumar Khatri. Dr. Nohri, nominated by SMHA, presented three research findings on the psychological autopsy of registered suicide cases in District Tharparkar and on knowledge, attitudes, and practices surrounding mental health among local residents. Dr. Khatri shared clinical experiences, observations, and treatment gaps from Umerkot and Mirpurkhas, highlighting SMHA's role in advancing mental health awareness and intervention strategies across the province.







World Mental Health Day 2026 Seminar — JPMC Department of Psychiatry | 17 October 2026 · JSMU Lecture Hall, Karachi

The Department of Psychiatry and Behavioural Sciences at Jinnah Postgraduate Medical Centre (JPMC) organized a seminar to commemorate World Mental Health Day 2026, themed “Lived Experiences, Heard Real Voices and Real Change,” at the Ground Floor Lecture Hall, Jinnah Sindh Medical University (JSMU).





Visits, Meetings & Capacity buildings

Visit — Advocate Makhdoom Haseeb Zaman | 12 October 2026 · SMHA Office, Karachi

Advocate Makhdoom Haseeb Zaman visited SMHA and held a meeting with Chairman Senator Dr. Karim Ahmed Khawaja to discuss key matters surrounding mental health and related legal and policy issues.

Visit — National Institute of Oceanography (NIO) | 15 October 2026 · NIO, Karachi

Senator Dr. Karim Ahmed Khawaja, Chairman SMHA, accompanied by Dr. Abdul Razzaque Nohri, Public and Environmental Health Specialist and Chevening Scholar recently returned from the United Kingdom after completing his postgraduation, visited the National Institute of Oceanography (NIO), Ministry of Science and Technology, Government of Pakistan.





Remembrance — Karsaz Bomb Blast Anniversary | 18 October 2026

SMHA joined in the remembrance of the Karsaz bomb blast. The occasion recalled how, in the aftermath of the October 2007 bombing, former Prime Minister and PPP Chairperson Shaheed Mohtarma Benazir Bhutto was martyred. Accompanied by President of the Peoples Doctors Forum Pakistan, and senior party leadership, Senator Dr. Karim Ahmed Khawaja visited JPMC to personally assess the condition of those injured, offering words of solidarity and courage to the victims and their families, and commending the extraordinary dedication of JPMC's medical staff who worked tirelessly through the night to provide emergency care.



Visit — Mr. Ali Akbar, Executive Director, AWARE | 19 October 2026· SMHA Head Office, Karachi

Mr. Ali Akbar, Executive Director of the Association for Water, Applied Education & Renewable Energy (AWARE), visited the head office of SMHA to meet with Chairman Senator Dr. Karim Ahmed Khawaja.

Inspection Visit — Preparations for Upcoming Event | 20 October 2026

Chairman SMHA, Senator Dr. Karim Ahmed Khawaja, conducted an inspection visit to review ongoing preparations for an upcoming event.





Board of Governors Meeting — Sindhi Adabi Board | 20 October 2026 · Sindhi Adabi Board Head Office

A meeting of the Board of Governors of the Sindhi Adabi Board was held at the Board's head office, presided over by Chairman Makhdoom Saeed-uz-Zaman 'Atif'. Detailed deliberations took place regarding significant matters concerning the preservation and promotion of the Sindhi language, literature, history, and scholarly heritage, leading to several key decisions.

The meeting was attended by members of the Board of Governors, including Senator Dr. Karim Ahmed Khawaja, Dr. Sahib Abdul Ghaffar Soomro, Madam Nazir Naz, Dr. Nawaz Ali Shauq, and Dr. Asad Jamal Bullo.



Visit — Institute of Clinical Psychology, University of Karachi | 26 October 2026 · ICP, Karachi University

Senator Dr. Karim Ahmed Khawaja, Chairman SMHA, accompanied by Dr. Nisar Ahmed Soho, Medical Superintendent of SCJIP&BS Hyderabad, visited the Institute of Clinical Psychology (ICP), University of Karachi. The visit focused on addressing pressing mental health challenges, boosting institutional cooperation, and enhancing mental healthcare services across Sindh.







Inauguration — Mental Health & Wellbeing Centre, University of Karachi | 2 November 2026 · KU Medical Centre, Karachi

Chairman SMHA, Senator Dr. Karim Ahmed Khawaja, along with the Vice Chancellor of the University of Karachi, Professor Dr. Waqsim Qazi, inaugurated the mental health and well-being centre at KU's Medical Centre. Senator Khawaja was informed that the centre was established to address mental stress, psychological complications, and various mental health pressures, problems, or disorders among students and the teaching and non-teaching community of the campus.





MOUs Signed in 2026

- **SMHA & DHA Suffa University —** May 2026 — to establish collaborative partnership.
- **SMHA & University of Modern Science (UMS), Tando Muhammad Khan—** July 2026 — to establish formal institutional collaboration and combine efforts to achieve shared welfare goals for needy and deserving individuals.





Upcoming Milestones & Forthcoming Events

Looking beyond the activities documented above, several major facilities, events, and organizations are already in motion and expected to materialize in the coming months.

Three Projects Ready for Inauguration

- **Newly Constructed 150-Bedded Ward —** A state-of-the-art facility designed to expand inpatient capacity and provide modern psychiatric care.
- **50-Bedded Functionalized Ward, Ibrahim Khalil Block (established 1945) —** fully operationalized to serve patient needs immediately.
- **Recreation Park —** A dedicated outdoor therapeutic and rehabilitation space designed to support holistic recovery for patients.

Four Projects Expected for Formal Announcement

- **Interior Sindh's Flagship Child and Adolescent Neurodevelopment Campus (Autism and ADHD Centre) —** Formal announcement of this landmark facility, established through targeted infrastructure reclamation to cater to specialized pediatric mental health needs across the region. The center will become fully operational within six to nine months. This project will be developed in coordination with the Secretary, Department of Empowerment of Persons with Disabilities (DEPD), Government of Sindh, following a proposal already submitted by the Medical Superintendent, SCJIP&BS. The Secretary, DEPD, also provided a Mind and Body Fitness Gym for the hospital, which is fully functional.
- **Announcement of a New 50-Bedded Female Ward —** Formal announcement and foundation layout for an additional 50-bedded facility dedicated exclusively to female patients.
- **Extension of Geriatric Psychiatry Ward No. 1 —** Expansion of the existing 50-bed facility to a 100-bed capacity to better serve elderly patients.
- **Extension of Pathology Laboratory –** Extension of Pathology Laboratory to the State of Art Diagnostic Laboratory with Forensic and Toxicology (Drug Detection) facility.

Upcoming Academic & Outreach Events

- **Seminar — Department of Psychology, University of Sindh —** A seminar organized by the Department of Psychology, University of Sindh, is expected in the coming months.
- **Second Round of Mental Health Training — Doctors, PPHI & Lady Health Workers —** SMHA intends to conduct the second round of mental health training for doctors of the Health Department, PPHI, and Lady Health Workers across Sindh. The round is expected to begin in November 2026 from District Tharparkar, in collaboration with the Thar Foundation.

CHAPTER 4

Advocacy & Policy

Building the legal and institutional foundation for mental health in Sindh

Since the start of its second tenure, the Sindh Mental Health Authority has worked on two fronts simultaneously: delivering services directly to communities across the province, and building the legal and institutional foundation that allows those services to exist in the first place. While the camps, trainings, and seminars described in Chapter 3 are the most visible face of SMHA's work, this chapter sets out the quieter, sustained effort behind them — the Authority's ongoing engagement with the Health Department, the Sindh Cabinet, and the province's leadership to secure the legislative backing the Authority's mandate depends on.

1. A Sustained Push for Legislative Reform

SMHA's advocacy on this front stretches back years. As early as November 2019, the Authority began formally raising the need to revise the Sindh Mental Health Rules, 2014 with the Health and Law Departments, securing a Cabinet meeting on 9 December 2019 at which the Rules were tabled for consideration. Further submissions followed in August 2021, and then in quick succession across January, February, September, and December 2023, and again in April 2024. In 2022, building on this groundwork, the Authority moved a formal amendment to the Sindh Mental Health Act, 2013 itself — its first substantive attempt to update the founding law. This persistence culminated in February 2025, when SMHA's Board of Governors took up the matter in detail, and again in June 2025, when the Authority made its most comprehensive submission yet.

2. Timeline of Legislative Submissions

Period	Action / Submission
November 2019	Formal submission to Health & Law Departments — revision of Sindh Mental Health Rules, 2014 initiated.
December 2019	Cabinet meeting convened: Mental Health Rules tabled. Cabinet referred to Minister for Health for review.
August 2021	Further submission to Law and Health Departments on pending Rules, Regulation revision and Amendment in Act.
January 2023	Renewed correspondence to Law and Health Departments.
February 2023	Follow-up submission reiterating legislative reform priorities.
September 2023	Additional submission — Rules, Regulations and Act amendment advanced.
December 2023	Further formal submission on pending legislative matters.
April 2024	SMHA continues pressing for Amendment in Act, Rules and Regulations finalization.
July 2024	Chairman's ten-point letter to Minister for Health — covering psychiatric staffing, new wards, tele-psychiatry, and legislative matters.
February 2025	14th Board of Governors Meeting takes up full legislative package.
June 2025	Most comprehensive submission to date: Act amendment + revised Rules + Regulations — submitted together as a single package to the Health Department.

3. What SMHA Has Proposed — and What It Continues to Press For

At the heart of this effort sits a three-part legislative agenda:

- **Amendment to the Sindh Mental Health Act, 2013 —** First proposed formally in 2020, to bring the founding legislation in line with the realities of a post-pandemic mental health landscape and contemporary standards of patient rights.
- **Revision of the Sindh Mental Health Rules, 2014 —** First proposed in 2020, vetted by the Law Department, and referred to the Minister for Health for review. Pending finalization as of mid-2020.
- **New SMHA Regulations —** A wholly new set of Regulations governing SMHA's internal functioning, drafted to formalize operating standards built over eight years of fieldwork. Part of the June 2020 comprehensive submission.

By mid-2021, all three instruments had been consolidated and formally tabled with the Health Department which was the most complete legislative submission SMHA has made to date.

Beyond the legislative package outlined above, SMHA has also floated a broader institutional question for the Health Department's consideration: whether the Authority's administrative oversight might, in time, sit more naturally under anywhere else rather than within Health Department alone.

4. Direct Representation to Provincial Leadership

In July 2024, SMHA's Chairman, Senator Dr. Karim Ahmed Khawaja, wrote personally to the Minister for Health, Sindh, with a ten-point charter of requests spanning:

- **Psychiatric staffing —** 200 Recruitment and deployment of psychiatrists and psychologists across the province through Sindh Public Service Commission (SPSC).
- **New psychiatry wards —** Two new Psychiatry wards at Civil Hospital Hyderabad, Jamshoro Hospital (LUMHS), Civil Hospital Mirpurkhas, Peoples University Nawabshah, and SMBB Medical University Larkana, Gambat Institute of Medical Sciences (GIMS), GMMMC Hospital Sukkur etc.
- **Tele-psychiatry expansion —** Extending the model piloted in Tharparkar to additional districts of whole of Sindh.
- **SCJIP&BS governance —** Re-constitution of the hospital's Board of Governors.
- **Legislative matters —** Finalization of the Act amendment, Rules revision, and new Regulations.

The letter was formally received and diarized by the Minister's office. The Authority's approach throughout has been one of sustained correspondence rather than legal contest, no court matters or litigation have arisen in pursuit of its mandate.

5. Extending Advocacy Beyond Sindh

SMHA's advocacy has begun reaching beyond provincial boundaries. In its July 2024 letter, the Authority asked the Health Minister to write directly to the WHO Head of Mission in Pakistan, Dr. Luo Dapeng, seeking WHO support to establish a dedicated Mental Health and Suicide Prevention Centre proposed for Tharparkar, SCJIP&BS Hyderabad, or JPMC Karachi. Building direct ties with the Federal Ministry of National Health Services, Regulations and Coordination is the natural next horizon for SMHA's advocacy, one the Authority is well positioned to pursue on the strength of the institutional credibility it has built over eight years.

6. Need for A Mental Health University

Pakistan is facing a major mental health emergency. According to WHO, more than 24 million people in Pakistan need psychiatric help, but we have less than one psychiatrist for 500,000 people. There is not a single university in Pakistan or even in Asia which is fully dedicated to mental health.

The Sir Cowasjee Jahangir Institute of Psychiatry and Behavioral Sciences, Hyderabad, is the best place for it. It was established in 1852 during British Raj as a lunatic asylum on 27 acres and 8 Gunta of trust land by Parsi philanthropist and Giddu Mal Sir Cowasjee Jahangir. It is more than 165 years old, the largest mental health hospital in Sindh. For this reason, Sindh Government has announced to make it Asia's first Mental Health University.

Why Hyderabad Needs a Mental Health University?

1. To Create a Complete Team for One Patient

Mental illness is never treated by one doctor only. One child with Autism needs 7 specialists at the same time. If we make a university, we can prepare the whole team under one roof:

- **Psychiatrist** -
- **Neurologist**
- **Epilepsy**
- **Psychologist / Clinical Psychologist / Psychotherapist**
- **Child Psychiatrist, Adolescent Psychiatrist, Geriatric Psychiatrist, Adduction Psychiatrist, Forensic Psychiatrist etc.**
- **Speech Therapist and Speech-Language Pathologist** - for children who cannot speak in Autism, Down Syndrome
- **Social Work -** (when patient discharge from the hospital and go to the house then lesion between patient, hospital and society).
- **Occupational Therapist, Behavioral Therapist, ABA Therapist, Special Educator, Speech Translation**
- **Research in above different subjects etc.**
- **To give the degree / diplomas / short course to Nurses, Paramedics and others**
- **Addiction and Rehabilitation**

At present these therapists are not available in Sindh. A university in Hyderabad will produce these therapists for Sindh and whole of Country.

2. Special Focus on Children - Autism, Down Syndrome, CP Child and ADHD

This is the most important need. Cases of Autism, Down Syndrome, ADHD, Intellectual Disability, and Learning Disorders are increasing very fast in Sindh. There is no institute to diagnose and treat them properly.
The new University will have a special **Faculty of Child & Developmental Sciences** with:

- Center for Autism and Down Syndrome
- Early Intervention Unit
- Child & Adolescent Psychiatry and Pediatric Psychiatry departments
- Child Clinical Psychology
- Speech Therapy, Occupational Therapy for autism

This will be the first public sector university in Pakistan to give degrees specifically in Autism and Neuro developmental Disorders.

3. Proposed Faculties and Degree Programs

This university will not be just one department. It will be a multidisciplinary university:

A) Faculty of Psychiatry & Medicine
MD Psychiatry, Diploma in Psychiatry, Pediatric Psychiatry, Adolescent Psychiatry, Geriatric Psychiatry, Addiction Psychiatry, Forensic Psychiatry, Neuro-psychiatry.

B) Faculty of Psychology & Behavioral Sciences
BS Psychology, BS Clinical Psychology, MSc / MPhil Psychology, Masters in Child Psychology, Masters in Geriatric Psychology, PhD in Clinical Psychology, PhD in Psychology, ADCP, diplomas in Psychotherapy, CBT, Family Therapy.

C) Faculty of Neurology, Neurosciences & Epilepsy
Epilepsy is called neuro medicine. 70% of epilepsy patients also have mental health issues. University will have research on Epilepsy, Genetics and Mental Disorders, Neuro-genetics, Behavioral Neurology.

D) Faculty of Therapies & Rehabilitation
BS Speech & Language Pathology, BS Occupational Therapy, BS Applied Behavior Analysis (ABA), Diplomas in Autism Spectrum Disorder, Down Syndrome Care, ADHD Management, Physiotherapy for neurological disorders.

E) Faculty of Nursing, Paramedics & Allied Health
A university will give proper degrees to the backbone of the hospital:

- BSc Psychiatric Nursing, MSc Psychiatric Nursing
- Diploma and Degrees for Paramedics for Wards - Psychiatric Ward Management, Emergency Psychiatry, De-addiction ward staff
- Short Courses (3 months, 6 months) and Long Courses (2 years, 4 years) for LHVs, dispensers, ward assistants, community mental health workers.

This way we will prepare staff who know how to handle a violent patient, an autistic child, or an elderly dementia patient.

F) Faculty of Research
PhD in Mental Health, MPhil in Psychiatric Genetics, Research on causes of mental retardation, hereditary causes, epilepsy and mental illness link, drug addiction genetics.

4. Other Arguments

- **Clinical Material:** SCJIP has 700+ beds and patients from all over Sindh, Balochistan, South Punjab. Students will get unmatched practical training.
- **Stigma Reduction:** People are afraid to go to "Pagal Khana". When it becomes a university, people will come happily for therapy and counselling.
- **Jobs:** This University will create thousands of jobs - psychologists in every school, therapists in every district hospital, and counsellors for our youth.

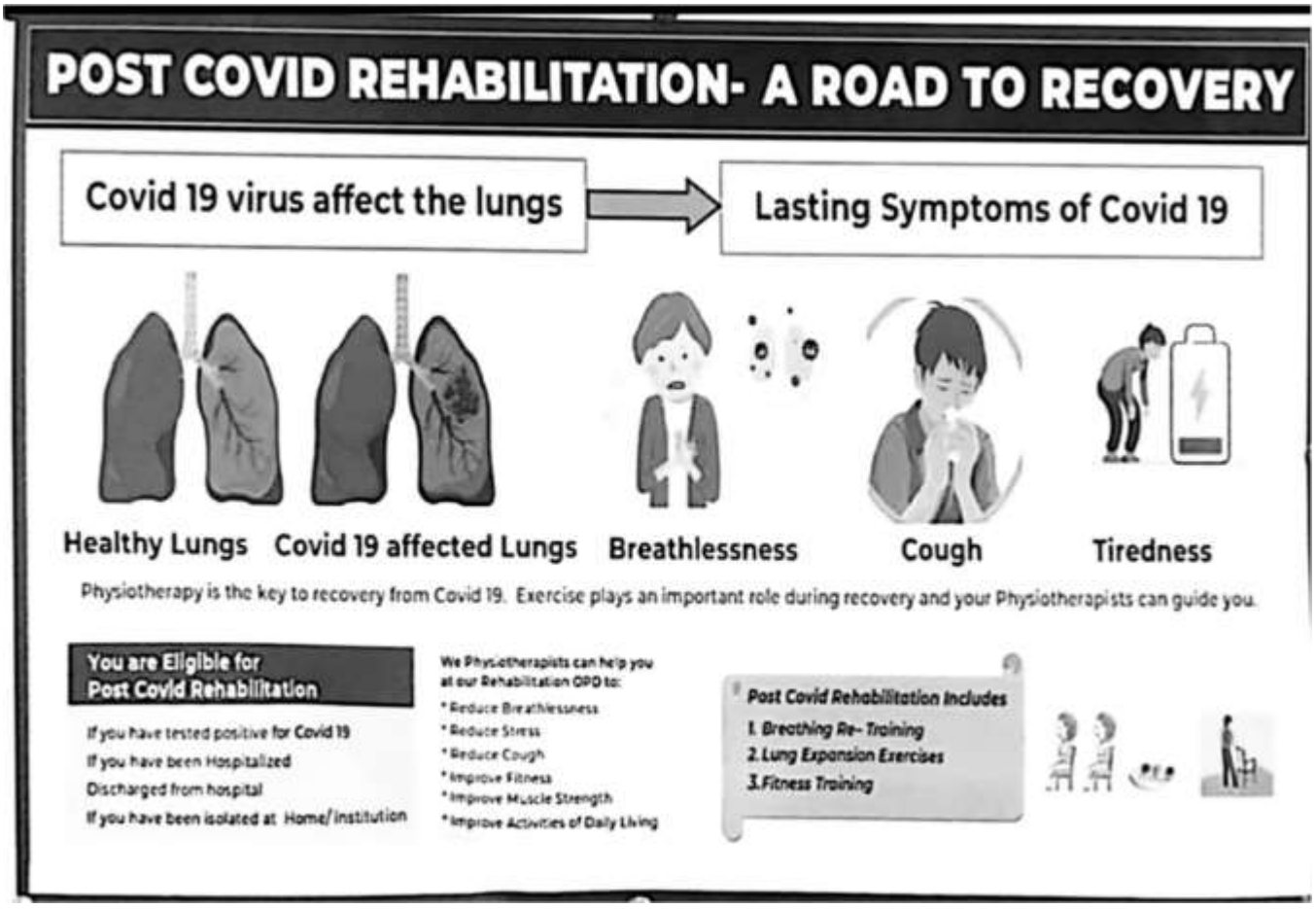
Conclusion

We do not need just a hospital that gives sleeping pills. We need a university that prepares Psychiatrists, Psychologists, Neurologists, Speech Therapists, Occupational Therapists, Special Educators, Nurses and Paramedics - specially for our forgotten children with Autism, Down Syndrome and ADHD etc.

The Sir Cowasjee Jehangir Institute has served for 165 years as a hospital. Now let it serve for the next 200 years as **Asia's First Mental Health University, Hyderabad** - a university for teaching, treatment, and research. This university was announced by the Honorable Chief Minister of Sindh, Syed Murad Ali Shah, in December 2022, by implanting of this announcement, Sindh and Pakistan will be benefit.

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.



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

CHAPTER 5

Outreach & Impact Numbers

Eight years of reach — measured and mapped

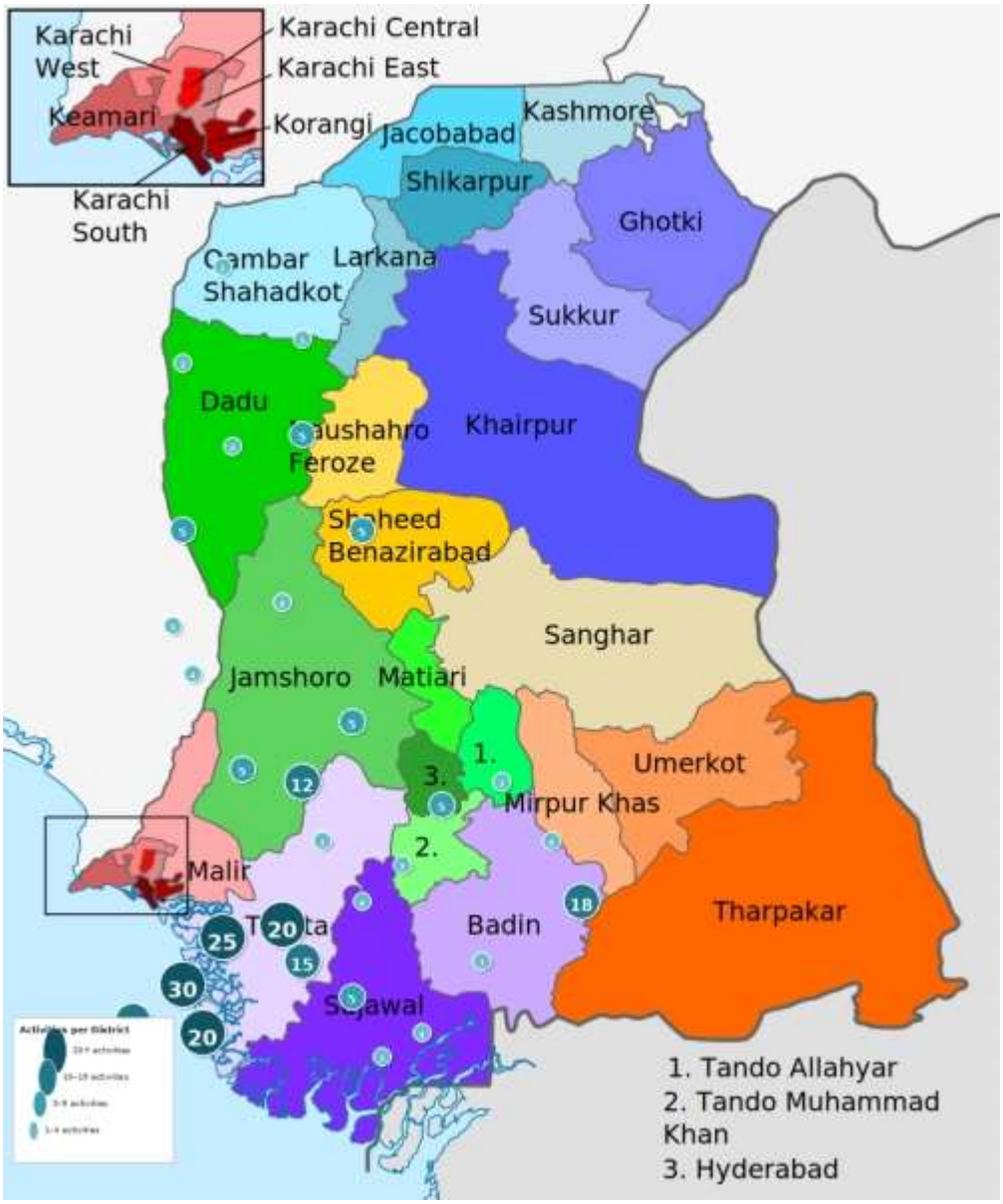
Cumulative Impact at a Glance

The figures below represent SMHA's documented reach across all activity categories between 2018 and 2026. These numbers are cumulative across both tenures.

685 Total Activities 2017–2026	**30** Districts Reached across Sindh	**20** Mental Health Camps in different areas of Province Sindh
38 Training Programs 200+ trained in single largest session	**17** MOUs Signed formal partnerships 2017–2026	**30** Policy Submissions to Health Dept. & Cabinet, 2019–2025
16 Research, Breakdowns, Recommendations, and Analytical Reports	**12** Multilanguage Quarterly Magazines	

Geographic Coverage — Sindh District Map

The map below shows SMHA's geographic reach across Sindh's districts. Dot size and colour intensity reflect the relative volume of activities documented in each district — from Karachi's dense concentration of conferences and meetings to Tharparkar's sustained camp, training, and research programs across all its talukas.



Dot intensity: ● 20+ activities (dark teal) ● 10–19 activities ● 5–9 activities ● 1–4 activities (pale teal)

Districts with SMHA presence include: Karachi metropolitan area (all sub-districts), Hyderabad, Tharparkar, Sukkur, Khairpur, Sanghar, Shaheed Benazirabad, Larkana, Jamshoro, Umerkot, Thatta, Sujawal, Tando Muhammad Khan, Tando Allahyar, Matiari, Mirpurkhas, Naushahro Feroze, Dadu, Qambar Shahdadkot, Jacobabad, Shikarpur, Ghotki, Badin, and Malir.

Year-on-Year Growth in Activity Volume

Year	Conferences	Camps	Trainings	Seminars	World Mental Health Day (WMHD) Events	Meetings/MOUs	Total
2018	1	0	0	2	1	1	**5**
2019	1	0	1	4	1	1	**8**
2020	0	1*	1	4	2	10	**18**
2021	0	1	2	7	0	8	**18**
2022	4	1	2	4	9	8	**28**
2023	3	4	9	4	8	9	**37**
2024	2	2	5	1	4	5	**19**
2025	2	4	2	6	6	3	**23**
2026	0	0	2	6	6	5	**19**

Mental Health Helplines

Sindh Mental Health Authority created three Mental Health Helplines (021-111 117 642/022-111117642) at main cities of province of Sindh. The public of Sindh can call from morning 9:00am to 5:00p.m. SMHA to run these help line with the following stake holders / partners.

- Helpline Number (022-111117642) installed at Sir Cowasji Jehangir Institute of Psychiatry & Behavioral Sciences, Hyderabad with the partners', i.e Liaquat University of Medical & Health Sciences (LUMHS), Jamshoro, Sindh University (Department of Psychology) & Charter for Compassion, Pakistan to run the helpline.
- Helpline Number (021 111 117 642) installed at Psychiatry Ward, Jinnah Postgraduate Medical Center (JPMC), Karachi with the partners,'i.e . Department of Psychology, Karachi University, Institute of Clinical Psychology, Karachi University, & Charter for Compassion, Pakistan.
- Helpline Number (021-9921 5720) installed at Psychiatry Ward, Dow Medical College, Dow University of Health Sciences, Karachi with the partners,'i.e. Department of Psychology, Karachi University, Institute of Clinical Psychology, Karachi University, & Charter for Compassion, Pakistan to run the helpline.

Sindh Mental Health Authority also created Tele-Psychiatry Helpline at District Tharparkar alongwith 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		**ContactNo:021-35308771-2**

CHAPTER 6

Partnerships & Stakeholder Engagement

The network behind SMHA's work

No part of SMHA's eight-year record was built alone. Behind every camp, training, and policy submission sits a network of government bodies, universities, NGOs, and international organizations that SMHA has drawn on and contributed to, since 2018.

Government Bodies — 9 Partners

Partner Organization	Nature of Engagement	Key Interactions
Health Department, Government of Sindh	Primary channel for all legislative advocacy and policy submissions since 2019	Act amendments, Rules revision, Regulations, capacity-building framework
Sindh Cabinet	Reviewed the Act and Rules amendments at multiple sittings between 2019 and 2025	December 2019 Rules tabling; multiple subsequent consultations
Minister for Health, Sindh (Dr. Azra Fazal Pechuho)	Direct recipient of SMHA's formal representations	July 2024 ten-point charter; ongoing policy advocacy
Chief Minister of Sindh	Inaugurated SMHA helpline (2020); committed to SCJIP&BS Mental Health University upgrade	Helpline inauguration; January 2023 meeting on SCJIP&BS development
Sindh Human Rights Commission	Formal MOU partner since November 2020 on rights-based advocacy	Rights-based mental health framework; joint representation
Sindh Public Service Commission	Engaged on psychiatrist and psychologist recruitment	Human resources for mental health advocacy
District Health Officers (e.g. DHO Sanghar, same of all 30 districts)	District-level coordination for camps and trainings	Pre-camp coordination; training logistics
PPHI — People's Primary Healthcare Initiative	Co-delivered psychiatric trainings across multiple districts	Umerkot, Mirpurkhas, Jamshoro, Dadu, Tharparkar, and other districts
Law, Parliamentary Affairs & Criminal Prosecution Department	Recipient of SMHA's legislative correspondence on Act, Rules, and Regulations	Act amendment review; Rules revision process

Academic Institutions — 11 Partners

Institution	Nature of Partnership	Key Engagements
University of Karachi	Hosted multiple conferences and roundtables; tripartite genetics research MOU with DUHS	2nd Int'l Conference (2022), SRSP seminar (2025), tripartite MOU (2024)
Dow University of Health Sciences / IBS	Co-organized seminars and joint research collaboration	Multiple WMHD seminars; tripartite genetics MOU (2024)
Jinnah Sindh Medical University (JSMU)	Co-hosted World Mental Health Day seminars	WMHD 2023, 2024; WSPD observances
SZABIST	Conference partner; multiple research presentations; WMHD co-organizer	Global conference 2025; WMHD roundtable 2024
Bahria University — Institute of Professional Psychology	MOU partner; co-hosted 2025 addiction-recovery seminar	MOU 2022; addiction seminar June 2025
LUMHS Jamshoro	Hosted Academics & Research Summit 2022; subject of new psychiatry ward request	Research summit; advocacy for new ward
Peoples University for Women, Shaheed Benazirabad	Training delivery site; subject of new psychiatry ward request	Sindh Mental Health Act seminar (2020)
SMBB Medical University, Larkana	Subject of a proposed new psychiatry institute	2024 ten-point advocacy letter
Gambat Institute of Medical Sciences (GIMS)	Hosted largest single training session (200+ professionals, 2025)	One-day training July 2025
Hamdard University	World Mental Health Day observance partner	WMHD October 2022
Federal Urdu University	World Mental Health Day observance partner	WMHD October 2022
DHA Suffa University Karachi	Gen Z Seminar	May, 2026
Sir Syed University of Engineering & Technology (SSUE&T)	Mental Health awareness seminar	December 2023
Sindh University Laar Campus	Mental health awareness session	February 2026

NGOs & International Organizations — 17 Partners

Organization	Nature of Partnership	Key Engagements
World Health Organization (WHO)	mhGAP training delivery; MHPSS Technical Working Group; WHO support sought for Suicide Prevention Centre	mhGAP Hyderabad (2023); Meeting with Head of WHO Pakistan (2023); MHPSS TWG (2023 onwards)
UNICEF	Child-protection coordination	Meeting November 2020
UNDP	SDG alignment discussions for mental health	Meeting December 2020
World Bank	Discussions on mental health financing in Sindh	Meeting July 2023
International Organization for Migration (IOM)	Training-of-Trainers program; research report launch	ToT January 2023; IOM seminar September 2023
HANDS Pakistan	MOU partner for community mental health outreach	MOU April 2021
IRD Pakistan	MOU partner for community mental health programming	MOU January 2021
Thar Foundation	Most sustained field partner — MOU plus multiple joint camps, trainings, and research in Tharparkar	MOU April 2022 (tripartite) & February 2023; Islamkot WSPD 2025; KAP study 2024
Charter for Compassion Pakistan	Advocacy and community programming MOU	MOU June 2021; tripartite MOU with Thar Foundation April 2022
Justice Project Society / JPP	Legal rights of psychiatric patients; death-penalty reform advocacy	MOU August 2021; Supreme Court judgment meeting February 2022
Poverty Eradication Initiative (PEI)	Extending services to low-income communities	MOU August 2024
International Medical Corps (IMC)	Joint flood-response mental health camp, Malir	Mega Tent City camp January 2023
Karwan-e-Hayat	Recurring co-host for WSPD seminars; WMHD partner	WSPD 2022, 2023; WMHD 2023
PILER	Labour-sector mental health and suicide-prevention seminars	Roundtable February 2023; suicide prevention seminar September 2024

British Pakistani Psychiatrists Association & British Asian Trust	Co-convened 2025 International Mental Health Summit	International Summit October 2025
Rotary International	World Mental Health Day seminar	WMHD seminar November 2025 at PACC
Noori Empowers	World Suicide Prevention Day public awareness session	WSPD awareness session September 2025

Media & Public Communication

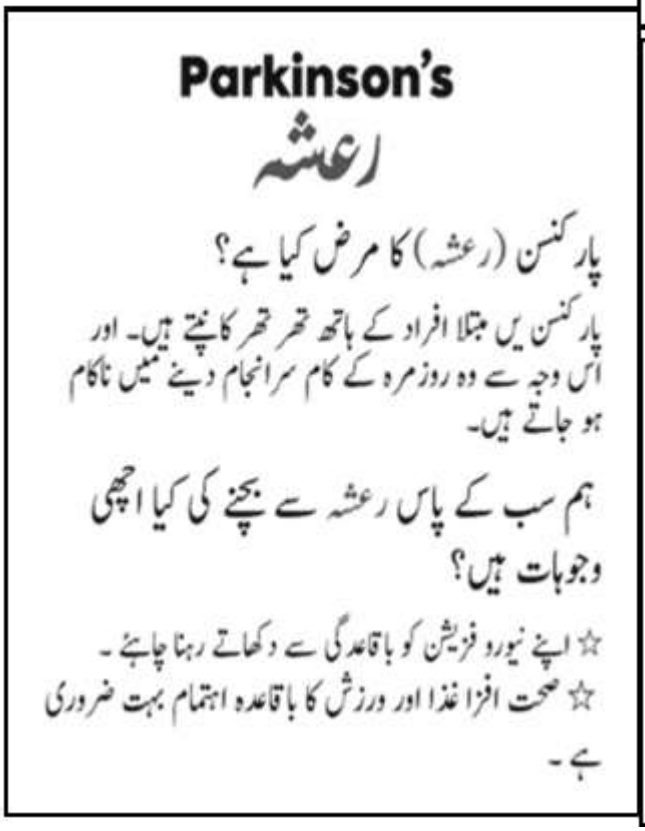
SMHA has used multiple public communication channels throughout its tenures:

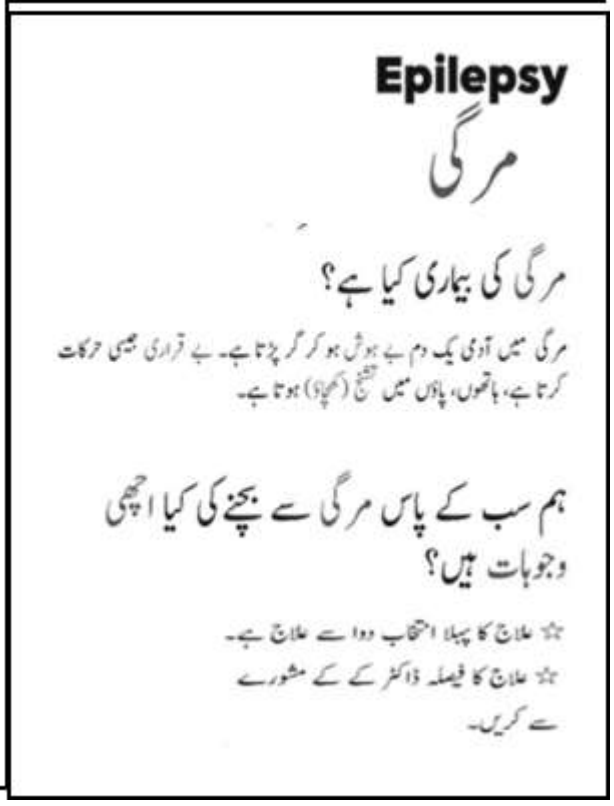
- **Media Roundtable on Reporting Standards —** May 2024 — SMHA convened print, electronic, and digital media representatives to discuss responsible reporting on suicide and mental health.
- **Press Conferences —** Used at key moments: the 2020 COH-FIT pandemic mental health survey results and the 2022 Tharparkar camp launch (jointly with the District Commissioner).
- **FPCCI Platform (2025) —** The Federation of Pakistan Chambers of Commerce & Industry provided a platform for business-community mental health outreach.
- **Pakistan Youth Parliament (2025–2026) —** Partnership for rural and youth awareness sessions in Sujawal and Badin.
- **Karachi Press Club —** Recurring venue for World Mental Health Day and World Suicide Prevention Day observances.

Public Awareness Message









CHAPTER 7

Challenges & Way Forward

Strategic priorities for 2026–2030

Persistent Challenges

Despite eight years of significant progress, several structural challenges continue to constrain the full realisation of SMHA's mandate:

- **Legislative Gap —** The Sindh Mental Health Rules, 2014 remain unrevised; the 2022 Act amendment and the new Regulations are still pending finalization. This creates an operational gap between SMHA's on-the-ground practice and the legal framework that should govern it.
- **Human Resources Deficit —** The province remains severely under-staffed with psychiatrists and clinical psychologists, particularly in rural and semi-urban districts. Most districts serviced by SMHA camps do not have a resident psychiatrist.
- **Infrastructure Shortfall —** Psychiatry wards are absent or inadequate at several major public hospitals — including Civil Hospital Hyderabad, Jamshoro (LUMHS), Civil Hospital Mirpurkhas, Peoples University Nawabshah, and SMBB Medical University Larkana.
- **Stigma and Help-Seeking Barriers —** Deep-rooted societal stigma, particularly in rural and desert communities, continues to deter patients from seeking care. Cultural misconceptions about mental illness remain prevalent.
- **Geographic Isolation —** Several high-risk communities — coastal fishing villages, desert settlements, and flood-affected areas — remain extraordinarily difficult to reach on a sustained basis.
- **Sustainability of Outreach Gains —** One-time camp visits and training sessions have limited lasting impact unless followed by repeat engagements and local capacity installed at the district level.
- **Research-to-Policy Pipeline —** While SMHA has produced substantial original research, mechanisms to translate these findings into formal policy changes remain under-developed.

Strategic Priorities 2026–2030

Looking toward the 2026–2030 horizon, SMHA's strategic agenda is structured around the following priorities:

Priority 1 — Legislative Finalization

Complete the three-part legislative package: finalize the Sindh Mental Health Act amendment, the revised Rules 2014, and the new SMHA Regulations. Extend advocacy to the Sindh Assembly's standing committees.

Priority 2 — District-Level Mental Health System Strengthening

Establish at least one trained mental health focal person in every district health facility, moving from periodic SMHA visits to an embedded, district-owned mental health function. Scale the Lady Health Worker training model to all 30 districts. Trained PPHI doctors, Judiciary / Law Department, Education Department, Prisons in whole Province.

Priority 3 — Infrastructure Investment

Advocate for and support the establishment of dedicated psychiatry wards at the five hospitals identified in the Chairman's 2024 ten-point letter. Pursue the SCJIP&BS Mental Health University upgrade committed to by the Chief Minister in 2022.

Priority 4 — Dedicated Mental Health & Suicide Prevention Centre

Pursue WHO and Government of Sindh support for a dedicated Mental Health and Suicide Prevention Centre, proposed for Tharparkar, SCJIP&BS Hyderabad, or JPMC Karachi. Tharparkar's persistent suicide burden makes it a particularly compelling site.

Priority 5 — Decentralized Tele-Psychiatry

Expand the tele-psychiatry model in whole of Sindh.

Priority 6 — Evidence, Research & Data

Build on the KAP and psychological autopsy research already underway; institutionalize a regular SMHA data collection and reporting cycle. Establish a formal research-to-policy pipeline to ensure empirical findings shape legislative and programmatic decisions.

Priority 7 — Private Sector & Community Engagement

Deepen engagement with the corporate sector, business community, and media building on the 2025 FPCCI and Federation House outreach to embed mental health awareness in workplaces and public discourse beyond clinical settings.

Priority 8 — Ongoing Research Studies

SMHA's two most important ongoing research studies, one on Genetics and the other on Geriatric Population are currently under pipeline. Recognizing their critical significance, the Chairman of SMHA, Senator Dr. Karim Khawaja, made multiple visits to Islamabad to expedite and ensure their successful finalization.

CHAPTER 8

Annexures

Annexure A — Partner Organizations

A complete list of organizations that have formally partnered with SMHA through signed MOUs or sustained programmatic collaboration (2018–2026):

Government Partners

- Health Department, Government of Sindh
- Sindh Cabinet
- Chief Minister's Office, Government of Sindh
- Home Secretary, Government of Sindh
- Sindh Human Rights Commission (SHRC)
- Sindh Public Service Commission (SPSC)
- District Health Offices (Sanghar, Tharparkar, Khairpur, and others, all 30 Districts.
- People's Primary Healthcare Initiative (PPHI)
- Secretary Health, Government of Balochistan

Academic Institutions

- University of Karachi — Institute of Clinical Psychology
- Dow University of Health Sciences (DUHS) — Institute of Behavioral Sciences
- Jinnah Sindh Medical University (JSMU)
- SZABIST University, Karachi
- Bahria University — Institute of Professional Psychology
- Liaquat University of Medical & Health Sciences (LUMHS), Jamshoro
- Peoples University of Medical & Health Sciences for Women, Shaheed Benazirabad
- Shaheed Mohtarma Benazir Bhutto Medical University (SMBBMU), Larkana
- Gambat Institute of Medical Sciences (GIMS)
- Hamdard University, Karachi
- Federal Urdu University, Karachi
- DHA Suffa University Karachi
- Sir Syed University of Engineering & Technology (SSUE&T)
- Sindh University Laar Campus

NGOs & International Organizations

- World Health Organization (WHO) Pakistan
- UNICEF Pakistan
- United Nations Development Program (UNDP) Pakistan
- World Bank
- International Organization for Migration (IOM)
- International Medical Corps (IMC)
- HANDS Pakistan

- IRD Pakistan
- Thar Foundation
- Charter for Compassion Pakistan
- Justice Project Society / Justice Project Pakistan
- Poverty Eradication Initiative (PEI)
- Karwan-e-Hayat
- Pakistan Institute of Labour Education and Research (PILER)
- Brain Trust UK
- British Pakistani Psychiatrists Association
- British Asian Trust
- Rotary International
- Noori Empowers
- Basic Needs Pakistan
- SZABIST Law College

Annexure B — Glossary of Terms

DUHS	Dow University of Health Sciences
GIMS	Gambat Institute of Medical Sciences
HANDS	Health & Nutrition Development Society
HSA	Health Services Academy
IBS	Institute of Behavioral Sciences
ICP	Institute of Clinical Psychology
IOM	International Organization for Migration
JPMC	Jinnah Postgraduate Medical Centre
JSMU	Jinnah Sindh Medical University
KAP	Knowledge, Attitudes, and Practices (research study design)
LHW	Lady Health Worker
LUMHS	Liaquat University of Medical & Health Sciences
MERF	Medical Emergency Resilience Foundation
mhGAP	WHO Mental Health Gap Action Program
MHPSS	Mental Health and Psychosocial Support

MOU	Memorandum of Understanding
PEI	Poverty Eradication Initiative
PILER	Pakistan Institute of Labour Education and Research
PPHI	People's Primary Healthcare Initiative
SCJIP&BS	Sir Cowasjee Jahangir Institute of Psychiatry and Behavioral Sciences, Hyderabad
SHRC	Sindh Human Rights Commission
SMBBMU	Shaheed Mohtarma Benazir Bhutto Medical University, Larkana
SMHA	Sindh Mental Health Authority
SRSP	Sindh Rural Support Program
SZABIST	Shaheed Zulfikar Ali Bhutto Institute of Science & Technology
WHO	World Health Organization
WMHD	World Mental Health Day (10 October annually)
WSPD	World Suicide Prevention Day (10 September annually)

Acknowledgment & Appreciation Message

On behalf of the Sindh Mental Health Authority (SMHA), I, **Senator Dr. Karim Ahmed Khawaja**, Honorary Chairman of the Authority, extend my profound appreciation and sincere gratitude to all partner organizations, academic institutions, public leaders, and healthcare professionals who have supported our institutional mission throughout our transformative journey from 2017 through 2026.

Tribute to Provincial Leadership & Executive Governance

The institutional progress and pioneering milestones achieved by the Authority over the past nine years would not have been possible without the visionary patronization and steadfast executive backing of the Government of Sindh. We express our profound gratitude to:

- **Chief Minister Sindh, Syed Murad Ali Shah:** For his overarching visionary leadership, institutional patronage, and unwavering commitment to integrating mental healthcare into mainstream provincial public health policy.
- **Minister for Health, Dr. Azra Fazal Pechuho:** For her exemplary stewardship, reformative guidance, and continuous encouragement in strengthening psychiatric care facilities and community health initiatives across the province.
- **Chief Secretary Sindh & Secretary Health, Government of Sindh:** For their administrative direction, bureaucratic facilitation, and essential operational alignment in enabling the Authority to seamlessly execute its provincial mandates.

Key Accomplishments & Institutional Outreach (2017–2026)

Through systematic coordination and dedicated field operations, the Authority executed a comprehensive suite of public health interventions aimed at enhancing capacity, improving public awareness, and conducting high-impact clinical and academic work:

- **Community & Direct Public Engagement:** Organized comprehensive public awareness sessions, specialized capacity-building trainings, provincial seminars, and free psychiatric medical camps across diverse districts, directly engaging over 50,000 individuals in physical attendance.
- **Digital Public Health Expansion:** Expanded our digital footprint and public health messaging through social media platforms (Twitter, Facebook, YouTube) and the official SMHA web portal, alongside print and electronic media, reaching an estimated 1,000,000+ citizens with vital mental health resources, tele-guidance, and awareness materials.
- **Publications & Academic Dissemination:** Published high-impact scientific research papers, analytical breakups, thematic analytical reports (including desert region health evaluations), and regular editions of the official SMHA Quarterly Magazine to inform policy and medical practice.

- **Comprehensive Institutional Footprint:** Conducted approximately 2,000 high-impact activities to date, encompassing administrative meetings, provincial seminars, capacity-building training sessions, community awareness programs, psychiatric camps, and other key interventions.

- Roundabout 2000 activities till today SMHA conducted in various i.e. Meetings, Seminars, training sessions, awareness session, camps and other activities

Metric Highlight	Detail
100,000+	**Direct Field Engagement:** Citizens reached through psychiatric camps, seminars, and training programs across Sindh.
1,000,000+	**Digital Public Reach:** Individuals impacted via web portal, social platforms, and digital campaigns.

Recognition of Key Partners & Collaborators

The Authority formally acknowledges the indispensable role played by various Government Department Secretaries, Deputy Commissioners, Superintendents of Police (SPs), domain experts, and organizations across key public and private sectors:

Stakeholder Category	Institutional Contribution & Strategic Impact
Heads of Departments & Institutes	Providing institutional leadership, structural alignment, and operational support across public facilities.
Professors & Academic Researchers	Leading scientific inquiry, publishing research, standardizing protocols, and delivering medical training.
District Health Officers (DHOs)	Facilitating district-level execution, organizing local psychiatric camps, and managing public health logistics.
NGO Leadership & Civil Society	Bridging grassroots community gaps, supporting logistics, and promoting community-based advocacy.
Public Leaders & Community Figures	Advocating for mental health policy integration, legislative support, and reducing social stigma.

Roll of Honor: Friends, Partners, and Steering Allies

I am honored to mention the esteemed colleagues, partners, and friends whose support proved vital to our mission:

1. **Mr. Nisar Ahmed Khuhro,** MPA and President, Pakistan People's Party Sindh
2. **Late Senator Taj Haider**
3. **Dr. Mahesh Kumar Malhani**, MNA PPP, Tharparkar
4. **Mr. Syed Nasir Hussain Shah,** MPA and Minister for Energy Department
5. **Mr. Jam Khan Shoro,** MPA and Minister for Irrigation Department
6. **Mr. Amir Ali Shah Jamote,** MNA PPP
7. **Madam Shazia Marri**, MNA, Ex-Federal Minister, Poverty Alleviation & Ex-Chairperson BISP
8. **Senator Krishna Kolhi**
9. **Mr. Rana Hamir Singh**, Member of Provincial Assembly
10. **Madam Tanzila Umi Habiba Qambrani**, Special Assistant to C.M. for I.T. Department
11. **Mr. Surendar Valasai,** MPA Sindh Province
12. **Dr. Sohrab Sarki,** MPA and Chairman Standing Committee Health Sindh
13. **Mr. Abdul Jabbar Khan,** PPP MPA
14. **Ms. Kulsoom Chandio,** PPP MPA
15. **Mr. Lal Chand Ukrani,** PPP MPA
16. **Honorable Justice Muhammad Hassan Akbar**, Judge of the High Court of Sindh
17. **Mr. Murtaza Wahab,** Mayor Karachi
18. **Dr. Vir G. Kolhi**, Special Assistant to C.M. Sindh
19. **Dr. Wahid Soomro**, Ex-MNA and Ex-Minister Health Sindh
20. **Senator Gianchand**
21. **Mr. Khatoomal Jeewan**, MPA
22. **Mr. Faqeer Sher Muhammad Balalani**, MPA
23. **Mr. Sageer Qureshi,** former Deputy Mayor
24. **Syed Asif Hyder Ali Shah**, Chief Secretary Sindh
25. **Dr. Suhail Ahmed Rajput**, Ex-Chief Secretary Sindh
26. **Syed Mumtaz Ali Shah**, Ex-Chief Secretary Sindh
27. **Mr. Agha Wasif Abbasi,** Principal Secretary to Chief Minister Sindh
28. **Mr. Rasheed Channa,** Media Consultant to Chief Minister Sindh
29. **Mr. Fayaz Jatoi,** Secretary, Finance Department
30. **Mr. Tauha Farooqi**, Secretary, Department of Empowered Persons with Disabilities (DEPD)
31. **Mr. Ali Ahmed Baloch,** Ex-Secretary, Law Department
32. **Mr. Sagar Samejo**
33. **Dr. Aijaz Abbassi**, Director General Health Services Sindh, Hyderabad
34. **Dr. Pervaiz Sheikh**, Deputy Director General Health Services Sindh, Hyderabad
35. **Mr. Muhammad Usman Chachar**, Former ACS Home Department, Government of Sindh
36. **Mr. Qazi Shahid Pervez**, Former Secretary Home Department, Government of Sindh
37. **Late Prof. Haroon Ahmed**, Emeritus Professor
38. **Prof. Dr. Bikhram**, Ex-Vice Chancellor, LUMHS Jamshoro
39. **Prof. Dr. Ikram ud Din Ujjan**, Vice Chancellor, LUMHS Jamshoro

40. **Prof. Dr. Amjad Siraj,** Vice Chancellor, JSMU Karachi
41. **Prof. Dr. Tufail Ahmed Chandio,** Pro-Vice Chancellor, Sindh University (Laar Campus) Badin
42. **Prof. Dr. M. Saeed Qureshi**, Ex-Vice Chancellor, DUHS Karachi
43. **Dr. Khalid Mahmood Iraqi**, Ex-Vice Chancellor, University of Karachi
44. **Prof. Dr. Muhammad Tufail Jokhio**, Vice Chancellor, NED University
45. **Brigadier (Retd.) Prof. Dr. Ahmed Saeed Minhas**, Vice Chancellor, DHA Suffa University
46. **Engr. Prof. Dr. Samreen Hussain**, Vice Chancellor, Dawood University
47. **Prof. Khalid Sher,** Executive Director JPMC
48. **Late Prof. Shahid Rasool,** Ex-Executive Director JPMC
49. **Late Dr. Seemin Jamali,** Ex-Executive Director JPMC
50. **Prof. Dr. Tariq Mahmood,** Head of Department of Cyberknife JPMC
51. **Dr. Syed Khalid Bukhari,** Medical Superintendent, Civil Hospital Karachi
52. **Dr. Ahsan Qavi Siddiqui,** CEO, Sindh Health Care Commission (SHCC)
53. **Mr. Abdul Rahman Allana,** Chairman, Alleviate Addiction Suffering (AAS)
54. **Dr. Sabir Memon**, Executive Director, SMBB Institute of Trauma
55. **Engr. Naimatullah Sohoo**, Director General, National Institute of Oceanography (NIO)
56. **Dr. Rahim Bux Bhatti**, Director, Gambat Institute of Medical Sciences (GIMS)
57. **Mr. Amin Hashmani**, CEO, Charter for Compassion Pakistan
58. **Mr. Amir Iqbal**, Chief Executive Officer, Thar Foundation
59. **Mr. Naseer Memon**, Ex-General Manager, Thar Foundation
60. **Mr. Farhan Ansari**, General Manager, Thar Foundation
61. **Mr. Fayyaz Ahmed Shaikh**, Thar Foundation
62. **Mr. Faisal Edhi**, CEO, Edhi Foundation
63. **Dr. Sheikh Tanveer Ahmed**, Chief Executive Officer, HANDS
64. **Dr. Moin Siddiqui**, Director, SASIMS
65. **Mr. Irshad Khokhar (Late)**, Former Secretary, Sindh Mental Health Authority
66. **Dr. Syed Zafar Mehdi**, Secretary, Sindh Mental Health Authority (SMHA)
67. **Mr. Kazi Shahab,** Vice President, National Bank of Pakistan
68. **Dr. Suresh**, Ex-Secretary, Health Department, Government of Sindh
69. **Dr. Ali Gul Metlo**
70. **Mr. Mujeeb Metlo**
71. **Mr. Bashir Sarki**
72. **Mr. Mushtaq Abbasi**
73. **Mr. Susheel Malani,** Mithi
74. **Mr. Manoj Malani,** Mithi
75. **Mr. Haroon Memon,** Head of Blood Bank Badin
76. **Dr. S.M Tariq Rafi, Chairman,** Sindh Higher Education Commission (SHEC)
77. **Dr. Yahya Tunio,** Deputy Director, JPMC
78. **Prof. Dr. Iqbal Afridi**, Ex-Head of Psychiatry Department, JPMC Karachi
79. **Prof. Dr. Chuni Lal**, Head of Psychiatry Department, JPMC Karachi
80. **Prof. Dr. Haider Naqvi**, Ex-Head of Psychiatry Department, DUHS Karachi
81. **Prof. Dr. Washdev**, Head of Psychiatry Department, DUHS Karachi
82. **Admiral (Retd.) Muhammad Zubair Shafique**, Director General, Bahria University Karachi Campus
83. **Dr. Ajmal Mughal**, Senior Psychiatrist, Sindh
84. **Associate Prof. Dr. Jamil Junejo**, Head of Psychiatry Department, LUMHS
85. **Prof. Qudsia Tariq**, Ex-Head of Psychology Department, University of Karachi
86. **Prof. Irfana Shah**, Head of Department of Psychology, Sindh University
87. **Prof. Sobia Aftab**, Director, Institute of Clinical Psychology (ICP), University of Karachi
88. **Prof. Farha Iqbal**, Chairperson, Department of Psychology, University of Karachi
89. **Prof. Dr. Uzma Ali**, Ex-Director, ICP, University of Karachi
90. **Dr. Muhammad Imran Yousuf**, Consulate of the Republic of the Philippines, Karachi
91. **Dr. Kiran Bashir Ahmad**, Director/Principal, IPP
92. **Mr. Javed Ali Jagrani**, CEO, PPHI Sindh
93. **Mr. Shehzad Sadan**, CEO, Children of Adam Pakistan
94. **Prof. Dr. Zainab F. Hussain Bhutto**, Dean, Faculty of Humanities & Social Sciences (HSS), Bahria University
95. **Air Commodore (Retd.) Zahid-ul-Hassan**, Registrar, DSU
96. **Mr. Muhammad Nawaz Soho**, Ex-Deputy Commissioner, Tharparkar
97. **Mr. Muhammad Arslan Saleem**, Deputy Commissioner, Naushahro Feroze
98. **Mr. Ali Zulfiqar Memon**, Deputy Commissioner, Jamshoro
99. **Mr. Muhammad Bux Dharejo**, Deputy Commissioner, Umerkot
100. **Ms. Sarah Javed**, ADC I, Tharparkar
101. **Mr. Salmoon**, ADC II, Tharparkar

102. **Mr. Rajesh Kumar**, Assistant Commissioner, Taluka Nagarparkar
103. **Mr. Raza Shar**, Assistant Commissioner, Mehrabpur
104. **Ms. Noorul Hooda**, Assistant Commissioner, Kandiaro
105. **Dr. Javed Lakhair**, DSP, Kandiaro
106. **Dr. Rafique Ahmed Mangrio**, Medical Superintendent, Taluka Hospital Kandiaro
107. **Mr. Shafquat Larik,** Law Department
108. **Mr. Muhammad Ali Gopang**, Assistant Commissioner, Sehwan
109. **Mr. Asghar Ali Solangi**, Assistant AC, Sehwan
110. **Mr. Rajesh Koyal**, Assistant Commissioner, Taluka Mithi
111. **Mr. Sami Ullah Sanjrani**, Assistant Commissioner, Taluka Islamkot
112. **Mr. Abdul Hameed Mughal**, Assistant Commissioner, Taluka Nagarparkar
113. **Mr. Lal Bux**, Mukhtiarkar, Taluka Diplo
114. **Mr. Saleem Samejo**, Mukhtiarkar, Taluka Chachro
115. **Dr. Ismail Memon** (PMA House)
116. **Dr. Ghafoor Shoro** (PMA House)
117. **Dr. Shoaib Gangat**
118. **Prof. Tipu Sultan**
119. **Dr. Gordan**, District Health Officer (DHO)
120. **Brig. (Retd.) Tarique Quadir Lakhair**, CEO, SIEHS (1122)
121. **Brig. (Retd.) Dr. Shoaib Ahmed**, Executive Director, IBS, Dow University
122. **Dr. Haroon Memon,** Badin
123. **Dr. Suneel Khawaja**
124. **Dr. Mahboob Khawaja,** Ex-DHA Badin
125. **Mr. Waseem Khawaja**
126. **Dr. Gul Muneer Vistro**, Medical Superintendent, Civil Hospital Tharparkar
127. **Dr. Mubeen Memon**, Retd. Ex-Director General, Health Services Sindh, Hyderabad
128. **Dr. Waqar Memon**, Director General, Health Services Sindh, Hyderabad
129. **Dr. Greech**, District Health Officer, Tharparkar
130. **Dr. Gordhan**, Ex-District Health Officer, Tharparkar
131. **Dr. Nisar Ahmed Soho**, Medical Superintendent, SCJIP&BS Hyderabad
132. **Prof. Dr. Moin Ahmed Ansari**, Professor & Ex-Dean of Medicine, LUMHS
133. **Prof. Dr. Neel Kanth**, Child Specialist
134. **Dr. Ali Gul Metlo**, President, Sindhi Association of Europe
135. **Ms. Laila Ranjani**, Researcher, University of Edinburgh, Scotland
136. **Dr. Tooba Farooqi**, Bahria University
137. **Ms. Mahnoor Shah**, Researcher, Aga Khan University
138. **Mr. Talpur Ali Murad**, Social Scientist and Impact Research Lead
139. **Mr. Khataoo Jani**, Journalist
140. **Dr. Sono Khangrani**, TARDEEP Microfinance Bank & Activist
141. **Dr. Zahid Khoso**, Deputy Director, SASIMS
142. **Dr. Rashid Ali Khoso**, Medical Officer, SASIMS
143. **Late Dr. Hameed Bandani Rajput**
144. **Dr. Adil Samo,** Assistant Director JPMC
145. **Dr. Sohail Sehto**
146. **Dr. Qazi Humayun Rashid**, Senior Psychiatrist, Sir CJIPBS
147. **Dr. Nelofar Memon**, Psychiatrist, Sir CJIPBS
148. **Dr. Sumaira Channa**, Psychiatrist, Sir CJIPBS
149. **Dr. Rizwan Inayat**, Psychiatrist, Sir CJIPBS
150. **Dr. Humma Agha**, Sr. WMO, Sir CJIPBS
151. **Dr. Muhammad Ali**, MO, Sir CJIPBS
152. **Dr. Prem Kumar Malhi**, Anesthetist, Sir CJIPBS
153. **Dr. Subash**, Psychiatry Department, LUMHS
154. **Dr. Zeeshan**, Psychiatry Department, LUMHS
155. **Dr. Neelkanth**, Psychiatry Department, LUMHS
156. **Dr. Kunwar Rai**, Physician, SASIMS
157. **Dr. Suhail Khan Memon**, MO, SASIMS
158. **Dr. Shahzad Memon**, Neurologist, SASIMS
159. **Mr. Babar Karmullah**, Admin Officer, SASIMS
160. **Mr. Saadullah Solangi**, SASIMS
161. **Mr. Latif Khawaja**, Health Department, Jamshoro
162. **Mr. Junaid Ansari**, Thar Foundation / SECMC
163. **Mr. Iftikhar Shah**

164. **Dr. Zahid Hussain**, Medical Superintendent, DHQ Mithi
165. **Dr. Muhammad Ali Nohri**, Medical Superintendent, DHQ Umerkot
166. **Dr. Sikender Lal**, Medical Superintendent, THQ Nagarparkar
167. **Dr. Shamsher Lakhair**, Medical Superintendent, THQ Diplo
168. **Dr. Nehchal**, Medical Superintendent, RHC Islamkot
169. **Dr. Lekhraj**, Medical Superintendent, THQ Chachro
170. **Dr. Ghansham Das**, Medical Superintendent, THQ Dalhi (Kheeme Jo Par)
171. **Dr. Nehchal**, Medical Superintendent, THQ Kaloi
172. **Dr. Fareed Ahmed**, District Health Officer, Umerkot
173. **Dr. Dost Ali Jamali**, District Health Office, Sanghar
174. **Ms. Zareen Qureshi**, Charter for Compassion & Children of Adam
175. **Dr. Mahesh Kumar**, DMS, THQ Khipro
176. **Dr. Nadeem Jokhio**, District Health Officer, Khairpur
177. **Mr. Muhammad Zaeem Ahmed**, FIA Cybercrime Wing, Karachi
178. **Dr. Ayesha Mian**, Founder & CEO, Synapse Neuroscience Institute
179. **Dr. Jawed Akbar Dars**, Associate Professor of Psychiatry, JSMU Karachi
180. **Dr. Ayesha Sanobar**, Synapse Neuroscience Institute
181. **Dr. Fawad Suleman**, Consultant Child & Adolescent Psychiatrist, AKU Karachi
182. **Prof. Zainab Bhutto**, Director, Institute of Professional Psychology (IPP), Bahria University Karachi
183. **Prof. Fauziah Rabbani**, Department of Community Medicine, AKU Karachi
184. **Mr. Shehzad Aslam Khan**, National Professional Officer, WHO
185. **Dr. Ahson Qavi Siddiqui**, CEO, Sindh Healthcare Commission
186. **Ms. Leela Kalplana Devi**, Additional Advocate General Sindh
187. **Mr. M. Nasir Khan**, DIG Prisons
188. **Prof. Dr. Amin Khawaja**, Head of Department, Anesthesia & ICU, NICVD
189. **Dr. Ramzan Ali Khuwaja**, PhD in Artificial Intelligence
190. **Engr. Dara Ali Khawaja**
191. **Engr. Romi Ali Khawaja**
192. **Ms. Farah Yamin Khan**, Consultant SFERP, World Bank
193. **Prof. Riaz Ahmed Shaikh**, SZABIST
194. **Dr. Ali Wasif**, President, Pakistan Mental Health Association (PMHA)
195. **Prof. Ilyas Siddiqui**, Head of Community Health Department, LUMHS
196. **Dr. Muzamil Hyder**
197. **Ms. Fareeha Kanwal**, Bahria University
198. **Mr. Faraz**
199. **Ms. Fouzia**
200. **Mr. Manzoor Shaikh**
201. **Prof. Majid Ali Abidi**, Member, World Psychiatric Association (WPA)
202. **Dr. Sarah Zuberi**, Chapter Chief Sindh, World Health Organization (WHO)
203. **Ms. Samina Vertejee**, Assistant Professor, Aga Khan University, Karachi
204. **Prof. Dr. Zainab Bhutto**, Director, IPP, Bahria University, Karachi
205. **Advocate Riaz Hussain Baloch**, Principal, SZAB Law College Malir
206. **Dr. Shoukat Abro**, District Health Officer, Larkana
207. **Dr. Shahnawaz Jatoi**, District Health Officer, Qambar-Shahdadkot
208. **Prof. Dr. Maqsood Ali Ansari**, Head of Genetics Department, University of Karachi
209. **Prof. Dr. Badruddin Junejo**
210. **Prof. Dr. Rahmat Ali Wagan**
211. **Associate Prof. Dr. Anoop Kumar Jasija**
212. **Associate Prof. Dr. Inayat Awan**, GMM Medical College, Sukkur
213. **Dr. Ghulam Rasool**, GMMMC Sukkur
214. **Dr. Saeed Memon**, GIMS Gambat
215. **Dr. Amjad Baloch**, GIMS Gambat
216. **Dr. Azeem Memon**, Deputy Director Health
217. **Dr. Shahid**, ADHO Khairpur
218. **Dr. Bakhtawar Shaikh**, FCPS Psychiatrist
219. **Dr. Maqbool Memon**, Ex-DHO Malir
220. **Mr. Muhammad Taufique**, Director, SMHA
221. **Mr. Aftab Hussain Memon**, Director, SMHA
222. **Mr. Karamat Ali**, Executive Director, PILER
223. **Dr. Muhammad Bux Dahani**, Ex-M.S. Thado Nalo, Malir
224. **Dr. Abdul Razzaq Shaikh**
225. **Dr. Shaista Siddiqui**, Charter for Compassion

226. **Dr. Sadiq Khawaja**, DHO Tando Muhammad Khan
227. **Dr. Iqbal Memon**, Chancellor & CEO, University of Modern Sciences / IMC Hospital, TMK
228. **Dr. Liaqat Qambrani**, Ex-DHO Badin
229. **Dr. Syeda Shahla Gul**, Medical Superintendent, DHQ Hospital TMK
230. **Dr. Ameer Ali Channa**
231. **Mr. Sarfraz Khawaja**
232. **Dr. Shabir Memon**
233. **Mr. Abdul Karim Shaikh**, Vice Chairman, Municipal Committee
234. **Dr. Jaipal Chhaprial**
235. **Dr. Ayub Baloch**
236. **Mr. Babar Jamali**
237. **Engr. Zahid Hussain Lashari**
238. **Dr. Abdul Hameed Jumani**, Ex-Director, Health Services Karachi
239. **Dr. Rakesh Bhagtwani**, Head of Psychiatry Ward, Hamdard University
240. **Dr. Rubina Kidwai**, Member, SMHA
241. **Dr. Zahid Hasan Ansar**, Convener, FPCCI National Standing Committee (H&MS)
242. **Dr. Sooraj Palijo**, Chief Medical Supervisor, IMC
243. **Mr. Jannat Hussain**, PILER
244. **Ms. Mussarat Jabeen**, Member, SMHA
245. **Dr. Lakesh Khatri**, Mirpurkhas
246. **Dr. Zulfiqar Lakhair**, Psychiatrist, Badin
247. **Dr. Suneeta Amrat**, FCPS Neurologist, Umerkot
248. **Dr. Bharat Kumar**, Mithi
249. **Dr. Parveen Channar**, SCJIP&BS
250. **Dr. Kheenpal Das**, JPMC Karachi
251. **Dr. Saima Qureshi**, SCJIP&BS
252. **Dr. Rajesh**, SCJIP&BS
253. **Dr. Shahryar Qambrani**, SCJIP&BS
254. **Dr. Beenish**, IOM
255. **Dr. Bushra**, IOM
256. **Mr. Razzaq Tagar**, Health Department
257. **Dr. Huma Agha**, CWMO Umerkot
258. **Mr. Muhammad Irshad**, SMHA
259. **Dr. Prem Malhi**, SCJIP&BS, Hyderabad
260. **Mr. Bhansi Malhi**, Umerkot
261. **Mr. Shankar**, DHO Office, Umerkot
262. **Dr. Lekhraj Sarangani**, District Health Officer, Tharparkar
263. **Dr. Harish Jagani**, Civil Surgeon, Civil Hospital Mithi
264. **Dr. Abdul Razzaque Nohri**, Public Health Specialist & Senior Pharmacist
265. **Dr. Manisha Kumari**, Psychiatrist, Civil Hospital Mithi
266. **Dr. Rizwan Khuhro**, Psychiatrist, SCJIP&BS Hyderabad
267. **Ms. Mehwish Dhariwal**, Senior Officer Health, Thar Foundation
268. **Mr. Junaid Ansari**, Thar Foundation
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270. **Ms. Najia Mir,** Anchor KTN News
271. **Mr. Shakeel Soomro,** Anchor Sindh TV News
272. **Mr. Mushtaq Tanwari,** Anchor Sindh TV News
273. **Mr. Tasveer Sandeelo,** Anchor Sindh TV News
274. **Mr. Jamal Khatak,** Journalist
275. **Mr. Shahid Jatoi**, Senior Journalist
276. **Mr. Naseer Aijaz,** Journalist, Karachi Press Club
277. **Mr. Abdul Karim Rajper,** Onwer of Sindh Tv News
278. **Ms. Beenish Zia**, Charter for Compassion
279. **Dr. Zahid Hussain Arain**, M.S., Civil Hospital Mithi
280. **Dr. Shamsher Lakhair**, M.S., Taluka Hospital Diplo
281. **Dr. Nehchal**, M.S., RHC Islamkot
282. **Dr. Shankar Lal**, M.S., DHQ Hospital Nagarparkar
283. **Dr. Lekhraj**, M.S., Taluka Hospital Chachro
284. **Dr. Nehchal**, Taluka Hospital Kaloi
285. **Dr. Ghansham Das**, M.S., THQ Kheeme Jo Par (Dalhi)
286. **Engr. Naval Vaswani**
287. **Dr. Sono Khanghrani,** CEO, Thardeep Microfinance Foundation (TMF)

288. **Dr. Khatao Mal,** Tharparkar
289. **Mr. Khatao Jani,** Journalist
290. **Dr. Shahryar Ali**
291. **Dr. Qammar**
292. **Dr. Anum Siddiqui**
293. **Dr. Faiza**
294. **Dr. Darshana**
295. **Dr. Tahir Siddiqui**
296. **Dr. Bansi Lal**
297. **Dr. Syeda Ambreen Shah**
298. **Dr. Neelofar Memon**
299. **Dr. Abida Abro**
300. **Dr. Zahoor Memon**
301. **Dr. Manisha Aijaz**
302. **Dr. Kiran Sheikh**
303. **Dr. Mudasir**
304. **Dr. Sandeep Kumar**
305. **Dr. Vikram**
306. **Dr. Sapna Hirani**
307. **Dr. Maryam Azhar**
308. **Dr. Hafsa Naeem**
309. **Dr. Mohsin M. Sheikh**
310. **Dr. Parsram**, THO Nara at Sikanderabad
311. **Dr. Bhagwandas**, Incharge, PPHI BHU Hathungo
312. **Dr. Syed Naqi Shah**, M.O. Headquarter, PPHI District Khairpur-A
313. **Mr. Zaheer Ahmed Soomro**, M&E, PPHI
314. **Dr. Gada Hussain**, M.O., PPHI Sikandarabad
315. **Mr. Muhammad Umar**, SO, PPHI
316. **Mr. Ali Khan**, HT, PPHI
317. **Dr. Wazir Phull (Retd.)**, Ex-District Health Officer Sukkur
318. **Mr. Sosheel Malani**
319. **Dr. Manoj Malani**
320. **Dr. Sumaira Channa**, Registrar, LUMHS
321. **Dr. Aatir Hanif**, Associate Professor, LUMHS
322. **Dr. Muhammad Muazam**, Psychiatrist, Civil Hospital Sanghar
323. **Dr. Abdul Qadir**, Psychiatrist, JPMC Karachi
324. **Dr. Ghulam Rasool Rind**, Assistant Professor, GMMMC Sukkur
325. **Dr. Arsalan Memon**, Psychiatrist, Syed Abdullah Shah Institute of Medical Sciences
326. **Dr. Kheenpal Das**, Assistant Professor, Dow University of Health Sciences (DUHS)
327. **Dr. Suneeta Amrat**, Neurologist, Civil Hospital Umerkot
328. **Dr. Beeshum**, Project Director, International Medical Corps
329. **Mr. Waqar Hussain**, Senior Administrator, International Medical Corps
330. **Ms. Sonia**, International Medical Corps
331. **Prof. Dr. Raza ur Rehman**, Dean, Faculty of Health & Medical Sciences, Hamdard University
332. **Dr. Zaib-un-Nisa**, Assistant Professor, JPMC / International Addiction Professional
333. **Dr. Tariq Arain**, Assistant Professor, Dow University of Health Sciences
334. **Dr. Muhammad Ilyas Jat**, Assistant Professor, DUHS / IBS
335. **Dr. Muhammad Ilyas Siddiqui**, Associate Professor, Department of Community Medicine, LUMHS
336. **Dr. Gulazar Usman**, Associate Professor, Department of Community Medicine, LUMHS
337. **Dr. Ambreen Sehto**, Assistant Professor, Department of Community Medicine, LUMHS
338. **Dr. Muhammad Suleman Otho**, Chest Physician & Public Health Professional
339. **Dr. Qamar Abbas**
340. **Dr. Aijaz Khanzada,** OSD Health Department
341. **Dr. Manisha Dharmani**, Resident, Department of Psychiatry, JPMC
342. **Dr. Sapna Herani**, Resident, Department of Psychiatry, DUHS
343. **Mr. Rabdino Manghrio**, Teaching Assistant, Department of Psychology, University of Sindh
344. **Ms. Alina**, Field Assistant & Student, Department of Psychology, University of Sindh
345. **Ms. Rabia**, Field Assistant & Student, Department of Psychology, University of Sindh
346. **Dr. Daim Jaipal**, Field Monitoring & Data Validation Resident, Department of Psychiatry, LUMHS
347. **Dr. Amir Dabir**, Ex-Medical Superintendent, SCJIP&BS Hyderabad
348. **Dr. Aijaz Patoli,** Ex-Medical Superintendent, SCJIP&BS Hyderabad
349. **Prof. Dr. Murad Moosa Khan**, Ex-President, International Association for Suicide Prevention

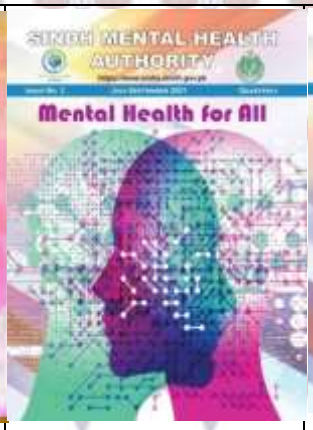
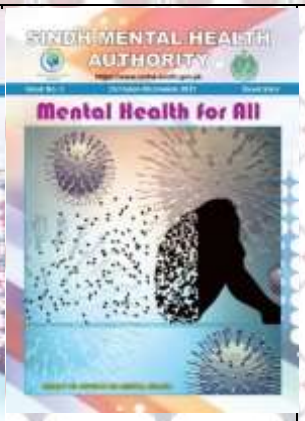
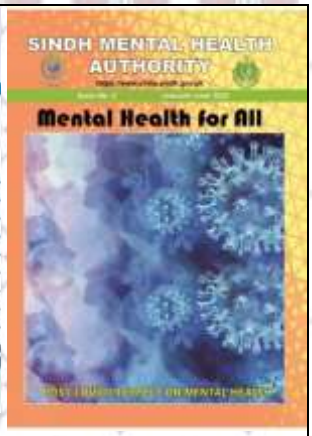
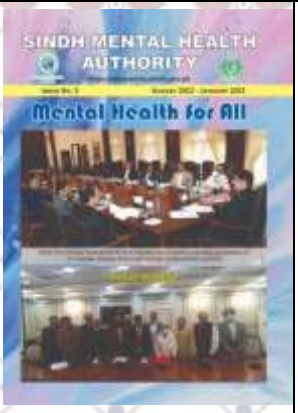
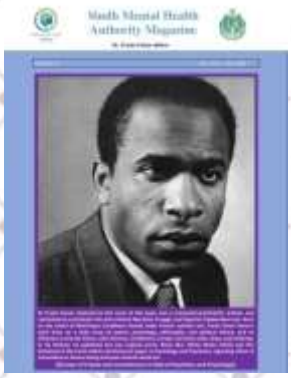
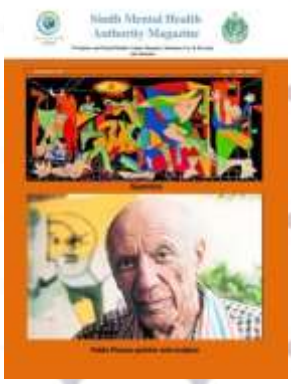
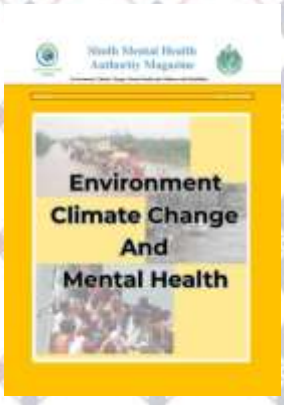
350. **Prof. Khalida Naz Memon**
351. **Prof. Khalida Tanweer**, SZABIST
352. **Dr. Aftab Deshak**
353. **Seth Peesu Mal,** Thanabula Khan
354. **Dr. Varsi Mal,** Ex-Medical Superintendent, SCJIP&BS Hyderabad
355. **Adv. Muhammad Ali Qureshi**, President, Peoples Lawyers Forum TMK
356. **Dr. Zulfiqar**
357. **Dr. Asif Laghari**
358. **Dr. Moazzam**
359. **Dr. Moti Ram Bhatia**
360. **Dr. Haresh Makheja**
361. **Dr. Khem Chand**
362. **Dr. Ghansham**
363. **Mr. Majid Khan Solangi**, SMHA
364. **Mr. Muhammad Faisal Umrani**, SMHA
365. **Mr. Razzaq Khaskheli**, SMHA
366. **Mr. Shahzada Khan**, SMHA
367. **Mr. Mushtaq Ali**, SMHA
368. **Mr. Manzoor Ali**, SMHA
369. **Mr. Babu**, SMHA

As we look beyond 2026, the Sindh Mental Health Authority remains dedicated to sustaining these strategic partnerships, broadening healthcare accessibility, and ensuring that mental health remains a core priority within the public health framework of Sindh.

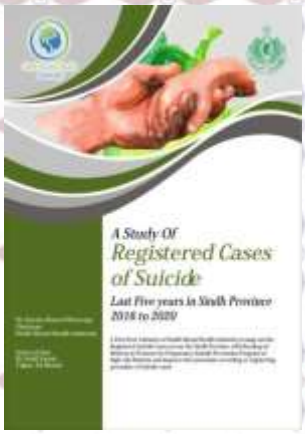
Senator Dr. Karim Ahmed Khawaja
Honorary Chairman, Sindh Mental Health Authority
Government of Sindh

Dated: 8th November, 2026

Highlights of the Quarterly Magazine of Sindh Mental Health Authority

			
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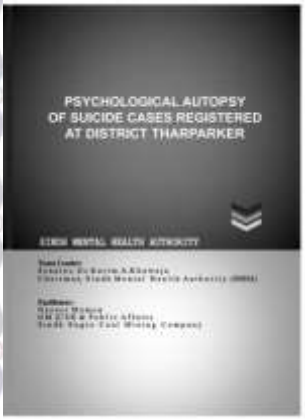
Highlights of the Researches, Breakup & Analytic Reports and Training Booklet



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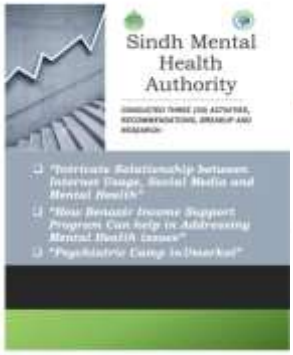
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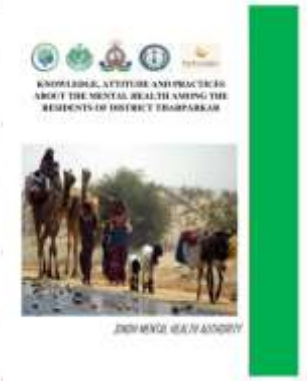
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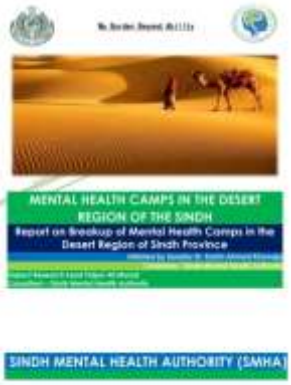
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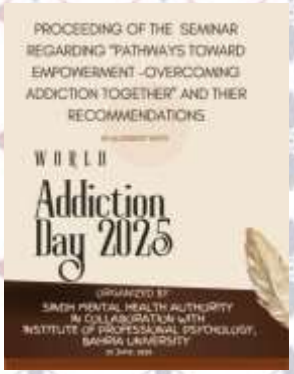
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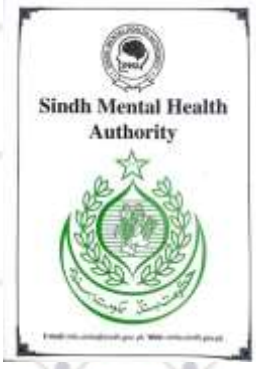
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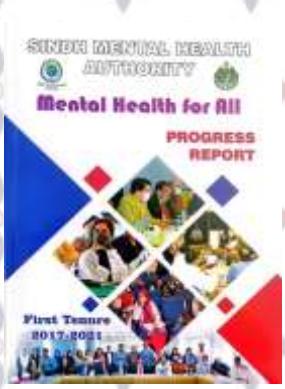
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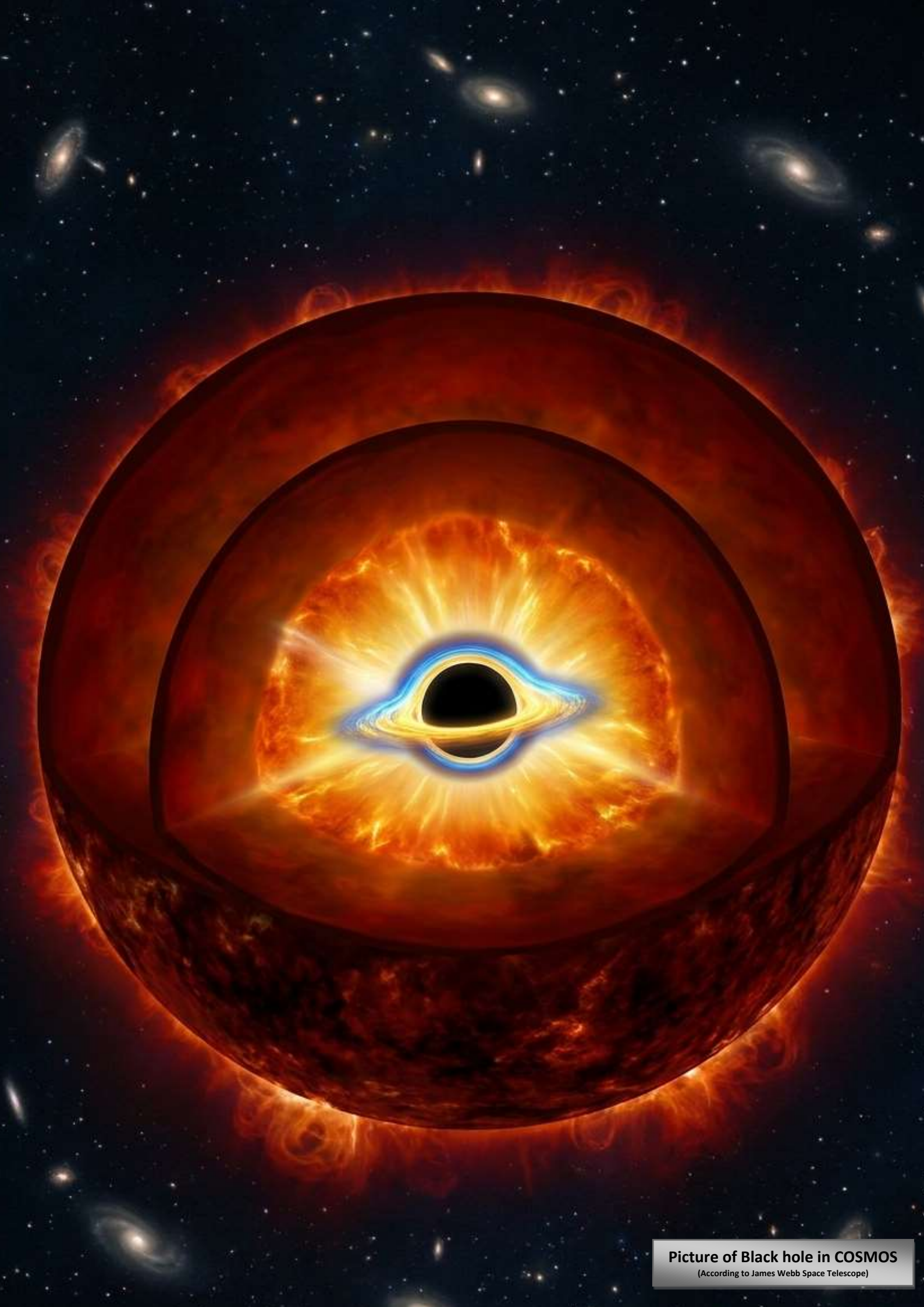
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Picture of Black hole in COSMOS
(According to James Webb Space Telescope)