

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

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

38. **Chairman SMHA meet with Information Minister Syed Nasir Hussain Shah, regarding Helpline awareness published in the leading Newspapers of Sindh (June, 2020).**
39. **Inauguration of Website of Sindh Mental Health Authority (August, 2020).**
40. **COH-FIT Survey Press conference at JPMC, Karachi (9<sup>th</sup> September, 2020).**
41. **Zoom Webinar to mark the World Suicide Prevention Day (10<sup>th</sup> September, 2020).**
42. **Visit of Alleviate Addiction Suffering (Aas) Trust (15<sup>th</sup> September, 2020).**
43. **Meeting With Chairperson Sindh Human Right Commission (18<sup>th</sup> September, 2020).**
44. **Helpline installed and Panafallex put on walls in all over Sindh (1<sup>st</sup> October, 2020).**
45. **Seminar on World Mental Health Day at Sanghar (10<sup>th</sup> October, 2020).**
46. **Magazine about World Mental Health Day published by PAMH (14<sup>th</sup> October, 2020).**
47. **Meeting with M/s. Yasmeen, CEO Basic Needs Pakistan (26<sup>th</sup> October, 2020).**
48. **Today 29-10-2020 Sindh Cabinet meeting will be held (29<sup>th</sup> October, 2020).**
49. **Meeting with M/s Aneeta Pasha, Country Director IRD Pakistan (29<sup>th</sup> October, 2020).**
50. **Mental Health Seminar 2020 org: by Young Psychiatry Association (23<sup>rd</sup> November, 2020).**
51. **Follow up meeting with M/s Aneeta Pasha, Country Director IRD (26<sup>th</sup> November, 2020).**
52. **Meeting with Salam Dharejo, Country Coordinator, Pakistan TDHG (8<sup>th</sup> December, 2020).**
53. **Meeting with Coordinator SDG / UNDP (4<sup>th</sup> December, 2020).**
54. **MoU btw Sindh Mental Health Authority & Sindh Human Rights Commission (26<sup>th</sup> November, 2020).**
55. **Meeting with M/s Mehwish Maria, Child Protection Officer UNICEF (12<sup>th</sup> November, 2020).**
56. **Sindh Mental Health Authority installed Helpline posters on walls in all over Province of Sindh (12<sup>th</sup> November, 2020).**
57. **Follow up meeting with Mehwish Maria, CPO UNICEF on Zoom webinar (10<sup>th</sup> December, 2020).**
58. **MoU signing ceremony btw SMHA & SZABLC (10<sup>th</sup> December, 2020).**
59. **Meeting with Mr. Byram D Avari, Chairman Avari Group of Companies (2020).**
60. **News about collection of data to prevent suicide (2020).**
61. **Zoom meeting arranged by Dr. Rubina Kidwai (2020).**
62. **Inaugurates Prof Hyder Ali G Qazi Block, Dr Ibrahim Khalil Block and Deewan Gidumal Block (2020).**
63. **New 50 Bedded Female Ward (2020).**
64. **Inauguration of new OPD Block and visited New female Ward at Hyderabad (11<sup>th</sup> December, 2020).**
65. **Meeting with Dr. Fouzia Khan, Chief Advisor, CW, SE&L Deptt (15<sup>th</sup> December, 2020).**
66. **Meeting with Chief Services Executive, HANDS Pakistan (22<sup>nd</sup> December, 2020).**

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

98. **Recognition of Depression is Prevention of Suicide by SMHA at Malir (13<sup>th</sup> April, 2021).**
99. **Sindh Mental Health Authority send all Researches, Magazine and other correspondence regarding intention with different Government Departments, Autonomous, Semi-Autonomous Bodies, N.G.Os, National and International Organizations through (two or three thousands) letters.**
100. **Sindh Mental Health Authority published a booklet regarding Course contents for Mental Health training of Primary Care Physicians (Doctors).**
101. **Today's zoom webinar on Analytical study on Suicide cases (14<sup>th</sup> April, 2021).**
102. **SMHA follow up meeting with IRD on Zoom (15<sup>th</sup> April, 2021)..**
103. **Meeting about Recognition prevention of Suicide in Thar (17<sup>th</sup> April, 2021).**
104. **Visit of Radio Station and New OPD Block at SCJIP&BS, Hyderabad (20<sup>th</sup> April, 2021).**
105. **1<sup>st</sup> meeting of Second Magazine of SMHA (23<sup>rd</sup> April, 2021).**
106. **MoU signed btw SMHA and HANDS (26<sup>th</sup> April, 2021).**
107. **Follow up Meeting with HANDS on 29<sup>th</sup> April, 2021.**
108. **Meeting about research on Psychological effects in population (6<sup>th</sup> May, 2021).**
109. **Meeting with Pakistan Youth Parliamentary members (6<sup>th</sup> May, 2021).**
110. **2<sup>nd</sup> meeting of second SMHA Magazine (7<sup>th</sup> May, 2021).**
111. **Meeting with Thar Foundation about Mental Health issues (20<sup>th</sup> May, 2021).**
112. **Meeting with SZABLC, HANDS, Karachi University, Edhi Foundation (20<sup>th</sup> May, 2021).**
113. **Discussion on Psychological Autopsy in Tharparkar through Zoom (25<sup>th</sup> May, 2021).**
114. **Zoom meeting about Research Study on Mental Health (26<sup>th</sup> May, 2021).**
115. **Pakistan Penal Code convene a meeting via zoom link (28<sup>th</sup> May, 2021).**
116. **Meeting with Charter for Compassion, Pakistan (1<sup>st</sup> June, 2021).**
117. **Final discussion about Research on Impact of Covid-19 Pandemic (1<sup>st</sup> June, 2021).**
118. **Psychological Autopsy of Suicide patients in Tharparkar is launch (8<sup>th</sup> June, 2021).**
119. **One day training session on Psychosocial impact on Mental Health (14<sup>th</sup> June, 2021).**
120. **MoU signed between SMHA and Charter For Compassion – Pakistan (15<sup>th</sup> June, 2021).**
121. **Visit of LUMHS by Chairman SMHA (19<sup>th</sup> June, 2021).**
122. **Today Senator Dr. Karim Ahmed Khawaja visit to SCJIP&BS Hyderabad (19<sup>th</sup> June, 2021).**
123. **Meeting about Impact of Covid on Mental Health at HANDS office (23<sup>rd</sup> June, 2021).**
124. **Meeting with NGO (Taskeen Sehatmand Pakistan).**
125. **International World Drug Day 2021 (26<sup>th</sup> June, 2021).**
126. **Meeting regarding Psychological Autopsy of Tharparkar Patients (29<sup>th</sup> June, 2021).**
127. **Meeting with Home Secretary, Govt. of Sindh (29<sup>th</sup> June, 2021).**
128. **Secretary SMHA visit Bilquis Edhi Foundation (30<sup>th</sup> June, 2021).**

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

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

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

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

57. Seminar regarding 5th July, 1977 organized by SZAB Law College, Malir (5<sup>th</sup> July, 1977).
58. Meeting regarding discuss the oppressed class issues of Pakistan (7<sup>th</sup> July, 2022).
59. Chairman SMHA meeting with DHO, Sanghar (15<sup>th</sup> July, 2022).
60. Chairman SMHA attended the Universal Prevention Curriculum Coordination Ceremony at Institute of Clinical Psychology, University of Karachi (16<sup>th</sup> July, 2022).
61. Meeting regarding discussion on Research papers made by Prof. Haider Naqvi and Dr. Chooni Lal (19<sup>th</sup> July, 2022).
62. Chairman SMHA participate as Chief Guest in Round Table Discussion conducted by SZABIST at Karachi (26<sup>th</sup> July, 2022).
63. Meeting regarding Helpline of SMHA (27<sup>th</sup> July, 2022).
64. Chairman, SMHA participate as Chief Guest in the Inaugural Ceremony of Counselling Clinic and Digital Library, conducted by Department of Psychology, University of Karachi (28<sup>th</sup> July, 2022).
65. WHO Pakistan provided technical assistance in Sindh Province in partnership with UNWOMEN under joint interagency partnership of Essential Service Programme. Event is scheduled on 11 and 12 August, 2022 at Ball Room A, Hotel Moven Pick Karachi, from SMHA Prof. Hyder Ali Naqvi, Associate Prof. Dr. Chooni Lal and Dr. Qalb-e-Hyder, Psychiatrist and Dr. Sara from WHO, participate in the event, Chief Guest was Dr. Muhammad Juman Bahoto, D.G Health Services, Sindh.
66. Chairman SMHA meeting with Prof. Dr. Zainab Hussain Bhutto (11<sup>th</sup> August, 2022).
67. Closing Ceremony of 2 days Orientation Workshop for helpline staff, Senator Dr. Karim Ahmed Khawaja, Chairman SMHA, Dr. Ali Wasif, Prof. Dr. Qudsia Tariq, Dr. Raza ur Rahman and Ms. Beenish Zia participate in the Ceremony (from 11<sup>th</sup> and 12<sup>th</sup> August, 2022).
68. Chairman SMHA joined via zoom link in two days International E-Conference organized by Young Psychologist Association, in which panelist were Senator Dr. Karim Ahmed Khawaja, Prof. Iqbal Afridi, Dr. Farah Abbasi, Dr. Salman Shahzad, Dr. Uzma Ali, Dr. Qudsia Tariq, Dr. Farah Iqbal and others discussed on the topic (12 to 13<sup>th</sup> August, 2022).
69. Chairman SMHA participate in Rangan Bhari Shaam program 14<sup>th</sup> August Transmission hosted by Kiran Mir Amir Shah and guests were Senator Dr. Karim Ahmed Khawaja, Aliya Salim Burney, GR Baloch, Alam Brohi, Ms. Nusrat, Singer Arshad Mahmood and others (14<sup>th</sup> August, 2022).
70. MoU signed btw Sindh Mental Health Authority & Bahria University (30<sup>th</sup> August, 2022).
71. Chairman SMHA today interview to Arab News at SMHA Office Karachi (5<sup>th</sup> September, 2022).
72. Chairman SMHA meeting with Ms. Kamyla Marvi Tapal (7<sup>th</sup> September, 2022).
73. Karwan-e-Hayat organized Seminar on World Suicide Prevention Day (10<sup>th</sup> September, 2022).
74. Meeting with Dr. Khalida Tanveer, Federal Urdu University (12<sup>th</sup> September, 2022).
75. Meeting with Mr. Ali Wazir, Member of National Assembly at JPMC (18<sup>th</sup> September, 2022).



76. **Chairman SMHA meeting with delegation of Federal Urdu University (19<sup>th</sup> September, 2022).**
77. **Meeting with Mr. Veerji Kolhi, Special Assistant to CM Sindh (20<sup>th</sup> September, 2022).**
78. **Indus University organized program "Jang Forum" on Flood situation (23<sup>rd</sup> September, 2022).**
79. **Follow up meeting with Prof. Dr. Khalida Tanveer, Chairperson FUU (26<sup>th</sup> September, 2022).**
80. **Chairman SMHA meet today with Secretary, Social Welfare Deptt. (28<sup>th</sup> September, 2022).**
81. **Chairman SMHA meet with Prof. Nisar, President PDF, KPK (28<sup>th</sup> September, 2022)**
82. **Seminar on "Mental fitness necessary for physical fitness, but how? (29<sup>th</sup> September, 2022).**
83. **Meeting with Mr. Lutaf Mangrio, Head of Tele Tabeeb Helpline (30<sup>th</sup> September, 2022).**
84. **Dr. Karim Khawaja participate as Chief Guest in Flood Conference (30<sup>th</sup> September, 2022).**
85. **Dr. Essa Laboratory organized a Seminar "World Mental Health Day" (01<sup>st</sup> October, 2022).**
86. **Meeting with Dr. Nuzhat Khan, Ex-D.G (NIO, Karachi) (3<sup>rd</sup> October, 2022).**
87. **Chairman SMHA visited Tent City & Medical Camp for Flood people (4<sup>th</sup> October, 2022).**
88. **Meeting with Mr. Farhan Ansari, General Manager, Thar Foundation (5<sup>th</sup> October, 2022).**
89. **Meeting with Naimatullah Sao, National Institute of Oceanography (6<sup>th</sup> October, 2022).**
90. **WPA preconference Seminar on Mental Health Day (6<sup>th</sup> October, 2022).**
91. **JPMC, Psychiatry Ward conduct Seminar on World Mental Health Day (11<sup>th</sup> October, 2022).**
92. **SCJIP&BS Hyderabad organized World Mental Health Day 2022 (12<sup>th</sup> October, 2022)**
93. **SMHA conduct Round Table Discussion on old age people's problem (14<sup>th</sup> October, 2022).**
94. **Institute of Behavioral Sciences conduct World Mental Health Day (15<sup>th</sup> October, 2022).**
95. **Prof. Dr. Haroon Ahmed received "Life Time Achievement Award" (16<sup>th</sup> October, 2022).**
96. **Hamdard University conduct World Mental Health Day 2022 (18<sup>th</sup> October, 2022).**
97. **Federal Urdu University conduct World Mental Health Day 2022 (19<sup>th</sup> October, 2022).**
98. **Inauguration of book of the Advocate Supreme Court Mr. Akhtar Hussain named "Politics of Social Change" (21<sup>st</sup> October, 2022).**

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

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

Psychiatry and Behavioral Sciences, Hyderabad (11<sup>th</sup> January, 2023).

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

162. Follow up meeting regarding different Researches and other issues (2<sup>nd</sup> March, 2023).
163. World Psychiatric Association (WPA) organized a Thematic Congress at Marriot Hotel Karachi (3<sup>rd</sup> March, 2023).
164. Karwan-e-Hayat conducted International Women's Day (8<sup>th</sup> March, 2023).
165. Chairman SMHA participate in Cake Cutting & Holi ceremony (8<sup>th</sup> March, 2023).
166. Chairman SMHA visited Babar Azeemi's Art Gallery exhibition (9<sup>th</sup> March, 2023).
167. Chairman SMHA visited solo exhibition of Saree and Paintings (9<sup>th</sup> March, 2023).
168. Dr. Chooni Lal cut cake of Holi alongwith Chairman SMHA at SMHA Office (9<sup>th</sup> March, 2023).
169. SZABIST conduct Global Conference on Research in Education & Social Sciences (10<sup>th</sup> March, 2023).
170. Media Persons meet with Chairman, SMHA at head office Karachi (13<sup>th</sup> March, 2023).
171. Children of Adam conducted Ground Breaking Ceremony of 150 bedded CoA Neuro Psychiatric Hospital at Gadap, District Malir Karachi (14<sup>th</sup> March, 2023).
172. Chairman SMHA call a meeting regarding Mental Health issues (16<sup>th</sup> March, 2023).
173. Parwan Publication conducted Mother Tongue Conference at Karachi (18<sup>th</sup> March, 2023).
174. Arts Council of Thar conducted Awareness Seminar on Human Rights in Collaboration with Human Rights Deptt. Government of Sindh (21<sup>st</sup> March, 2023).
175. Today Dr. Seema Ahmed, World Bank visited SMHA office Karachi (3<sup>rd</sup> April, 2023).
176. Follow up meeting regarding Research on Geriatric people (10<sup>th</sup> April, 2023).
177. Follow up meeting regarding letters send to Social Welfare Department, Govt. of Sindh (13<sup>th</sup> April, 2023).
178. Ms. Laila Rajani, Candidate for PhD in International Development, School of Social and Political Science, University of Edinburgh, Scotland meet with Chairman, SMHA (18<sup>th</sup> April, 2023).
179. Chairman SMHA Eid Celebration with Older People of Dar ul Sukun (25<sup>th</sup> April, 2023).
180. NCJP conduct Try-Party Consultation program at PC Hotel, Karachi (30<sup>th</sup> April, 2023).
181. Meeting with Ms. Laila Rajani regarding her Research in Tharparka (02<sup>nd</sup> May, 2023).
182. Chairman SMHA call a meeting regarding Mental Health issues in District Thatta (03<sup>rd</sup> May, 2023).
183. Meeting regarding Inauguration of Tele Psychiatry Services at Islamkot & Psychiatry Training Session at District Thatta (04<sup>th</sup> May, 2023).

184. Meeting with (NGO) International Organization for Migration (IOM) (05<sup>th</sup> May, 2023).
185. Old memory, Chairman SMHA participated in Seminar at Tharparkar (08<sup>th</sup> May, 2023).
186. SMHA conducted Psychiatric Training session at District Malir (11<sup>th</sup> May, 2023).
187. Inauguration of Tele Psychiatry Services by Senator Dr. Karim Khawaja and MNA Dr. Mahesh Kumar Malahni at Islamkot, Tharparkar (14<sup>th</sup> May, 2023).
188. Chairman SMHA visited village Vira wah and different Temples at Nangarparkar, District Tharparkar (15<sup>th</sup> May, 2023).
189. Meeting with IOM regarding Tent City of Rain and flood affected people (17<sup>th</sup> May, 2023).
190. Meeting with NGO Karwan-e-Hayat regarding Mental Health issues (17<sup>th</sup> May, 2023).
191. Suhail Rana Art Production conducted Mother's Day for Prison Women at Central Jail Karachi (17<sup>th</sup> May, 2023).
192. 1st Public Health Symposium conducted by SZABIST at Karachi (20<sup>th</sup> May, 2023).
193. Follow up meeting with International Organization for Migration (23<sup>rd</sup> May, 2023).
194. British Asian Trust conducted a Mental Health Session at PC Hotel (24<sup>th</sup> May, 2023).
195. Dr. Muzaffar Hussain Courtesy visit of SMHA office Karachi (25<sup>th</sup> May, 2023).
196. Psychiatry Deptt. JPMC conducted a Seminar on "PID" at Karachi (25<sup>th</sup> May, 2023).
197. SMHA conducted Psychiatric training Session to Hyderabad's Doctors, 1<sup>st</sup> Day of Training (26<sup>th</sup> May, 2023).
198. Second Day of Training Session at Hyderabad organized by SMHA (27<sup>th</sup> May, 2023).
199. Meeting with IOM regarding signing ceremony of handing Medicines (29<sup>th</sup> May, 2023).
200. Sohail Trust Hospital conducted Mental Health Awareness Session (30<sup>th</sup> May, 2023).
201. SMHA conducted Mental Health Training at Distric Sujawal (31<sup>st</sup> May, 2023).
202. Follow up Meeting with (NGO) IOM regarding Medicines for Camp (01<sup>st</sup> June, 2023).
203. Chairman SMHA call a meeting regarding discussion on many issues (02<sup>nd</sup> June, 2023).
204. Muhammad Ali Jinnah University conducted "Annual Merit Awards Ceremony" (03<sup>rd</sup> June, 2023).
205. SMHA successfully conductd Mental Health Camp at District Umerkot (04<sup>th</sup> June, 2023).
206. Chairman SMHA meet with Advocate Kazi Mubashir Aijaz, Justice Project Pakistan (JPP) (06<sup>th</sup> June, 2023).
207. First meeting with Dr. Wamiq Ali and Second meeting with JPP (07<sup>th</sup> June, 2023).
208. Children of Adam conducted Fund Raising Dinner at CM House (7<sup>th</sup> June, 2023).

209. Discussion on M.H Training for Female / Juvenile Prisoners Staff (9<sup>th</sup> June, 2023).
210. Meeting with Prof. Dr. Ali Hashmi, Lahore regarding discussion on Punjab Mental Health Authority (9<sup>th</sup> June, 2023).
211. Meeting with Prof. Dr. Ghazal Asif Farrukhi, MGSHSS Department of Anthropology, LUMHS University, Lahore (9<sup>th</sup> June, 2023).
212. SMHA conducted Mental Health Training for Female Prison Staff and Juvenile Prison Staff at Central Jail Karachi (13<sup>th</sup> June, 2023).
213. Department of Psychiatry and Behavioural Sciences, JPMC organized a program to pay tribute and to celebrate the services of Living Legend Professor Syed Haroon Ahmed (16<sup>th</sup> June 2023).
214. Chairman, Sindh Mental Health Authority Senator Dr. Karim Ahmed Khawaja's mother sad demises and buried in his native place Tando Muhammad Khan (21<sup>st</sup> June, 2023).
215. Makhdoom Saeedu Zaman condolence to the Senator Dr. Karim Khawaja (2<sup>nd</sup> July, 2023).
216. Chief Secretary Sindh condolence to the Senator Karim Khawaja (4<sup>th</sup> July, 2023).
217. Meer Ghulam Muhammad Khan Jakhrani, Ex-MNA and Chairman District Kashmore condolence to the Senator Dr. Karim Ahmed Khawaja (15<sup>th</sup> July, 2023).
218. Sindhi Adabi Board organize Urdi Sindhi Mushaira & Book Launching Ceremony (17<sup>th</sup> July, 2023).
219. SMHA conducted successfully Roundtable discussion on the topic "Internet, Social Media, and Their Effects on Mental Health-.. (18<sup>th</sup> July, 2023).
220. Senator Dr. Karim Ahmad Khawaja has been awarded the prestigious Tony Buzan Academy and World Brain Trust awards for his contributions for the Mental Health Services in the Province of Sindh and whole in Pakistan (18<sup>th</sup> July, 2023).
221. Meeting with delegation of World Bank regarding mental health issues (19<sup>th</sup> July, 2023).
222. Meeting regarding Discussion on collaboration btw Sindh Mental Health Authority and World Bank (27<sup>th</sup> July, 2023).
223. 11<sup>th</sup> Board of Governors meeting of Sindh Mental Health Authority was held at head office Karachi under the Chairmanship of Senator Dr. Karim Khawaja (04<sup>th</sup> August, 2023).