GSAHW Global South Arts & Health Week 2024

PAKISTAN PAVILION

AUGUST 1 -11, 2024

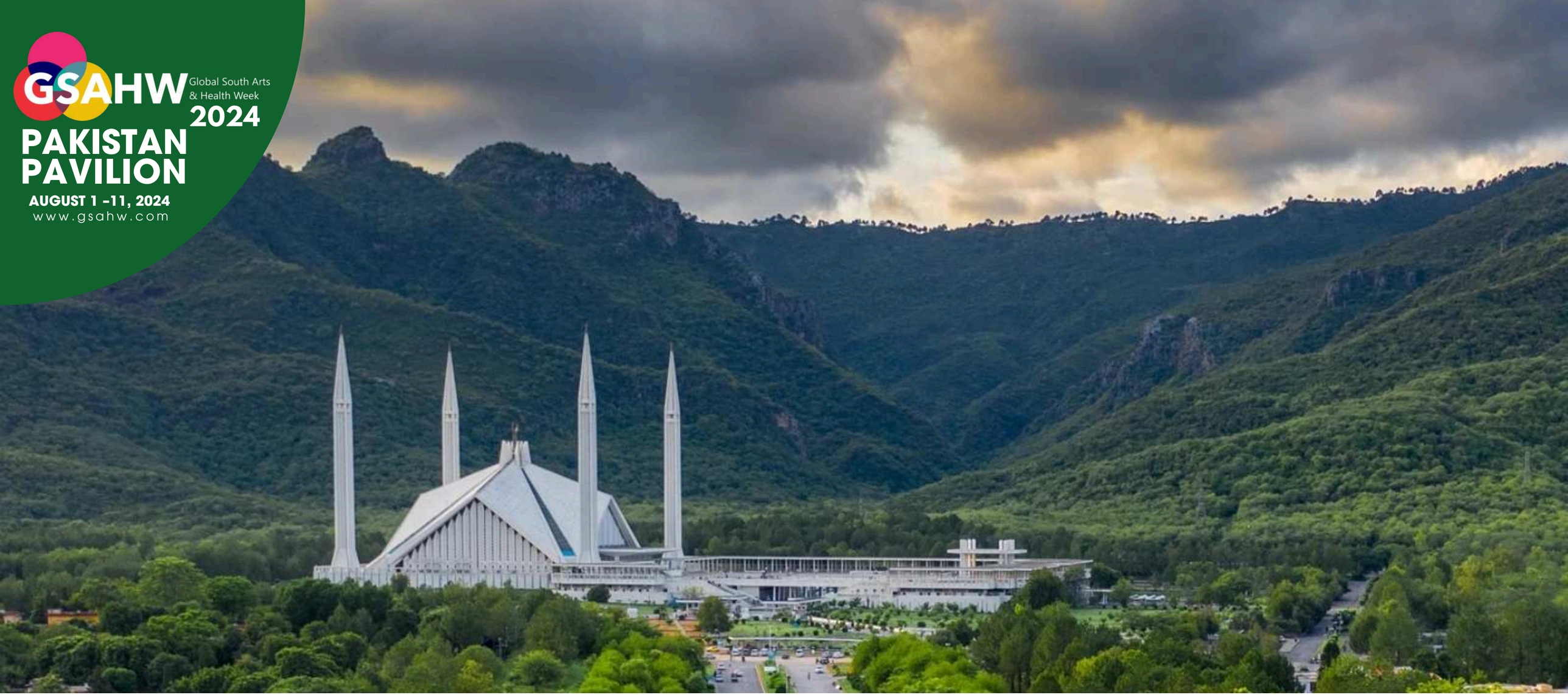
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GSAHW Global South Arts & Health Week 2024

PAKISTAN PAVILION

AUGUST 1 -11, 2024

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Hilton PHARMA

GLOBAL ARTS IN MEDICINE FELLOWSHIP

BRAIN SPACE

HEALTH & WELL-BEING THROUGH
SPIRITUALITY
POSITIVE PSYCHOLOGY
ARTS
CREATIVITY
EDUCATION

Habib University
shaping futures

THEMATIC AREAS

GSAHW Global South Arts & Health Week 2024

PAKISTAN PAVILION

- Mental Health
- Brain Health
- Neuroscience
- Decolonisation
- Public Health
- Health Education
- Climate Change
- Disability
- Creative Economy
- Maternal Health



COUNTRY CONTEXT

GSAHW Global South Arts & Health Week 2024

PAKISTAN PAVILION

ARTS AND SCIENCE ARE LOOKED AT AS VERY DISPARATE AND UNRELATED TOPICS.

We need to address this concern by sharing scientific knowledge about the impact of arts on health and well-being.

RICH CULTURAL HERITAGE WITH DIVERSE ART AND CRAFT FORMS INCLUDING RILLI-MAKING, HENNA ART, REGIONAL POTTERY, TRUCK ART, BASKETRY, VARIOUS FORMS OF TEXTILE DESIGNS ETC.

We need to provide a platform to research and better leverage these art forms for physical, emotional, mental and social well-being.

DEEP ROOTED ISSUES: LONG-TERM POLITICAL INSTABILITY, SOCIO-ECONOMIC DISPARITY AND LACK OF EQUAL OPPORTUNITY EDUCATION POLICY. DISPARITY IN OPPORTUNITIES FOR ENGAGEMENT WITH THE ARTS.

The arts can provide low-risk, cost-effective opportunities for engagement for and between various socio-economic segments of society and can help bring diverse people together.

OBJECTIVES

GSAHW Global South Arts & Health Week 2024
PAKISTAN PAVILION

ASSET MAPPING
Build regional knowledge-base and a network of cross-continental resources.

PROMOTE COLLABORATION
between ARTS x HEALTH sectors through knowledge sharing between artists, health professionals, doctors, researchers, scholars & policymakers.

SPOTLIGHTING
Contribute to the global framework through locally informed and culturally relevant practices.

CREATIVE ENGAGEMENTS
Introduce or increase creative engagements in healthcare settings and community centers

CREATE AN ECO-SYSTEM
of Arts & Health in Pakistan to improve delivery and visibility in the health service chain

PURPOSE

GSAHW Global South Arts & Health Week 2024
PAKISTAN PAVILION

The aim of GSAHW Pakistan Pavilion 2024 is to initiate a broad social discussion on Arts & Health in Pakistan and promote collaboration between the arts and the health sectors. Through building a regional knowledge-base and network of resources; introducing or increasing creative engagements in healthcare settings and community centers; and spotlighting locally informed and culturally relevant practices; our goal is to create an eco-system of Arts & Health in Pakistan.

GSAHW Global South Arts & Health Week 2024

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HEALTH & WELL-BEING THROUGH SPIRITUALITY POSITIVE PSYCHOLOGY ARTS CREATIVITY EDUCATION

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GSAHW Global South Arts & Health Week 2024

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PROGRAM SCHEDULE

AUGUST 1 -11, 2024

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PROGRAM CALENDAR

GSAHW Global South Arts & Health Week 2024

PAKISTAN PAVILION

1 August Thursday

LEARN WITH GP AT THE HAVEN, SUKKUR:

A WORKSHOP FOR DEAFREACH STUDENTS

9:00am-11:00am

Hearing impaired students engage with an artist space & turn doodles into product design.

3 August Saturday

WREATHS OF RESILIENCE AT INDUS HOSPITAL, KHI

HENNA CROWNS FOR CHILDREN WITH CANCER

11:00am-1:00pm

Intervention by Kolachi Mehndi Henna Healing Arts using positive psychology techniques, breathwork, and henna art.

KHUSHIYAAN SAB KE LIYE at ASMA HOMES, ISB

ART ENGAGEMENT AT AN ORPHANAGE

Henna art, face painting, rhythmic movement to bring joy to the children at Asma Homes Orphanage.

4 August Sunday

THE CROWS AT KOEL GALLERY, KHI

STORYTELLING FOR MENTAL HEALTH

11:00am-1:00pm

Sharing stories about relationships and loss for finding community and healing.

QIGONG PK AT A SENIOR CENTER, ISB

BALANCE & FLOW FOR AGING ADULTS

Support physical, mental & emotional self-healing through conscious movement, rhythmic breath, and mind-body cohesion.

5 August Monday

RAH-E-AMAL AT AF WELFARE SCHOOL, KHI

FIRST AID TRAINING FOR STUDENTS

11:00am-1:00pm

Essential life-saving interventions in common emergencies delivered through interactive learning and performance-based role play.

AAHUNG STREET THEATER IN KHAIRPUR

AWARENESS ON EARLY & FORCED MARRIAGES

Dramatic performance helps share physical & mental health consequences, as well as sexual and reproductive health rights.

6 August Tuesday

MUDPIE AT KDSP

CLAY THERAPY FOR DOWN'S SYNDROME

11:00am-1:00pm

Clay therapy and somatic movement workshop engaging participants from Karachi Downs Syndrome Program

RAHSONANCE AT A SENIOR CENTER, KHI

MINDFULNESS & MENTAL HEALTH FOR AGING ADULTS

3:30pm-5:30pm

Vocal exploration & rhythm circle for aging adults to offer connection & community through NS regulation & enhanced mood.

7 August Wednesday

DISABILITY & SPECIAL NEEDS: VISIBLE AND INVISIBLE

INTERACTIVE AWARENESS SESSION

3:00pm-5:00pm

An interactive session at Habib University that creatively questions our understanding of special needs. We work together to see how sharing a story, finding language and engaging in art and creativity can become resources for building more inclusive, empathetic, and equitable societies.

SPEAKERS & FACILITATORS:

RABIA AZIZ, IFRAH FAHEEM, ZAHRA HALAI & FATIN KHALIL

8 August Thursday

BAGH-E-SAKINA AT GHULAMAN E ABBAS SCHOOL, KHI

CRITICAL THINKING SKILLS FOR YOUTH

10:30am-12:00pm

Activity-based training to boost children's critical thinking and communication skills.

KUN AT IMKAAN, KHI

MENTAL HEALTH IN REFUGEE & STATELESS

4:00pm-6:00pm

Using a Strength Mandala activity to equip marginalized women with awareness about rights against maltreatment, mental strength & resources.

9 August Friday

ART THERAPY BY RUQQAYA AT KIRAN SCHOOL, KHI

ART THERAPY FOR KIDS

10:30am-12:00pm

Art therapy workshop on regulating emotions using CBT techniques and somatic breath work.

CFAW AT FRERE HALL PARK, KHI

CLIMATE CHANGE BLANK CANVAS

4:00pm-6:00pm

Engaging community for awareness on climate change through public art making in a historical public space.

10 August Saturday

DRUM CIRCLE AND CLOSING AT HABIB UNIVERSITY

COMMUNAL MUSIC-MAKING

4:00-6:00pm

Participants, facilitators and faculty come together to play drums as a group demonstrating the value of listening to each other, value of community, and value of music.

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Global Arts in Medicine Fellowship

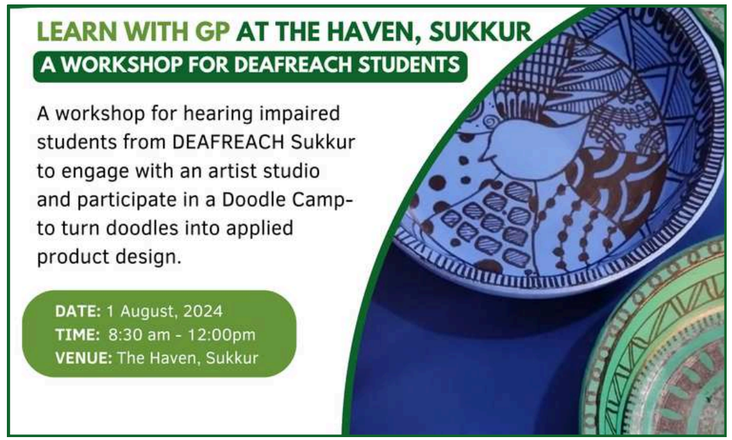
Brain Space

Health & Well-being through Spirituality Positive Psychology Arts Creativity Education

Habib University shaping futures

AUGUST 1, 2024

GSAHW Global South Arts & Health Week 2024
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Learn with GP

Deaf Reach
Schools | Training Centers | Colleges

LEARN WITH GP

Learn With GP is a platform created by Ghazal Pirzada of Ghazal Pirzada Creative Studios (GPCS). Aimed to spread the art and skill of crafting and drawing from Ghazal's passion and extensive experience for the arts since 2008, Learn With GP is designed to reach a wide audience, from novices and hobbyists to professionals. With a vision to create a global community of learners and artisans, empowering them with the skills and knowledge to create beautiful, modern designs while preserving traditional craftsmanship.

DEAF REACH, SUKKUR

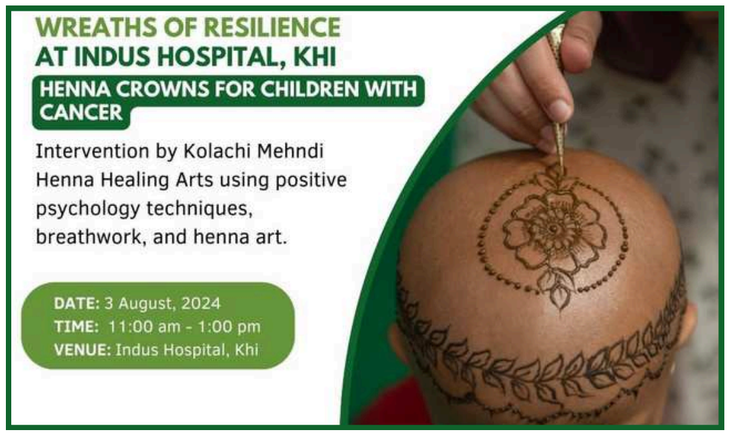
Founded in 1998, Deaf Reach is a program of the Family Educational Services Foundation (FESF), dedicated to empowering disadvantaged deaf children and youth in Pakistan. Through comprehensive deaf education, skills training, job placement, and sign language development, Deaf Reach creates lasting positive impacts on the lives of individuals and their families.

THE HAVEN, SUKKUR

The Haven located in Sukkur, Sindh is a sanctuary for creative souls. It has been created by Zuhaib Ahmed, a Software Quality Assurance Consultant, who wanted to design a space that provides an opportunity to welcome, inspire and encourage people to think, experience, and engage in art and creativity.

AUGUST 3, 2024

GSAHW Global South Arts & Health Week 2024
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KOLACHI MEHNDI CO.

Kolachi Mehndi–Pure, Natural, Chemical-free™ henna, was launched in 2018 to revive the traditional art of mehndi and change Pakistan's market practice of using chemical cones that are hazardous for health. Through product innovation, consumer education and artist engagement, Kolachi Mehndi has elevated an age old religio-cultural tradition into an expressive art form and propelled the formation of a natural henna industry in Pakistan.

HENNA HEALING ARTS BY KOLACHI MEHNDI

Henna Healing Arts by Kolachi Mehndi connects people with the fascinating, meditative and therapeutic process of experiencing natural mehndi. At the heart of this curated experience is profound respect and appreciation for the customs that bring us together; help us connect with ourselves and each other; and give us memories to cherish- thus, helping us heal.

INDUS HOSPITAL

Indus Hospital & Health Network provides high-quality, accessible healthcare to all, regardless of their ability to pay. Committed to community engagement and innovative approaches, IHHN envisions a healthier, more equitable society for all in Pakistan.

AUGUST 3, 2024

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KHUSHIYAN SAB KE LIYE

Khushiyan Sab Ke Liye is a non-profit initiative founded in July 2022 to support less privileged individuals. The organization helps orphans, children from abusive backgrounds, shelter home kids, street kids, and elderly residents, providing love and support. They also organize therapeutic events for unwell children, including cancer patients, to bring joy and aid in their treatment.

ASMA HOMES

Asma Homes in Islamabad, a project of Muskurahat Educational and Welfare Trust, is dedicated to the care of underprivileged children. Their mission is to own, educate, and empower these children, providing them with the support they need to thrive.

AUGUST 4, 2024

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THE CROWS

The Crows Karachi was launched in August 2017 by Zarmina Raza and Humaira Saleem to create safe spaces that celebrate the plurality of experiences and the extraordinary in the ordinary. It is an adult truth-telling platform that invites people from all walks of life to share their personal experiences with a live audience. We believe stories encourage important conversations and synergistic relationships between diverse people and initiatives, which has created some wonderful collaborations with The Citizens Foundation, the Karachi Biennale 2022 and Karachi Grammar School.

KOEL GALLERY

Koel Gallery was founded in 2009 to bridge the divide between Arts and Crafts. Guided by renowned artists and architects, it provides a tranquil space for artists, designers, and craftsmen to exhibit their work, fostering a unique blend of art and nature.

AUGUST 4, 2024

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QigongPK

QIGONG PK

QigongPK, based in Islamabad, Pakistan, consists of a team of qigong movement practitioners dedicated to a holistic approach to body-mind health. In collaboration with Ajahn Toh of Thai Qi Holistics (TQH), Thailand, they practice and teach using the TQH System. This unique approach applies the ancient wisdom of qigong to modern life, addressing contemporary habits and patterns to enhance daily living quality.

AUGUST 5, 2024

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RAH-E-AMAL

Rah-e-Amal is a trust dedicated to improving emergency and trauma care in Pakistan. Established in honor of Amal Umer, who died due to inadequate care, it advocates for better emergency services, ethical practices, and community engagement in first aid awareness.

AF WELFARE SCHOOL

Founded in 2012, AF Welfare School began with just 16 students and 2 teachers, driven by a mission to provide quality education to every child in Pakistan. Through innovative teaching and community engagement, the school aims to uplift underserved communities, nurturing future leaders and change-makers.

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AAHUNG

Aahung is a Karachi-based NGO dedicated to improving sexual and reproductive health and rights (SRHR) in Pakistan since 1995. With a focus on empowering children and adolescents, Aahung implements Comprehensive Sexuality Education (CSE) programs, locally known as Life Skills Based Education (LSBE), which promote human rights, choice, respect, and equality. These programs have led to significant positive changes in attitudes and behaviors, especially among girls, enhancing their knowledge of bodily rights and negotiation skills. Aahung also strengthens SRHR services and builds healthcare providers' capacity to address critical issues.

AUGUST 6, 2024

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MUDPIE STUDIO

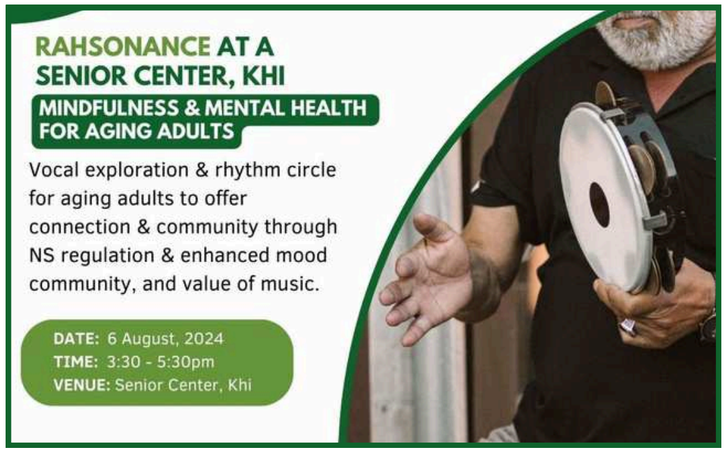
Mudpie Studio offers a variety of art classes and workshops for all skill levels, including painting, pottery, drawing, sculpture, and mixed media. With experienced instructors, they provide interactive sessions that nurture creativity, and also host inclusive workshops for children, private parties, corporate team-building events, and art therapy sessions.

KDSP

Launched in 2014, KDSP - A Down Syndrome Organisation advocates for the acceptance and inclusion of individuals with Down syndrome in Karachi. Through their six service areas, KDSP offers support to families from the moment of diagnosis to ensure their loved ones lead independent and fulfilling lives. Under the skills development program, they also offer vocational training and hobby building programs for children and adults with Down syndrome.

AUGUST 6, 2024

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RAHSONANCE

Rahsonance is a wellness duo founded by Maheen Mohammed and Nida Khan, blending mindfulness, self-compassion, and expressive arts into their retreats, circles, and courses. They aim to enhance holistic well-being and are actively involved in the Karachi Wellness Festival.

SENIOR CENTER,KHI

The senior citizen committee ensures that the health of seniors, including their mental and physical health, remains in check and stable. Through various activities such as weekly yoga classes and monthly programmes (sessions and entertainment activities), we make sure that our seniors remain fit and social. We also arrange physical checkups, sport events and indoor gaming etc.

AUGUST 7, 2024

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A session that creatively questions our understanding of special needs. We work together to see how sharing a story, finding language and engaging in art and creativity can become resources for building more inclusive, empathetic, and equitable societies.

OPEN TO ALL INTERESTED INDIVIDUALS WHETHER THEY ARE CARE-GIVERS OR CURIOUS PEOPLE WHO CARE. REGISTER YOUR INTEREST NOW. LIMITED SPOTS AVAILABLE.

WEDNESDAY, 7 AUGUST, 2024 | 3:00-5:00pm | HABIB UNIVERSITY, KARACHI

RABIA AZIZ
THE HEART COACH
FOUNDER SPECIAL NEEDS PAKISTAN

kdsp
A Down Syndrome Organisation

BRAIN SPACE
HEALTH & WELL-BEING THROUGH SPIRITUALITY POSITIVE PSYCHOLOGY ARTS CREATIVITY EDUCATION

Habib University
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RABIA AZIZ

Rabia Aziz is a Resilience Coach, Clinical Trauma Specialist, and Psychodynamic Therapist, and the Founder of Special Needs Pakistan.

KDSP

KDSP-A Down Syndrome Organisation advocates for the acceptance and inclusion of individuals with Down Syndrome. KDSP also offers vocational training and hobby building programs for children and adults with Down syndrome.

BRAIN SPACE

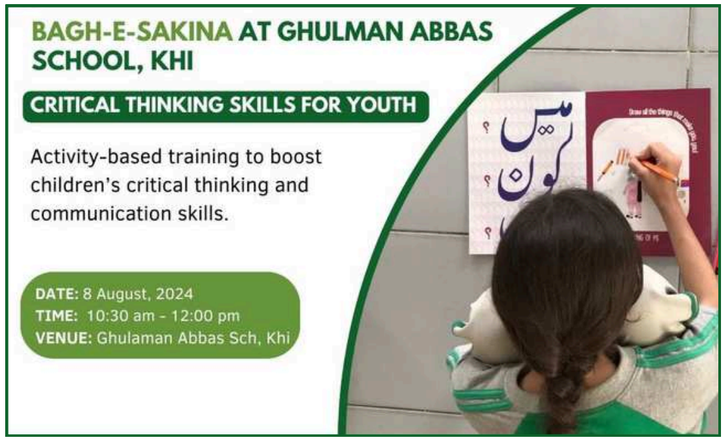
BrainSPACE is a social enterprise that designs and delivers research-based interventions from Spirituality, Positive psychology, Arts, Creativity and Education (SPACE) to impact health, well-being and social progress.

HABIB UNIVERSITY

Habib University is renowned as the best university for liberal arts and sciences education, distinguished by its unique liberal core. It offers diverse undergraduate and graduate programs, focusing on critical thinking, interdisciplinary learning, and global perspectives.

AUGUST 8, 2024

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BAGH-E-SAKINA

Bagh-e-Sakina, a youth-based social enterprise that improves the living standard of children and youth in Pakistan through innovative social programs. One of the projects of Bagh-e-Sakina is capacity-building training for primary caregivers and children in civic engagement such as children's rights awareness, inclusivity, gender sensitivity & public health. The aim of Bagh-e-Sakina is to improve children's learning objectives by enabling more learning-friendly environments in middle and low-income schools.

GHULAMAN-E-ABBAS SCHOOL

Since 1958, Ghulaman-e-Abbas School has been dedicated to providing quality education to financially deprived families. This non-profit institution serves boys from Kindergarten to Grade 10 and girls to Grade 5, focusing on academic excellence, moral responsibility, and life skills to uplift entire communities.

AUGUST 8, 2024

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KÜN
Holistic
Mental Health Services

imkaan

KUN

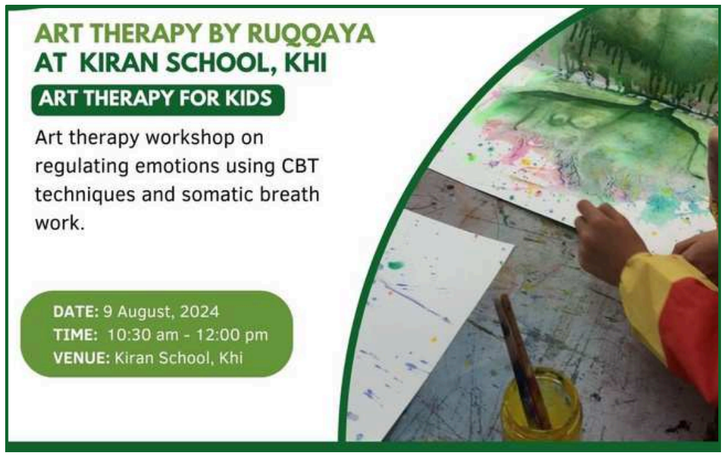
KÜN redefines mental health services with a fresh approach, making therapy accessible and engaging. Combining unique methods like Kintsugi and dog therapy with pioneering forensic psychology in Pakistan, KÜN offers creative support through storybooks and innovative products. They provide specialized courses in psychoeducation and body language for professionals, expert forensic consultation, and psycho-oncology services, all while fostering supportive environments in educational institutions and organizations.

IMKAAN

Imkaan Welfare Organization prioritises the welfare and rights of children, women, and individuals in marginalised and stateless communities. It strives to ensure their well-being and offer opportunities through various services. These services encompass education, recreation, sports, mother and child health, mental health support, legal protection, vocational training, awareness of rights, and environmental cleanliness. Advocacy and awareness forms an important component of Imkaans work, impacting knowledge within communities and policy making. Imkaan was established with the fundamental belief thatevery child deserves not only t he right to exist but also the right to flourish.

AUGUST 9, 2024

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ARTDARGAH

Artdargah focuses on immersive art methodologies. On a quest for self awareness through tactile materials, play and nonverbal artistic expression, one may reach a better understanding of self. Quarterly group sessions take place with experienced practitioners for self healing.

KIRAN SCHOOL

Kiran School System, part of the Kiran Foundation, creates a child-centric learning environment from Foundation to Grade 10. The school employs a multi-disciplinary, experiential learning approach, nurturing future ambassadors of change who lead with love and compassion, alongside a parallel mother's education program.

AUGUST 9, 2024

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CFAW

CFAW

Centre for arts based methodologies and wellbeing (CFAW) is a non for profit organization. Our work is to connect you to the bigger picture through education, health, environmental awareness, research methodologies and culture. With art-based methodologies, we hope to promote creative thinking, problem solving and build capacity to energise the movement towards a nurturing and sustainable economy while increasing the overall wellbeing of our society.

FRERE HALL

Frere Hall, built in 1865 in Karachi, is a historic landmark from the British colonial era. Designed in Venetian Gothic style, it originally served as a town hall and now functions as a cultural center and public library. The hall features frescoes by renowned artist Sadequain and hosts various cultural events and exhibitions.

AUGUST 10, 2024

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THE KARACHI DRUM

The Karachi Drum started as Drumcircle at T2F to honor the memory of Sabeen Mehmood. Their goal is to foster community and togetherness through collective drumming, creating a space for shared grief, joy, and unity. They facilitate drum circles at public locations, schools, and organizations, promoting harmony and a sense of belonging.

HABIB UNIVERSITY

Habib University in Karachi, Pakistan, is renowned as the best university for liberal arts and sciences education, distinguished by its unique liberal core. Established in 2014, it offers diverse undergraduate and graduate programs, focusing on critical thinking, interdisciplinary learning, and global perspectives. Habib University is an academic partner for GSAHW Pakistan Pavilion, 2024.

GSAHW Global South Arts & Health Week 2024

PAKISTAN PAVILION

TEAM

AUGUST 1 -11, 2024

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GLOBAL DEVELOPMENT LEAD

GSAHW Global South Arts & Health Week 2024
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KUNLE ADEWALE

GLOBAL DEVELOPMENT LEAD-
GSAHW
& GLOBAL ARTS IN MEDICINE FELLOWSHIP

Dr.Kunle Adewale is a Nigerian-born, UK- based multimedia artist, curator, and a Global Arts and Health Specialist. He founded Arts in Medicine Projects and the Global Arts in Medicine Fellowship, training over 1,000 professionals from 60 countries, impacting 50,000+ people. Adewale's art engagements have benefitted diverse groups, including children with mental illnesses, cancer patients, inmates, refugees, and seniors with dementia, across Nigeria, Bosnia, South Africa, Kenya, Ghana, UK, Ireland, and the US among others.

Kunle is a Global Atlantic Fellow for equity in Brain health from the University of California San Francisco. His programmes have been featured globally, and he has received numerous accolades, including the Kunle Adewale Day in Cincinnati and the Commonwealth Youth Worker Award.

He is a member of the WHO-Jameel Arts and Health Lab Steering Committee and the WHO Arts and Wellbeing Cohort, championing the integration of arts and health worldwide. Kunle is a Future Health Leader of the College of Medicine and Integrated Health, United Kingdom and Commonwealth Health Leader. He was endorsed by the Arts Council England as an exceptional global talent for his leadership in arts and culture.

LEADERSHIP TEAM

GSAHW Global South Arts & Health Week 2024
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FATIN KHALIL

CREATIVE HEALTH SPECIALIST; EDUCATOR & ENTREPRENUER

FESTIVAL DIRECTOR- PAKISTAN

Fatin Khalil is an interdisciplinary professional whose work convenes at the intersection of arts and science; advocacy and entrepreneurship.

She is the Founder & Managing Director of BrainSPACE, a social enterprise in Pakistan focused on designing and delivering interventions based on research from health sciences into creative solutions that impact health, well-being and social progress. She is also the Founder & Proprietor of Kolachi Mehndi–Pure, Natural, Chemical-free™ henna, est. 2018 to revive the traditional art of mehndi and change Pakistan's market practice of using chemical cones that are hazardous for health. Kolachi Mehndi has elevated an age old religio-cultural tradition into an expressive art form and propelled the formation of a natural henna industry in Pakistan. Prior to that Fatin has experience in advertising, branding and marketing and was a part of various campaigns for commercial brands and cause-based non-profits.

Fatin has a Master's from Columbia University in Spirituality, Mind, Body-Psychology in Education, 2022, where she focused on neuroscience, positive psychology and arts for health. She graduated summa cum laude with an Associates in Merchandising from JWU in 2003 and joined Indus Valley School of Art & Architecture (IVS) in Karachi where she graduated with Distinction in Communication Design in 2007. Fatin has also served as adjunct faculty at IVS.
See her work at www.fatinkhalil.com

LEADERSHIP TEAM

GSAHW Global South Arts & Health Week 2024
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ANZAL ABBAS JAFFARI

SOCIAL DEVELOPMENT LEADER
CHILD RIGHTS ADVOCATE
ASSOCIATE FESTIVAL DIRECTOR-PAKISTAN

Anzal is a GPE Youth Leader and Social Development & Policy graduate from Habib University, Pakistan.

Anzal works in the Education & Public Health sector as an advocate of youth empowerment. Anzal is member of National Youth Advocacy Platforms in Pakistan such as the National Youth Assembly and the National Youth Parliament of the Pakistan Institute of Legislative Development and Transparency (PILDAT).

In his pursuit of achieving the goal of empowering youth in Pakistan, Anzal founded Bagh-e-Sakina, a youth-based social enterprise that improves the living standard of children and youth in Pakistan through innovative social programs. One of the projects of Bagh-e-Sakina is capacity-building training for primary caregivers and children in civic engagement such as children's rights awareness, inclusivity, gender sensitivity & public health. The aim of Bagh-e-Sakina is to improve children's learning objectives by enabling more learning-friendly environments in middle and low-income schools.

Anzal has published multiple book chapters/abstracts on different development subjects. He has a YouTube channel dedicated to improving awareness on social issues @anzalabbas and @bagh_sakina on Instagram

CORE TEAM

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SHABBIR MOHAMMED
COMMUNICATIONS LEAD

Shabbir Mohammed is a writer, designer and visual artist. He is a multimedia artist who works in video, photography, animation and illustration to tell stories. He is interested in forms of story telling and wonder and has started a project called Khayali Karachi to explore that. His written works have been published in the Arzu Anthology and the “doing things with stories” anthology.



IFRAH FAHEEM
MANAGEMENT LEAD

Ifrah Faheem is an advocate for inclusion with a record of driving social impact. She has conducted over 60 awareness sessions at leading organizations, engaging diverse populations. Ifrah is a founding member of Bagh e Sakina and has been a part of KDSP-A Down Syndrome Organisation where she has excelled in managing social marketing projects, campaigns, and media interactions. She is a strong proponent of community service which is evident through her work.



BEENISH UMER
TEAM MEMBER

Beenish Umer is a multifaceted creative force, distinguished as a filmmaker/producer and production designer. With nearly two decades of experience, she has carved a niche as a trailblazer within the Pakistani film industry. Her portfolio boasts a diverse array of feature-length films, short films, children’s content, music videos and television commercials, each marked by her artistic brilliance and meticulous attention to detail.



AREEBA SIDDIQUE
TEAM MEMBER

Areeba Siddique is an illustrator based in Karachi, Pakistan. Her work revolves around the lives of covered Muslim women and their identity; culture; and womanhood; in the modern day world. The rich culture of South Asia has deeply inspired the details of her work and is the main inspiration for her artistic vision. Her commercial practice includes clients like Penguin Books, Pan Macmillan, Malala Fund, Facebook, WeTransfer, and Coke Studio.



KANWAL ANJUM
TEAM MEMBER

Kanwal is a multi-talented artist whose journey has been marked by diverse creative pursuits and interest in understanding human behavior. Kanwal’s journey reflects her unwavering commitment to personal growth, empathy, and the transformative power of creatives & human connection. Through her holistic approach to healing, she continues to inspire others to embrace their vulnerabilities and embrace the beauty of the human experience.

GSAHW Global South Arts & Health Week 2024

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FACILITATORS' PROFILE

AUGUST 1 -11, 2024

www.gsahw.com

FACILITATOR

GSAHW Global South Arts & Health Week 2024
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GHAZAL PIRZADA

ARTIST & EDUCATOR

Ghazal Pirzada, a textile design graduate from Indus Valley School of Art and Architecture, founded Ghazal Pirzada Creative Studios (GPCS) to empower underprivileged women in Sukkur, Sindh, Pakistan. With over 15 years of experience, she integrates modern design with traditional craftsmanship, creating new-age products that resonate with contemporary audiences. Ghazal's commitment to sustainability and a zero-waste business model makes GPCS a beacon of innovation and empowerment.

Ghazal launched "Learn with GP," a platform dedicated to teaching crafting skills to a global audience, empowering learners to create modern designs while preserving traditional craftsmanship. Her commitment to creativity, education, and empowerment makes her an inspiring trainer, teacher, and creator.

FACILITATOR

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ARISHA PIR MUHAMMAD

HENNA ARTIST

Arisha Pir Mohammad is a self-made artist and henna artist based in Islamabad, Pakistan. Driven by a passion for helping others, she founded Khushiyan Sab Ke Liye to make a meaningful impact on the lives of less privileged people. Through her initiative, Arisha uses her time, knowledge, talent, skills, and creativity to empower and bring happiness to those in need, making them feel loved and valued. Her dedication to her cause showcases her commitment to creating positive change in her community.

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SAMIA YOUNUS

HENNA ARTIST & ELEMENTARY TEACHER

Samia Younus, a dedicated elementary teacher with 15 years of experience. Her passion is to create a supportive and engaging learning environment, helping students overcome challenges and thrive in their educational journey. She believes in making learning fun and accessible for all. She's also a self-taught henna artist, specializing in intricate designs, especially bridal henna. With a decade of experience, Samia creates exquisite, delicate patterns that blend tradition and creativity. She shares her art globally through online classes, spreading the beauty of henna beyond borders.

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HUMAIRA SALEEM

MEDIA GURU

Humaira Saleem, a media guru, is the Executive Creative Director of The Zebra Issue and co-founder of TheCrowsKarachi. A strong proponent of sustainability, she is an avid gardener who specializes in creating a variety of micro green spaces in offices and apartments. She is also a wellness mentor who advocates meditating, clean-eating and journaling for a healthy, balanced way of life.

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ZARMINA RAZA

WRITER & EDUCATOR

Zarmina Raza is a writer and educator who co-founded TheCrowsKarachi. Besides teaching at various schools in Karachi, she is a member of the Editorial Board of the AKU-IED Educational Blog and participated in the Karachi Literary Festival from 2022-24. She also just started a new venture, Ink'd. Conversations, to create writing experiences for a diverse audience.

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BEENISH UMER

HEALTH & SAFETY ADVOCATE
PRODUCTION DESIGNER

Beenish Umer is a multifaceted creative, distinguished as a producer and production designer. With nearly two decades of experience, she has carved a niche as a trailblazer within the Pakistani film industry.

Beyond her achievements in filmmaking, Beenish is fueled by a profound personal mission. Following the tragic loss of her daughter, Amal Umer, due to shortcomings in state infrastructure and emergency response services, Beenish and her husband Umer Adil embarked on a mission to prevent similar tragedies. Their grief catalyzed the creation of Rah-e-Amal, a trust dedicated to improving emergency and trauma care systems in the country. Through Rah-e-Amal, they actively advocate for enhanced awareness of first aid, importance and availability of integrated emergency services and ethical medical practices emphasising their crucial role in saving lives.

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DR. FAREEDA KAMRAN

FIRST AID TRAINER & ADVOCATE

Dr. Fareeda Kamran, MBBS, MRCGP, MCPS, and BLS certified, brings extensive experience from private, government, and nonprofit sectors. As the Programme Director and First Aid Trainer at Rah-e-Amal, she conducts health awareness activities and contributes to enhancing emergency care and first aid training.

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ABEER ASIM

CERAMIC ARTIST & ART THERAPY PRACTITIONER

Abeer Asim is the owner of Mudpie Studio and a skilled ceramic artist with a deep passion for art therapy. She holds a postgraduate degree in Ceramic Art from Cardiff School of Art and Design and a graduation degree in Ceramic Design from Indus Valley School of Art and Architecture. With a certificate in Art as Therapy Practitioner (ATP), Abeer leverages her expertise to facilitate healing and self-discovery through art, especially for children with additional needs, those battling cancer, and individuals who have experienced trauma.

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SARAH SHAIKH

DISABILITY & COMMUNICATIONS PROFESSIONAL

Sarah Shaikh is a disability and global health communications professional with a degree in business management from Greenwich University, Karachi.Sarah has worked with Deaf children and youth for over a decade. To navigate the fallout of the Covid-19 pandemic and 2022 floods in Pakistan, she worked with a cohort of teachers of the Deaf to introduce the basic principles and practice of QiGong to support movement and healing. Sarah continues to train as a QiGong instructor under Shazia Mohamed and Ibadullah Shaikh, founders of QigongPK and Ajahn Herman Toh at Thai Qi Holistics in Chiang Mai, Thailand.

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IBADULLAH SHAIKH

MEDICAL QIGONG PRACTITIONER

Ibadullah Shaikh trains as a qigong instructor with Ajahn Herman Toh at Thai Qi Holistics in Chiang Mai, Thailand. He is an Acumen Leadership Fellow 2017, and has a degree in Communication Design from University of Karachi. He believes in wellness; body, mind, and soul.His experience, interest, and passion have led him to practice as a wellness facilitator.His purpose is to nurture rounded individuals. He blends mindfulness, movement, and music to equip children with a stable foundation which enables them to make informed choices in life.

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RABIA AZIZ

MENTAL HEALTH PROFESSIONAL
RESILIENCE COACH

Rabia Aziz is a Resilience Coach, Clinical Trauma Specialist, and Psychodynamic Therapist, and the Founder of Special Needs Pakistan. Since 2013, her online movement has focused on raising awareness about diversity and inclusion. A motivational speaker and social worker, Rabia has spoken at various platforms including TED, Facebook, and Special Olympics Pakistan, and believes in the power of resilience and hard work to unlock potential.

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IFRAH FAHEEM

INCLUSION ADVOCATE

Ifrah Faheem is a Social Development and Policy graduate from Habib University. She has conducted more than 60 awareness sessions specializing in disability inclusion and inclusive education in schools, universities, hospitals, and leading organizations across Karachi.

As a founding member of Bagh e Sakina, Ifrah directs outreach and communications, emphasizing inclusive education and civic rights education. Having led awareness initiatives and appeared on national television advocating for inclusion, she passionately believes in the power of media to drive social change and values the significance of fostering open dialogue.

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ZAHRA HALAI

PRESCHOOL TEACHER FOR CHILDREN WITH DOWN SYNDROME

Zahra is an Assistant Teacher for the last 7 years at KDSP - A Down Syndrome Organisation. She is a strong advocate and a great role model for individuals with Down syndrome. Along with that, Zahra is a strong advocate for the environment and makes a point to promote working sustainably.

Zahra has represented the cause on various platforms both nationally and internationally, including forums like the Chief Minister house on International Day of Persons With Disabilities, the World Down syndrome conference in Dubai, and much more. She enjoys Painting as her hobby!

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FATIN KHALIL

CREATIVE HEALTH SPECIALIST; EDUCATOR & ENTREPRENUER

Fatin Khalil is an interdisciplinary professional whose work convenes at the intersection of arts and science; advocacy and entrepreneurship.

She is the founder and proprietor of Kolachi Mehndi and the founder & managing director of BrainSPACE, a social enterprise that designs and delivers interventions that impact health, well-being and social progress.

Fatin uses evidence-based practices from Spirituality, Positive psychology, Arts, Creativity and Education (SPACE) to help shift the focus from what is wrong to enhance what is strong in people and communities.

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ANZAL ABBAS

SOCIAL DEVELOPMENT LEADER
CHILD RIGHTS ADVOCATE

Anzal is a GPE Youth Leader and Social Development & Policy graduate from Habib University, Pakistan. Anzal works in the Education & Public Health sector as an advocate of youth empowerment. Anzal is member of National Youth Advocacy Platforms in Pakistan such as the National Youth Assembly and the National Youth Parliament of the Pakistan Institute of Legislative Development and Transparency (PILDAT).

Anzal founded Bagh-e-Sakina, a youth-based social enterprise that improves the living standard of children and youth in Pakistan through innovative social programs. One of the projects of Bagh-e-Sakina is capacity-building training for primary caregivers and children in civic engagement such as children's rights awareness, inclusivity, gender sensitivity & public health. The aim of Bagh-e-Sakina is to improve children's learning objectives by enabling more learning-friendly environments in middle and low-income schools.

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ALIZA FATIMA

COMPUTER SCIENCE STUDENT & TRAINER

Aliza Fatima is a computer science student at Habib University. Her interests extend beyond computer science to include working on humanistic causes for social change. She has experience working with organizations like Aid for All, Launch Box Pakistan, and The School of Writing. She has been affiliated with BagheSakina as a trainer for the past seven months and is passionate about children's welfare. Aliza leverages her experience as a computer scientist to develop innovative products that help children engage in digital and other forms of art, and in turn, learn important concepts like diversity, civic engagement, and positive behaviors.

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SUMBUL SHABBIR

FORENSIC PSYCHOLOGIST

Sumbul Shabbir holds a Bachelor's in Psychology from South Africa and a Master's in Forensic Psychology from the UK. Her expertise spans Art Therapy, Hypnotherapy, Strategic Management, and leadership, with a focus on societal issues in forensic psychology, as highlighted by her thesis on public perceptions of punitive measures in Pakistan.

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ALISHBA NAVEED

CLINICAL PSYCOLOGIST

Alishba Naveed is a Clinical Psychologist specializing in Art Therapy and NLP. Her research on group art therapy's impact on pediatric leukemia patients has been published in three international conferences. Certified in Art and Play Therapy, Alishba is committed to advancing mental health practices and innovative therapeutic approaches.

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RUQQAYA RIZWAN

CBT PRACTITIONER
ART THERAPIST

Ruqayya Rizwan pioneered a critical thinking model in 2010 at Indus Valley School of Art and Architecture, Karachi, and has since led interactive workshops for various age groups. Utilizing immersive art processes with locally available materials, Ruqayya focuses on aligning mind, body, and soul, emphasizing the art process over the final product. Holding a BDes in Communication Design and a diploma in Art Therapy for Self-Healing, she has conducted workshops with notable institutions like Karachi Biannual and Indus Hospital Paediatric Oncology Ward, fostering emotional and mental relief through art.

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RUTABA SYED

ARCHITECT & MULTIMEDIA ARTIST

Rutaba Syed is an architect, researcher, and multimedia artist with a background in architecture, community dialogue interventions, cultural making, and public art. She is also a trained wellbeing coach by GEMConnect and has her certification in Humanistic Integrative Counselling from CPPD. Her practice focuses on using creative and innovative approaches alongside cultural interventions for organizational development, public engagement, and community building. She is passionate about creating platforms for young emerging artists and instilling art as a language of creative placemaking. She is currently the curator and organizational head at the Centre for Art-Based Methodologies & Wellbeing. Rutaba also is an occasional poet and a nature fanatic.

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DR. SANA ALI

HEALTH & EDUCATION ADVOCATE

Dr. Sana Ali, equipped with a master's degree in Health and Hospital Management, boasts over 7 years of progressive experience in project management, strategy development, grants, and health communications within Pakistan's development sector. In her current role as Manager- Life Skills Education at Aahung, Dr. Sana is overseeing several large international grant-funded projects, focused on Sexual and Reproductive Health and Rights (SRHR) and Life Skills-based Education (LSBE). She has a proven track record of managing SRHR programs for children and young people, as well as advocating for the integration of SRHR into national education curricula.

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MAHEEN MOHAMMAD

MINDFULNESS FACILITATOR

Maheen Mohammed is a mindfulness facilitator based in Karachi, Pakistan. Inspired by Islamic and Buddhist teachings, Maheen offers mindfulness, self-compassion, and connection through retreats, circles, and courses. She is a Trained Mindful Self-Compassion Teacher, Certified Mindfulness Meditation Teacher, and has completed Compassionate Inquiry training. Maheen is also a co-founder of the Karachi Sangha, Karachi Wellness Festival, and the wellness duo Rahsonance.

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NIDA KHAN

PSYCHOTHERAPIST

Nida Khan is a practicing Psychotherapist and Clinical Supervisor with dual Masters in Clinical Psychology and a Diploma in Relational Clinical Supervision. Specializing in trauma through Expressive Arts Therapy, Jungian Sandplay Analysis, and QiGong, she integrates music, poetry, and mindful practices into her work. Nida co-founded the Karachi Wellness Festival and the wellness duo Rahsonance.

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MOHSIN KAZI

MINDFULNESS MEDITATION TEACHER

Mohsin Kazi is a certified Mindfulness Meditation Teacher from UC Berkeley's Greater Good Science Center and the Founder of The Karachi Drum. Driven by his own healing journey, Mohsin aims to foster loving communities through play, music, and meditation. He has been featured on BBC for his work as a Drumcircle Facilitator and has led numerous meditation groups in Karachi.

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The Global Arts in Medicine Fellowship is an international arts and health organization and pioneer of the Global South Arts and Health Week with the vision of advancing scientific research, arts and health engagements and creative therapies in Africa, Asia and Latin America.

BrainSPACE is a social enterprise that designs and delivers research-based interventions from Spirituality, Positive psychology, Arts, Creativity and Education (SPACE) to impact health, well-being and social progress. BrainSPACE is the Country Organization Partner of GSAHW Pakistan Pavilion, 2024.

Habib University is Pakistan's premier undergraduate liberal arts and sciences institution, committed to making contextually driven and globally relevant, world-class higher education accessible to students from all socio-economic backgrounds. By nurturing visionary leaders, critical thinkers, and creative innovators, Habib University drives societal transformation through its mission of shaping reparative futures. Habib University is an academic partner for GSAHW Pakistan Pavilion, 2024.

Hilton Pharma is one of the leading pharma companies of Pakistan. Combining the best of values of entrepreneurship, strong work ethics, strict compliance with current Good Manufacturing Practices (cGMP), we aim to improve quality of life by providing research based health care solutions. Hilton Pharma is the generous sponsor of GSAHW Pakistan Pavilion, 2024.

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