

HEAVEN ON EARTH

BINISH NAWAZ KHAN

The pursuit of wellbeing, dignity, and harmony has always been central to human progress, with mental health at its core. Beyond illness, it forms the foundation of resilience, hope, and human flourishing. Societies that cultivate safety, empathy, and opportunity move closer to the vision of “heaven on earth,” which is not a distant utopia, but a lived reality where compassion, equity, and wellness shape life. Recognising mental health as a universal right and shared responsibility affirms that true progress lies not only in material or technological growth, but in fostering communities where dignity, connection, and wellbeing are sustained. Thus, heaven on earth becomes possible when mental health is embraced as the foundation of human dignity and collective resilience.



Binish Nawaz Khan is a Karachi-based clinical psychologist and artist with nine years of experience. Currently pursuing her PhD at Bahria University, she works at the intersection of psychology and art, integrating art therapy to address trauma, resilience, and generational healing. Her work spans hospitals, academia, and humanitarian settings, including supporting Afghan migrants with United Nations International Organization for Migration (UN-IOM) from 2023 to 2025.

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