

**WORLD MENTAL HEALTH DAY 2025**



**ACCESS TO  
SERVICES**  
MENTAL HEALTH IN  
CATASTROPHIES AND  
EMERGENCIES

PROF. S HAROON AHMED PASSED A WAY ON 3RD APRIL 2025.  
HE EXPRESSED A ZEST FOR WORK AND CLINICAL CARE FOR ANYONE WHO NEEDED IT. HE WILL BE MISSED.



A Publication of

**PAKISTAN ASSOCIATION FOR MENTAL HEALTH**

# CARPi

1.5mg  
3mg  
4.5mg  
6mg  
Capsules

Cariprazine

**SWINGS**  
to wellness



# OLAMINA

Olanzapine + Fluoxetine  
6mg + 25mg 12mg + 25mg Capsules

**BRING  
LIGHT  
TO THE  
DARK**



DOUBLE SCORED, GENERATING MULTIPLE STRENGTHS

# VORBO

Tablets

Vortioxetine



**The Most Powerful  
Antidepressant**



Give your Patients Hope

# PINAZ

5mg  
10mg  
Tablets

Olanzapine

Treatment of Schizophrenia & Bipolar disorders



**HORIZON PHARMACEUTICALS (PVT) LTD.**  
*Your health's companion*



## WORLD MENTAL HEALTH DAY-2025

# PAKISTAN ASSOCIATION FOR MENTAL HEALTH

Every year on 10th October, the world observes World Mental Health Day, featuring a different theme. This year's exclusive theme is, "ACCESS TO SERVICES - MENTAL HEALTH IN CATASTROPHIES AND EMERGENCIES

has been chosen by the World Federation for Mental Health (WFMH) and its supporting members.

### OFFICE BEARERS of PAKISTAN ASSOCIATION FOR MENTAL HEALTH

**President:** Dr. Syed Ali Wasif

**Vice. President:** Mr. Owaisuddin Ahmed

**General Secretary:** Dr. Ajmal Mughal

**Joint Secretary:** Mr. Nasir Masood Butt

**Treasurer:** Ms. Anis Haroon

#### Executive Members:

Ms. Nassrin Hussain

Ms. Mubena Saher

Ms. Faris Ali Mughal

Dr. Saima Qureshi

#### Overseas Coordinator:

Dr. M. Arif Yousufzai (UK)

Dr. Muzaffar Hussain (UK)

Dr. Rafey Farooqui (UK)

Dr. Kartar Lal (Canada)

Dr. Rizwan Ahmed (USA)

#### Organizing Committee:

Ms. Anis Haroon

Dr. Syed Ali Wasif

Dr. Ajmal Mughal

Mr. Faris Ali Mughal

Mr. Khalid Jamil

## Pakistan Association for Mental Health

You are cordially invited on World Mental Health Day

**Karachi Press Club**

**On Sunday 12<sup>th</sup> October, 2025**

**At 3:00 p.m. to 5:30p.m**

### Programme

Inauguration of Pharmaceuticals Stalls.

Condolence and Fateha for the departed soul of Prof. Syed Haroon Ahmed.

Some personal words and Remembrance  
Ms. Anis Haroon.

Book launch Dr Haroon Dunya ki nazar mein  
Edited by Dr Syed Jaffar Ahmed  
Inauguration by Dr Syed Tariq Sohail.

Access to Mental Health in Catastrophies  
and Emergencies - Syed Ali Wasif.

Annual Report 2024-2025 PAMH -  
Dr. Ajmal Mughal.

Short video lectures by Prof.S.Haroon Ahmed.

Open forum.

Vote of thanks by Mr. Nasir Masood.

Tea & Refreshments.

Editor K.J.P



# PAKISTAN ASSOCIATION FOR MENTAL HEALTH

**Theme: “ACCESS TO SERVICES -MENTAL HEALTH IN CATASTROPHIES AND EMERGENCIES”**

## CONTENTS

- **FOREWORD: “ACCESS TO SERVICES -MENTAL HEALTH IN CATASTROPHIES AND EMERGENCIES”-DR. SYED ALI WASIF**
- **MENTHAL HEALTH IN CASTASTROPHIES AND EMERGENCIES”  
Dr.Syed Ali Wasif**
- Annual report (2024 -2025) - Dr. Ajmal Mughal
- Pictorial review of 2024-2025
- Some of the memorable Pictures of Prof. Syed Haroon Ahmed
- Audited accounts
- Donor list July 2024 – June-2025



# PAKISTAN ASSOCIATION FOR MENTAL HEALTH

## FOREWORD

Sunday, 12<sup>th</sup> October 2025

### “ACCESS TO SERVICES -MENTAL HEALTH IN CATASTROPHIES AND EMERGENCIES”

I'm writing this foreword with deep sorrow and grief in the absence of our Patron of Chief Prof. Dr. Syed Haroon Ahmed, who departed us on 3<sup>rd</sup> April 2025. His absence will be deeply felt by his family, colleagues, and the wider mental health community.

The **World Federation for Mental Health** has announced this year's theme: “*Access to Services – Mental Health in Catastrophes and Emergencies.*” This theme holds particular relevance for Pakistan, a country that has repeatedly endured natural disasters, humanitarian crises, and acts of violence. Events such as the 2005 earthquake, the floods of 2012, 2022, and most recently 2025, as well as communal tragedies, have highlighted the profound vulnerabilities within affected populations.

While physical destruction and displacement capture immediate attention, the **psychological impact** - trauma, anxiety, depression, and long-term psychosocial distress often remains overlooked. The catastrophic **2025 floods**, affecting millions across Punjab, Khyber Pakhtunkhwa, and beyond, have once again demonstrated the urgent need to recognize mental health as central to disaster response. Survivors face not only the loss of homes and livelihoods but also enduring emotional suffering that threatens resilience and recovery.

It is imperative that **mental health and psychosocial support** be mainstreamed into Pakistan's emergency frameworks. Strengthening community-based services, training frontline workers, and embedding psychosocial care into humanitarian policies are critical steps toward building resilience that extends beyond physical reconstruction. Addressing mental health in emergencies is not only a humanitarian duty but also a strategic investment in sustainable recovery and national wellbeing.

Dr. Syed Ali Wasif  
President  
Pakistan Association for Mental Health.

## Access to Mental Health Services in Catastrophes and Emergencies

Catastrophes and emergencies — including natural disasters, pandemics, violence, wars, and displacement crises — pose a dual challenge: addressing immediate physical needs while also confronting profound psychological impacts. While food, shelter, and medical aid often dominate emergency responses, the importance of mental health is increasingly recognized as a crucial component of survival, resilience, and long-term recovery.



### Mental Health Effects of Disasters

Disasters can lead to acute and long-lasting psychological consequences. Survivors frequently experience:

- Trauma and post-traumatic stress disorder (PTSD)
- Anxiety, panic attacks, and persistent fear
- Depression and hopelessness
- Sleep disturbances and chronic fatigue
- Irritability, anger, and somatic complaints (e.g., body aches)

Repeated exposure to disasters — such as recurrent floods or earthquakes — increases the severity and persistence of these mental health challenges. Vulnerable populations, including children, women, the elderly, and those with pre-existing conditions, are at especially high risk.

## **Barriers to Accessing Mental Health Services**

Despite urgent needs, access to mental health services during catastrophes remains limited due to:

1. **Damaged Infrastructure:** Hospitals, clinics, and transport networks may be destroyed or inaccessible.
2. **Shortage of Trained Staff:** Many crisis zones lack sufficient psychologists, psychiatrists, or trained counsellors.
3. **Cultural Stigma:** Mental health remains misunderstood and stigmatized, discouraging individuals from seeking help.
4. **Prioritization of Physical Needs:** Food, shelter, and disease control often overshadow psychological care in relief operations.
5. **Displacement:** Refugees and internally displaced persons are cut off from familiar support systems and often unaware of available services.

## **Strategies to Improve Access**

To address these challenges, practical strategies include:

- **Integration of Mental Health into Primary Care:** Training doctors, nurses, and paramedics in basic psychosocial support to bridge service gaps.
- **Community-Based Interventions:** Mobilizing volunteers, teachers, and community leaders to deliver basic psychological support.
- **Mobile Clinics and Telehealth:** Deploying mobile health units and leveraging tele-psychiatry to reach disaster-hit or remote areas.
- **Psychological First Aid (PFA):** Equipping first responders with skills to provide immediate emotional stabilization.

- Long-Term Planning: Incorporating mental health into national disaster preparedness and recovery frameworks.

## **Global Frameworks and Guidelines**

International organizations have highlighted the necessity of psychosocial support in emergencies:

- The World Health Organization (WHO) promotes integration of mental health into emergency health systems.
- The Inter-Agency Standing Committee (IASC) developed the Guidelines on Mental Health and Psychosocial Support in Emergency Settings, offering practical tools for governments and humanitarian organizations.

These frameworks emphasize that mental health is not a luxury but an essential part of humanitarian response.

Pakistan has faced recurring floods, particularly catastrophic events such as earthquake in Northern areas and AJ Kashmir in October 2008 the 2010 floods and now in 2025 monsoon floods, which displaced millions and caused widespread destruction. Survivors endure trauma, grief, and loss on multiple levels — loved ones, homes, livelihoods, and community structures. The psychological burden often goes unnoticed in the face of pressing physical challenges.

## **Mental Health Impacts**

- Trauma and PTSD from witnessing death, destruction, and displacement.
- Anxiety and depression linked to uncertainty about the future.
- Heightened vulnerability among women, children, elderly, and individuals with pre-existing psychiatric conditions.
- “Silent survivors”: many continue to suffer without recognition or care due to stigma and lack of services.

## **Barriers in the Pakistani Context**

1. **Damaged Facilities:** Health centers and hospitals in flood-hit areas are submerged or destroyed.
2. **Severe Workforce Shortage:** Pakistan has a critically low ratio of psychiatrists and psychologists to its population.
3. **Cultural Stigma:** Mental health is often dismissed, associated with shame, or attributed to spiritual causes, leading to delayed or absent treatment.
4. **Neglect in Relief Operations:** Humanitarian aid prioritizes food, shelter, and disease control; psychosocial support is rarely included.

## **Endorsements for Pakistan**

- **Integration of services:** Mental health support must be provided alongside food, shelter, and medical relief in disaster camps.
- **Community-based approaches:** Training local teachers, religious leaders, and volunteers in Psychological First Aid.
- **Mobile mental health units:** Deploying mobile clinics and tele psychiatry platforms to reach isolated areas.
- **Capacity building:** Expanding the number of trained mental health professionals at both national and provincial levels.
- **Awareness and de-stigmatization:** Launching public campaigns to normalize mental health support during crises.

Mental health care is an essential but often overlooked aspect of disaster response. Effective humanitarian aid must not only focus on physical survival but also address psychological recovery. In Pakistan, particularly during flood crises, integrating mental health services into emergency relief can significantly enhance community resilience and speed up recovery. A holistic approach — combining medical, social, and psychosocial support — ensures that survivors rebuild their lives stronger and healthier.

**Dr. Syed Ali Wasif**  
Consultant Psychiatrist  
President PAMH

# Annual Report July-2024- June-2025



## Prof.Dr.Haroon's Free Wellness and Mental Health Clinic / PAMH.

Depot Line Clinic, Rehman Plaza, Coast Guard Road, Saddar, Karachi.

کلینک برائے ذہنی صحت



021-32232423 / 021-32257245 / 021-35831621

Timing 10:00 am - 4:00 pm

PAMH is providing psychiatric treatment and care through its free mental health clinic. During the financial year from July 2024 to June 2025, the clinic served a total of 8107 patients.

All of these patients received both free consultations and medications from mental health experts.

### Patients Data from July- 2024 - June-2025

Type of Patients	#Patients	Percentage
New Patients	896	11%
Follow up visit	7211	89%
Total patients	8107	100%
<b>Services to patients</b>		
Free Consultation	1350	16.7%
Free Consultation & medicines	6757	83.3%
Total patients	8107	100%

### Executive Committee Meetings

During the period under review, the PAMH Executive Committee held four meetings at the association's head office. The first meeting, on 19 October 2024, focused on reviewing World Mental Health Day activities, issues at the Depot Line Clinic, activation of the bank account, and registration with the Sindh Charity Commission. The second meeting, on 25 January 2025, discussed the reinvestment of the endowment fund. On 19 April 2025, a joint condolence meeting was held with the General Body to offer condolences. The final meeting, on 26 July 2025, included the projection of the 2025-2026 budget presented by Accountant Mr. Faraz Sami and a review of staff salaries.



## World-Mental Health Day-2024

### Experts warn of societal destruction if workplace harassment, poor conditions not addressed.

At a World Mental Health Day programme organised by the Pakistan Association for Mental Health (PAMH) at the Karachi Press Club, speakers warned that sexual harassment and poor working conditions have become serious public-health hazards. PAMH president Dr. S. Ali Wasif highlighted the combined effects of illiteracy, inflation, and limited access to healthcare, saying these factors are fueling stress, anxiety and domestic violence, particularly among women, children and low-income groups. He criticised workplaces where employees are compelled to work long hours without fair pay or emotional consideration, and cited statistics showing widespread harassment of women by male colleagues. Dr. Wasif urged society to confront the stigma around mental health and to address root social causes rather than relying only on medication.

Other speakers, including human-rights advocate Anis Haroon, PAMH general secretary Dr. Ajmal Mughal, and Advocate Shazia Nizamani, reinforced the call for workplace mental-health programme, stronger enforcement of harassment laws, and integration of mental health into primary care. They recommended training frontline medical staff, establishing counselling services and community support groups, and implementing employee assistance programme. The event also featured a recital of Faiz Ahmed Faiz’s poem *Intasab*, the presentation of PAMH’s annual report, and the screening of *Unseen*, a documentary by Uzair Surhio on society’s neglect of human dignity.

Published in Dawn, October 7th, 2024

### Motor-Rickshaw Zakat Drive

On 26 February 2025, the Pakistan Association for Mental Health (PAMH) launched an innovative “Motor-Rickshaw Zakat Drive” ahead of the holy month of Ramzan. Under this initiative, specially branded motor-rickshaws were deployed in Karachi’s neighbourhoods to personally reach households and businesses for the collection of zakat and donations. The aim was to make the process of giving easier and more transparent, raise awareness about mental health needs, and channel the proceeds into PAMH’s free treatment, counselling and community outreach programmes for underprivileged patients. Volunteers and PAMH staff accompanied the rickshaws, distributing information leaflets and encouraging citizens to contribute regularly throughout the month.

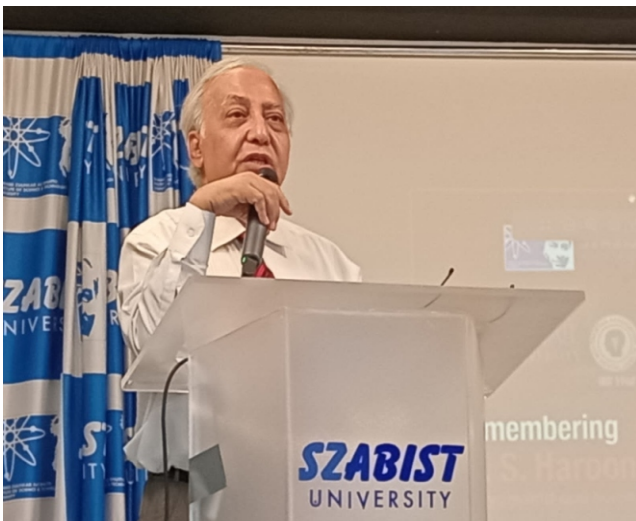
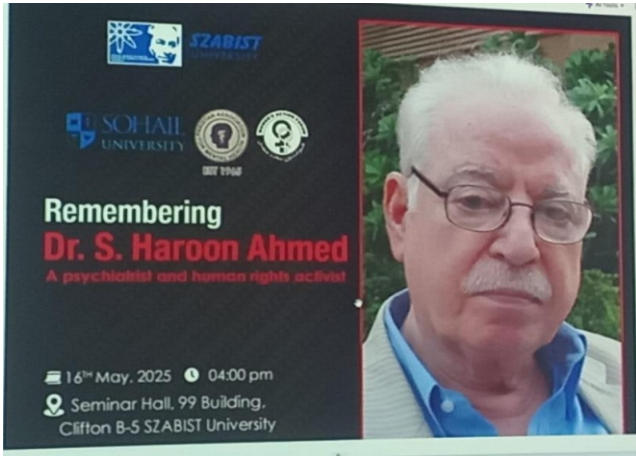




پروفیسر سید ہارون احمد ۱۹۳۱-۹-۹ سے ۲۰۲۵-۴-۳ اس دن سائیکلٹری یتیم ہوگئی

## Obituaries & References for Late Prof. Syed Haroon Ahmed

On 11 May 2025, SZABIST hosted a tribute to Professor Dr. Syed Haroon Ahmed. The event, held in collaboration with the Women's Action Forum, Pakistan Association for Mental Health (PAMH), and the Tariq Sohail Trust, featured memorial references and sessions celebrating his life and contributions.





### **Tribute to Dr. Haroon Ahmed was presented on 13<sup>th</sup> May 2025 SIUT**

A memorial reference in honor of Dr. Haroon Ahmed, was held an eminent psychiatrist, compassionate physician, and founding trustee of SIUT, who passed away last on 3<sup>rd</sup> April 2025. The gathering was attended by prominent figures including Senator Raza Rabbani, Husain Naqi, Ghazi Salahuddin, Dr. Syed Ali Wasif, Prof. Anwar Naqvi, Dr. Adibul Hasan Rizvi, and Ms. Anis Haroon, among others.

Speakers paid rich tributes to Dr. Haroon's legacy—remembering him as a dedicated physician, a principled voice for social justice and student rights, and a lifelong advocate for the underserved. His life and work remain a guiding light for generations to come.



## **Tribute paid to Dr Haroon Ahmed at Arts Council**

KARACHI, 25th April , 2025

A tribute ceremony at the Arts Council of Pakistan Karachi honored renowned psychiatrist Prof. Dr. Syed Haroon Ahmed, who passed away recently after a long illness. The event, moderated by Dr. Jafar Ahmed, was attended by journalists, academicians, literary figures, and Dr. Ahmed's family and friends. Speakers including Muhammad Ahmed Shah, Khalid Ahmed, Owais Tohid, Mazhar Abbas, Sultana Siddiqui, Anis Haroon, Dr. Saima Qureshi, Atiya Abro, Dr. Qaiser Sajjad, and Dr. Syed Ali Wasif praised Dr. Ahmed's professional achievements, integrity, compassion, and lifelong service to psychiatry and society. They also highlighted his role as a mentor, his support for student unions, and the devotion of his wife, Anis Haroon.

### **Key References**

- Journal of Pakistan Psychiatric Society: published "In Loving Memory of Professor Emeritus Dr. Syed Haroon Ahmed," a comprehensive tribute to his life and legacy.
- Dawn: published an obituary on April 3, 2025, highlighting his career as an eminent psychiatrist and co-founder of the Pakistan Psychiatric Society.
- The Friday Times: featured an article titled "Dr. Haroon Ahmed: A Healer, Comrade, And Peacemonger Across South Asia".
- Facebook: groups, such as the Pakistan Psychiatric Society and the SIUT Trust, announced his passing and shared tributes.
- The South Asia Peace Action Network published a tribute from an activist's perspective, emphasizing his role as a comrade and advocate.

### **Refurbishing work at the Depot Line:**

On behalf of Pakistan Association for Mental Health (PAMH), I would like to extend our gratitude to Dr. Rafey Ahmed Farooqui & Mr, Faisal Ahmed (King' Group) for your generous support in refurbishing the Dr. Haroon Free Wellness and Mental Health Clinic at Depot line...Your timely and compassionate assistance addressed a long-standing issue that had been affecting the dignity and wellbeing of our patients and the healthcare professionals who serve them. The damaged sewage lines from Rahman Plaza had caused unsanitary conditions, with dirty water frequently seeping into the clinic premises. This situation not only disrupted daily operations but also posed serious health and safety concerns for those attending the clinic—particularly our patients, who come from underprivileged backgrounds and rely on this free facility for critical mental health care.



Thank you very much for your generous contribution and commitment, the facility has been restored to a safe and clean environment, allowing our team to continue delivering essential services with dignity and compassion. Your support has directly impacted countless lives, reaffirming the importance of community and kindness in building a healthier society.

We are truly grateful for you and your team unwavering dedication to mental health and humanitarian service. In the end I must say “Friend in need is friend Indeed “May your continued efforts inspire many others. With warm regards and deepest appreciation,

**Dr. Syed Ali Wasif**  
**President**  
**Pakistan Association for Mental Health (PAMH)**

## New formulary added:

In the Executive Committee meeting held on 1<sup>st</sup> June, 2024, it was decided to add a new medications to the existing formulary, following medications: Risperidone 2mg, Quetiapine 25mg, and Escitaloprám 10mg. These medications were procured at favourable rates from pharmaceutical companies.

## The following medications are available at Prof. Dr. Haroon's free wellness and Mental Health Clinic / PAMH

- Tab: Haloperidol 5 mg
- Cap: Fluoxetine 20mg
- Tab: Imipramine Hydrochloride 25mg
- Tab: Procyclidine HCL 5mg
- Tab: Trifluoperazine 5mg
- Tab: Risperidone 2mg
- Tab: Escitaloprám 10mg
- Tab: Quetiapine 25mg
- Inj: Fluphenazine Decanoate 25mg
- Inj: Serenace 5mg
- Alcohol pads
- Syringes

On behalf of Pakistan Association for Mental Health we extend our regards and appreciation for your continued commitment to advancing health and wellbeing.

As you may know, our organization is actively engaged in providing essential mental health services, particularly in the wake of catastrophes and emergencies where vulnerable populations are disproportionately affected. In order to sustain and expand the scope of these critical interventions, access to a reliable supply of essential medications is indispensable.

We therefore respectfully request your generous support through the donation of medications included in our **approved formulary**. These medicines form the backbone of our treatment protocols, enabling us to respond promptly and effectively to the mental health needs of affected communities.

Your contribution will not only strengthen our capacity to deliver quality care but will also stand as a testament to your organization's commitment to social responsibility, compassion, and collective well-being. Every donation, no matter the scale, directly translates into relief and healing for those whose lives are disrupted by crisis.

We would be deeply grateful for your partnership in this endeavour. Our team would be pleased to share the formulary list, logistical details, and any additional information required to facilitate this process at your earliest convenience.

Thank you for considering our request and for your dedication to humanitarian support. We look forward to the opportunity of working with you in service of those most in need.

Our Facebook page is <https://www.facebook.com/profile.php?id=100086526753671>

Our New web Page <https://pamh.pk/> is now available with informative brochures' and mental health at the times of catastrophes, disasters and emergencies.

Donations Account Title Pakistan Association for Mental Health Bank Name  
UBL Clifton Branch Karachi Account Number

PK23UNIL0112094910126592

دیباچہ

پاکستان ایسوسی ایشن فار مینٹل ہیلتھ (PAMH) پروفیسر ہارون احمد کی قائم کردہ ایک روشنی ہے، جو ذہنی صحت کے بارے میں آگہی پھیلانے، بدنامی اور خاموشی کی زنجیریں توڑنے اور ان لوگوں کو بلا معاوضہ علاج فراہم کرنے کے لیے وقف ہے جو اس کی استطاعت نہیں رکھتے۔ یہ ادارہ ایک خواب اور ایک عہد ہے کہ ذہنی بیماری بھی جسمانی بیماری کی طرح ہے، اور ہر انسان احترام، ہمدردی اور علاج کا حقدار ہے۔ یہ نظم اسی سفر کی کہانی ہے: بدنامی سے آگہی تک، خاموشی سے صدا تک، اور اندھیروں سے روشنی تک۔

## بدنامی سے بیداری تک

اندھیروں کی صدی تھی، یہ صدا بیداری کے واسطے

یہ انجمن بنی ہے، روشنی کے واسطے

جہاں ہر زخم چھپتا تھا، ہر آہ دہتی تھی

یہ بات ہو رہی ہے اب کہانی کے واسطے

جنوں کہا گیا تھا، درد کہنے کی خطا تھی

یہ لفظ بن گئے ہیں اب شفا کے واسطے

جو طعنہ، جو تضحیک تھی، جو داغ کا سہارا تھا

یہ پیغام بن گیا ہے اب وفا کے واسطے

پروفیسر ہارون کا خواب تھا، یہ انجمن بنی

یہ ہر بدنما سکوت اب نجات کے واسطے

کوئی نہ ہو جو رہ جائے اندھیروں میں اکیلا

یہ انجمن بنی ہے، آدمی کے واسطے

# PICTORIAL REVIEW OF 2024 -2025







## Few memorable picture of Prof. Syed Haroon Ahmed



## Few memorable picture of Prof. Syed Haroon Ahmed





Audited Account Report  
**Syed Hasan & Co.**  
**Chartered Accountants**

**AUDITORS' REPORT TO THE DIRECTOR**

We have audited the annexed Balance Sheet of **PAKISTAN ASSOCIATION FOR MENTAL HEALTH as at June 30, 2024** and the related Profit and Loss Account together with the Notes forming part thereof (here-in-after referred to as the financial statements for the year then ended).

It is the responsibility of the Board of Trustees of the Trust to establish and maintain a system of internal control, and prepare and present the financial statements in conformity with the approved accounting standards as applicable in Pakistan. Our responsibility is to express an opinion on these financial statements based on our audit.

We conducted our audit in accordance with generally accepted auditing standards. Those standards require that we plan and perform the audit to obtain reasonable assurance about whether the financial statements are free of material misstatement. An audit includes examining, on a test basis, evidence supporting the amounts and disclosures in the financial statements. An audit also includes assessing the accounting policies used and significant estimates made by management, as well as, evaluating the overall presentation of the financial statements. We believe that our audit provides a reasonable basis for our opinion.

In our opinion the financial statements present fairly, in all material respects, the financial position of **PAKISTAN ASSOCIATION FOR MENTAL HEALTH as at June 30, 2024** and of its deficit for the year then ended in accordance with the approved accounting standards as applicable in Pakistan.

Karachi **27 DEC 2024**

Dated:



*Syed Hasan & Co.*  
Syed Hasan & Co.  
Chartered Accountants

Office No. 13, 1st Floor, Plot No. 12-A, Block-6, PECHS, Karachi, Tel: 021-34371490-91  
Office No. B-207, 2nd Floor, New Chali Trade Center, Plot # SR-6/3, New Chali,  
Shahra-e-liaquat, Off. I.I. Chundrigger Road, Karachi. Cell: 0321-8746566  
Email: sshasan78@gmail.com

## LIST OF DONORS JULY 2024 TO JUNE 2025

Abdul Dawood  
Abdul Khalil  
Abdul Rahman Dhanani  
Abdul Rashid  
Abdul Rehman Majeed  
Abdullah  
Abdur Rehman  
Abdur Rehman Iftikhar  
Abeer Rehman  
Abid Ali  
Abid Hussain  
Abo Bakar Siddique  
Adamjee Pharma Services  
Adeel Arshad  
Adnan Ali Baloch  
Adnan Iftikhar

Ahmed Saleem  
Ahmed Talal  
Ahmed Usman  
Aima Nawaz  
Aimen Shahid  
Akbar Hamid  
Akhtar Hussain  
Akseer Ali  
Ali Akbar Butt  
Ali Khalid  
Ali Nasir Chaudhry  
Ali Raza  
Ali Ullah Abul Khairi  
Ambreen Rehmat Ali  
Amina Batool  
Ammar Ali Qureshi  
Ammara Anwar  
Ammarah Yousaf  
Anam Zaheer  
Anila Chadury  
Anis Haroon / Syed Haroon Ahmed  
Anjum Moin  
Anum Haider  
Areeba Salim

Areej Farooq Kisana  
Arfan Hussain  
Arshad Mehmood  
Arshia Anjum  
Arslan Shahid  
Asad Maghfoor Shah  
Asbah Imtiaz  
Atif Khalil  
Atif Mustafa  
Aurangzeb  
Awais Ashraf  
Awais Farhad  
Ayesha Arif  
Ayesha Kabir Saif  
Ayeza Naeem  
Azhar Ali

Azhar Hussain Ahqar  
Bashir Parekh  
Bilal Sarwar  
Bilal Shabeer  
Chaudhry Muhammad Qaiser  
Daniyal Hashmi  
Danyal Badar  
Dr. Anjum Ghazal & m Anwer  
Erum Muzaffar  
Erum Shahpur Ahmad  
Fahad Akhlaq Khan  
Fahad Khan  
Faheem Raheem  
Faisal Ashraf  
Faisal Rehman  
Faraz Ahmed Khan  
Farha Arshad  
Farha Islam  
Farha Usman  
Farhaj Qureshi  
Farhan Butt  
Farooq Ahmed  
Fatima Ali  
Genetic Pharma

Getz Pharma  
Hafiz Muhammad Akram Shad  
Hafsa Irfan  
Haider Zulfiqar  
Haji Muhammad Memorial Trust  
Hajra  
Halima Sadia  
Hamayal Asad  
Hamayun Ahmed  
Hamid Arshad  
Hammad Ur Rehman  
Hanzla Shoiab  
Haris Ali  
Haris Nawaz  
Haroon Siddqui & Nausheen Siddiqui  
High-Q Pharmaceuticals  
Hina Muhammad Shoaib & Muhammad Shoaib  
Hina Muhammad Shoaib & Muhammad Shoaib & Muhmmad Shoaib  
Hina Niaz  
Hira  
Hissam & Accociates Dental Care  
Huda Imtiaz  
Humaira Shakir  
Humayun Ahmed  
Imad Ali  
Imran Ali Halepoto  
Inam Ali  
IQRA NASEEM  
Imqra Rani  
Irfan Akbar & Tayyaba Irfan  
Irfan Ali  
Irfan Shaukat  
Izza Fatima  
Javaria Tahir  
Junaid Ahmed  
Junaid Zafar  
Kainat Shariq  
Kanza Fatima  
Kashif Iqbal  
Kashif Javed

Khalid Bashir  
Khushbakht Hashmi  
Kiran Arshad  
Kokab Un Nisa  
Lubna Jamal & Seema Jamal  
Madiha Rana  
Madiha Shehzadi  
Mahar Riaz  
Mahfooz Ahmad  
Mahrukh  
Mahrukh Daniyal  
Malaika Parvaiz  
Malik Ghazal Sajjad  
Maria Ghayas  
Maryam Javaid Mughal  
Mehboob Amjad  
  
Mehmood Amjad  
Mehmood Yousuf Usman  
Mehwish Taj  
Memona Iqbal Siddiqui  
Mian IFTikhar Ul Haq  
Mina Noor  
Mirza Tariq Ali  
Mobina Jabeen  
Mohammad Khalid  
Moniza Alam  
Akhtar Khan  
Jamshaid  
Saleem  
Tariq  
Uzair Surhio  
Erum Hashmat  
Fatima  
Naila  
Nighat  
Nosheen  
Shamim Fatima  
Mudassar Iqbal  
Mudassar Iqbal & Aziz Abid  
Muhamamd Bilal  
Muhamamd Zubair

Muhammad Aamir Hyder  
Muhammad Aamir Sohail  
Muhammad Abdullah  
Muhammad Adnan Latif  
Muhammad Ahsan  
Muhammad Alamgir  
Muhammad Arslan  
Muhammad Ashraf  
Muhammad Asif  
Muhammad Awais Nazir  
Muhammad Bilal  
Muhammad Bilal Jamil  
Muhammad Faheem  
Muhammad Faisal Rahat  
Muhammad Faizan  
Muhammad Fakhir Aftab Ahmed  
Muhammad Farhan Munir  
Muhammad Ghafoor Ali  
Muhammad Habib Ullah  
Muhammad Hanif  
Muhammad Haris Munir  
Muhammad Ilyas Ahmed  
Muhammad Iqbal Butt  
Muhammad Irfan Aslam  
Muhammad Kamran  
Muhammad Kashif  
Muhammad Khalid Anwar  
Muhammad Khuram  
Muhammad Maaz Qaiser  
Muhammad Matee Fawad  
Muhammad Matee Ur Rehman  
Muhammad Nadeem Iqbal  
Muhammad Nadeem Younus  
Muhammad Naeem  
Muhammad Nasir  
Muhammad Omair  
Muhammad Qurban  
Muhammad Rizwan Nazir  
Muhammad Sajjad  
Muhammad Sami Ur Rehman  
Muhammad Sebtain  
Muhammad Sher

Muhammad Sohail Mirza  
Muhammad Somro  
Muhammad Sufyan  
Muhammad Tahir Saeed  
Muhammad Umair  
Muhammad Umair Razi  
Muhammad Usama Ameer  
Muhammad Usma Ameer  
Muhammad Usman Paracha  
Muhammad Yousuf Memon  
Muhammad Zahid Amir  
Muhammad Zia Ur Rehman  
Muhammad Zohaib Abid  
Muhammad Zubair  
Muhammad Zubair Rauf  
Muhmmad Bilal  
Muhmmad Irfan Shaikh  
Muhmmad Nadeem Iqbal  
Muqaddes Tahira  
Musharib Ali  
Muzammil Israr  
Nadia Ashraf  
Nafees Ahmed  
Nageena BiBi  
Naila Aasif  
Nashwa Gul  
Nasim Ahmad  
Nasra Arshad  
Naveen Shahzad  
Nayab Gul  
Nazim Ali  
Neelofar Aijaz  
Nida Rehmat  
Nighet Tahir  
Nilofar Subhan  
Noman Mirza  
Noor Gulsher Junejo  
OBS PAKISTAN PVT LTD  
Organic Pharma  
Owais Tariq  
Owais Uddin Ahmed/ Farina Moid  
Qaiser Mahmood

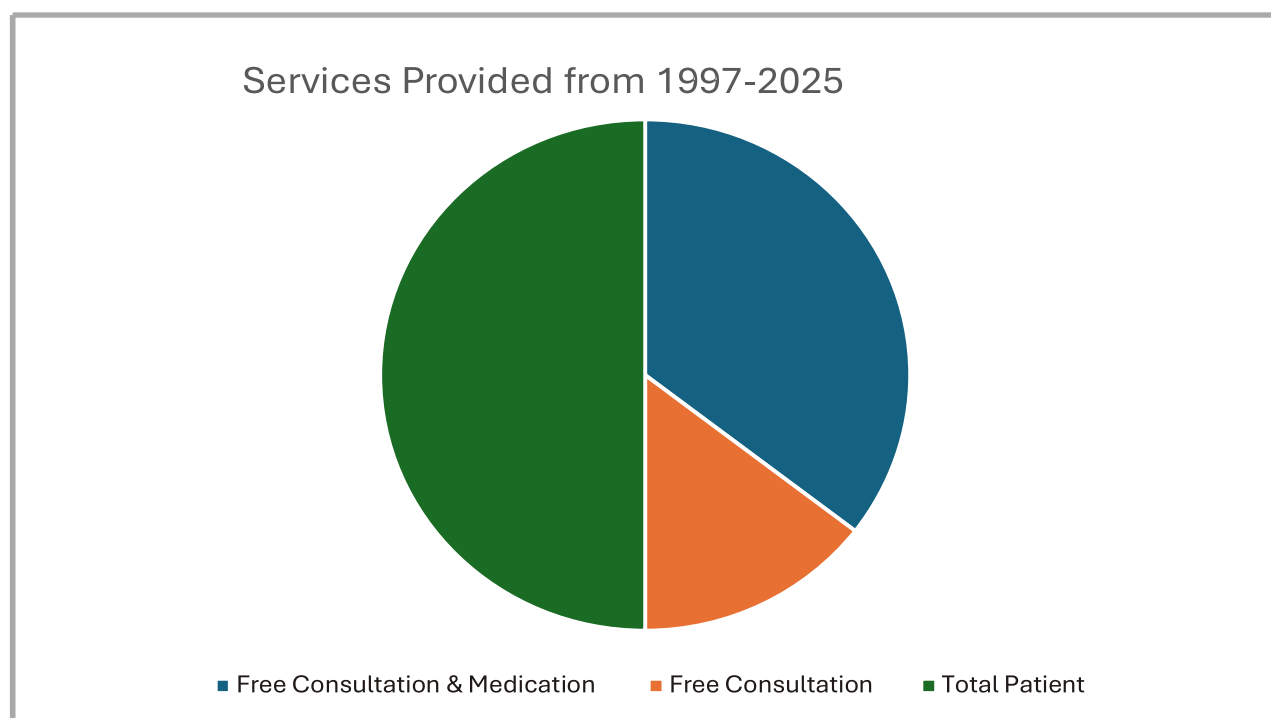
Qasim Arsalan  
Qasim Nawaz  
Rabat Fatima  
Rabeea Farooq  
Rafiya Hameeda Khan  
Rahat Ali  
Rahat Jamil  
Raja Ali Akhtar  
Ramsha Ayaz  
Rana Asad Amin  
Rana Mukharam Rahim  
Rashid Hussain  
Reema Zeeshan  
Rehan Eijaz  
Rida Fatima  
Rida Rathor  
Rizwan Ahmed  
Rizwan Shakar  
Rizwana Saleem  
Roshan Zameer Baig & Nighat Roshan  
Rukhshay Farooq  
Saadia Zafar  
Sad Ahmed  
Sadia Zafar  
Saeed Ahmed  
Saeed Ahmed Bhinder  
Saifullah & Rubina Nasim Zia  
Saima Imran  
Saima Khalil  
Saima Tariq  
Saiqa Jabeen  
Sajid Ali  
Saleh Riaz Qureshi  
Salman Ali  
Samar Ilyas Chaudhary  
SameerAli  
Sammar Ilyas Chaudhary  
Sana Rehman  
Sana Zakai  
Saqib Majeed  
Sarah Saleem Akhtar

Sarmad Ishfaq  
SD Parking Clearing Settlement  
Sehar Abbas  
Sehreen Fayyaz  
Shabab Nazar  
Shahzadi Rubab Zeb  
Shaista Qaisar  
Shanawar Azam  
Shariqa Fatima  
Shaukat Abbas  
Shaukat Ali  
Sibghat Ullah  
Sijdah Hussain  
Sikandar Mushtaq  
Sobia Nisar  
Sohail Akhtar  
Sohail Ashfaq Malik  
Sujil Hanif  
Swiss Pharmaceuticals  
Syed Ali Abbas  
Syed Ali Raza Shah Bukhari  
Syed Ali Zaid  
Syed Aqeel Abbas  
Syed Asif Hussain Shah  
Syed Haroon Ahmed  
Syed Hasan Zubair  
Syed Mazhar Hussain Shah  
Syed Muhammad Saad  
Syed Shahzad Ahmed Andrabi & Shahida K  
Syed Waqar Ali Shah  
Syeda Ambreen Furqan  
Tahmoor Manzoor  
Talha Mansoor  
Tamsila Azam  
Tanzeela Afzal  
Taskeen Saukat  
Tayyaba Shoaib  
Tazeen Liaqat  
Tcs  
Ufaq Mehboob Virk  
Umair Asghar

Umair Cargo Traylor Service  
 Umar Hayat  
 Umer Hayat  
 Unsa Hashim  
 Usman Ahzaz  
 Uzair Tariq  
 Uzma Bano  
 Waqar Ahmed  
 Waqas Tahir  
 Waseem Iftikhar Ahmed  
 Wasim Ahmed  
 Wishal Kumar  
 Yusra Irfan

Zahid Nadeem  
 Zahid Naseer  
 Zainab Bibi  
 Zainab Rafiq  
 Zara Kanwal  
 Zarnab Saleem  
 Zeeshan Jami  
 Zobia  
 Zohaib Ahmed  
 Zubair Anjum  
 Zubair Riaz Farooqui  
 Zuha Akram  
 Zulfiqar Nawaz

<b>Services Provided Free Consultation &amp; Medication From 1997 to 2025</b>		
<b>Type of Patients</b>	<b>No of Patients</b>	<b>Percentage</b>
<b>Free Consultations</b>	<b>74769</b>	<b>29.2</b>
<b>Follow-up &amp; Medication</b>	<b>181609</b>	<b>70.8</b>
<b>Total Patients</b>	<b>256378</b>	<b>100%</b>



New **Way** to  
**Live**

**Citaneur**  
(Escitalopram) **5mg, 10mg, 20mg Tabs**  
**10mg/ml Drops**

**Remission**  
to  
**Recovery**

**Qusel**  
Quetiapine **25, 100 &**  
**200mg Tablets**

**Qusel XR**  
Quetiapine **200 & 150mg**  
**Tablets**



**LERACE**  
Levetiracetam **250, 500, 750mg IR & 500mg XR Tablets,**  
**500mg/5ml I.V. Injection**  
**100mg/ml Oral Solution,**  
**1000mg Tablets**

**ZIP** the Neuropathic  
**PAIN**

**Zeegap**  
Pregabalin **25mg, 50mg, 75mg, 100mg**  
**& 150mg Capsules**

set your **Mind** with...

**ALP**  
(Alprazolam)  
**0.25 & 0.5mg Tablets**



Lets move  
the moods with....



**UFRIM**<sup>®</sup>  
(ESCITALOPRAM)

10mg 20mg Tablets



**Serloft**<sup>®</sup>  
(Sertraline)

50mg 100mg Tablets

**RETERIC**<sup>®</sup>  
(PREGABALIN)


50 mg 75 mg 100 mg 150 mg

Capsules



**OXIVA**<sup>®</sup>  
(L-methylfolate, Methylcobalamin, N-acetylcysteine)

.....Retaining the fading memories




**Nimoden**<sup>®</sup>  
(NIMODIPINE)  
30mg Tablets

*Hope  
of  
living  
again*



**Rement**<sup>®</sup>  
(Memantine HCl)

10mg Tablets