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Six years into PHC Global’s journey, 2023 stands as a year of remarkable progress and achievements. I dedicate the success to our incredible young researchers and scientists, supported by an outstanding team in human resources, finance, and administration.

This year, we expanded our presence across Pakistan and we are proud of our collaborations at regional, national, and global levels. We are also proud of leading projects that impact global health while documenting our expertise in evidence-based policy changes.

Our significant collaborations include a multi-country World Health Organisation (WHO) program to prevent preterm birth through a step-wise randomized trial. We are hosting two knowledge hubs; on zero-dose children, and on the use of artificial intelligence for sexual, reproductive, and maternal health in South Asia.

In 2023, we also delved into non-communicable diseases (NCD), with an emphasis on prevention to spare future generations from the impact of diabetes, hypertension, and cancers. Apart from that, mental health remained a core theme in our projects this year as well, highlighted by our self-initiated project on suicide prevention, known as Dareecha.

Digital Technologies and Data Analytics (DTDA), our strategic area, identifies healthcare system gaps and develops human-centric interventions through design thinking. By digitizing curricula for frontline health workers, we made a significant stride in reshaping training methods through long-term tech adoption.

The Center for Art-based Methodologies and Wellbeing showcased the power of collaboration among young social scientists, artists, and public health practitioners. We have proven that innovation and a clear vision can drive human-centered approaches for larger well-being. Lastly, we recognize the struggles of Pakistan’s youth amidst economic and political challenges, and for that, we’re aiming to shield them from climate change and mental health hazards through targeted interventions.

Looking ahead to 2024, our commitment remains steadfast: improving healthcare, prioritizing wellbeing, and generating evidence for policy and practice.
ABOUT US

We focus on improving population well-being by building an evidence base through collaborative efforts with public service delivery institutions, academia, and development partners. We design, develop and implement human-centered technology-driven, innovative, and systematic, interventions to advance well-being especially in underserved populations.

VISION

A world where every individual is safe and well with access to timely and quality healthcare resources and other opportunities to live a better life as they define it.

MISSION

PHC Global works towards enabling collaborators and clients to facilitate the well-being of people, communities, and the environment through a systems approach, evidence-based research technology and innovative practices.
GLOBAL HEALTH
The core of the Global Health team is advocating for scale-up and policy adoption of models that advance population well-being.

COMMUNICATIONS FOR DEVELOPMENT
We focus on understanding unhealthy behaviors through the prism of convergence of associations to have a sustainable impact on public health.

NON-COMMUNICABLE DISEASES
Our primary commitment lies in implementing evidence-based personalized solutions designed to prevent and manage non-communicable diseases, with a specific emphasis on alleviating the burden of such diseases in Pakistan.

CENTER FOR ARTS BASED METHODOLOGIES AND WELL-BEING (CFAW)
As a growing wellbeing hub, we aim to offer a range of clinical and non-clinical wellbeing services with a focus on creative practices for creating agency and building communities.

DIGITAL TECHNOLOGIES AND DATA ANALYTICS (DTDA)
We specialize in developing context-specific, high-impact and scalable digital solutions to re-engineer service delivery processes across sectors.
THEMATIC AREAS

- Immunization
- Nutrition
- Mental Health
- Sexual, Reproductive and Maternal Health
- Non-Communicable Diseases
- Data Analytics
- AI and Machine Learning
- Arts-Based Methodologies

OUTREACH

- 70+ PROJECTS
- 138 DISTRICTS
- 33 DONORS
- 65 CORE STAFF
- 100+ FIELD STAFF
PHC Global undertook the seroprevalence survey in Balochistan and KPK and measured Sero protection in polio very high risk (VHR) districts by quantifying the level of serological protection (Seroprevalence) against poliovirus types 1, 2, and 3 in two age cohorts:

1. Children 6–11 months of age  
2. Children 12–23 months of age.

ReD Associates, partnered with PHC Global to conduct a study entitled "Building a Qualitative Understanding of Trust in HPV Vaccine Programmes among Communities in and around two cities in Pakistan". This study aims to investigate the relationship between trust and acceptance of healthcare interventions at the community and family level, focusing on immunization and especially the HPV vaccine.

PHC Global, with NI and the Government of Pakistan, conducted implementation research (IR) - a pilot project - in three phases; the preparatory phase, the participatory design phase, and the evaluation phase to make LMICs consider transitioning from IFA to MMS within ANC. The Antenatal MMS is more effective and cost-effective than IFA supplementation in improving birth outcomes, equivalent in preventing maternal anemia, and safe for both mothers and babies.
PHC Global played a pivotal role in implementing Mott MacDonald’s efforts within the COVAX Facility’s initiatives in Pakistan. We supported the extension of district-level reach for facility monitoring and ensured comprehensive coverage throughout the COVAX rollout period. As GAVI’s appointed Monitoring Agent (MA) in Pakistan, Mott MacDonald serves as an assurance mechanism for the equitable distribution of COVID-19 vaccines, working in conjunction with WHO, UNICEF, and Federal EPI.

International partners including GAVI work in close collaboration to increase government surge capacity to accelerate achieving and maintaining high COVID-19 vaccination coverage by rolling out an “all society inclusive approach” to “Leaving No One Behind”. The initiative ensures equitable access to and availability of COVID-19 vaccination to all, particularly those living in hard-to-reach areas with a focus on marginalized communities.

The Special Olympics Pakistan (SOP) implemented the Unified Champion School (UCS) program in partnered schools of a select few cities (Karachi, Lahore, and Islamabad) of Pakistan under 3 varied partnership models over 3 years. PHC Global as an independent process evaluation partner assessed the implementation fidelity of the SOP UCS Program and its impact on the social inclusion of youth with Intellectual Disabilities (ID) via three primary components: Unified Sports, Inclusive Youth Leadership, and Whole-School Engagement.
PHC Global was granted a project by Gavi to improve routine immunization in districts Lakki and Bannu, KPK in two phases. The project focused on improving the skills and capabilities of EPI vaccinators, specifically in areas such as vaccine information communication, planning and execution, effective community engagement strategies, and organizing information for informed decision-making.

The Gavi-funded Learning and Performance Management (LPM) study was conducted by PHC Global in collaboration with Mott McDonald to assess the effectiveness and impact of innovative LPM solutions in the healthcare sector. The study aimed to enhance immunization coverage and strengthen the overall health system in Pakistan. The LPM study was conducted in Islamabad, Sindh, Punjab, and KP.

PHC Global was granted a project by Gavi to improve routine immunization in districts Lakki and Bannu, KPK in two phases. The project focused on improving the skills and capabilities of EPI vaccinators, specifically in areas such as vaccine information communication, planning and execution, effective community engagement strategies, and organizing information for informed decision-making.

PATH sought collaboration with PHC Global for Asset Tracker Phase III in Pakistan, focusing on Reproductive, Maternal, Newborn, and Child Health (RMNCHN) initiatives. This partnership aims to collect data on barriers and facilitators impacting the scaling of specific RMNCHN assets. The study aims to understand pathways to scale for evidence-based MNCHN interventions, identifying common and distinct strategies. The insights gathered will inform global, national, and local strategies to address barriers, bottlenecks, and coverage inequities in MNCHN services.
EXPLORING NOVEL PEDAGOGIES; HUMAN NON-HUMAN RELATIONSHIPS IN MANGROVES

10th September 2023 – 28th October 2023

Applied arts based methodologies to create awareness and agency about co-ecology around Mangroves forest. Centre for Arts based Methodologies were creative engagement and public art consultants for Dr Suneela Ahmed (Project Lead) for Reveries of an Urban Dreamland by British Council and Institute of Business Management (IOBM). The project explored human/non-human relationships through arts based interventions for imparting an impressionable change on youth of Salehabad, Manora.

PAK SEHAT
Pakistan Study of Premature Coronary Atherosclerosis in Young Adults

March 1, 2023 – Feb 20, 2024

Atherosclerotic Cardiovascular Disease (ASCVD) or heart disease is a major cause of morbidity, disability, mortality, and health expenditures worldwide. PHC Global, SEHAT) is an ongoing-prospective-cohort study that aims to enroll 2,000 asymptomatic Pakistani men aged 35–60 years and women aged 35–65 years, free of any cardiovascular disease. The study will determine the prevalence, factors that are causing CVDs and significance of early detection of atherosclerosis in apparently healthy young Pakistanis.

PHC Global developed a tool for the Pak Sehat study in collaboration with Tabba Heart Institute & and Getz Pharma. The objective was to develop software to record and maintain data and to develop a dashboard to review and use the data.

EMERGENCY HEALTH SERVICES RELIEF TO FLOOD AFFECTEES

15th August 2023 – 15th Feb 2024

The overall objective of this project is to improve access to health services for women and children, with a focus on immunization through the development of mobile health camps that cater to the needs of flood-affected populations in Lasbela, Jaffarabad, and Naseerabad in Balochistan, and Jacobabad, Khairpur, and NosheroFeroz in Sindh.
TRAINING OF LHWS ON USE OF IRON-ZINC

Jan 12, 2023 – April 15, 2024

To improve the management of diarrhoea in children in KP, Pakistan, PHC Global in collaboration with NI, created a pool of district-based master trainers and trained the existing health workforce on modified guidelines for diarrhoea management, knowledge on diarrhoea prevention, assessment and classification of treatment according to international guidelines.

Personnel trained:
1. 108 master trainers 2. 760 LHS 3. 17,068 LHW across KP

ROUTINE IMMUNIZATION STRENGTHENING IN POLIO HIGH-RISK GEOGRAPHIES (RISP)

1st November 2023 – 31st August 2024

The RISP program has two objectives; to accelerate the progress of stopping polio transmission, and to reduce the risk of polio outbreaks in the highest-risk subnational areas in 10 countries. PATH’s mission is to advance health equity through innovation and partnerships. PHC Global will serve as an in-country evaluation partner for the RISP evaluation and Pakistan.

ACTION-IR

Implementation Research to Scale up and Evaluate the Impact of Antenatal Corticosteroids on Preterm Newborn Outcomes

March 17, 2023 – Dec 17, 2025

PHC Global was awarded an implementation research project by WHO Geneva in partnership with the Health Services Academy (HSA) to develop and upscale an optimized model for the implementation of the safe use of Antenatal Corticosteroids in Pakistan to reduce neonatal mortality in pre-term newborns. This multi-country study is being led by PHC Global and HSA in Pakistan.
AI-SAROSH
1st February 2023 – 30th April 2026

Access to Sexual, Reproductive, and Maternal Health (SRMH) is a fundamental right, but South Asia falls behind global SRMH standards, with a preventable Maternal Mortality rate of 157 per 100,000 live births. PHC Global and G.T.A. Foundation, Nepal are leading AI-Sarosh, a pioneering hub addressing these challenges. This regional initiative aims to leverage AI innovations to enhance SRMH.

PHC Global will coordinate the hub, identify opportunities, manage projects, and facilitate knowledge-sharing among South Asian countries. AI-Sarosh will serve as a networking and innovation center, utilizing AI for digital interventions such as surveillance, risk management, targeted interventions, care services, and supply chain optimization to revolutionize SRMH in the region.

UNIVERSITY OF ENGINEERING AND TECHNOLOGY, PESHAWAR
2nd May 2023 – 1st May 2026

The University of Engineering and Technology (UET) Peshawar wanted to revamp its website to meet evolving needs and accommodate growth across its campuses. The project aims to enhance UET’s online presence, improve user experience, and embrace contemporary design. The project involves creating visual mockups and a fully functional new website. This includes a content audit, revamped information architecture, redesigned key pages, interactive features, and a visually appealing, inclusive design.
MDR-TB CARE AND SUPPORT

Pakistan ranks high for Tuberculosis (TB), especially Drug-Resistant TB. Our study in Baluchistan found strong mental health impacts on Multi-drug resistant TB (MDR-TB) patients. To address this, we developed a Patient-Centered Counseling Intervention (PCCI), aiming to improve mental well-being and treatment adherence among MDR-TB patients, recognizing the significant mental health implications alongside physical health concerns.

DAREECHA

Mental Health and Suicide Risk Screening in High-Risk Districts of Gilgit Baltistan and Balochistan

Project Dareecha implemented an adapted version of the Zero Suicide (ZS) Model that was initially pioneered and conceptualized by the Henry Ford Health System. The project targets the high-risk district of Gilgit-Baltistan, focusing on engaging school leadership, parents, and psychology students to enhance mental health outcomes among students. The goal is to streamline referral systems and improve help-seeking efficacy, addressing unique local mental health needs.

PSYCHOSOCIAL ASSESSMENT OF ELDERLY

A study was conducted to assess psychosocial needs of elderly sample of different age groups, genders, and socio-economic statuses in Pakistan from the existing database. The study offered a better understanding and valuable insights into the specific needs of this vulnerable population and help inform the development of targeted interventions/activities to improve their quality of life and overall well-being.

DIGITAL SYSTEM FOR UNIVERSAL HEALTH COVERAGE (UHC) IN PAKISTAN

In pursuit of universal health coverage in rural Pakistan, PHC Global implemented a digital health system aiming to enhance healthcare accessibility. It focuses on community-based healthcare through Lady Health Workers (LHWs), telemedicine, and remote patient monitoring. Our services included training, community healthcare services, telemedicine support, stakeholder engagement, and basic household-level investigations, pivotal in realizing comprehensive healthcare in rural settings.
NONCOMMUNICABLE DISEASE SURVEILLANCE SYSTEM

The project aims to implement a robust NCD surveillance system throughout Pakistan. Objectives include conducting household surveys to estimate NCD burdens (diabetes T1, T2, gestational, cardiovascular disease, cancer, and stroke), collecting detailed data on individuals with NCDs to guide targeted interventions, addressing identified NCD cases for improved health outcomes, and empowering individuals through a mobile healthcare app with personalized disease management tools—diet plans, exercises, and health tips.

SCHOOL-BASED LIFE STYLE MODIFICATIONS & MENTAL HEALTH INTERVENTIONS

The project aims to implement lifestyle modifications and mental health interventions in school settings to foster holistic student well-being. Objectives include promoting behavioral change through tailored curricula emphasizing regular exercise, fitness, no smoking, and healthy diets. Additionally, it focuses on delivering mental health education to reduce stigma, equip students with effective tools, engaging teachers, parents, and guardians to reinforce healthy habits, and measuring the impact of these interventions for data-driven improvements. Services encompass lifestyle education, mental health services, stakeholder engagement, and training for teachers and parents.

HEALTH INFORMATION MANAGEMENT SYSTEM (HMIS)

PHC Global’s proprietary Health Information Management System (HIMS) integrates key features like Electronic Medical Records (EMR), medical orders and referrals, pharmacy and inventory management, billing, insurance claims, operating theaters, human resources, facilities management, equipment maintenance, and analytics dashboards. This HIMS adopts a modular approach, offering customization that enables healthcare facilities to select modules fitting their specific needs. Such flexibility ensures adaptability to diverse operational scales and requirements. Its embedded interoperability layer is designed to integrate smoothly with existing hospital IT systems, facilitating a unified data exchange across the healthcare ecosystem.
PHC Global developed a mobile and web-based e-learning solution to digitize the government-mandated syllabus for the Lady Health Worker cadre in Pakistan. This project focuses on creating an extensive repository of around 800 learning features and applies four key instructional design principles.

1. Leveraging adult learning theory by building on prior experiences and focusing on practical skills
2. Enhancing learner motivation through elements of delight and fostering a meaningful community of practice
3. Catering to low digital literacy in a manner that also upskills digital competence and instills digital confidence, using elements like an omnipresent guide on every screen to provide unprompted guidance
4. Using emotional design principles to foster user ownership of the app.

The platform utilizes 7 learning features like comic strips, animation videos, branching scenarios, interactive images, and hotspot images, catering to various learning preferences and styles.

Centre for Arts based Methodologies (CFAW) has also developed in-house curricula for Social Emotional Learning and Flourishing in 2023. This curriculum also comprises of detailed community engagement content developed for Project Dareecha and Wellbeing hub services and trainings.
SCHOOL BASED MENTAL HEALTH - KHYBER PAKHTUNKHWAN

Approximately 10-36% of the population under 19 years old in Eastern Mediterranean region (EMR) countries struggle with mental health disorders. This project aims to address mental health issues among KPK students through effective interventions, staff training for mental health awareness, promoting positive mental health via universal programs, implementing targeted psychological prevention, reducing youth mental disorder burden, and enhancing school culture with positive policies and practices.

PHC Global is building a mental health digital portal for educational institutes to increase sustainability of mental health interventions around screening, referral process and journey mapping of individuals. It aims to gather unique insights and trends per institute to facilitate their design and implementation of mental health policies and action plans.

PUBLIC HEALTH OPINION POLLS AND SURVEY RESEARCH

PHCG Polls shall explore people’s knowledge about a particular disease, its spread and treatment, the preventive actions people have taken, their willingness to be vaccinated, their reasons for following or for not following public health recommendations (i.e., facilitators or barriers), their fears and perceived risks or benefits associated with a disease and its treatment, the sources of information, and their experiences with illnesses, with the healthcare system, and other related topics.

Currently, the pilot phase of the public health polls is being conducted to build momentum, and to account for any contingencies.
PHC DIAGNOSTICS

PHC Diagnostics is on a mission to impact people’s lives by trailblazing the path to affordable and quality diagnostics essential to achieving optimal health. Our exceptional team of experts is committed to providing accurate, affordable, and inclusive diagnostic services. With a mission to transform lives, we’ve invested in advanced technology to improve standardized procedures, delivering precise results without uncertainty.

Every patient irrespective of their financial status receives the highest level of care through our dedicated efforts. In our pursuit of excellence, we uphold strict standards of accuracy, precision, and reliability.

Our participation in programs such as Biored EQAS and NEQAS demonstrates our commitment to maintaining these high standards in diagnostic testing. Additionally, we have obtained Punjab Healthcare Commission registration and ISO accreditation, further establishing ourselves as a trusted and quality-driven diagnostic service provider in Pakistan.

SERVICES

Medical Laboratory
- Hematology
- Clinical and Special Chemistry
- Microbiology
- Molecular and Genetic Testing

Radiology
- X-Ray
- Ultrasound
- Echocardiography
- ECG
PHC Global, this year expanded the impact of their work to collaborate with other organizations. Given our methodological approach to public health, these Memorandum of Understanding (MOU) were signed to put our efforts together to address issues in evidence generation, advocacy, capacity-building, and science.
Centre for Arts-based Methodologies and Wellbeing has hosted and conducted over 60 events and sessions throughout 2023. This year focused on presence, re-building focus, and community through exploratory art-based methods inclusive of our in-house curriculum for wellbeing. CFAW was also named as one of “the places to be” in Mashion this year, aiming to grow in wider reach and build community next year.

ARTIST OF THE MONTH
Each month, an emerging artist was brought on board for creative engagement, projection and community-based workshops to expand growth and reach for new artists. CFAW explored fine artists, mix media artists, photographers and musicians.

Mariam Aslam
July

Zainab Hassan
June

Bilal Ahmed
August

Ray Syed
September

Zaryab Khan
December
ISHTERAK-E-MEHRWANN
CFAW hosted young, talented artists from Mehrwann Arts Academy, Lyari. Nani Ghar showcased their beautiful and precise, pencil-coloured portraits along with their instructor, Raheem Ghulam. The young artists also did live portraits during the exhibition astonishing all of us.

MINDSCAPE
A multidisciplinary exhibition on all things mental. The exhibition included art showcase, workshops, film screenings and performances based on mental health. The workshops included Rebuilding Focus, a sensorimotor workshop, Mind, Body, Soul & All Its Needs, an exploratory workshop that featured clay, mapping, music and bodywork, and closed of with Catharsis Drum Circle with the Karachi Drum.

ZENAN-KHANA
A week full of sharing space, unpacking emotions and experiencing love for women to create art and celebrate beauty together with Nani Ghar. The week featured Blank Canvas at Aurat March Karachi, Aap Beeti, an experimental workshop where we made reflective collages, Brave Space Workshop where we discussed and made art on self-love, acceptance and gratitude for our bodies, and a Financial Literacy Session. Zenan-khana also featured young, female artists through a digital exhibition.
ARTS AND WELLNESS SESSION FOR ENGRO CORP. IN PARTNERSHIP WITH KARACHI BIENNALE TRUST

DANCE MANDALA AND MENDING HEARTS WORKSHOP WITH HOUSE OF PEBBLES

SOCIAL EMOTIONAL AWARENESS SESSION FOR LEARNING FESTIVAL BY PAKISTAN AMERICAN CULTURAL CENTRE

EXPLORATORY FREEDOM DREAMING WRITING WORKSHOP BY ASAD ALI ZULFIQAR

SOCIAL EMOTIONAL LEARNING SESSION FOR KARACHI DOWN SYNDROME PROGRAM (KDSP)

CONTACT BEYOND CONTACT WORKSHOP BY NATALIA BARAHONA NOSEDA
THEATRE WORKSHOP BY MUNEERA BATool

JEWELLERY MAKING WORKSHOP BY HARIS KHAN

CATHARSIS DRUM CIRCLE BY THE KARACHI DRUM

14TH AUGUST RETROSPECTIVE BY HUSSAIN KHALID & SANA NAQVI

SOUL CLEANSE WORKSHOP SERIES BY TOOBA TAHIR

CAPACITY BUILDING AND COST EFFECTIVENESS OF INTERVENTIONS IN ASIA WITH SAROWAR GOLAM

REGIONAL CAPACITY BUILDING FOR GENERATING EVIDENCE FOR MEDICAL DEVICE TESTING FOR COMMUNICABLE DISEASES WITH TARANG SHARMA

THEATRE WORKSHOP BY MUNEERA BATool
CONFERENCES AND TRAININGS

2ND GRANT WRITING WORKSHOP
Riphah University, Rawalpindi, Pakistan

WOMEN DELIVER CONFERENCE 23
Kigali, Rwanda

FOUNDATION MÉRIEUX’S VACCINE ACCEPTANCE CONFERENCE
Annecy, France

NATIONAL HPV SEMINAR
Islamabad, Pakistan

OXFORD CENTRE FOR ISLAMIC STUDIES - UTM SCIENCE ROUNDTABLE
Oxford, United Kingdom

13TH INTERNATIONAL PUBLIC HEALTH CONFERENCE
Islamabad, Pakistan

CANADIAN CONFERENCE ON GLOBAL HEALTH
Ottawa, Canada
EVENTS

WHO MULTI-COUNTRY STUDY INVESTIGATOR MEETING
Geneva, Switzerland

ARTIFICIAL INTELLIGENCE FOR GLOBAL HEALTH (AI4GH) WORKSHOP
Nairobi, Kenya

GRAND CHALLENGES ANNUAL MEETING
Dakar, Senegal

NATIONAL DIALOGUE ON ANTIMICROBIAL RESISTANCE
Islamabad, Pakistan

AI SAROSH CO-DESIGN WORKSHOP
Colombo, Sri Lanka

PAKISTAN MENTAL HEALTH COALITION GENERAL BODY ANNUAL MEETING
Karachi, Pakistan

WORLD VACCINE CONGRESS
Washington DC, USA

PROJECT LAUNCH OF “PUBLIC HEALTH, SCIENCE AND TECHNOLOGY IN MUSLIM SOCIETIES”
The Royal Society, London
GOALS FOR 2024

1. Strengthen advocacy efforts to influence health policies, ensuring alignment with international health standards and community needs.

2. Develop cutting-edge technological solutions utilizing AI and machine learning for complex healthcare challenges.

3. Conduct comprehensive longitudinal studies to generate evidence for innovative and sustainable health interventions.

4. Implement community-driven health programs focusing on preventive care and health education in marginalized areas.

5. Extend operations to other Low-middle-income countries (LMICs) by establishing partnerships and conducting feasibility studies to deliver last-mile interventions.
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