

DEFENCE HOUSING AUTHORITY



# BULLETIN

BUSINESS AFFAIRS &  
**PROGRESSION**

**DHA**  
**POPULACE**

YEAR 2020-22  
**ROUND-UP**

A N N U A L   E D I T I O N   2 0 2 2



Lt Gen Muhammad Abdul Aziz (Retd), HI(M)

# PARTING VIEWS BY OUTGOING PRESIDENT DHA LAHORE

It gives me immense satisfaction to have spearheaded DHA Lahore in its pursuit of growth and excellence. It was a great pride and pleasure to work with my team which is highly productive and dedicated ensuring my vision into reality. Today, DHA Lahore continues on its path of sustainability and growth.

With my everlasting associations with DHA Lahore, I proudly look forward to the execution of the endless potential this organization has to offer for its clients and consumers. From the pandemic hit to the ever changing economic environments, DHA Lahore continued its sustainability and deliverance. I thank everyone for their trust and confidence bestowed upon me during my tenure and wish everyone success in their future endeavours.

I sincerely hope and pray that DHA Lahore continues to be one of the most iconic housing societies in Pakistan.

Sincerely,  
Lt Gen Muhammad Abdul Aziz (Retired), HI (M)  
**EX-PRESIDENT DHA**

# MESSAGE FROM ADMINISTRATOR DHA LAHORE

DHA Lahore has come a long way since its inception and is now a leading housing society and corporate body. Our commitment to excellence and customer services have enabled us to build a loyal and diverse customer base. We are proud of our relationships with clients over the years.

My past three years in DHA has been nothing short of commitment to deliverance. With unwavering dedication to the mission of the organization and a commitment to serving the community, DHA Lahore has achieved unparalleled success. The COVID-19 pandemic presented the corporate world with unprecedented challenges, nevertheless every team member worked wholeheartedly to ensure sustainability and progression. The prevailing economic challenges yet again compelled us to strive even harder to keep our success ladder intact and dilute the effects.

As we look to the future, commitment to our esteemed customers remain unwavered. We are dedicated to provide the highest quality services and will continue to strive for innovation and customer satisfaction. We are confident that this commitment will enable us to achieve our vision.

Happy Reading

Wishing everyone a happy and prosperous year ahead.

Brig Waheed Gul Satti, SI(M)  
ADMINISTRATOR DHA

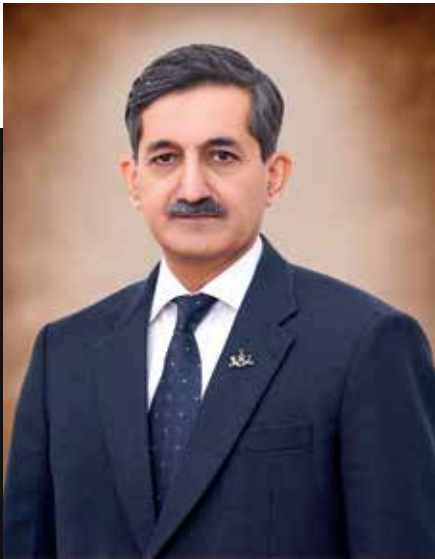


Brig Waheed Gul Satti, SI(M)



DHA Lahore Main Office Complex, Phase-VI

# CHANGE OF COMMAND



Lt Gen Salman Fayyaz Ghani, HI(M)



Lt Gen Muhammad Abdul Aziz, HI(M)

Lt Gen Muhammad Abdul Aziz, HI(M) chaired DHA Lahore as President Executive Board for the last two years. The organization will always cherish the moments spent under his able leadership.

On 20<sup>th</sup> October 2022, Lt Gen Salman Fayyaz Ghani, HI(M) joined DHA Lahore as President Executive Board. It's a great honor to welcome the new President DHA with aspiration to see the organization more flourished and a symbol of constant commitment and integrity under his brilliant command.

# PRESIDENT DHA EXECUTIVE BOARD VISIT

## MAIN OFFICE COMPLEX PHASE-VI DHA LAHORE

On 15th November 2022, Lt Gen Salman Fayyaz Ghani, HI (M), President DHA Executive Board paid his first visit to the DHA Main Office. Administrator DHA Lahore, Brig Waheed Gul Satti, SI (M) and Secretary DHA, Col (Retd) Muhammad Iqbal, SI (M) greeted the President. After being received with honor, the directors DHA were introduced to the honorable President DHA Executive Board.





Towards the end of the visit, the new President DHA, Lt Gen Salman Fayyaz Ghani, HI (M) was given a visit to the entire office complex with a brief about DHA and its achievements. With the committed leadership, the organisation looks forward to make DHA, more robust.



# BUSSINESS AFFAIRS & PROGRESSION

PR

POWER

**"COMING TOGETHER IS A  
BEGINNING, KEEPING  
TOGETHER IS PROGRESS,  
WORKING TOGETHER IS  
SUCCESS"**

**– HENRY FORD –**

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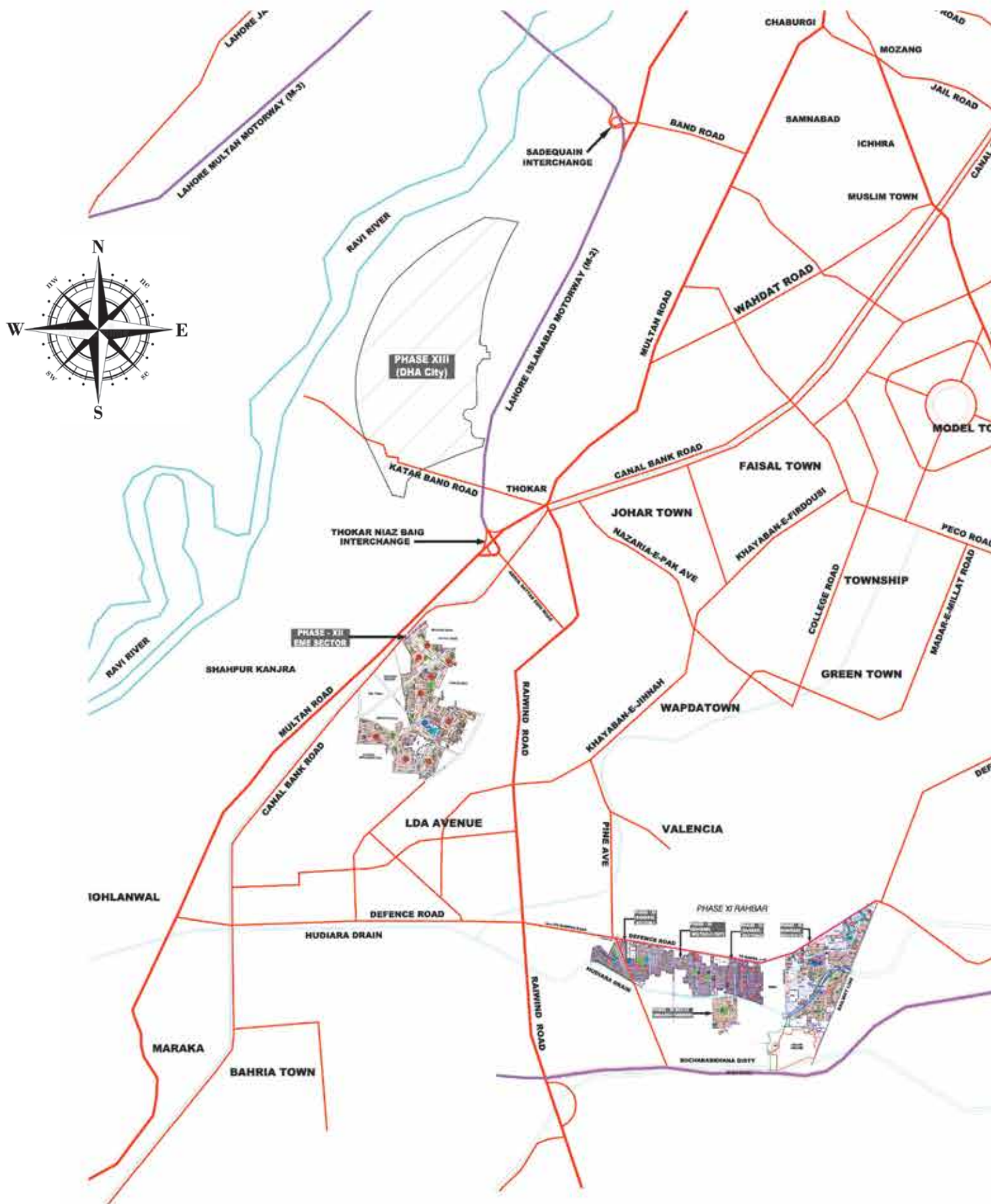
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YEAR 2020-22  
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# MASTER PLAN - DHA LAHORE





# POSSESSION OPENING CEREMONY OF SECTOR-E DHA TOWN PHASE-IX





On 26th Jan, 2023, Possession Opening ceremony of Sector E, Phase – 9 Town, DHA Lahore was held and graced by President DHA Lt Gen Salman Fayyaz Ghani, HI(M) as Chief guest. Spread over a total area of 1154K, it offers Commercial and Residential plots, Sector Shops, Parks, Masjid, Water Tank, Petrol Pumps, Schools, Grid Station and state of the art Sports Complexes.

In close proximity with Lahore Ring Road, DHA Phase V & VI, Askari II and main commercial attraction makes 9 Town a complete living experience. DHA's main focus has always been the welfare of its members, as a matter of course, 9 Town was established for Martyrs, war wounded JCO's, and soldiers. It was named as Shuhada Town in 2009. We continuously strive to extend our valuable residents with matchless amenities and civic facilities whilst ensuring safe and secure living.





# LET US GUIDE YOU HOME

## IVY GREEN SECTOR – Z PHASE –VIII

**D**edicated to next of kins of Shuhda and war-wounded Pak army personnel, IVY Green Sector – Z is touching new heights of development over an area of 5684 Kanal. In the initial development phase, the growth plan included 5384 residential and 421 commercial plots. This Phase of DHA is adorned with green and peaceful environment which encompasses all kind of living facilities such as mosques, parks, marriage lawn, hospital, schools & college, sports club, over head water tanks, grid station, nursery, SDS for sewerage disposal and graveyard. In order to ensure peace and safety for the residents, community developed in Sector – Z, has boundary wall. This beforehand planning is enabling a smooth living transition for the residents of Sector – Z, IVY Green.



# "IT IS THE CAUSE, NOT THE DEATH, THAT MAKES THE MARTYR."

– NAPOLEON BONAPARTE –

Infrastructural development is completed over a vast area at IVY Green Sector – Z along with the possession opening that took place in October 2021 for 3 sub-sectors. Currently 35 houses are under construction in Sector – Z and many other members of this community are showing their keen interest in residing in this area. This sector is well-kept with greenery that is done by plantation of trees and shaping up of plot areas. To fulfill the water demands of a flourishing society, 5 overhead water tanks have been constructed to ensure flow of uninterrupted water supply. Along with new developments, 2 SDS have been constructed for sewerage of the area and further disposal will take place through a 10km long force main pipe. The underground electrification was started in 2019 and has completed in 2022. As more residents are attracted towards living in this developing phase of DHA, a dedicated Grid Station for electricity has been planned for the area to cater for future load requirements.

# KARBATH PHASE-VII EARTH BREAKING CEREMONY

## PATHWAY TO AN INNOVATIVE LIFESTYLE



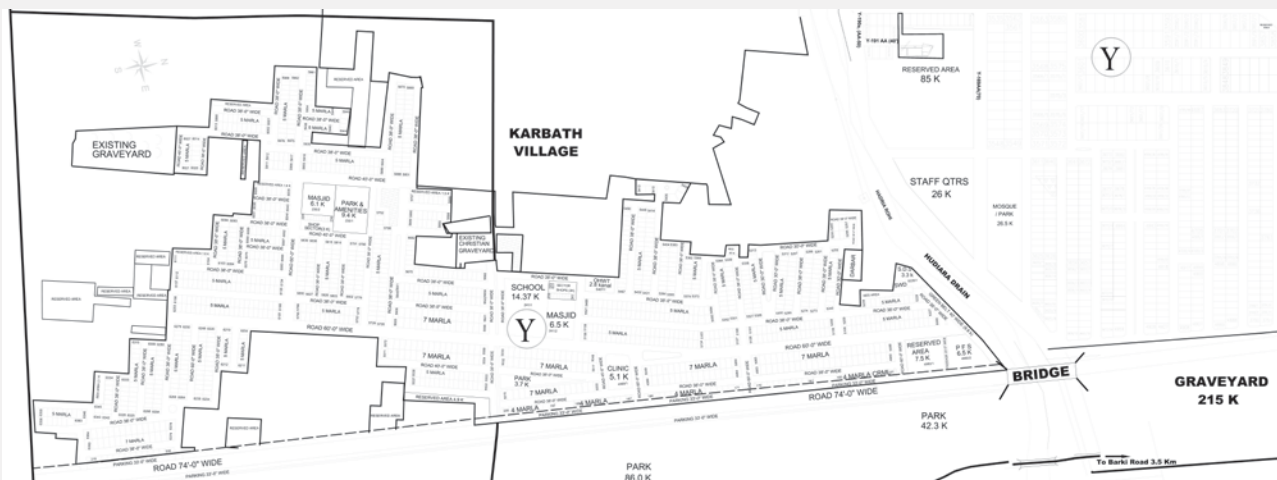
"There is no power for change greater than a community discovering what it cares about."

— Margaret J.—

The fast-paced development of DHA Lahore has enhanced the confidence of the residents with the ultimate concept of living. DHA Lahore remains at the top of its game by ensuring efficient ongoing development works up to latest trends and highest quality standards. The earth breaking ceremony of DHA Phase VII, Sector – Y (Karbath) marked the development of one of the finest and distinguished comfort on 14th Oct 2022. With a total area of 1310 Kanals and a total of 1487 plots (1396 residential and 91 commercial plots), DHA Phase VII, Sector – Y (Karbath) is an ecological pinnacle which possesses natural clumps of tree plantation along with BRB Canal and a vast area of Golf course at the other end.



The chief guest Administrator DHA Lahore, Brigadier Waheed Gul Satti, SI (M) expressed his gratitude by appreciating the stakeholders who believe wholeheartedly in the development and recognition of DHA while discussing essential features of Phase VII, Sector – Y (Karbath) that the residents will benefit from. This pathway to an innovative lifestyle has been made possible with salient features like open gym in the park, botanical garden and nursery on 50 kanals, fast food chain, kids play area, family entertainment park, modernized town planning, basic health care, educational institutes, beautiful mosques, and better connectivity through broader main boulevard and spacious roads. With prime focus on providing a quality lifestyle to its residents, DHA Phase VII, Sector – Y (Karbath) is all set to offer distinctive innovation.





# BUSINESS HUB INAUGURATION

“RUSH FOR THE OCCUPANCY”



**D**HA has embodied a lifestyle and complete living experience to the community members with top class amenities. To grow continuously, innovation is the key to success in bringing value to our clients and providing confidence and comfort. On 6th October 2022, Administrator DHA Lahore Brig Waheed Gul Satti, SI(M) inaugurated Business Hub, a DHA owned project which aims to provide state of the art facilities to corporate structures under one roof. The highly liked corporate tower by the top-tier businesses has spacious offices which have state of the art ambiance, an in-house Gym, multi-purpose Seminar Hall, Cigar Lounge, First Aid room, Day Care Center & children play area, Prayer Hall, Roof top Terrace, Fire fighting system, Building Management system and Efficient Energy Center to provide uninterrupted electricity. Located in the heart of DHA Commercial Broadway, Phase-VIII, Business Hub has 11 floors with approx.16 brands operating in it.



# FOOT PRINT GLOBAL MOU SIGNING



FP Global team meets Administrator DHA Lahore with new goals to achieve

# SIEMENS DELEGATION



# ASIAN YOUTH BOXING BRONZE MEDAL WINNER



Hadia Kamal meets Administrator DHA Lahore as she secures a Bronze Medal in Asian Youth Boxing Championship

# UNDERPASS AVENUE-III

“

The vision is that people should have the ultimate in convenience.

—Bill Gates—

”

**D**HA strives to be a treasure of new developments when it comes to fulfilling the needs of the community. With increasing population and call for necessities, the ongoing traffic volume has increased with main focus on fully developed Phases (Phase I – V) and developing Phases (Phase VI-VIII). Along with the planned projects taking place, the need to control traffic has become vital for a smooth flow. In view of heavy traffic congestion anticipated at Shabbir Sharif road (Bedian to Barki), a traffic improvement plan has been initiated. The well-planned project, Avenue-III underpass, is executed to control the gridlock of traffic in future. DHA team toiled day & night to complete the set task in the minimum possible time, making DHA a forward-thinking and determined organization.





# INAUGURATION OF CAMBRIDGE WING

“ACHIEVING GOALS WITH FAITH”

**A**long with the Club Exhibition, inauguration of the Cambridge wing is another milestone achieved by DHAES, under the command of Brig Dr. Aamir Hafeez (Retd).

During the visit of the Cambridge Wing, Administrator DHA, Brig Waleed Gul Satti, SI (M) met the high achievers and applauded their commendable accomplishments. The well-equipped labs, loaded equipment, and the serene environment of the well-stocked library were also appreciated by the Chief Guest. While discussing the inauguration of the Cambridge wing and sharing words of wisdom with each other, the guests were obliged with this informational and successful establishment.



# HEADSTART SCHOOL JV SIGNING

“PAVING THE ROAD TO INNOVATION”

**R**eaching milestones in providing high quality academic platforms, a JV agreement was signed with Nazneen Murtaza on 02/09/22 for the establishment of Head Start School in Phase – VII, Sector – T. Located in the booming and developing Phase of DHA, this school covers an area of 24.53 Kanal with 4 floors in total inclusive of 2 floors, 1 ground, and 1 basement. This state-of-the art facility will cover educational programs from playgroup to A-levels, making it an easy access for better education under one roof. Joining hands with DHA, Head Start School is set to contribute to the community with competitive advantage that all students will benefit from.





**"The function of education is to teach one to think intensively and to think critically. Intelligence plus character - that is the goal of true education"**

**- Martin Luther King. Jr -**



# INAUGURATION OF PETROL PUMP

PHASE-VII

“FLOURISHING  
WITH CONVENIENCE”



On 28th October 2022, DHA inaugurated ATTOCK Filling Station in Phase-VII, Sector-T and Sector-Y where Administrator DHA Brig Waheed Gul Satti, SI(M) graced the occasion as chief guest. Working with the ambition to provide the residents with smart and better facilities, this anticipated service is now available in the new and upcoming Phase of DHA. The ATTOCK Petrol Station is offering one of the best automotive services with added facilities of Mart Shop, Car Speed Wash, Oil Change, Tyre Shop, and Waiting Rooms. This Petrol Pump service is a great mode of convenience for the residents, catering to all necessary needs on-the-go.





كارفور  
Carrefour

# CARREFOUR EARTHBREAKING CEREMONY SECTOR T PHASE-VII

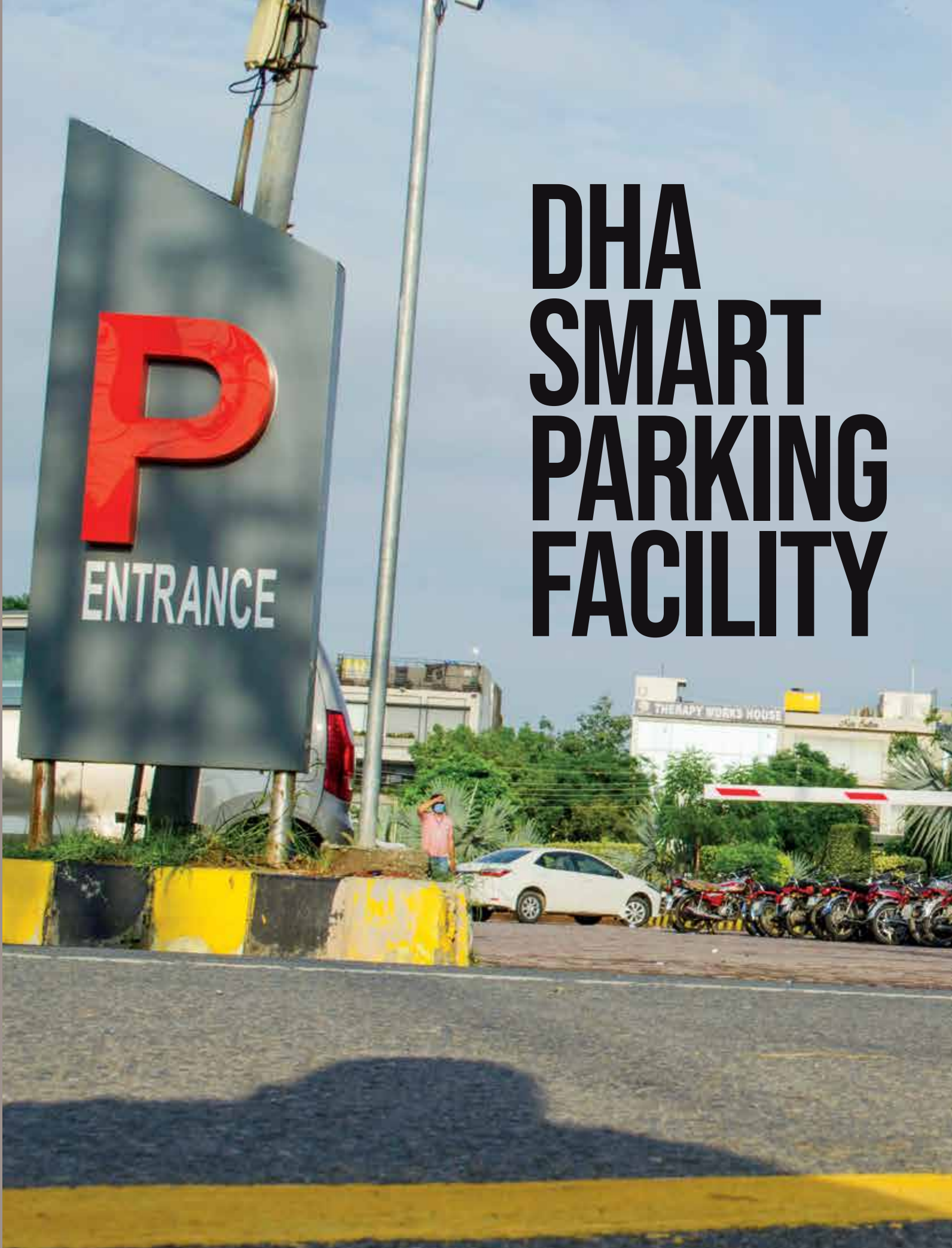
“BUILDING COMMUNITIES ONE STEP AT A TIME”



**D**HA Lahore is bringing a new facility in coordination with Hani Weiss (CEO Retail and Board Member Carrefour & Majedul). The earth-breaking ceremony of Carrefour took place on 6th December 2022. Administrator DHA, Brig Waheed Gul Satti, SI (M) graced the earth-breaking ceremony as chief guest. This convenient spot, covering an area of 15.44 kanal, will open its doors soon in Phase-VII Sector-T, DHA Lahore.

Carrefour is a French multinational retail and wholesaling corporation, being the eighth-largest retailer in the world by revenue. This franchise operates a chain of hypermarkets, grocery stores and convenience stores. DHA Lahore believes in making this convenience available to all the residents, closer to their homes. The organization always keeps its head high in giving the best to its residents with the ultimate standard of living.

# DHA SMART PARKING FACILITY





**S**mart parking system was introduced in DHA for the convenience and safety of DHA residents/ visitors and their vehicles. The purpose of this established facility is to provide hassle free parking and mental comfort to all residents / visitors while maintaining smooth and efficient service.

DHA Car Parking Areas provide the following assistance:

- Free parking stickers for senior citizens.
- One parking ticket is valid for all DHA parking areas for 24 hours.
- Monthly, Quarterly car parking pass on subsidies rates.
- Free parking for senior citizens and Government vehicles .
- Establishment of waiting area for drivers in compound parking areas.
- Availability of clean drinking water in parking areas.
- Wheel-chair facility for disable persons and senior citizens in compound parking area.
- Wash-room facility in compound parking areas.
- CCTV coverage in all compound and related parking areas.
- Tuck Shop has also been established to facilitate the visitors.



# JOINING HANDS WITH DHA, TIM HORTONS MAKES A SMASHING DEBUT

“In all of living, have much fun and laughter. Life is to be enjoyed, not just endured”.

–Gorden B. Hinckley–



**D**HA Lahore is the lucrative place where National & International line of work wish to take start. Tim Hortons has opened its first 8,000sqft, outlet store in DHA Lahore Phase-VI Commercial, which features drive-thru and in-store seating for over 150 people. It has been reported that this much awaited coffee house and restaurant chain generated record opening day sales in DHA Lahore where the eager customers made a long queue to get their hands on delicious coffee and fast-food items.

DHA Lahore signed a JV agreement earlier with Hassan Mansoor of Blue Food Company to bring Tim Hortons to Pakistan. With the aim to facilitate the residents with new and upcoming coffee stops and other fast food items, DHA Lahore has always played a crucial role in achieving landmarks of ideal living. To be located at Phase – VI, Sector – A, 145 MB, Tim Hortons covers an area of 32 Marla with 3 floors, inclusive of 1 ground and 2 floors. Providing convenience and the most desirable places to stop by, DHA Lahore is the pioneer in creating maximum available opportunities to the residents.

**“Do anything, but let it produce joy.”**

# BUILDING MATERIAL TESTING LABS

We Shape Our  
Buildings; thereafter  
they shape us.

**T**o verify the building material characteristics for application trials, detect defects, analyze failures, improve new materials or conduct basic research on the theoretical strength of materials, effective material testing is essential. In addition to existing testing facilities, DHA Material Testing Lab has added Universal Testing Machine on 11th April 2022. The Universal Testing Machine is used to test the tensile and bending strength of materials. Material Testing Lab ensures a range of services & safe practices available for all projects of DHA Lahore and the private clients constructing homes/commercial plazas. As per requirement of Quality Assurance of DHA projects, DHA Materials Testing Lab has procured Elcometer for measuring the Zinc coating of metallic surfaces on 15th October, 2022. In addition to this our lab has started testing of steel and bricks as well.



# WORSHIP SPRINGS FROM AMAZEMENT & IS THE RIGHT RESPONSE TO GOD

## DHA MOSQUES – SEEKING A WORSHIP SPIRIT



**D**HA Lahore is a blessed community having 70 mosques in different Phases of DHA.

These gorgeously domed mosques are built as the safe community hub to highlight the significance of such lighthouses in a community where Allah s.w.t is worshipped and glorified through the five daily prayers, reciting the Quran, Zikir (remembrance of Allah) and many other good deeds.

The recent addition of Mosque Sector C, Phase-IX Town, is highly appreciated by the community members. This great facility was made open for prayers on 7th January, 2022 where a large number of residents offered Jumma Prayers on the day of inauguration. The conception of its design and the embellishment of its interior & exterior is influenced by core Islamic Art of Samarkand (The Registan Square), Bukhara and the Middle East; linking two of the prestigious centers of art and Islamic civilization. The skill at wood and stone carving, blue pottery and tile work that travelled from Isfahan (Iran) to Jaipur & Multan (Indian sub-continent) has converted the mosque into a masterpiece of Islamic history.

The mosque contains a typical floor plan, a prayer hall, mihrab (prayer niche), minbar (a pulpit in a mosque where the leader of the prayers stand), place for funerals, mezzanine floor for ladies (all with Heating Ventilation & Air Conditioning facility), verandas with central courtyard, a formal elegant entrance, ablution space placed on either side of the main entrance and full basement under main hall and verandas enhances the capacity of the mosque.



# MEDICAL CENTER W-BLOCK PHASE-III

**“THE PRESENCE  
OF THE  
DOCTOR IS THE  
BEGINNING OF  
THE CURE”**

DHA Medical Center at W- Block, Phase-III is upgraded with dental and dialysis centers, the management DHA is taking it up to a 100 bed addition. With the motivation to offer promising results, DHA Medical Centre has further upgraded their facilities for a smooth experience.

- DHA Medical Centre accredited by Punjab Healthcare Commission (PHC).
- 27/7 Emergency Care and Cardiac Ambulance Services.
- State-of-the-art Intensive Care Unit (ICU).
- Highly advanced fully-equipped 2nd Operation Theatre.
- Free home sampling of Laboratory Tests for DHA Residents.
- Upgraded Diagnostic Laboratory.
- Laparoscopic Surgery Facility.
- Highly acclaimed consultants.
- Upgraded private rooms.
- Licensed Blood Bank with Blood Transfusion Services.
- Highly trained paramedical staff.
- All services are offered at affordable fees



**D**HA Medical Centre has a history of reliable services and a place which welcomes the patients in the most caring and proficient manner. Trained and qualified staff and doctors at DHA Medical Centre are busy to handle all sorts of medical concerns with empathy, warmth and professional ethics. Brigadier Waheed Gul Satti, Administrator DHA Lahore inaugurated the facility of Incentive Care Unit at W block DHA Medical Centre, Phase III, on 15th of December 2021.



# SOLARIZATION IN DHA GREEN ENERGY INITIATIVE

**“Solar power, the way forward is to collaborate with nature – it’s the only way we are going to get to the other end of the 21st century”**

Solar power is the technology of obtaining usable energy from sunlight. Solar energy has been in the wide spread use in many traditional technologies for centuries. The development of alternative and renewable energy based generation on solar energy has been considered as a feasible method to provide relief in current energy crisis. Net metering based solar system not only lessens the burden over National Grid but also supports in increasing overall generation capacity, thus reducing fuel import bill and emission of green house gases. The vision of solarisation has been envisaged by DHA Lahore to economize the enormous electric expenditure. DHA has taken the green initiative by going solar for different amenities where large roof spaces are available for installation of solar system. A study carried out to estimate the feasibility of solar system indicates a capacity of 4632 KW in DHA. A total capacity of about 500 KW has been installed during the last 6 months, whereas systems for about 1600 KW are in the pipeline.



**SWIMMING POOL SEC K PH-V (250 KW)**



**SWIMMING POOL PH-XII (EME) (150 KW)**



# PENTA SQUARE

In the heart of DHA

Residential Apartments | Shopping Mall | Corporate Offices  
State-of-the-art gated community living



PENTA MALL

RESIDENTIAL APARTMENTS

LOBBY AREA

📍 CCA PHASE V, DHA LAHORE

DHA Main Office Complex, Sector 'A' Phase-VI, Lahore, Pakistan.

[www.dhalahore.org](http://www.dhalahore.org) | [f](#) [i](#) [t](#) [y](#) [in](#)

# MESSAGE FROM DIRECTOR SALES & MARKETING



It is with great honour that I am able to share my view with the readers.

DHA Lahore has grown and evolved in every sphere of life in many ways. This expansion has enabled us to further stretch our energies for delivering excellence to our clients. Our success story has been driven by the unwavering commitment of our Team for provision of highest level of customer care.

Every soul of the team is committed and is working tirelessly in his/her capacity for optimum and timely deliverance. DHA Lahore has continually sought to optimize its operations and have evolve new ways for achieving better results.

The success achieved in the past few years is a testament to the fact that with foresightedness, hard work and dedication, a team can achieve target beyond desired goals. With Almighty blessings and help, we will strive more to uphold our pride to achieve further glories.

**We thank our clients for trusting us and bearing with us in all odds. We truly cherish their remarkable contribution in upholding our standards.**

Sincerely,  
Col Waheed Alam  
**Director Sales & Marketing**



# OVERSEAS ENCLAVE

## SECTOR T, PHASE VII

An exclusive opportunity for the NICOP card holders

DHA PROJECT WITH A NUMBER OF ATTRACTIONS

LOTS AVAILABLE IN A GATED COMMUNITY  
2 KANAL, 1 KANAL & 10 MARLA



### Distinctive Features:

- 24/7 Security
- Possession Open Plots
- Architectural Consultancy on Payment
- Spacious Green Areas
- Fiber Optic Network

### IN CLOSE PROXIMITY OF:

- Carrefour, Phase - VI
- Defence Raya Gold & Country Club, Phase - VI
- Capt. Fasih Babar Amin Shaheed Sports Complex, Phase VI
- Defence Revelation Club, Phase-VI
- Commercial Zone (CCA-4), Phase-VII
- Punjab Govt Knowledge Park
- Dolmen Mall & Lahore Times Square
- DHA Own & Govt. Punjab Hospital
- Direct Access from Burki Road
- Easy Access to Airport & Ring Road



DHA Main Office Complex, Sector 'A' Phase-VI,  
Lahore Cantt, Pakistan.

[www.dhalahore.org](http://www.dhalahore.org)

f i t y i n

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# EDITOR'S NOTE



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**WRITING, TO ME,  
IS SIMPLY THINKING THROUGH MY FINGERS**  
-Isaac Asimov-

Dear Reader!

Don't you think we are pattern seekers and always joining the dots, we look for patterns and weave narratives, this natural function of the brain intended to help us learn about anything. Here I pick this requisite piece of writing by John Lennon, "Reality leaves a lot to the imagination".

DHA Lahore is chosen by the people as a brand patterning Reality, Security & Transparency, they want to continue with us because we deliver them and to the generations with guarantee of the fulfillment of conferrals.

Pushing back the global challenges, in DHA, third decade of the current century is bringing fast paced services, enhanced convenience of living standards and improved bye-laws to flourish business for all stakeholders. Such innovative measures are the secret of long lasting prosperity.

I am presenting this annual issue 2022 into three sections, naming as Business Affairs & Progression, DHA Populace & Year 2020-22 Round-up. The messages by higher management are included in first section - Business Affairs & Progression, DHA Populace - is the second part which defines our services for the community members and the third section, Year 2020-22 Round-up, is a self-explanatory pictorial coverage.

The moment when the writer, alone in front of the white page, is about to produce meanings, objectives and emotions, is the moment of absolute freedom. I am thankful to the management who allows me to describe DHA on these pages where I carry the primacy of aesthetic freedom while at the same time embodying defiant truths - existential, communal, and ethical.

**Sow seeds of dedication and commitment to reap success & felicity, in the year 2023.**

Stay with us for feedback at:  
[feedback.publication@dhalahore.org](mailto:feedback.publication@dhalahore.org)

Thanks for your readership & trust!

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"The two skills of the warrior are compassion and insight. Compassion is easy-it arises spontaneously from an open heart. Insight or discernment requires more skill. We have to choose our battles"

- Margaret J. Wheatley-

# DHA POPULACE





“

*Don't be satisfied with stories,  
how things have gone with others.  
Unfold your own myth.*

*~ Rumi*

”



## A TRIBUTE TO THE POET OF EAST

Grand Iqbal declamation contest was organized by DHAES on 9th November 2022. Administrator DHA Lahore Brig. Waheed Gul Satti, SI(M) graced the occasion as Chief Guest and thoroughly enjoyed the academic performances put up by different schools like LGS, Beaconhouse, Roots IVY, Garrison school systems and many more. Students prepared

debates on given topics that depicted the patriotism and spirit that Allama Iqbal's poetry holds for our youth. The winner and runner up of the competition were awarded cash prize and certificates as a token of appreciation.

“

But inner  
experience  
is only one  
source of  
human  
knowledge.

—Allama Iqbal

”







# EDUCATION

*SCHOLASTIC VALUES*



## Brig Waheed Gul Satti, SI(M) Administrator DHA Lahore Inaugurated CAMBRIDGE WING at Defence Degree College



# A DISPLAY OF INSPIRING HARDWORK

DHA Education System, is a successful system of its kind which provides the students many platforms to lead and learn to be a great team player by giving them opportunities to arrange different curricular and extra- curricular activities which make them globally competitive, morally upright and well-rounded disciplined individuals. An action-packed Students' Club Exhibition was organized by DHA Lahore on 21st September 2022, where Administrator DHA Brig Waheed Gul Satti, SI (M) graced the occasion as the Chief Guest. He was elated to witness the representations of 20 clubs and societies from senior schools & colleges of DHA Education System. The physical agility, eloquence and mental readiness of students enthralled the visitors. Hues of art & crafts, presentation of culinary skills and photography clubs, pictorial display of presenters of the Science & Robotics Club and, display of stamina and vigor of Sports Club were some of the features that won the applause of everyone present at the exhibition. With the display of such enthusiasm, different clubs were recognized with high praises and rewarded with gifts.

## BADMINTON CLUB



# MUSIC CLUB



- ✓ Fine Arts Club
- ✓ Performing Arts Club
- ✓ Culinary Art Club
- ✓ Photography Club
- ✓ Volleyball Club
- ✓ Badminton Club
- ✓ Science Club
- ✓ Basketball Club
- ✓ Debate Club
- ✓ Chess & Scrabble Club
- ✓ Tennis Club
- ✓ Unarmed Combat Club



## PERFORMING ARTS CLUB



## SCIENCE CLUB



## STUDENT'S CLUB EXHIBITION



## HEALTH & FITNESS CLUB



## WRITERS' GUILD CLUB



## DEBATE CLUB





“Leadership is a matter of having people look at you and gain confidence. If you’re in control, they’re in control.”

~Tom Landry



## UNARMED COMBAT CLUB



ON IS THE BEST INVESTMENT



Value Addition





**The major commercial zone in DRGCC**

*With a sustainable approach FAIRWAYS commercial is designed with operational and aesthetic considerations that caters to a flexible format suitable to a multi-tenant use.*



# WHATEVER GOOD THINGS WE BUILD **END UP BUILDING US.**

Defence Raya Golf & Country Club hosted 3rd President DHA Golf tournament on September 24th-25th, 2022 in which golfers eagerly participated. The event was concluded with an award ceremony followed by refreshments. The golfers can be pleased to bear glad tidings from DRGCC at opening of a new GOLFER'S COMPLEX, which is going to provide the golfers, a world class facility, with its completion. Located beside the driving range and chipping area, golfers will be able to practice in the same





# REDEFINING SUMPTUOUS LIVING

If you believe it, you can do it

conditions, they experience at the 18-hole championship course. The complex holds state of the art golf stimulators and a fully stocked pro shop with an access to first class locker rooms or may choose to unwind in the luxurious lounge or enjoy a refreshing beverage in the well-appointed outdoor seating areas on the verandah.

Another feather in the cap is the synergy between DHA Lahore and BRDB

Developments that brings forth a new meaning to the word "*Premium*" with its 18-Green Project, which comprises 3 towers of high-end and luxurious condominiums. The Project is currently under construction and will be expanded into an integrated township built on the lush greens of a world-class golf course. The Palatial Dwellings of the Project consists of three towers with expertly designed 1, 2, and 3-bedroom condominiums





## Golf is the closest game to the game we call life.

You get bad breaks from good shots; you get good breaks from bad shots. But you have to play the ball where it lies.  
~Bobby Jones

and a duplex penthouse on the top floor of every tower.

This condominium complex will let its residents experience a hassle-free life; its extensive amenities include an International-Standard 18-hole golf course, a high-end security system, and a perpetual maintenance system. Other than these services, Defence Raya intends to provide an ample parking area, driver's accommodations, concierge services, a convenient grocery store, a heating and air-conditioning system, complete power back up and running hot water.







# SPORTS

*IT'S NOT WHETHER YOU WIN OR LOSE,  
IT'S HOW YOU PLAY THE GAME.*







29th National Men & 15th National Women Karate Championship was organized by Defence Housing Authority Lahore, in collaboration with Pak Olympic Association (POA). This National Karate Championship was conducted from 14th to 16th Oct, 2022.

Karate is an unarmed martial-arts discipline employing kicking, striking, and defensive blocking with arms and legs where emphasis lies on concentrating as much of the body's power as possible at the point and instant of impact. With the motivation to celebrate sportsmanship among the participants, this championship was drawn for the true love of sports. DHA Lahore being a high end society focuses on healthy living by accelerating number of activities in the community. Over 150 athletes participated in the championship at Captain Fasih Babar Amin Shaheed Sports Complex, Phase-VI, DHA Lahore with 5 provincial (Male & Female) teams.



**CAPTAIN  
FASIH BABAR AMIN SHAHEED  
SPORTS COMPLEX, PHASE-VI**







# ARCHERY AND WALL CLIMBING

Sometimes between the bottom of the climb and the summit is the answer to the mystery why we climb. ~ Greg Child



Archery and wall climbing championship 2022, was held in Sports Complex, Phase-XII (EME) on 3rd December, 2022. With the true spirit of sportsmanship, this event was held to celebrate the deep-rooted talent which is present among us. DHA Lahore believes in accelerating and promoting a number of activities among the residents, making this event a success. Wall climbing is one of the physically challenging and mentally demanding sport that often test a climber's strength, endurance, agility, and mental control. Pakistan is endowed with enormous mountains and hilly areas where one can feel motivated to learn such sporty activities. Although with less recognition for this astounding sport, DHA Lahore keenly encourages it among residents.

Archers learn to tune out all distractions and focus on releasing the bowstring with consistency which enables them to become masters in this sport. Along with wall climbing, Archery events are organized by DHA Lahore to enforce the importance of patience and concentration. With core strength and mental skill, this sport is practiced with professionally trained mentors to avoid any kind of mistake. DHA Lahore seemingly makes sure to improve the confidence of the participants with this challenging display of games. The integrity of the organization touches new heights with different activities that take place in all the sports complexes of DHA Lahore. While mastering the sincerity and the spirit of continuing sports, DHA honorably hosts events that boost teamwork and self-esteem.





AN ARROW IS NOT AFRAID OF SHOOTING FROM THE BOW;  
BUT IS AFRAID OF NOT REACHING THE TARGET





# NATIONAL CHAMPIONSHIP MARATHON

DHA Sports organized the National Marathon Event '22, in coordination with the Athletics Federation of Pak (AFP) on 27th November 2022. This event started from Captain Fasih Babar Amin Shaheed Sports Complex Phase-VI, DHA Lahore with the motto of Run, Sweat and Win. DHA Lahore always prioritizes the importance of a healthy lifestyle among residents. The effort of organizing this event

on a National level is a witness to the celebration of sportsmanship, enthusiasm, and self-confidence. DHA Lahore keenly advocates the significance of such National activities where new and upcoming talent is displayed. With such mood-boosting and successful events, DHA Lahore believes in putting its foot forward in encouraging the residents to participate with determination.





EARN YOUR PLACE BY  
HUSTLE & WRESTLE



Organized by Defence Housing Authority Lahore,  
in collaboration with Pakistan Wrestling Federation (PWF)



MEDALISTS OF  
COMMONWEALTH GAMES 2022



# NO ONE CAN FULLY UNDERSTAND THE MEANING OF LOVE UNLESS HE'S OWNED A DOG.

A dog can show you more honest affection with a flick of his tail than a man can gather through a lifetime of handshakes. ~ Gene Hill

Hundreds of heartwarming stories are here to brighten connection between dogs and humans. Adopting a pet isn't just a life changing experience for the pet; it's good for humans as well as this four-legged friend can make excellent services. Dogs can help humans with their exceptional services as this intelligent creature has a strong sense of awareness around themselves and loyalty to the master.

People enjoyed extraordinarily competitive dog sport exhibited at DHA Phase XII (EME) and DHA Phase XI (Rahbar) on 20th November, 2022 and 19th February, 2023 respectively. The dog shows were witnessed with a lot of appreciation for the trainers and their command on this beautiful creature. DHA Lahore being an animal shelter volunteer has established its own Dog Kennel since 2011, which is providing a pivotal role in assessing quality breed of watch- dogs. This is a prevalent example of how DHA values the personal interest of the residents who are earnestly animal lovers.



**DOGS LEAVE  
PAWPRINTS  
ON OUR HEARTS.**

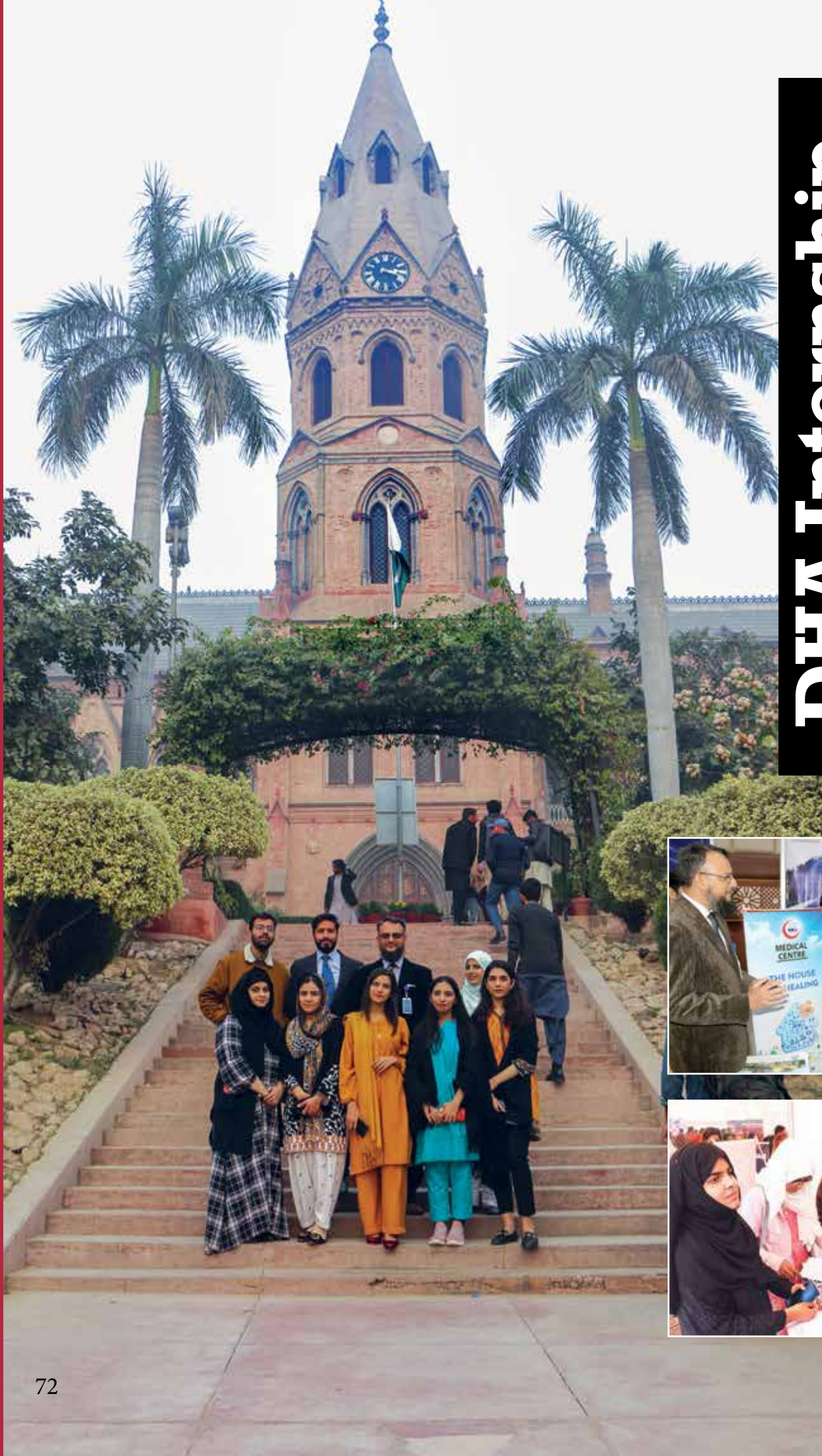




Secy DHA Lahore Col (Retd) Muhammad Iqbal, SI(M) while enjoying the show.



# DHA Internship program





# LIBRARIES STORE THE ENERGY THAT FUELS THE IMAGINATION

## DEFENCE PUBLIC LIBRARY

Libraries play a significant role in promoting literary activities within a society. The fully equipped building of Defence Public Library in Phase-III, DHA Lahore acts as a catalyst to increase reading habits, thus enhancing knowledgeable minds in the society. This established service of library is focused to play an instrumental role in image building of DHA by organizing multiple activities/events. With the formation of a new library at DHA Phase-VII, this institution is paving its way with improved reading material for all.

## EID MILAD UN NABI WEEK & BOOK LAUNCHING CEREMONY

Eid Milad-Un-Nabi (PBUH) week was celebrated from 3rd October – 9th October 2022, where special tribute was paid to Allah's Prophet (PBUH) for his dynamic role in the entire world. Events like this are a testimony towards spreading awareness and valuing the existence of a society as one. Book reading plays a quintessential role in everyone's life by introducing them to a world of imagination. To value enhanced reading ability and communication skills, an event was organized on 24th October 2022. Number of renowned writers, columnists, educationalists,

and senior citizens were present where the great grandson of Sir Syed Ahmed Khan (Mr. AsadUllah Khan) also graced this event. This book launching ceremony was acknowledged at all tiers of educational forums with remarkable words. It was made aware that the book "Ilm, Amal, Zindagi" written by Dr. Sohaib Hasan Murad (late) is available in Defence Public Library. His wife Dr. Naushaba Hasan, Chairperson Women Institute of learning and leadership represented the book on his behalf.





## FOUNDER OF PAKISTAN DAY

Founder of Pakistan Day was celebrated on 22nd December to pay homage to our heroes in making Pakistan an independent state. Mian Iqbal Salauddin (Grandson of Dr. Allama Iqbal) graced this event as Chief Guest where faculty and children from DHAES participated while bringing forward motivational speeches. Everyone thoroughly enjoyed being part of this event where healthy discussions took place with a knowledgeable perspective.

Iqbal Week was celebrated to pay tribute to our National poet Dr. Allama Muhammad Iqbal for his concrete efforts in making Pakistan an independent country. The Defence Public Library set up a special corner dedicated to Dr. Allama Muhammad Iqbal's books for awareness and inspiration for our young generation. Along with this powerful and educational event, Defence Public Library was visited by Educational Consultant from Geneva, Dr. Dildar Rabbani, to appreciate this state-of-the-art facility. Project Director and Project Coordinator from School of Enabler visited Defence Public Library and praised the collection of books with a keen interest to indulge in a joint collaboration for frequent visit of their students to Defence Public Library.



Mian Iqbal Salauddin  
(Grandson of Dr. Allama Iqbal)



“Failure is not fatal until we surrender,  
trying again is the key of glorious victory.”

-Allama Muhammad Iqbal-



# PARKS

## Community Domain

Beautification projects are aimed at improving quality of life of the residents. Well-maintained Communities discourage unnecessary littering and restore the importance of greener and cleaner surroundings. Living in pleasant surroundings improves daily life and helps to foster connection among

If you have found a quiet bench in a quiet park and sat down, be sure you had a very profitable day!

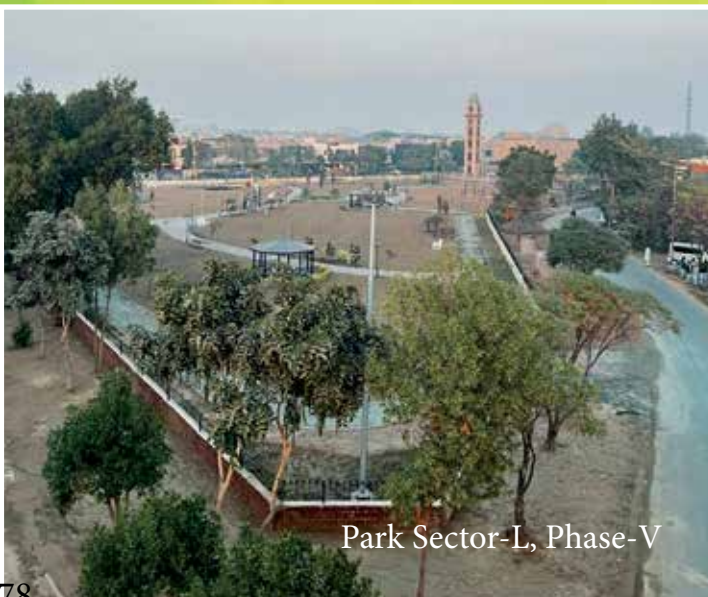
residents. Community parks provide access to recreational opportunities for adults and children, increases property values, and combats unhealthy environment. DHA focuses on the maintenance and beautification of the whole community and has the significant attention at developing decorated yards, green areas, roof gardens and sector parks to boost a happier lifestyle for all the residents. Almost 100 parks are developed in different Phases of DHA as community domain which is an appreciating contribution to healthy living. With different advancement made time after time, these parks in DHA foster opportunities for individuals to gather, connect, and socialize with their neighbors while increasing attractiveness and livability.



▲  
Park Sector-S,  
Phase-VII



Parks offer a respite from the world of traffic gridlock, office chambers and artificial light. They give us a way to reconnect and recharge with nature.



Park Sector-L, Phase-V



Park Sector-S, Phase-VII

Fight dirty.  
keep our parks  
**CLEAN**



Park Sector-Y, Phase-VII



▲ Horticulture works at Roundabout,  
Phase-IX (Prism)



# Soft and Tender BANANA BREAD

## Ingredients

- Bananas 3-4 ■ Brown sugar- 1 cup ■ Vegetable oil- ½ cup ■ Eggs-3 ■ Baking powder- 1tbsp. ■ Flour- 1cup
- Vanilla essence- 1tsp. ■ Coco powder 1 tbsp. ■ Cinnamon 1 tbsp.

**Directions:** Mix all the ingredients well and bake at 180°C for about 15 min. Add milk if it's too thick. (Optional)

**Caramel glaze:** Melt 1 cup sugar in a pan and add 4 tbsp. of cream. Mix chopped nuts and



# Chicken Alfredo Pasta

## Recipe

### Ingredients & Method

#### For sauce:

Butter 2 tbsp.  
Flour 2tbsp.  
Milk 1 ½ cup or as required  
Cream 250gm  
Cheddar cheese 1 Block

Pepper 1 ½ tsp  
white pepper 1tsp  
Chili flakes 1 tsp  
Salt as required  
Oregano 1tbsp.

#### For chicken:

Marinate boneless chicken with pepper, salt, chili flakes, garlic paste, soy sauce and fry until done. (add spices as required)

### Directions

Add 1tbsp. butter to the pan, once melted add flour, whisk and gradually add milk and cream until the required consistency of the sauce. It'll thicken gradually. Add pepper, salt, white pepper, cheddar cheese, oregano, chicken and sautéed Mushrooms (optional).

Add boiled pasta to the sauce and enjoy.



**SUPPER SIMPLE**



## A True Story of a Restaurant Replacing a Bookstore

**M**ussarat's core areas of interest and expertise are educational leadership, teacher training and English language teaching. Her passion lies in the cultivation and fostering, in teachers and leaders, of a love for innovative ways to make learning filled with fun and challenge. Mussarat is currently the Head of the Writing & Communication Center at the FC College, University.

In terms of her academic qualifications, Mussarat completed her ELT master's degree from Kinnaird College for Women in Pakistan. She also has a master's degree in School Administration and a Post Graduate Certificate from the University of Exeter, UK. Mussarat recently completed an M.Phil in Educational Leadership and School Improvement from the University of Cambridge, UK. She is currently enrolled on a PhD programme at LCWU and hopes to 'design an intervention framework that embeds affective skills in teacher education programmes,' as her research project for PhD studies.

~ Mussarat Mashhadi  
87 N Street 9, DHA Phase - VI

School for Mehrtaj was like jail. Her school's uniform was as drab and as plain as could be imagined—white, all over. Every morning, as she got ready for school, she remembered looking in the mirror at the shroud that covered her and often wondered at the people responsible for the colour and design. As she grew older, she realized that it was quite likely that those people had not read 'Oscar Wilde,' Kafka or even Aristotle, and were too old to remember their own childhood or youth. Just as her uniform was a deprivation of autonomy and a systematic prisonization for her and the rest of the school going kids, her classrooms were places of indoctrination. Trrrrnnnggg...the alarm blared, cruelly jolting Mehrtaj from out of her dreams. With skewed eyes, she looked outside from her window and with a heavy sigh just stared in awe at the scene before her. The green tree almost blocking the view from her window looked deliciously beautiful in the backdrop of gray skies. As her gaze fell on the leaves, she spotted a dew drop that was about to fall. She sprang to open the window, just so she could see the tiny crystal drop to the ground, when hearing the movement, some birds fluttered somewhere inside the tree and flapping their wings burst out taking flight towards the free and open space in the air.

Oh how she envied those birds! They were free; free to enjoy the breeze, free to savor the weather; smell the air; taste the freedom. How they spread their intricate wings embellished with dazzling blues, emeralds and new shades of orange\*\*. She almost felt envious at the arrogance with which they danced in the air, nausea hit her hard at her

own state- she was a captive- these creatures had wings, they could escape. She couldn't. The tango in the air, mesmerized Mehrtaj; and instinct told her that the ones that swirled chittering past her were lamenting over her confinement; suddenly a flock of these graceful works of art circled near her and playfully ruffling the lustrous green leaves, ever so gently, joined their friends.

Oblivious to her mother's incessant wakeup calls, Mehrtaj stood glued by the window drinking in the beauty of this pleasant morning until the last of the birds had disappeared. This was when, sounds of her mother reached her ears, "Mehrtaj, you'll get everyone late, come down right now or we are leaving!"

And sure enough, she clearly heard the faint sound of her younger sister urging her mother to leave Mehrtaj behind, "Ami, let's leave," her younger sister was pleading, "I will get minus marks!" Irritated by her younger sister's obsession with reaching school on time, Mehrtaj mimicking her was about to head towards the washroom, when she felt a tight slap on her back.

'Enjoying the weather, are you?' Her mother was in a nasty mood. Gripping her shoulder with her iron fisted hand, she jerked Mehrtaj into facing her.

'Ouch!' Mehrtaj grimaced. 'Ami, I am getting ready,' she said peevishly.

Cutting her off, without softening her tone, "Quick!" she said firmly, snapping her fingers, "You better, otherwise you'll get everyone late," her mother wasn't giving up. 'You'll get marks deducted from your monthly tests,' glaring at Mehrtaj, her mother continued, ', as if you care.' With blazing eyes, she tossed her uniform at her and marched down giving her a five -minute notice to get ready.

Grabbing hold of the bundle thrown at her, Mehrtaj rushed to the washroom. In little short of five minutes, she was in the dining room, where she quickly stuffed the sodden sandwich waiting for her on the table and hastened to the car. Her mother, who was clearly irate at her irresponsible attitude, without waiting for her to settle down in the back seat, slammed her foot on the accelerator, making the car door slam shut.

Mehrtaj reached school late at least twice a month but those were the very days she remembered fondly about her school life. The rules said that

latecomers were to be sent to the library for the entire day. For others what was a punishment, was a welcome respite for Mehrtaj. The minute she stepped into the library; her life changed. There she immersed herself in a world of fantasy. She was fascinated not just by the stories in the books, she was also captivated by the colorful pictures and images that transported her to a world of fantasy and magic. Somedays she imagined herself to be Cinderella and on others she transformed into Beauty. The days she was banished to the library were days when she felt free- letting her imagination take flight, she would picture herself in the 'Beast's,' castle, struggling to take back the rose, so her father recovered. On other days, she was in Bram Stoker's 'Dracula,' lost in the dark alleys of the crumbling castle. She read the story with racing heart and clammy palms and imagined herself lost in Transylvania hidden somewhere deep in the Carpathian Mountains. At times she was haunted by frightening images of Count Dracula chasing her in her dreams and at others she would see herself creeping in the Beast's castle to save Beauty. Then there were times she wondered at Cinderella's kindness despite the cruelty she faced and imagined the courage with which Mina had dealt with Count Dracula.

"Please, please don't remind Ami about the result day," her younger brother, who hardly ever paid attention to studies looked at Mehrtaj, begging her to stay quiet.

Her eyes sparkling and a naughty smile playing on her lips, she was not going to let her brother get away this time and play tricks with their mother, "School sends a calendar, silly, Ami has it," Mehrtaj was in a mood to tease her brother and was thoroughly enjoying seeing his face go from pink to pale.

"Just don't remind her, is all I am saying," her brother implored, looking beseechingly at her. Mehrtaj wished her brother could be as innocent as he sounded but then decided to get his insides to turn, "Papa will be here for our result day," she had now made her brother's face turn paper white.

"No way," it seemed as if he had seen god himself, "you are just pulling my leg, aren't you!" He almost gagged, his voice seemed to come from a deep well. "So, you are now telling me, you aren't happy to see Papa," Mehrtaj was enjoying this control after

a long time.

"No, no... don't get me wrong," he was now on the brink of breaking down "I really do want to see him... but... but," and he just held his head in both his hands like he had lost a battle.

"So, how bad can it be," adding insult to injury, she rolled her eyes and continued, "and remember the lesson Papa drilled, 'don't cry over spilt milk,' ignoring her brother's accusing look, she didn't stop, "Oh but of course, sports are more important for you, I bet you think you will become an international sportsman someday. Dream on sweetheart, even the best of players need a degree first, so none will entertain you, if you do not have a degree, you nincompoop." Laughing and clapping her hands, she was about to leave when her brother implored, yet again, "Listen, don't you also spend most of your time reading stupid books," he was desperate, "I hardly ever see you studying for your tests, how come you always get good marks?" He was genuinely inquisitive, his eyes welled up with tears as he looked at his sister like a lost soul.

"Stupid... ha ha... stupid, really, so that's what you think?" First time in all these years Mehertaj felt a pang of guilt. He really had no idea about what he was missing out on nor had he any concept of the pleasures of reading.

"Yes, sure," her brother responded naively, "if I am a sport fanatic then you are a bookworm, what's the difference," he pressed on, desperate to know the formula to pass exams. Mehertaj had always aced her exams and tests, even though her marks got deducted due to her late arrivals every month. He had got her thinking.

"You really want to know?" Mehertaj felt her heart melt.

"Yes... yes... please, I want to know, how can I get good grades, I want to be a successful person too?" Her brother was listening carefully, hoping to get nuggets of advice that would make him, as successful as his sister. He threw a bate, he thought, his sister wouldn't be able to resist, "I will give you a treat from my pocket money, anywhere you want to go, I will take you."

"Ha ha.... thank you very much, this bribe won't work on me, and you know that," Mehertaj snickered. "The day you discover the benefits of food for the brain, you will forget food for stomach."

As her brother listened intently, Mehertaj continued, "So, if you really want to get good grades and be successful, you should read books." She shared the one thing she thought had helped her in achieving high marks.

"Hmmm... okay.. and... what else..." expecting to hear a list of dos and don'ts, he waited intently.

"Read, get into a habit of reading what interests you," that's all it will take." Mehertaj feeling important blurted out.

"But... ummm..." as if he'd tasted some bitter medicine, her brother's face puckered up, "I have no interest in the kinda books you read," his arms hanging down, he seemed to give up hope.

"Tch.. tch..." smacking her forehead in frustration, Mehertaj reiterated "books that interest you, dumbo, anything that fancies you, just get into the habit of reading."

Her brother infused with a new life, his colour back to normal, returned his sister's smile, "You really think so! Can I improve, if I read recipe books?" His peevish smile threw Mehertaj into fits of laughter.

"Dang! You don't mean it, do you?" She cried in disbelief, but then convinced by her brother's somber expression, and not wanting to discourage him, she continued thoughtfully, "Well, hmmm..." rolling her eyes, and thinking deeply, a little puzzled, she went on, "I suppose one could improve their expression by reading recipes and following instructions, who knows," Mehertaj had never contemplated something like this. This will be a first, she thought.

Her brother's eyes lit up, "Alright, then that's exactly what I will do," he seemed radiant and hopeful and had forgotten all about his result.

"Just pray Ami and Papa spare me this time, you will see a changed man from now onwards," her heart went out to her brother, who wore a sullen expression and seemed quite dejected.

And change did come about. Of course, it wasn't something she had imagined in her wildest dreams.



**Huma Nabeel**  
555-P, Phase VII,  
DHA Lahore

## *Happiness; what is happiness?*

This is the first question that pops into our minds whenever we think of the idea of being happy. Sometimes success provides happiness to us, sometimes it's achievements, sometimes eating good food or even new clothes make us happy. I often think of the concept of happiness and what it actually is. After thinking about it long and hard, I came to a personal conclusion that it does not come from material things, it is in fact something of a feeling; a feeling that comes from inside. If you are content with what you have and are thankful to God for all the blessings that you have, then you are a happy person; you just need to realise that. Happiness has nothing to do with money or any material thing. Happiness is about surrounding yourself with people that feel comfortable for you; it's about surrounding removing the toxicity from your life, whether they are people or a tradition or even anything material. However, it is not my intention to belittle anyone who finds comfort through things such as retail therapy, it is just a matter of what brings you more at peace and what comforts you most. Happiness is about keeping yourself sound and occupied. Happiness is comfort, happiness is peace. And peace is something you achieve when you find yourself and discover what feels right for you. The more time someone spends with themselves, the more comfortable they become in their own skins which then results in them gaining complete clarity about who they are and what they want.

At the end of the day happiness varies from person to person.

# WHERE MIND AND BODY ALIGNS

With the passage of time, humans have evolved enough to indulge into different activities at once or multi-task professionally. Working out can prove to be an absolute escape from this routine where the mind and body feels free from any deadline or responsibility whatsoever. While making the most out of little moments like hanging out with friends or going for a Saturday night movie, making a little trip to the gym should also be a top priority for people of all ages.

Exercising is a doorway to a healthier and better lifestyle. As we step into daily activities and responsibilities, we require more strength with a fast-paced life. As individuals, we are giving more to the community by caring best for ourselves. Exercise improves brain health and learning which in turn helps you sleep better. This is a never ending loop of maintaining a smart and focused lifestyle. While exercising, our body releases chemicals that makes us feel good about ourselves and helps us start the day with forward thinking and positivity.

Exercise can give you a real sense of accomplishment and pride at having achieved a goal, like mastering a new dance routine or beating an old time in the 100-meter dash, thus reducing chances of depression or anxiety.

This may not seem important now, but your body will thank you later. Regular exercise improves quality of life as well as the ability to enjoy things as you grow older. It can improve brain health and reduce the chance of getting Alzheimer's (a brain disease that causes memory loss). Like other muscles, the heart enjoys a good workout.

Aerobic exercise is any type of exercise that gets the heart pumping and gets you breathing harder. When you give your heart and lungs this kind of workout regularly, they get stronger and better at supplying oxygen to all parts of your body. you are into sports, you're probably getting at least 60 minutes or more of moderate to vigorous activity on practice days. Some team sports that give you a great aerobic workout are basketball, soccer, lacrosse, hockey, and rowing which can enable heavy body functions.

“Exercise not only changes your body, it changes your mind, your attitude, and your mood.”





**“WE ARE ON EARTH TO TAKE CARE OF LIFE, WE ARE ON EARTH TO TAKE CARE OF EACH OTHER”  
-XIYE BASTIDA**

DHA Lahore pledges to go green while playing a pivotal role in conserving greenery. Rooftop Gardening is a part of Main Office Complex, DHA Lahore Phase-VI and it is highly encouraged among other businesses and residents of DHA to help make our community greener and more beautiful. The business benefits are significant, yet largely untapped. From improved employee engagement and productivity; to a significant reduction in carbon emissions, green roofs could save businesses





in energy costs. They can improve a property's value too, and even reduce noise entering the building. Moreover, DHA Lahore is promoting usage of renewable energy sources such a solar panels while inducing the idea of healthy breathing among the community. In addition to improving insulation and thereby reducing carbon emissions and energy costs, rooftop gardening is an intelligent solution for businesses that want to adapt to climate change and make a difference.







**REFURBISHMENT**  
Walk-in customers area



# ROUND - UP 2020 - 22





“*Everyone today has a story,  
the world is an archive.*  
~ Anne Rice”



# COVID-19 CHALLENGES

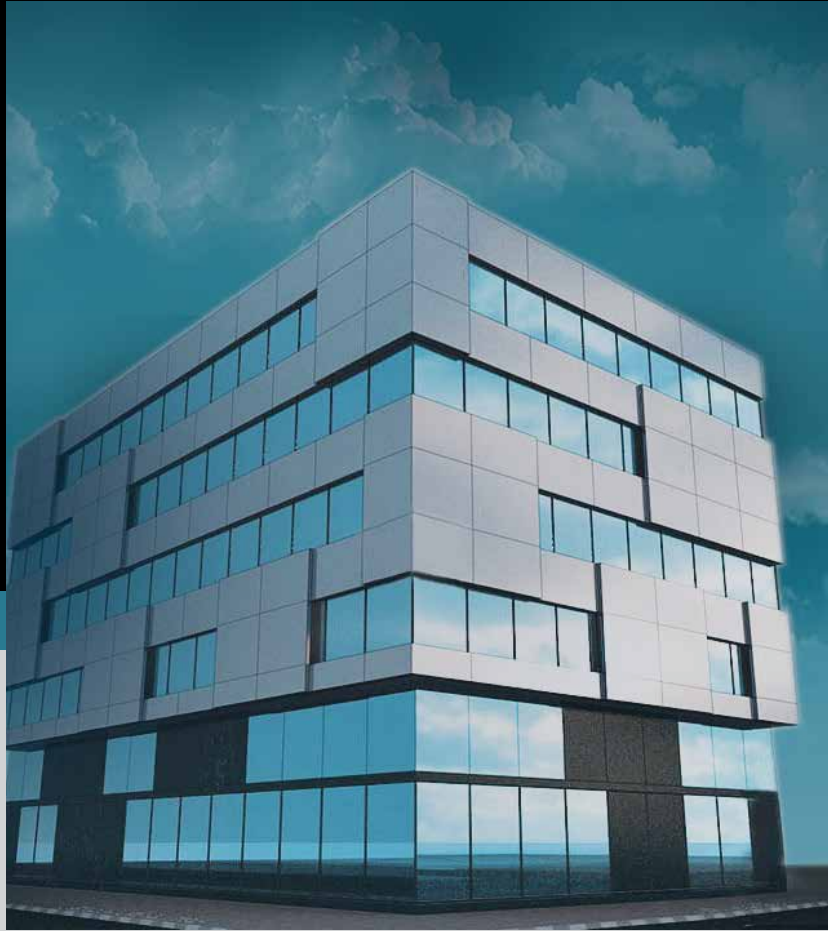


**HEALING HANDS  
CARING HEARTS !!!**

**DHA LAHORE STANDS TOGETHER**

**WITH NEEDY FAMILIES  
TO COMBAT THE CRISIS  
OF CORONA VIRUS**

# **DHA Lahore has approved sub division of Plazas 2020**



## **ESTABLISHMENT OF DHA EXECUTIVE SERVICES FAST TRACK PROCESSING**



**THINK FORWARD,  
MOVE FORWARD  
OVERSEAS  
ENCLAVE  
PHASE-VII, THE  
LAST QUARTER  
OF THE YEAR 2020**

**BEING ON THE  
WAY UP**



**GROUND  
BREAKING 2020  
132-KV Grid Station**

On 26th October 2020, DHA Lahore conducted an open ballot for residential and commercial plots, which received an overwhelming response from within and outside the country in the form of a large number of applications.



# Experience The Ultimate Living

DEFENCE LEMNISCATE CLUB, PHASE-VIII EX PARK VIEW





# MARKING A BEGINNING

Inauguration of Captain Fasih Babar Amin Shaheed Sports Complex Phase VI



# **69<sup>th</sup> DHA EXECUTIVE BOARD MEETING HELD ON 27<sup>th</sup> MAY, 2021**



Lt Gen Muhammad Abdul Aziz, HI (M)  
President DHA Executive Board chairing the conference

# GROUND BREAKING CEREMONY

INFRASTRUCTURAL DEVELOPMENT WORKS AT SECTOR KK,  
PHASE IV, DHA LAHORE



The ceremony was held on 10th June, 2021 at site of Sector KK, Phase IV. President DHA Executive Board, Lt Gen Muhammad Abdul Aziz HI (M) graced the occasion as Chief Guest.

## IVY COLLEGE OF MANAGEMENT SCIENCES

Marking milestones in providing high end educational platforms, an MOU has been signed between DHA Lahore and IVY for the establishment of 1<sup>st</sup> international university campus at Phase-XI (Rahbar).



Final settlement agreement between DHA and M/s GHIL ( Global Haly Investment Limited ),  
by Administrator DHA and Brig Khalik Ur Rasheed Kiyani



## FUEL TO THE ENGINE

TOTAL PARCO STATION inauguration  
in DHA Phase VI at Shabir Sharif Main  
Boulevard.



Administrator DHA & CEO TOTAL PARCO Pakistan  
inaugurating the facility

## SPECIAL MONETARY GRANT TO THE FAMILIES OF DECEASED OFFICERS/EMPLOYEES OF DHA



The dedicated team of DHA behind the  
success of this ceremony

# DHA ENCOURAGES GREEN ENERGY SOLUTIONS

## Incentive for installing Solar energy panels

For 1 kanal house construction allowed excess area is 200 Sft (with fine)

Relaxation is awarded at 100 Sft without fine

For 2 kanal house construction allowed excess area is 300 Sft (with fine)

Relaxation is awarded at 150 Sft area without fine

### Note:

1. The relaxation of excess area without fine is applicable only on the installation of 10 KW.
2. If the Solar Panels are found removed / dis- functional at any stage the present owner will pay the excess area construction fine as per existing rates.



DHA THRILLED THE RESIDENTS WITH  
A BRILLIANT PERFORMANCE OF  
**FIREWORKS** ON **23rd MARCH 2021**

“ Everyone has the fire, but the champions  
know when to ignite the spark. ”

**Light is prettiest in the dark!**



scan me  
and enjoy this video

# MIXED USE OF COMMERCIAL BUILDINGS

Sub division of plazas was introduced last year in DHA Lahore. Floor-wise sub-division of commercial plazas has not only enhanced the business activities but also facilitating small firms and entrepreneurs to invest in real estate, they can also establish their corporate offices.

## **Mixed use of Commercial Buildings**

DHA management has approved the request to use commercial buildings for residential purposes as well. The concerned people can hold multiple business forums of their choice after being authorised for the multiple use of their property.



# TEENS NEED ROLE MODELS TO HELP THEM IN THEIR OWN JOURNEY

## ***IQBALIYAT*** DECLAMATION COMPETITION 9th Nov '21



# GOLF

## DEFENCE RAYA OPEN PROFESSIONAL GOLF TOURNAMENT

29th Oct - 1st Nov, 2021

# EXPRESSIONS

## HAVE A GOOD ROUND!



PRESIDENT DHA EXECUTIVE BOARD LT GEN MUHAMMAD ABDUL AZIZ, HI (M) GRACED THE OCCASION AS CHIEF GUEST

### Keys Handing Over Ceremony

# GOLDCREST





# MEDICAL CENTER

Newly built Intensive Care Unit (ICU)



## INTEGRATED MEDICAL CARE (IMC)

### MEETING THE HEALTH CARE NEEDS OF COMMUNITY

Integrated Medical Care has started functioning on 25th October, 2021 in Phase-V which is providing state of the art health care ambience.





ONE NATION, ONE DESTINY ایک قوم، ایک منزل



virtual tour

CELEBRATING

75 YEARS

OF INDEPENDENCE  
— 1947 - 2022 —

With years of **PRIDE** and **DEVOTION**,  
we passionately wish everyone 75 years of Pakistan.  
Happy Independence Day!

"With Faith, Discipline, and Selfless Devotion, there is nothing worthwhile that you cannot achieve"

Muhammad Ali Jinnah

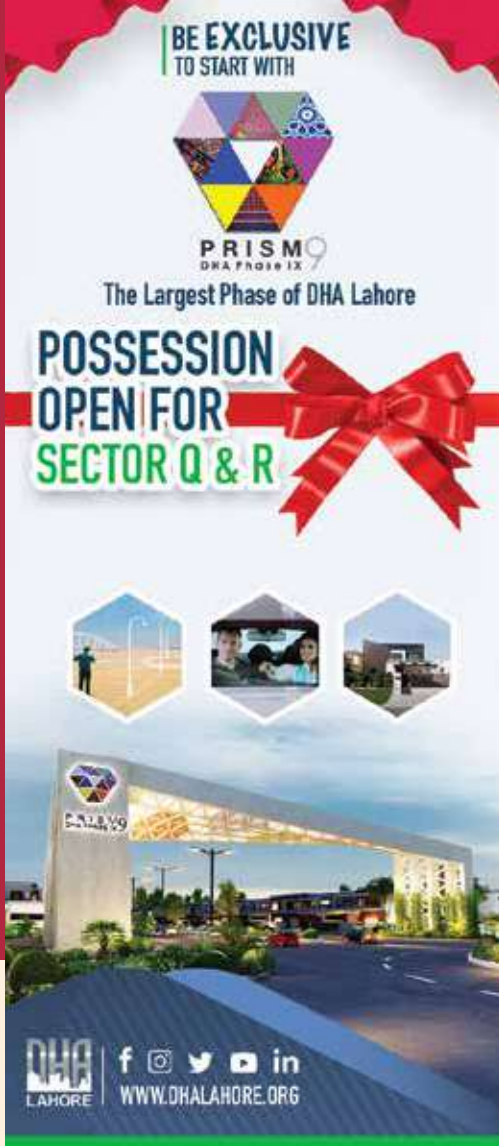


# TUNEFUL MUSICAL EVENING

4th DECEMBER. 2021

DEFENCE CLUB SECTOR-J, PHASE-I





# GATEWAY TO AN ELEGANT LIFESTYLE

‘Possession Open’ ceremony of Penta Square Apartments





CONVENIENCE FOR ESTEEMED CUSTOMERS  
**DHA LAHORE SUB-OFFICES**

ARE NOW EXTENDING **ALL PROPERTY TRANSFER SERVICES**  
WHICH CAN BE UNDERTAKEN AT  
**MAIN OFFICE COMPLEX, DHA LAHORE.**

**ISLAMABAD**  
JACARANDA FAMILY CLUB




Club Avenue, Sector E, Phase II, DHA Islamabad - **051-2742941-3**

**KARACHI**  
BUKHARI COMMERCIAL



27-C, Lane 11, Phase-6, DHA Karachi - **021-35161438-9**

FOR MORE DETAILS, PLEASE VISIT [WWW.DHALAHORE.ORG](http://WWW.DHALAHORE.ORG) |     

DHA Main Office Complex, Sector 'A' Phase-VI, Lahore, Pakistan.

# HE ADVISES FOR ALL-HANDS-ON-DECK

The interaction of Administrator with his officers

"I vividly say you are the best team of officers I have with me, in DHA Lahore "





# COMMUNITY-BASED SERVICE THROUGH INFRASTRUCTURAL FACILITY

Bedian Underpass & Underpass At Shabbir Sharif Road Avenue-3

**BEDIAN UNDERPASS**  
CONNECTING PHASE 6 & 9



**“SUSTAINABLE DEVELOPMENT  
REQUIRES HUMAN INGENUITY. PEOPLE  
ARE THE MOST IMPORTANT RESOURCE”**

-Dan Shechtman

## MAIN GATE RENOVATION AT DHA PHASE XII (EME)

**DHA**  
PH-XII  
Inauguration of Main Gate  
by  
Brig Waheed Gul Satti, SI(M)  
Administrator DHA Lahore  
March, 2022





MOU being signed between DHA & Carrefour teams

**YOU CAN GET INTO ANY BUSINESS BY LEVERAGING  
JOINT VENTURES.** MOU were signed or Carrefour & Tahzeeb Bakers in 2022





“ THOSE WHO PLAY  
BADMINTON WILL TAKE  
DECISIONS QUICKLY ”

## THE CELESTIAL HAPPINESS ON THE FACES OF LITTLE CHAMPIONS *OLYMPIC DAY IN DHA*



**DHA** **NATIONAL**  
**LAHORE** **BOXING**  
CHAMPIONSHIP 2021

“  
**Sometimes you just  
have to roll with the  
punches...**”



*Move Yourself  
Through the Water*

**DHA** **NATIONAL**  
**LAHORE** **OPEN & AGE GROUP**  
**SWIMMING**  
CHAMPIONSHIP 2021

*Start like a Champion*



**"WHERE FLOWERS BLOOM,  
SO DOES HOPE"**

- lady bird johnson

## *The Spring Fiesta*

DHA Jashn-e-Baharan 2022



**STEP FORWARD TO HELP OTHERS  
IT'S TIME TO FILL UP THE EMPTINESS  
THEY HAVE !**

**DHA Lahore appreciates THE COMMUNITY MEMBERS for  
their consciousness about FLOOD AFFECTED FAMILIES!**



**"Keep your face always toward the sunshine -  
and shadows will fall behind you".**

- Walt Whitman



# **FAST FOOD LOVERS! TANTALIZE YOUR TASTE BUDS...**

**McDonald's Inauguration Phase VII - A Newfound Comfort**





FLOURISHING WITH CONVENIENCE - INAUGURATION OF SHELL PETROL PUMP  
IN DHA PHASE - V ON 15TH AUGUST, 2022



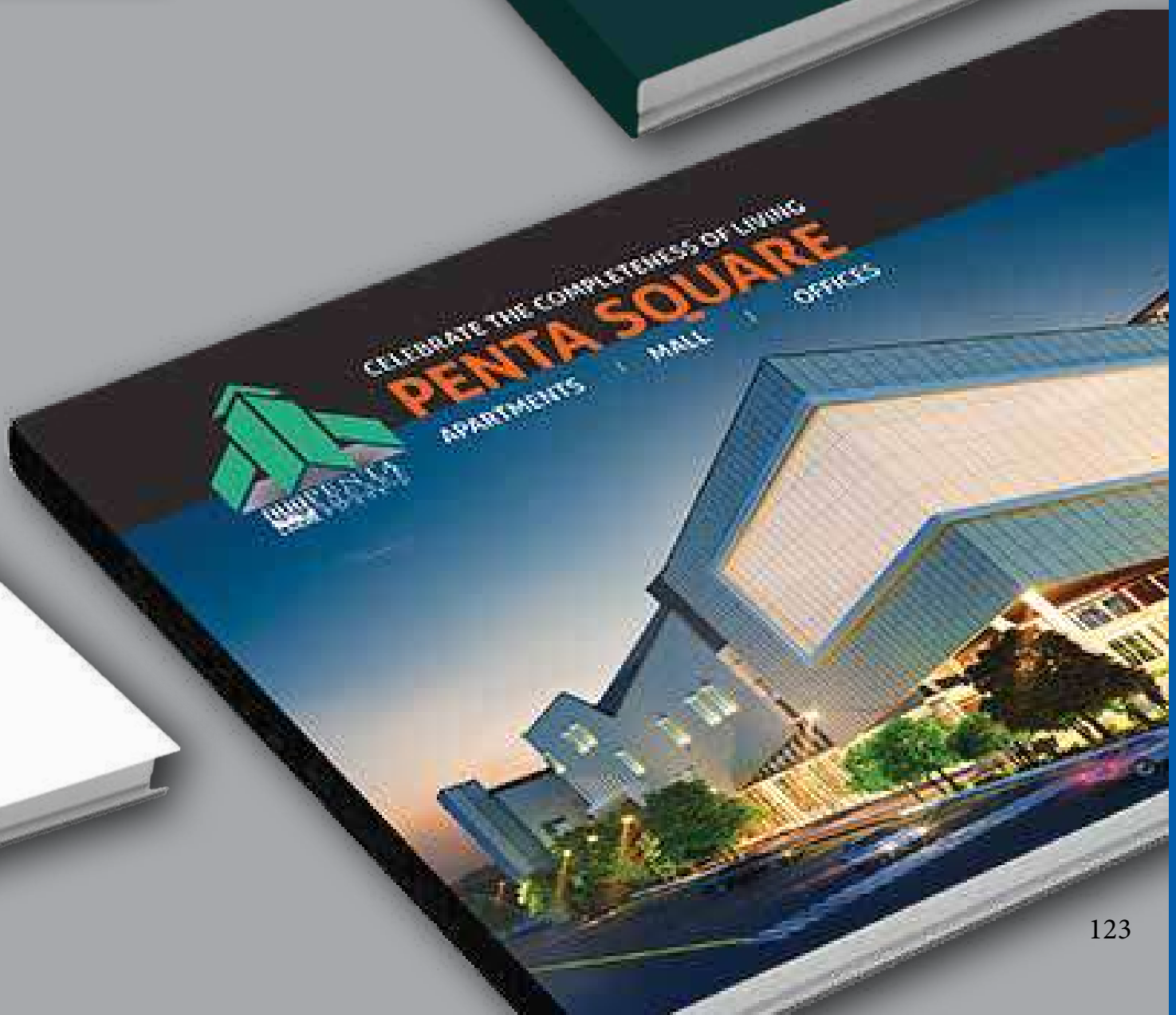


# BRAND BOOKS & BULLETINS

Live, Work & Play



**PRISM 9**  
DHA Phase IX





**WORLD NATIONAL BOXING CHAMPIONSHIP 2021**  
30th Nov  
6th Dec



**DHA LAHORE**  
**SPORTS COMPLEXES**

OFFER MEMBERSHIP & BOOKING OF GROUNDS (ONLY FOR SPORTS)

Phase-I Sports Stadium Sector-I 042-37176152  
Phase-III Sports Complex Sector-AX 042-35697712  
Multi Purpose Hall Sector-IX 042-37186411  
Gym Complex Sector-3 042-35692483  
Phase-V Sports Complex Sector-G 042-37176152  
Swimming Pool Sector-K 042-37176030  
Phase-VIII Sports Complex Sector-E 042-37176152  
PHASE-VI SECTOR A Sports Complex Sector-A 042-37176152

Non Residents can avail membership



**DHA LAHORE** | The Ultimate Living Concept

**NURTURING CARE!**  
Management DHA is striving hard to provide a healthy, safe and advanced living environment with world class amenities. All these efforts are aimed at making the living experience of our residents more comfortable and elegant.



**DHA LAHORE** | f i t  
[WWW.DHALAHORE.COM](http://WWW.DHALAHORE.COM)

**DEFENCE LEMNISCATE**  
Phase VIII (Ex Park View)

**EXECUTIVE SERVICES**  
Processing

The primary focus of DHA has always been to provide quality facilitation to our worthy members. Management of DHA has started fast-paced DHA Executive Services (DES) for the clients who are short of time due to overwhelming commitments.

845-7982654 | [exec.svc@dhalahore.org](mailto:exec.svc@dhalahore.org)

Sector-I, Phase-I, Main Adm. Bldg. Contact 1-800-37176152

**Business**  
fore



**DHA LAHORE**  
**AMALGAMATION & SUB-DIVISION**



# BROCHURES & FLYERS



# CONTACT LIST

**DHA Office Complex**

UAN: 042 111-342-547

**DHA Complaint Office**

+92 (0)42 35892980, 35734311

**DHA Security**

Direct: 1092

**Defence Club 'J' Block Phase I**

+92 (0)42 35723984-5

**Defence Club 'R' Block Phase II**

+92 (0)42 35892143

**Defence Club 'FF' Block Phase IV**

+92 (0)42 35743450-1

**DHA Medical Centre Sector 'W' Phase III**

+92 (0)42 35745920-6

Reception Extn. : 153

Emergency Extn. : 133

**National Hospital & Medical Centre**

Sector 'L' Phase I DHA

UAN: 042 111-17-18-19

**Rescue**

Direct: 1122

**Police Station**

+92 (0)42 35892014, 35727470

**DHA PUBLIC LIBRARY**

+92 (0)42 35734031, 35893123

**Defence Degree College for Boys**

Sector 'R' Phase II

+92 (0)42 37393103

**Defence Degree College for Women**

Sector 'DD' Phase IV

+92 (0)42 35733401, 35898523

**DHA Senior School for Boys**

Sector 'G' Phase V

+92 (0)42 38652222-4

**DHA Senior School for Girls**

Sector 'S' Phase II

+92 (0)42 35722567, 35895003

**DHA Junior Campus**

'T' Block Phase II

+92 (0)42 35890133, 35731770

**DHA Junior Campus**

'Z' Block Phase III

+92 (0)42 35726545, 35726598

**DHA Kindergarten School**

Sector 'G' Phase V

+92 (0)42 37177902

**Rising Sun Institute for Special Children**

Sector 'XX' Phase III

+92 (0)42 35893260, 35899292

**Teach A Child School (TAC)**

Sector 'GG' Phase IV

+92 (0)42 35743592

**DEFENCE HOUSING AUTHORITY (DHA)**

Sector A Commercial Area, Phase VI, Lahore Cantt - Pakistan

UAN +92 42 111 342 547 | [www.dhalahore.org](http://www.dhalahore.org) | [www.facebook.com/dhaofficial](https://www.facebook.com/dhaofficial)

## SHARE YOUR IDEAS

DHA appreciates your valuable feedback, views, ideas and suggestions

Please send your feedback at: [newsletter@dhalahore.org](mailto:newsletter@dhalahore.org)