



September 2008

# DHA Newsletter

A Publication of Pakistan Defence Officers Housing Authority, Karachi



**New Drainage  
System in DHA  
comes into operation**



# The Editor's Note

## AN END TO A NEW BEGINNING!

**"Time past and time future: what might have been and what has been point to one end, which is always present,"**

*- T. S. Eliot.*

Hope springs eternal and brings with it a change heralding a bright future. Since improvement and change leads to betterment, we are taking a new step forward by bringing out this Newsletter to keep our worthy readers informed and updated on the latest developments and progress taking place in the Housing Authority. This is a prelude to our annual magazine "DHA NEWS", which is scheduled to be published in January 2009.



Last year's unprecedented monsoon rains were devastating, which resulted in pounding and inundation of a large area of DHA. In this depressing scenario DHA Executive Board took up the daunting challenge and gave approval for construction of a new Drainage System. The work was completed on war footing in seven months which is incredible. A study in profile of the drainage project is our cover story of this issue (Page 4).

The revised and updated master plan of DHA Phase VIII, constituting 45% of the entire area of DHA, incorporates modern town planning techniques and cul-de-sac concepts. This is a harbinger of a new change and will help in development of the area as a model phase of DHA. A detailed report highlighting the significant features of the revised Master Plan is also included in the Newsletter (Page 08).

The perennial history of DHA is a chronicle of perpetual progress and evolution. DHA today stands at the crossroads, facing emerging challenges of the future. In order to remain a viable housing enterprise, DHA is incessantly initiating wide range development projects of long term significance. This is why DHA today is the most sought - after housing scheme for cherished living and the land of new beginnings for beautiful tomorrows to come.

Optimism and positive outlook remain the pervading spirit of our Newsletter. We eagerly look forward to your feedback and comments for further improvement of this publication in every possible way.

Happy new beginning!

*Editor*



# Contents

<b>08</b>	<b>PROJECTS</b>	
	<ul style="list-style-type: none"> <li>▶ Revised Master Plan for DHA Phase VIII Finalized 08</li> <li>▶ The Country Wants More Energy - DHA Water and Power Co-generation Plant 10</li> <li>▶ Illegal Suction Pumps threaten DHA Water Supply Management 13</li> </ul>	
<b>14</b>	<b>DEVELOPMENT PROJECTS</b>	
	<ul style="list-style-type: none"> <li>▶ Rising to Perfection and Luxury - DHA Phase VIII Development Picks-up 14</li> </ul>	
<b>16</b>	<b>CURRENT EVENTS</b>	
	<ul style="list-style-type: none"> <li>▶ DHA Executive Board reviews Projects' Progress / New Storm Water Drainage System 16-17</li> <li>▶ ADR discusses Traffic and Solid Waste Management Strategies 18</li> <li>▶ Water-shortage problem: Residents Society to Play it's Rightful Role 19</li> </ul>	
<b>21</b>	<b>EDUCATION</b>	
	<ul style="list-style-type: none"> <li>▶ Message from Director Education 21</li> <li>▶ Declamation Contest at DA College 22</li> <li>▶ Marking DHA Youths' Successes - DA Schools celebrate Annual Day Functions 23-25</li> <li>▶ DHA Degree College for Women Phase VIII secures Top Positions in BCom / BSc Exams 26</li> </ul>	
<b>27</b>	<b>LIBRARY</b>	
	<ul style="list-style-type: none"> <li>▶ Summer Camp brings Learning through Fun at Defence Central Library 27</li> <li>▶ Inaugurating Bazm-e-Kiran: A Society to Deter Defiance 28</li> </ul>	
<b>29</b>	<b>CLUBS</b>	
	<ul style="list-style-type: none"> <li>▶ Activities in DHA Clubs 29-34</li> </ul>	
<b>35</b>	<b>RESIDENTS FORUM</b>	
	<ul style="list-style-type: none"> <li>▶ DSRA Seeks Solutions for Traffic Chaos in DHA 35</li> <li>▶ Security Measures thrashed out in DRS meeting 36</li> <li>▶ Preparations to Tackle Rain Emergencies 37</li> <li>▶ DHA Residents' Non-payment of Revenue Taxes - Executive Board CBC meeting held 38</li> <li>▶ CBC Celebrates Silver Jubilee 39</li> </ul>	
	<ul style="list-style-type: none"> <li>▶ DHA &amp; CBC Study in profile 40</li> </ul>	
<b>42</b>	<b>HEALTH &amp; SPORTS</b>	
	<ul style="list-style-type: none"> <li>▶ Saying No to Obesity! - DHA Medical Centre, Health Awareness Seminar held at Defence Central Library 42</li> <li>▶ Keeping Healthy, Wealthy and Safe - DHA Clinics 43</li> <li>▶ Inter Collegiate 20-20 Cricket Tournament 2008 44</li> </ul>	
<b>45</b>	<b>ADMINISTRATION</b>	
	<ul style="list-style-type: none"> <li>▶ DHA Administrative Matters 45</li> <li>▶ The Parable of the Pencil 45</li> </ul>	
<b>46</b>	<b>ENVIRONMENT</b>	
	<ul style="list-style-type: none"> <li>▶ Art with Obsession - Bonsai Exhibition at DA Zamzama Park 46</li> </ul>	

## Cover Story



## Change of Guard & New Charge

# 06 - 07

## Editorial Board

**Patron in Chief**  
Brig. Kamran Aziz Qazi, SI(M)

**Advisor**  
Lt. Col. Najam-ul-Islam Rishi  
(Retd.)

**Editor**  
Lt. Col. Syed Rafat Hussain Naqvi  
(Retd.)



**DEFENCE OFFICERS HOUSING AUTHORITY, KARACHI**  
A Progressive Vision for the Future

2B, East Street, Phase 1, DHA Karachi - 75500, Pakistan  
Tel: (021) 5886401-5, UAN: 111-589-589, Fax: (021) 5886406  
e-mail: dha@dhakarachi.org, website: www.dhakarachi.org



# New Drainage System in DHA comes into operation



12th Lane



12th Lane - Kh-e-Bharia



12th Lane



E-Street



12th Lane

August 2007 had brought heavy rainfall in Karachi, thereafter flooding major areas of DHA. In the recent past, with 50 mm rains or more, DHA would flood. However, there were certain reasons that substantially contributed to the occurrence of such circumstances, namely, the non-existence and non-functionality of Storm Water Drainage System, road side drainage, water drainage outlet for large scale flooding, uneven levels of open plots and constructed houses from road level and collapse of sewerage system. In short, lack of a Master Plan of both Drainage and Sewerage System was the impediment in the successful resolution of the problem.

In order to address the flooding enigma, a Special Assignment Cell had been created exclusively to undertake the remedial measures. An outline of new Drainage System Development Plan had been prepared to enable DHA to face the anticipated challenges during July 2008 monsoon season. On October 23, 2007, M/S Techno Consultant International was put to work. They inspected the existing Drainage and Sewerage System Infrastructure and the profile of roads in DHA; and drafted the Master Plan of the Drainage and Sewerage System for DHA.

In order to complete the assigned task by July 2008 or earlier than the onset of monsoon rains, a fast track construction plan was laid down. Involving extra costs, 24 hours construction work, management and shifting of underground utilities was planned. Use of Pre-Cast structure for Main Trunk Drains (MTD's) and Cast-in-Situ main trunk drains where Pre-Cast structures cannot be used, was defined. On January 10, 2008 the construction work commenced.

The construction of MTD's was done in the affected areas where no storm water network ever existed. Existing drains were restored by rehabilitation works; sewerage network was enhanced to avoid overloading; and connecting drains from local depression to near by MTD were constructed.



**Main drains and there outlets towards sea:**

- ▶ Storm water drain on Sehar and Shamsheer.
- ▶ Storm water drain on E-street.
- ▶ Sewer line 450mm dia on Shujaat from Ittehad to Muhafiz to connect existing 1067mm dia on Muhafiz.
- ▶ Desilting of Sewerage lines Phase - 1,2,6 and 7
- ▶ Desilting of Sewerage lines Phase 4, 5 and 5 Extension.
- ▶ Storm water drain/Sewerage By-pass system on Muhafiz.
- ▶ Korangi Road Drains.
- ▶ 12 Lane Drain + Sewer lines.
- ▶ Construction of connecting /intercepting drains from local depressions to near by drains/MTD's
- ▶ Replacement of damaged Sewer lines Phase - 1-2
- ▶ Replacement of damaged Sewer lines Phase -2 Extension.
- ▶ Replacement of damaged Sewer line Phase - 5 to 5 Extension.
- ▶ Storm water drain and sewers on B-Street.
- ▶ Storm water drains system 5th Street and Hafiz.
- ▶ Desilting and repair of sewerage line on Saba Avenue.
- ▶ Desilting / repair of drains and Open Nullahs.
- ▶ Replacement of damaged Sewer line Phase IV.
- ▶ Replacement of damaged Sewer line Phase VI.
- ▶ Replacement of damaged Sewer line Phase VII Extension.

Summary of Work:- Following work has been estimated for Phase-I.

Main Trunk Drains	19,538 m
Triple Cell	750 m
Double Cell	8,100 m
Single Cell	10,688 m

Interceptor Drains:- 16,800 m

Summary of work completed by July 30, 2008:

Description	Total Work	Work Completed
MTD	19,538 m	19,538 m
Interceptor	16,800	16,800 m
Electric Works	50 jobs	58 jobs
Water Supply	27 jobs	27 jobs
Changing Running / Covering of Lane Sewerage Works.		
Completed in Changing Shifting	47 Nos	47 Nos





# Change of Guard

## Brig. Kamran Aziz Qazi, SI (M) Outgoing Administrator DHA

---

Brig. Kamran Aziz Qazi has bid farewell to arms after rendering thirty-three years of distinguished services in the Army. During his momentous tenure of two years as Administrator DHA, Brig. Kamran infused a progressive spirit of dynamism in the organization and made immense contribution by giving an impetus to DHA Mega Projects.



His most celebrated achievement is the construction of a new drainage system in DHA in a record period of seven months. It is during his tenure that the first ever Power and Desalination Project of the country was completed which is a remarkable feat. Speedy and smooth completion of refurbishment of entire civic infrastructure in DHA Phase-I and initiation of a number of development projects including construction of flyovers, underpass, parking plazas, expansion and renovation of DHA commercial areas are some of his significant accomplishments.

Brig. Kamran won tremendous respect and confidence of the residents through his sterling personal qualities of nobility and humility par excellence. He was always approachable to hear and resolve residents' problems. He leaves behind a legacy of professionalism with excellence for which he will be remembered for a long time.

## Brig. Khalid Masood Ahmed Tirmizi New Administrator DHA

---

Brig. Khalid Masood Ahmed Tirmizi assumed the command of DHA from September 6, 2008, at a most crucial time of DHA's history when the organization is faced with daunting challenges. Brig. Khalid possesses a vast experience of command and staff appointments. He has served as Military Attaché in Turkey and as Military Observer of UN Mission in Angola. He has a knack for dealing with difficult operational cum administrative matters. He has attended a number of professional and specialized courses. A thoroughly professional soldier, Brig. Khalid has first hand experience of tackling militants operation in the battle zone.



Brig. Khalid is well known in the Army for his professionalism, dynamism and ability to undertake challenging assignments with credit. We welcome Brig. Khalid Masood Tarmizi amidst us in the hope that DHA will achieve even higher standards of professional excellence under his dynamic command.

# New Charge

## Lt. Col. (R) Najam-ul-Islam Rishi Secretary DHA

Lt. Col. Najam-ul-Islam Rishi (R) took over the charge of Secretary DHA on July 01, 2008 vice Col (R) Ather Ali Khan who retired after serving DHA with distinction. Col Najam possesses a vast experience of handling DHA multi-farious affairs including that of Additional Director Special Projects, Chief Engineer and Director Town Planning & Building Control. He is also a member of the Board of Directors of Power & Desalination Project and has played a vital role in ensuring speedy and smooth completion of the unique project. He earned accolades by accomplishing the task of revising and updating the master plan of Phase VIII with utmost perfection in a professional manner. He has the knack to handle intricate affairs of DHA with understanding and vision.



## Brig. (Retd.) Iftikhar Haider Project Director Works & Special Projects

Brig. (R) Iftikhar Haider has been appointed as Project Director Works and Special Projects DHA. He took charge of his new appointment on August 13, 2008. He is ex MD KW&SB. His most outstanding achievement is the execution of Storm Water Drainage Project in DHA which was completed with remarkable professional expertise in a record time. He is a forward-looking and highly competent officer who is now dealing with the projects and engineering matters in DHA with dexterity and authority.





# Projects

## Revised Master Plan for DHA Phase VIII finalized - DHA Executive Board and Governing Body approve

By: Arif Usmani, Executive Director, Osmani & Company

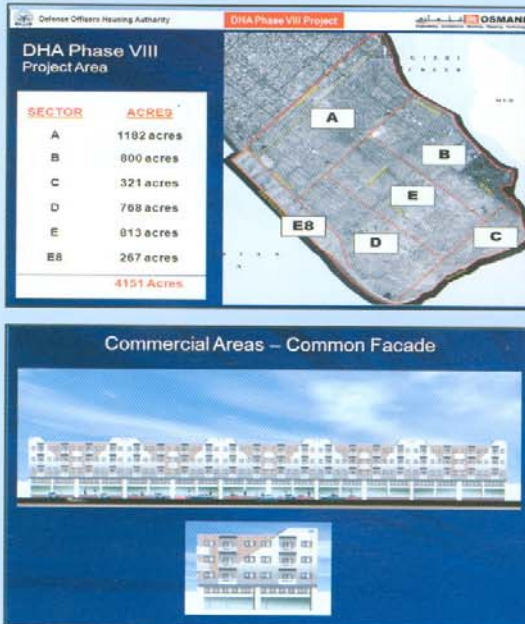
DHA has started one of the largest projects undertaken in its history: the DHA Phase VIII Infrastructure Development project. The project, spread over 4100 acres, includes all areas east of Khayaban-e-Ittehad and is approximately half the size of overall DHA. The ultimate population of Phase VIII including the adjoining Highrise Waterfront Development projects is estimated to be approx. 200,000 persons. Phase VIII has been divided into six sectors: A, B, C, D, E and E-8; construction of houses in Sector A has been allowed.

Although Phase VIII Master Plan had existed earlier based on which 99% plots were allotted, a range of improvements have been undertaken to drastically improve the overall living conditions of the residents, namely:

- Introduction of a world standard (AASHTO) Arterial, Collector and Street based Roadway system.
- Introduction of Cul-de-Sacs with neighborhood concept resulting in better privacy and security for residents and reduction of large number of intersections.
- Introduction of One-way Minor Arterial roads for effective movement of rush hour traffic both between Phase VIII and other areas and also within Phase VIII.
- Expansion and Improvements in Zulfiqar Avenue, Kh-Shujaat and other roads
- Creation of Business Zone for added employment opportunity to DHA residents
- Natural gravity based Drainage System through raising of roads and streets with avoidance of pumping.
- Introduction of green spaces in un-utilized lands and additional parks and playgrounds.
- Planning of Underground utilities system with laying of cross sleeve pipes to avoid re-digging of roads in future.
- Installation of Sewer Treatment Plants for NEQS based disposal of treated sewerage in Sea and also Re-use of Treated water for landscaping purposes.
- Properly planned Bulk and Distribution System for Water Supply for pressurized water supply.



## Projects



Various stages of the Master Plan of DHA Phase VIII

### PHASED DEVELOPMENT STRATEGY

#### PRIMARY INFRASTRUCTURE WORKS (Main Systems)

ARTERIAL & COLLECTOR ROADS & DRAINAGE SYSTEM  
BULK WATER SUPPLY & COGEN WATER SUPPLY SYSTEM

#### SECONDARY INFRASTRUCTURE WORKS (Distribution Systems)

SECTOR "A" WORKS-Streets, Water Supply, Sewerage & Irrigation  
SECTOR "B" WORKS-Streets, Water Supply, Sewerage & Irrigation  
SECTOR "C" WORKS-Streets, Water Supply, Sewerage & Irrigation  
SECTOR "D" & "E" WORKS-Streets, Water Supply, Sewerage & Irrigation  
SECTOR "E8" WORKS-Streets, Water Supply, Sewerage & Irrigation  
RESERVOIRS IN SECTOR "A" & "B" & Balance Works

#### TERTIARY INFRASTRUCTURE WORKS (Final Systems)

GRADE SEPARATION STRUCTURES & EARTH FILLINGS  
RESERVOIRS IN SECTORS "C", "D", "E" & "E-8"  
SEWERAGE TREATMENT PLANTS OF SECTORS A,B,C,D,E & E8  
FINISHING OF STREETS, FOOTPATHS, TRAFFIC SIGNALS, ETC.

- ❑ Common Façade for Commercial Area Buildings to avoid ugly masses as seen in existing commercial areas.
- ❑ Re-planning of Sector E-8 with better Traffic system; introduction of Neighborhood concept; consolidation of Commercial Areas and addition of large parks for residents.
- ❑ Re-planning of Commercial Areas with wider roads, better traffic patterns and additional Parking.
- ❑ Additional Educational, Medical, Recreational and other Amenities for residents.

The Revised Master Plan of DHA Phase VIII with added advantages as above was approved by the DHA Executive Board and subsequently the DHA Governing Body in November 2007 with great appreciation for the DHA TP&BC team headed by Col. Najam Rishi (Director TP&BC) and the Consultants of project M/s. Osmani & Company (Pvt.) Ltd., one of the leading development consultants in Pakistan.

The infrastructure development works of Phase VIII project has been given top priority by DHA with a target to complete major works in 3 - 5 years period. For the development of infrastructure, a Phased Development Strategy has been adopted for systematic and effective development of Phase VIII.

The work on main infrastructure projects is under progress and reputed contractors of Pakistan have been hired through competitive bidding to undertake different components as following:

- ❑ Primary Arterial Road 120' Beach Ave Road by M/s. FWO (1st segment complete)
- ❑ Arterial, Collector Roadway and Drainage Works by M/s. NLC (under execution)
- ❑ Bulk Water Supply and COGEN Water Supply System by M/s. RMG (near completion)
- ❑ Sector A Infrastructure Development Works by M/s. China Geo Engineering (under execution)
- ❑ Sector B Infrastructure Development Works by M/s. NLC (under execution)
- ❑ Water Reservoirs in Sector A by M/s. China Geo Engineering (near completion)

Rs. 4.7 Billion worth of development works are already in full swing whereas works on other Sectors are planned to be started soon as per the overall Development Strategy. Phase VIII DHA is planned to be a unique phase in terms of outlay and facilities for residents.

“ Think like  
a man of  
action, act  
like a man  
of thought ”  
- Henri Bergson



# The Country Wants More Energy

## DCL Helps Alleviate the Area's Chronic Water Shortage while Boosting the Power Supply

We knew we had to start somewhere, so we took a small step towards what we hope would constitute a comprehensive collection. Recognizing the dynamics of the rapidly changing national as well as global energy scenario, DCL has taken the lead in sea water desalination focused on achieving excellence through technology empowerment and training of the O&M staff.



Samiuddin Mirza,  
Senior Project Manager

February 11, 2008, marked a memorable day in the short history of achievements of DCL,

- i) the inauguration of DHA Water Desalination & Power Generation Plant, and
- ii) the groundbreaking ceremony of Phase-II of the Project organized by DCL with the collaboration of Defence Officers Housing Authority(DHA) at the site of DCL Plants with live CCTV display of operating parameters for the distinguished guests present at the function.

The President of Pakistan graced the auspicious occasion, accompanied by the Chief Minister and Governor of Sindh province.

The Company continued its expansion and development strategy by increasing the total installed electric power capacity from 94MW plus 3MIGD desalinated water in the first half of 2008 to 200 MW ISO conditions plus 8MIGD of desalinated water in 2010 from Phase-I & Phase-II combined.

DCL's sturdy chain of management, executives, project staff, station management and staff workers helped reach the heights of success of Phase-I. DCL's management with its creative think tank realized the vast investment needs in emerging markets in power and water sector. We explored the root causes of and discussed the solutions for Pakistan's energy crisis. The addition of CCPP in the city with 132KV transmission network was the answer.

We are pleased to report to DHA Newsletter readers about another decisive event that took place on July 22, 2008. AEI ASIA Limited (Hong Kong), a subsidiary of ASHMORE FUNDS (Houston USA) acquired a controlling interest in DHA Cogen Limited. AEI is the preeminent owner and operator of essential energy infrastructure in emerging markets. The group operates in more than 20 countries with diversified operations in the energy sector; includes power generation, power distribution, natural gas transportation and services, natural gas distribution and retail fuel.

The involvement of AEI and its decision to invest in DCL not only shows their confidence in Pakistan, but is also a testimony of inherent strengths in our project. We are confident that with AEI at the helm of affairs, DCL will continue to strengthen from the technical and managerial point of view.



## Projects

We would like to pledge to DHA Management and community utmost cooperation in fulfilling their potable water needs just like DCL has done in the near past under the wise leadership of Haseeb Khan, Director and M. Waqas Mohsin, CEO of the Company. Though enough water will be produced to fulfill the need of the residents of DHA on completion of Phase-II, however, there is a dire need to adopt good management practices to conserve water.

I would like to express my gratitude to Col. (Retd.) Najam-ul-Islam Rishi, Secretary DHA, whose patronage and accessibility allowed us to successfully accomplish the task of bringing to you the DHA Power and Desalination Plant Phase-I.



DCL's commitment towards providing top-class customer service continues unabated as it incorporates state-of-the-art technologies in its system and works with continuous vigor to consolidate its position as Pakistan's number one IWPP Company, where as the service standards set by DCL speak of its dedication and commitment towards its customers. I would like to pay tribute to the DCL staff in general and P&DP staff in particular who have worked relentlessly over almost a year to make DCL Pakistan's first IWPP utility of its kind creating phenomenal records in its areas of operation and maintenance.

## Let us explore whereabouts of AEI.

AEI is the preeminent owner and operator of essential energy infrastructure in emerging markets and offers tremendous growth opportunities with diversified foot prints. It has established a strong track record of growth through acquisitions and increasing participation in existing assets; entering in smart deal with DCL with a cause "The Energy for Development". This occasion was celebrated with enthusiasm on July 18, 2008, in Singapore. While the transaction marks AEI's first venture in to the Middle East, the DCL acquisition strengthens AEI's overall Asian presence. "We are pleased to enter the Pakistani Market and establish a presence in this fast - growing economy" Emilio Vicens, Vice President of Business Development, said of the transaction. "This acquisition strengthens our presence in ASIA and demonstrates our commitment to growing AEI's platform in this region.

AEI's highly experienced & talented management team that leverages local presence, working hand in hand with the experienced DCL in power and desalination industry, will surely make a considerable difference.

AEI is a company that owns and operates essential energy infrastructure business in emerging markets worldwide, with more than \$3.2 Billion in revenues in 2007. AEI manages interests in a group of 37 energy companies with operation in 19 countries and approximately 13,400 employees DCL is the 38th group of energy utility company.

“To cherish what remains of the Earth and to foster its renewal is our only legitimate hope of survival.”

-Wendell Berry

## \$750 million Creekside project lands on DHA Phase VIII

One of its magnificent kinds, Creekside, a \$750-plus million project has begun its development in Defence Phase VIII.

Designed by the leading Australian retail architects, Saunders Global, Creekside features sublime architectural style, premium retail and office space, prime waterfront location, first class security and ample covered parking. A state-of-the-art shopping mall and office space will be spread on an area of 5.3 acres in a Prime Location of Defence Phase VIII.

Creekside - metropolitan's new waterfront lifestyle and business icon- is a joint venture project by Abu Dhabi-based Injaz Mena Investment Company PSC and UK-based Global Haly Investment Limited. The joint venture project was officially announced under the key sponsorship and patronage of His Highness Dr. Sheikh Sultan Bin Khalifa Bin Zayed Nayhan, says a press release.

## DHA Co-generation Plant meets City's Water- Power Needs

After requisite testing, DHA Co-generation Plant with a gross capacity of 90.4 MW of power and 3 MGD desalination water is now operating to its full potential and design parameters.

The Housing Authority has also put in place high and low voltage infrastructure including grid stations at its own cost ensuring connectivity to KESC distribution systems. Designed to become high value assets of KESC ultimately, the investment for power cable infrastructure has been made fully by DHA.



A view of the DHA Co-generation Water and Power Plant

Completed under public-private sector partnership, DHA Co-generation Plant aims to meet the extensive power requirements of Karachi City and is not DHA centric. Notwithstanding the fact that DHA is a development organization it has pioneered a project that substantially meets city's power and water requirements.



## Projects

# Illegal suction pumps threaten DHA water supply management

DHA Karachi is one of the bulk water consumers of the Karachi Water & Sewerage Board (KW&SB) and is going through a serious water shortage crisis.

The water shortage in DHA can be attributed to two basic reasons. The first reason being the limited and inconsistent supply from KW&SB, which is supposed to supply at least 9 million gallons of water per day to DHA. The water supply system of DHA has originally been designed on the basis of 24 hours supply of water. For efficient operation of the system, water has to remain available 24 hours. As the situation is not as planned, it results in intermittent supplies for 1 and a half hours to 2 hours on daily basis instead of 24 hours. KW&SB, however, is continuously being requested to provide 9 MGD.

Illegal means of sucking water by installing suction pumps and illegal water connections is the second most important and chronic reason of water shortage crisis persisting in DHA. The effect of illegal means of sucking water on the overall water distribution system of DHA is highly damaging. As use of suction pumps deprives other residents of their rightful share of water and as a result whatever quantity is available, less or more, cannot be distributed judiciously amongst all the residents. Illegal connections only draw extra quantity of water but the suction pumps apart from this also cause air locks, just like a diesel engine and blockades in supply lines.

It has been practically seen that excessive use of suction pumps result in contamination in the area due to mixing of subsurface water with sweet water. Recent example is mixing (contamination) caused in 'Q' Street due to a suction pump installed at one of the residences. Example of illegal water connections is obvious from the photograph where a resident got three illegal water connections as none was approved by DHA.

Despite the persistent shortfall from KW&SB, there has been a considerable increase in the overall quantity of water due to functioning of DHA Desalination Plant (COGEN) but the distribution can still not be done judiciously due to suction pumps and illegal water connections present.

DHA water supply staff assisted by that of Clifton Cantonment Board very frequently carries out raids to confiscate suction pumps. Penalties are imposed on such residents; water supply through DHA bouzers has been stopped; and warnings are given through advertisements in newspapers to refrain residents from illegal use of suction pumps and illegal water connections.

The respectable residents of DHA are once again requested through this DHA Newsletter not to use illegal means to get excessive water. If so, it will have a positive effect on the lives of all DHA residents and will also help DHA to provide better services.



Illegal water connections



A view showing illegal water suction pump



Major (R)  
Mohammad Salim  
Khan Khattak,  
A/Additional Director  
Water Supply

# Development Projects

## Rising to Perfection and Luxury - DHA Phase VIII development picks-up

Defence Housing Authority Phase VIII comprising 4500 acres of land was reclaimed 20 years back is now stirring to life with enough speed to beat the older construction policies in the country. Using the state-of-the-art technologies and keeping in view the problems faced by residents in other DHA Phases, the Phase VIII shall have all the better systems in place with perfection beyond imagination.



As the developmental works in Phase VIII are in motion, the need of the time is to rationalize and inculcate new concepts and ideas. Phase VIII

development plan includes enough car parking, restructured roads, and a neighborhood concept.



## Development Projects

A special organization has been formed under Col. (R) Zahid's supervision for development of Phase VIII only. 3 to 5 years has been set as target for Phase VIII to be ready for final construction. Many contracts have been awarded for expediting the execution of the work. Presently NLC, FWO and number of other contractors are busy in developmental works in Phase VIII.

Power cables are being laid there. The side roads, main roads, storm water drainages have been designed and most of the major contracts for major outer works are awarded sector wise and others are in the process. Within next three years the whole Phase VIII is expected to be made available for occupation and construction of houses there.

A total number of 13,000 plots are present in DHA Phase VIII having measurements ranging from 500 to 2000 sq yd each. There is provision of flat sites for about 4700 flats and commercial plots as well. Any other housing colony project in the country takes about 15 to 20 years to get developed. However, Sector A of Phase VIII has already been opened for construction.

DHA Karachi has a land jurisdiction of about 8,200 acres. Out of which 44 percent land is already developed and occupied where 12,000 plots are constructed while 13,000 plots would be constructed in Phase VIII after its completion. Hence the total plotting in DHA is about 25,000 houses.

All the reclamation in DHA was done with the approval of all the agencies which are involved in giving the approvals including KPT, PQA, Government of Sindh and Federal Government. DHA has no land dispute with any government agency. DHA is a sub-lessee of the land. There were various problems to meet many challenges of such a vast area. Water and electricity are major issues for which work is going on to resolve them effectively.

The cost of development of DHA Phase VIII within five years is approx. Rs. 15 billion. The ratio of the expenses could be assessed from the fact that DHA has collected Rs. 1,000 per sq. yd. towards development charges. Out of it, Rs. 500 per sq yd were for the power and electricity cost. KESC has a policy that grid station, sub-station, 125 kva line and 11 kva lines should be built by DHA and they will only give the connection. The remaining sum of Rs.500 is the cost of other development works.

Pakistan Army has a service structure under which an officer after completion of 25-30 year service gets



plot after paying in full the cost of the land as well as its development charges. The piece of land is then transferred to his name. After that the law of the land becomes applicable on these allottees. If they sell it on power of attorney, no one can stop them or impose any restrictions on them. Therefore, Army has imposed no conditions that an officer should compulsorily build a house on the plot allotted to him by DHA.

There is an impression that DHA has unlimited resources, though, the situation is the other way round. DHA does not tax people. Tax is charged by Clifton and Cantonment Board (CBC). DHA's income is generated only through transfer fee of property, plots or houses. It does not receive any conservancy; neither have any external adding agency, nor City, Provincial or Federal Government. DHA is doing all the projects through DHA's cash resources.

DHA is a development organization and not a maintenance one. Administrator DHA is also the President of Clifton Board, having dual charge. DHA cannot sell land and it has no land to be sold.



Col. (R) Zahid Akbar,  
Director Development  
Phase VIII - DHA

# Current Events

## DHA Executive Board reviews ongoing projects' progress

DHA Executive Board held a meeting at 5 Corps Headquarters on April 02, 2008 to review the progress of multiple DHA projects presently in pipeline. The meeting was presided over by Commander 5 Corps and President DHA Executive Board, Lt. Gen. Ahsan Azhar Hayat.



Commander 5 Corps Lt Gen Ahsan Azhar Hayat presiding over a meeting of DHA Executive Board held at 5 Corps Headquarters.

The Executive Board was briefed about the development projects in DHA which have been completed. The Board was updated on fast paced construction of Main Trunk Drains (MTDs) and interconnecting laterals, besides revamping of sewerage system.

The Board was informed that the exercise would entail minimum adjustment of residential plots and would result in creation of more open and green spaces in the area.

The Executive Board was informed about the major projects which were initiated during the current fiscal year including construction of car parking plazas at Stadium and Zamzama Commercials; construction of Gizri flyover; revamping and expansion of

commercial areas in DHA; carpeting of main avenues; electrification of major roads; revamping of water pipelines; construction of a Girls College; and completion of Bund Road project, etc.

The Corps Commander while appreciating the pace of work in DHA directed that the drainage infrastructure must be completed before the advent of the monsoon season so that the residents do not face problems similar to the ones they had to undergo during last years rains.

The Executive Board appreciated the progress on implementing the revised town plan of Phase VIII. The Board was informed that the exercise would entail minimum adjustment of residential plots and would result in creation of more open and green spaces in the area.

The Executive Board approved a two-years phased program for shifting maintenance responsibilities including horticulture, sewerage and water supply functions from Defence Housing Authority to Cantt Board Clifton (CBC).



## DHA Executive Board discusses new Storm Water Drainage System

A meeting of DHA Executive Board chaired by its President was held on June 27, 2008 to review the pace of progress on new Storm Water Drainage System including various significant ongoing projects in DHA.



The Board was informed about the work on laying of Main Trunk Drains and interconnected Interceptor Drains as part of a new Storm Water Drainage System in DHA.

President of the Executive Board directed DHA to improve the sign posting of dug up areas to obviate chances of any accident. He also asked DHA to leave no stone unturned for completing the infrastructure of the new Drainage System within the stipulated timeframe.

The Executive Board was informed that as per the directive of the President of Pakistan no commercial project related to water front development would be undertaken by DHA on the beachfront from McDonald's to Village Restaurant. However, the subjected area would be accessible to the general public for recreational purposes. Existing facilities of public utility like steps, flood lights, benches and kiosks etc. would continue

to be refurbished by DHA and CBC to enhance its efficacy and add value to the beach.

The Executive Board approved the readjustment plan of residential and commercial plots in DHA Phase VIII in accordance with the revised Master Plan. The Board also accorded permission for regularizing already constructed duplex houses in DHA Phase VIII as a one time measure for payment of penalties.

The Executive Board advised all plot owners in Phases 1 to 5 to submit building plans to DHA by December 2008 to avoid cancellation of their plots. DHA had earlier given September 2008 as the deadline to open plot owners either to resume construction activity on their plots by submitting the building plans to DHA or face the risk of cancellation of their plots.

“ Let us not go over the old ground, let us rather prepare for what is to come. ”

- Marcus Tullius Cicero

## Association of Defence Residents discusses Traffic and Solid Waste Management Strategies



"All traffic signals in DHA are being refurbished and made operational to facilitate smooth traffic control," informed Ms. Zeenat Ahmad, CEO CBC to the representative delegation of Association of Defence Residents (ADR). She elucidated that the refurbishment work of traffic signals included installation of UPS; readjustment of light timings; and provision of flashing light facility on them.

ADR Delegation led by its Chairman Captain Kamal Karimi, PN had called on Administrator DHA at Defence Housing Authority's Main Office.

The delegation was informed that the system of door to door garbage collection and solid waste management in DHA was working quite efficiently. The Administrator stressed the need of efficient monitoring and taking the

The delegation was informed that the system of door to door garbage collection and solid waste management in DHA was working quite efficiently.

residents on board for successful implementation of the project.

CEO CBC announced the commencement of an intensive fumigation spray campaign to disinfect each nook and corner of DHA. She added that fumigation spray would also be carried out immediately after rains to prevent any chances of outbreak of epidemic diseases.

The delegation pointed out certain anomalies in water distribution system in DHA. The meeting decided that DHA under a strategy of deterrence would impose heavy penalty on offenders who would install suction pumps in their houses.

Administrator requested the delegation to persuade and educate the residents to realize their civic responsibilities in the larger interest of the community.



## Current Events

## Tackling water-shortage problem: Residents Society requested to play their rightful roles

"The residents societies should play their rightful roles in curbing the menace of water-shortage," stressed Brig. Kamran Aziz Qazi, when he was informed that a large number of illegal suction pumps operating in the area had exacerbated water shortage in DHA.

The issue of persistent scarcity of water in some areas of DHA was pointed out when a delegation of Defence Residents Association (DRS) led by its President Mr. Zafar Iqbal visited Defence Housing Authority's Main Office on July 31, 2008. The Administrator DHA, concerned officials of DHA and Cantt Board Clifton were present in the meeting.



Administrator DHA presiding over a meeting held between DHA's Management and DRS Delegation at DHA's Main Office

DRS delegation appreciated the quality and speed of work with which the new drainage project in DHA had been completed in a record time. The delegation described it as a significant development in addressing the perennial problems of flooding and accumulation of rain water in DHA during the monsoon season.

The delegation was informed that the laying of a new Storm Water Drainage System including the Main Trunk Drains and interconnected Interceptor Drains has been completed at a cost of Rs. 2.3 billion. The new infrastructure would provide effective outlet for drainage of rain water into the sea.

The delegation was further informed that in Phase I the dug up roads had been filled and leveled to make them motor-able while the reconstruction and carpeting of roads would be taken up after the conclusion of monsoon season.

CEO CBC informed the meeting that CBC had replaced 3000 manhole covers in DHA this year but most of them had been stolen. She said that missing road signs were being re-fixed in DHA area according to a systematic plan.

The DRS delegation appreciated the visible improvement in cleanliness and garbage collection in DHA since last few months. The Administrator reiterated that co-operation of residents with CBC staff was essential to make the entire exercise a success.

# ADR appreciates newly laid Drainage System

In a meeting held with Administrator DHA, CBC and other DHA Officials, the Association of Defence Residents (ADR) appreciated the efficacy of the newly laid Drainage System in DHA after it was tested during the first monsoon downpour this year. Applause from ADR came as no flooding was reported from any part of DHA following the recent rains in the metropolis.

ADR delegation was informed about the Phase-II of the new DHA Drainage Project where all dug up roads would be leveled, carpeted and completed with appropriate slopes to ensure quick drainage of standing rain water.

Later the ADR delegation was briefed about the salient features of various DHA's development projects including ongoing work on modernization and refurbishment of Dalton Commercial area, Dalton Parking Plaza and Gizri Flyover etc.

ADR delegation was informed about the Phase-II of the new DHA Drainage Project where all dug up roads would be leveled, carpeted and completed with appropriate slopes to ensure quick drainage of standing rain water.



Administrator DHA, Officials of DHA and CBC in a meeting with ADR delegation



# Education

## Message from Director Education, DHA

When I boarded the stagecoach in April this year, things were in full gallop and activities of the academic session in the Education realm of DHA were peaking. Exams were either beginning or nearing; and Parents' days were being staged and celebrated. Let me at the outset express gratitude to my predecessor, Brig. Muzaffar-ul-Hasan (Retd.) whose contribution has helped me to enjoy a smooth ride on this worthwhile journey.

When the flood of activities receded, the tired faculty gave way to repose and went off to enjoy vacation. The charged new entrants like me felt isolated and idle. My plans of embarking on the learning journey were stumped for a while. I, after lunging on the way forward with my peers and the heads of various institutions, initially thought to tread slowly and gradually on the road to learning the art of teaching, and improving the environs of the Teaching-Learning Centre. Later, on realizing the value of available short time span, I had to devise a crash program in consultation with the helms-persons; the Principal's workshops to 'limber up' all and sundry for the fast approaching new academic session.

Imbibing and reinvigorating the spirit of reading and writing amongst the pedagogues is an enormous undertaking in our environment where reading culture is almost on the wane. I urge the noble professionals to learn the sublime art by putting in the very best which mind, heart and soul can offer. Remember, teaching is a skill which can be acquired and refined.

By virtue of being educators, you are poised to mould the destiny of your pupils to the heights of greatness. I am proud of you and look forward with great anticipation to the bright future of our next generation.

May ALLAH, the Almighty, bless you in all your noble endeavors.

“The  
secret  
of education  
is respecting  
the pupil.”

- Ralph Waldo Emerson



Brig. (R) Iftikhar  
Arshad Khan,  
Director Education,  
DHA

## PN Engineering and Hamdard College pulled off in Declamation Contest

An Inter Collegiate Bilingual Declamation Contest held at DA Degree College

An Inter-collegiate Bilingual Declamation Contest was held at Defence Authority Degree College on January 23, 2008. Students of fourteen reputed colleges of the metropolis participated in the contest and spoke on various serious as well as humorous topics of their interest.

were judges for English Declamation whereas Prof. Dr. S. M Unus Hasany and Prof. Haroon Rashid were judges for Urdu Declamation Contest.

Mr. Anwar Ahmed Zai, Chairman Karachi Board of Intermediate Education was the



Mr. Anwar Ahmed Zai, Chairman Karachi Board of Intermediate Education giving the coveted trophy to the winning team of Pakistan Navy Engineering College PNS Johar at the Inter Collegiate Bilingual Declamation Contest held at DA Degree College

The Principal of DA Degree College, Capt. (Retd.) Ahmed Zaheer, PN in his welcome address said "the art of communication is the most important ingredient of human personality and a stepping stone for success in life".

In English Declamation Contest, Tipu Sultan of Pakistan Navy Engineering College got the first position. Imaan Ahmed of PECHS Girls College secured the second position and Nabila Zeeshan of Defence Authority Degree College for Women, Phase-VIII was adjudged third.

In Urdu Declamation Contest Areeba Mushtaq of Hamdard College of Science and Commerce got the first position, S/Lt. Sumair Irshad of Pakistan Navy Engineering College secured the second position and Qurat-ul-Ain Yousuf of Bahria College NORE I was declared third.

The coveted trophy was won by Pakistan Navy Engineering College PNS Johar. Dr. Sajida Zaki and Mrs. Shahnaz Khurshid

Chief Guest. Speaking on the occasion, Mr. Anwar Ahmed Zai emphasized upon the need of promoting a culture of healthy co-curricular activities in educational institutions which is vital for intellectual and physical development of students' faculties. He said the young generation had tremendous potential, which should be channelized in a positive direction for optimum utility.

Earlier Principal of DA Degree College, Capt. (Retd.) Ahmed Zaheer, PN in his welcome address said "the art of communication is the most important ingredient of human personality and a stepping stone for success in life". He said that a good orator is a good leader as he can affect the emotions of people and influence their action.



# Marking DHA Youths' Successes in Annual Functions

The annual function and prize distribution ceremonies held in a number of schools of DHA.

## DA Montessori-II presents a vibrant program on Annual Day Function



Children performing on Annual Day Function

Annual Day Function of Defence Authority Montessori-II was held in the auditorium of Defence Central Library on April 30, 2008.

The young students presented a colorful program comprising nursery rhymes and songs. The presentation of alphabets by tiny toddlers conveying meaningful message was a remarkable show.

Earlier the Principal, Mrs. Ayesha Wasty in her address said that children in Montessori were exposed to a colorful and healthy environment intricately designed to meet their emotional and psychological needs. She said that the kids at Montessori were taught the basic lessons of life.

The Chief Guest on the occasion, Brig. Kamran Aziz Qazi, Administrator DHA said that provision of intellectually nourishing and physically strengthening environment to children in their formative years helps in

developing their talent and confidence. He said that the time, money and effort spent in training and education of young generation was the best investment for a bright future.

"Students are the hope of the nation and it is incumbent on us to make them responsive and responsible citizens of the future," he observed. Parents have a joint responsibility alongwith the teachers to play an active role in grooming their children. Sincere joint efforts of parents and teachers only could ensure success of the education system. He felicitated the students, staff and school management for maintaining high academic standards in the school.

Concluding the event, the Chief Guest gave away prizes to the students who showed exceptional progress during the year. A large number of parents, students and DHA officials attended the function.



## “Skill Based and Result Oriented Approach is Practised in our School,” says Principal DA Junior Model School Beach View



Children giving spectacular performance in the Urdu play “Phoolon Ki Faryad”



Young students performing on Annual Function Day

The annual day function and prize distribution ceremony of Defence Authority Junior Model School Beach View was held at the school premises in Sea View Township on the morning of March 07, 2008.

The young students presented a colorful and captivating variety of programs comprising various skits, short plays and songs. The performance of students was highly impressive.

The English play “Zelda and Zebra” conveyed the message of harmony, love and tolerance in a spectacular manner. The Urdu play “Phoolon Ki Faryad” beautifully conveyed thought-provoking ideas pertaining to fundamental human values.

The Administrator DHA said that the children in their formative years must be brought up and educated with affection and tenderness. He asked the faculty to nurture the young students with utmost care and devotion to ensure success in their future life.

Earlier the Principal, Mrs. Asma Siddique presented the annual report of the school. She said that the school pursued a skill based, meaningful and result oriented agenda to maintain highest standards of excellence in its curricular and co-curricular programs.

## DA SKBZ College holds 20th Annual Day and Prize Distribution Ceremony

The 20th annual day and prize distribution ceremony of Defence Authority SKBZ College was held at the College’s lush green sports ground on March 27, 2008.

The students dressed in colorful attires presented a splendid program which included march past by cheering students, skits, tableaux and national songs.

The display of taekwon-do techniques of martial art by the young students was splendid. A spectacular mass PT display by the students performed with perfect co-ordination, rhythm and formation was the main feature of the show.

Earlier the Principal, Brig (Retd.) Muhammad Ali Jawaid in his inaugural address recounted the achievements of students in academics, sports and other co-curricular activities.

The chief guest, Administrator DHA, distributed prizes amongst the students who excelled in various curricular and co-curricular activities. He also announced a cash award of Rs. 45,000/= for the College.



Young students Marching on Annual Day



Young students performing on Annual Function Day



## Education

## Students of DA Model High School Phase VII show exciting melodrama



A student getting a shield on achieving excellent grade in exams



Boys performing on Annual Day Function

The annual day function of Defence Authority High School Phase VII was held in the School's auditorium on April 15, 2008 to give awards to the students who got "A" and "A+" grades in the matriculation exam of the Karachi Secondary Education Board.

The Principal, Mrs. Riffat Adeel in her welcome address said that an intellectually vibrant and disciplined environment was provided in the school to inculcate sense of responsibility, confidence and sound moral values in the students. She said that provision of knowledge and development of creative skills in students was the pervading spirit of all educational programs of the school.

The students on the occasion presented a sober and impressive variety of programs consisting of tableaus and inspiring national songs. The English play "The Romanian Uranium Mystery" conveying the message of 'greed is perilous' unfolded on the stage in the shape of an exciting melodrama, which was much appreciated by the audience.

A large number of parents, students and DHA officials attended the function.

## The Annual Day Function of DA Degree College

The annual day function of Defence Authority Degree College for Men was held at the College ground on March 05, 2008.

The Principal, Capt. (Retd.) Ahmed Zaheer, PN presented the annual report of the College recounting the meritorious achievements of the students in academics, sports and other co-curricular activities. He said that the students at campus were being provided academically vibrant and intellectually stimulating environment to equip them with the basics of modern education.

The students who got the certificates of distinction included Muhammad UneeB Nayyar (student of the year - Intermediate), Sahar Sohail (student of the year - Degree), M. Amir Khan (best Na'at Khwa), Mudassir Khubaif (Best Urdu Debater) and Umar Amir (best English debater).

The prize for the best project was given to M. Muneeb Zaidi. Iqbal House clinched the coveted Inter House Trophy.



# Making a mark in B.Com and BSC examinations

## DHA Degree College for Women Phase VIII secured Top 3 Positions

DHA Degree College for Women Phase VIII once again made a mark by securing all the top three positions in B. Com (Final) Exam 2007 announced by University of Karachi on April 15, 2008.

Saba Muhammad Yousuf, Sidra Adil and Tahira Yawer secured first, second and third positions respectively in B. Com (Final) Exam 2007.

The position holders attributed their successes to the inspiration and guidance provided to them by their teachers and to the persistent hard work, which enabled them to bag the distinguished positions. The students were of the view that the culture of rigorous academic discipline, punctuality and enabling environment at the College campus played a pivotal role in their academic successes.

Prof. Nasreen Nasir, the Principal of DHA Degree College said that excellence in all fields was essential for progress and advancement in life. She reiterated that the College is constantly striving to maintain its rich traditions by securing top positions in different examinations at all levels.



Saba Yousuf,  
First Position  
Holder



Sidra Adil  
Second Position  
Holder



Tahira Yawer,  
Third Position  
Holder

## Where Sky is the Limit! BSC Finals 2007 DHA Degree College for Women Secure Top Positions

DHA Degree College for Women clinched the top coveted positions in BSc Final 2007 Exams of Karachi University.

Fatima Aslam of DHA Degree College For Women got First Class Second position in the B.Sc Exam while Sara Rafique of the College secured First Class Third position.

Principal of DHA Degree College, Prof. Nasreen Nasir, vowed to maintain the rich academic traditions of the College by maintaining intellectually stimulating environments and discipline at the campus.



Fatima Aslam,  
Second Position  
Holder



Sara Rafique,  
Third Position  
Holder



# Library

## Summer Camp 2008 brings Learning through Fun at Defence Central Library

A Summer Camp was set up at Defence Central Library (DCL) for kids of the age group between 3 to 12 years to have a fascinating opportunity of learning through fun. More than forty students attended the summer camp 2008.

The aim of the camp was to develop creativity, reading habits, computer skills and social interaction among kids. The specially designed curriculum for the summer program included reading and story telling, creative writing, arts and craft, learning and listening skills through computers.

A host of other interesting activities like music and movie shows, drawing and coloring, swimming (at DHA Sunset Club) and educational field trips to Zoo, Mazara-Quaid, Mohatta Palace and Frere Hall Museum etc were also part of the Summer Camp itinerary.

The venue of the camp was Children's Library at DCL. The Children's library is centrally air conditioned and fully equipped with modern gadgetry like computers, big screen TV and other audio visual aids besides beautiful toys and a collection of four thousand colorful and informative books for kids.

A fascinating and colorful environment was created at DCL for kids to make the best use of their summer vacation.



Children absorbed in recreational activities during Summer Camp at Defence Central Library

“The aim of education is the knowledge of not fact, but of value.”

- Dean William R. Inge

## Inaugurating Bazm-e-Kiran: A society to deter defiance

The inauguration function of Bazm-e-Kiran, a Society established for prevention of waywardness was held at Defence Central Library on June 30, 2008.

The purpose of the establishment of the organization is to impede the rapidly eroding social, moral and religious values in society. Bazm-e-Kiran as a harbinger of hope and optimism will bring home a realization and a positive change in young generation as delineated by the convener of Bazm-e-Kiran, Col. (Retd.) Ather Ali Khan.

Justice Haziqul Khairi, Chief Justice of Federal Shariat Court of Pakistan was the Chief Guest on the occasion of inauguration function.

Justice Haziq-ul-Khairi, Justice Khairi, Justice (R) Saleem-uz-Zaman Siddiqui, Mr. Zafar Iqbal, President DRS, Mr. Yasin Malik, Mian Zahid Hussain and Mr. M. Malik spoke on the occasion.

They illuminated that the young generation is the victim of identity crisis. A sense of inferiority, lack of patriotism and role of media in promoting pessimistic tendencies in society, has subjected the young generation to mental agony and demoralization.

They underlined the dire need to save the young generation from the onslaught of western culture and for forming an effective strategy to discourage social evils and waywardness in society. They stressed the need for promoting real Islamic values of piety, honesty and care for others.

A large number of people from different walks of life had attended the ceremony.





# Clubs

## Making Golf a quixotic experience: Defence Authority Country & Golf Club

DA Country & Golf Club has added to the city's allure, a recreational-cum-educational purpose-oriented activity-plan in its long list of attractions. The activity plan comprises cooking classes, musical concerts and clubhouse brunch.

The cooking classes have been introduced keeping in view the interests of club female members. Chef Maqbool reveals his tips and tricks with expertise. The classes are conducted at Clubhouse at 5:00 pm every alternate Monday.

After a long interval, a musical evening with Jawwad Ahmed, Shazia Khushk and Meecal Hassan was arranged at DA Country & Golf Club. The event was a great success and the members alongwith their guests applauded the highlights of the show.

The Clubhouse Brunch, one of the most attractive and visited events at the club is a phenomenon this year. A great variety of international cuisine, live music, spectacular view of the golf court and five star services make Clubhouse brunch a Sunday Favorite. Space reservations prior to visits are strongly recommended for the Clubhouse Brunch on Sundays.

The newly constructed swimming pool complex was inaugurated on July 8, 2008 and is being fully enjoyed by members and household. Pool timings from Tuesday to Sunday are 1000 to 1300 hrs in the morning and 1500 to 2000 hrs in the evening. However, on Monday, the pools remain closed for weekly maintenance purpose.

In terms of percentages, 80% of the facilities are installed in the club are now in operation. Moreover, the DA Country & Golf Club is steadily moving towards its final phase of development with all its facilities to be operative before the last quarter of 2008.



A colorful view of the beautiful fountain at DA Country & Golf Club



Shazia Khushk giving a mesmerizing performance on Musical Evening



Brig (R) Hasan Rafi, Secretary DA Country & Golf Club

# An Icon of Beauty - DA Creek Club, a Leading Club in the Country

The activities from December 2007 till June 2008, and other developmental works at the club are:

### Mega Event Grand Tambola:

On December 01, 2007 over three thousand DACC members and their guests enthusiastically participated in the Mega Event held at the club. Six houses of Tambola were played. Lt. (Retd.) Naim Habib (TCC-4060) Won bumper prize of Suzuki Liana Car. The crowd also enjoyed the live performance of Bushra Ansari, "Call" Band and Umar Inayat.

### Musical Evening-Performance by club members:



A musical evening was held in Creek Club on March 22, 2008 in which members/households performed live in front of a large crowd. Muhammad Ali Shyhaki also performed as guest artist.

### Comedy Mushaira:



A comedy Mushaira was held on May 24, 2008 at DACC. Ten famous poets recited their humorous verses. More than 600 DACC members enjoyed the Mushaira.



Brig (R) Waseem Zafar Iqbal SI(M), Secretary DA Creek

### Cooking Demonstration:



Cooking demonstration was arranged at DACC by Mrs. Nighat Nadeem with assistance of EVA Cooking Oil. A large number of members participated in the demonstration.

### Pepsi Musical Evening:

Pepsi Musical evening was arranged at DACC on June 28, 2008. A large number of members enjoyed the programme in which Ali Zafar, Sehar, Safdar Zia and Kashif Khan gave memorable performances.

### Summer Elfy Games:



Summer Elfy Games spread over a month at Creek Club came to a happy end. Around 3500 sports lovers zealously took part in the various events including Football, tennis, Squash, Swimming, Badminton and Snooker, etc.

### Diet Section Bakery:

On great demand of our valued members Club management has established a Diet Section in Club's Bakery with variety of items at much discounted rates.

### Development Project:

To provide additional facilities and improve the existing ones, two major development projects have commenced at DACC.

### Extension of Lobby:

The lobby of DACC is being



extended for maximum utilization of available space. The pile work has been completed and now works on tie beam and pillars is being done. Construction of two additional dining halls on the first floor is also progressing well. By the end of this year, members would be able to utilize the new halls.

### Creek Lodge:

Heavy machinery has been employed and nearly 70% of pile work has been completed. The whole project will be completed within two years.



## DA Beach View Club undergoes Reconstruction

DA Beach View Club by the Grace of Almighty Allah has recently embarked upon its Reconstruction Plan. The detailed Designing, Soil Survey and Tendering Contractual formalities are in their final stages. Work on site, is expected to start latest by September 2008. In its preparatory stage the Club excluding Offices/Reception has been shifted to Sports Complex and has started operating there since August 01, 2008.

The Defence Authority Beach View Club has a unique distinction of being located on the Arabian Sea. Its location on the Beach Avenue provides a picturesque view of the sea. It is spread over an area of 12,291 sq yds in two distinct parts; the main club and the sports complex.

There is a plan in hand to construct a multi-storey building at the present site of Beach View Club, with maximum glass view overlooking Arabian Sea, housing all possible modern Club facilities of international standard. Renowned consultants are presently working on the initial design and graphic representations.



A view of the state-of-the-art DA Beach View Club.



Brig. (R) Syed  
Khurshid Alam SI(M),  
Secretary DA  
Beachview Club

## Roundup of Happenings at DA Zamzama Club

- ❑ Wg. Cdr. (Retd.) Ilyas M Baig, took over charge as new Secretary DA Zamzama Club on February 15, 2008.
- ❑ DA Zamzama Club ground booking carried out on rent for the purpose of sports/functions of various colleges, schools, DHA educational institutions and day/night cricket matches.
- ❑ The boundary wall of DA Zamzama Club has been recently shifted six feet inside the club for allowing a wider main road.
- ❑ The renovation of DA Zamzama Club was discussed with the higher authorities of DHA for implementation.
- ❑ The construction of two parking plazas is in progress at DA Zamzama Club on both the sides of the Hockey Stadium.
- ❑ DA Zamzama Club is also running Zamzama Park Canteen.



Wg. Cdr. (R)  
Ilyas M Baig,  
Secretary DA  
Zamzama Club

## DA Sunset Club gets a new Secretary

Lt. Col. Iftikhar Ahmed (Retd.) took over as Secretary Defence Authority Sunset Club on June 1, 2008 with enthusiasm to introduce new quality heights in the club facilities and services. The major renovation projects of the club have already been completed and are fully functional.

- a. All Weather Swimming Complex. Round the year with water heating arrangement is fully functional.
  - Covered pool for ladies and children below 6 years is a luxury available from 10:00am to 10:30 pm.
  - International standard length pool is functional from 07:00 am to 10:30 pm for gents and boys above 5 years.
- b. Jasmine Fine Dining Hall is now fully operational with Chinese and Italian dishes on menu with cool and calm ambiance equal to any high class restaurant in the town with delicious food.
- c. Bakery with elegant new look and fine baking facilities is another attraction which has enhanced visits of member families from occasional to frequent.
- d. A new Conference Hall with most modern audio and video facilities is yet another area which is attracting corporate sector to hold seminars, conferences and workshops in a safe and secure environment with adequate parking facility.

**Function Gardens:** DASC has seven posh function gardens with allied facilities of decorated bridal rooms, sufficient stages and adequate washrooms. These places can be used for marriage parties, private and corporate functions and limited commercial activities on rental basis :-

PLACE	CAPACITY	NORMAL	CORPORATE	COMMERCIAL
a. Shalimar	500	Rs. 25,000	Rs. 50,000	Rs. 100,000
b. Mehran	500	Rs. 25,000	Rs. 50,000	Rs. 100,000
c. Erum	1000	Rs. 40,000	Rs. 70,000	Rs. 130,000
d. Entertainment Area-I	600	Rs. 20,000	Rs. 45,000	Rs. 125,000
e. Entertainment Area- II	550	Rs. 20,000	Rs. 45,000	Rs. 125,000
f. BBQ AC Dining Hall	120	Rs. 10,000	Rs. 30,000	Rs. 60,000
g. BBQ Open Area	120	Rs. 5,000	Rs. 20,000	Rs. 30,000



Lt. Col. (R)  
Iftikhar Ahmed,  
Secretary DA  
Sunset Club



Various attractive and breathtaking views of the Club.



## Clubs

## A perfect place for aficionados of exquisite ambience Defence Authority Club

Defence Authority Club is the oldest in the series of Clubs in DHA. It boasts of its name and popularity for its atmosphere and standard in general and for a variety of five star foods, film shows, tombola, and periodical musical shows, fun fair/member's get-together in particular. Dining facilities are comparable to a Five Star Hotel in the city. The club remains under a dynamic process of uplifting and beautification.



A view of the serene and lush ambience surrounding the exterior of the Club

It is tastefully furnished and fully air conditioned with 25 Guest Rooms for members and their guests. The Club has a modern and well equipped kitchen for preparation of a variety of dishes including Bar-B-Que, Fast food, Chinese and Continental dishes.

Our valued members and guests staying in Defence Authority Club guestrooms and carrying their laptops can avail internet facility by getting password from Reception. Wireless hot spot facility has been provided round the clock in guest rooms.

From September 2008, the club will start another facility for members by providing filtered water for take away.

With newly installed in house music system, the members can enjoy soft music at reception, dining halls and west lounge.

The Club has a modern Bakery with a variety of delicacies coming out of its oven alongwith full range of Pakistani sweets and nimko. The Crystal Room, TV Room and West Lounge (Old verandah) have been removed. The Club has laundry facilities for members and guests staying in the guest rooms. The new beauty parlor (Sense of Touch) is a class of its own under the professional supervision of Peng Qureshi who needs no introduction in this industry.

All sports facilities are available in the Club i.e. a beautiful swimming pool, renovated Tennis Courts, and renovated card room, Billiard/Snooker Room and Gymnasium with Yoga for ladies. Air-conditioned Squash Courts have been designed with world class ASB pro wood court. All sports related items and accessories are available at the Club Pro Shop.

A sports complex with more facilities for its members alongwith a topical swimming pool for ladies, a separate Gymnasium for ladies and gents are under construction.

For the past few years Defence Authority Club has remained the hub of many social, cultural and sports activities such as musical evenings, grand tambola shows. These activities were largely attended by the members and their guests who enjoyed and appreciated the events.

Lt. Col. (Retd.) Ayaz M Bashir, TI (M) relinquished his assignment after serving as Secretary DA Club for one year and four months with distinction and handed over the charge to Col. (Retd.) Muhammad Khaleeq Mallal.

Defence Authority Club is the oldest in the series of the Clubs in DHA. It boasts its name and popularity for its atmosphere and standard in general and for a variety of finest five star foods, film shows, tombola, and periodical musical shows, fun fair/member's get together in particular. Dining facilities are comparable to top Hotel Restaurants in the city.



Col. (R) Mohd. Khaleeq Mallal, Secretary DA Club

## Grand Water Sports Gala unfolded in DA Marina Club

A Grand Water Sports Gala, sponsored by Pak Navy was held in Defence Authority Marina Club. On the occasion President Pervez Musharraf emphasized the need of encouraging Water Sports in the country. He was speaking as Chief Guest at the inaugural ceremony of the event. The President described Water Sports as of the most relaxing and pleasurable sports possible.

He pointed out that in the past years our country was good in many of the sports, but it has gone down in all these events so much so that we need to put in extra efforts to improve our standards at the Asia level, South Asian Federation Games level and then ultimately at the Olympics level.

The President added that coaching of sports men in all these events was considered important as it was the basis for reaching better standards and that improvement in sports is not possible unless the private sector encourages sports.

He asked philanthropists to come forward and encourage sports through sponsorships as this will help us move forward in the realms of sports and achieve results regionally and internationally.

As part of our strategy in the past we need to put up effluent treatment plants so that the water is clean and we can have water sports not only here in the Marina Club but also in the Boat Basin as well as Boat Club and at Sail Club in Manora. One effluent treatment plant has been put up whereas six additional effluent treatment plants should be put up in order to clean the sea water. Water sports would also encourage tourism in Pakistan.

On the occasion, the President announced a donation of rupees one million for the water sports.

He also congratulated the Commander Coast, Event Management Company Concepts Unlimited and City District Government, Karachi for joining hands to organize the event and look forward to the support of all relevant departments and organizations for great success of the Gala.



A view of the exquisite exterior of the Club



An exotic dine-in experience in the dining area of the Club



Capt. (R)  
Asad Manzoor,  
Secretary DHA  
Marina Club



# Residents Forum

## Seeking Solutions for Traffic Chaos in DHA - Defence Society Residents Association calls on Administrator DHA

A delegation comprising representatives of Defence Society Residents' Association (DSRA) and Defence Authority Co-ord Committee (DACC) called on Administrator DHA at DHA's Main Office on February 27, 2008 to discuss the traffic management problems and the measures so far taken to counter them.

The delegation was given an in-depth briefing by the consultant on infrastructure development works being carried out in Stadium Commercial Area DHA Phase-V to overcome the traffic management and parking related problems in the area, which has become almost intractable.

The problems identified included acute traffic congestion in the streets, haphazard and irregular parking of cars and motor cycles, no access/exit control in the area, inadequate parking facility and street walking impediments due to overcrowding.

The work on construction of multistoreyed car parking plaza adjacent to DHA Zamzama Park has been underway for traffic management in



Administrator DHA Brig Kamran Aziz Qazi presiding over a meeting of DSRA/DACC

DHA and Phase-I of the ongoing infrastructure development work in DHA Dalton (Stadium) Commercial Area would be completed by July 2008 this year.

The delegation was informed about the measures being taken to overcome these problems which include introduction of one way traffic regime on some roads and avenues, allocation of proper parking spaces, construction of foot paths for pedestrians, creating pedestrian breathing island with benches and some greenery and improved street lighting etc.

“Progress is a nice word. But change is its motivator and change has its enemies.”  
- Robert F. Kennedy

## Security Measures thrashed out in Defence Residents Society's meeting with Administrator DHA and CBC

A delegation of Defence Residents Society (DRS) led by its President Mr. Zafar Iqbal visited Defence Housing Authority's Main Office on January 29, 2008 and held a meeting with Administrator DHA, Brig. Kamran Aziz Qazi. Concerned officials of DHA and Clifton Cantt Board attended the meeting.

The DRS delegation expressed its concern over the growing incidents of thefts and purse snatching in DHA. The Administrator assured all out support of DHA for improving the overall security in Defence.



Defence Residents' Society (DRS) delegation led by its President Mr. Zafar Iqbal, Administrator DHA and CBC officials in a meeting at Defence Housing Authority's Main Office

“The inauguration of the Co-generation Project II is expected soon,” says Brig. Kamran Aziz Qazi, Administrator DHA in a meeting with DRS and CBC delegation.

CEO Clifton Cantt Board disclosed that CBC had started replacing a large number of missing manhole covers, replacement of damaged signboards and repair / rehabilitation of streetlights in various localities of DHA. She said that residents would feel a visible improvement in this regard soon.

“The inauguration of the Co-generation project is expected soon,” says Brig. Kamran Aziz Qazi, Administrator DHA in a meeting with DRS and CBC delegation.

The Administrator informed the delegation that final confirmatory tests of DHA's Power and Desalination Plant were underway.

The delegation was also informed that work on construction of main primary drains inter-linked with numerous secondary drains has started on Khayaban-e-Shamsheer, Khayaban-e-Sehar and E-Street along with remodeling of Commercial Area Drain in DHA Phase-IV.

The Administrator thanked the delegation for providing valuable feedback on various issues and said that it would help DHA to formulate and implement policies, which were resident friendly.



## Preparations in full swing to tackle rain emergencies - Review meeting held with DHA and CBC Officials

A meeting to review the rain emergency measures in DHA in preparation of the forthcoming monsoon season was held at Defence Housing Authority's Main Office on July 14, 2008.



The meeting chaired by Administrator DHA reviewed the progress of ongoing work of laying a new storm water drainage system in DHA which was near completion. The meeting also finalized a viable strategy for speedy dewatering operation during the monsoon rains.

The meeting was informed that the existing sewerage system in DHA had been upgraded and cleaning of sewerage lines, desilting of drains and nullahs and

activation of pumps has been completed. The sewerage system would provide an alternative drainage source in addition to the newly built Storm Water Drainage System.

Administrator DHA directed DHA and CBC officials to leave no stone unturned in ensuring speedy completion of Storm Water Drainage Project in its entirety by 31st July 2008. He said that any segment of the constructed drain left uncompleted could jeopardize the efficacy of the entire drainage project.

The Administrator ordered placing of suction pumps along with standby generators in a fully functional condition at strategic locations to ensure speedy dewatering operation. He directed DHA Vigilance Branch to ensure effective sign posting at dug up potholes to avoid any accident.

He also directed CBC to ensure availability of sanitary staff for cleaning the areas after the rains. He further ordered that comprehensive fumigation and spraying of the affected areas be carried out after the rains and asked CBC to arrange for replacing missing manhole covers on an emergent footing.

The Administrator in his concluding remarks asked DHA and CBC officials to work in unison with a spirited approach to effectively combat any rain emergency situation in DHA.

“ The biggest problem in the world could have been solved when it was small.”

- Witter Bynner

## DHA Residents' Non-payment of Revenue Taxes hampering Development Projects - Executive Board CBC meeting held at CBC Office



A meeting of Executive Board CBC regarding collection of revenue taxes from DHA residents was held at Clifton Cantonment Board Office on March 26, 2008.

Chief Executive Officer, CBC Ms. Zeenat Ahmad informed the meeting that a large number of taxes were outstanding against DHA residents who had not paid their dues including water tax for a long time.

She said that due to non payment of taxes CBC was facing problem in undertaking development works in the area. She appealed to the residents to realize their civic and moral obligations and to clear the outstanding taxes without any delay.

The meeting decided that CBC would warn the residents about non payment of taxes by giving advertisement in leading newspapers and ask them to clear their dues within ten days of publication of the advertisement. In case of non payment of dues on expiry of the stipulated period strict action would be taken against the defaulters in accordance with Section 259 of Cantt Act 1924, resulting in the disconnection of services of the defaulters.

Ms. Zeenat Ahmad reiterated that CBC would continue to provide best civic services/utilities to the residents with a rejuvenated spirit of commitment and devotion.

“ He that will not apply new remedies must expect new evils, for time is the greatest innovator.”

- Francis Bacon



## Residents Forum

# CBC Celebrates Silver Jubilee

Cantonment Board Clifton (CBC) has awarded Shields of Distinction to the representatives of DHA residents' societies and the Cantonment Board members for their meritorious services to the DHA community at its Silver Jubilee Celebrations which were held at the DA Country and Golf Club on September 1, 2008.

The Director General Military Lands and Cantonments, Major General Wajahat Ali Mufti, who was the Chief Guest, said that cantonments all over the country were geared to provide quality civic amenities and municipal services to the residents, however, CBC over the years had come to symbolize as an efficient, dynamic and forward looking organization.

He extended his congratulations to the CBC on the occasion and lauded its performance. The Chief Guest also appreciated the Board's initiative to present recognition awards to the selected individuals who contributed towards the progress of CBC.

The outgoing Administrator, DHA and President CBC, Brig. Kamran Aziz Qazi said that CBC and DHA had a unique relationship; while DHA had developed the infrastructure, CBC provided municipal services in DHA and Clifton areas. "It gives me great satisfaction to note that the teamwork and deep interaction between the two public service organizations, over the years has now been fully institutionalized," he said. "The two have set new standards for the services to their residents and achieved significant landmarks of progress and development."

Speaking about the CBC performance, Brig Qazi said that the Board's Management was keen to raise its performance level through innovative practices in civic management. "A significant improvement has been seen in garbage collection and sanitation in DHA areas," said the President.

Moreover, Brig. Qazi appreciated CBC for beautifying the Clifton Beach which is the most sought-after recreational spot of the country. He

urged the residents and stakeholders of the CBC to keep reinforcing the Board's efforts.

Earlier, the CBC Cantonment Executive Officer



(CEO) Zeenat Ahmad said that CBC enjoyed a unique position amongst the vast array of civic bodies operating in Karachi and had relentlessly pursued the goal of becoming 'an outstanding service provider in civic management and development' over the past 25 years.

"A distinctive feature of CBC is that it is entirely self-reliant and does not have to look up to the federal or provincial government for financial assistance," she said while disclosing that CBC revenues had reached up to Rs 1000 million out of which 750 million were being spent for the development of civic amenities and services.

Amongst those who were awarded the shields included Saleem Zia, former MPA and former Vice President, CBC, Shahab Ghani, Chairman of Pakistan Council of Architects and Town Planners, and numerous CBC members and representatives of defence residents' societies.

# DHA and CBC - A Study in Profile

By: Lt. Col. Syed Rafat Hussain Naqvi (Retd.),  
Additional Director (Public Relations) DHA

The posh locality of Defence Housing Authority (DHA) over the years has come to be known as one of the most progressive, prestigious and finest housing enterprises of the country. This reputation is because of the exclusive living environments, good civic amenities and exquisite recreational facilities provided to the residents through a well managed and regulated system of administration.

DHA and Cantt Board Clifton (CBC) are the two organizations working in tandem in Defence Housing Authority. They coordinate with each other in their various roles to regulate and manage efficiently the affairs of the areas under their jurisdiction. These bodies share various responsibilities in their assigned complementary functions of carrying out development of land and civic management in DHA.

Essentially DHA is a development body which carries out infrastructural development. CBC, on the other hand, is a service provider; it provides municipal services and maintains the civic infrastructure of the locality.

It is for this reason that CBC as a municipal body is authorized to collect all taxes, such as, property tax, water tax, conservancy tax, professional tax, billboard tax and other miscellaneous local taxes. CBC is, therefore, charged to provide modern, reliable and efficient civic services to the residents. DHA after fully developing the acquired land in accordance with a master plan hands over the area to CBC. CBC in turn is responsible to maintain its infrastructure and ensure provision of all civic services uninterruptedly to the residents.



However, in some cases, DHA is engaged in providing civic services in sync with CBC which at times creates misperceptions with regard to their respective functions. DHA in order to maintain high standards of housing and community living in the area is voluntarily performing some of these functions and thus spending a substantial amount on provision of services. The refurbishment and renovation of entire civic infrastructure of DHA Phase-I carried out recently is an example of the same.

CBC is striving hard to enhance its capacity to deal with the mammoth civic responsibility. It is now discharging sanitation, bush cutting and debris lifting functions in all Phases of Defence. Water management, building control, maintenance and management of the network of parks are functions which are being shared by DHA. The parks serve as breathing lungs of the city and cater for recreational needs of the residents.

Capacity building of CBC is at hand to provide additional manpower and material resources. Hopefully, by next year i.e. 2009 CBC would have acquired sufficient organizational and functional capability to take over functions of water supply, maintenance of parks and provision of civic services in all phases of DHA.

As for shortage of water, DHA took a pioneering initiative and established the first ever Power & Desalination Plant in the country which produces 3 MGD desalinated water and 84 Mega Watt net electricity. DHA is also utilizing its resources to provide best possible living environments to its residents by constantly upgrading roads, sewerage and water supply network. The phase I modern Storm Water Drainage System has been completed; whereas phase II comprising building and carpeting of dug up/affected roads would start in Sept' 2009, to be jointly carried out by CBC and DHA.

Cantonment Board Clifton (CBC) was established in the year, 1983 to provide municipal cover to DHA and its peripheral areas. CBC like other Cantonments in the country comes under DG Military Lands and Cantonments. CEO is the executive head of the organization with all administrative and financial powers. Administrator DHA who is a serving Brigadier is the President Executive Board CBC. He is a functional head who gives policy directions, monitors its affairs and oversees its functioning.

CBC management has been striving hard to attain its cherished objectives of service delivery system and maintenance of civic infrastructure ever since its inception. Infused with a vision, CBC is committed to translate its vision into reality for the benefit of residents.

DHA and CBC, the twin organizations are surely committed to play their respective roles through sustained coordination and often overlapping functions performed in the best interests of the residents in the areas of their jurisdiction.

“Leadership  
is action,  
not position.”

- Donald H. McGannon

# Health & Sports

## Saying No to Obesity! DHA Medical Centre organizes Health Awareness Seminar at Defence Central Library

A health seminar on healthy lifestyle for healthy weight under the aegis of DHA Medical Centre was held at Defence Central Library on July 01, 2008.

Dr. Saeed Shekhani, Prof. of Medicine Hamdard University Hospital said that by practising healthy lifestyle, one could enjoy the advantages of healthy weight. He attributed diabetes, high blood pressure, joint pain, infertility, sleep apnea, depression, heart attack and cancer to overweight and obesity.

Dr. Saeed reiterated that by slight dietary modifications and regular exercise one could stay healthy and slim. The professor said that healthy diet, regular exercise, minimum stress level and non addiction to smoking/alcoholism were essential components of a healthy life style.



He said that obesity was an elusive problem which had a major impact on the social and emotional well being of an individual. He said that specific, measurable and realistic objectives should be pursued for an integrated weight management approach.

Prof. Rubina Hakeem, General Secretary Nutritionists and Dietician Society of Pakistan said that weight loss typically involved the loss of fat, water and muscle. She cautioned that weight loss would occur even without significant loss of fat. She reiterated that healthy weight reduction meant losing fat and preserving muscles.

“Health is the thing that makes you feel that now is the best time of the year.”

- Franklin P. Adams



## Health & Sports

She said that healthy weight loss should not be very rapid. She explained that for healthy weight loss taking of a low fat and an adequate nutritious diet was essential. She maintained that appropriate physical activity assisted in healthy weight loss.

Dr. Rubina described nutritious diet as one which had appropriate and sufficient amount of carbohydrates, proteins, vitamins and minerals to provide requisite energy essential for body functions. She said that mangoes had lot of vitamins and eating one or two mangoes daily would provide sufficient nutrition to body without increasing weight.

Mr. Salman Azim delineated appropriate exercises for weight reduction. He said that regular physical activity, balanced diet, counseling and social interaction were essential for a healthy life style.

He defined obesity as increased fat composition of total body weight. He emphasized that due to brisk physical activity, body's energy demand increased and at this time accumulated fats in body become energy source and started to melt in form of calories.

He said that overweight and obesity were result of energy imbalance in body over a long period of time. An energy imbalance arose when the number of calories consumed was more than the number of calories used by the body. He said that weight gain involved the combination of consuming too many calories and not expending enough of them through physical activity.

A large number of people from different walks of life attended the seminar.

# Keeping Healthy, Wealthy and Safe: DHA Clinics

DHA has crossed another milestone in it's strife to make DHA an exemplary residential society providing its residents with state-of-the-art facilities for a quality lifestyle. The recent addition of the specialist block to the already existing emergency centre at DHA Medical Centre is indeed a thoughtful gesture for the benefit of residents. The hygienic and hassle free atmosphere at the DHA Clinics will enhance professional expertise.

### DHA Clinics provide the following services:

- Consultancy Clinics
- Sindlab Collection Unit
- National X-Ray and Ultrasound
- 24 hrs Emergency Unit
- Ambulance Service

### Additional Facilities at DHA Clinics:

- ECG
- Trauma (Minor O.T for Outpatient Procedure)
- Nebulization and Sprometry
- Lungs / Respiratory Function (Nebulization & Spirometry)

### Salient Features:

- Elevator/Wheel Chair service
- Appointment service for consultants from 0900 hrs to 2200 hrs
- Male and Female nurse aid



Dr. Sheema Ather,  
Incharge DHA  
Medical Centre



## Sir Syed University defeats DA Degree College by four wickets - Inter Collegiate 20-20 Cricket Tournament 2008

The final of Inter Collegiate/Universities 20-20 Cricket Tournament 2008 was played at the lush green Cricket ground of Defence Authority Degree College in DHA Phase-VI on April 04, 2008.

The tournament was organized by DA Degree College. Eight teams of different Colleges/Universities of Karachi participated in the tournament. Sir Syed University and DA Degree College qualified for the finals.

In the finals Sir Syed University defeated DA Degree College in a sensational encounter and won the match by four wickets.

DA Degree College first scored 109 runs all out. Akmal Mustafa of Sir Syed University took 5 wickets. Chasing an easy target of 110 runs Sir Syed University lost 5 early wickets but thanks to the outstanding batting by Aamir Hassan Abdi and Danish which helped Sir Syed University to achieve the target in 17.3 overs. Kashif Munir and Usman Shamsi took 2 wickets each.

Faizan Sajid was declared the best all-rounder, Kashif Munir the best bowler and Kamran the best batsman of the tournament. The coveted Man of the Match award was clinched by Akmal Mustafa for getting 5 wickets.

In the end the outgoing Director Education of DHA Brig. (R) Muzaffar-ul-Hasan gave away the prizes in an impressive prize distribution ceremony. Speaking on the occasion he said



that sports inculcated discipline, sportsmanship and fighting spirit in players. He said that sports must be promoted at all levels.

The new Director Education of DHA Brig. (R) Iftikhar Arshad and Principal DA Degree College Capt (Retd.) PN Ahmed Zaheer were also present on the occasion.

“You can't think and hit at the same time.”  
- Yogi Berra



# Administration



## The Parable of the Pencil

The Pencil Maker took the pencil aside, just before putting it into the box. "There are 5 things you need to know," he told the pencil, "before I send you out into the world. Always remember them, and you will become the best pencil you can be.

- One: You will be able to do many great things, but only if you allow yourself to be held in Someone's hand.
- Two: You will experience a painful sharpening from time to time, but you'll need it to become a better pencil.
- Three: You will be able to correct mistakes you will make.
- Four: The most important part of you will always be what's inside.
- And Five: On every surface you are used, you must leave your mark. No matter what the condition, you must continue to write.

The pencil understood and promised to remember, and went into the box with purpose in its heart. Now replacing the place of the pencil with you; always remember them and never forget, and you will become the best person you can be.

- One: You will be able to do many great things, but only if you allow yourself to be held in God's hand. And allow other human beings to access you for the many gifts you possess.

Two: You will experience a painful sharpening from time to time, by going through various problems, but you'll need it to become a stronger person.

Three: You will be able to correct mistakes you might make or grow through them.

Four: The most important part of you will always be what's on the inside.

And Five: On every surface you walk, you must leave your mark. No matter what the situation, you must continue to serve God in everything.

By understanding and remembering, let us proceed with our life on this earth having a meaningful purpose in our heart and a relationship with God daily.

By Nida Sami (RMA), Citi Bank New York

## Promotion Board 2008 under progress for DHA Employees



Promotion Board 2008 for DHA employees is in progress. However, Promotion Board as per existing rules was held during 2007 and 317 eligible DHA employees (BPS-1 to 16) were promoted. In addition 1x officer of BPS -17 was also promoted to next BPS -18.

## DHA signs agreement with Allianz EFU for Health Insurance



DHA has entered into an agreement with Allianz EFU for Health Insurance of its employees. The health package covers treatment of all DHA employees, their spouses and children. Insurance package takes care of entire family for indoor treatment even at their home stations.

## 22 DHA employees will perform Pilgrimage 2008



As per existing policy, 11 employees (BPS-1 to 16) have been selected through ballot for Haj-2008. Furthermore, 11 x employees of previous year who could not perform Haj due to being unsuccessful in the ballot held at Ministry of Religious Affairs Islamabad will also perform Haj-2008. Thus a total of 22x DHA employees will Inshallah, perform Haj 2008.



Lt. Col. Muhammad Ali,  
Dir. Pers. & Admin.

# Environment

## An Art with Obsession Bonsai Exhibition - DA Zamzama Park

It is fascinating to see a tree in miniature form. The perfect version of a normal full grown tree, this style, known as Bonsai, is an art form said to be more than 2,000 years old and has its origins in China. Practised in Japan, China, Korea and Vietnam for centuries, Bonsai's popularity through the ages has spread to other parts of the world as well.

There are many enthusiasts in the city who have an obsession with Bonsai. At a Bonsai exhibition held at Zamzama Park on August 13, 2008 many Bonsai lovers displayed their works of art. The exhibition was hosted by the Pakistan Bonsai Society in collaboration with Defence Housing Authority, Pakistan Japan Cultural Association and Japan Cultural Centre.

Japanese Consul General in Karachi Shoichi

Nakano who was the Chief Guest, said that bonsai was extremely popular in Japan, especially with the elderly as they had plenty of time to give to this very demanding hobby. He added that so many people were into the business of growing these trees but a protest group had also come into existence against Bonsai because they felt the trees were not allowed to grow naturally and were being deformed by humans.



Col (R) Abdul  
Majeed Shahid  
Director Horticulture





## Environment

Lt. Gen. Tariq Wasim Ghazi (R), ex Comd 5 Corps and President Executive Board DHA, who has grown more than 200 Bonsai trees, said that the trees were nurtured according to the rules of nature with the only difference being in size, and that there was no cruelty involved in Bonsai.

Another Bonsai enthusiast, Aijaz Qazi, said that most of the trees in the Japanese style would have a tilting, following the Japanese tradition of humility. Dr. Jamshed Talati felt that a lot of patience and aesthetic sense was needed to grow these trees.

Most of the Bonsai Society members agreed that a Bonsai is somewhat similar to raising a child because of the time, love and care put into the nurturing of these miniature trees. A

Japanese word which literally means tree planting, Bonsai has developed its form gradually to what it is today.

The oldest known Bonsai trees ranging from 400-800 years are located in a private garden in Tokyo. Requiring a lot of patience and time, this art of dwarfing trees thrives on regular leaf and root pruning and diligent care according to the prescribed techniques. The emphasis is on its looking as natural as possible.

Bonsai can be created from nearly any shrub or tree species. The selection of the right pot is almost an art itself and the pruning has to be done very skilfully, as otherwise it weakens or kills the plant. Frost, snow and lack of water also affect the shape of the tree.

