

GUJRANWALA BRANCH

PROGRESS REPORT

2024 - 2025



Alzheimer's
Pakistan

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Introduction

Alzheimer's Pakistan is the leading national organization dedicated to improving the lives of individuals affected by Alzheimer's disease and related dementias. Registered with the Punjab Social Welfare Department, the organization's primary mission is to enhance the quality of life for individuals living with dementia and provide comprehensive support to their caregivers.

Since its inception in 1999, Alzheimer's Pakistan has played a crucial role in increasing public awareness about dementia. The organization has developed a wide range of essential services including day care centers, memory clinics, support groups, and training programs aimed at families, healthcare professionals, and social workers. With a volunteer-driven model, Alzheimer's Pakistan brings together individuals from diverse fields, all united by a shared commitment to the cause. The organization is also supported by charitable donations, which are tax-exempt under Section 2(36) of the Income Tax Ordinance 2001.

With its growing network of branches across Pakistan, Alzheimer's Pakistan continues to expand its services. On September 1, 2024, the Gujranwala branch was inaugurated, furthering the organization's mission to raise awareness and provide comprehensive care to individuals affected by Alzheimer's disease in the region. This new branch serves as a hub for advocacy, memory care services, and counseling, with a special focus on supporting individuals with dementia and their families.

The establishment of the Gujranwala branch was made possible through collaboration with Ali Warraich, the founder of the Alzheimer's & Dementia Care Bridge. Alzheimer's Pakistan Gujranwala has made significant strides in raising awareness through educational programs and advocacy initiatives in schools and communities across Gujranwala.

United for Dementia Care

A Joint Initiative in Gujranwala

This past year has marked another important chapter in the ongoing collaboration between Alzheimer's Pakistan and Alzheimer's & Dementia Care Bridge (ADCB) in Gujranwala. Building on the foundation laid over the past two years, our shared mission continues to focus on bridging critical gaps in dementia care access, education, and support for families living in underserved communities of Punjab.

Sustaining Grassroots Advocacy and Education

In rural Gujranwala, where literacy rates among adults remain low and awareness of Alzheimer's and dementia is minimal, our biweekly educational sessions have continued uninterrupted throughout the year. These sessions are led by a growing team of local educators – primarily teachers from lower and primary schools – who have volunteered their time and skills to sustain this community-driven model. Their efforts are transforming local schools and community centers into hubs of knowledge, providing families with practical guidance on recognizing dementia symptoms, delivering daily care, and combating stigma surrounding cognitive decline.

Through these grassroots programs, we have continued to empower caregivers, reaching hundreds of families across multiple villages. This work not only fills an information void but also fosters a culture of understanding and compassion, ensuring that patients are no longer hidden or dismissed due to misconceptions about dementia.

Strengthening Networks and Partnerships

The Gujranwala branch's success has been made possible through continued collaboration between Alzheimer's Pakistan and ADCB. Alzheimer's Pakistan representatives have played a key role in building local health networks using the infrastructure available in Gujranwala, while ADCB has worked on the ground to connect rural families with these newly forming support structures. This dual approach is creating a sustainable framework for care, ensuring that resources – whether medical consultations, counseling, or educational materials – are more readily available to communities that previously had no access to such support.

Together, we are laying the foundation for a more integrated system of dementia care in Gujranwala, one

Expanding Impact: From Rural to Semi-Urban Areas

While our primary focus has remained on rural villages, where the need is most acute, this past year has seen growing demand for similar initiatives in semi-urban parts of Gujranwala. Families in these areas often face unique challenges: while basic literacy and healthcare access are higher than in the villages, stigma and lack of practical caregiving knowledge persist. Looking ahead, ADCB plans to gradually expand outreach into these semi-urban neighborhoods and ultimately into more urban areas as well, leveraging our volunteer-led education model while collaborating with local organizations and Alzheimer's Pakistan to extend dementia-friendly resources into new communities.

Looking Forward

The establishment of the Gujranwala branch as part of Alzheimer's Pakistan marked a significant milestone in 2024. Today, the focus is on consolidation and sustainable growth:

- Continuing biweekly sessions led by dedicated schoolteachers and local volunteers.
- Expanding the pool of trained educators and community advocates to reach more families.
- Strengthening partnerships with Alzheimer's Pakistan to enhance resource distribution, family counseling, and long-term support networks.
- Exploring the next phase of expansion into semi-urban areas, ensuring continuity of our grassroots model while adapting to new settings.

Through these efforts, our mission remains steadfast: no individual or family in Gujranwala should navigate dementia alone. Together with Alzheimer's Pakistan, we are building not only awareness but also lasting infrastructure for dementia care in a region where it has long been overlooked.

Ali Warraich
Founder
Alzheimer's & Dementia Care Bridge
(ADCB)

Branch Location & Infrastructure

Facilities Provided

- Counseling Room
 - Accessibility
 - Comfortable Environment
- Counseling Room: Dedicated spaces for individual and family counseling to provide personalized care and support. Accessibility:
 - The facility is wheelchair accessible, ensuring ease of access for people with mobility issues, and is well connected to local transport links. Comfortable
 - Environment: The premises are designed to create a calm and welcoming atmosphere, essential for individuals living with dementia and their families.



Mian Market Plaza No. 15, Shop No. 3,
opposite Oasis International High School,
Canal View, Gujranwala.



THE GUJRANWALA
BRANCH WAS
INAUGURATED ON
SEPTEMBER 1, 2024

Staff and Management

The Gujranwala branch is led by a dedicated staff member.

District Coordinator

Muhammad Adnan Saleem

Qualifications

BSc in Applied Psychology

Contact

+92 316-7179813

Operating Hours

Monday-Saturday, 9:00 AM – 5:00 PM

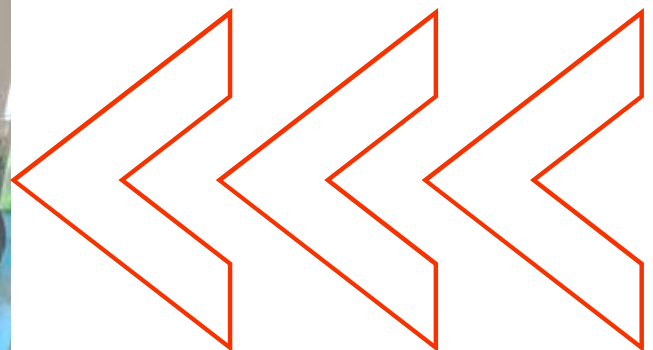


Mr. Adnan Saleem, a qualified psychologist, oversees the mental health and counseling services at the branch. His expertise ensures that individuals with dementia and their families receive the highest level of care and support.

Staff Training

The training plan for newly hired employee at Alzheimer Pakistan spanned over two weeks at the Lahore head office, designed to equip caregivers with essential skills and knowledge to support patients and their families.

- Focused on patient observation and rapport building through facility tours and shadowing experienced caregivers.
 - Engagement in dementia awareness sessions to develop a strong understanding of the condition.
 - Empathy and active listening skills.
 - Caregiving education and support strategies.
 - Stress management and conflict resolution techniques to help caregivers manage both patient and family stress.
 - Future planning and cognitive activities to enhance patient well-being.
 - Practical counseling sessions with peer feedback and progress evaluations.
 - Awareness raising skills.
- This holistic training approach prepared the new hired staff to provide compassionate, informed, and effective care to Alzheimer's patients.



Services Offered

The Gujranwala branch offers a range of services tailored to the specific needs of individuals with Alzheimer's and their caregivers.



Family Counseling

Providing emotional support and practical advice to families dealing with the challenges of dementia.



Person with Dementia (PWD) Management Plans

Individualized care plans designed to address the unique needs of people with dementia.



Psychological Services for Families

Offering therapy and coping strategies for family members and caregivers.

Services Offered

Services tailored to the specific needs of individuals with Alzheimer's and their caregivers.



Resource Provision

Providing access to resources, advice, and support for individuals and families affected by Alzheimer's.



Doctor Referral Services

Referring clients to qualified medical professionals specializing in dementia care.



Awareness Sessions

Conducting awareness programs to raise public awareness about dementia and its impact.



Training Programs

Offering specialized training for caregivers, healthcare workers, and volunteers.

Community Outreach and Awareness

Since its launch, the Gujranwala branch has been actively involved in promoting dementia awareness and advocating for the rights and well-being of those affected.

Key initiatives include:

- **Awareness & Advocacy Campaigns:** Engaging with local communities, schools, and healthcare institutions to spread awareness about Alzheimer's disease and dementia.
- **Informational Sessions:** Hosting educational workshops and sessions, and the general public to enhance understanding of dementia care.
- **Educational Resources:** Distributing informative materials—printed and — covering various aspects of dementia care and management.
- **Dementia-Friendly Community Initiatives:** Encouraging the creation of an inclusive environment for individuals living with dementia through community engagement activities.



Patients Registered 2024-2025

| Sr No | Date | Contact person | Patient name | Address | Gender | Remarks |
|-------|----------|----------------|---------------|----------------------|--------|---|
| 1 | 12-09-24 | Self | Zahra | Canal view sector 2 | Female | Due to accident deep injury on head |
| 2 | 14-09-24 | Khuram Irshad | Father-in-law | Khiali shahpur bazar | Male | Memory issue, anger issues ,mental health |
| 3 | 18-09-24 | Self | Awais Aftab | Canal view | Male | Depression, anger issues, anxiety |
| 4 | 21-09-24 | Self | Ali Danish | City housing | Male | Anxiety, travelling phobia, panic attacks |
| 5 | 25-09-24 | Self | Tariq Harral | Canal view | Male | Overthinking |
| 6 | 27-09-24 | Self | Rana Salman | Kangniwala bypass | Male | Depression, shame and guilt panic attacks |
| 7 | 28-09-24 | Self | Arslan | Bihari colony | Male | Isolation, social anxiety |
| 8 | 29-09-24 | Self | Abdul Rehman | City housing | Male | Love failure, depression |
| 9 | 30-09-24 | Self | Tariq | Canal view | Male | Overthinking |



Patients Registered 2024- 2025

| Sr No | Date | Contact person | Patient name | Address | Gender | Remarks |
|-------|----------|----------------|-----------------|--|--------|--|
| 10 | 03-10-24 | Self | Amma Noor | Canal View | Female | Depression, anxiety, phobias |
| 11 | 05-10-24 | Self | M Imtiaz | Makki Road, Khiali | Male | Due to accident, memory issues, restlessness, forgetfulness, absent minded |
| 12 | 12-10-24 | Self | Maryam Ali | Noshehra Road, Kids Street, House School | Female | Depression, fatigue, self-harm |
| 13 | 18-10-24 | Isra | Noreen (Mother) | Contact from social media | Female | Dementia symptoms |
| 14 | 20-10-24 | Self | M Usama | Satellite Town, Gujranwala | Male | For information |
| 15 | 24-10-24 | Self | Ata ur Rehman | Sialkot Gate | Male | Anger issues, memory issues |
| 16 | 24-10-24 | Self | M Jabian | Bihari Colony | Male | For information |
| 17 | 24-10-24 | Social media | Mian Waseem | Contact from social media | Male | Anger issues, overthinking |
| 18 | 02-11-24 | Father | Awais Butt | Tariq Garden, Disposal Road | Male | Dementia symptoms |
| 19 | 03-11-24 | Self | Sajid Ali | Cot Momin, near Canal View | Male | Dementia symptoms |
| 20 | 09-11-24 | Self | M Irfan | Old Khiali, Daroga Abadi | Male | Memory issues, overthinking |
| 21 | 10-11-24 | Self | Chand Murr | Aimana Bad | Male | Suspicious obsession, overthinking |
| 22 | 14-11-24 | Self | Fatima | Kacha Fatomnad | Female | For information |
| 23 | 18-11-24 | Self | Saman | Gali Kapoor Wali, Hajipura Bazar | Female | Overthinking, memory issues, anxiety |
| 24 | 23-11-24 | Self | Haji Javaid | Khiali Shekhupura Road | Male | Dementia symptoms |
| 25 | 29-11-24 | Self | Zainab | Kashmir Road, Civil Lines | Female | Depression, isolation |
| 26 | 02-12-24 | Self | Saad Jutt | Khiali Shahpur Bazar, near Quba Mosque | Male | For information |
| 27 | 05-12-24 | Self | Malik Tahir | Noshehra Road | Male | For information |
| 28 | 07-12-24 | Mother | Basra Bibi | Khiali, Tara Wala Bazar | Female | Dementia symptoms |
| 29 | 10-12-24 | Father | Haji Arshad | Gulshan Adeel, near Haroon Sweet | Male | Dementia symptoms |
| 30 | 15-12-24 | Mother | Imraan Dharoga | Jinnah Road, Dharoga Abadi | Female | Dementia symptoms |

Patients Registered 2024 -2025

| | | | | | | |
|----|----------|--------|---------------|---|--------|--------------------|
| 31 | 20-12-24 | Self | M Sufyan | Kangniwala, near Govt Boys Primary School | Male | For information |
| 32 | 25-12-24 | Father | Rana Ilyas | Khiali Bazar, near Addy Wali Eid Gah | Male | Dementia diagnosed |
| 33 | 27-12-24 | Self | Abeeha Yaseen | G.T Road, Sarfraz Colony | Female | For information |
| 34 | 28-12-24 | Self | Ume Zumar | Gulshan Adeel Road | Female | For information |
| 35 | 31-12-24 | Self | Zohaib Ehsan | Gulshan Adeel Road | Male | For information |



Patients Registered 2024-2025



| Sr No | Date | Contact person | Patient name | Address | Gender | Age | Remarks |
|-------|-----------|----------------|-----------------------|---|--------|-----|-------------------------------------|
| 36 | 01-01-25 | Self | Saad Jutt | Faisal Colony, Khiali Shahpur | Male | 25 | For Information |
| 36 | 03-01-25 | Self | Malik Tahir | Noshehra Road | Male | 34 | Dementia related Family counselling |
| 37 | 06-01-25 | Self | Basri Bibi | Tara Wala Bazar, Gujranwala | Female | 83 | Dementia Query |
| 38 | 10-01-25 | Self | Haji Arshad | Gulshan Adeel Road | Male | 70 | Dementia related Family counselling |
| 39 | 14-01-25 | Son | Imran Drogha (Mother) | Jinnah Road, Drogha Abadi | Female | 80 | PWD Management plan |
| 40 | 18-01-25 | Son | Rana Tayyab (Father) | Khiali Shahpur Main Bazar | Male | 84 | Dementia Query |
| 41 | 22-01-25 | Self | Abiha Yaseen | Peoples Colony, Gujranwala | Female | 21 | Dementia related Family counselling |
| 42 | 29-01-25 | Self | Zohaib Ehsan | Gulshan Adeel Road, Khiali | Male | 20 | Dementia related Family counselling |
| 43 | 02-02-25 | Self | Abdul Basit | Gulshan Adeel Road | Male | 70 | PWD related query |
| 44 | 05-02-25 | Self | Sarfaraz | 25 feet bazar, near Madni Road | Female | 75 | Dementia Query |
| 45 | 07-02-25 | Self | Mirza Iftikhar | Noshehra Road, near Asim Bakery | Male | 84 | PWD management plan |
| 46 | 10-02-25 | Self | Falak Shiar | Shahpur Mian Bazar, Khiali | Male | 33 | Dementia related Family counselling |
| 47 | 15-02-25 | Self | Rabia | Pound Wala Chonk | Female | 25 | Dementia related Family counselling |
| 48 | 18-02-25 | Self | Muhammad Asad | BHU Village | Male | 84 | PWD Management Plan |
| 49 | 02-25 | Self | Maryam Bibi | BHU Village | Female | 75 | PWD Management Plan |
| 50 | 02-03-25 | Self | Safder | Faisal Colony, Khiali Naer Shapur Bazar | Male | 50 | For Information |
| 51 | 05-03-256 | Self | Fiaz Jabbar | Noshehra Road, near Asim Bakery | Male | 40 | For Information |
| 52 | 08-03-25 | son | Usman (Father) | Bihari Colony, near Master City | Male | 35 | Dementia related Family counselling |
| 53 | 15-03-25 | Self | Afzal | Contact from social media | Male | 24 | Dementia related Family counselling |
| 54 | 19-03-25 | Self | Muzamil | Makki Road, near Gulshan Adeel Road | Male | 74 | PWD Management Plan |

Patients Registered 2024-2025

| | | | | | | | |
|----|----------|---------|---------------------|-------------------------------------|--------|----|-------------------------------------|
| 55 | 23-03-25 | Self | Yasir | Contact from social media | Male | 25 | Dementia Related Family Counselling |
| 56 | 01-04-25 | Self | Haji Shoukat | Canal View Housing Society | Male | 70 | Dementia Query |
| 57 | 04-04-25 | Self | Haji Javed | Shrkhopura Road | Male | 75 | Dementia Query |
| 58 | 10-04-25 | Self | Hafizurrehman | Canal View Sector 2 | Male | 84 | PWD related query |
| 59 | 15-04-25 | Self | Abubaker Sheikh | Gulzar Colony, Khiali Shahpur Bazar | Male | 32 | Dementia related Family counselling |
| 60 | 18-04-25 | Self | Mrs Juliet Adil | Jinnah Road, Pakwai Wali Gali | Female | 73 | PWD related Query |
| 61 | 22-04-25 | Self | Uzma Nouman | Satellite Town, Gujranwala | Female | 84 | PWD Management Plan |
| 62 | 23-04-25 | Self | M Huzaifa | BHU Village | Male | 84 | PWD Query |
| 63 | 28-04-25 | Self | M Akram | BHU Village | Male | 73 | PWD Query |
| 64 | 01-05-25 | Self | Muhammad Naeem | Street 3, Noshehra Sansi Road | Male | 44 | For Information |
| 65 | 05-05-25 | Son | Habibullah (father) | Street 2, Faisal Colony | Male | 70 | For Information |
| 66 | 07-05-25 | Sibling | Anees | Street 12, Asad Colony, Khiali | Male | 25 | Dementia related Family counselling |
| 67 | 10-05-25 | Self | Nimra | Khiali, Shekhopura Road | Female | 25 | Dementia related Family counselling |
| 68 | 15-05-25 | Self | Azra Bibi | Sector 2, Canal View | Female | 35 | For Information |
| 69 | 18-05-25 | Self | Ghuzala Bibi | Adhorai Village | Female | 61 | Dementia Query |
| 70 | 22-05-25 | Self | Farwa Abid | Bihari Colony, Gujranwala | Female | 84 | PWD Management Plan |
| 71 | 25-05-25 | Self | Ruksana | BHU Village | Female | 63 | Dementia Query |
| 72 | 30-05-25 | Self | Rehana Kousar | Gab Chonk, Muslim Road | Female | 68 | PWD related query |

Patients Registered 2024 -2025

| | | | | | | |
|----|----------|------|-----------------------|---------------------------|----|--------|
| 73 | 01-06-25 | Self | Samra Imran | Kohlowala village | 68 | Female |
| 74 | 03-06-25 | Self | Allah Ditta | Korotana village | 70 | Male |
| 75 | 07-06-25 | Self | Shoukat | Sarfraz colony kangniwala | 25 | Male |
| 76 | 10-06-25 | Self | Abdul Hanan | 5 Street Mahalla | 21 | Male |
| 77 | 15-06-25 | Self | Iqra Raiz | Old khiali | 23 | Female |
| 78 | 20-06-25 | Self | Roosa (Rehana kuosar) | Gaib chonk muslim road | 68 | Female |
| 79 | 25-06-25 | Son | Sadaam hussain | Chadyala khor village | 84 | Male |
| 80 | 28-06-25 | Son | Sehar shabir | Korotana village | 83 | Female |
| 81 | 30-06-25 | Self | Kainat bibi | Chadayal kallon | 68 | Female |



Awareness Sessions 2024-2025

| INSTITUTE NAME | AREA/CONTACT | DATE MONTH |
|--------------------------|---------------------------------|-----------------|
| Bismillah welfare clinic | Shshpur bazar khiali Gujranwala | 10-september-24 |
| The royal school system | Madni road Gujranwala | 15-september-24 |
| Doctor hospital | Asad colony Gujranwala | 21-september-24 |
| Faran group of colleges | Purani khiali Gujranwala | 25-september-24 |
| Al-Noor high school | Madni road Gujranwala | 30-september-24 |



To witness these sessions, visit our social medias linked on the last page

Awareness Sessions 2024-2025

| INSTITUTE NAME | DATE | TYPE | PARTICIPANT NO. | CONTACT PERSON |
|---------------------------------|---------------|---|------------------------------|--------------------------------|
| The Gift College (Girls Campus) | October 2024 | Intermediate, BS students and teachers | Students = 60, Teachers = 6 | Principal Dr. Fouzia |
| The Superior School System | October 2024 | 9th, 10th students and teachers | Students = 20, Teachers = 5 | Vice Principal Miss Maida |
| M.S Memorial School System | November 2024 | 9th, 10th, Intermediate students and teachers | Students = 25, Teachers = 5 | Principal Imran Arshad |
| Sadiq Interlin & Waqas Woolen | November 2024 | Factory workers (patients) | Workers = 40 | Owner Haji Javaid |
| Mashriq Science School | December 2024 | Students and teachers | Students = 50, Teachers = 20 | Principal Muhammad Qasim |
| The Spirit School System | December 2024 | Students and teachers | Students = 20, Teachers = 5 | Principal Muhammad Ejaz Hashmi |



To witness these sessions, visit our social medias linked on the last page

Awareness Sessions 2024-2025

| INSTITUTE NAME | DATE | TYPE | PARTICIPANT NO. | CONTACT PERSON |
|--------------------------|------------------|---------------------------------|--------------------------------|----------------------------------|
| Aims Grammar English | 10 Jan 25 | Students, teachers | Students = 20, Teachers = 10 | Principal Imran Dharoga |
| Iqra Madina Tul Itfaal | 24 Jan 25 | Students | --Students = 30, Teachers = 10 | Principal Muhammad Tayyab |
| The Canal Academy | 20-30 Jan-2025 | Students and teachers | Meeting for upcoming session | Principal Ali Haider |
| The Master Academy | 1-10 Feb-2025 | Students and teachers | Students = 15, Teachers = 3 | Principal Abdul Jabbar |
| The Mentors Academy | 10- 20 Feb-2025 | Students and teachers | Students = 35, Teachers = 3 | Principal Muhammad Qasim |
| The Canal Academy | 1- 10 Mar-2025 | Students and teachers | Students = 15, Teachers = 2 | Principal Ali Haider |
| The Canal Academy | 10 - 20 Mar-2025 | Students and teachers | Students = 20, Teachers = 2 | Principal Ali Haider |
| Double A Academy | 20 - 30 Mar-2025 | Students and teachers | Students = 30, Teachers = 2 | Principal Muhannad Nadeem Sandhu |
| The Arqam School | 10-20 Apr-2025 | Students and teachers | Students = 10, Teachers = 7 | Principal Miss Hina |
| UK School International | 20-30 Apr-2025 | Students and teachers | Students = 20 Teachers = 15 | Principal Hafiz Usman |
| The Excellence School | 30 May 25 | Teachers and students | Teachers = 7, Students = 40 | Principal Madam Raheela |
| Millat School System | 9 May 25 | Teachers | Students = 30, Teachers = 5 | Mrs. Gulshan |
| The Excellence School | 30 May 25 | Teachers and students | Meeting for upcoming session | Principal Madam Raheela |
| Millat School System | 9 May 25 | Teachers and 9th, 10th students | Teachers = 5, Students = 30 | Principal Mrs. Gulshan |
| Faran Institute of Tech. | 12 May 25 | Teachers and 9th, 10th students | Teachers = 7, Students = 40 | Vice Principal Madam Maryam |
| Faran Institute of Tech. | June 2024 | Teachers and students | Students = 40 Teachers = 5 | Vice Principal Niss Ishtiaq |
| The Smart School | June 2024 | Teachers and students | Students = 10 Teachers = 15 | Principal Muhammad Safdar |

To witness these sessions, visit our social medias linked on the last page

Alzheimer's Pakistan

Meetings with Doctors 2024-2025

| Sr No | Name & contact of meeting persons | Hospital & clinic Name | Date |
|-------|---|------------------------|----------|
| 1 | Dr Safdar Shahzad (general physician) | Safdar Clinic | 1/12/24 |
| 2 | Dr naeem Mughal (Consultant psychiatrist) | Rehman Medical Complex | 6/12/24 |
| 3 | Tayyaba (clinical psychologist) | Rehman Medical Complex | 6/12/24 |
| 4 | Dr Khuram Najeeb (Consultant psychiatrist) | Central Hospital | 12/12/24 |
| 5 | Aleena Shahbaz (clinical psychologist) | Central Hospital | 12/12/24 |
| 7 | Dr Saqib Bajwa (Consultant psychiatrist) | I-Pack | 18/12/24 |
| 8 | Dr Saqib Bajwa (Consultant psychiatrist) | I-Pack | 24/12/24 |
| 9 | Dr Khuram Najeeb (Consultant psychiatrist) | I-Pack | 24/12/24 |
| 10 | Zeb un Nisa (clinical psychologist) | I-Pack | 24/12/24 |
| 11 | Sunila Kanwal (clinical psychologist) | I-Pack | 24/12/24 |
| 12 | Misbah (Clinical Psychologist) | City Care | 28/12/24 |
| 13 | Dr Babar Hussain (General Physician) | Baber Clinic | 30/12/24 |
| 14 | Dr Ajmal Khan (Neuro Physician) | Chatha Hospital | 2/01/25 |
| 15 | Dr Ijaaz (Neuro Surgeon) | Chatha Hospital | 2/01/25 |
| 16 | Prof Ateeq (consultant physician) | Chatha Hospital | 2/01/25 |

Meetings with Doctors 2024-2025

| | | | |
|----|--|------------------------|----------|
| 17 | Dr R Baig (general physician) | Hope Wellness center | 6/01/25 |
| 18 | Dr Sammar Hamdan (general physician) | Sakina Rfeeq hospital | 13/01/25 |
| 19 | Dr sajid (general physician) | Al Shifa Family Clinic | 18/01/25 |
| 20 | Memood sidiqe (general physician) | Al Shifa Family Clinic | 22/01/25 |
| 21 | Dr Waqar Ahmed Somro (general physician) | Zia Medical Complex | 28/01/25 |
| 22 | Dr Tahir Abubakar (general physician) | Zia Medical Complex | 30/01/25 |
| 23 | Dr Areej Zia Mirza (dietitian) | Zia Medical Complex | 3/02/25 |
| 24 | Dr Naeem Ilyas (general physician) | Qarshi Clinic | 8/02/25 |
| 25 | Dr Iftakhar Ahmed (general physician) | Qarshi Clinic | 12/02/25 |



Meetings with Doctors 2024-2025

| | | | |
|----|---|--------------------------|----------|
| 26 | Dr shiza Qaiser (physiotherapist) | Winner health care | 17/02/25 |
| 27 | Habiba Toqeer (psychologist) | Winner health care | 20/02/25 |
| 28 | Dr Arooj Fatima (general physician) | Winner health care | 24/02/25 |
| 29 | Iraj Ramzan (Clinical Psychologist) | Winner health care | 24/02/25 |
| 30 | Dr Shehzad (physiotherapist) | Ilaaj Hospital | 28/02/25 |
| 31 | Dr Zahra (general physician) | Ilaaj Hospital | 28/02/25 |
| 32 | Nimra Moneer (clinical Psychologist) | Saqeed Sadaq Hospital | 3/02/25 |
| 33 | Dr Zahra (general physician) | Saqeed Sadaq Hospital | 3/02/25 |
| 34 | Dr Misbah (general physician) | Sikander Medical Complex | 8/02/25 |
| 35 | Dr Mubashar Manzoor (Cardiologist) | Alam Clinic | 10/02/25 |
| 36 | Dr Sikander Ali (general physician) | Ali Clinic | 12/02/25 |
| 37 | Dr Umer Rasheed (general physician) | Rasheed Clinic | 20/02/25 |
| 38 | Dr Sajjad Rasheed (general physician) | Ghuman Clinic | 28/02/25 |
| 39 | Dr Nawaz Ghuman (general physician) | Ghuman Clinic | 28/02/25 |
| 40 | Dr Arooj Fatima (clinical Psychologist) | Ghuman Clinic | 28/02/25 |
| 41 | Dr m Junaid (cardiologist) | Care and cure hospital | 3/03/25 |
| 42 | Dr Hafsa niaz Azeem (medical specialist) | Care and cure hospital | 8/03/25 |
| 43 | Dr Madiha Tayyab (general physician) | Care and cure hospital | 12/03/25 |
| 44 | Dr Fizza Saeed (general physician) | Care and cure hospital | 12/03/25 |
| 45 | Dr jannat gulzaar (clinical Psychologist) | Care and cure hospital | 12/03/25 |
| 46 | Dr Shafeeq (medical specialist) | Care and cure hospital | 12/03/25 |
| 47 | Dr sheeza (consultant physiotherapist) | Care and cure hospital | 18/03/25 |
| 48 | Dr Hassan Shafqat (nuuro physician) | Cheema Heart complex | 22/03/25 |
| 49 | Dr Umer farooq (medical specialist) | Hameed Clinic | 28/03/25 |
| 50 | Dr Khawar Hameed (general physician) | Hameed Clinic | 28/03/25 |

Re-Visit to Doctors 2024-2025

| | | | |
|----|---|------------------------|-----------|
| 51 | Dr Safdar Shahzad (general physician) | Safdar Clinic | 7/04/25 |
| 52 | Dr naeem Mughal (Consultant psychiatrist) | Rehman Medical Complex | 12/04/25 |
| 53 | Tayyaba (clinical psychologist) | Rehman Medical Complex | 12/04/25 |
| 54 | Dr Khuram Najeeb (Consultant psychiatrist) | Central Hospital | 18/04/25 |
| 55 | Aleena Shahbaz (clinical psychologist) | Central Hospital | 18/04/25 |
| 56 | Dr Saqib Bajwa (Consultant psychiatrist) | I-Pack | 22//04/25 |
| 57 | Dr Saqib Bajwa (Consultant psychiatrist) | I-Pack | 22/04/25 |
| 58 | Dr Khuram Najeeb (Consultant psychiatrist) | I-Pack | 22/04/25 |
| 59 | Zeb un Nisa (clinical psychologist) | I-Pack | 22/04/25 |
| 60 | Sunila Kanwal (clinical psychologist) | I-Pack | 22/04/25 |
| 61 | Misbah (Clinical Psychologist) | City Care | 28/04/25 |
| 62 | Dr Babar Hussain (General Physician) | Baber Clinic | 29/04/25 |
| 63 | Dr Ajmal Khan (Neuro Physician) | Chatha Hospital | 3/05/25 |
| 64 | Dr Ijaaz (Neuro Surgeon) | Chatha Hospital | 3/05/25 |
| 65 | Prof Ateeq (consultant physician) | Chatha Hospital | 3/05/25 |
| 66 | Dr R Baig (general physician) | Hope Wellness center | 6/05/25 |
| 67 | Dr Sammar Hamdan (general physician) | Sakina Rfeeq hospital | 10/05/25 |
| 68 | Dr sajid (general physician) | Al Shifa Family Clinic | 12/05/25 |
| 69 | Memood sidiqe (general physician) | Al Shifa Family Clinic | 12/05/25 |
| 70 | Dr Waqar Ahmed Somro (general physician) | Zia Medical Complex | 15/05/25 |

Re-Visit to Doctors 2024-2025

| | | | |
|----|---------------------------------------|--------------------------|----------|
| 71 | Dr Tahir Abubakar (general physician) | Zia Medical Complex | 15/05/25 |
| 72 | Dr Areej Zia Mirza (dietitian) | Zia Medical Complex | 15/05/25 |
| 73 | Dr Naeem Ilyas (general physician) | Qarshi Clinic | 18/05/25 |
| 74 | Dr Iftakhar Ahmed (general physician) | Qarshi Clinic | 18/05/25 |
| 75 | Dr shiza Qaiser (physiotherapist) | Winner health care | 22/05/25 |
| 76 | Habiba Toqeer (psychologist) | Winner health care | 22/05/25 |
| 78 | Dr Arooj Fatima (general physician) | Winner health care | 22/05/25 |
| 79 | Iraj Ramzan (Clinical Psychologist) | Winner health care | 22/05/25 |
| 80 | Dr Shehzad (physiotherapist) | Ilaaj Hospital | 25/05/25 |
| 81 | Dr Zahra (general physician) | Ilaaj Hospital | 25/05/25 |
| 82 | Nimra Moneer (clinical Psychologist) | Saqeed Sadaq Hospital | 27/05/25 |
| 83 | Dr Zahra (general physician) | Saqeed Sadaq Hospital | 27/05/25 |
| 84 | Dr Misbah (general physician) | Sikander Medical Complex | 30/05/25 |
| 85 | Dr Mubashar Manzoor (Cardiologist) | Alam Clinic | 1/06/25 |

Re-Visit to Doctors 2024-2025

| | | | |
|-----|---|------------------------|----------|
| 86 | Dr Sikander Ali (general physician) | Ali Clinic | 4/06/25 |
| 87 | Dr Umer Rasheed (general physician) | Rasheed Clinic | 12/06/25 |
| 88 | Dr Sajjad Rasheed (general physician) | Ghuman Clinic | 16/06/25 |
| 89 | Dr Nawaz Ghuman (general physician) | Ghuman Clinic | 16/06/25 |
| 90 | Dr Arooj Fatima (clinical Psychologist) | Ghuman Clinic | 16/06/25 |
| 91 | Dr m Junaid (cardiologist) | Care and cure hospital | 18/06/25 |
| 92 | Dr Hafsa niaz Azeem (medical specialist) | Care and cure hospital | 18/06/25 |
| 93 | Dr Madiha Tayyab (general physician) | Care and cure hospital | 18/06/25 |
| 94 | Dr Fizza Saeed (general physician) | Care and cure hospital | 18/06/25 |
| 95 | Dr jannat gulzaar (clinical Psychologist) | Care and cure hospital | 18/06/25 |
| 96 | Dr Shafeeq (medical specialist) | Care and cure hospital | 18/06/25 |
| 97 | Dr sheeza (consultant physiotherapist) | Care and cure hospital | 18/06/25 |
| 98 | Dr Hassan Shafqat (nuuro physician) | Cheema Heart complex | 20/06/25 |
| 99 | Dr Umer farooq (medical specialist) | Hameed Clinic | 23/06/25 |
| 100 | Dr Khawar Hameed (general physician) | Hameed Clinic | 23/06/25 |
| 101 | Dr Safdar Shahzad (general physician) | Safdar Clinic | 25/06/25 |



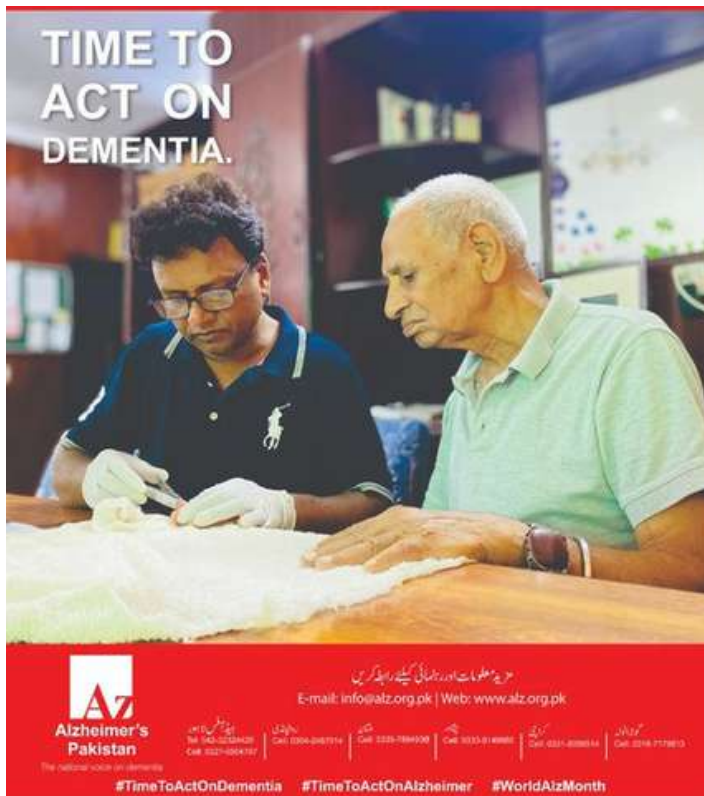
First Visit to Doctors 2024-2025

| | | | |
|-----|---|-------------------------|----------|
| 102 | Dr Imtiaz Khan (medical specialist) | Gujranwala Welfare | 28/06/25 |
| 103 | Dr Asim Rasool (Cardiologist) | Gujranwala Welfare | 28/06/25 |
| 104 | Dr Tayyba Zahid (general physician) | Gujranwala Welfare | 28/06/25 |
| 105 | Dr Nida Aslam (general physician) | Gujranwala Welfare | 28/06/25 |
| 106 | Dr Iqra Aslam (psychologist) | Gujranwala Welfare | 28/06/25 |
| 107 | Dr Abdul Hameed Sheikh (medical specialist) | Gujranwala Welfare | 28/06/25 |
| 108 | Dr shahzad Hameed (medical specialist) | Ansab Clinic | 29/06/25 |
| 109 | Dr Ansab Shahzad (general physician) | Ansab Clinic | 29/06/25 |
| 110 | Dr Ghulam haider (general physician) | Naeem Welfare | 1/07/25 |
| 111 | Dr Samina Waseem (psychologist) | Naeem Welfare | 1/07/25 |
| 112 | Dr Kiran Nazeer (general physician) | Khursheed Alam hospital | 1/07/25 |
| 113 | Dr Zaheer Ahmed (medical specialist) | Khursheed Alam hospital | 1/07/25 |
| 114 | Dr Shazia (general physician) | Khursheed Alam hospital | 1/07/25 |
| 115 | Dr shahid Iqbal (general physician) | Al Rai Hospital | 5/07/25 |
| 116 | Dr Farrah aman (medical specialist) | Al Rai Hospital | 5/07/25 |
| 117 | Dr Ikraam Warich (Cardiologist) | Al Rai Hospital | 5/07/25 |
| 118 | Dr Khadeeja (general physician) | Al Rai Hospital | 5/07/25 |
| 119 | Dr Hassan Ali (neuro Physician) | Al Rai Hospital | 5/07/25 |

Conclusion

Since its establishment in 1999, Alzheimer's Pakistan has made significant strides in raising awareness and providing essential services for individuals with Alzheimer's disease and related dementias. The newly launched Gujranwala branch, in collaboration with Ali Warraich, marks another milestone in the organization's journey. With a strong focus on counseling, psychological support, and community outreach, the Gujranwala branch is well-positioned to meet the needs of dementia patients and their families, making a meaningful impact in the region.

Alzheimer's Pakistan remains committed to expanding its services and advocating for better dementia care across the country.



**Alzheimer's
Pakistan**

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