

H,HHHHPQ

BFAGY03UF550HG

JICAMFBG4WFDpV3UF55GF1



HHP

Serena

☎ HKhayhab-e-Suhrawardy, Islamabad

700 H051-2874000 Fax H051-2871092

☎ H\$280HZ

☎ H16%

〒 H2002655G2GoG\$FF55GIGxG8GQVGFa(F5GGiGT
GyFGGGGGMGGS\$556G0G:HaG9G\$2K)F1

Marriott

☎ HAga Khan Road, Shalimar 5-PO Box1251, Islamabad

700 H051-2826121 Fax H051-2826121

☎ H\$200HZ

☎ H16%

〒 H2008° 12vF051

Islamabad Hotel (Holiday Inn)

☎ HG-6, Civic Center , Meloday Market, Islamabad

700 H051-2827311HZ0 Fax H051-2273273

☎ H\$88HZ

☎ H16%

〒 HJICAMFBG340GIGTGy0FY0F5iGTGyGG0bZF5F1

HG@GGGVGG4GGH

Avender

☎ HH # 24, Bazar Road, G-6/4 ,Islamabad

700 H051-2874656 Fax H051-2820992

☎ HSingle-\$80FDouble-\$95

☎ H8G

〒 H5555FGF25UFpFk~FGF55
F0G9G\$W#M]

Cadillac

(01) Booking office

☎ HH#35,St#34,F-7/1

700 H051-2651771-6 Fax H051-2651661

(02)

☎ HH#265,St#22, E-7

GGMG8GyFGG9GOF8%

GMG8GyFyÄT#02#01MF5555mFGFm0GF0F5ô

F500F0GGFF55557555070GG9GOF5501

8%00F0F0F1

H2HF00F5GF00F0

W%T80FpFF0%TFGCGNGyHFF5FFM\$F6F50Y

F50F0HF#08F48F0#0WgzGGH55F1

HBH#F.14)F5GF00F0

#7%TFGIG0MG0G0GxGy0HF\$0F4

H4HFF0F1

MVF0.#5GGFF55%GG04JF5507a

F50F0F0F1

H-12

H1HG00TG1G0

0(5U00yF0m0MF0G00TG1G00F0G

%TF0SGF001

0#70EGGyGG0yG0GmG0SHG0F5500GGF0GcG7G0SIGyFGEGGy

GG0yG0GmG0SHG0F550F0GFB0H00FEGGyGG0yG%

G9GmG0HF550F00HF1

#5GFG00QVF001

H2H%

0F0F00GGWgzGGGAG0WF00#5F0GGG0MG2%T#70F0

F0#F00F55000GG0GGF0F0%F1

HBH0&

)gF00F550F00F00#00F7A

0G%5 F5500F0HG0F0Fy/0F0GG\$F0F0GiGT

GyF00G0F4IF0F0G0G9GFGsG0GyF0,F01

-F5F555F5F55500GF00Fy/0F0

SGF000y/00F00GGFF0F0F0F060#Y

F080F0F01

B0#0EGGyGG0yG0GmG0SHH00,F0F0F0 1%T#70

F000F00F0F1

H4HFF0F1

000F1

4. 8



4-1

H1HM

GGGGMG#FpG#Fp,FG2GMGXG0F8FGGgGGsGŠ
#FGpGGŠ:GŠGbGDFpC/GŠGGVGcGŠWNFFBĞF,GFUGxGxGŠ
FĞFĞF¹

MVF#. #5495pF7FFĖGF8GF6zGGGVGwGG:G2GWG"
gF8Gp,HzF8FpĞ8GŠXGŠpF8Qp¥
#.F8FĖ¹
H2H88N
G756xGGGVGyF6FF¹

4-2

H1HM

İG2GGGwGIGGŠWFF5,F@80ÜF5ĖGIGGMGŠHFHGİGŠQV
FĖĞF7HFpG#FĖF6F46%G%Y#65ĞGG^
GDGŠyH75wHFĖĞFp,G@F#FĖmF6F5GGGŠ
GGŠFĞFGFFpK1HG38FĖĖF¹

H2HzF8FpGy#

G%8

MVF#. #5ĞGGGGMGFFy8mF8F7F5FF,
F6F5ĖKGŠIGŠFFGpF5FF,FpFFĖĞF¹

G%88

G2GGGwGIGGŠWFF59GwGOFĞH8FFGF#ĞFĖHF36G
F5G2G9FĞ0GFFG6GaFGIGXG:G8GFpGŠpG2NFFĖFĖp
GFF5Fm9F5F8GF50 F7/2 GwGXG%GİGŠQVVF6G
GAGCGŠyG%GİGŠQVFF6%FĖF8QxmFGFF,
2008FĖi MetroHG2G6GGŠhGŠFgHFE1)F80p80mFü
GFĖ(DFFĖFMGFGFpN8FĖGGF5ĖFG@-

FĖF¹

G%đ

FGGFĖGGF5YGwF\$NF5,F8G6wF6GFGEGEVG4
H7H3ĖFgbGŠIGFGXGGFFĖFG9GjGOGĖGFĖG#,FG9GxGcGwGp5GdG{
GQAGxG5GGGgGRHF86FGGzGGAGGFĖHFĖĞF#FFGBGjG4FĖ,
6x#FĖFGIGQEGsGyGŠnG7VFGGGA80FyFĖGHFmFü
GFĖĖFGGFFF56GFĖF35FĖ¥
F0bFĖ56,GĖĖFGXGGGGFĖG#,F550GEFĖĖ
FGF55GGGFpFĖFĖGFĖGFĖFFĖF¹

Fp87#0550'

5-2 1/2

FpF9#FGFFpFGFF@F00FpAFm9KFGFÜ
G8GŠNGŠoG2GWGFF0FH650F0FH#FFGGGGMGFF05F÷
00F#76F50FGFG8GŠNGŠoG2GW5FF5508
F2F568%\$F0x.F0GpF0GKGCg/F0GpF0FF0FF000
F0GFF75.x#.F0(F00F0F0550GFF0F0#FF0
F00F052NF0F0F0F051

5-3 78

3FGGQWFVFGFGGGkGGFGIGQVGGGGeGxGG0IGQVGF050F7
80y)F00FF0G.F0GF)eF0F0KgzXKF0F1
ZxKF.F0GZ550500yA0G0GFGFFFG
FGeGwGGGOGG0G2GeF0F0
G%GGxGG80#M
80Gz#0558FGCGNGyF0F0#0000080Ü
05750F0GmFGGF0555750F0G0G0F000
F50GF050F0GF0#70F0FF0
/F0255FV570F0F0F00F0#FGGx
GQFmFGFF0GF0F050G0GF0F0
G%0
0FGGGGMG0F0F0)F00550GF054A00
F050GF00F0F0550F00F0F0.5G0xGŠnF0•
EG6GQIGGGFF0G0GF0FF0 4vF, 5vF050FF0-
550K0GFGF55GF0F0
G%78
GVG2GzQVGHGŠGŠGTG1GQEGsGhGŠGŠ%F0Y#YcFGEG0GeGŠGxG•
GGFQdGwGEFF0Y09KFGkGxGG0R050F1
G%FGFF0
Y#0GQVF0#0dGwGEHGdGwGE4F0F0GH

5-4 12

d05Fp12Z6F50GF02AF0F0FF50F50
0FGWGw2GGŠFF0F50F0G0GFÜFF50F0F0F0F0
mFF0F00%0-#0D#0F0WGw2GGŠFF050F0F0
F5m0F1

FGgYGrEGeGwGGGOGQEG:GwGGEPF#%F5F#
 m(FHFFGCFÖFFyG)GGWGw2GGÖGHFFGSGFÖz
 ,FÖ'

6. 5 銀行



6-1 5 銀行

H1H5Xce
 YÖce 16/GPFö 64/BÖF, ATMFGTGzGcG7GHaGGGGGF2GGMGÖ[
 GQVHaGGGGGGZFFZF6F5ÖF'
 H2HÖpaFÖaP
 %T5, USGWGyÖGyGbGÖ5aFÖF#ÖÖGFF5y'
 FÖÖ5F5Ö(ÖH)FFÖF'
 HBH)m
)mF#ÖM\$FO#Y5FFF(G)z,FMeVFä)zG5FÖFFÖF,
 5)ÖFÖ FFFÖÖFÖÖG%ÖFÖ'
 H4Hgp%
 wFFÖF, Money ChangerFgppFFÖHGOG5GGÖ#5 FÖ Money
 ChangerGpFFÖÖHFÖ
 GGzGFGQVfyGGGQEGsG9GÖSWG#YFGyGbGÖ5 G"FYF5Ö+
 (Plus, MaestroFFÖÖEGGGTgnFÖF5Ö ATMGFÖ)F'

6-2 銀行

9(GIGTGyFÖG:GKGxGGGMGGWFFÖM4ÖGGÖGÖ9°
 Ha78ÖÖGGGGMGFF3aFÖ9GÖSWFF, VISAJMasterF'

7. 9 自動車



7-1 9 自動車

H1HMÖ
 z0#W6EÖr4(F4(2F5)YFÖF5ÖFÖ4WHa4w6Ö
 FÖF5Ö4FÖM\$KFÖF'
 \$ÖFÖGGGFGÖBG• (GG2G6GÖÖGGFFÖFGMGÖEGÖFÖ
 %3FFÖGGHGÖFÖ4FÖM\$KFÖF'
 2n/ÖF5Ö34FÖFÖ#FFÖ4FFÖVGVGMFGiGGNFSGGHGFÖGFF
 Ö5ÖFÖFÖFÖ5Ö(GFFÖF'
 GGGGVGWGGFyFÖGFFÖFGFFÖ gFFG2GGGwGIGGÖSWFF"
 wFFÖxGGEGFÖGGU3oFÖ4FGGÖFÖGGG8GÖVGG2FÖ4Ö"
 54FÖÖ3oFÖFÖ4FÖGGHGFFÖGG3MGVWwGGFÖFÖF#FÖ64
 FÖGFFÖMGÖEGÖFÖM\$KFÖFÖFFGÖFÖFÖFy,

8-2 7A

H1HGcG/GGEGmGx

F.GcG/GGEGmGxPpNFÜF7Á%ÁG GiGTGyFÜG

F¹

H2HG2GGMGŠGQV

z0#WFG2GGMGŠGQVFFK)F2Fy DSLFZvFG2GGGwGIGŠ

GWFG9GwGOFgwGiGŠyFF#WFFGcG/G2GGŠŠF5ÖG6GxG0GFÖ

GF#WFFÖXFpEeGG2GNFÖÖFFÖFÖFGGQÖŠFF#F6F5Ö

GFFF#ÖFGeGG2GNG4E#EFFFÖFÖ

K)F5 Fy DSLF:1HZ3MbpsFp32#GUGŠMFp5D7HFv8

1,000Rs.HZ,000Rs.Ö

G2GGMGŠGQVGGGŠWF5Ö9GŠWG#FGeGxGhG2GWFF2GGMGŠGQVGGC

GaGGFÖÖFG9GŠWF7Á5p9GŠWF5Ö78FpGeGG2GN

FÖ2NFFÖF¹

#Wp0GiGTGyFFFGGaGŠ4ŠÖ}zGFFy)z

LAN)#EÖ2G•

GMGŠGQVFK)FFFÖF5ÖFÖÖ

8-3 4}

H1HMÖ

FÖFpH Air MailHFy 1HZ46FGFÖFGGGGMGFÖFpFy

5#HZ 246FFpFÖFÖFÖFÖFÖFGGGGMGFpFFF)

mG2GF)mF5dFÖF4FFGGFFÖFÖFFÖFÖGVF5ö

GGMGGeGFÖGGF5%ÖÖFÖÖFGF¹

GÖ3Ööe

Air MailHRiH 45Rs.HZGCG2GHG%5FGF5dFÖ

Air MailHRiH 1Kg1,360Rs.(1KgÖF5ö 410Rs.FY7H 30Kg)

H2H1Ö

FÖFpF5ÖWF5F4Ä)GFF\$GF56F:

\$GF5ÖG3%FÖGF9FÖÖ43GGG7Fp-

FÖFÖ¹

FÖF¹R15ÖGBy#AHHH43pHH7dHfÜ 10,000

GyGbGŠFp@F7%TFi@FyF5Fp@FÜ 10,000GyGbGŠ

WFpFÖ,@FpF6ÖF6F1ÖGGFÖÖFM\$×

FÖ59FÖGHIF858\$HF6ÖÖGGFÖÖGGFÖFä

FÖF5ÖF5ÖFÖF¹

9. 9



9-1 9

H1H14)F0
 #G365FUGGGGVGGEGGKGAGFPz355FF5GF5
 FEGzGGVGG54 G#FEGF0F0F0F0GxGGMG0F0e
 FG2GG#7FEGG5y78GGF55ynFGFF0F5GM
)tF55GF5F1
 #F.2NF05FUGGGGVGGEGGG5VF0F04)F1 CD-ROMF,
 DVD-DRIVEFH1H/HGoGpGx78F.2NFFF5FGGGGMG•
 F0057A0\$F0FGF\$7A005GG5VGGKGAGF00
 F1
 #GG5jG5WG*GKGcGVG4G5G0 (WindowsGG)F.2NFF0
 F05GF0F0F0F0F1
 H2H07F@-
 WindowsXPF\Windows7F04PAF0F,e1FG*50
 HGRG5yGoGYGsG5je1/8HF5F0F0FGG5VGGKGAG0F0
 0FGCGkG5VGGwF0GGGF0GKGAGF00F1
 HBH7.
 #G0F5GG5VGGKGAGF0.Gn450NF7F00

10. 10
10-1 10



10-1 10

H1Hub0
 05F.44eG06vHZ0YF0 8HZ 15F5 Y
 F0 8HZ 12F00GF5F00F0M\$F5F00
 H2Hw)%\$
 05F0
 HBH0
 0FV(F0F7FG0GEGGMGGVFP00F1
 p0F5GKGAGGF0F05600F05(F0F5F0
 dF00
 H4H3A
 G2GGGwGIGG5WFF0F0F0V(F0543A0F1

11. 11



11-1 11

H1H5 00[
 G2GGGwGIGG5W5 F000MGwGQeF7FGF0GGF05GMG5mGXGyF0T
 F0GaFGGHaG0wGG#7F9F0IG2GGGGG#7GMG5mGXGyF05G°

↳ 2005° 10vF7ÈFFFF#E556EY5E5575GH'
G9GEGmGŠyFp.GwG2GvH2AFpHFp 5àFpOG5GQSkG2G6VFEÉÉÇ
F#E555ÔF¹

↳GGGGMGFF55pF5m6E2G6WGLDF6VFE650F5à
GF5ÔFpF55pY45p\$FGE6ŠzGŠF5GGGGMGFÜÄ
0FFÔFGGGOGGGMGFp66NGŠy Fp\$G#2FN57Á
dFFGFrG/555ÔFFFÖFg66LDF55pÇÜT
GFP155GF6FÔF¹

↳>G F 2Q08F555ÔG2GMGxG0#.#NGUGGIGŠ6FGIGxG8GQVIGT
GyFp.ÜTGf5#Ö5%F8F67Á#ÖGGFÖ55F7ä
GFÜG0GoGxG9F76@0iF60FÈÔF¹

H2HìP2

G%TGf6FÝGGFFÈÖGF5F26kG2G6V
GTGF6FÝGGFFÈÖGF55p \$K|E0|@6E4@
F6FÜkG2G%6FFÄpFpF6FÄ5ÖÜNF55ÝF@Fç
F66GF6FFÈÖ5ÜF5FZÖG)3E6F4JF6FÄ7F1™
9Fp64JF6FÄFÄ6F55Ô34FjG0F559F5Ü
F5ÖÄFÄEè G7ÿ0F5ÜFÖÄFÄpGGGF559F5ÜFÖÄNG6
FÖ56F55ÖFFÈÔF¹

G%5%FÈÔFFÈÖGF5F26kG2G6V

↳> G%5FFÈÖFÈ6

↳ ÌGGGGGGMGFF55p/555ÔFGFFÖGGb%Fp
GMGŠ@GGVFE6FFÈÖF55p% 5FFÈÖ5/6F6F55Öj
FFÈÔF¹

↳ ÌGGGGGGMGFF55p,F5EGGF55ÔF/555F6FFÈÖ.
6D7HF5ÖÈÖFGF\$KFFpFÖ647dFú.
55/55Ö¹

12-2 1%

H1HM55#

G2GGGwGIGGŠWFÖ5F5jF6F¹
H2HF55bPÇ
FpEFÈÖF55pF5G4560FÈÔF5F6
8G&F6F55¹
FF5j(59TF56F55ÖF5Ö5G551(54Ä÷
FÖF5FFp55Gf5öÄ6G0GwGŠnGEGGGTgnG4Ä6F56•
FFÈÔF1#FÇ8FÈÖFÖFF55j(5GG8GF5GFø

GGGGd
iGiGTGyFGzGGGVGwG(GGGGGFFOFGTGFP1BGGGFFO
FG4JFFBB1

H5H/Ep
I%FFO5FG55OFBBB05FFB4FB"
MFGFBBFF5 GBB%OF0'

12-3 注意

HIHM\$Q\$#0#
D7.E
b2005° 10v 8FpGGGGMG4S0OF5i M7.6FzE0FFFOi
SG2GGWzcFM4SFOFGFUE\$#EGFFBB00F1
iGGGGMGFF@F9bVIF0bF0GM\$KBYE5F0zGG:4GFFO
GFGAGGExGSVFBF550F0F3V7uF0AGGExGSV0F5FB,
FGGFUF7FFyZGG50FGFF0GGGFAW
F0GGFAyFG\$KFFB0'

D FO
iM\$KGGGGMGFF@F\$4/F0GGFF5050GFD0i
F0#FF5555:GGGGSGMSU'FF0FGFFFBpF05555:GG
Fp)%5U'FF55550FGJE0YFF00F55F1
iG:GG50G:GGGGSGMS'F5554F0aGYGSy0FB0GsGSdFF0F,
GGSGMS50GF50PFA'FF0F00F0\$#0550F1

D'E
i4(2Z2F05F0FMGGGGAGSyU'FF5F554(2F0
FFGF50GF50G\$#0G4(2F0G%Ge8F0HF1
iz0#wFF4 F0GGGF50GwGiGSyF009GwGOFBB0
F5Z17d50FGFF0EFG@F0F1

D"i
iGGG/O\$#0550F00F05050\$K
/0W0F550FF0F050G6K\$K/O55;F5E
4(E0550GF5500FF0WFG0E(E)%0#F0GF55
FGFF5555SGGGGSxGS7F50%E50FFFB(F0F1

H2H75DPQ
OF0550FF00FF0FF55H55x
555555F0'
HBH/O'p
/O'FF550550\$F54)F0F4)/DG555555U
550FF0F1

GGMG9GŠFGWGwG2GGŠ145F6FGGF755GWGwG2GGŠ15%TFGF÷
F555F7#BŠÖ25FüGWGwG2GGŠ1FGŠ1F6F÷
GFÖmFÖF¹

H2H#.

(ÜGF556FÖF6F1B)VGwGdGyF#¹

HBHM#

\$K0FÖ56G%\$F560WGF¹

H#HFF#-

GWGwG2GGŠM\$6GFKF6GGGGMGCFÖFÖFÖFÖ
FÖFÖFÖÖÁ556F2F@GG:GKGxG,9%GFFgFF5%ü
FÖ¹

15-3 H

HIH#

FpF#ÖFÖ(F5WVFBGF¹

D#.G%Ö%88G

D GgG0GwGŠÖ%Ö%FÖ%AGGFmFÖ%ÖGŠTGFF566F78Ý

DGGG2GŠGŠÖ%Ö%7VÇ

DGWGaGŠÖ%Ö%Ö%CYG%0G2GGFÖá

D#G0GŠrHaHaHa(ÖÖÖÖFÖÖ)

H2H7#Ý

ÖV0F#G?7FÖ55FÖGGFÖÖ3GFÖÖFy

#.GGWGwG2GGŠFFFFÖ27VÖ3FÖFÖFÖFÖEG5G0FÖö

7FÖ56FÖDD#F#YCFEÖG7FÖFÖF7#767F5F)%#.

v#KFjGŠXGGF3#F55ÖäF5BÖÖÖFÖFÖFÖÖä

FÖGG(Ö)G#FÖÖFÖ¹

HBH#.

#\$55FÖ3GFÖFÖFÖFÖ25G4ÖF#F5y

ÖF56F5FÖFÖGGFGFG4G1GGGGŠ(ÖF-GGGF5ÖGF[

GFÖFGFFGTGzGaG#F0bF5ÖGF6F56FÖF5GF56F#.#

F55#ÖF#GFÖFÖFÖGGFÖÖF5Y 6FÖÖGGFÖ#FG#

55F5F5GGFFÖÖHFÖFÖ¹

15-4 H

HIH#

41GFÖF,yGFÖFÖFÖFÖGGFÖFÖ%±F5Ö

F6FÖFF@FF5ÖFÖGGF¹G#F#2NFé

GFÖÖFÖFÖF5FÖGGFÖÖGGFÖF¹

H2H1T^M
 G7#75E1BF0 246Ej08GF1BFyF0Ü
 1GFG\$F5GF45F61(P2AFF0GGGF60'
 1G0F5E0F0F5y2AFDF0(F50GF50A7E0
 GF± 126EAF50F0CF5ñ (Double Duty)G'GF50F0
 1BF0F0F5E0E0GF01F0G'GF0
 GF50F0E0F5E0F1
 FGF50F0E0E0GGGGVGSdFF0E")%F0F50F0F1

16. 16-1



H1H#\$15#
 S5FyeDVF550FH25E0F5F0zF5#
 F5GF0F0FH
 G%eD 1GyH 500Rs.)
 H2HF#
 0E5E'
 HBH(H1
 EÜ#7E GAGCGS yG%GSGQVGGFGGXGSIGSGQVFE÷
 w(i /1GZ550F(FM45GGGGMGFE#N1F0'
 H4HF7\$Fj(^
 v477G3E5E F50FF8G#FGFjNG%\$K3æ
 F5GGF5GF#0CGS aGGG#7FGFG2GGMGSGQVH AmazonHF÷
 2NFE0EFGFF25F7E0F4FG(FB1

16-2

H1HGwGFG8:3æ
 AM,FM:3E0FG4GyGWG3G\$F,e1F=3E6F50F0Fy AM
 Fy530khzHZ1619KhzF-9KHz6ExF,FMFy89.0HZ108.0MHzF-0.05khz6ExFG
 F5E%-3EFGF1 AMF#04WfU 1F, FMFy5HZ0F0F1
 H2HNHKGG\$yGWG0wGFG8MGwGFG8GFG0GH
 %GwGFG8F4HKFF#3E0E%GwGFG8F56FG2F0F1
 HBHEFFP3æ
 0E5E'

16-3

H1HV:3æ
 VGTGzGaFy 3F0F,e1F0YGS0GG#F5G'3E5F0F0E0G

G%A

FF0FFL;AGHG&GFF#EupFFfE0E0
FFF505GF0FF0GFaFFfE0E0,000FB0
#.G500%G5B;F9#Q1F0EG

F1

17-3 10

HH10;

G4GyGWG3G5,e1F;0FFf0E0G1

H2HMCE

G4GyGWG3G5FM07F550GF0F1

18. 00e



18-1 00e

FF000y;07HF00E000mFF0

F0500GyGFF500GF0F0

18-2 00e.

G2GGwGIG0SW34yHGMG0EGwFGG5MGGGcG7G5VF0F1

GwGiG5yHGwGiG5yGcG7G5VF0G5WEGG0G5pGGGF0F1

GIGxG5GGGGMGF0J,F0GGF0F1

GnGyGMGHNGyG:G5@HF0nGyGMGF0F1

G0wGQH4G20E0F1

%GcGDG0GG9GyGWG3F0F1

18-3 00e

G0F0/0GF0F1

19. 00e

>>> ,F YG F 2 N >>>



19-1 24/2

H3z30e

0 ,@F000FF;G0GXG9GH59300HF;004HH/

HH(HFF0E0G1

FF0GF050VF000FF0F0eGwG2G8GxGTG1G"

F00GF0F0

,@F0GF0F0F0GF000F00F0GF0%0F0

F0VGwGdGyFF0FF0FF0F00F00G@F00GF0F1

700. 1G0FGNH
 H4} (EMSH34)HF5F, SAL} (Surface Air Lifted)H
 HH)H/F0P009KFF0c EMSF0P57HGF00F0
 GF0G9GwG0F.7c2F4 GFGXF00GF00F, SALF0#Y
 P0F0F0F0F0F1
 74GiG0nGhG0FH http://www.pluto.dti.ne.jp/~tokyoipo/H
 G%G0F0F0G0F0F3F0-
 G%0F0GGFT0F0 20NGGjG0yG0F0F0GTG0eF0#
 IF0F0F0G0G0F0F0F0F0F0
 G%3GF0OG5GQF08 GvGGGFHy 100HZ0,000Rs.00 FÜ
 F00F1
 G%0G0GaF005GF00GF0GF00F00F0F0F1
 G%F0H/00F030F0YGGGF00F0F0F1
 G%F0F0F00GF00F0F1
 G%F0F0F0GF00GGOG5GQF00F0F0F0F1
 HBH3z2@F0F0G
 G9GwGO FGAGGTGX2@F0F0EGGGTGnF00FFGF3000G
 G33F0F1

19-2 04

H1HM0#
 F.2NF0F0, 1HZF0k~FF0GGzGGMG9G0F006F00F0F0ú
 F0F0F0F0FGGGGMG00F0F0M04F0008G"
 F0F0F0F0F1
 H2H3zm)FFY
 34F0zF0@F0F005F0F0Y30F0GZVF08F00F0F00
 F0\$F0F0F004F0GxGGG0F0F0F0F1
 34G2NF0005F0VGVGM(0#0F0F0F0F0F0,
 GF0#F0F0F0F0F0G30Fp,34G2NF000F0F0G
 F0GF1
 GFF3z30F04S#0AGGTGXGF00F0F0GAGGTGXF0ú
 60GVGwGdGyF00F0G0GF00FGF04S#00IFN00F1
 GF07dF00GGGGMG0F0F0F0F1
 G%3z30H 20S0ZH934jF0F0
 G0GwGO 01300m0F0F0vGF0F0F0SEú
 F0F0F0F0F1
 G%00G0GwGOHZG2GGGwGIGG0W3z30S0Z
 G%T¥ H0F00 1.5HZGy0

■ Horizon International
 Suit #5, 1st Floor, A&K Plaza Plot #7-E, F-10 Markaz, Islamabad
 Tel 2294046 Fax 2298756 Mob 0300-5008780 Zia Ul Haq H

■ 7 seas Property Consultants
 Shop No. 3. 47-W. Dossul Arcade. Jinnah Avenue
 Tel 2874933 Fax 28754784 Mob 0320-4910259 (Asif Zain)

6. GzGGGVGwG•

■ USMANIA
 Jinnah Avenue Blue Area Islamabad
 Tel 051-2873245
 G GGGMG•F² / \$K02 FG GGGMG C F

■ JAHANGIR
 Jinnah Avenue. Blue Area. Islamabad
 Tel 051-2271367
 G GGGMG•F2 GF C F A G+ T μ F

■ Kabur Restaurant
 Plot No. 17. Shop No. 2. F-7 Markaz Islamabad
 Tel 051-2650953
 G0GcG G# FGGG G2GCFUF oA G5B F5Fö 8xGGGFÜ FGTG2G6G4G7+

■ French Club
 Diplomatic Enclave Sector G-5. Quaid-i-Azam Univers. Near US Embassv. Islamabad
 Tel 051-2821093
 GcGwG G# F A \$GcGwG G# FÜxGGGG FG0GyGAGSwG F0I IDF

■ Chinese Food Plaza
 H#20-A. College Road. F-7/2. Islamabad
 Tel 051-2652021
 p. à #. F² / \$KÙ F C F F F F a F8c4G+ F

■ Kim Mun 5 6Ü
 Jinnah Super Market ,F-7 Markaz Islamabad
 Tel 051-
 p. à #. F¹ 2 7uGwGFp C J F¹

■ Dumplina Zhang
 H#15A. St#48. F-8/4. Islamabad
 Tel 051-2853623
 p. à #. F8i È Ü @ F

■ CLUB Seoul
 H#54. St#36. F-7/1. Islamabad
 Tel 051-2651165
 8Qü #. FGGnGOF5G2 FÖ56FFÖ F

■ Kitchen Cuisine Grill
 H#81. school Road 34. F-7/4. Islamabad
 Tel 051-2821538
 Yq #. F FÖ SaGsGQGcG5FÜ F

■ United Bakery
 Super Market. Islamabad
 Tel 051-2274451
 G G F0d• F F Ö FG GGGMG G¥ GGFß Q FGqGÖ9G XGŠ

■ Afqan Bakery
 Jinnah Market .F-7 Markaz Islamabad
 Tel 051-2826927
 G G F G G4GcWGG G G W G S XGRF# F N M F Ö F è 0 L F

7.8 F p n

HwH

■ Super Market
 Super Market. F-6. Islamabad
 F-6 p. FÜ C ± 0d• FGIGŠCQG¥ \ CÜ F # Y F6GF

■ Jinnah Super Market
 Jinnah Super Market .F-7 Markaz Islamabad
 F-Hp. FÜ C ± 0d• FGIGŠCQG¥ \ CÜ F # Y F6GF

■ Kohsar Market
 Kohsar Market. F-6/3. Islamabad

F-6 Fú FGGIGŠGQGV \ EGF#Ý F&GF
 ■ Aapbara Market
 Aapbara Market, Islamabad
 FÚ " F#Ý F&GF

■ Rana Market
 Rana Market, Sector F-7/2, Islamabad
 FÚ " F#Ý F&GFš 3Qxm Fú6FúFG F

HGGGŠ_GŠIGŠGQGVH

■ BEST PRICE SHOPPING CENTER
 BLOCK # 07, MARKAZ F-6, SUPER MARKET, ISLAMABAD
 Tel 051-2270062

■ Harold's Food Stores
 Jinnah Super Market, Markaz F-7, School Road, Islamabad.
 Tel 051-223271

8.GUG_GŠVFGEGuQQGbGGŠIGMGŠ

■ Metro
 Plot 1-A, I-11/4 adjacent Railway Carriage Factory
 Tel 051-4020006 Fax 051-4864000
 2008 ° 4v FG8GŠeGF# 0d• GEGuQQGbGGŠIGMGŠ

9.½

China Market
 China Market, F-6/4.
 p. ½ FÚ 7YGG F

Faizabad
 Faizabad, Rawalpindi
 ½ FÚ X7Ý GG F

Marvello
 48 Nazimudin Road, F-7/4, Islamabad
 Tel 051-2829051
 í 3z ° ½G!..F55Ö F

10.dF/b

F-6 FúAGCGŠyGIGŠGQGV FúwGXGIGŠGQGV Fú F&GF

11.Šb

■ Shifa International Hospital
 H-8/4, Islamabad
 Tel 051-4603666
 ¥ I¥ Y&f 1006è H10:00-14:30F17:00-21:00
 F 24 6è / D
 GG² &PÁrS 7TFw FGG \$ªGzGgGyZFFGGWFÜ FF óª 6Eb" M4Eª F

■ Dr. Arshad Health Associates
 H#20, St#1, F-6/3, Islamabad
 Tel 051-2829666, 051-2876866
 ¥ I¥ Y&f 1006è H8:30-13:00F17:00-18H0
 JOCV Fb 0GF 75K' F#Ý FS 6GF09 F° 7Tm4Ä F1SB Ffb" M4Eª F

■ Ali Medical Center
 Main F-8 Markaz, Islamabad
 Tel 051-2855174H5
 ¥ I¥ Y&f 1006è H30F&G 6ä
 F 24 6è / D

■ Goodwill Clinic Dr.KhurshidH
 Blue Area Islamabad
 Tel 051-2274009
 096è H17H0-20H0
 è S JOCV Fb 75K' F#Ý FGWGGMGŠyGFb%È :w F

■ Dr.Abrar & Associates Dental SurgeonsHQ&EH
 H#25, Bhitai Road, F-7/1, Islamabad
 Tel 051-2652697, 2651922
 E-mail abrar_associates@yahoo.com

 ¥ H ¥ Y & f ¥

12.6E04t45&k

0ñ _ FÈç

13.●

■ Shaheen Chemists

Patiala Center, Blue Area, Islamabad / Super Market, F-6

Tel 051-2271945, 2271673 Fax 051-2825621 / Tel 051-2874335, 2824759 Fax 051-2825621

0f F¥ GF÷ FÈÇ F

■ D. Watson

Deen Pavillion, Blue Area, Islamabad / Super Market, F-6

Tel 051-2276843 Fax 051-2270949 / Tel 051-2827001, 2827534 Fax 051-2825382

Blue Area F0f F¥ GF÷ FÈÇ F

14.5 /%βō

■ Standard Chartered Bank

Plot No. 19-A, Markaz F-7 / No 1, Diplomatic Enclave

Tel 051-2654493 / Tel 051-2875035-9

■ Citibank N.A

94 West Aamir Plaza, Jinnah Avenue, Blue Area / Plot No 14, Sector F-11 Markaz

Tel 051-2820541 Fax 051-2821199 / Tel 051-2228129 Fax 051-2228126

■ Barclays Bank PLC

Plot 13-M, Main F-7 Markaz, Jinnah Super Market

■ Allied Bank

ABL PLAZA, BLUE AREA / MELODY MARKET, CIVIC CENTRE

Tel 051-2274310, 2274310 / Tel 051-2277296, 2277296

15.GzGEMG9GŠk

■ AMG Car Rental Services

0 Flat # 1, 2nd Floor, Panthar Plaza F-8 Markaz, Islamabad

Tel 051-2264601 Fax 051-2817069

 URL <http://www.amocarrental.com>

■ Winas Travel International

No. 5A, Mezzanine Floor, 37-A, Sethi Plaza, Fazl-E-Haq Rd, Blue Area, Islamabad

Tel 0051H 2275306 Fax 051-2876103

16.7#ŠCGŠaGG

■ DHL Global Forwarding office -Exel Pakistan Private Limited-

House No. 189, Street No. 10 Chaklala Scheme III Rawalpindi

Tel 051-5952844 Fax 051-5952846

■ OCS Islamabad Office

Block 2-F, I&T Central, G-6 / 1-1 Abpara, Islamabad

Tel 051-2821167 Email OCSISB@cvber.net.pk

¥ H ¥ ¥ 6ē 09:00-17:00

■ UPS Islamabad Office

Tel 051-111669877, 051-2278247 Fax 051-2829550

 Email webmaster@ups.com

17.GAGGbgGsGŠMF0Š%

■ FLASH Technologies

80W BASEMENT Bo.1-4 Malic Complex, Blue Area

Tel 051-2824797, 051-2822533

GAGGbgGsGŠMF0Š% FG4G1GyGG

■ A'Byte

Office 8, 2nd Floor, 66E Muiahid Plaza, H Block Blue Area, Islamabad

Tel 051-2277614 Fax 051-2803225

GAGGbgGsGŠMF0Š% FG4G1GyGG

■ Micronet broadband

Tel 111-114444, 051-2878000

G2GEMGŠGQGVGCGŠaGGG0Š%GN

18.M*66

■ Japanese School in Islamabad (G2GGGwGIGG6V0# /)
 Road No.20, Diplomatic Enclave, Islamabad, Pakistan
 Tel 051-2824679, 2275284 Fax 051-2824679
 URL <http://zindabadpk.hp.infoseek.co.jp/>
 E-mail iis@dsl.net.pk

■ International School of Islamabad
 Sector H-9/1, Islamabad, Pakistan
 Tel 051-4434950 Fax 051-4440193
 URL <http://www.isoi.edu.pk>
 30DH 3S HZ18 S H- A & G%0 / G%0 / G%0 /

19.Wi9

■ National Library of Pakistan
 Constitution Avenue, Islamabad-44000
 Tel 051-9214523, 92026436, 9206440 Fax 051- 9221375
 E-mail nlpiba@isb.paknet.com.pk
 9 ¥ H¥ Y ¥ 68 6è Tv HZ0Y 8H00-20H00 5 Y 8:00-12:00F14:00-18:00

20.*F2N1

H#FH
 0ñ _ F5ç

H#S101

■ DAWN (,eD,*0)
 Web <http://epaper.dawn.com/>
 ■ The NEWS (,eD,*0)
 Web <http://www.thenews.com.pk/>

21.G66dGyTV &k

0ñ _ F5ç

22.GGGKGR0ç

■ Islamabad Golf Club H G BG yG cH
 Islamabad Park, Islamabad
 Tel 051-2812637

23.10

0ñ _ F5çF

24.#eN

■ SABINA Travel Consultant
 14/22-E, Saeed Plaza, Jinnah Avenue, Blue Area, Islamabad
 Tel 051-2821750, 2829706 Fax 051-2829652
 Mail sabinatravel@hotmail.com

25.3z38k

■ DHL Global Forwarding office -Exel Pakistan Private Limited-
 House No. 189, Street No. 10 Chaklala Scheme III Rawalpindi
 Tel 051-5952844 Fax 051-5952846
 ■ OCS Islamabad Office
 Block 2-F, I&T Central, G-6 / 1-1 Abpara, Islamabad
 Tel 051-2821167 Email OCSISB@cvber.net.pk
 ¥ H¥ Y ¥ 6è 09:00-17:00
 ■ UPS Islamabad Office
 Tel 051-111669877, 051-2278247 Fax 051-2829550
 Email webmaster@ups.com

26.7d&k

■ Askari General insurance Co. Ltd

4th Floor, AWT Plaza, The Mall, Rawalpindi

Tel 051-2279565, 2270471-3

■ AIG

102, First Floor, Muhammad Gulistan Khan House, Fazal-e-Haq Road, Blue Area Islamabad

Tel 051-111111244, 051-2276709

