



Disability in Pakistan

Gallup Pakistan Analysis of the 7th Population Census of Pakistan 2023



PRESS RELEASE

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According to the 7th Population Census of Pakistan, the highest disability rates are recorded in the 60+ age group, where overall disability prevalence reaches 26.0% and functional limitations soar to 69.6% – **Disability in Pakistan**

Islamabad, March 26th, 2025

Gallup Pakistan, as part of its Big Data Analysis initiative, is looking at the 7th Population Census of Pakistan 2023, which can be found [HERE](#).

What is the Big Data Analysis Series by Gallup?

Gallup Pakistan's Big Data series was started by Bilal I Gilani, Executive Director of Gallup Pakistan. Bilal explains the rationale of the series: *“The usual complaint from academics and policy makers is that Pakistan does not have data availability. Our experience negates that. Pakistan has lots of data, but it is not available in a usable form and not widely accessible. At Gallup we plan to bridge this gap in terms of accessibility and use of data. The Gallup Big Data series has earlier worked with data sets such as [PSLM](#), [Labour Force Survey](#), and [Economic Survey reports](#) as well as [National Census Reports](#) and [Election Commission Data sets](#). The current series is using the [7th Population Census of Pakistan 2023 dashboard](#), which provides a variety of demographic statistics. We hope that these series are useful, and we welcome both feedback as well as possible collaborations as we create a public good in the form of useful data sets in Pakistan.”*

What data points this current edition covers:

This series aims to present the important learnings about disability in Pakistan, for policy makers, the public, as well as for marketers in an easy and understandable way. This edition looks at the 7th Population Census of Pakistan 2023. The series' main aim is to provide data. Implications of these data points for development sector as well as wider socio-political ramifications is something we would like to trigger in relevant circles.

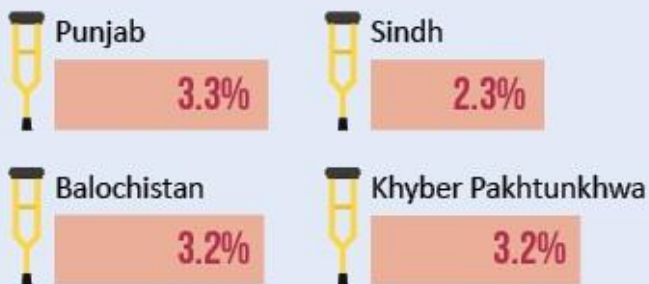
Disability in Pakistan

3.1% of the total population reports living with a disability. This figure is slightly higher among males (3.3%) compared to females (2.9%).



Disability prevalence is slightly higher in rural areas (3.2%) compared to urban regions (2.9%).

Punjab has the highest reported disability rate at 3.5%, while Sindh follows at 2.3%. ICT, Khyber Pakhtunkhwa, and Balochistan have disability rates of 3.2%, 3.2%, and 2.1%, respectively.



The percentage of individuals identified as having a disability increased from 2.54% in 1998 to 3.10% in 2023.



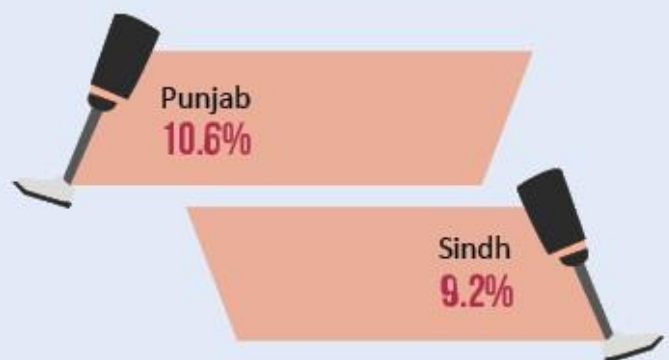
The highest disability rates are recorded in the **60+** age group, where overall disability prevalence reaches **26.0%** and functional limitations soar to 69.6%



The youngest age group, **0-9** years, has the lowest reported disability rate at **0.6%**, with functional limitations recorded at 1.1%.



Functional limitation, which measures the percentage of people experiencing difficulties in everyday activities due to a disability, is highest in Punjab at **10.6%**, followed by Sindh at **9.2%**.



Key Findings*

1. 3.1% of the total population reports living with a disability. This figure is slightly higher among males (3.3%) compared to females (2.9%). Disability prevalence is slightly higher in rural areas (3.2%) compared to urban regions (2.9%).
2. Punjab has the highest reported disability rate at 3.5%, while Sindh follows at 2.3%. ICT, Khyber Pakhtunkhwa, and Balochistan have disability rates of 3.2%, 3.2%, and 2.1%, respectively.
3. Functional limitation, which measures the percentage of people experiencing difficulties in everyday activities due to a disability, is highest in Punjab at 10.6%, followed by Sindh at 9.2%.
4. The youngest age group, 0-9 years, has the lowest reported disability rate at 0.6%, with functional limitations recorded at 1.1%.
5. The highest disability rates are recorded in the 60+ age group, where overall disability prevalence reaches 26.0% and functional limitations soar to 69.6%.
6. The percentage of individuals identified as having a disability increased from 2.54% in 1998 to 3.10% in 2023.
7. Among males, disability prevalence rose from 2.78% in 1998 to 3.30% in 2023. For females, it increased from 2.16% in 1998 to 2.88% in 2023.
8. In 1998, the disability prevalence in Punjab was recorded at 2.48%, which has since risen to 3.52% in 2023. Khyber Pakhtunkhwa (KP) has also seen a notable increase in disability prevalence, rising from 2.12% in 1998 to 3.16% in 2023.

*From tables 16 and 17 of the 7th Pakistan Population and Housing Census

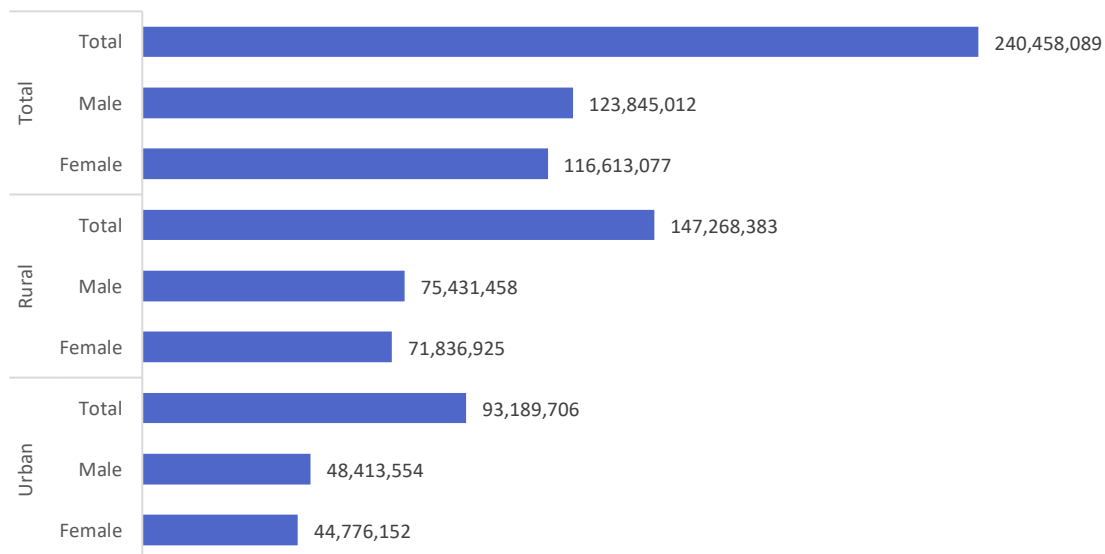
Introduction

Disability encompasses a range of physical, sensory, and cognitive impairments that affect an individual's ability to perform daily activities. In the context of Pakistan, disabilities include physical impairments such as amputations, foot and leg deformities, as well as visual and hearing impairments. The term “disability” or “a person with disabilities” is commonly used to refer to individuals experiencing such challenges.

The National Policy for Special Education in Pakistan defines disability through two key perspectives. Firstly, disability is described as the lack of ability to perform an activity in a manner that is considered normal. Secondly, a person with disabilities is defined as someone who, due to injury, disease, or congenital deformity, faces difficulties in undertaking gainful employment. This definition includes individuals with visual, hearing, physical, or mental disabilities.

This report presents a comprehensive analysis of disability-related data derived from the Pakistan census, examining total population statistics, provincial variations, gender and regional disparities, and historical comparisons between the 1998 and 2023 censuses. By exploring these trends in detail, the report aims to provide valuable insights into the prevalence and distribution of disabilities in Pakistan, informing discussions on policy, accessibility, and inclusion.

Fig. 1: Total Population - 2023 National Census



Source: 7th Population Census of Pakistan 2023, visualization by Gallup Pakistan
<https://gallupakistandigitalanalytics.com/>

According to the Census, Pakistan has a total population of just over 240 million, with 51.5% males and 48.5% females. 61.2% of the population lives in areas classified as rural, while 38.8% occupy urban regions. Since the 1998 census, the total population of Pakistan has increased by approximately 109 million.

This establishes the context for subsequent disability-related statistics by providing a population baseline against which disability prevalence can be measured. A growing

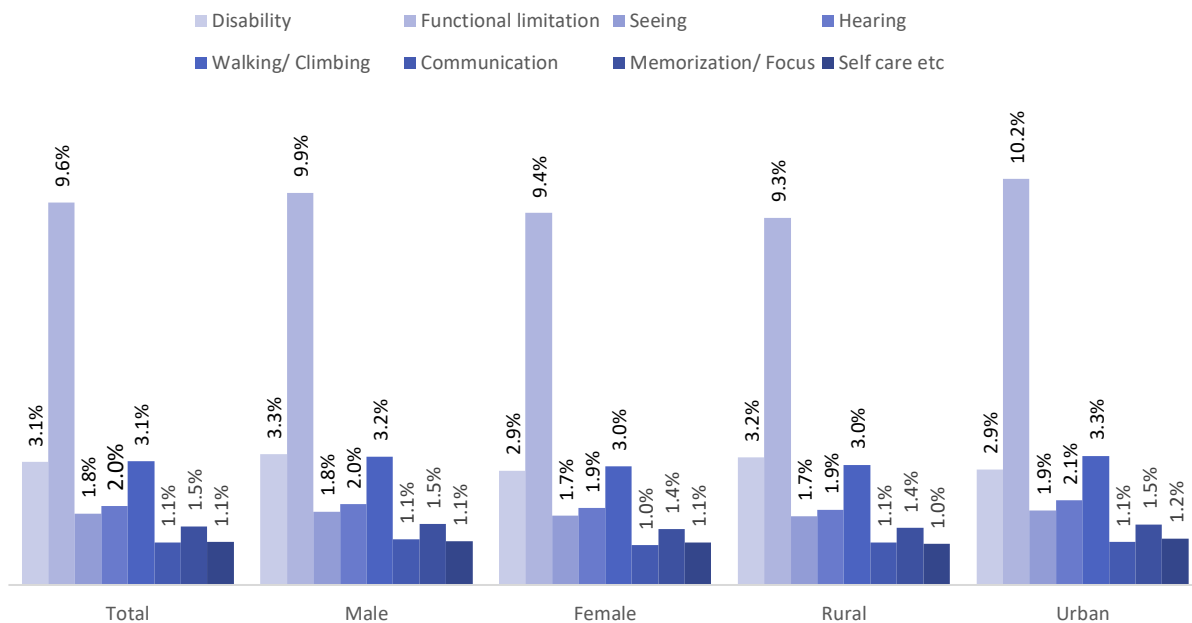
population suggests that absolute numbers of persons with disabilities may also be increasing, necessitating enhanced policy focus and resource allocation.

Disability by Gender and Region

Fig. 2.1: Disability and Functional Limitation by Region and Gender - Census 2023



Fig. 2.2: Disability and Functional Limitation by Region and Gender (%) - Census 2023



Source: 7th Population Census of Pakistan 2023, visualization by Gallup Pakistan
<https://galluppakistandigitalanalytics.com/>

Figures 2.1 and 2.2 illustrate the prevalence of different disabilities and functional limitations, in both absolute and percentage terms. Categories include disability, functional limitation, seeing and hearing ailments, difficulty in walking/climbing and communication, and lapses in memorization or focus, and inability to care for the self.

According to the census data, **3.1% of the total population reports living with a disability. This figure is slightly higher among males (3.3%) compared to females (2.9%).** A rural-urban comparison shows that **disability prevalence is slightly higher in rural areas (3.2%) compared to urban regions (2.9%).** This variation suggests that accessibility to healthcare and disability-friendly infrastructure in urban centers may contribute to slightly lower reported disability rates.

A broader measure of impairment is functional limitation, which affects 9.6% of the population. The data shows that males (9.9%) report functional limitations at a higher rate than females (9.4%). The rural population (9.3%) reports slightly lower functional limitations than urban dwellers (10.2%). This implies that individuals in urban settings may be more aware of functional impairments or have better access to diagnostic services, leading to higher reported figures.

Visual impairment affects 1.8% of the population, with little difference between males (1.8%) and females (1.7%). A slight rural-urban divide is observed, with rural areas reporting 1.7% of individuals affected, compared to 1.9% in urban settings. Similarly, hearing difficulties are reported by 2% of the population, with a nearly equal gender distribution (2.0% for males and 1.9% for females). The urban-rural breakdown follows a similar pattern, with slightly higher reported cases in urban areas (2.1%) compared to rural regions (1.9%).

Mobility-related disabilities, particularly difficulties in walking or climbing, affect 3.1% of the population. Men (3.2%) report slightly higher rates than women (3.0%), while urban residents (3.3%) have marginally higher prevalence than their rural counterparts (3.0%). The slight urban-rural discrepancy could be due to improved reporting mechanisms and awareness in cities, as well as the physical challenges posed by rural landscapes, which might deter individuals from identifying mobility impairments.

Communication disabilities affect 1.1% of the population, with identical prevalence among males and females (1.1%). No significant variation is seen between rural (1.1%) and urban (1.1%) populations. Cognitive impairments, including difficulties with memory and focus, impact 1.5% of the population. The data reveals a minor difference between males (1.5%) and females (1.4%). Rural areas report slightly lower figures (1.4%) compared to urban regions (1.5%).

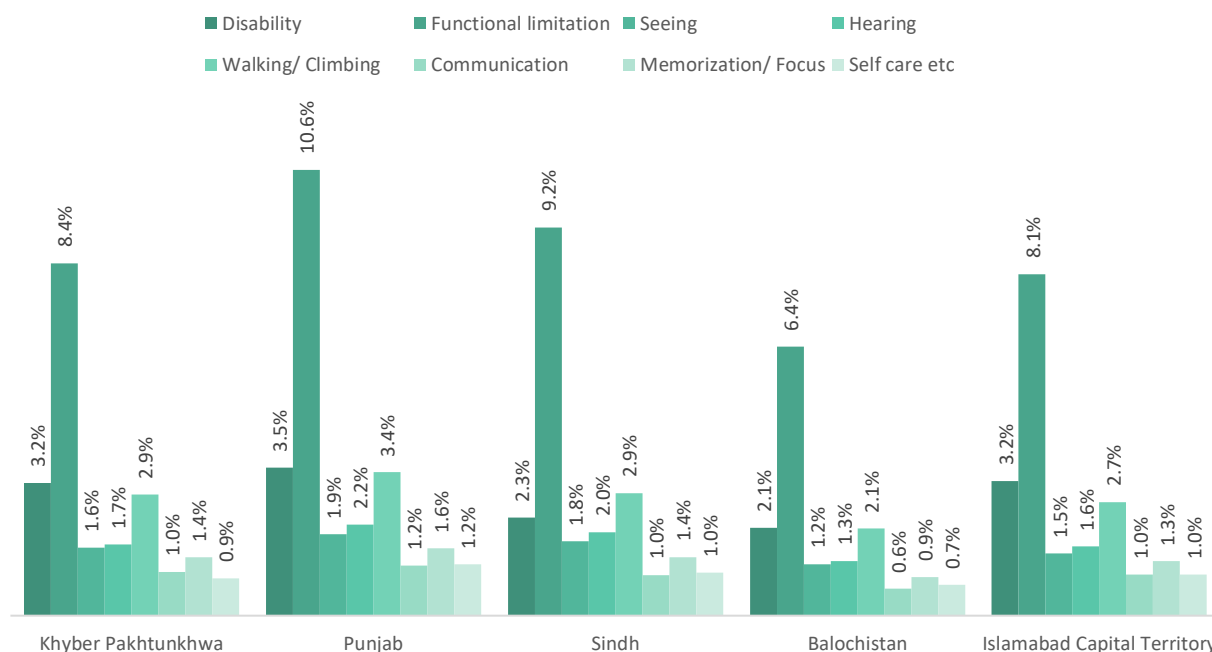
Self-care impairments, such as difficulties in performing daily tasks independently, are reported by 1.1% of the population. Gender distribution remains equal at 1.1% for both males and females. Urban areas (1.2%) report a slightly higher prevalence than rural areas (1.0%), aligning with the broader trend where urban areas show higher reported disability rates possibly due to better medical assessment and reporting practices.

Disability by Province

Figure 3 presents a province-wise breakdown of disability and functional limitations in Pakistan, as recorded in the 2023 Census. The data is categorized by province, including

Khyber Pakhtunkhwa, Punjab, Sindh, Balochistan, and the Islamabad Capital Territory (ICT). The graph highlights the overall disability percentage for each region along with various functional limitations, including seeing impairments, hearing impairments, walking/climbing difficulties, communication impairments, memorization/focus issues, and self-care difficulties.

Fig. 3: Disability and Functional Limitation by Province (%) - Census 2023



Source: 7th Population Census of Pakistan 2023, visualization by Gallup Pakistan
<https://galluppakistandigitalanalytics.com/>

Punjab has the highest reported disability rate at 3.5%, while Sindh follows at 2.3%. ICT, Khyber Pakhtunkhwa, and Balochistan have disability rates of 3.2%, 3.2%, and 2.1%, respectively. Functional limitation, which measures the percentage of people experiencing difficulties in everyday activities due to a disability, is highest in Punjab at 10.6%, followed by Sindh at 9.2%. Khyber Pakhtunkhwa and ICT have relatively similar disability prevalence rates at 8.4% and 8.1%, respectively. Balochistan has the lowest recorded disability rate at 6.4%. The relatively higher percentage in Punjab suggests that either disability prevalence is indeed higher or that awareness and reporting mechanisms are more robust in this province. In contrast, Balochistan's lower figures may indicate underreporting due to accessibility issues, lower awareness, or limited healthcare infrastructure.

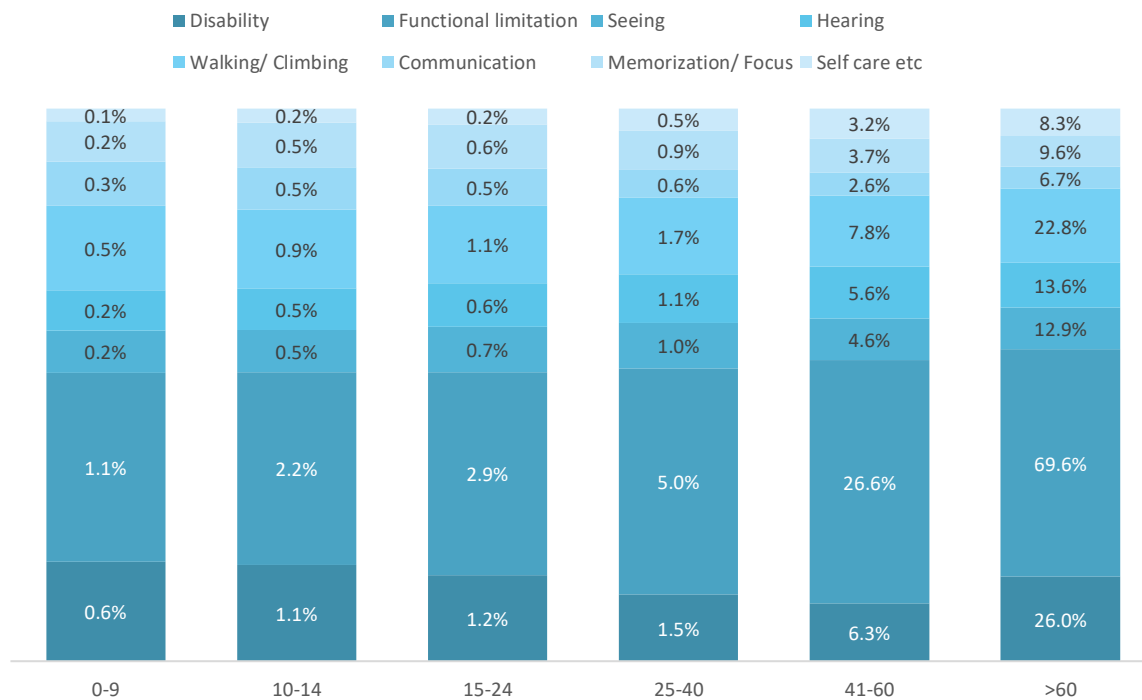
Looking at specific limitations, seeing impairments range from 1.2% in Balochistan to 2.2% in Punjab, indicating a slightly higher prevalence in more populous regions. Hearing impairments are relatively consistent across provinces, with Punjab showing the highest rate at 3.4% and other provinces averaging between 2.7% (ICT) and 2.9% (Sindh and Khyber Pakhtunkhwa). Walking and climbing difficulties are reported at around 1.0% in most provinces, with Balochistan having a slightly lower figure at 0.6%. Memorization and focus difficulties are most prevalent in Punjab and Sindh, both at 1.4%, whereas Balochistan has the lowest recorded rate at 0.9%. Self-care limitations, which include challenges in performing everyday personal care tasks, are consistently low across all provinces, ranging from 0.7% in Balochistan to 1.2% in Punjab.

The data reveals notable regional disparities in disability prevalence and functional limitations. Punjab’s higher disability rate suggests greater awareness or a genuinely higher occurrence of disabilities, possibly linked to factors such as an aging population or greater industrial exposure leading to work-related disabilities. Sindh, which also has a relatively high disability percentage, may face similar challenges, especially in urban centers like Karachi, where pollution and occupational hazards could contribute to higher disability rates. Balochistan’s lower reported figures, while appearing positive at first glance, might reflect underreporting due to limited healthcare access and lower awareness in rural areas. The variation in functional limitations across provinces suggests that disability is not just a health concern but also an issue influenced by infrastructure, awareness, and policy implementation.

Disability by Age Groups

Figure 4 presents a breakdown of disability prevalence and functional limitations across different age groups in Pakistan.

Fig. 4: Disability and Functional Limitation across Age Groups (%) - Census 2023



Source: 7th Population Census of Pakistan 2023, visualization by Gallup Pakistan
<https://galluppakistandigitalanalytics.com/>

The youngest age group, 0-9 years, has the lowest reported disability rate at 0.6%, with functional limitations recorded at 1.1%. Within this group, impairments related to seeing, hearing, and communication remain minimal, each below 0.5%. The limited presence of disability in this group suggests that congenital disabilities or early childhood impairments are not as frequently reported, possibly due to lower awareness or delayed diagnoses. Functional challenges such as walking/climbing difficulties and communication impairments appear slightly more prevalent than sensory impairments, which might indicate developmental delays rather than permanent disabilities.

As children progress into the 10-14 age group, the prevalence of disability rises to 1.1%, with functional limitations at 2.2%. The data suggests a gradual increase in reported disabilities, likely due to the identification of learning disabilities, mobility issues, and other functional limitations that become more apparent as children grow. Seeing and hearing impairments remain relatively low but show a slight increase compared to the youngest age bracket. Walking and climbing difficulties, as well as communication impairments, become more pronounced, reflecting the broader recognition of physical and cognitive disabilities in school-age children.

The 15-24 age group continues this upward trend, with disability prevalence increasing to 1.2% and functional limitations reaching 2.9%. This period in life often brings greater awareness of disabilities, particularly cognitive and neurological challenges. Memorization and focus difficulties see a rise, reaching 0.6%, which might be linked to conditions such as attention deficit disorders, learning disabilities, or early onset neurodevelopmental conditions. Walking and climbing difficulties also show a notable increase, although they remain lower than in older age groups, suggesting that the impact of mobility-related disabilities starts manifesting more prominently in adulthood.

A significant jump is observed in the 25-40 age group, where the disability rate rises to 1.5% and functional limitations to 5.0%. Seeing (1.0%) and hearing impairments (1.1%), as well as walking difficulties (1.7%), become more prevalent, reflecting early signs of age-related health conditions, workplace injuries, or chronic illnesses that start affecting mobility and sensory functions. Memorization and focus difficulties increase to 0.9%, indicating potential cognitive impairments or mental health challenges emerging in adulthood. The broader range of functional limitations suggests that as people enter the workforce and face increased responsibilities, disabilities may become more apparent due to the greater demands on physical and cognitive functioning.

In the 41-60 age group, disability prevalence rises sharply to 6.3%, with functional limitations surging to 26.6%. This age group experiences a pronounced increase in all categories of impairment, with walking/climbing difficulties reaching 7.8%, hearing impairments at 5.6%, and memorization/focus issues at 3.7%. Self-care difficulties also become more prominent at 3.2%, signaling that disabilities at this stage begin to interfere significantly with daily living. The substantial increase in reported disabilities is likely due to aging-related conditions such as arthritis, vision loss, hearing impairment, and cognitive decline, as well as the long-term effects of chronic diseases like diabetes and cardiovascular issues.

The highest disability rates are recorded in the 60+ age group, where overall disability prevalence reaches 26.0% and functional limitations soar to 69.6%. This dramatic increase underscores the profound impact of aging on physical and cognitive abilities. Walking/climbing difficulties are the most reported functional impairment at 22.8%, reflecting the widespread mobility challenges among the elderly. Hearing impairments rise to 13.6%, while seeing impairments reach 12.9%, highlighting the sensory losses that commonly occur with age. Memorization and focus difficulties climb to 9.6%, suggesting cognitive decline, including conditions such as dementia and Alzheimer's disease. Self-care difficulties increase to 8.3%, indicating that many individuals in this age group struggle with independent living and require support for daily activities.

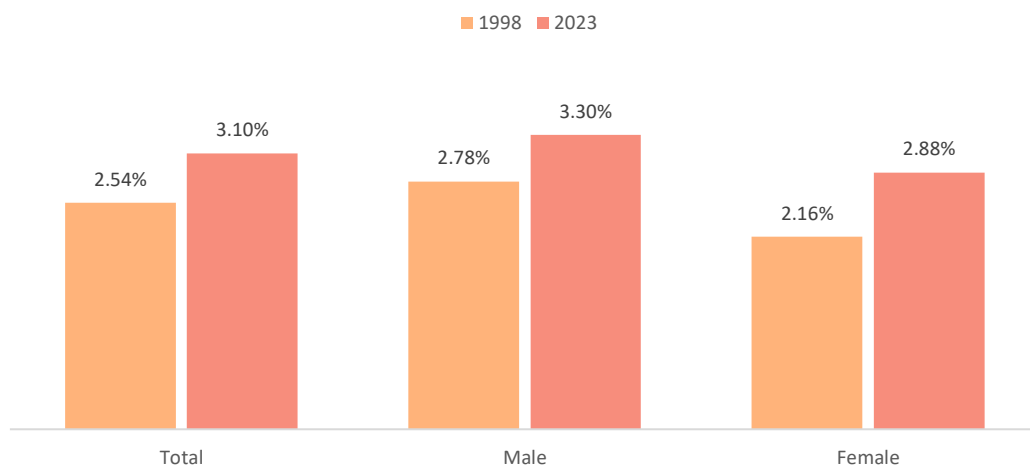
This data highlights a clear correlation between aging and the increasing prevalence of disabilities and functional limitations. While younger age groups report relatively low

disability rates, the figures begin to rise in early adulthood and become significantly higher in middle and old age. The sharp increase in functional limitations after 40 suggests that aging-related conditions are a key contributor to disability in Pakistan. The data also emphasizes the need for targeted interventions, such as early diagnosis and support for disabilities in childhood, workplace accommodations for adults, and comprehensive care for the elderly to address their increasing functional limitations.

Census 1998 vs. 2023¹

Figure 5 presents a comparative analysis of disability prevalence across two census years, 1998 and 2023, with a focus on total, male, and female disability rates. In the total population, **the percentage of individuals identified as having a disability increased from 2.54% in 1998 to 3.10% in 2023.** This upward trend suggests an overall rise in disability prevalence, which may be attributed to a combination of factors, including improved identification and reporting mechanisms, a greater awareness of disabilities, and a potential increase in disability-related conditions due to aging, environmental factors, and health challenges. The increase also reflects a broader trend observed in many countries, where better census methodologies and inclusive definitions lead to higher reported disability rates.

Fig. 5: Disability by Gender - Census 1998 vs. 2023



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Source: 7th Population Census of Pakistan 2023, visualization by Gallup Pakistan
<https://galluppakistandigitalanalytics.com/>

Among males, disability prevalence rose from 2.78% in 1998 to 3.30% in 2023. The higher prevalence of disability among males compared to the total population and females in both years may be linked to multiple factors. Occupational hazards, higher exposure to physically demanding jobs, and a greater likelihood of accidents and injuries may contribute to a higher disability rate in men. Additionally, gender-based differences in health-seeking behavior might play a role, as men may be more likely to report disabilities that affect their ability to work or perform daily tasks. The rise in male disability rates over time is consistent with the overall trend of increased disability reporting, suggesting that factors such as aging, chronic diseases, and a changing healthcare landscape have contributed to this increase.

¹ <https://www.pbs.gov.pk/sites/default/files/tables/population/DEMOGRAPHIC%20INDICATORS%20-%201998%20CENSUS.pdf>

² https://www.pbs.gov.pk/sites/default/files/disability/disability_data_1998.pdf

For females, the disability prevalence increased from 2.16% in 1998 to 2.88% in 2023.

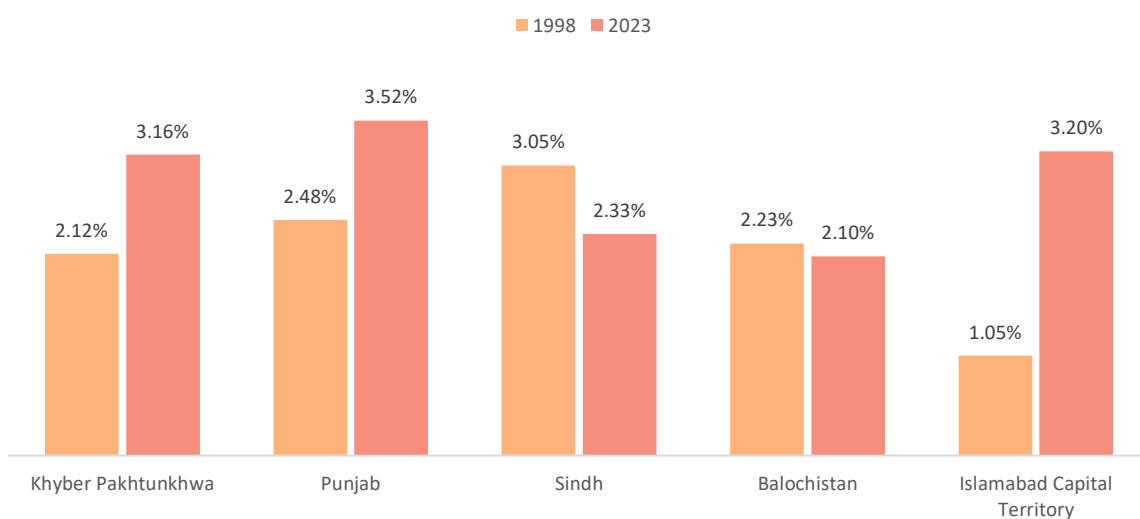
While the overall prevalence among females remains lower than that of males, the relative increase over time is substantial. The increase in reported disability among women may reflect a combination of improved access to healthcare services, better recognition of disabilities, and an aging female population. Women, especially in later life stages, tend to experience a higher burden of non-communicable diseases, osteoporosis, arthritis, and other age-related conditions that contribute to disability. Social and cultural factors might also influence the reported prevalence, as historically, women’s disabilities might have been underreported due to stigma or lack of access to healthcare. The growing acknowledgment of mental health and cognitive disabilities could also be contributing to this rise.

The overall increase in disability prevalence across both genders and in the total population highlights the need for targeted policy interventions and improved support systems for people with disabilities. The rise may not necessarily indicate an actual increase in disability incidence but could be a result of better data collection, changing definitions of disability, and improved social acceptance of self-reporting disabilities. With an aging population, there is a need for enhanced healthcare services, rehabilitation programs, and disability-inclusive policies that address mobility challenges, employment opportunities, and social integration.

Another important aspect to consider is the role of advancements in medical diagnosis and treatment. Over the years, increased awareness and improved medical facilities have led to better identification of conditions that contribute to disability. While in the past, many impairments may have gone unnoticed or unreported, modern healthcare systems are more equipped to diagnose and document disabilities accurately. This improvement in diagnosis and classification can partially explain the observed increase in disability rates over the 25-year period.

Figure 6 presents a comparative analysis of disability prevalence across Pakistan’s provinces and the Islamabad Capital Territory (ICT) over a span of 25 years.

Fig. 6: Disability by Province - Census 1998 vs. 2023



Source: 7th Population Census of Pakistan 2023, visualization by Gallup Pakistan
<https://galluppakistandigitalanalytics.com/>

One of the most prominent observations from the graph is the significant increase in the disability rate in Punjab. **In 1998, the disability prevalence in Punjab was recorded at 2.48%, which has since risen to 3.52% in 2023.** This increase suggests that disability reporting and identification have improved over time, potentially due to enhanced awareness, better medical diagnostics, and a broader definition of disability in the census. Punjab, being the most populous province, naturally accounts for a large share of Pakistan's disability statistics. The rise in disability rates could also be linked to aging demographics, industrialization-related health risks, and urbanization, which may contribute to higher exposure to environmental and occupational hazards.

Khyber Pakhtunkhwa (KP) has also seen a notable increase in disability prevalence, rising from 2.12% in 1998 to 3.16% in 2023. The sharp rise could be attributed to multiple factors, including the province's history of conflict, displacement, and economic challenges, which may have led to a higher incidence of disability due to injuries and inadequate healthcare infrastructure in certain areas. Additionally, greater awareness and improved data collection mechanisms may have resulted in better reporting. The increase in disability rates in KP reflects the need for stronger healthcare interventions, rehabilitation programs, and social protection measures to support individuals with disabilities in the province.

In contrast, disability prevalence has decreased over time in Sindh. In 1998, the recorded disability rate in Sindh was 3.05%, which has declined to 2.33% in 2023. This decline raises important questions about data collection methodologies, changing definitions of disability, or potential underreporting. While advancements in medical treatments and healthcare access may have contributed to improved disability management, it is also possible that certain disabilities, particularly those related to mental health or age-related impairments, remain underreported. The decline in Sindh's disability rate warrants further investigation to ensure that the reported figures accurately reflect the on-ground reality.

Balochistan has experienced a slight decrease in its disability prevalence, moving from 2.23% in 1998 to 2.10% in 2023. Given Balochistan's geographical vastness and lower population density, underreporting could be a possible explanation for this decrease. Limited healthcare services, lack of awareness, and cultural factors may have contributed to lower identification and reporting of disabilities. It is essential for future research to examine whether this decline represents a true reduction in disability prevalence or if there are gaps in data collection that need to be addressed.

The most dramatic increase in disability prevalence is observed in Islamabad Capital Territory (ICT), where the reported disability rate has surged from 1.05% in 1998 to 3.20% in 2023. This substantial rise could be attributed to several factors, including improved access to healthcare and reporting mechanisms in the capital, where medical facilities are more advanced, and awareness regarding disabilities is relatively higher. The demographic shift in Islamabad, with an increasing number of elderly residents and professionals working in high-stress environments, may also contribute to a higher prevalence of certain disabilities, including chronic diseases and mobility impairments. Additionally, the increased urbanization of Islamabad may have led to a greater recognition of disabilities that might have been overlooked in previous censuses.

In conclusion, the analysis of Pakistan's 2023 census data on disability highlights significant demographic, regional, and gender-based variations in disability prevalence and functional

limitations. While 3.1% of the total population reports having a disability, a broader measure of impairment—functional limitation—affects 9.6% of individuals, underscoring the need for a more inclusive approach to disability assessment. The data reveals that disability prevalence is slightly higher among males and in rural areas, though urban regions report more functional limitations, possibly due to better diagnostic awareness. Provincial disparities suggest that factors such as healthcare access, infrastructure, and awareness significantly impact reported disability rates, with Punjab showing the highest prevalence and Balochistan the lowest, likely due to underreporting. Furthermore, age-based trends indicate a steep rise in disabilities among older populations, emphasizing the growing need for policies addressing aging-related impairments and long-term care. This data underscores the importance of targeted policy interventions, improved healthcare access, and increased public awareness to enhance inclusion and support for persons with disabilities in Pakistan.

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Wish to Contribute to Gallup Big Data Analysis?

Gallup Pakistan is looking for collaboration with researchers to expand the Big Data Analysis project. If you have any ideas, please write to Bilal I Gilani, Project Director, Big Data Analysis at Gallup Pakistan.

Wish to know more about the 7th Population Census of Pakistan 2023?

The Gallup Pakistan 7th Population Census of Pakistan 2023 Dashboard presents an in-depth district and tehsil level analysis of demographic and housing data, covering key factors such as population distribution, age breakdowns, urbanization trends, household structures, literacy and living conditions across various regions.

You can find more information on the 7th Population Census of Pakistan at:

<https://www.gallupakistandigitalanalytics.com/>

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