

Five incredible facts about Infinix S5 lite

LAHORE: Infinix, the rapidly progressing technology giant has recently launched their game-changing, jaw-dropping and exciting Infinix S5 series. In which the most applauded one is their S5 Lite. Packed with three rear cameras and a punch hole selfie camera, this device is truly a trendsetter in smartphone photography.



People love taking photos of everything they do. Nowadays, no hangout is complete until a truckload of glamorous photos are taken. Be it a friends' meet-up or a wedding, or just a casual hangout, people share their lives on social media through stunning photos.

The Infinix S5 lite lets you do all that, and takes your photography game a notch higher. Let's have a look at five outstanding things that you can do with your Infinix S5 lite:

All world's a stage, and people are merely actors. Hence, they love taking photos! You can capture only-the-best photos of yourself with the four cameras on the Infinix S5lite. The smartphone has 16-megapixel rear and 16-megapixel in-display AI front camera with HDR+ technology captures vivid details and true-to-life colors, especially in the low-light and backlight scenes. This is where breathtaking photography happens. For all photography enthusiasts out there, the cameras brings mugshots to life making your backlit portraits more artistic and impressive.

Are you tired of taking dark and dull selfies? The Infinix S5lite is here to address all your selfie woes. S5 lite intelligently beautify your selfie with the improved 3D beauty function. It has four exclusive options with 100 precision adjustments, providing stunning image customizations to make your own beauty style. The Infinix S5lite also makes you look beautiful with the Infinix Beauty 4.0. Its make-up filters and gesture-activated selfie modes can make any selfie look wonderful. The automatic face beauty video calling function will always present the better you during video calls. —PR

Ports Pakistan welcomes country's largest ever container ship

LAHORE: Hutchison Ports Pakistan created maritime history in Pakistan by welcoming maiden call of CV COSCO BELGIUM. It is the largest container vessel to ever call at any port of Pakistan, with length over all of 366 meters and a capacity of 13,386 TEUs.

CV COSCO BELGIUM is deployed in the EPC 2 service and berthed at 2000 hours on 18th December 2019. The vessel sailed at 1400 hours on 19th December 2019 after handling 1537 moves during her stay. "The arrival of the CV COSCO BELGIUM to Pakistan is a matter of great pride for us as we are the only terminal in the country with the capacity and the state-of-the-art equipment required to berth and handle a vessel of this size," said Captain Syed Rashid Jamil, General Manager and Head of Business Unit, Hutchison Ports Pakistan. "We would like to thank our partners COSCO for helping us accomplish yet another historic milestone." Hutchison Ports Pakistan is the only container terminal in Pakistan with a depth alongside of 16.5 metres, able to accommodate large size megaships. The terminal is equipped with 11 remote controlled quay cranes and 31 rubber-tired gantry cranes (RTGCs) being operated by nGen, Hutchison Ports' proven terminal control system. nGen controls operations with the highest level of efficiency including yard and quay operations. —PR

AC extends Hamza's judicial remand till Jan 3

LAHORE: An accountability court in Lahore has extended Leader of the Opposition in the Punjab Assembly Hamza Shahbaz's judicial remand in assets beyond means case till January 3. The court resumed the hearing against Hamza Shahbaz and his cousin Yousaf Abbas and inquired about the reason behind their absence. The court was told that the suspects could not be produced before due to the lawyers' strike and security issues. The AC judge expressed resentment and issued show-cause notice to the relevant authorities for not bringing Hamza Shahbaz and Yousaf Abbas to the court while declaring that the act is against the law. —Online

Shumila Arif, Rehana Tabassum, Sana Zahra, Samrina John and Qaiser John

A system of values and beliefs, which we shares with others gives us a sense of identity. "Culture has a rich complex of meanings, beliefs, practices, symbols, norms and values prevalent among people in a society".

A resident says I live in 'G Block' Defense Housing Authority (DHA), Lahore which is "Nationally recognised corporate" organisation that has endeavoured to provide to the people of Pakistan, an opportunity to live in the innovative models of modern living by introducing modern designs in construction of houses, infrastructure and essential associated facilities. It has infused a new life in "Defense living" that is beautifully energetic, attractively vibrant and conveniently livable.

Our emphasis continues to remain on building our communities with the essence of our socio-cultural and religious traditions and needs. We envision our future urban dwellings to be more friendly, modern and green. Unlike other areas, the rates of street crime, events of thefts and mobile snatching are still among the lowest ones. People

from all areas of Lahore visit Defense Y and H Blocks for shopping and entertainment facilities. There are shopping malls, the outlets of a huge number of local and international brands and hotels and restaurants for the commercial activities of the people residing in the area. Community events, festivals, exhibitions, get-togethers, and other activities keep on taking place at a commercial level, in which people from all walks of life can come in to participate and interact with each other. Discipline is another aspect; the area is well-planned and environmentally safe and clean. The residents of DHA Lahore are bound to follow the laws and principles, otherwise they need to pay penalties.

Along with positive cultural practices there are some negative points which are part of this culture.

Very expensive property: DHA is the living place of elite and business class, people working in foreign countries and people serving the forces at high ranks.

Education is very expensive here because the educational institutes in DHA are only for the people belong to the rich class. Education level of the people

living in this area is very high as there are all international schools, franchises, leading colleges and universities



Intelligence, talent and charm are great, but more often than not these aren't what separate the wealthiest among us from the poorest. People living here don't bother each other events of their neighbours. They mind their own business.

People living in a high society have many positive cultural practices, which reflect the habits tradition and customs of this area. Being highly educated, people of this area know about the practices which can make their life balance



LAHORE: An elderly man displays eggs for selling at his pushcart set-up. —Online

Medical, nutrition status of 50,000 children in first phase

Yasmin opens country's largest school health programme

By Our Staff Reporter

LAHORE: Punjab Health Minister Dr. Yasmin Rashid has launched the country's largest Program for health of school children, the Chief Minister's School Health and Nutrition Program. The Launching ceremony took place at the Govt Higher School Jeevan Gondal, Sargodha on Friday. Under this programme, in the first phase, health and nutrition status of more than 50,000 public school children across the province will be examined. Children requiring further screenings will be provided diagnosis and treatment through the Mobile Health Units and Govt facilities.

Dr. Yasmin Rashid said that the program has been launched under special directives from the Prime Minister Imran Khan's and Chief Minister Punjab Sardar Usman Buzdar. The ceremony was attended by Provincial Minister for School Education Murad Raas, Provincial Minister for Labor,

Ansar Majeed Khan, Secretary Primary Secondary Health Care Captain (retired) Usman Younas, MPA Iftikhar Hussain and Deputy Commissioner Sargodha Abdullah Nair Shaikh. Also in attendance were political and social public figures, students and teachers from different walks of life. Dr. Yasmin Rashid said that this year the project was piloted at the Central Model School in Lahore. It was later expanded to 11 school of Lahore and it has now been scaled up to the entire province. Mobile Health Units have been provided to nine Divisional Headquarters in the province. These are equipped with X Ray and Ultra sound machines, blood screening facilities as well as doctors and specialists. The School Health Nutrition Supervisor will conduct a thorough medical examination of children and assess their physical and nutrition status. Children requiring treatment will be provided diagnosis and treatment facilities at the Mobile Health Units or nearest health facilities.

A database of these children will be developed and their growth will be continuously monitored. In the next phase, the medical check up will be provided to students of private schools whereas in the third phase proper nutrition arrangements will be made for the students. She further said that in the next two years, the records of all the children will be computerized and cards will be given to every student. "We have laid special emphasis on human resource and have hired 26,000 people in the health department including 14,000 doctors. She said that 1720 School Health and Nutrition supervisors have been given exclusive responsibility of screening children," she said. "Nine new government hospitals are being constructed in the province, of which eight are being built in backward areas, she added.

The Minister further said that over five million health cards were distributed across the province and more than one lakh fifty thousand people have

utilized free healthcare facilities through health cards. She said that 7.2 million beneficiaries will benefit from the Sehat Insaf Cards. She also said that the government was issuing health cards to Thalassemia patients and media persons. Punjab Minister for School Education Murad Raas said that the government has launched the largest children's health program. It is responsibility of parents and teachers to take full advantage of this facility. He said that teachers' problems are being resolved on a priority basis.

Provincial Minister for Labor Ansar Majeed Khan said that in the past health has remained a neglected area. The current government is ensuring better health care facilities for the entire population. Secretary Primary Secondary Healthcare Department Captain (Retd) Usman Younas said that after campaigns against polio and dengue, the government has launched the health and nutrition program for children.

Telenor, Serena Hotels launch revolutionary digital platform

LAHORE: To ensure seamless connectivity for tourists and guests, Telenor Pakistan, in partnership with Serena Hotels Pakistan, has launched a revolutionary, first-of-its-kind digital platform.

This solution, called 'S TEL', will be a complimentary service for Serena Hotel guests allowing them to enjoy free international and local calls along with 4G internet and hotspot options, all packed in a dedicated smartphone placed in their rooms.

S Tel was unveiled at an event held at Serena Hotel in Islamabad where management of both organizations was present alongside their teams.

Telenor's 'S TEL' works as seamlessly as it meets the connectivity challenges of travellers while on the move.

Through this platform, the guests will be able to stay in touch with the hotel for their basic amenities and also connect with their friends and family around the world.

"Telenor Pakistan's 'S TEL' is an innovative breakthrough not only in Pakistan's but the region's hospitality industry," said Irfan Wahab Khan, CEO Telenor Pakistan and Head of Emerging Asia Cluster Te-

lenor Group, while sharing his thoughts on the development.

"We pride in being industry leaders in introducing technological innovations and after our digital interventions on agricultural and social inclusion fronts, we are now aiming to transform businesses by providing them state of the art solutions that makes their processes more efficient. I'm pleased to partner with Serena Hotel for this solution and hopeful that this partnership will go a long way in setting new trends that are necessary to boost the tourism and hospitality industry in Pakistan."

"We are ecstatic to have partnered with Telenor Pakistan for making this digital platform a reality," said Aziz Boolani, CEO Serena Hotels - South & Central Asia.

"Being the country's hospitality leaders, we want to deliver our guests a wholesome digital and connectivity experience that is hard to match. With 'S Tel' we have come closer to achieving our goal as it offers guests a robust connectivity solution that makes their stay comfortable, safe, and memorable.

This feature-rich application not only

makes roaming charges and connectivity issues a thing of the past for our guests, but also works to lift tourism in the country with features such as the city guide. We trust that our guests will further enjoy their experience at Islamabad Serena Hotel with 'S TEL' being at their disposal."

As the guests check in to their room, the smartphone already has their basic details on 'S TEL' that can be accessed and used instantly. The smartphone is removable and the guest may take it with them to anywhere in the city. This means that the guests may place an order for their favourite meal or request for laundry pickup remotely, even before reaching back to the hotel. 'S TEL' also works as an absolute virtual local city guide which includes tourist attractions and sightseeing spots. Both organizations have ensured that this platform keeps user privacy a priority. To keep the user data secure, the device operates in Kiosk mode only allowing guests to stay connected to their friends, family and hotel management.

Upon check-out, it ensures privacy and protection of guest information by wiping all usage and communications data.

Folk festival Virsa takes place at Al-Hamra

By Our Staff Reporter

LAHORE: A three-day colourful folk Mailla titled "Virsa" organised by the Lahore Art Council starts here on Friday at Alhamra Arts Centre, the Mall. The event was inaugurated by Parliamentary Secretary Information & Culture Muhammad Nadeem Qureshi along Executive Director Alhamra Athar Ali Khan. Chairperson Board of Governor (BoG) Lahore Arts Council, Moneeza Hashmi and famous singer and member of BoG Lahore Arts Council Waris Baig and specially participated at the event. Performers from Punjab presented local and cultural songs and dance which greatly admired by the public, audience also praised the Lahore Arts Council to hold this festival and said the local artists should be encouraged through more such events. On the occasion, Parliamentary Secretary Information & Culture Muhammad Nadeem Qureshi said that, Lahore Arts Council is determined to support arts and culture in pursuing excellence, representing the cultural roots and contemporary concerns of the people.

He further said that, I appreciate the efforts of LAC to organize such events for the public especially for our youth. I am happy to see this Folk Mailla "Virsa" it is a real treat for the people who want to see the true colors of Punjab. Executive Director Lahore Arts Council Athar Ali Khan said that, Alhamra organised this three folk festival for the development and promotion, of the Punjabi culture, which is a beacon of guidance and promotion of the socio-cultural values all over the Province. Khan stated that, these kind of social and cultural activities play a vital role in promoting peace and unity among the messes. Artists from all over Punjab are participating in the festival. The real promotion of a variety of social and literary activities, including poetry, drama, music, folk dance, drums, connects people together socially and culturally, he added.

Cultural practices of DHA, Lahore

100 and 200 cigarettes.

We need to provide counseling to smokers and their families that how to quit this abusive practice by the application of ILLNESS-WELLNESS CONTINUM. The goal is to create awareness among the people about harmful effects of tobacco smoke and shisha smoking. It may cause serious diseases like hyper tension, heart diseases, COPD, lungs cancer and throat cancer. We can teach the public how they can bring change in their behaviours. Prepare them for withdrawal symptoms, keep themselves busy, bring more water and juices, drink no alcohol, avoid individual who are smoking, avoid situation wherein you have a strong urge to smoke. These are some strategies which need to follow include, smoking prevention programme in school, increasing price through excise taxes, large graphic warning labels on packages, restricting the tobacco industry's ability to advertise, tobacco control mass media programmes, smoke-free policies and restricting the ability of minors from purchasing tobacco products to overcome the issue and improve quality of life.

The writers are students of (Post-RN), Lahore School of Nursing, University of Lahore.

and healthy. They are diet-conscious because they know about the essential components of balance diet. They know how many proteins, mineral and vitamins are necessary in their daily diet and which food contains these components. There are many big stores and markets in the area which sell hygienic food in packaging that include both national and international food brands.

People of this area use more fruits than sweets. They only use fresh and neat fruits, which contain all kinds of vitamins, keep them healthy and protect them from different diseases.

Another positive health practice of the people living in this area is daily work out i.e. jogging, cycling, running, playing games, and other outdoor activities. They have all the facilities to perform the mentioned activities with an easy approach.

As DHA is the community of high class people having lot of money to spend so there are many gyms and fitness clubs for both ladies and gents and trained professionals are giving training to the people. Whereas stress is a major health issue that can be seen in the peo-

ple living here that because of lack of time, short-term relations, late night sleeping and working hard throughout the day. Although they have very broad social circle but there is no one very close or sincere with each other. They have no concern about the happiness and grieve of the people living next to them. As they have more expenses so they always try to earn more and more money to maintain their social status. So in this race of making more and more money, they forget their personal and social values which are the reasons making them stressful. Another negative practice is smoking i.e. cigarettes and shisha. As this the community of the rich people so they have more money to spend on these activities, particularly the young generation who is developing the habit of shisha-smoking. A misconception that shisha is not as bad for you as cigarettes but both smokers to be at risk to the similar health problems related to respiratory, heart disease or cancer. According to World Health Organisation (WHO), the volume of smoke inhaled in an hour-long shisha session is estimated to be the equivalent of smoking between