

Pakistani Christians enjoy full freedom, says Joseph Arshad

By Our Staff Correspondent

RAWALPINDI: Archbishop of Rawalpindi and Islamabad, Dr. Joseph Arshad has urged the Christmas community to pray more fervently for peace, harmony, progress and prosperity for Pakistan on Christmas day.

Talking to APP, the Bishop said Christmas event symbolized a significant truth of spiritual life, adding the Prophet Jesus (AS) was born at a time when ignorance, superstition, greed, hatred and hypocrisy prevailed upon the land.

Joseph Arshad said the Christians would offer special prayers for the solidarity and progress of the country.

He said all segments of the society shall have to work collectively above the religious differences for the sake of safety and eternity of humanity.

Bishop asked the people of different beliefs to develop understanding of each other's religions, preach tolerance and jointly work for peace and development of the country.

He also thanked the district administration for enhancing the security of churches and said that because of the liberal approach of the government and the people of Pakistan, the motherland was a paradise for Christians.

PTDC to hold social media influencers' seminar on 24th

By Our Staff Correspondent

ISLAMABAD: Pakistan Tourism Development Coordination (PTDC) will hold a national-level seminar here on December 24, to encourage social media influencers for projecting true image of the country abroad.

The PTDC, in collaboration with the United Nations Development Programme (UNDP), was arranging an interactive session with v-loggers, bloggers and content producers next week here to facilitate them in producing quality content for tourism promotion," a senior official in the corporation told APP.

He said the programme was aimed at sensitizing the participants for generating quality content on social sites with regard to tourism promotion.

There was also a plan to incentivize v-loggers, bloggers and content producers to harness the potential of social media industry for boosting tourism in the country, he added.

The official said the local and foreign tourists relied upon the online platforms to plan their trips, so it was imperative to tap into and utilize the social media industry to portray Pakistan's true image internationally which could not be projected in the past.

He said it was a collective responsibility of the government, private sector and citizens to bring a positive change in the society.

National Tourism Coordination Board Chairman Sayed Zulfikar Abbas Bukhari was expected to attend the event, he added.

Drive against encroachments continues

By Our Staff Correspondent

ABBOTTABAD: The anti-encroachment drive at various places in the district continued and in this regards, the Tehsil Municipal Administration (TMA) on Saturday removed permanent encroachment.

During the operation conducted at Sabzi Mandi, Kutchery Road, Tanchi Chowk, Goal market and other places, the authorities have seized pushcart and demolished permanent and temporary encroachment.

Vegetable Market is cleared from all sorts of encroachment and commuters can easily move. Moreover besides encroachment, the district administration also sealed plastic shopping bags shop.

Assistant Commissioner Hassan Ahsan said that crackdown would continue till end of the encroachment from the city.



JAMSHORO: Advisor to Sindh CM Nisar Ahmed Khoro confers degrees on students and PhD doctors during Convocation 2017-18 of the Sindh University Jamshoro. —Online

NUML awards degrees to 327 graduates

By Our Staff Correspondent

ISLAMABAD: As many as 327 graduates of different programs have been conferred degrees in 15th convocation of National University of Modern Languages (NUML) held here Saturday. In this Convocation, a total of 20 gold medals have also been awarded to the graduates of different programs.

Advisor to the Prime Minister for Institutional Reforms and Austerity Dr. Ishrat Hussain was the chief guest of the ceremony. While, Rector NUML Major General (Retd) Muhammad Jaffar, Director General Human Resource Development (HRD) General Headquarters Major General Nayyer Naseer, Director General NUML Brig Muhammad Ibrahim, Registrar, Deans, Directors, Heads of Departments and a large number of students along with their parents also attended the Convocation.

Speaking on the occasion, Dr. Ishrat Hussain said that it is matter of great pleasure for him to attend the 15th Convocation of NUML as a chief guest.

Yousafzai acknowledges services of Rescue 1122

By Our Staff Correspondent

PESHAWAR: The provincial minister said Rescue 1122 has met the public expectations and by the end of this financial year, its services will be extended to the whole province including the tribal districts. He said that funds and land have been allocated for the establishment of the Rescue 1122 Academy in the province and the department is currently being given a regular budget of over 14 million.

Shaukat Yousafzai said that the KP government has allocated Rs 3.6 billion to extend Rescue 1122 services to tribal districts and 20 stations will be established in 7 districts and six in former FR regions which will be equipped with international standard equipment.

'Indian belligerence a threat to peace in region'

—PTI Secretary General concerned over loss of precious lives in unprovoked Indian firing at LoC

The Business Report

MIRPUR: Expressing grave concern over the fresh unprovoked shelling by Indian forces at LoC in Neelum valley, General Secretary Pakistan Tehreek-e-Insaf Azad Kashmir Raja Musadiq Khan has urged the international community to take notice of India's naked aggression on the civilian population in Azad Kashmir.

In a statement issued here on Saturday, the PTI leader said on one hand Indian occupation forces had unleashed a reign of terror in occupied Kashmir, while on the other the unbridled and trigger happy Indian forces had been target-

ing civilian population on this side of the Line of Control.

Terming Indian belligerence as a threat to peace and security in the region, Raja Musadiq Khan said it was high time that the world community should play its much-needed role to deescalate tensions on the LoC besides holding the government of India accountable for the war crimes its forces had been committing against defenceless and unarmed civilians across the ceasefire line.

Meanwhile, hailing the Pakistan Armed forces for their befitting response to ceasefire violations by the Indian forces, he said a matching response by Pakistan Army in Neelum valley had

forced the enemy to lick its wounds.

Lauding the sacrifices rendered by the people living in the villages adjacent to the LoC, Khan said the people of Neelum valley had made unforgettable sacrifices in the defence of their homeland.

He also expressed his heartfelt condolences to the bereaved families who had lost their dear ones during the recent shelling by Indian forces.

Struggle for right to self-determination to continue till success: DFP

The Jammu and Kashmir Democratic Freedom Party (DFP) has expressed the Kashmiris' unflinching resolve to take the ongoing freedom movement to its

logical conclusion, despite all odds.

The DFP at a meeting in Srinagar expressed serious concerns over the fast deteriorating political and human rights situation in occupied Kashmir.

The meeting chaired by the party General Secretary, Maulana Muhammad Abdullah Tari, was attended by the office bearers and the district presidents of the organization, Kashmir Media Service reported.

The participants in the meeting reiterated the call for early settlement of the Kashmir dispute on the basis of the Kashmiris' universally-accepted right to self-determination guaranteed by the United Nations.

Citizens urged to consume less processed goods to reduce impact on climate

By Our Staff Correspondent

ISLAMABAD: Devcom-Pakistan Director Munir Ahmed Saturday urged citizens to play their due role in minimizing drastic climate impact through less consumption of mechanically produced goods and industrial products, besides reducing carbon footprint via monitoring their consumption patterns.

"The exuberant lifestyle has led us to over consumption of products inorganically or industrially produced, hence putting more pressure on the natural resources either as input to the production or disposing off the industrial waste," Munir Ahmed pointed out in an interactive session titled "citizens' role in reducing climate impact" with the business undergraduate at Quaid-e-Azam University.

"The unchecked global warming over the decades has changed the climate to the point where we have starting facing the brunt of it," he said in a press release received here.

Though the countries like Pakistan or some of the African states were not the contributor to the cli-

mate change but unfortunately were the most vulnerable to the disastrous impact, he added.

Ahmed said everybody, being a responsible citizen, was required to see and check the four factors that were contributing to causes of the climate change.

First and foremost, he said, was the amount of carbon dioxide in atmosphere — every citizen around the globe should try to reduce the activities causing the concentration of carbon dioxide in the atmosphere.

The director underlined the need for protecting the forests that were being cut by the timber mafia and unplanned and unchecked housing societies in the case of Pakistan.

He passionately called upon the departments concerned to ensure survival of the samplings being planted across the country under clean and green Pakistan drive.

The mushroom growth of massive housing schemes in the mountains were adding to the vulnerability of communities living there and enhancing the challenges of disasters downstream too, he said.

Rs17 million approved for street lights installation in Sector I-14

By Our Staff Correspondent

ISLAMABAD: Capital Development Authority (CDA) has approved Rs17 million for installation of street lights in sector I-14.

The lights based on latest technology, (light emitting diode) would be installed at the major roads of the sector, a press release received here on Saturday said. It was the long standing demand

(street lights) by the residents of the sector that had been ignored in the past due to some certain reasons, which had now been addressed.

The civic agency has devised a comprehensive strategy to take up stalled sectors so that development works could be initiated. In this connection, PC-I and PC-II of various stalled sectors are prepared and got approved by the CDA-DWP. Sector I-14 was also

among those sectors where residual development work was stalled since years, however, the incumbent management has not only approved PC-II for development activities but also completed the repair / maintenance of main access road of the sector in short span and now the authority was heading toward installation of smart LED lights for illuminating the sector as per demand of the residents.



ISLAMABAD: Police personnel gather outside the National Press Club as employees of Municipal Corporation Islamabad spread garbage on road as during their sit-in protest against non-payment of their salaries from the last three months as they will be celebrating Christmas Celebration. —Online

Lahore a most liberal, progressive city

Simon Javed, Asmat Zohra, M. Adnan Khan, Haleema Sadia

This is a culture and health essay. It deals with description of culture of specific area. It is a shared set of beliefs, values, and patterns of behaviour learnt and taught by socialisation. There are different norms, rituals and tradition. The people who are living here may adopted life pattern from the ones who living quite adaptively with their condition of social environment, actually, culture describes about people who earns their language, life style and religion.

Specifically there are maybe family societies who have similarities but also difference in their religion, dressing, living style and foods.

The area is going to be discussed is located middle in the Punjab rather is Capital of Punjab province, second most populated city and one of the wealthiest city of Pakistan called Lahore. The Lahore is most liberal and progressive city of Pakistan.

The city has been ruled by numerous empires Hindu, Ghaznavis and Mughal empire from the 16th to 18th century.

In the Lahore in mid there is town called Gulberg, is known to be an administrative town.

There is union council system in this town. It is covered by neighborhood town Ghari Shahu, Model Town, Canal Bank and Defence Housing Authority. The basant had been major festival of this area, but banned to celebrate due to safety issue.

Culture is concept of learnt and shared human pattern and model of daily living, interaction among them. It is collective customisation of which makes differs in town to town and city to city. There is discussion of Gulberg area of Lahore. It is very famous for their resources and available of everything in 24/7.

Its culture is that is made of people who working hard. The culture of this area belongs to very advance community and most educated. There is way of living of people distinct way to enjoy life, like to go shopping on every festival as well as their family.

Population loves to go to restaurants not only any special event but more likely on weekends. It's activity of leisure.

They make their best to prove their eve as the best of all times. The special rather unique way of celebrating their festival and marriages, quite emotional regarding their marriage relations. They do have proper planning for that about from

months to years. Love marriages are found more than arranged marriages. Ritual like engage before date is fixed with mutual collaboration.

The marriage ceremony last for three consecutive day. One first day ceremony called "Rasme Hina" liked to held in the evening or late at night. There next "Barrat" followed by "Walima". The marriage ceremony is followed like before Pakistan came into being. They like to conduct that function in a hotel not their home its sort of fashion of that era. Many families do demand dowry but many discourage this practice or many are self-conceptualised.

There are cultures are found regarding generation and adoption from other cultures.

In this area different religion live collaboratively like Muslims and Christians also many tribal people. These people celebrate their ceremonies quite similar fashion as marriages are same in manner. Muslim conduct with the presence of religions scholars as well as Christian in accordance with their religion.

Muslim people offer prayer five times a day and Christian offers Sabbath on Sunday go to church. The language even subcontinent is also treated as one culture but is followed specific occasion, for example, Asia is the largest subcon-

continent but the countries outside Asia also says the words like Asian culture and say the European culture or African culture There are many languages are spoken include Punjabi, Urdu, English, Pashto. The mixture of societies is found in Pakistan give a collective impression. It is a fascinated area many cultures exist. Language is the root cause of culture. Humans learn their culture through language, the parents first learned language to the kids after that they gradually also learn their culture.

The education also plays effective role in cultural society and basic need of human beings and develop diversity. The education is only way to success every culture emphasizes in getting an education. In the history says education was considered necessary for men, but this century important and mandatory for every member of planet. The area also strives for education for every family member right from birth. During the present century, many new approaches to the problems of social anthropology have developed. The old method of constructing a history of human culture based on bits of evidence, torn out of their natural contacts, and collected from all times and all parts of the world, has lost much of its hold (Benedict, 2019). The people are well

aware of their health do concern epidemic concern like tuberculosis, hepatitis most prevailing Dengue and many other health issue. They tend to be most concerning for their health. The concept of creating healthy community is popular among them striving not harbors any crippling sickness. The population is financially strong. They depend on money may believe can get anything.

Negative Practice

The people have certain ill-health practices like use of Tabaco and alcohol. The adopted that with the modernization of world. It's become like fashion of world. Alcohol and tobacco use, which are highly social addictive substances, have been practiced worldwide by hundreds of millions of people and exerted an enormous toll on the lives and communities of many nations. Regular use of tobacco and alcohol is associated with the development of significant disease and disability (McCambridge & Morris 2019). Tobacco use prevalence was 72%, and 62% of smokers had high or very high levels of nicotine dependence.

The writers are students of the University of Lahore, School of Nursing