

Pneumonia accounts for 15pc of children deaths globally: WHO

By Our Staff Correspondent

ISLAMABAD: World Health Organization (WHO) has claimed that pneumonia accounts for 15% of all deaths of children under five years old, killing 808,694 only in year 2017 across the globe.

According to WHO report, pneumonia is the single largest infectious cause of death in children worldwide affecting children and families everywhere, but is most prevalent in South Asia and sub-Saharan Africa.

It said that addressing environmental factors such as indoor air pollution and encouraging good hygiene in crowded homes also reduces the number of children who fall ill with pneumonia.

It said that adequate nutrition is key to improving children's natural defences, starting with exclusive breastfeeding for the first six months of life. In addition to being effective in preventing pneumonia, it also helps to reduce the length of the illness if a child does become ill.

The WHO said that preventing pneumonia in children is an essential component of a strategy to reduce child mortality. It added immunization against hib, pneumococcus, measles and whooping cough or pertussis is the most effective way to prevent pneumonia.

It added that Pneumonia should be treated with antibiotics. Most cases of pneumonia require oral antibiotics, which are often prescribed at a health centre.

These cases can also be diagnosed and treated with inexpensive oral antibiotics at the community level by trained community health workers. Hospitalization is recommended only for severe cases of pneumonia, it added.

Dr Wasim Khawaja from Pakistan Institute of Medical Sciences (PIMS) said that pneumonia can be caused by viruses, bacteria, or fungi while it can be prevented by immunization, adequate nutrition, and by addressing environmental factors.

Promises made with lawyers fulfilled, says President DBA

By Atif Ishaq

SAHIWAL: Malik Saleem Kodhan President District Bar Association (DBA), Sahiwal has said that we have fulfilled young lawyers dream by allotting them their own chambers.

He said that we have not only fulfilled the promise of news chambers for young lawyers that was pending from last 10



years but also established a full working free dispensary with free medicine.

While talking to this Correspondent, he said we have also announced for the death policy for any member of district bar association Sahiwal. When he died bar will pay Rs 50,000 to his legal heirs for funeral.

He said that India must stop state terrorism in Occupied Kashmir.

He said Kashmir issue should take up effectively in the talks with India.

He insisted that there should be no trade with India unless Kashmir issue is resolved in accordance with aspirations and wishes of Kashmiris.

He also added that India must stop the state terrorism in the Occupied Kashmir. He said that Kashmiris are struggling for their right of self-determination, which is genuine in light of UN Resolutions on Kashmir.



RAWALPINDI: Pedestrian people face troubles due to encroachments installed by shopkeepers on footpath on the Murree Road, requires the attention of concerned authorities.

Housing societies violating laws to be punished: Zartaj

By Our Staff Correspondent

ISLAMABAD: Minister of State for Climate Change Zartaj Gul said the Ministry of Climate Change (MoCC) would take to task the housing societies violating environmental laws and green belts in the federal capital.

Most of the housing societies, although approved in the federal capital were using green belts as commercial plots, she said in an exclusive talk with APP.

She said Pakistan Environmental Protection Agency (EPA) was actively holding public hearings of all development projects and housing societies in that regard.

However, the ministry would further strengthen and empower EPA to take stringent action against the violators.

"EPA is doing a commendable job within its limited workforce and resources whereas the ministry is also taking it seriously to scale up the EPA's structure for better environment conservation and monitoring."

Zartaj observed that some housing so-

cieties were using parks and green belt areas for commercial purpose, which were meant for plantation. The societies had got No Objection Certificate (NOC) by declaring those areas as parks and green belts in their environmental impact assessment reports presented to EPA for approval of their projects.

She said NOC of approved housing societies would be cancelled if found violating the law.

Prime Minister Imran Khan, she said, had removed the cap for construction of highrise buildings in the federal capital that would help promote vertical skyscrapers and save the green land from destruction by the horizontal housing projects.

Zartaj said Pakistan was signatory to the United Nations Minamata Convention on Mercury to curb use of this element causing cancer and other serious health complications.

The ministry had conducted a survey of all beauty products, including skin fairness creams and cosmetics that were found highly mercury toxic with beyond

permissible limits in their formulas.

It was also being used excessively as dental amalgam for cavity fillings which was severely injurious to health, she added.

Zartaj said the MoCC had geared up to phase out excessive use of mercury in various cosmetics and beauty products and prepared a legislation.

The Ministry of National Health Services comments were awaited, which would be sent for the President of Pakistan's ratification.

Earlier, the EPA had issued notices to 26 housing societies of the federal capital to explain their respective positions for not complying with the conditions contained in their environmental approvals.

According to Pak-EPA Director General, Farzana Altaf Shah, the conditions laid down in environmental approvals included proper disposal of solid waste, liquid waste, chemical waste, hazardous materials, construction of sewage treatment plants, rainwater harvesting, ground water recharging etc., and submission of quarterly or monthly progress reports of

the projects.

"We've observed that the proponents of these projects and developers are neither attending the conditions contained in their environmental approval nor are they submitting compliance and progress reports to us.

All this is causing serious environmental problems like air pollution, polluted water bodies, different diseases, solid and liquid waste issues and cutting of trees in the capital city," she told APP.

The EPA director general said her organisation working under the administrative control of the Ministry of Climate Change was responsible for the implementation of the Pakistan Environmental Act, 1997, as well as the rules and regulations made under it.

Earlier, Anti Corruption Establishment (ACE) Punjab had initiated crackdown against illegal housing societies in Kalar Kahar district Chakwal for not obtaining NOC from the environment department and had made serious violations of environmental law by dismantling the mountain and natural beauty in the vicinity.

Masood urges world to intervene as Kashmiris suffer worst health crisis

The Business Report

MIRPUR (AJK): Azad Jammu and Kashmir President Sardar Masood Khan has said that there was a severe humanitarian and health emergency in the Indian Occupied Jammu and Kashmir, which has attained a crisis like situation.

"The global community must step up to the plate and intervene before it is too late", he urged the international community while addressing the 10th International Conference of Medics International – as the chief guest – in the federal capital on Sunday", AJK Presidential Secretariat said in a press statement later issued on Sunday.

Medics international is a global NGO, based in the USA which comprises of health professionals from across the world.

Citing a report compiled and released by Doctors Without Borders (MSF) in collaboration with the University of Kashmir, the AJK President Masood said that there is a prevalence of some sort of mental distress, anxiety, depres-

sion and post-traumatic stress disorder (PTSD) in nearly 1.8 million Kashmiris adults – 45 per cent of Kashmir's adult population.

Separate studies, he said, have shown that a high number of children between the ages of 11 and 15 suffer from PTSD due to witnessing deaths, being victims of sexual abuse, suffering torture, seeing the destruction of property and loss of education. It has been reported that these children have undergone major behavioural changes.

President Masood Khan said that Indian occupation forces have kept the entire population of IOJK under a siege since August 5. 13,000 young boys have been incarcerated and transferred to the most notorious prison houses all over India. Young Kashmiris are being shot at, blinded, maimed and the women are sexually molested and harassed. Kashmir has witnessed the highest number of blindings in any conflict zone, he said, while adding that 1200 Kashmiris have been blinded and another 6,000 to 7,000 have been riddled with pellets.

"The Kashmiris are going through the darkest period in their history and the unrelenting barbarity of the Indian occupation is reaching proportions never seen before", he said.

A majority of the people in IOJK have gone through conflict-related trauma, the New Internationalist has reported that apart from PTSD, it was found that many Kashmiri people are suffering from schizophrenia, bipolar disorders, phobias, OCD, dysthymia and generalized anxiety disorder, said Masood Khan.

He informed that the people of IOJK have been denied basic health facilities, the hospitals have been transformed into graveyards and the infirm have nowhere to go. He informed that UN-Office of the High Commissioner for Human Rights in its 2018 report has said that India continues to violate the International Covenant on Economic, Social and Cultural Rights and the United Nations Basic Principles on the Use of Force and Firearms by Law Enforcement Officials.

"Doctors, paramedical staff, ambulance drivers are physically assaulted,

ambulances have been damaged and their movement restricted. Patients flee hospitals in fear of being arrested", he said.

The AJK President said that India has taken up an aggressive posture and continues to threaten AJK and Pakistan with war. He added that not only this but India's fascist BJP government has now targeted all Muslims in India. India, he said, is brewing a civilizational war which must be stopped.

Masood Khan said that post-August 5, we have been provided with a communication bonanza, as media outlets all over the world continue to present a factual narrative on Kashmir and they have rejected India's falsehood and claim of normalcy.

Parliaments all over the world – in the UK, USA, France and Brussels – are talking about the atrocities taking place in IOJK. Powerful nations, despite this very evident crisis taking place in IOJK, are still tight-lipped but countries like China, Malaysia, Iran, Sweden, Turkey, Germany, Finland have spoken up for the rights of the innocent Kashmiris.

NCHD set ups 2000 literacy centres nationwide

By Our Staff Correspondent

ISLAMABAD: National Commission for Human Development (NCHD) so far established 2000 'Literacy Centers' in all provinces including Gilgit-Baltistan (GB) and Azad Jammu and Kashmir (AJK) to increase literacy rate in the country.

To main stream the Madaris in line with the modern curriculum, 100 schools have also been established with 100 teachers and enrolled around 3142 students, recognizing the fact that adult literacy is the key to improve standard of living and quality of human resources, an official of NCHD told APP.

NCHD set upped adult literacy centers in local communities providing basic literacy skills to the individuals (especially women) between the age group of 11-45, who were either never enrolled before or dropped out, he added.

He explained that the syllabus and textbooks of these centers are designed for easy learning and functionality, adding that they had also mobilized communities to provide space and appointed educated youth of the area particularly women to join these centers.

Women throng to markets to avail New Year sale

ISLAMABAD: After Quaid-i-Azam day and Christmas celebrations, majority of women in capital city are thronging to the markets of capital city to avail discount offers by different brands of clothes, shoes and other winter accessories ahead of New Year celebrations.

A large number of women can be seen at the different markets of capital including Jinnah Super, F-6 and F-10 to look into the sale offers announced by few brands under the title of New Year sale or end season sale and buy winter stuff for their families.

Following the past trends, all the famous brands announce sale on every important occasion from 20 percent up to 70 percent to attract the women customers who eagerly wait for sales to buy winter stock on affordable prices.

Buying branded clothes on discounted rates during sales on different occasions has become a trend for most of the women especially working ones. —APP

25 seed varieties approved

By Our Staff Correspondent

RAWALPINDI: The Punjab Seed Council has approved 25 new seed varieties on Thursday.

A spokesman of Punjab Agriculture department (PAD) told APP that Agriculture Minister Malik Nauman Langrial, who chaired the meeting approved 25 varieties of cumulative seeds, including 9 olive oil and 1 bt cotton namely FH-444.

On the occasion, Langrial congratulated the scientists on the preparation of new varieties.

Experts call for public awareness on 'adulterated food consuming habit'

ISLAMABAD: Medical experts and nutritionist Sunday underlined the importance of public awareness to avoid 'consuming adulterated food'.

It became a very common practice these days and people are consuming these foods almost everyday, which have numerous harmful effects for human vital organs.

Talking to private news channel experts said, adulterated milk and other dairy packed products are source of several ailments and people could develop cancer, diarrhoea and stomach-related complications and even sugar because of the starch.

A Gastroenterologist Dr. Muhammad Bilal Nasir warned against consuming adulterated food as one consumed these food items could react anyhow with the chemicals present inside the human body and could cause a serious disease like cancer.

Food adulteration has become rampant in many parts of country nowadays, he said adding, fruits, vegetables might be contaminated, soft drinks and dairy

products too just to save a little money.

Children and elderly people are the most vulnerable to these toxins in food.

He said there was very little awareness among public. People tempted to buy cheaper food and mostly purchase adulterated food.

A specialist Dr Mujahid Israr said adulterated food is dangerous because it may be toxic and could affect health which lack nutrients essential for proper growth and development of a human being. He said most people eating ready-made food did not stay healthy, adding, some develop blood cancer or blood poisoning, some damage their livers and few could come out with oral cancer or throat cancer. The increased rate of cancer nowadays could also be directly related to the consumption of adulterated food, experts added.

It is due to the lack of inappropriate knowledge of using pesticides/fertilizers by farm, maintenance, inappropriate food handling and packaging methods could also result in adulteration, they explained.

Experts hailed that Punjab authority was taking strict action against people who were selling adulterated milk and other dairy products and who were involved in illegal practices.

Doctors have also stated that before consuming any kind of vegetables or before cooking them if the vegetables were washed in lukewarm water for around thirty minutes, it could kill the adulterants present within.

A nutritionist Dr Ayesha regretted that nowadays even literate people also did not check the manufacturing and expiry date before buying or consuming any product or even medicines.

She said many customers were cheated every day due to certain chemicals mixed in the food items which did not only lose their money but also their health. She explained that adulteration is the process of adding unwanted substances or chemicals in food and soft drinks with the same color or/and appearance for enhanced taste and more sales and profit in this competitive marketplace. —APP



KARACHI: Women buy books during the last day of Life Style Expo at the Expo Centre.