

Six-storey building crumbles down in Karachi old city

By Our Staff Correspondent

KARACHI: A six storey building evacuated only recently by concerned authorities at Ranchore Line in old city area of Karachi, collapsed Monday morning with no human loss.

A spokesman of Sindh Building Control Authority (SBCA) confirming the incident said the structure was already declared "dangerous" and "unfit" for residential or even commercial purposes.

The building that housed 25 flats (living quarters) was built 13 years ago in violation of SBCA rules and had soon developed deep cracks but was not abandoned by the residents.

"It was due to its depleting status, over the years, the authorities had cut off electric supply as well gas connection to the building, a private property, some time ago," said the spokesman.

This was said to have compelled residents to look for alternative abode but with the hope that they at one or the other point of time would be compensated many preferred to keep their movable property including furniture and other household items. "In fact they made their best efforts that the building be never brought down," said the spokesman.

Meanwhile, keeping in view the associated risks to the surrounding construction and the area residents removal of debris was fast underway with due care to avoid any untoward incident.



KARACHI: A view of building collapsed in Karachi's Timber Market in afternoon hours. It was constructed 15 years ago. The Sindh Building Control Authority had gotten the six-storey building the vacated. It comprised 21 apartments.

Yasin appears before TADA Court through video conference

By Our Staff Correspondent

ISLAMABAD: The Jammu and Kashmir Liberation Front Chairman, Muhammad Yasin Malik and senior party leader Showkat Ahmad Bakshi who are detained in Tihar and Uttar Pradesh jails appeared through video conferencing before the TADA Court in Jammu in a case falsely registered against them several years ago.

According to Kashmir Media Service, others who appeared before the court in person included Javaid Ahmed Mir, Muhammad Salim Nanaji, Javaid Ahmed Zargar, Manzoor Ahmed Sofi, Engineer Ali Muhammad Mir, Wajahat Bashir Qureshi, Muhammad Iqbal Ghandro, Muhammad Zaman Mir and Meraj Ahmed Sheikh.

Muhammad Yasin Malik is languishing in Tihar Jail while Showkat Bakshi has been lodged in a jail at Ambedkar Nagar in Uttar Pradesh.

At least three FIRs were lodged by Indian Police at Nowhata, MR Ganj and Shaheed Ganj police stations in 1989 against Muhammad Yasin Malik and other Kashmiri leaders. The Court after hearing the arguments and counter arguments in the case related to the killing of Indian Air Force personnel and abduction of Dr Rubiya Sayeed listed the case for next hearing on January 11, next year.

Urs of Ruknuddin Aalam starts tomorrow

By Our Staff Correspondent

MULTAN: The three-day 706th Urs of great saint of Subcontinent Hazrat Shah Ruknuddin Aalam will start tomorrow (Wednesday). Caretaker of the tomb Foreign Minister Shah Mehmood Qureshi will inaugurate the Urs by giving traditional ablution to the shrine. Qureshi will also preside the first session of the national conference, to be held under auspices of the Punjab Auqaf Department and Pakistan Zakariya Academy.

Federal Minister for Religious Affairs Noor-ul-Haq Qadri, Islamic scholars Mazhar Saeed Kazmi, provincial minister Pir Saeed-ul-Hassan Shah, Chairman Muslim Institute Islamabad Sahibzada Sultan Ahmed Ali, Dr Siddique Khan Qadri and many others would also attend the Urs.

Earlier, Deputy Commissioner Amir Khattak directed officers to ensure arrangements within their respective areas and also keep coordination with one another. It was decided that the devotees would be provided stay in 14 different schools, three colleges and some other buildings.

Similarly, Wasa, Rescue-1122, Health Department and Corporation will set up their camps to facilitate the devotees.

Seminaries' registration process to start soon: Shafqat

By Our Staff Correspondent

ISLAMABAD: Minister for Federal Education and Professional Training Shafqat Mahmood on Monday said the government would soon start the registration process of seminaries to ensure equal educational opportunities to the students studying there by bringing reforms.

"We are committed to ensure the contribution of seminaries in the national development," he said while addressing media persons after convening the 'Inter Provincial Education Ministerial Conference (IPEMC)' here.

The government was also planning to launch a comprehensive program in all the four provinces to enroll the out of school children and uplift the quality of education, he added.

Shafqat said, the Directorate General of Religious Education had been

established in Islamabad, while its country-wide 16 Regional Registration Centres for registering seminaries would be established across the country.

The ministry was going to constitute coordination committees at regional levels with the assistance of provinces to start the religious seminaries registration process at earliest, he added.

"All the gaps especially with regard to the syllabus in the seminaries are being filled," the minister said.

He added that the government would provide all out support to Madrassa's regarding finances and teaching after formal registration.

He said the government had established National Curriculum Council (NCC) under which the new curriculum from class one to five was being prepared which would be introduced by March 2020.

All the stakeholders including pub-

lic and private sector schools, Madrasahs, concerned departments had been taken on board while preparing the new curriculum, he added.

Shafqat said the public, private schools and religious seminaries would be bound to adopt One National Curriculum.

He said the government was planning to launch a comprehensive program in collaboration with World Bank across the country to ensure the enrollment of out of school children besides provision of quality education.

He said a uniform calendar had been made and circulated among all the intermediate and secondary education boards to make sure the announcements of results till August 15.

He said Higher Education Commission had also bound all the universities to finish the admission process till September 15 right after the announcement of intermediate and sec-

ondary boards result. **PTI believes in supremacy of law, transparent accountability:** Ali Minister of State for Parliamentary Affairs Ali Muhammad Khan said on Monday that, Pakistan Tehreek-e-Insaf (PTI) government believed in supremacy of law and transparent mechanism of accountability.

Talking to a private news channel, he said PTI believed in across the board accountability regardless of political affiliations.

He said the government would not allow anyone to apply political influence on the institutions, adding justice should be served at any cost. Ali said the government had always welcomed positive suggestions from the opposition for transparent accountability.

It was need of the hour to strengthen anti-corruption institutions and make effective reforms for their better performance, he added.

Tourism police to be deployed in 5 KP districts: Atif

PESHAWAR: Khyber Pakhtunkhwa Minister for Tourism Atif Khan Monday said the tourism police would be deployed in five districts of Swat, Dir Upper, Chitral, Abbottabad and Manshera before the upcoming tourism season. About 33 percent quota had been allocated for females in the tourism police, he said while presiding over a meeting.

The police force would be given single and double cabin vehicles, horses and motor-bikes for patrolling purpose and for facilitation and protection of tourists, he added.

The minister said Rs 480 million would be spent on setting up of the tourism police, which was one of the many steps taken by the government, which had helped increase the influx of both local and foreign tourists.

He directed the relevant departments to complete construction of new roads and provision of accommodation facilities in the new tourist destinations in Hazara, Malakand Division and Chitral before the upcoming season. The meeting was attended by Minister for Law Sultan Khan, Secretary Tourism Kamran Rehman, Additional Secretary Babar Khan and Tourism Corporation KP Managing Director Junaid Khan. —APP

16 held in crackdown against profiteers

By Our Staff Correspondent

RAWALPINDI: On special directives of Deputy Commissioner (DC), Saif Ullah Dogar, the district administration Monday launched a crackdown against profiteers, price hikers, hoarders and imposed fine against violators on the spot.

According to details, the teams under the supervision of relevant Assistant Commissioners and Food magistrate paid a surprise visit to different areas of the city and registered 20 FIRs, imposed fine worth Rs 115000 while 16 violators were also arrested in

680 cases related to PEMRA pending in courts: NA body told

By Our Staff Correspondent

ISLAMABAD: National Assembly Standing Committee on Information and Broadcasting was told on Monday that 680 cases were pending in courts related to complaints filed with Pakistan Electronic Media Regulatory Authority (PEMRA) against different individuals in media and television channels. The cases were stuck up as the courts had granted stays to the petitioners.

During the meeting, Secretary Information and Broadcasting Zahida Parveen categorically stated that the ministry and the PEMRA had not imposed any restriction on freedom of media.

The committee was informed that PEMRA had taken action against certain television channels for airing news content in violation of terms of their licences issued only for purposes of showing entertainment programmes.

The committee meeting was chaired by MNA Maiza Hameed in absence of chairman Mian Javed Latif who was called by National Accountability Bureau (NAB) for investigation.

The committee was told that an amount of Rs 87 million given by the Sindh government for purchase of transmitter for Khairpur radio station in 2010 was instead used to pay salaries and pensions of Radio Pakistan employees in 2016 by the then Director General because of the financial crunch.

MNA Nafeesa Shah had raised

the issue of transmitter for Radio Khairpur and expressed her displeasure over the diversion of funds.

The committee chair ordered an inquiry into the matter to fix the responsibility.

Director General Radio Pakistan Samina Waqar said funds given by the Sindh government for installing the transmitter in Khairpur could not be used as the federal finance ministry refused to treat it as a loan by the Sindh government.

"We are going for digitalisation of Radio Pakistan and a transmitter will be installed in Khairpur for the radio broadcasts," she added.

Managing Director Pakistan Television Aamer Manzoor said Pakistan and Turkey had an agreement for exchange of dramas, adding PTV was in the process of dubbing a very popular Turkish drama for the local audience.

He told that PTV was regularly telecasting programmes for children. He gave an in camera briefing to the members of the committee about the pending demands of PTV employees. Discussion on four bills relating to media, Pakistan Television and Associated Press of Pakistan was deferred as the movers were not present in the meeting.

Some of the members complained that media was crossing lines by intruding into the personal lives of legislators.

MNA Kanwal Shauzab quoted a recent incident in which a television channel aired the whole morning show about the wedding of son of a parliamentarian. —APP



ISLAMABAD: Vendors sell fish at the Vegetable Market in Sector I-11, as demand of fish increased in winter sea-

PTDC engages social media influencers for tourism promotion

By Our Staff Correspondent

ISLAMABAD: Pakistan Tourism Development Coordination (PTDC) has worked out an initiative to capture social media market for projecting the country's true image abroad that would eventually help boost tourism activities.

The move was aimed at engaging v-loggers, bloggers and content producers to project the country's tourist gems abroad through different online platforms, an official source in the PTDC told APP on Monday.

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.

Initially, some 100 social media influencers had been engaged for the purpose, he said.

Under the programme, the official said the PTDC would arrange interactive sessions with the social media influencers to encourage them for highlighting the scenic beauty of differ-

ent tourist resorts located in different parts of the country.

He said the PTDC, in collaboration with the United Nations Development Programme (UNDP), had recently conducted an interactive session with the social media influencers to listen their suggestions and issues with regard to tourism promotion on online platforms.

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.

Chemical composition and bioactive compounds of garlic

HANIA KHALID

Garlic is a plant in the Allium (onion) family closely related to onions; each segment of a garlic bulb is called a clove. There are about 10–20 cloves in a single bulb, give or take. It is considered as one of the twenty most important vegetables with various uses either as raw vegetable for culinary purpose or as an ingredient in traditional and modern medicine, associated with many putative health benefits including improved blood pressure, reduced cholesterol and reduced gastric cancer risk. It is one of the richest sources of total phenolic compounds among

other vegetables that are consumed as human diet. Garlic has a major source of organosulfur compounds that have medicinal activities of garlic including anti-tumor, anti-fungal, anti-atherosclerosis, anti-virus properties and blood lipid, sugar lowering effect and decreased risk of gastric cancer.

Eating at least once daily was associated with 35 percent decreased risk for gastric cancer. The main feature is the distinct flavour of cloves due to complex biochemical reactions. The main compounds responsible for flavor of cloves are Sulphur containing non-volatile amino acids (thiosulfonates) among which alliin or S-allyl-

cysteine sulfoxide (ACSO) comprises pre-dominant precursors of flavor. Sulfur compounds are also responsible for medicinal properties of garlic and may improve the biosynthesis of glutathione that is important for antioxidant functions. There are other volatile compounds having bioactive properties are ajoenes (has multiple medicinal uses such as anti-thrombotic and antioxidant properties) as also several Sulphur containing compounds alicin and sulfides etc.

Alicin in garlic has anti-microbial and antibacterial properties. Antibacterial activity is shown to inhibit the growth of many gram-pos-

itive and gram-negative bacteria. Volatile nature is correlated with defensive mechanism of garlic plant against pest and plant tissue lesions. Apart from sulfur compounds garlic is rich in vitamins (especially vitamin B-complex and C), antioxidants, flavonoids and minerals especially (P, K, Se). Garlic is also rich in non-volatile phytonutrients having medicinal and therapeutic properties i.e. saponins, phenolic compounds, nitrogen oxide and amides and proteins also.

Among the benefits of phytonutrients are antioxidant and anti-inflammatory activities. Phytonutrients may also enhance immunity and intercellular communication, repair DNA dam-

age from exposure to toxins, detoxify carcinogens and alter estrogen metabolism. Garlic is best in its raw form but processing operations can alter the chemical composition and bioactive compounds present as after processing garlic oil, garlic extract and garlic powder has different chemical composition and bioactive compounds. In pre-harvest factors, growing conditions significantly affect chemical composition and alliin content. Many post-harvest factors are considered such as storage can cause thermal degradation of bioactive compounds also alicin decreases over time.

The writer is a freelance contributor