

Yasmeen reviews arrangements in City with district team

By Our staff Reporter

LAHORE: Punjab Health Minister Dr Yasmin Rashid reviewed preparedness and arrangements to combat coronavirus threat in Lahore city at a very important meeting with the authorities at the Deputy Commissioner office here on Sunday.

The meeting was attended by Deputy Commissioner Lahore Danish Afzal, DIG Operations Rai Babar Saeed and other officials of the district administration. The District team gave a presentation on the existing arrangements. The Minister said security and cleanliness arrangements are in place in Lahore. The Minister said, "The awareness campaign on Corona Virus will be continued and mosques are being utilized to spread awareness on Corona. I appeal the people to observe instructions on Social Distancing. Even though preparations have been put in place for treatment of suspected and confirmed patients the public must stay at home and prevent the spread of the virus."

Rizwan appeals to people to stay at homes

By Our staff Reporter

LAHORE: Provincial Minister for EPD M Rizwan in a statement regarding day of 23rd March has said that the day remind us to protect our beloved country in any situation and today also we all have to paid tribute to our martyrs, who sacrificed their precious lives for the protection of country.

He said that today also we are fighting with an enemy in the shape of Corona Virus and to defeat him, all have to show unity and need full cooperation from the nation with the Government. The minister said that it was our collective responsibility to save our children from any enemy and for this we all have to avoid social gathering and try to stay homes as possible.

AIOU undertakes awareness- campaign on prevention of virus

ISLAMABAD: Allama Iqbal Open University (AIOU) has decided to undertake awareness campaign on prevention of the coronavirus through banners and pana-flexes, to be displayed at the main entrance points here at the main campus and the regional offices across the country.

The decision to this effect was taken at a meeting, presided over by the Vice Chancellor Professor Dr. Zia-Ul-Qayyum.

To follow the government's policy and guideline for the educational institutions, the AIOU has taken other necessary measures to ensure their campuses clean and safe in wake of the deadly epidemic. The banners inscribed with educating slogans to help the students and the people in general to safe themselves from the coronavirus.

The University also distributed hand-sanitizers and other necessary equipment among its security staff, who have been put on duty at the Campuses.

Meanwhile, the University issued a formal notification suspending all its academic/research activities (workshops, exams, classes etc.) till April 5. According to notification, 33% (1/3rd) strength of the faculty and administrative staff will attend the office on rotation basis as decided by the respective Dean, Principal Officers, Chairmen/Head of Departments, whereas, the remaining 66% staff will work from home and remain accessible on call. —Online

Housing Minister reviews anti-virus arrangements

By Our staff Reporter

LAHORE: Minister Housing and Urban Development Mian Mehmood ur Rasheed said that all-out resources are being utilised for remaining safe from looming coronavirus threat.

He expressed these views while presiding over a meeting to review the arrangements to fight coronavirus in Gujranwala Division.

He emphasised that the Punjab government has made elaborate arrangements for public safety and better facilitation is ensured for its treatment in the province.

He impressed upon the citizens to fully follow the safety measures and stay in their homes.

The chief minister already issued funds worth eight billion rupees to counter coronavirus threat and latest medical equipment is being procured along-with setting up quarantine facilities in the province.



LAHORE: Young gypsy children wash their hands from hand pump at beach of the River Ravi, while World Water Day observed on Sunday. —Online

Social distance necessary for prevention of coronavirus: CM

—Visits under-construction field hospital at Expo Centre; Says Punjab Govt to call Pak Army for assistance of civil administration

By Our staff Reporter

LAHORE: The Chief Minister Punjab Sardar Usman Buzdar on Sunday visited the under-construction field hospital in Expo Centre Lahore.

Usman Buzdar also inspected the work being carried out for setting up of field hospital at the expo centre and directed to complete the work at the earliest.

Usman Buzdar also called on doctors and nurses who are appointed at the field hospital in special security suits.

The Chief Minister while talking to the doctors and nurses and said that you are the torch bearer contingent of our campaign against coronavirus and government appreciate their spirit.

He also met with the labors working on the site and said that they are doing a good job of tackling an exigency. The nation respects your dedication. He added.

Usman Buzdar said that the number of coronavirus patients in Punjab is currently 163 and all these patients are under-treatment in the hospitals, where they are being taken care in every way.

He said that the Punjab government has decided to call Pak Army for the assistance of civil administration.

Pak Army has always helped the nation in the times of trial now we are calling Pak Army for the help in dealing with Coronavirus.

He also appealed the people that they should stay in their homes and refrain from socializing. He said that people should cooperate with the government. The Chief Minister said that social distance is utmost necessary for the prevention of coronavirus. Usman Buzdar said that the Punjab government's political and administrative team is in the field to deal with the Coronavirus.

He further maintained that provincial ministers, along with the administration, in 36 districts, are taking steps to prevent the coronavirus. A 1000-bed field hospital is being set up in the expo centre Lahore. Coronavirus issues will be dealt in an appropriate manner.

Usman Buzdar said that he accompanied Prime Minister Imran Khan in his visit to Dera Ghazi Khan and inspected the facilities being available to the visitors of the Quarantine Centre. Issues were resolved immediately, pointed out in the Quarantine Centre DG Khan.

Instructions of the crackdown against the profiteers and hoarders have been given to the administration. The people will not be left

alone in the hands of profiteers and hoarders.

There is no food shortage in the province. He said that our government has set up high dependency units in each district and five special hospitals are also being established.

Apart from this, more field hospitals will be established. Whatever steps will be taken, that will be taken to protect the lives of the people. The cabinet committee is holding a meeting on a daily basis and immediate steps are being taken to solve the issues.

The Punjab government has done the mapping of hostels across the province and these hostels can also be utilized if necessary.

He said that the government can provide treatment facilities to one lac patients if needed. Punjab government is bringing Coronavirus in the cabinet committee meeting. Corona is a national issue, it does not need to be politicized, and we have to deal with it mutually. He said that the Punjab government has decided that the salaries of the daily wagers will continue to be paid while the committee has been constituted under the supervision of the finance minister for safeguarding the financial rights of daily wage employees in the private sector. This committee will

submit it recommendations in the cabinet committee meeting to be held on 24th March.

He said that the Punjab government is in touch with the federal government and data has been shared with NDMA on a daily basis. The Punjab government has received diagnostic kits while ventilators are also coming. The Punjab government has decided to give funds of one billion rupees to the Baluchistan government as the Baluchistan government needs resources to take care at Taftaan border. The Punjab government will cooperate with its brother provinces in the future. He said that that majority of the Coronapattients are those who are devotees or have travel history. The Chief Minister said that the government will not allow any decrease in the resources allocated for the measures taken for preventing coronavirus. He further maintained that the government is recruiting 8 to 10 thousand new doctors and paramedical staff on an emergency basis and cabinet will give approval of this initiative in next meeting. One thousand bed field hospital at Expo centre Lahore will be made functional in 10 days. The first phase of the 300-bed of field hospital will be completed within the next 48 hours.

Govt taking serious measures to deal with coronavirus: CM

By Our Staff Reporter

LAHORE: A delegation of Descon Oxychem Limited led by its Chief Executive Officer Imran Qureshi called on the Chief Minister Punjab Sardar Usman Buzdar at the chief minister's office on Sunday and donated 10 thousand kilogram sanitizer for the public hospitals of Punjab.

Sanitization of government hospitals would be made possible through Sanidol sanitizer.

Utilization of Sanidol sanitizer will minimize/reduce infection and viral risk in public hospitals. Usman Buzdar said that the government is taking serious measures to deal with coronavirus. He said that the private sector should also come forward and play its due role in the ongoing war against coronavirus.

He said that the government will win this war at any cost with the support of people. He said that all-out efforts would be made to safeguard the lives of citizens and the government has taken a number of steps in this regard.

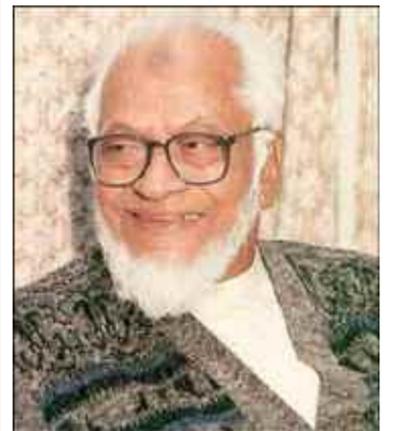
The Chief Executive Officer Imran Qureshi said that by providing 10 thousand kilogram sanitizer to Punjab government Descon is discharging its social responsibility. He lauded the efforts of Punjab government against coronavirus and assured his full support and cooperation. Provincial Health Minister Dr Yasmin Rashid and President Lahore Chamber of Commerce & Industry Irfan Iqbal Sheikh were also present on the occasion.

Water an invaluable blessing of Allah Almighty Buzdar has said that water is an invaluable blessing of Allah Almighty. Pakistan is rich in excellent water reservoirs besides agricultural, mineral and other magnificent natural treasures.

Pakistan can be made a prosperous and developed country of the world by utilizing these water reservoirs. It is a national responsibility to secure dwindling reservoirs of water and the PTI government is committed to creating new water reservoirs for the next generations. Usman Buzdar, in his message on the occasion of World Water Day, said that the government is working on the projects of constructing new water dams in the province for saving the water. The construction of dams can protect thousands of acres of land for becoming barren.

The construction of dams and reservoirs will also help to increase the level of underground water. Small dams and water reservoirs will fulfill the need for potable water. He said that water is a precious asset and we will not let go it waste at any cost. The government is taking strict measures for preventing the wastage of water. It is the responsibility of the citizens as well to use water wisely. Purpose to observe World Water Day is to create awareness among the masses regarding the importance of water.

Musician Nisar Bazmi remembered



By Our Staff Reporter

LAHORE: The 13th death anniversary of eminent musician of South Asian and composer of famous songs for Pakistani film industry Nisar Bazmi was observed in the country on Sunday with tributes were paid to his services in the capacity of musician.

Born on December 01, 1924 in Jalgaon in Khan-desh area of Maharashtra state India, Bazmi started his career by joining Yasin Khan's Qawwali Group in Mumbai at the age of 11 and then learned music from Khan Saheb Aman Ali Khan.

In 1962, Bazmi decided to settle in Pakistan after accepting the offer of veteran film producer Fazal Ahmed Karim Fazli to compose music for Pakistani films. His first song in Pakistan was "Mohabbat mei tere sar ki qasam" sung by Ahmed Rushdi, Noor Jahan for the 1964 film "Aisa bhi hota hai". He also composed many songs for Runa Laila, Ahmed Rushdi, Mehdi Hassan, Faisal Nadeem, Khursheed Nurali (Sheerazi), and Saleem Shahzaad.

His music for famous song "Kuch Log Rooth Kar Bhi, Lagtay Hain Kitne Pyaray" is still echoing in the hearts of millions even today. He had trained many of the modern composers. Nisar Bazmi received many Nigar Awards for his achievements and composed music for 140 films in all during his career. Nisar Bazmi died on March 22, 2007.

CM's message on Pakistan Day

The Business Reporter

LAHORE: Chief Minister Punjab Sardar Usman Buzdar said that citizens should stay in their homes at Pakistan Day as today's Pakistan is demanding to maintain social distance from us. Being a nation we have to display responsibility in order to understanding the prevailing challenges of Pakistan. The Pakistani nation will defeat coronavirus with the same zeal and spirit in which Pakistan Resolution was passed on 23rd March 1940. War of prevention from coronavirus is our joint war. This nation will defeat this fatal disease in the same way with which Muslims of sub-continent got a separate motherland after the successful struggle. We neither have to shack hand nor embrace anyone because our hearts are already joint together.

We pay rich tributes to our great leader Quaid-e-Azam Muhammad Ali Jinnah and all the respectable leaders of Muslim League under whose leadership Pakistan resolution was passed. Chief Minister Usman Buzdar in his message on Pakistan Day said that historical Pakistan Resolution being passed at Minto Park laid the foundation stone of our beloved home-

land Pakistan.

He said that 23rd March 1940 is a day of fulfillment of our aspirations, high spirit and materialization of our dreams. He said that the struggle of a separate motherland got succeeded after rendering so many sacrifices under the dynamic leadership of Quaid-e-Azam Muhammad Ali Jinnah.

The miracle of Pakistan would never have come into existence if different tribes and nation of sub-continent did not decide to become one nation.

PTI government under the leadership of Prime Minister Imran Khan has laid the foundation stone of a new Pakistan. Today is a day to express unshaken love for Pakistan. He said Allama Iqbal saw the dream of freedom of Muslim of sub-continent and independent state.

This dream was materialized under the dynamic leadership of Quaid-e-Azam Muhammad Ali Jinnah. Mujahid of freedom movement for the separate homeland after rendering so many sacrifices.

He said the same unity is required to deal with the challenge of coronavirus which was expressed in 23rd March 1940. Pakistan is heading towards its destiny under the leadership of

PM Imran Khan which was dreamed by Quaid and Iqbal. The country will take forward with the same zeal, determination and unity with was exhibited 23rd March 1940.

CM visits different areas of City Chief Minister Punjab Sardar Usman Buzdar on Sunday visited different areas of the provincial metropolis.

Usman Buzdar inspected the lockdown of markets, shopping malls and restaurants. Chief Minister visited Johar Town, Jinnah Hospital, Garden Town Gulberg and Jail Road and inspected the implementation of government initiatives with regard to the closer of markets.

Chief Minister while directing to ensure the hundred percent implementation of the government measures regarding closure markets, shopping malls and restaurants said that no one will be allowed to violate government orders. Usman Buzdar said that he is personally monitoring the ongoing campaign for the prevention of coronavirus. He said that the decision of shutting down markets, shopping malls and restaurants have been taken in the large interest of the masses and protect their lives.

He appealed that people should avoid going out from their houses unnecessarily and main-

Overcoming panic on virus through psychiatric remedies

The Business Report

LAHORE: History testifies that humans, throughout the life have been battling and tackling the difficult situations, such as epidemics, pandemics and diseases by facing various deadlier-viruses since the time human species had evolved into modern identity and form.

Whenever such problems or tribulations occur, definitely there had been an impact of scarceness, fear, panic or psychological distress on the minds of the people. However the nations, who kept their nerves strong and mental capability to cope with such situations, succeeded in overcoming these calamities and hard conditions.

The new COVID-19 has raised distress at such a level that the World Health Organization (WHO) had to issue guidelines recently for protecting mental health of the masses during the outbreak, around the globe.

"Avoid watching, reading or listening to news that cause you to feel anxious or dis-

tressed; seek information mainly to take practical steps to prepare your plans and protect yourself and loved ones," WHO advised.

Regarding Coronavirus outbreak the world health body had expressed the concern that an info-demic of misinformation and rumors, was being spread more quickly than the current outbreak of the COVID-19.

"And if the media are more careful with language, they can help reduce the stigmatization of people who catch the virus," it said.

It is worth mentioning here that to avoid the stigmatization and panic, the WHO has given the official name to the disease giving the detail as "Co" stands for Corona, "Vi" for virus and "D" for disease and '19' is because the disease emerged in 2019.

Medical Superintendent (MS) Services Hospital Lahore, Dr Ifrikhar Ahmed told APP that Ebola, Rabies, HI smallpox, Hantavirus pulmonary syndrome (HPS), Dengue, Influenza, Rotavirus and SARS CoV viruses, were more deadlier than COVID-19.

He said that panic and fear based rumors and fake information spread faster than the virus.

United States' study report issued by the Disease Control and Prevention (CDC) body, has revealed that due to the outbreak of Coronavirus, everyone was in a state of fear, scare and panic, but there was another even deadlier virus which people have forgetting about, the flu.

The weekly influenza surveillance based data of CDC, show that at least 12,000 people died from influenza between October 1, 2019 to February, 1, 2020, claiming that the number of deaths in US might had been as high as 30,000. Head of Psychiatry Department, Services Hospital Lahore, Dr Samira Q Bokhari told APP that stress and fear were the normal responses to any adversity.

Proper precautionary measures were the solution to overcome the apprehensions regarding current global health crisis.

"Understanding the disease itself, adopting effective and practical measures to secure oneself from the disease is the need of the hour and

helps to ease the mental health situation" Dr Samira said.

"Extreme anxiety or panic could add to the problems which become potential hurdle to practical solutions", she informed.

Another noted Psychiatrist Dr Samar Hussain in his recent research work on the prevailing situation has found out that talking too much on COVID-19, could influence those who lived around you, adding extreme anxiety creates emotion contagion and spread panic which is more dangerous than virus.

Analyzing the ongoing situation in the country Dr Samar noted that focusing on catastrophic thoughts and predictions, could lead one to exaggerated anxiety and panic, which then could easily be transmitted to his children or family members.

After consistent watch of news on social media could add worries, and consequently, to soothe worries and fears, people search for more answers which leads toward distress, he observed.

But ominous signals and rumors such as rising death tolls, stock exchange or strong economic impacts, cancellations of the major events, school and shopping mall closures, could seriously disturb or harm the balance of thinking power and imagination, he noted.

World renowned psychiatrist Dr Baruch Fischhoff, a Howard Heinz University professor, observed that the fear and scare of coronavirus has gripped the world.

Giving the psychological remedy to a bi-weekly podcast 'Speaking of Psychology' from the American Psychological Association (APA), Dr Fischhoff said that first thing that people could do in the current situation, was to find a trusted source of information which they could properly follow, adding that accurate news source would insulate them from rumors and help get a clear picture to let them see that how things were being changed, around the particular region and globe. This observation will give them mental relief and psychological remedy, he informed.