

## Sarwar informs Imran about rations to deserving families

By Our Staff Reporter

**LAHORE:** In a meeting with Prime Minister Imran Khan, Governor Punjab Chaudhry Muhammad Sarwar apprised him of other measures, including provision of rations to the poor families who became unemployed due to Corona crisis.

According to details, Governor Punjab Chaudhry Muhammad Sarwar called on Prime Minister Imran Khan at the Chief Minister's House in Lahore on Saturday in which various issues were discussed.

He told Prime Minister about provision of ration to poor families and other measures. So far we have provided rations to more than 1.265 million poor families in Punjab in collaboration with welfare organizations under the Punjab Development Network. More than 60 charities in the Punjab Development Network are helping Corona affected people.

Governor Punjab said that in collaboration with the business community and welfare organizations, 170,000 PPEs and 260,000 medical kits have been provided to doctors in Lahore and other cities of Punjab. So far in the Corona crisis, Rs 4.5 billion has been spent on other measures including provision of rations to poor families, Medical safety kits from Corona and PPE kits.

The Governor Punjab informed the Prime Minister that more than 46,000 prisoners in Lahore and all other jails in Punjab have been provided with protective equipment to protect them from Corona. University of Health Sciences is providing medical facilities to the victims of Corona epidemic on telephone lines and also Tele medicine centers are working 24 hours in medical universities.

In a statement, Governor Punjab Chaudhry Muhammad Sarwar termed the budget of the federal government as people friendly and said that due to Corona, Pakistan also faces many difficulties on the economic front. Despite this, the government has given a tax-free budget and insha-Allah, under the leadership of Prime Minister Imran Khan, Pakistan will be ahead of the achievements. Opposition groups called for a boycott of the assembly. —Online

## Two killed, 5 hurt in land dispute

**MUZAFFARGARH:** Two people were killed and at least five others injured in a clash at Chak number 546, leafy area of Muzaffargarh over a land dispute early Saturday morning, police said.

A dispute on plot ownership had been emerged between two persons namely Ramzan Saroya and Abdul Hameed Bhatti since long. Ramzan Saroya allegedly received money after selling plot, but tried to get it illegally. Following this, both parties had filed applications at Chok



**LAHORE:** A view of debris as after fire erupted due to short-circuit in the surgical emergency ward of Services Hospital as around 40 patients are being treated there and all of them have been rescued. —Online

# We are striving to help people in difficult times, says Perveen Sarwar

## Foundation distributes ration among 3,000 families at LoC

By Our Staff Reporter

**LAHORE:** At the Line of Control (LoC), in areas badly impacted by Indian unprovoked firing, the Sarwar Foundation on Saturday distributed ration among 3,000 families.

Wife of Governor Punjab and Vice-Chairperson Sarwar Foundation, Perveen Sarwar, in her office, while addressing media said that apart from coronavirus pandemic, our brothers and sisters, who live along Line of Control are also impacted by unprovoked Indian firing. We are striving to help them in difficult

times. We have decided that we will not leave them alone. We will take care of their needs. We will do our best to cater needs of our Kashmiri brothers and sisters.

Alhumdullillah, Sarwar Foundation is first welfare organisation who has distributed ration in remote areas of Azad Kashmir. We have distributed ration in Samahni, Poona Tindar, Naali Patani Valley and other valleys. These valleys had not road access, but our volunteers distributed ration by travelling hundreds of kilometers on foot. Welfare leader of local community Qaiser Khan is also tak-

ing part in welfare activity along with Sarwar Foundation volunteers. Sarwar Foundation is serving humanity in Punjab, KPK, Balochistan, Sindh and Azad Jammu and Kashmir. So far, we have distributed ration among 65,000 families. Under collaboration of Punjab Development Network member organisations and under leadership of Governor Punjab Chaudhry Muhammad Sarwar, 60 welfare organisations have distributed ration among 1.2 million unemployed and deserving families. This will continue until we get rid of coronavirus pandemic, she concluded.

## LG&CD Dept to introduce 12 Management Information Systems

By Our Staff Reporter

**LAHORE:** An Online Session on Digitization in Local Governments under the Punjab Local Government and Community Development (LG&CD) Department was organised via video conferencing in order to keep the team on one page as well as seek feedback and help improve the ongoing digitalisation in the department.

The Punjab Special Secretary LG&CD Babar Aman Babar headed the session whereas Manager MIS LG&CD Muhammad Adnan, Salman Amin and Mariam Zaib, experts from Punjab Information & Technology Board (PITB) and others briefed the participants on undergoing digitalization in the LG&CD department. Administrators, Chief Officers and Planning Officers of nine Metropolitan Corporations and 16 Municipal Corporations attended the session. The participants were briefed in detail about various Management Information Systems (MIS) currently made operational as well as to be introduced after completion of development in the LG & CD department.

# Dietary strategies to promote satiety in obese people-I

Zainab, Rushna, Mahnoor, Sidra

Obesity is increasing worldwide and affecting male and female of all ages. There is the number of health consequences associated with the obesity. Currently there is need of effective tools and methods to prevent it. Dietary strategies and lifestyle modifications are necessary to overcome the issue. Mainly, the foods that are high in fibers, proteins, and fats induce satiety. Satiety is the major biological and psychological mechanism that prevents from the intake of food. Dietary fibers have many physiochemical properties like fermentability, water-binding capacity and viscosity that promote satiety and also decrease the food consumption. Fibers promote satiety through different ways by changing the physiology of mastication process, stomach and intestines by direct contact with nutrients and their digestion and absorption to delay the gastric emptying and by affecting the physiology of satiety and hunger hormones such as; CCK, GLP-1, PYY, leptin and ghrelin. Protein and fats are the major macronutrient that induce satiety among obese individuals. High protein and low fat diet is helpful in promotion of satiety by reducing caloric intake and increasing basal metabolic rate. Functional foods also induce satiety by changing glycemic index of food, by altering energy density and macronutrient composition of diet.

Key words; fibers, protein, fat, functional foods, satiety hormones, hunger hormones.

Obesity is the health condition that is associated with excessive fat deposition that causes adverse effects on the body and decrease the life span of an individual. Pakistan is considered as ninth most obese nation in the world. There is need to overcome the obesity rate and the simplest steps that are helpful in reducing this medical condition are dietary modification and increasing physical activity.

Recently, obesity is arising as a serious health problem that is increasing rapidly about 30 percent of the individuals around the globe is obese. About 60 percent of the diseases incidence is linked to the problems that causes as a result of obesity. Obesity is the risk factor for the number of non-communicable diseases and due to non-communicable diseases 60 to 70 percent of the deaths occur worldwide. The obesity rate is relatively higher in females as compared to males it is 28 percent

for males and 38 percent for females.

Obesity is not only affecting the adults it is equally prevalent in the children and adolescents as well. Obesity is triggered by both the genetic and environmental factor. The basic reasons for the development of obesity is any disturbance in the energy balance, any environmental cause or genetic predisposition. It is also considered as a major reason in the expansion of metabolic diseases. The deposition of fats due to number of factors like poor dietary practices. The most common factors for the obesity in the children are increased ready to eat or processed food intake, sedentary life style, skipping breakfast, poor dietary choices and decrease physical activity.

Obesity result in the number of health consequence's like congestive heart diseases, diabetes mellitus, osteoarthritis, obstructive sleep apnea and some types of cancers as well. Obesity also affects the musculoskeletal system. Obesity puts the muscles to the excessive stress or increases the work load and sometime leads to the joint replacement.

The diagnostic criterion for considering the individual over weight is the body mass index (BMI). There are some other diagnostic criteria's as well which includes waist to hip ratio or hip circumference. The most concerned thing is that its rate is significantly increasing in the children the study suggested that 150 minutes of normal activity is helpful to overcome the obesity. Now a day some surgical procedures are done to treat the obesity.

The obesity rate is about twice in 2008. It was 6.4 percent in 1980 and 12.0 percent in 2008. There are varying levels and trends of obesity in different countries but most efforts are done in the United Nations to overcome the obesity.

According to the WHO factsheets the recent data claims that 1.9 billion adults are overweight while 650 million were obese. In the similar way 41 million children under the age to five years are obese. Prevention should be the primary target to overcome obesity, but it is also important to develop strategies to treat those already affected with obesity.

Dietary fibers or roughage are the edible parts of plants or analogous carbohydrates that cannot be digested and absorbed in human small intestine with completely or partially fermented in the large intestine. Dietary fiber does not exist as single component it exists as a complex component. The major components of dietary fibers are cellulose, hemicellulose, lignin, pectin and beta-glucan.

Satiety is a physiological condition of feeling of fullness which is developed during eating to stops eating episode. Satiety involved in reducing food consumption and it is same as the body's appetite control system. Dietary fibers promote satiety which can help to reduce obesity. Dietary fibers have so many physiochemical properties which are involved to promote satiety and in reduction of food intake some of these are fermentability, water-binding capacity and viscosity. All of the dietary fibers have different physiochemical properties such as cellulose is a bulking fiber while guar gum is considered as viscous fiber and alginate is famous as gel forming fiber. Viscos fibers increases the production of saliva in the mouth and also increases the mastication process, in results decrease food consumption. Dietary fibers which have water-binding capacity may have greater effect on gastric distention to increase the volume of stomach up to eight folds that enhances satiety.

Satiety develops in mouth within a meal by sensory information as a signal due to the viscous and bulking physiochemical properties of dietary fibers which enhances the mastication process, saliva secretion and time leads to promote satiety and reduce food intake. Satiety is also obtained in stomach within a meal by distension as a signal. As we discussed above that increase gastric distention decreases appetite and promote satiety. This gastric distention is due to the some physiochemical properties which are viscosity, bulking and water-binding capacity of dietary fibers which increases the gastric juices.

In the small intestines sensory information of nutrients absorption used as a signal of satiety within a meal. The unabsorbed macronutrients in intestines and delaying gastric emptying due to viscos fibers greatly reduce the transit time of ileal which is called ileal brake, it is a mechanism through which secretion and motility decreased in the distal part of small intestines. Fibers have also the capacity to reduce the activation of ileal brake.

Dietary fibers are classified as soluble and insoluble components.

The soluble dietary fibers have the ability to form viscos gel in the stomach which delaying the emptying of stomach to promote satiety e.g. pectin, guar gum and mucilage. The insoluble dietary fibers have the ability to increase its volume about 20 times e.g. cellulose, hemicellulose and lignins.

(To be concluded)  
The writers are freelance

# Huawei launches online 5G, AI trainings to facilitate HEI

**LAHORE:** The disruptions to traditional education caused by the pandemic hold the capacity to further widen learning gaps between different regions and countries, alongside aggravating the digital divide. To address this problem, distance-learning has proven to be a leading effective measure.

To facilitate contactless education that is accessible to both educators and students of Higher Educational Institutes and ICT academics, Huawei Pakistan initiated a series of online training and exam programmes.

These programmes provide high-quality resources on an open platform, enabling the instructors to learn about the latest developments in emerging technologies. Huawei is willing to consistently share its online learning experiences with universities and other educational organisations. The company promises to increase investment, enhance digital resource construction, and promote education

digitalization to ensure constant accessibility to high-quality education.

Intelligentization has become a benchmark of countries' competitiveness, and a digital society is emerging in its truest sense. 5G, cloud computing, the Internet of Things, Artificial Intelligence and Big Data are core ICT technologies that support this new "smart" industrial revolution.

By 2025, there will be 4 billion new internet users, 8 billion smart phones in use, and 100 billion general connections. Nearly all organizations agree that digital talent is increasingly more important, and that they are noticing the digital talent gap. Huawei, being the pioneer of 5G technology, and leading in other emerging technologies, aims to bridge this talent gap by transferring large quantities of knowledge.

Huawei launched the Train the Trainers (TTT) program for HCIA-AI, to enhance the capabilities of instructors in Pakistan in the field of Artificial Intelligence.

The program covers both lab work and theory lectures too, within the framework of a Huawei associate-level course. 45 instructors from 15 HEI's participated in the training, including senior professors from the top universities in the country.

A remote certification exam was organized for the instructors with a 90% passing rate. The Huawei Certified Academic Instructor (HCAI) exams will also be arranged for the trainers. "I found this training to be very enlightening, and a great learning experience. I nominated the other faculty members of our department to enhance their skills in the field of Artificial Intelligence."

I appreciate the efforts of Huawei Pakistan and would suggest to further keep on conducting such trainings, as it will help us to provide quality online education and train our teachers on the latest industrial trends," remarked Prof. Dr. Laiq Hasan, Chairman of the Department of Computer Systems Engineering, UET Pe-

## PTI not to let down its workers, says Shafiullah

**DIR LOWER:** Advisor to Chief Minister Khyber Pakhtunkhwa on Anti-corruption, MPA Malik Shafiullah has said that addressing the grievances of our PTI workers was our prime responsibility.

He was addressing party workers at the residence of district leader PTI, Miangul Wajihuddin Advocate here wherein MNA Bashir Khan Lala, MNA Mahboob Shah, district general secretary PTI, Malik Adnan and local party leaders and workers were present.

Malik Shafiullah said "Advocate Wajihuddin is our party's asset and the party needs honest and dedicated worker like him." He said "We will never want to lose a worker like Wajihuddin adding PTI will never let down its workers and supporters." He added that amid unfavorable circumstances the Federal Government presented a tax-free budget as no new tax was imposed on people.

He said a record development work would be initiated in Dir district that would be acknowledged even by our opponents. —APP

## Infinix partners up with Daraz for discount in Daraz Mobile Week

**LAHORE:** Infinix, Pakistan's leading smartphone brand known for its innovative and state-of-the-art devices has partnered up with Daraz to bring exclusive discount offers at the Daraz Mobile Week, starting from June 15 till 21. With these bundle offers, customers can avail up to 4000 PKR discounts on Infinix's all-new smartphones including the Infinix Note 7, Infinix Note 7 Lite, and the Infinix Hot 9.

The best-selling smartphones from the brand will be available with exclusive discounts and free shipping for consumers to enjoy the Infinix experience in exciting prices. The exclusive bundles for flash sales include the Infinix Note 7 with Wireless Earphones XE06 at a discounted price of Rs.30,599 with free shipping, and the Infinix Note

7 Lite with XE09 Wireless earphones Rs.22,999 and free shipping.

"At Infinix, we believe in staying true to our brand's mission to present our consumers with the best devices in attractive prices.

The partnership with Daraz is another step towards this mission, and we hope our consumers can enjoy the cutting-edge experience with our latest devices at discounted rates," said Joe Hu, CEO of Infinix Pakistan.

Infinix makes some of the best smartphones in the world catering to all lifestyles. Committed to building cutting-edge technology and fashionably designed dynamic mobile devices, Infinix creates globally-focused intelligent life experiences through a merging of fashion and technology. —PR

## BPP terms federal budget as enemy of people

By Our Staff Reporter

**LAHORE:** Chairman Barabari Party Pakistan (BPP), Jawad Ahmad termed the federal budget as an enemy of the people and the most disappointing budget of the PTI government. When economy is not moving forward, how would the revenue target of 4693 billion will be achieved? It means that the government will present a mini-budget before the IMF session.

Electricity and gas prices have not been reduced, sales tax not been abolished while small businesses have been neglected which would financially choke the public to a state of misery.

This budget announcement proved that the government has nothing to do with the reforms for the common people, he said in his response after the federal budget adding that our party members, including me, are surprised that the PTI government has allocated only Rs 84 billion in the budget for education and Rs 20 billion for the health sector.