

PEC to approve bio medical equipment designs

Our Special Correspondent



LAHORE: The Health Department has notified Pakistan Engineering Congress (PEC) to approve bio medical equipments. In the background of COVID-19 emergency, electro medical equipments have been certified

and the Health Department has issued a notification in this regard.

Drug Registration Authority of (DRAP) will register designs approved by PEC.

The notification issued to speed up innovations and manufacturing of medical equipments. PEC Secretary General Engineer Ameer Khamir Khan hailing the efforts of PEC chairman Javaid Qureshi hoped that this step will prove a stepping-stone in bringing about revolution in the medical sector.

Now ventilators, masks, dialysis and machines of international standard. PEC Chairman Javaid Qureshi said that this a landmark achievement which will decrease imports of electro medical equipments and export the saving and earning huge foreign exchange.

OPPO launches F15

LAHORE: OPPO is back with its F series, launching OPPO F15 following the lightning-fast, endless fun theme. With its latest online purchase feature, OPPO is giving a perfect window to consumers to book the smartphone online in the comfort of their homes as a precautionary measure against COVID-19.

The OPPO F15 is the latest offering in its mid-range series coming for PKR 44,999 and is furnished with all-round powerful camera experience, battery life, and an advanced screen. Available now, the smartphone comes in two variants Lightning Black, and Unicorn White. The renowned F series, owing to its amalgamation of design, innovation, and technology has always been famous among the youth in its price sector. With eye-catching finishes on F9 or the gradient design of F11 Pro, the F series continuously displayed the trendiest technology to users. OPPO's F series, known as selfie expert was launched in 2016 and drove the 'selfie' trend in the smartphone market. The OPPO F15 is expected to elevate the F series with its fashionable and sleek design. George Long, CEO, OPPO PAKISTAN, AED said, "OPPO F15 will introduce a new level of creativity, fun and lightning-fast speed along with its unparalleled stylish design. We aimed to manufacture a smartphone particularly to meet the fast needs of the young consumers who want the maximum out of a smartphone". —PR



LAHORE: Gulshan Iqbal Park looks deserted due coronavirus outbreak.

Quran a source of real guidance for us: Governor

Quran reading with translation compulsory in varsities across Punjab

By Our Staff Reporter

LAHORE: Notification issued in universities across Punjab to make it compulsory to read Quran with Urdu translation. Universities in Punjab will not award a degree without reading the Quran with translation.

According to the details, the Chancellor of Universities Governor Punjab Chaudhry Muhammad Sarwar, in consultation with the Vice-Chancellors of all the universities, announced to study Quran with translation in the universities, after which a formal notification has also been issued.

In which it has been said that one cannot get a degree in the universities of Punjab without reading the Holy Quran with translation. Lecturers in all the universities of Punjab will recite the Qur'an

to the students with translation and it will be as mandatory for the students to participate in this lecture as it is for other lecturers.

The Quran syllabus will be taught in universities in addition to Islamic studies.

While the Governor of Punjab Chaudhry Muhammad Sarwar talking about this said that Quran is the source of real guidance for us.

The Holy Qur'an is the complete code of life revealed to our Prophet (PBUH) to guide the world. We will teach the Holy Quran with meaning to the students in all the universities of Punjab so that they can take guidance from it and become a good person.

He said that we have formed a 7-member committee headed by Punjab University Vice Chancellor Prof Dr Niaz

Akhtar. He will finalise all the issues after full consultation with the Vice Chancellors of all the universities, after which, thank God, has also issued a formal notification on Sunday.

I would like to thank all the Vice-Chancellors of Punjab University including Prof. Dr Niaz Akhtar, Vice-Chancellor of GC University Prof Asghar Zaidi, Vice-Chancellor of King Edward Medical University Prof Khalid Masood Gondal, who have been with me in this noble cause. Punjab Governor Chaudhry Muhammad Sarwar has said that in order to be a good doctor, engineer, scientist or a good scholar, it is necessary to be a good person and a good person can be a good person only when good things are learned. You will be able to become a good person by getting full guidance by reading with a clear mind.

PHC directs hospitals for clinical trials of Tocilizumab injection

By Our Staff Reporter

LAHORE: The Punjab Healthcare Commission has issued directions to private hospitals for the purchase and clinical trials of Tocilizumab (Actemra) injections.

According to a letter, only those private hospitals having an allocation of five or more beds in Covid-19 HDUs/ICUs and admitting patients are eligible to procure InjTocilizumab.

If any other hospital administration deems that it fulfills the criteria may apply to the Commission by sending documentary and pictorial evidence. Moreover, the hospital has to notify two-member institutional committee, comprising consultant intensivist/pulmonologist and consultant physician, which will examine a patient as per the directions of Corona Experts Advisory Group, and give permission for the trial of a patient.

Also, the hospital administration will send details of the patient and provision of the injection to the company, which will issue the requisite number of injections to the hospital concerned on control rate. The consultant of the hospital will be responsible for video recording of the opening of pack/injection clearly showing its batch number and process of its administration to the patient, which will be submitted to the PHC.

'Health awareness campaign vital for COVID 19 awareness'

By Our Staff Reporter

LAHORE: Findings of a scientific research have revealed that increased frequency of following media indicates that health awareness campaigns are important for enhancing the knowledge of the general public regarding COVID-19. It is found further that awareness and knowledge related to COVID-19 symptoms and preventive measures significantly increased over time among people.

The research titled "Role of media in health-related awareness campaigns on the perception towards 2019 Novel Coronavirus (COVID-19): A pre-post study in the general population in Rawalpindi Pakistan" has been jointly conducted by Punjab University Institute of Social and Cultural Studies Director Prof Dr Rubeena Zakar and PhD Public Health scholar Mr Atta-ur-Rehman. Explaining the study, Prof Dr Rubeena Zakar said in a statement that the study used pre-post design among 384 respondents. She said the first response (t1) from participants was filled in the first week of February 2020 before any confirmed case reported in the country.

Dietary strategies to promote satiety in obese people-II

ZAINAB, RUSHNA, MAHNOOR, SIDRA

Addition of fibers to low calorie and low fat foods increase satiety, but not all dietary fibers have an impact on satiety.

A pectin has a physiochemical property of viscosity, it is gel-making capacity which is related to the ability of fiber to absorb water to form a gel like mass to delay gastric emptying and promote satiety. A dietary fiber such as pectin can suppress appetite which can help in weight loss in obese patients. Pectin is a soluble fermentable diet which is beneficial in satiety promotion and it also decreases the accumulation of adipose tissues.

Investigation made on rats has shown that dietary pectin play vital roles in satiety promotion which discussed in Decreased food intake 23 percent

Loss body fat	23 percent
Lower final body weight	12 percent
Lower total body fat mass	4 4 percent

Increased plasma concentration of satiety hormone PYY	1 6 8 percent
Increased total GLP-1	1 5 1 percent

Decreased plasma leptin	62 percent
Increased caecal succinate	900 percent
Increased acetate	1 2 3 percent
Increased propionate	1 1 8 percent

Due to its soluble fermentable characteristics pectin is highly efficient to promote satiety and reduce caloric intake. It provides highly fermentable environment for gut health and it is considered a more efficient indicator in weight loss even in high fat diet. (28) A Research was conducted on fourteen healthy women belong from Egypt with age in between 23-46 years and BMI in between 2.6-44.9. The time period was four weeks. The main purpose of the study was to apply pectin along with diet to promote satiety and to reduce weight in obese people. In the whole period the total caloric intake did not exceed more than 1000kcal/day. When results were conducted there was an efficient decrease in all anthropometric parameters and the mean percentage in BMI and weight was 5.95 percent and 5.84 percent respectively.

Cellulose is an unbranched chain polymer of β-D glucose molecules, present in fungi, algae and higher

plants ranging from little to 90 percent. Cellulose is an insoluble fiber which is most widely present in wheat. Cellulose promote satiety and reduce caloric intake. Cellulose are partially and slowly fermentable fibers which are also called functional ingredients. The dietary cellulose induce satiety and delays the absorption of nutrients. One study has shown that cellulose is most efficient fiber aid in weight loss in obese patients. About 10 percent concentration of cellulose in diet slows down the digestion. The digestibility decreased with the increased content of cellulose. High content of cellulose reduces the palatability due to which food intake is reduced. Mickelsen et al. (1979) selected two groups of overweight college men. He fed one group with control bread and the other group with bread along with additional 24g of cellulose daily for one month. Subjects of both groups have lost their weight but the subject with control bread were hungry and subjects fed with cellulose bread were not hungry. In one other study ten healthy lean men were fed with high fiber diet containing 56 percent cellulose has been reported increased satiety and decreased food intake. A weight loss supplement which named as CM3 contains high cellulose content. The supplement is present in the form of capsule. The manufacturer claims that 2-3 capsules before 30 minutes of major meals will stay for 6-8 hours in stomach which feels prolonged satiation due to the stimulation of satiation sensors.

Consumption of dietary fibers contribute modulation of gut hormones secretions.

Glucagon-like peptide is a peptide hormone of 30 amino acids produced in the intestinal epithelial endocrine L cells.

Glucagon-like peptide 1 is considered as antiobesity hormone due to its actions, involved to inhibit eating episode, stimulate insulin secretion, and help in weight loss and delaying gastric emptying. Serum concentration of GLP1 in human is about 5 pmol/L and 15 pmol/L in fasting state and increase 2-4 folds after food consumption. GLP1 has a positive influence on weight loss. It plays a key role in weight maintenance and weight loss. Glucagon-like peptide 1 has a great impact on appetite and weight management due to its actions on GIT and direct regulation of appetite. In human GLP1 plays a vital role in delaying gastric emptying and motility of gut. The concentration and increase production of GLP1 is closely linked

with food choices and consumptions. Fermentable dietary fibers increase GLP1 secretion by interacting with free fatty acid receptor 2 and free fatty acid receptor 3. GLP-1 concentrations can be increased in the colon and portal vein by the intake of fermentable fibers for 4-6 weeks (36). Oligofructose is a soluble prebiotic fiber which have a positive impact on weight loss by acting on GLP1 to increase its production from intestinal epithelial endocrine L cells.

Leptin is a peptide hormone consists of 167 amino acids secreted by adipose tissues (38). Leptin binds with receptors of central nervous system to regulate food intake and modulate the activity of neurons involved in appetite control centres located in the brain.

The study was conducted on adult rats by giving them 10 percent pectin supplement for 1 month resulting in decreases leptin resistance to decrease energy intake.

Peptide YY is also called PYY it is a peptide hormone which is a gut hormone consists of 36 amino acids produced from endocrine L cells.

PYY is known as anti-obesity hormone release after meal ingestion. PYY regulate food intake and it has the ability to suppress appetite. It is considered as satiety regulator. Dietary resistant starch is a fermentable insoluble fiber that increases the secretion of PYY. The fermentable fibers promote satiety by acting on the secretion of gut hormone PYY. It acts on hypothalamus stimulates satiety creating neurones and inhibiting appetite stimulating neurones. Inulin and Oligofructose are highly soluble dietary fibers increase the level of PYY to reduce food consumption.

Ghrelin is a growth hormone which also known as hunger hormone. It is a peptide hormone of 28 amino acids, present in hypothalamus and stomach.

Ghrelin is present in plasma in two forms, acylated ghrelin and desacyl ghrelin. During fasting episode, concentration of ghrelin in plasma increases gradually and decreases quickly after consumption of food. When administered to mice the desacyl form reduces food intake of mice by delaying gastric emptying. A study has shown that the consumption of soluble dietary fibre decreased total ghrelin concentration in healthy women. Short chain fructans which are fermented in the colon lead to a decrease synthesis of ghrelin.

(To be continued)
The writers are freelance contributors

Intricacies of national budget

By Parvez Jamil

Whether budgetary conditionalities of the IMF, directives of the State Bank of Pakistan (SBP), manoeuvring of the statesmanship or commonalities of the common man, budget of the pandemic times is a very challenging proposition indeed.

So very simply and honestly, budget of any "developing" country, has a very clear-cut two-pronged implication. One a success budget with common man's interests at heart and on board. The other is only a lip service to layman backfiring sooner or later and somehow or the other. As such, national budget of any democratically elected government ideally, objectively and practically needs to be of the common man, by the common man and for the common man.

If such is the case with Pakistan, our national budget planners need to devise and implement value-adding or socially and economically beneficial provisions for the commoner. True important are such commonly understood priorities like employment generation or job opportunities, facilitating affordable public utilities and transport, provisions for better health and environment, quality education at affordable cost, public safety and security, law and order in society.

But even more basically men at the helm of our budgetary affairs are expected to exhibit second to none emotional maturity, seriousness of purpose and penetrative thinking to innovate, refurbish and implement out-of-the-ordinary or top-of-the-line blossoming strategies for the



commoners. Enlightening strategies for the common man take on the grassroots level and daring challenge of preferring production by the masses over mass production replacing the traditional practice of one hand feeding ten mouths with each family member working and contributing to the family budget.

The point here is that our worthy social and economic experts and our miracle management messiahs somersault into unknown but positive hunting grounds of discovery and creativity that inject and infuse in our masses and the less-privileged self-confidence for self-reliance through tailored-to-perfection skills and trades towards a welfare society enabling us to stand tall in the comity of nations with grace, dignity and honor and not as seekers of alms, charity or loans craftily labeled as development cooperation. Let this be a budgetary challenge initiating from the pandemic times to stabilising year after year by our worthy and illustrious economic messiahs and management gurus to innovate and implement for the masses such vocational training skills and programs that enable them to stand on their own feet to earn a respectable living and to contribute to the family budget towards a better

and brighter family and society. We are at the crossroads at the threshold and in the aftermath of our current national budget.

On the one hand, we are grappling with the World Health Organization (WHO) agenda recommending that Pakistani authorities reimpose a strict, intermittent lockdown targeting localities with high coronavirus spread, as cases in Pakistan increase exponentially since most restrictions were lifted after Eid. On the other, easing of the lockdown to enable the daily wage earners labour and survive for a bare living and business and corporate sector opening amid a disorderly, distressed and dwindling national economy. Protagonists of easing the lockdown are vying for more stringent and stricter Standard Operating Procedures (SOPs) with instant penalties and punitive action against the violators indeed.

Corona is the call of the "glorious uncertainties" amid budget of the pandemic times as even the best of the gurus do not know as to how long it will last. But here is echoing "survival of the fittest" syndrome demanding from our statesmen, leaders, gurus, experts and the public best of the best physical, neurological, social, economic and financial immunities.

Gross National Product (GNP) remains the sole indicator in measuring the socio-economic development of a country, is it not the real Gross National Happiness (GNH) that needs to count over and above the GNP figure fantasies!

The writer is free-lance contributor to media on national and international affairs.



LAHORE: Workers prepare bamboo stairs at their roadside workplace.