

We should safe stray dogs: Sarah Gandapur



LAHORE: A group of animal rights activists denounced the recent wave of dog culling in the city during a press conference at the press club here on Saturday. Social and animal rights activist Sarah Gandapur along with her lawyers conduct press conference to advocate

for animal rights.

While talking to 'The Business' Sarah Gandapur said we should safe animals as we can, instead, they offered their services to help vaccinate the stray dogs and thereby take responsibility to handle the culling. "We are severely saddened by this inhuman activity by the local government," said Sarah Gandapur, one of the organizers of the press conference.

Once an alternate system is brought in, we will also get a legal cover for TNVR," Gandapur said. "Even if 80 per cent dogs are vaccinated, their population will be under control. They can be tagged as well.

Sarah added that Pakistan had internationally committed to eradicate rabies by 2030 and the TNVR system had even been recommended by the World Health Organisation.

Imran Aslam

CCPO distributes cheques among cops, families

By Our Staff Reporter

LAHORE: Capital City Police Officer Lahore Additional IG Ghulam Mahmood Dogar distributed welfare grants cheques among police personnel and their family members here on Saturday.

Cheques for financial assistance included scholarships, pensions, medical assistance and dowry funds. The CCPO said that welfare of police officers and officials, their family members particularly the heirs of police martyrs was his priority. Lahore police have established a special 'Welfare Eye' wing in CCPO office in this regard and deputed focal persons in all divisional offices to assist and guide police employees and their families.

Ghulam Mahmood Dogar said in the year 2020, a total amount of Rs 350 million was distributed among the police personnel and their families under the heads of financial assistance, martyr funds, group insurance, scholarships and dowry fund. He also distributed cash prizes and commendation certificates (CC-1) among police officers and officials over their performance in controlling crime. The cash rewards and commendation certificates were distributed among DSP CIA Hussain Haider, SHOs Maqsood Gujjar, Shabbir Awan, Waqar Hussain, Inspector Tahir Hussain, Sub Inspector Tahir Hussain, Tamur Abbas, Constables Shehbaz, Shahid Mah-



LAHORE: An elderly labourer pulls handcart loaded with goods at Ferozpur Road.

Separate package for every district being prepared, says Buzdar

By Our Staff Reporter

LAHORE: Provincial Ministers and MPAs from different districts called on Punjab Chief Minister Sardar Usman Buzdar at CM office and discussed apprised him about the problems of their respective constituencies as well as the progress on different ongoing development schemes.

The Chief Minister said that a separate development package for every district is being prepared. Development work in the constituencies of elected representatives will be completed on a priority basis.

The government will start development projects in their constituencies keeping in view the public needs and priorities. Utilizing all resources in specific cities cannot be called development but usurping the rights of backward areas.

He said that the PTI government has taken the remote areas into the mainstream. The former rulers started self-exhibitory projects by ignoring the priorities of the people.

The pomp and show projects became a "white elephant" and a burden on the national exchequer.

The people's hard-earned money was wasted on personal likes and dislikes. Former rulers did not pay any attention to provide basic amenities to the people while the PTI government is implementing the agenda of composite development.

Development work is taking being carried out in neglected areas with the consultation of MPAs. I do not believe in the One Man Show but in teamwork, said Usman Buzdar. Serving people is real politics. I am visiting every area to resolve peoples' problems.

Those who met the Chief Minister include Provincial Ministers Jahanzaib Khan Khachi, Shaikat Lalika, MPAs Ali Raza Khan Khakwani, Ghaziz Abbasi, Umm Al-Banin, Wasiq Qayyum Abbasi and Mamoon Tamar. Chief Whip Punjab Assembly MPA Syed Abbas Ali Shah and Secretary Good Governance Committee Ijaz Hussain Minhas were also present on the occasion.

Pandemic of coronavirus is getting worse day-by-day

Punjab Chief Minister Sardar Usman Buzdar has said that the pandemic of coronavirus is getting worse day by day.

Citizens will have to show seriousness and everyone will have to perform responsibly. Make masks an essential part of your life and use it to protect yourself from corona when you are going out.

Avoid visiting markets and bazaars unnecessarily. He said that following SOPs is in the best interest of citizens. There is dire need to take extra preventive measures keeping in view the recent wave of Covid-19. He said that the death toll is also increasing. All necessary steps will be taken to protect the lives of the people, he asserted.

Expresses sorrow over sad demise of sister of provincial minister

Punjab Chief Minister Sardar Usman Buzdar has expressed a deep sense of sorrow and grief over the sad demise of sister of provincial minister Ajmal Cheema. Usman Buzdar telephoned him and extended heartfelt sympathies and condolence.

He prayed that may Allah Almighty rest the departed soul in eternal peace and grant courage and strength to the bereaved family to bear this irreparable loss with fortitude.

Revival of spirit behind Pakistan Day needed to boost development

By Our Staff Reporter

LAHORE: Punjab parliamentary secretary for information and culture Muhammad Nadeem Qureshi on Saturday underlined the need for reviving spirit behind Pakistan Resolution to touch new highs in the process of country's development.

Talking to APP here, Qureshi said that PTI led government was striving hard to transform Pakistan as per dream of Allama Iqbal and vision of founder of Pakistan Quaid-e-Azam Muhammad Ali Jinnah.

He said that Prime Minister Imran Khan was making strenuous efforts for rule of law in the country in line with thinking of Quaid-e-Azam. Nadeem Qureshi said that the Pakistan Day Resolution strengthened the two nations theory and was a milestone achievement for the Muslims of subcontinent.

He said that the Muslims had understood by that time that they needed a separate homeland for their identity. It served as the launch pad for creation of Pakistan, Qureshi said adding that the Resolution was the beginning of thinking of separate country and that thinking translated into Pakistan just seven years later in 1947.

He said that this day is remembered every year to recount and commend the sacrifices of our forefathers which they had rendered for us to live in peace with freedom.



LAHORE: Traffic wardens manhandle and abuse a car driver before his family at the Regal Chowk.



LAHORE: An elderly person on his way on mini-scooty.

Seven dead, 1,100 injured in Punjab

By Our Staff Reporter

LAHORE: At least seven persons were killed and 1,100 others injured in 1,058 road accidents in Punjab during the last 24 hours, according to Rescue-1122 report. As many as 654 seriously injured were shifted to different hospitals while 439 with minor injuries were treated at the incident site by Rescue Medical Teams.

Further, the analysis showed that 444 drivers, 24 underage drivers, 175 pedestrians, and 481 passengers were among the victims of these road traffic crashes. The statistics show that 255 accidents were reported in Lahore which affected 241 persons placing the provincial capital at top of the list, followed by 85 in Faisalabad with 89 victims and at third Multan with 67 accidents and 68 victims.

According to the data 863 motorbikes, 141 auto-rickshaws, 115 motorcars, 46 vans, 13 passenger buses, 33 trucks and 111 other types of auto vehicles and slow-moving carts were involved in these road traffic accidents.

AC Kot Radha Kishan visits land record centre —Reviews facilities given to citizens

From Our Staff Correspondent

KASUR: Assistant Commissioner Yehsil Kot Radha Kishan Raja Qasim Mehboob Janjua's visit to the land record center 'reviewed the facilities given to the citizens, cleaning, staff attendance and implementation of corona sops'.

The Assistant Commissioner directed the concerned officers to resolve the legitimate functions of the public on a priority basis and in view of the third wave of corona virus, the government issued sops should be strictly executed and provide maximum facilities to incoming customers. All staff should pay their duty with honesty and duty. In addition, they also visited THQ hospital KRK and checked other matters including the facilities given to the public.

On the attendance, the physician, child specialist and the laboratory technician issued orders to MS for appropriate action.



On the other hand AC visited the general market and corona has sealed 15 shops while taking action on the violations of sops. On this occasion, He said that in view of the third wave of corona, the people and traders should cooperate with the district government and ensure the implementation of corona sops, but in case of violation, strict action will be taken according to the law.

Imam Masjid killed Imam Masjid Abdul Ghafoor Shah was killed in Thatti Usman wala area of police station Ganda Singh Eala.

According to report suspects used to leave dirty water inside our land, which caused the crop to deteriorate, many times were forbidden, but the accused party did not stop and had to harvest. On the day of the incident accused killed Abdul Ghafoor Shah. The Imam Masjid, who was seriously injured by the firing of the accused, was brought to the hospital, which was not aware of the injuries. Ganda Singh Wala police are not cooperating nor are we being given justice because the accused are influential and powerful because of which the police's attitude is not good and that is why we

Backlog of waste from Lahore to be cleared within a week

By Our Staff Reporter

LAHORE: Punjab Minister for Higher Education Raja Yasir Humayun said on Saturday that backlog of waste from the provincial capital would be cleared in a week.

Addressing a press conference along with Special Assistant to Punjab Chief Minister on Information Dr Firdous Ashiq Awan, he said that hired machinery would be utilized for clearing the waste backlog.

He said that an agreement was signed with foreign companies regarding cleanliness of Lahore, under which companies were bound to handover machinery to the government after completion of the agreement.

He said that on last moment some changes were made in the agreement, however, the National Accountability Bureau (NAB) was looking into the matter. He said that dispute was created over machinery due to which problems were arising.

The Minister lauded the Lahore Waste Management Company (LWMC) for clearing garbage heap near Arfa Karim Tower.

He said that at a cost of Rs 4 billion, 915 new vehicles would be procured and the procurement process would be completed in six months.

Raja Yasir Humayun said the procurement of new vehicles would prove to be long term solution to manage waste of the city in a proper

way. Regarding private housing schemes, he said that housing schemes were responsible to manage their waste on their own but they dump their waste at dumping sites of LWMC.

He said that a project could have been started to convert waste into energy but previous government did nothing in this regard.

He further said that 6000 containers, uniform and safety gear for staff were being purchased, whereas, vigilance department had also been created. Special Assistant to CM Dr Firdous Ashiq Awan said the agreement with the foreign companies was signed in dollars and whenever the value of dollar increased it put burden on national exchequer.

He said that Lahore waste could be utilized for meeting the electricity needs of the metropolis. She said the incumbent government had taken the responsibility of cleaning Lahore with local management, local machinery and local currency.

Pakistan Railways Chairman Habib-ur-Rehman Gilani has stressed the authorities concerned to speed up work on the Islamabad-Istanbul (Turkey) train project.

Presiding over a meeting at the PR headquarters here on Saturday, he reviewed different issues for operationalisation of the train.

The meeting participants discussed security, track situation,

rolling stock and availability of locomotives for the train.

The PR chairman directed the PR team for Islamabad-Istanbul train to immediately contact the Economic Cooperation Organisation (ECO) Secretariat by removing all hurdles and problems in the launch of the train service.

He directed the railways police and other security agencies to ensure protection of the project when it becomes operational.

PR Chief Executive Officer Nisar Ahmad Memon, Additional Secretary Anwar Baloch and other senior officers attended the meeting.

Pakistan National Council of the Arts (PNCA) online grand show titled "Nowruz celebrations" started on Saturday.

The artists of Arts Council had performed in the grand show various songs and present traditional dances.

Talking to media, Director General PNCA Dr. Fouzia Saeed said that the students of various schools participated in the event.

She said that organizing such cultural events played vital role in promoting the diverse culture of the country, adding that Nowruz was celebrated on the arrival of spring.

Nowruz is celebrated in Pakistan in Wakh, Shina, Balti, Barushaki, Wakh, and Khwar communities in Gilgit-Baltistan and Chitral. Nowruz is a festival that has been celebrated for thousands years.

Emotional abuse and brain health

Dr. Aqsa Sabir Birra

Emotional abuse is just like carbon monoxide. It does not have any obvious signs we can see but it can be deadly. When someone affects your mental and emotional state in a negative way, you may be a victim of emotional abuse. Emotional abuse can damage your brain structure. Victims facing continuous emotional abuse experience shrinking of hippocampus. This is a brain area that is crucial for learning. The hippocampus plays an important role in your short term memory and for learning short term memory retention. Any piece of information in your brain is first stored in your short term memory before it can either be converted into permanent memory or deleted. Without short term memory there can be no learning.

This damage to the hippocampus is a lot more disturbing than scientists initially thought. When you are under stress, your body releases cor-

tisol, a stress hormone, cortisol attacks the neuron in the hippocampus and causes it to reduce in size. So the more stressed you are the more cortisol would be released and more hippocampus would shrink in size. Another part of brain that is affected by emotional abuse is the amygdala. Victims of emotional abuse remain in long term anxiety and fear. This is because long term emotional abuse results in swelling of amygdala. This part of the brain controls your breathing and heart rate. It is also your emotional control center which determines how your process feelings such as love, lust, hate and fear. When someone is emotionally abused their amygdala is constantly on alert and reacts to the slightest sign of abuse. As a result, the victims are in a constant state of fight or flight. This is also why it is difficult for some people to move away from emotionally abusive relationship, humiliation and yelling are just as destructive to the brain as physical abuse especially in children whose brains are developing.

In one study, researchers found that young healthy adults who had been bullied in their adolescence showed a lack of connection between the right and left side of the brain. When a person is emotionally abused their brain goes into survival mode. The brain attempts to protect itself by rerouting abundant levels of stress and pain to avoid overload. Areas of the brain that are important for the functioning of cognition and behaviour are smaller in people who are emotionally abused and these have lasting impacts.

As a result, they are unable to have a healthy response. People in abusive relationships feel constantly drained both physically and emotionally all their energy is expended because their brain is constantly on alert. So, no words do not directly leave marks like sticks or stones do but the way we treat each other on an emotional level can have effects that last far longer than a broken bone.

The writer is a free lance