



Minimum 15:°C
Maximum 30:°C
Sunset 05:00pm
Sunrise 06:20am
(Today)



FAJAR05:10 AM
JUMA1:30 PM
ASR3:30 PM
MAGRIB05:00 PM
ISHA6:30 PM

Quick Read

SBP launches maintenance of sports venues

By Our Staff Reporter

LAHORE: The Sports Board Punjab (SBP), on the directions of Director General Javed Chohan, has started schedule-wise cleaning and maintaining of all sports venues and stadiums of the province.

The SBP DG said on Thursday that in the first phase, the ground 2 of National Hockey Stadium is being washed with the help of modern machinery. "The cleaning and maintenance of all sports facilities is a routine matter and the Sports Board Punjab workers performed their duty as per schedule. However, this time we have to delay our cleaning work due to training camps of national junior and senior hockey players". Javed Chohan said that after washing, the astro-turf of ground 2 of National Hockey Stadium is being dried with the help of latest equipment under the supervision of administrator National Hockey Stadium Nasir Malik. "The sports officers of the province have been strictly directed to maintain cleanliness of all valuable sports facilities and in this regard no negligence will be tolerated. We are also expanding the network of sports infrastructure across the province to provide best sports facilities to talented youth of the province". He informed that the astro-turf of National Hockey Stadium is also being changed in near future. "The promotion of sports among the younger generation is our mission. There are over 300 sports facilities throughout the province so that our potential male and female athletes can participate in competitive sports activities near their doorsteps".

Livestock Dept marks World Antibiotics Awareness Week

By Our Staff Reporter

LAHORE: Livestock and Dairy Development Department South Punjab on Thursday observed World Antibiotics Awareness week.

Awareness walk and seminar was organized at Jhalpur Pirwala as per directions of Director Livestock Multan Division Dr Subtain Bhatti. Deputy Director Livestock said that Livestock Department was committed to play its role in the Global Animal Disease Control Program. The relentless use of antibiotics poses serious health problems for animals. Resistance to antibiotics in animals poses serious risks to animal health and productivity. As a result, there is a need to reduce the misuse of antibiotics in animal husbandry practice also in poultry. Deputy Director Livestock Jhalpur Pirwala Dr Jamshid Akhtar said that Antibiotics were any of a large group of chemical substances, as penicillin or streptomycin, produced by various microorganisms and fungi, having the capacity in dilute solutions to inhibit the growth of or to destroy bacteria and other microorganisms, used chiefly in the treatment of infectious diseases in livestock and poultry. While Antibiotic residue mean a portion of antibiotics that remains in the body after antibiotic use has been discontinued. At the same time an husbandry practitioner should have knowledge of Antimicrobial resistance that means the ability of bacteria or other microbes to resist the effects of a drug after being exposed to them.

Mianwali Express to stop in Jauharabad also

By Our Staff Reporter

LAHORE: The Pakistan Railways (PR) has allowed Mianwali Express (147-UP/ 148-DN) to make a two-minute stopover at Jauharabad railway station. According to PR sources here, the decision had been made to facilitate passengers and it would be implemented on immediate basis.



LAHORE: Provincial Minister Syed Yawar Abbas along with participants after Reliability of Digital Media and Landscape at a local hotel.

'Ehsaas Rashan programme' registration till Dec-mid: Dr Sania

By Our Staff Reporter

LAHORE: Special Assistant to Prime Minister on Social Protection and Poverty Alleviation Senator Sania Nishtar Thursday said the registration process for 'Ehsaas Rashan' programme would be completed till mid of December 2021. She was talking to the media during her visit to a general store in Shadman area here.

She also reviewed the registration process under the Ehsaas Rashan programme. Punjab Minister for Social Welfare and Bait-ul-Mal Syed Yawar Abbas Bukhari and others were also present.

Deputy Commissioner Lahore Umer Sher Chattha briefed the SAPM about the measures taken regarding Ehsaas Rashan programme in the provincial capital. Dr Sania said that families earning less than Rs 50,000 per month could register themselves under the Ehsaas Rashan programme.

She said that only one member of an applicant family, whose cell number was issued on his/her personal Computerized National Identity Card (CNIC),



Says families earning less than Rs 50,000 per month could register themselves under the Ehsaas Rashan programme

could enroll his family either through 8171 SMS service or the web-portal. She said that for registration through 8171, the said member of the family could send his/her CNIC number to

8171. The sender would be informed about his/her eligibility within two weeks.

She said that Karyana shopkeepers would only be able to register through

the web-portal: <https://ehsaasrashan.pass.gov.pk/>, adding that the shopkeeper should have a bank account in National Bank.

She directed the shopkeepers of Karyana store to provide awareness for registration process to needy person who visit their stores for buying edibles. She said it would be a 'Sadqa-e-Jaria' [Voluntary charity] on the part of shopkeepers. Dr Sania said that a monthly subsidy of thousands of rupees would be granted to eligible families on the purchase of flour, cooking oil or ghee and pulses.

She said that shopkeepers would be bound to display any signboard outside shop about availability of the Ehsaas Rashan programme facility, adding that the buyers would show their identity cards and mobile SMS to get these edibles on subsidised rates. She said that the government would provide commission and attractive benefits to shopkeepers for providing 'Ehsaas Rashan' facility through their shops. She said that there was no fee for registration under the Ehsaas Rashan program, adding that people should be remain alert about any fraud in the name of

Globally 800m women suffering from iron deficiency

By Our Staff Reporter

LAHORE: Principal Post Graduate Medical Institute & renowned Gynecologist Prof. Dr. Sardar Muhammad Al-freed Zafar said that about 800 million women worldwide suffer from iron deficiency of which 56% are from developing Asian countries and unfortunately Pakistani women are also anemic in a large number as well.

He expressed these views while addressing a seminar on Blood / Iron Deficiency in Pregnant Women here, today organized to highlight this topic. Prof. Dr. Uzma Hussain, Prof. Alia Bashir, Prof. Ayesha Malik and other gynecologists gave lectures and said that it is important for pregnant women to take folic-acid tablets for healthy diet, elimination of vitamins and iron deficiency. Prof. Al-Freed pointed out that the early marriages and without a reasonable interval pregnancies are important reasons while lack of adequate food due to poverty lead to anemia in women which not only puts their health at stake but also create other problems.

56pc belongs to developing countries

He said that even babies are born with physical/mental weakness and disability due to the same factors. He stressed that there is a need to provide awareness in this regard at the social level so that these problems can be addressed. Dr. Shabnam, Dr. Saira, Dr. Samina, Dr. Farukh, Dr. Aliya, Dr. Uzma, Dr. Mahwish, Dr. Rizwana including a large number of gynecologists were present on the occasion.

Principal PGMI said that it is very important to pay attention to the diet of pregnant and lactating women and the primary responsibility of the concerned families is that the child born in the world should be completely healthy but this will be possible only when the daughter is given same importance being born in the society.

He added that there is a need for women empowerment in rural population as it is natural to give preference to sons in working families so that they can help

and support their elders in work and farming. However, a closer look reveals that a large number of women are working tirelessly in the fields, orchards, factories and offices, contributing equally to the financial support of their families, so they should be given equal importance in the affairs of their lives.

Talking to media, Prof. Al-freed said that in general, parents pay more attention to the upbringing of their boys and also pay special attention only to their education and food. Thus, in our society, girls and women are neglected socially which in not a good sign. He said that due to lack of education and malnutrition, girls are not able to grow up properly and they remain physically weak. As a result, women easily suffer from anemia which causes many complications for them during pregnancy. He said that due to lack of resources, most of the women's faces also wither and after motherhood their own newborns are not even able to breastfeed, so we need to pay special attention to maternal and child health and raise awareness among the people about this important issue.

UO vying to create harmony between madrasa & university students: Dr Zakar

By Our Staff Reporter

LAHORE: There are currently two different streams of education in our country including Madrasa Education and college/university education and this has created a polarized society. We, at the University of Okara, are struggling to create a harmony between these two streams, said by the UO Vice Chancellor, Prof Dr Muhammad ZakriaZakar, while addressing to a seminar, organized by the UO Secrat Chair, Dr Zaid Lakhvi.

The seminar titled as "Solution of Rising Violence in Society in Light of the Teachings of the Prophet (PBUH)" was attended by the leading religious

scholars of the region and a large number of faculty members and students. The VC further said, "It is need of the hour to inculcate pluralistic behaviors in the society and while we are just laying the foundations of this university, we want to take on board all the major stakeholders

including civil society, local community and clergy for policy making."

Among other speakers, SahibzadaFazal-ur-Rehman Okarvi stressed on the need of adopting the characteristic of compassion to overcome violent behaviors. MoulanaIshfaq Habib

argued that the solution to sectarian, religious and political violence was the initiation of the culture of logical dialogue. Sheikh Abu Nouman Bashir said that the best way to mitigate violence was to adopt tolerance. Allam Syed Ghulam Shabbir advised to focus on the teachings of Holy Quran in true spirits to overcome violence. Dr Abdul Ghaffar, In-Charge Department of Islamic Studies, told, "We are working to induct the madrasa alumni into university education." DrZaim-u-Din Abid-Lakhvi, UO's Member Syndicate, stressed on resorting to meditation and logical thinking in order to clear society of violence and extremism.



PUBLIC NOTICE

It is to announce from 'Chiniot trade and Industrial sectors that a representative Chamber of Commerce and Industries has been set up. Its name has been proposed as Chiniot Chamber of Commerce and Industries while a formal request for registration of aforementioned Chamber has also been forwarded under Rules, 2013.

Sponsors

Mohammad Abu Bakr, Mohammad Usman, Mohammad Omar Raz, Malik Mohammad Rashid, Sheikh Bilal Ahmed, Mohammad Ali, Qaiser Shehzad, Ata-ur-Rehman, Mohammad Saleem, Mohammad Rizwan, Ali Parjha, Amdraz Bhatti. The Chamber has started performing its duties on the registered address, given as 7-City Trade Center, Sargodha Road, Chiniot. 03007700400