



Minimum 29°C
Maximum 42°C
Sunset 06:10pm
Sunrise 05:30am
(Today)



FAJAR04:20 AM
ZOHAR.....1:30 PM
ASR.....5:15 PM
MAGRIB.....07:00 PM
ISHA8:45 PM

Quick Read

People urged to avoid direct sunlight to evade heatstroke

By Our Staff Reporter

LAHORE: The medical experts have informed that incidence of heatstroke is increasing due to global warming and growing pollution. Dr Israr-ul-Haq Toor, Associate Prof of Medicine and Dr M Maqsood, Assistant Prof, Lahore General Hospital (LGH) in an awareness message said that when going outside in the current heat wave, wear sunglasses to protect from the sun and wash your face with cold water 5 to 6 times a day and put water on your eyes. Pedestrians must use head covering or umbrella.

They added that people suffering from heatstroke might faint or have seizures after their body temperature exceeds 40 degrees Celsius. They advised the masses to keep water with them and wear light coloured clothes when going out of the house. Do not let children go out especially in the hot sun, they added. "As the temperature rises, the body's internal systems are affected especially people who have been suffering from a disease for a long time are more prone to heatstroke. People with heatstroke have a sudden drop in blood pressure, which can lead to weakness," they said. They informed that causes of heatstroke include hot and dry weather, strenuous exercise without drinking water in extreme heat etc.

They maintained that special care should be given to elderly people who are suffering from heart disease. The medical experts urged the public to avoid rotten fruits and vegetables and do not use food that has been lying in the fridge for a long time, as it can also cause germs and make you sick. "Summer ailments include fever, headache, fever, loss of appetite, food poisoning, seizures, anxiety, dysentery, cholera and jaundice".

All projects to be completed within time; Secy Health

By Our Staff Reporter

LAHORE: Secretary Health Ali Jan Khan chaired an important meeting in Parliamentary Lounge of Primary & Secondary Healthcare Department where he reviewed all development schemes of Vertical Programs here on Tuesday. Special Secretary Saleha Saeed, additional Secretary Dr. Asim Altaf, additional Secretary Maria Tahir, DG Health Services Dr. Haroon Jahangir, Project Director IRMNCH Dr. Kahlil, Project Director EPI Dr. Mukhtar, Director CDC Dr. Shahid Magsi, Director NCD Dr. Faisal Masood, Director TB Dr. Sarmad Wahaj, and concerned officers were present in the meeting. Secretary Ali Jan Khan reviewed all ongoing projects of vertical programs. Concerned officers gave a detailed briefing to Secy Ali Jan on all ongoing development projects. Secy Ali Jan said, "IRMNCH is a great initiative for health of mother and child that is why more than 100 ambulances would be given to the Program. All public welfare schemes will be continued and it'll be made sure that all projects will be completed within time. It will be made sure that all facilities and equipments will be made available at DHQs and BHUs. Immunization will be made made better under EPI."



LAHORE: Residents of Kotwala area hold protest in favour of their demands.

Water shortage to be overcome in Murree, vows Punjab CM

By Our Staff Reporter

LAHORE: Chief Minister Hamza Shahbaz directed to provide him with a water recycling plan to overcome the water shortage in Murree while chairing a meeting at Government House Murree. Majid Zahoor, Imran Goraya, DC, RPO, CPO and others were present. He directed to hold an inquiry about the construction of illegal buildings and demanded details of buildings constructed without approved maps or authority's permission.

He also announced the restoration of the Iqbal Library and revamping of the expressway.

Similarly, walking street and 'Pindi Point' would also be restored along with restoration and beautification of link roads and street lights; he added and emphasized that special attention should be paid to solid waste management.

Infrastructure and standard of municipal services should be improved; he stressed and added that the general bus stand should be restored by June. Similarly, SMB should be installed for tourists' count and traffic information; he said and further instructed to

activate the online portal of Murree without any delay. Control rooms of PDMA and the tourism department should be set up to deal with any untoward incidents, he further said.

Commissioner Rawalpindi briefed about Murree's improvement plan. It was stated that some of the 600 buildings constructed during the last four years have been built without maps.

Hamza takes notice of construction of buildings in violation of rules in Murree: Chief Minister Punjab Hamza Shahbaz has sought a report about the illegal construction of buildings during his visit to Murree on Tuesday. He also inspected civic amenities besides visiting THQ hospital where he inquired after patients and shook hands with children in their ward.

He directed to ensure the availability of doctor in the vaccination center along with increasing the number of paramedics there. The CM directed to further improve cleanliness arrangements adding that the shortage of doctors would be fulfilled and dialysis machine would also be brought into working conditions. While directing to make every effort to treat

the patients, the CM shook hands with children sitting in the hospital veranda and inquired the parents about children's health and education. He expressed indignation over muddled encroachments around the hospital and directed an inquiry about it. Majid Zahoor, Imran Goraya, commissioner, DC, RPO and DPO Rawalpindi were also present.

CM seeks report from IG police: Chief Minister Hamza Shahbaz sought a report from IG police about a firing incident between two groups in Khushab and directed to take legal action against the accused after their arrest along with the provision of justice to the bereaved heirs.

Hamza accorded warm welcome in Murree: Chief Minister Hamza Shahbaz was accorded a warm welcome in Murree where PML-N workers chanted slogans of long live Hamza Shahbaz. He responded to the workers' slogans by shaking hands and mingled with the workers.

The workers kept walking with the car of CM Hamza Shahbaz. Hamza Shahbaz stopped the workers from coming to the hospital and said that it would cause trouble for the patients.

12 dead, 1,074 injured in 1,039 road traffic crashes

LAHORE: The Punjab Emergency Service Department (PESD) Responded to 1039 Road Traffic Crashes (RTCs) in all 37 districts of Punjab during the last 24 hours. In these RTCs 12 people died, whereas 1074 were injured. Out of this 618 people were seriously injured who were shifted to different hospitals. Whereas, 456 minor injured victims were treated at the incident site by Rescue Medical Teams thus reducing the burden of Hospitals.

The majority (72%) involved Motor-bikes, therefore effective enforcement

of traffic laws and lane discipline are essential to reduce this an increasing the number of Road Traffic Crashes. Further, the analysis showed that 502 drivers, 26 underage drivers, 110 pedestrians, and 474 passengers were among the victims of these road traffic crashes.

The statistics show that 264 RTCs were reported in Lahore which affected 266 persons placing the Provincial Capital at top of the list followed by 83 Faisalabad in with 100 victims and at third Multan with 83 RTCs and 81 vic-

tims. The details further reveal that 1086 victims were affected by road traffic crashes including 861 males & 225 females, while the age group of the victims shows that 201 were under 18 years of age, 573 were between 18 and 40 years and rest of the 312 victims were reported above 40 years of age. According to the data 896 motor-bikes, 75 auto-rickshaws, 117 motorcars, 23 vans, 10 passenger buses, 25 trucks and 86 other types of auto vehicles and slow-moving carts were involved in aforesaid road traffic accidents. —APP



LAHORE: Female vendors sell balloon while shuttling on the road.

Friendly cricket match between Bazm-e-Javedan and Dukhtar-e-Mashriq Women College

KARACHI: Bazm-e-Javedan organized a commemorative friendly cricket match between Dukhtar-e-Mashriq Women College and EidGah Cricket Club Team at EidGah Cricket Stadium, Nazimabad, and yesterday to pay tribute to the founder of Hamdard Pakistan, Shaheed Hakim Mohammed Said on the completion of his 100th birth anniversary.

Mrs Sadia Rashid, President, Hamdard Foundation Pakistan, graced the occasion as the chief guest.

In her address, she commended Bazm-e-Javedan for organizing sporting activities in the city.

She said: "Healthy young generation guarantees our country's bright future. This is a realization of the dreams of Shaheed Hakim Mohammed Said. Sports teach valuable lessons such as sportsman's spirit. Shaheed Hakim Mohammed Said was a strong advocate of sports activities.

He supported various organizations to promote sporting events in the country. Through sports, youngsters learn that, like in practical life, everyone has to face either success or defeat in sporting competition; however, it teaches them both endurance and determination.

She advised students not only to excel in education but also to participate more in academic, literary, and physical activities. "You will fully appreciate the usefulness of these co-curricular ac-



KARACHI: Mrs Sadia Rashid, President Hamdard Foundation Pakistan gives away a trophy to player in a friendship cricket match to pay tribute to the founder of Hamdard Pakistan, Shaheed Hakim Mohammed Said on the completion of his 100th birth anniversary.

tivities when you enter into your professional life," she added. She applauded the efforts of Bazm-e-Javedan, especially Chief Patron Ahmed Javed, for their valuable services in reviving sports and cultural activities in Karachi and hoped that Bazm-e-Javedan would continue to serve the people of Karachi in the future as well.

Later, she distributed medals and trophies among the players and presented shields on behalf of Bazm-e-Javedan, to those who excelled in various fields. Hamdard Pakistan also set up a Rooh Afza stall at the event to serve ready-to-drink chilled Rooh Afza to the guests. —PR