

## Number of rail passengers increasing

By Our Staff Reporter

LAHORE: The number of rail passengers has increased as travel by bus or private transport has become dearest due to rise in fuel prices. A spokesperson for the Pakistan Railways said here on Sunday that despite a slight raise in railway fares, there was no comparison between rail fares and buses or any other road transport. The PR had to increase fares by 10 per cent of some trains but overall travel by train was economical and comfortable. On the other side, fares of buses had been doubled during the last one month due to hike in petroleum prices across the country. Sardar Nasir, a rail passenger told this scribe at the Lahore railway station that travelling with family by a bus was expensive so he decided to travel by train to Rawalpindi. Salma, another passenger with her family going to Bahawalpur by Allama Iqbal Express train, said that fares for Bahawalpur by bus was almost doubled comparatively so she decided to go by train. Shoaib, a booking clerk at the window of Faisalabad train, confirmed that the sale of rail tickets had increased after the raise in fuel prices.

## Int'l Widows Day to be marked on 23rd

By Our Staff Reporter

LAHORE: International Widows' Day will be marked on June 23 [Thursday] across the globe to address poverty, discrimination and injustice faced by widows and their children worldwide. It was officially recognized by the United Nations in 2010 while the first officially recognized International Widows' Day



on June 23, 2011 was marked with a conference held in the UN Headquarters, New York. In Pakistan, the day will be celebrated by arranging seminars, conferences, walks, and other kinds of ceremonies to highlight the



LAHORE: A vendor busy in arranges flower pots to attract the customer.

# Govt medicines recovered from a medical store in Lahore

### High level committee formed to audit and check records of medicines in Lahore General Hospital

By Our Staff Reporter

LAHORE: The Health Department Drug Control Wing team recovered government medicines from a medical store in Lahore during the raid on Sunday.

In this regard, the Principal Post Graduate Medical Institute Prof Dr Muhammad Al-Fareed Zafar took immediate notice of the news broadcast on the media and formed a high level committee headed by

Prof Dr Muhammad Moin to audit and check the records of medicines in Lahore General Hospital.

Its members include Prof. Fahim Afzal, Dr Irfan Malik, AMS Dr. Muhammad Iqbal and Nursing Superintendent Mamooza Sattar. The principal asked the members of the committee to submit a report within 48 hours after reviewing all the records of official documents and store room and to check the arrival of medicines on wards and

operation theaters which were provided to the patients.

Prof. Al-fareed Zafar said elements that rob the rights of the poor patients will not be forgiven at any cost. Departmental action will be taken against any culprit found during the inquiry.

The principal also directed MS LGH to relocate the store keepers and other employees appointed at the same place for a long time without any pressure. Principal

LGH asked the administrative doctors, nursing administration and pharmacists to personally review the medicines released on the indent book and also check the record of medicines provided to the patients.

If the incomplete record found in any department of LGH, do not delay in taking departmental action against the officials, if any officer shows lack of interest then he will also be held accountable.



LAHORE: PHA staffers busy in construction work of protective wall at jail road.

## Alleged rapist makes Tiktok video in lockup



MULTAN: A social media video (TikTok) of an alleged outlaw, arrested in rape case, went viral and local citizen expressed concerns over the compromised security of the outlaw in lockup. According to police and local people, an alleged outlaw namely Muhammad Kamran son of Allah Dittah resident of Patni in limits of Khangarh police station had raped a girl few days ago. The alleged outlaw is rickshaw driver and he drove to rickshaw to a deserted place and raped a passenger girl. Police had arrested him. The alleged outlaw got bail. He uploaded

his videos, taken in lockup at social media. Civil Society Forum led by Rana Amjid expressed concerns on poor performance of the police.

**35 professional beggars held:** The Rawalpindi Police, during crackdowns on professional beggars, arrested 35 beggars to discourage the menace of begging and avert the risk of road accidents due to jaywalking of tramps. According to the Rawalpindi Police spokesperson, on the directives of the in-charge Beggars Squad, along with their respective teams, police took action against the professional beg-

gars, and detained them in different police stations of Rawalpindi city. On this occasion, SSP Operations Waseem Riaz said the special beggar squad was working hard to overcome the increasing number of professional beggars. "The professional beggars stand on various highways and squares of Rawalpindi city and not only affect the flow of traffic but also increase risk of accidents. Therefore, the public is also requested that do not serve alms to them as discouraging such factors will not only improve the society but also the flow of traffic," he said.

**Marriage hall fined:** The district administration imposed a fine of Rs 50,000 on a marriage hall owner for violating one dish act. A spokesperson for the district administration said on Sunday that Assistant Commissioner Sargodha Azeem Shaikat Awan along with a visited wedding halls of Sargodha city and found a marriage hall at Lahore road in violating one dish restriction and imposed fine of Rs 50,000 on the owner. —APP

## Moringa – a super food for mitigating malnutrition

MULTAN: Right from the ancient times down to modern era, human beings passed through a series of research and experiments to fully utilize the natural potential of agricultural sector especially in terms of food items. Living close to nature in thinly populated areas four to five centuries back, the mankind usually banked upon fresh meat, fruits and vegetables and water flowing through rivers, brooks and streams. But time changed and in recent centuries, the earth not only witnessed mounting population load but also rising need of edibles. This made the researchers and scientists to opt for research for enhancing agricultural produce through hybrid seeds and use of fertilizers and pesticides.

Multiple corporate giants emerged on the world map and introduced packaging for conservation of food with the use of supplements to meet local needs and export to other countries. This voyage went on for decades when the experts felt that use of additives was resulting in multiple health hazards and researchers once again felt to promote organic food.

Many new ordinary and medicinal plants came under focus and scientists and health experts believe use of these ordinary plants are sometimes far beneficial for human health than the medicines. Moringa is one of the series with its nutrition rich composition as it contains multiple variants and even in this modern age experts recommend it to overcome malnutrition.

"Moringa can help overcome malnutrition as its leaves and fruits were very rich in calcium, vitamins, potassium and protein," informed Dr Zahid Rasheed, a fruit scientist at Ayub Agricultural Research Institute (AARI) Faisalabad. "It has miraculous properties that's why is called 'Super Food' and science has proved Moringa as one of the best nutritious and medicinal plants having powerful anti-inflammatory, antioxidant and tissue-protective properties," he said. Dr Zahid regretted that most often our people depend on allopathic medicines although we have vast potential for Moringa cultivation in terms of land richness and climate. "We can easily cultivate it in areas of Sindh and Punjab. But, unfortunately this plants as well as plants like Neem, Amaltas, Ajwain,

Cardamom, Black Pepper, Aloe vera and Stevia were badly ignored in our country," he remarked. "India was earning billions of dollars from export of medicinal plants but we are still faltering to explore this avenue." Moringa, he said, was not only nutritious but also a remedial plant as it was used to kill injurious worms and clean the ordinary water. "It has 14 percent more calcium than milk, 7 % more vitamin-C than orange, 4 percent more vitamin-A than carrot, 3 percent more potassium than banana and 2 percent more protein than yogurt."

"This plant is also very helpful in treatment of joint pain, blood pressure and diabetes. If dried, its leaves can be used to control cholesterol and improve blood circulation," Dr Zahid Rasheed said. "Oil extracted from Moringa can also be used for cooking purposes like Olive oil." Popularly known as "Sohanjina," the Moringa is native plant of Pakistan, India and Nepal and its leaves, flowers, seeds, roots and bark having anti-bacterial ingredients, can be used to treat various diseases without any side effect. Agricultural scientist Dr Shehzad Basra says that production period for Moringa is two to three years and oil of its seeds could not only be utilized for cooking purpose but also for lubrication of costly watches and making cosmetics. "Moringa oil increases immunity if used as medicine. Its oil can also be used in place of pesticides to protect crops from attack of pests," Dr Shehzad said. "Dried leaves of Moringa can be used as green tea for relief from mental and physical fatigue. This tea is also helpful for overcoming insomnia," he added. Moringa was being used to overcome different nutritional deficiencies since long. Its leaves, pods as well as roots could equally be used for food, by converting them into ketchup, pickle, syrup, etc. One teaspoon power of its dried leaves was enough daily for an adult individual to fulfill nutritional needs. Therefore, nutritionists also deem it beneficial if it is made part of our daily edible items list. "Around 50 percent of our population faces nutrition deficiency in their diet in terms of vitamin-A, calcium, vitamin-D, iron, zinc, iodine, etc. resulting in multiple diseases," said a nutritionist Zuhair Shuja. —APP



LAHORE: Street vendors sell colorful balloons on a road during Sunday holiday.