

Minimum 25°C
Maximum 31°C
Sunset 07:11pm
Sunrise 05:06am
(Tomorrow)



FAJAR.....	03:28 AM
ZOHAR.....	12:08 PM
ASR.....	5:03 PM
MAGRIB.....	07:10 PM
ISHA.....	08:48 PM

Quick Read

PLD creating awareness to sensitize farmers to project cattle from Lumpy Skin disease

By Our Staff Reporter

LAHORE: Punjab Livestock Department (PLD) is running an awareness campaign to sensitize the farmers on how to protect their cattle from Lumpy Skin disease.

According to Director Livestock Department, Dr Sarfraz Ahmed Chatha, the department through its special camps set up at cattle markets and entry points of Rawalpindi division was trying to ensure provision of disease-free animals to citizens on Eid ul Azha.

The department had set up special veterinary medical camps at government approved cattle markets and entry check posts in Rawalpindi Division to ensure availability of disease-free animals on Eid-ul-Azha, he added.

The veterinary camps were set up to facilitate the general public, animal sellers and the farmers for the treatment of sacrificial animals, he added.

The Director informed that eight special check posts were working in Rawalpindi division besides 21 inter-district checks posts, he added.

Total 27 veterinary medical camps were set up at sale points and nine medical veterinary camps were also set up in cattle markets of the division, he said adding, 288 officials of the department had been deployed who were providing medical facilities for treatment of animals besides carrying out spray to kill ticks. —APP

World Population Day to be marked tomorrow

By Our Staff Reporter

LAHORE: World Population Day will be marked tomorrow (Monday, July 11) across the globe including Pakistan to reaffirm the human right to plan for a family, the day encourages activities, events, and information to help make this right a reality throughout the world.

Family planning is an important topic raised during World Population Day.

World Population Day aims to increase people's awareness about various population issues such as the importance of family planning, gender equality, poverty, maternal health, and human rights. The day is celebrated worldwide by business groups, community organizations, and individuals in many ways. Activities include seminar discussions, educational information sessions, and essay competitions.

In 1968 world leaders proclaimed that individuals had a basic human right to determine freely and responsibly the number and timing of their children. About 40 years later modern contraception remains out of reach for millions of women, men, and young people. World Population Day was instituted in 1989 as an outgrowth of the Day of Five Billion, marked on July 11, 1987. The UN authorized the event as a vehicle to build an awareness of population issues and the impact they have on development and the environment.

Since then, with the United Nations Population Fund's (UNFPA) encouragement, governments, non-governmental organizations, institutions, and individuals organize various educational activities to celebrate the annual event. —APP

Development in education, health sector top priority, says Baligh

— Delegation of Youth Wing calls on Governor Punjab

By Our Staff Reporter

LAHORE: A delegation of Youth Wing led by former Mayor Bahawalpur Aqeel Najam Hashmi called on Governor Punjab Muhammad Baligh-ur-Rehman at Governor House Lahore. The delegation congratulated the Governor Punjab on assuming office.

The delegation included Rana Rashid Javed Advocate City General Secretary PML-N, former local body representatives and officials of PML-N Youth Wing and Social Media Team.

Talking on the occasion, Governor Punjab Muhammad Baligh-ur-Rehman said that ending the energy crisis in the country, development in education and health and other sectors are among the priorities of the government. He said that the decision to come to the power was not taken for the sake of politics but for the sake of saving the coun-



try. He said that decisions taken in good faith have good results and insha-Allah we will get the country out of economic and other crises soon. He said that PML(N) has always taken steps for the development of South Punjab but unfortunately the development projects started during the previous PML-N government were not taken forward.

He said that the development work started by PML-N in Bahawalpur during the previous tenure of PML N should have been completed, but several development projects were still incomplete.

Punjab Governor Muhammad Baligh-ur-Rehman said that PML-N and its leadership have always given their workers the respect and status they deserve. "Our leader has al-

ways reiterated that respect for the party worker is the first priority," he said.

He said that all the workers of PML-N are united under the leadership of their leaders Muhammad Nawaz Sharif and Muhammad Shahbaz Sharif.

We should help, serve masses with our wealth and abilities

Meanwhile, Punjab Governor Muhammad Baligh-ur-Rehman in his message on the occasion of Eid-ul-Azha said that Eid-ul-Azha is celebrated in remembrance of the greatest sacrifice of Hazrat Ibrahim (AS) and teaches us that we too should help and serve the people with our wealth and abilities so that Allah is pleased with it. Let us pledge that we will always keep the spirit of selflessness alive and will put aside personal differences and take special care of the unprivileged sections of the society. Observe all the Standard Operating Procedures (SOPs) to contain spread of Co-



LAHORE: People travel on a loading motorcycle due to rush at bus stations to go back home before Eid-ul-Azha.

Excessive use of spices, soda, beverages can be harmful

— Carelessness can disturb Eid joy, happiness

By Our Staff Reporter

LAHORE: Associate Professor of Medicine, Postgraduate Medical Institute Dr. Israr-ul-Haq Toor has said that people already suffering from various ailments should avoid salty meat and fat in meals.

He added that everyone should remain careful and not take excessive quantity of meat. Moreover vegetable or beans can be added in meat for better taste and less danger.

These views were expressed by Dr. Israr-ul-Haq Toor while

giving a lecture to the medical students at LGH Medical Unit-I.

He pointed out that it is needed to raise awareness among masses about the harmful health effects of eating too much meat.

He maintained that if the excretion of protein in the urine is high, one should stay away from salty and fatty meats. Patients with dialysis can eat adequate amount of meat on Eid-ul-Adha, but it is also important for them to avoid salt and other beverages, he added.

Dr Israr clarified that those suffering from liver disease

should not use salt and fat and take the meat only as a taste. He said that patients suffering from stomach acid and heartburn should also avoid spicy, fatty and improper cooked meat on the eve of Eid. He said that always choose healthy and young animals for sacrifice and do not forget to vaccinate these animals to prevent the disease.

Dr Toor said that diabetes, BP are common and people suffering from such diseases should use steamed stuff, moreover quit smoking and other drugs, take medicine as well as exercise and

go for walks are also important. He further said that meat should not be kept in the freezer during the current wave of the season as doing so can increase the bacteria in the meat which can be easily transmitted to the body and cause various diseases.

He further said that edibles, fast food and bakery stuff can also cause complications on the occasion of Eid. Dr. Israr said that we should take special care of our health on this happy occasion and not cause trouble for ourselves and our family due to any carelessness.

Bismah confident of good show in tri-series, C'wealth Games

LAHORE: Pakistan women's national cricket team's training camp for the tri-series in Ireland and the Commonwealth Games came to an end in Saturday in Islamabad.

The Bismah Maroof-led team will fly out for Belfast via Dubai in the wee hours of 12 July (Tuesday). The team will take a two-day Eid-ul-Adha break tomorrow and on Monday while preparing for their journey for the two events.

The squad trained and practiced in Rawalpindi and Islamabad at the Pindi Cricket Stadium and House of Northern for the last nine days and despite rain interrupted preparation sessions, the squad endeavoured to make most of the available time by working on various aspects of T20 cricket including improvised drills, nets sessions and scenario-based matches.

Indoor training sessions were also arranged for the team at the Shahbaz Sharif Sports Complex.

Besides bowling and batting drills and practice, the squad also worked hard on fielding and physical fitness under the supervision of the support staff led by head coach David Hemp.

Bismah, meanwhile is looking forward to the two challenging events against formidable opponents.

Captain Bismah Maroof said: "Our preparations have suffered a bit due to the persistent rains as we could not play practice matches, we had to hence shift our focus to fitness more. We tried to make most of the indoor facility we were provided and that did come as a good help to the side amid the weather challenges.

"The tri-series in Ireland provides us a good opportunity of acclimatizing to the conditions ahead of the Commonwealth Games. We have a good team combination with youngsters like Tuba Hassan, Ayesha Naseem and Fatima Sana providing real energy, skill and talent, they are the ones for the future and this tour is a real opportunity for them to make a big impression.

"At the Commonwealth Games, we would take on the challenge of playing formidable opponents as to succeed there we need to beat the big teams, our aim would be to target a victory." —APP

11 dead, 1,136 injured in 1,049 road traffic crashes in Punjab

By Our Staff Reporter

LAHORE: The Punjab Emergency Service Department (PESD) Responded to 1049 Road Traffic Crashes (RTCs) in all 37 districts of Punjab during the last 24 hours. In these RTCs 11 people died, whereas 1136 were injured.

Out of this 687 people were seriously injured who were shifted to different hospitals. Whereas, 449 minor injured victims were treated at the incident site by Rescue Medical Teams thus reducing the burden of Hospitals.

The majority (72%) involved Motorbikes, 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 544 drivers, 32 under age drivers, 108 pedestrians, and 495 passengers were among the victims.

The statistics show that 248 RTCs were reported in Lahore which affected 258 persons placing the Provincial Capital at top of the list followed by 101 Multan with 105 victims and at third Faisalabad with 72 RTCs and

71 victims.

The details further reveal that 1136 victims were affected by road traffic crashes including 948 males & 206 females, while the age group of the victims shows that 206 were under 18 years of age, 617 were between 18 and 40 years and rest of the 324 victims were reported above 40 years of age. According to the data

923 motorbikes, 82 auto-rickshaws, 106 motorcars, 41 vans, 09 passenger buses, 23 trucks and 105 other types of auto vehicles and slow-moving carts were involved in aforesaid road traffic accidents.



LAHORE: A large number of people select and purchases sacrificial animals at the Shahpur Kanjran.