



Minimum 29°C
 Maximum 34°C
 Sunset 06:10pm
 Sunrise 05:30am
 (Today)



FAJAR04:10 AM
 ZOHAR.....12:00 PM
 ASR.....5:15 PM
 MAGRIB.....07:00 PM
 ISHA8:45 PM

Quick Read

PTC provides free bus shuttle service for easy access to cattle markets

By Our Special Correspondent

LAHORE: Punjab Transport Company (PTC) provides a free bus shuttle service for easy access to cattle markets this Eid. The bus shuttle service will run from different locations for cattle markets set up in the city. The bus shuttle service will be launched from 7 am to 9 pm to provide free travel facilities to the public. Free shuttle service runs till Eid. According to details, the starting point for Turkey Road Lakhdeor Cattle Market is Shalimar Chowk. Free bus shuttle service starting point for LDA City, Defence road cattle market, cattle market at the fruit and vegetable market khana khacha, and interchange khana khacha cattle market is from Gujomata. Shuttle service starts from Bhatta Chowk for the cattle market near IT University Berki Road Paragan City. Free bus service for the cattle market on Sagyan Hazrat Abu Bakr Road starts from Azadi Chowk.

On Sagyan Hazrat Usman Ghani Road cattle market, bus shuttle service will run from Mozang chowk. For Sports Complex Ada Rakh Chabeel Manawan Cattle Market free bus service starts from Railway Station. For NFC Society Multan Road, Raiwind cattle market, Manga Mandi Multan Road, LDA Avenue-1 Raiwind Road, Pine Avenue Road, and Raiwind Haveli Centre, Sunder Road service starts from Thokar Niaz Baig. Speaking on occasion, Chief Executive Officer Punjab Transport Company Khawaja Sikandar Zeeshan said that it is our commitment to provide the best traveling service to the people on time, which the Punjab Transport Company is always striving for. Punjab Transport Company staff remain at every free bus service point for public guidance and information. Passengers can also obtain information from the helpline number of Punjab Transport Company for further guidance.

Rs 35.18b spent on treatment of 1.633m people

By Our Staff Reporter

LAHORE: The Punjab government has so far spent Rs 35.18 billion on treatment of 1.633 million people through the Sehat Sahulat Programme. According to a statement issued by Punjab Health Secretary Ali Jaan Khan here on Wednesday, about 1.321 million people got treatment from private hospitals while more than 300,000 patients achieved the facility in government hospitals. The secretary health said the programme was being implemented in 784 public and private hospitals where more than 78 thousand beds were available for indoor healthcare facility. Under the Sehat Sahulat Programme, dialysis, gynaecology, cataract, cancer, cardiology, hernia, accidents and other medical facilities are being provided. About 52,000 cardiac patients were facilitated with angiography and bypass operation during 2022, 85,000 women treated C-section and gynaecology treatment, more than 100,000 people got treatment of cataract, 285,000 kidney patients got dialysis and 27,000 people attained indoor healthcare facility for different problems during the first six months of the current year, the secretary health said.



LAHORE: Members of transgender community shout slogans during protest in favour of their demands.

Governor takes notice of pending matters in various universities

By Our Staff Reporter

LAHORE: Punjab Governor Muhammad Baligh-ur-Rehman, as the Chancellor, has taken notice of the pending matters in various universities of Punjab.

According to the details, Governor Punjab Muhammad Baligh-ur-Rehman took notice of the vacant posts of Vice Chancellors in public sector universities and directed the administrative departments of the universities to start the process of appointment six months before the expiry of the Vice Chancellor's term. The Governor Punjab while emphasizing on expediting the process of appointment of Vice Chancellors to the vacant posts in the public sector uni-

versities said that timely appointment of Vice Chancellors to the vacant posts was essential for the effective running of educational and administrative affairs in the universities. He said that the process of appointment of regular vice chancellors should be started six months before the expiry of the term of vice chancellors.

Governor Punjab Muhammad Baligh-ur-Rehman also took notice of the long standing vacant posts of Pro Vice Chancellors in public sector universities and sought nominations of Pro Vice Chancellors. He said that it was not only a requirement under law, but is also necessary to ensure uninterrupted supervision of university affairs in case post of Vice Chancellor is vac-

ant. Governor Punjab directed the administrative departments of universities to send cases for nomination of Pro Vice Chancellors in public sector universities and directed to submit the report to the Governor's Secretariat within seven days.

Governor Punjab Muhammad Baligh-ur-Rehman said that the main objective of the present government is to promote higher education in the country and all resources are being utilized for its implementation. Governor Punjab said that a Vice Chancellors Conference would be convened soon to improve the affairs of the universities. He further said that a consortium was being formed in the universities to work on environmental issues.



Eat meat with caution to save yourself from illness

By Our Staff Reporter

LAHORE: Medical experts have appealed to citizens to exercise caution in eating meat on the Eid-ul-Azha days for protection from illness.

They said that eating too much meat causes stomach acidity, and intestinal and other diseases.

Health experts at the Lahore General Hospital (LGH), Associate Professor of Medicine Dr Israr-ul-Haq Toor, Gynecologist Dr Laila Shafiq and Dr Muhammad Masood were shedding light on people's meat eating habits during Eid days.

They warned citizens of heart diseases, diabetes, high blood pressure, uric acid, and joints pain if they did not take special care in eating meat on Eid



days. They said the use of red meat not only raised cholesterol and caused high blood pressure but also heart disease and diabetes. "Meat should be used after it has been properly cooked so that it is easily digested," they said. They stated that avoiding hot chili spices would be

beneficial for health. Dr Laila said that red meat was very good for pregnant women and people who suffered from iron deficiency, adding that red meat was essential for production of red blood cells and provides vitamin B12 to the body. The experts said that meat

would be available in large quantities to everyone on Eid-ul-Azha; however, instead of eating it in large quantities, it should be cooked with vegetables and other items. Moreover, they said that instead of cooking immediately, the sacrificial meat should be left in the open air for a few hours before cooking it, adding that freezing meat for a long time produced germs, which were not good for health. Therefore, due to consumption of such meat, the chances of indigestion, gastroenteritis, heartburn and other diseases increase. They said that cold drinks with red meat were also not good for health. "Old meat damages the gums and increases the risk of cancer," they said. Medical experts told citizens to take a 6-hour break after each meal and eat more fruits and vegetables to maintain balance.



LAHORE: People busy purchasing sacrificial animals feed from a shopkeeper in Gawalmandi.

Monsoon emergency helpline 16 becomes functional: PMD

By Our Staff Reporter

LAHORE: An emergency helpline number '16' has become functional and section 144 is being imposed near rivers and dams during the current spell of monsoon, said Pakistan Meteorological Department (PMD) on Wednesday.

"All authorities concerned are advised to remain vigilant and take precautionary measures during the forecast period", said PMD Director Dr Zaheer Ahmad Baber while talking to a private news channel.

"The caller will only have to dial 16 and it will be routed to the flood emergency response department concerned", he added.

Under the influence of this weather system, a rain-windstorm and thundershowers are expected in Islamabad, Kashmir, Gilgit-Baltistan, Swat, Mansehra, Kohistan, Abbottabad, Haripur, Peshawar, Mardan, Swabi, Nowshera, Rawalpindi, Murree, Attock, Chakwal, Jhelum, Sargodha, Hafizabad, M. B Din, Sialkot, Narowal, Lahore,



Gujranwala, Gujrat, Sheikhpura, Faisalabad, Jhang, Okara, Sahiwal and Bahawalnagar. He advised travelers and tourists to remain extra cautious during the forecast period. Pakistan Disaster Management Authority (PDMA) had already directed all relevant departments to spread awareness among the public about urban flooding and how to prevent it. We all were fully prepared to deal with any kind of emergency, he added. Replying a

question, he said that people living close to river plains and water-courses had been issued timely alerts and all provincial health departments had also been advised to ensure placement of necessary staff and medicines where required. A comprehensive action plan for preventing flood in Nullah Lai and other drains of the city had been devised to mitigate flood and damages from it, the PMD Director concluded.