

Looting spree continues in Khanewal

-Citizens demand IG police, Adtl IG police South, RPO Multan, DPO Khanewal to take notice

From Our Staff Correspondent

KHANEWAL: Bandits' salutes to the newly appointed DPO Khanewal. In a single day, several cases of robbery and banditry, a robber drove a car at gunpoint from Chak Shahana Road, snatched jewelry and cash from a woman walking on the road from Kamran Colony, similarly, at Lahore Mor opposite Daewoo stand, 125 motorcycle number ACV-3380 of a journalist from Khanewal model 2021 was also snatched, in the fourth incident, the robbers took the Honda Civic vehicle of a lawyer from Kabirwala from Khanewal courts area in broad daylight.

All handouts by the police spokesperson are contrary to the facts. Such bold looting by the criminals raised questions on the efficiency of the police. Citizens demand to take notice from IG police Punjab, Additional IG police South Punjab and RPO Multan, DPO Khanewal of the law and order situation in Khanewal district.

IRSA releases 103,100 cusecs water

By Our Staff Reporter

LAHORE: Indus River System Authority (IRSA) on Tuesday released 103,100 cusecs water from various rim stations with inflow of 51,500 cusecs. According to the data released by IRSA, water level in River Indus at TARBELA Dam was 1530.13 feet and was 132.13 feet higher than its dead level of 1,398 feet. Water inflow and outflow in the dam was recorded as 29,800 cusecs while outflow as 52,000 cusecs. The water level in River Jhelum at Mangla Dam was 1160.70 feet, which was 110.70 feet higher than its dead level of 1,050 feet. The inflow and outflow of water was recorded 5,600 cusecs and 35,000 cusecs respectively. The release of water at Kalabagh, Taunsa, Guddu and Sukkur was recorded 60,400, 39,900, 35,800 and 12,600 cusecs respectively. Similarly, from River Kabul, a total of 8,300 cusecs of water released at Nowshera and 1,900 cusecs released from River Chenab at Marala.

Lahore police chalks out a security plan for annual congregation: CCPO

-Reviews security of Raiwind Tableeghi Ijtima

By Our Staff Reporter

LAHORE: Capital City Police Officer Lahore Additional IG Ghulam Mahmood Dogar on Tuesday visited the international religious congregation of Raiwind, to review the security arrangements made by the Lahore police.

DIG Operations Lahore Afzaal Ahmad Kausar, SSP Operations Sohaib Ashraf, SP Security Sayed Aziz, SPs of Sadar division, SP Traffic and other senior officers accompanied him.

The CCPO inspected main arena, temporary residential areas, parking stands, police pickets and duty points of the deployed police officers and officials. He also met with the

organizers of congregation and discussed the security arrangements. Ghulam Mahmood Dogar said, at present, the most important assignment of

Lahore police was to provide foolproof security to the Raiwind congregation and all out efforts had been made to provide maximum protection to the participants of this sacred event in coordination with different departments including city district government and organizers of the event. The CCPO briefed the organizers that Lahore police had chalked out a comprehensive

security plan for the annual congregation (Tableeghi Ijtima) of Raiwind to be observed from 3rd November. More than 2,500 police officers and officials had

been deputed on security duty at Tableeghi Ijtima.

SP Sadar Division Hamza Amanullah and SP Security Sayed Aziz briefed the CCPO Lahore about the security arrangements, whereas SP Traffic Asif Siddique informed him regarding the traffic arrangements.

Ghulam Mahmood Dogar said that millions of believers and citizens not only from inside the country but also from abroad had been participating in the congregation. The participants would be allowed to enter the congregation only after their complete checking through three layer security mechanism of Lahore Police. Officers and officials of Lahore police along with volun-

teers of management of Tableeghi

Ijtima would ensure complete body search and checking of participants by metal detectors, electric barriers and walk-through gates. Police officials in plain dresses had also been deputed at the congregation to keep an eye on each and every movement and any possible suspects. Search and sweep operations had been conducted on regular basis in and around Raiwind congregation (Tableeghi Ijtima) areas to ensure safety of participants and foil nefarious designs of anti-social elements, Dogar added. Data of citizens and passengers in the particular areas had been checked at houses, hotels, guest houses, bus stops and railway

stations through geo-fencing, biometric verification and Hotel Eye app as well, he added. Checking of citizens and vehicles at Exit and Entrance points of the city had been enhanced through e-police gadgets, he said and added that parking arrangements had been made separately for the facilitation of participants of the congregation and more than 800 traffic officers and officials had been deputed, SP Traffic briefed. He also briefed that seven parking stands had been made at congregation with five breakdowns and 20 fork lifters also deputed for smooth flow of traffic. Police desks had also been setup for any guidance and help at different points of the Raiwind congregation, he added.

CS orders to expedite collective efforts for overcoming smog

By Our Staff Reporter

LAHORE: Chief Secretary Punjab Abdullah Khan Sumbal Tuesday directed all the relevant departments to expedite the collective efforts for overcoming the smog.

He issued a directive while presiding over a meeting on smog control at the Civil Secretariat here. The administrative secretaries of various departments including environment protection, local government, industries, agriculture, transport, health, deputy commissioners (DCs) Lahore and officers concerned attended the meeting while the DCs of Sheikhpura, Nankana Sahib, Kasur, Okara, Sahiwal, Gujranwala, Hafizabad, Narowal, and Faisalabad participated through video link. The chief secretary said that the smog situation was comparatively better than last year, but a lot of work needed to be done to control environmental pollution. He issued orders to the Environment Protection Department (EPD) to hold consultative sessions with all the stakeholders including civil society.

He said that the suggestions of civil society would prove to be helpful in preventing smog. The meeting also decided to carry-out inspections of all the government vehicles. Briefing the meeting, the secretary EPD said that in October, the authorities sealed 1,058 industrial units causing environmental pollution, registered 696 cases and imposed

finest of more than Rs24 million. The inspection teams sealed 583 industrial units, lodged (first information reports) FIRs and imposed fines of over Rs34 million in Lahore.

He said that during the last two-week, 46,000 inspections were conducted and 3,168 smoke-emitting vehicles were impounded. Likewise, 20 cases were registered over burning garbage during the last month. He said that due to the direction of the wind, the smoke from burning crop residues across the border is affecting Lahore.

Lahore-Sialkot Motorway to be extended in 18 months: The authorities concerned would be awarding extension work of Lahore-Sialkot Motorway, which is expected to be completed in 24 months, for the betterment of the public. The National Highway Authority (NHA) intends to extend Lahore-Sialkot Motorway by building Sialkot-Kharian and Kharian-Rawalpindi Motorways on Build Operate Transfer (BOT) basis under Public-Private Partnership (PPP) arrangement, an official told APP. He said the contract was yet to be awarded and as per current status, the bids received for the project were opened on July 13. After detailed evaluation, Letter of Intent (LoI) was issued to the successful bidder on August 15, he said. He said subsequent to that, a Letter of Support (LoS) would be issued followed by contract negotiations.

ANF seizes over 38 kg narcotics; arrests five

By Our Staff Reporter

LAHORE: Anti-Narcotics Force (ANF) on Tuesday seized over 38 kg of narcotics and arrested five accused. According to ANF Headquarters spokesman, ANF during an operation at Islamabad International Airport recovered 130 heroin-filled capsules from the possession of two passengers including a woman, going to Saudi Arabia, by flight No SV-727. In another operation, ANF recovered 1156 grams of heroin from the possession of another passenger, going to Bahrain via flight PK-187. ANF Khyber Pakhtunkhwa (KPK) during an operation at Bacha Khan International Airport recovered 139 heroin-filled capsules from the possession of a passenger, going to Bahrain on flight No GF-785. The spokesman said that ANF KPK in another operation conducted a raid near Peshawar Ring Road and recovered over 37 kg of charras from the possession of an Afghan national. The drug smuggler was trying to smuggle drugs to Punjab which were concealed in a deep freezer.

Motorway Police recovers stolen car: The Motorway Police conducted a successful operation near Kallar Kahar on late Monday and recovered a stolen car. According to Spokesperson Motorway Police, the said car was seized at gunpoint from Kasur. A person belonging to Lahore went to drop his family at Burewala and was on his way back, when three armed robbers near Kasur, Phool Nagar took away his car at gunpoint and kept him hostage.

Importance of physical well being in our education system

Khudadad Usman Virk

No one wants to be the student who arrives late to class, with his chest heaving and shirt drenched in sweat after climbing a few flights of stairs. Alas, so is the situation in many schools of Pakistan. Who is at fault? The education system, for forcing an emphasis on rote learning rather than a wide array of extracurricular activities to get the blood flowing? Is it the addiction of technology that bars today's generation from kicking a football around in the local park?

From the tender age of five, children are sworn into an education system that would shape them for the rest of their lives. It is the moral and ethical responsibility of the system, to produce healthy and capable citizens for the nation's prosperity and well being, by facilitating them with the best tools.

To achieve this we must not confine ourselves to the four walls of a classroom but outside on the field where leaders are made. Where failure is a lesson and not extra lines for homework. A renowned German physical trainer, Joseph Pilates believed that, "Physical fitness is the first requisite of happiness."

Joseph himself who was a frail child from birth suffered from asthma, rickets and rheumatic fever. Despite his disadvantages he stood tall and was able to become a boxer, skier and an excellent gymnast.

He emphasized on the connection of the mind, body and soul and the importance exercise had on all of these. Schools need to realize the importance exercise and sport may have on an individual on a day to day basis especially if they are entering into a new environment. Sport engages people and is one of the ways

children can form bonds and connect with one another. It is essential one feels comfortable in the environment that he is learning in. Promoting physical fitness through team sport will only facilitate that. Scientific research indicates that physical exercise not only improves the blood circulation throughout the body but with the release of beneficial endorphins hormones also helps in reducing depression, anxiety and stress. Students who face deadlines every month, have tests every week, and have to submit homework while keeping up with class work are already under a significant amount of stress. By implementing a healthier lifestyle they would be able to improve their quality of sleep and be able to relax among the hectic school schedule.

It is quite evident that a healthy body equals a healthy mind, therefore being physically healthy helps kids enhance their energy levels and brain health which enables them to perform better in the classroom and be more active in the discussions taking place. Reduction in the risks of illness and speedy recoveries from injuries are some of the many benefits proactively partaking in regular exercise. In conclusion it is essential for the education sector to make the physical wellbeing of an individual one of its priorities. Curriculum should be designed around it which would enable us to move away from the rote learning cycle we are stuck in.

It is of utmost importance that an individual is well rounded and is able to navigate through all phases of life. Without physical fitness the potential of a human is limited and how he benefits society as a whole is thus limited and confined to designing systems he himself has laboured through.

The writer is a freelance contributor

Kasur police arrest 941 criminals, including 61 members of 22 dangerous robbery gangs

By Rizwan Asghar

KASUR: On the special instructions of DPO Imran Karamat Bukhari, the district police arrested 941 criminals, including 61 members of 22 dangerous robbery gangs involved in more than 160 serious cases, including robbery.

The accused was arrested and arrested in connection with the murder. On the special instructions of Imran Karamat Bukhari, the police took emergency measures to ensure the safety of the lives and property of the citizens, which was aimed at ensuring the safety of the people and the arrest of the accused involved in serious crimes, along with other cases of crime. As a result, during the month of October, 61 members of 21 gangs, including an inter-dangerous dacoit gang, were arrested and seized worth Rs 1.5 million worth of illegal weapons. More than 160 serious cases have been traced by the arrest of dangerous robbery gangs. During the operations against the accused, 263 criminal advertisements and 280 judicial fugitives were arrested in murder, robbery, razhani and other serious cases. The arrested were arrested in connection with the arrest of 16 counts. Cases were recovered by exporting 03 rifles, 08 guns, 150 pistols and 02 magazines, arrested 128 notorious drug dealers, arrested 73 kilograms of marijuana, 1054 liters of indigenous liquor, 120 liters of lacquer, and recovered 48 kilograms of

ammunition. Thousands of rupees were arrested and the cases were registered. DP Qasur said that the guilty police are working day and night to protect the lives and property of the young citizens. Special teams are working to arrest the remaining accused who will also be arrested soon.

ADC Revenue, AC Kasur listen to problems of people: Additional Deputy Commissioner Revenue Maham Asif Malik along with Assistant Commissioner Kasur Syeda Tahneet Bukhari opened the district council hall and listened to the problems of incoming silane and issued orders for the officers to resolve them immediately. On the occasion, Additional Deputy Commissioner Revenue Maham Asif Malik said that on the directives of the Punjab government, open courts are being set up for the first two days of each month for immediate, concrete and sustainable solutions to the problems faced by the people.

It is being solved under the roof. He said that in these open courtyards, practical steps are taken to resolve land transfers, individuals, domiciles and other revenue issues so that the real benefits of open courtyards can be reached to the public. In addition, Assistant Commissioner Chunian Khurram Hameed, Assistant Commissioner Patoki Raja Qasim Mehboob Janjua and Assistant Commissioner Kot Radhakrishnan Lariib Aslam listened

to the problems of the citizens by conducting Revenue Public Services in their respective suburbs.

Meeting of Board of Governors held: A meeting of the Board of Governors chaired by Deputy Commissioner Kasur / Chairman Board of Governor DPS Fayyaz Ahmed Mohal was held in the DPS Committee Room yesterday.

The meeting was attended by Additional Deputy Commissioner Revenue Maham Asif Malik, Assistant Commissioner Kasur Syed Tahneet Bukhari, Assistant Commissioner Chunian Khurram Hameed, Deputy Director Development Saad Bin Shabir, Principal Colonel (R) Mohammad Adeel, Administrator Mohammad Jahangir, Mukherjar, Mukherjar, Mukherjar, Mukherjar, Masoodqbal Sajid, Malik Jamil Khan Klis and others attended. The meeting was given a detailed briefing regarding the construction and school buildings. On this occasion, the Deputy Commissioner directed that the ongoing construction work in DPS Kasur be completed as soon as possible so that we could ensure the use of high quality material in the ongoing projects. He directed the Assistant Commissioner Chunian to collect the funds provided by the donors and start the construction of DPS Kanganpur soon. The Deputy Commissioner appreciated the efforts of the DPS on the outstanding results of the DPS.

Emirates boarding pass unlocks hundreds of offers in Dubai this winter

KARACHI: Emirates has announced Tuesday, the return of its popular My Emirates Pass. Starting from 1st November 2022 to 31st March 2023, My Emirates Winter Pass enables customers to get more from their trip with exclusive offers at over 500 locations in the UAE.

Emirates customers flying to or through Dubai can simply show their boarding pass and a valid form of identification to hundreds of retail, leisure and dining outlets, as well as famous attractions and luxury spas, to enjoy fantastic discounts throughout Dubai and the UAE. To see all My Emirates Pass offers, please visit. In addition, Emirates passengers can also enjoy complimentary ticket\* to Tour Dubai's one hour Creek Sightseeing Cruise, which gives unrivalled panoramic views of Dubai's historic district from a traditional dhow boat. Explore more of Dubai with Emirates Whether it's catching up on major sports events such as the Emirates Airline Dubai Rugby Sevens and



DP World Tour golf events, or immersing yourself in the festive celebrations this December, there is something for every traveller when visiting Dubai this winter

season. From sun-soaked beaches and heritage activities to world class hospitality and leisure facilities, Dubai offers a variety of world-class experiences. —PR

PFA unearths unit producing fabricated milk in Kanganpur

By Our Staff Reporter

LAHORE: Punjab Food Authority (PFA) claimed on Tuesday to have unearthed a unit producing thousands of litres milk prepared with hazardous chemicals on daily basis in Kanganpur, on Kasur Road. PFA Director General Mudassar Riaz Malik said the PFA's vigilance cell had traced the unit after hectic efforts. He said that PFA had got registered a case against three accused including Ashraf, Waqar and Waseem. He said the operation had been continued against the milk adulteration mafia for the last 18 hours. The team confiscated 3,000 litres of chemically contaminated milk, 50kg of glucose, nine drums of rancid oil, 50 bags of urea powder, four mixing machines, two pumps, gas cylinder and plastic drums during the raid, he added. The PFA DG said the milk was produced with the help of harmful chemicals, dirty oil and other ingredients. He further said that milk adulteration mafia usually adopt the wicked practice of food adulteration to mint money which was a heinous crime. Mudassar requested the general public to point out such like milk producing units for rooting out the menace of adulteration from Punjab. The provincial food regulatory body had been bringing a new system and law to ensure the provision of pure milk to people, DG added.

