

فرز خوب سی دنیا دکھائی دیتی ہے جو لوگ جان جہاں تھے ہوئے فسانہ وہ ڈاکٹر ظفر الطاف مرحوم



ڈاکٹر ظفر الطاف مرحوم کی وفات سے کئی دنوں سے ہمیں یاد آ رہی ہے کہ ان کی زندگی کتنی ہیروک سے تھی۔ ان کی وفات سے کئی دنوں سے ہمیں یاد آ رہی ہے کہ ان کی زندگی کتنی ہیروک سے تھی۔ ان کی وفات سے کئی دنوں سے ہمیں یاد آ رہی ہے کہ ان کی زندگی کتنی ہیروک سے تھی۔



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پاکستان ویٹرنری نیوز اینڈ ویوز
ہفت روزہ
پاکستان ویٹرنری نیوز اینڈ ویوز
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VIV ایشیاء 2019ء میں پاکستان سے بہت بڑی تعداد میں صنعت کار شرکت کریں گے

جنوبی ایشیاء میں پولٹری لایو اسٹاک ڈیری اینڈ ایکوا چھری صنعتوں کے متعلق سب سے بڑی بین الاقوامی نمائش کا انعقاد 13 تا 15 مارچ کو تھائی لینڈ کے دار الحکومت بنکاک میں کیا جا رہا ہے۔ دنیا کے 60 ممالکوں سے 1250 کے لگ بھگ تجارتی ادارے اس موقع پر نمائش میں اپنی مصنوعات کے تعارف کیلئے اسٹالز لگائیں گے۔ 11 تا 13 مارچ تک منعقد کیا جانے والا اسٹالز کا افتتاح 6 تا 8 مارچ کو فوڈ اینڈ فیڈ انڈسٹری کا افتتاح بھی کیا جا رہا ہے جس میں دنیا بھر سے فوڈ اینڈ فیڈ کے عالمی شہرت یافتہ ماہرین، دان، ماہرین، طالب علم، باہر صنعت کار شریک ہوں گے۔ ویٹرنری نیوز اینڈ ویوز کی طرف سے پہلی مرتبہ VIV ایشیاء 2019 کے بین الاقوامی شہ میں شرکت کا واحد مقصد پاکستان کی پولٹری لایو اسٹاک، ڈیری اور ایکوا چھری مارکیٹ اور اس کے شعبوں کی صلاحیت کو اجاگر کرنا ہے۔ ڈیٹان خالد، ایگزیکٹو ڈائریکٹر



ڈیٹان خالد ایگزیکٹو ڈائریکٹر اور اس کے شعبوں کی صلاحیت کو اجاگر کرنا ہے۔ ڈیٹان خالد، ایگزیکٹو ڈائریکٹر اور اس کے شعبوں کی صلاحیت کو اجاگر کرنا ہے۔ ڈیٹان خالد، ایگزیکٹو ڈائریکٹر اور اس کے شعبوں کی صلاحیت کو اجاگر کرنا ہے۔

VIV ASIA 2019
BANGKOK, THAILAND
MARCH 13-15
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VIV ایشیاء 2019ء پر ہفت روزہ ویٹرنری نیوز اینڈ ویوز کی خصوصی اشاعت انگریزی میں مشتہر بین رابطہ کریں

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It is an honor to state that "The Veterinary News and Views Weekly" is being published since 1987 in Urdu and English. The routine contents of the newspaper include articles on latest emerging technologies, research business opportunities, socio-economic problems and their remedies along with news regarding government and private sector policies etc. It is a useful source of strong linkage amongst stakeholders at district, provincial, national and international level.

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Prof. M. Subhan Qureshi Co-Chairman

archaeological and agricultural importance. The event is continuation of the series held during November 2011, 2013 and 2015 at Peshawar, Pakistan and during November 2017 at Konya, Turkey. The four conferences focused on rehabilitation of the post-flood Dairy Sector; Hala! Most export potential of the Region; entrepreneurship-based hygienic food production and; achieving food security, respectively. DSP V has been scheduled for Khartoum. The sixth event of the series is being held with the theme, "Generating Decent Employment and Exportable Surpluses across Food Value Chain". We expect rich participation of people from Academia, Industry, Civil Society, Government and Development Agencies, from various parts of the World. It is hoped that this event will prove as a platform for sharing success stories and planning future strategies through Academia-Industry linkages and a union between the people from various segments of the Globe at the city of Beni Suef.



Prof. Saber M. Abd-Allah Conference Chairman

THE 2ND NATIONAL CONFERENCE ON AGRITOURISM HELD AT PMAS ARID UNIVERSITY RAWALPINDI



The 2nd National Conference on Agritourism was held at PMAS Arid University Rawalpindi on 18th February 2019 with an aim to promote Agritourism business development ideas and to cope with the entrepreneurship opportunities by incorporating value addition through eco-friendly tourism in agriculture sector. The conference was organized by PMAS-AAUR in collaboration with University of Balistan, Agriculture University Faisalabad, Agritourism Development Corporation Pakistan, Sustainable Tourism Foundation Pakistan, Alpine Club of Pakistan and Tourism Department of Gilgit Balistan. Minister for Education Gilgit Balistan Mohammad Ibrahim Sanat was the chief guest at the inaugural session of the conference. In his address, he said that tourism sector is growing rapidly and became one of the fastest growing economic sectors in the world. He said landscape of Pakistan has everything and there is dire need to encourage private sector to invest in tourism sector of Pakistan as this industry of Pakistan has huge but untapped economic potential. Prof. Dr. Nadeem Akhtar Abbasi, Vice Chancellor, PMAS-AAUR, in his welcome address, stressed the farmers with small land holdings and lesser resources to increase the profitability of their farms the need to open-up opportunities for businessmen and agri entrepreneurs on a broader scale. He said that agricultural tourism is becoming an important activity to develop opportunities as more population has moved to cities and have lost their connection to the areas where agriculture prevails. Tariq Tanveer CEO of AIDCP in his presentation shared various ideas of Agritourism and different best practices which are in use in other countries to promote this segment of tourism for the socio-economic development of the rural communities. He shared examples of Agritourism in playing a key role in generating much needed foreign exchange for the countries. Atif Rana, President of STFP was also invited as one of the guest speaker. In his presentation on sustainable rural tourism he presented various ideas to promote this segment of tourism using the best practices of sustainable and responsible tourism in Pakistan. He said that Pakistan being an agriculture country has enormous potential to promote rural and Agritourism in all the regions and there is need to initiate research work to develop strategy for the development and promotion of Agritourism in Pakistan. He also emphasized on the need to develop a close coordination between tourism promotion organizations and agriculture departments and institutions, to jointly work to develop this segment of tourism. He also recommended that all the agriculture universities in Pakistan should start degree programs in Agritourism to develop the entrepreneurial skills of youth of Pakistan in this new form of business associated with agriculture sector. Mr. Ashraf Sada, CM Standing Committee Gilgit Balistan Council, Prof. Dr. Naeem Khan, Vice Chancellor, University of Balistan, Mr. Farhat Karim Hashmi, Group Head Agri Technology ZTBL, Maulana Abdul Wahid, Mentor Khushal Agritourism Village, Dr. Shahzad Basra Focal Person Agritourism Club UAF, G. M. Saqib Deputy Director Govt. of Gilgit Balistan, Dr. Allah Dad Khan, D.G. Agriculture KPK, Mr. Abu Zafar Saqib President Alpine Club of Pakistan, also addressed the participants. Large number of delegates from all parts of Pakistan attended this day long conference. For news update always visit www.facebook.com/VetNewsViews

ARGENTINA: NO MORE COLISTIN IN VETERINARY PRODUCTS

Argentina has banned the 'elaboration, distribution, import, use and possession of veterinary products containing the active ingredient colistin and its salts'.

The country does so, following the call of the World Health Organization (WHO) to fight against microbial resistance, and the exhortation by the World Organisation for Animal Health (OIE) for the discretionary use of these agents.



Resistance to colistin in animals was significant

provide, in the case that their goal is "to cure, in a certain period of time, and with a prescription given by the farm's accredited veterinarian," according to a reaction by the Argentinian Association of Pork Producers (AAPPI). In the press release, the organisation stated that, "Argentina has started to walk a path that many countries have been walking and it is the responsible use of antibiotics and the active participation of a professional vet in a farm's sanitary decisions." Another South American country, Brazil said more recently (in December 2018) it plans to also ban in-feed (growth promoting) antibiotics. This statement was released by the SDA (Department of Agricultural Defense), which is under the MAPA (Ministry of Agriculture, Livestock, and Supply, Brazil).

Heavy human, animal and economic losses
 Resolution 22/2019 was issued by the National Food Safety and Quality Service (Senasa), an independent governmental agency. The resolution explained that the measure is taken because of the heavy human, animal and economic losses that antimicrobial resistance causes every year around the world. The WHO catalogued colistin and its salts as a 'reserved medicine' given its importance 'as a last resort therapeutic tool in intensive care units', consequently, it must be preserved for the treatment of human health.

Resistance to colistin in animals was significant
 Moreover, the National Program of Vigilance to Antimicrobial Resistance carried out studies in which the levels of resistance to colistin in animals was proven significant. These results showed the urge to avoid the administration of the agent and its salts to the animals intended for human consumption and therefore to preserve its effectiveness in the treatment of infections caused by multi-resistant bacteria in humans.

Use of preventive antibiotics banned in 2015
 In a previous resolution, numbered 594/15 and issued in 2015, Senasa had already prohibited that animal feed would contain preventive antibiotics. Producers are allowed to still include them in the rations they provide,

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چیف ایڈیٹر
ڈاکٹر محمد شوق
ایڈیٹر
ڈاکٹر شمیم
ایڈیٹر
ڈاکٹر خالد

جلد نمبر 24 | 28 فروری 2019ء | صفحات 10 قیمت 150 روپے شہرہ نمبر 16 ABC سے تصدیق شدہ

بفلو پروڈکشن کو بہتر بنانے کیلئے جدید ٹیکنالوجی کٹرشل ماڈل اور فکسڈ ٹائم مصنوعی نسل کشی جیسے جدید طریقے اپنارے جائیں

یونیورسٹی آف ویٹری اینڈ اینیمل سائنسز لاہور کے زیر اہتمام کانگریس کے شرکاء کی سفارشات، بین الاقوامی بفلو کانگریس کے اختتامی اجلاس کی صدارت کو روزہ پنجاب چوہدری محمد سرور نے کی۔

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February 18-19, 2019 La

حکومت پنجاب نے کوٹ مٹھن میں 100 ایکڑ رقبہ پر اولڈ لائف پارک بنانے کا فیصلہ

سٹاری پارک کی طرح رچھل جگہ پر جنگلی حیات کو بچایا جائے گا۔ حکومت پنجاب نے کوٹ مٹھن میں 100 ایکڑ رقبہ پر اولڈ لائف پارک بنانے کا فیصلہ کیا ہے۔

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ریجنل ڈائریکٹر (انڈسٹری) لاہور میں جانوروں کے امراض کے سدباب کیلئے ٹیکمڈ لائیو سٹاک کے عمل کو متحرک رہنے کی ہدایت کی۔

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مضمر صحت گونٹ کی سپلائی ناگام دو افراد کی خلاف ورزی

انڈسٹری (انڈسٹری) لاہور میں مضمر صحت گونٹ کی سپلائی ناگام دو افراد کی خلاف ورزی کی گئی۔

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شہزادوں کو ٹولرو کے شکار کی اجازت، جنگلی حیات کو خطرات لاحق

بلوچستان میں قلعے پر چند روزہ جنگی مشکلات سے دوچار علاقہ اڈھت رہی ہے، جو فخر بلوچ شکار کے دوران شہزادوں کو ٹولرو کے شکار کی اجازت دینے سے دوچار ہے۔

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انٹرفیکس 2 میلان زمین کی ترقی

انٹرفیکس 2 میلان زمین کی ترقی کی گئی۔

انٹرفیکس 2 میلان زمین کی ترقی کی گئی۔

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Animal Products

انٹرفیکس 2 میلان زمین کی ترقی کی گئی۔

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انٹرفیکس 2 میلان زمین کی ترقی کی گئی۔

THE COMPLETE PHYTATE SOLUTION

Axtra PHY

Specialty designed NSP enzyme formula for complex Pakistani diets

UM ENTERPRISES

حیوانات / حشرات سے متعلقہ ارشادات ربانی

بخت بیدار خان، عبدالشکور چوہدری، فواد احمد زرعی یونیورسٹی فیصل آباد

انٹرنیشنل ہیٹلو کا گرہیں 2019..... مڈھکر کی بیماری، لائیوسٹاک فارمز کے مسائل

18-19 فروری کو لاہور کے پرل کانپلی ہسپتال میں بین الاقوامی ہیٹلو کا گرہیں 2019 کا افتتاح ہوا۔ اس موقع پر بین الاقوامی ہیٹلو کے سربراہان نے اپنے ممبران کو اپنی تازہ ترین تحقیقات اور نئی ایجادات کے بارے میں بتایا۔

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لائیوسٹاک کی ترقی، پاکستان کی ترقی ہے

بلاگر نے اسٹیفورٹ بروئکس یونیورسٹی لندن سے گریجویٹن کر رکھا ہے۔ پیشہ کے اعتبار سے کامنٹس میں جبکہ ورلڈ کامنٹس کلب اور پاکستان فیڈریشن آف کامنٹس کے ممبر بھی ہیں۔ بشکریہ روزنامہ ایکسپریس پیپر 4 فروری 2019 بلاگ

انٹرنیشنل ہیٹلو کا گرہیں 2019 کا افتتاح بین الاقوامی ہیٹلو کے سربراہان نے اپنے ممبران کو اپنی تازہ ترین تحقیقات اور نئی ایجادات کے بارے میں بتایا۔

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فارمز کا معاشی قتل عام

پانی کی کمی اور خشک موسم نے کاشتکاروں کو شدید نقصان پہنچا ہے۔ کاشتکاروں کو شدید نقصان پہنچا ہے۔ کاشتکاروں کو شدید نقصان پہنچا ہے۔

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پاکستان ذیہ زرعی یونیورسٹی اور سٹریٹرز

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RABIES: A VETERINARIANS'S CONCERN

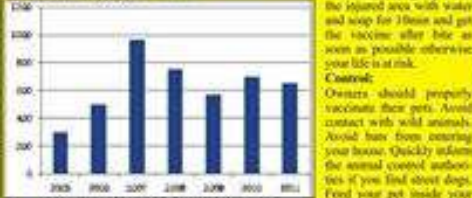
Mamoonah Ashraf, Hafiz Muhammad Rizwan
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Objective: The article is written with an aim to explore risk factors, signs and symptoms, diagnosis, treatment and preventive measures for rabies especially in Pakistan. Some guidelines are also included in it to prevent rabies transmission from animals to humans.

Introduction: Rabies is a zoonotic disease transmitted by a single shaped *Glycostrongylus*. This virus belongs to family *Rhabdoviridae*. Domestic and wild animals such as dogs, cats, bats, foxes and raccoons can spread this virus to humans. It is important to know that worldwide more than 90% exposure and more than 99% human deaths are via dogs as they are the most common source of rabies virus because many best friend can be its worst enemy too. According to a rough assessment in every one minute, ten people die in this world due to this deadly disease.

Epidemiology in Pakistan: Rabies is an unreported disease in Pakistan. Very few reports are available in Pakistan because many best friend can be its worst enemy too. According to a rough assessment in every one minute, ten people die in this world due to this deadly disease.

Diagnosis: Laboratory tests are the most reliable way to detect the virus or viral RNA or viral antigens in the samples of the patient. Molecular techniques such as reverse transcription-PCR and immunohistochemical identification methods like ELISA and Rapid Immunochromatographic Test (RIDT) are used to identify rabies virus antigens. Differential diagnosis should be established to avoid false negative results for example encephalitis, epilepsy, hepatic encephalopathy, rabies and schizophrenia could cause the symptoms of rabies resembling a physician.



Disease Burden in SAARC Region: In SAARC countries the number of rabies case reported are given below.

Countries	Case Reported
Afghanistan	2000-3000
Bangladesh	1500-2000
India	18000-20000
Nepal	100-150

Transmission: The transmission of rabies virus includes infected animal saliva, scratches and bites and secretions that can contain the rabies virus. The virus causes encephalomyelitis when it travels to the brain.

Treatment: Vaccination is the only treatment for rabies. There are two types of vaccines for rabies. Pre-exposure vaccination: This type of treatment is known as preventive vaccination.

PETS OBESITY: LOOKING FOR REASONS AND SOLUTIONS

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Pets are the animals kept by human for recreation and company purposes. Pets may belong to a variety of families including mammals, amphibians, reptiles and even insects. Now days there is a greatest increase in tendency of rearing of pet. Pets work wonder for your soul, body and mind. They give you happiness and laughter. They have no concern regard how you look, your financial status, your social standing your creed, your race, your age and your state of health. Only the people who have kept a pet or still have a pet can only understand this how important they are in their life as they are great source of comfort in times of disappointments or grief. In return, it is duty of an owner of a pet to take care of their pets. Specifically, in case of domesticated dogs and cats their food intake becomes a major concern. Many owners have to be told elsewhere they have to feed their pets properly and most probably in obesity.

Obesity is commonly defined as the increase in body weight with respect to the size of animals. Scientifically it can be described as an accumulation of adipose tissue in the body. Obesity is also found in animals. In pets, feeding is the most common cause for this disorder because it is based upon the fact that we give more food than their metabolic needs. Cats and dogs are considered as overweight if their weight is between 30% to 20% but they are obese if it is more than 20% of their standard weight. In domestic dogs and cats the most frequent health problem is obesity. Nutritionists also consider obesity as the one of major problem in pets as they account 50% of the cats and dogs are overweight. If we look from this point of view, in high breeding dogs the most concerning reason for the death is obesity. There may be many causes for the obesity in pets as the domesticated dogs and cats among likely causes involved may be some diseases (hypothyroidism), pharmacological drugs and rare genetic defects, but occurrence of obesity is mostly due to the difference of energy intake and its consumption. This difference



in animals. Carbohydrates are digested by any enzyme and we normally offer high carbohydrate to the cats and dogs which increase the glucose level in the blood. In these both species because they do not have any enzyme to digest carbohydrates which lead to high blood sugar levels that is a sign of diabetes that is a sign of obesity for cats as well as dogs. We do not feed them with high protein diets as it is easily digestible for them. Protein and lipids may also accumulate in body in form of glycogen and adipose depot. Obesity in pets leads to a number of problems. Among most threatening problem is the development of cardiovascular (CVS) diseases. CVS diseases are caused due to accumulation of fat in the blood vessels. Due to these diseases, emergence of variety of other issues like hypertension, diabetes, decreased gastric activities, dyspnea, polyuria, increased panting and gasping. Animals refrain from moving and running and remain sitting. Their life span and activity become shorter due to sudden death due to cardiac arrest is increased. As in humans, overweight in the animals is also burden on the organs of body. It is very easy to predict that quality and duration of life of these animals will be less as compare to the

FOOD FOR THOUGHT!

HUZAIMA BUKHARI AND DR IKRAMUL HAQ

IMF, LOANS & TAXES

In the wake of meeting in Doha on February 10, 2019 between Prime Minister Imran Khan, and Christian Lagarde, Managing Director of the International Monetary Fund (IMF), there was a mood of jubilation in official and business circles, summed up by the Federal Finance Ministry as 'significant step towards economic recovery'. Mr. Asad Umar, while addressing a ceremony at Chairman of Commerce and Industry in Peshawar on February 11, 2019, said that 'after getting assurances from Prime Minister for undertaking structural reforms, IMF's Managing Director renounced the Fund's readiness to support Pakistan's economic recovery'. Many claimed, finally ended the prevailing 'uncertainty' that elevated world criticism for the last six months. The very next day, however, stock exchange lost 542 points and rupee fell further against dollar! This exposed the tall claims of businessmen that 'uncertainty' of going on not going to IMF, created by the government of Pakistan Tobacco Board (PTB), was the real impediment for economic revival. Economist Nadeem Ul Haq observed that 'the government should have gone immediately to IMF after coming to power. The reason is simple and lies in an understanding of the global architecture. The IMF is the global consensus in the leader of last resort. In blessings and certification are necessary for continuation of aid flows and retaining confidence of international markets'. He said that 'Pakistan has been in an IMF program repeatedly over 32 years which has not yet had achieved no lasting solution to its deficit problem. Yes, IMF programs have been expeditious and unwilling to touch deeper structural issues. That is the IMF fault that all our governments have not been ready to take any significant step. They have always been going on by begging rather than solving problems'. Nadeem Ul Haq has candidly concluded: 'Pakistan is an IMF adduct we have had 10 to 13 IMF programmes in the last 30 years and have spent more than 22 years on a program. Hence, if you cannot do anything, stop it. So, what will change with another programme? Will both Pakistan and the IMF repeat their past performance and prove their insanity, as per Daniel's maxim? In its first 6 months the Imran Khan government has been unable to resolve the question 'to go or not to go to the IMF'. All manner of 'market' statements have come out of the economic leaders in the government and their advisers. 'We do not need to go to the IMF if we have done it'. 'We can have our way out of our problems for our problems are not current financing'. 'With borrowing, IMF will reduce any conditions'. These statements merely address the fact of underlining of the IMF in the government. Nadeem Ul Haq, in his view, said that 'the IMF assessed Pakistan's gross external financing needs at a record \$27 billion and warned that arranging financing at favorable rates 'will now be a challenge due to risks to the country's debt sustainability' but financial managers of PMLN ignored it with impunity. The IMF also forecast that due to additional borrowings, Pakistan's external debt would jump to \$104.4 billion by June 2019. Of course, the PTI Government was not held responsible for this sorry state of affairs, but criticism was why did it unnecessarily delay the decision of going to IMF in the absence of any solid alternate plan. The perpetual failure to tap the actual tax potential has forced successive governments to rely more and more on external and internal borrowings, pushing the country into a debt prison'. In the first seven months of the current fiscal year, the Federal Board of Revenue (FBR) collected Rs. 2060 billion against the target of Rs. 2060 billion. The per capita revenue growth rate of 3.2% in 20 years, before coming into power, PTI claimed to have doubled FBR's collection to Rs. 8000 billion. On the contrary, the Government reduced FBR's target to Rs. 4598 billion from Rs. 4435 billion. FBR reportedly says even this would be difficult and full collection would be around Rs. 4300 billion. The pathetic revenue growth of 3.2% is far below the normal economic growth of over 10%. This has raised serious questions about the ability of PTI Government to restructure the tax system for enhancing revenues to decrease burgeoning fiscal deficit. Even in the second month of January 23, 2019, there is nothing to say the month and maybe. Taxes are by-product of economic growth and PTI should not impose further oppressive taxes even if suggested by IMF. New vistas of non-tax revenues should be explored by making locked assets productive, ending circular debt and issues in Public Sector Enterprises and drastic cut in wasteful non-development expenditure. Are we ready to put our focus in order through fundamental structural reforms? Nadeem Ul Haq has very rightly pointed out: 'The IMF or no donor or external friend can help us with putting our house in order. We have to build a modern state and a modern society that is responsible and ready to participate in the global economy of the 21st century. Without that we will continue to bleed and require the IMF again and again'. Let us take the example of Finland, a small country of 5.5 million people with GDP of US\$ 252 billion (Pakistan with population of 211 million has GDP of around US\$ 305 billion). In 2017, Finland's tax-to-GDP ratio was 44% and ours only 11.5%. Unfair taxation in the way of economic and industrial growth. What a tragedy that the rich and mighty get VIP facilities, perks and benefits at taxpayers' expense. They are the beneficiaries of State's resources generated mainly by the poor farmers, suppressed landless tillers and toiling industrial workers. Pakistan is not a poor country. State's kitty is empty because of corruptions of the rich to pay the taxes, colossal wastage of taxpayers' money on unproductive expenses and non-exploitation of vital natural and human resources. The abhorrent landlords (who also include mighty generals who have been allotted State lands under award and rewards) have been receiving proper personal taxation on their enormous income and wealth. The anti-people alliance of military-judicial-civil complex, corrupt and inefficient politicians and greedy businessmen controlling and enjoying at least 90% of the State resources, contribute less than 2% towards national revenue collection and nobody talks about it. We can easily generate taxes of Rs. 10 trillion through FBR alone (Taxwise Flat, Low-rate, Broad and Predictable Taxes, PRIME Institute, April 2016). The fire need in today's Pakistan is rapid industrialisation, especially promoting agro-based units to provide employment to poor rural population and resources to reduce inequalities. The IMF or any other donor will not tell us how to achieve these goals. We will have to promote research to find our own solutions to become a modern and dynamic nation as pledged by Dr. Nadeem Ul Haq and many others. The writer, Advocate Iqbal-e-Munir, is an Assistant Faculty at Lahore University of Management Sciences (LUMS) Pakistan's Daily Times.

GASTROINTESTINAL NEMATODES OF RUMINANTS AND PUBLIC HEALTH

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Foodborne and zoonotic parasitic diseases contain non-infectious and infectious diseases which are responsible for considerable morbidity and mortality all over the world. All countries of the world share burden of foodborne and zoonotic parasites. Nearly a quarter of world's population is affected by the global burden of parasitic diseases. We should have pre-exposure vaccination done to avoid this fatal disease because prevention is always better than cure.

most difficult is impossible to quantify the exact losses due to zoonotic parasites. Ruminants harbor a large number of zoonotic parasites. These worms not only cause diseases in ruminants and financial loss to the farmers but are also a significant public health concern. The zoonotic form is an important element of the food web chain and future food security. A large number of zoonotic worms lives in the digestive tract of ruminants including *Haemonchus*, *Cosporia*, *Trichostrongylus* and *Osthorchosis*. All of them also infect humans except *Cosporia*. Some of these parasites are responsible for deadly diseases of sheep and goat. Agriculture continues to be the mainstay of Country's economy particularly in rural and semi-urban areas with each household rearing few animals. So it is probable that these parasites have ample chance to infect humans. Therefore proper identification of problem and preventive measures are imperative. These parasites are listed below: **Haemonchus:** Leading worm in this category is *Haemonchus contortus* also known as barber's itch worm. It is highly prevalent in sheep and goat of the Punjab brought to the attention of the world. It is associated with stunted growth and childhood mortality. *Ascaris* can also infect other organs. The adult humans usually do not show symptoms but worms damage intestines and prevent proper absorption of nutrients. The parasites live in intestines and eggs emerge in feces. Poor hygiene, use of human feces as organic fertilizer, consumption of uncooked vegetables and raw fruits are responsible for spreading of this parasite. The transmission cycle involves soil, vegetation and lay eggs. It can be associated with poultry, beef or mutton from local meat market where food authorities are not so vigilant and poor economic conditions force the people to consume from such market. Local food safety authorities can play a role in this regard. **Trichostrongylus:** *Trichostrongylus axei* has worldwide distribution and occurs in many species both in ruminants as well as omnivores. Its encysted larvae are frequently present in the uncooked and undercooked pork and human consuming such pork can easily acquire. Besides pork, raw



Dr. Muhammad Aslam said that the university was used to hold such activities in order to promote sports culture for a healthy society. He showed his concern that sports activities were on the decline that is one of the cause of increasing ailments. He added that the sport always help the players to excel their inner qualities. Dr. Shahbaz Talib Sahi said that there is a need to develop the sportsman spirit in the youth so that they can meet the challenges in the life in an effective manner. He said that sports were essential not only for the good health but also a sound mind. He said that they country was blessed with the tremendous talent. Dr. Anjad Aulakh said that due to the technical advancement, the youth spend time in front of cell phone, TV screen, internet etc. He said that before these technological advancement the playgrounds were flooded with the players in the morning and evening time but now, the trends is vanishing. It is prerequisite to promote the sports activities across the country.

Mr. Gardazi urged the government to at least follow the neighbouring India to promote agriculture here. He said the same agriculture policy was launched in 2014 but it was never implemented. He regretted that agriculture varieties were functioning in the absence of vice-chancellors and urged the government to fill the vacancies at the earliest. Meanwhile, the agriculture minister has directed his department to resolve on priority basis the complaints being received on PM's Citizen Portal and asked the agriculture secretary to appoint a focal person in this respect.

CHIEF MINISTER PUNJAB SARDAR USMAN BUZDAR INAUGURATES TWO-DAY INTERNATIONAL BUFFALO CONGRESS 2019

Prosperity of small scale farmers and eradication of food scarcity is our foremost priority. Minister Livestock



Lahore: Our top most commitment is to eradicate the food scarcity through development of livestock sector. Incumbent Punjab government vows to prosper the small scale animal farmers by excelling the livestock sector in a professional manner, said by Chief Minister at the inauguration ceremony of international Buffalo Congress 2019 at Lahore. He has also said that the arrival of international delegates is very propitious. He has also inaugurated the "Pak Chira Joint Research Center for Buffalo" at this Occasion. Despite provincial Minister for Livestock Sardar Hussain Bahadar Darshak, Provincial Minister for Agriculture Nauman Langrial, Provincial Minister for Woman Development Ashfa Riaz Fatyana, Advisor to Chief Minister for Livestock Faisal Hayat Khan Jabsona, Secretary Livestock and Dairy Development Punjab Ahsan Wahed, Vice Chancellor University of Veterinary and Animal Science Lahore Prof. Dr. Talat Nasser Pasha and the eminent Professors, Additional Secretaries, Deputy Secretaries, Director Generals, Directors and many Officers of Livestock and Dairy Development Department have also participated in this two days international Buffalo Congress held at a local Hotel. More than 500 delegates, researchers, Professors and livestock Experts from Iran, Nepal, India, Bulgaria, Italy, USA, Australia, Bangladesh, Canada, Egypt, Philippines, Romania, Sri Lanka, Thailand, Turkey and United Arab Emirates have also participated in this Congress. In his address during the Congress, Provincial for Livestock Sardar Hussain Bahadar Darshak has said that the prosperity of small Scale farmers is the top priority of Government. He further said that the purpose to invite the experts, researchers and Professors from Buffalo rearing countries is to exploit our livestock potential through their experiences and to highlight the role of Pakistan in the eradication of food scarcity at international level. The development in livestock farming on modern grounds is essential for increasing the yield of milk and meat. Ad lib availability of balanced feed and recollection of modern techniques to the livestock farmers has also been included in the priorities of government. On this occasion, Secretary Livestock & Dairy Development has also said that the Dairy Free Zones will augment the yield of Livestock Farms and assure the Animal Fats availability. Our local Livestock Farmers and researchers will also enjoy the benefits from the experiences of foreign experts.

AGRI POLICY OFFERS INCENTIVES FOR RURAL WOMEN, YOUTH

Lahore: The Pakistan Tehreek-e-Insaf's Punjab government on Wednesday launched its agriculture policy to enhance economic growth and raise standards of living of the masses, particularly the rural people. Unveiling the policy, Minister for Agriculture Malik Nauman Langrial claimed that all stakeholders, chairmen of agriculture related task forces as well as USAID experts were consulted during the formation of the policy. He said the participation of the private sector in investment, better management and promotion of mechanisation were the hallmarks of the policy. Rural women and youth would be offered incentives under the policy for encouraging their active role in the productivity process, he added. Provincial ministers Hashim Jawan Bakht, Moinul Leghari and Hussain Jehan-unveiling the policy, Minister for Agriculture Malik Nauman Langrial claimed that all stakeholders, chairmen of agriculture related task forces as well as USAID experts were consulted during the formation of the policy. He said the participation of the private sector in investment, better management and promotion of mechanisation were the hallmarks of the policy. He said farm marketing would also be modernised, while the growers' interests would be protected through climate-smart agriculture and crop insurance. He hoped the measures would lead to a 5 percent growth rate in the agriculture sector. Mr. Bakht assured provision of financial resources to achieve the targets set in the agriculture policy. Mr. Leghari lamented that centuries-old irrigation system was being still followed in the country and called for improving it as per international standards. He appealed both to the rural and urban water consumers to judiciously use the precious natural resource.

ISLAMABAD WILDLIFE DEPT SHOULD TAKE OVER MARGHAZAR ZOO: MINISTER

BY JAMAL SHAHID
 Islamabad: Minister of State for Climate Change Zartaj Gul on Wednesday said a Senate committee that she had requested the government to hand over the control of Margharzar Zoo to the Islamabad Wildlife Management Board for better management of the zoo and care of the animals. At present the Metropolitan Corporation, Islamabad (MCI) is running the affairs of the zoo. The zoo is in a terrible condition where exotic animals are dying for want of trained caretakers and handlers, Zartaj Gul told the Senate Standing Committee on Climate Change. She told the committee that the height of the zoo staff's apathy could be gauged from the fact that they took home food meant for the animals. The committee met here with Senator Sitara Ayaz in the chair to discuss the budgetary matters and ongoing projects of the Ministry of Climate Change. However, various issues pertaining to the deteriorating environment of the capital including quality of the air, cutting of more trees, no parking spaces for high rises and encroachment on 725 acres acquired by the Ministry of Climate Change for botanical garden were taken up. While members of the committee complained of deplorable state of animals at the Islamabad Zoo, Zartaj Gul said that her ministry had sent a summary to the ministry concerned seeking Islamabad Wildlife Management Board's control over the Margharzar Zoo. "The zoo needs to be returned from the MCI to the Islamabad Wildlife Management Board that has qualified individuals and trained caretakers," she said. She also briefed the committee about the botanical garden the ministry planned to construct in Babra Kahu. The garden will also have a zoo, she added. Replying to a question from the chairperson of the committee, Senator Sitara Ayaz, climate change secretary Nasir Jami said the land had been retrieved from the encroachers and to secure the premises a wall would be built around the land. Earlier, in January the auditor general of Pakistan (AGP) had recommended an inquiry into the failure of the Ministry of Climate Change to establish a botanical garden, though it was handed over the land about 20 years ago. The Capital Development Authority (CDA) had handed over the physical possession of the land in Banigala Hills to the Zoological Survey of Pakistan in 1999 for the establishment of the zoo-cum-botanical garden. However, the AGP in a report for 2017/18 observed that as so far the Zoological Survey of Pakistan could not develop the garden.

THE 3RD INTERNATIONAL CONFERENCE ON "MATERIAL SCIENCE & NANOTECHNOLOGY 2019 ORGANIZED BY THE DEPARTMENT OF PHYSICS, GOVERNMENT COLLEGE UNIVERSITY FAISALABAD



The 3rd International Conference on "Material Science & Nanotechnology 2019" organized by the department of Physics, Government College University Faisalabad. The Conference presided by the Worthy Vice Chancellor GCUF Prof. Dr. Nasir Amin. The honorable Mr. Mian Farrukh Habib (Parliamentary Secretary for Railway) and Dr. Sofia Anwar Vice Chancellor, Government College Women University Faisalabad were the Chief Guests of the occasion. Respected National and International speaker, Deans, Directors participants of the conference, faculty member and students. In his Inaugural remarks, VC said that it is a matter of great honor for us to welcome you all on 3rd International Conference on Material Science and Nanotechnology in GCUF. It is immensely pleasing that constant research efforts made in the field of material science. Although various technological progress in material science have directly impacted our daily lives, no other advance in materials research has the potential that can be compared with the possibilities, unlocked upon the implementation of these materials at the nanoscale. It is now the reality that nanotechnology is bringing about another application which range from health sciences and clinical medicine energy infrastructures, he added. Being a general university the objective of GCUF has always been focused on producing highly motivated and dedicated professionals in natural science who can lead to nation in 21st century. The recently established of High Tech Lab of our University is equipped with state of the art characterization equipment which have unlocked to contribute scientific knowledge. In addition, Prof. Dr. Va Hong Yie from USA, Prof. Dr. Chuanbo Cao (China), Prof. Dr. John Irwin from UK, Dr. M.A Hassan (USA), Prof. Dr. Zafar Iqbal, Dr. Won Ho Jung from South Korea, and other prominent scientist and researchers have joined us for sharing their research work at the forefront of nanotechnology. In the end, VC thanked chief guest, the eminent professor, from Pakistan and International guest speakers and others for joining us in the conference.

SHORTAGE OF RABIES VACCINE IN SOUTH PUNJAB HOSPITALS

Muzaffargarh: Two persons bitten by dogs four days ago say that public hospitals from the basic health units to the Muzaffargarh District Headquarters (DHQ) Hospitals have refused them pre-rabies vaccination. Abbas Bhatta said his son Anwar Bhatta (18), of Pir Jahantun, was bitten by a stray dog but no public hospital in south Punjab had rabies vaccine. The other dog-bite patient is Salaha Bibi (10). Mr. Bhatta said when they approached hospitals, they were told to keep an eye on the dog but for them, and if they turned out to be rabid and the patients developed rabies symptoms, public hospitals would treat them. He said he also approached the Nishtar Hospital in Multan, region's biggest public hospital, but to no avail. He said a few private pharmacies had the vaccine but its price was out of their reach. Muzaffargarh DHQ Medical Superintendent Dr. Mehr Iqbal said public health facilities had been short of vaccine since June last. He said the DHQ Hospital administration paid Rs2 million to the National Institute of Health Management in June for rabies vaccine and despite several reminders, they were not provided with the vaccine. He said every dog bite case was not of rabies. Mr. Bhatta said they had killed the dog after the incident to avoid more cases but the dog was acting abnormal when it was caught and killed. He said they were applying herbal and desi treatment on the bite wounds.

SEA SNAKES AVOID PREDATORS WITH TAILS THAT CAN 'SEE'

A study from the University of Adelaide has found that olive sea snakes have a light-sensing ability in their skin that allows them to 'see' through their tails to avoid predators. The international study led by the University of Adelaide has discovered how the adaptation allowed olive sea snakes (*Aipysurus laevis*) to move their tails away from light, which the researchers believe is meant to keep the tail hidden from predators. Study lead author Jenna Crowe-Riddell, a PhD candidate in the University of Adelaide's School of Biological Sciences, said that sea snakes live their entire lives at sea swimming with a vulnerable paddle-shaped tail. "Olive sea snakes swim around looking for prey but often they rest during the day and they curl up under a rock or coral," she said. "They have this light sensing ability in their tail in order for them to know or sense where their tail is at any time. It keeps them hidden from sharks and other predators." The olive sea snakes, which usually grow to a meter in length but can reach up to two meters, are one of three species, out of 60 total sea snake species that have a unique ability to sense light in the skin of their tails. "Because sea snakes have long bodies, the tail-paddle is a large distance from the head, so it benefits from having a light-sense ability of its own," said Crowe-Riddell. Crowe-Riddell and a team of researchers at the University of Adelaide tested for light-sensitive tails in eight species of sea snakes using RNA sequencing and found that three species have the light-sense ability due to a gene linked to the protein melanopsin. She also believes that the olive sea snake is the only reptile "out of more than 10,000 reptile species, that was known to respond to light on the skin this way." "Using RNA sequencing, we could tell what genes are actually active when you shine a light on the skin," she said. Melanopsin is most commonly used by animals to sense overall light levels in their environment but, according to Crowe-Riddell, is used differently in other species. She said the sea snake are not the only animals to have a similar adaptation using the melanopsin protein. "There are some amphibians like frogs that have it in their skin. Instead of moving away, they use it for colour change," she said. "It is even used by some animals, including humans for regulating sleep cycles by sensing overall light levels in the environment." The ability of the snakes to 'see' light through their tails could have evolved in the ancestor of six closely related Australian sea snake species, according to Crowe-Riddell. "Our research has found that surprisingly, it's not all sea snakes, it's just a few species," she said. Crowe-Riddell said a similar adaptation has also evolved in other marine species that look like sea snakes and that similar physiology could be a reason for the ability. "The same thing has evolved in some long bodied fish and some forms of salamanders that have long bodies and paddle shaped tails. It might be convergent with that, it might even be a driving factor," she said. "I think it's something that quite many may be [because of] a particular combination of expression patterns that just happened, and then it seemed to be really useful for those species that they have just retained the ability."

TENT PEGGING CONTESTS HELD

Haripur: A one-day tent pegging contest was held here on Wednesday. Former union council chairman Mohammad Iqbal organised the contest in which players from different areas of Punjab, Haripur, Abbottabad and Mansehra participated. The horse riders, who were neatly dressed, exhibited their skills enthralling the audience. In the single competition, Haidri Nezbaz Club bagged first and second positions and Sadeed Nezbaz Club Mankrayeeth third, while in the section competitions, the Royal Hazara Club clinched first position, Haidri Club second and Bari Imam Club third. Member of the district council Sahibzada Anwar Rehman, Sewal Tamoor Haidri Shah, Syed Ghayur Shah, Prince Malik Atta and Haji Abar of Atta distributed prizes to winners.



NATIONAL LIVESTOCK SHOW

Kasur: The four-day National Livestock Show and Buffaloes Mela began in Pattoki on Wednesday at the Buffaloes Research Centre. The festival is being attended by delegation of 19 countries, including India, China, Canada, Iran, Iraq and the Philippines. The event was inaugurated by Provincial Minister for Livestock and Dairy Development Sardar Husnain Bahadar Darshak. Donkeys brought from various parts of the province walked the ramp along with buffaloes, cows, goats, sheep and camels. The Buzdar dance was performed by the Buzdar tribesmen at the fair. Mr. Darshak said that the prosperity of the country was linked with the progress of the livestock. He said that by enhancing flesh and milk production, the country could earn foreign exchange. His Khyber Pakhtunkhwa and Balochistan counterparts Muhibullah Khan and Balochistan minister Mitha Khan Kakar were also present.



UAF DISTRIBUTES 800 SCARVES AMONG FEMALES

Established, The University of Agriculture, Faisalabad administration on Thursday distributed 800 headscarves among females as a gesture of respect from their alma mater and to promote core values in the society. In this regard, a ceremony, presided over by UAF Vice-Chancellor Dr. Zafar Iqbal Kandhara, was arranged at the University Iqbal Auditorium. The Vice-Chancellor along with Senior Faculty Dr. Akbar Javed, Deans Dr. Muhammad Aslam, Dr. Masood Saif-ud-Din, Dr. Muhammad Nigzar Bhatti, Dr. Aftab Hashmi, Dr. Sagat Khan and others distributed the headscarves. Addressing on the occasion, Dr. Zafar Iqbal said we have to reconnect the youth with old generation and our rich culture to achieve our true glory. He said that the idea was meant to encourage respect for women as the country was entrusted to uphold Muslim traditions. He said we have to work on character building of the youth that will flourish on the golden principles of Quran and the law and final Prophet (Peace Be Upon Him) for character building of the society. It will ensure integration from society. He said that there was a time when every student was used to book reading excessively. But now the trend had changed due to the usage of technical advancement. He added that mixed reaction came after announcing Students' Day. That, now the criticism is narrowing down in the society after counselling. He said we have to spread the message of



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OVERLAPPING ROLES

After the passage of the 18th Amendment, roles and responsibilities blur between the federal and the two provincial HECs



The Federal Higher Education Commission (HEC) was established in 2002 under an Ordinance. The objectives were to reform centres of higher education, promote research in academic institutions, shift focus on science and technology, set standards and guidelines to be followed for quality assurance and so on in both public and private universities across the country. The HEC replaced the University Grants Commission (UGC) which had been looking after the affairs of universities, though its role was not as wide as the HEC's. In 2010, when the 18th Amendment to the Constitution was passed and education was devolved to provinces, the provinces questioned the powers and existence of a federal HEC. But the Supreme Court of Pakistan ruled in the HEC's favour in 2011. The court's decision was that the 18th Amendment would have no effect on the functioning of the HEC and, in case of any conflict, HEC Ordinance 2002 shall prevail.

However, issues about the Terms of Reference (TORs) of the federal and the provincial HECs remain unresolved. Both the governments of PPP and PML-N that took over in 2008 and 2013 respectively, slashed the budget of HEC by around 50 percent. Due to this measure, the fellowship and scholarship programmes for students enrolled in national and international universities suffered and research grants for faculty members were slashed. What has transpired since then has further complicated things. The Sindh government and the Punjab government have set up provincial higher education commissions on the ground that they were empowered to do so after devolution. The Sindh HEC (SHEC) was established by the PPP government in 2013 while the Punjab government came up with its own commission named Punjab HEC (PHEC) in 2014.

FOOD SAFETY ON THE TABLE AT WORLD CONFERENCE

ADDISABABA: Food contaminated with bacteria, viruses, parasites and toxic chemicals is a mounting health hazard and a crippling economic burden, a global conference on food safety has been told.

The two-day forum is bringing together government officials and health experts from 125 countries to combat the peril of unsafe food, which kills more than 80,000 people each year according to UN estimates. "Today, the world produces enough food for everyone," Jose Graziano Da Silva, director general of the UN's Food and Agriculture Organization (FAO), said at the opening of the conference on Monday. "That much of this food 'is not safe', he added. "We estimate that each year, nearly one person in 10 falls sick after eating contaminated food," said Kazuki Miyagidama, who heads the World Health Organization (WHO) food security department. Of the 600 million people who fall sick from unsafe food, around 450,000 die, according to the UN's estimate. Children under five suffer most, comprising 40 percent of those who fall ill. According to the WHO, contaminated food is to blame more than 200 diseases, ranging from diarrhoea to cancers and the economic impact is huge but often overlooked. The FAO estimates the cost for low and middle-income countries to be in the range of \$95 billion (\$1.5 billion euro) per year. The conference, attended by ministers and deputy ministers from some 20 countries, is expected to issue a call for better coordination and support. "Food safety is a crucial issue for everyone on earth, but it is here in Africa that the impact of the scourge is felt most," AU Commission chair Moussa Faki told the conference, adding that a third of those affected come from the continent. Miyagidama said a multi-pronged approach was needed. This includes stronger laws, better training and equipment and beefing up health systems to detect potential risks and stop infectious diseases, he said. The risks are very diverse, ranging from bacteria such as salmonella or listeria, to chemicals such as cancer-causing heavy metals and organic pollutants. For countries facing drought or famine, the challenge is preventing the population from using water contaminated by cholera, or eating food unsuitable for consumption. For countries trying to better respect international norms and export certain food products, Miyagidama warned of a situation where exported food is of a better quality than products destined for the local market. WHO chief Tedros Adhanom (Ethiopia) said that "food safety is linked to many sustainable development goals". In Europe, Miyagidama said there was a need for faster exchange of information between health authorities, recalling the 2017 contamination of eggs in the Netherlands, which were distributed to numerous countries. The conference comes at a time of swirling controversy over the use of chemical products in agriculture, including the controversial weed-killer Roundup. The UN in December announced the creation of a World Food Safety Day on June 7.

HILTON PHARMA SPONSORED & TOOK ACTIVE PART IN AN INTERNATIONAL TRAINING WORKSHOP ON "BOVINE REPRODUCTION & ARTIFICIAL INSEMINATION"

Hilton Pharma sponsored & took active part in an international training workshop on "Bovine Reproduction & Artificial Insemination" held from 14th-16th January 2019 at Sindh Agriculture University, Tando Jim. World renowned foreign experts including Prof. Dr. Moshab A. Memon from Washington State University, USA & Prof. Dr. Gerhard Schuler from Justus Liebig University Germany gave theoretical & practical training to veterinary practitioners from all over Sindh. In appreciation of Hilton Pharma's efforts, a shield was awarded by Head of organizing committee.



A five veterinary camp was organised in Aishah Thar on January 18, 2019 in affiliation with Sindh Agriculture University, Tando Jim & Livestock Department, Sindh. Hilton Pharma always aims to provide high quality services to the animal farmers.

In collaboration with the District Livestock officer, Ladhak, a free veterinary mobile camp was set up by Hilton's Animal Health Division. The animals from the sub-ahilly areas were treated for different ailments & were given free drenching. Besides, the provinces want the HEC, as not everyone upon their role to implement quality standards, related guidelines or monitor universities in their jurisdiction. A source in the HEC points out this dichotomy has led to an increasing tension. An example of non-cooperation in this respect, he says, is that the ex-chairman of Punjab HEC, Dr. Nizamuddin, did not visit the federal HEC even once during his four-year term even though it was required of him to have such frequent interactions. The source adds that as the HEC provides funds to the universities for various purposes as well as research and development projects, it has a stronger control over them. "The provincial HECs, on the other hand, are short of finances so they want control over functions like implementation of stand-

EGGS ARE GOOD FOR YOU!

Study showed that those who consumed 4 or more eggs per week had lower cholesterol than those who only ate one egg per week.

- Eggs are good for just 10 reasons why:
1. Eggs are full of Vitamins and Minerals - including vitamins B, C, D, E, K, and more.
 2. Lower High Blood Pressure - The peptides present in eggs were shown to help reduce high blood pressure.
 3. Great Source of Protein - Eggs are a great source of protein, one egg contains 6 grams of protein.
 4. Omega 3s - Eggs contain a high level of essential omega-3 fatty acids, an essential nutrient and good for your heart.
 5. Nine Essential Amino Acids - Eggs are known as the perfect food as they are the only one that contains all 9 of the essential amino acids.
 6. Can Lower Your Cholesterol - Eggs do contain cholesterol, however as mentioned above, studies have shown that those who consume eggs regularly had a reduced LDL and an increase in HDL (the good cholesterol).
 7. Boost Brain and Nerve Health - One egg contains 26% of the daily recommended intake of choline. Approximately 90% of Americans are choline deficient. Choline is essential for neurotransmitters used in all cell membranes. Adequate levels of choline are essential for brain and nerve health.
 8. Contains Lutein and Zeaxanthin - These carotenoids are an essential component for eye health and defend against the damaging effects of free radicals.
 9. Contains Tryptophan and Tyrosine - Two amino acids which have great antioxidant properties. Tryptophan is also important as it is converted to serotonin, a mood enhancer and converted into melatonin in the pineal gland, which benefits sleep.
 10. Reduced Risk of Macular Degeneration - Eggs protect your eyes from developing age-related macular degeneration due to the lutein and zeaxanthin present.
 11. Good Source of Vitamin B12 - Vitamin B12 is an important vitamin for the process of converting leucine into safe polyamines, such as glutathione, an important antioxidant.
 12. Eggs Contain Calcium - One egg contains 50mg (5%) calcium. Although not a large source of calcium, an increased intake can reduce the risk of colon poly-



13. Eggs Do NOT Cause Heart Disease - The choline in eggs is a crucial nutrient to help reduce the inflammation that leads to heart disease.
14. Reduce Birth Defects - Eggs contain folate, a nutrient which studies have shown to help prevent birth defects, when consumed prenatally, one egg contains 44ug (11%) of folate.
15. Good Source of Vitamin A - One egg contains 29% vitamin A which plays an important role in improving the immune system.
16. Promotes Healthy Hair and Nails - The sulfur contained in eggs and the additional vitamins and minerals help promote hair and nail growth.
17. Reduce Oxidative Stress - Selenium, an essential macroelement contained in eggs helps reduce oxidative stress.
18. Reduce Risk of Tumors - Eggs are an excellent source of selenium which has been associated with preventing cancer and in particular reducing tumors affecting the prostate.
19. Eggs Protect Your Eyesight - Not only do they prevent macular degeneration, but the antioxidants in eggs also have been reported to protect eyes from damage related to UV exposure.
20. Eggs Can Be Inexpensive - Many are able to get eggs for a great price when bought from local farmers. Another option is to raise your own chickens. Not only does this help save money and provide you with more nutritional value, but you could sell eggs to those in the area to cover the cost of caring for them.
21. Egg Variety - There are many ways to prepare eggs, whether you eat them raw, scrambled them up in omelette, or beat them. You can also add great variety by adding in nutritious vegetables and herbs, such as an asparagus.

TRAINING SESSION ON IMPROVED LIVESTOCK HUSBANDRY & BREEDING PRACTICE OF DAIRY ANIMALS FOR WOMEN

Training session on Improved Livestock Husbandry & Breeding Practice of Dairy Animals for Women. AMD and NAFPI team conducted the training in Remote area of Thatta Sindh. The training was successfully conducted on one of the Biggest Farming farms of Sindh, Ogarik Farms. The owner of Ogarik farms extended his sincere cooperation to get 2 days (Feb 13-14, 2019) training overproductive. The objective of the proposed training is to Empower women by investing in their capabilities to increase household income and improved standard of living in the target area. Empowering



them is essential, not only for the well-being of individuals, families and rural communities, but also for overall economic productivity, given women's large presence in the agricultural workforce worldwide. These women are trained on "Good dairy practices

including good feeding and breeding practices "Animal care and treatment "Profitable farming practices Director Operations of Ogarik farms Mr. Nadeem Khanzada guided the closing ceremony and awarded certificates to the participants. No harmful effects from the glucosinolates found in broccoli were observed, and yolk colour scores were significantly higher. The researchers concluded that the work demonstrated the need for larger studies into the use of broccoli in poultry diets.

BROCCOLI PROVES A BOON FOR POULTRY DIETS

broccoli, florets are separated out for human consumption, leaving the stems and leaves - an estimated 75% of the plant to be returned to the soil. They are high in calcium, vitamins, coloring agents, carotenoids and antioxidants, the stems and leaves are often deposited in landfill. The carotenoids in particular may be of interest to egg farmers, the researchers explain. In broccoli they are yellow, orange or deep red and can deepen the yellow-orange tint of the egg yolk. More research needed. In an initial enquiry, researchers added a relatively

high percentage of the broccoli meal to the coxley diet of White Leghorns broilers. Compared to a control group fed a conventional diet, food consumption, body weight, feed conversion, egg production, egg weight, albumen height, haugh units and egg shell thickness were statistically similar. No harmful effects from the glucosinolates found in broccoli were observed, and yolk colour scores were significantly higher. The researchers concluded that the work demonstrated the need for larger studies into the use of broccoli in poultry diets.