

# PAKISTAN OBSERVER

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## Karachi City

Tuesday, June 25, 2013

Pakistan OBSERVER

### Rapid cooling does little for strained muscles

**B**LASTS of super cold air may feel good on overworked muscles, but the increasingly popular form of cryotherapy does not stop muscle soreness or declines in muscle strength, according to a new study.

Though other measures of muscle injury, such as swelling and muscle-cell electrical activity, were slightly improved after the rapid cooling, "overall, it's ineffective," said Gael Guilhem, the lead author of the study and a researcher at the National Institute for Sports in Paris, France.

What athletes are interested in, Guilhem said, is "am I (in less pain), am I stronger? And the answer was, 'no.' Ice has long been used as a therapy for muscle injury. "It's been the standard treatment for acute injury and chronic injury since the 70s," said Dr. Hopkins, a professor at Brigham Young University, who was not part of the study.

Although icing muscles can act as a painkiller, studies have not always agreed on whether the practice can prevent damage to the muscle tissue.

Guilhem and his colleagues asked 24 men to induce a muscle injury in their arm. The volunteers repeatedly unfolded one arm until it was straight while pushing against a resistance machine.

Within a day the muscles in each man's exercised arm were sore, and the researchers tracked their status for two weeks.

Half of the men received cryotherapy right after the strenuous exercise and again at one, two and three days later, while the other half received no extra intervention.

The therapy involved three applications, each lasting four minutes, of air cooled down to -30 degrees Celsius (-22 Fahrenheit).

Muscle strength in both groups dropped a day after the exercise, but the cooling therapy offered no benefit to those who received it, the researchers report in *The American Journal of Sports Medicine*.

Muscle soreness peaked a few days after the exercise and gradually declined over the next two weeks, but, again, having rapidly cooled the injured muscle made no difference in pain over the long term.

One of the measurements that did vary between the groups was inflammation, as marked by a protein in the blood called C-reactive protein.



KARACHI: Speaker Sindh Assembly Agha Siraj Durrani chairing the provincial assembly session in Karachi

### CS inquires about health of Edhi

**KARACHI**—Sindh Chief Secretary, Muhammad Ajaz Choudhry, visited Sindh Institute of Urology and Transplantation (SIUT) and inquired about the health of prominent social worker, Maulana Abdus Sattar Edhi, who is under treatment there.

A statement here on Monday said that he also presented a bouquet to Maulana Edhi on behalf of Sindh Chief Minister, Syed Qaim Ali Shah.

It said that the Chief Secretary also wished Maulana Edhi an early recovery.

He also inquired about the health of the other patients admitted there.

Chief Secretary also met with prominent surgeon, Syed Adib-ul-Hassan Rizvi, of the SIUT and lauded his service and provision of best possible treatment to the patients.

He also assured Dr. Adib Rizvi of every possible cooperation on behalf of the Government of Sindh for the provision of health facilities to the pa-

### Heated debate over education, health, development in PA

IRFAN ALIGI

professional duties amicably. She demanded the government to review the funds allocated to the Rangers and debated much on the issue of health and education. The lawmakers from the opposition benches lambasted the government while the members from the treasury benches applauded the provincial government on the issues.

Pakistan Muslim League-F member Mahtab Akbar Rashidi said that it was the matter of grave concern that the provincial government had spent more funds on non-development expenditures while had in the current fiscal year allocated just Rs97 billion for the annual development programme out of the provincial government had allocated Rs181 billion, which was tantamount to the fact that the provincial government had either lacked the political will or ability to carve out new development schemes and allocate funds for them.

She said that the education department was ruined during

the assembly were elected with the votes of the people. Others were behind patronizing the terrorists and there were talks in the national assembly for releasing Mumtaz, who had killed the Punjab Governor.

She said that the Khyber Pakhtunkhwa assembly failed to table any resolution in condemnation to terrorism. She said that the lion of Rawind had increased the GST but Sindh government did not increase it.

Muttahida Qaumi Movement member Hecr Ismail Solhi said that the funds allocated for the education sector by allocating 23 percent of the total budget. She said that the provincial government had allocated second largest funds for the improvement of law and order in the province.

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Sunrise: 06:43 AM  
Sunset: 06:37 PM  
High 35°  
Low 21°  
Dry

### Agri, fishery workers to get labour law benefits

**KARACHI**—Sindh government has decided in principle to extend all relevant benefits of labour laws to the workers associated with agriculture sector and fisheries respectively. A senior official of provincial labour department told APP Monday that workers associated with the two sectors are soon to be recognised as formal workers through a policy document.



KARACHI: Renowned fashion designer Depak Parwani receiving the shield from the Dean Professor Dr. Athar Mehbob at the seminar held by Sufia University.—PO photo by Sultan Chaki

# KW&SB officers responsible for safeguarding property: MD

**STAFF REPORTER**

KARACHI—Karachi Water and Sewerage Board (KW&SB) Managing Director (MD) Misbahuddin Fard stated that KW&SB must be run with better management and good governance. Officers and staff of KW&SB must own KW&SB to improve the quality of services and stabilization of the institution in order to improve the public perception. KW&SB staff would be provided with better living opportunities. He expressed this during a meeting with DMD Technical Services, DMD Finance, DMD HRDA, Resident Engineers and Executive Engineers regarding improvement of infrastructure in KW&SB colonies.

action against illegal construction, electricity use and renting out of KW&SB residential units. During the meeting he stated that staff colony must be provided with basic necessities and realistic yet affordable production must be adopted for renovation of KW&SB residential units in order to ensure more facilities within the limited resources available. He said that it was the responsibility of KW&SB officers to safeguard KW&SB's properties, residential units and lands. They should ensure that lands were recovered with the coordination with Zonal Deputy Commissioner. He expressed his distress over renting out of KW&SB residential units to external entities and il-

legal construction within residential units to accommodate illegal tenants. He also emphasized that due to the use of air conditioners in these units KW&SB is paying huge sums in Electricity bills. He said that reports have been received that several air conditioning units are installed in single residential unit which is quite disturbing. He directed that a list of all such personnel must be formulated and strict action must be taken. Air conditioning units must be confiscated and electricity connections must be disconnected. However, officials and staff members who want to use air conditioning units may use with payment of appropriate electricity bills themselves.

## Three more persons gunned down

**UCLES—AFP**

KARACHI—At least three persons were gunned down in incidents of firing across the city on Monday. According to police, a tortured dead body of an unidentified man was found near Quetta Town, Super Highway. The sources said that he was kidnapped and then killed. In another firing incident, a man was killed near Defence police station, Korangi. A man was also shot dead in Jam Goth, Malir. On the other hand, police arrested two criminals involved in policemen's killing in Haroonabad encounter. Rangers also arrested 22 suspected persons in a search operation conducted in areas of Northern Bypass.—NNI

previous 5 years and there was a dire need to cleanse the entire department from corruption and other issues that led to destruction of the education in the province. The primary school teachers needed immediate training so that they could impart their

would welcome support from the federal government if given but would condemn any ultimatum if given to the provincial government. She said that the provincial government should not be undeterred as the members of

Pakistan Muslim League-N member Masroor Khan Jatoi said that the provincial government spent Rs50 billion in last 5 years on Thar Coal Project but still could not produce a single watt of electricity.

ment that would also be made part of the provincial legislation. In reply to a question, he said a draft of provincial policy on home based workers has also been developed and is intended to develop strategies, plans and programmes for the protection and promotion of the rights and benefits of home based workers.—APP

## Ombudsman directs to provide alternate plots to affectees of MDA scheme

KARACHI—Sindh Ombudsman Asad Aslam Malik has directed the Director General, Malir Development Authority (MDA) to provide alternate plots to the 112 complainants in lieu of their original plots on the same terms and conditions subject to confirmation of genuineness of their documents and completion of legal formalities. The 112 complainants were allotted plots in the Shah Latief Town Scheme under different categories by the MDA.—APP



KARACHI: A person painting the grave of his relative at Teen Hatti Graveyard on the occasion of Shab-e-Barat.—PO photo

## Art competition for children with hearing disabilities

KARACHI—Ethihad Airways sponsored an art contest at the Deaf Reach School and Training Centre in Karachi as a part of its Corporate Social Responsibility (CSR) programme in Pakistan. A statement here on Monday said that the competition encouraged students to be imaginative and create paintings related to flying and airplanes. The top three paintings were awarded prizes. Ethihad Airways' Area General Manager for Pakistan, Nepal, Bangladesh, Sri Lanka and the Maldives, Amer Khan said: "Corporate and individual philanthropy is an important part of Ethihad Airways' CSR strategy.—APP



KARACHI: Sindh IGP Shahid Nadeem Baloch presiding over meeting regarding traffic management system.—PO photo

## Pakistan Mediators Association launched, to serve investors

KARACHI—International Finance Corporation, private sector arm of the World Bank Group, trained Accredited Mediators and Master Trainers have launched Pakistan Mediators Association (PMA) in all the four provinces of Pakistan. PMA has been established in providing mediation between the two disputants and restore the confidence of local and foreign investors. The newly established association is destined to serve mediation professor and other stakeholders who believe in promotion, use and institutionalization of Alternative Dispute Reso-

lution (ADR) in Pakistan. The Association is keen to support the provision of mediation and training services in ADR in Pakistan and lobby for law reforms in ADR which are largely overdue. PMA will also be holding awareness raising activities in various parts of Pakistan and will complement efforts of IFC supported ADR Centres in Pakistan, i.e. Karachi Centre for Dispute Resolution and business dispute resolution centre at Lahore. Chamber of Commerce and Industry. The Association's founding office bearers and executive com-

mittee members are: Syed Arwar Kasid (President), Advocate (President), Barrister Iqbal Aftab Khan (Vice-President), Khyber Pakhtunkhwa, Barrister Tariq Saeed Rana (Vice-President, Punjab), Mian Zafar Iqbal Kalanain (Vice-President, Sindh), Mr. Saeed Habib (General Secretary) and Agha Zafar Ahmed, Advocate (Finance Secretary), Mr. Khalid Mahmood Siddiqui, Advocate, Neelofar Hamid, Sohail Lushari, Saima Amin Khawaja and Mustansir Zakir member executive committee.

Speaking at the launch of the PMA, Syed Arwar Kasid highlighted need for government lawyers' and private sector support for ADR in Pakistan. Muntuz requested judiciary and lawmakers to draft ADR rules for court-annexed and court-referred mediation so that litigants and disputants can benefit from mediation practices. He also emphasized on amendment of section 89-A of Civil Procedure Code, 1908 and legislation on Mediators Law so that mediation as a process and profession is further developed.—NNI

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