

## Just 15 Minutes Brisk Walk A Day Can Boost Youth Health, Study Finds

LAHORE (News Desk) – A recent medical study from the United States suggests that staying healthy may require only a few minutes of brisk walking each day, eliminating the need for daily workouts or regular gym visits. Conducted by Vanderbilt University Medical Center, the research revealed that brisk walking for at least 15 minutes a day can provide health benefits comparable to the widely recommended 150 minutes of moderate to vigorous physical activity per week. While health organizations generally advise engaging in 150 minutes of exercise weekly to maintain good health, the study indicates that if such a commitment is difficult, brisk walking for just 15 minutes daily can still significantly improve health. The research, which included nearly 85,000 participants from 2002 to 2009, gathered data on exercise habits, duration of physical activity, walking speed, and overall health status through questionnaires, with a follow-up survey in 2023 for comparison. Although brisk walking has long been considered more beneficial than slow walking, little research has previously determined the minimum time needed for optimal benefits. Findings show that individuals who walk briskly for at least 15 minutes daily can reduce their risk of premature death by around 20 percent, compared to only a 4 percent reduction for those who walk slowly for up to three hours a day. Walking, according to researchers, supports health by aiding weight control, lowering blood sugar levels, reducing cancer risk, relieving joint pain, and strengthening the immune system. Furthermore, daily walking helps reduce the risk of cognitive decline or dementia, even in those genetically predisposed to Alzheimer’s disease. While both slow and brisk walking have health benefits, the study highlights that 15 minutes of brisk walking daily offers substantial advantages, including prevention of heart failure, arrhythmia (irregular heartbeat), and type 2 diabetes. The UK’s National Health Service defines brisk walking as moving at a pace where you can talk but not sing. These findings have been published in the American Journal of Preventive Medicine.

## Free Medical Camp For Hearing, Speech Impaired Patients Held At Al-Khidmat Hospital

PESHAWAR (News Desk) – A one-day free medical camp was organized at Al-Khidmat Hospital, Dabgari Garden Peshawar, for hearing and speech impaired patients, where 367 individuals received free medical examinations and diagnostic tests under the supervision of ENT specialists and hearing and speech experts, and hearing and speech aids worth over Rs 5.75 million were distributed among deserving patients. Held under the supervision of Khalid Waqas, President of Al-Khidmat Foundation Khyber Pakhtunkhwa, the camp featured Professor Dr. Mehrtaj Roghani, renowned gynaecologist, former Deputy Speaker Provincial Assembly, and Member Senate of Pakistan, as the chief guest, while Hospital Director Dr. Ashfaq Ahmed, businessman and President of Anjuman Tajran Khyber Bazar Peshawar Khalid Mahmood, and other medical experts also addressed the event. During the camp, free tests, speech therapy, physiotherapy, and hearing assessments were provided for deaf and mute children under the guidance of specialist doctors and experts in their respective fields.

## May 9 Cases: ATC Orders To Confiscate Properties Of PTI's Yasmeen Rashid, Ejaz Chaudhry And Others



LAHORE (News Desk) – An anti-terrorism court (ATC) in Lahore has ordered the confiscation of properties belonging to Pakistan Tehreek-e-Insaf (PTI) leaders convicted in the May 9 cases, including the arson attack on Shadman Police Station. In its written verdict, the court stated that all convicts have been handed rigorous imprisonment, with sentences to run concurrently. Properties owned by Ejaz Chaudhry, Mian Mahmoodur Rasheed, Umar Sarfraz Cheema, and Dr Yasmin Rashid will be seized. The court acquitted PTI leader Shah Mahmood Qureshi in two May 9 cases and ordered his release. On Monday, the ATC had sentenced Umar Sarfraz Cheema, Dr Yasmin Rashid, Mian Mahmoodur Rasheed, and Ejaz Chaudhry to 10 years in prison each. PTI leaders Aliya Hamza and Zum Javed were handed five-year prison terms in the police station arson case, while Ayesha Bhutta received a 10-year sentence for setting police vehicles on fire.

## Tanveer Reaffirms Commitment For Reviving Cotton Sector



ISLAMABAD (News Desk) – Minister for National Food Security and Research, Rana Tanveer Hussain, has reaffirmed the government’s commitment to revitalizing cotton as a cornerstone of the rural economy and the textile industry. Chairing a meeting of the Cotton Committee to review the national cotton production plan for the upcoming season, the minister evaluated last year’s performance, identified challenges, and finalized strategies to sustainably increase cotton yield and quality. The session underscored the importance of timely access to quality seeds, adequate water supply, effective pest control, and early sowing to enhance crop performance. Key challenges included climate change impacts, pest infestations, reduced cultivation areas, and price volatility. Priority actions agreed upon included ensuring certified high-yield cotton seed availability, uninterrupted pesticide and fertilizer supplies, expanded extension services via public-private and digital platforms, and farmer training in climate-smart practices. The committee also discussed profitable crop rotations and market stabilization measures to protect farmer incomes. Rana Tanveer stressed cotton’s role in national exports, food security, and livelihoods, urging stakeholders to work closely to meet national production targets for the upcoming season.

## Pakistan-China Joint Chamber Of Commerce And Industry (PCJCCI) Hails FBR’s Revised Approach



LAHORE, (News Desk) Pakistan-China Joint Chamber of Commerce and Industry (PCJCCI) welcomes the Federal board of Revenue’s (FBR) recent decision to withdraw the excessive and impractical tax measures proposed in the Federal Budget 2025–26. This reversal marks a critical step towards restoring business confidence and stabilizing Pakistan’s economic landscape. This decision reflects a deep understanding of the economic challenges facing the private sector and a genuine commitment to inclusive, sustainable growth, PCJCCI Acting President Zafar Iqbal stated this here Monday. He added that Pakistan’s GDP growth for FY 2024–25 was recorded at 2.4 percent, already below the projected 3.5 percent due to inflationary pressures and high interest rates. Zafar Iqbal claimed that industrial sector, contributing 19. 1 percent to GDP, had shown a decline of 1.3 percent in the last quarter, mainly due to reduced business activity and investment uncertainty. Foreign Direct Investment (FDI) from China declined by 18 percent in FY 2024 compared to the previous year, largely attributed to tax unpredictability and regulatory instability. Salahuddin Hanif, Secretary General PCJCCI, said that the reversal of these policies paves the way for enhanced bilateral cooperation under CPEC Phase II and renewed investor confidence from China. "We are confident that this business-friendly shift will lead to increased joint ventures, job creation, and SME development," he said. He added that PCJCCI reaffirms commitment to contributing towards a resilient and globally competitive economy through strengthened Pakistan-China business collaboration.

## Rang-e-Pakistan Exhibition Opens At GCU

LAHORE (News Desk) – A four-day “Rang-e-Pakistan” exhibition began at Government College University (GCU) Lahore to mark Independence Day, showcasing Pakistan’s rich cultural heritage through paintings, photography, and other artworks by students and faculty. Punjab Chief Secretary Zahid Akhtar Zaman inaugurated the event at the historic Salam Hall, attended by GCU Lahore Vice Chancellor Prof. Dr. Muhammad Umer Chaudhry, GCU Faisalabad Vice Chancellor Prof. Dr. Rauf Azam, faculty members, and students. Organized in collaboration with GCU Faisalabad and the Inter-University Consortium, the exhibition highlights the beauty of Lahore, regional landscapes, and contemporary social and environmental issues. The Chief Secretary praised the creativity and social awareness in the artworks, especially those addressing environmental themes, and stressed celebrating Independence Day with the spirit of “victory in the battle for truth.” Vice Chancellor Prof. Dr. Umer Chaudhry commended the young artists for their cultural pride and presented a painting to the Chief Secretary as a souvenir. The exhibition is open to the public from August 11 to 14 at GCU’s Salam Hall.

## Monsoon Likely To Intensify With Thunderstorms, Rains Across Pakistan Next Week



ISLAMABAD (News Desk) – The Pakistan Meteorological Department (PMD) has forecast a surge in monsoon activity next week, with heavy rains, strong winds, and thunderstorms expected across the country. From August 14 to 17, Islamabad, Kashmir, Khyber Pakhtunkhwa, and Gilgit-Baltistan are likely to see thunderstorms with rainfall, while from August 18 to 21, various parts of Khyber Pakhtunkhwa, Punjab, Balochistan, and Sindh are also expected to receive rain, with particularly heavy downpours predicted in northern areas. Several cities in Punjab may witness intermittent showers, and regions of Sindh and Balochistan could experience rain and gusty winds. The PMD has warned of potential flooding in drainage channels, landslides in hilly areas, traffic disruptions, and waterlogging in low-lying regions, adding that vulnerable infrastructure and mud houses may sustain damage. Authorities have advised citizens to remain cautious and take necessary safety measures during the forecast period.

