



# 2013

**Civil Awards Pakistan 2012**

**Career Opportunities**

**BDS - Program of the Month**

**UHS Merit List**

[www.eMag.com.pk](http://www.eMag.com.pk)



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SHAHID JAMAL

## EDITORIAL

Dear Readers

2012 has gone and now 2013 with new 365 days is ahead. What we got last year, analyze and plan for the next upcoming life. I just share some thought provoking quotes for the New Year start.

What can be said in New Year rhymes,  
That's not been said a thousand times?  
The new years come, the old years go,  
We know we dream, we dream we know.  
We rise up laughing with the light,  
We lie down weeping with the night.  
We hug the world until it stings,  
We curse it then and sigh for wings.  
We live, we love, we woo, we wed,  
We wreath our prides, we sheet our dead.  
We laugh, we weep, we hope, we fear,  
*And that's the burden of a year.*

by Ella Wheeler Wilcox

"Every new year people make resolutions to change aspects of themselves they believe are negative. A majority of people revert back to how they were before and feel like failures. This year I challenge you to a new resolution. I challenge you to just be yourself."

by Aisha Elderwyn

May ALLAH bless you in this New Year 2013!!!  
Faisal Muslim

## TABLE of CONTENT

**Civil Awards Pakistan 2012 = 5**

**BDS - Program of the Month = 8**

**Why BDS = 11**

**Career Opportunities = 12**

**Hashmat Medical and Dental College = 14**

**PhD Fellowship Program = 15**

**Quality Education = 18**

**UHS Merit List = 19**

**Health Tips = 20**

**Interesting Facts about Health = 22**

**Mardan Museum = 24**

**Sugarcane = 25**

## Civil Awards Pakistan 2012

List of 192 Recipient of National Awards Announced by Pakistan Government on 14 August 2012, According to details, the president has conferred seven Nishan-i-Imtiaz, one Hilal-i-Pakistan, 17 Hilal-i-Imtiaz, one Sitara-i-Pakistan, three Sitara-i-Shujaat, 45 Sitara-i-Imtiaz, 24 President's Award for Pride of Performance, one Tamgha-i-Pakistan, 15 Tamgha-i-Shujaat, 76 Tamgha-i-Imtiaz and two Tamgha-i-Quaid-i-Azam.



The Hilal-i-Pakistan has been conferred upon foreign nationals, including Yang Jiechi (China), Sitara-i-Pakistan to Dr Rowan Douglas Williams Archbishop of Canterbury (British) and Tamgha-i-Pakistan to Li Xiaolin (China).

**SOME OF THE PROMINENT RECIPIENTS IN THEIR RESPECTIVE CATEGORIES ARE:**

## Nishan-i-Imtiaz

***The following have been awarded for public service:***

- ★ Social activist Abdul Sattar Edhi
- ★ Governor Sindh Dr Ishrat-ul-Ebad Khan
- ★ Lieutenant General (retd) Khalid Ahmed Kidwai, Director Genral Strategic Plans Division

( Mehdi Hassan and Saadat Hassan Manto have been awarded posthumous awards in the fields of Art (Music) and Literature respectively, while Dr Muhammad Irfan Burney, Chairman, NESCOM and Dr Munir Ahmed Khan (posthumous) have been awarded in the field of science. )

## Hilal-i-Imtiaz

- ★ The late Fauzia Wahab, former PPP leader/Member of National Assembly
- ★ Social activist Ansar Burney
- ★ Actor/compere Zia Mohyeddin
- ★ Singer Abida Parveen
- ★ Writer Anwar Maqsood
- ★ Writer Fatima Suriya Bajja
- ★ Cricketers, the late Hafeez Kardar and Fazal Mehmood
- ★ Hamid Mir, journalist
- ★ Azhar Abbas, journalist
- ★ Actor Khalid Abbas Dar

## Sitara-i-Imtiaz

- ★ Aleem Sarwar Dar, ICC award winning cricket umpire
- ★ Shaista Zaid, former Pakistan Television newscaster
- ★ Syed Ghulam Mohiyuddin Noor, film producer
- ★ Syed Noor, filmmaker
- ★ Senator Haji Ghulam Ali, former FPCCI president,
- ★ Dr Attiya Inayatullah, Member of National Assembly
- ★ Taj Haider, Pakistan Peoples Party senior leader
- ★ Ghazal maestro Ustad Ghulam Ali
- ★ Jugnoo Mohsin , journalist
- ★ Qazi Aslam, journalist
- ★ Hashim Khan, former squash player

## Tamgha-I-Imtiaz

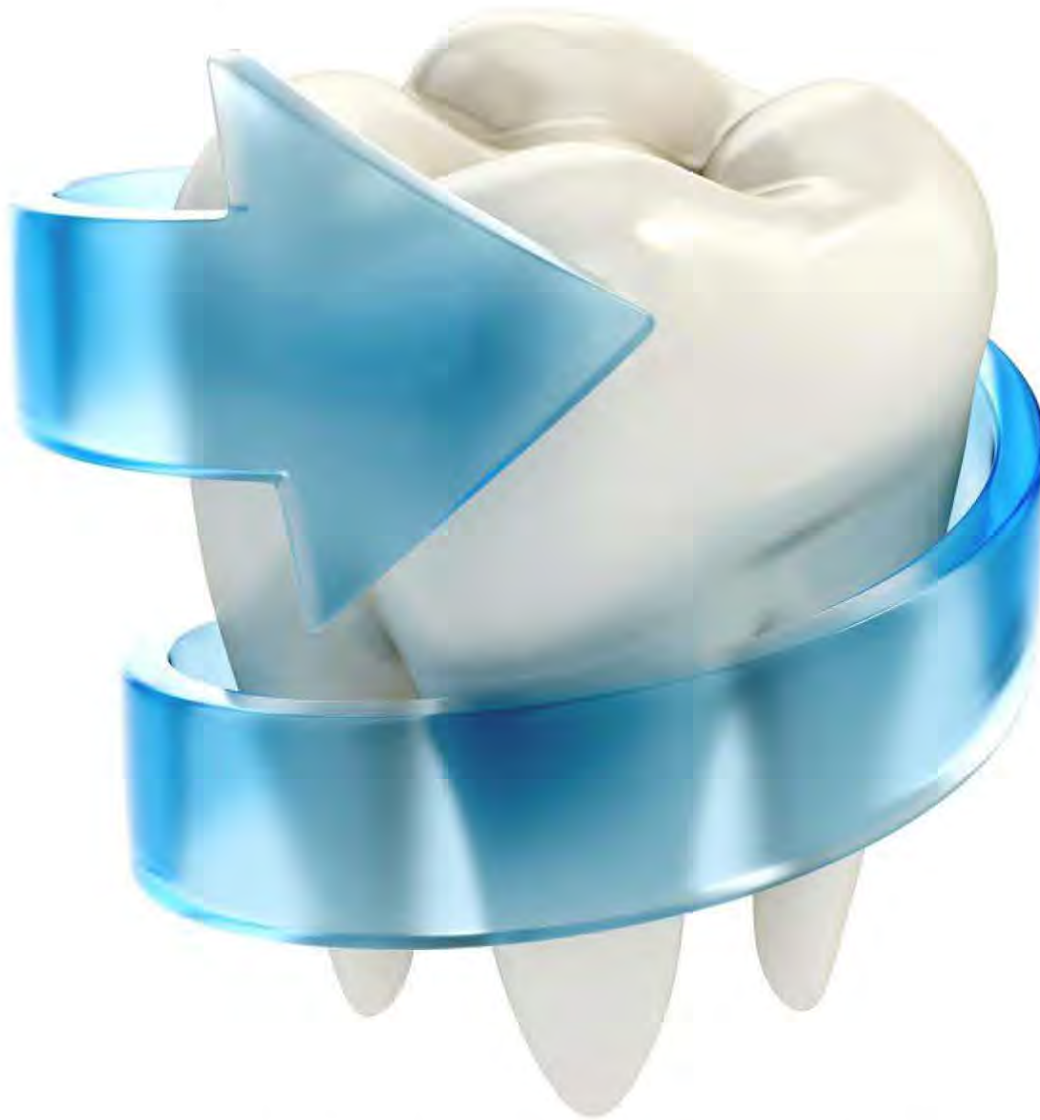
In the field of literature and journalism, the recipients include Sikandar H. Lodhi, Shaukat Pervaiz, Mohammad Aslam Khan, Syed Mir Mehdi Shah Mehdi and Dr Irfan Ahmad Baig.

## Tamgha-i-Quaid-i-Azam

Sister Mary Lagan and Catherine Nicol were being awarded for their services in the field of education.



## Dentistry - A Career for the Future



Dentistry usually encompasses very important practices related to the oral cavity. Oral diseases are major public health problems due to their high incidence and prevalence across the globe with the disadvantaged affected more than other socio-economic groups.

The majority of dental treatments are carried out to prevent or treat the two most common oral diseases which are dental caries (tooth decay) and periodontal disease (gum disease or pyorrhea). Common treatments involve the restoration of teeth as a treatment for dental caries (fillings), extraction or surgical removal of teeth which cannot be restored, scaling of teeth to treat periodontal problems and endodontic root canal treatment to treat abscessed teeth.

## Bachelor of Dentistry (BDS)

Choosing a career is one of the most important decisions you will ever make. The information below will help you explore one exciting career possibility in dentistry. There are many unique opportunities and benefits within your reach if you choose a dental career. Dentistry provides many unique opportunities to treat patients who have a wide variety of dental needs.

To get started, you will need to know what dentistry offers. This section discusses dentistry's many challenges and rewards.

Dentistry is a rapidly changing, expanding profession, it's a **variety** of work which involving (Detection of Diseases, Diagnosis, Esthetic Improvement, Surgical Restoration, Public Education/Prevention, and Dentists treat people, not just teeth and mouths.

Dentist are creative they are artists as well as scientists. To brighten one tooth or realign an entire jaw, dentists must have an artist's aesthetic sense to help their patients look their best.

Dentists provide an essential health care service. They are highly respected within the community. Dentists are skilled, conscientious, civic-minded individuals who work with community leaders, educators, other health professionals and government officials. They often volunteer services to school health programs and to elderly, handicapped or poor citizens, demonstrating a selflessness that is a hallmark of professionalism.

Dentistry has flexible timings which allow you to be your own boss. Dentists can balance their personal and professional lives to meet their individual needs and desires.

Dentists are highly paid and it's a secure job because the demand for dental care will continue to grow. The increasing number of older adults is keeping their teeth longer; are more aware of the importance of regular dental care; and require more dental services.

A career in dentistry is personally satisfied. Dentists perform an important public service to help people maintain their health and appearance. To serve the present and future oral health needs of their patients, dentists enjoy the challenge of a lifetime of learning.

## *Opportunities for Women*

Dentistry offers minority students exceptional career opportunities. The need for dentists from minority groups is very strong. Career opportunities for women in dentistry are also particularly good at this time because they can manage their profession and social life effectively.

### The Dental Specialties

**There are more than 140,000 active dentists in the U.S. today. Most dentists practice general dentistry, giving them the capability of providing comprehensive care to a wide variety of patients. Some dentists choose to limit their practices to one of the nine recognized dental specialties.**

Now is the time to start planning your pre-dental education.



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Mob: 0321-8504321

#### Lahore Office:

309, A-1, Town Ship, Lahore.  
Tel: 042-35113010  
Cell: 0345-9599922

# why **BDS**?

- ✓ **4 YEARS OF EDUCATION**
- ✓ **LESS EXPENSIVE**
- ✓ **HIGHLY PAID**
- ✓ **NO EMERGENCY DUTIES**
- ✓ **FLEXIBLE DUTY HOURS (NO NIGHT DUTIES)**
- ✓ **NO TRANSFER IN JOB**
- ✓ **HIGH RATIO OF JOB OPPORTUNITIES**
- ✓ **SELF EMPLOYMENT**
- ✓ **SPECIALIZED COURSE OF STUDIES**
- ✓ **COMFORTABLE SOCIAL LIFE**



## → **BEST CHOICE FOR GIRLS**

AS A REPORT NORMALLY 70% OF GIRLS DO NOT CONTINUE THEIR MEDICAL CAREER (MBBS) IN PRACTICAL LIFE DUE TO TIGHT WORKING SCHEDULES

## → **FUTURE CAREER**

MBBS & BDS MERITS ARE APPROXIMATELY SAME IN 2012

## → **A BETTER WAY TO SERVE HUMANITY**

MOST OF THE DISEASES ARE RELATED TO MOUTH AREA AND AS A DENTIST WITH COUNSELING PREVENTIVE ACTION CAN BE DONE.

**PATIENT VS DENTIST RATIO**

**1 : 7,500**

**PATIENT VS GP DOCTOR RATIO**

**1 : 1000 ~ 1500**

AS PER WHO STANDARDS

**IN SIX MONTHS**  
**ONE HAS TO SEE DENTIST**  
**(INTERNATIONALLY)**

**15978**

**IN PAKISTAN**

**PEOPLE HAVE ONE DENTIST**

**1395**

**PEOPLE HAVE ONE MBBS DOCTOR**

## Career Opportunities in the Field of Dentistry

Choosing a career is one of the most important decisions you will ever make. The information below will help you explore one exciting career possibility -- dentistry.

### *Is dentistry for you?*

1. There are many unique opportunities and benefits within your reach if you choose a dental career.
2. A message is included for parents. You can use it as a starting point for discussions with them relative to your future career plans.
3. Take your questions to dentists, counselors and teachers in your community. Remember that it's your future, your career and your choice.
4. Dentistry provides many unique opportunities to treat patients who have a wide variety of dental needs.

### *Dentistry*

### *A Career for the Future*

Most dentists practicing today made their career decision in late high school or early college. It is never too soon or too late to begin some serious thinking about your career in dentistry. To get started, you will need to know what dentistry offers. This section discusses dentistry's many challenges and rewards.

### *Variety*

### *Dentistry is a rapidly changing, expanding profession, involving:*

**Detection of Diseases:** Dentists are often the first health care professionals to recognize and identify a wide variety of diseases, ranging from hypertension to [oral cancer](#).

**Diagnosis:** Dentists diagnose and treat problems affecting the teeth, gingival tissue, tongue, lips and jaws. To accomplish this, they utilize new technology such as computers and magnetic resonance imaging.

**Esthetic Improvement:** Dentists improve patients' appearance by using a wide variety of [cosmetic dental procedures](#). These services can make patients feel better about their smiles.

**Surgical Restoration:** To repair, restore and maintain the teeth, gums and oral tissues that have been lost or damaged by accidents or diseases, dentists perform trauma surgery, [dental implants](#), tissue grafts and laser surgery.

**Public Education/Prevention:** Dentists teach good habits for good health. They educate their patients, as well as the general public, on how to achieve oral health and prevent disease.

Dentists treat people, not just teeth and mouths. They interact with people of all ages, cultures and personalities. The dentist's typical day is diverse and interesting.

**Creativity:** Dentists are artists as well as scientists. To brighten one tooth or realign an entire jaw, dentists must have an artist's aesthetic sense to help their patients look their best.

**Prestige:** Dentists provide an essential health care service. They are highly respected within the community. Dentists are skilled, conscientious, civic-minded individuals who work with community leaders, educators, other health professionals and government officials. They often volunteer services to school health programs and to elderly, handicapped or poor citizens, demonstrating a selflessness that is a hallmark of professionalism.

**Flexibility:** Dentistry allows you to be your own boss. Dentists can balance their personal and professional lives to meet their individual needs and desires. Dentistry provides opportunities in a variety of private and public settings including private practice, teaching, research, public health and administration.

**Security:** The average income of a dentist is in the highest 8 percent of U.S. family income. The demand for dental care will continue to grow. The increasing number of older adults are keeping their teeth longer; are more aware of the importance of regular dental care; and require more dental services. Geriatric [dental care](#) and the greatly increased demand for newer services, such as cosmetic dentistry, will also contribute to this growth.

**Personal Satisfaction:** A career in dentistry is personally fulfilling. Dentists perform an important public service to help people maintain their health and appearance. To serve the present and future oral health needs of their patients, dentists enjoy the challenge of a lifetime of learning. Tomorrow's dentists will be at the cutting edge of high technology, making the practice of dentistry even more exciting and rewarding than it is today.

### [Opportunities for Women](#)

Dentistry offers minority students exceptional career opportunities. The need for dentists from minority groups is very strong. Dental care may be accepted more readily when the dentist has knowledge of the patient's language and insight into their cultural background. Career opportunities for women in dentistry are also particularly good at this time.

### [The Dental Specialties](#)

There are more than 140,000 active dentists in the U.S. today. Most dentists practice general dentistry, giving them the capability of providing comprehensive care to a wide variety of patients. Some dentists choose to limit their practices to one of the nine recognized dental specialties.

***Now is the time to start planning  
your pre-dental education.***

## Hashmat Medical & Dental College-Gujrat

**By: Jamil Hasan**  
**Research Team: eMag**

Medicine and Dentistry are the noblest of Professions and attract the most brilliant students. To serve such community Hashmat Medical and Dental College, a long awaited dream of Prof. Arif Chaudhary, comes true by his passion and hard work. Who is serving as Rector and Prof. Dr. Nusrat Pasha Ch audhary is the founder principal of this college. The college building is located almost 3-4 km from Nawaz Sharif Medical College.

It was established and recognized by Pakistan Medical & Dental College in 2011 and took its first batch in the same year. Now latest status is that its first batch has given first professional exam with University of Health Sciences.

Three hospitals serve as teaching clinical Practice Institutions. Out of which one is Silokh Mission Teaching Hospital which is an historical and famous Eye hospital of Gujrat. It lies close to the College building i.e both buildings lies in one geographical boundary. Other affiliated hospitals include Al Shafi Hospital and Hashmat Medical Complex, Gujrat which

will commission in near future.

In a short period of time, this college has managed to place itself among various medical institutions of the country. Beside MBBS, this college will also offer various Allied Health Sciences Programs in near future.



**Full Name: Hashmat Medical & Dental College- Gujrat**  
**Acronym: HMDC**

**Motto: Education with Discipline**

**Color: White & Light Blue**

**Year of Establishment: 2011**

**Number of Enrolled Students: 200**

**Principal: Dr. Nusrat Pasha Ch.**

**Attached Hospitals:**

- 1. Shilokh Mission Hospital, 2. Al Shafi Hospital**
- 3. Hashmat Medical**

**Number of Hostels for Male: 01**

**Number of Hostels for Female: 01**

**College Annual Magazine: HMDC-Mag**

**Alumni: Alumni Association of HMDC (In Future)**

**Postal Address: HMDC, Tanda Chowk, JPJ, Gujrat**

**Phone: +92-53-3430766; 3594666**

**Fax: +92-53-594766; Cell: 03007561759**

**Website: www.hmdc.edu.pk**

**E Mail: info@hmdc.edu.pk**

## Indigenous Ph.D. Fellowship Program



Indigenous 5000 Ph.D. Fellowship Program

The specific objective of the 5000 Indigenous Scholarship Scheme is to create a critical mass of highly qualified human resources in all fields of studies taught at the advanced level in local universities. These locally qualified academics and researchers will improve the R&D potential of public as well as private universities and it will also strengthen the local industrial sector.

With the launching of the scheme, research culture in public/private sector Universities has been developed in accordance with International norms/standards. This project is focused at diversified disciplines belonging to all fields of Science & Technology as well as Social Sciences, Humanities and Life Sciences. To enhance the research facilities in these fields the Higher Education Commission has funded many Departments/Universities to establish research labs. This has brought tremendous change in research culture of the Pakistani Universities.

HEC has kept great emphasis on indigenous scholarship schemes because locally trained researchers work on local problems of great national significance. Their research, therefore, is expected to have direct relevance to the growth and socio-economic development of Pakistan.

In addition, this scheme also provides funds to the Universities for upgrading their research facilities particularly small laboratory equipment, chemicals, IT equipment etc. which not only facilitates research of the HEC scholar but also serves as an asset for the department to establish up to date research laboratories.

Courtesy: [www.hec.gov.pk](http://www.hec.gov.pk)





## Muhammad Medical College

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**Admissions Open  
Session 2012-13**

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- Highly qualified & senior faculty
- 9 Batches passed out

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Tel: 042-35111309-10  
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## How to Improve the Total Quality of Education in Colleges

By JOSEPH GABON, eHow Contributor

According to Young Money Talks, 30 percent of college students drop out in the first year and almost 50 percent do not graduate. Furthermore, the majority of college graduates lack adequate field experience in line with job market demands. Classroom education is often not sufficient to equip students for a career, and it may prove difficult and time consuming for graduates to adjust to working life. College education needs changes to give students a better start on their chosen career paths.

### **Read more:**

How to Improve the Total Quality of Education in Colleges | eHow.com

[http://www.ehow.com/how\\_8456446\\_improve-total-quality-education-colleges.html#ixzz2G9PAwoYd](http://www.ehow.com/how_8456446_improve-total-quality-education-colleges.html#ixzz2G9PAwoYd)

- 1 Provide small class sizes of about 20 to 30 students. Large classes make it hard for lecturers to monitor students individually and also discourage student discussion and interaction. Ongoing communication with both peers and instructors encourages students regarding their current studies and future plans.
- 2 Advise and encourage students to get internships in relevant fields for experience. Also, lecturers should take refresher courses and actively involve themselves in training exercises in the fields they teach. This is vital in ensuring that students receive up-to-date information in their courses and about the current job market. Lecturers with both textbook and field knowledge help improve the quality of education.
- 3 Enhance cooperation by encouraging students to work in teams. Lecturers can give group assignments to encourage the spirit of teamwork. The ability to work in groups allows students to fit in jobs where teamwork is necessary.
- 4 Tailor programs according to the culture of the institution. Design the programs to have long-term impact but also build on short-term payoffs. Use advisory groups to design and manage these programs.
- 5 Make the college environment responsive to teaching. Encourage professor-student interaction. Give lecturers and students opportunities to give ideas on how to improve the learning environment by organizing open forums.
- 6 Reward improved teaching methods rather than scholarly research and publication. Emphasizing quality education and instruction motivates lecturers and reduces the perception that only research and publication are valued. Instructors can concentrate on educating students and encourage them to apply their newfound knowledge to their future respective jobs.

## UHS MERIT LIST FOR MBBS- 2012-13

Colleges	Acronym	City	1st (26-11-12)	2 nd ( 20-12-12)
King Edward Medical University	KEMU	Lahore	H=95.3074 L =90.0039	H=90.0030 L =89.9922
Allama Iqbal Medical College	AIMC	Lahore	H=93.6991 L =88.2342	H=86.2299 L =88.1818
Services Institute of Medical Sciences	SIMS	Lahore	H=88.6736 L =87.0152	H=87.0147 L =87.0035
Nishtar Medical College	NMC	Multan	H=95.3364 L =86.5160	H=86.4957 L =86.4714
Fatima Jinnah Medical College For Women	FJMC	Lahore	H=92.2195 L =86.5108	H=86.5100 L =86.4818
Ameer ud Din Medical College of PGMI	AMC	Lahore	H=86.9960 L =86.0117	H=86.0113 L =85.9818
Punjab Medical College	PMC	Faisalabad	H=94.2403 L =85.6926	H=85.6883 L =85.6316
Rawalpindi Medical College	RMC	Rawalpindi	H=94.5268 L =85.5853	H=85.5848 L =85.5039
Quaid e Azam Medical College	QMC	Bahawalpure	H=91.0212 L =85.1922	H=85.8792 L =85.1186
Sargodha Medical College	SMC	Sargodha	H=88.6022 L =85.0225	H=85.0203 L =84.8866
Gujranwala Medical College	GMC	Gujranwala	H=88.7472 L =84.8823	H=84.8758 L =84.7879
Sheikh Zayed Medical College	SZMC	R Y Khan	H=89.3905 L =84.6960	H=84.6926 L =84.6156
Nawaz Sharif Medical College	NSMC	Gujrat	H=85.8203 L =84.6926	H=84.6909 L =84.5727
Sahiwal Medical College	SwMC	Sahiwal	H=87.9576 L =84.5519	H=84.5506 L =84.4368
Khawaja M. Safder Medical College	StMC	Sialkot	H=85.9567 L =84.4675	H=84.4636 L =84.3519
Dera Ghazi Khan Medical College	DGMC	D G Khan	H=85.2893 L =84.3615	H=84.3541 L =84.3476

## Five Tips to Maintain a Good Health

By: *Muhammad Omer Yousaf*

*Chase your  
DREAMS:*  
*Fit body. Healthy mind. Happy soul.*

It is rightly said that “a healthy mind resides in a healthy body”. You need to understand that your body is also an important part of you just like your mind. Therefore, it is quite important that you understand what your body wants and know when you require medical attention for maintaining a good health. You should not neglect your health at any circumstance.

Here are 5 tips that will help you to maintain a good health:

### 1. Always think positively

If you wake up in a bad mood, then your stress level hormones get elevated even before you start your day. It makes you more vulnerable to the germs you are exposed all day long. Therefore, you need think positively and try not to pay heed to the negative thoughts that come to your mind. It will help you to stay happy and healthy.



### 2. Avoid crash diet to reduce weight

Many of us start crash dieting in order to lose weights quickly. However, the scariest part of crash dieting is that you don't lose weight in the long run. When you continue crash dieting, your body actually exhausts the supply of glycogen, which is a type of carbohydrate. As a result, your body loses water, which gets reflected when you step on the scale. There are a number of health risks associated with crash dieting; therefore, avoid crash dieting to shed extra pounds. Instead, reduce your weight under medical supervision.



### 3. Drink plenty of water

Do you know that water makes up more than 60% of a human body? Therefore, your body will not be able to function if there is not sufficient level of water in it. You should drink at least 6-8 glasses of water every day as it helps to flush out toxins from your body. You can also eat certain foods that help to maintain the adequate water level in your body, which helps you to stay healthy.



#### **4. Take a break from regular work**

It is quite important to take breaks from your work at regular intervals to maintain good health. Instead of stressing yourself, you should take some rest whenever you feel tired. If you take a break from your work, then it'll help you to achieve greater success. Researches reveal that chronic work stress can result into increased blood pressure. You'll be astonished to know that your work stress can even increase your weight. Yes, it's true. Therefore, take a break from work and exercise for a few minutes, which will help you to reduce your work related stress to some extent.



#### **5. Exercise regularly**

If you exercise, then it will help to keep your stress level hormones under control, which in turn will help to strengthen your immunity. Exercise also helps to prevent a number of diseases; for example, you'll be able to prevent certain cancers, osteoporosis and you're also less likely to develop cardiovascular diseases if you exercise regularly. However, everyone does not need the same kind of exercise. You should visit a doctor to know how much exercise you need. Moreover, you need to consult a professional before you start a specific exercise; not every exercise is meant for everyone.



Apart from the above factors, you should also go for regular health check-ups in order to maintain a good health.

## Interesting Facts about Health

*By Jamil Hasan*  
*Research Team eMAG*

<http://homeremediesblog.com/Interesting-Health-Facts.php>

- Dogs can sense cancer and low blood sugar.
- Excessive cleanliness is bad for your health. A little bit of germs helps your body's immune system.
- The risk of getting a heart attack is higher on Mondays and during three days after your doctor diagnoses you with the flu or another respiratory disease.
- Cussing could be good for your health because it is cathartic.
- Washing your nose with salt water can help you avoid a lot of allergy symptoms.
- A lack of animal protein is bad for your brain.
- Social Networking (facebook) is good for your memory.
- The newest and most expensive drugs are not necessarily the healthiest.
- People who eat at least 5 walnuts a week live on average 7 years longer because walnuts ability to prevent heart disease.
- A sneeze can travel up to 100 mph.
- Each person has about 4 pounds of bacteria living inside of his/her body.
- Fingernails grow 4 times faster than toenails.
- Deep breathing gives you similar benefits as aerobics.
- A human record of staying awake is 11 days.
- Babies are born without kneecaps. They develop at around 2-6 year of age.
- Vitamins DO NOT protect from cancer and heart disease.
- Women blink about twice as often as men.
- About 400 different bacteria live in the human body.
- A person farts about 12 times a day.
- Common pest such a roach, flea, and termite can be found inside most people's bodies.
- A human heart beats about 2.5 billion.
- Smells received by the right nostril are registered more pleasant than from the left.
- The body replaces 1 billion cells ever hour.
- The strongest muscle in the body is the tongue.
- Every time you sneeze some of your brain cells die.
- During birth a human has about 300 bones in his/her body. As an adult it shrinks down to 206.

- Some countries like Nepal use cow dung for medical purposes.
- In the average lifetime a person will breathe in about 44 pounds of dust.
- It is almost impossible to sneeze with your mouth opened.
- Nearly 80 percent of all sudden cardiac arrests happen at home.
- Only 1% of bacteria cause disease.
- Pain travels through the body at 350 feet per second!
- Human sweat is odorless; it is the bacteria on the skin that creates an odor.
- The average human body contains enough iron to make a small nail.
- People blink 25 times a minute.
- You have no sense of smell when you're sleeping!
- When a person dies, hearing is usually the last sense to go.



## Mardan Museum

**By Atif Ilyas**  
**Research Team eMAG**

The idea to open a museum in the Mardan region emanated from the fertile mind of Sahibzada Riaz Noor the than commissioner Mardan Division who took a practical step in this regard he established the Mardan Museum in the Town Hall Mardan in **1990**.



Peshawar Museum provided **137 antiquities** to start the display work. While some others were recovered from the law enforcement agencies and through excavations at the sites of Safiabad, Hund, Katlang, Rustam and Baja and were displayed in the main hall, measuring 50 x 22 square feet was completed in April 1991. Peshawar Museum donated 22 showcases for the display. With the establishment of the Directorate of NWFP in 1992 Mardan Museum came under its administrative control.

Presently Mardan Museum has a total collection of 413 artifacts including 258 Gandharan sculptures, 127 coins of Kushan, Later Kushan, Kushano-Sassanin and Hindu Shahi dynasties, 6 terracotta animal figurines 5 mercury containers, 10 household objects and 13 agricultural tools.



The subject matter of the Gandharan schist stone sculptures in the Mardan Museum are the queen Maya dream, the birth of Siddhartha, bathing scene, the great departure, the first sermon at Sarnath, the conversion of Kasyapa offering to Buddha, distribution of the relics, worship of the wheel of law, stupa and alms bowl, Buddha with worshippers and monks, the wheel of law pose (Dharma charka mudra), garland bearers,

Buddha seated under arches in meditation pose (Dhayana mudra) Corinthian, Persepolitan and Asokan capitals, broken architectural pilasters, harmika, dome, yQshthi, chatras or umbrellas, spacers, floral and geometrical decorative elements from votive and large stupas, broken pedestals with Buddha and Bodhisattava feet, broken hands in different postures, figures of sheep, lion, horse, peacock, Ichthyocentaurs and a seated figure of Ardoksho. The stucco sculptures include a seated Buddha in meditation pose (Dhayana mudra), head of Buddha, Bodhisattva and common folk.



Though, the collection of the Museum has excavated antiquities from Safiabad in Mardan and Hund in Swabi, confiscated antiquities from Katlang, Rustam and Baja and some donated objects make up the present collection of Mardan Museum.

## Sugarcane

By Imran Ali  
Research Team eMAG

Sugarcane is a tropical, perennial grass that forms lateral shoots at the base to produce multiple stems, typically three to four meters high and about five centimeters in diameter. The stems grow into cane stalk, which when mature constitutes approximately 75% of the entire plant. A mature stalk is typically composed of 11.16% fiber, 12.16% soluble sugars, 23% non-sugars, and 63.73% water. A sugarcane crop is sensitive to the climate, soil type, irrigation, fertilizers, insects, disease control, varieties, and the harvest period. The average yield of cane stalk is 60-70 tons per hectare per year, however this figure can vary between 30 and 180 tons per hectare depending on knowledge and crop management approach used in sugarcane cultivation. Sugarcane is a cash crop, but it is also used as livestock fodder.

**Energy contains in 111.13 kJ (26.56 kcal)**  
**Carbohydrates 27.51 g**  
**Sugars 26.98 g,**  
**Calcium 11.23 mg (1%)**

**Iron 0.37 mg (3%),**  
**Potassium 41.96 mg (1%)**  
**Sodium 17.01 mg (1%)**



The sugarcane crop is the second major cash crop and is used as raw material in the production of refined sugar and gur. Its share in value added in agriculture and GDP is 3.7% and .8% respectively. Sugarcane was cultivated on an area of 1046 thousand hectares which is 5.9% higher than last year. Sugarcane production for the year 2011-12 is estimated at 58 million tons. This shows an increase of 4.9% over the production of last year. The main factor contributing to the production is the lucrative market price of last year's produce and timely availability of inputs encouraged the farmer to grow more sugarcane crop. The floods of 2010 enhanced the soil fertility of sugarcane crop and as a result yield per hectare posted a growth of 6.9% as compared to negative .9% this year.

### Some States

Year	Area (000 Hectare)	Production (000 Tons)
2007-08	1,241	63,920
2008-09	1,029	50,045
2009-10	943	49,373
2010-11	988	55,309
2011-12	1,046	58,038



### The Benefits of Drinking Sugarcane Juice:

- Sugarcane juice is a great preventive and healing source for sore throat, cold and flu.
- It has a low glycemic index which keeps the body healthy.
- This is one sweet drink diabetics can enjoy without fear because it has no simple sugars.
- Due to its alkaline nature, it helps fight cancer. Studies indicate that it has positive activity against prostate and breast cancer cells.
- It hydrates the body quickly when exposed to prolonged heat and physical activity.
- They are excellent substitutes for aerated drinks and cola.
- It refreshes and energizes the body instantly as it is rich in carbohydrates.
- Sugarcane strengthens the stomach, kidneys, heart, eyes, brain and sex organs.
- Febrile disorders which cause fever happen when there is a great amount of protein loss. But liberal intake of sugarcane juice provides the body with necessary protein and other food elements.
- It keeps the urinary flow clear and helps the kidneys to perform their functions smoothly.



# 2013

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