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Pakistan
OBSERVER

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Yoga can improve sleep for cancer survivors

YOGA classes can help cancer survivors sleep better, according to a study.

Two-thirds of cancer survivors have trouble sleeping, even two years after they've finished chemotherapy or radiation. Even more report persistent fatigue, says study author Karen Mustian of the University of Rochester Cancer Center, whose findings will be formally presented in June at the American Society of Clinical Oncology's annual meeting in Chicago.

The National Institutes of Health, which funded this study, has funded a number of studies to scientifically evaluate complementary approaches to cancer. In recent years, for example, scientists at the oncology meeting have reported that ginger alleviates chemotherapy-related nausea, ginkgo relieves cancer-related fatigue, but that shark cartilage has no effect on lung cancer. Americans spend \$34 million out-of-pocket each year on alternative or complementary approaches, according to a 2009 analysis by the Centers for Disease Control and Prevention.

Many researchers are interested in yoga, as well. The University of Kansas Hospital is launching a study on the effects of yoga on atrial fibrillation, which can be triggered by stress.

Doctors don't know exactly why sleep problems are so common after cancer therapy, Mustian says. But she notes that some chemotherapy can damage cardiac muscle, leading to heart failure many years after treatment. It's possible that fatigue could be an early warning sign of heart damage, Mustian says.

Mustian says she was drawn to yoga because it's safe, non-invasive and involves no medication. And small, preliminary studies have suggested that it can improve sleep.

In her experiment, yoga didn't replace conventional therapy, such as surgery and radiation. Researchers randomly assigned 410 people who had finished treatment to receive either their usual follow-up care or attend a 75-minute yoga class, twice a week, for four weeks. The classes included breathing exercises, meditation and postures used in the hatha and restorative schools of yoga, Mustian says. Patients had an average age of 54. About 75% had been treated for breast cancer.

After four weeks, cancer survivors who attended the specially designed yoga classes also were less fatigued and slept during the day than others, Mustian says. They rated their quality of life more highly than those who didn't take yoga, and they used fewer sleeping pills.



MEDICAL
Research



Sindh Chief Minister Syed Murad Ali Shah interacting with disabled children during his visit to Zainab Rehabilitation Centre. PO Photo S. Rizwan Ali

Rear Admiral Asif Khaliq takes over as Commander Karachi

SPECIAL CORRESPONDENT

Rear Admiral Asif Khaliq has assumed the responsibilities as Commander Karachi. Rear Admiral Ather Mukhtar handed over the command to newly appointed commander Karachi in an impressive ceremony held at PNS BAHADUR today. Upon assumption of command, Rear Admiral Asif Khaliq is now commander of all training units of Pakistan Navy at Karachi.

Rear Admiral Asif Khaliq joined Pakistan Navy in 1983 and was commissioned in Operations Branch in 1985. He has a distinguished career with wide ranging command and staff experience.

His major Command appointments include Commanding Officer PNS BABUR, PNS KHAIBAR and Commander 18th Destroyer Squadron. He has also commanded Combined Task Force -150.

Army Chief lauds Sindh Rangers, other LEAs

STAFF REPORTER

Chief of Army Staff (COAS) General Qamar Javed Bajwa Monday visited Corps Head-quarters Karachi, where he was briefed on security situation in the Sindh province.

The Army Chief appreciated efforts of Pakistan Rangers (Sindh) and other law enforcement agencies for bringing back peace and security in Karachi reviving economic activity, according to Inter Services Public Relations, the military's media wing here.

Differently-abled children angles on this land: Murad

Sindh Chief Minister Syed Murad Ali Shah has said that Almighty Allah has bestowed special qualities and talent among the differently-abled children and what we have to do for them is to train them properly and affectionately. "They need our love and special care."

This he said while speaking at Zainab Rehabilitation Center (ZRC) for Special Children at Janshed Road which he visited this morning.

He said that he has taken up special measures for the education of differently-abled children. "I have visited most of the schools and institutions working for rehabilitation of

differently-abled children and I believe the people involved in this [rehabilitation] work are great," he said.

The chief minister said that education of differently-abled children in the private sector but some philanthropists have started serving in this sector. "This is your greatness that you are running this institution [ZRC] free of cost," he addressed to Haji Masood Parekh and others who are the founders of ZRC and operating it free of cost. He met with special Olympian Arish Ahmed who assailed in Special Olympian Games held in

Brunei. He congratulated and hugged Arish for becoming special Olympian and said he [Arish] has shone the name of Pakistan, particularly of Sindh. Arish showed all the gold medals he had won to the chief minister. The chief minister encouraged him and other children being rehabilitated at ZRC.

Mr Murad Ali Shah visited different classes and spent some time with the children and kept asking them questions and listening to them. "I have enjoyed your company, you are our angels and I love you," he spoke with the special toddlers.—JNP

PPP, PTI at loggerheads over rally venue

STAFF REPORTER

The ruling Paki-stan Peoples Party (PPP) and Pakistan Tehreek-e-Insaf (PTI) are in a verbal dispute over organising a rally at the same venue in the city's Gulshan-e-Iqbal neighbourhood on May 12.

The local leadership of both the parties kicked off the campaign to make their event successful on Monday.

Leaders of the two parties are adamant to hold the event at Hakeem Saeed Shaheed Ground adjacent to Urdu University and no one is willing to back off from their position.

Workers of the two parties can come face to face with a possibility of creating law and order situation if the dispute is not resolved anytime soon. PTI chief Inran Khan and PPP Chairman Bilawal Bhattto-Zardari are also scheduled to address their parties' election rallies.

In the meantime, the Deputy Commissioner (DC) East, while turning

down the PTI's application, has allowed the ruling party to hold the public gathering at the venue.

"PPP leaders had given application on May 4 and PTI approached

termed it a political decision and said, "DC is PPP's Jayala that is why he has given favour to PPP."

The PPP, in its application sub-



PTI supporters gathered at Urdu University ground on University Road.

Citizens called to support cause of education for underprivileged

The Citizens Foundation (TCF) working for the cause of education have urged the citizens of the country in general to support the cause of education that remains one of the biggest challenges.

"According to National Education Statistics 22.6 million children, that is 44% of all children aged 5-16, in the country do not go to school," said Isfandyar Inayat, senior activist associated with the NGO working for the cause for past more than two decades.

Addressing a Zakat collection campaign here Monday, he emphasized that helping less privileged to be in the schools is a collective responsibility of all.

TCF efforts to provide quality education, he said has turned into a formidable

movement that could be made possible only through the support of people who believe in making a positive difference through their actions.

"The current year's Zakat campaign is for education as well as many other inter-linked social issues," he said.

To a query, he said when we try to understand what is that one thing that will solve for these problem; we realize that education is the only answer we find.

"It is our collective responsibility to join hands for a positive change, for education of the less privileged, to enable a brighter future for children living in poor localities," said Inayat.

TCF, he said invites all Pakistanis to be a part of its mission to educate Pakistan.—APP

Iqbal as History, Iqbal as Commodity

Institute of Business Administration, Karachi organized a distinguished lecture series by Dr. Noman ul Haq, Professor,

Department of Social Sciences and Liberal Arts, IBA on Iqbal as History, Iqbal as Commodity' at the IBA City Campus. The welcome note was delivered by Mrs. Malahat Awan, Head of Alumni Relations, IBA, followed by the recitation of the holy Quran.

Eighty years after the death of Allama Iqbal, the lecture aimed at assessing the literary, philosophical, and political status of Dr. Allama Iqbal. Dr. Haq's assessments were based essentially on primary sources, particularly Iqbal's Urdu and Persian poetry as well as his private letters. He commented on how the irony lies in the fact that despite their ideological rejection of Iqbal's 'philosophy', Paki-stan's leftist groups still appeared to be utterly charmed

by Iqbal's verse in their private moments. Before delving into Iqbal's poetry, Dr. Haq expressed how Urdu as a national language is undergoing a process of getting lost.

This language vacuum, he argued, appears regardless of numerous Urdu electronic media channels, Urdu print media publications, and emerging Pakistani film industry, which uses Urdu as its underlying carrier. And this happens primarily due to the lack of proper cultivation of language in schools and colleges that fail to teach how to articulate speech. Dr. Haq linked this apparent language blackout with blocked access to Iqbal's poetry. He stressed that Iqbal's poetry is not aimed for 'declamation in a performance assembly to display the poet's virtuosity'. Instead, it is poetry for reading.—PR



WEATHER