The seminar aimed to address the challenges faced by Pakistan in combating the threat of IT policy. The speaker highlighted the importance of enhancing technology infrastructure. The session discussed the need for an annual IT report target of $3 billion to curb the digital divide. The representative emphasized the need for robust policies to combat the digital divide and boost technology infrastructure.

Guest Speaker Rahmatullah Zaman, a PhD candidate, emphasized the importance of designing policies that cater to the ICT talent and growth. He pointed out that many policies in Pakistan have been restrictive and lack a clear vision, resulting in destabilization. To ensure innovation, innovation-friendly policies should be developed, creating an environment conducive to technological advancements.

Zaman acknowledged the achievements of stakeholders in Pakistan’s IT Policy to achieve an annual IT export target of $3 billion. He mentioned that Pakistan has a significant potential for digital innovation among the public due to concerns about potential failures. This issue has led to a movement towards digital transformation in Pakistan. Zaman highlighted the need for empowering frameworks and policies that position Pakistan in ICT and technology infrastructures.

In conclusion, Zaman stressed the importance of ongoing technological advancements such as Artificial Intelligence (AI) and the Internet of Things (IoT) policies. These areas should be addressed proactively to keep pace with technological advancements. He also emphasized that IT policies should encompass concerns related to digital data and information security.

When discussing the dynamic nature of the ICT industry, Zaman presented the establishment of a permanent body to address this pressing need. He mentioned a commitment to fostering AI innovation within the country. Northern Ireland is positioning itself as a dynamic testing center for artificial intelligence (AI). The region has world-class industry leaders and a wealth of investment in the region's potential to move into the digital age. Huawei's investment in AI has significant implications, with China's digital and technology policies being a model for the world.

The conference will focus on assessing global food security and food-related solutions to the challenges that hinder the achievement of our development goals. The following International Conference on Food Security, scheduled for September 16 in Malaysia, will garner significant attention. The conference aims to reframe the conversation on global food security by considering the role of technology in addressing the challenges faced by developing economies.

The conference will feature discussions on artificial intelligence, sustainability, and investment in research and development. The session will also explore ways to increase investments in research and development, particularly in emerging technologies such as AI and blockchain. The conference will cover a range of topics, including AI-powered nutrient analysis, crop health monitoring, and precision agriculture.

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Losing weight is a common goal for many people when it comes to improving their health. Whether it’s shedding a few pounds or embarking on a major transformation, the journey towards a healthier weight can have numerous benefits.

**Water Boosts Metabolism, Helps Burn Calories, and Flushes Out Toxins**

By Shoaib Saleem

Water is essential for human survival, and its benefits extend beyond basic survival needs. Indeed, water has numerous benefits – from promoting overall health to aiding weight loss. Moreover, staying hydrated can help prevent certain health conditions such as diabetes and obesity. In this article, we will explore the numerous benefits of water and how it can help in achieving a healthy weight.

**Water and Weight Loss**

Water is often considered an ideal replacement for high-calorie beverages, as it provides hydration without the added calories. In fact, replacing sugary drinks with water can help in weight loss by reducing overall calorie intake. Studies have shown that increasing daily water intake can aid in weight loss by reducing appetite and promoting satiety.

**Weight Loss and the Role of Water**

In the context of weight loss, water plays a crucial role in promoting overall health. By ensuring proper hydration, individuals can maintain their metabolic rate, making it easier to manage weight. Moreover, maintaining hydration can improve digestive health and aid in weight management. When the body is dehydrated, it can mistake thirst for hunger, leading to an increased calorie intake. Therefore, ensuring adequate hydration is vital for promoting weight loss.

**The Importance of Staying Hydrated**

Staying hydrated has numerous benefits, not just for weight loss but for overall health. Drinking water helps maintain optimal body functions, including digestion, absorption, and elimination. In addition, proper hydration ensures that blood vessels remain flexible, reducing the risk of cardiovascular disease. Furthermore, staying hydrated can improve skin health, reduce the risk of dehydration-related disorders, and prevent dehydration, which can cause fatigue and other health issues.

**The Benefits of Drinking Water**

In conclusion, embracing a healthy lifestyle by incorporating regular exercise, proper nutrition, and adequate hydration can significantly improve overall health. By staying hydrated, individuals can maintain their metabolic rate, reduce appetite, and promote weight loss. Therefore, making water an integral part of daily routines is essential for maintaining a healthy weight and overall well-being.
Hemp is known as the “king of natural fibers” and its products outcompete cotton and can be used for both civilian and military purposes. Global demand for hemp-based textiles and other goods is extremely high.

Postpartum Haemorrhage Can Occur In 18% Of Births

Postpartum anemia raises the likelihood of postpartum depression. Hemorrhagic shock can cause anterior pituitary ischemia, which may induce subchorionic inflammation, deciduitis, and endometritis that may lead to premature delivery. In women with severe postpartum hemorrhage, blood transfusion may be required, which comes with its own set of risks.

Anemia should be identified and treated prior to delivery, the mother’s blood volume should be considered, and routine operations should be discontinued.

Check the patient’s vital signs after a vaginal birth again before leaving the delivery room. Continuous monitoring, any slow, persistent bleeding.

The blood transfusion strategy is the number of cases of postpartum hemorrhage that can be avoided by actively identifying and treating the signs of labour (NNT = 12). Hospital policy that encourages women to spend up to 24 hours after delivery in the hospital before leaving the delivery room.

Active management reduces the risk of postpartum hemorrhage and shortens the duration of labor without increasing the risk of retained placental tissue.

It entails: administering a uterotonic medication continuously, with or without vaginal examination, controlled cord traction, continuous monitoring, and cool clamping and cutting.

When compared to expectant management, this strategy has a slightly greater impact on labor duration, and active treatment reduces the risk of postpartum hemorrhage by 18%.

**Postpartum Haemorrhage Can Occur In 18% Of Births**

**Deadlier Dengue; History, Transmission And Ways To Manage Vector**

**Dengue virus is transmitted to humans via the bite of an infected mosquito.** There are very few mosquito species that serve as a vector for the dengue virus. Here, a vector is an organism that itself does not cause disease but only carries and transmits the disease to the host organism.

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Uterine massage following placental delivery has been added to the definition of active management of the third stage of labour in the International Federation of Gynecology and Obstetrics (FIGO) 2020

Risk Assessment And Preventive Measure of Postpartum Hemorrhage PPH

A woman, an active member of Seeds Alumni of Pakistan, has shared her feedback and experience of attending the Seeds for the Future Program, which was started in Pakistan in 2015. As part of the cross-cultural learning program led by Seeds and Huawei, Pakistan's largest technology company, the participants were trained in various aspects of technology, leadership, and entrepreneurship.

The participant, who is also a medical doctor, shared her insights on the importance of active management of the third stage of labour in reducing postpartum hemorrhage. According to FIGO (2020), uterine massage following placental delivery has been added to the definition of active management of the third stage of labour. This is crucial to ensure a smooth transition of the uterus from the dilated to the non-dilated state, preventing retained placental fragments or delayed postpartum hemorrhage, which can happen when the placenta is not fully expelled or when it is expelled incompletely.

Active management ensures that uterine contractions are maintained, reducing the incidence of postpartum hemorrhage by 50 percent compared to expectant management. Uterine massage helps to strengthen uterine contractions, which is crucial in preventing postpartum hemorrhage. By doing this, the risk of postpartum hemorrhage can be significantly reduced. Uterine massage reduces blood loss, fetal distress, and neonatal morbidity and mortality.

Active management includes uterine massage just before delivery, during delivery, and also in the first 10 minutes after delivery. This involves applying firm pressure on the uterus with the gloved hand and moving the uterus in a circular motion to ensure that it remains contracted. This helps to prevent uterine atony, which is a common cause of postpartum hemorrhage.

In addition to uterine massage, other preventive measures such as immediate delivery of the placenta and administration of oxytocin to enhance uterine contractions are also important. Oxytocin is a synthetic hormone that stimulates the uterus to contract and promote uterine involution.

However, despite these measures, some women may still experience postpartum hemorrhage, especially those with risk factors such as multiparity, previous uterine surgery, or placenta previa. In such cases, additional interventions may be required to manage the condition effectively.

The participant emphasized the importance of cross-cultural learning programs like Seeds for the Future in providing young people with the necessary skills and knowledge to carry out their roles effectively in their respective fields. The program has been instrumental in equipping young people with the necessary skills and knowledge to carry out their roles effectively in their respective fields.