

N E D A C

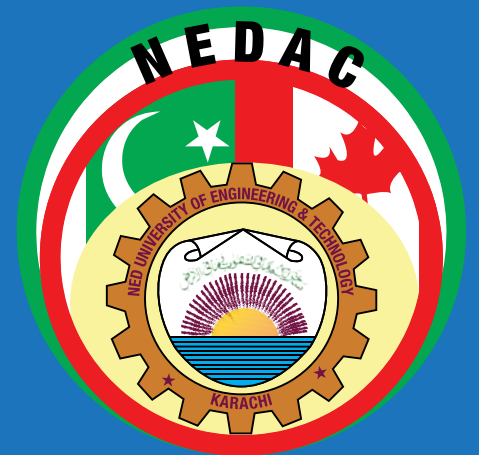
NED ALUMNI ASSOCIATION CANADA

CELEBRATING 10 YEARS OF SERVICE TO NEDIANS

2016

**10TH ANNUAL
ALUMNI DINNER PROGRAM**

DECEMBER 2, 2016
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PRIME MINISTER • PREMIER MINISTRE

December 2, 2016



Dear Friends:

I am pleased to extend my warmest greetings to all those attending the 10th Annual Dinner hosted by the NED Alumni Association Canada (NEDAC).

Since its founding in 2006, NEDAC has endeavoured to provide assistance and support to its members by hosting a variety of professional and social activities.

This reunion offers a chance to renew old ties, share treasured memories, and forge new connections. As you look back on the years spent at NED University of Engineering and Technology in Karachi, Pakistan, you may reflect with pride on the experiences and achievements that have shaped your lives, while celebrating the many contributions Pakistani Canadians have made to the growth and prosperity of our country.

Please accept my best wishes for a memorable evening and for every future success.

Sincerely,

The Rt. Hon. Justin P.J. Trudeau, P.C., M.P.
Prime Minister of Canada

Minister of Immigration,
Refugees and Citizenship



Ministre de l'Immigration,
des Réfugiés et de la Citoyenneté

Greetings from the Minister of Immigration, Refugees and Citizenship

I am pleased to extend my warmest greetings to all those attending the 10th Annual NED Alumni Association of Canada (NEDAC) Reunion Dinner.

Education is one of the cornerstones of society. It is through education that we transmit our values and ensure that our citizens grow up to be informed and inspired by the principles that we cherish.

The Pakistani community in Canada has always valued education and social growth and has used its strengths in these areas to contribute to Canadian society. By supporting and connecting NED graduates through various activities and events, NEDAC encourages skills development and promotes integration, helping its members to succeed in Canada.

As Minister of Immigration, Refugees and Citizenship, I would like to thank NEDAC for your ongoing work to support your graduates in Canada, and I wish the students and alumni of NED University of Engineering and Technology the greatest of success in future years.

Sincerely,

A handwritten signature in black ink that reads "John McCallum".

The Honourable John McCallum, P.C., M.P.
Minister of Immigration, Refugees and Citizenship



Canada



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CANADA

Iqra Khalid

Member of Parliament
Mississauga – Erin Mills



November 15, 2016

As Member of Parliament for Mississauga – Erin Mills, I extend my greetings and best wishes to Nadirshaw Eduljee Dinshaw Alumni Association Canada and organizers on the occasion of your 10th Annual Dinner.

I would like to congratulate you on hosting this annual event which brings together the Pakistani-Canadian community and helps promote social and professional interactions among members. It pleases me to see the Pakistani-Canadian community active, sharing their knowledge and experience with others and celebrating their success. I hope you continue to provide services that help integrate Engineers of Pakistani origin into the Canadian community. Your contributions for the promotion of education are appreciated and celebrated.

I am honoured to be a part of this event and would like to thank the organizers for providing a wonderful evening of entertainment and enjoyment.

Sincerely,

Iqra Khalid

**Member of Parliament for
Mississauga- Erin Mills**

Ottawa

Room 213, Justice Building, Ottawa, Ontario K1A 0A6
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Iqra.Khalid@parl.gc.ca



Premier of Ontario - Première ministre de l'Ontario

December 2, 2016

A PERSONAL MESSAGE FROM THE PREMIER

On behalf of the Government of Ontario, I am delighted to extend warm greetings to everyone attending NED Alumni Association Canada's 10th Annual Dinner.

My colleagues and I in the Ontario government recognize that newcomers and internationally trained professionals bring vital skills and international experience, things that help us build a strong, globally competitive economy. I commend NED Alumni Association Canada for its commitment to helping engineers of Pakistani origin gain credentials, upgrade their skills, form beneficial networks and find success in Ontario.

As Premier, I recognize that when newcomers succeed, Ontario succeeds. That is why we will continue to work to remove barriers for internationally trained professionals.

I wish all of you much ongoing success. Have a memorable reunion dinner!

A handwritten signature in black ink that reads "Kathleen Wynne".

Kathleen Wynne
Premier



December 2, 2016

Message from Pakistan Consul General



I wish to felicitate NED Alumni Association, Canada (NEDAC) for successfully organizing its 10th Annual Reunion in Ontario.

NEDAC has most sincerely endeavored to promote professional dialogue among its members. The seminars and technical workshops that it has been organizing have attracted members of other professional organizations too.

NEDAC's cooperative linkages with other Pakistan-Canadian organizations will be helpful in promoting Pakistan's image in Canada.

I am confident that NED Alumni Association will continue to serve the community with characteristic energy, enthusiasm, and resourcefulness.

Imran Ahmed Siddiqui
Consul General

FROM THE EDITOR'S DESK

Before I start, I would like to thank you for all the feedback provided on the fall newsletter. The publication committee will continue to strive hard to produce excellent quality publications for the membership and beyond.

This has been a fun journey and excellent display of teamwork by the board members in organizing events. There has been a lot of planning and hard work behind today's event. I would also like to acknowledge our sponsors and without their support, this event would not be possible.

When I look back it seems that 2016 has just started and here we are in December at the end of the year. I would like to extend warm greetings for the holiday season and a Happy New Year to all.

Please continue to send your feedback, which is essential to the success of these publications. We will incorporate your suggestions as best as we can.

Take care,

Shahid Chishty, P. Eng, PgD, CMQ/OE
Publication Secretary



Shahid Chishty
P. Eng, PgD, CMQ/OE
Publication Secretary

MESSAGE FROM THE PRESIDENT

Dear NEDAC Members,

Welcome to NEDAC 10th Annual Reunion Dinner!

I am extremely excited to be part this great moment when our Alumni have reached the landmark of 10 years. We have come a long way to get to this day and I congratulate all NEDAC members for their help and support in keeping this organization growing and succeeding.

Our current NEDAC board is determined and focused on continuing to raise the bar for the quality of our events so we can provide even more value to NEDAC members.

One more year loaded with sweet recollections and cheerful times has passed. May your New Year be filled with adoration, happiness, warmth, and cheers. I wish you all a prosperous New Year. Stay safe and blessed.

Kind Regards,

**S. Imran Ahmed, BE Electrical, M Engg., PMP
President, NEDAC**



**S. Imran Ahmed,
BE Electrical, M Engg., PMP
President, NEDAC**



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NED ALUMNI CANADA BOARD INTRODUCTIONS

NED Alumni Association Canada is the alumni of NED University of Engineering and Technology, Karachi, Pakistan (NEDUET). NED University is the oldest and largest engineering university in Pakistan. NED Alumni Association Canada (NEDAC) was established in 2006 to provide networking opportunities for NED graduates living in the Greater Toronto Area. Since its inception NEDAC membership has grown many folds and currently with around 500 members and growing, it is the largest international NED Alumni in the world! NEDAC board members can proudly be classified as “a team”. Its members have a proven record of excellence, diligence, and dedication to the NED Alumni.

PRESIDENT

Imran
AHMED



NED UNIVERSITY
ALUMNI CANADA

BE ELECTRICAL , M ENGG . PMP
GRADUATED FROM NED 1989
CURRENTLY WORKING AS IT
SERVICE MANAGER AT CAPGEMINI

VICE PRESIDENT

Islam
NABI KHAN



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SALES AT AGF GROUP

GENERAL SECRETARY

Nazli
KHAN



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Karamat
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Farooq
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CHAIN SYSTEMS

PUBLICATION
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Shahid
CHISHTY



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PROJECT, ONTARIO POWER
GENERATION

NED LIAISON
SECRETARY

Iram
Bukhari



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MASTERS UNIVERSITY OF TORONTO 2006
SENIOR PROJECT MANAGER FOR MTO

INFORMATION
SECRETARY

Tanvir
AKHTAR



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FORMER SR. DESIGN ENGR OPG
DARLINGTON NUCLEAR STATION

EXECUTIVE MEMBER

Saima
GILLANI



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GRADUATED FROM NED IN 1997
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EXECUTIVE MEMBER

Najla
WASIM



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ALUMNI CANADA

B.E CIVIL
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GRAPHIC DESIGNER AT WSP

EXECUTIVE MEMBER

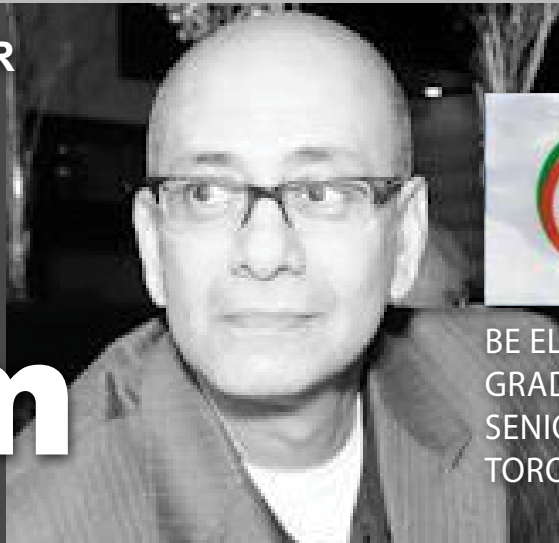
Tanvir
AHMED



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OPG PICKERING

EXECUTIVE MEMBER

Najam
Yaseen



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GRADUATED FROM NED IN 1984
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EXECUTIVE MEMBER

Farrukh
Siddiqi



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Zeeshan
SYED



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Ursala
NAZAR ABBAD



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ALUMNI CANADA

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GRADUATED FROM NED IN 2007
ELECTRICAL DESIGNER AT E-
LUMEN INTERNATIONAL INC.

EXECUTIVE MEMBER

Nadia
ZIA



NED UNIVERSITY
ALUMNI CANADA

B.E CIVIL
GRADUATED FROM NED IN 1993
DOCUMENT CONTROL MANAGER
AT JNE CONSULTING LTD.

NEDAC DELEGATION VISITS PAKISTAN CONSULATE OFFICE IN TORONTO

By **Karamat Ullah, B.E. Electrical, Finance Secretary**

NEDAC president Imran Ahmed arranged a meeting with new consulate general Mr. Imran Siddiqui and a delegation comprising of Imran Ahmed President, Islam Nabi Khan Vice President, Mohammad Farooq Social Secretary and Karamat Ullah Finance Secretary on October 13th at the Consulate office. The main purpose of the visit was to introduce NED Alumni Association of Canada (NEDAC) to the new consulate general Imran Siddiqui and to seek co-operation in areas of mutual interest.

NEDAC president Imran Ahmed introduced the delegation and informed Consulate General that NED Alumni Association Canada is the largest foreign Alumni in Canada having nearly 500 members. Its activities ranging from social interaction like picnics, an annual dinner and a musical evening to professional development seminars particularly for its members and the engineering community at large.

The Consulate General Mr. Imran Siddiqui welcomed the delegation and extend his full support to NEDAC for the benefit of the Pakistani community here and in Pakistan. He emphasized the need for mutual co-operation with existing Canadian Universities for higher education and research work in Pakistan. He appreciated the volunteer work of NEDAC for the betterment of the community.

NEDAC President Imran Ahmed invited the Consulate General to attend the forthcoming 10th Annual Dinner of NEDAC to be held on December 2nd at the Markham Convention Centre.

The Consulate General Mr. Imran Siddiqui gave a small tour of Consulate office which highlighted the improvements he has done since taking over which is extraordinarily remarkable in such a short span of time.



*Karamut Ullah
B.E. Electrical
Finance Secretary*





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ONTARIO POWER GENERATION DARLINGTON NUCLEAR REFURBISHMENT OPEN HOUSE

Shahid Chishty, P. Eng, PgD, CMQ/OE, Publication Secretary

The Darlington Energy Complex (DEC) located in Courtice, Ontario, near the Darlington Nuclear Station, hosted a Refurbishment Open House to celebrate reaching the milestone of Breaker Open. On October 15, 2016, OPG welcomed over 1,800 members of the public, employees and their families, retirees, vendors, community leaders and stakeholders.

Visitors were able to meet many of the construction partners including SNC Lavalin, AECON, ESFOX, and BWXT at their displays in the information centre to discuss their involvement in the refurbishment project. Guests were able to tour the mock-up facility with its full-scale reactor and OPG volunteers were stationed throughout the area to answer questions, explain the purpose of the mockup, and assist with photos at the selfie station.

Scientists in School, a charitable organization that offers science education, saw 109 children participate in interactive science demonstrations in the DEC cafeteria. Also, on hand was refurbishment training showing off its cloud chamber, a real-time teaching tool which illustrates how radiation works.

Visitors were able to get an appreciation of the scale of the refurbishment project and the hard work of our vendor partners, while on the bus tour of the Darlington site. Vendors were overwhelmed by the positive feedback and enthusiasm of the visitors, while guests were equally impressed by the level of knowledge and expertise demonstrated by our construction partners.

If you have not seen the mock up yet, I would highly recommend you to take the time to see it. It is once in a lifetime opportunity to see a cut out view of a full-size Nuclear Reactor. Some of our members did come out to visit the open house.



Shahid Chishty
P. Eng, PgD, CMQ/OE
Publication Secretary



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CSI - COMPUTER AND STRUCTURES, INC.

By **Tanvir Akhtar, BE Mechanical, Information Secretary**



Tanvir Akhtar
BE Mechanical
Information Secretary

The NEDians, wherever they are, would be proud to know that one of them is shining like a star and performing extraordinarily in serving the world of Structural Engineering.

Ashraf Habibullah has a profound and sincere attachment to his Alma Mater, the N. E. D. Engineering University, Karachi Pakistan and he consistently supports the NED Alumni Associations in Canada and the USA. Following is a brief introduction of his achievements and accomplishments.

Ashraf Habibullah, Structural Engineer, is President and CEO of Computers and Structures, Inc. Ashraf graduated from the NED College, Karachi, Pakistan in 1969 with a bachelor's degree in civil engineering and from the University of California at Berkeley in 1970 with a master's degree in structural engineering. He founded Computers & Structures, Inc. (CSI) in 1975.

Today, CSI is recognized globally as the pioneering leader in the development of software tools for structural and earthquake engineering. The software is used by thousands of engineering firms in over 160 countries for the design of landmark projects such as the Freedom Tower in New York City, the Burj Khalifa Tower in Dubai and the Bird's Nest Stadium in Beijing.

CSI products are also recognized as the standard tools for research and education worldwide and CSI has donated software to thousands of universities for teaching purposes. Through these donations, CSI has helped to ensure that the technology necessary to produce seismically sound structures reaches everyone.

Ashraf also has a keen passion for the arts. He is a co-founder of the Diablo Ballet and the founder of the Engineering Alliance for the Arts, an organization that involves school children with technology, focusing on the artistic aspects of bridge engineering.



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ENERGY SAVING TIPS FOR INDUSTRY, COMMERCIAL BUILDINGS AND AT HOME

By Tanvir Akhtar, BE Mechanical, Information Secretary



Tanvir Akhtar
BE Mechanical
Information Secretary

Industrial Energy Saving Popular Methods

Use Toothed Belts (also called Synchronous Belts) instead of Conventional V-Belts. Typical power transmission efficiency of V-Belt at the time of installation can be high but after extensive use, it can be 10% less. The typical average efficiency of V-Belt is 90% compared to 98-99% of the Toothed Belts. Downtime for maintenance is also extremely low for Toothed Belts as compared to V-Belts that need frequent tensioning. This 8% improvement in efficiency by using Toothed Belts can roughly save \$9,100 per year for a single 100 KW motor.

Steam Leakage is one of the major energy wastages and its leakage survey and control is very critical towards energy saving drive within your plant. The cost of steam production is very complex but the US Department of Energy provides detailed guidelines for calculating this figure. Typical large and complex Steam Generation Stations produce low-cost steam typically for a 200 psig steam this comes out to be \$11 per 1000 Lbs. For smaller size steam generation, this can be as high as \$24 per 1000 lbs./hr. of steam production. Similarly, leakage rate from valves, threaded joints, gland joints and even flanged joints are hard to calculate because orifice shape and size is not known. However, we can safely average out from the industry experience that a minor constant leakage from 1" size valve gland or threaded piping can be as high as 20 kg./hr. On a yearly basis, this leakage rate would be $20 \times 2.2 \times 24 \times 365 = 385,440$ lbs. of saturated steam that is $385.44 \times \$24$ is equal to \$9,250 from a single leaking joint. Typically, there are at least 100 leaks in a medium size plant and wastage of energy would be equal to \$925,000 per year. This is a huge sum that can be saved by properly selecting valves, using proper material and skilled Technicians to complete all joints in low, medium and high-pressure steam systems. In addition, energy conscious plants carry out regular steam leakage surveys and fix the leaking joints and replace leaking valves.

Similar to Steam Leakage compressed air leakage has the same story. Compressed air is though not as expensive as steam because water chemistry control and change of phase are not involved, still compressed air leakage



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1. is costly, in addition, as Air Receivers (storage or buffer vessels) get depressurized earlier due to the leakage in the system it puts more pressure on compressors on/off or cut in/cut out frequency that leads to increased wear and tear in compressors. This kind of energy can be saved by following the methods described for Steam Leakage Control on page 24.
2. Solar and Wind Energy sometimes is produced at a time when demand is low. Such energy if not stored can be wasted. Similarly, some hydroelectric power plants have high flows and excess energy that are not required in the grid all the time. Again if such excess production of energy is not saved, it will go to waste. This excess energy is saved by several techniques, the most popular method employed so far is to use excess energy in pumping water to a reservoir located as high as 300 to 400 ft. above and use this as its potential energy in hydraulic turbine – generators to convert into electricity during high demand periods. This way 70% to 80% energy can be saved that will otherwise go wasted.
3. Always select a lower size motor with high load factor or higher operating efficiency instead of an oversize motor that operates at low load factor or lower efficiency leading to long term waste of power. For a typical 100 kW motor, with a loss of 10% operating efficiency, this is like wasting a \$11,388 per year when the cost of electricity is \$0.13 per kwh.
4. Make sure the voltage of the motor is as close to the design limits, found on the nameplate, as possible. The voltage at the motor that is not within the design limits leads to a decrease in power factor. Low power factors may be monetarily penalized by your power supply company.

Commercial Building Energy Savings

1. Energy savings in building lighting by using the more energy efficient bulbs. Let us find out how many lumens/sq. m (commonly this light unit is known as lux) is required for each type of application. For each application, a light intensity measurement survey is carried out to determine where light is excessive or where darker shades are present. Based on the need, lighting is added or removed to have a uniform light that is equal to or slightly higher than the minimum light required in or around work areas.

Activity	Required Light in lux
Warehouses, Homes, Theatres, Archives	150
Easy Office Work, School Classes	250
Normal Office Work, PC Work, Study Library, Groceries, Show Rooms, Laboratories	500
Supermarkets, Mechanical Workshops, Office Landscape	750
Normal Drawing Work, Detailed Mechanical Workshops, Operation Theatres	1000
Detailed Drawing Work, Very Detailed Mechanical Works	1500 - 2000

Energy Saving Tips, continued

The table given below confirms that LED light bulbs that are expensive but long lasting would save a considerable amount of Electrical Energy in the long term.

Minimum light output (lumens)	Electrical bulbs power consumption (watts)		
	120 V Incandescent bulbs	Compact fluorescent bulbs	LED bulbs
200	25	3-5	3
450	40	9-11	5-8
800	60	13-15	9-12
1,100	75	18-20	13-16
1,600	100	24-28	18-22
2,400	150	30-52	30
3,100	200	49-75	32
4,000	300	75-100	40.5

2. Motions sensors are installed in office buildings, schools and even in workshops and manufacturing factory areas to conserve on lighting/electrical energy so that lights in no-activity areas are automatically shut off.
3. In office spaces, workshops, warehouses, schools considerable electrical energy can be saved by adding daylight transparent panels in ceilings or high on the side walls. If this is done after building lighting design and installation is completed, then a light intensity measurement survey will be carried out again to highlight the areas where electrical bulbs are excessive. These excessive bulbs are then placed on separate circuits that will only be energized when daylight is reduced to certain pre-set level.

Home Energy Saving Popular Methods

1. Enbridge Gas Company has listed Certified Energy Auditors that will audit the heat leakage points in your home from basement to attic. Commonly their retrofit recommendations include, improving or replacing ceiling/wall insulation, sealing windows and doors caulking joints, using high-efficiency furnace and water heater. The CEA's may also recommend using a programmable thermostat. These retrofits may save you 15 to 20% of your gas bill.
2. When preparing tea, don't overfill the electric kettle. Those who are not careful would fill four cups of water when they need just one cup. This may take your kettle twice as much time and power consumption. A 1,500 watts kettle if takes an extra 10 minutes due to overfill would end up wasting $1500 \times 10/60 \times 4$ times a day = 1 kWh or 365 kWh in a year. The cost of energy is \$0.18 per kWh during peak hours and if we delivery charges and miscellaneous charges are included it will be \$0.30 per kWh. Simply by using an overfilled kettle we end up losing $365 \times 0.3 = \$110$ a year for a single person. This is also true when during cooking. Once boiling is reached if we do not lower the heat to sustain boiling that ends up wasting electricity.

If a smart meter is installed at home, one should know the off-peak hours, mid-peak hours and peak hours as the electricity rates are different.

Off peak hours are 7 PM to 7 AM with electricity rate of 8.5 Cents per kWh.

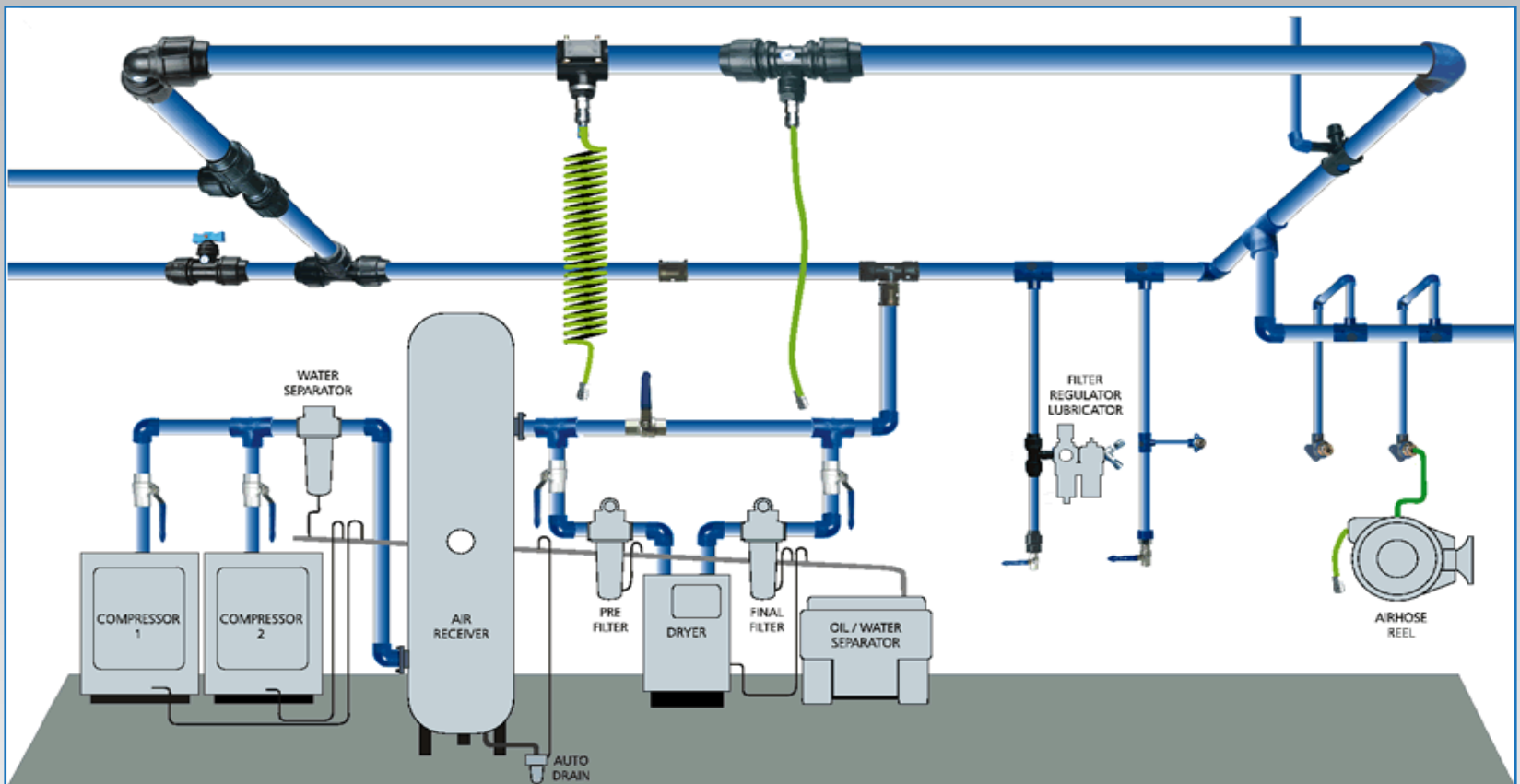
Peak hours are 7 AM to 11 AM & from 5 PM to 7 PM with electricity rates of 18.0 Cents per kWh.

Mid-peak hours are 11 AM to 5 PM when electricity rates are 13.0 Cents per kWh.

Energy Savings can be achieved by completing house chores with the highest consumption during off-peak hours. Rates and timings should be printed and pasted next to the stove, laundry machines, and thermostat.

Outdoor lights are often left in use throughout the night, a programmable controller that costs around \$20 can be added that will auto-close outdoor lights in 4 to 5 hours from dusk.

Replace all incandescent and fluorescent light bulbs in the house with LED light bulbs as it will save considerable electricity charges. LED bulbs are expensive but long lasting and their energy savings outweigh their initial cost.



Typical Compressed Air System in Process Plants where Air Leakage becomes expensive, sealing all such leakages is part of Energy Saving Drive.

TECHNICAL SEMINAR ON PRIMAVERA

By Ursala Nazar Abbas, BE Electronics

NED Alumni Association Canada organized a technical seminar on Primavera. This 'free-admission' seminar was well-attended by members and non-members.

Ms. Nazli Khan, General Secretary, played a key role in organizing this event in the absence of Ms. Irum Bukhari, head of the Professional Development Committee. Ms. Nazli was instrumental in arranging this first seminar for the board of 2016-2018. The subject for the seminar 'Project Controls and Scheduling in Primavera' selected keeping in mind the trends in the current job market. Key presenters were Mr. Peter Sebastian of SARS Associates alongside Mr. Arif Syed who both have in-depth knowledge and background on the subject with the latter also being a certified trainer for the Primavera Software and having a vast teaching experience in this area.

The seminar was held on October 1, 2016, at Admiral Inn located at 2161 Sheridan Way in Mississauga from 12:00 PM to 5:00 PM. The event started with a networking session as people arrived and the formal program started at 1:00 PM, with the recitation of Quranic verses and translation by Mr. Shahid Chishty. Ms. Nazli Khan was invited to the podium to provide a short introduction to the seminar and its speakers. Mr. Shahid Chishty, who was also the MC for the event, invited the first speaker, Mr. Arif Ali Syed. Mr. Arif Ali Syed, who is also a member of NEDAC, presented his topic "Primavera Job Market Overview". The audience was provided in-depth and current information regarding Primavera and its importance in the job market. He also touched on the salary packages for the scheduler to highlight the importance of having Primavera knowledge and background.

After the conclusion of Mr. Arif Syed's presentation, guest speaker Peter Sebastian was next. Before starting Mr. Sebastian gave a brief introduction about himself and the vast experience that he has under his belt in regards to Primavera.

The presentation by Mr. Sebastian was a walk through of the actual scheduling process that would take place for any small to mid-sized project. He took the attendees through the whole scheduling process from creating a new file to adding tasks, constraints etc.

During the presentation, refreshments were served and attendees also offered their prayers.

Mr. Imran Ahmed, President of NEDAC, concluded the ceremony with his thank you note and also presented the speakers with mementos/gifts. Seeing the response and interest shown by attendees on Primavera software, Mr. Sebastian was gracious enough to give discount packages for groups interested in acquiring training in Primavera. The seminar concluded at 5:00 PM.



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HEALTH WATCH

By Osaid Syed

Cardiovascular Health- Why We Need Cholesterol?

Or we do not. Certainly, our Creator, the Perfect Designer did not make a mistake in making us. The liver has been ordered to produce 75% of the Cholesterol (around 1000 mg/day) of the total body requirement whereas 25% comes from food. If we completely stop intake of Cholesterol from all food sources, the liver will compensate and make 100% for some time. Why?

Why is it so important for our survival? Yet, it is the most dreaded substance in our body to be blamed from clogged arteries to heart failure?

“Cholesterol is good for you. Cholesterol is essential to life. The more you have, the better your life will be. It’s the part of your body that gives life it’s gusto. You use cholesterol to make all the things that make you happy and give you pleasure. You use it to make all your sex hormones testosterone, estrogen and progesterone, and other adrenal hormones like DHEA and cortisol. You use it to make the membrane of all your cells. It’s what makes up most of your brain so you can think and have instant recall. It protects every nerve in your body so you can move quickly and react fast. With cholesterol, you’re smart, sexy, happy, strong, and mobile” - Dr. Al Sears, Florida

Cholesterol is a white waxy substance that belongs to the fat family. Fats travel in our body through the bloodstream in two forms; Cholesterol and Triglycerides.

Whether produced by the liver or absorbed from the diet, cholesterol, and other dietary fats must move from the digestive system to the cells. To do that, the fats must be packaged into protein-covered particles that allow them to mix with the blood since fat and our watery blood do not mix very well. These tiny particles are called lipoproteins (Lipo or lipid means fat+ protein).

There are two types of lipoproteins in our blood – low-density lipoproteins (LDLs) and high-density lipoproteins (HDLs.) LDLs are often referred to as the “bad” cholesterol. When oxidized, it gets sticky and causes plaque buildup. What oxidizes it? All the super-market cooking oils, e.g. vegetable oil, corn oil, sunflower oil and canola oil, and the high sugar high gluten genetically modified wheat and corn are at the base of oxidation and inflammation in our body.



Osaid Syed



However, LDL is an important and necessary protein. It transports cholesterol from the liver to tissues that incorporate it into cell membranes, where it is vital for cell development and function.

HDL, which we think of as the “good” cholesterol, plays the role of removing plaque from the arteries and carrying cholesterol that has been discarded by cells back to the liver for recycling or excretion.

Mainstream Medical System’s approach: Block production of Cholesterol by statin family of drugs at the source; Liver. The liver enzyme that produces cholesterol also produces Co-Enzyme Q10, a vital vitamin that keeps the engine (mitochondria) in every of our trillion cells up and running working with Adenosine Triphosphate (ATP) and Glucose to provide continuous sustainable energy, just like petrol(fuel), oxygen(air) and spark (spark plug) keeping the engines of our cars up and running. So, Co-Q10’s production is also blocked. Side Effects: Horrendous. As the store of this vital energy vitamin is depleted with our heart being the largest consumer, fatigue, and unexplainable muscle pain pop up. Gradually weakening of the heart eventually leads to cardiac arrest, the very failure for which the statin drug was prescribed.



Naturopathic approach is based on the proven belief that the root cause of all chronic diseases from Hyper Tension (high BP), Type II Diabetes, Cardio Vascular Diseases to the most dreaded Cancer are mainly two; Inflammation and Oxidation.

Most of the NEDAC community here in GTA is aging with several families facing all or one of the above mentioned chronic diseases getting worse with time where some of our dearest friends have fallen and gone as young as in their mid-fifties. And we are now seeing some of the younger ones (in their thirties) already entering this club of never ending suffering. That is why we need to wake up and take control of our health, after all, it is our bodies, our life, and our responsibilities... which nobody else will come to us to fix.

To a fresh start back to good health, please get the following Blood Work (Lab Test) done requesting your Family Doctor. Please do not fight with your doctor. Respect his protocol of treatment as that is what he has been licensed for. But work with him and convince him to get the following numbers for you.

- Hs-CRP (High sensitivity Cardio Reactive Protein)
- Hb-A1c (Hemoglobin A1C)
- Hcy (Homocysteine)
- 25(OH)D (for vitamin D3)
- TSH, T4 and T3 (for Thyroid)

Once you have your numbers reviewed with your doctor, the Naturopathic approach may be applied to prevent further damage and improve to the level that as if there was no such problem at all.

With age and gender targeted nutrients related to the issues (30% of the package) plus concerted smart changes in food (40%) and updated lifestyle (30%), you will be a new person with your health and energy beaming as you experienced in your youth days, enjoying life to the fullest while fulfilling to the best your responsibilities towards your loved ones and to our country Canada at large.

Source: Dr. Joseph Mercola, Dr. Julian Whitaker, and Dr. Al-Sears subscriber newsletters.

NED DAYS

By Ursala Nazar Abbas, BE Electronics

NED – Nadirshaw Eduljee Dinshaw

Most people don't know what NED is or what it symbolizes, but to many of us who have been there and spent at least 4 years studying there (in my father's case 5 years), at the time of studying it meant "Never Ending Depression". However, once we graduated from this place, we realized that this 'never ending depression' was a wonderful journey of new friendship, bonds, and memories for us. Just like when we hear the song 'meray bachpan kay din' and memories start flooding through, the mention of NED is akin to that.

My journey of four years at NED started in 2003 January. At that time the university followed the annual examination system. Anyway, we started our first years thinking university is all about freedom, bunking classes, eating and chilling out with friends. Boy was I wrong. The first day of university and all these ideas about university life came crashing down with the chairman of electronics letting us know if you don't attend classes, please don't bother showing up for the exams.

By the 2nd week of classes, everyone and anyone who could be was already awarded a nickname and from then on to the last day of NED, we were all known by these nicknames. In my case, it was 'Chilli'. The reason during an English language class I described the weather of Karachi as Chilly and hence from that day onward, I got to be known as "Chilli" amongst my classmates.

At our age who doesn't like to play a good prank on their fellow students/classmates. In our case, it was I and my gang of four friends, three guys and us two daring girls. The Electronics department was celebrating Earth day and section A (we were divided into two classes) were the ever so efficient batch and the student of that section brought in plant pots and decorated them outside their class. While in class, my gang and I got an idea and we bunked the next class and took all the plant pots that section A had lovingly kept and hid them behind in our classes in the barren ground. Our class advisor came to our class and pointed me out saying that the other class had complained about me singlehandedly making their plants disappear. Even though it was a team effort but being held solely responsible for something was an accolade in itself.

To help with our presentation skills we were asked to perform on any topic of our choice in front of the class. Performing in front of any audience can be a daunting task, but our class was in another category altogether. They would make it a point to make life difficult for the presenter. In my case, it was the two musketeers sitting right in front and making cross eyes for my benefit and trying their hardest to make me laugh during my presentation.



Ursala Nazar Abbas
BE Electronics



In your lifetime you come across a lot of weird and eccentric personalities. One such case is that of the Physics Professor AKA Amreekan Sundi (a name given to him by our predecessors). This teacher was famous for his weird habit and his main nama. Everything in the lecture would start and end with his achievements and accolades. And to top things, the fact that he had a book published also gave him bragging rights. My achievement during his class was that when every other student would be bunking his class, I would not only attend his class but would manage to proxy for my friend as well. So in a class of 10 people, the attendance sheet would be marked with 20 people present. The eccentricities of the teacher being one thing, what really got to us during one class was the sobbing of Ms. Dawakhana's. The reason being that the teacher decided not to go ahead with a scheduled test and postpone it for later, but due to Ms. Dawakhana's sobbing the whole class did end up doing the test.

It was unfortunate that we were not able to witness the first political phadda in the university because we were having our lab. By the time our lab got over, the conflict was over. But the poor auditorium windows were not a great sight. From that day onwards we said goodbye to bottled drinks and an era of cold drinks in plastic bags was introduced.

There were two guys in the class who would bring sandwiches from home and everyone would try their hardest to get a piece for themselves.



NED Days, continued

In our first year, we were assigned to make our own power supply. For that, we also had to learn to solder. During one such soldering incident, my friend Poochi ended up burning her abaya.

You have a good teacher, great teachers, bad teachers, but then there is a category for Mr. No Smile. In our entire four years of being taught by that teacher, never once did we see a smile on that guy's face. Maybe he was constipated. Anyway because he was miserable he made it a point to make his students miserable as well. During the final year, we spent more time working on a project of his than our actual final year project. The day of the submission with the collective dua's and prayers of everyone it happened so that he never showed up for the submission. The teacher had a freak accident the day before and ended up with a fractured arm.

During exam season the most popular spot was the Photostat shop and the most popular person was Raza Bhai. Students were so lazy to bring a copy and pen to class for the whole year and in the end, would get the note/lectures copied.

NED was not just about studying, but there were a lot of events, extra-curricular activities happening as well. We had our annual inter-departmental sports events, where athletes from every department would compete, and the department with the most medals would win the University trophy. During the ceremony for the awards, the MC addressed the VC Dr. Abul Kalam as Professor Dr. Abdul Kalam Azad (former president of India). The good news, our department did win the trophy.

Since we are mentioning goof-ups, my biggest goof-up was while MCing our final year dinner event. I was supposed to invite the chief guest, our chairman to come to the stage, receive his award/ memento and then give a speech. During all this process Faiz had been hassling us and telling us to invite everyone for food which was ready. Because of all this, the chairman's speech slipped my mind and instead announced that food was ready. The chairman who was approaching the podium to give his speech froze mid-step and went back to his seat. I did end up getting quite an ear full from the advisor regarding this goof-up especially since this was the last official dinner for the chairman. He was due to retire after.

Be it the time we spent in labs, during class, trying to bunk classes, copying assignments, preparing for presentations. Looking back, there are so many memories, incidents that I can remember about the time I spent at NED. If I started noting down each and every event, incident and memory, I could end up with a book. It may sound clichéd but I can say in earnest, NED you not only taught me engineering but about life and living it.





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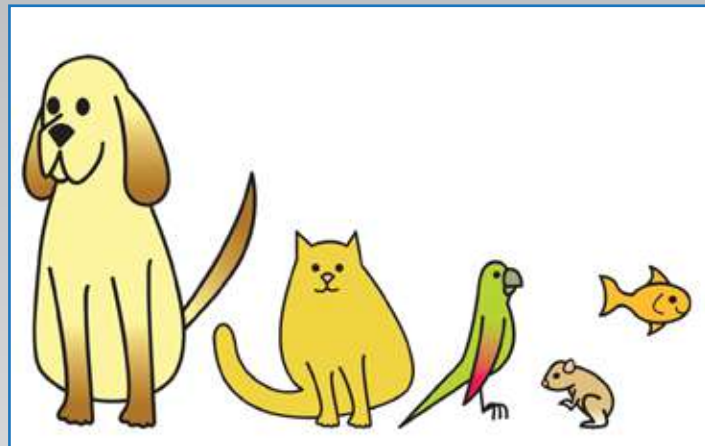
When Einstein wrote this riddle he apparently said that 98% of the world would not be able to solve it.

There are 5 houses in five different colours. In each house lives a person with a different nationality. These five owners drink a certain type of beverage, smoke a certain brand of cigar and keep a certain pet. No owners have the same pet, smoke the same brand of cigar or drink the same beverage.

The question is: Who owns the fish?

HINTS

- The Brit lives in the red house.
- The Swede keeps dogs as pets.
- The Dane drinks tea.
- The green house is on the left of the white house.
- The green house's owner drinks coffee.
- The person who smokes Pall Mall rears birds.
- The owner of the yellow house smokes Dunhill.
- The man living in the centre house drinks milk.
- The Norwegian lives in the first house.
- The man who smokes blends lives next to the one who keeps cats.
- The man who keeps horses lives next to the man who smokes Dunhill.
- The owner who smokes BlueMaster drinks beer.
- The German smokes Prince.
- The Norwegian lives next to the blue house.
- The man who smokes blend has a neighbour who drinks water.



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کسی کے لیے کوئی شے لا رہے ہو
وہاں کوئی اپنا ہے رہتا تمہارا
وہاں جاؤ گے تو ملو گے اسی سے
تمہارے جوابوں سے گر شک میں آیا
اور اندر سے پھر اک بزر سا دبایا
کہا جا کے گاڑی کا سسٹم کرائیں
جو جاؤ گے اندر تو گھوریں گی آنکھیں
نظر ان کو آنا ذرا بھی نہ خائف
جب آئے گی باری تو پھر بات ہوگی
وہ پہچان لے گا مسلمان ہو تم
جو پوچھے وہ، اتنا اسے بس بتانا
سوالوں کا پھر ایک سیشن چلے گا
ہوئے جس میں پیدا وطن کون سا تھا
کہاں پر پلے تھے کہاں پر بڑھے تھے
ہوا کتنا عرصہ جو یاں رہ رہے ہو
گلیں گی اسے جھوٹ باتیں تمہاری
مگر ذکر والد ہوا جو نہیں ہے
سہ رات جیسے نظارے دکھائے
وہ شک دور اپنے یوں کرتا ہے سارے
جو سیدھی نہیں ہو وہ دم تو نہیں ہو
جوئے شیر ایسا یہ لگتا ہے لانا
ہے جانے کا مقصد نہ واں پر کمانا
جو سچ بھی کہو گے تو ڈرتے رہو گے
یہ ہوگا جو تم دور گھر سے رہو گے

تو کہیں کی کھڑکی پہ ، گاڑی لگانا
بنا بادلوں کے یہ برسات ہوگی
سورے سورے ہی کیوں آرہے ہو
کب آؤ گے واپس جو اب جارہے ہو
بتاؤ ہے کیا اس سے رشتہ تمہارا
یا ہے کام دو جا وہاں پر کسی سے
تو کاغذ پہ اپنے قلم کو چلایا
جو لکھا تھا کاغذ وہ تم کو تھمایا
یہ پرچہ بھی اندر ہی جا کر دکھائیں
زباں کچھ نہ بولے گی بولیں گی آنکھیں
دل ہی دل میں پڑھنا جو پڑھنا وظائف
نئے اک سرے سے شروعات ہوگی
اور اس ”آئی ڈی“ پر پریشان ہو تم
غزل کوئی میری نہ ہرگز سنانا
جو لہجے کا نشتر وہ دل میں گڑے گا
وہ موسم تھا سرما کا یا جون کا تھا
کہاں کھیل کھیلا، کہاں سے پڑھے تھے
ہاں رہ بھی رہے ہو یا بس کہہ رہے ہو
کھنگالے گا کینجٹ ذاتیں تمہاری
کہ اپنے کا اس کو پتا جو نہیں ہے
وہ تم کو تو دن میں بھی نارے دکھائے
وہ پوروں کو دیکھے وہ فونو اتارے
جو ہم کو ہے مطلوب تم تو نہیں ہو
بس اتنا سا اس کو یقین یہ دلانا
رکو گے نہیں تم کو واپس ہے آنا
ملا مت دلوں میں ہی کرتے رہو گے
جیو گے یونہی روز مرتے رہو گے

جنید اختر

TESTIMONIALS

Attending today's seminar "Project Controls & Scheduling in Primavera" was both insightful and engaging. The speakers Arif Syed and Peter Sebastian demonstrated an in-depth knowledge and provided hands-on experience with the subject. I wish to congratulate Imran Ahmad, Nazli Khan and the larger team for arranging such an informative and well-organized seminar, their hard work was much appreciated. This was yet another successful and record-setting event from the current NEDAC board. On a lighter note Samosas, Cookies and Coffee were all phenomenal. Keep up the great work.

- Azfar Shakil

Heartiest Congratulation to Engr. Shahid Chishty and his team, including Nadia, Ursala, Zeeshan and Farrukh for their efforts in publishing NEDAC News edition, It is a great communication tool to inform our members and to our community of NEDAC activities and our NEDIANS achievements.

- Idrees Khan

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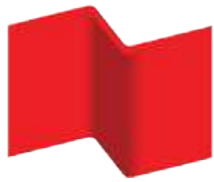
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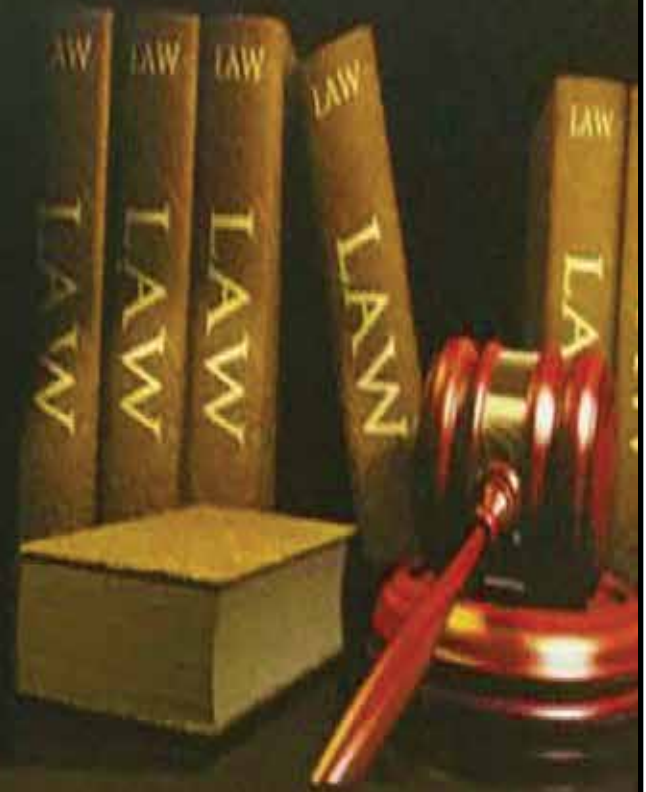
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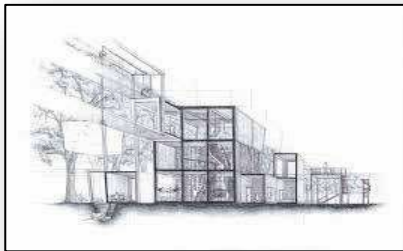
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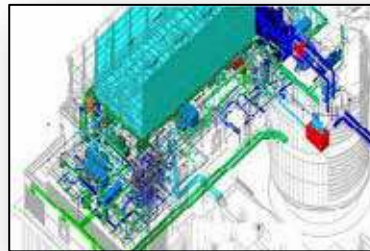
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