



Islamabad POST

Thursday, September 28, 2023

Pakistan's Credible Daily Newspaper

Price Rs. 25

Army to ensure peace in KP for economic development: COAS

Detailed News On Page-08

UNGA President 'encouraged' by week's result

Detailed News On Page-07



Babar Azam retains top ODI ranking

Detailed News On Page-06



Stepping towards polls ECP issues initial report on delimitation

The electoral watchdog further said that the publication of preliminary constituencies will continue for 30 days

SPECIAL CORRESPONDENT

ISLAMABAD: Moving a step closer to the most sought-after general elections, the Election Commission of Pakistan (ECP) on Wednesday released the provisional report on the delimitation of constituencies based on the recently concluded census. An official statement issued by the poll organising authority stated that the preliminary report and map of constituencies can be viewed on the ECP's website - <https://www.ecp.gov.pk/>. The electoral watchdog further said that the publication of preliminary constituencies will continue for 30 days till October 26. While voters of a constituency can approach the ECP if they have any objection to the delimitation. The election watchdog said that it is mandatory that the person raising an objection must be from the relevant constituency. It also added that objections raised through courier, post or fax will not be accepted. The ECP will decide on the objections from October 28 to November 26, according to the official communique. It added that district maps can be obtained from the ECP for a "small fee". In its report, the ECP stated that the Pakistan Bureau of Statistics (PBS) published the final results of the 7th digital census on August 7, and the ECP launched the delimitation process under Section 17 of the Elections Act, 2017. In this matter, the five delimitation committees were constituted for the preparation of draft proposals for the delimitation of constituencies of the assemblies. The report also explained the ECP's mechanism for the delimitation of National and provincial assembly seats. "The population of the province/area has been divided by the total

Continued on Page 06

Kakar's remarks about Khan unacceptable: PTI

KHAYAM ABBASI

ISLAMABAD: Pakistan Tehreek-e-Insaf (PTI) spokesperson lambasted the caretaker Prime Minister Anwar-ul-Haq Kakar for his irresponsible, worrisome and unacceptable statements concerning the political fate of PTI Chairman Imran Khan and PTI, insisting him to fulfill his constitutional duty to hold free and fair polls in stipulated time-frame. PTI spokesperson termed the caretaker premier's remarks very reckless, shocking and unacceptable that clearly indicated the role of caretaker government in the ongoing unconstitutional and immoral political engineering in the country. He made it clear that any attempt to disappear PTI or PTI Chairman's name from the ballot papers would be a criminal act against the country and nation and such disastrous move would not be tolerated come what may. He said that the caretaker PM was trying to create muddle and

Continued on Page 06

DNA



PESHAWAR: Deputy Chief of Mission, US Embassy, Andrew Schofer explored the historic St. John's Cathedral in Peshawar, hosted by Bishop Humphrey Sarfaraz Peters. (News on Back Page) - DNA

JI Emir calls for forensic audit of IPPs

Siraj urges CJP to take notice of costly accords

DNA

LAHORE: Jamaat-e-Islami Emir Siraj-ul-Haq has called for a forensic audit of Independent Power Producers (IPPs), asserting that the government must either renegotiate the agreements with the owners or escalate the matter to international courts should any legal issues obstruct local-level settlements. Speaking at a press conference held at Mansoorah on Wednesday, he also urged the Chief Justice to take action against the costly agreements and hold those responsible accountable, with the ultimate goal of providing relief to the masses. He also unveiled a white paper on the energy sector during the event. The JI chief advocated for legitimate trade with Iran and the completion of the IP-Gas Pipeline Project.

Continued on Page 06

Faizabad judgement After IB, Pemra seeks withdrawal of review plea

Judgement had instructed the defence ministry and the tri-services chiefs to penalise personnel under their command who were found to have violated their oath

COURT REPORTER

LHC summons Kakar, Naqvi

DNA

ISLAMABAD: The Pakistan Electronic Media Regulatory Authority (Pemra) on Wednesday filed an application in the Supreme Court to withdraw its review petition against the court's verdict on the 2017 sit-in by the Tehreek-i-Labbaik Pakistan (TLP) at Faizabad in Islamabad. The media watchdog's decision comes just a day after the Intelligence Bureau also filed an application in the apex court to withdraw its petition against the verdict. Authored by Justice Qazi Faez Isa years before he took oath as the chief justice of Pakistan (CJP), the searing judgement had instructed the defence ministry and the tri-services chiefs to penalise personnel under their command who were found to have violated their

LAHORE: The Lahore High Court summoned the Caretaker Prime Minister Anwar-ul-Haq Kakar and Caretaker Punjab Chief Minister Mohsin Naqvi on Oct 16 in connection with blasphemous content posting on social media. The LHC Justice Shujaat Ali Khan heard the case and ordered the PM and CM Punjab to appear before the court on Oct 16. The judge remarked that for eight months the federal government could not submit the report.

Continued on Page 06

Continued on Page 06

Rupee continues upward trend

NAZIR SIYAL

KARACHI: The Pakistani rupee continued its upward trend for the 17th successive session on Wednesday after the greenback, for the first time in six weeks, fell below the Rs290 mark a day earlier. According to the State Bank of Pakistan (SBP), the rupee appreciated by 0.36% from yesterday's close of Rs289.8 as the greenback lost Rs1.05 against the local currency in the interbank market and closed at Rs288.75. Meanwhile, in the open market,

Continued on Page 06

Pinkeye infection Punjab announces 4-day school holiday

ABBAS HASHMI

LAHORE: The Punjab government on Wednesday announced that all public and private schools in the province will remain closed from September 28 to October 1 due to the outbreak of conjunctivitis (pink-eye). Conjunctivitis is an inflammation of the transparent membrane that lines the eyelid and eyeball. The disease continues to infect and has hit Punjab hard, with state-run hospitals across the province reporting 500-600 patients. The highest number of infections in the province was reported in Lahore. The alarming surge in cases has had a noticeable impact, as

evidenced by emerging reports indicating that the infection is affecting people of all age groups. A large number of school-going children have been complaining of eye infections, primarily because they are not adhering to precautions at school. There have also been reports that school administrations are allowing students to stay home as soon as they contract the virus and are advising parents to take special care of their children. Medical experts say pink-eye is spreading rapidly in densely populated cities where people are exposed to unfriendly environments, such as factories, bazaars, markets, and shopping plazas.

Continued on Page 06

Briefs

Imran surpasses rivals in popularity

STAFF REPORT

ISLAMABAD: Pakistan Muslim League-Nawaz (PML-N) leader Miftah Ismail has said that Pakistan Tehreek-e-Insaf (PTI) chief Imran Khan had surpassed all political leaders in popularity in a recent opinion poll. Miftah along with Shahid Khaqan Abbasi, and Mustafa Khokhar, who had earlier come up with the idea of seminars on "Reimagining Pakistan", is also presently testing waters for the launch of a political party. Miftah told The News no decision has been taken as yet, but presently they are seriously thinking on the issue. He disclosed that they had also done a public opinion survey in July this year, which showed Imran way ahead of all in popularity.

Court summons Dar

DNA

ISLAMABAD: An accountability court in the federal capital on Tuesday summoned former finance minister Ishaq Dar on October 10 as an asset-beyond-means case was reopened by National Accountability Bureau (NAB) against him. Accountability court judge Muhammad Bashir issued notice to Senator Ishaq Dar and adjourned the hearing till October 10. The asset-beyond-means case was closed after approval of NAB amendments by the parliament. Records of the case was already in the court.

Senate body seeks explanation 'US objections' on Iran-Pakistan gas pipeline

In February 2014 then petroleum minister Shahid Khaqan Abbasi told the parliament that the Iran-Pakistan project was "off the table" due to international sanctions

KHAYAM ABBASI

ISLAMABAD: The Senate Standing Committee on Cabinet Secretariat has summoned the Ministry of Foreign Affairs and Attorney General for Pakistan (AGP) to brief the panel on objections reportedly raised by the US on the multi-billion-dollar Iran-Pakistan (IP) gas pipeline project. Tehran has been claiming to have completed its side of the 1,150-kilometre pipeline for which a groundbreaking ceremony was jointly conducted by then presidents Asif Ali Zardari and Dr Mahmoud Ahmadinejad on the Iranian site of Gabd, near Chahbahar in March 2013 with an estimated cost of \$7.5bn at the time. Pakistan had committed to complete its side of the project by January 2015. However, in February 2014 then petroleum minister Shahid Khaqan Abbasi told the parliament that the Iran-Pakistan project was "off the table" due to international sanctions. Earlier this

Continued on Page 06

Pak receives first shipment of Russian LPG

FAISAL SHEIKH

ISLAMABAD: Pakistan has received its first shipment of liquefied petroleum gas from Russia, Moscow's embassy in Islamabad said on Tuesday, marking Islamabad's second major Russian energy purchase. The shipment, which the embassy said was delivered with Iranian help, comes after Pakistan received its first-ever delivery of Russian crude under a deal struck between the two countries earlier this year. Russia delivered 100,000 metric tonnes to

Continued on Page 06

Mushahid all praise for President Ilham Aliyev's leadership

September 15-Remembermce Day in the Republic of Azerbaijan and book presentation ceremony "The History of the Patriotic War- Personality Factor' observed

ANSAR M BHATTI / DNA

ISLAMABAD: Senator Mushahid Husain Sayed Chairman Senate Defence Committee has said Pakistan and Azerbaijan enjoy excellent relations adding Azerbaijan has made progress by leaps and bounds in all spheres under the dynamic leadership of President Ilham Aliyev. Senator Mushahid made these remarks while speaking on the occasion of September 15-Remembermce Day in the Republic of Azerbaijan and book presentation ceremony "The History of the Patriotic War- Personality Factor', at the Azerbaijan embassy. Mushahid further said he first visited Azerbaijan in 2007 and met with the then Prime Minister, a close aide of the National Leader of Azerbaijan Heydar Aliyev. He said even the Russian were all praise for legendary Heydar Aliyev and they used to say that if he were the



leader of the Soviet Union, the USSR would never collapse. Senator Talah Mahmood also spoke on the occasion and lauded efforts of the Azerbaijani president. He said the Azerbaijani people deserve accolades for winning the 44-day Patriotic War. He assured Pakistan would always stand by Azerbaijan through thick and thin. Ambassador of Azerbaijan Khazar Farhadov also spoke on the occasion. He emphasized the profound impact of the 44-day Patriotic War, which culminated on September 27, 2020, when Azerbaijan liberated its territories from Armenian occupation. Ambassador Farhadov highlighted that the day serves as a reminder of the sacrifices made by Azerbaijani soldiers and officers who fought heroically for their nation's territorial integrity. He recounted the pivotal moment when Armenia was forced to sign an act of surrender,

Continued on Page 06

World Tourism Day Green investments in tourist destinations urged

Speakers at a seminar urged the authorities and the tourism management companies to prioritize green investments on services and infrastructure at the tourist destinations across the country

Adil Shaheen

Islamabad : Speakers at a seminar urged the authorities and the tourism management companies to prioritize green investments on services and infrastructure at the tourist destinations across the country. Using non-timber fuel, alternate energy, water conservation, solid waste management and environment friendly practices shall be promoted to ensure sustainable eco-tourism. The seminar was organized by the Devcom-Pakistan, ICLC and National Skills University (NSU) here on Wednesday to mark the World Tourism Day, themed on "Tourism and Green Investments". The managing director Pakistan Tourism Development Corporation (PTDC) Aftab ur Rehman Rana was the chief guest. The guest speakers included Vice Chancellor NSU Prof. Dr. Muhammad Mukhtar, President Rural Development Foundation (RDF) Brig. Retd Muhammad Khan, Devcom-Pakistan Executive Director Munir Ahmed, Secretary ICLC Sibtain Raza, CEO Apex Adnan Saeed, Sumera Raza and Rana Tariq Javed. The managing director Pakistan Tourism Development Corporation (PTDC) Aftab ur Rehman Rana said that Pakistan's tourism and hospitality industry contributes 3.5 percent to the country's GDP. Most of which is contributed by the domestic tourism that has flourished in recent years. About 6.5 million people are di-

rectly or indirectly engaged in the industry. This is quite unfortunate that only a few know or are willing to invest in the green practices. The federal government has taken the provincial authorities onboard to ensure sustainable ecotourism models, Rana said adding, more awareness campaigns and stakeholders' engagement is desired to control the undue interventions. Prof. Dr. Muhammad Mukhtar urged the youth to travel across the heavenly land of Pakistan that is full of diverse culture and landscape. Outdoor is an open book that makes the travelers learn about the cultural and heritage assets of the country. Devcom-Pakistan Executive Director Munir Ahmed urged the authorities to control the damage to the green cover that is being done by the environment, unfriendly structures, housing societies, timber mafia, littering and unmanaged solid waste. Local communities are the main stakeholder of the tourist destinations. They shall come up to form their associations to raise voice against the exploitation of their homelands. Munir Ahmed said Pakistan has immense potential to spread the hospitality and tourism industry to 50-70 percent of the GDP. It would create a mess if the full potential is realized without any green investments and nature conservation. Authorities shall take stern actions against the vested

interests of the mafias, illegal and undue structures and mushroom growth of housing societies and hospitality outlets. We have many policies that remain unimplemented. Brig. Retd Muhammad Aslam supported the idea of community-based tourism in their own locally managed houses. So that the visitors could learn about the life they live, hardships and their culture. It would add more to the livelihood of the locals without compromising the natural resources. The World Tourism Day highlights the need for more and better-targeted traditional and non-traditional investments are required for People, for Planet and for Prosperity, to enable tourism to deliver on its massive potential to provide opportunities for people, to build resilient, to accelerate climate action and greater sustainability for the planet and deliver inclusive prosperity around the pillars of innovation and entrepreneurship. UNWTO has identified investments as a key priority for the sector, serving as the bridge between its Member States, destinations, businesses and investors, culminating in World Tourism Day 2023, which calls to action to the international community, governments, multilateral financial institutions, development partners and private sector investors to unite around a new tourism investment strategy.



ISLAMABAD : Ambassador of Portugal to Pakistan Frederico Silva taking interest in paintings during an exhibition by Raja Chengez Sultan at Tanzara Art Gallery in Federal Capital.—Online

US DCM reaffirms support in Peshawar visit

PESHAWAR : U.S. Deputy Chief of Mission Andrew Schofer visited Peshawar the Inspector General of Frontier Corps at the historic Fort Balahisar and announced a new \$250,000 program to enhance the Frontier Corps' nighttime operational capabilities. During the visit, he also reaffirmed U.S. commitment to border security and continued support for Pakistan in the fight against militancy in Khyber Pakhtunkhwa, said a press release issued here by the US Consulate on Wednesday. DCM Schofer also met with Inspector General of Police Akhtar Hayat and delivered \$350,000 worth of safety and security equipment to enhance the safety and effectiveness of police forces conducting perilous counter-terrorism operations. In a roundtable discussion with youth, women, minorities, and persons with disabilities, DCM Schofer learned how USAID's \$40.7 million Merged Areas Governance Program for KP improves lives and livelihoods. In direct response to community needs, DCM Schofer provided sewing machines and solar fans. To bolster trade and economic ties between the United States and Pakistan, DCM Schofer also engaged with local business leaders, including entrepreneurs and representatives of the KP Economic Zones Development and Management Company and the KP Information Technology Board. In addition, he made a stop at the National Incubation Centre where he met start-up entrepreneurs to discuss their projects and listen to their ideas. To reaffirm U.S. support for religious freedom, tolerance, and respect for all of Pakistan's faith traditions, DCM Schofer concluded his trip at St. John's Cathedral.—APP

Friendship wins Pak-China friendly cricket match

MEHTAB PIERZADA

LAHORE : Friendship won the Pak-China Friendly Cricket Match that took place here at the LCCA Ground

storm, Pak-China Friendship Cricket Match, that enthused cricketers fans particularly Lahori cricketers-lovers, was organized in collaboration with Chinese Consulate Lahore

Pakistan side while Chinese Acting Consul General Lahore Cao Ke was chief guest from Chinese side. Other dignitaries present on the occasion were Lahore Qalandars owners Atif Rana



on Wednesday and after a good competition, Pak-China Green outplayed Pak-China Red by 9 wickets. The 1st Pak-China Friendship Cricket Match 2023 has marked new dimension of Sino-Pak relations spanning over 72 years in the backdrop of return of cricket in Hangzhou Asian Games underway in China. Taking everybody

and Institute of International Relations and Media Research (IIRMR). Pak-China Cricket Team Red was captained by Luo Jianxue and Pak-China Cricket Team Green was led by Yasir Habib Khan. The momentous event was graced by PCB Management Committee Chairman Zaka Ashraf said that this is a great initiative taken by Institute of International Relations and Media Research (IIRMR) to engage the Chinese nationals in a healthy cricket event.

former cricketers Misbah ul Haq, Nadeem Khan, IIRMR Chairman Muhammad Mehdi and others. Speaking on the occasion, PCB Management Committee Chairman Zaka Ashraf said that this is a great initiative taken by Institute of International Relations and Media Research (IIRMR) to engage the Chinese nationals in a healthy cricket event.

ICCI empowers pharmacists for Pak economic growth

DNA

ISLAMABAD : The Islamabad Chamber of Commerce and Industry (ICCI) in collaboration with the Pakistan Pharmacists Association (PPA) organized a ceremony to celebrate the World Pharmacist Day. Kamran Rehman Khan, Additional Secretary, Ministry of National Health Services Regulations and Coordination Islamabad was the chief guest. The event was attended by the members of PPA, ICCI and other dignitaries. Speaking on the occasion, Kamran Rehman Khan Additional Secretary, Ministry of National Health Services Regulations and Coordination said that pharmacists are playing a key role in manufacturing

of quality medicines and Pakistan can earn billions of dollars by enhancing the exports of pharmaceutical products to the world, especially to the African countries. He stressed that all healthcare professionals should focus on their skills development as by enhancing their skills and knowledge, they can contribute more effectively towards strengthening the healthcare system and developing the economy. He said that the government is determined to take measures for further strengthening the pharmacy profession to produce high quality pharmaceutical products and provide better health services to the society. Ahsan Zafar Bakhtawari, President, ICCI said that this day reminds us to recognize

the useful contributions of pharmacists in our healthcare system. He said that pharmacists are an integral part of the health industry and they should realize their important role in enhancing the exports of pharmaceuticals products by manufacturing high quality medicines that would help revive the economy. He said that the Philippines is a major exporter of health professionals to the Middle East and other countries and Pakistan has great potential to export health professionals by focusing on this sector that would benefit the economy. Sardar Shabbir Ahmed, President, Pakistan Pharmacists Association highlighted the role of pharmacists in the healthcare system.



Police bust 43 gangs of criminals

FAISALABAD : Police arrested 115 outlaws of 43 gangs and recovered cars, motorcycles, rickshaws and other valuables from their possession during the last three months. Addressing a press conference on Wednesday, Superintendent Police (SP) CIA Abid Hussain Zafar said that City Police Officer (CPO) Usman Akram Gondal had assigned special task to Organized Crime Units with a clear-cut direction to control street crimes including dacoity, robbery, vehicle lifting, etc. in Faisalabad. Following the directions, special teams of Organized Crime Units evolved a comprehensive strategy and arrested 115 criminals of 43 gangs from various parts of the district and recovered 44 cars, 373 motorcycles, 10 rickshaws, a land cruiser.—APP

CM reviews progress of flood rehabilitation projects

DNA

KARACHI : Caretaker Sindh Chief Minister Justice (R) Maqbool Baqar while reviewing the progress of Sindh Flood Rehabilitation Projects has directed the P&D dept to expedite the ongoing works so that not only the restoration of damaged infrastructure could be restored but it would generate economic activities at a local level. The meeting was attended by Chairman P&D Shakeel Mangnejo, PSCM Hassan Naqi, Secretary Finance Kazim Jatoi, and Secretary Planning Asghar Memon. Chairman P&D Shakeel Mangnejo through a presentation told the CM that the floods-2022 had submerged 70 percent of the province with water, therefore 24 districts out of 30 were declared calamity-hit areas. The floods killed 1090, injured 8,422, washed away standing crops over 3,777,272 acres, displaced 12.36 million people, damaged 436,435 livestock, and damaged 8,463 km of roads. An amount of \$1.5 billion was required for the rehabilitation of affected people, crops, and infrastructure, for which \$773 million was arranged, including \$500 million from the World Bank, and the provincial government shared \$227 million. The World Bank has been approached for \$2.5 million so that requirement could be met. At this, the CM directed the P&D department to prepare a comprehensive case of the flood-affected people and present it to the World Bank so that it could be approved at the earliest. The CM was told that the progress of the projects

launched for flood-affected people includes the launching of multi-hazard resilient housing structures, community engagement and empowerment, environment sustainability, and capacity building and knowledge transfer. The projects also include rehabilitating damaged irrigation infrastructure, rehabilitation of damaged roads and water supply infrastructure, livelihood restoration, and expansion of Rescue 1122 Service to the District level. He directed the P&D dept to ensure quality work and keep their inspections through technical experts so that the funds utilized on the projects could be weather-resistant. The CM reviewed the progress of the rehabilitation of MC Bund, Danister Tail Regulator, Aral head Regulator, Regulator at 44th Mile Desert Canal, and others.

Commissioner aims for successful upcoming anti-polio drive

He said an awareness drive will be started from 28th September during which the refusing parents would be persuaded to vaccinate their children against the polio and administer Vitamin-A drops to their children

PESHAWAR : Commissioner Peshawar Division, Muhammad Zubair has said that all available resources would be utilized to make the anti-polio campaign a successful attempt to eradicate the chances of spread of this crippling disease from the society. Presiding over a meeting here on Wednesday about National Immunization Days starting from 2ND October to 8th October, the Commissioner directed the deputy commissioners of all the five districts of Peshawar Division to personally monitor the anti-polio campaign. He said an awareness drive will be started from 28th September during which the refusing parents would be persuaded to vaccinate their children against the polio and administer Vitamin-A drops to their children. In this regard, he said services and help would also be sought from the Ulema. The polio teams, he said, would be provided foolproof security and in sensitive areas, extra force would be deployed. The Commissioner warned that officials showing negligence will be terminated from the service. The meeting besides others was attended by the deputy commissioners of five districts of the Peshawar Division, district health officers, district police officers, local government officers, and representatives from UNICEF and Bill Gates Foundation. The Commissioner was told that all arrangements for the upcoming anti-polio drive have been completed and a strong strategy has been formulated to make this drive successful. At the meeting, it was decided that officers including the deputy commissioner of Mohmand district, Dr Ehtisham Haq and his team would be awarded commemorative certificates for showing the best performance during the last anti-polio campaign.—DNA

فیڈرل بورڈ آف ریونیو
حکومت پاکستان

کوڈ سکین کریں

انکم ٹیکس گوشوارہ آسانی سے فائل کریں

لاگ ان / رجسٹریشن

خودوضاحتی گوشوارہ فارم

ای۔ پیمنٹ

ایف بی آر معلومات

ٹیکس آسان موبائل ایپ

ٹیونورٹیل

گوشوارے کی فائلنگ اب مزید آسان اور تیز
تو پھر آہستہ تاریخ کا انتظار کیوں؟ اپنا انکم ٹیکس گوشوارہ آج ہی ای۔ فائل کریں۔

یاد رکھیں! 30 ستمبر، آخری تاریخ

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National Days and Armed Forces Days

September

- Sept01/Libya Revolution Day
- Sept01/Tanzania
- Defence day
- Sept01/Uzbekistan
- Independence Day
- Sept07/Brazil
- Independence Day
- Sept09/DPR Korea National Day
- Sept09/Tajikistan Independence Day
- Sept16/Malaysia Armed Forces Day
- Sept16/Mexico National Day
- Sept16/Papua New Guinea
- Independence Day
- Sept18/Chile National Day
- Sept21/Malta
- Independence Day
- Sept23/Saudi Arabia National Day

Hotels & Restaurants



Serena Hotel.....111 133 133
Marriott.....051- 2826121
Monal.....0334-5421812



Turkish Airlines.....8494949



Emergency

Rescue (Police).....15
Bomb Disposal.....15
Fire Services Rawalpindi/ Islamabad.....1122 & 16
Emergency Ambulance.1122 & Rescue Services.4451122
Motorway Police.....9266044
Motorway Police.9270601-20
Women Police Stations Islamabad.....9222596
Rawalpindi.....9270601-20



Enquiry

Edhi Ambulance.....115
PIA Flight Info.....114
PIA Cargo.....9280979
Railway Inquiry.....117
Railway Exchange9270831-5
WASA Rawalpindi.5555489
CAA.....9281092



Hospitals

CMH.....5611111
MH.....5611116
Cantt Hospital...9270907-11
DHQ.....5556311-4
RGH.....9290301-7
Holy Family.....9290322-7
PIMS.....9261170-79
Polyclinic.....9218300-09
Shifa International 4603666



Departments

CDA.....9221334-43
CDA.....9208301-04
Met Office.....9250360-6
RDA.....5555864
TMA.....5770886
Cantonment Board 9270151-3

Water Tank

Islamabad.....0321-5744480

Gohar Ejaz paves way for growth in steel industry

Minister Dr. Gohar Ejaz firmly stated that the path forward for the steel industry and other sectors in Pakistan lies in relying on indigenous raw materials, which aligns with the government's broader vision of self-sufficiency and economic growth

FAISAL SHEIKH

Islamabad: September 27, 2023: Zaigham Adil Rizvi, CEO National Steel along with a delegation from the steel industry called on the Federal Minister for Commerce, Industries & Production, Dr. Gohar Ejaz at the Commerce Ministry today. The purpose of this meeting was to address and resolve impediments to growth of the steel sector, a vital component of Pakistan's industrial landscape. During the meeting, Minister Dr. Gohar Ejaz reiterated his commitment

to support the steel industry and ensure it's growth. He stated, "I will help you find marketplace solutions for your problems." The Minister stressed the importance of sourcing raw materials locally to reduce the financial burden on the national exchequer and promote self-reliance in the steel industry. Dr. Ejaz further emphasized the need for value addition in all sectors and outlined plans to enhance the competitiveness of Pakistan's exports. "We will make our exports highly competitive and focus on industries in which Pakistan has a comparative advantage," he stated. Additionally, he pledged

to explore new export markets to foster growth within the steel industry. One noteworthy highlight of the meeting was the commitment to promote business-to-business (B2B) trade within the steel sector. Dr. Ejaz assured the delegation that facilitating growth through B2B interactions with other countries would eliminate the necessity for subsidies or preferential taxation, fostering self-sustained growth. The representatives of the steel industry underscored the significance of affordable energy for their operations. Minister Dr. Ejaz responded positively, assuring the

delegation of his close collaboration with the Minister for Energy to address this concern effectively. In the context of safeguarding local industry, the Commerce Minister also discussed the possibility of tariffs on imported steel products, indicating a willingness to explore this option. Minister Dr. Gohar Ejaz firmly stated that the path forward for the steel industry and other sectors in Pakistan lies in relying on indigenous raw materials, which aligns with the government's broader vision of self-sufficiency and economic growth.



ISLAMABAD: Pakistan's Ambassador-designate to Bangladesh, Syed Ahmad Maroof, called on President Dr Arif Alvi, at Aiwan-e-Sadr.—DNA

Prices of many items are reducing in the market

The decision to further discourage imports is laudable: Mian Zahid Hussain

DNA

ISLAMABAD: Chairman of National Business Group Pakistan, President Pakistan Businessmen and Intellectuals Forum, and All Karachi Industrial Alliance, and former provincial minister Mian Zahid Hussain said on Wednesday that the economy is recovering slowly as a result of the actions of the government and the army. The prices of many things, including food items, are coming down across the country, which is appreciable as it is reducing the burden on the people, he said. Mian Zahid Hussain said that the decision to discourage unnecessary imports through taxation is a good

move, which will save a lot of foreign exchange. Speaking to the business community, the veteran business leader said the country seems to be coming out of a quagmire of problems due to the complete focus on the economy, but it will take time for the situation to return to normal. The caretaker Prime Minister has also mentioned the benefits of investing in Pakistan to UK-based Pakistani and British investors while expressing his commitment that the government will reduce expenditure and increase revenue so that the country's economy can grow. The PM wants the situation to improve and the sufferings of the people to decrease, he said, adding

that the economic indicators and foreign exchange reserves have started to improve, and it is hoped that there will be improvement in the industry, agriculture, trade, and services sectors. Mian Zahid Hussain said that for continued improvement, it is necessary to put the economy before everything, including politics. He said that it is necessary to hold the election as soon as possible for the sake of political stability. According to the Election Commission, the elections will be held in January, but no political party has started the election campaign yet, he observed. The business leader said that the sooner the elections are held, the better, so as to end the uncertainty. He further

said that it has become necessary to give relief to the public and the business community, which should be started by reducing the price of electricity, while it has also become necessary to reduce the price of gas, petrol, and diesel. Inflation has risen sharply due to the rise in electricity, gas, and fuel prices, which is somewhat reduced by the depreciation of the dollar, but it has become necessary to reduce business costs for cheaper production and exports, without which relief cannot be given to the public. Mian Zahid Hussain further said that the government should make a plan to give relief to the people, industrialists, and traders as soon as the crisis situation is over.



ISLAMABAD: Florence Rolle, Representative of the Food and Agriculture Organization (FAO) in Pakistan called on Dr. Kausar Abdulla Malik Caretaker Federal Minister for National Food Security & Research.—DNA

NAVTTTC and govt of GB join forces

DNA

ISLAMABAD: On September 27th, 2023, the National Vocational & Technical Training Commission (NAVTTTC) and the Government of Gilgit-Baltistan (GB) signed a Memorandum of Understanding (MoU) to promote technical and vocational education and training (TVET) in GB. This collaboration commitment of both entities to empower the youth of GB by providing them with access to skills development programs. The MoU seeks to make TVET accessible to a diverse range of individuals, including underprivileged communities, thereby opening doors to employment, self-employment, and international opportunities. This initiative is in line with NAVTTTC's vision of empowering youth with skills and contributing to national development. During the signing ceremony, Mr. Amir Jan, the Executive Director NAVTTTC, emphasized the significance of this partnership, stating, "Today's MoU signing is a historic milestone in our journey to enhance TVET in GB. By joining hands with the Government of Gilgit-Baltistan, we are creating opportunities for our youth to acquire employable skills that will not only transform their lives but also drive progress in the region and the nation." The MoU outlines key objectives, including strengthening the TVET infrastructure, identifying employable trades, fostering partnerships with local employers, and promoting recognition of prior learning. Mr. Mohu-ud-din wani Chief Secretary, GB appreciated pay gratitude to NAVTTTC strengthen the TVET Sector & focusing on youth skill development.

ANF seizes 118 kg drugs in five operations

RAWALPINDI: ANF while conducting five operations managed to recover 118 kg drugs and arrested four accused, said an ANF Headquarters spokesman here on Wednesday. He informed in an operation 86 cocaine-filled capsules weighing one kg were recovered from the possession of a foreign national woman arrested at Jinnah International Airport Karachi. The accused had reached Karachi by flight number WY-323 from East African country Burundi. In second operation, 7 kg of hashish was recovered from an accused, resident of Qamber Shahdad Kot area near Shikarpur Sukkur. In third operation, 24 kg hashish and 18 kg opium were recovered from secret cavities of a vehicle intercepted on Ring Road Peshawar. An accused resident of Narawal who was trying to smuggle drugs to Punjab was arrested during the operation. — APP

US, UK and China top 3 destinations of Pakistani exports

DNA

ISLAMABAD: The United States (US) remained the top export destination of Pakistani products during the first two months of the current financial year 2023-24, followed by the United Kingdom (UK) and China. Total exports to the US during July-August 2023 were recorded at US 934.666 million against the exports of US \$1122.883 million during July-August 2022, showing a decline of 16.76 percent, according to SBP.

CORRIGENDUM

Reference our earlier Advertisement for the Hiring of Consultancy Services for Restructuring of PIAC published under PIA PID K No.940/23 in Dawn Karachi, Jang Karachi, Islamabad Post & Taqat Lahore dated September 22, 2023.

1. The RFP with revised TOR's has been uploaded on PIA and PPRA websites. The same may be considered for proposal submission.
2. All other contents of the earlier advertisement including the last date of submission of the applications remain unchanged.

General Manager Contract Management
Supply Chain Management Building
PIA Head Office, Karachi
Telephone: 021-99044216
Email: gm.cm@piac.aero

PID NO. 940123

PAKISTAN
www.piac.com.pk

Higher Education Commission, Pakistan

TENDER NOTICE

Hiring of Bidder for Organizing Cricket Sports (Men & Women)

Tenders are invited by the Higher Education Commission (HEC), Pakistan from reputable firms/contractors having relevant experience and valid registration from Income Tax & GST Department for the execution of following work:

Sl No	Name of Procuring Agency	Higher Education Commission, H-9, Islamabad
1	Name of Procuring Agency	Higher Education Commission, H-9, Islamabad
2	Tender Number	HEC: 0002
3	Procurement Title	Hiring of Bidder for Organizing Cricket Sports (Men & Women)
4	Last date for obtaining Tender Document and its price	Tuesday, October 24, 2023 @ Rs. 5000 (non-refundable) as Tender Documents Fee
5	Closing time and date of Bid submission	Tuesday, October 24, 2023, at 1:30 PM at Lecture Hall, HEC, H-9 Islamabad
6	Time and place of public opening of Technical Bids	Tuesday, October 24, 2023, at 2:00 PM at Lecture Hall, HEC, H-9 Islamabad
7	Amount of Bid Security/Earnest money	3,500,000/- in shape of Pay Order/Bank Draft in favour of Director General (Finance), HEC
8	Time period for performance of contract	Within one year after the date of signing of contract

Note: Tender Document, costing Rs. 5000/- (cash, non-refundable) each to be deposited in HEC Account No.17427900133401 of Habib Bank Limited, SRC Branch, Sector H-9, Islamabad (via online or physically), can be downloaded from HEC/ PPRA website for ease. However, no Bid will be accepted without evidence of tender fee and attachment of the following documents with the Bid before closing time.

- a. Full name, permanent address, telephone, and fax number
- b. Type of firm whether it is sole enterprise or joint venture
- c. Income Tax, Sales Tax Registration certificate (must be on active list of Federal Board of Revenue)
- d. Affidavit that the firm has not been blacklisted nor found involved in litigation with any Government/semi-Government, autonomous body.
- e. HEC reserves the right to accept or reject any or all the tenders as per PPRA rules.
- f. This tender notice is also available on PPRA and HEC websites.
- g. In case of sudden holiday on Bid opening date, the Bids will be opened on next working day.

Director/In-charge Sports & Co-Curricular Division
Higher Education Commission, H-8, Islamabad
Email: jmemon@hec.gov.pk
Website: www.hec.gov.pk
Telephone: 051-90802055, 051-90802000

PID (I) No.1971/23

Briefs

Daraz inked MoU to promote EV bikes in Pakistan

DNA

ISLAMABAD: Alibaba Group's Daraz and Meezan Bank, the country's foremost Islamic bank, have signed a Memorandum of Understanding (MoU), aimed at promoting and fostering the widespread adoption of electric bikes in Pakistan, contributing to sustainable transportation solutions for the nation. In this partnership announced here, Meezan Bank has pledged to extend Shariah-compliant financing options for electric bikes to Daraz's dedicated delivery staff and riders across the entire nation. The MoU was signed by Syed Iftikhar ul Haq, Group Head of Consumer Finance at Meezan Bank, and Ahmed Tanveer, Chief Operating Officer of Daraz Pakistan, in the presence of senior executives from both organizations. "We are excited to collaborate with Daraz in promoting electric bikes in Pakistan. Together, we are working to reduce emissions and provide a more cost-effective and eco-friendly transportation solution that will benefit both our environment and the local community," remarked Syed Iftikhar ul Haq while signing the agreement.

Minorities in India under attack

ISLAMABAD: Caretaker Federal Minister for Human Rights Khalid George Wednesday said that Pakistan was far better than India for securing minorities' rights as India's religious minorities were under attack and state was direct involved in human right violations. Talking to PTV news channel, he said that the rights of minority communities were fully protected in Pakistan and several measures had been taken for their welfare, adding, Pakistan always protected the rights of people from all minorities, including Christians, Sikhs, Hindus and Parsis, and would ensure a secure environment for them in future as well. "Pakistan will move forward according to teachings of Quaid-e-Azam and Allama Muhammad Iqbal, who called for peace and brotherhood among all religions" he added. He reminded that Quaid-e-Azam Muhammad Ali Jinnah, in his speech on August 11, 1947, gave a clear message about the equality of rights of minorities. He said people of all religions in the country had equal constitutional and political rights, and they were allowed to take part in all fields of life.—APP



ISLAMABAD: Visitors taking interest various handicrafts during an exhibition at a local shopping mall.—DNA

Govt all set to launch 'tourism app' soon, says Wasi Shah

"These long-term policies can directly or indirectly impact the attractiveness of a destination for international patients, adding, that we will engage public-private partnerships with healthcare organizations to jointly develop and promote medical tourism initiatives

ISLAMABAD: Special Assistant to Prime Minister on Tourism Wasi Shah Wednesday on "World Tourism Day" announced that the ministry would soon launch a 'tourism app' for the convenience of the public to provide one-click information related to tourism destinations and focus on promoting medical tourism in the country. In an exclusive talk, the minister said that the caretaker government would promote eco-tourism under a private-public partnership in areas abundant in tourist attractions. "Tourists visiting Pakistan will very soon have an official

application providing authentic information and access to the state tourism department," he added. He said, "The app will be made available on the Google Play Store for Android users, adding, the app will have all information pertaining to tourist spots, means of transport, and other services." Replying to a question, he said, "Governments will create a favorable environment for the growth of the medical tourism industry through the implementation of various policies." He said, "These long-term policies can directly or indirectly impact the attractiveness of

a destination for international patients, adding, that we will engage public-private partnerships with healthcare organizations to jointly develop and promote medical tourism initiatives." "Our plan is to make tourism an engine of economic growth and employment generation for the youngsters in coming years," he added. To another question, he said, "Pakistan has different climatic zones and numerous untapped tourist spots which can be promoted and projected to the world." He said, "His government is focused on eco-tourism to ensure environmental

conservation while managing tourist spots." The minister further said that media should play an active role in promoting tourism sites, adding, that filmmakers and play writers should focus on exploring more tourist destinations." He said all stakeholders should not only run awareness campaigns regarding cleanliness but also ensure effective cleaning arrangements at the tourist spots on a daily basis. He also hailed the work of the Pakistan Tourism Development Corporation in the promotion of tourism in the country. "We are pushing

green initiatives to promote responsible tourism in the country and the ministry has various plans to ensure small businesses have the resources for green investments and to create local jobs," he added. Wasi Shah while admiring the natural beauty of Pakistan said, "We are blessed with a country that is home to some of the world's most fascinating tourist attractions, including the highest mountain peaks, stunning coastlines, beautiful lakes, lush green valleys, ancient civilizations, and a rich cultural heritage."

Railways to procure 230 passenger coaches

ISLAMABAD: Pakistan Railways is set to procure 230 passenger coaches and 820 Capacity Wagons under the Public Sector Development Programme (PSDP) aiming help to improve the speed of the trains and ensure adherence to fixed timings. "Out of the total, around 46 Completely-Built-Up (CBU) passenger coaches have been procured up till now while the remaining 184 would be manufactured in the country and the coaches would be able to travel at the speed of 160km/h," said an official in the Ministry of Railways. He said, "Pakistan Railways is putting maximum efforts to complete rehabilitation and reconstruction work on the railway track, improving the speed of the locomotives to carry passengers to their respective destinations on time." To a question, he said Pakistan Railways was a big organization comprising around 63,000 employees and its network was spread throughout the country. The official said the employees were well cared for owing to having several welfare activities, including healthcare facilities through an intensive network of hospitals, dispensaries, and child healthcare units. He said that the provision of government accommodation according to entitlement and priority list, staff benevolent funds, benefits and incentives provided through the Prime Minister's Family Assistance Package policy for deceased employees' families were part of these facilities. While the other facilities included benefits and incentives provided through policy for disabled employees' families, monthly grants to widows scale-wise, the establishment of primary and high schools, industrial schools to teach handicrafts, sports activities, pick and drop facility for schools/offices, installation of water filters plants, a special provision of five medical seats in Riphah Islamic Universities with the reduction of 50 percent in admission and tuition fees.—APP

IUB signs education cooperation program with Chinese university

DNA

ISLAMABAD: The Islamia University of Bahawalpur (IUB), Anhui University of Chinese Medicine (AHUCM) and the TANG International Education Group have signed an International Education Cooperation Program. According to details shared by University College of Conventional Medicine (UCCM), IUB, a Chinese delegation led by AHUCM's Prof Dr Zhou Yadong visited the IUB. A tripartite agreement was signed among the two universities and TANG Int'l in a meeting chaired by IUB VC Prof Dr Naveed Akhtar, Gwadar Pro reported on Wednesday. Under the



agreement, the AHUCM will provide 30 scholarships to UCCM students to complete education in China. He dual degree program will allow the students of Eastern Medicine to achieve degrees in Chinese Medicine on scholarships. Principal UCCM Dr Hafiz Muhammad Asif said

that the agreement will not only help in enhancing standards of education in Pakistan but will also help in resolving health related issues in the country. Recently, a UCCM delegation visited China from August 27 to September 5. The delegation visited top-ranked Traditional Chi-

nese Medicine (TCM) institutes, including the AHUCM, and Gansu Health Vocational College. A tripartite MoU was signed during the visit between the UCCM, Gansu Vocational Health College, and TANG for cooperation in education, innovation, exchanges of faculty.

China's stance on global issues aligns with its vision of common future

ISLAMABAD: Experts in Pakistan believe that China's proactive stance in addressing global issues, such as cybersecurity, health, and climate change, aligns with its vision of a common future. China issued a white paper on building a global community of shared future, a grand vision serving as a blueprint for a better world raised by President Xi Jinping in 2013. The white paper called for efforts to build an open, inclusive, clean and beautiful world that enjoys lasting peace, universal security, and common prosperity, turning people's longing for a better life into reality. During an interview with Gwadar Pro, Executive Director Pakistan Research Centre for Community with Shared Future (PRCCSF) Khalid Taimur Akram said that the vision is a profound commitment to international cooperation, mutual benefit, and peaceful coexistence. He said, "the Belt and Road Initiative (BRI) is a significant example of China's commitment to building a global community with a shared destiny that prioritizes sustainable development, enhanced living standards, and high-quality collaboration with developing countries." "It was due to this concept that the China-Pakistan Economic Corridor (CPEC) has significantly benefited Pakistan's economic and social development, fostering economic cooperation and connectivity." "As BRI operates transparently and inclusively, it avoids political or military alliances and emphasizes shared growth. It also offers an open platform for collaboration, welcoming all interested nations. China's development initiatives, including BRI and CPEC, serve as a roadmap for advancing human society across various domains," he added. The expert noted that China's dedication to the principles of the United Nations Charter underscores its commitment to multilateralism and cooperation in addressing global challenges.—DNA

Food for thought: Relationship between nutrition and cancer prevention

SHAZIA ASIM

Our organs and our cells set course of our body functions. We mistreat them in anyway and we will pay for it if not in the short term then definitely the long term. We need to be kind to our cells and respect them because as we all know "we are what we eat". Nutrition has long been suspected to play an important role in cancer etiology, both in the development and prevention of cancer. This article is specifically directed towards the role of nutrients in cancer prevention. The biologic properties of nutrients make them major candidates to help in cancer prevention. Indeed, early epidemiologic cancer studies seemed to confirm the relevance of diet with cancer. Diet is one of the major causes of premature death and disability in developed and underdeveloped countries and contributes to the burden of cancers. Current treatment options for cancer include surgery, radiotherapy, and chemotherapy, which impose a large financial burden not only on health care systems but also on patients themselves. Therefore, nutritional interventions could serve as a cost-effective and safe aid to standard medical treatments. Numerous observational studies have been conducted over the past decades to explore the role of diet in cancer development and prevention. Many of them support an association between diet and cancer. These studies indicated, for example, an increase in the risk of breast cancer associated with fat intake, and a decrease in colorectal cancers associated with a high consumption of fruits, vegetables and dietary fiber. Researchers found that dietary antioxidants, including beta-carotene, can reduce the risk of several cancers. After a comprehensive review of the available evidence, the World Cancer Research Fund concluded in 1997 that "it is now established that cancer is principally caused by environmental factors, of which the most important are tobacco; diet and factors related to diet, including body mass and physical activity; and exposures in the workplace and elsewhere." Literature has repeatedly quoted the examples that reconfirm the association

between nutrition and its role in cancer prevention. 1. Maintain a Balanced Diet: Consume a well-balanced diet that includes a variety of foods from all food groups, such as fruits, vegetables, whole grains, lean proteins, and healthy fats. A diverse diet ensures we get a wide range of nutrients that can help support the immune system and overall health. Having too much sugary food and drink, or food high in calories (including fast food), can make it easier to gain weight and obesity is a cause of different types of cancer. Having a healthy diet helps you keep a healthy weight, or lose weight, which can reduce the risk of cancer. 2. Embrace Antioxidant-Rich Foods: Include foods rich in antioxidants, such as berries, citrus fruits, leafy greens, and nuts. Antioxidants can help protect cells from damage caused by free radicals, potentially reducing the risk of cancer. Antioxidants are protective molecules naturally found in our bodies and in the foods we eat. Examples of some important antioxidants are Vitamin A, C, E, Lycopene, Polyphenols, including flavonoids, Selenium and Carotenoids, etc. Their role is to protect our bodies from the damage that free radicals can cause, which are molecules that lead to oxidative stress and potentially inflammation and cellular damage. The cellular damage can be the sowing seed for the beginning of the cancer. Eating a diet rich in fruits and vegetables will be rich in antioxidants and other phytonutrient, which could potentially decrease the risk of cancer. 3. Fiber for Digestive Health: Opt for high-fiber foods like whole grains, legumes, and vegetables. Dietary fiber promotes digestive health and may lower the risk of colorectal cancer. A large body of the literature suggests that eating a variety of foods containing high fiber has a protective effect against colon cancer. Evidence also shows that a high fiber-containing diet may be protective against breast, ovary, endometrial, and gastrointestinal cancer. 4. Limit Red and Processed Meats: Reduce intake of red (mutton, lamb and beef) and processed meat (deli meats, hot dogs). High consumption of these meats has been associated with an increased risk of certain cancers, particularly colorectal cancer. To mitigate this risk, it is advisable to replace red and processed meats in one's diet with healthier alter-

natives. Lean sources of protein like poultry, fish, legumes, and plant-based protein sources, such as lentils, chick pea, oats and legumes can be excellent choices. Additionally, increasing the consumption of fruits, vegetables, whole grains, and fiber-rich foods can further help reduce the risk of colorectal and other cancers. 5. Healthy Fats and Omega-3: Choose sources of healthy fats, such as avocados, olive oil, and fatty fish like salmon. Omega-3 fatty acids, found in fish, flaxseeds, and walnuts, have anti-inflammatory properties that may help reduce the risk of cancer. Literature has repeatedly shown the advantage of Omega-3 in cancer prevention. Omega-3 fatty acids can enhance immune system function, improving the body's ability to recognize and destroy cancer cells. They also support the production of anti-inflammatory molecules, which can help modulate the immune response. Omega-3 fatty acids have been shown to play a role in DNA repair mechanisms. These healthy fatty acids work in synergy with other nutrients found in a healthy diet. For example, they can enhance the anti-cancer effects of certain antioxidants found in fruits and vegetables. 6. Adequate Vitamin D: Vitamin D deficiency is currently afflicting South Asia and has developed into an endemic condition in this region. It is extremely concerning that Pakistan has the highest incidence of adult vitamin D deficiency in South Asia at 73%. When it comes to cancer prevention, many studies suggest that vitamin D may play a role in reducing the risk of breast, prostate, and colorectal cancers. We as a nation, need to ensure we have adequate vitamin D levels. Sunlight, fortified foods, and supplements can help maintain appropriate levels. Scientifically, Vitamin D inhibits the formation of new blood vessels that tumors need to grow, restricting their blood supply. Not only this, it has shown to help in DNA repair, reducing the chances of genetic mutations that can lead to cancer. 7. Calcium for Bone Health: Low calcium levels have been associated with an increased risk of cancer development. Inadequate calcium intake can disturb several cellular mechanisms, potentially leading to uncontrolled cell division and the promotion of cancer growth. However, the relationship between calcium levels and cancer risk is complex and influ-

enced by various factors, including dietary habits and individual susceptibility. While maintaining adequate calcium intake is important for overall health, it's just one piece of the puzzle in cancer prevention. Individuals should consume enough calcium through dairy or fortified sources, not only to support bone health but as conscious effort to prevent cancer since low calcium intake may contribute to the development of gastric, pancreatic and ovarian cancer and to some extent endometrial and lung cancer. 9. Avoid Sugary Beverages: Sugary beverages have been associated with an increased risk of cancer development. Consuming these drinks regularly can contribute to weight gain and obesity, which are established risk factors for various types of cancer, including breast, colon, and pancreatic cancer. Additionally, the high sugar content in these beverages can lead to elevated insulin levels and inflammation, both of which have been linked to cancer development and progression. Limiting the consumption of sugary beverages is advisable as part of a healthy lifestyle to reduce the risk of cancer and promote overall well-being. 11. Stay Hydrated: Staying hydrated is essential for overall health and helps support various bodily functions. Dehydration can potentially play a role in cancer development by affecting various bodily processes. Inadequate hydration can impair the body's ability to flush out toxins. Chronic dehydration may lead to cellular stress and DNA damage, increasing the risk of mutations that can trigger cancerous growth. Moreover, dehydration can hinder the immune system's effectiveness in detecting and fighting abnormal cells. While dehydration alone is not a direct cause of cancer, staying well-hydrated is crucial for overall health and can help support the body's natural defenses against cancer and other diseases. 12. Smoking Cessation and Tobacco Avoidance: Tobacco use is a leading cause of preventable cancers. It stands as a daunting enemy in the realm of public health, and has emerged as a principal cause of preventable cancers. This devious habit, including smoking, chewing, and various forms of tobacco consumption, imposes profound damage on the human body. The carcinogenic chemicals contained in tobacco products imposes a relentless

assault on vital organs, including the lungs, mouth, throat, and esophagus. Consequently, tobacco use not only elevates the risk of developing cancer but also worsens its severity and diminishes the prospects for survival. The WHO report claims that the high incidence of oral cancer in Pakistan is linked to the use of smokeless tobacco, which is a culturally acceptable habit. If we smoke or use tobacco products, we need to seek assistance to quit. 13. Regular Screenings and Checkups: Lastly, undergo regular cancer screenings and check-ups, as recommended by the healthcare provider. Early detection and timely intervention are crucial for effective cancer prevention and treatment. Being a scientific, factual, and health-related person, yet compassionate and caring person, I have a powerful realization that people take their days, months, and years too casually and carelessly. Most of us know right and wrong in our daily routines in terms of our actions, our eating habits, what we are taking in, and how much we take, but we tend to ignore things. What if we are told that we have one month to live and an extension of life after that relying on what we eat? Will that help us realize the enormous impact that our diet and nutrition have on our health and life? Life is unique, precious, and unpredictable. When I was young, I hardly knew anyone with cancer, but with the years passing, I came across loved ones, close friends, relatives, and neighbors, suffering and dying from this disease. Paul Kalanithi has said in his book "When breath becomes Air", "Death may be a onetime event, but living with a terminal illness is a process" and "Grand illnesses are supposed to be life-clearing". Seeing the suffering of people with cancer around us, should be able to awaken the realization that we need to make conscious efforts to keep ourselves away from the menace of cancer. Genetics, lifestyle, and environmental exposures are all factors that contribute to cancer risk. By adopting a healthy and balanced diet, we can significantly reduce our risk of developing cancer and support overall well-being.

—The writer is a professor of pharmacology in a private medical college in Lahore. She has written several articles in daily newspapers about different aspects of nutrition.

Global unity: passing the tests of time

Human society as a whole faces immense and unprecedented crises. So it is imperative that not only are solutions found but a guiding beacon is established for collective sustainable development, which is crucial for our survival as a species. The vision of a global community of shared future put forward by China is both an answer to this call of the times and a blueprint for the future. As a white paper released by China's State Council Information Office on Tuesday, expounding on such a community, points out, it is a vision that has deep roots in China's profound cultural heritage and the country's unique experience of modernization. It is both a sharing of the wisdom that has been accumulated by the country over the centuries and the practical application of that wisdom. While it does not hide from the fact that our era is one of immense challenges, the white paper stresses that it is also one of tremendous promises if the Herculean tasks that human society as a whole has to perform can be accomplished. It points out that, despite any nay-saying to the contrary, peace and development are the common and primary aspirations of humanity, and interdependence is the prevailing trend in pursuit of these aspirations. This is a positive trend that should be cherished and cultivated as human societies, wherever they may be, face a perfect storm of troubles. That calls for addressing the global peace, security, development and governance deficits that have become ever more evident in recent years. The prerequisite for success in those endeavors is overcoming the trust deficit that has become increasingly manifest in the world. That is the promise held out by a global community of shared future as by its very nature it is inclusive of "all peoples, all countries and all individuals". We are perhaps fortunate that in such testing times, today's information technology is making countries more interconnected and interdependent than ever before, facilitating the realization of a global community of shared future. Likewise, China has been doing its best to lay the foundations for building such a community in both the bilateral and multilateral dimensions by means of the Belt and Road Initiative, the Global Development Initiative, the Global Security Initiative and the Global Civilization Initiative, which have all taken root and borne fruits. But as the white paper notes, "Building a global community of shared future is both a salutary vision and a historical process that calls for generations of hard work" and "confidence and determination are of the foremost importance". Notwithstanding the hardships, realizing a global community of shared future is the way forward for all peoples as it rejects the zero-sum Cold War mentality and confrontation between blocs that is hindering collective efforts to address our common challenges.

Pakistan's First And Only Diplomatic Daily
 Editor-in-Chief: Ansar Mahmood Bhatti
 Deputy Editor: Abid Raza
 Member APNS / ABC Certified
 Vol: 04 Issue: 353
 Email: dailyisbpost@gmail.com
 Phone: 051-2266165 / 051-2261960
 Off 11: Awan Plaza, Block 18-A, G-8 Markaz Islamabad



Manila gambles on foreign aid support

Unsurprisingly, Western media, due to their one-sidedness and habitual bias against China, have reported on the recent altercation between China and the Philippines in favor of the latter. Totally disregarding the fact that China has sovereignty over Huangyan Island and its adjacent waters. The fact of the matter is, a vessel of the Bureau of Fisheries and Aquatic Resources of the Philippines intruded into the waters adjacent to the island and attempted to enter the island's lagoon without China's permission. That this was done with the intent of creating a scene is evidenced by the Philippine government vessels that also came to the waters near the island carrying journalists from Western countries armed with cameras and other equipment for on-site filming. In response to Manila's disingenuous accusation on Sunday that China's Coast Guard had installed a "floating barrier" to prevent Filipinos from entering and fishing in the area, Foreign Ministry spokesman Wang Wenbin clarified on Monday that the Chinese Coast Guard was "professional and restrained" in its maneuvers to stop and warn off the Philippine government ship intruding into Chinese waters. The latest incident is a clear proof that with the encouragement and support it has received from Washington, Manila feels emboldened to once again make waves in the South China Sea. What transpired last week was orchestrated by the Philippines in a bid to play up the territorial dispute again, and tarnish China's image with distorted Western media reports portraying it as a bully. It seems Manila has yet to learn a lesson from 2012 when China and the Philippines had a standoff over the island for weeks. That did not give the Philippines the upper hand as China has actual control of the island. Instead it served to plunge ties between the two sides into freezing waters. No matter how many tricks Manila and its foreign backers play, they will not shake China's resolve to defend its territorial waters. But China should be fully prepared for further escalation in the waters as Manila, with the backing of foreign forces from outside the region, is becoming increasingly provocative and blatant. Manila should know further escalation of tensions over Huangyan Island will be detrimental to peace and stability in the South China Sea. It should stop seeking selfish gains and look at the larger picture of the region, as efforts are being made by China and the Association of Southeast Asian Nations to finalize a code of conduct for the South China Sea. Manila should also be mindful of the fact that, with or without the backing of foreign forces, Beijing will firmly respond to any and all provocations.

A Global tale of oppression and deprivation

Dr. Muhammad Akram Zaheer



Elected leaders, including Catalonia's president, speaker, and cabinet members, were apprehended, and the special constitutional privileges of the Catalonians were arbitrarily revoked. This egregious violation of democratic norms raises a disconcerting question: Why should external forces interfere in the internal affairs of a civilization that has endured for a thousand years? The turn

Martin Luther King once articulated the enduring truth that "Injustice anywhere is a threat to justice everywhere." This assertion underscores the grave implications of injustice, an insidious game of oppression, human rights deprivation, and the systematic maltreatment of vulnerable ethnic groups, thereby stripping them of life's most fundamental necessities. A poignant example of such injustice can be discerned in the case of the Palestinians, an ancient ethnic group with a history spanning millennia, yet now mired in perpetual insecurity and aggression. The ignoble occupation of Palestine by the Jewish forces, facilitated by global powers in 1948, continues unabated, manifesting a wanton disregard for the right to life and a conspicuous absence of conscience. Regrettably, such reprehensible occurrences are not confined to one corner of the globe but are pervasive worldwide. The aspiration of Palestinians to establish an independent nation was met with hostility from the authorities in what is purportedly a democratic Spain.

Elected leaders, including Catalonia's president, speaker, and cabinet members, were apprehended, and the special constitutional privileges of the Catalonians were arbitrarily revoked. This egregious violation of democratic norms raises a disconcerting question: Why should external forces interfere in the internal affairs of a civilization that has endured for a thousand years? The turn of the 21st century witnessed a grave transgression of international law when the United States, under the pretext of a purported nuclear threat, together with British Prime Minister Tony Blair, perpetrated a disastrous invasion of Iraq. This audacious act of illegal occupation and catastrophic devastation inflicted upon a sovereign nation exposed the frailty of the global order. It subsequently emerged that the pretext for this operation was entirely unfounded, leading the British

Prime Minister to publicly acknowledge his culpability and offer an apology. However, this apology offers little solace to Iraq, as the damage inflicted upon the once-prosperous nation over the span of 500 years is irreparable. The irrationality that permeates our world becomes ever more pronounced. Egypt, a nation steeped in an 8,000-year-old civilization, saw a brief flicker of democratic hope when Mohamed Morsi was democratically elected as president in 2012. However, his tenure was cut short within a year when he was ousted by General CC Dr. Karantrale. Morsi met a tragic end, and despite the presence of international bodies like the United Nations, the Arab League, and the OIC, no meaningful objection was raised. Consequently, an illegal military junta continues to govern Egypt, stifling any opposition, and subverting the principles of democracy.

The plight of Alexei Navalny, a prominent Russian opposition figure, serves as a poignant reminder of the fragility of democracy in certain regions. In a democracy, the Leader of the Opposition traditionally assumes the role of head of the shadow cabinet. However, in Russia, Navalny is systematically marginalized, declared "ineligible" when he seeks election, and subjected to harassment, imprisonment, poisoning, and physical abuse. These actions are incongruent with the treatment one would expect in a civilized society. Moreover, Russia's occupation of Chechnya through the use of force remains an unresolved issue, prompting questions about the effectiveness of international organizations like the United Nations. A recent example of vindictiveness is exemplified by Belarusian President Alexander Lukashenko, who has clung to power for nearly three decades. In the most recent election, marred by electoral fraud, Lukashenko declared him president, igniting protests across the nation.

Thousands of civilians, including opposition leaders, were forcibly expelled to evade torture. Roman, a young journalist, fled into exile in Italy, only to be apprehended when a false bomb threat on his plane was invoked by the Belarusian authorities. His "crime" was the publication

of critical reports on Lukashenko's authoritarian regime, underscoring the depths to which retribution can stoop. The Uyghurs in China's Xinjiang province represent another oppressed ethnic group that has garnered global attention due to their persecution. The efforts of activists like Rabia Qaderi have shed light on the plight of the Uyghurs, with the United Nations estimating that one million Uyghur Muslims are held in concentration camps in an attempt to suppress their religious activities. Finally, we come to the egregious violation of human rights in Kashmir, a region of unparalleled natural beauty and historical significance. The tragic transformation of this once-idyllic land into a militarized zone, marked by violence and repression, stems from the unilateral decision of the Hindu Dogra king to align with India, despite the express desire of the predominantly Muslim population for independence. In 1947, the United Nations adopted a resolution stipulating a referendum to determine Kashmir's fate, a commitment India initially accepted. However, the promise of a referendum remains unfulfilled, as time has passed and circumstances have changed, with Article 370 granting special status to Kashmir ultimately being abrogated by the Indian government.

These instances serve as stark reminders of the pervasive violation of human rights and the erosion of democratic principles worldwide. In regions such as Myanmar, Thailand, Yemen, Libya, Syria, Lebanon, Ethiopia, and Sudan, chaos and human rights abuses continue unabated. It is incumbent upon us, as global citizens, to pause and reflect upon the lengths to which we are willing to go in our pursuit of justice and human rights. Do we truly possess dominion over the world that justifies such fervent tampering? History has demonstrated that even the mightiest empires, akin to Nimrod and the Pharaohs of yore, eventually meet their downfall.

Let us tread carefully, mindful of the consequences of our actions, and strive for a world where justice prevails over vengeance.

Healthy living through the wisdom of Prophet Muhammad PBUH

Seerat Fatima



He enlightened us on every aspect of life, teaching us how to navigate difficulties and confront problems. It's not just Muslims who have benefited from his teachings; the entirety of humanity has gained from his knowledge. Success can be achieved by adhering to the Sunnah of the Prophet (peace be upon him). In today's world, where the distinction between pure and impure is blurred, people have forgotten to prioritize their health

Prophet Muhammad (peace be upon him)'s life serves as a beacon for all of humanity. His life lessons are not intended for any particular group but for all of humanity. The path he advocated is indeed the path to success. Those who followed the path he prescribed prospered. In today's age, many people, especially Muslims, are suffering due to their forgetfulness of his teachings. He enlightened us on every aspect of life, teaching us how to navigate difficulties and confront problems. It's not just Muslims who have benefited from his teachings; the entirety of humanity has gained from his knowledge. Success can be achieved by adhering to the Sunnah of the Prophet (peace be upon him). In today's world, where the distinction between pure and impure is blurred, people have forgotten to prioritize their health. The human body requires nourishment, just as machinery requires fuel to function. However, one must exercise caution in their dietary choices; otherwise, the human body may suffer from diseases. Regrettably, many individuals desire good health but lack knowledge about the secrets of maintaining it. In this regard, the Prophet's Sunnah provides us with invaluable guidance. By following his Sunnah, we can lead healthier lives. Even modern science acknowledges that the diet advocated by the Prophet (peace be upon him), the one he preferred for himself, is optimal for human health. The Prophet Muhammad (peace be upon him) never indulged in full meals and recommended the same to others. He disliked filling his stomach completely and even referred to the stomach as the worst vessel to fill. He consistently ate less than he was hungry and advised filling the stomach one-third with food, one-third with liquids, and leaving one-third empty. It is scientifically proven that excessive food intake leads to various disorders, with obesity being a primary concern. While there are multiple causes of obesity, overeating remains the main culprit. Excessive fat accumulation in adipose tissues leads to overweight conditions. The Body Mass Index (BMI) is a method used to gauge body weight relative to height. An individual's weight should align with their height, and exceeding this measurement indicates obesity or being overweight. Obesity is directly or indirectly linked to several other diseases, including coronary heart disease, diabetes, gallbladder issues, hypertension, respiratory ailments, and

various forms of cancer. Obesity can also result in conditions like arthritis and lower back pain. Every country has its own culture and lifestyle. A healthy lifestyle promotes better health, while an unhealthy one endangers human lives. In developed or wealthy countries, the obesity rate tends to be higher than in developing nations, mainly due to the abundance of rich food resources. In the United States, for instance, approximately 36% of the adult population out of 339 million is obese. Contrasting statistics exist; the World Health Organization (WHO) reports indicate that 58.1% of the almost 240 million populations in Pakistan is obese. The rate of obesity in Pakistan is higher among individuals above the age of 40 compared to young adults. Studies reveal that after the age of 25, individuals tend to gain weight more rapidly when physical activity is restricted. Urbanized lifestyles significantly contribute to the rising obesity rate, with major cities like Lahore and Karachi reporting higher obesity rates than rural areas. Pakistani cuisine, rich in fats, carbs, and sugars, plays a significant role in the obesity epidemic. Diabetes, a major consequence of obesity, is highly prevalent in Pakistan, ranking third globally in terms of diabetic patients. Additionally, an unhealthy or poor lifestyle is a significant contributing factor. People have adopted a lifestyle with minimal physical exertion, and their daily routines lack proper scheduling. Many individuals are unaware of when and how much to eat. Prophet Muhammad (peace be upon him) beautifully taught healthy eating habits, which, if adopted, could lead to healthier lives.

Fasting holds prime importance in Islam, and Prophet Muhammad (peace be upon him) encouraged fasting as a holy practice. He taught Muslims the concept of taqwa (fear of Allah) through fasting. Prophet Muhammad (peace be upon him) fasted every Monday and Thursday, the 13th, 14th, and 15th days of the lunar calendar, the entire month of Ramadan, and the days of Ashura. Fasting is not only a religious practice but also crucial for maintaining human health. During fasting, the body obtains energy from non-carbohydrate sources through gluconeogenesis, converting fats, proteins, and lactates into glucose for proper bodily function. Fasting aids in toxin removal and body cleansing, reduces blood pressure through an efficient basal metabolic rate (BMR), and plays a significant role in managing blood sugar levels and weight loss. It's important to note that fasting places stress on body cells, so the duration of fasting should be

reasonable and safe. Short-term fasting is recommended for safety. Moderation in eating is crucial, but many people lack knowledge of what and when to eat. Everyone should have basic knowledge about food and nutrition. This is why Prophet Muhammad (peace be upon him) described overeating or consuming the wrong types of food as a major cause of disease. He lived a simple and noble life. Lady Ayesha (may Allah be pleased with her) reported, "The Prophet Muhammad (peace be upon him) never had two meals in one day unless one of them was dates." He never combined two different curries at the same time. The Prophet's example is a powerful reminder for those who overindulge and waste food, actions contrary to the Sunnah of Prophet Muhammad (peace be upon him). It is crucial to be familiar with his teachings and avoid such behaviors. Although the Prophet Muhammad (peace be upon him) had a fondness for meat, he rarely had the opportunity to indulge in it. Even when he enjoyed his preferred foods, he consumed them in moderation. Despite having the favor of Allah upon him and access to the world's blessings, he maintained a simple and healthy lifestyle. There were times when he subsisted on only dates and water for two months due to a lack of other food. This simplicity and patience demonstrated by Prophet Muhammad (peace be upon him) should serve as a source of reflection for his followers. Pakistan faces serious challenges of hunger and poverty, with approximately 17 to 20 percent of its population undernourished. Many children under the age of five endure significant health issues due to insufficient food. While addressing these issues is primarily the responsibility of the state, as common citizens and, above all, as Muslims, it is our duty to assist those in need. Pakistan, with a 97% Muslim population, should not tolerate food wastage when many Muslim brothers and sisters go to bed hungry in their own country. It is the Sunnah of Prophet Muhammad (peace be upon him) to be generous toward the less fortunate. By following his Sunnah, we can lead healthy, vibrant lives and extend our help to those who are deserving. There is no greater example of humility and generosity than the fact that Prophet Muhammad (peace be upon him) never ate alone. The Prophet's example teaches us the importance of connecting with people and caring for their well-being.

—The writer is Student BS Health and Nutrition University of Okara

Briefs

ECP issues
initial
report on...

FROM PAGE 01

number of general seats and the average population or quota per National Assembly seat was obtained. Similarly, the population of a province was divided by the total number of general seats allocated to the provincial assembly of a province for obtaining a quota per seat. In calculating a total number of seats, a fraction of 0.5 and above was generally taken as one seat and a fraction below 0.5 was ignored," the report said. It also stated that because of Balochistan's "peculiar situation" more than one districts have been clubbed for a seat. It added that the clubbing has also been made in other provinces where it was required.

Kakar's
remarks...

FROM PAGE 01

confusion and waste the nation's time by making rhetoric on irrelevant and unrelated issues rather than focusing on fulfilling his constitutional responsibilities to conduct free and undisputed elections in the constitutionally mandated time limit. PTI spokesperson made it clear that the caretaker PM neither has the mandate nor has the power to keep PTI or the PTI Chairman out of the electoral race. He warned that the nation would not accept any such conspiracy come what may, as they would resist any such notorious plan tooth and nail.

Mushahid
all praise...

FROM PAGE 01

bringing an end to decades of illegal occupation. However, the Ambassador also expressed concern over Armenia's failure to fully implement the trilateral statement signed on November 10, 2020. He pointed to continued provocations and acts of terrorism, such as the recent landmine explosions that claimed civilian lives. Local anti-terror measures were initiated to uphold the provisions of the trilateral statement, secure the withdrawal of Armenia's armed forces, and restore constitutional order in Republic of Azerbaijan, Ambassador Farhadov noted.

After IB,
Pemra...

FROM PAGE 01

oath. It had also directed the federal government to monitor those advocating hate, extremism and terrorism and prosecute them in accordance with the law. Adverse observations were also made against several government departments for causing inconvenience to the public as the 20-day sit-in paralysed life in both Islamabad and Rawalpindi. Pleas were subsequently moved against the verdict by the Ministry of Defence, the IB, the PTI, the Pemra, the Election Commission of Pakistan (ECP), the Mutta-hida Qaumi Movement (MQM), Awami Muslim League chief Sheikh Rasheed Ahmed and Ejazul Haq.

LHC
summons...

FORM PAGE 01

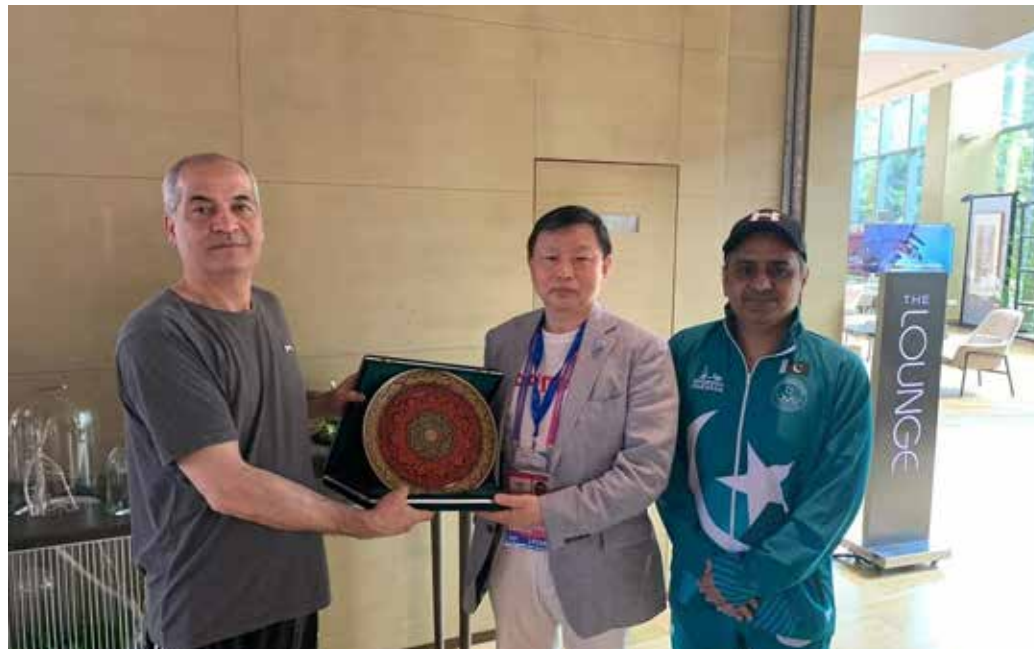
Whereupon, the federal lawyer said that we would submit the reports. Then court remarked that you come here for sightseeing, why the report has not been submitted? This case belongs to all of us, neither its yours nor court's case, the court remarked. Expressing his dismay, the court remarked that the court would call the Chief Executive of the country and the caretaker PM should personally come and submit his answer. The judge remarked it seems that the matter has not been forwarded to the PM. The federation lawyer requested the court for time, however, the judge remarked that had you been genuinely committed, you would have provided us with a report, the PM should appear and clarify his position.

IPC Secretary meets
WADA Asian Director

On this occasion, Ahmad Hanif Orakzai along with DG PSB also presented souvenir to WADA Asian Director

AFZAL JAVED

ISLAMABAD: Federal Secretary for Inter-Provincial Coordination (IPC) Ahmad Hanif Orakzai hold meeting with Wold Anti



Doping Agency (WADA) Asian Director Kazuhiro Hayashi and discussed about restructuring Pakistan (ADOP) and various issues relating to WADA. The

Director General of Pakistan Sports Board Shoaib Khoso was also present during the meeting which held on the sidelines of 19th Asian Games, Hangzhou China.

Federal Secretary IPC Ahmad Hanif Orakzai informed WADA director about the steps taken to improve the anti-doping organization in Pakistan and said that strict implementation of WADA rules is being ensured in Pakistan to prevent and discourage the use of prohibited drugs among athletes.

He said that the National Anti-Doping Agency Pakistan is actively playing its role as well as monitoring of athletes is also being done to ensure zero tolerance for doping including prevention of prohibited drugs.

On this occasion, Ahmad Hanif Orakzai along with DG PSB also presented souvenir to WADA Asian Director.

Pakistan Athletics team
reaches China for Asian Games

OUR CORRESPONDENT

ISLAMABAD: Pakistan athletics team has arrived in China on Wednesday to participate in the athletics competitions of ongoing 19th Asian Games at Hangzhou. 13 mens and 4 women will be seen in action in athletic competitions of the Asian games, while the team officials include Olympian Sadaf Siddiqui, Fayyaz Hussain, Sajjad Mahmood and Muhammad Sajid. "We are thankful to

the Pakistan Olympic Association (POA) and Pakistan Sports Board (PSB) for the participation of a large number of Pakistani athletes in the Asian Game," said Olympian Sadaf Siddiqui who is the team official of athletic team, adding that we are hopeful that the national athletes will make the country pride in the athletic competitions.

She said that China, the host country for the Asian Games, has made the best arrangements for hosting the Asian biggest event.

While Asian games athletic events will be held from September 29 to October 5 and country's premier javelin thrower Arshad Nadeem along with Mohammad Yasar will be in action in the javelin throw event. The other athletes include Gohar Shahbaz, Shajar Abbas (100 and 200 meters race), Muhammad Asad ur Rehman (400m), Waqas Akbar (800m), Muhammad Akhtar (5000m), Farhan Ilyas, Abid Razaq (110m and 400m hurdles), Sohail Amir (10000m race), Jafar Ashraf (pole

vault), Muhammad Afzal (Long Jump), Shehroz Khan (High Jump), Tameen Khan (100M), Ghazala Ramzan (100 Meters Hurdles), Rabila Faraz (1500M), Farhat Bano (10,000 Meters Race) will be seen in action for medal race. On the other hand, the Athletics Federation of Pakistan (AFP) surprisingly stopped two female athletes Sahib E Asra and Arooj Kiran from going to China a few hours before the departure, on which the athletes have expressed deep disappointment.

Babar retains
top ODI ranking
despite Gill threat

Mohammad Siraj rocketed to the summit of bowler's rankings after he wreaked havoc on Sri Lanka in the final of the Asia Cup with figures of 6-21

DUBAI: Pakistan's all-format captain Babar Azam retained his position at the top of the International Cricket Council (ICC) Men's ODI Batting Rankings, while Indian batter Shubman Gill further closed the gap. Babar Azam will enter the ICC World Cup 2023 as the number-one ODI batter after Shubman Gill rested for India's final clash of their ODI series against Australia. However, both the batters will battle for the top spot throughout the World Cup as Gill (847) is just 10 rating points behind Azam (857), while third-ranked Rassie van der Dussen is way behind with 743 points. Shubman Gill continued his brilliant form in the first two matches of the ODI series against Australia, amassing a total of 178 runs for the series during the opening two contests. Prior to that, he topped the runs chart in the Asia Cup 2023 with 302 runs in six matches at 75.50. Meanwhile, Indian fast bowler Mohammad Siraj maintains a narrow lead at the top of the ICC Men's ODI Batting Rankings with 680 rating points over Australian Josh Hazlewood (669), followed by Afghanistan's spin bowling duo Mujeeb Ur Rahman (657) and Rashid Khan (655). Mohammad Siraj rocketed to the summit of bowler's rankings after he wreaked havoc on Sri Lanka in the final of the Asia Cup with figures of 6-21. He was the second-highest wicket-taker in the tournament with 10 wickets, behind Matheesha Pathirana's tally of 11 wickets. India's Mohammed Shami has improved his position by nine spots and is now ranked joint 25th with Jofra Archer. Similarly, Australian seamer Sean Abbott has moved up by 14 places and is now joint 45th in the rankings. Meanwhile, Bangladesh's Mustafizur Rahman jumped five spots and is currently at 23rd after bagging five wickets in the ODI series against New Zealand.—DNA

Bonmati scores twice
as Spain outclass
Switzerland

CORDOBA : Aitana Bonmati scored a brace to help World champions Spain thrash Switzerland 5-0 in a Nations League group game on Tuesday. Spain were playing their first game at home after winning the World Cup in Australia last month and following the furore caused by former Spanish Federation (RFEF) boss Luis Rubiales kissing player Jenni Hermoso on the lips at the medal ceremony. The fans showed their support for the world champions, with captains Alexia Putellas and Irene Paredes showing off the World Cup trophy to the 14,194 fans at the Nuevo Arcangel stadium in Cordoba, setting a new Spanish attendance record for the women's national team. "We were looking forward to celebrating with the fans," Bonmati told TVE. "I'm happy with the game, with how we won and with the attendance record. It's a night we will never forget." Lucia Garcia and Putellas both had good early chances to open the scoring from close-range denied by Swiss goalkeeper Elvira Herzog. However, Herzog made a comical error a few minutes later, losing the ball inside the box to Mariona Caldentey, who put it on a plate for Garcia to tap the ball into an empty net and give the hosts the lead in the 14th minute. Spain kept up the pressure but it was not until first-half stoppage time that they managed to extend their lead after Putellas brilliantly passed to Olga Carmona on the left wing.—APP

Pakistan beats Bhutan
to reach SAFF U19 final

KATHMANDU: Pakistan edged Bhutan 6-5 on the penalty shoot-out at the Dashrath Rangasala Stadium to qualify for the SAFF U19 Championship 2023 final after their nailbiting semi-final finished goalless at the end of extra time. Pakistan's goalkeeper Sahil Gul's sensational save in the penalty shoot-out propelled the green shirts to clinch a narrow 6-5 victory over spirited Bhutan. Pakistan will now lock horns with arch-rivals India in the final of the ongoing SAFF U19 Championship 2023 on Saturday at the same venue. Pakistan booked their spot in the final four of the ongoing tournament by holding Maldives for a 1-1 stalemate. The Green Shirts started their second SAFF U19 Championship 2023 fixture on a high as they dominated the possession for a notable period but failed to convert into a goal. Pakistan's error in conversion allowed the Maldives to capitalize on the situation and they successfully netted the opener in the 39th minute, courtesy of a brilliant outside-of-the-box finish. Maldives went into the break with a 1-0 lead over Pakistan. In the second half, Pakistan made numerous efforts but were denied the equalizer by the strong Maldives defence. Pakistan, however, finally got luck in their favour when Shah Jahan netted the equalizer late into the game before pulling off an animated celebration. Pakistan scripted a triumphant start to their SAFF U19 Championship 2023 campaign with a thrilling 1-0 victory over hosts Nepal. Pakistan and Nepal went hard at each other in their SAFF U19 Championship fixture and showcased thrilling skills and tenacity before the former prevailed. With a thrilling victory over Nepal, Pakistan ended a 12-year-long victory drought in an international match. Pakistan's U19 team last secured a victory on the international stage in 2011, when they defeated India's U19 team. The ongoing SAFF U19 Championship 2023 is being held at the Dashrath Stadium here from September 21 to 30. For the unversed, this is the fifth edition of the SAFF U19 Championship, a highly competitive international football tournament for men's under-19 national sides, organised by the SAFF. India are the defending champions, having won their second title in 2022 by defeating Bangladesh in the final. Pakistan Squad for SAFF U19 Championship 2023 Goalkeepers: Sahil Gul, Mohsin Khan and Muhammad Abdullah Defenders: Muhammad Sadam, Muhammad Adeel, Asad Nasir, Ans Amin, Khurshid Alam, Muhammad Raheel, Shayan Ali, Kamil Ahmad Khan, Abid Ali, Hannan Naveed and Najeeb Ullah Midfielders: Ali Zafar, Muhammad Azan and Awaiz Khan Forwards: Shahjahan, Muhammad Hassan, Faisal Ahmad, Abdul Wahab, Muhammad Haroon Zafar and Muhammad Adeel Younas Team Officials: Shadab Iftikhar (Head Coach), Mohsan Ul Hussain (Assistant Coach), Khurram Shahzad (Goal Keeper Coach), Aamna (Media), Muhammad Abdullah and Muhammad Samama (Physio) and Zohair Gondal (Team Manager).—DNA

World Cup : Pakistan team departs for India

The team will take part in the training session the next day and is scheduled to play their first warm-up match against New Zealand on September 29

SPORTS DESK

LAHORE: Pakistan team departed on Wednesday for India to participate in the much-awaited ICC Men's Cricket World Cup 2023. The national team left at 3.20am from Lahore airport and will make a brief stopover in Dubai before taking a flight to Indian Hyderabad. The team are scheduled to land in Hyderabad at 8:15pm (local time) on September 27 (today). Pakistan's travel contingent consists of 18 players and 13-player support personnel. Bowling coach Morne Morkel and men's cricket team director Mickey Arthur will join the team in Dubai and India, respectively. The team will take part in the training session the next day and is scheduled to play their first warm-up match against New Zealand on September 29.

Ahead of leaving for India, the national team captain Babar Azam requested cricket fans for prayers. "As we head for the World Cup, we seek prayers of all the Pakistan cricket team fans and well-wishers. I am certain that you will con-

tinue to extend your support and love, which you have always done. Pakistan Zindabad," Babar wrote on his official X handle.

On Monday, after a long delay, India finally issued visas to the Pakistan team ending uncertainty sur-

rounding Pakistan's participation in the most awaited tournament. The Pakistan Cricket Board (PCB) had written to the International Cricket Council (ICC) complaining about a visa delay which, it said, had disrupted the team's

preparation for the mega event across the border. Pakistan will play two warm-up matches before beginning their World Cup campaign against the Netherlands on Oct 6.

Arch-rivals India and Pakistan are set to clash in a mouth-watering Oct 14 contest in Ahmedabad. Pakistan squad for ICC World Cup 2023: Babar Azam (c), Abdullah Shafique, Fakhar Zaman, Imam-ul-Haq, Iftikhar Ahmed, Mohammad Rizwan (wk), Shadab Khan, Mohammad Nawaz, Usama Mir, Haris Rauf, M Wasim Jnr, Hasan Ali, Shaheen Shah Afridi, Saud Shakeel, Salman Ali Agha. Traveling reserves: Mohammad Haris, Abrar Ahmed, Zaman Khan.

Schedule of Pakistan's warm-up matches:
September 29 – vs New Zealand in Hyderabad
October 3 – vs Australia in Hyderabad

Punjab
announces...

FROM PAGE 01

In light of the rise in cases, the Punjab School Education Department issued a notification today announcing four-day holidays. It said all schools would reopen from Monday (Oct 2) and would observe the standard operating procedures issued by the department to curb the disease's spread. It directed all chief executive officers in the province to ensure compliance with the order. Separately, in a video message issued today, interim Punjab Chief Minister Mohsin Naqvi said the holidays were announced to curb the average spread of the disease, estimating that the move would lead to a 50 per cent reduction in cases.

'US
objections'..

FROM PAGE 01

year, former petroleum minister Musadik Malik explained that despite being fully committed to its contractual obligations under the Gas Sales and Purchase Agreement (GSPA), the Government of Pakistan had been unable to start construction of the pipeline due to US sanctions on Iran. Officials said Pakistan had requested Washington earlier this year for a solution for the project to help overcome energy shortages but had not yet received any response. In August, Pakistan issued a notice of 'Force Majeure and Excusing Event' to Iran to suspend its contractual obligation on completion of the gas pipeline. Simply put, Pakistan had expressed its inability to pursue the project as long as US sanctions on Iran remain in place or Washington tacitly green lights Islamabad to go ahead with the project.

Pak receives
first...

FROM PAGE 01

Pakistan through Iran's Sarakhs Special Economic Zone, the Russian embassy said in a post on social media. The embassy said consultations on a second shipment were underway. It did not provide details on Iran's involvement, and it was not immediately clear how much the LPG cost or if it was discounted. Pakistan has said it had paid for the Russian crude in Chinese currency but the value of the deal was never disclosed. Energy imports make up the majority of Pakistan's external payments and discounted imports from Russia offer a respite as Islamabad faces an economic crisis with an acute balance of payments problem, risking a default on its external debt.

JI Emir
calls for...

FROM PAGE 01

He emphasized that if US pressure hinders progress, the government should demand affordable energy from Washington. He said smuggling along the Iran border could not occur without some level of official involvement. He said the mafia were reaping the benefits of the illicit trade, ultimately causing substantial losses to the general public and the national treasury. The JI leader criticized past governments for their flawed decisions, attributing the misery of the masses to their actions. He pointed out that the former governments of the PPP and the PML-N had entered into agreements with companies to produce expensive electricity, neglecting the potential for cheap and accessible electricity through local resources.

Rupee
continues...

FROM PAGE 01

The US dollar fell by one rupee and closed at Rs290. It is pertinent to know that following the government's nationwide crackdown against the hoarding and smuggling of foreign currencies, the greenback has shed its value by more than Rs18. Last week, the local unit appreciated another 1.74% and settled at 291.76 against the greenback. However, capital market expert Saad Ali — talking to Geo. tv earlier this week — said that the recent appreciation of the rupee [against US Dollar] was majorly driven by the government's crackdown against the illegal currency trade and it is unlikely to "sustain for very long".

Briefs

At least 100 killed in Iraq wedding fire tragedy

QARAQOSH : At least 100 people were killed when a fire broke out at a wedding attended by hundreds of guests in northern Iraq after fireworks were set off inside, officials said Wednesday. The cause of the Tuesday evening blaze in the mainly Christian town of Qaraqosh was not immediately known but early reports suggested the fireworks had triggered a blaze inside the packed reception hall which had rapidly spread because of "highly flammable" construction materials. At the main hospital in the town east of Iraq's main northern city of Mosul, an AFP photographer saw ambulances arriving with sirens blaring and dozens of people gathering in the courtyard to donate blood. Others could be seen gathering in front of the open doors of a refrigerated truck loaded with black body bags. Citing a "preliminary tally", Iraq's official INA news agency reported that health authorities in Nineveh province had "counted 100 dead and more than 150 injured in the fire at a marriage hall in Hamdaniyah", as the town is also known. The casualty toll was confirmed to AFP by health ministry spokesman Saif al-Badr. Badr said most of the injured were being treated for burns or oxygen deprivation, adding there had also been crowd crushes as guests struggled to escape.—DNA

Migrant arrivals set rhythm of life on Lampedusa

LAMPEDUSA : Rough seas have bought the Italian island of Lampedusa a moment of calm, but rescue workers are readying for fresh migrant boats, expected as soon as the weather turns. This tiny tourist destination off the coast of North Africa, famed for its coves and crystalline waters, has become a symbol of boat arrivals, as European states bicker over responsibility for asylum seekers. Almost 8,500 people landed in just three days earlier this month, part of a steep rise in Mediterranean crossings that Europe's far-right has declared an "invasion". As holidaymakers lazed on sunbeds, thousands of migrants bedded down on metal cots set up in and around the reception centre, a prefabricated building behind high fences that has room for 400 people. Poor weather conditions off Tunisia and Libya have since grounded the boats that carry mostly sub-Saharan Africans across to Europe, but the 6,500 or so inhabitants here know more will soon follow.

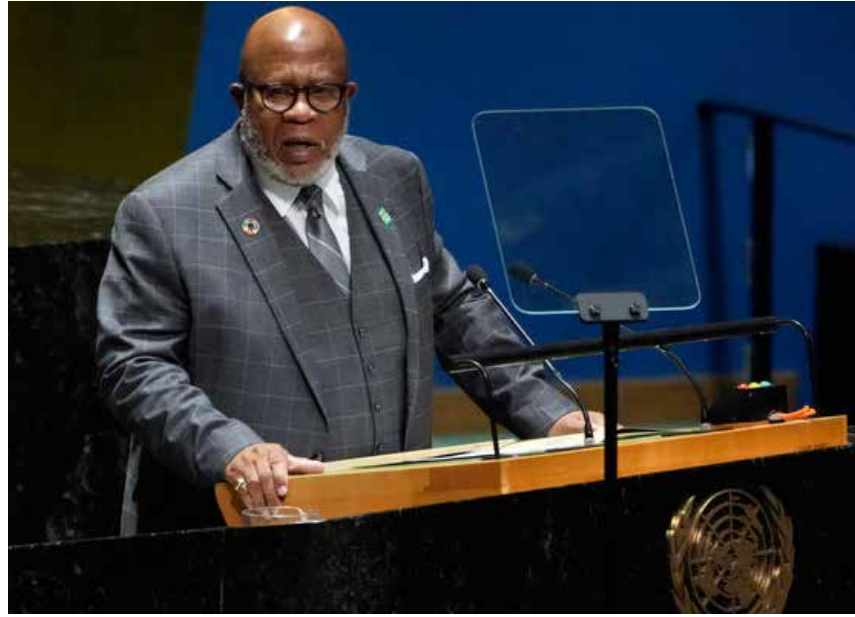
Youth bring climate case to Europe rights court

STRASBOURG : The European Court of Human Rights (ECHR) Wednesday began hearing a case brought by six Portuguese youths against 32 nations for not doing enough to stop global warming, the latest bid to secure climate justice through the courts. The group, aged 11 to 24, say they are suffering from anxiety over their health and "having to live with a climate that is getting hotter and hotter" with more natural disasters. The move to file a complaint with the Strasbourg-based court was sparked by the massive wildfires that struck Portugal in 2017, killing more than 100 people and charring swathes of the country. Some plaintiffs claim allergies and breathing problems both during the fires and after, conditions at risk of persisting if the planet keeps warming. "European governments are not managing to protect us," said Andre Oliveira, 15, one of the six involved. "We're on the front lines of climate change in Europe: even in February it's sometimes 30 degrees (Celsius, 86 Fahrenheit). The heatwaves are getting more and more serious," he added.—Agencies

UN General Assembly president 'encouraged' by week's results

NEWS DESK

NEW YORK: The president of the UN General Assembly said he is "encouraged" by the progress of its 78th session, hailing the "remarkable" win of a major sustainable development declaration. Dennis Francis spoke of the need to "unite the nations" in his opening address last week. Now addressing the UNGA as the final speaker out of 176 heads of state and ministers, he said the week's developments are a "welcome reminder that the UN remains focused on the collective challenges of our time." But he warned: "Declarations in and of themselves aren't enough. We need to maintain this momentum and to build on it with concrete, tangible actions." Hundreds of representatives from civil society as well as public and private organizations spoke at the UN headquarters in New York, Francis said. The UNGA resulted in four major political declarations, covering "universal healthcare; work to end tuberculosis; pandemic prevention, preparedness and response; and the need to urgently ... scale up sustainable development progress."



The final declaration was described as a "particularly remarkable win" by Francis, who said it serves as a commitment to "push harder and close the gaps." He lauded member states for taking part in

the high-level dialogue on development financing, highlighting the prevalence of discussions on the need to reform global finance for the benefit of the developing world. "We can't rest until there's accessibility, equity and justice in development finance," he said. Few topics raised during the week were as "frequent, consistent or as charged" as the war in Ukraine, he added. The conflict being perpetrated by a permanent member of the UN Security Council is "unconscionable," and has rekindled "unthinkable" decades-old fears of nuclear weapons, Francis said. He committed to "shining a spotlight on the urgent need to resolve these situations of deep concern." Climate change requires each member state to "look closely at our own carbon footprints" and move beyond gross domestic product to a "metric that captures a country's true vulnerability to shocks." Francis urged member states to take part in the UAE-hosted UN Climate Change Conference later this year with a spirit of "unity and solidarity," and deliver a bold plan of action. "Whether on climate or conflict, poverty or justice, or peace or strong institutions, these aren't just global calls, they're existential calls," he said. Francis ended his address by reminding member states: "We hear so often that the clock is ticking. We have it within us today to heal our divisions, find integrated solutions that reflect our universal values and commitments, and usher in a brighter tomorrow."

Indonesia bans e-commerce transactions on social media

FOREIGN DESK

JAKARTA : Indonesia has banned goods transactions on social media platforms in a new regulation, its trade minister said Wednesday, as Jakarta aims to rein in direct sales on major platforms it says are harming millions of small businesses. Calls had grown in recent months for a regulation governing social media and e-commerce, with offline sellers seeing their livelihoods threatened by the sale of cheaper products on TikTok Shop and other platforms. "This trade regulation has been in force (since yesterday)," Trade Minister Zulkifli Hasan told a news conference in the

capital Jakarta. He said social commerce platforms would have a week to comply with the new rule. "Any government would protect local small businesses," he said, saying the regulation was passed to ensure "equality in business competition". The regulation means social media firms will not be able to conduct direct transactions but only promote products on their platforms. "Social commerce can place ads like TV, but it mustn't be transactional. (They) can't open shop, can't directly sell," he said, without mentioning TikTok by name. Laws in the archipelago nation did not cover direct transactions through social media platforms such as TikTok,

Facebook or Instagram before the new regulation. The new regulation is yet another setback for TikTok, which has faced intense scrutiny in the United States and other nations in recent months over users' data security and the company's alleged ties to Beijing. "Other countries are banning, we don't, (we're) regulating," Hasan said. Indonesia is one of the world's biggest markets for TikTok Shop and was the first to pilot the app's e-commerce arm. But Indonesia is now the first country in the region to act against the platform's growing popularity in social media commerce. The ministerial-level regulation — an amendment to a trade regulation issued in 2020

— did not need approval by lawmakers. Chinese technology giant and TikTok owner ByteDance and TikTok Indonesia did not respond immediately to a request for comment Wednesday. But a TikTok Indonesia spokesperson told AFP on Monday the ban would harm as many as six million local sellers who market their products on the platform. Meta — which owns Facebook and Instagram — did not respond to a request for comment. How the ban will work exactly remains unclear but experts said it could mean social media firms would have to obtain a separate approval for their e-commerce arms. "It could be that their license will be rearranged."

North Korea to expel US soldier

SEOUL: North Korea has decided to expel US soldier Travis King, who was detained after crossing the border from the South in July. King ran across the border on Jul 18 after joining a sightseeing tour of the Demilitarised Zone between the two Koreas. Last month, Pyongyang confirmed it was holding the US soldier, saying King had defected to North Korea to escape "mistreatment and racial discrimination in the US Army". But after completing its investigation, Pyongyang has "decided to expel Travis King, a soldier of the US Army who illegally intruded into the territory of the DPRK, under the law of the Republic", the Korean Central News Agency said on Wednesday, using the North's formal name. It did not give any details about where or when King would be released. After a drunken pub fight, an incident with police and a stay in South Korean jail, Private Second Class King was being taken to the airport in July to fly back to Texas. But instead of travelling to Fort Bliss for disciplinary hearings, King snuck away, joined a Demilitarised Zone sightseeing trip and slipped over the border. King's border crossing came with relations between the two Koreas at one of their lowest points ever, with diplomacy stalled and North Korean leader Kim Jong Un calling for increased weapons development, including tactical nuclear warheads.—APP

Turkiye signs deal for natural gas exports to Romania

ANKARA : Türkiye has agreed to send natural gas via pipeline to Romania starting from Oct. 1 and running until March 31, 2025, the Turkish Petroleum Pipeline Corporation (BOTAS) announced on Wednesday. The agreement between BOTAS and Romania's OMV Petrom, one of the largest energy companies in the region, will cover the export of up to 4 million cubic meters of natural gas daily to Romania. Both companies also agreed to develop cooperation in the fields of transmission, storage, production, green energy technologies, as well as in the natural gas trade, BOTAS said. The deal is the latest in a number of pipeline gas export agreements between Türkiye and neighboring countries. BOTAS entered into agreements to send gas to Greece, Bulgaria and Hungary over the previous months. Within three years, BOTAS hopes to rank among the top 10 exporting enterprises in Türkiye. In light of this, the corporation is pursuing new export deals through negotiations with other countries and businesses.—DNA

Rising crime in US capital divides politicians

WASHINGTON : Violent crime is on the rise in the US capital, where a 28-percent uptick in homicides this year has left researchers perplexed and politicians pointing fingers. And while Washington is still a far cry from its days as the "murder capital" of the United States, amid the 1990s crack epidemic, the rise in violent crime in the city is both causing consternation among residents and dividing them. Some of the killings have been especially grim: a 10-year-old girl who died from a stray bullet on Mother's Day; an Afghan immigrant who, having fled his country after the Taliban took over, was shot to death while working a late shift as a Lyft driver. Puzzling researchers is the fact that Washington's murder rate has jumped while other major metros in the United States have seen declines. Also, the number of armed carjackings in the city has more than doubled, according to police statistics. "DC is something of an outlier with respect to homicide trends," when compared to cities like New York, Philadelphia, Chicago or Baltimore, says Richard Rosenfeld, a criminologist at the University of Missouri-St. Louis. Rosenfeld added that the explanation behind the uptick "remains something of a mystery." Meanwhile, Joseph Richardson, a professor at the University of Maryland who studies violence prevention programs in Washington, has several theories.—Agencies

US budget talks threaten Ukraine aid

WASHINGTON : The US Congress was running out of time to avoid a partial government shutdown forced by hard-right Republicans, with White House plans to provide another \$24 billion in war aid for Ukraine at risk if a deal was to be reached. With just days left before the September 30 deadline, negotiations continued to seek a way to meet the demands of the Republican-led House of Representatives and the Democratic-controlled Senate. Late Tuesday the Senate released a draft budget measure that would cover government spending through November 17. Both Senate Majority Leader Chuck Schumer and Republican minority leader Mitch McConnell endorsed the draft, but there was no immediate indication that the warring factions of House Republicans would take it up if passed. "Shutting the government down over a domestic budget dispute doesn't strengthen anyone's political position," McConnell said. "It just puts important progress on ice. And it leaves millions of Americans on edge," he said. If a deal isn't reached by Saturday, hundreds of thousands of federal employees could be furloughed, curtailing a wide swath of government services. That could mean welfare recipients don't get payments they depend on, and airport operations could slow, snarling travel plans for millions. Some employees would continue to work — like the military and others deemed essential — but would not get their paychecks, until a budget is finally passed. Democratic President Joe Biden placed the blame on a small group of "extremist" Republican lawmakers in the House, saying he had previously reached a deal on the budget with Senate Republican leader Mitch McConnell. The House hardliners "are determined to shut down the government," Biden said in a video message. Meanwhile the Republican mainstream "refuse... to stand up to the extremists in their party," Biden said.



Brussels : Ambassador Anna Baloch held a productive meeting with Olivier Willocx, CEO (BECI). Discussed pathways to collaborate in areas of mutual interest. Extended invitation to BECI IT companies for participation in "Tech Spring Pakistan". —DNA

World Maritime Day- 2023: Marpol at 50-our commitment goes on every drop in the ocean counts

YOKO ONO

The world's oceans, covering more than 70% of the Earth's surface, have long been a source of fascination, trade, and exploration. These vast expanses of water have been essential to human civilization, enabling global trade, travel, and connectivity. World Maritime Day is celebrated each year on 28 September, to emphasize the critical significance of shipping safety, maritime security, and the preservation of the marine environment. This significant day commemorates the adoption of the International Maritime Organization (IMO) Convention on March 6, 1958, which established the IMO, a specialized agency of the United Nations responsible for regulating shipping. Each year, World Maritime Day revolves around a specific theme, focusing on various aspects of the maritime industry. The theme for this year's World Maritime Day, "MARPOL at 50 - our commitment goes on," underscores the International Maritime Organization's (IMO) extensive track record in safeguarding the environment from the adverse effects of shipping through a robust regulatory framework. It also highlights the IMO's enduring dedication to this crucial mission. The theme specifically draws attention to the International Convention for the Prevention of Pollution from Ships (MARPOL), which addresses the prevention of marine environmental pollution by ships from operational or accidental causes. Additionally, the International

Convention for the Prevention of Pollution from Ships, or MARPOL, holds a central position in maritime law and environmental protection. It was adopted in 1973 and entered into force in 1978. Over the past five decades, MARPOL has undergone several amendments and annexes, making it one of the most important international treaties addressing the prevention of pollution from ships. MARPOL encompasses six main annexes, each dealing with specific aspects of ship-source pollution: Annex I - Prevention of Pollution by Oil: This annex sets strict regulations for the discharge of oil and oily mixtures from ships. Annex II - Control of Pollution by Toxic Liquid Substances in Bulk: it governs the discharge of harmful chemicals and substances carried in bulk. Annex III - Prevention of Pollution by Harmful Substances Carried by Sea in Packaged Form: it addresses the packaging and labeling of harmful substances transported by sea. Annex IV - Prevention of Pollution by Sewage from Ships: this annex regulates the discharge of sewage from ships. Annex V - Prevention of Pollution by Garbage from Ships: it covers the disposal of garbage, plastics, and other solid waste at sea. Annex VI - Prevention of Air Pollution from Ships: it addresses air emissions from ships, including sulfur and nitrogen oxide emissions. Furthermore, this theme serves as a catalyst for vital discussion concerning the future trajectory of the International Maritime Organization's (IMO) endeavors to fortify planet's safeguarding and the preservation of its oceans. This theme is intricately intertwined with the United

Nations' 2030 Agenda for Sustainable Development and its 17 Sustainable Development Goals (SDGs). These encompass a spectrum of critical objectives, such as ensuring affordable and clean energy (SDG 7), fostering industry, innovation, and infrastructure (SDG 9), addressing climate change and sustainably managing oceans, seas, and marine resources (SDGs 13 and 14), as well as recognizing the paramount importance of partnerships and effective implementation to realize these aspirations (SDG 17). In essence, the theme underscores the imperative of aligning maritime practices with these global sustainability goals, thereby affirming the maritime community's unwavering commitment to a better, more sustainable future for our planet and its precious oceans. Moreover, the concept of 'marine safety' addresses the safety of ships and maritime installations with the primary purpose of protecting maritime professionals and the marine environment. Marine safety in the first place implies the regulation of the construction of vessels and maritime installations, the regular control of their safety procedures as well as the education of maritime professionals in complying with regulations. Marine safety is closely linked to the work of the International Maritime Organization and its Maritime Safety Committee which acts as the core international body for developing rules and regulations. In addition to it, safety concerns are core to maritime security given that it may involve environmental and cultural interests. Marine safety has also been increasingly linked to maritime security given that the maritime industry, shipping companies

and their employees are simultaneously potential targets (e.g. of pirates, terrorists, or criminals) as well as potential perpetrators (by engaging in maritime crimes such as trafficking of persons, illicit goods or weapons or in collaborating with violent actors). Maritime security is however also linked to economic development. Throughout history the oceans were always of vital economic importance. Besides, ships have significant impacts on marine pollution through various activities and sources of pollution including oil spills - accidental oil spills from ships can be catastrophic for marine environments. These spills often occur during refueling, oil transfer operations, or as a result of accidents, and they release oil into the ocean, harming marine life and coastal ecosystems. Air Pollution - ships emit air pollutants, including sulfur dioxide (SO₂), nitrogen oxides (NO_x), and particulate matter, which can contribute to acid rain, smog, and damage to marine ecosystems when these pollutants are deposited into the ocean. Ballast Water - ships use ballast water to stabilize their vessels during transit. However, this water can contain invasive species from one location and introduce them to new ecosystems when discharged at another port, disrupting local marine ecosystems. To address these issues, international regulations and conventions, such as the International Maritime Organization's (IMO) MARPOL and Ballast Water Management Convention, have been established to control and reduce the environmental impacts of shipping. These regulations aim to minimize pollution from ships through measures

such as wastewater treatment systems, emission controls, and antifouling paint restrictions, among others. However, continued efforts are needed to ensure sustainable shipping practices and protect marine environments from pollution. In a nutshell, World Maritime Day serves as a reminder of the maritime industry's enduring importance and its commitment to sustainable practices. MARPOL, at 50, remains a cornerstone of maritime law, ensuring that shipping activities are carried out responsibly and in harmony with the environment. As we celebrate this day, we acknowledge the pivotal role of conventions like MARPOL in shaping a more sustainable and interconnected world, where the oceans remain a source of wonder, prosperity, and environmental preservation. To mark World Maritime Day, Pakistan Navy is organizing seminars/webinars to engage both the public and stakeholders in meaningful discussions about maritime conservation. These initiatives serve as platforms for experts, environmentalists, and maritime enthusiasts to come together and share knowledge, ideas, and best practices in pollution prevention. By fostering a culture of responsibility and awareness, the Pakistan Navy plays a vital role in ensuring that the significance of World Maritime Day resonates not just within its ranks but also throughout the nation, reinforcing the collective commitment to protect our oceans and promote sustainable maritime activities. —The writer is independent writer, M. Phil International Relations.

Briefs

Pakistan announces to digitize hajj operations

DNA

ISLAMABAD: The Ministry of Information Technology and Telecommunication in collaboration with the religious ministry has announced to fully digitize next year's hajj operations. The decision was taken during a special committee meeting constituted under the prime minister's directive earlier this month. The meeting was chaired by caretaker IT Minister Dr Umar Saif, Religious Affairs Minister Aneeq Ahmed. During the meeting, the IT minister told participants that a smartphone application and web portal would be developed to digitize entire Hajj operation. The IT minister directed the National Information Technology Board (NITB) to immediately upgrade the existing system of Hajj operation. Meanwhile, the caretaker government has prepared the Hajj policy 2024. The Caretaker Minister for Religious Affairs Aneeq Ahmed said in a statement that the federal cabinet will approve the Hajj policy within 10 days as the delay in approval of the Hajj policy resulted in several problems. He said that the policy also includes 40 days and short-duration Hajj. Pakistan Hajj pilgrims will not get lost now as the ministry will provide them with two suitcases with specific colour and designs, he added.

SC reserves decision on RTI plea

DNA

ISLAMABAD: The Supreme Court (SC) reserved its decision on Wednesday on a petition seeking disclosure of its staff details. A three-member bench, headed by Chief Justice of Pakistan (CJP) Qazi Faez Isa, heard the petition filed by a citizen, namely Mukhtar Ahmed Ali. The petition challenged the decision made by the Islamabad High Court (IHC) regarding the acceptance of the registrar's writ petition against the Pakistan Information Commission's (PIC) order to make the apex court's staff information publicly accessible. The registrar through the Attorney General for Pakistan's office, had filed a petition in the IHC against the PIC's July 12, 2021 order, which directed the SC registrar to share with the appellant the requested information at the earliest, but not later than 20 working days of the receipt of the order. It is also contended that the PIC cannot pass such an order regarding constitutional courts as its jurisdiction was confined only to those departments that are established under statute or law.

8 killed in rocket launcher shell explosion

KANDHKOT: Eight people, including five children, lost their lives while five others sustained injuries after a rocket launcher's shell exploded in a house in Sindh's Kandhkot district on Wednesday. Kandhkot Senior Superintendent of Police (SSP) Rohail Khoso said that the incident took place in a house in the Ghora Ghat of kutcha (riverine) area. According to the police, the preliminary investigation revealed that the rocket launcher was found by children on an agricultural land where they brought home — which it exploded. The rescue personnel shifted the bodies and injured people to the hospital as soon as the incident was reported, said the law enforcement agency, adding that an investigation into the matter has been started. Following the incident, Sindh caretaker CM Maqbool Baqar took notice of the event, seeking a detailed report from Inspector-General (IG) Dr Riffat Mukhtar. The interim CM questioned how the rocket launcher reached the village. — Agencies

India avoids reference to row with Canada at UN

Canada said on Monday that it was "actively pursuing credible allegations" linking Indian government agents to the murder of a Sikh separatist leader in British Columbia in June

NEWS DESK

NEW YORK: With India on the back foot following Canada's allegations about its involvement in the killing of a Sikh leader, Indian External Affairs Minister S. Jaishankar Tuesday urged UN member states not to allow "political convenience" to determine responses to terrorism, extremism and violence. But Jaishankar made no direct reference to the diplomatic standoff with Canada in his speech to the 78th session of UN General Assembly as he tried to shift the focus to India's achievements, including chairing of the Group of 20 industrialized nations, its leadership role in international affairs, as also the moon landing.

"When we aspire to be a leading power, this is not for self-aggrandizement, but to take on greater responsibility and make more

contributions," he said. "The goals we have set for ourselves will make us different from all those whose rise preceded ours." On September 18, Canada said on Monday that it was "actively pursuing credible allegations" linking Indian government agents to the murder of a Sikh separatist leader in British Columbia in June, dealing a further blow to diplomatic ties between the countries. Prime Minister Justin Trudeau said in an emergency statement to the House of Commons that any involvement of a foreign government in the killing of a Canadian citizen was "an unacceptable violation of our sovereignty". Hardeep Singh Nijjar, 45, was shot dead outside a Sikh temple on June 18 in Surrey, a Vancouver suburb with a large Sikh population. Nijjar supported a Sikh homeland in the form of an independent Khalistani state and was designated by India as a "terrorist" in July 2020.

"Canadian security agencies have been actively pursuing credible allegations of a potential link between agents of the government of India" and Nijjar's death, Trudeau said. On its part, Pakistan has said it was not "surprised" by Canada's revelations that the Indian government was involved in the trans-border murder of the pro-Khalistan leader, linking the episode to Indian Prime Minister Narendra Modi's ideology of Hindu nationalism, or Hindutva. Ties between the two countries have plunged to their lowest point in years after Canada's allegations and India's denials and counter-allegations that Ottawa for years has given free rein to Sikh separatists, including Nijjar. India usually makes veiled references to other countries — in fact, it has a habit at the U.N. of not directly targeting its criticism. In this context, Jaishankar said that the world must not

"countenance that political convenience determines responses to terrorism, extremism and violence." Observers were watching to see whether Jaishankar would take direct aim at Canada, but doing so on a global platform could have widened a rift that already has dominated headlines internationally. Experts have said India wouldn't like to draw more attention to the dispute with Canada at a forum such as the U.N., preferring instead to treat it as an issue just between the two countries involved. Opening his speech with "Namaaste from Bharat", Jaishankar said, "we often advocate the promotion of a rules-based order. From time to time, respect for the UN Charter is also invoked." "But for all the talk, there are still a few nations who shape the agenda and seek to define the norms. This cannot go on indefinitely. Nor will it go unchallenged."

90-day pardon for prisoners on Eid Milad

DNA

ISLAMABAD: President Dr Arif Alvi on Wednesday announced a special remission of 90 days in sentence of prisoners on the eve of Eid Miladun Nabi. The remission will be applicable for male prisoners above 65 years of age and women inmates over 60 years, who have completed one-third of their imprisonment. The persons under 18 years who have served their one-third sentence will also get the benefit of remission. President Alvi approved the remission for prisoners in accordance with Article 45 of the Constitution, the President's Office said. The reduction in sentence will not apply to the prisoners involved in murder, espionage, and anti-State activities. The other categories without remission include convicts of adultery, theft, dacoity, kidnapping, and terrorism. Also, the remission will not be applicable on those involved in financial crimes and the ones who incurred losses to the national exchequer.

Govt all set to launch tourism app

DNA

ISLAMABAD: Special Assistant to Prime Minister on Tourism Wasi Shah on 'World Tourism Day' announced that the ministry would soon launch a 'tourism app' for the convenience of the public. In a statement, the minister said that the app will provide one-click information related to tourism destinations and focus on promoting medical tourism in the country. The minister further said that the caretaker government would promote eco-tourism under a private-public partnership in areas abundant in tourist attractions. "Tourists visiting Pakistan will very soon have an official application providing authentic information and access to the state tourism department," he added. "The app will be made available on the Google Play Store for Android users, adding, the app will have all information pertaining to tourist spots, means of transport, and other services." The World Tourism Day is being observed today in Pakistan like elsewhere in the world to raise awareness about the importance of tourism and its impact on our society.

Army to ensure peace in KP for economic development



SHAMIM SHAHID

PESHAWAR: General Syed Asim Munir, NI (M), Chief of Army Staff (COAS) visited Peshawar today and had an interactive session with the respectable women of Khyber Pakhtunkhwa during 'KPK Women Symposium - 2023'. COAS also attended meeting of the Provincial Apex

Committee along with Caretaker Chief Minister KP, Muhammad Azam Khan. While addressing the participants of the women symposium, COAS said that, women have played a positive and an important role in the progress of country throughout the history of Pakistan. COAS highlighted that women's role in Pakistan's progress and development is quintessential and most important.

COAS remarked that women of KPK have continued to face multi-faceted challenges due to prolonged fight against terrorism, however, they have proven their resilience, commitment and bravery at the face of all odds. COAS encouraged the women to take part in the progress and development of KPK and Newly Merged Districts. During the Apex Committee meeting, COAS was briefed about overall security situation including initiatives against smuggling, hoarding and drug trafficking. The participants of the meeting affirmed that state institutions and people are united for the protection of life and property of citizens. Participants also paid rich tribute to the Shuhada and their families. COAS concluded "we have to synergise our efforts for peace and prosperity of our beloved country. Pakistan Army will continue to play its role in ensuring peace and stability in KPK to provide a secure environment for economic development". Earlier upon arrival, COAS was received by Commander Peshawar Corps.

US Deputy Chief of Mission visits KP

To bolster trade and economic ties between the United States and Pakistan, DCM Schofer also engaged with local business leaders, including entrepreneurs and representatives of the KP Economic Zones Development and Management Company and the KP Information Technology Board

PESHAWAR: US Deputy Chief of Mission Andrew Schofer visited Peshawar September 25-26 to reaffirm U.S. commitment to border security and continued support for Pakistan in its fight against cross-border infiltration and militancy in Khyber Pakhtunkhwa. During the visit, DCM Schofer visited the Inspector General of Frontier Corps at the historic Fort Balahisar where he announced a new \$250,000 program to enhance the Frontier Corps' nighttime operational capabilities. DCM Schofer also met with Inspector General of Police Akhtar Hayat and delivered \$350,000 worth of safety and security equipment to enhance the safety and effectiveness of police forces conducting perilous counter-terrorism operations. In a roundtable discussion with youth, women, minorities, and persons with disabilities, DCM Schofer learned how USAID's \$40.7 million Merged Areas Governance Program for KP improves lives and livelihoods. In direct response to community needs, DCM Schofer provided sewing machines and solar fans. To bolster trade and economic ties between the United States and Pakistan, DCM Schofer also engaged with local business leaders, including entrepreneurs and representatives of the KP Economic Zones Development and Management Company and the KP Information Technology Board. In addition, he made a stop at the National Incubation Center where he met startup entrepreneurs to discuss their projects and listen to their ideas. To reaffirm U.S. support for religious freedom, tolerance, and respect for all of Pakistan's faith traditions, DCM Schofer concluded his trip at St. John's Cathedral, an iconic house of worship. During their meeting, the DCM and Bishop Humphrey Sarfaraz Peters discussed how best to promote inter-faith harmony and interreligious dialogue among diverse faith communities. — DNA

PIA suffers Rs 60.71b loss in 2023 1st half

Govt decides to privatise PIA in December this year

LAHORE: The Pakistan International Airlines (PIA) has suffered a loss of Rs60.71 billion in the first six months of the ongoing year, according to the national flag carrier's financial report for 2023. The airline had put up with a loss of Rs41.31 billion in the corresponding period last year. According to the report, the PIA suffered a loss of Rs27.45 billion in the first six months of this year because of the depreciation of the rupee. The loss stood at a sum of Rs13.85 billion because of the currency exchange rate during the same period in 2022. In the first half of 2023, an amount of Rs48.34 billion was spent on fuel and oil. During the same period last year, a sum of Rs30.78 billion was spent on fuel and oil. The cost of finance in the first half of this year was Rs36.82 billion. This amount stood at Rs21.11 billion in the same period last year. In the first six months of 2023, the total revenue generated by the PIA came to Rs120.27 billion. According to the report, this was a gross profit of Rs11.25 billion in comparison with the first six months of last year. In the first half of 2022, the national flag carrier had managed to earn an amount of Rs71.19 billion. The report

mentioned that the operational cost of the airline rose by 41% because of the increase in fuel and oil prices and a hike of 20% was paid in interest rates. "As anticipated, the aviation industry is healing from the lingering effects of Covid-19 crisis as airlines continue to cut the pertinent losses and passengers take advantage of the ease in travel restrictions," it read. The report continued that as per the International Air Transport Association's (IATA) market research, global passenger traffic ended the first half of 2023 on a strong note with revenue passengers kilometres (RPKS) increasing by nearly 47.2% on year-to-year basis. "[The] reopening of China's air travel market has served as a major boost for [the] aviation industry as Asia Pacific carriers experience[d] significant growth [recent] years," it stated. The report read that globally, air traffic was estimated to rise steadily as IATA's May 2023 passenger polling data validated an enthusiastic and positive approach of flyers. "During the six months period ended June 30, 2023, [the] PIAC [Pakistan International Airlines Corporation Limited] generated a total revenue of Rs120.27 billion with [a] gross profit of Rs11.25 billion as compared to revenue and a gross loss of Rs71.19 billion and Rs4.34 billion respectively in the corresponding period of 2022; witnessing a staggering increase of nearly 359% in the gross profit," the report concluded. — DNA

French envoy to Niger leaves as relations nosedive after coup

Junta had ordered Sylvain Itte to leave the country within 48 hours at the end of August

NIGER: France's ambassador to Niger left the country early on Wednesday morning, around one month after the military government ordered his expulsion and days after President Emmanuel Macron said the diplomat would be pulled out and French troops withdrawn. Relations between Niger and France, its former colonial ruler which maintained a military presence in the country to help fight Islamist insurgents, have broken down since army officers seized power in Niamey in July. The junta had ordered French ambassador Sylvain Itte to leave the country within 48 hours at the end of August in response to what they described as actions by France that were "contrary to the interests of Niger". France at first ignored the order, sticking to its stance that the military government was illegitimate and calling for the reinstatement of elected President Mohamed Bazoum, who was toppled in the July coup. But Macron announced on Sunday that the ambassador would return to Paris and French troops would leave. Two security sources in Niger said Itte had flown out of the country. The news was later confirmed by the president's office in Paris. There have been almost daily protests against France in Niamey since the military took power. Crowds of junta supporters have spent days camping outside a French military base to demand the troops' departure. Macron had said Itte and his staff were effectively being held hostage at the embassy. Niger is just one of France's former colonies in West Africa where there has

been growing anti-French sentiment both among the population and the authorities, especially in countries where military rulers have seized power. Mali, Burkina Faso, Chad and Niger are now all run by army officers following a spate of coups over the past three years, and anti-French rhetoric has been a recurring feature of their public pronouncements. Critics of France say that for decades after its former colonies gained independence, it sought to maintain strong economic and political influence through a system of overt and covert diplomacy known as 'Francafric'. The French government says the days of Francafric are over and operations like the one in Niger were being conducted with the full consent, knowledge and cooperation of local governments, such as Bazoum's now defunct administration. While France's critics accuse Paris of continuing to exert excessive and disruptive influence in the region, some analysts say military juntas are using France as a scapegoat for hard-to-solve problems. The juntas in Mali and Burkina Faso have already kicked out French forces deployed to help fight a decade-long Islamist insurgency that has killed thousands and displaced millions across the Sahel region. Some analysts have expressed concern that the withdrawal of French troops from Niger could further hamper Western efforts to stem the violence, which has risen since the coups, and bolster Russian influence in the region. — Agencies

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