nachenacht

dailyindisb@gmail.com

Chief Editor: Syed Farooq Shah www.dailyindependent.com.pk Hub

Ph: 2841470/2841473 Vol: XVIII No. 257, Safar 24, 1445 AH Monday September 11, 2023, Pages 08, Price Rs. 15



information and Broadcasting Murtaza Solangi addressing a press conference in Islamabad.

Caretaker GoB decides to take wholehearted measures against hoarding, smuggling of edible items

CM Mir Ali Mardan Domki issues standing directives to all secretaries, Divisional commissioners, deputy commissioners and Balochistan Food Authority high ups to provide immediate relief to general public

Independent Report

QUETTA: The interim government of Balochistan has decided to take wholehearted measures against smuggling and hoarding of the edible items as well as for prevention of adulteration and price control in the province.

In this regard, the caretaker Chief Minister Mir Ali Mardan Khan Domki has issued standing directives to all administrative secretaries of provincial government departments, divisional commissioners, deputy commissioners and Balochistan Food Authority (BFA) to take necessary action in this regard.

The caretaker Chief Minister has also directed all the concerned to provide immediate relief to the general public without any delay.

In addition to this, the Chief Minister also directed

to take stern action against profiteers making the price control committees effective. Similarly, result-oriented action should be taken against those involved in hoarding and smuggling of Urea, sugar and other edible goods in the districts, Mr. Domki directed the district administration.

He also directed to the BFA high ups to deal with those involved in the adulteration of the food items with

The caretaker Chief Minister directed the police to provide security to the teams of Food Authority engaged in the action in this regard.

He asserted that it is right of the people to get quality food free of adulteration and it is responsibility of the

government to ensure it.

He said that those involved in hoarding, smuggling and adulteration are stigma of the society.

Allies may be running away from elections: Bilawal

PPP Chairman Bilawal Bhutto-Zardari said on Sunday it may be the case that his party's allies in the erstwhile Pakistan Democratic Movement-led ruling coalition were "scared" and "running away from elections". "I have been telling my allies for the past 18 months that if you get scared, you die [in politics].

"Unfortunately, the rest of our political allies have been scared. They are afraid. They run away from by-elections and local government elections, and maybe, they now want to run away from general elections," he said while addressing the public at the inauguration cer-Hyderabad.

His statement applast year. peared to be a criticism of The c



mandated 90-day period following the dissolution of mandated period.

the major allies in the coalition, which also included the PML-N and Jamiat Ulema-i-Islam (Fazl), that came to power after oustemony of Hussainabad Water Filtration Plant in Imran Khan through a noconfidencemotion in April

According to Article The PPP was one of 224 of the Constitution elections should be held within 90 days — by November 9 in this case — of the premature dissolution of the NA.

However, the Election Commission of Pakistan has ruled out elections being held this year, citing the The coalition's term in need to conduct fresh dethe PPP's allies for the government ended on limitation of constituen-

Nation observes

death anniversary

of Quaid-e-Azam

PM Kakar says

Task force to determine sizes of federal, provincial govts

ISLAMABAD (APP): Prime Minister Anwaar-ul-Haq Kakar Sunday said a task force headed by the fi-nance minister would determine the sizes of federal and provincial governments, look at options to better manage pension funds, besides making efforts to ra-tionalize public expenditure and increase revenue.

In an interview with a private television, he said, We are convinced that there is a need to rationalise expenditure and increase the revenue of the government to create a viable state and lessen existential threats due to economic vulnerability." He said the Special Investment Facilitation Council (SIFC) was attempting to help achieve appropriate governance and address the reasons for ill gover-

nance in the past.

The civil institutions

were laxed in their working in the past but now the army leadership with its organizational strength had increased the level of confidence of civil service which had renewed energy to implement policies and achieve goals, he added.

The prime minister said the government was optimistic about investment from Saudi Arabia in the backdrop of talks between Crown Province of Saudi Arabia Mohammad Bin Salman and Pakistan's chief of army staff.

The government was planning for a visit of the Crown Prince of Saudi Arabia, adding the visit would be aimed at fully exploiting economic opportunities in the country.



Khan Domki

No country has

recognized

Kashmir as

peaceful

neighbourhood and

peaceful relations with

all its neighbours, in-

the territory and with-

drawal of troops from

foreign minister said

the Kashmir dispute

has been pending with the United Nations for

the last several decades and legislation

by India cannot affect

CM's education

friendly initiative

Rs. 1.25 b

released 11

public sector

universities

Independent Report

QUETTA: The caretaker

provincial government led by Chief Minister Mir Ali

Mardan Khan Domki re-

leased the budget of 11 pub-

lic sector universities of the

According to an offi-cial hand out issued here

on Sunday, the budget of Rs. 1.25 billion has been

released to the public sector universities of the

province on directives of

the caretaker Chief Minis-

taker Chief Minister re-

garding release of funds for

the universities is being

dubbed as the education

friendly and appreciated by all concerned. This also

means that the caretaker

provincial government is

determined to resolve the fi-

nancial issues of the uni-

versities under leadership

of the Chief Minister.

The initiative of care-

province.

its disputed status.

To a question the

Kashmir.

KARACHI: Caretaker Balochistan Minister for

rorism.

Information and Public Relations Jan Achakzai addresses a press conference at Press Club.

Drive to curb drug cultivation, Iranian oil, currency smuggling underway: Jan Achakzai

(INP): smuggling is used for ter-Balochistan Caretaker Information Minister Jan Achakzai has said that driver to curb drug cultivation, smuggling of Iranian oil and currency was underway. He said, 60 Afghan nationals have been arrest

to control drug cultivation. Addressing a press conference on Sunday, he said that to promote healthy activities, steps sports in the province.

Jan Achakzai said, 'Balochistan government is taking steps to eliminate currency smuggling. ing the complaints reg Money earned through ing the law and order.

QUETTA (Online): Federal Investigation Agency (FIA) has raided a house in Quetta and dollars worth one crore were recovered.

FIA acted on a tip-off and the accused Mushtaq Khan and Agha were arrested Town area of Quetta. Ijaz was taken into cus-

'We have seized nearly 117 illegal currency businesses and more than 500 stations selling Iranian petrol. During the anti-currency smuggling drive, over \$10 million was recovered in Quetta. We are also taking steps to secure the supply line of Sindh and Balochistan borders."

'60 Afghan citizens will be taken to promote have been arrested to stop drug cultivation. We want to make Balochistan an international investment hub. We are also addressing the complaints regard-

Big action of FIA, seized a huge consignment of dollars

According to sources, from the house in Hazara

On the identification be one million dollars.

were being made to smuggle these dollars abroad. Further investigation of the accused is underway



Bugti says

No mercy for smugglers, vows to eliminate terrorism

ISLAMABAD (INP): ISLAMABAD (APP): government has taken a Caretaker Minister for Caretaker Interior Minister for tough stance on terrorhas adopted zero tolerance policy to curb smuggling of US dollars, sugar, fertiliser and petroleum prod-

ISLAMABAD: Caretaker Provincial Minister Sardar Asifur Rehman

Dummar meeting with Caretaker Chief Minister Balochistan Mir Ali Mardan

ucts.
"The federal government has started action by registering cases against the elements involved in illegal activities," said Bugti while addressing a press conference here.

cluding India.

He said for peaceful relations, India
must create a condu-The interior miniscive atmosphere, inter said law will take its cluding withdrawing August 5 2019 actions course if anyone found guilty in crimes like, Hundi, Hawala, Smugin the occupied territory, release of all il-legally detained gling of sugar, wheat, legally detained Kashmiri Hurriyat fertilizers and other illegal activities. leaders and activists It is prime responsilanguishing in different jails of India and

bility of the people to keep a vigilant eye in their surroundings, said Bugti urging the masses to report such activities for timely action. He stated that the near future.

Foreign Affairs Jalil ister Sarfaraz Ahmed ism, adding all re-Abbas Jilani has said Bugti said on Sunday sources were being utithat the government lized to purge the menace of the country.

Regarding the Chitral attack, Bugti commended the Paki-stan Army's swift re-sponse and the people's resilience against terrorism.

He stressed that the government would not allow anyone to impose their agenda through force and will defend every inch of the territory.

Interior Minister expressed hope that the Afghan government would uphold its Doha agreement, ensuring that Afghan soil was not used against anyone.

Furthermore, Bugti mentioned ongoing efforts to address illegal immigration, with plans to repatriate illegal immigrants in the



KILLAABDULLAH: Commissioner Quetta Division Muhammad Hamza Shafqaat inspecting ongoing operation for elimination of narcotics

20 more godowns abolished, drugs burnt: Grand operation continues against narcotics in K. Abdullah

Independent Report

QUETTA: The grand operation remained continued against narcotics in Killa Abdullah district on third consecutive day, Sunday.

During the operation, 20 more godowns were abolished and different drugs stored there were set ablaze by the concerned agencies.

Needless to mention nere is that Pak Army, Frontier Corps (FC), Levies and cotics campaign being driven in the border district.

The operation was started on directives and supervision of the Commander 12 Corps, Lt. General Asif Ghafoor.

Meanwhile, the Commissioner Quetta Division, Muhammad Hamza Shafqaat also visited the Killa Abdullah and reviewed the operation.

He also had meeting with the tribal elders of the area, who assured him of Anti-Narcotics Force are full cooperation in the optaking part in the anti-nar- eration against narcotics.

prioritising delimitation August 9 with the premacies after the notification over holding elections ture dissolution of the Na- of new 2023 digital cenwithin the constitutionally tional Assembly, three days GoB decides to back **QESCO** in anti-power pilferage drive

Independent Report QUETTA: The Government of Balochistan has decided to back the Quetta Electric Supply Company (QESCO) in its campaign against electricity pilferage campaign launched all over the province.

According to an official notification issued here, the task force has been formed at the provincial and divisional level.

The provincial task force would be headed by

tary Home while divisional task force would be led by the respective divisional commissioners.

The task forces would monitor the anti-power theft drive in the province, mentioned in the notifica-

It may be mentioned

here that QESCO had launched massive campaign against the power theft in the province three days



A man carries belongings out of his damaged house, in the aftermath of a deadly earthquake in Moulay Brahim, Morocco

Massive crackdown launched to combat power theft

massive crackdown has been launched by the Care- million was imposed on the taker Government to combat the alarming surge in power theft and to take units. stern actions against the culprits involved.

On the directives of the government, the Islamabad Electric Supply Company (IESCO) has expedited the drive against power pilferage and caught 105 meters and imposed fine of Rs 7.567 million for stealing electricity in various areas of the company in the current month. IESCO chief Dr Muhammad Amjad said that during the current crackdown against electricity thieves, the field formations checked 5,743 meters and found 105 meters of the electricity consumers involved in power theft through various means.

As many as 73 meters were found tampered while

ISLAMABAD (APP): A power supply, he said and added that a fine of Rs 7.567 power pilferers while charging over 177,000

He said on the directives of the Federal Minister for Energy, the IESCO launched the crackdown against electricity thieves and their facilitators in all circles including Islamabad, Rawalpindi,

Jhelum and Chakwal circles. All operation circles, including In-charge Executives and SDOs, were rigorously inspecting industrial, commercial, domestic and other tariff categories within their respective areas, the IESCO chief said.

He said that the local administration and police were also assisting the Company to carry out the operations. He expressed confidence in the success of this government-led campaign, with the full dedica-22 were getting direct tion of officers and staff.

today ISLAMABAD (Online): Pakistani nation will observe death anniversary of the founder of nation Quade-Azam Muhammad Ali

Jinnah today. Various organizations will hold ceremonies to pay tribute to the father of nation and political and social leaders will address these ceremonies.

Newspapers will publish additional additions and PTV and other national and regional channels will broadcast special programs to honor the founder of na-

Seven terrorists killed, six critically injured in Chitral fire exchange

RAWALPINDI (APP): As many as seven terrorists were killed while another six got critically injured during an intense fire exchange that took place between the security forces and terrorists in the general area Ursoon, Chitral District on Sunday.

According to the Inter Services Public Relations (ISPR), the Army troops effectively engaged terrorists loca-

The sanitization of the area was being carried out to eliminate any other terrorists found in

The locals of the area ppreciated the operation by the security forces and expressed their full support to eliminate the menace of terrorism from the country, the ISPR said.

of the accused, a huge amount of dollars hidden in the house was recovered, the value of which is said to

It was told that efforts



KARACHI: Caretaker Federal Minister for Energy Ali Muhammad Chairing a meeting with officers of K electric.

Daily soice of Masse. Independent

Monday September 11, 2023

Lack of clarity

The chaos and confusion within the ranks of those hoping for the Constitution to be upheld has weakened their hand. Consider the PTI, which has recently demanded that President Arif Alvi exercise his constitutional power and announce a date for the general elections forthwith.

According to a press release, the party's core committee passed a unanimous resolution to this effect during a recent meeting. Interestingly, this is tantamount to declarthere was no mention of who ing war against a state. actually attended the meeting or where it was held.

With most of the party's senior leadership currently in prison or on the lam, the PTI is trying to put up a brave face. However, it clearly is in no position to be making demands.

Then there is the PPP, which seems rather confused about its commitment to constitutional principles. Just days ago, the party's central executive committee said it would push the Election Commission — legally, if need be — to ensure elections were held within the stipulated time

frame. Publicly, however, top PPP leaders have seemed a lot more flexible on election dates. It is, therefore, unsurprising that turn to the raw winds and many believe the party's sudden remembrance of democratic values is little more than

a bargaining chip.
Meanwhile, the legal fraternity, too, has entered the fray. But while the Supreme Court excitement about leaving Bar Association and the Paki- Pakistan and coming back stan Bar Council both seem am I so anxious about it to be in agreement that elec- on this occasion? What is tions must not be delayed, they stand divided on other the larger context of the society that has apparage between economy matters. The former recently and economic circumhosted the All Pakistan Lawvers Convention to put forth the legal community's demands from a single platform, but the PBC chose not to at-

President Alvi stands at the centre of the crisis, but he, too, seems to be having second thoughts after a tentative attempt to assert his position. With the pressure building on When I moved to Hanoi in him to announce a date, rumours have been circulating that a recent visit from two dijusting my meal timings. Our shifts began at 2pm, high-profile officers might be the reason why he has been keeping a low profile.

Whatever the separate challenges being faced by each the neighbourhood to eat. Vietnam is a diner's delight especially when it comes to of these stakeholders, they street food and affordable need to demonstrate some villages. You're never unity of purpose if they are starved for options. truly committed to upholding rise and was dead by 9pm. the Constitution. There are some in this country who view the law as an inconvenience even on my days off. Evin the way of their grand plans.

Much damage has already tions and only in Pakistan been done thus far because the resistance to their unlawful actions has been weak and unorganised. Now, the only hope for those who wish to see the constitutional order past 8pm, etc. But for the last year or so, I am strugrestored is to refocus their en- gling to sleep again and am ergies on the core demand free and fair elections within 90 days.

The ongoing assault on the Constitution must be resisted if the nation is to continue and how this impacts my hoping for a democratic future. It may yet be an attainable nect from without living goal. The mistake made in allowing the KP and Punjab elections to be delayed must not be repeated.

Presence of militants



Muhammad **Amir Rana**

The recent cross-border infiltrations and operational strikes by terrorist networks operating from Afghanistan have raised concerns about the Afghan Taliban's direct involvement in these attacks. A terrorist group cannot launch massive cross-border attacks involving a significant number of terrorists inside Pakistan without the support and approval of the Taliban regime. If these doubts have any substance,

Social media and online media reports are also circulating about the Hagganis' direct involvement in these intrusions, citing security officials. This may surprise those who believed that close ties

existed between the Hagganis and the Pakistani security establishment, as the relationship between the two has now apparently become strained. The extent of this perceived bitterness in relations is not known, and neither the Haqqanis nor the Pakistani establishment have officially indicated the nature of any dispute between them. However, Pakistan has officially registered its protest concerning the involvement of Afghan fighters in the attack on the military cantonment in the Zhob district

Only if there is official confirmation from one of the parties about the dispute, can we speculate about its nature based on several factors

Balochistan.

It is a fact that the TTP has a close relationship with the Haqqanis that has overseen the negotiation process between the government and the TTP. This process failed, causing some initial dents in the confidence of Pakistan's security institutions. Religious, ideological, tribal, and political factors are also important from various

stances?

organisational relationship between the Afghan Taliban and Pakistani militant groups has evolved over time, especially after the resurgence of the former in their country. The Afghan Taliban developed a nexus with the Pakistani establishment and militant groups, which, while not mutually exclusive, involves

complex relationships

interests in Afghanistan and

Pakistan has strategic

among the three actors.

has often been accused of paying no heed to the presence of the Taliban on its soil. The Taliban, in turn, have relied on safe havens, financial support, and fighters primarily from Pakistan and other neighbouring states like Iran. Militant groups in Pakistan have provided human resource to the Taliban; many of these fighters became disillusioned due to shifts in the state's policies on jihad. While the 'Quetta shura' hesitated to recruit Pakistani fighters, the Haqqanis and 'Peshawar shura' actively incorporated them, creating both combat units and financial and logistical supply chains. Al Qaeda has also influenced

these Pakistani militants,

against the state

Historical accounts may reveal more surprising details, but so far, the most comprehensive research on the Taliban movement has been conducted by Antonio Giustozzi. In his book The Taliban at War, Giustozzi notes that a unique aspect of the Haqqani Network is its direct recruitment of Pakistani fighters. As of 2015, around 10 per cent of the 'Miranshah shura's' forces were Pakistani, primarily drawn from other jihadist groups such as TTP, Lashkar-e-Taiba, and Lashkar-i-Jhangvi.

According to reports, the significant presence of volunteers from Pakistan as well as other countries has contributed to Haqqanis' image as being more aligned with global jihadist movements like Al Qaeda, as opposed to the Quetta shura. Peshawar shura is also believed to have been heavily reliant on Pakistani militants, expanding its reach to other cities in the country, where it'ssaid to have recruited hundreds of Pakistanis

In summary, Pakistan has underestimated the po-The further radicalising them tential problems posed by

of the Afghan Taliban, especially compared to the TTP and its affiliate groups with whom it initiated talks

under the Hagganis' supervision. Reports are that thousands of these fighters may have returned to Pakistan, many of them apparently joining the TTP and its factions, and the rest remaining under the patronage of various Taliban commanders, including the Haqqanis. News has appeared about the TTP and its allied social media accounts about faction mergers or small militant groups joining the TTP, usually involving militants who were once directly engaged with the Taliban.

The Hagganis have accommodated many in their government and security forces, including Adnan Rasheed, a former Pakistani Air Force employee, who joined Al Qaeda and specialised in jailbreaks. Adnan Rasheed was released from Bannu jail in April 2012 by militants. However, the Taliban cannot accommodate all these fighters, and with their return to Pakistan increasingly likely, they are supporting their cause for fight-

fighters who have been part ing within Pakistan.

Pakistan had concerns that these returning militants would continue their terrorist activities. During talks with the TTP, it became clear that the TTP and other terrorist groups had no intention of ceasing their activities. If these individuals were to be integrated into the general population, they would pose a greater risk, not just through terrorist activities but also by spreading the ideological influence of the Taliban and Al Qaeda.

These terrorists, now led by the TTP, are exploiting Pakistan's vulnerabilities with regard to territory, resources, and support base. The recent terrorist attacks in the Zhob and Sherani districts of Balochistan, along with the intrusion into Chitral, are all components of a broader strategy. Al Qaeda apparently had an eye on the region which borders Chitral since long for establishing a new base for supporting terrorist movements in the region, including China. This situation is precarious for Pakistan and the Taliban regime, and they must find a solution before it worsens.

Looking homeward, dizzily



Ghazi Salahuddin

As the poet said: 'They are not long, the days of wine and roses'. Any extravagant retreat from the daily rigours of our lives, if we are at all able to secure it, does come to an end. And so I have to reold wounds of Pakistan after an absence of about six weeks. This, to be sure, is not an unusual experience for me. Since both our daughters live abroad, these trips have become an annual feature for many, many years. There is generally no great after an interval. But why different now, in my personal state of affairs or in raising their children in a nable defence". This link-

ing to find Pakistanis, in the country and abroad, Yes, the thoughts that I feel burdened with who have little faith in the as we leave our elder future of their country. daughter's house in southern California are For many, it is the prob-lem of making ends meet. somewhat unusual, even For others, it is law and scary. Strangely, this aporder. I know a family prehension relates to both that left the country bepersonal and collective cause of what they perceived was the drug scene concerns. At one level. there is this pain that I in the elite schools of Karachi. Actually, it is a share with a large number of ageing parents living system that is broken away from our children administratively, morally and grandchildren. It and intellectually.

Then, the country is at present passing through a specific phase when the caretakers, who are being taken care of by superior forces, are in office and the process of cleaning the PTI stables, in the aftermath of May 9, is continuing. Meanwhile, the army leadership is getting into gear to mend Pakistan's economy, as some developments have certified this week.

Wednesday, On Pakistan has become a great place to go away Defence Day, that "a strong economy is a must people who are fearful of for the country's impregand military defence was

day, on Thursday, when the top brass resolved, in a Corps Commanders' meeting, to "wholeheartedly" assist the government in curbing all illegal activities that hamper economic growth and sta-

Earlier, on Sunday,

the COAS had assured the business community, in a widely covered session, of fostering transparency in dollar exchange and interbank rates. This contributed to some strength in the value of the Pakistani currency, though not enough to raise the spirits of an economically ravaged populace. In any case, it will be interesting to see how the military can play a role in GDP growth.

I have just become aware of the army's intended advance into the battlefield of the economy because I had resolved to by and large keep away from news Chief of Army Staff Gen from Pakistan during this ter. Ah, will things ever vacation. I also avoided political conversations with Pakistani expatriates. A large number of Pakistanis in the US are

realities, it is pointless to talk to them.

For that matter, I

has been no conscious attempt to catch on with realities that are emerging in the public domain. In a vague sense, I do suspect that some kind of change is in progress. Conventionally they say that the more things change in our country, the more they remain the same. But it should also be true that the more they change, the more they cannot be the

This would mean that I am not returning to the same Pakistan that I had left. Hence, it is fair to wonder if there is more hope now or less. In other words, what direction do perceptive observers see the country moving – and it would be fine if they say that it would be worse before it gets betget better?

Why not? An eternal see with open eves and

standing of the existing think. And, to compensate for their inadequacies in this regard; listen. Listen to those certified sohave not carefully been watching Pakistan. There and scholars who are becial scientists, historians coming an endangered species in our political habitat.

You see, a kind of gloom is intruding on my mind as I return to Pakistan. I should instead be looking back at the time I have spent with the family in settings that felt like a dream. We were, for that brief interval, not concerned about the worries of the world and what I was reading about the epidemic of anxiety spreading in the United States did not affect our joy of being together. One is to be very lucky indeed to be able to steal such moments of bliss in a life

that is generally not very rewarding. However, I should admit that there was usually an undercurrent of melancholy in meetings with old friends and close relatives Like in novels and arty optimist may argue, with movies, such close ena disdain for what he can counters can reveal new truths about relationships ardent supporters of think with an open mind. that, ultimately, are our Imran Khan and, consid- In fact, this is what the real sustenance. -- Cour-It is truly disconcert- further clarified the next ering their lack of under- rulers must do; see and tesy TheNews

Sleepless in Karachi

essential to health — it im-

pacts our heart, hormones

poses the existential

auestion of whether to

emigrate to be with the

loved ones or stav. nearly

unattended, in Pakistan.

The cost of living apart is

horrendous, and not just

sation of getting precariously old has deepened. At the same time, the idea

of shifting to an alien ter-

ritory is to be decisively

rejected, in spite of pas-

sionate persuasions and

sober arguments that we

have to deal with. That

from is valid for younger

Somehow, this sen-

in a material sense



2008 to work at a newspaper as a copy editor, my toughest challenge was reended at 9pm and we received a half-hour break to grab dinner around 6pm, so we could only really go in cafés all over cities, towns,

Hanoi awoke by sun-So of course, I adjusted. I ate breakfast by 8am, lunch at noon and dinner at 6pm, eryone did. I have continued this habit, with excepwhere I'm convinced we're all owls. Whenever I have struggled with sleep, I have modified my routine to accommodate it - sometimes with supplements, tweaking diet, exercise, not watching television news sicker, slower, unhappy.

I suspect I am not alone. I am consumed with thoughts about the economy, the country's security, the speed at which we seem to be moving towards martial rule family's future. I do not know what else to disconin a world oblivious to one's surroundings.

There is a saying how sleep is a luxury few can afford; I think the same is after sunset. There is a lot true for living in delusion,

a disconnect or unaware- homo sapiens ate but there ness to what is happening are new studies to show in Pakistan But we know sleep is

and overall immune system. The sleep industry continues to witness incredible growth. A BCC report estimates "the sleep aids market is projected to grow from \$84.6 billion in 2021 to \$125.3bn in 2027, at a compound annual growth rate of 6.9 per cent during the forecast period". However, very few of us can now afford fancy gadgets like white noise machines, or cooling pads for your bed, or therapeutic weighted blankets or \$15 a month subscription plans to

Before technology truly took over our lives, it was possible to sleep without aids. My parents, who grew up on farms pre-Partition, had a routine which involved waking, schooling, napping, playing and bedtime — outdoors in the summer, indoors in the winter. Their village was their community. They both experienced wars but never talked about anxiety. The global anxiety treatment market size is expected to grow from \$10.89bn in 2020 to \$13.03bn in 2027 according to Fortune. A good friend once called a commonly used muscle relaxant a recreational drug here.

My doctor recently reminded me how modern humans have been around for 200,000 years but we've migrated to cities over the last several centuries. He believes we're not really equipped for this modern lifestyle overly processed food, less time in nature, strenuous exercise at gyms versus walking for miles on end, which is what our ancestors did. Their lives revolved around nature's rules: up at sunrise, asleep

of debate about what

our ancestors ate grains and carbs and gluten things that cause fear to-

We can return to practising our ancestors' habits but can we break our reliance on our devices which play a major role in disrupting our sleep environment and behaviour? It's not about X hours of sleep a night but consistent hours of sleep.

Light majorly impacts the circadian rhythm which is why the neuroscientist podcaster Andrew Huberman (must watch) recommends spending 20 minutes in natural light within an hour of waking to regulate mood and energy levels. Most of our internal clocks follow the sun's pattern. The more exposure you have to artificial light post sunset, the more disrupted your circadian

rhythm and sleep. I have avoided all doctors' following advice because I know it will be my next toughest challenge: switch off screens at least two hours before bedtime. The device's blue light disrupts the sleep cycle as it suppresses the production of melatonin, century, a natural hormone which helps us feel sleepy. I admit whenever I read a book in bed, I fall asleep quicker but I'm struggling

to break the Netflix habit. While it will be hard, it is also the only advice I can truly afford to do along with drinking three litres of water (12 glasses a day), most of it in the day, the last glass being two hours before I sleep. And eating my last meal four hours before I sleep if it is meat and two hours if it is plant based. However, hearing my doctor's number one advice had a profound impact on me and inspired this column: practice happiness. It is key to good sleep.

Courtesy Dawn



Chaudhry

Every Sept 6, Pakistan marks Defence Day to celebrate the determination of the nation and its armed forces to defend the country against India's aggression in 1965. The war lasted only 17 days, and peace was restored by the Tashkent Agreement of 1966. As happens in most wars, there were no real winners. India was unable to penetrate Pakistan's defences. Pakistan could not liberate Jammu and Kashmir illegally occupied by Regrettably, the expe-

rience of 1965 war did not prevent the two countries from fighting another war nomic and human security. in 1971, leading to the separation of East Pakistan. In 1999, another limited war took place on the Kargil heights. However, in this the two neighbours have never fought a major war though they came close to it during the military stand-off of 2001-02. One reason is the nuclear deterrence that both countries established in May 1998. The other main reason is that the nature of war has changed. We are living in the age of hybrid wars, where kinetic action is the last resort, and much of the battle is waged in the information, economic and other domains to break the will of the enemy. This is land. sometimes referred to as the fifth-generation of war. With the advent of artifi-

sixth-generation warfare. Defence Day should be an occasion to prepare

cial intelligence robotics, we

are witnessing the onset of

Redefining defence the nation to guard against today's complex wars that blend conventional, unconventional, economic, cyber, and psychological warfare, media manipulation, cultural invasions, and relentless propaganda to create confusion about the core values that hold a nation together. On most occasions, the target may not even know it is under at-

An argument is often made that much of what Pakistan is facing is because of its own doing; we should, therefore, not blame others, and instead, address our own vulnerabilities. Others, however, believe we cannot disregard the possibility of hybrid war imposed by our detractors, manifested vividly in concerted disinformation campaigns, economic coercion, lawfare, and even cyberattacks. The National Security Policy, that was announced last year, advised a comprehensive approach to national security, comprising not just traditional defence but also eco-

Hence we must be reminded that Pakistan needs a robust defence strategy that employs all elements of national power. Fortunately, our diplomacy is resilient and can serve as the first line of defence. Our armed forces are disciplined and organised. Our nuclear capability deters possible aggression. The entire nation got together against the menace of terrorism. We have a young intelligent human resource, which if educated and trained can serve the nation well. We are also blessed with agricultural and mineral wealth. And our diaspora is dynamic and ready to serve the mother-These are notable

strengths. However, we need a strategy that integrates all these elements of national power. First and foremost, we need a wholeof-the-nation approach on matters of national security.

No decisions should be taken by any institution in isolation, nor by any leader on a whim. The chain is only as strong as its weakest link To that end, forging broad political consensus on national security imperatives is an absolute must.

Secondly, most of our vulnerabilities stem from our weak economy. We spend more than we earn, obliging us to depend on foreign donors. Internal and external debts are mounting. Exports are stagnant. Doing business in Pakistan is not easy. Corruption is pervasive, and the inflation rate so high that the life of the common man has become miserable. The need of the hour is to give the highest priority to reviving our economy and building a national political consensus on economic policies. Unless we are economically resilient, modern warfare against us will remain a serious threat to national sta-Thirdly, in a hybrid

warfare environment, image is as important as reality. Since 9/11, Pakistan's image has been associated with terrorism and extremism. Hostile lobbies ensure that this image remains, despite the fact that Pakistan has fought against terrorism like no other nation has. Creative cultural diplomacy can help change the way the world looks at Pakistan, building on our strengths: glorious civilisational heritage, mighty mountains, and multiple faiths. Our film industry, academia, and diaspora can also help project our true image to millions of people around the world.

Addressing our vulnerabilities and inculcating good governance is the best way to defend our country in the years ahead. Our problems are monumental and may appear insurmountable, but failure is not an option. As Nelson Mandela said: "It always seems impossible until it's done." -- Courtesy Dawn

Interim CM Punjab will consider upgrading major hospitals with support of Muslim Hands Pak

LAHORE (Online): It has been decided in principle to hand over the management of 1000 schools of Punjab from Muslim Hands Pakistan.

A 6-member delegation of Muslim Hands Pakistan met the Caretaker Chief Minister of Punjab Mohsin Naqvi, Chairman of Muslim Hands Pakistan Syed Lakht Hasnain gave a briefing about welfare activities.

The Caretaker Chief Minister of Punjab was informed in the briefing that Muslim Hands Pakistan is running 117 schools in Punjab, health and education welfare projects are being run in various districts of South Punjab, market-based IT to guide the youth towards self-reliance

schools are being run in

was decided in principle to Hands 1,000 schools of Muslim to upgrade the emergency Hands Pakistan to rooms of major hospitals. Hands Pakistan. The

Secretary Schools Education was directed to fix the rules and regulations with Muslim Hands Pakistan and to settle the issues regarding the MoU between the Government of Punjab and Muslim Hands Pakistan within a week.

In the meeting, the proposal to entrust the management of orphanages and Darul Aman to Muslim Hands Pakistan was also reviewed.Caretaker CM Farooq, Rana Umar, Raja said that with the Arsalan Nusrat were cooperation of private present on the occasion.

18 schools of sector and welfare excellence and 35 model organizations, the standard of education in government schools will be raised, with On this occasion, it the cooperation of Muslim Pakistan. entrust the management of consideration will be given

> This will encourage private organizations to improve the education and

health sectors.

Chairman Muslim Hands Pakistan Syed Lakht Hasnain has said that they are ready to work together with the Punjab government to serve the people. Provincial Caretaker Information Minister Aamir Mir, Program Director Khalid Mehmood Qureshi, Syed Javed Jilani, Mian Umar

Two killed,

4 injured in

firing incidents

FAISALABAD (APP)

Two persons including a

teenager boy were killed

while four others sustained

spokesman said here on

Sunday that two riva

groups exchanged fire in

Chak No 30-JB on Narwala

Road to avenge an old

serious bullet injuries and

died on-the-spot whereas Rescue 1122 shifted 60-

year-old Akram, 27-year-old Bilal Akram and 38-

year-old Umar Farooq to

Allied Hospital in a critical

In another incident, 55-year-old shopkeeper Aslam Jan of Chak No 105-

GB Bangay Jaranwala was

killed when in-laws of his

indiscriminate firing at him

DC assures

normalcy

in Chitral

Deputy Commissioner

Lower Chital, Muhammad

Ali Khan, stated on Friday

that the law and order

situation is normal in the

district, and tourists can

destination without any

fear.In a video message

from his office, along with

DPO Ikramullah Khan, he

mentioned that additional

reinforcements of FC

police, and Levies

personnel have been

deployed in the border area

with Afghanistan, where

terrorists attacked an FC

checkpost. He further stated

that our security forces

successfully repulsed the

attack, resulting in the death

of a large number of terrorists. The deputy

any

opened

multiple injuries in two

12 hours.

enmity.

condition.

daughter

in his shop.

PESHAWAR

visit

Rescue



MUZAFFARABAD: Deserving women showing their Rashan cards as stands in a queue for colleting free food package distributing from Mohammed Bin Rashid Al-Maktoum Global Initiatives.

Crackdown on illegal sugar hoarding launched in Faisalabad

FAISALABAD (APP): near Salooni Jhal and The district administration has launched crackdown on illegal storage of sugar in the revenue limits of Faisalabad to check its artificial shortage and sale

A spokesman for the local administration said sugar-dealer was under here on Sunday that sugar progress, he added. essential commodity for human district administration on consumption, but some other hand also started elements created its negotiation with the Chak No 28-RB received in Gulbarg, Lahore. artificial shortage to mint management of sugar mills money. Therefore, the and business community district administration had launched a vigorous drive could be sold out to the against hoarding of sugar general so as to ensure its availability in the market in addition to its sale on government fixed rate.

He said that Assistant Commissioner (AC) Sammundri Suleman conducted surprise raid at a godown added.

recovered more than 300 bags of sugar. These bags were stored illegal to sell them in the black for profiteering. The

premises of the godown while further action against

He further said that so that this commodity public government-fixed rate.

The first round of the negotiation remained successful and it was hoped that this commodity would be available easily for the people in Faisalabad on its fixed rate very soon, he

RDA lodges FIR against owners of 'Ruden Enclave'

RAWALPINDI illegally advertising the (APP):Rawalpindi project which was not Development Authority approved. The housing (RDA) has lodged a FIR in Saddar Baroni police social media campaign for station against the owners publicity of the project, of an illegal housing scheme using pictures of a meeting namely 'Ruden Enclave.'

spokesman, Metropolitan said adding, the RDA Planning and Traffic enforcement squad was Engineering Directorate sent for an operation (MP&TE), RDA on the against the housing scheme directives of the Director General Muhammad Saif Anwar Jappa lodged FIR No. 1260/2023 in Saddar Baroni police station against the owners namely misleading the general Rahimuddin and Usman Shahid.

He informed that the sponsors were also warned to immediately stop marketing of illegal housing

illegal housing were

society was also running a Commissioner According to a RDA Rawalpindi Division, he but, the representatives of the illegal housing scheme presented a stay order.

housing scheme was public as it's not an approval project.

The owners of the unauthorized housing that life is normal in the

He said that the illegal

The spokesman said that the RDA on the special instructions of the DG had advised the citizens not to invest in illegal and



PESHAWAR: Safety wall of Faqirabad Bridge seen broken that may cause any accident and also inviting authorities to draw their attention towards issue, in Peshawar.



HYDERABAD: Peoples Party (PPP) Chairman, Bilawal Bhutto Zardari along with Kashif Ali Shoro, Mayor Hyderabad offering Dua after unveiling the plaque during the inauguration ceremony of 6 MGD Water Filter Plant, at Hussainabad in Hyderabad.

Pakistan leadership urged to go along global changes with competence, unity

LAHORE Human Rights Movement Central Chairman Muhammad Nasir Iqbal Khan has stressed the need for Pakistan's leadership to address the profound global shifts currently In a statement, issued

here on Sunday, he highlighted the importance eradicating incompetence establishing a distinctive national position through

wisdom and competence. He pointed out that influential global powers, including the United States, have shown evident

urged Pakistan's leadership to abandon complacency and naivety, urging immediate action. He stressed the necessity for political and defence leaders to reevaluate their strategies in light of recent developments neighboring countries.

retaliatory politics and Pakistan. He called for strategic planning, and correct prioritisation to reshape the nation's destiny. emphasised the significance of Pakistan's economic independence from the

Khan underlined the importance of ending

fostering unity within organisation, inclinations concerning independence from the Pakistan and India. He dollar as a harbinger of a

new era for the national Regarding external pressures and threats, he

asserted that Pakistan must

decisions about its future without compromising its sovereignty. He highlighted the pivotal role of the Pakistan Army countering external pressures and economic hostilities.Addressing critics of the Pakistani military, Khan warned that those who fail to recognise reality would be seen as remnants of ignorance. He emphasised that political and economic stability the strength of the Pakistan Army.

ANF recovers 10 kg Father, son drugs in 5 operations

RAWALPINDI (APP): Anti-Narcotics Force (ANF) while conducting five operations across the country managed to recover 10 kg drugs and arrested two accused including a woman.

According to an ANF Headquarters spokesman, separate firing incidents in Faisalabad during the past 60 grams of weed was recovered from two parcels confiscated from a courier office in Rawalpindi. Both the parcels were booked from the UK for

> In another operation, Ice drug was recovered

Azad Kashmir

1550 grams of Ice drug was concealed in sheets, bags and other items.

A woman resident of Lahore and a Nigerian national who booked the parcel were arrested. In the fourth operation, 1 kg hashish was

recovered from a parcel booked for Karachi a Lahore Airport. In the fifth operation, 8320 grams of hashish concealed for smuggling were recovered from Zakha Khel area of Khyber. Separate cases under the Anti-Narcotics Act were registered against

MULTAN: Members of Punjab Teachers Union are holding protest

full of smuggled goods.

including imported cloth,

electronic gadgets, black

tea, and other precious

items, adding that the local

police and customs authorities were jointly

investigating the seized goods. He said that the

value of smuggled goods,

including vehicles, was

million, including goods worth Rs 389 million and

Sohail said this was

worth Rs 130 million.

demonstration for acceptance of their demands, at Multan press club.

Bid to smuggle non-custom

paid goods foiled; worth

Rs 519mln goods seized

PESHAWAR (APP): The trucks and containers were

the customs collectorate, estimated at Rs 519

were also seized in the trucks and containers

Chan. one of the biggest cases
He said that the made by customs.

Friday

Customs Collectorate

Enforcement Team, in

cooperation with DI Khan

on

conducted a successful

operation and foiled a bid

to smuggle non-custom-

paid goods worth Rs 519

million to different parts of

Sohail said that three

trucks and five containers

operation conducted in the

Darazinda area of district

The spokesman of

police

the country.

process.

shot dead over old enmity MANDI BAHAUDDIN

(INP): Two including father and son were killed and another person injured in firing of armed men over old enmity here on Sunday, police said

According to details, armed men of rival group opened fire at members of opponent group in Sohawa Dera Mandi Bahauddin.

As a result of firing, 60-year-old Muhammad Akram and his son Anas 18. were killed on the spot while another person sustained bullet wounds. The attackers fled the In this clash, 18-year- from a parcel booked for the accused while further scene. The bodies and old Abdullah Akram of Australia at a courier office investigations are under injured were shifted to DHQ hospital.

Transport Minister inquires after those injured in metro bus accident (APP): treatment to the patients.

LAHORE Provincial Caretaker Transport Minister Ibrahim Murad conducted a visit to the emergency department of Ganga Ram Hospital, here on Sunday.

He inquired about the wellbeing of individuals injured in the metro bus incident and assessed the available medical facilities. The minister directed the hospital administration to provide the best medical facilities to the injured.

During the visit, Minister Ibrahim Murad stated that as a result of the hospital was currently in this incident," he providing the best medical prayed.

An order has been issued to initiate an investigation into the incident. Action would be taken against those responsible for negligence in the metro bus incident, he warned.

Ibrahim emphasised that the Punjab government would bear all expenses for the treatment and care of the injured citizens. He also mentioned that comprehensive planning and necessary measures would be taken in the future to prevent such incidents. "May Allah incident, 10 individuals grant a speedy recovery to were injured, and the all the injured individuals



JAMSHORO: VC LUMHS Prof. Dr Ikram Din Ujjan visitng during the entry test for admission held at Liaquat University of Medical and Health Sinces (LUMHS) in Jamshoro.

HEC invites applications for London Commonwealth scholarship programme

LAHORE (APP): The Government Higher Education Commission (HEC) has invited applications for the London Commonwealth Scholarship Programme, in Masters and PhD disciplines.

The HES local chapter sources told APP on Sunday that the Commonwealth Scholarships are funded by the Commonwealth and Development Office in London. Out of 30,000 scholarships, programmes are available for Masters and 30

programmes for PhD. Application deadline for current HEC Commonwealth Masters and PhD scholarships is October submitted on both the HEC Commonwealth

collaboration with the Education Higher Commission (HEC), has also announced Excellence Scholarship Programme' for Pakistani students for the upcoming academic year 2024-25.
The HEC sources

further told APP that oneyear post-masters research, three-year post-masters, PhD and one-year Post-Doctoral Programmes have been announced for the aspiring

The last date for submission of applications

17, and available on the official applications must be website, the HEC local sources told APP. The main purpose of the Swiss Government Excellence Scholarships.

Best possible security arrangements made for Chehlum: CPO

RAWALPINDI (APP): aerial surveillance. including security were made for the Chehlum of Hazrat Imam Hussain (RA), said City Police Officer (CPO) Rawalpindi Syed Khalid Mehmood

The CPO said that over 4,000 well-equipped cops and officers were deployed to ensure

security foolproof. Similarly, 250 traffic wardens and officers were also deployed for the smooth flow of traffic on city roads and to facilitate the mourners, he informed.

Monitoring of the main procession was ensured with the help of CCTV cameras besides its traditional routes.

Police personnel were also deployed on top of high-rise buildings on the route of the Chehlum

procession, he mentioned. appreciated the efforts of the cops to maintain peace and order on the Chehlum.

The processions of Hazrat Imam Hussain (RA) Chehlum, taken out from different localities of the city after passing through their traditional culminated peacefully on Thursday night.

The main 'Zuljinnah' procession was taken out from Imambargah Ashiq Hussain. It passed through



KARACHI: Jamat-e-Islami (JI) Karachi Chief, Hafiz Naeem-ur-Rehman addresses to media persons during press conference held at Idara-e-Noor-ul-Haq in Karachi.

Factory owners, citizens warned against burning of trash

Police constable

laid to rest

RAWALPINDI (APP):A

police constable was laid

to rest who embraced

martyrdom during an

encounter with dacoits in

spokesman, Regional Police Officer (RPO) Syed

Khurram Ali, City Police

Officer(CPO) Syed Khalid

Hamdani, SSP Operations

Faisal Saleem, senior police

officers, the family of the

martyred constable, and

numerous police personnel

participated in the funeral

Zafar had bravely

confronted dacoits during

an encounter in Bahria

Town Rawat, where he was

martyred due to dacoits'

gunfire.

Constable Adeel

According to a police

Bahria Town Rawat.

have issued a stern warning to both factory owners and citizens, urging them to refrain from burning trash due to its detrimental impact on human and animal health. The Deputy Commissioner's office had previously imposed a ban on the incineration of various materials, including trash, tires, shoes, plastic, and raw wood in all brick kilns throughout the

According environmentalist Mahmood Khalid Qamar.

(APP): the combustion of Mazhar Zaheer Abbas carries the risk of sparking enabling it to travel long Environmental experts prohibited materials, such as trash, plastic, and treated wood, poses a grave threat to the environment. These substances release toxic chemicals into the atmosphere, resulting in air pollution. This polluted air, when inhaled by both humans and animals, gives rise to severe health risks and leaves deposits in the soil, surface water, and on plants. Qamar emphasizes that open burning, in general, poses a significant risk to the environment and

public health.

Malik, in a recent statement to the media, issued a stern warning to factory owners, cautioning against the use of plastic and shoes as fuel sources in combustion.

He emphasized that strict actions would be taken against those who comply. Additionally, he urged farmers to refrain from burning rice crop residues, as this practice leads to soil, groundwater, lake, river, and stream pollution. Furthermore, outdoor

wildfires. Malik stressed the importance of burning only approved materials and adhering to state regulations to mitigate these harmful effects.

Department (EPD), pointed out that burning trash not only results in the production of polluted ash and smoke but can also (HCB) highly persistent toxin that Director General burning of crop residues degrades slowly in the air, technology.

atmosphere.

Shah noted that any violation of garbage burning regulations would lead to immediate Naseem-ur-Rehman consequences, including Shah, the Director of the the sealing of the unit or Environmental Protection kiln, imprisonment, fines of up to Rs100,000, and the initiation of legal proceedings industrial unit or kiln owners. Furthermore, he release hexachlorobenzene emphasized that brick (HCB) into the manufacturing is only environment. HCB is a permitted using the new eco-friendly

Mushaal asks G20 to focus on ending HR abuses in IIOJK

Demands to press India to settle Kashmir dispute

ISLAMABAD (APP): Special Assistant to Prime Minister on Human Rights and Women Empowerment Mushaal Hussein Mullick has urged the G20 countries to use the opportunity to force the worst human rights violations in the Indian Illegally Occupied Jammu and Kashmir (IIOJK) and ensure a lasting solution to the Kashmir

Mushaal, the wife of statement on Sunday pressed the G20 member countries, including US, UK, EU, China, France, Russia, Canada, Japan, Saudi Arabia, South Africa and Türkiye to play their proactive role to resolve the Kashmir dispute because regional peace could not possible without settlement of the issue.

should look at the ongoing human rights violations and massacres of innocent people instead of looking at their trade interests with

Mushaal demanded that the G-20 countries should make all political and social relations with India subject to the end of ongoing human rights violations in the occupied val-

"Let's say you had no incarcerated Hurriyat G-20 statement, headlines Leader Yasin Malik, in a would say G-20 is finished, G-20 could be replaced by blocs like BRICS and G-7. So in a way by having a statement we keep the platform and the organisation alive," she said. The SAPM said the

Indian fascist government crossed all limits of barbarism and state terrorism and the world powers were well-aware of the fact that She stressed that the the occupied valley was turned into a largest open



Disappearances (AFAD) and Irfan Meraj (journalist/human rights activist) were illegally detained in frivolous, bogus and politically motivated

Mushaal said the notorious occupation authorities unleashed a reign of terror and used the rapes of women as the weapon of war, besides committing the



KARACHI: Members of Ahle Sunnat Wal Jamaat are holding Azmat-e-Sahaba and Ahlebait rally, at Shahrah-e-Quaideen in Karachi.

Pakistan-Kyrgyzstan to collaborate in healthcare sector: Dr Zhumaliev

ISLAMABAD (APP): Dr Member Kyrgyz Republic Parliament and leader of the del- can pave the way for inegation currently visiting Pakistan on Sunday said that his visit signified demonstrating the highest degree of mutual interest between both countries in further strengthening bilateral trade relations, particularly in the healthcare sec-

tion hosted in his honour by Chairman Kyrgyzstan Trade House Meher Kashif Younis, he said the promotion of trade and industry between the two countries holds significant potential, said a news release issued

of common interest and fostering partnerships, we creased economic cooperation and growth", he added.

nificant and promising development in the realm of bilateral relations between Pakistan and Kyrgyzstan.

collaboration are vast and promising in the field of medical education countries can benefit from knowledge exchange, joint research projects, and student exchanges", he re-

He said, "It will undoubtedly contribute to the development of our respective healthcare systems.



QUETTA: People purchase used goods due to price hiking, at makeshift weekly market located on Benazir Flyover road in Quetta.

Seminar on women rights and gender based violence held in Quetta

QUETTA (APP): The dia, participated in the ses-Ministry of Human Rights on Friday held an awareness-raising event on women's rights and Gender-Based Violence (GBV) for the local communities of Quetta. The objective of the event was to enhance the understanding of communities, regarding the rights of women and GBV, its negative impact on society, and ways in which it could be addressed through community-based measures, and the role of the Ministry of Human Rights in addressing these issues.

The event focused on areas like women's rights, pro-women laws, institutional rehabilitation, referral, and other protective measures in place for survivors of GBV. More than 145 participants from various communities including students, transgender, civil society representatives, lawyers, education officers, health

officials, district administra-

tion officers, and the me-

sion. Ambreen Guland and Rubina Zehri from the Women Development Department Quetta said that violence is not only physical but economic and psychological as well.

Shahzad Ahmad Khan, Director-IC, Ministry of Human Rights, explained in detail the laws for protection against GBV their sections, offenses, and punishments. He said that women constitute more than half of the population of Pakistan. Economic, physical, and psychological violence prevents them from joining the formal or informal economy, which not only causes harm to the victims and their families but also hinders the economic progress of the nation as a whole. Fauzia Shaheen, Baluchistan Commission on the Status of Women, and Farkhanda Aurangzeb, NCHR member Baluchistan, explained various laws in Baluchistan related to women's rights.

Zhob, 3 others "By identifying areas in road accident **Independent Report** QUETTA: The caretaker Chief Minister Balochistan, He said it was a sig-Mir Ali Mardan Domki has

expressed grief over the death of Chairman Municipal Committee, Zhob, Khan Nasir Khan Nasar and 'The possibilities for three others in a road accident near Sora Pull in Zhob.

In a condolence statement issued here on Sun day, the caretaker Chief Minister expressed sympathy with the bereaved fami-

Caretaker

CM grieved

over death of

Chairman MC

He prayed that may Allah Almighty rest the departed souls Into Its eternal peace and give enough strength and patience to the bereaved families to bear the

tragic loss. China, Pakistan to establish 'Joint Research Center on Earth Sciences' in Oct

ISLAMABAD (APP): China and Pakistan will establish a joint research center in October to promote the study of Earth sciences and sci-tech exchanges, an official in charge of the center's preparatory work said during the 2023 China International Fair for Trade

in Services. Hong Tianhua said, 'China-Pakistan Joint Research Center on Earth Sciences will be established in Islamabad, the capital of Pakistan, in October as a high-level scientific and technological innovation platform between the two countries to promote scitech cooperation and talent

cultivation. 'The center is being initiated by the Chinese Academy of Sciences (CAS) and the Higher Education Commission of Pakistan, and supported by the Institute of Mountain Hazards and Environment under the CAS and Quaidi-Azam University in Pa-

kistan," Xinhua reported. Its establishment also involves CAS-affiliated institutes and other Chinese research institutions, as well as universities in Pakistan, such as the University of Peshawar. The center will carry out joint research in four areas: natural disaster and risk management geological structures and tectonic activities; climate change and environmental effects; and resources.

lead Pak on path of development: Raja ISLAMABAD (APP): Quaid's teaching in their

Implementing principles

of Quaid-e-Azam will

While paying heartfelt and rich attribute to Quaid-e-Azam Muhammad Ali Jinnah on his 75th death Wuhammad Ali Jinnah Anniversary, Speaker National Assembly Raja Pervez Ashraf said, "following the principles outlined by Quaid-e-Azam Muhammad Ali Jinnah in letter and spirit will lead Pakistan on the path of de-

velopment and progress." In a message on the death anniversary of Quaide-Azam Muhammad Ali Jinnah, he said that Pakiquired implementing the and welfare state.

never compromised on his principles. He also said every Pakistani needs to follow the principles of tolerance and forbearance for peaceful coexistence of a pluralist society.

He also said that Quaid-e-Azam always followed principles of democracy and his struggle was constitutional. He stressed on the need to follow the stan was passing through a principles of democracy challenging time and sur- and tolerance to transform passing these challenges re- Pakistan into a prosperous



BAHAWALPUR: Rescue personnel evacuate people on a boat from a flooded Ahmedpur Sharqia area.

Biden administration not interfering in Pak politics: US senator

WASHINGTON (Online): Democratic Party Senator Chris Van Halen said that the Biden administration is not interfering in Pakistani politics. The US was instrumental in getting the IMF to come forward with emergency economic relief in the case of Pakistan.

According to the details, the DMV chapter of the Pakistan Doctors' Organization was held in Washington in which US Senator Chris Van Halen participated as the chief

Talking to the Pakistani media on this occasion, he said that he has been in contact with the Biden administration for a

democracies and people of Pakistan are interested in ensuring that elections are free and fair. The Democratic Party senator said that it is up to the people of Pakistan to decide their leaders, to ensure that the will of the people of Pakistan is heard and reflected, elections must be absolutely free and fair. Senator Chris Van Halen further added that a good relationship with Pakistan is important for stability and

full of my believe that US has not made any attempt to engineer anything in

long time. I can say with Pakistan's politics.
United States, other

to the Atlas Mountains. The latest Interior

Pak-Saudi joint naval exercise continue in

naval exercises of Pakistan and Kingdom of Saudi Arabia (KSA) Navy are going on in the deep sea of Arabian Gulf in Saudi

According to the deregion of Saudi Arabia.

JKSDMI will continue to expose ugly, cruel face of India to world

Chairman of Jammu Kashmir Self-Determination (JKSDMI), Raja Najabat Hussain, has said that his organisation will continue to expose the ugly and cruel face of India to the whole

Raja Najabat Hussain expressed these views while addressing a dinner

MIRPUR (INP): The Mangla Dam Housing Au-

He said the international community, instead of looking at their trade interests with India, should look at the ongoing human rights violations and massacres of innocent people and make all political and social relations with India subject to the end of ongogiven in his honour by the former Director General of in India.

Rescuers hunt for survivors of Morocco quake with over 2,000 dead

Monitoring Desk

MARRAKECH: Rescuers searched on Sunday for survivors of Morocco's deadliest earthquake in more than six decades, with more than 2,000 people killed by the disaster that has laid waste to villages in the

Many people spent a second night in the open after the 6.8 magnitude quake hit late on Friday. Relief workers face the challenge of reaching the most badly affected villages in the High Atlas, a rugged mountain range where settlements are often remote and where many houses crumbled.

Large chunks of a cliff had broken off and fallen on to the road near the small town of Moulay Brahim, partly blocking a winding road connecting Marrakech

Arabian Gulf

RIYADH (Online): Joint

tails, Pakistan and Saudi navies are continuing joint military exercises in the ongoing naval exercises called Al-Bahr 14 in the Persian Gulf of Al-Jubail Ministry figures put the death toll at 2,012, with 2,059 people injured, including 1,404 in critical condition Morocco has declared three days of mourning and

King Mohammed VI called for prayers for the dead to be held at mosques across the country on Sunday.
The World Health Or-

ganization said more than 300,000 people have been affected by the disaster. 'The next 24 to 48

hours will be critical in terms of saving lives," Caroline Holt, global director of operations for the International Federation of Red Cross and Red Crescent Societies, said in a statement. Search and rescue ef-

forts would be prioritised alongside making sure survivors were taken care of, she said, noting the impordrinking water.

Tansghart in the Ansi area, on the side of a valley where the road from Marrakech rises up into the High Atlas, was the worst hit of several visited by Reuters journalists on Sat-

picturesque houses, clinging to a steep hillside, were cracked open by the shaking ground. Those still standing were missing chunks of wall or plaster. Two mosque minarets had fallen.

Abdellatif Ait Bella, a labourer, lay on the ground, barely able to move or speak, his head bandaged from wounds caused by falling debris.

"We have no house to take him to and have had no food since yesterday,' said his wife Saida Bodchich, fearing for the future of their family of six tance of providing safe with their sole breadwinner so badly hurt.



WASHINGTON: Ambassador Masood Khan & Senator Chris Van Hollen attending the Annual Meeting & Gala Dinner of the DMV chapter of APPNA as Chief Guests

PPP supports elections in 90 days, Shazia Murri

MANANWALA (Online): Former Federal Minister Shazia Murri has said that Pakistan People's Party is in favor of elections in 90 days. Benazir Income Support Program is nothing less than a blessing for the poor people of Pakistan, from which the women of the country are benefiting, she added. She also mention the propaganda regarding him of the export of 97 billion dollars on social media is condemnable, which has nothing to do with reality.

These views were expressed by former federal minister Shazia Murri while talking to the delegation from Mananwala led by the provincial candidate PP 141 Sheikhupura Rana Rizwan Raffaqat

ers of Pakistan People's

Party is the representative party of the poor people and the workers, which has always fought for the rights of the workers and the poor. People's Party's candidate for Provincial Assembly PP 141 Rana Rizwan Ali Raffakat made further recommendations regarding the Benazir Income Support Program in his constituency so that the women of the constituency can benefit more and twenty five thousand women from my constituency can benefit from the Benazir Income Support Program. I am benefiting, which is an honor for me. I will make it possible for the people of my constituency to provide

Mananwala. She said that the work-

basic facilities like health, education and clean drinking water, which is my mission, and by ridding the people of the constituency Party should prepare for the elections. The People's from traditional politicians...

Afghanistan ready to resolve all issues with Pak through dialogue

KABUL (Online): The detailed statement of the Afghan Ministry of Foreign Affairs on the continuous closure of the Torkham border has come out. The Afghan Ministry

of Foreign Affairs said that all issues with Pakistan are ready to be resolved through dialogue.

Our security team reconstructing an old outpost at Torkham was fired upon.

closure is not only bilateral but also detrimental to regional trade, our export containers are waiting for clearance at Karachi port. Earlier, the Special

Representative for Afghanistan Asif Durrani informed Pakistan's concerns and said that Afghanistan has tried to build a checkpoint inside Pakistan's border at Torkham border.

tial elections in the territory

Pakistan rejects holding of illegal, so-called elections in Karabakh

ISLAMABAD (APP): Pakistan considered Karabakh as the sovereign territory of the Republic of Azerbaijan and any attempt to conduct the so-called elections there by the illegally installed regime was legally and mor-ally reprehensible. "Such an attempt is also a grave violation of the UN Charter and principles of established international law," Spokesperson, Ministry of Foreign Affairs, Mumtaz Zahra Baloch said in a press statement, on Sunday, in response to a query regard-

of Azerbaijan. Azerbaijan on Saturday condemned the so-called elections held in the territories of its Karabakh region, calling it an "extremely provocative step." "This is a clear violation of Azerbaijan's sovereignty and territorial integrity, is by no means admissible and tolerable? Azerbaijan Foreign Ministry statement maintained. It said that the "provocations by Armenia" had a detrimental impact on the normalization process and hindered

ing a meeting with officers of K electric Pak-UAE to sign free trade agreement by September end

ISLAMABAD (INP): Caretaker Federal Minister for Commerce, Industries, and Production Dr Gohar Ejaz said that the South Asian country was expected to sign a free trade agreement (FTA) with the United Arab Emirates (UAE) during the upcoming visit of an Emirati delegation in the last week of

September. It is worth mentioning here that the UAE is Pakistan's third-largest trade partner after China and the United States. It is also viewed as an ideal export destination by policymakers in the South Asian country due to its geographical proximity to Pakistan which reduces

Pakistan's ambassador

would like to finalize the deal when they come,"

"A successful signing of the CEPA will potentransportation and freight

The Gulf country is also home to an estimated 1.8 million Pakistani expatriates and after Saudi Arabia, the second-largest source of remittances for the South Asian nation of more than 240 million.

"Emirates delegation is planned for end September to finalize the FTA between Pakistan and UAE," Ejaz said, adding the visit would be focused on trade, investment, and economy, Arab News re-

to the UAE, Faisal Niaz Tirmizi, said both nations were optimistic about signing the agreement, officially known as the Comprehensive Economic Partnership Agreement (CEPA), during the upcoming visit. "There are some issues which are being negotiated and we

KARACHI: Caretaker Federal Minister for Energy Ali Muhammad Chair-

Tirmizi said. The UAE had already signed FTAs with around nine countries and was working with Pakistan on it, according to the ambas-

tially reduce trade tariffs that could significantly enhance Pakistan's income and revenue.' "Our bilateral trade has increased by 24 percent from last year to this year

and after CEPA our market

access will increase here for

UAE," he said. "There are already many significant trade events which we attended and Pakistani presence is increasing in every sector be it food, health food, pharmaceuticals, and tour-' the ambassador

dams country wastes \$10bln worth water ISLAMABAD (Online):

Only two

Due to the presence of only two dams in the country, water worth 10 billion dollars has been wasted in the country. According to sources

of water resources, since

April 1 this year, 1 crore

32 lakh acre feet of water

has been carried to the sea. The total capacity of water storage in the country is 1 crore 33 lakh acre feet, still the total inflow of water in the rivers is 1 lakh 88 thousand cusecs, 93 thousand cusecs of water is

being carried to the sea from

Kotri Barrage. Up to 1.4 million acre feet of water is likely to be lost in the sea by October 1. From October 1 to April 1, 2024, the provinces will face water shortfall in Rabi

Bugti expresses deep grief over martyrdom of **Police Constable** Adeel Zafar

ISLAMABAD (APP): Caretaker Interior Minister Sarfraz Ahmed Bugti has expressed his deepest grief over the martyrdom of police constable Adeel Zafar, who was martyred in an encounter with robbers in Rawat on Sunday.

He also prayed for the peedy recovery of the two injured constables, Asher and Adil and also appreciated their bravery for putting their lives in the line of

QUETTA: Secretary Education Abdul Rauf Baloch presiding over a review meeting regarding progress of NGOs in education ing the so-called president the international efforts. Chief Editor: Syed Farooq Shah printed at Independent Printers Querty Road Quetta and Published from Bolan market main RCD Road Hub. Ph. 2842938 Fax: 2842941 Cell No. 0331-8383955 E-mail:newsdailyind@gmail.com,dailyindisb@gmail.com

added