

dailyindisb@gmail.com Chief Editor: Syed Farooq Shah www.dailyindependent.com.pk Islamabad

Vol. XIII No. 264 Reg. mails-B / ID-445 Monday September 11, 2023, Safar 24, 1445 A.H. Ph: 2158688, 2158997 Pages 4: Rs. 12

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 finance minister would determine the sizes of federal and provincial governments, look at options to better manage pension funds, besides making efforts to rationalize 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-

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.



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

No country has recognized Kashmir as part of India: Jalil Abbas

Caretaker Minister for Foreign Affairs Jalil Abbas Jilani has said that Kashmir is a disputed territory and no country of the world has recognized it as a part of

Jalil Abbas Jilani in a media interview said Pakistan wants a peaceful neighbourhood and peaceful relations with all its neighbours, including India.

He said for peaceful relations, India must create a conducive atmosphere, in-

ISLAMABAD (INP): cluding withdrawing Auoccupied territory, release of all illegally detained Kashmiri Hurriyat leaders and activists languishing in different jails of India and the territory and withdrawal of troops from Kashmir. To a question the foreign minister said the Kashmir dispute has been pending with the United Nations for the last several decades and legislation by India cannot affect its disputed status.

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

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 guest.

Talking to the Pakistani media on this occasion, he said that he has been in contact with the Biden administration for a long time. I can say with full of my believe that US has not made any attempt to engineer anything in Pakistan's politics.

United States, other democracies and people of Pakistan are interested in ensuring that elections are free and

Seven terrorists killed, six critically injured in Chitral fire exchange

RAWALPINDI (APP): As effectively engaged terrormany 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 ace of terrorism from the (ISPR), the Army troops country, the ISPR said.

ists location.

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

The locals of the area appreciated the operation by the security forces and expressed their full support to eliminate the men-



Caretaker Federal Minister for Interior Sarfraz Ahmed Bugti and Caretaker Federal Minister for information and Broadcasting Murtaza Solangi addressing a press conference in Islamabad.

Massive crackdown launched to combat power theft

ISLAMABAD (APP): A were found tampered while massive crackdown has taker Government to combat the alarming surge in culprits involved.

On the directives of the overnment, the Islamabad Electric Supply Company (IESCO) has expedited the drive against power pilferage and caught 105 meters and imposed fine of Rs .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 electricmeters of the electricity power theft through vari-

As many as 73 meters Nation observes

death anniversary

of Quaid-e-Azam

today

ISLAMABAD (Online): Pakistani nation will ob-

serve death anniversary of

the founder of nation Quad-

e-Azam Muhammad Ali

tribute to the father of na-

tion and political and social

leaders will address these

lish additional additions and

PTV and other national and

regional channels will

broadcast special programs to honor the founder of na-

Bugti expresses

deep grief over

martyrdom of

Police Constable

Adeel Zafar

SLAMABAD (APP)

Caretaker Interior Minister

Sarfraz Ahmed Bugti has

expressed his deepest grief

over the martyrdom of po-

lice constable Adeel Zafar,

who was martyred in an

encounter with robbers in

speedy recovery of the two

injured constables, Asher

and Adil and also appreci-

ated their bravery for put-

ting their lives in the line of

duty.

The home minister said

that the police personnel

fought the robbers with ut-

most bravery and killed

He also prayed for the

Rawat on Sunday.

Newspapers will pub-

Various organizations will hold ceremonies to pay

Jinnah today.

ceremonies

22 were getting direct been launched by the Care- power supply, he said and added that a fine of Rs 7.567 million was imposed on the power theft and to take stern actions against the 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 ity thieves, the field formations checked 5,743 and other tariff categories within their respective armeters and found 105 eas, the IESCO chief said. He said that the local

were also assisting the Company to carry out the operations. He expressed

this government-led campaign, with the full dedication of officers and staff.

He emphasized that electricity theft put extra burden on the public and government institutions adding that both the agencies and the public needed to work together to combat this menace. Dr. Khan appealed to

the consumers to demonstrate their national and moral responsibility by reporting electricity theft and facilitators to the Anti-Power Theft focal person at mobile number 03195991304 or to the Complaint and Monitoring numbers

consumers involved in administration and police (LESCO) has taken strict ered for promotion in the (XENs), two Sub-Dividuring this period

confidence in the success of sional Officers (SDOs) and a Line Superintendent (LS) for conniving in electricity theft and giving new power connection to a dead defaulter, the LESCO spokes-

man disclosed He said LESCO Director (Customer Services) Rai Mohammad Asghar took action against those officers after they were proved guilty in their re spective departmental in-quiries. Sharing the details the spokesman said that Mehmood Alam Qureshi Sub-Divisional Office (SDO) of Oila Sattar Shah area has been removed from service for conniving in the electricity theft, and on the similar charges, an Execu-0519252933. tive Engineer (XEN) of Sheikhupura Rashid Soomro will not be consid-



ISLAMABAD: Caretaker Federal Health Minister, Dr. Nadeem Jan addresses during the National Health Research Conference.

Health research critical to achieve targets: Dr Nadeem

Caretaker Federal Minister for Health Dr. Nadeem Jan on Sunday said that promoting and prioritizing health research was of critical important in achieving goals in the health sector.

Presiding over the closing session of two day national health research conference, the minister said that no one could deny the importance of research for the promotion of health sector. While addressing top experts from the health sector and heads of organizations hailing from across the country who participated in this conference, Dr.

dedication. He appreciated the

Nadeem said the conference afforded deep confluence of knowledge, expertise and

ing panel discussions, all of which have contributed to enriching the insights of health research in Pakistan.

The conference has helped develop a better understanding of challenges and in comprehending the framework of health research, the minister remarked. Dr. Nadeem Jan said we have collectively contributed to share knowledge that has the potential to reshape our nation's health landscape.

The minister appreciated Health Research Institute-National Institute of Health, Higher Education Commission of Pakistan, Pakistan Science Foundation and Pakistan Academy of Sciences for organizing this landmark conference.

ISLAMABAD (APP): talks and thought-provok- had discussions around emerging areas of research. delving into pharmaceutical research and drug development showcasing the pivotal role of innovation in transforming healthcare delivery and outcomes knowledge exchanged, collaborations established and ideas germinated.

These activities aim to serve as the foundation upon which we build a stronger foundation for health research in Pakistan. The meeting was a

gateway to promote net working among funding agencies, researchers policymakers and stakeholders besides being a plat form for research innova tions and necessary in sights to steer the future of health research in Pakistan toward new horizons

Sarfaraz Bugti says No mercy for smugglers, vows to eliminate terrorism

ISLAMABAD (APP): Caretaker Interior Minister ernment has taken a tough Sarfaraz Ahmed Bugti said stance on terrorism, addon Sunday that the government has adopted zero tolerance policy to curb smuggling of US dollars, sugar, fertiliser and petroleum products.

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

said law will take its course if anyone found guilty in crimes like, Hundi, Hawala, Smuggling of sugar, wheat, fertilizers and other illegal activities.

It is prime responsibility of the people to keep a vigilant eye in their surroundings, said Bugti urg-

He stated that the goving all resources were being utilized to purge the menace of the country.

Regarding the Chitral attack, Bugti commended the Pakistan Army's swift response 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 interior minister the territory.

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

Furthermore, Bugti mentioned ongoing efforts to address illegal immigraing the masses to report tion, with plans to repatrisuch activities for timely ate illegal immigrants in the near future.



HYDERABAD: Chairman Pakistan People's Party addressing the inauguration ceremony of 10 MGD Water Filter Plant Hussainabad.

Allies may be running away from elections: **Bilawal Bhutto**

HYDERABAD (Online): assemblies. action against eight officers; next grade for two years and five Executive Engineers he will stick in Grade-18 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 ceremony of Hussainabad Water Filtration Plant in

His statement appeared to be a criticism of has ruled out elections bethe PPP's allies for ing held this year, citing the prioritising delimitation over holding elections within the constitutionally mandated 90-day period following the dissolution of sus results.

the major allies in the coali tion, which also included the PML-N and Jamiat Ulema-i-Islam (Fazl), that came to power after ousting former prime minister Imran Khan through a noconfidencemotion in April last year The coalition's term in

the government ended on August 9 with the premature dissolution of the National Assembly, three days ahead of its constitutionally mandated period. According to Article

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 need to conduct fresh delimitation of constituencies after the notification of new 2023 digital cen-

Hawala Hundi, Iranian oil smuggling:

Details of officials, politicians and dealers submitted to PM House

ISLAMABAD (Online): Details of officers, politicians and dealers involved in hundi business and Iranian oil smuggling have been provided to Prime Minister House.

Sources said that this report has been submitted by the government agency, according to the report, 722 currency dealers in Pakistan are involved in hundi business

The highest number of hawala hundi dealers are 205 in Punjab, 183 dealers in KP and 176 dealers in Sindh doing hundi business, 104 dealers in Baluchistan and 37 dealers in Azad Kashmir involved in hundi, 17 dealers doing hundi busi-

Islamabad. According to the re-

port, more than 2 billion 81 million liters of oil is smuggled from Iran to Pakistan annually. The earning from Iranian oil smuggling are used by terrorists, 76 dealers are

involved in oil smuggling in the areas adjacent to the border. 995 pumps sell Iranian oil across the country. 90 government officials are involved in Iranian oil smuggling, 29 politicians are also involved in Iranian oil business, PSO vehicles are also involved in the transportation of Iranian oil from Iran.

Oil comes to Pakistan smuggled in Iranian vehicles, Iranian oil smuggling ness in Federal Capital vehicles are called Zam Yad.

20 injured in Zhob bus, truck collision

ZHOB (INP): At least 20 people including women and children were injured in collision between passenger bus and a truck at D.I Khan National Highway on Sunday.

According to details, a Zhob bound passenger bus coming from Peshawar got out of control of driver due to failure of brakes and rammed into a onion laden truck near Sarah Khawara area of Zhob. As a result of accident, 20 people including four women and eight children were injured. The injured were shifted to hospital where condition of some wounded people was stated to be critical.



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, there was no mention of who 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 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 Bar Association and the Paki- Pakistan and coming back stan Bar Council both seem after an interval. But why am I so anxious about it great place to go away Defence Day, that "a vacation. I also avoided political conversations to be in agreement that elections must not be delayed. they stand divided on other the larger context of the society that has apparation and age between economy and ardent supporters of orthogonal states of the standard divided on other the larger context of the society that has apparation and the supporters of orthogonal standard divided on other the larger context of the society that has apparation and the support of the support o matters. The former recently country's social, political 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 him to announce a date, rumours have been circulating that a recent visit from two adjusting 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 the neighbourhood to eat. challenges being faced by each especially when it comes to of these stakeholders, they need to demonstrate some unity of purpose if they are truly committed to upholding the Constitution. There are some in this country who view the law as an inconvenience in the way of their grand plans.

Much damage has already 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 restored is to refocus their energies 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 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, this is tantamount to declaring war against a state.

Social media and online media reports are also circulating about the Haqqanis' 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 Balochistan.

Only if there is official confirmation from one of the parties about the dispute, can we speculate about its nature based on several factors. It is a fact that the TTP

has a close relationship with the Hagganis 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 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

among the three actors.

Pakistan has strategic

interests in Afghanistan and

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,

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 the Haqqanis' image as being more aligned with global jihadist movements like Al Qaeda, as opposed to the Ouetta 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 Paki-

In summary, Pakistan has underestimated the pofurther radicalising them tential problems posed by

pecially compared to the TTP and its affiliate groups with whom it initiated talks under the Haqqanis' 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 ac-

counts about faction merg-

ers or small militant groups

joining the TTP, usually in-

volving militants who were

once directly engaged with

fighters who have been part

of the Afghan Taliban, es-

the Taliban The Haqqanis 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-

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 return to the raw winds and old 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 excitement about leaving on this occasion? What is different now, in my personal state of affairs or in stances? Yes, the thoughts that I feel burdened with as we leave our elder daughter's house in southern California are somewhat unusual, even scary. Strangely, this apprehension relates to both personal and collective concerns. At one level.

there is this pain that I share with a large number of ageing parents living away from our children and grandchildren. It poses the existential question of whether to emigrate to be with the loved ones or stay, nearly unattended, in Pakistan. The cost of living apart is horrendous, and not just in a material sense. Somehow, this sen-

sation of getting precariously old has deepened. At the same time, the idea of shifting to an alien territory is to be decisively rejected, in spite of passionate persuasions and sober arguments that we have to deal with. That from is valid for younger people who are fearful of

who have little faith in the future of their country.

The Country and abroad, and a Corps Commanders' meeting, to "wholeheart-For many, it is the prob-lem of making ends meet. For others, it is law and order. I know a family that left the country because of what they perceived was the drug scene in the elite schools of Karachi. Actually, it is a system that is broken -

administratively, morally

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. On Wednesday, keep away from news worse before it gets bet-Chief of Army Staff Gen from Pakistan during this ter. Ah, will things ever strong economy is a must with Pakistani expatripeople who are fearful of raising their children in a for the country's impregnable defence". This linkand military defence was Imran Khan and, consid- In fact, this is what the real sustenance. -- Cour-

ing to find Pakistanis, in the top brass resolved, in the top brass resolve edly" assist the govern-ment 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 Pakistanis in the US are It is truly disconcert- further clarified the next ering their lack of under- rulers must do; see and tesy TheNews

talk to them.

has been no conscious at- coming an endangered tempt 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 of the world and what I

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 economy because I had it would be fine if they resolved to by and large say that it would be get better?

optimist may argue, with movies, such close enates. A large number of a disdain for what he can counters can reveal new see with open eves and think with an open mind. that, ultimately, are our

sate for their inadequacies in this regard; listen. Lis-For that matter, I ten to those certified sohave not carefully been watching Pakistan. There and scholars who are bespecies 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 conwas 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 worse before it gets bet- an undercurrent of melancholy in meetings with old friends and close relatives Why not? An eternal Like in novels and arty truths about relationships

Sleepless in Karachi

pacts our heart, hormones



When I moved to Hanoi in 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 Vietnam is a diner's delight street food and affordable cafés all over cities, towns, villages. You're never

starved for options. Hanoi awoke by sunrise and was dead by 9pm. So of course, I adjusted. I ate breakfast by 8am, lunch at noon and dinner at 6pm, even on my days off. Everyone did. I have continued this habit, with exceptions and only in Pakistan where 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 past 8pm, etc. But for the last year or so, I am struggling to sleep again and am

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 and how this impacts my 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 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 after sunset. There is a lot

of debate about what

our ancestors ate grains and carbs and gluten essential to health — it im- 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 consis-

tent 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, 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.



Aizaz Ahmad 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 in 1971, leading to the separation of East Pakistan. In 1999, another limited war took place on the Kargil heights. However, in this the century, neighbours have never fought a major war though they came close to it during are 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 sometimes referred to as the fifth-generation of war. With the advent of artificial intelligence robotics, we are witnessing the onset of

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

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 economic and human security.

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 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.

Caretaker Chief Minister of Punjab Mohsin Nagvi, Chairman of Muslim Hands Pakistan Syed Lakht Hasnain gave a briefing about welfare

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.

18 schools of sector and welfare excellence and 35 model organizations, the standard schools are being run in Punjab.

was decided in principle to Hands A 6-member delegation of Muslim Hands Pakistan met the Hands Pakistan to rooms of major hospitals. Pakistan.

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.

and Darul Aman to Muslim Hands Pakistan was also cooperation of private present on the occasion.

of education in government schools will be raised, with On this occasion, it the cooperation of Muslim

> This will encourage private organizations to improve the education and health sectors.

Chairman Muslim Hands Pakistan Sved Lakht Hasnain has said that they are ready to work together with the Punjab government to serve the people.Provincial In the meeting, the Caretaker Information proposal to entrust the Minister Aamir Mir, management of orphanages Program Director Khalid Caretaker Information Mehmood Qureshi, Syed Javed Jilani, Mian Umar reviewed.Caretaker CM Farooq, Rana Umar, Raja said that with the Arsalan Nusrat were



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): 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 ocal administration said sugar-dealer was under here on Sunday that sugar progress, he added. essential commodity for numan consumption, but some other hand also started elements created its negotiation with the artificial shortage to mint management of sugar mills money. Therefore, the district administration had launched a vigorous drive against hoarding of sugar 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

near Salooni Jhal and recovered more than 300 bags of sugar. These bags

them in .
profiteering.
The AC sealed premises of the godown while further action against

were stored illegal to sell

them in the black for

He further said that district administration on and business community so that this commodity could be sold out to the general

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'

Development Authority (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 (MP&TE), RDA on the against the housing scheme directives of the Director but, the representatives of General Muhammad Saif Anwar Jappa lodged FIR No. 1260/2023 in Saddar Baroni police station against the owners namely Rahimuddin and Usman Shahid.

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

illegal housing were

RAWALPINDI illegally advertising the (APP): Rawalpindi project which was not approved. The housing society was also running a with Commissioner According to a RDA Rawalpindi Division, he sent for an operation the illegal housing scheme presented a stay order.

He said that the illegal housing scheme was misleading the general public as it's not an approval project.

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

4 injured in firing incidents FAISALABAD (APP)

Two killed,

Two persons including a teenager boy were killed while four others sustained multiple injuries in two separate firing incidents in Faisalabad during the past 12 hours.

Rescue pokesman said here on Sunday that two rival groups exchanged fire in Chak No 30-JB on Narwala Road to avenge an old

old Abdullah Akram of Chak No 28-RB received serious bullet injuries and died on-the-spot whereas Rescue 1122 shifted 60year-old Akram, 27-year-old Bilal Akram and 38year-old Umar Farooq to Allied Hospital in a critical condition.

In another incident, 55-year-old shopkeeper Aslam Jan of Chak No 105-GB Bangay Jaranwala was killed when in-laws of his daughter opened indiscriminate firing at him in his shop.

DC assures normalcy in Chitral

PESHAWAR (APP) Deputy Commissioner Lower Chital, Muhammad Ali Khan, stated on Friday that the law and order situation is normal in the district, and tourists can visit any 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 commissioner emphasized

that life is normal in the



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 Rights Movement Central Chairman Muhammad Nasir Iqbal Khan has stressed the need for akistan's leadership to address the profound global shifts currently

In a statement, issued nere 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 inclinations concerning independence from the the strength Pakistan and India. He dollar as a harbinger of a Pakistan Army. ANF recovers 10 kg

RAWALPINDI (APP):

Anti-Narcotics Force

(ANF) while conducting

five operations across the

country managed to recover 10 kg drugs and

arrested two accused

Headquarters spokesman,

60 grams of weed was

recovered from two parcels

confiscated from a courier

booked from the UK for

Ice drug was recovered

office in Rawalpindi.

Azad Kashmir.

in Gulbarg, Lahore.

According to an ANF

Both the parcels were

In another operation,

including a woman.

drugs in 5 operations

urged Pakistan's leadership new era for the national 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.

Khan underlined the

importance of ending retaliatory politics and fostering unity within Pakistan. He called for organisation, strategic planning, and reshape the nation's destiny. He also emphasised the significance of Pakistan's economic

1550 grams of Ice drug

A woman resident of

was concealed in sheets,

Lahore and a Nigerian

national who booked the

In the fourth operation, 1 kg hashish was

recovered from a parcel

booked for Karachi at

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

estimated at Rs 519

million, including goods

worth Rs 389 million and

trucks and containers

Sohail said this was

worth Rs 130 million.

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

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

Customs Collectorate

Enforcement Team, in

cooperation with DI Khan

police on Friday conducted a successful

operation and foiled a bid

to smuggle non-custom-

paid goods worth Rs 519

million to different parts of

the custom's collectorate,

Sohail said that three

trucks and five containers

were also seized in the

operation conducted in the

Darazinda area of district

The spokesman of

the country.

DI Khan.

process.

bags and other items.

parcel were arrested.

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 correct prioritisation to reality would be seen as remnants of ignorance. He emphasised that political and economic stability the strength of the

Father, son old enmity

MANDI BAHAUĎDIN (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. In this clash, 18-year- | from a parcel booked for the accused while further | scene. The bodies and Australia at a courier office investigations are under injured were shifted to DHQ hospital.

shot dead over

for Masters and 30 programmes for PhD. The attackers fled the October 17,

Transport Minister inquires after those injured in metro bus accident

LAHORE Provincial Caretaker Minister Transport 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 incident, 10 individuals were injured, and the hospital was currently in this incident," he providing the best medical prayed.

(APP): treatment to the patients. 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 comprehensive that planning and necessary measures would be taken in the future to prevent such incidents. "May Allah grant a speedy recovery to 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 Education Commission (HEC) has invited applications for the London Commonwealth Scholarship Programme, in and Masters disciplines.

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

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

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 announced for the aspiring

collaboration with the

Commission (HEC), has

'Excellence Scholarship

Programme' for Pakistani

also announced

Higher

candidates.

Education

The last date for submission of applications September 30. More details are

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 route of the Chehlum (RA), said City Police Officer (CPO) Rawalpindi Syed Khalid Mehmood The CPO said that

over 4,000 well-equipped deployed to ensure security foolproof.

Similarly, 250 traffic 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.

also deployed on top of high-rise buildings on the procession, he mentioned.

The CPO also appreciated the efforts of the cops to maintain peace and order on the Chehlum.

The processions of cops and officers were Hazrat Imam Hussain (RA) Chehlum, taken out from different localities of the city after passing wardens and officers were through their traditional routes peacefully on Thursday

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

Constable Adeel Zafar had bravely

confronted dacoits during

an encounter in Bahria

Town Rawat, where he was

martyred due to dacoits'

gunfire.

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

According en viron mentalist Mahmood Khalid Oamar.

kilns throughout the

(APP): the combustion of 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.

Mazhar Zaheer Abbas carries the risk of sparking enabling it to travel long 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 fail to 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 distances the importance of burning only approved materials and adhering to state regulations to mitigate these harmful effects.

Naseem-ur-Rehman Shah, the Director of the Environmental Protection Department pointed out that burning trash not only results in the production of polluted ash and smoke but can also 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 consequences, including the sealing of the unit or 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 permitted using the new eco-friendly

Mushaal asks G20 to focus on ending HR abuses in IIOJK

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 in-

carcerated Hurriyat Leader Yasin Malik, in a statement on Sunday pressed the G20

Zhumaliev,

Kyrgyz Republic Parlia-

ment and leader of the del-

egation currently visiting

Pakistan on Sunday said

that his visit signified dem-

onstrating the highest de-

gree of mutual interest be-

tween both countries in fur-

ther strengthening bilateral

trade relations, particularly

hosted in his honour by

between the two countries

holds significant potential,

China and Pakistan will es-

tablish a joint research cen-

ter in October to promote

the study of Earth sciences

ficial in charge of the

center's preparatory work

addressing the 2023 China International Fair for Trade

in Services 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 sci-

tech cooperation and talent

initiated by the Chinese

Academy of Sciences (CAS) and the Higher Edu-

cation Commission of Pa-

kistan, and supported by

the Institute of Mountain

Hazards and Environment

under the CAS and Quaid-

tween India and Pakistan.

'The center is being

cultivation."

Hong Tianhua, an of-

and sci-tech exchanges.

Speaking at a reception

in the healthcare sector.

Member

marked.

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. She stressed that the international community should look at the ongoing human rights violations and massacres of innocent people instead of looking at their trade interests with

membercountries, including that the G-20 countries ism and the world powers US, UK, EU, China, France, should make all political and social relations with India subject to the end of ongoing human rights violations in the occupied valley.

"Let's say you had no G-20 statement, headlines political figures, human rights defenders and journalists, including Yasim Malik, would say G-20 is finished, G-20 could be replaced by the Chairman Jammu and blocs like BRICS and G-7. Kashmir Liberation Front So in a way by having a (JKLF), prominent political figures Shabbir Ahmad Shah, statement we keep the plat-Farooq Dar and Khurram form and the organisation alive," she said. The SAPM Parvez, the Program Coorsaid the Indian fascist govdinator of the Jammu and ernment crossed all limits of Kashmir Coalition of Civil Society (JKCCS). barbarism and state terror-

were well-aware of the fact that the occupied valley was turned into a largest open prisoner and torture cell She said many of the

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

Sardar Attique says: Pak defence, accession of Kashmir part of Kashmiris' faith

mitigate GBV issue

ISLAMABAD (APP): The former prime minister of Azad Jammu and Kashmir and Muslim Conference chief Sardar Attique Ahmed Khan has said that geographic and ideological defence of Pakistan and accession of Kashmir to Pakistan are part of Kashmiris' faith.

According to Kashmir Media Service, Sardar Attique Ahmed Khan addressing a function held in connection with Pakistan Defence Day said, "We fully acknowledge from the core of our hearts Pakistan's sacrifices for the cause of Kashmir and Kashmiri sac- defence in 1965

rifices for defence of Pakistan. Kashmiris and people of Pakistan are bound in one ideology sharing the same future." A resolution passed on the occasion reiterated that the people of Jammu and Kashmir resolutely stand by the brave armed forces of Pakistan for the defence and prosperity of the motherland. "It is our sacred obligation which shall be fulfilled at all costs", the resolution Sardar Attique Ahmed

Khan paid glowing homage to the martyrs of Pakistan's armed forces for national

Nilofer for proactive role of media to

ISLAMABAD (APP): Chairperson National Commission on the Status of Women (NCSW) Nilofer Bakhtiar said media can significantly contribute towards change by raising the awareness about the societal norms surrounding Gender Based Violence (GBV) and its reshaping. Talking to APP on Sunday, she said that NCSW exhorts media to play a positive, ethical and responsible role in highlighting these

critical issues of GBV

through their various platforms. She said the NCSW called upon the criminal justice system to end the prevailing culture of impunity regarding cases of gender-based violence. NCSW would take relevant measures including the establishment of inquiry committees, awareness-raising in their institutions, displaying the Code of Conduct and Anti-Harassment Act at Workplace on their website as well as at prominent spots on campuses.

IESCO detects 105 meters, imposes Rs 7.567 mln fine on power pilferers supply, he said. He said fine of Rs 7.567

ISLAMABAD (APP):On the directives of the government, the Islamabad Electric Supply Company (IESCO) has expedite 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 in a statement said that during the current crackdown against electricity thieves, the field formations checked 5,743 meters and found 105 meters were involved in electricity theft through various

As many as 73 meters were found tampered while 22 were getting direct power

Maj Bhati's martyrdom's day to observe on Sep 12

ISLAMABAD (Online): Nishan-e-Haider holder hero of 1965 war Maj Aziz Bhati's martyrdom's day will be observed on Sep 1. (Tuesday). Floral wreath will be laid on the national war hero's grave and fateh khani (prayers) will also b held. Ceremony's will be across the country to pay tribute to the martyrdom Maj Aziz Bhati sacrificed his life during Pak-India 1965 war at the Lahore front.

carry out the operations. He expressed confimillion has imposed on the dence in the success of this power pilferers while charggovernment-led campaign, ing over 177,000 units. with the full dedication of

He said on directives of officers and staff. He emphasized that the Federal Minister for Energy, the IESCO launched electricity theft put extra burden on the public and crackdown against electricity thieves and their facilitagovernment institutions tors in the all circles includadding that both the agening Islamabad-Rawalpindicies and the public needed Attock-Jhelum and Chakwal to work together to combat this menace. Dr. Khan appealed to the consumers to All operation circles, including Incharge Executives and SDOs, were rigdemonstrate their national and moral responsibility by orously inspecting industrial, commercial, domestic,

within their respective areas, the IESCO chief said. He said local adminisration and police were also Cell at assisting the company to 0519252933.

reporting electricity theft and facilitators to the Antiand other tariff categories Power Theft focal person at mobile number 03195991304 or to the Complaint and Monitoring



ISLAMABAD: A view of smoke rising in garbage dump alongside a road at sector G-7 is creating air pollution and harmful for the health of area residents showing negligence of concerned department in Federal Capital.

CDA taken all possible steps for fulfilling religious needs of minorities

The Capital Development Authority (CDA) has taken all possible steps to fulfill the religious needs of the federal capital. "The CDA has allocated two cremation grounds, measuring 0.49 acres and 0.50 acres, for the Hindu and Buddhist communities respectively in Sector H-9," an official in the authority told APP

ISLAMABAD (APP): have been provided for Christians (9.01 acres), Bhais (1.70 acres) and Oadianis (3.424 acres) in Sector H-9 and Sector H-8 minority communities in of the capital. He said this move aims to ensure that all communities have access to appropriate facilities for their burial rites. The CDA has also addressed the issue of sewage treatment and water recycling, highlighting its commitment to on Sunday. Moreover, the environmental

official said that graveyards sustainability. 16 outlaws arrested: drug, liquor and weapons recovered

Independent Report

ISLAMABAD: Islamabad Capital Police apprehended 16 outlaws during the last 24 hours from different areas of the city and recovered drugs and weapons with ammunition from their possession, a public

relations officer said. He said that, following the special directions of Islamabad Capital City Police Officer (ICCPO) Dr. Akbar Nasir Khan, the Islamabad Capital Police has intensified crackdown against the criminal elements in order to eliminate the crime from the city.

Following these directives, the Kohsar police team arrested an accused namely Marcus Masih involved in drug peddling and recovered 175 gram heroin from his possession. The Golra police diesel.

team arrested an accused namely Asad Mehmood involved in illegally refilling gas cylinders.

Likewise, the Sumbal police team arrested an accused namely Zeeshan involved in liquor selling and recovered 30 liters of liquor from his possession. The Tarnol police team arrested an accused namely Juman involved in illegally selling diesel. Similarly, the Sangjani police team arrested an accused namely Hamza Ahmed involved in illegally selling petrol. The Khanna police team arrested an accused namely Umair Riaz involved in drug peddling and recovered 715 gram heroin from his possession.

Moreover, the Humak police team arrested an accused namely Salman Khan involved in illegally selling

Pakistan-Kyrgyzstan to **AC** seals collaborate in healthcare five shops for selling sugar sector: Dr Zhumaliev at exorbitant ISLAMABAD (APP): Dr research projects, and stuprices dent exchanges", he re-

doubtedly contribute to the development of our respective healthcare systems.' He said, "He believes that the Kyrgyzstan Trade House in Pakistan, plays a pivotal role in facilitating such collaborations and promoting trade ties and its expertise and resources will be invaluable in ensuring the success of these initiatives.' Ulanbek Totuiaev, Am-

He said, "It will un-

ISLAMABAD: A view of Afghan refugees installed solar panel system out-

side their tent house on a green belt outside Press Club in Federal Capital.

Chairman Kyrgyzstan Trade House Meher Kashif Younis, he said the promobassador Kyrgyzstan, Roza tion of trade and industry Amanova, deputy leader of delegation, Dr Shahid Hassan, president Kyrgyzstan Trade House, and other leading industrialsaid a news release issued "By identifying areas ists were also present on the of common interest and

fostering partnerships, we Meher Kashif Younis in can pave the way for inhis welcome address said, creased economic coopera-"Dr Zhumaliev, is a tycoon tion and growth", he added. He said it was a signifi-Kyrgyzstan, academician of cant and promising develthe National Academy of opment in the realm of bi-Sciences and winner of best lateral relations between awards brings with him a Pakistan and Kyrgyzstan. "The possibilities for wealth of experience and knowledge

collaboration are vast and He said, "He looks forpromising in the field of ward to the positive outmedical education, both comes this visit may yield countries can benefit from and the lasting benefits it can knowledge exchange, joint bring to both countries.'

Its establishment also

involves CAS-affiliated in-

stitutes and other Chinese

research institutions, as

well as universities in Paki-

stan, such as the University

out joint research in four

areas: natural disaster and

risk management; geological

structures and tectonic ac-

tivities; climate change and

environmental effects; and

resources, environment.

and green development.

The center will also serve

as a matchmaker for the in-

vestment and technologies

of Chinese and Pakistani

enterprises and institu-

high-level platform for sci-

tech cooperation between

the two countries, and

gradually extend it to neigh-

boring countries to provide

sci-tech and human re-

sources support for the

construction of the Belt and

Road Initiative and the

"We hope to build a

tions.

The center will carry

of Peshawar.

China, Pakistan to establish

'Joint Research Center on

Earth Sciences' in October

Motorway Police recovers stolen car from Swabi

ISLAMABAD (APP): In a

crackdown on profiteers

Assistant Commissioner

Pothohar Nahel Hafiz on

Sunday sealed five shops,

and seized 100 KG sugar

for selling at exorbitant

prices in H-13, Golra Morr

and Jhangi Syedan localities

He visited shops along with

a team of officials from the

Food Department. He

checked the prices of sugar

and found that they were

much higher than the gov-

ernment-set rates. The

shopkeepers were warned

that they would face fur-

ther action if they contin-

ued to sell sugar at exorbi-

tant prices. The Assistant

Commissioner's action is a

welcome step in the fight

against profiteering.

SLAMABAD (APP) National Highways and Motorway (NH&MP) on Friday recovered a car stolen from Rawalpindi near Swabi.

According to the details, a white Corolla was stolen from Rawalpindi Area Police Station Saddar and the information was given to the Motorway Police which started the search for it. Meanwhile, a vehicle was found abandoned near Karnel Sher Khan Interchange on Peshawar-Islamabad Motorway. After investigation, it was found that it was the same vehicle that was stolen from Rawalnindi and a fake number plate was installed on the vehicle.

Walk held to sheds light on

Illiteracy crisis ISLAMABAD (APP): SOS Foundation on Friday organized an awareness walk to mark World Literacy Day here. Children from various schools, educationists, social workers, and individuals from all walks of life have participated in the walk to share a common goal for eradicating illiteracy in Pakistan. The event aimed to spotlight the critical issue of illiteracy and the alarming number of 1.8 million out of-school children who are



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

5-days training workshop on productivity assessment concludes

ISLAMABAD (APP): A credited certification bod-5-day international training workshop for assessors of productivity specialist's certification programme concluded here, the other day.

National Productivity Organization (NPO) in collaboration with the Asian Productivity Organization (APO), in Japan organized the training

workshop. Seventeen from APO member countries and five local participants attended the training while resource speakers from Singapore, Malaysia, and Mongolia delivered the lectures.

The workshop was aimed at developing qualified assessors in national productivity organizations that can serve as APO-acies and explain the methods, criteria, and competencies required to conduct assessments for the certification of productivity

The speakers addressing the closing ceremony of the event were of the viewpoint that the programme would help in promoting the cause of producing certified productivity professionals to support the agenda of creating a productivity improvement culture in Pakistan. Addressing the event as chief guest, Faad Waheed, Senior Vice President of the Islamabad Chamber of Commerce and Industry (ICCI) lauded the role of APO in the development of the Asia-Pacific presence.

"It was time to revital-

ize our commitment to achieve its vision of inclusive and innovation-led productivity growth in the region." "Working in tandem with APO, Pakistan will be able to find solu tions to long-standing issues of productivity' added. Zafarullah Khan, program officer, APO To yo, Japan expressed his gratitude to the government for its efforts to con tinue the productivity movement and apprised the participants about the APÔ's journey of success stories and major achievements in the region. CEO NPO, Muhammad Alamgir Chaudhry thanked guests and participants for their

i-Azam University in Pa-China-Pakistan Economic currently being overlooked kistan," Xinhua reported. Corridor," Hong said

ISLAMABAD: A view of deserted Constitution Avenue in Federal Capital, due

to Asia Cup 2023 super four one-day international (ODI) cricket match be-

Distinction b/w filer and non-filer must be abolished: PIDE Conference

Independent Report ISLAMABAD: The Pakistan Institute of Development Economics (PIDE) Macro Policy Lab recently hosted the "Fixing Fiscal Policy" Round Table Conference in Islamabad. The event addressed the persistent challenge of fiscal indiscipline in Pakistan and sought to chart a visionary path for the nation's fiscal policy.

In his introductory remarks, Dr. Nasir Iqbal, Associate Prof. and Chief of Macro-Policy Lab, PIDE said that the Round Table Conference, "Fixing Fiscal Policy," aims to unite policymakers and thought leaders to foster collaboration and develop accountability.

local solutions in the fiscal framework of Pakistan. By bringing together academia and policymakers, we seek to chart a visionary path of fiscal policy in Pakistan for the future, transcending short-term approaches

firefighting.
In his opening remarks speaking at the occasion Dr. Nadeem ul Haque, VC PIDE said that three things need to be focused on for the fixation of fiscal policy.

Firstly, the role of the government is crucial in ensuring effective fiscal management. Secondly, taxation and expenditure must be carried out in a

This includes how to collect taxes, how to spend them, and where to allocate funds. Lastly, management is also an important aspect that requires attention.

Dr. Ashfaque Hasan

Khan, Principal of the School of Social Sciences & Humanities, NUST while speaking at the roundtable meeting said that to address economic challenges, it is important to immediately reset the role of the government from being an active player to a facilitator. This would involve eliminating the current regulation-based regime and transitioning towards a rule-based transparent manner with economy. The use of a regulatory guillotine senior



would help elimination of unnecessary No Objection Certificates (NOCs). A rule-based approach, coupled with monitoring and evaluation, would ensure a more efficient and effective economic system.

Distinguished participants included economists.

in the researchers, and fiscal experts from various institutions across the country, such as the Ministry of Planning, Development & Special Initiatives, Baluchistan, SZABIST, the US Embassy, ADTMA, P&D Punjab, IIUI, NUST, and COMSATS