



Underscored that expanding cooperation in connectivity, trade, security, counter terrorism and people to people contacts is a top priority for Pakistan

Foreign Minister Senator
Ishaq Dar

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Five soldiers among two officers embraced martyrdom, six terrorists killed in thwarting North Waziristan attack



RAWALPINDI: Five brave sons of the soil embraced martyrdom on Saturday, including two officers, while valiantly thwarting a terrorist attack on the security forces' post in North Waziristan District's Mir Ali area. According to the Inter Services Public Relations (ISPR) news release, in the early hours of March 16, a group of six terrorists attacked a security forces' post in general area Mir Ali of North Waziristan District. As the Army troops foiled the initial attempt at intrusion, the terrorists rammed an explosive-laden vehicle into the post, followed by multiple suicide bombing attacks, which led to the collapse of a portion of a building, resulting in the Shahadat, or five brave sons of the soil.

The martyrs were identified as Havildar Sabir (resident of District Khyber), Naik Khurshid (resident of District Lakki Marwat), Sepoy Nasir (resident of District Peshawar), Sepoy Raja (resident of District Kohat), and Sepoy Sajjad (resident of District Abbotabad).

During the ensuing clearance operation, the Army troops led by Lieutenant Colonel Kashif effectively engaged and eliminated all six terrorists. However, during the intense exchange of fire, leading his troops from the front, Lieutenant Colonel Syed Kashif Ali (age: 39 years, resident of Karachi) and Captain Muhammad Ahmed Badar (age: 23 years, resident of District Talagang), having fought gallantly, paid the ultimate sacrifice and embraced Shahadat (martyrdom).

"Sanitization operations are being conducted to eliminate any other terrorists present in the area, as the security forces of Pakistan are determined to wipe out the menace of terrorism from the country, and the sacrifices of our brave soldiers further strengthen our resolve," the ISPR said. PR



LAHORE: Leader of Pakistan Muslim League (N) Khawaja Ahmad Hassan calls on Prime Minister Muhammad Shehbaz Sharif. APP

PM Shehbaz receives congratulatory phone call from Saudi crown prince

VOM Report

ISLAMABAD: Prime Minister Muhammad Shehbaz Sharif on Saturday received a congratulatory telephone call from Prince Mohammed bin Salman bin Abdulaziz Al Saud, Crown Prince and Prime Minister of the Kingdom of Saudi Arabia. The crown prince congratulated the prime minister on his re-election, a PM Office press release said.

Prime Minister Shehbaz thanked the Saudi crown prince for the telephone call as well as the warm message of greetings he had sent immediately after he had assumed office. The prime minister also conveyed his sincerest wishes and prayers for the health and well-being of the Custodian of the Two Holy Mosques, King Salman bin Abdulaziz. He said the people of Pakistan had great love and respect for the Saudi king as well as the crown prince. He also wished a blessed month of Ramazan to the Saudi leadership as well as the people and prayed that this holy month would bring peace and prosperity to Muslims all over the world.

Speaker Punjab Assembly calls on PM

LAHORE: Speaker of Punjab Assembly Malik Muhammad Ahmad Khan, on Saturday, called on Prime Minister Muhammad Shehbaz Sharif. The speaker congratulated the prime minister on assuming the office and expressed his good wishes, PM Office Media Wing said in a press release. During the meeting, the overall situation in the country including political and other issues of mutual interests were discussed.

The prime minister said Pakistan was proud of its historic, deep-rooted and fraternal ties with Saudi Arabia and the two countries had always stood together through thick and thin. He lauded Saudi Arabia for its unwavering commitment and support to Pakistan. Prime Minister Shehbaz reiterated his invitation to the crown prince to undertake an

official visit to Pakistan at his earliest convenience and said that the people of Pakistan were waiting to accord him a very warm welcome. Crown Prince Mohammed bin Salman thanked the prime minister for his kind sentiments and said that both countries enjoyed close brotherly relations and reaffirmed Saudi Arabia's support to Pakistan. PM Shehbaz receives congratulatory phone call from Saudi crown prince Reciprocating his sentiments, Prime Minister Muhammad Shehbaz Sharif, on his X account expressed his gratitude to Crown Prince and Prime Minister of Kingdom of Saudi Arabia Prince Mohammed bin Salman Al Saud for a telephone call on his re-election. "Conveyed my sincerest wishes & prayers for the health and well-being of the Custodian of Two Holy Mosques, His Majesty King Salman bin Abdul Aziz," the prime minister posted. He further said that he looked forward to working closely with Crown Prince Mohammed bin Salman to transform the deep rooted, historic fraternal Pakistan-Saudi Arabia ties into a comprehensive strategic partnership.

Ayaz Sadiq, US Ambassador discuss strengthening bilateral relations



ISLAMABAD: Speaker National Assembly, Sardar Ayaz Sadiq and US Ambassador to Pakistan, Donald Blome, here on Saturday discussed strengthening bilateral relations and parliamentary cooperation for mutual gains. During the meeting, the Speaker reiterated Pakistan's longstanding and broad-based relationship with the United States, based on principles of mutual respect and trust. The meeting focused on a broad spectrum of issues concerning mutual interests, as per a news release.

Ayaz Sadiq highlighted that Pakistan's relations with the United States constitute an important element of its foreign policy. Emphasizing the importance of parliamentary cooperation, Speaker Sardar Ayaz Sadiq stressed the need for regular visits and interactions between members of parliaments from both countries to further strengthen the relationship. Ambassador Donald Blome congratulated Speaker Sardar Ayaz Sadiq on his re-election. The Speaker underscored the significance of collective efforts to promote regional and international peace and prosperity. Sardar Ayaz Sadiq expressed gratitude for the Ambassador's kind remarks and affirmed Pakistan's commitment to continued collaboration with the US in all areas of mutual concern. APP

Ishaq Dar receives congratulatory phone call from Afghanistan's Interim FM Amir Khan Muttaqi

Both agree to continue working together in building on fraternal bilateral relations

ISLAMABAD: Foreign Minister Senator Mohammad Ishaq Dar received a congratulatory phone call from Afghanistan's Interim Foreign Minister Amir Khan Muttaqi. They agreed to continue working together in building on fraternal bilateral relations. Ishaq Dar underscored that expanding cooperation in connectivity, trade, security, counter terrorism and people to people contacts is a top priority for Pakistan. SABAH

Bahrain's Commander National Guard calls on Army Chief



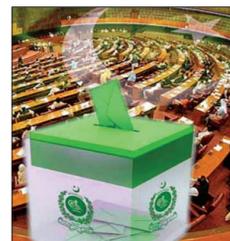
RAWALPINDI: Commander of the National Guard of the Kingdom of Bahrain, General Shaikh Mohamed bin Isa bin Salman Al-Khalifa called on General Syed Asim Munir, Chief of Army Staff (COAS) here at GHQ on Saturday. The meeting focused on strengthening bilateral military cooperation. Both leaders discussed matters of mutual interest including regional security dynamics, counter-terrorism efforts and training exchanges, an Inter Services Public

Relations (ISPR) news release said. On the occasion, the COAS said that Pakistan values its traditionally strong defence, diplomatic and economic relations with Kingdom of Bahrain and underscored Pakistan's commitment to enhancing military ties with Bahrain. The COAS emphasized upon the importance of collaboration in addressing shared security challenges and promoting peace and stability in the region. The visiting dignitary commended Pakistan for its efforts in combating terrorism and extremism and acknowledged the professionalism and dedication of Pakistan Army. He reaffirmed Bahrain's commitment to deepening cooperation with Pakistan in defence and security domains. PR

Pakistan welcomes adoption of UNGA resolution on Islamophobia

ISLAMABAD: Pakistan Saturday welcomed the adoption of the resolution titled "Measures to Combat Islamophobia," by the UN General Assembly with an overwhelming majority. According to a press release issued by the Ministry of Foreign Affairs, the resolution was presented by Pakistan on behalf of the Organization of Islamic Cooperation (OIC) as a follow-up of the General Assembly Resolution 76/254, which designated 15th of March as the International Day to combat Islamophobia. The General Assembly has condemned the incitement to discrimination, hostility or violence against Muslims as manifested in the increasing number of incidents of desecration of the Holy Quran, attacks on mosques, sites and shrines and other acts of religious intolerance, negative stereotyping, hatred and violence against Muslims. The General Assembly has also called upon the Member States to take legislative and policy measures to combat religious intolerance, negative stereotyping, hatred, incitement to violence and violence against Muslims. Pakistan welcomed the General Assembly's call for the appointment of a "United Nations Special Envoy to combat Islamophobia". APP

28 candidates submits nomination papers for 12 Senate seats in Punjab



LAHORE: A total of 28 candidates have submitted their nomination papers for election to 12 Senate seats in Punjab as the deadline expired on Saturday. According to a spokesperson for the Provincial Election Commission (PEC) Punjab, 16 candidates submitted their nomination papers for seven general seats. Mohsin Naqvi, Ejaz Hussain Minhas, Syed Zulfiqar Abbas Bukhari, Ahad Cheema, Pervaiz Rasheed, Nasir Mehmood, Hamid Khan, Raja Nasir Abbas, Irfan Ahmad Khan, Raja Habibur Rehman, Musadaq Masood Malik, Waleed

Iqbal, Dr Shahzad Waseem, and Talaal Chaudhry were included in the list of candidates for general seats. Additionally, four candidates, including Mustafa Ramday, Dr Yasmin Rashid, Musaddaq Masood Malik, and Muhammad Aurangzai, submitted nomination papers for two technocrat seats. For the two women seats, five candidates including Faiza Ahmad, Anoshay Rehman, Bushra Anjum Butt, and Sanam Javed, submitted their nomination papers. Furthermore, three candidates, including Asif Aashiq, Tahir Khalil Sandhu, and Tariq Javed, submitted their nomination papers for one minority seat. Following the submission deadline, the PEC Punjab will scrutinise the nomination papers, and the process will conclude by March 19, 2024, setting the stage for the next stage of the electoral journey. On March 26, 2024, the eagerly awaited final list of candidates vying for Senate seats will be unveiled, whereas polling for the Senate elections will be held on April 2, 2024. APP

PTI's 'malicious campaign' against Mir Ali's martyrs condemnable: Tarar

ISLAMABAD: Federal Minister for Information and Broadcasting Attaullah Tarar on Saturday paid rich tribute to all seven martyrs of Mir Ali including Lieutenant Colonel Syed Kashif Ali and Captain Muhammad Ahmed Badar while strongly condemning the Pakistan Tehreek-e-Insaf (PTI) for its "malicious campaign" through its some social media accounts.

In a strong reaction to the PTI's alleged "malicious campaign" against the martyrs, he said, "Terrorists have attacked on the ground while PTI supporters did that on social media front." In a statement issued here, Attaullah Tarar while citing some examples such as May 9 when the state institutions came under attack and martyrs' memorials defiled, and also Lasbela helicopter crash said that the PTI has remained involved in disrespecting the martyrs. He paid tribute to the martyrs on behalf of the entire nation which saluted them for their "unforgettable" sacrifices. The minister said there is no soft corner in the hearts of the people for those who had respected its martyrs. "We will not compromise on



the dignity and honor of the martyrs and the law will take its course." Such vile campaigns against martyrs and national institutions laid bare the reasons of foreign funding being received by the PTI, he said alleging that such initiatives were meant to appease the terrorists and enemies of Pakistan. Attaullah Tarar said the PTI had sided with the terrorists which was reflected from such a "condemnable and insulting" behavior and that too against the martyrs of the nation. The minister recalled the recent protest by the PTI supporters outside the IMF office abroad to destabilize the economy. The PTI had nothing to do with the interests of Pakistan and the sacrifices of martyrs, Tarar noted. Strict legal action would be taken against a handful of miscreants who were not part of a political party instead they were mere "rioters and militants". INP

Elements involved in the business of illegal human trafficking must be sent to jail: Mohsin Naqvi

Seeks detailed report from FIA on the tragic boat accident near Greece & several other incidents in Libya

ISLAMABAD: Federal Minister for Interior Mohsin Naqvi has sought a detailed report on the tragic boat accident near Greece and several other incidents in Libya. The Federal Minister directed the Director General Federal Investigation Agency to submit a detailed report of all the actions taken so far in this regard. Interior Minister emphasized that the elements involved in heinous business of

human trafficking do not deserve any concession. He further said that The Greece boat tragedy was a very sad incident in which number of families lost their loved ones. Mohsin Naqvi reiterated that the real culprits of Greece boat accident must be brought to justice. He stressed that the elements involved in the business of illegal human trafficking must be sent to jail. SABAH

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Can China help Pakistan?

DR HASSAN DAUD BUTT

With the new governments ready to assume duties both at the federal and provincial levels, all eyes are on significant challenges and immediate risks, which necessitate comprehensive scrutiny. These challenges include societal divisions, economic volatility, climate change, unemployment, inflation, and security threats, all of which prominently shape the current risk landscape. Furthermore, we see new struggles including the pervasive spread of misinformation, exacerbating these challenges as highlighted in the WEF Global Risk Report for 2024. We also observe the emergence of new geopolitical tensions, prompting a reassessment of our approach to external diplomacy. The new government will face immediate risks. Looking at the difficult combination of risks and their mitigation, it is safe to assume that a lot of collaboration will be required to tackle the situation as traditional governance and diplomatic mechanisms prove inadequate in navigating the complexities of our volatile scenario. Amid this critical period, the country's leadership must proactively evaluate vulnerabilities, stay attuned to evolving dynamics, and strengthen its frameworks and strategies for risk mitigation. Cultivating a culture of creativity and collaboration is essential to collectively enhance resilience in the face of these multifaceted challenges and meet the expectations of the young population who feel that their voices are not adequately represented in the political process, leading to feelings of disenfranchisement and disconnection from mainstream politics. High unemployment rates and limited economic opportunities contribute to apathy towards the political system as young people prioritize immediate economic concerns over political participation. Addressing these challenges requires efforts to promote transparency, accountability, and inclusivity within the political system. It also requires initiatives to empower and encourage young people to actively participate in shaping the future of our country. The help that Pakistan needs extends beyond financial aid and loans and perhaps towards more foreign direct investment (FDI), green infrastructure and industrial development, and a technology-led secure environment. For all this to happen, the new government will have to look towards its friends and partners abroad, and at this time, China stands out to be a partner on which Pakistan can rely. In a recent statement on the post-election scenario, the Chinese foreign ministry spokesperson stated that "China stands ready to engage with the new government, working hand in hand towards mutual prosperity and development. It is imperative that all stakeholders prioritize political cohesion to pave the way for progress." But while we chart our ways and list the avenues for cooperation, we should be clear on how and where China can help us and craft our diplomacy accordingly. Encouraging investment in a country despite security concerns requires a strategic and multifaceted approach for which a whole-of-government strategy can only work. On the Chinese part, it may have to adjust to the evolving situation in Pakistan. In the past 10 years, China's involvement in Pakistan through the CPEC initiative has yielded significant benefits. This initiative has generated over 200,000 employment opportunities, facilitated the development of 6000MW of electricity, and constructed over 500 kilometres of roads, fostering rural-urban synergy and regional connectivity. The forthcoming commissioning of the Gwadar airport, funded by a Chinese grant of \$230 million, set to be operational this year, will further bolster regional connectivity. However, a recurring issue has been the failure to attract Chinese private businesses, apparently due to the absence of a conducive business environment for foreign private-sector enterprises and the prevailing capacity and security issues. One clear example is the non-utilization of the complete \$1 billion Chinese grant in the social sector development – a joint working group (JWG) was established to carry out the related work – and the below-par development of the SEZs launched under CPEC. Similarly, there has been limited interaction by the CPEC Business Council, which was established with a lot of expectations. Thus, despite possessing significant resources, Chinese enterprises have encountered challenges in relocating to Pakistan and have preferred Bangladesh, Laos and Vietnam. Addressing these challenges requires effective collaboration among various stakeholders, including federal and provincial governments, as well as business chambers for collectively addressing these issues to facilitate smoother integration and investment from Chinese enterprises into Pakistan's economy. While some argue IMF-related matters may further slow the progress of CPEC, there are several sectors in which Chinese support may be sought immediately despite the debt-related narrative, starting with the support in the immediate development of the prioritized SEZs (including the Karachi Steel Mills area and Islamabad zone) where profit expectations, policy continuity, and utilities-related risk mitigation are the primary concerns for investment mobilization. This can be initiated by maintaining open lines of communication with existing Chinese investors and providing regular updates on market conditions, regulatory changes, and any developments that may affect their investments facilitating people-to-people exchanges and commercial ties (starting with interaction with the All-Pakistan Chinese Enterprises' Association). Implementing strategies marked by flexibility, moderation, precision, and effectiveness is essential to achieve this goal. Enhancing marketing efforts in China regarding Pakistan's economic potential and guiding investor perceptions towards confidence in its bright prospects is equally important.

The writer is a faculty member at various institutes/universities and has also served as the CEO of the KP-Board of Investment and Trade (BOIT). He can be reached at: hdb4049@gmail.com



Dr Junaid Ahmed

Ticket to a better future

Pakistan has a long history of exporting its semi or low-skilled workers, particularly to the Persian Gulf nations. This trend persists even today. The number of Pakistani workers seeking employment abroad has surged over time. Between 1971 and 2023, as per recent data from the Bureau of Emigration and Overseas Employment (BEOE), over 13.3 million workers registered themselves for employment abroad. In 2023 alone, approximately 862,625 workers were sent abroad, a 3.6 per cent increase from the previous year. Of these, 91 per cent found opportunities in Saudi Arabia, the United Arab Emirates (UAE), Oman, Qatar, Bahrain, and Kuwait – the countries which tend to be the prime destinations of the Pakistani diaspora. What underlies this increasing trend of migration? A combination of push and pull factors motivates the decision to migrate. Push factors include economic challenges, labour market difficulties, trust, and weaknesses in Pakistan's governance structure, while pull factors involve increasing labour demand in destination countries, income disparities, the prospects of better pay, and familial ties abroad. Despite being employed across 40 different job categories, about 52 per cent of Pakistani workers abroad are engaged in low-skill or semi-skilled roles. Most labour migrants have chosen Saudi Arabia, the UAE, or other Gulf countries, where 44.7 per cent work as labourers and 22.8 per cent as

drivers. Beyond these roles, various other professions contribute to the labour export, such as managers (4.5 per cent), salespersons (3.0 per cent), masons (2.7 per cent), technicians (2.5 per cent), foremen/supervisors (2.2 per cent), electricians (2.1 per cent), carpenters (1.5 per cent), mechanics and operators (1.2 per cent), clerks/typists and cooks (1.1 per cent), engineers and painters (1.0 per cent), among others. Historically, the trends underlying the distribution of labour across different professions have remained consistent, notably highlighting a prevalence of semi or unskilled workers. The dominance of these roles, such as labourers and drivers, emphasizes the need for targeted policies to maximize Pakistan's human capital potential, especially in terms of capturing higher-paying jobs and adapting to changing labour market demands. The dominance of these low-skilled roles poses significant challenges for the future. Structural changes in labour market demand, like those outlined in Saudi Vision 2030 and the prioritization of Saudization, aimed at increasing local labour participation, pose significant hurdles, especially for Pakistani workers in key destination markets. Competition from other labour migration countries like Bangladesh and the Philippines also heightens pressure on Pakistani migrants, who often occupy jobs with lower skill requirements. Moreover, the predominance of skilled workers from India and the Philippines in certain professions further limits opportunities for Pakistani workers. For instance, according to the Philippine Statistics Authority Survey on Overseas Filipinos in 2022, elementary occupations dominated among overseas Fil-

ipino workers (OFWs) at 44.4 per cent, followed by service and sales workers (15.5 per cent), and plant machine operators and assemblers (12.4 per cent). Of the 1.13 million female OFWs, 69.8 per cent worked in elementary occupations, 14.4 per cent in service and sales, and 6.6 per cent in professional roles. Of the 828,000 male OFWs, 28 per cent were plant and machine operators and assemblers; 17.1 per cent service and sales workers; 15.3 per cent craft and related trades workers; 15 per cent technicians and associate professionals; and 9.7 per cent elementary occupations. Notably, the OFW's primary export of skilled/semi-skilled workers contrasts with Pakistan's export of predominantly low-skilled labourers to the Gulf. This distinction highlights Pakistan's need to diversify its labour exports and tap into new markets beyond traditional ones. To address these challenges, Pakistan must prioritize skill development and market diversification. Enhancing the skills of labourers to align with evolving job requirements is crucial. The National Vocational & Technical Training Commission (NAVTTTC), established in 2005, serves as Pakistan's apex body for technical education and vocational training. Operating under the Ministry of Federal Education and Professional Training, its vision of 'Skills for Employability, Skills for All' and mission to provide direction and support for skill development aims to enhance Pakistan's social and economic profile. However, challenges persist in fully optimizing resources to meet international market standards, as highlighted by BEOE data on exported semi and unskilled workers. To date, with 96 per cent of labour

exports heading to Gulf countries, understanding their evolving trends is essential. Initiatives should focus on upskilling to meet changing market needs, aligning policies with Gulf countries' trends and laws to tap into their job markets effectively. Initiatives like Saudi Vision 2030 emphasize the preference for skilled, preferably local workers, reducing demand for unskilled labour. Besides, improving pre-departure training services (focusing on soft skills and basics about the country where migrants are leaving) is also important. Therefore, Pakistan can position its migrant workers as skilled assets, contributing to national development and global labour markets. Diversifying beyond reliance solely on the Gulf market is imperative. Exploring job opportunities in developed and emerging markets like Japan, South Korea, Germany, and others can provide new avenues for Pakistani workers. Diplomatic efforts to facilitate placements in these markets and continued investment in technical and vocational training and other skill development programmes are vital. By addressing current challenges and exploring new opportunities, Pakistan can maximize its labour potential and secure better opportunities for its citizens abroad. Diversifying job categories and markets while strengthening ties with traditional partners will be key to sustaining growth in labour exports, thereby increasing the country's global standing, as well as supporting Pakistan's economy through sustained remittances.

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Disclaimer: Views expressed by writers in this section are their own and do not necessarily reflect The Asian Telegraph's point-of-view

Today in History

Pakistan

However, it had the satisfaction that the performance of the Indian National Congress in the Muslim constituencies was bad. After the elections, the attitude of the Congress leadership was arrogant and domineering. The classic example was its refusal to form a coalition government with the Muslim League in the United Provinces. Instead, it asked the League leaders to dissolve their parliamentary party in the Provincial Assembly and join the Congress. Another important Congress move after the 1937 elections was its Muslim mass contact movement to persuade the Muslims to join the Congress and not the Muslim League. One of its leaders, Jawaharlal Nehru, even declared that there were only two

forces in India, the British and the Congress. All this did not go unchallenged. Quid-i-Azam Muhammad Ali Jinnah countered that there was a third force in South-Asia constituting the Muslims. The All-India Muslim League, under his gifted leadership, gradually and skillfully started organising the Muslims on one platform. **TOWARDS A SEPARATE MUSLIM HOMELAND** The 1930s witnessed awareness among the Muslims of their separate identity and their anxiety to preserve it within separate territorial boundaries. An important element that brought this simmering Muslim nationalism in the open was the character of the Congress rule in the Mus-

lim minority provinces during 1937-39. The Congress policies in these provinces hurt Muslim susceptibilities. There were calculated aims to obliterate the Muslims as a separate cultural unit. The Muslims now stopped thinking in terms of seeking safeguards and began to consider seriously the demand for a separate Muslim state. During 1937-39, several Muslim leaders and thinkers, inspired by Allama Iqbal's ideas, presented elaborate schemes for partitioning the subcontinent according to two-nation theory. **PAKISTAN RESOLUTION** The All-India Muslim League soon took these schemes into consideration and finally, on March 23, 1940, the All-India Muslim League, in a resolution, at its historic Lahore Session,

demanding a separate homeland for the Muslims in the Muslim majority regions of the subcontinent. The resolution was commonly referred to as the Pakistan Resolution. The Pakistan demand had a great appeal for the Muslims of every persuasion. It revived memories of their past greatness and promised future glory. They, therefore, responded to this demand immediately. **CRIPPS MISSION** The British Government recognized the genuineness of the Pakistan demand indirectly in the proposals for the transfer of power after the Second World War which Sir Stafford Cripps brought to India in 1942.

To be continued....

Showbiz

Tech

Jason Momoa weighs in on 'Aquaman's' infamous scene

Jason Momoa also revealed he does not have a sweet tooth



Recently, Jason Momoa offered his opinion on a notorious moment from his superhero film Aquaman. Fans are aware that Jason costarred with Amber Heard in the hugely successful film released in 2018. This movie had a scene where the acting sensation's "veins popped out" after drinking beer. The 44-year-old actor revealed more about his "bizarre" method in a Friday interview with Men's Health Magazine. He started by saying, "It's a consistency thing. I'm just Hawaiian. I'm half Polynesian. There's not a lot of Polynesians rolling around where you see

veins popping out." "It's a different body type. We're big. The abs are different for us, but we're big strong humans. My skin's different. And I don't eat sugars. I'm not a fan of chocolates or things like that. I don't have a sweet tooth," he also revealed. Lisa Bonet's ex-husband further explained, "So when we had to peak, they would give me peanut butter and yams." He remarked, "Because you have no carbs and because the veins are restricted, all of a sudden you should just look really swole, and filled up, and your veins pop," after which the conversation took a new turn.

This is how Hyundai became third largest auto giant

Hyundai became one of the world's best sellers within a few decades. This is the incredible story of Hyundai Motor Group in the car industry, reports CNBC. Back in the late 1980s and 1990s, Hyundai cars were seen as cheap and unreliable in the US. But Hyundai didn't give up. With an insurmountable spirit, Hyundai brought about a turnaround. Times have changed dramatically since then. They focused on one key thing: making their cars much better. Now, Hyundai, along with their sister brands Kia and Genesis, are serious competitors in the auto industry. Hyundai Motor Group proudly holds the title of the world's third-largest automaker by volume. Their vehicles win awards and sell in the millions every year. In 2023 alone, they sold a whopping 7.3 million vehicles, only behind giants like Toyota and Volkswagen! Professor William Barnett from the Stanford Graduate School of Business said, "The Hyundai that we see today, especially from

an American perspective, would surprise people if they remember the Hyundai that first entered the American automobile market years ago." Electric cars are all the rage in today's world. Though Tesla dominates the electric vehicle sector, Hyundai Motor Group is the second-biggest seller of electric vehicles in the US, thanks to awesome cars like the Kona Electric. Sam Abuelsamid, principal research analyst at Guidehouse Insights, commended Hyundai's EVs, saying "On the electrification side, Hyundai has done a really great job. They've put some fantastic products out there." So, what's Hyundai's secret sauce? It's a combination of relentless improvement, unwavering commitment to enhancing product quality, hiring top talent, and building on innovation. They even built a fancy new center in Singapore to test out futuristic ideas like robots in factories, self-driving cars, and even flying taxis.

Health

Why young women need sound sleep? Doctor highlights risks of poor sleep

Do you feel that there are not enough hours in the day? Skipping on sleep could be a recipe for disaster, especially for young women. On World Sleep Day 2024, an Indian doctor warned about the dangers of sleep deprivation, especially for young women. According to Dr Pravin Naphade, a brain specialist from India, a lack of sleep has been linked to a whole bunch of health problems, from difficulty getting pregnant to memory trouble. Lack of sleep can spur issues including infertility, strokes, and Alzheimer's disease. Dr Naphade said that modern lifestyle often leads to poor sleep habits. The problem is fueled by excessive screen time, stress, and an unhealthy diet. He said that young women are particularly vulnerable to these effects. "Lack of sleep has been linked to a myriad of health issues, and

young women are not exempt from its effects," he stated. He said that sleep is like a supercharger for your body and brain. While you are catching those Zzz's, your body gets busy repairing itself and your brain. But when you're constantly hitting the snooze button, things start to go wonky. Dr Naphade said that one of the biggest worries is how poor sleep can mess with your hormones. These are like tiny chemical messengers that control everything from your mood to your ability to get pregnant. If your sleep schedule is all over the place, your hormones can get confused too, which can make it harder to conceive. And that's not all. Sleep deprivation has also been linked to strokes, heart problems, and even Alzheimer's disease, which is a type of dementia that affects memory. On top of these scary long-term effects, a bad

night's sleep can also make it tough for you to focus in school or remember things for that upcoming test. It's important to remember that sleep and health are a two-way street. Sometimes health problems can make it difficult to fall asleep. But for the most part, getting enough sleep can actually help you stay healthy in the long run. So, how can young women get a better rest at night? Dr Naphade suggests ditching late-night caffeine – that cup of tea before bed might seem calming, but it can actually make it harder to drift off. The key is good sleep hygiene. This means going to bed and waking up at roughly the same time each day, even on weekends. Having a relaxing bedtime routine, like taking a warm bath or reading a book, can also signal to your body that it's time to wind down.



Constitution did not allow a reduction in the share of provinces in the National Finance Commission Award: Syed Murad Ali Shah

KARACHI: Sindh Chief Minister Syed Murad Ali Shah on Saturday said the Constitution did not allow a reduction in the share of provinces in the National Finance Commission (NFC) Award.

While talking to the media in Karachi, Syed Murad Ali Shah said the government could not reduce the allocation to the provinces in the NFC award due to IMF pressure. "It is written in the Constitution about the NFC award that the share of the provinces [in resources] cannot be reduced [but] it can be increased," he added.

Syed Murad Ali Shah said the government must have likely intimidated the IMF about this, adding that he was not even sure if the reduction was a condition in the IMF talks or not since he was not part of them.

The chief minister said provinces were given additional responsibilities after the 18th Amendment and, thus, the NFC award should be changed accordingly to reflect them instead of continuing the 7th NFC Award.

He reiterated that it was the PPP and Sindh government's demand from the federal government to bring in a new NFC award since the old no longer applied after the 18th Amendment. SABAH

3.3 billion approved for clean drinking water project for Havelian city

ABBOTTABAD: Former Federal Minister and Secretary General of the Pakistan Muslim League-Nawaz Khyber Pakhtunkhwa (KPK) Murtaza Javaid Abbasi Saturday got the approval of 3.33 billion rupees for the clean drinking water project for Havelian city. The project addresses a critical issue in Havelian city, where access to clean water has long been a challenge. Through this project ten existing tube wells would be eliminated and a new gravity water flow scheme would be expected to benefit 92,000 residents of the city.

Earlier on, The Water Supply Scheme was initiated in 2016 but faced setbacks.

Approval for PC2 was secured from CDWP, and the project has now received formal approval. The contract is set to be awarded soon, marking the beginning of implementation.

Currently, the water supply in Havelian relies on underground sources managed by the Town Municipal Administration (TMA) and the PHED Division Abbottabad. However, challenges such as frequent power outages and groundwater scarcity persist. The project encompasses various activities, including the construction of intake structures and water treatment plants, the establishment of distribution lines, capacity building for water treatment plant operators, consultation on water meter system laws and policies, and underground water research. INP



MULTAN: A large number of Women in a queue to get flour on Government subsidized rate from utility store. APP

President Zardari, PM Shehbaz, Sardar Ayaz Sadiq, Bilawal, Attaullah Tarar & Mohsin Naqvi strongly condemn terrorist attack on security forces' post in North Waziristan

PM Shehbaz says entire nation is proud of these martyrs who have sacrificed their lives to thwart the nefarious designs of the terrorists

VOM Report

ISLAMABAD: President Asif Ali Zardari, Prime Minister Mian Muhammad Shehbaz Sharif, Speaker National Assembly Sardar Ayaz Sadiq, Chairman Pakistan People's Party (PPP) Bilawal Bhutto Zardari, Minister for Information and Broadcasting Attaullah Tarar, Minister for Law and Justice Azam Nazeer Tarar and Interior Minister Syed Mohsin Raza Naqvi have strongly condemned the terrorist attack on security forces' post in North Waziristan.

In a message on Saturday, President Asif Ali Zardari commiserated with the bereaved families of martyred soldiers and officers of Pak Army. He prayed for eternal peace of the martyred and patience for their families.

The President reaffirmed the unflinching national resolve to extirpate the menace of terrorism from the country.

Prime Minister Mian Muhammad Shehbaz Sharif has strongly condemned the cowardly attack of terrorists in North Waziristan.

In a statement issued on Saturday, PM Shehbaz Sharif expressed deep grief and sorrow over the martyrdom of seven security forces personnel including two officers in the incident. The Prime Minister prayed for eternal

peace of the martyred and patience for their families. He said the entire nation is proud of these martyrs who have sacrificed their lives to thwart the nefarious designs of the terrorists. NA Speaker Sardar Ayaz Sadiq while condemning the terrorist attack said that the whole nation is standing with the heirs of the martyrs in the hour of grief. The NA speaker expressed deep sorrow and regret over the loss of precious lives, and paid tribute to the martyrs including Lt Col Kashif and Captain Ahmed. "The nation will never forget the sacrifices of its soldiers," he said. He said that the terrorists are following the nefarious designs of the enemy but they will never succeed. He said that the whole nation is standing with the armed forces for foiling the heinous designs of the terrorists. He prayed higher status in heaven for the martyrs and courage for the bereaved families to bear this irreparable loss.

Bilawal Bhutto Zardari while condemning the suicide attack on the check post in North Waziristan paid rich tribute to the martyrs. Bilawal Bhutto clarified that we have to destroy the nurseries of the terrorism while implementing the National Action Plan. He said that killers of the officers and personnel of the armed forces of Pakistan are enemies of the country and nation so

they could not be pardoned.

In his condemnation message, Minister for Information and Broadcasting Attaullah Tarar paid tribute to the brave soldiers and officers of Pak Army who sacrificed their lives for the cause of the country.

Terming Saturday's attack a cowardly act of terrorists, he said the sacrifices of our armed forces will always be remembered.

The Minister said the government is fully committed to root out the menace of terrorism and will spare no effort in this regard.

Minister for Law and Justice Azam Nazeer Tarar, while strongly deploring the terrorist attack in North Waziristan on Saturday, reiterated the national pledge to eliminate terrorism. In a statement, he expressed deep grief and sorrow over the martyrdom of seven security personnel.

He said the nation salutes these brave soldiers and officers of Pak Army who sacrificed their lives in defense of the motherland.

Interior Minister Syed Mohsin Raza Naqvi while condemning the terrorist attack paid rich tribute to the martyrs including Lieutenant Colonel Syed Kashif Ali and Captain Muhammad Ahmed. He said that the whole nation is united in war against terrorism and standing shoulder to shoulder with the armed forces.

2.8m ration bags delivered under Ramadan package

LAHORE: On the directives of the Chief Minister Punjab, the provincial government is striving to provide relief to people during the holy month of Ramadan as district authorities delivered more than 2.8 million ration bags to deserving families across the province under the Nigeban Ramadan package.

These details emerged during a briefing by officials at a meeting chaired by Punjab Chief Secretary Zahid Akhtar Zaman at the Civil Secretariat here on Saturday. The meeting reviewed the provision of ration bags and price control measures. The administrative secretaries of industries, agriculture, Chairman PITB, DG Punjab Food Authority, DIG Special Branch and officers concerned attended the meeting while all divisional commissioners and deputy commissioners participated through video link.

Officials briefed the Chief Secretary that 319,000 ration bags were provided to deserving people yesterday. They said that imported onions were available at a price of Rs.95 per kg in the 10 agriculture fair price (AFP) shops established in Ramadan bazaars in Lahore, while the sale of imported onions in Rawalpindi, Faisalabad, Sargodha and Gujranwala would start from today.

The chief secretary said that the delivery of ration bags at the doorsteps of deserving families was a big challenge, adding that the programme was being implemented in an organized and hassle-free manner, which is unprecedented.

Expressing satisfaction over the process of ration bags delivery, the chief secretary praised the Lodhran Deputy Commissioner for achieving a 71 per cent target of the provision of ration bags. He said that no compromise could be made on the quality of ration being provided under the Ramadan package, and the Punjab Food Authority should continue checking the food items.

The chief secretary also issued instructions to suspend the relevant staff for the distribution of ration bags in clusters at certain places in Muzaffargarh and Bahawalpur. He said that the number of price control magistrates had been increased for effective monitoring of prices as the implementation of price lists would give relief to consumers to a great extent. He directed Price Control Magistrates to remain active in the field and take strict action against overcharging. INP



HYDERABAD: Labourers along with their tools sitting on roadside waiting for clients to be hired for work at Latifabad. APP

Saudi Arabia gifts luxurious dates to Pakistan for Ramadan



ISLAMABAD: Saudi Arabia's Ministry of Islamic Affairs, Dawah and Guidance, through the religious attaché of the Saudi Embassy in Pakistan, launched the Custodian of the Two Holy Mosques' Gift Program to distribute luxury dates in the Islamic Republic of Pakistan. The event took place at the Saudi Embassy in Islamabad in the presence of the Saudi Ambassador to the Islamic Republic of Pakistan, Nawaf bin

Said Al-Malki and the religious attaché in Pakistan, Yahya Sufiani, Saudi Press Agency reported.

Ambassador Al-Malki said that the blessed program comes as part of programs directed by the Custodian of the Two Holy Mosques to be held in the holy month of Ramadan in several countries, including Pakistan, and is implemented under the direct follow-up of the Minister of Islamic Affairs, Dawah and Guidance Sheikh Dr. Abdulatif bin Abdulaziz Al Al-Sheikh. "This program distributes 10 tons of luxury dates, amounting to 30,000 individual gifts," Ambassador Al-Malki stated. "These gifts symbolize the bonds of brotherhood and goodwill between the people of Saudi Arabia, its government, and its leadership, and the people of Pakistan."

36 candidates submit nomination papers for 11 Senate seats from Balochistan

QUETTA: As total of 36 candidates have submitted nomination papers for 11 Senate seats from Balochistan, ECP spokesperson said on Saturday.

According to the spokesperson of Election Commission Balochistan, a total of 36 candidates from Balochistan have submitted nomination papers for the Senate seats.

Among them are former Caretaker Prime Minister Anwarul Haq Kakar, Aaimel Wali Khan of Awami National Party, former Caretaker Provincial Minister Amanullah Kanrani, former Senators Kohida Babar and Naseebullah Bazai, while former Federal Minister and Provincial Amir of Jamiat Ulema Islam Maulana Abdul Wasi, Peoples Party.

National Party Central Secretary General Jan Buledi, Genghis Jamali, Member of Balochistan Assembly Rahila Durrani, Maulana Abdul Haq Hashmi, Saedul Hasan Mandukhel have also submitted their nomination papers for the Senate. APP

New office of Pakistan Center for Cultural, Communication Studies inaugurated at Tsinghua University



BEIJING: On the occasion of the 16th anniversary of the opening of the Pakistan Center for Cultural and Communication Studies at Tsinghua University, Pakistan Ambassador to China, Khalil Hashimi and Dean of the School of Journalism at Tsinghua University, Zhou Qian inaugurated the new office of the Pakistan Center for Cultural and Communication Studies. Before the unveiling ceremony, Ambassador Hashimi met with Peng Gang, Vice President of Tsinghua University, where he commended the high education standards of the University appreciating its top rankings in Asia and the world.

New office of Pakistan Center for Cultural, Communication Studies inaugurated at Tsinghua University The Ambassador also thanked the Vice President for Tsinghua University's consistent

contribution to China-Pakistan ties as a seat of learning for Pakistani students and as a partner in cultural and research endeavors with counterpart institutes in Pakistan. Later, the Ambassador visited the School of Journalism of Tsinghua University and inaugurated the new office of Pakistan Culture and Communication Studies. The Ambassador exchanged views on various possible initiatives to strengthen cooperation between the School of Journalism and the Pakistan Embassy to bolster

China Pakistan ties in the fields of media and culture. New office of Pakistan Center for Cultural, Communication Studies inaugurated at Tsinghua University The School of Journalism of Tsinghua University and the Pakistan Center for Culture and Communication Studies together with the Quaid-i-Azam University, Beijing Foreign Studies University and Communication University of China will jointly organize a three-week "China-Pakistan Cultural Corridor Caravan Class" this summer. This caravan class will cross the Karakoram and Hindu Kush Mountains, researching, teaching and writing along the route of ancient Chinese monks in the mountains of northern Pakistan and the route of Gao Xianzhi's expedition across Hindukush. Ten professors from China and Pakistan will give lectures to students from both countries. APP

Israel's relentless bombing of Gaza leaves behind 23 million tonnes of debris: UN

UNITED NATIONS: The Israeli war against Gaza has left a staggering almost 23 millions tonnes of rubble and unexploded weapons scattered across the besieged enclave, according to UN humanitarian officials. In a fresh alert about the disastrous humanitarian emergency still unfolding in the enclave, the UN agency for Palestinians, UNRWA, said on Friday that it will "take years" before the Strip is made safe again.

The lives of more than two million Gazans have been devastated by daily Israeli bombardment, since 7 October, the UN agency noted in a post on X, formerly Twitter. As the largest relief agency in Gaza, UNRWA continues to provide lifesaving supplies and services to more than 1.5 million displaced people in the south of the enclave. The agency runs shelters for more than one million people, providing them with humanitarian relief and primary healthcare. Lifesaving humanitarian work has continued amid intense Israeli bombardment and ground operations. In its latest update on the emergency, the UN aid coordination office, OCHA, reported ongoing violence "across much of the Gaza Strip, particularly in the Hamad area of Khan Younis, the hostilities are causing further civilian casualties, displacement and destruction of houses and other civilian infrastructure." OCHA noted that mine action partners are now carrying out "assessments of explosive threats" and educating Gazans about the dangers. "Larger-scale assessments are urgently required, but response efforts



have been hampered by restrictions on the import of humanitarian mine action supplies and authorization requirements for the deployment of specialized personnel."

The news came as Australia became the latest country to announce that it intended to resume funding UNRWA, which saw international donor support evaporate, amid Israeli allegations that some of the agency's staff had participated in the 7 October war. A high-level UN investigation continues into the claims, which UNRWA is also complementing with its own inquiry. Shortly after the allegations were made public, nine UNRWA staff were dismissed. Meanwhile, efforts to secure a new maritime aid route from Cyprus to Gaza continued on Friday as the NGO ship Open Arms moved closer to the Gaza coastline. The vessel, which open-

source satellites showed moored off the coast of Gaza City in the north of the enclave on Friday morning, left Larnaca in southern Cyprus on Tuesday with 200 tonnes of relief supplies. These are to be delivered ashore once a jetty is built south of Gaza City, according to reports. The initiative involves UN-partner World Central Kitchen and the search-and-rescue charity Open Arms, reportedly in coordination with the Israeli authorities and international partners.

One in three children under two in the Northern Gaza Strip suffer from acute malnutrition – double the rate of 15.6 per cent in January, UN Children's Fund UNICEF said on Friday. Malnutrition among children is spreading fast and reaching devastating and unprecedented levels. At least 23 children in Northern Gaza Strip have reportedly died from malnutrition and dehydration in recent weeks, adding to the mounting toll of children killed in the Strip in this current conflict – about 13,450 reported by the Palestinian Ministry of Health. Nutrition screenings conducted by UNICEF and partners in the north in February found that 4.5 per cent of the children in shelters and health centers suffer from severe wasting, the most life-threatening form of malnutrition. "The speed at which this catastrophic child malnutrition crisis in Gaza has unfolded is shocking, especially when desperately needed assistance has been at the ready just a few miles away," said Catherine Russell, UNICEF Executive Director. APP

Govt must focus on improving human capital as long-term goal: SVC FRIA

LAHORE: Senior Vice Chairman Ferozeur Road Industrial Association (FRIA) Shahbaz Aslam has said that the government with a view to deal with fiscal challenges should work on the three-way strategy by implementing short-term goals that will help to keep generating resources for smooth fiscal operations, medium-term goals.

He said the government should focus on financial inclusion, documenting the economy by designing a system where all businesses can be registered and properly document their income including collection of sales tax, initiating the process of privatization as well as improving governance by introducing reforms in each sector. In a statement issued here on Saturday, Shahbaz Aslam said as a long-term goal, the country must focus on improving its human capital, and revamping IT sectors by extending facilities and providing all the requisite supports. He said that ever-increasing cost of production

in the country is the real threat to the industry, as frequent upward revisions in policy rate and continuous fluctuations in rupee against dollar are posing further threat to the economy. The FRIA SVC observed that the aggressive economic measures, high borrowing rates, inflation, oppressive taxation and unstable currency have been negatively affecting running businesses, many of which have closed their operations, while the remaining are struggling for survival.

In the same way, we also need to work on designing a comprehensive and proactive strategy to tackle challenges related to strengthening border security and implementing effective and comprehensive Anti-Money Laundering and Terrorist Financing measures holding accountable and taking to task all those who are involved in illegitimate activities, undermining both our economy and national interests, he added. INP