



Call for national unity in overcoming Pakistan's economic, social, and political challenges. This is evidenced by his urging political parties to put aside differences and work together for the country's development

President of Pakistan
Asif Zardari

Ahsan Iqbal says March 23 one of most important days in Pakistan Movement history

NAROWAL: A grand ceremony of Pakistan Day was held at the DC Complex Narowal, where Federal Minister for Planning, Development and Special Initiatives Ahsan Iqbal and Deputy Commissioner Narowal unfurled the flag.

The national flag was saluted by the police, civil defence and rescue teams. Chairman CM Initiatives and Member Provincial Assembly Rana Manan, District Police Officer (DPO) Malik Naveed, Additional Deputy Commissioner (ADC) Revenue Muhammad Azeem Shaukat and officers of various departments also participated in the ceremony.

Later, Ahsan Iqbal, while talking to the media, said March 23 is one of the most important days in the Pakistan Movement history. On that day, the Muslims of South Asia dreamed of getting an independent country under the leadership of Quaid-e-Azam. At that time, they were severely lacking in resources. They neither had the resources nor the political power, but they had determination, courage and desire. In seven years, they got a separate homeland under the leadership of Quaid-e-Azam Muhammad Ali Jinnah, he added. The minister said that today Pakistan has everything, resources, manpower, government and budget and "if we are a backward country in the world, it is a matter of grave concern."

"We need determination so that we can put our beloved country on the path to development." He said, "Let us pledge as our forefathers pledged on March 23, 1940, that we will have a n independent country. Let us pledge today that by 2047, when Pakistan completes 100 years of independence, we will make Pakistan a leading economy and will make Pakistan the most prominent country in the world." He said "With all these resources, the entire nation needs determination and a true hard work for it. If the entire nation is united, then we can achieve this goal," he added. He said "each of us should play our part in the development of Pakistan." APP



WASHINGTON DC: Ambassador Masood Khan hoisting national flag on Pakistan Day at the Embassy of Pakistan. APP

Tarar urges devotion to build an ideal, strong, prosperous Pakistan

VOM Report



ISLAMABAD: Federal Minister for Information and Broadcasting Attaulah Tarar on Saturday emphasized the collective efforts to transform Pakistan into an ideal, strong and prosperous nation. Speaking on Pakistan Day, he urged everyone to channel their efforts towards this common goal. Highlighting the significance of Pakistan Day, Tarar recalled how the Pakistan Resolution of 1940 laid the foundation for the nation's independence. This resolution, passed during the annual meeting of the All India Muslim League in Lahore, became a pivotal moment in the struggle for a separate homeland for Muslims

in the subcontinent. The minister underscored the historical importance of the Pakistan Resolution, stating that it infused a renewed sense of purpose and unity among Muslims, spurring them to persevere in their quest for independence. He paid homage to the sacrifices made by leaders like Quaid-e-Azam Muhammad Ali Jinnah, whose vision and determination led to the creation of Pakistan on August 14, 1947. On Pakistan Day, the information minister urged the nation to commemorate the struggles of its forebearers and commit to upholding their legacy. He reminded Pakistanis of the preciousness of their hard-won independence and urged them to contribute towards making the country stronger and more developed. Calling for unity, Tarar urged people to set aside their differences and work together as a cohesive nation. He emphasized that Pakistan's progress hinges on the collective efforts of its citizens and encouraged every Pakistani to play their part in advancing the nation's prosperity and well-being.



ISLAMABAD: President of Pakistan Asif Ali Zardari, Prime Minister Muhammad Shehbaz Sharif and Chairman Joint Chiefs of Staff Committee along with Tri-Services Chiefs at Pakistan Day Parade 2024. APP

Nation celebrates Pakistan Day 2024 with impressive military parade

VOM Report

ISLAMABAD: The nation is celebrating Pakistan Day 2024 on Saturday with a renewed pledge to work hard for the progress and stability of the country.

The main feature of the day was the grand parade in Islamabad where contingents of three armed forces and other security forces conducted a march past in a show of military might. Air Chief Marshal Zaheer Ahmed Babar Sidhu led the flypast which included the J-10C and F-7PG fighter aircraft.

Different aircraft and helicopters belonging to the Pakistan Navy, Pakistan Air Force, and Army Aviation demonstrated aerobatic feats for the audience present at the Parade Ground while skydivers of airborne units also demonstrated their skills.

Later, the parade showcased the local cultures of the four provinces. Saudi Defence Minister Prince Khalid bin Salman Al Saud was the guest of honour in today's event while the contingents of China and Azerbaijan also featured in the parade. President Asif Zardari, Prime Minister Shehbaz Sharif, and all the services chiefs were present at the occasion.

The day marks the adoption of the historic Lahore Resolution on this day in 1940 which provided a framework for the realisation of the goal of a separate homeland for Muslims of South Asia. The day dawned with a 31-gun salute in the federal capital and a 21-gun salute in provincial capitals.

Special prayers were offered in mosques after Fajr prayer for the prosperity and solidarity of the country. The national flag was hoisted on



major government buildings. Air Vice Marshal Tariq Mahmood was the chief guest at the ceremony held at Iqbal's mausoleum in Lahore where Pakistan Airforce troops took over guard duty from Chenab Rangers.

President Asif Ali Zardari began his speech by welcoming Saudi Arabia's Minister of Defence Prince Khalid bin Salman Khalid Bin Aziz, Prime Minister Shehbaz Sharif, members of parliament, Chairman of the Joint Chiefs of Staff Committee General Sahir Shamshad Mirza, and parade commander.

President Zardari, in his address, said that March 23 holds national importance as on this day, Muslims of the subcontinent demanded a separate nation for themselves. "Today, we pay homage to leaders, martyrs and ghazis who sacrificed their lives for indepen-

dence," said the president, adding that the Pakistani nation, from its independence till today, has gone through ups and downs.

"Despite the difficulties, we developed in different areas including defence, agriculture, education, health, and technology," he mentioned. The president said that Pakistan is a strong country in terms of defence and the country's armed forces are always ready for the nation. Speaking about the issues being faced by the nation, Zardari said that the country is facing economic, social and political challenges, as well as increasing population, climate change, education and poverty. He added that Pakistan went through a successful electoral phase to elect a democratic government, adding that it was now everyone's responsibility to solve these issues together.

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Saudi Defence Minister thanks COAS for inviting at Pakistan Day Parade



RAWALPINDI: Minister of Defence, Kingdom of Saudi Arabia Prince Khalid bin Salman bin Abdulaziz Al Saud on Saturday attended the Pakistan Day Parade and thanked Army Chief, General Syed Asim Munir for inviting him as Guest of Honour at the occasion. The Minister of Defence of Saudi Arabia received a warm welcome on his arrival at Noor Khan Air Base specially participated in the Joint Services Pakistan Day Parade of the Armed Forces as Guest of Honour, an Inter Services Public Relations (ISPR) news release said.

Upon arrival at the Parade, Defence Minister Khawaja Muhammad Asif and Army Chief General Syed Asim Munir welcomed Prince Khalid bin Salman bin Abdulaziz Al Saud. After the witnessing the Parade, Prince Khalid bin Salman bin Abdulaziz Al Saud met the Army Chief. In the meeting, matters of mutual interest, promotion of bilateral relations and increasing cooperation in various fields, especially defence were discussed.

On this occasion, the Minister of Defence of Saudi Arabia said, "Saudi Arabia-Pakistan have historical and strong brotherly relations, Saudi Arabia and Pakistan have always been well-wishers of each other." The Army Chief thanked the Defence Minister of Saudi Arabia for visiting Pakistan. After a successful one-day visit to Pakistan, Saudi Arabia's Defence Minister Prince Khalid bin Salman bin Abdulaziz returned back to the Kingdom. Before the departure, Chief of Army Staff (COAS) General Syed Asim Munir greeted Prince Khalid bin Salman from Noor Khan Air Base. PR

PM, FM strongly condemn Moscow terror attack

ISLAMABAD: Prime Minister Muhammad Shehbaz Sharif and Foreign Minister Ishaq Dar on Saturday strongly condemned the terrorist attack in Moscow, Russia, last night which resulted in loss of many lives and injuries to several others.

On X, the prime minister, while strongly condemning the heinous attack in Moscow, extended heartfelt condolences to the families of the victims.

"Pakistan stands with Russia at this difficult time," he further posted. Foreign Minister Ishaq Dar, on his X account, strongly condemned the dastardly terrorist attack in Moscow and prayed for the victims and their families. "At this hour of national tragedy, Pakistan stands in solidarity with the people and Government of the Russian Federation," he further added. APP

President Zardari confers awards on soldiers, officers of Pakistan Armed Forces



President Asif Ali Zardari on Saturday conferred military awards on the officers and soldiers of Pakistan Army, Navy and Air Force, according to a statement issued by the Inter-Services Public Relations (ISPR) on Sunday.

1 Sitara-i-Basalat, 135 Tamgha-i-Basalat, 45 Intiazhi Asnad, 148 COAS Commendation Cards, 23 Hilal-i-Intiaz (Military), 109 Sitara-i-Intiaz (Military) and 137 Tamgha-i-Intiaz (Military) were awarded to officers and soldiers, the military's media wing said.

Govt to implement five year road map for economic progress: FM

LONDON: Minister for Foreign Affairs Ishaq Dar Saturday said the government of Prime Minister Shehbaz Sharif would implement a five year road map to put Pakistan on the road of economic progress and bring down inflation to lessen economic difficulties of the common man. Addressing a press conference here after attending the Nuclear Energy Summit in Brussels, he said the 16-month government of Shehbaz Sharif saved Pakistan from economic collapse after the bad policies of the previous government which devastated economy of the country.

He said Pakistan had vision for nuclear energy since 1960s and despite the scrutiny of the world it continued to harness the benefits of nuclear energy.

"Now the world is saying that nuclear and hydro energy are the safest and best for taking on the challenge of climate change."

He said the previous governments of Pakistan Muslim League(N) completed various nuclear



projects and 3800 megawatts of electricity were added to the national grid.

While representing Pakistan at the recent nuclear energy summit in Brussels, the FM said he called for aggressive financing from the international financial institutions and multilateral institutions. "Nuclear energy is expensive but is environment friendly and the world needs it. We are ready to share our expertise with the global community," he added.

Continued on Page 4

Armed Forces show military prowess witnessed by Saudi Defence Minister, diplomats

ISLAMABAD: The Armed Forces on Saturday demonstrated military prowess marking the 85th Pakistan Day on Saturday in the grand joint services parade witnessed by Defence Minister of Kingdom of Saudi Arabia, Prince Khalid Bin Salman Bin Abdul Aziz Al Saud as the guest of honour and members of the diplomatic corps of the friendly countries.

The theme for this year's Pakistan Day Parade was "Long Live Pakistan" that included foreign military contingents of friendly countries of China and Azerbaijan with the latter participating for the first time in the National Day Parade. The Commander in Chief of the Country, President Asif Ali Zardari was chief guest on the occasion.

The morning began with special prayers for the country and a 31-Gun salute in the federal capital and 21-Gun salute in all the provincial capitals.

The Rangers Exhibition Drill Squad (REDS) using 303 silver coated rifles commenced the parade with enthralling per-



formance followed by the drum solos performed by military bands.

The flag bearing contingent entered the parade venue marching in a unique style practically depicting the Quaid's motto of faith, unity, and discipline.

Prime Minister Mian Muhammad Shehbaz Sharif entered the Parade Venue, escorted by the smartly turned-out Core of Military

Police contingent led by Major Qasim. The military welcoming committee welcomed the Prime Minister.

The trumpeters ushered the arrival of the President into the Parade Venue who was mounted in the traditional Presidential Chariot escorted by the President's Guards riding brilliant black, white and brown horses holding spears and swords

by its Commandant Colonel Ayaz Ahmed at the left and Adjutant Major Shah Zaman Ali on the right of the Chariot.

President Guards have the honour to be the security contingent of the President, whereas Father of the Nation, Quaid-e-Azam Muhammad Ali Jinnah presented them the national flag by his hand which is hoisting at the Quarter Guard of the

Battalion. The President Body Guard is the senior most unit of the Armoured Corps, and has this unique feather in its cap of presenting Guard of Honour to the Father of the Nation and all the Heads of the country so far.

The Welcome Committee welcomed the President who was joined by Chief of the Army Staff, General Syed Asim Munir, Chairman Joint Chiefs of Staff Committee, General Saher Shamshad Mirza, Chief of the Naval Staff, Admiral, Naveed Ashraf, and the Vice Chief of the Air Staff, Air Marshal Hamid Rashid Randhawa and Defence Minister Khawaja Muhammad Asif.

The Presidential Salute was presented to the Chief Guest by the Parade and national anthem was played which was participated by all the spectators and parade contingents.

The parade commenced with the recitation of the Holy Quran by Lieutenant Talat Shehzad of Pakistan Navy. The verses focused on commandments of Allah

Almighty while fighting the enemy forces to remain steadfast and obey the Almighty and His Prophet P.B.U.H. and avoid conflict within as it will make them coward and persevere as Allah is with those who observe patience.

Parade Commander Brigadier Shehzad Ali Arshad of 39 Azad Kashmir Regiment sought permission to the President for the review of the Parade.

The Parade review witnessed the marching columns of the Punjab Regiment, infantry's second most senior Baloch Regiment, Frontier Force (FF) Regiment, Azad Kashmir Regiment, Sindh Regiment, Northern Light Infantry Regiment, Mujahid Regiment, Pakistan Navy, Flag bearing contingent, Pakistan Air Force (PAF) contingent, Frontier Corps Khyber Pakhtunkhwa (KP), Pakistan Rangers Sindh, Pakistan Police contingent comprising KP Police, Gilgit Baltistan Scouts, Tri Services Lady Officers contingent, and the Special Services Group (SSG), APP

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Information is power

DR MURTAZA KHUHQHO

The key factors for a nation to achieve self-sustained growth, prosperity, and international respect include sovereignty, rule of law, transparency, accountability, inclusive economic development, and modernization through digitization. Since its formation in 1947, Pakistan has faced challenges in asserting its sovereignty and has suffered from unconstitutional governance, leading to political and economic instability. The country has also experienced a lack of transparency, accountability, and efficiency in governance, with significant neglect of the Right to Information (RTI) laws. Inclusive economic development, emphasizing comprehensive education and advanced skills for the entire population, is crucial. The digitization of government and economic processes is also essential, improving efficiency and ensuring equitable benefits of governance and development across society. In compliance with Article 19A of the constitution, as amended by the 18th Amendment, the provinces have each introduced their own RTI legislations. These laws are designed to reflect the unique governance needs of each province while upholding the transparency and accountability principles mandated by Article 19A.

Khyber Pakhtunkhwa and Punjab led the initiative, both enacting their RTI laws in 2013. This movement toward greater transparency was further embraced by Sindh and Balochistan, with Sindh adopting its Transparency and Right to Information Act in 2016, and Balochistan introducing its own version in 2021.

Among these, the RTI law enacted by Sindh stands out for its comprehensive approach to ensuring transparency across the board. Information commissions have been set up across Pakistan, with the exception of Balochistan, though the caretaker Balochistan cabinet approved the formation of an information commission in October 2023, to enforce transparency laws, along with a federal information commission in Islamabad for federal matters. However, these commissions have struggled to effectively enforce transparency laws, contributing to ongoing issues with corruption, lack of accountability, and inefficiency in governance. This ineffectiveness highlights a significant disconnect between the intent of legislative measures for transparency and their actual application, emphasizing the need for

After 18th Amendment, the provinces have each introduced their own RTI legislations

substantial reforms to ensure genuine empowerment of citizens and accountability in governance systems. Moreover, the judiciary, including judges of superior courts, has been slow to grasp the significance of RTI laws, with a notable shift only after a Supreme Court judgment in 2023 that brought heightened awareness but not a comprehensive understanding of these laws' potential. Despite this, the Supreme Court has recognized the applicability of the RTI act to federal courts and the constitutional obligation to provide information under Article 19A, pointing towards a gradual recognition of the importance of transparency laws, while indicating the extensive journey ahead in embedding these principles across all levels of governance and the judicial system.

Despite the significant potential of RTI legislation in Pakistan for transforming governance through transparency and accountability, their true value remains largely unrecognized by the judiciary, government officials, and various sectors of society. Most view these acts merely as means for retrieving information, missing their profound implications for proactive disclosure by public bodies and the broader governance landscape. These laws, foundational to democracy and backed by Article 19A of the constitution, mandate, that public entities proactively publish information, aiming to reduce the need for individual requests.

While progress has been made in implementing these acts, achieving a fully transparent and accountable governance framework requires further efforts. Enhancing law enforcement, increasing public awareness of these rights, and encouraging collective action among government, civil society, and citizens are essential steps toward realizing the full promise of the RTI laws in fostering an open, accountable, and informed Pakistani society.

It is valuable to examine Section 6 of 'The Sindh Transparency and Right to Information Act, 2016' to fully appreciate the profound potential these acts hold for enhancing good governance and empowering citizens. The provisions enshrined in Sections 5 and/or 6 of both federal and provincial legislations. If these sections were to be fully enacted and embraced in their entirety, corruption could be significantly diminished, if not utterly eradicated. This implementation would empower the people, and establish a foundation of transparency and accountability, greatly enhancing the efficiency of government and affiliated offices.

It is imperative for the judiciary of Pakistan to take decisive steps towards enforcing these laws within the court systems. Such enforcement would compel the government, both directly and indirectly, to uphold these laws, thereby empowering the citizens. This critical move is essential for breaking free from the perpetual cycle of governance and economic crises that have beleaguered the nation.

The writer is an advocate of the high court and a former civil servant.



MARIA MAALOUF

EU's world-first AI law to reverberate in America

tion and distribution errors, among other advantages.

The political history of the new act began in April 2021. It was the culmination of negotiations between the Council of the European Union and the European Parliament. Agreement on the text was reached in December 2023. Last week's vote in the European Parliament turned that political consensus into law.

Most of its bylaws will enter into force two years after its introduction. However, any provision that has to do with the application of humans' vulnerabilities. The law is a direct response to the proposals submitted by average European citizens to the Conference on the Future of Europe in 2021-22. Many of their concerns centered on how to boost the European economic advantage in a few strategic economic sectors. They wanted to improve their ability to access information and data regardless of any particular trait or ethnic, political or religious affiliation. The European AI Office will now be founded. It will function accord-

have condemned it. The Access Now organization issued a statement saying: "The new AI Act is littered with concessions to industry lobbying, exemptions for the most dangerous uses of AI by law enforcement and migration authorities, and prohibitions so full of loopholes that they don't actually ban some of the most dangerous uses of AI."

On the other hand, the UN General Assembly is studying many draft texts as it seeks to announce a statement that can be a general declaration of humankind's use of AI.

Finally, the European AI Act will have a great impact on any company doing business in the EU. Every American company must review its AI systems before they are used in Europe.

This reviewing process could be costly and time-consuming. And American businesses cannot rely on US law because there is no federal legislation that allows or bans certain AI policies. The US government and private sector companies have no other option but to abide by the European law. The only American alternative to this law would be to rely on state laws and regulations governing privacy in the US. But this would be a very short-sighted approach as far as AI laws in America are concerned. Therefore, the Europeans are far ahead of any other nation or group of nations in providing guarantees on how to use AI the right way.

Two different reactions have emerged regarding the new European AI Act. Human rights groups

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The act will abolish several AI applications that are considered to be a threat to the rights of citizens

prohibited AI systems will be enforced within six months of its signing into law. In addition, any of its stipulations in reference to generative AI will be enforced after one year.

The act will abolish several AI applications that are considered to be a threat to the rights of citizens. These are related to biometric categorization systems that originate from sensitive characteristics. This will also deal with the practice of untargeted scraping of facial images by the internet or in CCTV. Such a practice aims to create a facial recognition database. These AI applications will be forbidden, in addition to the techniques that AI employs to control emotion recognition. These methods are considered manipulative of human behavior and exploit

ing to the European Commission's rules. It will not conflict with the AI authorities and government bodies controlling the AI operations of individual member states. It will rather offer guidance on how European countries can best utilize AI and its capabilities. It promises not to discriminate against any European government or organization using this technology. However, political observers will not rule out a potential conflict involving this office and European entities since the implementation of AI involves complex processes and procedures and they can lead to many conflicts of interest among the people employing them.

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

History of Pakistan



The story of history of the Islamic Republic of Pakistan began on 14 August 1947 when the country came into being in the form of Dominion of Pakistan within the British Commonwealth as the result of Pakistani Movement and the partition of India. While the history of the Pakistani Nation according to the Pakistan government's official chronology started with the Islamic rule over Indian subcontinent by Muhammad bin Qasim[1] which reached its zenith during Mughal Era. In 1947, Pakistan consisted of West Pakistan (today's Pakistan), East Pakistan (today's Bangladesh) and Hyderabad (now in India). The President of All-India Muslim League and later the Pakistan Muslim League, Muhammad Ali Jinnah became Governor-General while the secretary general of the Muslim League, Liaquat Ali Khan became Prime Minister. The

constitution of 1956 made Pakistan an Islamic democratic country. Pakistan faced a civil war and Indian military intervention in 1971 resulting in the secession of East Pakistan as the new country of Bangladesh. The country has also unresolved territorial disputes with India, resulting in four conflicts. Pakistan was closely tied to the United States in Cold War. In the Afghan-Soviet War, it supported the Sunni Mujahideens and played a vital role in the defeat of Soviet Forces and forced them to withdraw from Afghanistan. The country continues to face challenging problems including terrorism, poverty, illiteracy, corruption and political instability. Terrorism due to War of Afghanistan damaged the country's economy and infrastructure to a great extent from 2001 to 2009 but Pakistan is once again developing.

Pakistan is a nuclear power as well as a declared nuclear-weapon state, having conducted six nuclear tests in response to five nuclear tests of their rival Republic of India in May 1998. The first five tests were conducted on 28 May and the sixth one on 30 May. With this status, Pakistan is seventh in the world, second in South Asia and the only country in the Islamic World. Pakistan also has the sixth-largest standing armed forces in the world and is spending a major amount of its budget on defense. Pakistan is the founding member of the OIC, the SAARC and the Islamic Military Counter Terrorism Coalition as well as a member of many international organisations including the UN, the Shanghai Cooperation Organisation, the Commonwealth of Nations, the ARF, the Economic Cooperation Organization and many more.

Pakistan is a regional and middle power which is ranked among the emerging and growth-leading economies of the world and is backed by one of the world's largest and fastest-growing middle class. It has a semi-industrialized economy with a well-integrated agriculture sector. It is one of the Next Eleven, a group of eleven countries that, along with the BRICs, have a high potential to become the world's largest economies in the 21st century. Many economists and think tanks suggested that until 2030 Pakistan become Asian Tiger and CPEC will play an important role in it. Geographically, Pakistan is also an important country and a source of contact between Middle East, Central Asia, South Asia and East Asia.

To be continued....

Showbiz

Selena Gomez all set for Wizards of Waverly Place sequel series

Selena Gomez will reprise her role in the upcoming series

Selena Gomez is back with a Wizards of Waverly Place sequel series. According to Deadline, Selena will reportedly reprise her role as Alex Russo in the sequel and also serve as an executive producer. Interestingly, the Only Murders in the Building actress will also have a reunion with her on-screen brother David Henrie, who will play the role of Justin Russo in the upcoming series. The outlet reported that the production will start in April in Los Angeles and the show is going to release later this year on the Disney Channel and Disney+.



For the unversed, Selena rose to fame with her role in the hit show, Wizards of Waverly Place was a hit show that ran between 2007 and 2012. In a statement shared via DailyMail, Ayo Davis, president of Disney Branded Television, said, "Wizards of Waverly Place captivated hearts with its spell-binding adventures and big laughs, creating unforgettable memories for kids and families everywhere." "We can't wait to step back into the magical world of Wizards, inviting longtime fans and a new generation to experience the enchantment alongside Selena, David, and our incredible cast and crew," added Ayo. Meanwhile, on the personal front, Selena, who is in romantic relationship with music producer Benny Blanco, spoke on Smartless podcast.

Tech

T Coronae Borealis: When to watch 'once-in-a-lifetime nova star system explosion

In a rare cosmic explosion called Nova, spectators will get a once-in-a-lifetime opportunity to watch the birth of a new star in our Milky Way, NBC News reported. This rare "nova outburst", roughly occurs once every 80 years and was last seen in 1946. The eruption will occur in the T Coronae Borealis system, also known as T CrB, which is 3,000 light years away from the Earth. The T Coronae Borealis system consists of a dying star—red giant and a smaller white dwarf star, which has been stealing matter from the dying star. The two stars are so close in proximity that the hydrogen being released from the red star is constantly spilling into the white dwarf, building pressure and heat, ultimately triggering an eruption. According to Bradley Schaefer, a professor



emeritus of physics and astronomy at Louisiana State University, at its peak, "It's going to be bright in the sky, so it'll be easily visible from your backyard." Astronomers predict that the nova explosion could happen anytime between now and September and it will be so bright that it will be visible to the naked eye and will likely remain for a few days.

Health

You need to cook broccoli this way if you want to avoid cancer

Due to its high levels of a particularly beneficial compound called sulforaphane, broccoli has gained a reputation as an excellent vegetable in recent years. It's no wonder that broccoli pills are on the rise, with some early-stage studies showing how this compound plays a role in blood sugar control and potentially even has anti-cancer benefits, according to Science Alert. A team of Chinese researchers decided to try and find the best way to cook broccoli, when a 2011 study showed that eating the whole vegetable

gets you more sulforaphane than taking a supplement. They then reached at a clear winner, publishing their results in 2018 in the Journal of Agricultural and Food Chemistry, however, it's still a tough sell if you have better things to do with your time. The vegetable contains several compounds called glucosinolates, as sulforaphane doesn't just sit there in the broccoli florets, ready to be consumed. Common broccoli cooking methods, like boiling and microwaving, seriously reduce the amount of

glucosinolates in the vegetable, as per the studies. "Surprisingly, few methods have reported the sulforaphane concentrations in stir-fried broccoli, and to the best of our knowledge, no report has focused on sulforaphane stability in the stir-frying process," the researchers noted in their study. "Our results suggest that after cutting broccoli florets into small pieces, they should be left for about 90 minutes before cooking," the team concluded, adding that they didn't test it but thought "30 minutes would also be helpful".



دیوبند میں پاکستانی افسانہ نگار کی انٹرنیشنل کتاب میلہ

یوم پاکستان پریڈ، لڑا کا طیاروں کی گھن گرج ، فلائی پاسٹ کا شاندار مظاہرہ

مزار قائد پر گارڈز کی تبدیلی، علامہ اقبال کے مزار پر بھی چاق وچوبند دستہ تعینات، ہماری مسلح افواج ملک کے دفاع کیلئے ہر وقت تیار پاکستان کی سلامتی کو اپنی جان سے زیادہ عزیز رکھیں گے، صدر مملکت کا پریڈ تقریب سے خطاب

اسٹیشن آف پاکستان کی فوجی اہلیوں کی شرکت سے یوم پاکستان پریڈ میں شریک ہوئے۔ پاکستان کی فوجی اہلیوں کی شرکت سے یوم پاکستان پریڈ میں شریک ہوئے۔ پاکستان کی فوجی اہلیوں کی شرکت سے یوم پاکستان پریڈ میں شریک ہوئے۔

صدر مملکت کا مسلح افواج کے افسران و جوانوں کیلئے اعزازات کا اعلان

راولپنڈی (پیور پورٹ) صدر مملکت آصف علی زرداری نے پاک فوج، بحریہ اور فضائیہ کے افسران اور جوانوں کے لیے اعزازات اعلان کر دیے۔

بندر گاہوں کے اہم منصوبوں پر باہمی مشاورت کا فقدان

لاہور (پیور پورٹ) پاکستانی اور امریکی اداروں میں باہمی مشاورت کا فقدان ہے۔

خانیونس میں اسرائیلی فوج کی جارحیت جاری، مزید 82 فلسطینی شہید

خانیونس میں اسرائیلی فوج کی جارحیت جاری، مزید 82 فلسطینی شہید۔

علاقائی رابطے بڑھانے سے تجارتی روابط میں اضافہ ہوگا، احسن اقبال

احسن اقبال نے کہا کہ علاقائی رابطے بڑھانے سے تجارتی روابط میں اضافہ ہوگا۔



اسلام آباد، پیو پورٹ، اسرائیلی اور اسرائیلی فوجیوں کے ساتھ مذاکرات کر رہے ہیں

بینظیر بھٹو نے ہمیشہ عوامی حقوق کیلئے جدوجہد کی، بلاول بھٹو

ببینظیر بھٹو نے ہمیشہ عوامی حقوق کیلئے جدوجہد کی۔



غزہ کی پٹی کے وسطی علاقے میں واقع اسرائیلی فضائی حملے سے تباہ غازی مہاجرستی کیمپ

آئی ایم ایف مطالبے پر یکم اپریل سے تاجروں کا اندراج ہوگا

اسلام آباد (پریورٹ) عالمی مالیاتی فنڈ (آئی ایم ایف) کے مطالبے پر راولپنڈی اور اسلام آباد میں تاجروں کے اندراج شروع ہو گیا ہے۔

وزیر اعظم نے اقتصادی رابطہ کمیٹی سمیت کابینہ کی 7 کمیٹیوں تشکیل دے دیں

شہباز شریف اقتصادی رابطہ کمیٹی اور کارکنوں کیلئے سمیت 7 کمیٹیوں کی تشکیل

حیدرآباد شہر میں فلسطینیوں میں اسرائیلی جارحیت مخالف احتجاجی مظاہرہ کر رہے ہیں

ماسکو، کانسرٹ ہال حملے میں ہلاکتوں کی تعداد 143 ہوگئی

مسلمح افواج کا یوم پاکستان پر پیغام

راولپنڈی (سٹاف رپورٹر) جیتن جوائنٹ چیٹنگ آف اسلامی اوریونوں ڈویژن نے اسلام آباد میں پیغام پڑھا۔

روس و چین نے حماس کی مذمت پر امریکی قرارداد کو ردی

واشنگٹن (پریورٹ) روس اور چین نے امریکی قرارداد کو مذمت کیا۔

نئی دہلی میں یوم پاکستان کی پروقارتقریب، ناظم الامور عدلہ اور شہریوں کی شرکت

نئی دہلی (پریورٹ) پاکستانی افسران اور شہریوں نے نئی دہلی میں یوم پاکستان کی تقریب میں شرکت کی۔

ریٹیلرز اور ہول سیلرز کے لیے لازمی رجسٹریشن اسکیم کا منصوبہ

اسلام آباد (سٹاف رپورٹر) حکومت نے ریلٹرز اور ہول سیلرز کے لیے لازمی رجسٹریشن اسکیم کا منصوبہ پیش کیا۔

پنجاب کے عوام کیلئے صحت کارڈ جلد ایتھن پیکیج کیساتھ فعال بنا سینگے، سلمان رفیق

سلمان رفیق نے کہا کہ پنجاب کے عوام کیلئے صحت کارڈ جلد ایتھن پیکیج کیساتھ فعال بنا سینگے۔

آزادی کے لفظ کی قدر غلام قوموں سے بہتر کوئی نہیں جانتا، فرخ ناز اکبر

فرخ ناز اکبر نے کہا کہ آزادی کے لفظ کی قدر غلام قوموں سے بہتر کوئی نہیں جانتا۔

یوم پاکستان پر کراچی میں قائد اعظم میوزیم میں پرچم کشائی کی تقریب

کراچی (پیور پورٹ) یوم پاکستان پر کراچی میں قائد اعظم میوزیم میں پرچم کشائی کی تقریب منعقد ہوئی۔

آزادی کے لفظ کی قدر غلام قوموں سے بہتر کوئی نہیں جانتا، فرخ ناز اکبر

فرخ ناز اکبر نے کہا کہ آزادی کے لفظ کی قدر غلام قوموں سے بہتر کوئی نہیں جانتا۔

پاکستان کی منزل پانے کیلئے آگ اور خون کے دریا پار کرنا پڑے، وزیر داخلہ

وزیر داخلہ نے کہا کہ پاکستان کی منزل پانے کیلئے آگ اور خون کے دریا پار کرنا پڑے۔

یوم پاکستان ہرتی سے عبدالملک کی تجویز کادون سے مہریم کواڑ

لاہور (پیور پورٹ) وزیر اعلیٰ پنجاب مریم ہاشمی نے کہا کہ یوم پاکستان ہرتی سے عبدالملک کی تجویز کادون سے مہریم کواڑ۔

پاکستان کی منزل پانے کیلئے آگ اور خون کے دریا پار کرنا پڑے، وزیر داخلہ

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خانیونس میں اسرائیلی فوج کی جارحیت جاری، مزید 82 فلسطینی شہید

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علاقائی رابطے بڑھانے سے تجارتی روابط میں اضافہ ہوگا، احسن اقبال

احسن اقبال نے کہا کہ علاقائی رابطے بڑھانے سے تجارتی روابط میں اضافہ ہوگا۔

Pakistan Day; a bright chapter of freedom movement: Mohsin Naqvi

VOM Report

ISLAMABAD: Federal Minister for Interior and Narcotics Control Mohsin Naqvi in his message on Pakistan Day said on Saturday that Pakistan Day is a bright chapter of freedom movement.

On March 23, 1940, the foundation was laid to realize the dream of an independent country, said Mohsin Naqvi adding that "Today we are free, but this freedom is the result of many sacrifices, efforts and hard work."

He wrote in his message that as a nation, we pay homage to Quaid-e-Azam and the leaders of the Muslim League who passed the Pakistan Resolution under his leadership.

The resolution passed in the historic Minto Park meeting became the basis for the establishment of Pakistan, he said.

March 23 is the day of building passions and realizing dreams, the minister further said adding that the journey to freedom is never easy, to reach the destination of Pakistan, one had to go through rivers of fire and blood.

Under the enthusiastic leadership of Quaid-e-Azam Muhammad Ali Jinnah, the struggle for a separate homeland was successful by making numerous sacrifices, he added.

He further said that if the different races, different tribes and different sects living in the subcontinent had not decided to become one nation, then the miracle of Pakistan would never have appeared.

The journey from creation of Pakistan to construction of Pakistan continues gradually, he said adding that at this stage, every member of the nation has to go ahead and play his role.

"As a nation we have to show responsibility by understanding the current challenges of Pakistan" Mohsin Naqvi said.

By adopting the passion, determination and solidarity of March 23, 1940, we will take the country forward, Mohsin Naqvi said.



ABU DHABI: Ambassador Faisal Niaz Tirmizi, Pakistan's Envoy to the United Arab Emirates addresses at the National Day event held at the Embassy.



ISLAMABAD: President Asif Ali Zardari addressing the Pakistan Day Parade ceremony, at Shakarparian Parade Ground.

'Nishan-e-Pakistan' conferred on Saudi Arabia's Prince Khalid bin Salman

ISLAMABAD: President Asif Ali Zardari Saturday conferred Pakistan's highest civilian award "Nishan-e-Pakistan" on Saudi Arabia's Defence Minister Prince Khalid bin Salman Al Saud.

The Saudi dignitary, who was also the chief guest for the Pakistan Day parade, was awarded for his "services for Pakistan and its people, enhancing defence cooperation, strengthening of bilateral ties and contributions towards peace efforts in the region".

The ceremony, held at Aiwan-e-Sadr in Islamabad, was attended by Prime Minister Shehbaz Sharif, Chief of the Army Staff (COAS) General Asim Munir, Defence Minister Khawaja Asif and other senior officials.

Prince Khalid, as per the Saudi embassy website, has served on various key positions previously including the Kingdom's ambassador to the United States, adviser to the Saudi Embassy in Washington and at the Saudi Ministry of Defence.

Graduating from Riyadh's King Faisal Air Academy, the Saudi defence minister joined the Royal Saudi Air Force (RSAF) and has served as an F-15 pilot and tactical intelligence officer.

Apart from training in the US, the dignitary has also studied advanced electronic warfare in France.

Earlier, Media reported that the Saudi prince



is scheduled to hold meetings with President Zardari, COAS Gen Munir, PM Shehbaz during his stay in Pakistan.

Sources told the publication that Crown Prince Muhammad bin Salman will also visit Pakistan after Eidul Fitr on the invitation of PM Shehbaz. Prince Khalid's visit comes days after Gen Munir held a meeting with

Crown Prince Mohammed bin Salman bin Abdulaziz during an official visit to the Gulf kingdom. During the meeting wide-ranging issues of mutual interest, including regional peace and security, bilateral defence and security cooperation came under discussion, the Inter-Services Public Relations (ISPR) had reported. Agencies

Pak Day celebrations for national strength, unity: Law Minister

ISLAMABAD: Minister for Law and Justice Azam Nazeer Tarar on Saturday said, as we commemorate Pakistan Day, we celebrate the strength, unity and unwavering spirit that define our great nation. In his message with regard to 'Pakistan Day', the minister said that



today, we honor the vision and sacrifices of our forefathers who envisioned a homeland where justice, equality, and prosperity reign supreme. Pakistan Day, he said, serves as a reminder of our collective journey towards progress and prosperity. It is a testament to the indomitable spirit of our people, who continue to strive for excellence in every sphere of life, he maintained. The law minister said that let's reaffirm our commitment to upholding the principles of democracy, justice, and rule of law. On this auspicious occasion, let us renew our pledge to build a prosperous and inclusive Pakistan where every citizen can contribute to the nation's progress, he said, adding that together, let us strive towards a brighter future guided by the principles of justice, equality and respect for all. APP

Embassy in Paris celebrates Pakistan Day

PARIS: A flag hoisting ceremony was held at the Embassy of Pakistan Paris on Saturday to commemorate the Pakistan Day. The event was attended by a large number of Pakistani diaspora, members of diplomatic corps, media representatives and officials of the Embassy.

Messages of the President, Prime Minister and Foreign Minister were read out.

The Ambassador of Pakistan Asim Iftikhar Ahmad welcomed the guests and thanked them for being part of the ceremony. In his remarks, the Ambassador said that on this day in 1940, the Muslims put forward their demand for a "separate state", a separate homeland where they could live their lives in accordance with their aspirations. Elaborating further he said that 23 March was a landmark day in the history of Pakistan movement. It is the day of honoring the valiant struggle of our forefathers for a separate homeland – a struggle that was provided with a direction and momentum that began with the historic Lahore Resolution of 1940, later named as the Pakistan Resolution. It was a great demonstration of vision by the Muslims of the sub-continent as this resolution brought them together with extraordinary courage and zeal to strive for a separate homeland and freedom that was archived in a short span of seven years. While addressing the guests the Ambassador said that it was under the visionary leadership of the Father of the Nation, Quaid-e-Azam Muhammad Ali Jinnah and sacrifices made by his companions that multiple odds were overcome to make Pakistan possible and the dream of Allama Dr. Muhammad Iqbal became a reality. APP

Nation celebrates Pakistan Day 2024...

Continued from Page 1

"I believe that just like we faced the challenges in the past, we can still rid Pakistan of these challenges. A special investment facilitation council has been set up for the country's economy. Through this plan, we will attract foreign investment and develop agriculture, livestock, minerals, mining, information technology and energy sectors," he said. "I request all political parties to keep aside their political benefits to find a solution to the problems and work together for the development of Pakistan," said President Zardari. He added: "In our region, one of the main reasons for instability is the Indian Illegal Occupation of Jammu & Kashmir. The Kashmiri people have been demanding their right to self-determination for 76 years. We condemn the brutalities and human rights violations carried out by the Indian government against innocent and unarmed Kash-

miri people and ask the international community to ensure the implementation of the UNSC resolution on Kashmir. "I want to remind the Kashmiris once again that the people of Pakistan will always stand by them in their just struggle against trinity."

The president said, "With regards to human catastrophes unfolding in Gaza, we appeal to the international community to take measures to ensure that the killing of innocent Palestinian people including children and women is immediately halted, a ceasefire is announced and a humanitarian corridor is opened at priority. Pakistan will continue to support the people of Palestine till the resolution of the Palestine issue as per the aspirations of their people." Highlighting the security challenges, the president said that Pakistan wants relations with all its neighbours as it is a peace-loving country and a responsible state.

Govt to implement five year road...

Continued from Page 1

He said Pakistan was emitting less than one percent of the global carbon emissions but was among the 10 most climate vulnerable countries in the world. Pakistan was devastated by the worst floods of its history in the recent past and the federal government in collaboration with the provinces spent Rs 100 billion on the relief and rehabilitation of flood-affected people. He said on the sidelines of the nuclear energy summit, he held bilateral meetings with the foreign ministers of Turkey, Azerbaijan, UAE and the Director General of the International Atomic Energy Agency (IAEA).

During meetings with the foreign ministers of Turkey, United Arab Emirates and Azerbaijan, they agreed to enhance cooperation in areas of trade, investment, defence and economy. During meeting with the Turkish Foreign Minister, "we agreed to enhance our bilateral trade volume". The minister said he had a productive meeting with the Director General of IAEA who had visited Pakistan at the inauguration of C5 nuclear power project. He said during his meeting with the Foreign Minister of UAE, they agreed to enhance cooperation in the field of nuclear energy. He also held a substantive meeting with the Chinese Vice President and exchanged views on diverse areas of cooperation and he agreed to visit Pakistan in the future, he added. China was all weather friend of Pakistan who supported Pakistan on all issues and at international forums, he remarked. He also told about his meetings with ministers of the United Kingdom, during which it was agreed that UK government would further invest in development projects in Pakistan. He expressed best wishes for King Charles and Princess of Wales who were diagnosed with cancer. To a question about Congressional hearings in

the United States about matters related to Pakistan, he urged that Pakistanis should leave behind politics when they were outside the country and get united.

To a question about elections, Ishaq Dar said, "We have comprehensive constitutional and legal cover for elections", adding different parties got the mandate of the people and it should be accepted." Legal forums were available to address the election-related complaints and a person could approach Election Commission, election tribunals and higher judiciary, he noted. He said Chief Minister Khyber Pakhtunkhwa had agreed to work with the federal government which was a positive development. He recalled Pakistan had suffered a lot due to policy failures, adding due to the successful policies of the last government of Nawaz Sharif inflation came down, economy grew, and the international financial institutions acknowledged the economic achievements of Pakistan. The minister said after attack on the Army Public School, a national action plan was devised and it was decided not to allow use of Pakistani territory against any other country. He said the leadership in Afghanistan should condemn the terrorist attacks in Pakistan which were carried out by the Tehreek i Taliban Pakistan based in Afghanistan. "We carried out an intelligence-based anti-terrorist operation in Afghanistan against the terror group," he told. He said neighbouring countries should eliminate terrorism through mutual cooperation. Responding to a question, he said Pakistan needed to get out of the trap of budget deficit and current account deficit. He said economic diplomacy was top priority of the government and the new finance minister Muhammad Aurangzeb had all the expertise to deal with economic issues of Pakistan. APP

CM orders campaign to eradicate kite-flying across province

LAHORE: Chief Minister Punjab Maryam Nawaz has expressed her severe indignation over the frequent occurrence of kite flying incidents despite imposition of a ban on it. She ordered to run a campaign for eradication of kite flying across the province. She ordered stern action against those found involved in violating the kite flying ban. The CM ordered the Chief Secretary, district administration and police to ensure implementation on the said orders. On the direction of CM, a notification has been issued in this regard. Maryam Nawaz has sought a report from IG Police about the death incident of a youth due to kite flying in Faisalabad within 48 hours. She directed the IG Police to submit a report after ascertaining those elements found responsible for the death of an innocent youth. CM stated, "Despite imposition of a ban on kite flying under the Punjab Prohibition of Kite Flying Ordinance 2001, occurrence of such incidents across Punjab is highly deplorable. A crackdown must be launched against those found involved in committing violation of kite flying ban. — VOM Report

Pak-Saudi diplomatic exchange strengthening bilateral ties for future cooperation: Ashrafi

ISLAMABAD: Pakistan Ulema Council (PUC) Chairman Hafiz Muhammad Tahir Mehmood Ashrafi on Saturday said the recent exchange of visits between high-ranking officials from Pakistan and Saudi Arabia has underscored the burgeoning alliance between the two nations, setting a robust foundation for future cooperation. Talking to media, he said Saudi Arabia's Defense Minister, Prince Khalid bin Salman, graced Pakistan Day parade as a distinguished guest and was honored with the prestigious Nishan Pakistan by the President of Pakistan. Similarly, Pakistan's Chief of Army Staff, General Syed Asim Munir, reciprocated the gesture with a significant visit to Saudi Arabia, engaging in crucial discussions with Saudi Crown Prince, Muhammad bin Salman, and other key leaders, Ashrafi said adding that these diplomatic endeavors not only reinforced the bonds between Pakistan and Saudi Arabia but also

sent a resounding message of stability and progress to the global community.

The PUC Chairman said COAS steadfast efforts in fortifying relations with Saudi Arabia and other Islamic Arab countries had been commended, reflecting Pakistan's commitment to fostering solidarity within the Muslim world. He said the reciprocal visits served as tangible evidence of the success of diplomatic initiatives aimed at enhancing Pakistan's stature internationally. Ashrafi said the enduring friendship between Pakistan and Saudi Arabia, characterized by robust cooperation and mutual consultation, remained unwavering. He said in the wake of recent developments concerning Palestine issue after October 7, General Munir's proactive engagement, alongside Crown Prince Muhammad bin Salman had further consolidated the partnership between Pakistan and Saudi Arabia on critical regional issues. Agencies

Qatar Fund keen to increase footprint in Pakistan's power, housing sectors



ISLAMABAD: Chief Executive Officer, Qatar Fund for Development (QFFD), Khalifa bin Jassem Al-Kuwari here on Saturday showed his interest in increasing the footprint of the fund in Pakistan's power generation and housing sectors.

Both the countries would further enhance bilateral cooperation by initiating technical level discussions, according to press statement issued by Economic Affairs Division. A QFFD delegation, led by Al-Kuwari is on a two-day visit to Pakistan (from 23-24 March 2024), the statement added. The delegation, along with the Ambassador of the State of Qatar to Pakistan Ali Mubarak Ali Essa Al-Khater called

on Minister for Economic Affairs, Ahmad Khan Cheema. On the occasion, Minister for Economic Affairs highlighted the priority of his government to further strengthen bilateral cooperation between the two countries in the development of mega projects in the water sector. He welcomed the CEO, QFFD and

appreciated the role of the State of Qatar and QFFD in the development of the country and the longstanding relationship between the two countries.

The minister congratulated Al-Kuwari on receiving the Civil Award conferred upon him by the President of Pakistan in recognition of his services to Pakistan.

Cheema expressed his gratitude to the State of Qatar in galvanizing the international support for the floods 2022 affectees by pledging US\$ 25.00 million. He also appreciated the role and support of QFFD to Pakistan at a very challenging time and assured to further strengthen the relations with QFFD in the future.

On the occasion, Al-Kuwari congratulated the Minister for Economic Affairs on Pakistan Day and thanked the government of Pakistan for conferment of the Civil Award. Al-Kuwari stated that QFFD remains committed to supporting Pakistan in its journey towards recovery and prosperity through climate-resilient infrastructure. APP