



Ministry would ensure best possible facilities including accommodation, transportation and food for the Hajj pilgrims

Caretaker Federal Minister for Religious Affairs and Interfaith Harmony
Aneeq Ahmed

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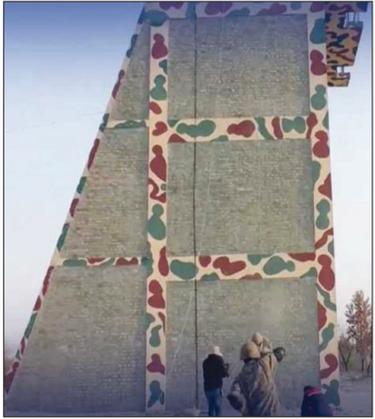
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Joint military training between Pakistan Army, RSLF at MFFR

RAWALPINDI: Pakistan Army and the Royal Saudi Land Forces (RSLF) conducted joint military exercises at the Muzaffar Garh Field Firing Ranges (MFFR) under the Multan Corps' auspices.

The objective of these joint military exercises between both countries was to enhance their military capabilities and exchange expertise. The participation of Pakistani and Saudi forces was marked by high enthusiasm, training sessions, and exceptional dedication. During these joint exercises, the determination and professional skills of the personnel were showcased.

Various practical wisdom and drills were conducted, including Combined Battle PT, Small Scale Operations, Room Clearance, Close Marksman Ship, Firing, and Rappeling.



The use of Cobra helicopters during these exercises created a war-like environment, infusing new vigor into training sessions.

These training exercises provided a unique opportunity for the Pakistan Army and the Royal Saudi Land Forces to enhance their strengths, exchange expertise, and improve their military capabilities.

Special emphasis was placed on helicopter training sessions aimed at promoting essential skills to effectively combat terrorism.

These specialized training sessions will significantly enhance both armies' capabilities in countering terrorism threats and promoting peace and stability.

The joint military training between Pakistan and Saudi Arabia is a testament to the strong bonds of friendship and cooperation between the two countries.

The collaboration between the Pakistan Army and the Royal Saudi Land Forces is a significant step forward in strengthening defense cooperation between both nations. INP



PML-N's Malik Ahmed Khan gets 224 votes to become new Punjab Assembly speaker

Punjab Assembly speaker-elect takes oath; voting underway to elect deputy speaker via secret ballot

LAHORE: Pakistan Muslim League-Nawaz (PML-N) leader Malik Ahmed Khan on Saturday was elected as a new speaker of the Punjab Assembly after securing 224 votes.

The Punjab Assembly session to elect the House's speaker and deputy speaker kicked off this evening after a delay of one-and-a-half hours as the protests inside and outside the legislative marred the timely beginning of the meeting.

The second session of the newly-elected provincial assembly, presided over by outgoing Speaker Sibtain Khan, saw members of the Pakistan Muslim League-Nawaz (PML-N) and Sunni Ittehad Council (SIC) chanting slogans against each other.

A heavy police force and prison vans were also present outside the assembly to ensure the maintenance of law and order during the assembly session.

After his election as the new Punjab Assembly speaker, Malik Ahmed was sworn in during oath taking administered by outgoing speaker.

Earlier, six MPAs, including Pakistan Muslim League-Quaid (PML-Q) leader Chaudhry Shafay Hussain and Sunni Ittehad Council's (SIC) Hafiz Farhat Abbas and Waseem Khan Badozai, and independent candidates Rai Mur-taza Iqbal Khan, Fateh Khalig, Tashakul Abbas Warraich, who were not present in the House's inaugural session on Friday, took their oaths.

The sworn-in MPAs then marked their attendance in the register after the oath, following which the session was briefly adjourned for 20 minutes for the Maghrib prayer.

After this, the polling for the new speaker was conducted. As many as 327 MPA-elects cast their votes during the ballot.

Today, elections for the speaker and deputy speaker are being held via a secret ballot under Rules 9 and 10 of the Rules of Procedure of the Provincial Assembly of Punjab, 1997.

PML-N's Malik Ahmad Khan and Malik Zaher Iqbal Channer submitted their nomination papers for the slot of Punjab Assembly speaker and deputy speaker, respectively.

Meanwhile, SIC members Ahmad Khan Bhachar and Muhammad Moenuddin Riaz Qureshi submitted their papers for the speaker and deputy speaker positions.

SIC terms assembly proceedings 'illegal' Earlier during the session, SIC leader Sahibzada Hamid Raza termed the assembly's proceedings "unconstitutional" and "illegal" without the presence of the party's MPA-elects on the reserved seats.

He said that SIC members were being barred from attending the assembly sessions

"A new history of politics of revenge is about to be made. We will not let the PA proceedings continue without members on the reserved seats," he added.

Meanwhile, Rana Aftab termed the Punjab Assembly "incomplete" and vowed to challenge any move made by the House in the court.

Taking the floor in the provincial assembly, the SIC leader said that 27 reserved seats for women and minorities are yet to be decided by the Election Commission of Pakistan (ECP). "[PTI nominee for Punjab chief minister slot] Mian Aslam is not in the House. He will contest the poll [for the chief minister] from our side," he added.

At this, the outgoing speaker said that he could not tell the election regulator to summon the absentees to the assembly, which may require the session's adjournment.

"I am leaving the chair [speaker's post] in a respectable manner. I don't want myself to have a label that I kept adjourning the session," he said.

Sibtain said that there were 30 seats in the provincial legislative, which include the 27 reserved and three minority seats.

He said that if the ECP doesn't decide on the seats that have not been notified yet, for the next six months, one party will have to move the high court while the other will have to move the Supreme Court. Reacting to Aftab's remarks, PML-N's nominee for the speaker's slot Malik Muhammad Ahmad said that the people, who the SIC leader was talking about are not part of the House. Agencies

Pakistan has been able to secure \$6.306 billion during July-January period of period against a total of \$17.61 billion to be received during entire fiscal year 2023-24

ISLAMABAD: Pakistan has been able to secure \$6.306 billion during July-January period of period against a total of \$17.61 billion to be received during entire fiscal year 2023-24.

According to Fiscal Operations Report 2023-24, for July-January seven-month period of this fiscal year, Pakistan has not been able to launch \$1.5 billion Euro Bond in International Financial Market, International Commercial Banks have not disbursed any loan out of a total of \$4.5 billion in this fiscal year. Similarly, \$2.4 billion is still due against International Monetary Fund (IMF), the report added.

Saudi Arabia has emerged at front line state with disbursement of \$2 billion for Time Safe Deposits to enhance foreign exchange reserves, \$600 million worth POL products under Saudi Oil Facility, and \$9.05 million as aid to Pakistan during the first seven months of this fiscal year 2023-24. According to the details, out of a total of \$2.329 billion due from World Bank, Pakistan has received only \$1.184 billion in first seven months of this fiscal year.

Asian Development Bank is to disburse \$2.08 billion to Pakistan during this fiscal year and Pakistan has received \$620 million from this bank during first seven months. Islamic Development Bank (IsDB) has to disburse to Pakistan 500 million loan and Pakistan has received only \$200 million from the Bank during this fiscal year.

Asian Infrastructure and Investment Bank (AIIB) has disbursed entire 299 million to Pakistan during the first seven months to Pakistan. International Fund for Agriculture Development (IFAD) has provided Pakistan 23.1 million, similarly, OPEC Fund has provided Pakistan 27.1 million as aid.

Saudi Arabia has provided Pakistan \$600 million to Pakistan under Saudi Oil Facility, China \$42.1 million, France \$36.4 million, Germany \$18.9 million, South Korea \$12.3 million, Saudi Arabia \$59 million and United States 25.6 million as aid to Pakistan during the seven months of this fiscal year 2023-24, the report added.

International financial institutions were required to provide Pakistan \$5.336 billion and during the first seven months Pakistan has received only \$2.488 billion in first seven months of ongoing fiscal year.

Friendly countries are required to provide Pakistan \$882.5 million as aid and loans and during first seven months of this fiscal year Pakistan has received only 784.6 million during the first seven months.

Al-together from financial institutions as well as friendly countries Pakistan is expected to receive \$6.219 billion and during seven months Pakistan has received \$3.323 billion.

Overseas Pakistanis have invested \$595 million in Naya Pakistan certificates during July-January period of this fiscal year 2023-24. SABAH

Ceasefire along LoC in disputed Kashmir is holding: UN official



UNITED NATIONS: A senior UN official has told the Special Committee on Peacekeeping Operations that the ceasefire along the Line of Control (LoC) in the disputed Jammu and

Kashmir region remains in place, with only two violations reported in 2023, according to diplomatic sources.

Briefing the 157-member Committee, also known as C-34, Khaled Khairi, the assistant secretary-general for the Middle East, Asia, and the Pacific in the Department of Political Affairs, also said that the UN was implementing its mandate for the United Nations Military Observer Group in India and Pakistan (UNMOGIP), which monitors the LoC, as outlined in Security Council resolutions on the Kashmir dispute. Khairi pointed out that the

mission was facing increasing difficulties in obtaining visas, which he said hindered its ability to carry out its mandate fully. Established in 1949, UNMOGIP is the second-longest-running UN peacekeeping mission. Despite India's ongoing challenges and hindrances, including visa denials and restrictions on the movement of UNMOGIP peacekeepers in Indian-occupied Kashmir, the mission continues to play a vital role in observing and reporting on the situation along the LoC, contributing to maintaining peace and stability in the region.

ASG Khairi also brought the issue of border crossing closure to the attention of the Committee, saying that since the COVID-19 pandemic, the Sialkot-Jammu border crossing has remained closed. Meanwhile, the committee started its negotiation process for its 2024 report. Naeem Sabir Khan, a counselor at the Pakistan Mission to the UN, is acting as one of the co-facilitators of the process.

Will ensure best facilities for Hajj pilgrims: Aneeq Ahmed

KARACHI: The Caretaker Federal Minister for Religious Affairs and Interfaith Harmony Aneeq Ahmed has said that his ministry would ensure best possible facilities including accommodation, transportation and food for the Hajj pilgrims.

Speaking to the intending Hajj pilgrims during 'Hujaj Training 2024' at the Directorate of Hajj here on Saturday, he said that the pilgrims would be provided with three times best food, new transportation and best accommodation in Saudi Arabia during Hajj.

Aneeq Ahmed said that a Hajj application (app) had been launched to facilitate the pilgrims. He said that Whatsapp did not work in Saudi Arabia and keeping that in mind the Hujaj would be given a SIM free-of-cost having 180 minutes to contact their loved ones. He said that female Hajj pilgrims would be gifted an Abbaya with a small flag of Pakistan on its back. He said that first time in the history of the country Hajj package had been decreased by Rs 0.1 million from Rs1.175 million to Rs1.075 million.

Dr Nadeem Jan achieved Accreditation from WFME

VOM Report

ISLAMABAD: Due to continuous patronage and persistent efforts of Dr. Nadeem Jan PM&DC finally Achieved Accreditation from World Federation for Medical Education (WFME).

In a landmark achievement, the Pakistan Medical & Dental Council (PM&DC) has been granted accreditation by the World Federation for Medical Education (WFME). This recognition underscores Health ministry's commitment to ensuring the highest standards of medical education within Pakistan. With this accreditation all the Pakistani students become eligible to apply for ECFMG and USMLE.

Achieving WFME Recognition will enable Pakistan's medical graduates to pursue postgraduate training and practice in other countries that



require WFME recognition, such as the United States, Canada, Australia, and New Zealand. This achievement opens new avenues for collaboration and ensures that our medical graduates are well-equipped to meet international healthcare standards. The recognition will further enhance the quality and standards of medical education in Pakistan.

Munir Akram is listed among 14 influential UN diplomats, officials by a media website

NEW YORK: Pakistan's Ambassador to the United Nations, Munir Akram, is among 14 influential diplomats and officials at the United Nations who are featured in the "Power List" published by a noted news & analysis website, calling the Pakistani envoy a "heavy hitter."

The website called "International Intrigue" was founded in 2020 by two former Australian diplomats — Helen Zhang and John Fowler — who are now based in the United States.

The news outlet regularly publishes articles on international and regional issues.

In introducing Ambassador Akram, the website said he is one of Pakistan's

"influential" diplomats who is currently serving his second term at the United Nations in New York, after an earlier posting from 2002 to 2008. He also served for seven years as a permanent representative to the UN in Geneva.

It also referred to his stints as Pakistan's ambassador to the EU and Japan, chairman of the Group of 77 (developing countries), plus a term as president of the United Nations' key Economic and Social Council (ECOSOC), "using the time to press his concept of a new international system for development finance."

Noting that his first stint as ambassador in New York (2002-08) coincided with



Pakistan's term on the Security Council, the website pointed out that Pakistan is now running unopposed for another term on the 15-member body (2025-26).

"So," it added, "assuming he's still in the role, Akram will again represent Pakistan at what is arguably the world's most important (and dysfunctional) table".

Ambassador Akram's introduction concluded with the remark: "He's a heavy hitter who plays the system well, so you can bet the Council's permanent members (Britain, China, France, Russia and the U.S.) will know he's there."

Apart from the Pakistani envoy, other ambassadors named on the 'Power List'

are Adonis Ayebare of Uganda, Lana Nusseibeh of UAE and Christian Wenaweser of Liechtenstein — a total of only four from the 193 ambassadors serving at the United Nations (UN).

The rest are senior United Nations (UN) officials, an indication that one has to know the inside workings of the Organization to wield influence in it.

Among the United Nations (UN) officials listed are: Deputy Secretary-General Amina Mohammed, a Nigerian national, Earle Courtenay Rattray, chief de cabinet to the UN secretary-general, and Rosemary DiCarlo, under-secretary-general for political affairs.

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The rise and rise of fascism

HUSSAIN H ZAIDI

The rise of political and religious extremism is the most conspicuous development that has come about in Pakistan in recent years. Both these varieties of extremism are interlinked and are rooted in the ambitious – though largely successful – project of the General Zia regime (1977-1988) to rewrite the national culture. Democracy can be looked upon in two ways: a voting system based on the majority rule, and a culture resting on certain core values like equality of opportunity, liberty subject to law, consensus building, pluralism, (tolerance of dissent and opposition and inclusiveness), and peaceful conflict resolution. While a mature democracy will represent a blend of the majority rule and the supporting culture in the right proportions, in an immature democracy, the latter aspect lags behind the former. The chasm between the two often prepares the ground for the rise of such sinister movements as fascism, populism and cultism.

Every polity sets its political ideals, which provide a framework for political action by defining what's desirable and legitimate. The Zia regime defined political ideals in terms of a most regressive interpretation of religion and, by implication, morality. Those political ideals necessitated not only dismantling the 'corrupt and rotten' political system but also overhauling the 'decadent' national culture, culminating in the rise of the 'mard-e-momin' (the true believer). Towards that end, a singular narrative was constructed.

In a word, the narrative represented Pakistan as the society chosen for the ascendancy of good over evil. The narrative set the stage for the sacralization of politics in which one is either a believer or a heretic, a saint or a sinner, clean every inch or corrupt to the bone. The regime promoted a political culture in which rivals are branded as morally bankrupt, wicked, and traitors – an unnecessary evil – who cannot be trusted with the reins of the government, not worthy of having a dialogue with.

It laid the foundations of a sanctimonious society in which those who profess a different creed or practise a different moral standard or profess allegiance to another political party are looked upon as villains, who must be sorted out; and encouraged the rise of private armies or lashkars both to wage jihad and encourage others to do so. That singular narrative fathered the rise of two types of organizations: One, terrorist outfits like the TTP, which look down upon both the majority rule and democratic culture and aim to set up an 'Islamic' state by force. Second, mainstream political parties, which owe allegiance to the majority rule but in practice dismiss democratic culture as a sign of moral weakness. Both types of organizations show zero tolerance for the opposition, brand their opponents as heretics or traitors, eschew conflict resolution through dialogue, seek to subordinate the institutions to their whims and agree to play ball with them only on their terms; and claim to be a noble mission to rid society of all evil, – to overhaul the national culture. With so much in common, the two types of organizations were destined to be natural allies. We all know which mainstream political party has been the most vehement supporter of the Taliban. Come the current pope of popular-cum-cult politics in Pakistan. Like Zia, he made morality the leitmotif of his politics, ascribed all the ills of the country to corruption and dynastic politics, made full use of religious symbols, and promised to set up a heaven on earth. He had one thing that Zia lacked: charisma. He lacked one thing that Zia had: the unflinching support of powerful institutions.

That's why, despite his charisma in the initial years of his political career, he remained a nonentity. But eventually, luck smiled on him and he became the blue-eyed boy of the mighty. It was then that his charisma came into full play. If Zia was only the pope, the cultists' heart-throb became both the prince and the pope – a most enviable combination. Despite being rooted in different traditions, the Zia regime's cultural overhaul project and fascism, which rose in Western Europe in the first half of the 20th century, have much in common. Like Zia's 'mard-e-momin', fascism has the top leader at the apex. Being the best, the noblest and the wisest of all, his words and actions become the criteria of all that is good and legitimate. If he wins, the electoral process is deemed fair and transparent every inch; if he loses, it is declared illegitimate out-and-out. To lend greater credibility to his unchallenged authority, the leader may present himself as being on a messianic mission, which may take the form of reviving a mythical or actual golden era of yore. At any rate, the notion of national cultural decadence and resurgence under the top leader forms a key component of fascist ideology. Institutional changes are not a priority. In fact, institutions are deliberately weakened to make room for the rise of the cult of the leader. Since the leader is the mainspring of all standards and values, the difference between one set of values and another – for example, between the individual and society, between the public and private sectors, or between religious and political authority – is arbitrary and must be suppressed. A leader who is otherwise secular in private life will make abundant use of religion publicly for his advantage and seek to provide a religious sanction to his position. "If you don't support me, you will be consigned to hell." In the same garb, he is both the prince and the pope, the playboy and the saint. Not surprisingly, Mussolini in Italy and Hitler in Germany had zero tolerance for dissent and opposition and embraced, nay glorified, the use of violence to put down their opponents. Once they were in the government – curiously enough, the latter by winning elections, the former by threatening to march on the capital – they put in place a fascist state based on these notions. Both made brilliant use of propaganda, lying so much as and with such adroitness as to obliterate the distinction between truth and falsehood. The fascists made their respective country a one-party state and annihilated any opposition to the regime.

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CHRISTIAN CLAUWERS

Scientific research in Antarctica is essential to understand changes in biodiversity and climate

It is about minus 20 degrees Celsius. We have not seen a human or settlement for more than a week. Our ship is now the remotest, most isolated floating village on the planet. We are at Marie Byrd Land, bound for the Ross Sea, on a month-long Antarctic expedition. The nautical charts on the bridge are showing blind spots – "uncharted territory" on the admiralty charts, or "zone non hydrographie" on the French charts. Sailing in the least-known corner of our planet is not only hazardous but also challenging. Especially when we hit the pack ice and the ship roars through the thick blocks of frozen water.

Seventeen scientists, nine nationalities, four research projects. There is an atmosphere of cooperation and group spirit on the rolling ship, while our eyes, cameras and instruments witness environments yet to be explored, deep in the Southern Ocean.

The 17 scientists on this expedition all share the same goal: To provide data and knowledge about Antarctic biodiversity including algae, penguins, phytoplankton, zooplankton and krill; marine mammals such as whales; and evolutionary distribution of sea birds such as penguin populations. Their research contributes to insights about the effect of environmental change on species biogeography, sea ice decline, phytoplankton and glacial evolution. This Antarctic journey, deep in the Bellingshausen, Amundsen and Ross

seas, goes to the boundaries of the known world. The horizon stretches into infinity, the magical midnight sun shines in the middle of the night at 71 degrees south, and Adelie penguins are looking for a social encounter. This is the white magic of terra incognita. In these regions, all data are new, valuable and unique. The Southern

conductivity, temperature and depth – scientists measure the conductivity, temperature and pressure of the seawater. Pressure is closely linked to depth. Conductivity is used to determine salinity.

Using a hydrophone, another team of marine biologists is measuring the presence of whales via acoustic recordings and trying to visualize migration patterns. Researchers of the BASE Millennium Institute, or Biodiversity of Antarctic and Subantarctic Ecosystems, from Chile are interested in the evolutionary history of seabirds such as emperor penguins. By knowing the distribution of the penguins, researchers and policy-makers will be able to know the important areas where they are foraging so that they can see where protection is needed.

Marine biologists are taking field samples, such as blood, soil sediment and others, that are later analyzed in the laboratory. Penguin droppings are being studied to see if Avian Influenza, or bird flu, has made its appearance in these remote areas of Antarctica.

Two Australian scientists focusing on blue whales are also measuring the aerosols in the atmosphere to

calibrate satellite imagery for Earth observation, a precise and honorable assignment that they conduct for NASA. Aerosols determine how the satellite cameras interpret the color of the ocean during weather observations (which include cloud cover) and oceanographic observations (for ocean color).

Another scientist from the University of Colorado in the US is researching black (anthropogenic) carbon particles in snow and ice. Clean snow reflects sunlight and keeps the planet cool, whereas dirty snow absorbs sunlight and heats up, accelerating melting, known as the albedo effect. Carbon not only has health implications but also accelerates global warming because it absorbs heat.

In line with the research of the international research teams, I gave lectures on board about how climate change is having a global impact, such as rising sea levels affecting Pacific Islanders.

I showed the inside of the Svalbard Global Seed Vault, a facility for preserving and securing the world's seed biodiversity for future generations.

The scientists shared their knowledge and presented their key findings from the past month for all aboard the icebreaker.

Christian Clauwers is an EU climate pact ambassador and a professional documentary photographer exploring the relationship between humans and nature, with a focus on science, biodiversity and climate change, especially on oceans and polar regions.

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



Organized under the banner of the All-India Muslim League. Branches of the party were opened even in the remote corners of the subcontinent. Literature in the form of pamphlets, books, magazines and newspapers was produced to explain the Pakistan demand and distributed widely. The support gained by the All-India Muslim League and its demand for Pakistan was tested after the failure of the Simla Conference, convened by the Viceroy, Lord Wavell, in 1945. Elections were called to determine the respective strength of the political parties. The All-India Muslim League election campaign was based on the Pakistan demand. The Muslim community responded to this call in an unprecedented way. Numerous Muslim parties were formed making united parliamentary board at the behest of the Congress to oppose the Muslim

League. But the All-India Muslim League swept all the thirty seats in the Central Legislature and in the provincial elections also, its victory was outstanding. After the elections, on April 8-9, 1946, the All-India Muslim League called a convention of the newly-elected League members in the Central and Provincial Legislatures at Delhi. This convention, which constituted virtually a representative assembly of the Muslims of South Asia, on a motion by the Chief Minister of Bengal, Hussain Shaheed Suhrawardy, reiterated the Pakistan demand in clearer terms.

CABINET PLAN

In early 1946, the British Government sent a Cabinet Mission to the subcontinent to resolve the constitutional deadlock. The Mission conducted

negotiations with various political parties, but failed to evolve an agreed formula. Finally, the Cabinet Mission announced its own Plan, which among other provisions, envisaged three federal groupings, two of them comprising the Muslim majority provinces, linked at the Centre in a loose federation with three subjects. The Muslim League accepted the plan, as a strategic move, expecting to achieve its objective in not-too-distant a future.

The All-India Congress also agreed to the Plan, but, soon realising its implications, the Congress leaders began to interpret it in a way not visualized by the authors of the Plan. This provided the All-India Muslim League an excuse to withdraw its acceptance of the Plan and the party observed August 16, as a 'Direct Action Day' to show Muslim solidarity in support of the Pakistan demand.

PARTITION SCHEME

In October 1946, an Interim Government was formed. The Muslim League sent its representative under the leadership of its General Secretary, Mr. Liaquat Ali Khan, with the aim to fight for the party objective from within the Interim Government. After a short time, the situation inside the Interim Government and outside convinced the Congress leadership to accept Pakistan as the only solution of the communal problem.

The British Government, after its last attempt to save the Cabinet Mission Plan in December 1946, also moved towards a scheme for the partition of India. The last British Viceroy, Lord Louis Mountbatten, came with a clear mandate to draft a plan for the transfer of power.

To be continued....

Showbiz

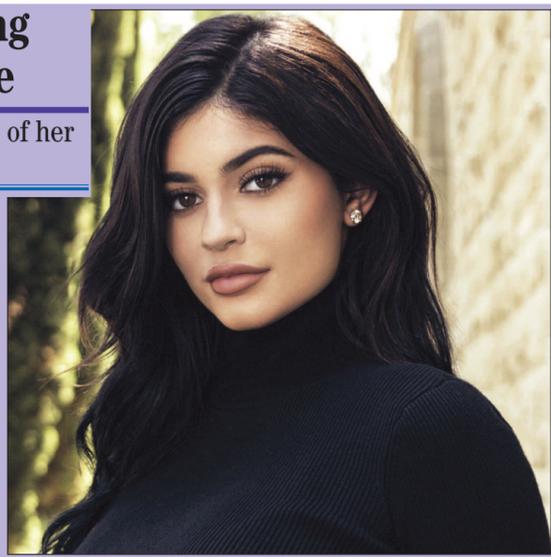
Tech

Kylie Jenner teases exciting debut of her fragrance line

Kylie Jenner appeared to unveil the launch date of her upcoming fragrance line

There's no stopping Kylie Jenner when it comes to expanding her billions-dollar business empire. The 26-year-old model appeared to tease her very own fragrance line in a recent photo dump on Instagram. In the carousel of photos posted on Thursday, the last image featured Kylie holding a tester bottle in her hand as a giant blueprint featuring different shapes and sizes of a mangoesque bottle. Eagle-eyed fans were quick to notice the writing at the corner of the blueprint, which explicitly read, KYLIE FRAGRANCE. A notepad beside the chart paper also teased a potential launch date for the prospective line, i.e., March 7

scrawled over the front page. "Are we getting a Kylie Jenner fragrance?" one user asked in the comments section. "Calendar marked for MARCH 7TH," another enthused. The rest of the photos featured glimpse into the reality star's weekend, which she described as "long" in the caption. The carousel was led by a photo of one of Kylie's furry friend, followed by pictures of the model in different settings. According to The Sun, the Kardashians star filed a trademark to acquire brand name Cosmic for her new fragrance line in 2022. Besides its own fragrance and perfume, Cosmic ought to include bath



Bauble: thermal earrings with built-in Bluetooth that can measure skin temperature

In a scientific marvel, researchers from the University of Washington have created thermal earrings called "Bauble" that can measure skin temperature, New York Post reported. According to the UW study, the baubles are "first-of-its-kind smart earring that enables a reliable wearable solution for continuous temperature monitoring." Every earring contains an antenna, two temperature sensors, a built-in Bluetooth chip, and a 28-day battery life. The high-tech earrings measure 11.3 x 31 x 335 millimetres and weigh 335 milligrammes. The temperature sensor is connected to the ear by an embellished magnetic clip, and the room temperature is measured by a second sensor with a resin fashion design. The earring enters a power-saving mode as soon as it detects temperature, making sure the 28-day battery life is utilised effectively. "The earrings would sense activity and health metrics such as temperature and heart rate," Qiyue Shirley Xue, a computer science and engineering doctoral student at UW



explained, "while a necklace might serve as an electrocardiogram monitor for more effective heart health data." Researchers from the University of Washington think that the positioning of the earring allows it to measure body temperature more accurately than smartwatches. In contrast to watches and other wearables, which are more loosely worn, "thermal earrings take advantage of the unique position of earrings in proximity to the head, a region with tight coupling to the body," the research explained. Over time, fitness-tracking equipment has grown in popularity among health enthusiasts.

Looking for ways to manage PCOS? These natural foods might help

PCOS cannot be cured, but symptoms can be managed with a balanced diet comprising nutritious foods

Polycystic ovary syndrome (PCOS) is a common hormonal disorder that affects many women of reproductive age which is characterised by high levels of androgens (male hormones) in the body, as well as insulin resistance and irregular menstrual periods. However, this disorder cannot be cured, but the symptoms can be managed with the help of a balanced diet. Experts recommend PCOS patients increase the use or consumption of nutritious foods that may manage the symptoms and improve overall health. But what foods are they?

Lean proteins
 Lean proteins like chicken, turkey, tofu, fish and

legumes are low in saturated fat and may help regulate blood sugar levels. They promote feelings of fullness, which aid in weight management for women dealing with PCOS.

Leafy greens
 Leafy greens like spinach, kale, and Swiss chard are rich in nutrients like vitamin C, iron, and calcium, and may help reduce inflammation in the body.

They are also low in calories and high in fibre, which can help regulate blood sugar levels and promote weight management.

Berries
 Berries like blueberries, raspberries, and strawberries are high in antioxidants, vitamins and

fibre, and may help improve insulin resistance. They have a low glycemic index, meaning they cause a gradual rise in blood sugar levels.

Whole grains
 Whole grains like brown rice, quinoa, and whole wheat bread are high in fibre and complex carbohydrates that may help improve insulin resistance.

They promote satiety, reducing cravings for unhealthy snacks.

Greek yoghurt
 Greek yoghurt is a rich source of protein and probiotics, which can help support gut health and improve digestion. Opt for plain, unsweetened Greek yoghurt to avoid added sugars.



Health

Abu Dhabi: ADQ-led consortium to invest Dh128.5 billion (\$35 billion) in Egypt

ABU DHABI: ADQ, an Abu Dhabi-based investment and holding company unveiled plans to invest a total of \$35 billion (Dh128.5 billion) in Egypt. ADQ will acquire the development rights for Ras El-Hekma for \$24 billion. The region will turn into one of Egypt's largest city developments. The Egyptian government will continue to retain a stake – at 35 per cent – in the development.

Besides Ras El-Hekma, ADQ will additionally invest \$11 billion in prime projects across the country to 'support its economic growth and development.' A media release said work on the projects will start early 2025.

Spanning over 170 million square meters, Ras El-Hekma is set to be a next-generation city comprising mainly of tourism amenities, a free zone, and an investment zone combining, among else, residential, commercial, and recreational spaces with seamless connectivity domestically and internationally.

Ras El-Hekma is a coastal region in Egypt located approximately 350 kilometers northwest of Cairo. ADQ's experience in providing fully integrated infrastructure solutions across a broad range of services, including energy, water, transportation and real estate, promises to bring significant benefits to the new development and Egypt's economy, and is expected to attract over \$150 billion in investments. Mohamed Hassan Alsuwaidi, Managing Director and Chief Executive Officer of ADQ, said: "ADQ is a long-standing investment partner in Egypt, and we have demonstrated our ability to select opportunities that are aligned with our investment framework and benefit the Egyptian economy."

"This investment underscores our commitment to developing Ras El-Hekma into one of Egypt's most attractive coastal destinations through the enablement of mega-infrastructure and development projects, working with partners such as Modon Properties and Talaat Moustafa Group, which will deliver value across multiple sectors of Egypt's vibrant economy." SABAH

ECP allocates KP, NA women's seats to parties based on election results

ISLAMABAD: The Election Commission of Pakistan (ECP) has issued a notification distributing special women's seats in the National Assembly from Khyber Pakhtunkhwa among different political parties based on the proportion of seats won by each party in the National Assembly elections held on February 8.

According to the notification, Shaista Khan from the Pakistan Muslim League Nawaz (PML-N) has been declared the winner of a special seat in proportion to her party's won General seats from Khyber Pakhtunkhwa.

Similarly, Shahida Begum, a candidate nominated by JUI, has secured a seat in the National Assembly from Khyber Pakhtunkhwa.

The Election Commission is still considering the distribution of the remaining reserved National Assembly seats from Khyber Pakhtunkhwa to the Sunni Ittehad Council (SIC). APP



LAHORE: Lawyers are casting their votes on the occasion of Lahore High Court Bar Election at High Court. APP

Newly-elected Sindh Assembly members take oath



KARACHI: The newly-elected members of Sindh Assembly took oath on Saturday during the inaugural session.

Speaker Agha Siraj Durrani administered the oath to newly elected MPAs.

As per the ECP's results, PPP won the most provincial assembly seats (84) followed by

MQM-P (28), while independent candidates bagged 14, GDA 2, and JI two seats in the February 8 polls in Sindh.

Syed Murad Ali Shah has once again been nominated as the PPP's candidate for Sindh chief minister slot.

Meanwhile, Syed Awais Qadir Shah and

Anthony Naveed would be PPP's candidate for Sindh Assembly speaker and deputy speaker offices, respectively.

Earlier, the opposition parties staged a protest demonstration outside the Sindh Assembly, alleging rigging in the general elections.

The police launched the crackdown and arrested 10 workers of the Quami Awami Tehreek. The provincial administration imposed Section 144 while prohibiting gatherings, rallies, and protests.

Several opposition parties including the Grand Democratic Alliance (GDA), the Jamaat-e-Islami (JI), and the Jamiat Ulema Islam-Fazl (JUI-F) ignored the Section 144 and staged protest against the alleged rigging.

Earlier, the newly-elected MPAs took oath in Sindhi, Urdu and English languages according to their convenience.

As many as 111 MPAs from PPP and 36 members of MQM-P took the oath.

After the allocation of reserved seats, PPP became the largest party of the house with 114 members while MQM-P has the numerical strength of 36. Moreover, three MPAs belong to GDA in Sindh Assembly. SABAH

Governor Haji Ghulam Ali convenes Khyber Pakhtunkhwa Assembly session on February 28

PESHAWAR: The Khyber-Pakhtunkhwa Assembly is poised to convene on February 28, as announced by Governor Haji Ghulam Ali on Saturday. The decision comes following the receipt and prompt approval of a summary from the caretaker chief minister.

Governor Ali revealed he was in Islamabad when the summary to summon the provincial assembly session was sent yesterday. Without delaying his return to the Governor House, he swiftly signed the summary, expressing a commitment to ensuring the efficient initiation of the assembly proceedings.

The assembly meeting scheduled for February 28 is expected to witness the swearing-in ceremony of the newly elected members of the provincial assembly.

Commencing at 11 am, this ceremony marks a crucial step in the formation of the legislative body, with representatives taking the oath to uphold their duties and responsibilities.

Senator Mushahid Hussain suggests Nawaz conciliation with PTI

LAHORE: Pakistan Muslim League-Nawaz (PML-N) Senator Mushahid Hussain Syed has suggested reconciliation with the Pakistan Tehreek-e-Insaf (PTI) to PML-N supreme Nawaz Sharif.

Taking to the social media site X, formerly Twitter, he stated that the Feb 8 elections were more controversial than the 1977 polls.

He advised Nawaz Sharif to act as a statesman and make key decisions to end the chaos and protests that erupted after allegations of rigging in the general elections.

He recommended to Nawaz Sharif to allow Peoples Party (PPP) to take over the prime minister's office, facilitate reconciliation between the Pakistan Muslim League-Nawaz (PML-N) and the PTI, and show respect for mandate the PTI got in the elections.

He urged Nawaz to assume the position of president who is the supreme commander of the armed forces.

Mushahid noted that a coalition government would result in a tailspin and warned that the current political instability could lead to a tragedy similar to that of 1977 when Gen Ziaul Haq staged a coup, seized power, and enforced martial law, suspending the Constitution. INP

Ex-PM Shehbaz pledges prioritising Pakistan's interests over politics

ISLAMABAD: Pakistan Muslim League-Nawaz (PML-N) President and nominated prime minister Shehbaz Sharif stressed the paramount importance of placing Pakistan's interests above political agendas.

Led by PML-N Balochistan President Jafar Khan Mandukhel, the delegation convened with Shehbaz Sharif to discuss matters pertinent to political stability and development in Pakistan, particularly focusing on Balochistan's governance landscape.

Addressing the delegation, Shehbaz Sharif lauded their efforts in fostering political stability in the country, underlining the need for collective dedication towards Pakistan's progress. He pledged to collaborate sincerely with all stakeholders for the advancement of both Pakistan and Balochistan.

During the interaction, the delegation highlighted key issues regarding government formation in Balochistan, while also sharing insights into their political affiliations and aspirations.

Shehbaz Sharif commended the dedication and spirit exhibited by the National and Provincial Assembly members and party leaders from Balochistan.

Among the notable attendees from Balochistan were Jamal Shah Kakar from NA 263, Sardar Yaqub Khan Nasir from NA 252, Jam Kamal from NA 257 and PB 22, and Sardar Abdul Rehman Khetran from PB 14. Mir Asim Kurd Gallo, who recently joined PML-N after succeeding as an independent from PB 30, along with other representatives including Wali Muhammad from PB 41 and Captain (R) Abdul Khaliq from PB 51, were also present at the meeting. The gathering also saw the presence of senior PML-N leaders including Khawaja Muhammad Asif, Rana Sanaulah, Senator Ishaq Dar, Sardar Ayyaz Sadiq, Khawaja Saad Rafique, and Senator Azam Nazir Tarar, underscoring the party's commitment to facilitating dialogue and cooperation among political entities for the betterment of Pakistan. SABAH

Naqvi calls on Maryam, congratulates on her nomination as Punjab CM

LAHORE: Punjab's caretaker Chief Minister Mohsin Naqvi called on Maryam Nawaz, PML's nominee for the slot of Punjab chief minister, in Jati Umra. During the meeting, Naqvi congratulated Maryam on her nomination.

He told her that being the first elected woman chief minister of Punjab would go down as a bright example in history.

Naqvi prayed for Maryam's success and expressed hope that she would write a new history of public service in the province.

The caretaker chief minister also briefed Maryam on ongoing development projects in the province. PML-N leader Maryam Nawaz commended Naqvi as the caretaker CM and his services to the people of Punjab.

She assured him she would continue to work on the ongoing projects initiated by him. SABAH



ISLAMABAD: Police personals busy in checking documents from motorcyclists at a road sector G-8 due to motorcycle lifting case increasing in Islamabad, in the Federal Capital. ONLINE

PTI never tried to block Shehbaz's way to PM office and talk to PPP: Bilawal

"Shehbaz Sharif will also have to extend thanks to PTI after becoming PM," PPP chief says

ISLAMABAD: Criticising the Pakistan Tehreek-e-Insaf (PTI) for not allying against Pakistan Muslim League-Nawaz (PML-N), Pakistan Peoples Party Chairman Bilawal Bhutto-Zardari said Saturday that the Inmran-founded party had never tried to block Shehbaz Sharif's way to the Prime Minister's Office through holding political talks with the PPP. Shehbaz Sharif would also have to extend thanks to the PTI after becoming the PM," Bilawal said while taking a dig at the Inmran-founded party in a press conference in Karachi.

"The PTI founder may have decided to not fight against Shehbaz. We are giving votes to the party which approached us [to form the next government in the Centre]," Bilawal, who was the foreign minister during Shehbaz's previous stint as PM, said. The PPP and PML-N have entered into an agreement, with the Bilawal-led party set to support Shehbaz as the prime minister, while his party will be getting other top posts. How-



ever, the PPP will not be part of the federal cabinet.

The politico also commented on Imran Khan's letter to the International Monetary Fund (IMF) to block financial aid to Pakistan over alleged rigging in the February 8 nationwide polls and said: "The letter has no importance but it would expose their [PTI] real face before the nation." Bilawal's comments came as he visited a PPP loyalist Abdul Rehman's residence in Karachi's Orangi Town

who had been killed during election-related violence.

Bilawal said that 12-year-old Abdul Rehman had been killed after his family was threatened to stop supporting the PPP, adding that many party loyalists lost their lives in violent incidents during the polls.

"We will catch the culprits involved in the attacks and provide justice to the families of slain PPP workers," vowed Bilawal, adding that the PPP-led government in Sindh and Karachi

would not tolerate any kind of religion, ethnic, and sectarian terrorism.

Bilawal said that he personally sought assistance from the law enforcement agencies against the violent incidents in which PPP workers were targeted.

He further announced that PPP would never forget its martyred activists and that a thorough probe through a joint investigation team (JIT) would be held into the incidents of violence and firing during the polls.

Commenting on ongoing protests against "election rigging", the PPP chief said that political opponents could not blackmail them by levelling false allegations.

"Those parties which cannot win the polls without rigging are now protesting against election manipulation today without providing any solid evidence."

He asked protesting parties to approach legal forums to address their rigging claims. SABAH

CCP approves three KSA-based mergers with stake in Pakistan's steel sector

ISLAMABAD: The Competition Commission of Pakistan (CCP) has granted approval to three mergers concerning Saudi Iron and Steel Company (Hadeed), having a presence in Pakistan's steel market.

The overall transaction comprises of restructuring of two entities divided into three stages of transactions, according to press statement issued by the commission here Saturday.

Based in the Saudi Arabia, Hadeed is a well-established company, producing a range of steel products. It deals in spot sales in Pakistan's steel market and exports to Pakistan through international traders.

Initially, the Public Investment Fund (PIF) sent a pre-merger application to CCP to acquire 100% shareholding of Hadeed from Saudi Basic Industries Corporation ("SABIC").

PIF is a sovereign wealth fund of Saudi Arabia and known for its diverse investments in various sectors globally. PIF has entered into a share purchase agreement with SABIC, under which SABIC agrees to sell its entire share capital of Hadeed to PIF.

Moving on the next step, Hadeed was to acquire 100% shareholding of Al Rajhi Steel Industries Company from M/s. Mohammad Bin Abdulaziz Al Rajhi & Sons Investment. Al Rajhi Steel, established in 1978, is a subsidiary of Al Rajhi Invest and is known for its steel manufacturing capabilities in Saudi Arabia.



This involved a share exchange agreement between Hadeed and Al Rajhi Invest. In the third stage, PIF intends to dispose off its 44.5% shareholding in Hadeed to M/s. Mohammad Bin Abdulaziz Al Rajhi & Sons Investment thus sharing control over Hadeed and Al Rajhi Steel for improving their respective production capabilities and increasing their operational efficiency. These transactions, as per the information available, are not anticipated to raise any competition concerns in the relevant market. The steel sector in Pakistan is one of the most important industries in the country. It plays a vital role and with investments it can help raise the GDP and bring benefits to both the economy and investors. APP