



Stated that she belongs to the people and the people should not be kept separate from her adding that if the people are stopped again then she would turn out the security

Chief Minister Punjab
Maryam Nawaz

COAS lauds ASP Shehrbano for her selfless devotion to duty and professionalism

RAWALPINDI: Chief of Army Staff (COAS) General Syed Asim Munir on Wednesday lauded Assistant Superintendent of Police (ASP) Syeda Shehrbano Naqvi for her selfless devotion to duty and professionalism in diffusing a volatile situation. The fearless police officer, who called on the Army Chief at the General Headquarters, had extricated a woman from the difficult milieu of Ichra Bazaar in Lahore on February 26, an Inter Services Public Relations (ISPR) news release said.

The COAS acknowledged the vital role Pakistani women are playing in all walks of life. "Since independence, the Pakistani women have distinguished themselves at home and abroad, by virtue of their talent, tenacity and commitment," he said.

The Chief of Army Staff (COAS) highlighted that the women were an invaluable part of Pakistan's society and their respect was enshrined "in our religion as well as our social ethos".

He also underscored the importance of social harmony and the need for nationwide consensus on curbing intolerance.

He emphasized upon the rule of law and advised against taking the law in one's hands when legal avenues were available for addressing concerns and grievances. Noting that arbitrary actions on the basis of heresy undermine the outlook of the society, the COAS underlined Islam's eternal message of kindness and benevolence.

He appreciated the sacrifices rendered by the law enforcement agencies to ensure the safety and security of the citizens of the country. PR

Six terrorists killed, soldier injured in North Waziristan operation

RAWALPINDI: As many as six terrorists were killed while a soldier of Pakistan Army got injured after the security forces conducted an intelligence based operation in North Waziristan District on Wednesday. During the conduct of operation, intense fire exchange took place between the Army troops and the terrorists, an Inter Services Public Relations (ISPR) news release said.

Weapons, ammunition and explosives were also recovered from the killed terrorists, who remained actively involved in numerous terrorist activities including target killing as well as extortion and abduction of innocent civilians, it said.

"Sanitization operation is being conducted to eliminate any other terrorist found in the area. Locals of the area appreciated the operation and expressed their full support to eliminate the menace of terrorism," the ISPR said. PR



RAWALPINDI: Assistant Superintendent of Police Syeda Shehrbano Naqvi called on General Syed Asim Munir, NI (M), Chief of Army Staff (COAS) at General Headquarters.

PM Kakar appears before IHC in compliance of court orders

VOM Report

ISLAMABAD: Caretaker Prime Minister Anwaar-ul-Haq Kakar on Wednesday appeared before the Islamabad High Court in compliance of the court orders in the case of Baloch missing persons.

Justice Mohsin Akhtar Kayani heard the case pertaining to the missing students. Caretaker Interior Minister Dr. Gohar Ejaz Khan and Attorney General of Pakistan Mansoor Usman Awan were also present on the occasion. During the court proceedings, PM Kakar said the government was working in line with the constitution and the law.

"Being from Balochistan, I have more knowledge about the situation where people face armed resistance in the province," he said.

The caretaker PM said the activities of non-state elements were reported in Balochistan, and added a former Chief Justice of Balochistan, who was heading an inquiry, was martyred by militants.

Balochistan, he said, had been facing terrorism for two decades and stressed that the issue needed to be addressed.

"All political parties should come together and find a solution to this issue," he said.

Kakar said the Constitution assures the security of all citizens and in return binds them for demonstrating an unconditional loyalty towards the State.

Justice Kayani remarked that the court in two years held several hearings in the case of missing persons and pointed out that the

arrests by the authorities needed to be put on record. He said the credit goes to the government and relevant institutions for the recovery of the missing persons.

In a report submitted by the Attorney General for Pakistan, the court was informed that 11 more students had been recovered. Nine were

in the custody of the Counter Terrorism Department (CTD) following cases registered against them and two people had gone to Afghanistan.

The court directed the authorities to provide the details of the cases against the persons in the custody of CTD to the petitioner.

Caretaker PM disapproves PTI's move of writing a letter to IMF

ISLAMABAD: Caretaker Prime Minister Anwaar-ul-Haq Kakar on Wednesday expressing his disapproval over Pakistan Tehreek-e-Insaf leadership's latest political salvo of writing a letter to International Monetary Fund (IMF), termed it as 'highly irresponsible'. Appearing in a talk show of a private TV channel (SAMAA news), the prime minister said the letter was sent at time when the caretaker government had worked significantly for the economic revival with the relevant indicators showing positive trends, besides it achieved different financial targets.

The negotiations with the IMF were in the process for \$6 billion dollars agreement which was important for the economic health of the country, he said, adding moreover, different multilateral agreements were also dependent over it. He said that there were appropriate forums for the electoral disputes and the PTI's gesture of

writing letter to IMF was unjustified and highly irresponsible. However, he maintained that in the tangible terms, the letter would have no effects, but it would have political costs for the PTI that had a narrative in this regard.

To a question, the caretaker prime minister said that he had appeared before the Islamabad High Court (IHC) in the Baloch missing persons' case to show that the interim set up was functioning under a constitutional order. The courts' orders should be respected and he appeared before it to reiterate the same stance and set a precedent, he added. The prime minister further said that the court had been apprised about the number of missing people traced so far under its orders and the IHC judge appreciated efforts in this regard. Prime Minister Kakar also termed the number of missing persons as 'highly exaggerated'.

Solangi visits NA Secretariat, Hall to review arrangements for opening session of National Assembly

VOM Report

ISLAMABAD: Caretaker Federal Minister for Information, Broadcasting and Parliamentary Affairs Mur-taza Solangi here on Wednesday visited the National Assembly Secretariat and the National Assembly Hall to review arrangements for the inaugural session of the newly elected National Assembly.

The officials of National Assembly Secretariat briefed the minister about the arrangements for the opening session of the National Assembly.

The Director General Media informed the minister that special arrangements had been made by the National Assembly Secretariat for the convenience of the newly elected members. He also informed about the registration of the members of the assembly, the preparation of necessary documents for them and the necessary rules and regulations of the National Assembly. The DG media said that special arrangements had been made for seats in the assembly hall for the newly elected members. The minister also visited the Facilitation Center established in the Parliament House for the convenience of the newly elected members of the assembly and met the staff there.

On this occasion, Solangi was also briefed on the issues of the Facilitation Center and the facilities provided to the newly elected members.

ECP appoints five presiding officers for presidential election

ISLAMABAD: The Election Commission of Pakistan (ECP) on Wednesday appointed five Presiding officers to conduct election to the office of President of Pakistan, in Islamabad and four provincial capitals. According to Spokesperson ECP, these officers will receive nomination papers from candidates and chair meetings of the Majlis-e-Shoora (Parliament) at Parliament House, Islamabad, and the Provincial Assembly of the respective province during the scheduled polling for the Presidential Election.

According to the notification, the Chief Justice of the Islamabad High Court will oversee the elections in the Senate and National Assembly in Islamabad. A Member of the Election Commission-I, Election Commission of Pakistan, will supervise polling in the Provincial Assembly of Punjab, located in Lahore. The Chief Justice of the Sindh High Court will supervise the Presidential Elections in the Provincial Assembly of Sindh, situated in Karachi. Similarly, the Chief Justice of the Peshawar High Court will supervise the polls in the Provincial Assembly of Khyber Pakhtunkhwa, located in Peshawar. Finally, the Chief Justice of the Balochistan High Court will conduct the presidential polls in the Provincial Assembly in Quetta. APP

NA inaugural session summoned on Thursday



ISLAMABAD: The National Assembly Secretariat has convened the inaugural session of the lower house of Parliament at 10am on Thursday. In a notification issued by NA Secretary Tahir Hussain, it was disclosed that Caretaker Prime Minister Anwaarul Haq Kakar

has granted approval for the session under Article 91(2) of the Constitution.

The decision follows consultations with the Ministry of Parliamentary Affairs and the Ministry of Law.

On Monday President Dr Arif Alvi returned a caretaker government's summary for convening the inaugural session of the National Assembly, prompting Speaker Raja Pervaiz Ashraf to call the maiden sitting of the lower house of parliament on February 29.

Alvi, whose presidency is coming to a conclusion within a few weeks, emphasised that he would only approve the summary if the issue of reserved seats for women and minorities was resolved and distributed among the parties, as per law.

His delay tactics drew criticism from political parties, including the PML-N and PPP, urging him not to misuse his powers as the head of state. SABAH

CM's historic democratic gesture, visits opposition leader during PA session

LAHORE: Punjab Chief Minister Maryam Nawaz makes history with a positive democratic gesture by personally visiting the seat of Opposition Leader Rana Aftab Ahmed Khan, extending a goodwill gesture.

The CM stated that she could not meet Rana Aftab since the day of election, adding that she wanted him to come in the Assembly. She stated that her doors are always open for all the opposition parties and for him as well. She is not only the Chief Minister of the treasury members but of all the opposition parties as well.

Aftab Ahmed Khan thanked the CM on her showing a positive gesture by herself visiting him.

The CM stated that she sent people to him on that day and tried her best to include participation of all the opposition parties in the Assembly process.

Corps Commander Peshawar meets Utmanzai tribe elders

ISLAMABAD: Corps Commander Peshawar Lieutenant General Hasan Azhar Hayat on Wednesday met Utmanzai tribal elders from North Waziristan and thanked them for fighting alongside the Pakistan Army in the war against terror.

According to the Inter Services Public Relations (ISPR), the Utmanzai tribal elders, while appreciating the unwavering spirit of the Pakistan Army, said that the tribal people valued its sacrifices in the war against terrorism. On the occasion, the Corps Commander said, "The Pakistan Army is using all its resources for the welfare of the people in the tribal areas.

It is taking concrete steps along with the Khyber Pakhtunkhwa government to ensure the representation of the youth in minerals and other sectors, including better provision of education, besides the gradual return of other tribes to their respective areas."



The tribal elders expressed the commitment that the tribal people would always stand beside the Pakistan Army and other law enforcement agencies for the solidarity and integrity of the country. PR

Mushaal stresses empowering women for establishment of inclusive, equitable societies

VOM Report

ISLAMABAD: Special Assistant to Prime Minister for Human Rights and Women Empowerment, Mushaal Hussein Mullick Wednesday underscored the indispensable role women play in society through their significant contributions to the social, economic, and cultural spheres globally.

She was addressing the "Women Day Celebration" organized by Pak Gulf Construction Pvt Ltd. in connection with International Women's Day which is observed on March 8 every year. The event honoured the achievements and resilience of women worldwide and

served as a platform to reflect on the progress made towards gender equality in Pakistan and the challenges that still lie ahead.

SAPM stressed the importance of empowering women for the establishment of inclusive and equitable societies. She emphasized the imperative of investing in women's education, healthcare, and overall well-being.

Mushaal said that the people, particularly women, in the Indian Illegally Occupied Jammu and Kashmir (IIOJK) were enduring the worst human rights violations inflicted by the Indian occupation forces. She emphasized that amidst oppression, women in IIOJK had assumed prominent roles in the Kashmiri freedom struggle.



She underscored the resilience and determination of Kashmiri women, suggesting that in the face of adversities, women globally could draw inspiration from

their unwavering spirit.

Mushaal advocated for the active participation of women in politics. She emphasized the significance of women participation in political decision-making processes. She further noted that women's involvement in politics enriches democratic discourse and promotes the development of more responsive and equitable policies.

She outlined the key initiatives within the 100-day plan, which she spearheaded to enhance the human rights landscape and bolster women's empowerment in Pakistan. She said that the plan encompasses a wide array of initiatives spanning critical areas related to women's empowerment, including gender equality, educa-

tion, economic empowerment, health-care, and combatting violence against women, among others.

She also mentioned an MOU signed with the government of AJK in light of her 100-day plan for the uplift of the status of women in AJK.

Mushaal urged all to pledge their support for women's empowerment across all areas of life. Appreciating the organizers, she said that the event served as a testament to our commitment towards empowering women and advancing their rights. Focal Person to SAPM Sabien Hussein Mullick was also present and along with SAPM distributed appreciation certificates and shields among the organizers of the event.

Editor-in-Chief: Amna Munawwar Awan
 Editor: Muhammad Hasam
 Office # 408, 4th Floor, Evacuee Trust,
 Agha Khan Road, F-5/1 Islamabad
 Phone: + 92 51 8354964

Language of war and peace

ZUBAIR TORWALI

Austrian linguistic philosopher Wittgenstein says, "The meaning of a word is its use in the language." This implies that words do not have intrinsic meanings in language themselves, and they derive their meaning from the contexts. This question is related to communication. According to English educator and literary critic IA Richard, communication occurs when one mind acts on its environment in such a way that it influences another mind and creates an experience in that second mind that is similar to the experience of the first mind.

A language is not just a collection of phonetics, phonology, words, syntax and grammar. It is not only influenced by its environment and political and cultural conditions but is also a means of describing these conditions.

Language is not an inanimate thing to be studied as an inanimate object. It is a process which is not only related to every field of human life but also influences it and itself takes influence from the cultural, social and political contexts. The change or death of languages is proof of their being living entities. Language shapes perception and behaviour. Language can be used to reduce differences, incite violence, or seek recognition of diversity. The language of war usually serves to mask the reality of violence.

Like the state of peace, the language of peace can be negative or positive. Negative peace does not refer to the complete absence of war or violence but an interval of peace between wars, whereas positive peace is a permanent state of non-violence and war. The language of positive peace promotes an open and inclusive discourse that affirms and recognizes diversity. Knowledge is power, and so is language. Those who control the language of war and peace are the ones who can sway society to either peace or war.

From the earliest wars between ancient societies to the world wars of the 20th century and the 'war on terror' in the 21st century, political and military leaders have fuelled wars by inducing discourses of wars into the language through various terms. It is the use of language that moralizes and legitimizes wars. Modern nation-states have made wars indispensable to national sovereignty. Unfortunately, the major languages of the world have more terms for war than for peace, and develop more discourse about war than peace. The most widespread justification for war arose during the Middle Ages and continues to this day. It was prompted by many thinkers such as St Augustine and St Thomas Aquinas. Wars were euphemized as holy war, just war or jihad by language itself. The language of war always conjures up terms that are used to kill, oppress and torture others, rob others of their resources, deprive others of their beliefs and languages, and dominate them.

By using language in this way, such actions seem normal to people. For example, war itself is justified by terming it defence. Political opponents are called the 'axis of evil'. Similarly, a sheer attack on another nation is described as a 'pre-emptive strike' and the deaths of civilians are termed as 'collateral damage'. Such language terms create positive perceptions of negative acts and negative images of positive ones that affect our perceptions and behaviour. In linguistics, such use of terms is called 'lexicalization'. In critical theory this is called 'special pleading' and it is used by the dominant class specifically to maintain their power. For example, the massacre of children and civilians is considered a sacrifice for the country or the deaths caused by dropping a bomb on a seminary as collateral damage.

People form a worldview through the language they are taught. In the process of socialization, language adapts people to the values of society. Therefore, this process of socialization uses language to achieve specific goals. For example, during the cold war, Americans viewed their government as a 'champion of freedom' and the Soviet government as 'an evil empire'. For American linguist Norman Fairclough, language is a form of social behaviour in which we rely on common sense or ideological assumptions. According to him, a dominant discourse suppresses other discourses and as a result, people forget its totalitarianism or brutality and then that discourse/narrative seems normal. Fairclough calls this 'the naturalization of discourse'. For example, the first violence by the state on people shocks us, but because of this powerful discourse, this violence continues, and it seems normal to us. Somebody is made a villain in a faraway country and redemption is made against this demon. Take the example of Saddam Hussein or those who were equal to their forefathers in bravery during the war against the Soviet Union, but later became terrorists by the use of this discourse. The language of power creates propaganda through state media, controlled media, or education. In our curriculum, our historical heroes are still villains while the invaders are made heroes.

This relation between language and power was pointed out in the late 19th century by Friedrich Nietzsche. He says that our value judgment is mainly influenced by the use of language. Those who control language also control our point of view as well as our reactions. Many thinkers such as Wittgenstein, Michel Foucault, Gramsci, and Bourdieu have also pointed out the interplay between language and power. Language cannot be separated from the distribution of power in a society, and the distribution of power is not equal. According to French sociologist Pierre Bourdieu, the use of language depends on the social status of a person and this status is outside of language. Outside here refers to the social conditions within which this discourse flourishes through language. He further educates us that the construction of a linguistic national unit is a political hegemony where one language is imposed on others and then this discourse of power is carried further through it. For instance, Urdu in Pakistan or national language or languages in nation-states.

The writer heads an independent organisation dealing with education and development in Sual. He can be reached at: ztorwali@gmail.com



Atta-ur-Rahman

China's giant leap

The establishment of specialized anti-corruption bodies, such as the Central Commission for Discipline Inspection (CCDI), strengthened enforcement mechanisms and enabled more effective supervision and investigation of corrupt practices.

Exemplary punishments were given to senior government officials, highlighting the point that no one is above the law. Bo Xilai, a former member of the Politburo and party secretary of Chongqing, was one of the most prominent figures to be ensnared in Xi Jinping's anti-corruption dragnet. Bo was convicted of bribery, embezzlement, and abuse of power in a high-profile trial in 2013. He was sentenced to life in prison, marking a significant fall from grace for a once-rising political star.

Zhou Yongkang, a former member of the Politburo Standing Committee and head of China's security apparatus, was another major target of the anti-corruption campaign. Zhou was convicted of corruption, abuse of power, and leaking state secrets in 2015. He received a life sentence, becoming the highest-ranking official to be prosecuted for corruption since the founding of the People's Republic of China. The crackdown on corruption has bolstered public confidence in the government and the party, demonstrating a commitment to accountability and rule of law.

Another important step to boost the national economy and promote innovation and entrepreneurship was the establishment of SEZs, starting with Shenzhen, Zhuhai, and other coastal cities. SEZs offered foreign investors favourable conditions, including tax incentives, streamlined bureaucratic procedures, and access to cheap labour. SEZs attracted foreign direct investment, facilitated technology transfer, and stimulated export-oriented manufacturing, driving China's economic transformation and integration into the global economy.

Another important initiative of China has been the Belt and Road Initiative (BRI). It is a multifaceted infrastructure and economic development strategy aimed at enhancing connectivity and promoting economic cooperation across Asia, Africa, and Europe. It involves the construction of roads, railways, ports, and pipelines, as well as investments in energy, telecommunications, and

other key sectors. A common malaise in developing countries relates to inefficient public-sector enterprises that have become a huge burden on their economies. In Pakistan, we see how PIA, Steel Mills, Pakistan Railways and other public-sector enterprises have been eating away at national wealth due to corruption and inefficiencies.

The state-owned enterprises (SOE) reform efforts in China have focused on improving the efficiency, competitiveness, and profitability of state-owned enterprises while also reducing government intervention in the economy. Reforms included measures such as mixed-ownership reforms, where private capital is introduced into SOEs through equity partnerships or public listings, as well as restructuring and consolidation of inefficient and redundant state-owned assets.

The economy of China has also been considerably boosted by government spending on infrastructure development that encompasses a wide range of projects, including transportation networks, energy facilities, telecommunications systems, and urban infrastructure. Major initiatives include the construction of high-speed railways, expressways, airports, seaports, and hydroelectric dams, as well as investments in smart cities, digital infrastructure, and renewable energy.

The lynchpin of China's socio-economic development has been the emphasis on education reforms and innovation. The reforms include curriculum reforms to emphasize critical thinking and problem-solving skills, expansion of vocational education and skills training programmes, and investments in educational infrastructure and technology. The government has also promoted international cooperation and exchanges to enhance educational quality and global competitiveness. These reforms have strongly supported China's transition to a technology-driven knowledge-based economy and fostered a skilled workforce capable of driving innovation and sustainable development.

China's emphasis on science and technology has had many important spin-offs. Lenovo is the world's largest manufacturer of computers. BYD has overtaken Tesla in electric car manufacturing. China leads the

world in the manufacture of bullet trains and in quantum computing. The country's space exploration programme encompasses a range of missions and projects, including manned spaceflight, lunar exploration, satellite launches, and space station development. Key achievements include the launch of the Chang'e lunar missions, the Tianzhou cargo spacecraft, and the Tiangong space station.

China's internet and information technology development involves expanding internet infrastructure, promoting digital connectivity, and fostering innovation in digital technologies and applications. The government supports the development of domestic internet companies such as Alibaba, Tencent, and Baidu, while also implementing strict internet censorship and control measures.

China's leadership in 5G development has led to the rollout of fifth-generation wireless technology, enabling ultra-fast internet speeds, low latency, and connectivity for billions of devices. Chinese companies such as Huawei, ZTE, and China Mobile are playing pivotal roles in 5G technology development and global standards-setting, driving innovation and adoption worldwide.

China's strategic focus on artificial intelligence (AI) development has led to it laying down ambitious goals for becoming a global leader in AI by 2030, with initiatives such as the National AI Development Plan and the New Generation AI Development Plan. China's AI industry spans areas such as autonomous vehicles, facial recognition, machine learning, and natural language processing, driving innovation, economic competitiveness, and societal transformation in the digital age.

China is now investing heavily in the development of a quantum communication network, leveraging the principles of quantum physics to create secure communication channels. Initiatives include the development of quantum key distribution (QKD) technology, quantum satellites, and the deployment of quantum communication networks.

The writer is the former federal minister for science and technology and former founding chairman of the HEC. He can be reached at: ibne_sina@hotmail.com

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

Today in History

Pakistan

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 to 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. After holding talks with political leaders and parties, he prepared a Partition Plan for the transfer of power, which, after approval of the British

Government, was announced on June 3, 1947. Both the Congress and the Muslim League accepted the Plan. Two largest Muslim majority provinces, Bengal and Punjab, were partitioned.

To be continued....

Miley Cyrus reveals 'Doctor (Work It Out)' release date with short teaser

Miley Cyrus teases new trailer clip for new single in collaboration with Pharrell

Miley Cyrus is keeping fans on pins and needles, making them wait for her new single with Pharrell.

Cyrus and Pharrell's new collaboration release date has been revealed. The singer has confirmed when exactly Doctor (Work It Out) is coming out, giving fans a glimpse of the track with a short clip, Wednesday, Feb. 28, just after a day the 31-year-old pop star teased the single on social media.

The 20-second clip shared on the singer's social's feature Cyrus in a black and silver dress with sparkly fringe, donning a high-mane hairdo. In the video, the Flowers singer is seen dancing to the track from differ-



ent camera point-of-views, lip syncing to some of the lyrics of the new single, in which she portrays a medical personnel who specialises in love.

"I could be a doctor and I could be a nurse," Cyrus can be heard singing. "I think I see the problem, it's only gonna get worse ... Just show me where it hurts/ I need to rock you baby, before your body burns/ Can we work it out?"

"Doctor (Work It Out) MARCH 1 @pharrell," she captioned the post, revealing the release date.

The teaser clip and the release date reveal comes just a day after the Hannah Montana star revealed the single's cover art.

Showbiz

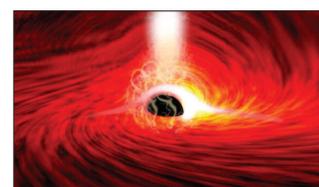
Tech

NASA: Super-red massive black hole from early universe catches JWST's eye

An "extremely red" supermassive black hole may have existed in the early cosmos, as per the analysis of photos taken with the James Webb Space Telescope.

Scientists suggest that the black hole's red colour results from its position behind a thick layer of dust that blocks out most of the light it emits, according to Interesting Engineering. "We were very excited when JWST started sending its first data. We were scanning the data that arrived for the UNCOVER programme and three very compact yet red-blooming objects prominently stood out and caught our eyes," said Lukas Furtak, a post-doctoral researcher and the lead author from the Ben-Gurion University of the Negev. The object has the appearance of an early universe-lensed quasar. Supermassive black holes provide energy to quasars, which are bright, active galactic nuclei.

"Their 'red-dot' appearance immediately led us to suspect that it was a quasar-like object," added Furtak



Get reliable electrical services from experienced professionals near you.

Extremely precise photos of the field of the Abell 2744 galaxy cluster were taken by the space telescope.

This cluster's large mass causes spacetime to curve, which modifies the pathways taken by light beams as they travel through it. In a sense, this phenomenon serves as a gravitational lens.

Consequently, the gravitational lensing effect makes background galaxies behind the cluster look more prominent.

Women achieve stronger heart health with less exercise than men: study

Women benefit from exercise more than men do in terms of heart health, as per a Smidt Heart Institute study.

Studies conducted by the Smidt Heart Institute at Cedars-Sinai have revealed a disparity in exercise habits between males and females, according to SciTech Daily. Women can exercise less frequently than males while still experiencing larger cardiovascular benefits, according to research published in the Journal of the American College of Cardiology (JACC). "Women have historically and statistically lagged behind men in engaging in meaningful exercise," said Martha Gulati, MD, director of Preventive Cardiology in the Department of Cardiology in the Smidt Heart Institute. "The beauty of this study is learning that women can get more out of each minute of moderate to vigorous activity than men do. It's an incentivising

Women can exercise less frequently than men while still experiencing larger cardiovascular benefits

notion that we hope women will take to heart."

Researchers examined information from 412,413 adult Americans using the National Health Interview Survey database. Participants — of whom 55% were female — provided survey data on physical activity during their free time between 1997 and 2019. Researchers looked at gender-specific results for physical activity frequency, duration,

intensity, and kind.

"For all adults engaging in any regular physical activity, compared to being inactive, mortality risk was expectedly lower," said Susan Cheng, MD, MPH, the Erika J Glazer Chair in Women's Cardiovascular Health and Population Science, director of the Institute for Research on Healthy Aging in the Department of Cardiology in the Smidt Heart Institute, and senior author of the study. "Intriguingly, though, mortality risk was reduced by 24% in women and 15% in men."

With all types of exercise and variables accounted for, Gulati says there's power in recommendations based on the study's findings. "Men get a maximal survival benefit when performing 300 minutes of moderate to vigorous activity per week, whereas women get the same benefit from 140 minutes per week," Gulati said.

Health



Nawaz Sharif warns of 'tough years' ahead, says Shehbaz 'best choice' for premiership

ISLAMABAD: Pakistan Muslim League-Nawaz (PML-N) supremo, Nawaz Sharif on Wednesday warned the upcoming government will need to make "difficult decisions" in next two years, saying that his younger brother Shehbaz is the best choice for the premiership. Addressing the party's parliamentary session in Islamabad, the three-time prime minister lauded Shehbaz Sharif's performance as the prime minister during the tenure of the Pakistan Democratic Movement (PDM).

"The way he [Shehbaz] stopped the country from defaulting is unprecedented," Nawaz Sharif said, hoping that Pakistan would emerge out of the current crises in the next one or two years.

"Pakistan is badly wounded at this time," he said, noting that the upcoming government will have to make difficult decisions in the next two years.

He pointed out that inflation was the 'biggest problems' in such difficult circumstances. "We have to give ease to the public, we have to fix the prices of electricity and gas, we have to make Pakistan stand on its feet," he stressed. "In the current circumstances, Shehbaz Sharif is the best choice," he said while officially declaring him the candidate for the prime minister's slot. The former premier further said that party leader Sardar Ayaz Sadiq will contest the election for the National Assembly speaker.

Nawaz Sharif emphasised that all political parties should work on a special agenda to take country out of crisis. "Do your own politics, opposition is also a part of politics, but don't endanger Pakistan and the system," he highlighted.

He pointed out that despite dharnas by the PTI during his previous tenure, the PML-N led federal government continued to work for the country and fulfilled all its commitments to the public.

The PML-N supremo also castigated the cases registered against him and his subsequent ouster. "I believe that whoever did that, they wronged Pakistan," he said, adding that ultimately it was the country that suffered. INP

PPP forms committee

ISLAMABAD: Chairman Pakistan People's Party (PPP) Bilawal Bhutto Zardari has formed a four-member committee for persuading different political parties to vote for the party's presidential candidate, Asif Ali Zardari.

According to the notification issued here by the Chairman's Secretariat by his Political Secretary Jameel Soomro, the committee is comprised of senior leaders including Syed Yousuf Raza Gilani, Raja Parvez Sharaf, Syed Khurshid Shah, and Syed Naveed Qamar.

It is pertinent to mention here that earlier during the last week, the Pakistan Muslim League-Nawaz (PML-N) and the PPP had announced Asif Ali Zardari as a joint candidate for the presidential elections.

Addressing a joint press conference at Zardari House in Islamabad, PPP Chairman Bilawal Bhutto Zardari said that PML-N President Shehbaz Sharif will once again be the country's prime minister. DNA



ISLAMABAD: Speaker National Assembly Raja Pervez Ashraf inaugurating Yadgar-e-Dastoor and Bagh-e-Dastoor in front of Parliament House.

Political activities prohibited at Makkah, Madina holy sites: Fatwa by PUC, Dar-ul-Ifta Pakistan



ISLAMABAD: The Pakistan Ulema Council (PUC) and Dar-ul-Ifta Pakistan on Wednesday jointly issued a religious decree (Fatwa) strictly prohibiting political activism, sloganeering, and hoisting of banners or flags, in any form, at the holy sites of Makkah and Madina.

The Fatwa was announced by PUC Chairman and Dar-ul-Ifta Pakistan President Hafiz Muhammad Tahir Mahmood Ashrafi along with prominent religious leaders, during a press conference.

Emphasizing the sanctity of holy sites, Ashrafi urged the intending Hajj pilgrims to spend their time there in worshipping and praying to the Almighty instead of indulging in petty political activities.

Expressing concern over attempts by some

individuals to display banners and flags at the holy sites, he stressed that such actions were unacceptable and could lead to disturbance of peace in the holy precincts.

He reiterated that adhering to the directives and laws of the Saudi Arabian government was imperative for all visitors and pilgrims, as otherwise they might land into trouble.

Ashrafi highlighted efforts by PUC, International Tazem-e-Harmain-e-Sharifain Council, and Hajj Organizers Association of Pakistan to organize educational sessions for pilgrims across the country. They were also striving to involve representatives from the Saudi Ministry of Hajj and Umrah in the training sessions, he added.

He appreciated that all the arrangements made under the Government Hajj Scheme

were in accordance with the Saudi instructions, while the private Hajj groups were also following suit. The cooperation of the Saudi Ministry of Hajj and Umrah, and the Saudi Embassy in Pakistan was also appreciable, he added.

To a query, Ashrafi underscored the historical cooperation between Pakistan and Islamic countries, particularly during the last government of Muhammad Shehbaz Sharif. He expressed optimism that with the establishment of Special Investment Facilitation Council (SIFC), the cooperation would be strengthened further in the future, anticipating enhanced collaboration with Arab countries under the upcoming elected government.

He strongly condemned the harassment faced by a woman wearing a Kurta inscribed with Arabic script in Lahore. He said the woman was reportedly subjected to verbal abuse and harassment by individuals who objected to the Arabic script on her attire. However, he said investigations revealed that the script had no sacred connotations and was merely decorative, a common feature in clothing worn in many Arabic-speaking countries. Ashrafi urged the government to take concrete steps to protect the rights and dignity of all citizens, regardless of their background as the outcome of the above case would have far-reaching implications for the country's reputation and its efforts to promote a more inclusive and harmonious society. APP

Leaked audios an attempt to put pressure on MQM

ISLAMABAD: Islamabad is currently grappling with the fallout from a series of leaked audios that have significantly intensified the already charged political atmosphere. The MQM finds itself in a precarious position, acknowledging the authenticity of the audios on one hand, while vehemently denouncing them as a conspiracy against the party on the other. At first glance, the leaked audios seem to be a calculated effort aimed at exerting pressure on the MQM. The objective appears to coerce the party into acquiescing to a specific share in the federal cabinet. This revelation has injected a new level of complexity into the political dynamics, as stakeholders weigh the implications and motivations behind the leaked materials. The political landscape, already marked by heightened tensions and fragmentation, now faces the challenge of navigating through the aftermath of these revelations. The MQM's response, oscillating between acknowledgment and dismissal, further adds to the intrigue surrounding the incident.

As the public and political circles grapple with the implications, a thorough investigation into the origin and context of the leaked audios is imperative to ascertain the veracity of the claims and the potential impact on the political landscape in Islamabad. The MQM is reportedly seeking control over six crucial ministries at the federal level, including the governorship of Sindh. However, negotiations with the PML-N have hit a roadblock, as the latter is willing to allocate only three ministries to the MQM. The negotiations became even more challenging, leading to heightened pressure on the MQM, when audio and video leaks surfaced during the talks. These leaks have added an additional layer of complexity to the discussions, making it more challenging for the MQM to navigate the negotiation process.

Not long ago, the PML-N found itself at a crossroads, contemplating whether to seize control of Punjab or pursue a federal government position. This strategic decision didn't sit well with the influential power players in Pakistan, who preferred the PML-N to assert authority both in Punjab and at the federal level. The situation took an unexpected turn when Commissioner Rawalpindi captured widespread attention by revealing that all 39 national and provincial assembly seats had been manipulated in favor of the PML-N. This disclosure proved to be a bombshell for the PML-N, as the Commissioner asserted that these 39 seats, if taken away from the PML-N, it shall not be able to form a government at the provincial and federal level. Faced with this challenge, the PML-N swiftly changed course and agreed to form a government at the federal level as well.

The calculated maneuver successfully yielded the desired results for the power dynamics in Pakistan. Interestingly the same gimmick is being applied in the case of the MQM. Earlier, an audio clip attributed to Mustafa Kamal went viral on the internet in which he revealed to the party's Rabita Committee that apparently PML-N is not in the mood to hold talks with them and accused the Pakistan Peoples Party (PPP) of attempting to corner them.

Kamal has confirmed the audio to be genuine. In the latest audio, Sindh Governor Kamran Tessori — who is also a member of the MQM-P's committee that has been tasked with negotiating with other political parties — could be heard saying that the party is paying the cost of becoming part of the Shehbaz Sharif-led coalition. DNA

British trade delegation visits Pakistan to bolster bilateral trade

ISLAMABAD: A delegation of 15 UK business representatives is visiting Pakistan to build links in the textiles, agri food, handicrafts and home decoration sectors.

The delegation, led by the Presidents of the Birmingham, West and North Yorkshire Chambers of Commerce, and the Asian Chamber of Commerce, will meet members of chambers of commerce in Karachi, Lahore, and Sialkot.

The mission is organized by the International Trade Centre (ITC) and funded by the UK Government. Delegates will also travel to the "We Exhibit" trade fair - a trade-expo of women-led businesses in Sialkot which is funded by the UK Government. The delegation will be in Pakistan until 03 March. British Deputy High Commissioner and Director of Trade Pakistan, Sarah Mooney, said: "Trade between the UK and Pakistan is already growing at an impressive rate. This delegation clearly shows the interest in growing that, and the opportunities that lie ahead for increased trade and investment. The UK will

continue to work with the Government of Pakistan, supporting changes that make trade fairer and easier for everyone." Delegates will gain insights into Pakistan's business environment, and specific market requirements for importing from Pakistan. The mission will establish direct contacts between UK companies and potential suppliers in Pakistan, enhancing awareness of the vast business linkages possible between the two countries. ITC will also launch an export readiness handbook and two export guides to help access the UK market, available in both English and Urdu, to support Pakistani exporters in understanding UK market guidelines.

The UK is Pakistan's third-largest trade partner, with total trade being \$4.3 billion, and the third biggest source of foreign direct investment. The UK's Development Countries Trading Scheme has opened up new avenues of trade between the UK and Pakistan by reducing tariffs and simplifying trade terms for 94% of Pakistani exports. SABAH

PML-N nominates Ayaz Sadiq for NA speaker's slot

ISLAMABAD: Pakistan Muslim League-Nawaz (PML-N) nominated Sardar Ayaz Sadiq for the National Assembly (NA) Speaker's slot in the parliamentary party meeting presided over by Nawaz Sharif.

As per details, party supremo Nawaz Sharif also okayed the PML-N parliamentary party's recommendation to nominate Sardar Ayaz Sadiq as the party's candidate for the National Assembly speaker's election. PML-N leader Atta Tarar said that in the parliamentary party's meeting, Shehbaz Sharif's nomination for the prime minister slot has also been approved officially. He said that in the meeting Nawaz Sharif was paid tribute for his 'services' to the country.

Atta Tarar said that PML-N President Shehbaz Sharif's efforts were also acknowledged for 'saving' the country from default. He said that the decision for the National Assembly deputy speaker will be taken after consultation with the Pakistan People's Party (PPP). Atta Tarar said that a joint parliamentary meeting of allied parties would be held Wednesday evening at Punjab House. INP

Yadgar-e-Dastur & Bagh-e-Dastoor would continue to remind significance & sanctity of Constitution: Raja Pervez Ashraf

ISLAMABAD: Speaker National Assembly Raja Pervez Ashraf has said that Constitution would continue to be a guiding document for generations to come to lead the country on path of development and progress.

He said, "It is constitution which creates strong link between state and People." He also said that this constitution monument would continue to remind about significance and sanctity of constitution.

He expressed these views while inaugurating the Yadgar-e-Dastur (Constitution Monument) and Bagh-e-Dastur in front of Parliament Lodges Islamabad underscoring Pakistan's unwavering commitment to democracy and steadfast adherence to the principles enshrined in the Constitution of Islamic Republic of Pakistan.

Speaker National Assembly Raja Pervez Ashraf also said that country's progress and develop-

ment is interlinked with adhering to constitution. Yadgar-e-Dastur and Bagh-e-Dastur are 1st of their kind in constitutional and political history of Pakistan. Standing tall at the heart of nation, the Yadgar-e-Dastur monument embodies the sanctity of the Constitution of 1973, with its towering plaques bearing the Preamble and fundamental rights.

The Islamic motif framing the constitution reminds of Article 227, binding that all existing laws shall be brought into conformity with the injunctions of Islam. As the national flag waves high, symbolizing a constant reminder of every citizen's solemn duty to uphold loyalty and obedience to the constitution and the law, a fountain nearby represents the balance of power. Amidst lush greenery, each tree planted in bagh-e-Dastur signifies an article of the constitution, while the parliament, at the center, echoes its pivotal role in governance. SABAH

CM Murad reiterates 'zero tolerance' against street crimes in Karachi

KARACHI: Sindh Chief Minister (CM) Syed Murad Ali Shah directed the police to improve their performance and curb street crimes in Karachi by concentrating on the hotspots in the city.

Presiding over a meeting on law and order on the first day of his third term in office, Murad Ali Shah also passed directives for the revival of all the non-functional check posts established in the Katcha area to control kidnapping for ransom and other hardcore crimes.

At the outset of the meeting, the chief minister said that the dacoits have established their sway in the Katcha areas of Larkana and Sukkur divisions. "I am not happy with the increasing trend of street crime and kidnapping for ransom in Larkana and Sukkur division," he said and added that he wanted a targeted operation against drug mafia to eliminate them properly.

Inspector General of Police (IGP) Riffat Mukhtar giving a presentation to the CM said that during the last two months, 23 people were killed during robberies, 3953 mobile phones, 46 four-wheelers, and 1537

two-wheelers were snatched. To a question, the IGP police told the CM that street crimes are high within the limits of 22 police stations in Karachi. The CM directed the IGP to provide him with a list of 22 vulnerable police stations in terms of street crime and identify the hotspots so that special focus could be given to them.

Murad Ali Shah directed the city police chief to get all his SSPs on the roads in the evening time. He added that street crime mostly started after sunset, directing the police to ensure

police presence on the roads to control them. To a question, the CM was told that there were 108 police stations with a strength of 12,000 policemen in Karachi. The CM said that Karachi has a strength of 48,000 policemen but only 12,000 policemen are deployed at 108 police stations which he said showed that each police station had 112 policemen on average.

Murad Ali Shah directed the IGP to rationalise the police force deployed in other units and raise the strength

of police stations from 12000 to 24,000. The IGP told the CM that there were 25,000 vacant posts of policemen in the province. At this, the CM directed him to start recruitment purely on merit.

To a question, the IGP police told the CM that only 14 cases of kidnapping for ransom were outstanding. During the discussion, it was disclosed that a large number of people from other provinces have been kidnapped through the honey trap and are kept in the Katcha areas between Sindh and Punjab. The CM directed the IGP to work out a plan to start a crackdown in the Katcha area.

Murad Ali Shah said that he is waiting for the formation of a new government in Balochistan so that a joint strategy with Punjab and Balochistan could be developed to launch a joint operation.

The CM directed the IGP to revive the non-functional police stations in the Katcha areas. "I will visit the Katcha area and meet with the policemen deployed at the checkposts and hold a joint meeting of police and Rangers there," he said.

of police stations from 12000 to 24,000. The IGP told the CM that there were 25,000 vacant posts of policemen in the province. At this, the CM directed him to start recruitment purely on merit.

To a question, the IGP police told the CM that only 14 cases of kidnapping for ransom were outstanding. During the discussion, it was disclosed that a large number of people from other provinces have been kidnapped through the honey trap and are kept in the Katcha areas between Sindh and Punjab. The CM directed the IGP to work out a plan to start a crackdown in the Katcha area.

Murad Ali Shah said that he is waiting for the formation of a new government in Balochistan so that a joint strategy with Punjab and Balochistan could be developed to launch a joint operation.

The CM directed the IGP to revive the non-functional police stations in the Katcha areas. "I will visit the Katcha area and meet with the policemen deployed at the checkposts and hold a joint meeting of police and Rangers there," he said.

Murad Ali Shah said that he is waiting for the formation of a new government in Balochistan so that a joint strategy with Punjab and Balochistan could be developed to launch a joint operation.

The CM directed the IGP to revive the non-functional police stations in the Katcha areas. "I will visit the Katcha area and meet with the policemen deployed at the checkposts and hold a joint meeting of police and Rangers there," he said.

Murad Ali Shah said that he is waiting for the formation of a new government in Balochistan so that a joint strategy with Punjab and Balochistan could be developed to launch a joint operation.

The CM directed the IGP to revive the non-functional police stations in the Katcha areas. "I will visit the Katcha area and meet with the policemen deployed at the checkposts and hold a joint meeting of police and Rangers there," he said.



LARKANA: Sindh Chief Minister Syed Murad Ali Shah offering Fataha on grave of Shaheed Zulfikar Ali Bhutto to Garhi Khuda Bakhsh. APP



LAHORE: Director Urdu Science Board Lahore Ziaullah Khan giving a briefing to caretaker Federal Minister for National Heritage and Culture Jamal Shah. APP

AIOU hold Int'l moot on Research and Practices in Education

ISLAMABAD: A two-day 7th International Conference on Research and Practices in Education with the theme "Transforming Education: Empowering Learning for Life" started yesterday at Allama Iqbal Open University (AIOU). Chairman, of Akhuwat Foundation, Dr. Amjad Saqib was the chief guest at the opening session while Dr. Kiichi Oyasa, from Tokyo Healthcare University, Japan, and Dr. Fatima Rehan Dar from Karachi were the keynote speakers of the inaugural session.

A large number of scholars from different universities of Pakistan were present at the session while foreign scholars joined the session

online. Dr. Amjad Saqib said that the beauty of the universe is hidden in knowledge and that knowledge is useless which does not help us to explore hidden things around us.

He emphasized the need to expand the canvas of thinking. Dr. Amjad Saqib explained in detail the factors and attributes of knowledge, practice, sincerity, and intransigence for research. Dr. Saqib said that making the universe beautiful should be the focus of our research. He stressed the need for collaboration in research and education. Dr. Amjad said that our attention has been drawn towards these sustainable development goals by the Holy Quran and Hadiths. APP