



"All available resources will be provided to all provincial governments for holding transparent and peaceful elections"

Caretaker Interior Minister
Dr Gohar Ejaz

24 terrorists eliminated in post Mach, Kolpur attacks clearance operations



RAWALPINDI: As many as 24 terrorists were gunned down by the security forces in post Mach and Kolpur attacks, three-day long, clearance operation, whereas four brave members of the law enforcement agencies

embraced martyrdom along with two civilians. According to the Inter Services Public Relations (ISPR) news release on Friday, on the night of January 29 and 30, terrorists attacked the Mach and Kolpur Complexes in Balochistan. However, the law enforcement agencies (LEAs), deputated on security offered stiff resistance and forced the attackers to repulse.

These terrorists were then hunted down in the ensuing sanitisation and clearance operations which have now been concluded after clearing and securing the area.

Among the killed terrorists, Shehzad Baloch, Attaullah, Salah Uddin, Abdul Wadood and Zeeshan were key terrorists among the dead, whereas the identification process of the remaining terrorists was underway.

"Effective response by LEAs is a testament of their unrelenting resolve in fight against terrorism. Pakistan's Security Forces stand shoulder to shoulder with other LEAs to ensure peace & stability in this country," the ISPR said. PR

Solangi condemns malicious campaign against journalist Ghareeda



ISLAMABAD: The Caretaker Government on Friday expressed grave concern over the malicious campaign of harassment of journalist Ghareeda Farooqui by "the troll brigade" of a political party. Leaking people's home addresses and private phone numbers was tantamount to torture and harassment which will not be tolerated, said Caretaker Federal Minister for Information, Broadcasting and Parliamentary Affairs Murtaza Solangi in a post on X.

The minister said the authorities concerned were investigating the matter and the perpetrators and their handlers would not escape punishment as per the law of the land.



ISLAMABAD: Caretaker Prime Minister Anwaar-ul-Haq Kakar receives an award conferred upon Late Mir Sultan Khan, a Chess player, posthumously from the President of International Chess Federation Mr. Arkady Dvorkovich and President Asian Chess Federation Mr. Sultan bin Khalifa Al Nahyan.

Apex body lauds 'Whole of Government Approach' to realise SIFC's envisioned dividends

VOM Report

ISLAMABAD: The Apex Committee of the Special Investment Facilitation Council (SIFC) on Friday showed profound satisfaction over the overall progress of the SIFC and appreciated 'Whole of Government Approach' in realising the envisioned dividends.

The 9th meeting of the SIFC Apex Committee met under the chair of Caretaker Prime Minister Anwaar-ul-Haq Kakar which reviewed various initiatives being steered through the forum. The meeting was attended by the Chief of Army Staff, federal cabinet, provincial chief ministers and high-level government officials. The ministries presented progress on the projects and policy initiatives, and gave plans for subsequent endeavours to attract the investment.

The Apex Committee reviewed progress on various measures and appreciated the contribution made for improving macro and micro-economic conditions of the country. The body commended the steps taken to build a sustainable ecosystem for nurturing latent potential and attracting investments, with special emphasis on the cross sectoral policy interventions, human resource development, infrastructural uplift and strengthening of domestic dispute resolution mechanism.



The Committee reviewed and appreciated the progress on the level of economic engagements with friendly countries and underscored the need to efficiently realise investment commitments into economic dividends. The Apex body also accorded in-principle approval for Strategic Canals Vision 2030 and FBR Reforms.

The Chief of the Army Staff assured firm resolve of the Pakistan Army to support the government's initiatives for the economic stability of the country and the socio-economic

well-being of its people. In the end, the prime minister appreciated the role of SIFC, ministries, departments and affiliated stakeholders in accomplishing the major economic milestones as part of the interim government and setting the pace for future endeavours.

He also urged the incoming government to ensure continuity of economic policies by capitalising on the positive momentum, established by SIFC, in the larger interest of the country.

Boosting US investments in Pakistan remains govt's top priority: Masood

WASHINGTON: Pakistan's Ambassador to the US, Masood Khan, told Pakistani-American businessmen Thursday that the present government was facilitating and offering attractive incentives to financiers to invest in all areas of the country's economy.

"Promoting Pak-US bilateral trade and enhancing US investment in Pakistan is the foremost priority," he said in the course of a virtual meeting with the leadership of California-based Pakistan American Chamber of Commerce (PACC), which is headed by its Chairman Waqar Ali Khan.

Other members of the Chamber -- Dr Sana Khan, Fawad Ismail, Zubair Rao, Maqsood Chaudhry, Dr Salahuddin and Mr Farrukh -- also took part in the meeting. In addition, Pakistan's Consul General in Los Angeles, Asim Ali Khan, and Trade and Investment Counselor Quratulain Fatima were present.

In his remarks, Masood Khan said, "The newly established Special Investment Facilitation Council is taking practical steps to remove hurdles in the way of foreign investors undertaking profitable business ventures in Pakistan." Masood Khan said.

Appreciating the role of PACC in promoting trade activities and connecting business communities of the two countries, the Ambassador underscored the need for greater collaboration between various chambers and trade organizations working across the United States to boost Pak-US trade and investment ties.

"By investing their resources back home, Pak-American investors would not only be reaping huge dividends but would also be contributing towards the socio-economic progress of their motherland," the Ambassador said.

PACC Chairman Waqar Ali Khan briefed the Ambassador about various activities of the chamber, especially the successes achieved in promoting trade activities in the health, food and textile sectors. He said that PACC was working closely with the Pakistani Consulate in Los Angeles to organize a single-country expo in Los Angeles in the near future.

Waqar Khan also suggested a sister-city partnership between Karachi and Los Angeles which, he said, would not only boost trade activities but facilitate the transfer of technology. Dr. Sana Khan said that Pakistani radiologists and technicians were being trained to remotely operate and provide radiology services to the Middle East, Europe and the United States.

Consul General Asim Ali Khan said that a detailed presentation had been made to the Los Angeles Chamber of Commerce on the Special Investment Facilitation Council and how the Council was facilitating businesses with innovative and business-friendly approach.

The LA Chamber has over 1800 business entities attached to it. Counselor Quratulain Fatima apprised the meeting about efforts to promote trade linkages and organise trade activities in collaboration with relevant trade bodies and organizations. DNA

FM urges close cooperation to deal with global challenges



High Representative of the European Union for Foreign Affairs and Security Policy Josep Borrell.

The foreign minister also joined the Roundtable on 'Shared Prosperity, Economic Resilience, and Investments'. In his remarks, he outlined the future trajectory of global partnerships. He underlined the need for shared responsibility to move away from divisive bloc politics and notions of great power contestation. He proposed a three tier approach involving development of international digital cooperation hubs, mechanisms for combating climate change and South-South Triangular Cooperation. APP

ISLAMABAD: Foreign Minister Jalil Abbas Jilani Friday urged close cooperation and multidisciplinary international partnerships to deal with global challenges. He was speaking at the 3rd Indo-Pacific Ministerial Forum, in Belgium at the invitation of

Efforts afoot to ensure fair, peaceful elections on February 8: minister

ISLAMABAD: Caretaker Interior Minister Dr Gohar Ejaz Friday reiterated his government's commitment for fulfilling duty of conducting free, fair and transparent elections, saying the caretaker setup would remain fully impartial in the entire electoral process.

"Equal opportunities are being provided to all political parties, there will be no discrimination against anyone," he said while talking to a Private news channel. "All available resources will be provided to all provincial governments for holding transparent and peaceful elections", he added.

The Minister urged the public to vote for their future and to maintain the democratic process in the country. He emphasized, "The implementation of the Election Commission's code of conduct, and measures will be taken to ensure compliance." He assured, "Law enforcement, including the police and other security agencies will also play a pivotal role in upholding the rule of law during the electoral process." Political parties should also cooperate with law enforcement agencies for holding any public meeting or corner meeting for election campaign, he added. DNA

National Students Games kicked off at Sports Complex



VOM Report

ISLAMABAD: National Students Olympic Games-2024 organized by Pakistan Students Olympic Association started at Pakistan Sports Complex. Opening ceremony in a colorful ceremony, the athletes marched past. Teams of students from different educational institutions from across the country are participating. The National Games will continue from 1st to February 5, 2024 at the Islamabad Sports Com-

plex. Competitions in volleyball, football, table tennis, Futsal, chess, basketball, gymnastics and other athletics will continue in the National Games. Children who win in the National Games will be given the opportunity to play at the international level. At the opening ceremony Apart from representatives of diplomats from Kazakhstan, Romania, Nepal, Gilgit-Baltistan Minister Ghulam Muhammad and Pakistan Students Olympic Association President Maqbool Arain participated.

Women Demand lawful share in politics and equal rights to contest, vote and demands appropriate security

VOM Report

ISLAMABAD: Chairperson NCSW Nilofar Bakhtiar holds a seminar with partner organisation COPAIR demanding political participation for women in upcoming general elections as candidates and voters.

Participants of the program were Amna Munawwar Awan President COPAIR, Nabila Malick UN Women, Amna Sayid UNDP, Barira from Gender Unit Ministry of Planning and Special Initiative, Tanzeela Mazhar, Nayyer Ali, Sumaira Khan, Dr Rakshanda, Dr Usman, Dr Saad Ali, Sitara Aiyaz, Dr Zahid, Dr Shuja and all major political parties.

Azma Bukhari from PML-N, Farzana Yaqub from PPP, Asiya Ishaq from MQM Pakistan, Shagufta Malik from ANP, Samiyia Raheel Qazi from JI and experts on gender studies and media persons attended the consultation session.

Participants of the program shared their recommendations for rights of women mentioned in there manifestos and told the attendees that there parties have allocated seats for women for there participation in general and reserved seats.

They said women are facing severe issues in their political campaigns and also face security concerns. In order to



achieve favorable response from their voters they shared there experience of going door to door for demanding votes for there parties. Recommendations of the seminar agreed unanimously by all participants and announced by Ms.Nilofar Bakhtiar Chairperson NCSW were as under Political parties must prioritize women's representation, the fight for a 5% quota is in progress, yet not achieved.

We demand to integrate women into the general pool, not a separate category as reserved seats. It was demanded to ensure security for all female candidates contesting elections and media shall provide equal airtime to the

female candidates equally, reporters shall be assigned for these constituencies. She said women drive policymaking in offices and play key role in designing of bills, we demand women shall have there representation in assemblies instead of working in secretariats.

For the upcoming governments we are committed to make the child marriage bill as a law to be passed by national and provincial assemblies.

It was demanded women shall keep an eye on parties manifesto for there rights and support them for there own rights. Cabinets without women, ministries without women's voices are unacceptable.

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Informed choices

DILAWAR HUSSAIN

In the 19th century, the modern form of political parties along with parliamentary and electoral systems originated in Europe and the US. Regardless of the political orientation of parties across the world – liberal or conservative – what is common among all of them is their passion to win political power. This power is exercised by either forming the government or functioning as opposition, where the latter plays a key role in influencing the policies of the former.

In parliamentary regimes, parties depend on mass support, which is achieved through democratic periodic elections, to gain political power. Parties take part in elections to get their nominees elected as members of parliament where political power is exercised. The parties try to get the support of voters by presenting party manifestos that help voters make the right choice. After achieving an electoral victory, the party with an outright majority forms the government to implement its manifesto whereas minority parties function as an overseer of government policies. Each member of parliament performs three functions: voice people's issues while participating actively in policy debates, oversee the legislative and non-legislative policies of the government, and make citizen-sensitive legislation.

Periodic democratic elections provide voters an opportunity for political accountability of political parties and their candidates. They enable voters to hold the officeholders accountable for their performance as public representatives. They ensure democratic continuity where, though in some cases the electors might not have choices, the possibility of succession in leadership is prevented.

Elections bring political stability and reinforce the political legitimacy of those who wield the power to run the state apparatus. Similarly, parties and individual candidates are exposed to people along with their policy programmes for popular scrutiny necessary for competitive governance. Finally, the political education of people makes policymakers responsive to the public will. Precisely, for these reasons, elections are viewed as an exercise that allows people to enforce their demands and take control of their country's destiny.

The fundamental contribution of periodic elections is to improve governance where the citizens hold their representatives accountable by not voting for them if they fail to perform their role effectively. But the same citizens reward them with reelection if their performance meets their expectations. Elections are a democratic exercise where voters are provided with an opportunity to make political choices of electing their representatives.

A look at voters' choices in established democracies suggests that voters hold policymakers accountable for their past decisions and policy performance. The electoral results of established democracies have revealed that the voters showed dissatisfaction with traditional ways of political representation. For instance, the two mainstream political orientations – conservatism and democratic socialism – have been replaced by new political entrepreneurs in the last decade in established political societies.

Data on polls suggests that those parties which introduce sound economic programmes have been successful, regardless of where they stand on the left-right spectrum. This is to say that parties' economic development programmes influence voters' choices. It seems so because democratic governance and responsive representation are equalized with the economic strength of a society by the citizens of established political cultures.

The last four decades of the electoral history of Pakistan suggest that voters have made choices between two parties the left-of-centre PPP and the right-of-centre PML-N. A reason for this voting behaviour could be the absence of effective alternative parties, candidates or policies. In the 2013 elections, the traditional patterns of the political representation of these two mainstream parties, which have alternated governments for the last four decades, were challenged by a new political entrepreneur, the PTI, a populist party. Voters, dissatisfied with the PPP and the PML-N made the PTI successful at the polls as a counterbalancing third political force. These voters supported the PTI in the hope of having alternative economic policies and democratic governance. However, to their greater dissatisfaction, their goal of having alternative socio-economic policies and democratic governance was not realized, and the PTI preferred sticking with the status quo. Voters' political behaviour is more influenced by personality-centred politics, a religious-sectarian orientation, ethno-regionalism, provincialism, 'biradri' system, localism, and socio-economic background of candidates than by a party's economic programme or the past performance of its candidates. Such political choices of voters have brought nothing new to the democratic governance of the country but proved to be a periodic traditional electoral exercise at the expense of public money. The general elections in Pakistan are scheduled to be held on February 8, 2024, and they are going to provide an opportunity for voters to exercise their powers to choose their leader. Election Day allows people to hold parties and candidates accountable for their past policy performances and promises. It is also a day to vote on the basis of parties' future economic programmes instead of going with the traditional way of making choices based on sectarian, ethnic and political affiliations. Since elections are the final process of recruitment to political offices, voters need to make intelligent choices. For that, voters need to know the political ideology of each political party combined with its five-year programme to be issued for the socio-economic development of the country. It is also necessary to identify the political orientation of candidates and their political will to implement their party's manifesto.

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Amanat Ali Chaudhry

India's hybrid warfare

India, is on a mission to refashion India as a Hindu-only country. It is, therefore, in the fitness of things to suggest that its actions in IIOJK that ended the limited autonomy afforded to the state of Jammu and Kashmir in August 2019 need to be analysed from the perspective of information warfare that is now in full play in the restive valley.

The term 'hybrid warfare' refers to a combination of traditional military means and the use of non-military resources deployed to achieve broader military and strategic objectives. That which cannot be achieved through the use of hard power should be won by all other means.

The decision to employ hybrid warfare as a preferred policy follows the failure of the conventional military force especially in situations of foreign occupation and colonization where the occupying forces are unable to suppress the collective aspirations of an indigenous people. Two factors stand out. First, hybrid warfare represents the limitations of the military means in protracted conflicts, especially when it seeks to eradicate the idea of self-determination that is rooted as much in history as it is in the socio-cultural, political and religious identity of a colonized people.

Second, it aims to undermine the consensus on the collective ideas of identity and self-determination by spreading confusion, deepening divisions and manufacturing consent. The principal objective here is to break the will of the nation through the manipulation of information.

The longstanding Jammu and Kashmir dispute, an unfinished agenda of Partition in 1947, is the most relevant example of the heroic defiance of a people who have refused to bow down to the Indian policy of intimidation, naked use of force, enforced disappearances and occupation.

Dubbed as one of the most militarized zones in the world, which the experts believe is a nuclear flashpoint in South Asia, Indian illegally Occupied Jammu and Kashmir (IIOJK) is a place where the Indian hybrid warfare model, of which information manipulation is a major plank, is being put to its worst use by the Hindutva-inspired Modi government.

The BJP, which has long wanted to change the ideological orientation of

Indian authorities. Constraints imposed on local media outlets serve as a calculated manoeuvre to regulate the dissemination of information. Indian authorities aim to shape a narrative by restricting access to authentic reporting through credible journalists.

Despite claiming leadership in the field of information technology, India has carried out repeated internet shutdowns in IIOJK. It has strictly regulated the flow of information, especially on social media platforms through a series of measures, which involve arbitrary arrests of journalists on terrorism charges, and the shutdown of news outlets remotely seen to be critical of the Modi government. India represents a perfect example of a country that has methodically employed disinformation and fake news to construct an alternate reality to avoid global censure for its systematic erosion of press freedoms.

The deliberate removal of critical articles from websites serves as additional evidence of the intentional manipulation of information to align with a 'curated' version of events. This trend of information manipulation is further complemented by the spread of ghost articles, news reports and opinion editorials through leading Indian news agencies to give them an air of 'credibility'. The implementation of travel bans on journalists critical of the Modi regime and the shuttering of the press clubs collectively illustrate a systematic endeavour to isolate the region from international scrutiny.

What to speak of local news organizations, even the respected international media outlets such as the BBC are not safe from the Indian government's high-handedness. The raids on the BBC offices by the Indian tax authorities in New Delhi and Mumbai in what seemed to be in retaliation for screening the documentary titled 'India: The Modi Question' show the depth to which the BJP government could stoop.

This is but one example of deteriorating media freedom, establishing the extent of manipulating information as part of larger hybrid information warfare to reshape the reality of Modi's India and give an impression of 'all being well' in IIOJK.

The story of India's information war-

fare will be incomplete without mentioning the increasing cyber threats. New Delhi has consistently resorted to undertaking surveillance, smear campaigns, character assassinations and harassment of 'errant' journalists through the use of draconian laws such as the Public Safety Act and Unlawful Activities (Prevention) Act.

The disclosure of a substantial data breach, revealing the exposure of personally identifiable information belonging to 815 million Indians, highlights significant weaknesses in data security. The compromised data, which includes Aadhaar card numbers, passport information, names, phone numbers, and addresses, being offered for sale on the dark web constitutes a severe breach of privacy, prompting serious concerns over the safeguarding of sensitive personal information.

In IIOJK, where the Modi government is implementing a series of measures to dilute the Muslim majority by arranging the settlement of non-domicile holders from across India, the distribution of Aadhaar cards becomes an even more delicate matter. The fact that such sensitive information can be exploited presents substantial risks to the safety and security of the local population.

Complementing information warfare is the cunning, nay mischievous, use of Indian cinema to dehumanize Kashmiris. Movies like 'The Kashmir Files' represent a shrewd attempt at curating a narrative along the lines of anti-Muslim prejudice that borders on outright hostility. This increasing trend of highly 'nationalistic' films not only tends to glorify the current Indian leadership but also legitimizes structural and physical violence by equating Muslims with terrorists.

For a society that is plagued by the ever-widening fault lines, these misrepresentations of Muslims in general and Kashmiri Muslims in particular, are leading to consequences that go beyond the screens and are reshaping the consciousness of people by further poisoning the environment of hate, discrimination and isolation.

The writer is an alumnus of the University of Sussex and has a degree in international journalism. He tweets/posts @Amanat222

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



Of equal importance was the Anglo-Muhammadan Educational Conference, which he sponsored in 1886, to provide an intellectual forum to the Muslims for the dissemination of views in support of western education and social reform. Similar were the objectives of the Muhammadan Literary Society, founded by Nawab Abdul Latif (1828-93), active in Ben-

gal, Sir Syed Ahmad Khan's efforts transformed into a movement, known as the Aligarh Movement, and it left its imprint on the Muslims of every part of the South-Asian sub-continent.

Under its inspiration, societies were founded throughout the subcontinent which established educational institutions for imparting education

to the Muslims.

Sir Syed Ahmad Khan was averse to the idea of participation by the Muslims in any organized political activity which, he feared, might revive British hostility towards them. He also disliked Hindu Muslim collaboration in any joint venture. His disillusionment in this regard stemmed basically from the Urdu Hindi con-

trovery of the late 1860s when the Hindu enthusiasts vehemently championed the cause of Hindi to replace Urdu. He, therefore, opposed the Indian National Congress when it was founded in 1885 and advised the Muslims to abstain from its activities.

To be continued....

Showbiz

Taylor Swift or Kim Kardashian: Who is more popular?

Both the public figures hold their respective popularity amongst fans



Two of the biggest names in Hollywood are Kim Kardashian and Taylor Swift. However, when it comes to influencing trends in the makeup industry, Kim Kardashian performed better than Taylor Swift.

After Kim Kardashian received a score of just over 18,200, a further study conducted by mobile game designer Slingo, which examined 300 celebrities from different fields, revealed that Taylor Swift continues to be the most influential figure in beauty routines, with over 22,000 Google searches. Despite receiving 21,200 searches, Kylie Jenner, who is known for her fashion sense, surprisingly didn't make it to the top spot.

With more than 6,000 searches, superstar Kendall Jenner ranked last.

It follows what appears to be a protracted rivalry between the two. In one such incident, astute fans saw that Taylor and Kim were still at odds, claiming that Taylor had slapped Kim in the song Vigilante ****.

"She needed a cold hard proof so I give her some. She had the envelope. Where'd you think she got it from?" she crooned.

"Now she gets the house, gets the kids, gets the pride. Picture me, thick as thieves with your ex-wife."

Tech

Gary Bowser: Who is hacker owing \$14.5 million to Nintendo?

Gary Bowser, the Nintendo hacker, was released from prison in April 2023 after serving 14 months of a 40-month sentence owing millions to the gaming giant. His jail sentence was shortened by good behaviour but his possibilities are now restricted. He was spending some time sleeping on a friend's couch in Toronto, according to the Guardian. He didn't have a job, and the weekly physical therapy treatments he needed to relieve his severe pain were expensive, costing hundreds of dollars each week. And he would have to start writing checks to Nintendo soon. Bowser is likely to spend the rest of his life repaying the \$14.5 million (\$11.5 million) he owes the creators of Super Mario.

Tinkering with electronics has been Bowser's lifelong passion since he was a young child. He learned how to wire up model railroads and mod calculators from his father, a mechanical engineer. He already had a computer business as a youngster since Bowser helped him and his father, who had retired, had passed away

when he was fifteen. Later, Bowser operated an internet cafe where customers played video games like Dance Dance Revolution and Counter-Strike and made a living by repairing electronics. During a career repairing gaming systems at flea markets, he was briefly involved with the authorities and almost got in trouble with sellers who sold unlicensed films. In 2010, he eventually relocated to the Dominican Republic. Despite his lack of Spanish for years, he had always enjoyed the island because, as he remembers, it could be travelled from one end to the other in around 12 hours. It was at this point that Bowser—who, in a situation of nominative determinism that is almost too obvious to mention—started to take on the role of the protagonist of Super Mario games and the face of Nintendo piracy. Because of his affiliation with Team Xecuter, Bowser was accused of fraud. Nintendo also filed a civil lawsuit against him while he was in detention. In the civil and criminal proceedings combined, he has been asked to pay \$14.5 million.

Health

This simple guide will crack code for your optimal fitness routine

You find yourself at the gym, geared up for the ultimate workout. Once at the gym, the foremost question you face is what to do first: cardio or weights?

The fitness world has been buzzing with opinions, and a cadre of experts has stepped forward to decode the optimal exercise routine for your fitness triumph.

According to Claudette Sariya, a New York City-based fitness coach, and personal trainer, the arrangement of your workout is pivotal. Sariya stresses that this structure significantly impacts the overall outcome and its alignment with your fitness aspirations.

The Department of Health and Human Services recommends 150 minutes of moderate physical activity per week, coupled with two muscle-strengthening sessions. However, the challenge

arises when attempting to blend both cardio and strength training into a hectic schedule.

Before diving into the workout, Sariya issues a crucial warning about the often-neglected warm-up. "You should always start with a light warmup to get the blood and oxygen flowing to your muscles," she advises. For the main event, the consensus among fitness experts is clear: initiate with weight training and conclude with cardio. Danny King, a certified personal trainer at Life Time, underscores the significance of preserving glycogen, the stored sugar in muscles crucial for weightlifting performance.

"If you do cardio first, you will deplete some of that glycogen, decreasing your energy. And that will make weight lifting more challenging," explains King.

Sariya concurs, highlighting the potential conse-

quences of pre-fatiguing muscles with intense cardio before weight training, leading to a compromised lifting experience.

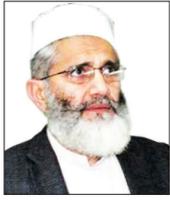
However, the sequence of your workout regimen isn't a one-size-fits-all approach. It depends on your fitness goals. As King notes, "Whatever is done first will be the priority, both in total energy for the body and available time."

Elle Wermuth, a Barry's instructor, offers a refreshing perspective, highlighting the importance of doing what feels most motivating. "Any movement is beneficial for your mind and body...the more you enjoy any workout, the more you'll get out of it and actually give 100% and be present in it," she suggests. So, the next time you stand at the crossroads of cardio and weights, remember that the key lies in understanding your goals and allowing motivation to be your guiding force.



Already tested parties can never bring about peace & prosperity in the country even if they come to power again: Sirajul Haq

Says JI would abolish the interest-based economy & ensure equal distribution of resources after coming to power



GUJRANWALA: Jamaat-e-Islami Pakistan Emir Sirajul Haq has stressed that the already tested parties can never bring about peace and prosperity in the country even if they come to power again.

The PML-N and the PPP, Sirajul Haq said while addressing an election rally in Gujranwala on Friday, formed governments in the past, yet they desperately failed to perform, damaging the institutions and destroying the economy. He added that the former ruling parties are the established dynasties and clubs of feudal lords and waderas, appealing to the masses to vote for the JI on February 8 to get rid of the corrupt ruling elite. A large number of people attended the rally. The JI's candidates for national and provincial assemblies also spoke on occasion.

Sirajul Haq linked the economic problems to the interest-based system, unequal distribution of wealth and corruption, holding the former government responsible for the public plight. He said the JI would abolish the interest-based economy and ensure equal distribution of resources after coming to power. "Vote for the JI; we will ensure across-the-board accountability," he appealed to the gathering in Gujranwala.

He said the JI raised a voice for the people of Kashmir and Palestine, but the cowardly leadership of the former ruling parties have never uttered a single word against India and Israel. He said the rulers have maintained silence on Kashmir and Palestine, fearing the US resentment.

Sirajul Haq said the former governments kept the people deprived of basic facilities. The majority lacked access to clean drinking water, and over 2.80 million children were out of school. The ruling elite ignored the public problems and served self-interest, he said. He said Pakistan has abundant resources, and it needed dedicated and honest leadership. He added that the JI was the only viable option for the people to vote for now as all other political parties consistently failed to perform despite opportunities. SABAH

Diplomats briefed on IIOJK situation

ISLAMABAD: Ahead of the Kashmir Solidarity Day, Additional Foreign Secretary (Asia & Pacific) Ambassador Imran Ahmed Siddiqui Friday briefed the Islamabad-based diplomats on the developments in the Indian Illegally Occupied Jammu and Kashmir (IIOJK). He underscored the legal, security and human rights dimensions of the situation in IIOJK. APP



ISLAMABAD: The Caretaker Federal Minister for Privatisation, Fawad Hasan Fawad witnesses the signing of Financial Services Agreement for Roosevelt Hotel transaction.

President Alvi for promoting chess at grassroots levels, organizing tournaments



VOM Report

ISLAMABAD: President Dr Arif Alvi on Friday called for promoting chess, especially at the grassroots levels, through collaborations with international chess organizations, the private sector, and organizing chess championships in the country. The president expressed these views while talking to a delegation of the International

Chess Federation (FIDE), which called on him, at Aiwan-e-Sadr.

The delegation included President FIDE and former Deputy Prime Minister of the Russian Federation, Arkady Dvorkovich, President of the Asian Chess Federation and son of the late President of UAE, Sheikh Sultan bin Khalifa Al-Nehayan, Managing Director FIDE, Dana Reizniece-Ozola, British Chess Grandmaster, Dr Nigel Short, Secretary General of Asian Chess Federation, Hisham Al

Taher, Chief Patron of Chess Federation of Pakistan, Jauhar Saleem, and members of FIDE, Asian Chess Federation, Chess Federation of Pakistan, FIDE Chess in Education Commission, Islamabad Scrabble Association, and Pakistan Scrabble Association.

Talking to the delegation, the president highlighted the need to promote healthy activities, including chess in the country. He stated that chess had mental and educational benefits, and it needed to be included in the education system. He further said that the game of chess could help relieve stress, besides enhancing intellect as well as boosting mental faculties.

The president highlighted the need to encourage chess by organizing chess competitions and tournaments in the country. He also stressed the need for developing collaborations among the public and private sectors to patronize and promote chess in Pakistan.

The delegation briefed the President about the role of the International Chess Federation in promoting chess in the world.

The delegation highlighted that there was great potential to expand chess-related activities in Pakistan. It was apprised that a large number of people in Pakistan were fond of the game.

The delegation suggested that chess should be promoted at the primary level in schools, adding that chess players could also participate online in World chess tournaments.

Financial advisory services agreement signed for Roosevelt Hotel's development

ISLAMABAD: The Privatization Commission on Friday signed a financial advisory services agreement with a consortium led by Jones Lang La Salle Americas Inc (JLL) for joint venture development of Roosevelt Hotel, New York, United States, a property owned by the Pakistan International Airlines Investment Limited (PIAIL).

Caretaker Federal Minister for Privatization Fawad Hasan Fawad witnessed the signing of the agreement, a news release said.

Speaking on the occasion, the minister expressed the Pakistan Government's commitment for developing the historic and landmark site in the heart of financial capital of the world as an iconic structure with the most modern development features and standards. He expressed his full confidence in the ability and expertise of the Financial Advisory Consortium to find the best possible partners and realize its maximum potential value.

In a subsequent meeting, a detailed road map and time bound milestones were also agreed leading to identification and selection of the potential joint venture partners for the project.

ECP takes notice for code of conduct violations in election campaign



ISLAMABAD: The Election Commission of Pakistan (ECP) has taken notice of the violations of the code of conduct during the ongoing election campaign and imposed penalties on several candidates.

"The District Monitoring Officer in Kohat took action against violation of election code of conduct and punished various candidates," the spokesman of ECP told APP. The spokesperson said an independent candidate Noor Aslam Afridi, contesting from National Assembly constituency NA-35, was fined Rs 5,000 while another independent candidate Fawadullah Khan Afridi from the same constituency was fined Rs 10,000.

He said that Awami National Party (ANP) candidate for provincial assembly Yaqoob Khan fined Rs 5,000. Additionally, independent candidate Janidullah Afridi from the Pakistan People's Party (PPP) was also fined Rs 10,000. The spokesman said that the monitoring teams in different districts have removed illegal campaign hoardings, banners and other election promotion material. APP

Pakistan, Ethiopia agree for twinning of cities, promote tourist exchange



ISLAMABAD: Pakistan and Ethiopia have agreed to pursue the twinning of their cities and promote tourist exchange besides underscoring enhanced cooperation in the field of medicine and agricultural education. The bilateral cooperation was discussed as Pakistan's Ambassador to Ethiopia and African Union Atif Sharif visited the historic Ethiopian

city of Aksum in Tigray where he also met City Mayor Abebe.

A seat of Aksum empire (300BC-400 AD), Aksum was the city to receive the first Islamic Hijra by ennobled companions of Prophet Muhammad (Peace Be Upon Him). The ambassador and mayor agreed to pursue the twinning of Aksum with a Pakistani city and to promote tourist exchange.

The envoy visited the rich heritage sites, 1400 year-old memorial of Aksum kings, church and museum.

The ambassador wrote on X that due to recent civil conflict and ongoing drought, Tigray and Aksum were also suffering from food scarcity and internally displaced persons (IDPs).

The ambassador, who visited the IDPs living in a school, also held an interaction with the President of Aksum University Professor Gebreyesus Brhane. The professor showed keen interest in collaborating with Pakistani universities in STEM, medicine, and agricultural education. APP

PPP always supports CPEC for benefits of masses: Bilawal

PESHAWAR: Pakistan Peoples Party Chairman, Bilawal Bhutto Zardari here Saturday said that his party always supported the China Pakistan Economic Corridor (CPEC) for benefits of people of Pakistan.

Addressing a public gathering here, Bilawal Bhutto Zardari said that former President Asif Ali Zardari had paid several visits to the brotherly country China and supported CPEC. Bilawal said that PPP strongly believed in power of masses rather political victimization, adding there was no political prisoner in the tenure of Benazir Bhutto and Asif Zardari governments. He said PPP was the first political party that presented its manifesto and that his struggle was against unemployment, poverty, price hike and hunger. Without naming PTI Founder, he said a political leader who was making tall slogans of arresting and throwing political opponents in jails besides not giving NRO was now in prison and is talking about negotiation. Despite 10 years long rule of PTI, he said that the problems of people of Khyber Pakhtunkhwa were not addressed and grievances of masses increased. APP

PNS SAIF visits Sri Lanka during regional maritime security patrol

RAWALPINDI: Pakistan Navy's PNS SAIF visited Colombo, Sri Lanka during its Regional Maritime Security Patrol (RMSP) deployment on Friday. Upon arrival at the port, the ship was received by officials of Pakistan Embassy and Sri Lankan Navy, an Inter-Services Public Relations (ISPR) news release said.

During the stay at the port, the Commanding Officer of PNS SAIF called on senior naval and military officials of Sri Lanka.

During the interactions, matters of mutual interests were discussed and enhancement of bilateral ties in all spheres was re-affirmed.

The Commanding Officer also conveyed good wishes of Chief of the Naval Staff, Admiral Naveed Ashraf for the people of Sri Lanka in general and the Sri Lankan Navy in particular.

During stay at the port, the ship's crew visited different Sri Lankan Navy training facilities, and the Sri Lankan Navy officers and men also visited the Pakistan Navy ship.

At the end of the port call, PNS SAIF partici-



parted in the Passage Exercise with a Sri Lankan Navy ship out at sea.

The Pakistan Navy ships are regularly deployed on RMSP to fulfill international obligations for maritime security while ensuring freedom of navigation on high seas.

Sri Lanka and Pakistan enjoy friendly relations, which have strengthened over the period of time. The visit of PNS SAIF to Sri Lanka contributed significantly towards promoting naval collaboration between the two friendly countries that strengthened bilateral relations and the existing bond of their friendship. PR

Overseas Pakistanis pride, ambassadors of Pakistan abroad: Baligh

LAHORE: Governor Punjab Muhammad Balighur Rehman has said that overseas Pakistanis are the pride and ambassadors of Pakistan. This was stated by him while speaking as chief guest at the book launching ceremony of "Zaban Yaar Man Turkiye" by overseas Pakistani Dr. Tasawar Aslam Bhutta at Governor House Lahore on Friday.

Muhammad Balighur Rahman said that overseas Pakistanis were playing an important role in the country's economy by sending remittances. He said that the book "Zaban-e-Yar Man Turkiye" written by a distinguished Australian Pakistani consultant, Dr. Aslam Bhutta has narrated historical camaraderie between Pakistan and Turkiye. He said that through this travelogue, the author has described the moments of stepping on the land of Turkey where every cor-

ner, every town, and every city tells the stories of long-standing friendship between Turkiye and Pakistan.

The Governor Punjab said that the book "Zaban e Yar Man Turkiye" reflects the deep brotherly relations, immense love, respect, and mutual cooperation between two nations.

Balighur Rehman appreciated the role of founder Asia Pacific Chamber of Commerce and Industry, Dr. Hasan Khalil in publishing the book. "Zaban Yar Man Turkiye" was a well researched historical travelogue that was completed in three years. The book examines the Ottoman Turks in detail. Mujibur Rahman Shami, Arif Anees, Tawfiq Butt, Aamir Khakwani, Dr. Khalil Hassan and Khalid Masood also addressed the event. Renowned poet and Income Tax Commissioner Rehman Faris was also present in the event. INP



PML-N to ensure Orange Line Train, employment opportunities for Faisalabad: Nawaz

FAISALABAD: Three-time prime minister and Pakistan Muslim League-Nawaz (PML-N) supremo, Muhammad Nawaz Sharif has said that his party would introduce an Orange Line Train besides providing employment opportunities for residents of Faisalabad.

While addressing a massive gathering of party workers Dhobi Ghaat ground during election campaign, he alleged Pakistan Tehreek-e-Insaf (PTI) of making empty promises with the public and said that PML-N always fulfilled its commitments by grace of Allah Almighty.

Nawaz Sharif directed party President Shehbaz Sharif to address the problem of unemployment in Faisalabad within the next five years.

He said that the PML-N government was busy in fighting terrorism when its rival PTI was engaged in staging sit-in.

Whether any of you had received a house or employment as promised by the PTI, he questioned the participants of gathering.

The PML-N supreme leader said that the PTI made only empty promises as during 2018 election campaign it had pledged to construct five million



houses and provided 10 million jobs. He also criticized the PTI for deceiving the public in the name of the one-billion tree plantation campaign.

Nawaz emphasized that every individual should have some form of employment. He promised that he would work hard to bring those days back when a roti (bread) cost Rs4, a

kilo sugar cost Rs50, a litre petrol cost Rs 65 and most of the vegetables were priced Rs 10 per kg.

The PML-N supremo also mentioned that during his tenure as the country's prime minister, one tola (11.67 grams) of gold cost around Rs 50,000. Earlier, upon his arrival at the venue of the rally, PML-N supremo Nawaz

Sharif received a rousing welcome from cheerful party supporters and workers. The venue reverberated with the slogan, "We love you, Nawaz Sharif - We love you, Nawaz Sharif". "I love you too, Faisalabad walo - Long live Faisalabad" a jubilant Nawaz said as he took the stage to address the massive gathering. INP