



The Press Information Department had set up Media Facilitation Center to facilitate both local and foreign media in coverage of elections

Federal Minister for Information, Broadcasting and Parliamentary Affairs  
**Murtaza Solangi**

## Germany provides EUR 45 million support to Pakistan

VOM Report

ISLAMABAD: Dr. Kazim Niaz, Secretary for Economic Affairs Pakistan, and Mr. Alfred Grannas, German Ambassador to the Islamic Republic of Pakistan, witnessed the ceremony for signing of Euro 45 million agreements on Technical Development Cooperation for starting new bilateral cooperation projects. These new agreements are the result of a longstanding and trustful partnership between the two countries.

The newly commissioned projects align with the German development cooperation thematic areas of Climate and energy, just transition; Sustainable economic development, training and employment; Health, social protection and population policy. All on going and new projects work hand in hand with a holistic approach building synergies for well-rounded solutions to effectively tackle complex and global challenges like climate change and inclusion of vulnerable groups such as women and youth.



Both parties highlighted the immense efforts taken in the past decades. The impact of the German development cooperation is proof for a successful cooperation targeting the development sectors in need. Germany stands Shana ba shana with Pakistan. Ambassador Alfred Grannas: "The German-Pakistani development cooperation has left its footprints in the country. With the agreement we signed today, we aim to continue our joint path towards a sustainable future in Pakistan. Recently Svenja Schulze, our German Minister for Economic Cooperation and Development, said 'international cooperation doesn't just help others. Above all, it helps us, because global problems can only be solved together'. Secretary Dr. Kazim Niaz: "We deeply appreciate the strong support that we have received on technical development cooperation. It would contribute to the Socio-economic development of the country". The German development cooperation has been supporting Pakistani Government initiatives for over 60 years. We work together with our partners in support of their socio-economic reform agenda contributing to a sustainable, crisis-proof development. Therefore, the cooperation focuses on the core areas of 'Climate and energy, just transition', 'Sustainable economic development, training and employment', and 'Health, social protection and population policy'. Our works contribute to achieving the Sustainable Development Goals and are implemented in line with the Pakistan-German cooperation agreements.



ISLAMABAD: President Dr. Arif Alvi being briefed about the role and performance of Wafaqi Mohtasib, during his visit to Mohtasib's Office.

## Construction of key infrastructure, important for development of GB: PM

VOM Report

ISLAMABAD: Caretaker Prime Minister Anwaar-ul-Haq Kakar on Wednesday said that construction of proper communication system and other necessary infrastructure in Gilgit Baltistan was important to ensure sustainable development of the area.

"The construction of communication system and other necessary infrastructure can further promote the tourism sector of Gilgit-Baltistan and create opportunities for economic development in the region," the prime minister said while talking to a 17-member delegation of Royal Foundation of Gilgit Baltistan headed by Raja Nazim ul Amin. Prime Minister Kakar said Gilgit Baltistan was rich in natural resources and the people of the area were very hospitable. He said maintained that a positive trend in tourism had been witnessed in the area after upgrading of the Skardu airport to the international airport.

He said a number of countries were showing keen interest to collaborate with Pakistan in the tourism sector. The prime minister directed the concerned authorities to devise a strategy to find out a



sustainable solution to the issue of electricity in Gilgit Baltistan.

The prime minister also directed the authorities to devise a plan to increase the quota of GB students in the higher education and technical education sectors of all provinces of the country.

He said overall development of Gilgit Baltistan depended upon the social integration across the area. He also appreciated the services of Royal

Foundation of Gilgit Baltistan in various sectors in the area.

The delegation presented proposals to the prime minister to improve the working of various sectors of Gilgit Baltistan.

The prime minister was apprised that some 1.6 million tourists visited Gilgit Baltistan last year. On the occasion, members of the Royal Foundation of Gilgit Baltistan also presented a cultural robe as a souvenir to Prime Minister Kakar.

## Caretaker government stood by commitment of holding elections on February 8: Solangi

ISLAMABAD: Federal Minister for Information, Broadcasting and Parliamentary Affairs Murtaza Solangi said on Wednesday that the caretaker government had stood by its commitment of holding general elections on the schedule given by Election Commission of Pakistan (ECP).

Addressing the inaugural ceremony of Media Coordination and Facilitation Center established by Press Information Department here, he said tomorrow morning the voting would start and by midday half of the polling would have been done. Referring to speculations, he said there were doubts and concerns in people's minds regarding the elections.

"We stood by the promise of holding polls and elections are being held (tomorrow), putting aside all fears and rumours," Murtaza Solangi maintained.

The minister said that the caretaker government had taken all possible steps for ensuring the conduct of free and transparent elections.

He said after oath-taking of caretaker government on August 17 last year, in his first press briefing here the very next day, the first question he was asked about the elections and his answer was that elections would be held on the timeframe given by the ECP.

Murtaza Solangi said that this country was established under constitutional democracy and constitutional federal parliamentary system was the foundation of its political system.

He said he as spokesperson of the government had reiterated time and again that elections would be held on the time given by ECP.

"When the date of February 8 was given, our consistent answer was that the polling stations will open at 8.00 am on Thursday February 8", he added.

The minister said that announcement of unofficial results would start tomorrow evening and the official results will be released by the ECP within three days time period. He said there were many challenges and problems in holding elections but the government was not discouraged by anything.

The minister said that Ministry of Information and Broadcasting facilitated the media and provided authentic and verified news to the public through the relevant institutions. He said that the Press Information Department had set up Media Facilitation Center to facilitate both local and foreign media in coverage of elections. Federal Information Secretary, Shahera Shahid said that all possible facilities would be provided to the journalists in the Media Coordination and Facilitation Center here and other cities as well. She said that Press Information Department had been establishing such centres during elections in the past as well and it had a experienced officers and staff. On the elections, anyone could approach the centre set up by PID for getting information and assistance, she maintained.

Principal Information Officer (PIO) Dr Tariq Mehmood Khan in his opening remarks at the inauguration ceremony of Media Coordination and Facilitation Center, stated that Media Coordination and Facilitation Centers had also been established in PID offices across the country.

He informed the media persons that a total 4,763 accreditation cards had been issued to journalists who wanted to cover the elections. APP

## Pak-Russia Friendship Group head calls on FM Jilani



ISLAMABAD: Senator Vladimir Chizhov, Head of the Pakistan-Russia Friendship Group of the Russian Federation Council Wednesday called

on Caretaker Foreign Minister Jilani Abbas Jilani and discussed matters relating to mutual concern. Senator Chizhov is visiting Pakistan as an International Observer for the general elections being held tomorrow (February 8).

During the meeting, the foreign minister underscored Pakistan's commitment to free and fair elections and explained the electoral process and security arrangements for a peaceful and transparent elections. He also reaffirmed Pakistan's commitment to strengthen Pakistan-Russia bilateral cooperation for mutual benefit of the peoples of the two countries. APP

## Pakistan fully committed to inclusive democratic process; security plans finalised for Feb 8 polls: FO

ISLAMABAD: Foreign Office Spokesperson Muntaz Zahra Baloch on Wednesday said that Pakistan was fully committed to foster an inclusive democratic process and uphold the rule of law. The spokesperson's remarks came in response to the media queries on the statement by UN Human Rights High Commissioner Volker Turk who had urged authorities in Pakistan to ensure that parliamentary elections this week were free and fair. He also appealed to ensure a fully free and fair vote and to recommit to the democratic process and an environment that promotes and protects human rights. "Pakistan is fully committed to fostering an inclusive democratic process, upholding the rule of law and protect human rights and fundamental freedoms guaranteed in its laws and Constitution," the spokesperson remarked. She said the security plans have been finalized to hold the elections on February 8, 2024, as per the electoral laws of Pakistan. The spokesperson said that Pakistan's judicial system provided for fair trial and due process. APP

## Interior Minister condemns blasts in Pashin, Qilla Saifullah



Islam-F in Qila Saifullah.

He expressed deep sorrow and regret over the loss of precious lives in the two blasts and prayed for martyrs.

In his condolence message, the minister said that the miscreants wanted to defame Pakistan by creating unrest during elections however those who played with the lives of innocent citizens would be dealt with iron hands.

ISLAMABAD: Caretaker Interior Minister Dr. Gohar Ijaz on Wednesday strongly condemned the explosions outside an independent Candidate's office in Pashin and office of Jamiat Ulema

"We will not allow evil intentions of the enemy to succeed at any cost"

He said that all possible measures would be taken to maintain peace and law and order during the elections.

The minister said that his government shared the grief of the families of the martyrs.

He said that before the elections day, the miscreants wanted to spread chaos and prevent people from exercising their right to vote.

"We will not allow evil intentions of the enemy to succeed at any cost" he said, adding that terrorist attack on innocent citizens was a very cowardly act. — VOM Report

## ITU has appointed Dr Umar Saif to the Digital Innovation Board of the innovation and entrepreneurship alliance for digital development

VOM Report

ISLAMABAD: The International Telecommunications Union (ITU) has announced the appointment of Dr. Umar Saif to the Digital Innovation Board of the Innovation and Entrepreneurship Alliance for Digital Development.

Dr. Umar Saif is currently serving as Pakistan's Federal Minister for Information Technology & Telecommunication. The alliance was set up to bridge the global digital innovation divide and to support ITU members as they work towards an equitable digital future. The Pakistan's IT & Telecom Minister joins 17 other eminent individuals, who have all been nominated in their personal capacity and based on their track

record in innovation, and will provide strategic guidance, expertise and advocacy for the alliance's goals and vision.

The Alliance establishes the Digital Innovation Board to provide strategic guidance, expertise, and advocacy regarding its mission of building critical local enablers and fostering innovation and entrepreneurship in digital development, to create a more inclusive and equitable digital future for all.

As the Alliance is accelerating innovation capacity and creating linkages at the national, regional, and global level, the Board will advance the efforts of the Alliance at the global stage, leading the dialogue on fostering innovation and entrepreneurship in digital development with relevant stakeholders and prospective partners, including UN agencies,



governments, and private sector.

The Digital Innovation Board was estab-

lished to provide strategic guidance, expertise, and advocacy regarding its

mission of building critical local enablers and fostering innovation and entrepreneurship in digital development, to create a more inclusive and equitable digital future for all.

This accomplished group brings a wealth of personal expertise, leadership, and dedication to drive forward the Alliance's collective vision of an equitable and sustainable digital future for all.

The Director of the Telecommunication Development Bureau (BDT), Dr. Cosmas Luckyson Zavazava will be one of the two Co-Chairs of the Digital Innovation Board, and the second Co-Chair will be nominated during the first Board Meeting.

The Innovation and Entrepreneurship Alliance for Digital Development initiated by the BDT Director will build criti-

cal local enablers to lead in the changing digital environment.

It will also enable BDT to develop new organizational and human excellence capabilities, deliver new products and services for ITU Membership and strengthen the engagement of the private sector and academia in the critical work of BDT.

Eighteen distinguished individuals were selected to serve as members of the Digital Innovation Board based on their expression of interest and a nomination process.

The International Telecommunication Union (ITU) is the United Nations specialized agency for information and communication technologies – ICTs.

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## CPEC 2.0

DR KHALID WALEED

The China Pakistan Economic Corridor (CPEC), a cornerstone of China's ambitious Belt and Road Initiative (BRI), is undergoing a transformative evolution. Marking its progression into a second, more sophisticated phase, CPEC 2.0 aims to refine and expand upon the achievements of its predecessor. CPEC 2.0 symbolizes a strategic pivot from a purely infrastructure-centric approach to a more nuanced, holistic development model. This model emphasizes the interplay of technology, culture, and community, setting a precedent for future international cooperation initiatives. The inaugural phase of CPEC, often referred to as the 'hardware phase', marked a significant milestone in the bilateral relations of China and Pakistan. During this period, the corridor saw substantial Chinese investment flow into Pakistan, amounting to billions of dollars. This influx of funds primarily catalyzed large-scale energy projects, including the establishment of coal power plants, which played a pivotal role in addressing Pakistan's acute energy crisis. The hardware phase's most notable accomplishment was the substantial reduction in energy shortages. Pakistan, which had been grappling with crippling power outages, experienced a remarkable turnaround, boosting energy supply. However, this phase was not without its challenges. The rapid expansion in power capacity and long-term power purchasing agreements (PPAs) led to the financial instability of the energy sector – this brings to light the critical need for integrated planning and the software approach of development. Financial strains became apparent as the country navigated the complexities of managing large-scale foreign investments. Sustainability concerns emerged, particularly regarding the environmental impact of coal-powered energy projects. These experiences underscored the importance of a more comprehensive approach to development, one that not only focuses on physical infrastructure but also considers economic, environmental, and social sustainability. Transitioning from the infrastructure-heavy focus, CPEC 2.0 introduces a paradigm shift towards a 'software of development' approach. This phase is characterized by a strategic emphasis on fostering deeper, more meaningful connections between people, cultures, and communities. It signifies a move towards integrating human and cultural dimensions into the development process, thereby enriching the Sino-Pakistani collaboration with a more nuanced and holistic approach. CPEC 2.0 prioritizes building strong China-Pakistan relations through cultural exchanges, educational initiatives and community involvement, shifting from infrastructure to people-centric development for improved living standards and job creation in Pakistan. It integrates Chinese manufacturing in Pakistan's Special Economic Zones (SEZs) to enhance local competitiveness through technology and skill transfer. Emphasizing digital transformation, CPEC 2.0 focuses on developing digital infrastructure and smart cities, promoting Pakistan's digital economy and governance. The phase also addresses sustainability, emphasizing green development with renewable energy and sustainable urban planning. Additionally, it fosters knowledge exchange and collaboration in science, technology, and education, building a foundation for shared innovation and advancement. By integrating these 'software' elements of development, CPEC 2.0 aims to create a more sustainable, inclusive, equitable and forward-looking growth trajectory for Pakistan. This approach not only addresses the limitations of the initial phase but also sets a new standard for international development projects. To bridge these two phases effectively, a rational policy roadmap is essential. This roadmap must focus on integrating the industry-energy nexus through CPEC, using a series of reforms and initiatives. First, there is a need for an actionable plan to encourage Chinese investors in coal power plants to shift their investments towards renewable energy sectors through incentivization of repurposing and conversion of coal plant infrastructure to renewable energy alternatives. This can be achieved by tweaking China's Green Investment and Finance Partnership (GIFP) initiative to suit the unique context of Pakistan – to transform stranded Chinese investments into more functional and financially sustainable investments. Another critical step is the involvement of Chinese investors in Pakistan's power transmission sector. This will ensure better integration of renewable energy into the national grid, enhancing energy security and sustainability. Learning from China's experience in the power sector, Pakistan can integrate its industrial manufacturing with the national grid, increasing the industrial share in energy consumption and reducing inefficiencies. The concept of distributed generation is also crucial, especially in areas not well-served by the national grid. Renewable energy plants, particularly in the mining sector and SEZs, can ensure long-term, low-emission industrial development. Bringing Chinese expertise in wind and solar power equipment manufacturing to Pakistan's SEZs can initiate a green energy revolution in the country. Energy efficiency is another area where Pakistan can greatly benefit from Chinese expertise. Implementing best practices from China across various sectors in Pakistan will contribute significantly to reducing energy waste and enhancing overall efficiency. Another possible arena for Pakistan under CPEC 2.0 is to invite Chinese electric vehicle (EV) manufacturers to its SEZs, aiming to reduce its heavy trade deficit caused by the transportation sector. This move towards electric vehicles could save Pakistan up to 30 per cent in transportation fuel costs, equating to a substantial \$300 million monthly or \$3.6 billion annually. These savings surpass the value of the IMF's standby arrangement programme, highlighting the significant economic and environmental benefits of this initiative. Lastly, as indicated by economist Robert Solow's 'labour-augmenting technological processes', the second phase of CPEC should focus on building the capacity of Pakistan's labour force. This includes both productive and research labour, fostering a generation of industrial scientists, engineers and researchers. This approach aligns with the broader objective of sustainable industrial development.

The writer has a doctorate in energy economics and serves as a research fellow in the Sustainable Development Policy Institute (SDPI). He tweets/posts @khalidwaleed and can be reached at: khalidwaleed@sdpi.org



Dr Ayesha Razzaque

# Parachuted manifestos

The election manifestos of all major parties have now been released. I went through them with an eye on education priorities. If education is an election issue for you that will determine in whose favour you will cast your vote, keep reading. I reviewed the manifestos of the three major parties – the PML-N, PPP, and PTI – that have held power at some points in the past. I also included the Jamaat-e-Islami (JI) as the fourth major party and two budding progressive parties – the Awami Workers Party (AWP) and the Haqooq-e-Khalq Party (HKP), because every dog has its day. You never know when someone in a smoke-filled room decides it is time to let someone new have a go at it. The AWP and HKP's education plans are progressive but sparse and a number of items impractical and uninformed. The key takeaway from all manifestos is this: The promises parties make to secure votes are not the promises that will address problems of the school and university sectors. In that sense, the education manifestos of the four big parties – PML-N, PPP, PTI, and JI – are what I would like to describe as parachute manifestos: disconnected from the ground realities and ignorant of all public debates of recent years. The issues in the education sector that emerged in the last few years are left unaddressed. A lot of deep-seated problems require changes to existing laws and/or policies or writing new ones. This means they can be addressed in full or in part without spending public funds. For example, when you speak to faculty members in universities, there seems to be only one issue on anyone's mind: the two different service tracks permanent faculty members in universities are appointed on – the traditional Basic Pay Scale and the relatively new Tenure Track System (TTS). Put simply, each wants a service benefit that only the other track offers, leading to unhappiness all around. If you speak to university leaders, one of their biggest problems is the discontinuation of the sizable finan-

cial contribution by the HEC to the salaries of university faculty appointed on TTS. Another one is the infringement on university autonomy by education departments, bureaucracy in general, and various political offices. Governance issues, all. But none of the manifestos of these big four parties are offering anything in the way of governance reforms. Broadly speaking, the manifestos read like laundry lists of spending programmes, goodies, and giveaways. The lists are long, expensive, and mostly unrealistic. No one in any party bothered to sit down and work out the costs of the programmes being promised. Serious parties issuing serious manifestos in serious democracies work out at least two things when they put forward a serious programme proposal: a) A cost estimate and b) where that money will come from. Both are missing for every programme in the manifestos of all parties (education spending promises as a percentage of GDP excluded). For this reason, I cannot take them seriously even as mere intentions. On this point I would like to make a special mention of the PML-N here which has been touting its election promises as "realistic", but I cannot see how. The PML-N's manifesto presents a (largely) progressive wish list of nuts-and-bolts programmes – for example, a school lunch programme, double shifts in schools, universal early childhood and school education, expansion of scholarship programmes, etc – all things I wish for all school students, but expensive and unlikely to grow beyond pilot-scale. It is also the longest of all education manifestos, looks incredibly expensive, and, therefore, ultimately unrealistic. The PML-N's agenda for higher education is more conventional: Promises of more universities, more public funding, establishing endowment funds, etc. An item that caught my eye: a promise to put a medical and engineering college in every district. As expensive as it is, opening a new higher education institution in name only is not the problem. I am sure private sector players would be more than happy to step in and oblige if they are guaranteed charters. There is a crisis of quality of education in most universities (and schools, for that matter), a reality that is not acknowledged by manifestos. The PPP's education manifesto can

be described in one word as 'basic'. It does not list any priorities that one could disagree with, e.g., universal access to school education and all the material resources that entails, gender parity, inclusivity, vocational training, teacher training, teaching in local languages etc. The PPP has been running Sindh non-stop since 2008 which has been its stronghold for decades. These promises would be more convincing if one could see at least some of them enacted and improving the state of education in its own backyard. However, of the four major parties, the PPP is the only one that explicitly expresses its support for strengthening provinces' role in education. Both the PTI and JI explicitly favour greater centralization while the PML-N's manifesto is rather quiet on this issue. The PTI's Charter of Education suggests it has learned a few lessons from its ham-handed attempts at education reform. Notably, there is no longer any mention of the Single National Curriculum, but remnants of it are still visible. It still includes making "interesting textbooks" and "revamping" the examination system. Never mind that it claims to have both these things in its last tenure. It has stepped back from its talk of enforcing a single school system, a promise that has been picked up by the JI and AWP in this election cycle. Very importantly, the inclusion of "strengthening central institutions" signals its continued keenness to reverse the devolution of education under the 18th Amendment to the constitution. On higher education, it promises to do the opposite of what it delivered in its last term – an increase in funding, a promise you can find in every party's manifesto. It promises to "guarantee curriculum relevance", "regular curriculum updates" and "ensure curricula are in sync with... needs of industries." These are jobs for universities, not politicians or political parties. It appears reminiscent of the SNC. The JI's education manifesto endeavours for a single school system, like the PTI once did. It seeks to reverse the devolution of education to provinces by a constitutional amendment. It also promises to make Urdu the medium of instruction, ignoring the fact that in many parts of the country, it is not children's mother tongue, which is like teaching primary schoolers in a foreign language. Furthermore, it promises price controls on private schools, which can only drive private schools

out of the education sector, further compounding the crisis of access to schools. Its list of goodies and giveaways is slightly shorter – houses for all teachers and scholarships for students. Of course, the JI being the JI, is promising lots and lots more Islamization of education. The Urdu version of the manifesto includes some more Taliban-esque agenda items that are omitted from the English versions posted on social media platforms, the most ominous of which is segregating universities. Given that it took us 75-odd years to get to 250 universities today, one wonders how long the JI would take to enact this one agenda item. I am assuming that just like in Afghanistan, women would be sent home and deprived of a higher education until the JI can be bothered to build new women-only universities. Its vision for the country and the education sector is by far the most regressive of all parties. The JI's education manifesto is terrifying. If there is a cosmic thumb capable of tilting the electoral scales for or against a party, one hopes it always exerts its force against the JI. The thought of seeing our country follow in the footsteps of Afghanistan is too terrible to contemplate. One has to give them credit for making no bones about what they want to see done. In the last few years, the school education issues that rose to prominence in public debates included abandoned attempts to introduce a single school system, federally dictated school textbooks (both of which reduced choices for private schools), continued poor quality of education, attempts to reverse devolution of education, vilification of the private schools that serve roughly half of school-going children, and the widespread destruction of schools by floods. In the higher education sector, the issues that came up were multiple service structures for faculty, careless approval of university charters, the fact that almost all public universities are incapable of sustaining themselves, have not developed sizeable endowments but depend on public funds to stay open, and, finally, the poor quality of education imparted by most university programs. Not one party manifesto acknowledges these issues or is willing to address them directly.

The writer (she/her) has a PhD in Education.

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

## Today in History

### History of Pakistan

The Muslims, under the leadership of the Ali Brothers, Maulana Muhammad Ali and Maulana Shaukat Ali, launched the historic Khilafat Movement after the First World War to protect the Ottoman Empire from dis-

membership. Mohandas Karamchand Gandhi (1869-1948) linked the issue of Swaraj (self-government) with the Khilafat issue to associate the Hindus with the Movement. The ensuing Movement was the first

countrywide popular movement. Although the Movement failed in achieving its objectives, it had a far-reaching impact on the Muslims of South Asia. After a long time, they took united action on a purely Islamic

issue which momentarily forged solidarity among them. It also produced a class of Muslim leaders experienced in organizing and mobilizing the public.

To be continued....

## Gina Carano sues Disney for discrimination following 'The Mandalorian' axe

Gina Carano accused Disney of treating her differently as compared to her two male co-stars

Actress Gina Carano filed a lawsuit against Lucasfilm as well as its parent company, The Walt Disney Co. on Tuesday, February 6 for discrimination following her unjust termination from series The Mandalorian. The actress alleged that she was dismissed for expressing hot button issues on social media. The actress brought in the big guns, identifying two of her co-stars as 'guilty' for sharing similar statements.

Carano claimed that she had fallen prey to discrimination while others were still on the loose. Speaking of discrimination, the 41-year-old went on to take a dig at the platform by alleging that two male co-stars faced no penalty for maligning Republicans as Nazis. The former mixed martial artist filed the lawsuit with financial assistance from X, formerly known as Twitter.



## Showbiz

## How to clean your AirPods without damaging them?

One of the biggest benefits of owning an Airpod is the convenience it provides. Not only does it look stylish, but is also of great use. But with owning an AirPod comes the hassle of cleaning it. Over time, sweat, wax, germs, and dirt may build up, resulting in a decrease in their functionality and possible ear infections for users too, the New York Post reported. Therefore, it is very important to keep them clean. But does one do that? Here's how. Use a soft, dry, lint-free cloth. Clean the microphone and speaker meshes gently with a dry cotton swab. If dirt or wax is stuck in the mesh, then use a soft toothbrush to get rid of it. Clean the outside with a slightly wet towel or tissue. Do not put your AirPods under water; they may be water-resistant but not water-proof. Do not use any pointed, sharp, or rough objects to clean. Do not use any cleaning products such as soap, disinfectant, or any kind of liquid. How do you prevent your AirPods from get-



ting dirty? Store your AirPods in their case when not using them. Make sure the case is clean before placing them inside. Avoid sharing your AirPods with other people; this can transfer bacteria or germs from one another and increase the risk of infection. How often should we clean them? According to Real Simple, AirPods and their cases should be cleaned after every 72 hours of use. However, it varies from person to person, so use your judgement to decide whether your AirPods and their case need cleaning or not.

## Tech

## Can oranges with peels really help you with poop?

Social media claims to have a quick solution to get your digestive tract moving by eating entire oranges (with their peels) topped with a heavy sprinkle of cinnamon and cayenne powder. According to Instagrammer Bethany Ugarte-Cameron of @LilSipper, an account devoted to recipes for irritable bowel syndrome (IBS), a plate of unpeeled orange slices is the key to inducing a bowel movement. It's true that oranges, cayenne pepper, and cinnamon are healthy foods and citrus fruits do have plenty of fibre, a necessary nutrient for bowel

health. Whole oranges are a good source of both fibre and water, which are believed to help ease constipation. With its peel, an orange contains 82% water and 7 grammes of fibre, or 28% of the daily value suggested for women and 18% for men between the ages of 19 and 50. Oranges don't always make you feel sick, even though they're an excellent option for a healthy diet. "The fibre in orange peels isn't anything special compared to other fibres," Amy Brownstein, MS, RD, a registered dietitian and owner of Nutri-

tion Digested, told Health. Orange peels tend to be bitter in addition to being rather tough, which is another reason we often don't eat them. Safety worries are widespread. In contrast to an orange; whole grains, legumes, fruits, and vegetables are a few foods that can increase your daily intake of fibre. Consider how much liquids you're consuming; being properly hydrated also promotes regular bowel movements. Your bowel habits may change if you increase your intake by carrying a water bottle with you at all times.



## Health

پاکستان کی چین کو برآمدات 1.72 ارب ڈالر تک پہنچ گئیں

اسلام آباد (پریور) رواں مالی سال کے پہلے سات ماہ میں پاکستان کی چین کو برآمدات 46 ارب ڈالر تک پہنچ گئیں۔

جمرات 08 فروری 2024ء

ملک بھر میں انتخابی دنگل آج، میدان سچ گیا، 90 ہزار 675 پولنگ سٹیشنز قائم

14 انتخابی حلقوں میں پولنگ ملٹی، فیصل آباد میں انتخابات کے پراسن انعقاد کیلئے سیوریٹی پلان جاری، لاہور سے 44 نشستوں پر 1079 امیدوار مد مقابل، پریزائیڈنگ افسران کو میٹنگس برٹ کے اختیارات تفویض

لاہور (پریور) ملک بھر میں عام انتخابات آج ہوں گے جس کے لیے تمام انتخابات مکمل کر لئے گئے ہیں۔ میدان سچ گیا ہے، ملک بھر میں 12 کروڑ 88 لاکھ سے زائد افراد آج حق رائے دہی کا استعمال کرینگے۔



اسلام آباد، پولنگ ایجنٹس کا سامان لے کر جا رہے ہیں۔

اسرائیلی فوج کے غزہ پر حملے جاری، مزید 107 فلسطینی شہید

اسرائیلی فوج نے وزیر ابلان میں ایک گودام اور درجن میں ایک گھر کو نشانہ بنایا، شہداء کی مجموعی تعداد 27 ہزار 500 سے زائد ہوگئی

غزہ (ماہیگزنگ ڈیسک) اسرائیلی فوج کی جانب سے غزہ میں بدترین جارحیت کا سلسلہ جاری ہے۔ اسرائیلی فوج کی بمباری سے 24 گھنٹوں میں مزید 107 فلسطینی شہید ہوئے۔

پشین اور قلعہ سیف اللہ میں انتخابی د فائر کے باہر دھماکے، 24 افراد جاں بحق

تحریب کاری کے واقعات میں ملوث عناصر کو گھیر کر دارکنک پھینچایا جائے، عوام موٹ ڈالنے باہر ضرور نکلیں، وزیر اعلیٰ بلوچستان، ایکشن کمیشن نے آئی بی سے پورے طلب کرلی

کوئٹہ (پریور) بلوچستان کے اضلاع پشین اور قلعہ سیف اللہ میں انتخابی ایوارڈ کے دفتر کے باہر دھماکوں میں 24 افراد جاں بحق اور 45 زخمی ہوئے۔

آج ملک میں کبھی

انٹرنیٹ بند نہیں ہوگا، پی ٹی اے

اسلام آباد (پریور) پاکستان ٹیلی کمیونیکیشن اتھارٹی (پی ٹی اے) نے کہا ہے کہ آج (آج) 8 فروری کو انٹرنیٹ کے روز ملک میں کبھی بھی انٹرنیٹ سروس بند نہیں ہوگی۔

میڈیا نمائندوں کو ایکشن سے متعلق معلومات فراہم کرنا حکم

اسلام آباد (پریور) ایکشن کمیشن نے میڈیا نمائندوں کو ایکشن 2024 سے متعلق معلومات فراہم کرنے کا حکم دیا۔

ایکشن کمیشن کے ضابطہ اخلاق پر عملدرآمد پر صورت یقینی بنائینگے، ظہیر عباس

راولپنڈی (سٹاف رپورٹر) مری میں جنرل ایکشن 2024 کے حوالے سے ڈپٹی کمشنر میاں ظہیر عباس شہزاد کی سربراہی میں ایک میٹنگ منعقد ہوئی۔

اسلام آباد (پریور) ایکشن کمیشن نے

میڈیا نمائندوں کو ایکشن 2024 سے متعلق معلومات فراہم کرنے کا حکم دیا۔



اسلام آباد، شہر میں سرک کنارے پیٹھے آگ سے خوفزدہ کرنے کی کوشش کر رہے ہیں

پاکستان انسانی حقوق اور بنیادی آزادی کے تحفظ کیلئے پرعزم ہے، ترجمان دفتر خارجہ

انتخابی عمل میں شہادت کی صورت میں داخلی قانونی عمل موجود، اقوام متحدہ کے انسانی حقوق کے ادارے کی جانب سے تشویش مسترد

اسلام آباد (پریور) پاکستان نے اقوام متحدہ کے انسانی حقوق کے ادارے کی جانب سے عام انتخابات سے متعلق تشویش کو مسترد کر دیا۔



پشین اور قلعہ سیف اللہ میں انتخابی دفتر کے قریب دھماکوں سے ہونے والی تباہی کے مناظر



پشاور، عمران وزیر داخلہ ڈاکٹر ابو جریور خیر پختونخوا کے اگراں وزیر اعلیٰ احمد شہین کے ہمراہ اجلاس کی صدارت کر رہے ہیں

وزیر اعلیٰ محسن نقوی کا سمر لیب کا کام 10 روز میں مکمل کر نیکا حکم

پولیس خدمت مرکز شادمان کے زیر نگیل پراجیکٹ کا جائزہ، چیئر مین بی بی جی محسن نقوی نے بورڈ کے اخراجات کی تفصیلات طلب کر لیں

لاہور (پریور) عمران وزیر اعلیٰ محسن نقوی نے سمر لیب اسٹیٹیوٹ آف میڈیکل سائنسز (سمر لی) کی لیب اور ڈیٹا سنٹر کے کام کو مکمل کرنے کا حکم دیا۔

پی آئی اے نجکاری کیس، ہزاروں ملازمین کا کیس ہوگا، سندھ ہائی کورٹ

جب معاملات نہیں سمجھتے، ادارے نہیں چلتے اس کو پرائیویٹ کر دیتے ہیں، خدا جانے کبھی اس ملک کو بھی پرائیویٹ کر دینگے

ادارے نہیں چلتے اس کو پرائیویٹ کر دیتے ہیں۔ خدا جانے کبھی اس ملک کو بھی پرائیویٹ کر دینگے۔

ہری پور، عمراور اکبر ایوب کے

انتخابی نشان والے بیٹرز تبدیل

ہری پور (پریور) ایکشن سے متعلق تشویش کو مسترد کر دیا۔



ہولی فیملی ہسپتال کو آپریشن کرنے کیلئے انتظامات مکمل کر لئے، جمال ناصر

ہولی فیملی ہسپتال کو آپریشن کرنے کیلئے انتظامات مکمل کر لئے، جمال ناصر

راولپنڈی (سٹاف رپورٹر) ہولی فیملی ہسپتال کو آپریشن کرنے کے لیے تمام انتظامات مکمل کر لئے گئے۔

عام انتخابات 2024 کا پراسن انعقاد اولین ترجیح، کمشنر راولپنڈی

رہم کا مینیکول کسٹریبلٹی میں خنجر اور آئی او ایس ڈی این ایلیٹ ملی خنجر نے بدھ کے روز آر بی او

راولپنڈی (سٹاف رپورٹر) کمشنر راولپنڈی نے عام انتخابات 2024 کا پراسن انعقاد اولین ترجیح قرار دیا۔

کیلا غلام خورشید شرافت، دیانت، خدمت کی سیاست، غلام سرور

یہ حلقہ خاموش مجاہدوں کا، میر امن شورشرافت، دیانت، خدمت کی سیاست، غلام سرور

کیلا غلام خورشید شرافت، دیانت، خدمت کی سیاست، غلام سرور۔



کیلا غلام خورشید شرافت، دیانت، خدمت کی سیاست، غلام سرور

آج کا دن خاتم حکمرانوں سے نجات کا دن، جاوید قصوری

آج کا دن خاتم حکمرانوں سے نجات کا دن، جاوید قصوری۔

آج کا دن خاتم حکمرانوں سے نجات کا دن، جاوید قصوری۔



اسلام آباد، صدر آئی سی آئی اسن بخاریو کرختان کے سفیر سے گفتگو کر رہے ہیں

ایکشن ڈیوٹی سے انکار، خاتون لیجر کر کے وارنٹ جاری

لاہور (پریور) ایکشن ڈیوٹی سے انکار پر لیجر کر کے وارنٹ جاری۔

لاہور (پریور) ایکشن ڈیوٹی سے انکار پر لیجر کر کے وارنٹ جاری۔



اسلام آباد، صدر آئی سی آئی اسن بخاریو کرختان کے سفیر سے گفتگو کر رہے ہیں

آج کا دن خاتم حکمرانوں سے نجات کا دن، جاوید قصوری

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آج کا دن خاتم حکمرانوں سے نجات کا دن، جاوید قصوری۔

زراعت اور لائیو سٹاک کے شعبہ میں استعداد موجود استفادہ کرنا ہوگا، چوہدری انوار الحق

خصوصی طور پر پھلدار پودے لگانے پر توجہ مرکوز کی جائے، وزیر اعظم کا اجلاس سے خطاب

اسلام آباد (پریور) زراعت اور لائیو سٹاک کے شعبہ میں استعداد موجود استفادہ کرنا ہوگا، چوہدری انوار الحق نے خصوصی طور پر پھلدار پودے لگانے پر توجہ مرکوز کرنے کی تلقین کی۔

## Jane Marriott condemns terrorist attack ahead of elections



ISLAMABAD: British High Commissioner, Jane Marriott condemned the terrorist attacks in Pakistan on Wednesday, ahead of the general elections scheduled for February 8.

On her social media account at X (formerly Twitter), she said: "As Pakistan prepares to head to the polls tomorrow, I am appalled by today's terrorist attacks and condemn those seeking to prevent people from voting." The High Commissioner extended her sympathies to the aggrieved families of the victims of the tragic events.

## Original CNIC mandatory for casting vote: ECP

ISLAMABAD: The Election Commission of Pakistan (ECP) has advised people to bring their Computerized National Identity Card (CNIC) to cast vote on the election day.

The ECP, in a message, said no person would be allowed to cast his vote at the polling station without having original CNIC. No other document including a copy of CNIC, passport and driving license would be acceptable for casting a vote. The commission further said anyone having an expired CNIC can cast his/her votes.

## Interior ministry set up control room to monitor security situation

ISLAMABAD: The Ministry of Interior has established a control room to monitor the overall security situation of the country during the general elections 2024. The control room will remain operational at all times and the security situation is being monitored to avoid untoward incidents, said a news release on Wednesday.

The control room included representatives of all relevant institutions including the Interior department, police and Election Commission of Pakistan (ECP) to perform their duties in the control room and will remain vigilant in this regard.

Continuous liaison is being maintained with the provincial, regional and district control room. Additionally, information sharing between law enforcement agencies and other relevant agencies is being ensured through this room.

The control room will give timely response to resolve the complains or accident in case of any emergency. APP



ISLAMABAD: Care takers Federal Minister for Information and Broadcasting Murtaza Solangi inaugurates "the Media Coordination and Facilitation Center" for Election Coverage at the Principal Information Department here in Islamabad on Wednesday 07 February 2024. Federal Information Secretary Ms. Shahera Shahid and Principal Information Officer Dr. Tariq Mahmood Khan were also present on the occasion.

## President Alvi visits Wafaqi Mohtasib's office, gets briefing on redressal of complaints

VOM Report

ISLAMABAD: President Dr Arif Alvi visited the office of Wafaqi Mohtasib on Wednesday and had a briefing on the complaints received and resolved by the Ombudsman to ensure prompt relief to citizens during the year 2023. "Wafaqi Mohtasib has resolved 193,028 complaints against the maladministration of government departments and provided relief worth Rs 4.898 billion to citizens," Wafaqi Mohtasib (Ombudsman) Ejaz Ahmad Qureshi said during the briefing, according to a President Secretariat press release.

The Mohtasib processed a record 1,94,099 complaints during 2023, with processing witnessing a surge of 18 per cent, while the disposal of complaints increased by 22 per cent, as compared to 2022. Furthermore, on the recommendations of Wafaqi Mohtasib, as many as 18,000 street children were enrolled in government schools in Islamabad.

Briefing the President, the Federal Ombudsman highlighted the role and performance of the institution.

He informed that 1,93,028 complaints were addressed in 2023, with monetary relief of Rs 4.898 billion provided to the complainants. The meeting was informed that 85.4 percent of Wafaqi Mohtasib's decisions were imple-

"Wafaqi Mohtasib has resolved 193,028 complaints against the maladministration of government departments and provided relief worth Rs 4.898 billion to citizens,"

mented last year, with efforts underway to further improve the ratio of the implementation. It was stated that the increased use of technology in Mohtasib had enhanced people's accessibility, with 48,190 complaints registered online in 2023, marking an increase of 47 per cent from 2022. Similarly, 22,321 complaints were received through Mohtasib's mobile App in 2023, representing a 21 per cent increase from 2022.

The meeting was also briefed on the Integrated Complaint Resolution System, processing 18,469 complaints in 2023, alongside Mohtasib's teams conducting Khuli Kucheries and inspection visits to address people's grievances against government agencies. Additionally, 2,113 cases were disposed of through the Informal Resolution of Disputes. During the meeting, the steps taken for the facilitation and resolution of complaints filed by Overseas Pakistanis were highlighted. The Mohtasib further informed that the awareness campaign undertaken by the Ombudsman had greatly increased its outreach and helped address people's complaints at their doorsteps.

Highlighting the significance of Mohtasib in the provision of expeditious justice and curbing corrupt practices, the President said that Mohtasib was striving to promote good governance and deliver free-of-cost justice to people. He stressed the need to further enhance awareness among the people about the role and services of Mohtasib in providing timely justice against maladministration of government departments. He urged the need to further expand the outreach of the Mohtasib to far-flung areas of the country, besides improving people's access to Mohtasib by utilizing modern technology. President Alvi lauded the performance of the Wafaqi Mohtasib, stating that it was doing a remarkable job by providing prompt relief to the people.

## ITU has appointed Dr Umar Saif to the Digital Innovation Board of the innovation...

Continued from Page 1

Founded in 1865 to facilitate international connectivity in communications networks, we allocate global radio spectrum and satellite orbits, develop the technical standards that ensure networks and technologies seamlessly interconnect, and strive to improve access to ICTs to underserved communities worldwide. Every time you make a phone call via the mobile, access the Internet or send an email, you are benefiting from the work of ITU.

ITU LINK OF THE BOARD MEMBERS:  
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13. Mr. Daud Suleman Malawi Director-General Malawi Communication Regulatory Authority.
14. H.E. Mr. Bosun Tijani Nigeria Minister Ministry of Communication and Digital Economy.
15. H.E. Mr. Mondli Gungubele South Africa Minister Ministry of Communications and Digital Technologies.
16. Dr. Jabiri Kuwe Bakari Tanzania Director-General Tanzania Communication Regulatory Authority.
17. Mr. Bernardo Mariano Jr. UN Assistant Secretary-General United Nations Office of Information and Communications Technology (OICT).
18. Dr. Gift Kallisto Machengete Zimbabwe Director-General Postals and Telecommunications Regulatory Authority of Zimbabwe.

## Celebrating Year of the Dragon -2024 Happy Chinese New Year kicked off in Pakistan

VOM Report

ISLAMABAD: China Cultural Center in Pakistan and the Cultural Office of the Chinese Embassy in Pakistan have jointly launched a series of activities to grandly celebrate the '2024 Happy Chinese New Year - Year of the Dragon' in Pakistan.

Taikonauts at China's Tiangong space station extended New Year's greetings for the Year of Dragon to audience and the global Chinese community via video message, officially launching 2024 Happy Chinese New Year activities throughout the world.

China Cultural Center in Pakistan has launched a wide range of exciting online events, such as cultural performances, exhibitions, documentaries on culture, arts, tourism, and more, to showcase rich celebrations of the Lunar Chinese New Year. In order to celebrate Chinese New Year with the community, China Cultural Center in Pakistan has joined hands with China Window in Peshawar, Silk Road Cultural Centre in Quetta as well as the well-known restaurant MONAL group. In this regard, the MONAL restaurant would allow Islamabad locals to experience the joyous Chinese New Year ambiance.

Through this activity, Chinese nationals residing in Pakistan will have the chance to enjoy and celebrate Chinese New Year in Pakistan in addition to helping Pakistani citizens participate in the festivities.



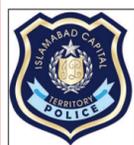
Chinese New Year also known as 'Spring Festival' is the most important festival of the year for the Chinese nation. It is an important opportunity for families and friends to get together and celebrate the new year. The Chinese people strive to make this event as special as possible, often spending hours preparing food and decorations for the events of the festival.

Happy Chinese New Year is usually celebrated with loud showcases of talents, fireworks, and the adornment of red on everything, each coming with their cultural symbolism. Behind the colorful idiosyncrasies lie a period of renewal and welcoming of the future, while inversely also harkening back to one's roots of community, familial bond, and self-reflection.

China Cultural Center in Pakistan will also launch more activities on various social media platforms. Friends from Pakistan can visit our social media platforms including Facebook and Wechat to witness the festive celebration of 2024 Happy Chinese New Year.



## Election material for 990 ICT polling stations distributed: Spokesperson



ISLAMABAD: The election materials for 990 polling stations of ICT have been distributed for holding general elections 2024, in a peaceful environment.

District Returning Officer, is viewing the process, and ensuring a careful handling of the election materials, ICT spokesman said here on Wednesday. He said that under the surveillance of District Returning Officer (DRO) Irfan Memon, the distribution process has been made to conduct general elections in a proper manner.

The stringent security measures would be implemented in all the polling stations during the polling process, he said.

The election staff and security personnel would make all out efforts to complete the voting process with full success, he added. APP

## Kyrgyzstan interested in boosting business ties with Pakistan: Kyrgyz Ambassador

ISLAMABAD: Ambassador of Kyrgyzstan to Pakistan Ulanbek Totuaev on Wednesday said that his country was interested in further boosting its business ties with Pakistan to achieve mutually beneficial outcomes.

He stressed that both countries should develop sustainable business relations as they have good potential to cooperate in many sectors of the economy. He said that a business delegation from Pakistan should visit Kyrgyzstan to explore joint ventures and business partnerships, said a press release issued here.

The ambassador said that Kyrgyzstan was importing pharmaceuticals, sports goods, and other products from Pakistan while it was exporting dry fruits, and agricultural products to Pakistan and added both countries should do business in more products as they have good potential for it.

He assured that his embassy would cooperate with Islamabad Chamber of Commerce and Industry (ICCI) in the initiatives for promoting business linkages between



the private sectors of both countries.

Speaking at the occasion, Ahsan Zafar Bakhtawari, President, Islamabad Chamber of Commerce & Industry said that Pakistan and Kyrgyzstan can cooperate in many areas including agriculture, industry, energy, and tourism. He said that the geographical location of both countries offers good potential to increase collaboration and play a role in promoting

regional trade in their respective regions. Pakistan can provide Kyrgyzstan with easy access to many promising markets including the Middle East and South Asia, he added.

Bakhtawari said Similarly, Kyrgyzstan can provide Pakistan with easy access to the Central Asian States. Therefore, strong trade and economic relations would be very beneficial for both countries and regions. He said that Pakistan and

## 'Terrorist' among three killed in Karachi grenade explosion on eve of election

KARACHI: A suspected terrorist, along with a woman and a child, are said to be killed in a blast in Karachi's Gulshan-e-Iqbal's Haji Lemo Goth, police confirmed Wednesday.

As per Deputy Inspector General Police (DIG) East Captain (ret'd) Ghulam Azfar Mahesar, the perpetrator of the blast was carrying a grenade, which exploded in his hand. The police officer further said that the person killed in the explosion is suspected to be the one who held the grenade. The incident comes as the run-up to Pakistan's general elections has been marred with violence including scores of terrorist attacks targeting political parties as well as independent candidates.

Earlier in the day, at least 28 people were killed and around 50 were wounded in two separate blasts in Balochistan's Pishin and Killa Saifullah. At least 14 people lost their lives in the Pishin blast which targeted the office of independent candidate Asfand Yar Khan Kakar's office in the Khanozai area. The explosion was followed by another attack on the Jamiat Ulema-e-Islam Fazl

(JUI-F) office in the Killa Saifullah district, killing 12 people. Following the incidents, the provincial government announced a three-day mourning period to mourn the loss of lives in both attacks. The provinces of Balochistan and Khyber Pakhtunkhwa (KP) have faced the brunt of a surge in terror incidents in recent months — which have seen electioneering activities and political figures being targeted in recent weeks. Last month an independent candidate Rehan Zeb Khan was shot dead in KP's Bajaur district, whereas an Awami National Party (ANP) worker was killed in a gun attack in Chaman. Before that, at least four people lost their lives after a blast targeted a Pakistan Tehreek-e-Insaf (PTI) rally in Balochistan's Sibi. So far people belonging from National Party's (NP) Lala Abdul Rasheed, Senator Kohda Akram Dashti, Pakistan Muslim League-Nawaz's (PML-N) candidate for NA-258 Aslam Buledi and former member of the National Assembly and National Democratic Movement (NDM) leader Mohsin Dawar came under attack in different areas across the country. Agencies

Kyrgyzstan should focus on diversification of trade to achieve better results.

He said that ICCI would consider taking a business delegation to Kyrgyzstan to explore business partnerships.

Faad Waheed Senior Vice President ICCI said that Pakistan and Kyrgyzstan should share expertise to benefit each other.

He said that both countries should explore all untapped areas of cooperation to strengthen business relations.

Zafar Bakhtawari, former President Islamabad Chamber of Commerce and Industry (ICCI) and Secretary General UBG Pakistan said that Kyrgyz Republic should take benefit of Pakistani seaports to get access to other potential markets. He said that road, rail, and air links between Pakistan and Central Asian countries are important to develop strong business and people-to-people relations. Sheikh Muhammad Ejaz, Maqsood Tabish, Khalid Chaudhry and others were also present in the meeting. APP