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foreign office spokesperson  
**Mumtaz Zahra**

## COAS, Imam Masjid Al-Nabawi discuss matters of mutual interest



RAWALPINDI: Imam Masjid Al-Nabawi, Dr. Salah bin Mohammad Al-Budair called on Chief of Army Staff General Syed Asim Munir in Rawalpindi today. According to ISPR, during the meeting, matters of mutual interest were discussed.

The COAS welcomed the dignity and highlighted that visit by Imam Masjid Al-Nabawi to Pakistan is a matter of honour for the people of Pakistan.

Imam Masjid Al-Nabawi said Pakistan has a significant place in the Muslim world and it is playing its vital role for peace and stability in the region. Both sides expressed satisfaction over Pak-Saudi relations. At the end Imam Masjid Al-Nabawi prayed for the peace, stability and unity of Muslim Ummah. PR

## Jam Kamal Khan hails 2nd FoodAg as resounding success for Pakistan

KARACHI: Federal Minister for Commerce, Jam Kamal Khan, hailed the 2nd FoodAg 2024 exhibition as a resounding success, citing the participation of a large number of delegations and companies from 70 countries. He made these remarks while speaking to media after meeting with international delegations on the event's first day at the Expo Center.

The minister attributed the success of the event to the collective efforts of the government, highlighting Prime Minister Shehbaz Sharif's personal interest in the exhibition. "This is an unprecedented achievement in the history of Pakistan's trade programs," he remarked, noting the scale of international participation. According to Jam Kamal Khan, the event drew between 600 to 700 delegations from 65 to 70 countries, encompassing a wide array of companies, business owners, and traders. He emphasized the significance of FoodAg for Pakistan's agriculture sector, stating, "This exhibition is crucial for farmers, agribusinessmen, and everyone involved in agriculture." The minister also praised the Ministry of Commerce, the Trade Development Authority of Pakistan (TDAP), and the officers stationed abroad for their hard work in making the exhibition a success. He noted that delegations from countries such as Malaysia, Afghanistan, Vietnam, Indonesia, and various African nations attended the event, with participation surpassing last year's levels. "Delegates informed me that in some cases, the number of participating companies has tripled compared to last year," Jam Kamal Khan said. He further mentioned that the influx of visitors has led to a shortage of hotel rooms in Karachi, underscoring the event's impact on domestic trade. APP



KARACHI: Prime Minister Muhammad Shehbaz Sharif chairing a review meeting regarding Pakistan Polio Eradication Program.

## Pak-China relations transforming into enhanced investment, economic ties: PM

PM Shehbaz reiterates determination for complete eradication of polio from Pakistan

KARACHI: The Prime Minister, Shehbaz Sharif, emphasizing the transformation of friendly relations between China and Pakistan into enhanced investment, economic and trade ties, said that the next phase of CPEC will mainly involve business to business arrangements particularly in industrial sector. He expressed the views while addressing the representatives of international companies doing business in Pakistan including China here on Friday. Governor and Chief Minister of Sindh, Federal Ministers, prominent businessmen and senior officers were also present on this occasion.

The PM said "Pakistan and China are two iron brothers and now we have to convert these relations of brotherhood and friendship into enhanced investment, economic and trade relations particularly in the fields of agriculture, information technology, mines, minerals and infrastructure." Being an agrarian economy with over 60% rural population Pakistan need to further strengthen and augment its agricultural produce, he said and informed that Pakistani agricultural exports increased by \$ 3 billion in the last financial year while we have fixed a target of additional 7 b for the current fiscal year. Terming it as a quantum leap that required vigorous efforts along with adoption of modern technology and techniques and best practices, PM Shehbaz said that China could be our best partner in achieving this target of boosting agricultural exports and value addition in exports. Referring to his recent visit of China the PM

said that fascinated by wonderful technology and educational culture in Chinese educational institutions he decided to send 1000 Pakistani boys and girls for advance training in China in Agriculture. That program was almost finalized and now these students would go to China for refresher courses, he added. Encouraging the Chinese businessmen to enter into business cooperation agreement with Pakistani counterparts the PM said that next phase of the China-Pakistan Economic Corridor (CPEC) will mainly consist of business-to-business arrangements and joint ventures in industry particularly in textile, agriculture production and then export of these products to different countries.

He added that Pakistan and China could devise a common mechanism for production and export of such products and it will be a win-win situation for both the countries. He said that Pak-China friendship is not only higher than mountains but now it is touching skies as Pakistan has sent its own satellite into space with the assistance of China. Meanwhile, Prime Minister Muhammad Shehbaz Sharif on Friday reiterated the determination for the complete eradication of polio from the country with the joint efforts of the federal, provincial governments and Gilgit-Baltistan and the Azad Jammu and Kashmir governments.

The prime minister said this while presiding over an important review meeting on anti-polio during his visit to Karachi. Gates Foundation Chairman Bill Gates and Global Development President Dr. Chris Elias participated

in the meeting through the video link.

Under the leadership of Prime Minister Muhammad Shehbaz Sharif, four provincial governments, Gilgit-Baltistan and the Azad Jammu and Kashmir governments committed to complete eradication of polio from the country. All federal units also agreed to joint efforts for polio eradication.

While talking to the participants of the meeting, the prime minister reiterated the determination for the complete eradication of polio. He thanked the Bill Gates Foundation for its extraordinary support and assistance to the health care system in Pakistan, especially polio prevention. The prime minister also thanked the other partners of the government regarding anti-polio.

He said that a whole-of-government approach has been adopted to eradicate polio. He further said, "we are doing our best to eradicate this deadly virus by 2025". The prime minister directed that all the resources of the state should be utilized for the complete elimination of polio from the country. He directed that multiple doses of vaccine should be given to every child in Pakistan. He emphasized that provision of the polio vaccine should be ensured to every child in areas where there are security challenges. The prime minister said that with the dedication of frontline workers, the determination of the Government of Pakistan and the support of partners, Pakistan has made significant progress against polio; The emergence of new polio cases is worrisome, but with the support of provincial governments and partners, polio will be defeated. APP

## Pakistan to continue moral, political, diplomatic support to Kashmiris: FO

ISLAMABAD: The people of Jammu and Kashmir had the right to determine their own future in accordance with the United Nations Security Council resolutions, and Pakistan would continue to provide moral, diplomatic and political support to this cause, Foreign Office Spokesperson said here on Friday.

Speaking during the weekly press briefing of the Foreign office, she said Pakistan remained committed to its Kashmiri brothers and sisters, and this commitment was once again reinforced on the 5th of August this year, when on the fifth anniversary of the unilateral and illegal measures by Indian occupation forces in IIOJK, the Deputy Prime Minister and Foreign Minister addressed letters to the leadership of the United Nations and the Organization of Islamic Cooperation to draw their attention towards the grave consequences of Indian actions on and since August 5, 2019. She called for implementation of relevant UN Security Council resolutions to enable the people of Jammu and Kashmir to determine their own future.

"This reflects Pakistan's seriousness in resolving the Kashmir dispute in accordance with international law and UNSC resolutions. The territory of Jammu and Kashmir belongs to the people of Kashmir," she observed. To a question regarding the bill that had been introduced in the US Congress, the spokesperson said, "We have noted the reports. We have also noticed some unwarranted references to Pakistan. We have conveyed our concerns to the US side. Establishment of defence relations is the sovereign decision of countries. However, in doing so, friendly countries should not be targeted."

"We have been urging our international partners to take a holistic view of the issues of peace and security in South Asia. Pakistan values its close relationship with the United States. We believe in constructive engagement and dialogue based on sovereign equality, mutual respect and understanding and non-interference in each other's domestic affairs."

"We also believe that deliberations of legislative bodies should contribute to promoting positive dynamics in bilateral ties that should be based on mutual respect and understanding. We hope that the US Congress will play a supportive role in strengthening Pakistan US ties and focus on avenues of mutual collaboration that benefit both our peoples and countries," she remarked.

To another question, she said, Pakistan and Bangladesh had positive relations, and these relations had continued to grow over the last several years. "With regards to the recent developments in Bangladesh, we have issued a statement. The government and people of Pakistan have expressed their support and solidarity with the people of Bangladesh. We sincerely hope for a peaceful and swift return to normalcy. We are confident that the resilient spirit and unity of the Bangladeshi people will lead them towards a harmonious future."

"The Prime Minister of Pakistan has extended felicitations to Professor Mohammed Yunus on his swearing in as chief Advisor of the government of People's Republic of Bangladesh. The Prime Minister has wished him great success in guiding Bangladesh towards a harmonious and prosperous future, and expressed the desire to work with Mr. Yunus to deepen cooperation between Pakistan and Bangladesh in the days ahead," she added. APP

## Services Chiefs felicitate Arshad Nadeem for historic victory



medal for Pakistan at the World Olympics.

In a statement, ISPR stated that this remarkable achievement is a testament to Arshad Nadeem's unwavering dedication, unrelenting perseverance, and exemplary hard work, serving as a beacon of inspiration for the entire nation.

It said his triumph is a resounding affirmation of Pakistani talent and determination, showcasing the country's potential to excel on the global stage.

By clinching the first ever individual gold medal in Javelin throw at the World Olympics, Arshad Nadeem has brought immense pride and joy to the people of Pakistan, cementing his status as a national hero and an iconic symbol of sporting excellence. PR

RAWALPINDI: The Armed Forces of Pakistan, the Chairman Joint Chiefs of Staff Committee, and the Services Chiefs have also extend their warmest felicitations to the nation on this momentous occasion, as Arshad Nadeem etches his name in history by becoming the first Pakistani athlete to secure an individual gold

## Interior Minister directs to make Murree Road from Faizabad to Serena a model road

ISLAMABAD: Federal Interior Minister Mohsin Naqvi visited and inspected the Murree Road from Faizabad to Serena Chowk, directed the construction of a model road from Faizabad to Serena Chowk which is one of the main entry point of Islamabad and sought a plan regarding its upgradation.

He directed to remove all encroachments and to develop parks and green belts on both sides of the said road. He further said that the patchwork and carpeting of the road should be completed on priority basis. He emphasized that Faizabad Interchange is the main entry point of Islamabad and it is in dire need of upgradation.

He added that the road lights installed on Murree Road should be made fully functional. He directed Chairman CDA Muhammad Ali Randhawa to take measures towards the facilitation of the citizens in their travelling. Chairman CDA Muhammad Ali Randhawa and CDA members were also present on this occasion.

## Ethiopia, Pakistan discuss collaborative initiatives for human resource development

VOM Report

ISLAMABAD: Ambassador Extraordinary, Plenipotentiary and Special Envoy of Ethiopia, Jemal Beker and Minister for Overseas Pakistanis and Human Resource Development, Chaudhry Salik Hussain on Friday discussed collaborative initiatives to produce productive human resources for their countries.

During the meeting between two dignitaries, the joint skill development initiatives such as hands on trainings and courses came under discussion. They discussed joint initiatives to equip both countries' youth with modern technical and vocational education and trainings in various sectors such as Artificial Intelligence, Computing, Block Chain and others.



They also focused on the collaborations that are imperative to foster strong bilateral relations between the two countries.

Ambassador Jemal Beker highlighted the Ethiopian government's commitment to produce skilled and highly skilled manpower as a part of its Home Grown Economic Reforms Programme (HGERP) to foster macroeconomic stability, encourage

private sector investment, enhance domestic production, and improve the government's capacity to deliver quality services.

He said under the HGERP 1.0, Ethiopia had achieved a stable, robust and sustainable economy especially by attracting foreign direct investment, increasing productivity and job creation in the country. Ambassador Jemal Beker highlighted

the recent launch of HGERP 2.0 by the government of Ethiopia to create a stable macroeconomic environment, transforming investment and trade environment, boosting productive growth and improving public sector capability.

Minister Salik shared Pakistan's experience in human resource development, highlighting his ministry's efforts to forge collaboration with foreign countries for skill development and job creation for the country's youth.

He assured the ambassador of his government's full support for the collaborative initiatives of the skill development.

He invited Ambassador Jemal Beker to lead a tree planting event at the University of Gujrat in the earliest possible time.

## Pakistan to host two-day int'l APFFD forum on 'Gender Empowerment & Green Economy': Romina



ISLAMABAD: Prime Minister's Coordinator for Climate Change and Environmental Coordination, Romina Khurshid Alam on Friday announced that Pakistan would host the two-day international Asian Forum of Parliamentarians on Population and Development (APFFD) on 'Gender Empowerment and Green Economy' that would convene regional female parliamentarians from 22 states.

Addressing a curtain-raiser press conference regarding a two-day meeting of the Asian Forum of Parliamentarians on Population and Development (APFFD) on 'Gender Empowerment and Green Economy' starting from Monday (August 11th), she said Pakistan would hold an international population and climate change conference under the auspices of the APFFD standing committee on Gender Empowerment.

Romina Khurshid Alam said that 22 states' female parliamentarians' as delegates would convene to discuss the impacts of climate change on women and their role in the green economy. She added that these parliamentarians would gather to share personal experiences, and knowledge, and mull over regional solutions for the challenges like population and climate change that have posed formidable threats to human security in the region.

In 1982, she said Pakistan was the founding member of this forum, whereas in the 1994 APFFD Conference, the then Prime Minister Benazir Bhutto had actively participated in the global moot.

The PM's aide underlined that Pakistan has a great opportunity to host the APFFD two-day

international conference from August 12-13. The outcomes of the two-day global conference would be shared with the media in an exclusive briefing to be held under the patronage of the Prime Minister later, he added.

The conference, she said would specifically focus on green sectors, knowledge exchange, and best practices sharing among developing countries. Climate diplomacy was an important tool to address global warming and environmental degradation, necessary to promote stronger and durable collaborations for enhancing climate resilience for a sustainable future for all, she added.

Romina Khurshid Alam said that Pakistan would play a pivotal role in this conference and would take the lead role in engaging female parliamentarians of the member states in working out fruitful recommendations. "Climate change is a global issue and it has connected entire humanity. PM Shehbaz Sharif always gives priority to climate change, gender and peace," she said.

The APFFD comprises of 30 member states whereas delegates from 23 states have confirmed whereas the delegates from Cambodia, Japan, China, Vietnam, Magnolia, Thailand and other regional countries are participating in the forum.

Responding to a query, Romina said the 23 delegates participating in the conference also included Japan's Minister of State for Education and Culture along with parliamentarians having strong leadership roles in their respective parliaments.

Overall, 300 international participants would attend the two-day international conference whereas organisations like UNFPA, Path Finders and others were collaborating with the Ministry of Climate Change and Environmental Coordination to make the conference a success, she added.

Replying to an APP's query, the PM's aide informed that the APFFD office had sent invites to all member states whereas the participation of India was subject to its own decision. "Pakistan is welcoming all with open arms. However, India is not a member of the standing committee of the APFFD," she added.

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## The precinct time forgot – and then found

SHARJIL KHARAL

An initial look at the roughly 175-year-old Kharadar police post leaves one in awe of its past grandeur. This 1860s 'police chowki' was once an important part of the colonial administration to maintain law and order among the locals in Bunder Quarter, in Karachi's 'black town' area.

The chowki, though small, wielded a significant presence. It was located at a commanding position to fully view the historic Kharadar Chowk from which eight streets radiated, providing access to the inner core of historic Karachi.

At the rear was a vast open ground, one of the few Muslim graveyards in the city. Only a small mosque was situated on the north east of the chowki, and was positioned so that police officers stationed in the building could have an unrestricted view of the entire surrounding area.

The chowki building – elegant in its construction – had in the past decades fallen on bad times. Its use was comparatively limited and many additions were made by blocking the openings with masonry, laying an extra concrete floor on the original stone floors and applying plaster on stone masonry walls. The pitched roof was built with well-crafted wooden trusses and wooden joists, finished internally with wooden planks. Many of the planks had been damaged due to rainwater ingress. Externally, lovely terracotta roof tiles with the manufacturing mark of 1865 covered the entire roof.

While small in scale, the building has an imposing presence because of its architectural character. The accommodation consists of one room, 20'x12' in size with a pitched roof 19' high, fronted by a 6' wide and 10' high veranda with a flat roof. However, it is the massing of the structure with its high-pitched roof and an arched veranda that endows it with a special character.

When restoration work started, and the blocked openings were opened in the veranda, three openings in the front and one each on two sides revealed the simply built shoulder-flat-arch which gave an arched character as if an arcade. The removal of the entire internal and external cement plaster which was a later addition, exposed the original coarsed dressed stone internally and externally. Similarly, the removal of cement concrete flooring exposed the stone flags, although damaged because of indentation caused at the time of laying the new floor.

The rescue of this important building is beholden to the efforts of Karachi's South Zone Police. The department was able to get the restoration work done through their efforts to collect resources.

Now the police chowki has once again resumed its commanding position; entered via a paved court and bordered by Kharadar Bagh with 200 trees and a small garden pavilion, which is the only open green, cool space for the community particularly women and children of the area.

As a gesture to the community, the building has been gifted to the community as the Kharadar Police Chowki Library.

The library is frequented by children who find some respite from the dense and highly polluted environment they are surrounded by. This library is the first step towards improving police-community relations in the vicinity. Imagine a restored police chowki turned into a library for children of the area. One must also acknowledge the support rendered by the district administration of the area (South) in helping the police establish this library.

Protecting heritage in Karachi is an arduous task and protecting police heritage buildings is an even bigger challenge. Restoration of heritage comes as peripheral to police work. Coupled with this, the department does not have architects and masons skilled in this work. Which is why support from Ms Yasmin Lari was needed – and she rose to the occasion.

Ms Lari and her team took this as an extension of the Rahguzar Walking Street area in Karachi's old town which starts from Denso Hall and now with the restoration of this chowki culminates on Kharadar Chowk.

Along the way, one steps back into time while passing through the 'old quarters', home to the once majestic buildings and pavements that were seriously threatened had Ms Lari and her team, supported by the South administration, not come stepped up to preserve and restore it. The Sindh Police boasts several historic buildings, both in Karachi and in the hinterland. The department under its present leadership and generously supported by the government of Sindh has embarked upon cataloging them and then restoring them gradually.

The Sindh Police is the oldest force in the subcontinent and was the first force which was raised in 1843. In order to live up to its glorious history and architectural grandeur, the department must protect and preserve its heritage, its legacy and its traditions.

The writer is currently serving as the deputy inspector general of police in Sindh.



Zunaira Azhar

## Whose narrative is it anyway?

From quantum physics to political science, nothing can change without 'creative destruction'. An atom has to break down to start a chain reaction of energy; a political theory must evolve with technological realities; and social order can only be restored by constantly embracing what society moves on to.

Suppress this evolution and the result is inertia – and even that will break someday. The global order has always faced inevitable crises; the byproducts of the continuous breakdown have taken the form of new states, new ideologies and new conflicts. This is unstoppable, and the only option we have is to decide whether it's going to be a creative breakdown with the dividends of peace and stability, or a disastrous meltdown only producing further chaos.

A similar chaotic breakdown of the imperial powers in the 1940s pushed the world to a new political order with new 'nation-states', and 'nationalism'. If you see the nation-state as an atom, and you split it down to release further energy, the most powerful byproduct would be nationalism, which has had the tremendous power to dissolve imperialism. On the flip side, in its most dangerous tendency it has also developed into Nazism, fascism and authoritarianism.

From this philosophical/historical perspective, the question that arises is: what is Pakistan's national narrative over the years? Who has developed it? State, society, academia, or

the political and religious elite? In the case of Pakistan, nationalism has always been exercised under different pretexts and contexts, by political institutions and leadership.

It is the political strength coded in the behaviour of an institution that shapes the political landscape and social behaviour of a society. But if certain groups within institutions start devising policies for themselves, and some groups start receiving more advantages from economic

cakes. The anti-elite and religious-nationalism came at the back of the Trojan horse of the century – the digital media. Whatever little space a national discourse had, has now been taken over by trillions of bots and activists that are humming the same narrative from the US Congress to the UK parliament and so on, and the creators have no clue what went wrong and how to undo it. The most recent example of this

that makes sense. But in a country where leaders are made to come onto a table by other powers, what should one expect? Where's the sovereignty in that? And who would agree to give up control? If the mediator happens to be an international one, what would they gain in return? The task is grander than it seems. Other than the ongoing hunger games among the power contenders, the challenge is to redirect the narrative that has gone too viral – millions of eyeballs fixated on the populist design at play. While it's true that it's a global trend that leaders who fuse populist anti-elite rhetoric with nationalist appeals are on the rise, yet we must understand that those countries have basic shock absorbers like a stable economy, good governance and an intact constitutional framework. We have none.

So, for starters, some sort of economic delivery and less aggressive posturing from all players is the only way forward. Also, the critical question that must be addressed is: who is supposed to build narratives? Institutions? No. Political parties? Yes. So when was the last time we saw a purely pro-people, workable, governance-led narrative? I'm not talking of campaign-driven manifestos here, but an actual narrative to deliver at the grassroots. We never had it. All we had was nationalism now turned into populist agendas by the power structures and given a civilian face. That face is absent today, and so good luck with the one page that never existed.

The writer is a journalist. She tweets/posts @ZunairaAzhar10

### Suppress this evolution and the result is inertia – and even that will break someday

outcomes than others, with time the beneficiaries of the system gain political control of the institutions. As a result, there's no governance or rule of law. Elite capture takes over, and economic deprivation gives birth to a chain reaction of chaos. The ultimate casualty is a disabled political order where the institutions and the political leadership – who have the same share in the existing elite grab – start engaging in a final game of thrones for absolute control.

We have all witnessed these endless clashes where each player claims to be holier and more nationalist than the other. Endless narrative pacing, producing home-grown politicians, enhanced threat threshold (both internal and external) have slowly but surely compromised the very national security spectrum each actor promises to ensure. Then the inevitable happened. The finest of the populist concoction came out as the byproduct of the game of thrones and got sold like hot

undeterred narrative in control of the affairs is the establishment-judiciary collusion. And yet it is thought that this can be controlled through the old playbook. What needs to be realized is that the decades old practice of rebooting the basic handbook called the constitution by those aiming at taking complete control through trial and error has landed us in the situation we are in today. To achieve this single goal the most powerful are free today – but their own creation has grown too big and is out of their hands now. It's like an experiment gone wrong but the scientists involved refuse to see where they fumbled with the equation. To get back on a normal trajectory is not going to be easy, what with an economic and socio-political time bomb ticking.

To cool down the temperature, many have called for a multi-pronged approach. The top most advised solution is for the power contenders to talk to each other. Fair enough –

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



In the 2013 elections the party received the second highest number of votes for seats in the National Assembly and won leadership of the provincial government in Khyber Pakhtunkhwa. Its popularity continued to surge, especially as a corruption scandal shook confidence in the ruling party in the run-up to the 2018 elections; it emerged as the National Assembly's largest party after elections were held. Ethnic interests are served by organizations such as the Muttahida Qaumi Movement (formerly the Muhajir Qaumi Movement) in Karachi and Hyderabad, the Sindh National Front in Sindh, and the Balochistan Students Union in Balochistan. Pakistan's military has been led from inception by a highly trained and professional officer corps that has not

hesitated, as a body, to involve itself in politics. The military consists of an army (the largest of the uniformed services), air force, and navy, as well as various paramilitary forces. Each of the services is headed by a chief of staff, and the chairman of Joint Chiefs of Staff is the senior officer of the military hierarchy. The Pakistani military is one of the largest and best-trained in the world. Troops serve on a voluntary basis, and there is seldom a shortage of manpower. Military life in Pakistan is viewed as prestigious, and soldiers both active and retired can expect numerous perks and benefits from service. Enlisted personnel are given the chance to improve themselves through study and education, and officers are trained through the service academy or through several of

the country's professional colleges. The army is extremely well supplied, having devoted much of its considerable resources to the domestic production of weapons. The army has several thousand main battle tanks, armoured personnel carriers, and artillery pieces (both towed and self-propelled). The army also fields multiple-launch rocket systems and several short-range missile systems. The naval fleet consists of a variety of relatively small surface crafts (destroyers, frigates, missile craft, and patrol boats), as well as a small submarine fleet and an air arm. The air force flies several squadrons of high-performance fighter and ground-attack aircraft and a number of support and cargo planes. Pakistan's military-industrial complex is large and well-funded. The country

has developed its own main battle tanks and surface naval craft—generally on designs contracted from foreign corporations—and has fielded its own missile systems, several of which appear capable of delivering unconventional payloads. Pakistan announced its status as a country with nuclear weapons by detonating several devices in 1998. The nuclear-weapons program has always been the special preserve of the Pakistani army, although its scientists and technicians are drawn primarily from civilian life. Internal security is provided by a variety of local and provincial police departments, as well as by paramilitary forces such as the Pakistan Rangers, whose task is largely to provide border security.

To be continued....

## Showbiz

### Ariana Grande 'proud' to 're-embrace' old music after 'therapy'

#### Ariana Grande opens up on 're-embracing' her old music after hearing it 'and cry'

Ariana Grande got candid on her journey towards "re-embracing" her songs from the beginning of her career. During the latest episode of Hot Ones on Thursday, Aug. 8, the 31-year-old popstar shared about getting her way back to liking her older hits. Sean Evan, the host, asked the songstress if she would ever want to just let go of some of her tracks from the past, of course if the fans didn't like them too.



"Of course, that's like a natural thing that all artists can probably relate to," Grande started explaining, getting quite reminisced ahead. "But seeing [fans'] reaction to it also kind of replaces that... There was a

time when it was hard for me to feel certain songs and for the music that same gratitude that I do now for because I think some of it was a

stressful time." The two-time Grammy winner also noted that getting all the pop star fame at age 19/20 was an "insane" experience and what she faced during that time may have contributed to her once not-so-loving feelings about her early work. "That experience was sort of married to some of the songs a little bit," she shared, adding, "or some of the songs that are more emotional that the experience that inspired them can be married to the music, for me, for a second." Although later, Grande shared, "time and therapy" healed her and helped her "re-embrace" her earlier work.

## Tech

### Astronauts stuck in space for eight-day mission could return in 2025: Nasa

Barry Wilmore and Sunita Williams, two astronauts who have been stuck in space since June 5 when they boarded Boeing's Starliner for an eight-day mission, could return in February 2025 on SpaceX's Crew Dragon if their spacecraft is still deemed unsafe to return home, Nasa confirmed on Wednesday. Wilmore and Williams' spacecraft started to have issues when the Starliner was near the International Space Station (ISS) including leaks in the propulsion system and its thrusters began shutting down. The Boeing flight was the first of its kind and the two astronauts were only sent to space on it to test if the spacecraft could be used regularly for space missions. The astronauts did make their way to the station but they have issues when the Starliner was near the International Space Station (ISS) including leaks in the propulsion system and its thrusters began shutting down. "Our prime option is to return Butch

(Wilmore) and Suni (Williams) on Starliner. However, we have done the requisite planning to make sure we have other options open," Steve Stich, manager of Nasa's Commercial Crew Program, stated. The Nasa officials also relayed that the two astronauts could be attached to a mission that is supposed to launch in September and will return by February 2025, however, the option is only being considered. The officials further added that it would take a week or more for a final decision to be made. The flight in discussion will be a SpaceX Crew Dragon craft which was supposed to assist four crew members to the ISS but two of the seats in the spacecraft could be left unoccupied for Wilmore and Williams. The only drawback with this plan is that the astronauts will have to float and spend more than eight months at the space station. And if the plan with the Crew Dragon is carried out, the Starliner would return to Earth under computer control.

## Health

### Reducing screen time to 3 hours per week may improve children's mental health

A team of psychologists and mental health specialists affiliated with several institutions in Denmark has suggested that reducing screen time for children to just three hours per week can result in significant improvements in their mental health.

The group, which also works with a colleague from the United Kingdom, describes in the paper published in the journal JAMA Network Open, how they conducted a randomised clinical trial involving 89 families and the impact of reducing screen time on electronic devices, reported Medical Xpress.

Either watching movies or videos, engaging in social media or playing video games; children spending long stretches of time using electronic devices have risks of mental health problems like antisocial behaviour and difficulties with

#### Children face risks of mental health as result of using electronic devices, as per new study

handling emotions, as per an earlier research. The research team wondered in this new study whether taking away such activities would improve mental health, and if so, how quickly it bring change.

A clinical trial involving 89 families that included 181 children from 10 cities in Denmark was conducted by the researchers to find out changes.

The trial involved testing all the children in the study using the "Utilising the Strengths and Difficulties Questionnaire" to learn more about their social skills, general behaviour, emotional stability and overall mental health.

Then they asked all the children in 45 of the families to restrict their use of electronic devices to just three hours per week. This did not include school usage. Additionally, video monitors were installed in the homes of participants to ensure compliance for two weeks. Afterwards, to see if there were any differences, all the children were asked to fill out the same questionnaire again.

As a result, significant improvements in the children's social skills were found by the research team, including reductions in behavioural problems and in dealing with emotional issues.





## Senate Committee reviews key national projects & expresses concerns over delays & cost escalations

ISLAMABAD: The meeting of the Senate Standing Committee on Planning, Development, and Special Initiatives, presided over by Senator Quratul Ain Marri, convened at Parliament House on Friday.

The meeting was attended by Senators Jam Saifullah Khan, Shahadat Awan, Zeeshan Khanzada, Dr. Afnan Ullah Khan, and Attaur Rehman, along with the Minister for Planning, Development, and Special Initiatives (MoPDSI); the Secretary (MoPDSI); the Additional Secretary (MoPDSI); senior officials from the Ministry of Communications, the Ministry of Maritime Affairs (MOMA), the Ministry of Commerce, the Power Division, the National Highway Authority (NHA), the Balochistan Development Authority (BDA), and other senior officials from relevant departments.

The meeting thoroughly reviewed the progress of the required projects under the Public Sector Development Program (PSDP) 2024-25, in response to the committee's directive to provide updates during its sessions held from June 13th to 15th and on June 20th, 2024.

During the discussion on the Cabinet Division's Sustainable Development Goals Achievement Programme (SAP) under PSDP, Chairperson Senator Quratul Ain Marri expressed concern over the slow pace of progress. She emphasized that the fiscal year ended on June 30, 2024, and yet no meetings on said project have been convened thus far. She suggested that officials ensure accountability in the relevant sectors and proceed with the completion of projects within the established deadlines. Additionally, the Committee reviewed the progress report on the Commerce Division's project, the Export Accelerator for SMEs. Officials from the concerned department reported that an initial meeting with the Planning Ministry has been held to develop a detailed conceptual plan, which will be finalized shortly.

The Committee members engaged in a comprehensive discussion on the Construction of the Hyderabad-Sukkur Motorway project. Officials from the Ministry of Communications and the National Highway Authority (NHA) explained that this project is a priority and is in the process of being included in the China-Pakistan Economic Corridor (CPEC). They noted that a joint working group on the project will be formed by the end of the month and expressed optimism that it will be successfully integrated into CPEC. The committee requested details on the project's delay and expressed concern over its perceived neglect. The Minister for Planning, Development, and Special Initiatives emphasized that projects often suffer due to changes in Government, but assured that said project is of prime importance and is not being overlooked. He affirmed that the project has been prioritized within CPEC and confidently stated that significant progress will be made within the next five years.

Senior officials from the Maritime Affairs Division and the Balochistan Development Authority (BDA) provided a briefing on the modernization and upgradation of the Gaddani Shipbreaking and Recycling Industry. They noted that the project, initially recommended by the Central Development Working Party (CDWP) at an estimated cost of Rs. 12,864 million, is currently facing funding complications and has been submitted for approval. SABAH



ISLAMABAD: Imam Masjid Al-Nabawi, Sheikh Salah bin Mohammad Al-Budair delivering khutba of juma prayer at Faisal Mosque. INP

## President, PM congratulate Arshad for great achievement



ISLAMABAD: President Azif Ali Zardari and Prime Minister Muhammad Shehbaz Sharif have extended heartfelt congratulations to the entire Pakistani nation on Arshad Nadeem's gold medal-winning performance at the Paris Olympics. In his message, the President lauded Arshad Nadeem for his historic victory at the Paris Olympics, declaring him the pride of the entire nation. He acknowledged that Arshad Nadeem's remarkable achievement is not just a personal triumph, but a victory for the entire country. He said winning a gold medal for Pakistan on such a prestigious international platform is a moment of immense pride for the nation. The President praised Arshad Nadeem's dedication and hard work, saying that his success has illuminated Pakistan's name at the world stage. He also prayed for Arshad Nadeem's continued success in the future.

In his message, Prime Minister Muhammad Shehbaz Sharif praised Arshad Nadeem's exceptional achievement, highlighting that he not only won the gold medal but also made history by setting a new Olympic record. The Prime Minister said that Arshad Nadeem's victory is a gift to the people of Pakistan, marking a proud moment in the nation's sports history.

He said Arshad Nadeem has become a symbol of national pride and inspiration for future generations.

Prime Minister Shehbaz Sharif watched live the performance of javelin thrower Arshad Nadeem at the Paris Olympics late last night. The Prime Minister raised 'Pakistan Zindabad' slogan on Arshad Nadeem's brilliant achievement and setting a new Olympics record in javelin throw.

The Prime Minister felicitated the nation on winning a medal in the Olympics after three decades.

The Prime Minister said by the grace of Allah Almighty the seeds sown in the form of Punjab Youth Festival as Khadim-e-Punjab are now yielding remarkable results, bringing honor to Pakistan on the global stage.

Shehbaz Sharif said it is a matter of pride for him that Allah Almighty made him a means to discover a talented young man like Arshad Nadeem.

Minister for Information and Broadcasting Attallah Tarar has congratulated Arshad Nadeem on winning Gold Medal in the Paris Olympics.

In a statement today, he urged youth to get inspiration from this great achievement of Arshad Nadeem.

The Minister said Arshad Nadeem's win is a win of the whole nation.

Meanwhile in their separate statements, Law Minister Azam Nazir Tarar, Minister for Communications Abdul Aleem Khan and Minister for Industries and Production Rana Tanveer Hussain also felicitated the Olympian Arshad Nadeem. Punjab Governor Sardar Saleem Haider Khan and Chief Minister Maryam Nawaz Sharif extended heartfelt congratulations to Arshad Nadeem for his remarkable achievement of winning the gold medal at the Paris Olympics. In their congratulatory message, they expressed that the entire nation takes immense pride in Arshad Nadeem's accomplishment. — VOM Report

## New trends, reflecting general societal developments, need to be absorbed by diplomacy as part of state governance, says Ishaq Dar

Urges Pakistan's diplomatic missions & diplomats to play their active role in projecting and protecting the country's interest

ISLAMABAD: Deputy Prime Minister and Foreign Minister Senator Mohammad Ishaq Dar has urged Pakistan's diplomatic missions and diplomats to play their active role in projecting and protecting the country's interest.

Addressing the Graduation Ceremony of 43rd Specialized Diplomatic Course in Islamabad on Friday, Ishaq Dar also urged the former diplomats to give their input on existing foreign policy with a view to review, adapt and recalibrate it in accordance with the prevalent strategic, political and economic trends.

The Minister stressed for maintaining high standards of the training imparted to the new entrants into the Foreign Service to tackle the challenges faced on the diplomatic front.

He said in the trainings, the focus should be made in contemporary disciplines such as international law, international politics, foreign trade, economics and public diplomacy.

Ishaq Dar said modern diplomacy is currently experiencing fundamental changes, affecting the different aspects of domestic and international politics that were once of no great concern to diplomacy.

The Minister stressed that new trends, reflecting general societal developments, need to be absorbed by diplomacy as part of state governance.

Ishaq Dar spoke about Pakistan's foreign policy outlook in view of developing global and regional politics. He underlined the importance of re-orienting Pakistan's diplomatic initiatives from conventional diplomacy to economic diplomacy to advance the country's development agenda.

Ishaq Dar highlighted the important role of Pakistan's diaspora in the progress and development of the country, and advised the young diplomats serve the overseas Pakistanis irrespective of their political affiliations, religion or ethnicity. He underlined that Pakistan's young diplomats shall be equipped with necessary skills set to promote trade and investment and tourism.

The Deputy Prime Minister commended the efforts of Foreign Service Academy for maintaining excellence in its training modules and the training of a large number of foreign diplomats over the years.

Director General of the Foreign Service Academy, Ambassador Ahmed Hussain Dayo underlined the commitment of the Academy to continue to maintain excellence in training of diplomats and its pride in training 1,554 foreign participants representing 120 countries. SABAH

## Govt to bring comprehensive reforms in power sector, says Awais Leghari

ISLAMABAD: Chairman of National Task Force and Minister for Power Division Sardar Awais Ahmad Khan Leghari on Friday said the government is committed to bring comprehensive reforms in the power sector to enhance its efficiency.

Talking to the media after chairing the meeting of National Task Force on Implementation of Structural Reforms in the Power Sector, the minister said that the Task Force reviewed the stock of all Independent Power Producers (IPPs) and their generation capacity. The Task Force also discussed various issues confronted by the energy sector of the country, he added. He said that the National Task Force strongly objected to propaganda about an increase in power tariff. Intentionally, persistent propaganda was being propagated that prices of electricity were being increased, he added.

The minister said that practically, the power tariff witnessed a 77 paise decrease while unfortunately impression was given by various newspapers and television channels that the tariff has been increased. He said that yesterday, the power regulator- the National Electric Power Regulatory Authority (NEPRA) issued a notification into fuel adjustment cost (FCA) for June.

The adjustment for the billing month of August stood at Rs 2.56 per unit as compared to Rs 3.33 for July, thus the consumer would get relief of 77 paise per unit, he said.

Awais said that the government is making all-out efforts to address issues of the power sector adding that we would work with the same spirit to provide relief to the masses. He said that the people would hear good news within the next few weeks in this regard. INP

## UAE Ambassador greets Arshad Nadeem



ISLAMABAD: Message from HE Hamad Obaid Alzaabi UAE Ambassador in Islamabad. I extend heartfelt congratulations to the people of the Islamic Republic of Pakistan on Arshad Nadeem's historic gold medal at the Paris Olympics by record-breaking 92.97-metre throw.

This victory is a testament to the talent and determination of the Pakistani people that brings immense pride to Pakistan and inspires athletes globally. As the UAE Ambassador, I am proud to witness such milestones in our brotherly nation. DNA

## Shaza declares Arshad Nadeem's victory outcome of his hard work, dedication

ISLAMABAD: Minister of State for Information Technology and Telecommunication Shaza Fatima Khawaja has extended heartfelt felicitations to Pakistani athlete Arshad Nadeem on his phenomenal achievement at the Paris Olympics.

In a statement issued here on Friday, she said, "Arshad's historic gold medal and Olympic record is a testament to his hard work, dedication, and the limitless potential of our nation's youth. Under the leadership of Prime Minister Shehbaz Sharif, the Government of Pakistan has consistently supported our athletes, as evidenced by the strong backing during the Commonwealth Games and Islamic Solidarity Games in 2022."

Shaza Fatima said that Arshad received significant financial support from the government in June this year for his medical treatments and



surgery in UK through the federation, along with a financial reward for his silver medal win at the World Athletics Championships in 2023. This unwavering support of Prime Minister Shehbaz Sharif continues today and will persist in the future, ensuring that our sportsmen and women have the resources they need to excel on the world stage, Pakistan Zindabad!, she added. INP

## Opposition Leader, members welcome Imam Masjid-e-Nabawi with great homage, warm regards

ISLAMABAD: Leader of the Opposition, Omar Ayub Khan on Friday along with members of the National Assembly accorded a warm welcome to Imam Masjid-e-Nabawi (PBUH) Sheikh Dr Salah Bin Muhammad Al-Budair by paying great tributes and homage to the dignitary.

Taking floor at opening of fifth meeting of eighth session of the National Assembly at the Parliament House, the Opposition Leader said the chief guest, Imam Masjid-e-Nabawi (PBUH) had the unique honour of being the Imam as he led the prayers at the most revered mosque of the Muslim Ummah.

Omar Ayub Khan said that the honour and position that Imam enjoyed, was the ultimate desire of every Muslim and it had been bestowed upon those who had been blessed with special blessings of Almighty Allah. He paid tribute to the Saudi government and the Imam for the great tradition of up-to-mark hospitality at the Masjid-e-Nabawi. He also appreciated the services of the Saudi Ambassador for promoting bilateral relations between brotherly countries of Kingdom of Saudi Arabia and Pakistan. The Opposition Leader thanked the



Speaker for issuing the production orders of PTI MNA Haji Chaudhary Intiaz.

He also lauded Athlete Arshad Nadeem for his superb achievement and demanded the government to ensure a grand welcome of the national hero. "He is a icon for the youth and his life highlights the sheer struggle for achieving ones goals in life."

Member National Assembly (MNA), President Jamiaat Ulema Islam-Fazl (JUI-F), Maulana Fazl ur Rehman welcomed the chief guest and Saudi dignitaries in Arabic language.

He said that this House had certain traditions on the arrival of foreign dignitaries like it hosted Palestinian Leader, Yasir Arafat during Late prime minister Benazir Bhutto, Turk-

ish President, Recep Tayyeb Erdogan who had addressed the House. He recalled that the Imam Haram e Makki had also visited the National Assembly during the tenure of of Prime Minister Yousaf Raza Gillani. Maulana Fazl also appreciated athlete Arshad Nadeem on winning the gold medal in the Paris Olympics Javelin throw competition final.

MNA, Syed Mustafa Kamal of Mutahida Qaumi Movement-Pakistan (MQM-P) welcomed the chief guest Imam Masjid-e-Nabawi (PBUH) and the Saudi Ambassador alongwith the delegation.

"The Imam has a great dignity and honour which is an envious status for a Muslim. The prayer mat of the Holy Prophet (PBUH) is only bestowed upon those who were the luckiest

and chosen one. We thank him for visiting Pakistan and request him to pray for this nation," he said.

Kamal also lauded the services of Saudi Ambassador Nawaf Bin Saeed Al Malaki for supporting Pakistan at crucial junctures and for being the ambassador of Pakistan in KSA.

"The Haji arrangements and enhanced facilities deserve great admiration as every Pakistani Haji appreciated it," he added.

He also congratulated Athlete Arshad Nadeem and said the nation must strive for improving sports federation to produce more talented athletes and sportspersons.

Chairman, Pashtunkhwa Mili Awami Party, MNA, Mehmood Khan Achakzai welcomed the chief guest and Saudi delegation on their second home.

He congratulated Saudi Crown Prince Muhammad Bin Salman for achieving Iran-KSA rapprochement as it was latter's great favour for the Muslim ummah. "Islam means to surrender before the Will of Allah" and questioned if we were following the right path. "We lack the unity that has been ordained in the verses of Holy Quran". APP



ISLAMABAD: Federal Minister for Finance and Revenue Senator Muhammad Aurangzeb in a meeting with Charge D'affaires Mr. Shi Yuanqiang and other officials of the Embassy of People's Republic of China.

## Maryam Nawaz announces Rs100mn reward for Arshad Nadeem

LAHORE: Punjab Chief Minister Maryam Nawaz announced Rs100 million for Arshad Nadeem for winning a gold medal at the javelin throw final in the Paris Olympics 2024.

"Nadeem has given the nation a present on the occasion of the Independence Day," she said in a statement.

Maryam Nawaz also announced a construction of a sports city named as Arshad Nadeem Sports City in Mian Channu.

Sindh government on Friday also announced a Rs50 million reward for Pakistan's star athlete Arshad Nadeem, who won the country's first individual Olympic gold in the javelin throw

final at Paris Olympics 2024. On the other hand, Sindh Governor Kamran Khan Tessori has announced to give Rs2 million to him.

Moreover, singer Ali Zafar announced Rs1 million for the athlete for winning gold for Pakistan.

Sindh Government Spokesperson and Sukkur Mayor Barrister Arsalan Islam Shaikh announced that Arshad Nadeem will be awarded a gold crown. Additionally, the under-construction new sports stadium in Sukkur will be named after Nadeem to honour his remarkable achievement, he added. INP