



The aim of digital technology is to digitalize the economy, governance and society by bridging the digital division between urban and rural areas

Minister of State for Information Technology and Telecommunication
Shaza Fatima

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President to confer Hilal-i-Intiaz upon Olympian Arshad Nadeem

ISLAMABAD: President Asif Ali Zardari acknowledging record-setting performance of athlete Arshad Nadeem in Paris Olympics 2024, Javelin throwing category has directed to confer Hilal-i-Intiaz upon him. "The President will reward the civil award to Arshad Nadeem in recognition of his prominent performance in sports during a special ceremony. The President will confer the civil award under Article 259 (2) of the Constitution," said a press release issued by President Secretariat Press Wing on Saturday. Under the constitutional provision, the president can confer Pakistani citizens with civil awards in recognition of their meritorious services in different fields of life. Upon the President's directive, a letter had been dispatched by the Awwan-e-Sadr to the Cabinet Division, in this regard. President Zardari said that Arshad Nadeem, with his brilliant performance, had made the nation proud in the field of sports. Nadeem's marvelous achievement at the international level brought laurels to the nation. He had raised the name of country in athletics, said the contents of the letter, shared by President Secretariat Press Wing with media. INP

CJCSC calls on British military leadership during official UK visit



RAWALPINDI: Chairman Joint Chiefs of Staff Committee (CJCSC), General Sahir Shamsah Mirza, who is on an official visit to United Kingdom, called on Chief of Defence Staff and General, Admiral Sir Tony Radakin, and Chief of General Staff of UK, Sir Roland Walker. During the separately-held meetings, both sides deliberated upon areas of mutual interest, bilateral defence and security cooperation, counter-terrorism and prevailing regional environment, an Inter Services Public Relations news release said. The British military leadership lauded the professionalism of Pakistan Armed Forces and acknowledged Pakistan's and Pakistan Armed Forces' sacrifices in the fight against terrorism. APP

Independence Day: Azm-e-Istehkam postage stamp issued to honour Arshad Nadeem, freedom struggle



ISLAMABAD: The government has issued a special postage stamp on the occasion of 77th Independence Day to honour the Paris Olympics' gold medalist Arshad Nadeem and the freedom struggle of the Pakistani nation and its achievements. The initiative had been taken on the special directives of Prime Minister Shehbaz Sharif, said a news release issued by the Ministry of

Information and Broadcasting on Saturday said. The special postage stamp has been titled "Azm-e-Istehkam" which is a testament to the country's commitment to development and prosperity. A picture of the Javelin Thrower Arshad Nadeem has been added to the stamp to pay tribute to him for winning a Gold Medal and setting a new Olympic record by throwing the javelin at a distance of 92.97 meters at the Paris Olympics 2024. According to the news statement, the freedom struggle of Pakistan's nation and its symbolic importance have been highlighted by adding an image of Minar-e-Pakistan to the stamp. The stamp issued by the Government of Pakistan on the occasion of Independence Day, would continue to remind the future generations not only about the struggle and sacrifices made by our ancestors for the freedom, but also the commitment of the government for the development of Pakistan.

'FoodAg 2024': Participation of 75 countries evinces trust in Pakistan: Jam Kamal

KARACHI: Federal Minister for Commerce, Jam Kamal Khan has said the second edition of International Food and Agriculture Exhibition 2024 was participated by hundreds of delegations and companies from 75 countries which evinces their trust in Pakistan. He commended participation of women especially from Balochistan in the expo. While addressing a press conference during the FoodAg at Expo Centre on Saturday, he said that the exhibition of such level had been held for the first time in the history of the country. Jam Kamal Khan said that the representatives from European Union, African countries, China, Malaysia, Indonesia, Vietnam and others had come from only one region but 800 delegations had come from 75 countries, he added. The commerce minister said that they would also organize exhibitions in other cities of the country. The minister said that this expo would help improve agriculture and exports related to it.



He said that it would also have a positive effect on the farmers and the country's economy. He said that the success of the exhibition was due to hard-work of the Ministry of Commerce and missions posted in different countries. Jam Kamal said that the world was interested in doing business with Pakistan. He said that it was a fact that the country was facing challenges and problems. He further said that in spite of these challenges the economy had stabilized and the inflation had decreased. The minister said that there were many opportunities in food and agriculture sector and big groups from other sectors of the country also wanted to come to this sector, which would also benefit the farmers. INP



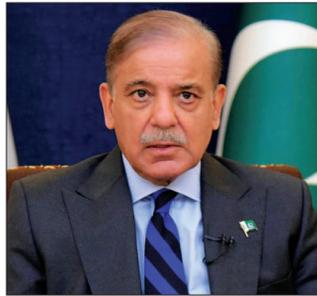
ISLAMABAD: Federal Minister for Interior Mohsin Naqvi chairing a meeting on upgradation of Islamabad police stations.

PM Shehbaz Sharif to receive Olympic champion Arshad Nadeem at airport

Israeli strike on Gaza school condemnable, worst example of barbarity: PM

VOM Report

ISLAMABAD: Prime Minister Shehbaz Sharif will receive Pakistan's javelin thrower Olympic gold medalist Arshad Nadeem at Lahore airport, his coordinator Rana Masood confirmed Saturday. "The prime minister will himself welcome our national hero Arshad Nadeem today at Lahore airport," Chairman Prime Minister's Youth Development Programme Rana Masood Ahmed Khan said. Arshad Nadeem, who created history by ending the country's 32-year medal drought, is set to return to Pakistan on Sunday. Arshad became the first-ever individual gold medalist in the Olympics for Pakistan. As per the schedule, the gold medalist will arrive in Lahore at 1 am, on Sunday, travelling via Istanbul. He will be accompanied by the Chairman of South Asian Athletics, Muhammad Akram Sahi. Upon his return to homeland, a grand reception is planned for the champion, with his coach, Salman Butt, also returning alongside him. The Athletics Federation of Pakistan and the Sports Board of Punjab are busy making



arrangements to provide a grand reception to the national hero. Pakistan's javelin ace Arshad Nadeem on Friday received his gold medal during a presentation ceremony at the Paris Olympics 2024. Meanwhile, Prime Minister Muhammad Shehbaz Sharif strongly condemning an Israeli strike on a school-turned-shelter for displaced Palestinians in Gaza city termed it worst example of an open aggression and barbarity in history. The prime minister in a condemnation state-

ment on Saturday said that Israel has crossed all limits in its open aggression, said a press release issued by PM Office Media Wing. Premier Shehbaz Sharif called upon the international community, including the United Nations, to take practical steps to stop the ongoing Israeli aggression. He reiterated Pakistan's demand of holding the leadership of Israel and its armed forces accountable for the genocide of Palestinians and war crimes. Israel should be given strict punishment for its gruesome crimes, PM Shehbaz said and stressed upon implementation of a verdict of the International Court of Justice (ICJ) against Israel. He also reaffirmed Pakistan's all-out moral and diplomatic support to the Palestinian brothers and sisters. The prime minister prayed for the high ranks of shuhada who lost their lives in the attack and expressed condolences with the bereaved families. Earlier, in the day, according to Palestinian officials, an Israeli strike on a school-turned-shelter for displaced Palestinians in Gaza city killed more than 100 people, including women and children.

Mohsin Naqvi orders the upgradation of police stations in the federal capital on the pattern of smart police stations

Says Islamabad is the face of Pakistan & we need to make it a world-class city by immediately adopting smart policing

VOM Report

ISLAMABAD: Federal Minister for Interior Mohsin Naqvi chaired a review meeting on the upgradation of Islamabad police stations at the Ministry of Interior. He ordered the upgradation of police stations in the federal capital on the pattern of smart police stations. He highlighted that the traditional police stations have become a symbol of fear, and citizens think multiple times before visiting these stations. Mohsin Naqvi said that he has personally visited the police stations and witnessed the deplorable conditions. Interior Minister emphasized that Islamabad is the face of Pakistan, and we need to make it a world-class city by immediately adopting smart policing. He assured that all possible resources will be provided for smart police stations. He said that well-mannered and educated police officers will be deployed at smart police stations, and police stations will be upgraded and transformed into smart police stations in a phased manner. Mohsin Naqvi directed the swift implementation of the plan, saying that a high-quality design at a low cost should be prepared for the upgradation. Interior Minister also directed the land should be identified for police stations established in make shift and rented buildings. He underscored that there will be no compromise on merit in police recruitments, and only young people who are fit, educated, and meet the merit criteria will be selected. He stressed the need for a positive change in the behavior towards complainants. The meeting was attended by Federal Secretary Interior Khurram Ali Agha, Chairman CDA Muhammad Ali Randhawa, DIG Operations, and other high officials.

Govt committed to achieve vision of Digital Pakistan: Shaza

ISLAMABAD: Minister of State for Information Technology and Telecommunication Shaza Fatima has reiterated the government's commitment to achieve the vision of Digital Pakistan. Speaking at the first digital national conference organized by the Global System for Mobile Communication Association, she explained the robust steps taken for digital transformation as per the instructions of the Prime Minister. The Minister said the aim of digital technology is to digitalize the economy, governance and society by bridging the digital division between urban and rural areas. The Minister of State informed the participants about the ongoing efforts for the development of information technology in the country, which resulted in a record increase in IT exports in the last financial year. Shaza Fatima also highlighted the ongoing efforts to promote digital innovation and its infrastructure development which is a top priority of SIFC.

Recently commissioned PNS HUNAIN commences maiden voyage from Romania to Pakistan

ISLAMABAD: The recently commissioned Pakistan Navy ship HUNAIN departed from Constanta, Romania for maiden voyage to Pakistan. Earlier, Fleet Commander of Romanian Navy, Rear Admiral Cornel COJOCARU also visited the ship and called on the Commanding Officer. Upon departure, PNS HUNAIN conducted Passage Exercise with Romanian Navy ship LASTUNUL, a Pakistan Navy news release on Saturday said. PNS HUNAIN is the 3rd of the 4 Offshore Patrol Vessels (OPVs) being constructed at DAMEN Naval Shipyard Romania. PNS HUNAIN is equipped with state of the art weapons and sensors. The addition of PNS



HUNAIN will bolster Pakistan Navy's combat potential in safeguarding maritime frontiers and ensuring maritime security in the Arabian Sea and beyond. PR

President Zardari, PM Shehbaz condemn an attack on security forces in Tirah Valley of District Khyber

ISLAMABAD/LAHORE: President Asif Ali Zardari and Prime Minister Mian Muhammad Shehbaz Sharif on Saturday condemned an attack on security forces in Tirah Valley of District Khyber and expressed their condolences on shahadat of security forces personnel. President Asif Ali Zardari has lauded the sacrifices of personnel of security forces who laid down their lives for the motherland, President Secretariat Press Wing said in a press release. He paid tribute to Shaheed Havaladar Inam Gul, Sepoy Muhammad Imran and Sepoy Altaf Khan. The president lauded the security forces for their actions against Khawarij and sending terrorists to hell. President Asif Ali Zardari also reiterated the resolve of continuing actions against terrorists. "The entire nation is standing with its security forces to root out the scourge of terrorism," a press release quoted the president as saying. He

also prayed for the high ranks of the departed souls in Jannah and for the bereaved families to bear the losses with fortitude. The president wished early recovery of the injured. Meanwhile Prime Minister Muhammad Shehbaz Sharif has praised the Pakistan Army's officers and soldiers for their operation against terrorists in Tirah Valley of Khyber District. In a statement in Lahore, PM Shehbaz Sharif said the officers and soldiers of the Pakistan Army are purging the country's soil of Fitna-e-Khawarij terrorists. He paid tribute to Havaladar Inam Gul, Sepoy Muhammad Imran and Sepoy Altaf Khan, who sacrificed their lives during the operation. The Prime Minister reiterated his commitment to continuing the war against terrorism until its complete eradication from the country. He said the entire nation stands united with the Pakistan Armed Forces in this war on terror. SABAH

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Rethinking flood management

FARIYA HASHMAT

Lahore, the second-largest city in Pakistan, recently received torrential rains, with a staggering 360mm of precipitation pouring down in just three hours. This catastrophic downpour has shattered a 44-year-old record, marking an unprecedented weather event in the city's history.

The mounting evidence of the impact of climate change across Pakistan can no longer be ignored. The 2010 floods, deemed devastating, affected 20 million people, causing damages worth \$10 billion. Yet, they pale in comparison to the flash floods of 2022, which wreaked havoc on an unprecedented scale.

With 33 million lives disrupted, over eight million people displaced, and economic losses soaring to \$30 billion, the 2022 floods underscored the escalating severity of climate change. In just over a decade the intensity and frequency of these disasters have surged dramatically. However, these floods are no longer confined to rural areas; they are now targeting urban areas, starkly exposing systemic inadequacies of the local government's ability to address and mitigate these multifaceted challenges.

Over the past few years, these relentless rains have repeatedly targeted Pakistan's metropolitan cities. The primary culprit behind this crisis is the growing pace of urbanization – primarily rural-to-urban migration and a burgeoning population – coupled with unplanned infrastructure development, loss of green spaces, inefficient drainage systems, and inadequate waste management.

Home to more than 14 million people, Lahore is experiencing urban gigantism. Construction of big-budget infrastructure projects like the Orange Line Train or the formation of large-scale housing societies in the absence of comprehensive urban planning has exacerbated the situation. Such development projects require uprooting trees and clearing vegetation to level the land for construction. This diminishes the natural absorption capacity of soil, leading to more water flowing directly into streets and drains, thereby, overwhelming the drainage infrastructure.

Existing drainage systems in the city are often poorly maintained and clogged with waste and debris. This further reduces the capacity to channel rainwater away from urban areas, resulting in widespread flooding during heavy rainfall. Compounding this issue with poor waste management practices, where the improper disposal of solid waste and plastic materials blocks drainage channels, preventing the efficient flow of rainwater and leading to waterlogging and flooding.

The threat of urban flooding has increased, and Lahore is now all too familiar with the chaos wrought by heavy downpours reflected in the loss of lives, submerged homes, outbreaks of water-borne diseases, and prolonged power outages. While nature's fury bears much of the blame for this devastation, our urban planning system is equally marred by significant shortcomings. Flooding returns stronger each year. Despite implicit warnings issued as early as April this year, when the country was struck by unseasonably heavy rains causing a tragic loss of 135 lives, the priorities regarding pre-emptive measures pertinent to floods remained alarmingly low on the agenda.

Local governments tend to adopt top-down approaches, forming policies in silos without sufficient community involvement. This disconnect often results in plans that fail to address the actual needs of residents. Take Lahore, for instance, a city divided into nine zones encompassing 247 union councils (as of 2017). These zones vary widely, with some areas being posh and well-maintained while others are substandard and poorly managed.

Urban flooding, indiscriminate in its impact, nonetheless exposes the underlying power dynamics in flood management. The degree of suffering experienced by individuals is intricately tied to their social class and the neighbourhoods they inhabit. Governments tend to prioritize the needs of the elite over those of the impoverished, and the ex-post-flood response from authorities is notably swifter for residents belonging to affluent areas compared to those in dilapidated neighbourhoods.

If we are to address the anathema of urban flooding sustainably, local governments must demonstrate a genuine commitment and willingness to implement the policies. It is imperative to shift from stand-alone policymaking to an inclusive approach that involves all relevant stakeholders, especially those directly impacted by floods.

These individuals, who bear the brunt of urban flooding and are at the receiving end, can provide valuable inputs that are crucial for devising practical and effective solutions. Their firsthand experiences are essential in crafting strategies that not only address the immediate challenges but also contribute to long-term resilience and equity in urban landscapes.

This recent episode of rising tides in Lahore underscores the need for a fundamental overhaul in urban planning. The city's rapid growth and poorly managed development is leading to frequent and devastating floods. Therefore, to build resilience, it is crucial to not only implement comprehensive policies but also to involve affected communities in the planning process to better address the challenges of urban flooding.

The writer is a research associate at the Graduate Institute of Development Studies, Lahore School of Economics.



Hafiza Saba Ashraf

Saving River Swat

the subsequent August 2022 flood was even more severe, with its flow and volume approximately 30-40 per cent more than that of the 2010 flood.

The Swat Valley is named after the river whose Sanskrit/Prakrit name is 'Suvastu', meaning pure or white water. This river is considered to be the most important river after the Indus in the Hindu Kush mountain range.

The river originates from the glaciers of Gabral, Mahodand, Mankiyal, Shetangoot and Daral, and falls into the River Kabul after covering a distance of 320km, irrigating the entire Swat Valley. These tributaries have also been sanctified in the past. Tibetan pilgrims also tell the dragon story of the River Swat, according to which a dragon named Gabral lives at the end of the river, and when it is enraged by the misbehaviour of people living in the valley, it vomits, due to which the river floods.

The first major flood in the River Swat was recorded in the 1st century AD due to which the entire valley was submerged, and after this flood, all Buddhist monuments here in Swat started moving to the mountains. Historians have not mentioned any major floods since then. Our elders say that there was major flooding in the River Swat in 1929. The measure of its intensity is that, according to the elders, the flood rose over the bridge to Darolai across the cliff in Bahrain bazaar. The bridge was high enough to measure the intensity of the flood and the amount of water flow.

The July 2010 flood was probably greater than the 1929 flood that washed away the rock bridge, and

Daral, a tributary of the Swat river, falls in Bahrain, the geographically central town of the Swat Valley. The lake above it, now mostly known as Dand Ghara (Dhan Kaash in Torwali, written Dhan Kusha by Dr Giuseppe Tucci) is called the sacred lake, and Dr Tucci asserts that the Buddhist monk in Swat, Padmasambhava, used to bathe in this lake. The Daral and Gabral valleys are the largest tributaries of River Swat River, apart from the phonetic similarity of their names. We in Torwali simply call the River

to be built for diverting the river and building the powerhouse near Kedam; and then from Kedam, the river will be diverted into another tunnel that will open near Madyan. This clearly means that the River Swat would flow through invisible tunnels within the mountains from Madyan to Kalam instead of its present course. In other words, if these plans are made, we will not see the river from Madyan to Kalam from September to May.

These projects could wreak havoc on the environment, resulting in the rise in temperature in the area and the destruction of tourism in the area. This will ultimately devour the beauty of this valley, drying off the springs and fields here. From

cost of this project is said to be Rs65 billion.

These three projects mostly affect Torwali and Gujjar communities in Bahrain tehsil.

Pakistan is a strange country. Across the world, countries prefer small projects over big ones on rivers because the protection of rivers is as important for climate as forests. But governments here are fond of long tunnels. Adopting the same old technology, long tunnels are being dug for the generation of hydropower.

When a public hearing was held in Madyan last year on the Madyan Hydropower Project, people expressed strong reservations, and that meeting failed; however, PEDCO, the responsible energy agency for this province, did not mention it in any of its reports.

The locals have strong reservations about these projects. Now, since only the Madyan hydropower project is under consideration, the people of Bahrain, and the villages affected by this project, such as Mankar, Ayeen, Darolai, Ponkia, Gurmat and Ghorjo Ramet have started raising their concerns in several meetings.

So far there have been three meetings where a majority of people have spoken against these projects. The majority is against these projects and do not want to discuss any other plans in this regard.

The River Swat belongs to the entire Swat Valley. Civil society members, including environmentalists and journalists, intelligentsia, and provincial political parties must join the people of Swat to save the river.

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

River originates from glaciers of Gabral, Mahodand, Mankiyal, Shetangoot and Daral

Swat 'Ghen Nhed' – meaning: big river. This is because it is the largest among other rivers in Swat.

The Swat Valley owes its existence to the River Swat, 'Suvastu'. Without it, the history of Swat is incomplete, and Swat was 'uddiyana', a garden, due to this river. Tourism in Swat is also impossible without this river. But the river is facing many threats, including pollution that increases due to the rising population and flash flooding. The most serious threat to this river is posed by three major hydropower projects designed on it in the narrow Torwali valley from Madyan town to Kalam. These are meant to convert the river into a tunnel in Kalam and build the powerhouse in Asrit. From Asrit village, another tunnel is

Madyan to Kalam, there will be no river but a dried stream of rubble, boulders and sand. Tourism in Bahrain, Mankiyal, Kedam, Laikot and Pushmal will be destroyed.

In a highly technical way, the state and its institutions carry out their work in such projects by dividing local people into 'directly' and 'indirectly' affected. Those who are directly affected are appeased by giving money, and those who are indirectly affected are usually kept away from this counselling process.

Among these three projects, the work on the Madyan Hydropower Project is about to start for which the procurement process has already started. It will be a 12km-long tunnel, and the project is estimated to generate 207MW of electricity. The total

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

Today in History

Pakistan

Organized under the banner of the All-India Muslim League. Branches of the party were opened even in the remote corners of the subcontinent. Literature in the form of pamphlets, books, magazines and newspapers was produced to explain the Pakistan demand and distributed widely.

The support gained by the All-India Muslim League and its demand for Pakistan was tested after the failure of the Simla Conference, convened by the Viceroy, Lord Wavell, in 1945. Elections were called to determine the respective strength of the political parties. The All-India Muslim League election campaign was based on the Pakistan demand. The Muslim community responded to this call in an unprecedented way. Numerous Muslim parties were formed making united parliamentary board at the behest of the Congress to oppose the Muslim League. But the All-India Muslim

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

CABINET PLAN

In early 1946, the British Government sent a Cabinet Mission to the subcontinent to resolve the constitutional deadlock. The Mission conducted negotiations with various political parties, but failed to evolve an agreed for-

mula. Finally, the Cabinet Mission announced its own Plan, which among other provisions, envisaged three federal groupings, two of them comprising the Muslim majority provinces, linked at the Centre in a loose federation with three subjects. The Muslim League accepted the plan, as a strategic move, expecting to achieve its objective in not-too-distant a future. The All-India Congress also agreed to the Plan, but, soon realising its implications, the Congress leaders began to interpret it in a way not visualized by the authors of the Plan. This provided the All-India Muslim League an excuse to withdraw its acceptance of the Plan and the party observed August 16, as a 'Direct Action Day' to show Muslim solidarity in support of the Pakistan demand.

In October 1946, an Interim Government was formed. The Muslim League sent its representative under the lead-

ership of its General Secretary, Mr. Liaquat Ali Khan, with the aim to fight for the party objective from within the Interim Government. After a short time, the situation inside the Interim Government and outside convinced the Congress leadership to accept Pakistan as the only solution of the communal problem. The British Government, after its last attempt to save the Cabinet Mission Plan in December 1946, also moved towards a scheme for the partition of India. The last British Viceroy, Lord Louis Mountbatten, came with a clear mandate to draft a plan for the transfer of power. After holding talks with political leaders and parties, he prepared a Partition Plan for the transfer of power, which, after approval of the British Government, was announced on June 3, 1947.

To be continued....

Showbiz

'Frozen 3' slated to bring blizzard of excitement in 2027

Get ready to return to the fictional world of Arendelle as *Frozen 3* is officially on the way!

Disney has announced that the third instalment in the much-loved Frozen franchise is set to hit theatres in 2027. On Friday, August 9, during Disney's Animation announcements, chief creative officer Jennifer Lee unveiled stunning visual development art from the upcoming film. Created by artist Britney Lee, the artwork features Elsa on a majestic white horse and Anna riding a mighty brown stag, hinting at the epic adventures to come. Jennifer Lee, who co-wrote and co-directed the Oscar-winning Frozen and its sequel Frozen II with Chris Buck, will return to helm Frozen III. The original voice cast, including



Idina Menzel as Elsa, Kristen Bell as Anna, Jonathan Groff as Kristoff, and Josh Gad as the lovable snowman Olaf, is expected to return. However, nothing has been disclosed yet. The first Frozen movie debuted in 2013 became an instant global sensation, grossing \$1.28 billion at the box office. Its sequel, released in 2019, surpassed the original with a whopping \$1.45 billion in global earnings. The franchise has also been celebrated for its unforgettable songs, including Do You Want to Build a Snowman? and the Oscar-winning anthem Let It Go, both composed by Kristen Anderson-Lopez.

Tech

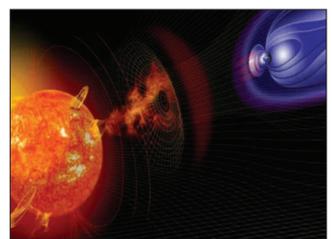
Earth surrounded by solar storm risking satellites, power grids

ISLAMABAD: The planet Earth has been surrounded by a solar storm, revealed the Pakistan Space and Upper Atmosphere Commission (Suparco), which may put communications satellites at risk.

The geomagnetic storms are on Earth's path due to material and energy emitted from the Sun which threatens the satellites, power grids and space stations.

According to Suparco spokesperson, three Coronal Mass Ejections (CMEs) are currently on their way to Earth. The first two M-class solar flares were launched on August 7.

Initial CMEs were relatively minor but the third X1.3-class solar flare is much more powerful than these, said the spokesperson, adding that more M-class flares have been released from the surface of the Sun. The effects of plasma and magnetic waves from the Sun's surface are expected to reach Earth over the next three to four days. As the sun reaches the peak of its activity, earth also faces risks related to storms as



Solar storms cause radio blackouts, disabled satellites, and cellular phone and GPS networks

they cause radio blackouts, disabled satellites, and cellular phone and GPS networks.

Health

Cocoa likely to lower blood pressure, cholesterol risk

Random controlled trials in a new meta-study looked at the effect of consuming cocoa on cardiovascular disease risk factors. Cocoa use was associated with varying degrees of improvement in total cholesterol and LDL ("bad") cholesterol, systolic and diastolic blood pressure, and fasting blood glucose, reported Medical News Today. Researchers also found that cocoa consumption showed no effects on body weight, body mass index (BMI), waist circumference, triglycerides, "good" HDL cholesterol, and

HbA1c, which is an important biomarker of diabetes.

Accounting for one in every five fatalities in 2021, heart disease is the leading cause of death across all population categories in the United States, according to the US Centers for Disease Control. It impacts women, men, and every ethnic and racial group.

"Cocoa is a good source of catechins and other polyphenolic compounds like flavanols known for their antioxidant and anti-inflammatory properties, which can support cardiovascular

health," said Michelle Routhenstein, preventive cardiology dietitian at EntirelyNourished.com, who was not involved in the new study.

She added: "Cocoa is rich in flavonoids including epicatechin, which is a compound that helps to support nitric oxide-rich pools in the body which help to support heart and blood vessel health."

However, increased use of cocoa may impact people with diabetes and is not likely to be good for most people. It is essential to consult your medical expert before changing your diet.



Justice Syed Mansoor Ali Shah stresses the importance of implementing the top court's verdicts

Says there is no option to 'disregard or delay' the judgments

ISLAMABAD: Supreme Court of Pakistan's senior puisne Judge Justice Syed Mansoor Ali Shah has stressed the importance of implementing the top court's verdicts, saying that there is no option to "disregard or delay" the judgments.

"The SC verdict [legal] cannot be disregarded or delayed or else the entire legal system will be disrupted and the balance of Constitution will be out if you seek non-implementation of judgments," Justice Syed Mansoor Ali Shah said Saturday while addressing an event in Islamabad.

"I want to underline that Supreme Court's judgments [always] get implemented and it is the structure of the Constitution," Justice Syed Mansoor Ali Shah said, stressing that there has never been a case where an apex court verdict was not implemented.

He said that not implementing the SC rulings would be "a violation of the Constitution". "There is no choice but to comply with the Supreme Court's orders," he added.

The SC judge further stated that implementation of judgments was the structure of Constitution as the top court draws the authority to decide the matters from the Constitution, which is the supreme law of the land, instead of any other document.

"No one has the choice to call it [SC rulings] 'wrong' or 'not right'. The Constitution says that this is a judgment and it has to be implemented," he said.

Justice Syed Mansoor Ali Shah went on to say that those who have any objection to the Supreme Court's verdict can change the entire structure of the Constitution "but right now this is how it is".

He said that disregarding the apex court's rulings was also "against the separation of powers". "Separation of powers is the core component of democracy which shouldn't be disturbed. This is not a burden or a courtesy that you have to do, but a constitutional obligation that needs to be fulfilled.

"This is a delicate equilibrium which needs to be respected. We have an obligation to keep this equilibrium in balance and there shouldn't be any executive overreach. No one has the choice or the prerogative to second guess if the judgment is right or wrong," the Justice Syed Mansoor Ali Shah said.

He said that only SC had the prerogative to decide a matter and after that the judgment has to be implemented. There will be severe consequences if the constitutional duty of implementing the SC's orders is not fulfilled, he added. "Any verdict cannot be disregarded or delayed otherwise you will uproot the entire legal system and you will upset the balance of the Constitution if you set out on this track that judgments should not be implemented. This is not possible."

He also said that such an action would be against the separation of powers of state organs and also disbalance it. "Separation of powers is a core component of democracy and it should not be disturbed." SABAH



LAHORE: Shopkeepers displaying the different stuff related to Independence Day at Urdu Bazar as the nation starts preparations to celebrate Independence Day in befitting manners. APP

Pakistan committed to ensuring the protection of religious, social, political & economic rights of its minorities: President

Says every Pakistani has the right to live according to their faith, irrespective of their religion, caste, colour or creed

VOM Report

ISLAMABAD: President Asif Ali Zardari has said that Pakistan is committed to ensuring the protection of religious, social, political and economic rights of its minorities.

This was stated by President Asif Ali Zardari in his message on the occasion of Minorities' Day being celebrated tomorrow (Sunday).

President Asif Ali Zardari said that Pakistan celebrates Minorities' Day on 11 August every year to acknowledge the contributions of our minorities towards Pakistan's socio-economic development. On this day, we reaffirm our commitment to the promise made by Quaid-e-Azam Muhammad Ali Jinnah, on 11 August 1947, to the country's minorities to protect their rights and religious freedoms. He said that the minorities in Pakistan enjoy all political, economic and social rights which have been guaranteed by the Constitution of Pakistan. Our religion Islam also fully recognizes and advocates the protection of the rights of minorities. I am glad to say that Pakistan has taken a number of steps for the political, social and economic empowerment of minorities. In this regard, we have allocated a 5% quota for minorities in government jobs and separate seats in both houses of the parliament to encourage them to play



is committed to ensuring the protection of religious, social, political and economic rights of its minorities. Every Pakistani has the right to live according to their faith, irrespective of their religion, caste, colour or creed. I urge all segments of society, including the religious scholars, representatives of minorities and the media to educate the people about their rights and work for promoting interfaith harmony, the spirit of love, tolerance, brotherhood and unity to make Pakistan a strong country, he said.

an effective role in the political and national development of the country. Additionally, steps are being taken to provide financial assistance to poor and deserving individuals, marriage grants, scholarships to students from minority communities for their education, besides the provision of funds for the repair/maintenance of their worship places. President Asif Ali Zardari said that Pakistan

"I assure all minorities that Pakistan will make every effort to safeguard their rights and provide them equal opportunities to excel in life. I am confident that the minorities of Pakistan will continue to play their positive role towards the country's development. I congratulate them on the special day and I wish them all the best in their future endeavours" President Asif Ali Zardari concluded.

On this day, we reaffirm our commitment to the promise made by Quaid-e-Azam Muhammad Ali Jinnah, on 11 August 1947, to the country's minorities to protect their rights and religious freedoms

Senator Irfan Siddiqui compares Pakistan & UK Justice Systems dealing the riots

ISLAMABAD: Pakistan Muslim League-Nawaz (PML-N) senior leader Senator Irfan Siddiqui juxtaposed judicial systems of Pakistan and the United Kingdom where courts have sent more than 100 people to jail in two weeks and on the contrary the perpetrators of May 9 in Pakistan are not only gone Scott free, rather demanding an "apology" from the state. "Despite the lapse of around fifteen months, the May 9 tragic incident, is still languishing as the justice has been denied," he said.

Senator Irfan Siddiqui said that soon after the killing of three young girls and false social media campaign, the riots broke out, and British courts were immediately ordered to work 24 hours.

Senator Irfan Siddiqui pointed out that the judicial system in the UK sent the rioters who damaged public and private property to jail within hours and days. "Even the spectators of the violent riots were not spared and their bail applications were rejected by the UK courts," he emphasized.

Senator Irfan Siddiqui quoted Judge Francis Rafferty, who while denying the bails had remarked that "someone's presence at a riot made them involved in the riot." In his statement on social media platform 'X,' Senator Irfan Siddiqui said the ill-fated day of May 9 is still crying for justice but the perpetrators of it are challenging and pressuring the State to apologise to them instead. SABAH

Two most wanted terrorists arrested in Larkana

LARKANA: The Counter-Terrorism Department (CTD) has arrested two most wanted terrorists belonging to a banned organization in Naudero, Larkana.

As per details, the Counter-Terrorism Department (CTD) recovered 350 grams of explosive material, 6 detonators, Kalashnikov powder, wire, nut bolts, and a grenade from the terrorists' possession. According to the Counter-Terrorism Department, the arrested terrorists, Jamil Sheikh and Habibullah Jatoi, residents of Mehrabpur, were involved in the May 29 blast at the DSP office.

During interrogation, the terrorists revealed that they had received training in Kandahar, Afghanistan and they were planning to carry out a bomb blast at the Ladies Jail and the Larkana Stadium on August 14.

The Counter-Terrorism Department (CTD) has registered a case against the terrorists under the Anti-Terrorism Act. INP

On CM Maryam Nawaz Sharif's Direction, Senior Provincial Minister Marriyum Aurangzeb Meets Party Leaders & Parliamentarians

LAHORE: On the direction of Chief Minister Punjab, Maryam Nawaz Sharif, Senior Provincial Minister Marriyum Aurangzeb met the party leaders and Members of Parliament. The Senior Minister also met former Federal Minister Saira Afzal Tarar, former MNA Muhammad Tufail, former Punjab MPAs Chaudhry Ashraf, Dr. Muzaffar Sheikh, party leaders Taufiq Butt, Aamir Hayat, Ms. Shehbaz, Chaudhry Shehbaz along with other party leaders, Assembly Members including Pir Ashraf Rasool, Rana Ishaq, Sultan Tariq Bajwa, Naveed Ashraf, Shoab Siddiqui and Taimur Ali Khan.

The Senior Minister also held separate meetings with Mahmood ul Hassan Cheema, Saeed Akbar Khan, Rana Abdul Manan, Malik Ghulam Qasim, Aun Jahangir Marriyum Aurangzeb also met Hamida Wahiduddin, Rana Ijaz Ahmed Noon, Mian Muhammad Moeen Wattoo, Mansoor Azam, Mian Munir, Muhammad Sabtain Bokhari, and Gulzar Ahmed.

Matters pertaining to ongoing development projects in the relevant constituencies along with future political strategy were discussed in the meeting. The party leaders and Assembly Members paid tributes to Chief Minister Punjab Maryam Nawaz Sharif in making dedicated



strives for the uplift of Punjab province, reduction of inflation along with undertaking record development projects across the province. The Assembly Members lauded CM Maryam Nawaz Sharif for introducing an administrative revolution in the province. The party leaders also appreciated CM Punjab's commitment to uphold transparency, merit along with undertaking efforts to establish a corruption-free governance system in the province. The Senior Minister Marriyum Aurangzeb said that CM Punjab has issued direction to resolve all legitimate and genuine issues of the party leaders and Assembly Members on priority basis. PR

YPP delegation highlights Pakistan's efforts at UN high-level forum

ISLAMABAD: The Youth Parliament of Pakistan (YPP) Delegates represented Pakistan in the United Nations - President Ubaid Qureshi along with Executive Member Bakhtawar Mahmood attended UN High-level Political Forum (HLPF 2024) and Sideline engagements with international non-governmental organizations (INGOs) and highlighted the country's efforts at the UN forum.

In a remarkable representation of Pakistan's commitment to Global challenges, President of the Youth Parliament, Ubaid ur Rehman Qureshi and Executive Member, Bakhtawar Mahmood visited the United Nations New York Headquarters to attend the High-Level Political Forum on Sustainable Development (HLPF2024), a news release said. Their participation highlights the active involvement of Pakistan's youth in international dialogues to tackle global challenges. This significant event culminated in the adoption of the Political Declaration, ministerial engagement, and setting the stage for future sustainable development organizations WHO and FAO, focusing on linking ties with the Youth Par-



The high-level political forum on sustainable development convened under the auspices of the Economic and Social Council (ECOSOC) from July 8-12.

The high-level segment of the Council, including the three-day ministerial segment of the HLPF, took place from July 15 to July 18, 2024.

Apart from participating in the HLPF2024, Youth Parliament of Pakistan (YPP) delegates engaged in significant interactions with key representatives from the UN-based organizations WHO and FAO, focusing on linking ties with the Youth Par-

liament and the youth of Pakistan for better liaison and collaborative initiatives in different field of Profession. They also engaged in discussions with the UN Environment related to COP and the Climate General Assembly, emphasizing various initiatives to address climate change challenges in Pakistan. Furthermore, they explored opportunities for the youth of Pakistan under the United Nations framework and highlighted Pakistan's achievements within the UN during their interactions with the Pakistan Mission to the United Nations. President of the Youth Parliament,

Ubaid ur Rehman Qureshi expressed his enthusiasm, stating, "Participating in the High-Level Political Forum is a significant milestone for the Youth Parliament of Pakistan. Being a true representative of Youngsters, my aim is to depict true and positive image of Pakistan. It underscores our commitment to contributing to global sustainable development goals and ensuring that the voices of Pakistani youth are heard on international platforms."

Executive Member of the Youth Parliament, Bakhtawar Mahmood added, "Our different engagements with the United Nations highlight the importance of youth involvement in shaping policies that impact our future. We are dedicated to driving positive change and fostering sustainable development, both locally and globally."

Their involvement not only represents Pakistan on an international stage but also inspires other young leaders to engage in meaningful dialogue and action to promote a positive narrative of Pakistan globally. APP

Indian forces' tyranny, HR violations in IIOJK reach new high after revocation of Article 370: Mushaal Mullick

Urges int'l community play a proactive role to ensure just solution to Kashmir dispute

ISLAMABAD: Former Special Assistant to Prime Minister on Human Rights and women Empowerment Mushaal Hussein Mullick has said that the abrogation of Articles 370 and 35A by India on August 5, 2019 has further compounded the miseries of inhabitants of Indian Illegally Occupied Jammu and Kashmir (IIOJK), as the occupation forces further intensified the series of tyranny and human rights violations in the scenic valley to silence the dissenting voices.

Mushaal Mullick, who is wife of incarcerated senior Hurriyat leader Muhammad Yasin Malik, in her speech as a chief guest in a seminar titled "Kashmir Dispute - Latest Imperatives and Way Forward" organized by NIMA said that The abrogation Articles 370 and 35A which stripped Jammu and Kashmir of its special autonomous

status, has not only altered the constitutional framework of the region but has also triggered a series of human rights violations and raised serious concerns about the future of its people. She said that the unilateral revocation of Articles 370 and 35A by the Indian government has been viewed as an attempt to integrate Kashmir fully into the Indian Union, but it has come at a significant cost.

The subsequent military siege, communication blackouts, and the arrest of political leaders have only deepened the sense of alienation and unrest among the Kashmiri population, she explained. Mushaal Mullick said that Kashmir has been a flashpoint between India and Pakistan for decades, with both nations laying claim to the region amidst a backdrop of complex historical, political, and cultural dynamics. SABAH