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Federal Minister for Interior
Mohsin Naqvi

Deputy PM, Balochistan CM inaugurate Solid Waste Management Project



QUETTA: Deputy Prime Minister Ishaq Dar and Chief Minister Balochistan Mir Sarfaraz Bugti have inaugurated the Solid Waste Management Project in Quetta. Speaking on the occasion in Quetta today, Ishaq Dar expressed happiness over the launch of state of the art solid waste management project in Quetta. He said the Quetta Waste Management Project will provide better sanitation facilities to the people. Balochistan Chief Minister Mir Sarfaraz Bugti the project was completed in a short period of three months. He commended Commissioner Quetta Hamza Shafqaat and his team for starting an important project of public nature in a very short time. He said the provincial government is paying special attention to the provision of basic facilities to lessen difficulties of the people of Balochistan. Hamza Shafqaat briefed that the Quetta Waste Management Project is the first initiative of its kind in Pakistan. He said a private company will collect garbage from door to door in the provincial capital from today. He said 1600 tons of garbage will be collected daily and it will not incur any additional expenses on the government. The Municipal Corporation and the private company will work to keep the provincial capital clean through multi-pronged initiatives. Besides, Ishaq Dar and Mir Sarfaraz Bugti also inaugurated 21 new NADRA registration centers and six mobile registration vehicles. These registration centers and mobile vehicles will further facilitate the people of Balochistan's far-flung areas to get their registration and national identity cards with utmost ease. Meanwhile, Deputy Prime Minister Mohammad Ishaq Dar inaugurated twenty-one new NADRA registration centers and six new mobile registration vehicles in Balochistan today. Speaker National Assembly Sardar Ayaz Sadiq, Federal Minister for Commerce Jam Kamal Khan, Chief Minister Balochistan Mir Sarfaraz Bugti, provincial ministers were also present. Deputy Prime Minister Mohammad Ishaq Dar instructed federal institutions to fully cooperate with the provincial government in providing services to the remote areas of Balochistan.



ISLAMABAD: Prime Minister Muhammad Shehbaz Sharif hoists the national flag at the Pakistan Monument on the 78th Independence Day. INP

PM hoists flag to mark 77th Independence Day

PM expresses gratitude to his UAE counterpart for extending greetings on Pakistan's Independence Day

VOM Report

ISLAMABAD: Prime Minister Muhammad Shehbaz Sharif on Wednesday hoisted the national flag in a National Flag Hoisting Ceremony held at the Pakistan Monument in connection with 77th Pakistan Independence Day celebrations. The ceremony was also attended by national Olympic hero Arshad Nadeem and Chairman Senate Yusuf Raza Gilani. The prime minister laid a floral wreath at the Pakistan Monument to pay tribute to the country's founding fathers and national heroes. Meanwhile, Prime Minister Muhammad Shehbaz Sharif on Wednesday thanked his UAE counterpart Sheikh Mohammed bin Rashid Al Maktoum for his warm greetings on Pakistan's Independence Day. "I thank Your Highness and the entire leadership of UAE for always standing with Pakistan in our journey towards peace, progress and prosperity. I am confident that by working together, we can build a bright future for our peoples. Long live Pakistan-UAE brotherhood," the prime minister wrote on his official



X account in response to the felicitation message by Prime Minister of United Arab Emirates (UAE) Sheikh Mohammed bin Rashid Al Maktoum. The UAE prime minister extending his felicitation to the leadership and people of Pakistan on the occasion of its Independence Day, reiterated his country's steadfast commitment to strengthening bilateral collaboration, exploring new opportunities for growth, and working together to build a future of prosperity and success.

Four soldiers martyred, six terrorists killed in South Waziristan shootout

"Such sacrifices of our brave soldiers further strengthen our resolve," says ISPR



RAWALPINDI: Four soldiers were martyred while six terrorists were killed during an exchange of fire between the miscreants and the security forces in South Waziristan, a statement issued by the military's media affairs wing said late Tuesday night. According to the Inter-Services Public Relations (ISPR): "On night 12/13 August 2024, fire exchange took place between the security forces and Khwarij in South Waziristan District." "Resultantly, six Khwarij were sent to hell due to effective engagement by own troops." However, during the intense fire exchange, four soldiers — Havildar Nisar Hussain, 34, resident of District Kurram; Naik Rashid Gul, 34, resident of District Kurram; Naik Irfan Ullah Khan, 30, resident of District Lakki Marwat and Sepoy Usman Razaqat, 21, resident of District Haripur — having fought gallantly embraced Shahadat. The ISPR said that a sanitisation operation is being conducted to eliminate any other "Kharij" found in the area as the security forces are determined to wipe out the menace of terrorism. "Such sacrifices of our brave soldiers further strengthen our resolve," the military's media wing added. Following the Taliban's rise to power in Afghanistan in 2021, Pakistan has experienced a tidal wave of terrorist attacks on security forces, particularly in provinces bordering the neighbouring country, with militants employing advanced weaponry and equipment. According to the Centre for Research and Security Studies (CRSS), Annual Security report, during the second quarter of the current year, Pakistan witnessed 380 violence-linked fatalities and 220 injuries among civilians, security personnel, and outlaws. The report stated that these casualties resulted from as many as 240 incidents involving terror attacks and counter-terror operations. Against this backdrop, the federal cabinet approved Operation Azm-e-Istehkam, a reinvigorated national counterterrorism campaign following the Central Apex Committee's recommendations under the National Action Plan to root out terrorism. PR

Armed Forces of Pakistan extend heartfelt felicitations to nation on Independence Day of Pakistan



RAWALPINDI: The Armed Forces of Pakistan, the Chairman Joint Chiefs of Staff Committee, and the Services Chiefs extend heartfelt felicitations to the nation on the Independence Day of Pakistan, a momentous occasion that commemorates the realization of a long-cherished dream of a separate homeland for Muslims. According to the statement issued by the

ISPR, on this auspicious day, the Armed Forces of Pakistan pay tribute to the visionary founding fathers and valiant veterans, who rendered supreme sacrifices in their unwavering pursuit of freedom and self-determination. Their unrelenting spirit and sacrifices continue to inspire generations. The Armed Forces reaffirm their unwavering commitment to defending Pakistan's sovereignty, territorial integrity, and values, upholding the trust reposed in them by the nation. As we celebrate this Independence Day, we reiterate our resolve to preserve our hard-won freedom with honor, dignity, and an unshakable commitment to our cherished ideals. PR

Tarar grieved over demise of senior journalist Akhlaq Bajwa



ISLAMABAD: Federal Minister for Information, Broadcasting, National Heritage and Culture Attaullah Tarar on Wednesday expressed deep grief and sorrow over the death of senior journalist Akhlaq Ahmad Bajwa. The minister expressed his heartfelt sympathy and condolences to the family of the deceased. "Late Akhlaq Ahmad Bajwa rendered valuable services in the field of journalism," he said adding the vacuum created in journalism due to his death cannot be filled. Attaullah Tarar said, "The journalistic services of the deceased will always be remembered." He prayed to Allah Almighty to rest the departed soul in eternal peace and grant courage to the bereaved family to bear this loss with fortitude.

Mohsin congratulates nation on Independence Day

ISLAMABAD: Federal Minister for Interior Mohsin Naqvi has extended heartfelt congratulations to the nation on the eve of Independence Day. He said, "we are grateful to Allah Almighty that we are living in a free homeland. He said that we must learn the value of freedom from the enslaved nations." He emphasized that we must appreciate the true value and dignity of our free homeland. He also highlighted that millions of Muslims sacrificed their blood to light the flames of freedom. He paid rich tribute to the unparalleled sacrifices of those who were martyred in the Pakistan Movement. He also honoured the great sacrifices of the martyrs who sacrificed their lives for the peace of the homeland. Interior Minister stated that there is no country as beautiful and resource-rich as Pakistan in the world, but unfortunately, as a nation, we have

wasted 77 years in mutual dicords, parochial, linguistic and sectarian biases. He stressed that now is the time for the entire nation to unite and think about Pakistan collectively, because if Pakistan exists, so do we all. He underscored that we must set aside egos, differences, and divisions forever and contribute towards making Pakistan a great country. He said, "Independence Day demands that we must learn from past mistakes and move towards a bright future. We must all play our part in national development by following the principles of faith, unity, and discipline." He expressed confidence that with the grace of Allah Almighty, the nation will overcome every challenge. He called for the resolve to put aside personal interests and work together for the progress and development of Pakistan. DNA

Ahsan Iqbal urges unity, consistent policies on I Day

ISLAMABAD: Minister for Planning, Development, and Special Initiatives Professor Ahsan Iqbal on Wednesday called upon the nation to demonstrate greater unity and steadfastness to ensure sustained development through consistent policies. "Let us pledge to advance Pakistan's development with a continuity of policies and commit to avoiding any compromise on it," he said in a message marking the 77th Independence Day. He stressed the need for rejecting extremism, policy inconsistency and any other factors that impeded national development and prosperity. "Let Pakistan grow," he urged. The minister noted that achieving development goals would require peace, stability, uninterrupted policy continuity and ongoing reforms. "We envision a Pakistan where education, development, and employment oppor-



tunities are accessible to all, without discrimination," he said. He highlighted that the Pakistan Muslim League-Nawaz (PML-N) government was working to foster an investment-friendly environment conducive to business growth, innovation and ample employment opportunities. "We aim for Pakistan to gain prominent

"Let us pledge to advance Pakistan's development with a continuity of policies and commit to avoiding any compromise on it"

recognition and a leading position in global competition through our quality, productivity and innovation," he elaborated. Ahsan Iqbal reiterated the PML-N government's commitment to elevating Pakistan's standing among the nations and aligning it with leading countries in the development race. Reflecting on the past, he recalled that the founding fathers of Pakistan established an Islamic state with principles of passion, determination, unity and faith, making significant sacrifices. The minister pointed out the persistent internal, regional and global challenges. Among these, he identified sta-

bilizing the economy and achieving development goals as the most pressing. He lamented that political instability, inconsistent policies, disruptions in the democratic process, extremism and terrorism had hindered development progress in the past. He noted that countries that gained independence after Pakistan have advanced significantly in development. "However, I am pleased to note that Pakistan now has a government that comprehends the economic, social and institutional needs of the country and is supported by a team of seasoned

experts," he remarked. Meanwhile, Minister for Industries, Production and National Food Security Rana Tanveer Hussain on Wednesday urged for collective efforts towards achieving a prosperous, peaceful and united Pakistan. Felicitating the nation on the country's Independence Day, he emphasized the crucial role of the youth in driving Pakistan's progress, urging them to harness their potential and contribute to the country's growth through their tireless efforts and unwavering commitment. He stressed that Pakistan was earned through the immense sacrifices and tireless efforts of our forefathers. "We pay tribute to the sacrifices of our forefathers," he remarked. He said, "We must worked together to become a brave nation that stands tall against current challenges and builds a bright future for our beloved country." DNA

Rana Tanveer felicitates nation on I Day

ISLAMABAD: Minister for Industries, Production and National Food Security Rana Tanveer Hussain on Wednesday urged for collective efforts towards achieving a prosperous, peaceful and united Pakistan. Felicitating the nation on the country's Independence Day, he emphasized the crucial role of the youth in driving Pakistan's progress, urging them to harness their potential and contribute to the country's growth through their tireless efforts and unwavering commitment. He stressed that Pakistan was earned through the immense sacrifices and tireless efforts of our forefathers. "We pay tribute to the sacrifices of our forefathers," he remarked. He said, "We must worked together to become a brave nation that stands tall against current challenges and builds a bright future for our beloved country." APP

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A technocratic democracy

ATTA-UR-RAHMAN

Pakistan has suffered for the last five decades from rotating democracies and martial law governments. The vision to migrate to a strong technology driven knowledge-based economy was largely missing, with the result that our economy has continued to spiral downwards. The corrupt agendas followed by several democratic regimes have been reflected in the government contracts with IPPs that have doomed our industry and are forcing millions to go below the poverty line each year. Pakistan has essentially defaulted and is being kept on oxygen by injections of aid or rollover of loans from friendly governments. The answer to our problems requires a radical change from our present policies. More of the same will not do. We must understand the importance of knowledge in socio-economic development in this day and age and make quality education, science, technology and innovation as the key cornerstones of our government policies. This is way beyond the competence and understanding of the self-seeking corrupt politicians that have governed Pakistan in the past and requires the installation of an honest and visionary technocrat government. Technocratic governance can reduce the likelihood of corruption, as technocrats are selected based on expertise and merit rather than political affiliations or influence. This merit-based selection leads to more transparent and accountable governance. With a focus on expertise and technical skills, a technocrat government is better equipped to tackle complex and multifaceted problems. The presence of specialists who understand the intricacies of various issues can lead to more effective problem-solving strategies. Policies designed by experts are more likely to be feasible and well-implemented, as technocrats understand the practical aspects of policy implementation, resulting in more successful execution of government programs and initiatives.

A technocrat government may take the form of a presidential system of democracy or a parliamentary system of democracy. The important thing is to combine the principles of democracy with the expertise-driven approach of technocracy, offering a unique blend of advantages that can enhance governance and policymaking. This hybrid system prioritizes expertise and technical knowledge in its decision-making processes, ensuring that policies are designed and implemented by individuals with specialized knowledge and experience in relevant fields. This is necessary to transition to a technology-driven export-oriented high tech industrial base. For this to occur, our federal and provincial ministers, secretaries as well as other senior bureaucrats should be top specialists in the relevant fields with clear time-bound key performance indicators designed to transform Pakistan into a leader among nations in the manufacture and export of high value-added products. It is only then that we can emulate the path of tiny Singapore that today has exports of \$390 billion, as compared to the pathetic \$35 billion of Pakistan, a country about 50 times the size of Singapore. Singapore is known for its technocratic government, where most ministers and high-ranking officials have strong backgrounds in engineering, economics, and law. China serves as an excellent example how a huge nation can lift itself out of poverty within a short span of three decades and become a world leader. The country's leadership largely comprises engineers and scientists, reflecting a technocratic approach to governance. China's journey towards becoming a knowledge economy has been marked by strategic initiatives and policies aimed at fostering innovation and technological advancement. This transformation has been driven by a combination of government support, massive investment in education and research, and fostering an entrepreneurial environment.

The implementation of the National Medium- and Long-Term Program for Science and Technology Development (2006-2020) set the foundation for China's innovation-driven development strategy by identifying key areas for scientific research and technology development. Alongside this, China significantly increased its investment in R&D, growing substantially over the past few decades to become one of the top spenders globally. This financial commitment has been crucial in building a robust infrastructure for scientific research and technological innovation. The establishment of high-tech industrial development zones across the country, such as the Zhongguancun Science Park in Beijing, serves as hubs for innovation, attracting both domestic and international technology companies and fostering a conducive environment for research and commercialization of new technologies. Concurrently, China has reformed its education system to produce a highly skilled workforce capable of driving innovation. Emphasizing STEM (Science, Technology, Engineering, and Mathematics) education, China has nurtured a generation of engineers, scientists, and tech professionals. The Chinese government has provided substantial support to startups and small and medium-sized enterprises (SMEs) through initiatives like the 'Mass Entrepreneurship and Innovation' campaign, promoting an entrepreneurial culture and offering financial incentives, incubator programmes, and mentorship to budding entrepreneurs. China has aggressively pursued advancements in artificial intelligence (AI) and big data, with the 'New Generation Artificial Intelligence Development Plan' launched in 2017, aiming to make China a global leader in AI by 2030. This plan encompasses various aspects, from basic research to the development of AI applications across different sectors. China has focused on the development of advanced manufacturing technologies through initiatives like 'Made in China 2025', which aims to upgrade the manufacturing sector by promoting the integration of digital technologies and smart manufacturing processes to enhance productivity and innovation. The Belt and Road Initiative (BRI) has facilitated international cooperation in science and technology. By fostering partnerships with countries along the BRI route, China has expanded its innovation network, enabling technology transfer and collaborative research projects on a global scale. Special economic zones (SEZs) like Shenzhen have been instrumental in driving innovation.

The writer is a former federal minister, Unesco science laureate and founding chairperson of the Higher Education Commission (HEC). He can be reached at: ibne_sina@hotmail.com



Dr. Abid Qaiyum Suleri

As Pakistan celebrates its 77th anniversary today, it is natural to reflect on its journey of development and growth since gaining independence in 1947.

Looking back at its accomplishments and the opportunities it may have missed, there are various ways to measure its progress. Let us start by taking a historical view and comparing its current situation to where it started.

At the time of independence, the population of what was then West Pakistan stood at 33 million, with a GDP of \$3.8 billion and a per capita income of just \$85. Agricultural production was modest, with wheat at 3.3 million metric tonnes (MT), rice at 0.7 million MT, and cotton at 1.1 million bales. The industrial base was virtually non-existent, with no steel or chemical production and a mere 292,000 tonnes of cement produced.

Infrastructure was rudimentary, with a total road length of 50,367km, only one road vehicle per 1,000 people, approximately 60MW of electricity generation capacity, and no natural gas supply. Social indicators were equally bleak, with literacy rate at 11 per cent, primary enrolment rate of 5.0 per cent, and only one medical doctor available for every 23,897 people.

Fast forward to the present day, and the transformation is evident. According to the Economic Survey of Pakistan 2023-24, Pakistan's GDP has surged to approximately \$381 billion, with a per capita income of \$1,680. Wheat production has increased 9.5 times, rice yield has grown 14 times, and cotton production has expanded by 9.2 times. The literacy rate has improved significantly, increasing by 5.7 times, while health infrastructure has undergone substantial development. Currently, Pakistan has 44,000MW of installed electricity generation capacity, and the services sector has emerged as a major contributor to the nation's GDP, highlighting the diversification of the economy. Managing to cater to 241.3 million people while achieving economic growth is a commendable accomplishment. Pakistan's ability to sustain such progress amid all sorts of challenges is a testament to its resilience

and potential for future development. Having said that, while cherishing accomplishments, it is also essential to assess the magnitude of missed opportunities over the last 77 years. One way to assess this is to compare Pakistan's development trajectory with some of the countries that gained their independence in the mid-20th century, and which were at a similar level of development, and faced their unique set of challenges and opportunities. For the sake of discussion, consider India, South Korea, and China. India's GDP has grown from \$30 billion in 1947 to \$3.7 trillion today. South Korea, starting from a war-torn economy in 1953 with a GDP of \$1.5 billion, now boasts GDP of \$1.8 trillion. Meanwhile, China has seen its GDP surge from \$30 billion in 1949 to \$19 trillion in 2023-24. Resultantly the per capita GDP of India, South Korea, and China has risen from \$70, \$67, and \$50 to \$2600, \$34900, and \$13720, respectively.

South Korea is an industrialized country that imports most of its food. Meanwhile, both India and China have seen substantial increases in agricultural production. India now produces 107 million MT of wheat, while China produces 134 million MT. The three countries have also made significant progress in electricity generation, not only in terms of quantity but also in the quality of the electricity, as there is increasing reliance on renewable energy sources especially in China and India.

Perhaps the most remarkable progress has been in literacy rates, with India's growing from 12 per cent to 77 per cent and South Korea and China now boasting a 97 per cent literacy rate despite starting from 20 per cent and 22 per cent, respectively. The comparison highlights areas where Pakistan could have done better. Despite initially similar levels of development in these four countries, their paths diverged due to different governance models, economic strategies, and external influences. Each of these countries offers valuable insights into diverse models of growth and development. Pakistan's tumultuous start in 1947, marked by a violent partition of British India, massive displacement, communal violence, and deprivation of its fair share of resources, hindered its ability to establish stable governance and economic policies. In contrast, India, despite facing its chal-

lenges, was comparatively resource-rich at the time of Partition, managed to maintain a unified state structure, and pursued a democratic framework that facilitated political stability and economic planning.

Following its civil war, China established a communist regime in 1949, which implemented extensive land reforms and state control over the economy. This centralized approach allowed for rapid industrialization and mobilization of resources, significantly boosting economic growth. China's focus on education and infrastructure development laid a strong foundation for its later economic reforms. After the Korean War, South Korea adopted a model of export-led growth, supported by significant American aid and investment. The government implemented strategic industrial policies, fostering sectors like electronics and automobiles, which propelled the country into the ranks of advanced economies. South Korea's focus on education, innovation, and technology further enhanced its competitive edge in global markets.

While the other three countries maintained consistent economic development frameworks (India remained consistent with import substitution policy until it pursued liberalization policies in 1991 and has remained consistent with that), Pakistan's economic policies have frequently shifted between a controlled economy, Islamic socialism, nationalization, Islamization, and privatization lacking a coherent long-term strategy. Currently, it is struggling to privatize loss-making state-owned enterprises. Looking at the Human Development Index, where Pakistan's performance is only better than militancy-torn Afghanistan in South Asia, one can infer that its peers invested heavily in human capital. This time, I am not referring to China and South Korea but to its South Asian peers. Reverting to three countries that started their journey with Pakistan, their investment in education and technology led to a comparatively skilled workforce capable of driving innovation and competing in a globalized economy.

Before you get swayed by my arguments for economic development, let us take a pause and remind ourselves that mere macroeconomic growth, devoid of equity, equality, and socioeconomic justice for the people, cannot guarantee national stability or sus-

tainable prosperity. To illustrate, despite impressive economic growth under her leadership, Bangladesh's now-former prime minister Sheikh Hasina encountered large-scale protests demanding socio-economic justice, ultimately leading to her resignation. Each event that has happened or is happening around us gives us lessons to be learned. As Pakistan looks to the future, it must focus on inclusive growth to ensure all segments of society benefit from economic progress and growth does not become a synonym for elite capture. Learning from the experiences of its peers, Pakistan should adopt a three-pronged approach to foster inclusive growth and sustainable development. First, the country should prioritize investments in education, healthcare, nutrition security, and technology. These investments will help build a skilled workforce capable of driving innovation and increasing productivity. By focusing on these areas, Pakistan can lay a strong foundation for sustained economic growth and improve the overall quality of life for its citizens.

Second, investment in human capital must be accompanied by a consistent, long-term economic strategy. Ensuring policy stability and coherence is essential to building confidence (among investors, consumers, producers, and development partners) and addressing the widening trust deficit between the state and its citizens. A clear and consistent economic plan will provide a roadmap for development. Finally, addressing socioeconomic disparities through policies that promote equity and social justice is crucial for creating a prosperous and inclusive society. Bridging the gap between different societal segments requires strengthening institutions, promoting transparency, and encouraging public participation in decision-making. By fostering an inclusive environment, Pakistan can ensure that growth benefits all its citizens. On this Independence Day, let us resolve that by adopting these strategies, we will harness Pakistan's potential for sustainable development, paving the way for a brighter and more equitable future for its people.

The writer heads the Sustainable Development Policy Institute. He tweets/posts @abidsuleri

Then vs now: our 77-year journey

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

Today in History

History of Pakistan



The oldest university is the University of the Punjab (established 1882), and the largest institutions are Allama Iqbal Open University (1974), in Islamabad, the University of

Peshawar (1950), and the University of Karachi (1950). Other universities established during the 20th century include Quaid-i-Azam University (1967; called the University of Islam-

abad until 1976), the Khyber Pakhtunkhwa Agricultural University in Peshawar (1981), the International Islamic University in Islamabad (1980), the Aga Khan University in

Karachi (1983), and the Lahore University for Management Sciences (1986). Most university classes are taught in Urdu or English.

To be continued....

Blake Lively celebrates 'It Ends With Us' success: 'A message so important'

Blake Lively plays the lead role of Lily Bloom, a woman who finds the strength to leave an abusive relationship

Blake Lively is celebrating the success of *It Ends With Us* — not just its strong \$50 million debut at the domestic box office but more importantly in its message.

After a whirlwind opening weekend, Lively, 36, took to her Instagram to express her gratitude for the film's advocacy of domestic violence survivors.

"Thank you to everyone who came out to show that people WANT to see films about women, and the multitudes we hold," she wrote on her Stories atop a clip of her interview during the London premiere on August 8.

Lively continued to emphasise the significance of the film's themes, writing,



"We have been in celebration of this film and of getting a message so important out there to the masses. Thank you all for embracing *It Ends With Us* with the same love, pain, and joy we had sharing it with you all." Blake Lively celebrates *It Ends With Us* success: A message so important *It Ends With Us* is based on Colleen Hoover's bestselling novel of the same name. Under the direction of Justin Baldoni, who also stars in the film, Lively played the lead role of Lily Bloom, a woman who navigates the complexities of an abusive relationship before finding the strength to leave. During the London premiere, Lively highlighted that while the movie addresses domestic violence.

Huge underground reservoir of water detected on Mars

Scientists have found evidence suggesting that a vast reservoir of liquid water may exist deep beneath Mars' surface within fractured igneous rocks, Reuters reported.

This reservoir could potentially hold enough water to cover the entire surface of Mars with an ocean.

This conclusion comes from seismic data collected by NASA's robotic InSight lander, which has been instrumental in exploring Mars' interior. The water is estimated to be located between 7.2 and 12.4 miles (11.5 to 20 km) below the Martian surface. According to researchers, these conditions could be suitable for sustaining microbial life, either in the past or present.

"At these depths, the crust is warm enough for water to remain in liquid form. At shallower depths, the water would freeze into ice," explained Vashan Wright, a planetary scientist at the Scripps Institution of Oceanography, University of California, San Diego, and lead author of the study published

Monday in *Proceedings of the National Academy of Sciences*.

"On Earth, we discover microbial life deep underground in rocks saturated with water and an energy source," added Michael Manga, a planetary scientist at the University of California, Berkeley, and co-author of the study. The InSight lander touched down in 2018 to study the deep interior of Mars, gathering data on the planet's various layers, from its liquid metal core to its mantle and its crust. The InSight mission ended in 2022.

"InSight was able to measure the speed of seismic waves and how they change with depth. The speed of seismic waves depends on what the rock is made of, where it has cracks and what fills the cracks," Wright said. "We combined the measured seismic wave speed, gravity measurements and rock physics models. The rock physics models are the same as the ones we use to measure properties of aquifers on Earth or map oil and gas resources underground."

Keto diet linked with better brain health in new research

A potential mechanism supporting the improvements seen in aging male mice on ketogenic or keto diets has been discovered by the researchers. Cycling male mice between a control diet and a ketogenic diet results in an improvement in the signalling that takes place between synapses in the brain, the researchers proposed. Earlier, a proof-of-concept study showed that giving male mice a cyclic ketogenic diet reduced their midlife risk of death and prevented memory decline associated with normal aging. It was published by John Newman, MD, PhD, one of the authors of the paper.

"After reading two seminal papers published in 2017 that showed its beneficial roles in the overall health of aged mice, including brain performance, we decided to study the effect of the ketogenic diet," Christian Gonza lez-Billault, professor at the

Diet may not be only good for gut but likely to benefit cognition, motor ability, blood sugar levels

Universidad de Chile, and director of the Geroscience Center for Brain Health and Metabolism (GERO), told Medical News Today. The researchers kept 19 male mice aged 20-23 months, considered as an "old age" in mice, either on a control diet, or a ketogenic diet, cycled with the control diet every other week in order to investigate the previous findings further. The results revealed that the ketogenic diet was

associated with lower blood sugar, improved memory and motor ability in older mice. It was also shown by the researchers that there was improved plasticity in the hippocampus brain region of older mice.

"We focus our attention on aged mice because previous work showed that the effect of the diet in young animals was milder and, in some cases, did not show significant differences with a control diet.

These previous antecedents suggest that one of the beneficial roles of the diet would be maintaining resilience in aged mice, improving their physiological functions as they age," said Gonza lez-Billault. Additionally, small studies in humans have also suggested that the keto diet is likely to benefit cognition, particularly in older adults with dementia.



Health

Muqam for giving preference to country over politics

PESHAWAR: Federal Minister for States and Frontier Region, Engr. Ameer Muqam on Wednesday congratulated nation on Independence Day and said that we should give preference to our motherland rather than prioritizing politics and personal interests. He said that we should avoid politicking on issues of national interest and prioritize the solidarity and sovereignty of the country. He said that on Independence Day, we must remember the ordeal and struggle of people that are facing brutalities since long in occupied valley of Kashmir. Ameer Muqam said that we desire that Kashmir people should be given right of self-determination and freedom to choose their own path. INP

Ethiopian Ambassador Felicitates Pakistani Nation on Independence Day

ISLAMABAD: Special Envoy and Ambassador of Ethiopia to Pakistan H.E. Jemal Bekir Abdula on Wednesday felicitated the Government and people of Pakistan on their 77th year of Independence. He says the past years were a testament to the growing bilateral relations between the two countries. The Ambassador has been deeply impressed by its impressive history, rich culture and heritage and on top of that its remarkable people who achieved brilliance in every walks of life ranging from science and technology to politics, diplomacy and sports, a reflection of which has been witnessed a couple of days back in Paris 2024 Olympics with one of its heroes Arshad Nadeem bringing gold medal to this nation.

"The Federal Democratic Republic of Ethiopia and the Islamic Republic of Pakistan are two brotherly nations and share a strong brotherly bond which is deeply rooted in shared history, cultural and political values and common goals of development and prosperity," he remarked.

The Ambassador expressed gratitude to the Government and people of Pakistan for their warm hospitality and camaraderie extended to him and his team during his stay in this country.

"The exchange of knowledge, experiences, and appreciation of each other's cuisine and culture has been an enlightening journey for me, so far. Pakistanis are a lovely nation, and I am grateful for the friendship and cooperation extended to my country in the areas of politics, economy, science and technology and climate change," the Ambassador noted. He assured that the Government of Ethiopia is committed to further strengthening and deepening the bilateral relations between the two countries. "By taking special initiatives and fostering robust cooperation in various fields, we can propel our nations towards a new era of enhanced partnership and mutual prosperity," he added. DNA



LONDON: High Commissioner of Pakistan to UK, Dr. Mohammad Faisal along with spouse and guests cutting cake to celebrate Independence Day in London. INP

President confers national awards on 104 Pakistanis and foreigners on Independence Day

VOM Report

ISLAMABAD: President Asif Ali Zardari announced the conferment of Pakistan's national awards to 104 Pakistanis and foreigners in recognition of their services, excellence, and sacrifices across various fields. The awards, announced on Pakistan's 78th Independence Day, will be presented at an investiture ceremony on March 23, 2025.

Among the distinguished awardees, former President and Prime Minister Zulfikar Ali Bhutto Shaheed will receive the Nishan-i-Pakistan for his public service. Olympian Arshad Nadeem, who secured a gold medal at the Paris Olympics, is set to be honored with the Hilal-i-Imtiaz, while mountaineer Murad Sadpara will receive the Sitara-i-Imtiaz in the sports category.

In the realm of literature, the late Nasir Kazmi will be posthumously awarded the Nishan-i-Imtiaz, and Saudi Prince Abdulaziz Bin Salman Al Saud will be honored with the Hilal-i-Pakistan for his contributions to Pakistan.

In science, the Hilal-i-Imtiaz will be awarded to Amir Hafeez Ibrahim; Sitara-i-Imtiaz will go to Dr. Ghulam Muhammad Ali and Sardar Muhammad Aftab Ahmed Khan; and Tamgha-i-Imtiaz will be presented to Dr. Sara Qureshi, Dr. Rafiuddin, and Professor Dr. Usman Qamar.

In education, Sadia Rasheed will receive the Hilal-i-Imtiaz, Dr. Suleman Shahabuddin and



Syed Azhar Hussain Abidi will be awarded the Sitara-i-Imtiaz, and Barkat Shah, Abdul Rasheed Kakar, and Aneeqa Bano will be honored with the Presidential Pride of Performance Award.

For their contributions to medicine, Dr. Shahryar and Dr. Zaryab Setna will be honored with the Hilal-i-Imtiaz, while Dr. Akifullah Khan, Dr. Syed Abid Mehdi Kazmi, and Ikramullah Khan will receive the Tamgha-i-Imtiaz. In the arts, Collin David will be bestowed with the Sitara-i-Imtiaz, while Arshad Aziz Malik, Bakhtiar Ahmed, and Barrister Zafarullah will receive the Tamgha-i-Imtiaz. Fariha Pervaiz, Hamid Rana, Shiba Arshad, and Naveed Ahmed Bhatti will be recognized with the Pride of Performance Award.

In literature, Javed Jabbar will receive the Hilal-i-Imtiaz; Salman Awan, Zafar Waqar Taj, and Muniza Shamsi will be honored with the

Sitara-i-Imtiaz, and Syed Jawad Hussain Jafari will receive the Tamgha-i-Imtiaz, with Ambreen Haseeb awarded the Pride of Performance Award.

For their achievements in sports, Maqsood Ahmed, Amad Shakeel Butt, Rehman Ishtiaq, and Mir Nadir Khan Magsi will be awarded the Tamgha-i-Imtiaz, while Amir Ishaq will receive the Presidential Pride of Performance Award. In the fields of public service and philanthropy, Sitara-i-Imtiaz will be awarded to Dr. Rubaba Khan Buledi, Dr. Hamid Attiq Sarwar, Waqasuddin Syed, Jameel Ahmed, Ayaz Khan, Ahmed Ishaq Jahangir, and Irfan Nawaz Memon. Tamgha-i-Imtiaz will be conferred upon Syed Shakeel Shah, Ashhad Jawad, Rubab Sikandar, Muhammad Yousuf Khan, Cardinal Joseph Coutts, Rehan Mehtab Chawla, Rear Admiral Tanvir, and Amir Mahmood Lakhani. In recognition of gallantry, the Hilal-i-Shujaat will be awarded posthumously to Sub Inspector Taimur Shehzad Shaheed, Sepoy Muhammad Asif Shaheed, SP Muhammad Ajiz Khan, DSP Sardar Hussain Shaheed, DSP Allama Iqbal Shaheed, LHC Muhammad Farooq Shaheed, Additional SHO Adnan Afridi Shaheed, Allah Rakhio Nandwani, Constable Jahanzeb, and Constable Irshad Ali Shaheed.

Malik Sabz Ali Shaheed and Captain (Retd) Hamza Anjum will receive the Sitara-i-Shujaat, and Tamgha-i-Shujaat will be awarded to Malik Mahmood Jan Shaheed, Saeed Khan, Samiullah Shaheed, Sahib Khan, and Dr. Shafi Muhammad Bazenjo.

Pakistan High Commission, London celebrates Independence Day

LONDON: Pakistan High Commission, London celebrated 78th Independence Day with traditional zeal and enthusiasm today. High Commissioner of Pakistan to UK, Dr. Mohammad Faisal hoisted Pakistan flag to the tune of National Anthem. The special ceremony commenced with the recitation of the Holy Quran, and reading out of messages of the President, the Prime Minister and the Foreign Minister.

In his address on the occasion, High Commissioner Dr. Mohammad Faisal paid homage to the founding fathers who fought and sacrificed for a homeland, where the Muslims of the Sub-continent could live with dignity and pride. He paid tributes to Quaid-i-Azam Muhammad Ali Jinnah for his selfless struggle for Pakistan and reaffirmed resolve to realizing Allama Iqbal's vision for a strong and prosperous Pakistan. While paying tributes to martyrs, the High Commissioner said that we owe our Shuhuda and Ghazis a debt that can never be repaid. The Ambassador reaffirmed Pakistan's support at all fora for the Kashmiri and Palestinian brethren who are striving for their right to self-determination.

The High Commissioner acknowledged the hard work, dedication & passion of British Pakistanis who are playing an important role in bridging Pakistan and the UK. Dr. Mohammad Faisal said that the story of Pakistan is still being written by the brave men and women who defend Pakistan's sovereignty on all fronts. He pledged to continue working together, in unity and harmony, to build the prosperous, strong and peaceful Pakistan that our founders envisioned. During the ceremony, the High Commissioner, on behalf of the President of Pakistan, conferred civil awards to Asif Rangoonwala (Business / Social Work), Dr. Javaid Ahmed Sheikh (Philanthropy), Prof. Mohammad Anjad Shad (Neurosurgery) and Khalid Mehmood MP (Politics / Services to Pakistan). Special tribute was also paid to the Pakistani brave young man, Abdullah, who heroically tackled an attacker at Leicester Square in London and saved lives of a mother and a child from stabbing attack. Accolades were cited for Pakistan's first Javelin Olympic Gold medalist Arshad Nadeem. SABAH

PTA head summoned over social media disruption in Pakistan

ISLAMABAD: The National Assembly's Standing Committee on IT has sought an explanation from the Chairman of the Pakistan Telecommunication Authority (PTA), Hafiz Rehman, regarding the ongoing nationwide social media disruption.

As per details, the committee, chaired by Amin ul Haq, has asked Rehman to provide reasons for the disruption in social media services. The committee has also requested details about the nationwide internet service disruption and weak mobile signals. The Attorney General of Pakistan has also been invited to the committee's meeting, scheduled for August 21 at the Parliament House. It is pertinent to mention here that internet services are currently down across Pakistan, with the exact cause of the disruption yet to be identified. INP



ABU DHABI: Ambassador Faisal Niaz Tirmizi, Pakistan's envoy to the United Arab Emirates along with school, children cutting cake on occasion of 77th Independence Day celebration at Pakistan embassy. INP

Pakistan was created to Stay, We Have to take this country forward like living nations: CM Maryam Nawaz Sharif

LAHORE: "May Allah let this green crescent flag soar in the sky" said Chief Minister Punjab Maryam Nawaz Sharif in her memorable speech at the 77th Independence Day ceremony in Huzuri Bagh. She added, "This country was built by Quaid-e-Azam Muhammad Ali Jinnah, may Allah have mercy on him and the martyrs of 1947. As we are lucky enough to breathe in free air, we should remember the sacrifices of our forefathers." She highlighted, "I was thinking at Allama Iqbal's grave today that he had seen a dream of developed Pakistan, may Allah help us all to materialise this dream. She said this country was created to last, we have to move this country forward like a living nation. May Allah make this green crescent flag the highest."

Madam Chief Minister said, "I congratulate from the core of my heart every person present in the ceremony and every citizen of Pakistan on the 77th birthday of Pakistan." She added, "I thank Allah Almighty for blessing us with freedom, Allah Almighty has blessed us with Pakistan." She highlighted, "Alhamdulillah Pakistan is celebrating its 77th birthday. May Allah keep Pakistan stable and prosperous."

Chief Minister Maryam Nawaz Sharif said, "We are grateful to Allah Almighty that we are breathing in free air, ask the oppressed citizens of Palestine the price of freedom, we pray for their freedom." She added, "The value of freedom is felt by breathing in a free country and seeing the atrocities committed on Palestini-

ans." She highlighted, "We should bow our head before Allah Almighty every day that He has given us a blessing like freedom, which is the greatest blessings in the world."

Madam Chief Minister said, "We pay tribute to all politicians who contributed to the development of this country, especially Muhammad Nawaz Sharif, who made it nuclear power." She added, "I pay tribute to all martyrs of this soil, the martyrs of Pakistan Army, Security Forces and Police who sacrificed their lives for the dear homeland. I pay tribute to the young men who are protecting us and our soil without caring about their lives." She highlighted, "I also pay tribute to all people of Pakistan, Police, Security Forces, Bureaucracy and people belonging to all walks of life who worked for the development of this country." She also welcomed and thanked the members of diplomatic community present at Pakistan Independence Day celebrations.

Chief Minister Maryam Nawaz Sharif said, "Every living nation is accountable, we have to be accountable individually as well as a nation whether our success in these 77 years is satisfactory or not." She added, "Let bygone be bygone. Let's move forward. Pakistan has been blessed by Allah Almighty with many blessings, there is no shortage of anything."

Madam Chief Minister said, "I want to tell children that this country's reigns will be in the hands of your and the coming generations. We are a living and a progressive nation. PR

BISP launches "Green Pakistan, Benazir Pakistan" plantation drive nationwide

ISLAMABAD: Chairperson of Benazir Income Support Programme (BISP) Rubina Khalid Wednesday emphasized the importance of tree plantation terming it crucial to counter environmental pollution. She was speaking at the launching of a new plantation initiative in connection with Independence Day celebrations.

The drive will take place across all provinces, including Gilgit-Baltistan and Azad Kashmir. BISP employees, along with 9.3million deserving families, are participating in this campaign, contributing to make Pakistan greener and more sustainable.

Speaking to media representatives on the occasion, Senator Rubina Khalid expressed her gratitude to Prime Minister Muhammad Shehbaz Sharif for increasing BISP's budget. This increase will allow more families living below the poverty line to benefit from the program. In her message to the people of Pakistan, Senator Rubina Khalid urged everyone to remain hopeful and to contribute positively to the country's development and prosperity, putting national interest above personal gains. INP

Imam Masjid Al-Nabawi completes 7-day goodwill visit to Pakistan; departs for Madina

ISLAMABAD: Imam Masjid Al-Nabawi, Dr Salah bin Mohammad Al-Budair on Wednesday concluded his seven-day goodwill visit to Pakistan and departed for Madina Munawwarah. Chaudhry Salik Hussain, Speaker Punjab Assembly Malik Ahmad Khan, Hafiz Muhammad Tahir Mehmood Ashrafi, and Saudi Ambassador Nawaf bin Sa'id Al-Malki bid farewell to the distinguished guest at Lahore airport.

Imam Al-Budair expressed his gratitude for the profound love and reverence shown by the Pakistani people towards the Two Holy Mosques during his stay in the country. He remarked that the respect and hospitality extended by the people and the government of Pakistan would always be remembered.

During his visit, the revered Imam met with President Asif Ali Zardari, Prime Minister Shehbaz Sharif, Chief of Army Staff General Syed Asim Munir, Speaker of the National Assembly



Sardar Ayaz Sadiq, Chairman Senate Yousuf Raza Gilani, Governor Punjab Sardar Saleem Haider Khan, Chief Minister Punjab Maryam Nawaz, Maulana Fazl-ur-Rehman, and several other prominent leaders.

Dr. Al-Budair also led the Friday prayer and delivered the sermon at Faisal Mosque, Islamabad. Additionally, he led prayers at the historic Badshahi Mosque in Lahore, the Grand Mosque in Bahria Town, and Jamia Ashrafia Lahore, offering special prayers for the progress and prosperity of Pakistan and the entire Muslim Ummah. APP

Pakistan Navy celebrates 78th Independence Day of Pakistan with traditional ardour



KARACHI: An impressive Change of Guard ceremony was held at the mausoleum of Quaid-e-Azam Muhammad Ali Jinnah as the entire nation celebrated 78th Independence Day of Pakistan. A smartly turned-out contingent of Pakistan Naval Academy cadets and sailors clad in ceremonial dresses assumed guard duties at Mazar-e-Quaid with traditional enthusiasm, spirit and military customs. Commandant Pakistan Naval Academy, Commodore M Khalid

graced the occasion as Chief Guest and reviewed the guard. The Chief Guest and cadets of Pakistan Navy presented Quami Salam to Father of the Nation, Quaid-e-Azam Muhammad Ali Jinnah. The ceremonial mounting of Guard was followed by the laying of floral wreath at Mazar-e-Quaid by Chief Guest on behalf of Chief of the Naval Staff, officers and men of Pakistan Navy. Earlier, the day dawned with Gun Salutes, and special prayers were

offered in all mosques in Naval areas for solidarity and progress of the country. Pakistan Navy Ships and establishments were illuminated in Navy's traditional manner. Flag hoisting ceremonies were held at units of Pakistan Navy at Islamabad, Lahore, Karachi, Gwadar and Ormara. Various Independence Day activities were held at Pakistan Navy units/establishments including singing of national anthem in the morning, cycle races and boat rallies. PN mission in

command of CTF 150 Bahrain also celebrated Independence Day at Combined Maritime Forces (CMF) Headquarters, Bahrain.

Independence Day celebrations at Pakistan Navy educational institutions were also held where school children presented tableaus on national songs and declamation contests were held highlighting the importance of Independence Day. President of Pakistan has also approved military & civil awards to Officers, CPOs/Sailors and Civilians of Pakistan Navy on the occasion of Independence Day. The awards include 03 x Hilal-e-Imtiaz (Military), 14 x Sitara-e-Imtiaz (Military) and 14 x Tamgha-e-Imtiaz (Military).

In addition, 97 x awards of Tamgha-e-Khidmat (Military) have been approved for Master Chief Petty Officers, Chief Petty Officers and Sailors. Letters of Commendation from Chief of the Naval Staff have also been approved for Officers, Master Chief Petty Officers, Chief Petty Officers/Sailors and civilians. Pakistan Navy celebrated Independence Day with a firm resolution to safeguard the country against any belligerence. PR