



India needs a reminder from history that Jammu and Kashmir is an internationally recognized conflict which remains on the agenda of the United Nations and its solution lies in the implementation of the relevant resolutions of the United Nations Security Council

Minister for Defence, Aviation and Defence Production
Khawaja Asif

Aug 5 Indian steps violation of UN resolutions, int'l laws, 4th Geneva Convention: Dar



ISLAMABAD: Deputy Prime Minister and Foreign Minister Ishaq Dar on Monday said that the illegal and unilateral steps India took on August 5, 2019, were blatant violations of the United Nations Security Council resolutions, international laws and the Fourth Geneva Convention.

The deputy prime minister, addressing the participants of a walk, held in connection with the Yaum-e-Istehsal-e-Kashmir, marking the fifth anniversary of the revocation of Articles 370 and 35 A by India in 2019 to revoke the special status of disputed Kashmiri territory, said the Indian tactic to usurp the rights of Kashmiri people through such constitutional amendments was an act of folly.

He said the people of Pakistan and Kashmir had a centuries-old association and were bound by unbreakable bonds of history, geography and religion and shared their joys and sorrows. The people of Pakistan could not accept or dissociate themselves from the situation in the Indian Illegally Occupied Jammu and Kashmir (IIOJK). The deputy prime minister said that India which claimed to be a champion of human rights and democracy, should grant access to human rights bodies to enable them to witness the ongoing human rights abuses in the territory.

He told the gathering of federal ministers, politicians, government officers, and men, women, and children from different walks of life, that Pakistan had been forcefully raising the Kashmir issue at all international forums be it the United Nations, Organisation of Islamic Cooperation (OIC), D-8 or Gaza conference held in Astana. Similarly, Pakistan has also raised the voice for the suffering people of Gaza where around 40,000 Palestinians had been killed by the Israeli occupation forces. Besides, he said this was for the first time, that OIC special envoy on Islamophobia was appointed consequent to Pakistan's efforts on the subject. Reiterating Pakistan's continued political, moral and diplomatic support to the Kashmiri people, the deputy prime minister urged India to announce a plebiscite in the occupied territory to make the Kashmiri people exercise their right to self-determination. He said the Indian tactics like the revocation of a special status of Kashmir could not suppress the commitment and passion of the Kashmiri people for freedom. Such measures were only meant to change the demography and settle Hindus and other non-Muslim communities there to convert the Muslim majority into a minority.



ISLAMABAD: Governor Punjab, Sardar Saleem Haider Khan called on President Asif Ali Zardari at Aiwan-e-Sadr.

Granting due rights to people of Kashmir, Palestine, only way to maintain peace in region: PM



ISLAMABAD: Prime Minister Muhammad Shehbaz Sharif on Monday emphasized that granting due rights to the people of Kashmir and Palestine was the only way to maintain peace and stability in the region. In his televised address to the Azad Jammu & Kashmir Legislative Assembly on Yaum-e-Istehsal, the prime minister said the day was not far away when both India and Israel will be bound to give due rights to the people of Palestine and Indian Illegally Occupied Jammu and Kashmir (IIOJK) as all ways other than this lead to total destruction. He said Pakistan was a nuclear power and that was part of its defence. However, he said Pakistan had never thought of aggression with regard to its nuclear power. "Therefore the better option is to adopt the peaceful way and sit together to find out the peaceful solution to the Kashmir dispute."

The prime minister pointed out that this occasion reminded us of the grave consequences of India's illegal actions of 5 August 2019 vis-à-vis Indian Illegally Occupied Jammu and Kashmir (IIOJK).

Ever since, he said today, in IIOJK, efforts were being made to silence the genuine leadership of the Kashmiri people and muzzle the media. The number of political prisoners remain in the thousands, while 14 political organizations have been outlawed. Harassment of innocent people, arbitrary detentions, and the so-called 'cordon and search operations have become a matter of routine. The Indian forces are operating with impunity, according to them under different draconian laws, he added.

PM Shehbaz Sharif vowed that until the Kashmiris get the basic rights and freedom, Pakistan will continue to extend the moral sup-

port and will continue to knock the doors of all the international institutions.

Paying tributes to the people of Kashmir, he said "we salute to their struggle for freedom who had been bearing the atrocities and cruelties of the Indian armed forces for 77 years". He also paid tributes the Hurriyat leaders including Chaudhry Ghulam Abbas, Sardar Ibrahim Khan, Mirwaiz Muhammad Yousuf, Syed Ali Gilani, Muhammad Ashraf Sehrai, Altaf Ahmed Shah, Moulana Abbas Ansari and all the young workers and leaders who raised their voices against the Indian atrocities. "We salute to Asiya Andrabi, Yaseen Malik, Mirwaiz Umar Farooq, Shabbir Ahmed Shah, Mussarat Alam Butt, and Burhan Wani for their struggle for freedom.

As regards, the Palestine situation, the prime minister said more than 40,000 Palestinians had been martyred so far including thousands of children. The unarmed Palestinians were still being martyred everyday, he said.

Israel's Prime Minister Netanyahu through his army have broken the records of barbarism in Palestinians, he said adding that recently, in Tehran, Hamas Leader Ismail Haniyeh was martyred.

In Pakistan, he said a day of mourning was observed and funeral prayers in absentia was performed across the country.

He said the Imam of Aqsa Mosque, who talked about Ismail Haniyeh' martyrdom had also been arrested. — VOM Report

Pakistan to continue support for Kashmiris struggle till freedom: Tarar

ISLAMABAD: Federal Minister for Information, Broadcasting, National Heritage and Culture Attaullah Tarar said that Pakistan would continue to support Kashmiris' just struggle for right to self-determination till freedom from illegal Indian rule.

He was addressing a press conference along with Federal Minister of Kashmir Affairs and Gilgit Baltistan Engineer Amir Muqam here Monday.

He said that Ministry of Kashmir Affairs and Gilgit Baltistan under Amir Muqam had launched a historic campaign on the occasion of Yaum-e-Istehsal to highlight Indian atrocities in Illegally Indian Occupied Jammu and Kashmir (IIOJK).

Tarar said on Aug 5, 2019, the special status of Kashmir was ended by the India's Modi regime through unilateral and illegal actions. He said India had unleashed a reign of terror in the occupied Kashmir by usurping all fundamental rights of hapless Kashmiri people.

The minister said India has illegally and unlawfully occupied the state as it was a disputed territory and Kashmiris were promised by the United Nations to grant them right to self-determination. He said that India was not only continuously violating human rights in Occupied Jammu and Kashmir but it was violating UN Security Council's resolutions as well.

The minister said that government of Pakistan has always condemned Indian atrocities in IIOJK and raised its voice at all relevant forums.

During the rule of Pakistan Democratic Movement, Prime Minister Shehbaz Sharif in his address to the United Nations General Assembly demanded that the right of self-determination should be given to the Kashmiri people as promised by the UN.

Under the illegal, immoral and unjustified actions of 2019, the special status of Occupied Kashmir was abolished by Modi regime and since then, worst violations of human rights were being committed by India in the valley, he maintained. He said that right to self-determination was the fundamental right of the Kashmiri masses and Pakistan would continue support for their birth right of freedom.

The minister said New Delhi should immediately withdraw the illegal and unlawful actions of August 5, 2019 and restore the special status of Kashmir and take steps for holding free and impartial plebiscite in Kashmir under the aegis of the United Nations. Federal Minister for Kashmir Affairs and Gilgit Baltistan Engineer Amir Muqam thanked the whole nation for supporting Kashmiris and highlighting the case of innocent Kashmiris at global level for the attention of international community towards human rights violation for last five years. He also hailed the efforts of all provincial governments, Gilgit Baltistan and Azad Jammu Kashmir governments for holding protest rallies, seminars, walks and other programmes for showing solidarity with Kashmiri brothers and sisters. APP



Finance Minister emphasizes govt's strong commitment to collaborating with int'l companies



ISLAMABAD: Federal Minister for Finance and Revenue Senator Muhammad Aurangzeb on Monday emphasized the government's strong commitment to collaborating with international companies and placed significant value on Foreign Direct Investment (FDI). He was talking to a delegation led by Executive Vice President Oceania and South Asia PARCO, Mehmet Celepoglu who called on him here,

said a press release.

The delegation also included CEO and co-founder of Gunvor Group, Torbjörn Törnqvist, a key investor in Pakistan's oil sector.

The Finance Minister highlighted the ongoing energy reforms, state-owned enterprise (SOE) reforms, and privatization efforts being undertaken by the government of Pakistan.

He expressed his gratitude to the delegation for their interest in Pakistan's energy sector and reiterated the government's commitment to fostering mutually beneficial partnerships with global investors.

During the meeting, representatives from PARCO and Gunvor Group provided an overview of their current projects and activities in Pakistan. They reaffirmed their dedication to supporting the development of the country's energy sector. APP

Pakistan to continue to raise voice for Kashmir cause at international level, says Law Minister

ISLAMABAD: Federal Minister For Law & Human Rights Azam Nazeer Tarar on Monday said Pakistan stood with Kashmiri brethren and highlighted the unprecedented restrictions on freedom of speech, fake encounters, enforced disappearances, and other methods of subjugation. In his Message on the occasion of Kashmir Exploitation Day, he expressed solidarity with the people of Kashmir in their just struggle for freedom and right to self determination. Highlighting the current situation and human rights violations in IIOJK he said that the international community must play its due role to pressurize the Indian government to adhere to the UNSC resolutions and resolve the dispute in accordance with the wishes of Kashmiris. He added that Pakistan valued the sacrifices of thousands of Kashmiris in the pursuit of freedom and right to self determination. He affirmed that Pakistan will continue to raise voice for the Kashmir cause at all international fora till the attainment of their basic right to self determination and freedom in accordance with the relevant United Nations Security Council resolutions.

Ahsan Iqbal reviews implementation on 5Es framework, strategy

ISLAMABAD: Minister for Planning, Development and Special Initiatives Ahsan Iqbal on Monday chaired a review-meeting on implementation of the 5Es Framework and the strategy to achieve the much-needed economic development. The meeting was attended by members of the Ministry of Planning, the Project Director, Department Chiefs and senior officials, who discussed the strategy of the 5Es Framework in the country, a news release said. Addressing the meeting, the minister said the multifaceted strategy under the 5Es Framework was developed in 2022 during the Turnaround Conference with the consultation of over a thousand experts. Experts from all walks of life participated and contributed their professional experiences to formulate a plan for economic development. He said the 5Es Framework encompassed short-term to long-term strategic plans. He highlighted the importance of peace and stability, policy continuity, and reforms to place



Pakistan among the top ten to fifteen economies globally. He further stated that export-driven growth would help reduce trade and current account deficits, and it was necessary to increase productivity rates in every sector to stabilize the economy. Ahsan Iqbal said climate change posed a serious challenge to water and food security in Pakistan, and the lack of effective planning for the growing population and resource utilization was hindering development. He emphasized the need to increase the participation of women in development sectors to at least 50%.

Army undertaking social uplift initiatives besides fighting countless kinetic operations: DG ISPR

ISLAMABAD: Director General (DG), Inter-Services Public Relations (ISPR), Lieutenant General, Ahmed Sharif Chaudhry on Monday said the Pakistan Army besides counter-terrorism security operations was also undertaking massive social uplift activities in length and breadth of the country in the areas of education, health, infrastructure, agriculture and relief work to help the local people. The ISPR DG made these remarks during a news conference held here to provide details of the counter-terrorism operations that the security forces performed during the current year. Lieutenant General, Ahmed Sharif Chaudhry said the Pakistan Army was particularly focused on the underdeveloped areas of KP and Balochistan, along with Gilgit Baltistan, Azad Jammu and Kashmir and other areas. "The security forces and law enforcement agencies (LEAs) conducted 23,622 small and large-scale intelligence-based operations in the country", the DG ISPR said.

"Out of the total, 2,045 operations were carried out over the last 15 days."

He added that during the operations conducted over the last 15 days, "24 terrorists" were eliminated.

"It is important to mention that to fight terrorism, the Pakistan Army, intelligence, police, and other law enforcement agencies conduct more than a hundred operations daily," he said.

Speaking about the banned Tehreek-i-Taliban Pakistan (TTP), he said that the Government of Pakistan had recently notified the group as "Fitna al-Khawarij".

"From now on, we will use the term Fitna al-Khawarij to refer to the TTP, while all terrorists associated with the group would be termed Kharji (outcasts)", he said.

"This is because it is a mischief-making group; it's neither an ideology nor has anything to do with Islam or Pakistan", he asserted.

He explained that during the first seven months of the year 2024, 139 soldiers of



the Pakistani security forces embraced martyrdom.

"The entire nation pays tribute to the brave martyrs and their families," he said.

"This shows that the Pakistani security forces, law enforcement agencies, and intelligence agencies were entirely focused on making the country's internal and border security certain and lasting".

He further said that Pakistan's fight against terrorism will continue until the last terrorist is eliminated.

Lieutenant General Sharif Chaudhry said the anarchy was being spread inside Pakistan from outside on social media, as official visits abroad are protested.

He added that money was invested, and

lobbying firms were hired to orchestrate a narrative of despair and chaos against the country. "Digital terrorists sitting outside are unfortunate and unscrupulous people who spread propaganda against their state, institutions and people for the sake of a few bucks.

The first line of defense against digital terrorism is the law," he said.

The DG ISPR in response to a query on the rights movement in Balochistan criticised the Baloch Yakehti Committee (BYC) and its so-called leadership and termed it as a proxy of terrorist organisations and criminal mafias and "nothing more than that".

He alleged that the proxy was tasked to defame and spread propaganda against law enforcement agencies taking action against smugglers, criminals, and the "illegal spectrum", as well as make development projects in the province controversial.

"The method of action is through gathering a mob through foreign funding and a

foreign stance, persuade innocent citizens around that mob, challenge the state's writ and feign innocence when the state responds."

He termed the Baloch National Gathering a "drama" that was concocted in the past few days in Gwadar.

The BYC kicked off a protest in Gwadar on July 28, following arrests and deadly clashes with security forces, against alleged human rights violations and exploitation of the province's resources.

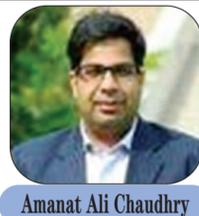
He also showed different pictorials and visuals highlighting violent activities and hostilities perpetrated by BYC protestors attacking security forces under the garb of so-called rights protest.

The DG ISPR accused that the protestors blocked roads, pelted pilgrims with stones, burnt tyres and attacked the Frontier Corps, saying that one soldier was martyred by the mob.

"This proxy was exposed under the Baloch Raji Muchi," he said.

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IIOJK: the myth of normalcy

August 5 marks the fifth anniversary since the Modi government abrogated Articles 370 and 35(a) of the Indian constitution and claimed to merge Indian Illegally Occupied Jammu and Kashmir (IIOJK) with India.

The illegal, immoral and unilateral actions by the right-wing BJP government, which drew widespread condemnation, were in contravention of the relevant UN Security Council's resolutions, international law, and the bilateral treaties between India and Pakistan. They also represented a breach of the promise made by Indian prime minister Nehru to the Kashmiris.

Even though Article 370 was progressively weakened by a series of legislation from 1953 onwards, it still gave a semi-autonomous status to Jammu and Kashmir – a flag, constitution and laws. Article 35A recognized Kashmiris' exclusive rights on their land, education and jobs. Together, these articles established a distinct and unique political identity of Kashmiris and hence were a thorn in the eyes of those who sought to turn India into a Hindu-only country.

As the revocation of the limited autonomy gave way to a series of political, economic, demographic and economic changes in IIOJK and put the Indian government at the centre of global attention for gross human rights violations, Indian Prime Minister Narendra Modi came up with a slogan of development, modernity and an end to violence. There was a clear method to Mr Modi's madness. By employing the slogan of development, he sought to blunt the mounting international criticism over the rights abuses and the implementation of draconian measures. The governing principle of such a shrewd strategy was to present the uprising in IIOJK as an internal law-and-order problem, which was caused by the deprivation of economic opportunities.

At home, the Modi government presided over a slew of measures that represented the implementation of a fundamental policy in the ruling BJP's manifesto, which scholars of the Jammu and Kashmir dispute have described as the 'final solution'. This 'final solution' has been aimed at altering the political reality of Jammu

and Kashmir in a way that deprives Kashmiris of their UN-sanctioned right to self-determination.

The Indian government's campaign in IIOJK, driven by the 'Hindutva' ideology, promotes Hindu supremacy and targets Muslims, leading Genocide Watch to warn of potential genocide. Since August 2019, censorship and surveillance have intensified, with journalists, lawyers, human rights defenders, and Kashmiri political leaders being routinely harassed and accused of terrorism for reporting human rights abuses. Violence has been normalized, with generations growing up amid insecurity and psychological and emotional trauma. Human rights organizations have documented the use of rape and sexual assault by Indian security forces as a weapon of war.

Special draconian laws were enacted to grant impunity to Indian forces. To erase Kashmiris' ethno-religious identity, cultural and religious sites have been destroyed over the last five years. India is also implementing illegal demographic changes to convert IIOJK's Muslim majority into a Hindu majority, issuing over four million fake domicile certificates to Hindus and confiscating Kashmiri land for military use, in violation of international law, including the Fourth Geneva Convention.

These rights abuses, which were duly highlighted by the international media and human rights organizations in their numerous reports, articles and investigative stories, took place as Mr Modi embarked on his 'hug' diplomacy to charm world leaders with a promise of India as a counterweight to China and large market potential. Meanwhile, the Indian leadership made a consistent effort to craft a 'normalcy' mantra to evade greater international scrutiny of the government's actions. Even Mr Modi has been seen singing praises of the infrastructure projects and so-called economic initiatives during his sporadic visits to the restive valley before and after the elections.

Deserving of particular mention is how Indian media outlets were co-opted by a combination of the appeal of the Hindutva ideology and the crony big business to sell the false and misleading myth of normalcy. The media obediently reported, neglecting its fundamental duty of holding the executive to account and

showing both sides of the picture. The Modi government also ran special campaigns to present Occupied Jammu and Kashmir as a lucrative tourist attraction to both international and local tourists. The visits of high-profile entertainment celebrities and political and religious figures were given prominent publicity. So much so that the government chose IIOJK as a venue for one of the G20 meetings, including arranging state-managed visits of a select group of New Delhi-based European diplomats.

Even recently held elections in IIOJK where the BJP did not dare field its candidates for fear of drubbing were portrayed as a return of the region to normalcy. Mr Modi continued harping on the mantra of how his government's actions on August 5 brought IIOJK to par with other regions through what he termed 'significant investments in development initiatives'.

The fake normalcy narrative also includes the holding of different cultural and sports events that the compliant media has often reported as demonstrating the return of normalcy and greater community participation. In trying to sell the myth of normalcy, the Modi government has also indulged in information manipulation as well as playing legal gimmicks. Little wonder the busting of the vast clandestine Indian disinformation network by EU DisInfo Lab in 2021 showed how India has leveraged information as a tool to shape (mis)perceptions of the wider world. Likewise, the decision of the Indian Supreme Court whereby it okayed the revocation of Article 370 was projected as putting a seal of approval on the legality of the government's actions. It is a different matter that the decision of the top Indian court is of little legal consequence, as it cannot supersede the UN Security Council resolutions and international law when it comes to the question of the right to self-determination.

The reality on the ground in IIOJK belies the tall claims of progress, development and modernity. The fact remains that the withdrawal of Articles 370 and 35A has led to an entrenched feeling of disenfranchisement among Kashmiris. There is widespread discontent and frustration in the local population.

IIOJK remains the world's most militarized region with over 900,000 regu-

lar troops deployed there. Everyday life for a resident means an atmosphere of intimidation, surveillance, enforced disappearances, torture, rape, curfews and restrictions on the exercise of fundamental rights.

Reports after reports have confirmed that violations of human rights are a regular recurrence in Jammu and Kashmir. The climate of fear is marked by arbitrary detentions, crackdowns on dissent, and imprisonment for citizens, activists and journalists alike.

Free speech is heavily suppressed through the application of special laws, media censorship and intense pressure on local journalists to adhere to the government's narrative. Internet shutdowns and communication blackouts are common, severely limiting the flow of information and isolating the region from the rest of the world.

Despite the Indian government's claims of economic development, the local population often does not see the benefits. Economist Jean Dreze has noted that Article 370 was in fact instrumental in ensuring the economic development of Jammu and Kashmir at par with other regions. The dismantling of the feudal structure in the 1950s led to an improvement in people's socio-economic conditions. As a result of frequent blockades and political instability, businesses have struggled, leading to high unemployment and economic stagnation. Political repression is evident, with mainstream political leaders and parties frequently sidelined in favour of pro-India political actors. Even these leaders have also faced imprisonment for objecting to the Indian government's actions.

Cultural and religious symbols are under attack, and religious practices are frequently disrupted by security measures and curfews. The ongoing political and security situation has exacerbated social tensions and mistrust between different communities. The Modi government is implementing a settler-colonial project in IIOJK, and the carefully crafted narrative of 'development' and 'normalcy' provides a fig leaf to mask the ugly reality that marks life in IIOJK.

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

Today in History

History of Pakistan



Of the remaining seats, which are allocated to parties through proportional representation, 60 are reserved for women; in 2008 the assembly elected its first female speaker. The Senate has 100 members,

each serving a six-year term. A portion of the senators are chosen by the provincial assemblies; others are appointed. One-third of the senators relinquish their seats every two years. A unique feature of the

constitution is the designation of a period of up to 60 days between the completion of the National Assembly's term and general elections. Upon the dissolution, the president, on the advice of the outgoing

prime minister and opposition leader, appoints a caretaker prime minister who is tasked with executing the regular duties of government until elections are held.

To be continued....

Weathering the future

WARISHA RASHID

The severe effects of climate change can be increasingly felt around the world today. The rise in sea levels, the melting of glaciers, global warming, and the rise in the number of extreme weather events are consequently affecting human health, food production, and water availability – and more.

Pakistan's vulnerabilities to the effects of climate change are well-known. With a population of nearly 240 million, Pakistan contributes less than one per cent of global greenhouse gas emissions, but the country is still ranked as the fifth most vulnerable state to the climate crisis by the Global Climate Risk Index.

Today there is an increase in the frequency and intensity of extreme weather events, such as floods, torrential rainstorms, cyclones, droughts, and exceptionally high temperatures. Pakistan has seen yearly floods of varying sizes since 2010, which have caused considerable infrastructural damages and claimed a significant number of lives. The megafloods of 2022 displaced over 33 million people in Pakistan, inflicted direct losses of more than \$14.9 billion and skewed the GDP of the country up to \$15.2 billion.

To mitigate the climate risks associated with climate change, Pakistan must make a gradual shift towards implementing low-carbon pathways and climate-resilient approaches by adapting emerging technologies (ETs). Pakistan is already a party to the United Nations Framework Convention on Climate Change (UNFCCC), which is assisting developing nations to identify and evaluate their needs for climate-sensitive technologies. Likewise, the Asian Disaster Preparedness Centre (ADPC) oversees a

Pakistan's vulnerabilities to the effects of climate change are well-known

project under the Programme for Asia Resilience to Climate Change: the Climate Innovation Challenge (CIC) for South Asia.

ETs offer innovative solutions to mitigate the impact of climate change across multiple sectors. Artificial Intelligence (AI), big data, and machine learning (ML) offer creative applications to counter climate-related threats, particularly by revolutionizing early warning systems. In this regard, the Ministry of Climate Change and Environmental Coordination (MOCC) is aiming to install 200 automatic weather stations, five wind profilers, and automate 50 existing observatories to strengthen the country's technical potential for climate monitoring and early warning.

AI can help develop more sophisticated climate model forecasting tools, enabling them to better anticipate and prepare for future climate scenarios. Big Data and AI are revolutionizing climate modelling and threat evaluation.

In addition, advanced 3D printing lowers carbon emissions and minimizes waste in production. Moreover, climate statistics analytics can assist businesses in identifying and quantifying the risks and opportunities related to climate change, such as modifications in temperature and precipitation patterns, sea-level rise, and intense weather events.

Similarly, Carbon Capture Technology (CCS) technologies are rising as a promising way to reduce carbon emissions from industrial processes and power generation. These technologies capture carbon dioxide (CO2) emissions and store them underground, preventing them from being released into the atmosphere. There are several emerging CCS technologies, including direct air capture (DAC), which captures CO2 directly from the air, and post-combustion capture which grabs CO2 from the exhaust of power plants. The National Aerospace Science & Technology Park (NASTP) in Pakistan is also spearheading a transformative wave in the nation's technological landscape. With dedicated research and development centers and innovation hubs focusing on emerging technologies (ETs), NASTP is poised to revolutionize various sectors. This includes enhancing disaster management capabilities through collaboration with the National Disaster Management Authority (NDMA) and Provincial Disaster Management Authorities (PDMAs). Prime Minister Shehbaz Sharif has underscored the NDMA's crucial role as a bulwark against climate change, highlighting NASTP's potential to empower these agencies with advanced AI and machine learning training. Such initiatives promise more accurate assessments, early warnings, and robust preparedness strategies nationwide." In conclusion, Pakistan's vulnerability to climate change is a prime concern that calls for a multi-faceted approach. Despite contributing less than one per cent of worldwide greenhouse gas emissions, Pakistan still faces severe consequences of climate change. Extreme weather events have resulted in socio-economic losses, disrupted lives, and strained resources. Advanced technologies such as AI, big data, and ML can assist in addressing these challenges and can extensively enhance the capability of the country to mitigate risks and adapt to climate change.

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Showbiz

Ryan Reynolds' on Blake Lively as 'fun' Lady Deadpool in 'Deadpool & Wolverine'

Ryan Reynolds' reflects on Blake Lively's cameo role in 'Deadpool & Wolverine'

Ryan Reynolds admitted that the role of "Lady Deadpool" was played by none other than his wife Blake Lively and how it was working with her in the Marvel blockbuster movie, Deadpool & Wolverine.

The 47-year old longtime actor got candid on the whole experience while appearing on the Not Skinny But Not Fat podcast and humorously joked about the identity of the actor who played "Lady Deadpool."

"I've been sleeping with her," he quipped as a response which made it clear that it was his wife Blake who played the new suspenseful role.

"Not saying that she's enjoying the sleeping together part, but I'm just



saying I have," he cheekily added. "So you probably knew right away you were going to have her?" Amanda, the host, asked.

"Yeah, it was kind of one of those things where you're like, 'Well, why not?' I mean, go for it, of course. I mean, we're all there together anyway. Let's go nuts," he replied.

He recalled working with his wife of nearly 12 years as an experience that "was a lot of fun," and confirmed that the Sisterhood of the Travelling Pants star also loved working in the movie.

"She's one of the funniest people I know," Reynolds gushed about Blake.

Tech

WhatsApp users can now host events on regular group chats



WhatsApp, Meta's instant messaging app, is rolling out an exciting new feature that enables users to organise events within their group chats, WABetaInfo reported.

This feature was previously only available in community group chats but WhatsApp is now extending this feature to its regular group chats. Thanks to the new feature, which is being rolled out as the "WhatsApp for iOS

24.15.79" update, users will be able to effortlessly create and manage events within any group chat. WhatsApp users will be able to manage events on group chats, regardless of whether it is associated with a community or not. The update with the new feature is available on the App Store.

According to the official changelog, the option to organise events allows users to input event details such as the name, description, date, optional location, and choose between a voice or video call.

Once the event begins, all members who accepted the invite will receive a notification to keep them informed.

The event details are always end-to-end encrypted, ensuring that only participants in the group chat have access to the information, maintaining privacy and confidentiality. It is important to note that some accounts may receive it over the coming weeks, as indicated in the official changelog.

Keto diet helps in weight loss while raising cholesterol levels

While following a ketogenic diet, which consists of ingesting almost all of your calories from fat and very little from carbohydrates, can help you lose weight, it can also damage your gut microbiota and block your arteries. This eating style, also referred to as a keto diet, compels the body to use an alternative fuel. It begins to rely on ketone bodies, a form of fuel the liver creates from stored fat, rather than glucose from carbs, which causes weight loss.

Studies in the past have compared the health outcomes of individuals following a ketogenic diet to those who do not, suggesting that there may be drawbacks as well as advantages. The best type of medical proof has now been conducted by Javier Gonzalez and his colleagues at the University of Bath in the UK through a randomised controlled experiment. 53 participants,

with an average age of 34, were gathered by the researchers; none of them were obese. Roughly one-third of the participants were randomized at random to follow a ketogenic diet, which consisted primarily of fat intake (more than 70%) and less than 8% of all carbohydrates.

A further third were instructed to follow a low-sugar diet in which their intake of fat and non-free sugar carbohydrates was restricted to 35 percent and 45 percent, respectively, while their intake of "free" sugars, a form of carbohydrate, which may be found in foods like syrups, cakes, and biscuits, accounted for five percent of their total calorie intake. The remaining third consumed small quantities of free sugars, which accounted for little less than 20% of their total calorie intake. In contrast, they consumed roughly 30% and 35% of their energy from non-

free sugar carbohydrates and fats, respectively. The control group consisted of these individuals. The range of protein consumption in each diet was 15% to 18%.

X-rays taken a month later showed that, on average, those following the ketogenic diet had reduced 1.6 kg of fat. By testing the amounts of ketone bodies in the individuals' blood, urine, and breath, the team was able to determine that they had adhered to the ketogenic diet. Diet adherence was also measured via food diaries.

On average, people following a low-sugar diet went on 1 kg of fat, but people following a normal diet had no weight loss. The researchers discovered—unlike at first—that the subjects' weight loss was due to calorie restriction rather than increased exercise by having them wear movement trackers on and off for different periods.



Health

Steering Committee of 'The Art of Parenting' National Policy Meets

VOM Report



ISLAMABAD: The steering committee of "The Art of Parenting" conference, chaired by Nilofar Bakhtiar, held a meeting at the Aga Khan Foundation office to discuss the launch of the manuals "Parwarish" and "Agoosh"

and the way forward for the implementation of the project. In her welcome address, Chairperson Nilofar Bakhtiar lauded the contributions of stakeholders and highlighted the success achieved so far, including the government's keen interest in youth development. She welcomed the Asia Foundation on board and emphasized the need to fast-track the training of trainers and implement the plans across Pakistan. The committee discussed the division of responsibilities, including the translation of manuals into Urdu and digitalization for outreach, dissemination, and mobilization of the community. Members also discussed the importance of considering provincial and zonal cultural differences during the implementation phase. The meeting concluded with a clear plan of action, including the first phase of trainings and the changes to be inculcated for community mobilization. The committee is committed to working together to ensure the successful dissemination of the manuals across Pakistan, with the support of provincial and district governments.

World must acknowledge egregious human rights violations in Kashmir



ISLAMABAD: Federal Minister for Commerce Jam Kamal Khan on Monday said the world must acknowledge the staged fake encounters and egregious human rights violations perpetrated by the Indian army against innocent Kashmiris. The minister said in official message here that today marks five years since the unlawful actions of August 5, 2019, when the people of Indian Illegally Occupied Jammu and Kashmir (IIOJK) were subjected to a severe military siege.

He said that on this solemn day, we reflect on the dire conditions faced by our Kashmiri brothers and sisters, who remain caged in their homes, with their communications blocked, media restricted, and digital apartheid enforced. Jam Kamal said that Pakistan stands firm in its unwavering support for the Kashmiri people's right to self-determination. "We appeal to the international community to urge India to halt its grave human rights abuses in IIOJK, reverse its unilateral and illegal actions of August 5, 2019, repeal the draconian laws, and implement the United Nations Security Council resolutions on Jammu and Kashmir" he said.

Mohsin Naqvi condemns India's actions in Kashmir, reaffirms Pakistan's support

ISLAMABAD: Federal Interior Minister Mohsin Naqvi on Monday condemned India's "illegal and unilateral" actions in Jammu and Kashmir on Youm-e-Istehsal reaffirming Pakistan's unwavering support for the Kashmiri people's freedom struggle. Naqvi labeled August 5 as the "darkest day" in Kashmir's history, marking the fifth anniversary of India's revocation of Article 370 and 35(A). He denounced the move as a "crime against humanity" aimed at erasing the Kashmiri identity. The minister praised the resilience of

the Kashmiri people, highlighting the ongoing extrajudicial killings, arrests of leaders, and the region's transformation into the "world's biggest prison." He urged the international community to address the crisis and support the Kashmir cause. Naqvi assured that Pakistan would continue to stand with the Kashmiri people, offering moral, political, and diplomatic support. He expressed hope for their eventual freedom, condemning India's actions as violations of human rights and international law. APP



ISLAMABAD: Ambassador of the Kingdom of Netherlands Henny De Vries called on Deputy Prime Minister and Foreign Minister, Senator Mohammad Ishaq Dar at Ministry of Foreign Affairs.

Army undertaking social uplift...

Continued from Page 1

Lieutenant General Ahmed Sharif Chaudhary on reports of ongoing talks with a certain political party and the army's position on the May 9 riots, replied that the army had a very clear stance and had already stated during a press conference on May 7.

"Neither has there been any change in this position nor there will be," he emphasized.

On Youm-e-Istehsal-e-Kashmir, the ISPR DG said the resolution of Kashmir issue is indispensable for sustainable peace in the region and Pakistan Armed Forces pay tribute to martyrs of Occupied Kashmir.

"Pakistan Army stands with the struggle of Kashmiris for the right of self-determination. Armed forces are fully alert to ensure national security," he said.

As per instructions of the COAS, he said information technology is an important project for employment of the youth and Pakistan Armed Forces are working according to the mandate given by the government of Pakistan.

"Army has been working for the welfare of the people and will continue to do so. The officers and soldiers of the Pakistan Army are not the elite of this country. Should they stop working

on education and health because of criticism?", he queried.

Is Pakistan Army the exclusive army of the world that supports the people and the government in social projects, it happens all over the world, the only difference is that the work of the army is valued there, our problem is that we are political, he added.

"Army does not issue permits for oil that comes from Iran; Army and FC are continuously trying to end illegal activities. Army trying to stop illegal trade. There is a mafia here who does not want the people of Pakistan to develop, our problem is we criticize for political purposes," he said.

Narrative that is being built, he said which states that a fence was erected and there was security, accusing that anything coming from the border is under the military's supervision. The reason behind this is to create distrust between the military and the public, he added. To a question, he said in Gwadar, the writ of the government was established. "Let me make it clear: the Baloch Yekjehti Committee and its so-called leadership have been given the task of discrediting the institutions that are fighting against terrorism, smugglers, and extortionists. They aim to make these institutions controversial by presenting unreasonable demands," he added.



ISLAMABAD: Interior Minister Mohsin Naqvi in a meeting with the Prime Minister of Azad Jammu and Kashmir Chaudhary Anwar-ul-Haq.

India's actions demonstrate disregard for int'l law in IIOJK: President Zardari

Governor Punjab calls on President Zardari

VOM Report

ISLAMABAD: President Asif Ali Zardari said India's actions since 5 August 2019 demonstrated complete disregard for international law, the aspirations of the Kashmiri people, and the UN Security Council resolutions regarding Indian Illegally Occupied Jammu and Kashmir (IIOJK).

In a message on Youm-e-Istehsal on 5th August 2024, he said, "Today marks the completion of five years of India's latest campaign to consolidate its illegal occupation of Jammu and Kashmir. On this day, five years ago, India took a number of unilateral and unlawful steps in Indian Illegally Occupied Jammu and Kashmir (IIOJK) to undermine its internationally recognised disputed status."

Since 5 August 2019, he said India has embarked upon a ceaseless campaign to alter the demographic structure and political landscape of IIOJK.

Issuing domicile certificates to outsiders, registering temporary residents in the voters' lists, gerrymandering assembly constituencies, and modifying land and property ownership laws are some of the key features of this campaign. All these measures are in blatant violation of the United Nations Security Council resolutions and international law, including the 4th Geneva Convention, he observed.

"The continued presence of hundreds of thousands of Indian troops has turned IIOJK into one of the most heavily militarized zones in the world. The gross human rights violations in IIOJK have been documented extensively and condemned globally. The mistreatment of Kashmiri journalists and human rights defenders has further revealed India's willingness to go to any lengths to silence dissenting voices. India would not succeed in suppressing the just struggle of the people of IIOJK through domestic legislation and judicial verdicts," he added.

For the past seven decades, the President

said the Kashmiris had waited for the United Nations to fulfil its solemn commitments. "It is crucial that the international community urges India to end its human rights violations in IIOJK and implement the relevant UN Security Council resolutions."

"Pakistan, for its part, will continue to extend full moral, diplomatic and political support to the just struggle of the people of Jammu and Kashmir for the realization of their inalienable right to self-determination, as enshrined in the relevant UN Security Council Resolutions," he added.

Meanwhile, Governor Punjab Sardar Saleem Haider Khan on Monday called on President Asif Ali Zardari.

During the meeting at the Aiwan-e-Sadr, the overall situation in Punjab province and political matters were discussed, President Secretariat Press Wing said in a press release.

President Zardari expressed his grief over human and financial losses in the aftermath of recent rainfall in the province.

CJCSC, tri services chiefs reaffirm unequivocal support to Kashmiris on Youm-e-Istehsal

RAWALPINDI: The Chairman Joint Chiefs of Staff Committee (CJCSC), Services Chiefs, and the Pakistan Armed Forces reaffirm their steadfast solidarity with the courageous and resilient people of Indian Illegally Occupied Jammu and Kashmir (IIOJK). "On the occasion of Youm-e-Istehsal, the Chairman Joint Chiefs of Staff Committee, Services Chiefs, and the Pakistan Armed Forces reaffirm their steadfast solidarity with the courageous and resilient people of Indian Illegally Occupied Jammu and Kashmir (IIOJK). We unequivocally support their legitimate and protracted struggle for the inalienable right to self-determination," an Inter Services Public Relations news release said.

"The Indian Security Forces' egregious violations of international law, including the ongoing draconian military lockdown, unlawful attempts to alter the demographic structure of the occupied territory, and persistent human rights abuses, are deeply reprehensible. These unjust actions, coupled with the Indian government's belligerent rhetoric and hostile posturing, perpetuate the security and humanitarian crises in IIOJK, posing a constant threat to regional stability. It is axiomatic that lasting peace and stability in the region hinge on the resolution of the long-standing Kashmir dispute, in accordance with United Nations resolutions and the aspirations of the Kashmiri people. The Pakistan Armed Forces pay tribute to the martyrs of IIOJK for their extraordinary sacrifices and reaffirm their unwavering commitment to supporting the Kashmiri people in their righteous struggle against oppression and tyranny, on political, moral, and humanitarian grounds. PR

OIC to hold extraordinary Executive Committee meeting on Aug 7 to discuss crime of Israeli occupation

ISLAMABAD: The Organization of Islamic Cooperation (OIC) on Wednesday will hold an open-ended extraordinary meeting of the Executive Committee at the level of Foreign Ministers to discuss the continued crimes of the Israeli occupation against the Palestinian people, including the assassination of Ismail Haniyeh and its aggressions against the sovereignty of the Islamic Republic of Iran.

"The meeting would be held at the OIC General Secretariat in Jeddah. "In response to the ongoing atrocities committed due to the Israeli occupation, against the Palestinian people, particularly in the Gaza Strip, this meeting has been convened," a press statement of OIC Secretariat said on Monday.

"To date, it said Israeli actions had resulted in the deaths of over 40,000 individuals and injuries to more than 91,000 Palestinian citizens, most of whom are women and children. Additionally, civilian properties, including 430,000 homes, had been destroyed, along with infrastructure, health and educational facilities, places of worship, and historical sites. Nearly two million Palestinians were displaced from their homes, the press statement said. APP

Pakistan raising voice on all int'l forums for Kashmir's plebiscite: Qaiser

ISLAMABAD: Minister for Maritime Affairs Qaiser Ahmed Sheikh on Monday said that Pakistan was effectively raising its voice on all international forums for Kashmir's basic rights to self-determination.

In a special message regarding Exploitation Day, the minister urged the international community to pressurize India to impede human rights violation in Indian Illegally Occupied Jammu and Kashmir (IIOJK). India was perpetrating Kashmiris' genocide for last seven decades, he maintained.

He said that five years had passed since India unilaterally and illegally revoked the special status of IIOJK. After the abrogation of Article 370 on August 5, 2019, India's oppression and injustice on the Kashmiri people was continuing, he added. He said that Kashmiri people were rendering countless sacrifices against Indian tyranny and barbarism. The Pakistani government always strongly condemned the steps taken by India over the last five years to undermine the disputed status of Kashmir, Qaiser Sheikh added. The minister said that Kashmiris were being deprived of their basic rights and every kind of freedom.

Bangladesh PM Sheikh Hasina steps down after countrywide bloody protests, flees to India

BANGLADESH: The country is going through revolutionary period," says Army Chief Gen Zaman advising protesters against violence. Bangladesh Prime Minister Sheikh Hasina resigned on Monday and fled the country, as more people were killed in some of the worst violence since the birth of the South Asian nation more than five decades ago.

Army chief General Waker-Uz-Zaman announced Hasina's resignation in a televised address to the nation and said an interim government would be formed. Media reports said Hasina, 76, was flown in a military helicopter with her sister and was headed to India.

Reuters could not immediately verify the reports. Bangladesh has been engulfed by protests and violence after student protests last month against reservation quotas in government jobs escalated into a campaign for the ouster of Hasina, who won a fourth straight term in January in an election boycotted by the opposition.

About 250 people have been killed and thousands injured in the violence.

Army chief Zaman said he had held "fruitful" talks with leaders of all major political parties he had "invited" and would soon meet President Mohammed Shahabuddin to discuss the way ahead.

"The country is going through a revolutionary period," said Zaman, 58, who took over as army chief only on June 23.

"I promise you all, we will bring justice to all the murders and injustice. We request you to have faith in the army of the country. I take full responsibility and I assure you to not get disheartened," he said.

"I request you all to be a little patient, give us some time and together we will be able to solve all the problems," Zaman said. "Please don't go back to the path of violence and please return to non-violent and peaceful ways."

Television visuals showed thousands of people pouring into the streets of the capital Dhaka in jubilation and shouting slogans. Thousands also stormed Hasina's official residence 'Ganabhaban', shouting slogans, pumping fists and showing victory signs. — By Web Desk

Bilateral political consultation agreement: Ethiopia, Pakistan to foster cooperation for addressing global challenges

VOM Report

ISLAMABAD: Ethiopia and Pakistan have discussed signing of a bilateral political consultation agreement by end of this year to foster deeper cooperation at bilateral, regional and multilateral levels for addressing global challenges.

The signing of the agreement came under discussion during a meeting between Special Envoy and Ambassador Extraordinary and Plenipotentiary of Ethiopia, Jemal Bekir Abdula and Ministry of Foreign Affairs's Additional Secretary (Africa) Ambassador Hamid Asghar Khan on Monday.

Both sides agreed to sign the agreement at the earliest possible time which will help create an institutional mechanism for both the countries to work together at bilateral, regional and multilateral levels for dealing with global issues such as climate change, terrorism, cybercrimes, fake news and others.

Ambassador Jemal Bekir briefed the



additional secretary about the earnest desire of the government of Ethiopia for signing the bilateral political consultation agreement with Pakistan to further strengthen the bilateral relations.

He highlighted the growing cooperation between the two countries in the realms of politics, economy, trade and culture through consistent and constructive engagement between the governments, business community, academia and professionals of the two countries with the delegations' exchange in the last two years. The ambassador also briefed the

additional secretary about Home Grown Economic Reform Programme 1.0 (HGERP) which has doubled size of its Gross Domestic Product, making it top economy in the East Africa and 3rd economy in the Sub Saharan Africa under the leadership and guidance of Prime Minister of Ethiopia Dr. Abiy Ahmed Ali. He said the government of Ethiopia has now launched the HGERP 2.0 creating a stable macroeconomic environment, transforming investment and trade environment, boosting productive growth and improving public sector capability.

The ambassador informed about Ethiopia's initiatives for regional integration such as Grand Ethiopian Renaissance Dam, Green Legacy Initiative, Dine for Generation and others.

He said South Sudan has signed the Nile Basin Cooperative Framework Agreement which would ensure equitable and reasonable utilization of the Nile water and further integrate the region.

He said Ethiopia has been forefront to ensure peace and security in the region by bringing the warring parties on the table for talks to end the conflicts in the region.

On the other hand, the additional secretary reiterated the government of Pakistan's commitment to further deepen the bilateral ties by enhancing bilateral, regional and multilateral cooperation.

He informed that the government of Pakistan has ratified the bilateral political consultative agreement which was crucial to strengthen the bilateral relations between the two countries.