



Manpower would be trained as per market demand of other countries. The IT exports witnessed increased and was recorded as \$ 3.1 billion

Minister for Information and Broadcasting
Attaullah Tarar

Govt committed to invest in education sector for bright future of coming generations: Dar

ISLAMABAD: Deputy Prime Minister and Foreign Minister Mohammad Ishaq Dar has said that the incumbent government is committed to invest in education sector as it has allocated a significant amount in the budget for bright future of the coming generations.

Speaking at certificates awarding ceremony of Pakistan Foreign Office Women's Association (PFOWA) in Islamabad on Monday, he said that education plays key role in developing a prosperous society and it holds key importance to invest in this sector.

Ishaq Dar said that our religion Islam has also laid special emphasis over the importance of gaining education. He further underlined that other organizations and institutions devoted to humanitarian assistance and support should also focus on the financial, health and education issues faced by the people, adding that they were required to follow the precedents set by organizations like PFOWA.

Commending the contributions of PFOWA for the public welfare, the deputy prime minister said that he was pleased to learn that the Association had been serving as platform to support the needy and deserving people.

He mentioned that the PFOWA had been supporting students to pursue their Masters degrees and PhDs besides, providing them scholarships. It was not only a kind gesture but also a real service to humanity with immense rewards in the world hereafter, he added.

Expressing his satisfaction, Ishaq Dar said that it pleased him immensely that such a thinking existed in the ministry which was like a family. PFOWA had provided children with stationary and school bags, besides a number of scholarships and financial support to the widows and minorities. It had also made contributions for the natural calamities hit areas. The deputy prime minister informed that during 2020, he had founded two organizations for the support of orphans where about 100 children were getting education while the other entity was providing assistance in education and health sectors. INP

PTI leadership desperately seeking NRO: Khawaja Asif

ISLAMABAD: Federal Minister for Defense Khawaja Muhammad Asif said on Monday that the leadership of Pakistan Tehreek-e-Insaf (PTI) is desperately seeking a National Reconciliation Ordinance (NRO). Speaking on the floor of the National Assembly, he claimed that PTI leader Raouf Hassan was "begging" for an NRO but said that no relief would be provided to those involved in the May 9 incident. Khawaja Asif expressed disappointment that PTI's leadership is reluctant to hold dialogue with political parties.

Aleem Khan, Azerbaijan Envoy discuss bilateral cooperation



ISLAMABAD: Federal Minister for Privatization, Board of Investment and Communications Abdul Aleem Khan was called on by Ambassador of Azerbaijan to Pakistan Khazar Farhadov on Monday and issues relating to bilateral cooperation came under discussion. During the meeting, issues relating the business forum being held this month in Baku, Azerbaijan came under discussion. Speaking on the occasion, Abdul Aleem Khan lauded organizing the business forum on September 16 to promote business activities between Pakistan and Azerbaijan which will create more opportunities for the two coun-

tries to invest in various sectors and promote joint projects. Pakistan and Azerbaijan can invest in Food Security, IT, Health, Agriculture, Manpower and other sectors, he added. The minister privatization said that Turkey, Azerbaijan and Pakistan all three together can play a significant role in the development in the region for which we have to implement the agenda of mutual investment and cooperation. Abdul Aleem Khan indicated that the platform of Pakistan Business Forum will be a new opening for Pakistan and other countries in Central Asia which will have positive effects on development and prosperity. During the meeting with the Azerbaijan Ambassador, it was decided that Federal Ministers Abdul Aleem Khan and Jam Kamal Khan will visit Baku, Azerbaijan on September 16 where they will lead the Pakistani delegation at the Business Forum. — VOM Report

Finance Minister commends Pak-Kuwait Investment Company for its strategic contributions to Pak's economy

ISLAMABAD: Federal Minister for Finance and Revenue, Senator Muhammad Aurangzeb, held a meeting with the leadership of Pak-Kuwait Investment Company (PKIC) to discuss the strategic initiatives and future directions of the joint venture in Pakistan.

Attendees included Saad ur Rehman Khan, Managing Director Pak-Kuwait Investment Company, the Finance Secretary, and senior officials from the Finance Division. Saad ur Rehman Khan provided an overview of PKIC's current portfolio, highlighting the PKIC's initiatives in the real estate sector leveraging Islamic finance structures to fund major infrastructure projects addressing Pakistan's investment needs while ensuring that investment activities adhere to development. The Minister specifically acknowledged PKIC's proactive



approach to integrating Islamic finance into its operations, noting that this approach not only aligns with Pakistan's development priorities but also resonates with the broader goals of ethical and sustainable growth. In conclusion, both sides emphasized the need for continued collaboration and support to enhance the effectiveness of such joint ventures. Meanwhile Muhammad Yahya, United

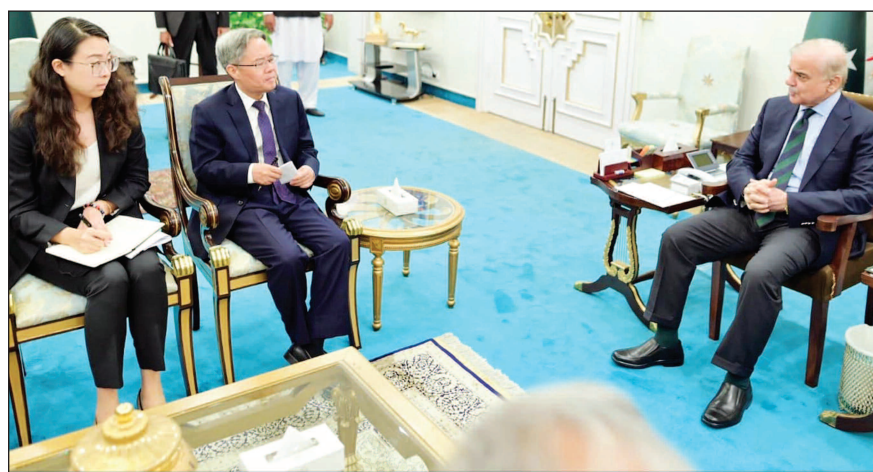
Nations Resident and Humanitarian Coordinator for Pakistan, called on Finance Minister Senator Muhammad Aurangzeb, at the Finance Division in Islamabad. Muhammad Yahya briefed the Finance Minister on the work of UN and its agencies undertaking development and humanitarian assistance projects in Pakistan. He also shared the success of UNESCAP and its work on debt consolidation in middle income countries. Muhammad Yahya noted that energy transition was an important area for possible cooperation with Pakistan. The Finance Minister shared the commitment of the government towards policy reforms and sustainable economic development and appreciated the cooperation provided by the UN and its agencies in this regard.



Deputy Prime Minister Ishaq Dar has expressed unwavering commitment of the government to support the petroleum industry and achieving energy self-sufficiency in Pakistan.

PM seeks enhanced collaboration with China in key sectors

Govt's prudent policies steering country's economy towards stability: PM Shehbaz



VOM Report

ISLAMABAD: Prime Minister Shehbaz Sharif on Monday said that Pakistan aims to enhance its collaboration with China in areas such as information technology, artificial intelligence, modern agriculture, and other sectors. In a conversation with Chinese Ambassador to Pakistan Jiang Zaidong, the prime minister remarked that the friendship between Pakistan and China has endured and remained strong throughout the years. He stated that the friendship between Pak-

istan and China has withstood the test of time, with China providing unwavering support to Pakistan during every challenging period. The prime minister praised the Chinese leadership's vision to consistently enhance Pakistan-China strategic relations and collaborate on upgrading the China-Pakistan Economic Corridor (CPEC). He emphasized that the friendship between Pakistan and China is essential not only for both nations but also for regional and global peace and development. Deputy Prime Minister Muhammad Ishaq Dar, Special Assistant to the Prime Minister

Tariq Fatemi, and other relevant officials were also present in the meeting.

Meanwhile, Prime Minister Muhammad Shehbaz Sharif has said right-sizing policy is being implemented as part of economic reforms agenda of the government.

In a statement, he expressed satisfaction over significant decline in inflation rate in the country as shown by indicators of Pakistan Bureau of Statistics. Shehbaz Sharif said that 'Consumer Price Index' fell to record low in July 2024, bringing inflation to 11 percent. He welcomed the forecast of economists regarding further decline in inflation in the current month.

The Prime Minister said prudent policies of the government and hard work done by its team have steered the country's economy towards stability.

He said upgrading of Pakistan's credit rating first by Fitch and then Moody's is an acknowledgement of country's positive economic indicators by international financial institutions.

He expressed the confidence that its positive impact on the economy would be visible soon.

The prime minister also said that the federal and Punjab governments provided a big relief to the electricity consumers in respect of monthly bills and prices of petroleum products have also been reduced as well.

Employees of closed departments to be either transferred to new ones or compensated through golden hand shake scheme: Attaullah Tarar

Says for the first time in last three years inflation recorded at 9.6% as per reports of the SBP

ISLAMABAD: Minister for Information and Broadcasting Attaullah Tarar Advocate has said the recent decline in the inflation to single digit is an evidence of prudent economic policies of the Federal Government under the leadership of Prime Minister Mian Muhammad Shehbaz Sharif.

Responding to a question during Question Hour in the National Assembly on Monday, Attaullah Tarar said for the first time in last three years inflation recorded at 9.6 percent as per reports of the State Bank of Pakistan.

Responding to another question, the Minister said three more NADRA centers, in addition to the existing five facilities, will be established in South Waziristan to facilitate the people.

Answering another question, he said employees of closed departments will be either transferred to the new ones or compensated through golden hand shake scheme.

CJP Qazi Faez Isa is not interested in any extension: Azam Nazeer Tarar

Says Chief Justice of Pakistan is an upright person & a constitutional office holder

ISLAMABAD: Minister for Law and Justice Senator Chaudhry Azam Nazeer Tarar Advocate has said the Chief Justice of Pakistan Justice Qazi Faez Isa is not interested in any extension.

In his televised remarks on Monday, Azam Nazeer Tarar mentioned that during a meeting, the Chief Justice of Pakistan has unambiguously stated of not desirous of extension. The Law Minister emphasized that the Chief Justice of Pakistan is an upright person and a constitutional office holder. He asserted there should be no further discussion on the matter. He asserted that Chief Justice Isa was a distinguished figure and reiterated that continuous speculation about the extension was unfounded. Azam Nazeer Tarar urged the media to shift focus to other topics. Azam Nazeer Tarar argued that the debate over a two-thirds majority was relevant only if an extension was being considered. SABAH

Naqvi eulogizes Punjab Police for thwarting Mianwali checkpoint attack

ISLAMABAD: Federal Minister for Interior, Mohsin Naqvi has eulogized the Punjab Police for thwarting terrorist attack on Mianwali police checkpoint.

In a commendation statement on Monday, he said that the Punjab Police due to its instant response foiled the nefarious designs of the Fitna Al Khawarij terrorists.

Mohsin Naqvi commended the police personnel deployed at the Isa Khel police station checkpoint for bravely repulsing the attack by 14 Khawarij terrorists. He said that the police gave a befitting response to the terrorists who attacked under the cover of darkness.

He hailed the brave police personnel who foiled the terrorist attack, saying that the Punjab Police had once again thwarted the evil intentions of the Khawarij terrorists. He added that the police have always shown bravery and courage in the fight against terrorism.

The interior minister highlighted that the police are a bulwark against terrorism, which was highly commendable. INP

Ahsan reviews ongoing PSDP projects in Balochistan

ISLAMABAD: Minister for Planning, Development and Special Initiatives Professor Ahsan Iqbal, also Deputy Chairman of the Planning Commission, on Monday presided over a meeting to review ongoing projects under the Public Sector Development Program (PSDP) in Balochistan. During the briefing, the meeting was informed about the progress of PSDP projects in the province, a news release said.

The minister said all-out efforts were being made to ensure the provision of funds for Balochistan's projects. He also stressed the need for measures to address the security situation in the province, suggesting that Frontier Corps (FC) services be entrusted to local people with necessary training. The minister asked provinces to prepare action plans for PSDP projects according to their pri-



orities, adding that projects with 70 percent completion would be prioritized for timely completion. The minister directed preparing a report comparing the dams existing in the country 15 years ago and today with the assistance of Space & Upper Atmosphere Research Commission (SUPARC). Ahsan Iqbal highlighted the importance of informing the public about development projects in Balochistan.

Amid surplus stock, sugar prices in country to be kept stable: Rana Tanveer

ISLAMABAD: Federal Minister for Industry and Production Rana Tanveer Hussain on Monday said that amid surplus sugar stock, its prices in the country will be kept stable. This was stated by him while chairing a meeting of the Sugary Advisory Board (SAB) held to review the availability of the commodity stock and its price. Minister for Commerce Jam Kamal Khan and others attended the meeting.

The government reaffirmed its benchmark condition for the retail price of sugar for export, ensuring a stable market price. According to reports, the average retail price of sugar has decreased by Rs 2 per kilogram, and the market price remained steady. Rana Tanveer Hussain said there was a sur-



plus stock of sugar in the country, and any price increase would be unacceptable. The government's commitment to maintaining stable sugar prices aims to protect consumers' interests and prevent price hikes. INP

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Eight billion and counting

MASOOD LOHAR

In an unprecedented chapter of human history, the global population has surged by an astonishing 4.49 billion people in just the last century. This explosive growth has raised the world's population from 1.65 billion in 1900 to a staggering 6.14 billion by the year 2000. Today, the population stands at approximately 8.0 billion, with projections indicating it could reach 9.7 billion by 2050 and peak at 10.4 billion by the 2080s. The story of human population growth is a long and complex one. For most of history, population growth was slow, only reaching the first billion around 1800. However, the last two centuries have witnessed a dramatic acceleration due to advancements in medicine, agriculture, and technology, which have reduced mortality rates and spurred higher birth rates. This rapid population expansion, while a testament to human ingenuity, comes with severe consequences that threaten to upend global stability. One of the most significant trends accompanying the population explosion of the 20th century has been the rapid urbanization of the world. As populations swelled, so too did the migration of people from rural areas to cities, seeking better employment opportunities, education, and healthcare. By the end of the 20th century, more than half of the global population resided in urban areas, a sharp increase from just 30 per cent in 1950. This urbanization trend has continued into the current century, with the UN projecting that nearly 70 per cent of the world's population will live in urban areas by 2050. Urbanization has brought about both opportunities and challenges. On one hand, it has driven economic growth, innovation, and improved access to essential services. On the other hand, it has led to the expansion of megacities, often accompanied by overcrowding, inadequate infrastructure, and the proliferation of slums. The concentration of populations in urban centers also exacerbates environmental pressures, contributing to air pollution, waste management issues, and increased energy consumption – all of which have far-reaching implications for both food security and climate change. One of the most astonishing realities of the 20th century's population boom is that it occurred despite the massive loss of life caused by two world wars. World War I and World War II together claimed the lives of tens of millions of people, yet the global population still increased by 4.49 billion. This underscores the sheer scale of population growth driven by advances in medicine, agriculture, and technology. Had these wars not occurred, the global population today might have been even larger, possibly by hundreds of millions, further intensifying the challenges of food security and environmental sustainability. This hypothetical scenario highlights how resilient population growth has been, even in the face of devastating global conflicts.

As the global population balloons, so too does the demand for food. Agricultural practices have evolved to keep pace with the growing population, but the question remains: for how long? The world's arable land is finite, and the overexploitation of natural resources to feed billions is leading to diminishing returns. Soil degradation, deforestation, and water scarcity are just a few of the challenges that threaten to disrupt the delicate balance of global food production. The specter of food insecurity looms large, particularly for developing nations, where population growth is most pronounced. With more mouths to feed and less land to cultivate, the world could soon face severe food shortages. This could lead to widespread hunger, social unrest, and even conflict over dwindling resources. The relentless increase in population also exacerbates another pressing issue: climate change. The more people there are, the greater the demand for energy, transportation, and housing – all of which contribute to greenhouse gas emissions. The overuse of resources such as fossil fuels, forests, and water is accelerating the planet's warming, leading to more frequent and severe weather events, rising sea levels, and the loss of biodiversity. The link between population growth and climate change is undeniable. As more people inhabit the Earth, the strain on the planet's ecosystems intensifies, making it harder to mitigate the impacts of global warming. The consequences of inaction are dire: mass migrations due to uninhabitable regions, increased natural disasters, and the displacement of millions of people. The global population explosion is a double-edged sword. While it reflects human progress, it also underscores the urgent need for sustainable development. Governments, international organizations, and communities must work together to address the challenges of food insecurity and climate change. This includes investing in renewable energy, promoting sustainable agricultural practices, and implementing policies that stabilize population growth.

The writer is an expert on climate change and sustainable development and the founder of the Clifton Urban Forest. He tweets/posts @masoodlohar and can be reached at: mlohar@gmail.com



By ZurriatUL Zahra

Green Shipping in Pakistan: Navigating Towards Sustainability

Maritime sector plays a crucial role in global trade, accounting for over 80% of the volume, making sea transportation the preferred method among traders. However, shipping activities contribute to environmental pollution through emissions and oil spills. As the world progresses towards sustainable use of oceans, there is a growing environmental realization that has raised expectations for the shipping industry to adopt green maritime initiatives in support. These initiatives cover numerous shipping activities, such as ship construction, ship dismantling, and the adoption of cleaner fuels and energy sources. The European Union has led regional campaigns for global shipping decarbonization to combat climate change in the maritime industry, the Asia-Pacific Economic Cooperation, or "APEC" also launched the Green Maritime Initiative in 2023. According to EU report, the maritime industry's contribution to world emissions is about 3% of all emissions. The green shipping practices encompass the addition of cleaner fuels and technologies for reducing these emissions through shipping operations. Pakistan, with an extensive coastline and a diverse variety of marine ecosystems, is notably exposed to the unfavorable consequences of marine pollution. Threat of marine pollution increases as International EnergySea Lanes of Communication pass close to our coast, emanating from the Gulf. Being a member of the International Maritime Organization (IMO), Pakistan is mandated to comply to global maritime statutes, which encompass MARPOL Annex VI, which outlines the limit for sulfur oxide (SOx) and nitrogen oxide (NOx) discharge from ships. Embracing eco-friendly maritime practices will assure conformity with these statutes, preventing international sanctions and boosting the nation's standing within the international maritime domain. Pakistan upholds Regulation 14 of MARPOL Annex VI and has circulated directives for adherence via circulars with the help of the Ministry of Maritime Affairs. This is mandatory for all seagoing Pakistani Flag Vessels registered under Merchant Shipping Ordinance, 2001 and all foreign flag vessels visiting Pakistani waters. Pakistan has not yet ratified the convention fully. Regulation 14 of MARPOL Annex VI addresses the control of Sulphur Oxides (SOx) and Particulate Matter (PM) emissions from ships. The Pakistan National Shipping Corporation (PNSC), the key player in the shipping industry of Pakistan has made advancements in aligning with the Energy Efficiency Existing Ship Index (EEXI) and the Carbon Intensity Indicator (CII), with a majority of its vessels conforming to these recent statutes. Despite these activities, the shift towards eco-friendly maritime practices encounters substantial hindrances in Pakistan, particularly in the realms of financing, technical proficiency, and regulatory adherence. Potential investors are discouraged by the high initial expenses associated with buying new environmentally friendly ships, renovating existing vessels, and setting up the necessary infrastructure for alternative fuels like ammonia and LNG. Smaller maritime enterprises often struggle with securing financial

backing due to prolonged payback periods and uncertain investment returns. To overcome these financial obstacles, Pakistan must institute financial incentives, provide subsidies for eco-friendly initiatives and establish green financial institutions. The seven out of the 12 ships of PNSC have already surpassed their half-life and may be decommissioned in very near future, i.e. 2030. The installation of these systems is a waste of money for this category of vessels. In addition to that, the absence of a National Action Plan (NAP) dedicated specifically to shipbuilding and the deficiency of substantial investments in eco-friendly maritime infrastructure present notable obstacles. Pakistan needs to adopt various initiatives to advance green shipping, such as revising national maritime legislation in accordance with global standards and reinforcing of MARPOL Annex VI rules. Pakistan's port infrastructure also lacks adequate facilities for the formulation, storage, and bunkering of alternative fuels. Strengthening national statutes for eco-friendly maritime practices and ensuring strict enforcement are critical steps in avoiding these obstacles. Pakistan's green marine programs may not be as successful if there are no enforcement or monitoring systems in place. Strong enforcement of environmental laws and standards is necessary to guarantee uniform compliance with them throughout the shipping sector. Through investments in sustainable maritime infrastructure and technologies, the nation can attract foreign investments and generate employment opportunities. Additionally, eco-friendly maritime practices can enhance the competitiveness of Pakistani ports and maritime initiatives in the global scale, which increasingly favors sustainable practices. To adopt green shipping, Pakistan also needs to implement a comprehensive strategy that involves investing in educational and training schemes to cultivate technical proficiency, promoting partnerships between the public and private sectors, and engage closely with international maritime bodies. Through fostering cooperation among the government, shipping enterprises, and energy suppliers, Pakistan can accelerate the advancement and application of eco-friendly technologies and practices within the maritime domain. For Pakistan, these initiatives are not only an environmental necessity but they can unlock new economic potentials. By taking part in sustainable approaches, the nation can safeguard its marine environment, adhere to global standards, and strengthen the competitiveness of its maritime sector. Otherwise, it might face consequences like prohibition to sail in international waters as per EU regulation. Pakistan must prioritize maritime sector development-like focusing on green ship construction, enhancing port infrastructure, eco-friendly ship recycling, adopting sustainable development of technologies for sea vessels, and expanding the national shipping fleet to meet future demands.

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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

History of Pakistan

Today in History



Ten additional seats were reserved for women, again with half coming from each region. The prime minister and cabinet were to govern according to the will of the parliament, with the president exercising only reserve powers. Pakistan's first president was its last governor-general, Iskander Mirza, but at no time did he consider bowing to the wishes of the parliament. Along with a close associate, Dr. Khan Sahib, a former premier of the North-West Frontier Province, Mirza formed the Republican Party and made Khan Sahib the chief minister of the new province of West Pakistan. The Republican Party was

assembled to represent the landed interests in West Pakistan, the basic source of all political power. Never an organized body, the Republican Party lacked an ideology or a platform and merely served the feudal interests in West Pakistan. Mirza made an alliance between the Republican Party and the East Pakistan Awami League and called on H.S. Suhrawardy to assume the office of prime minister. But the quixotic character of the alliance between the two parties, as well as the distance between the major personalities, produced only a short-lived association. Suhrawardy suffered the same fate as his

predecessors and was ousted from office by Mirza without a vote of confidence. Unable to sustain alliances or govern in accordance with the constitution, the central government mirrored the chaos in the provinces. This was especially true in East Pakistan, where even in the absence of the Muslim League the different provincial parties—now further complicated by the formation of the National Awami Party, in 1957—struggled against forces that could not be reconciled. Pakistan was close to becoming unmanageable. The situation had become so grave that Khan Sahib circulated his idea that it was time to cease the

political charade and give all power to a dictator. In light of such dissent and with sections being voiced in different regions of the country (notably in East Pakistan and the North-West Frontier Province), on October 7, 1958, Mirza proclaimed the 1956 constitution abrogated, closed the national and provincial assemblies, and banned all political party activity. He declared that the country was under martial law and that Gen. Mohammad Ayub Khan had been made chief martial-law administrator.

To be continued....

Showbiz

Winona Ryder talks losing major role due to media backlash

Winona Ryder's shoplifting incident caused her many losses at the peak of her career



Winona Ryder reflects on lost opportunities due to negative media attention at the peak of her career in a recent interview. One of the losses the *Lost Souls* actress had to face was the role of Clementine in *Charlie Kaufman's Eternal Sunshine of the Spotless Mind*. Ryder, 52, revealed that the role was offered to her before finally going to Kate Winslet. "It was such a brilliant script and [director Michel Gondry and I] were at this little restaurant and people kept coming up to me and there was a random paparazzi guy outside, which was kind of unusual for me, but I just remember [Gondry's] face, and trying to convince him that

this isn't normal, and I know it's not normal," she revealed in a recent interview with *Esquire*. "There was baggage," Ryder added. "Trying to convince someone to ignore the noise around me was tough. I saw it in their eyes. I lost a lot of parts because of that." The *Black Swan* actress went on to recount plenty of lost opportunities due to the media trial around her shoplifting incident, personal life, romantic relationships, and mental health. Ryder also expressed that she was discouraged to return to Hollywood since she was "drilled" with the phrase, "If you take a break, you can't come back."

WhatsApp developing new feature for Meta AI

Renowned communications platform WhatsApp often introduces new features and options to improve user experience and this time it has been revealed that the company is developing voice chat mode feature to interact with Meta AI, reported *WABetaInfo*. The feature, once launched, will allow the users to personalise their communication with the Meta AI as they will be able to engage in real-time conversations with the Meta AI. The revelation of the said feature being under works was made via the latest WhatsApp beta for Android 2.24.18.18 update available on the Google Play Store. The feature will enable WhatsApp users to choose from a variety of voice options and pick one which falls in line with their preferences — which will result in a hands-free interaction experience in the future. With the new feature, people will be able to communicate with the AI chatbot in a much more natural and efficient way with the voice



command feature provisioning quicker communication as there will be no need for typing. As seen from the screenshot, the Meta-owned platform is also testing a shortcut to access Meta AI with a voice chat mode feature which can be engaged by pressing the floating action button within the chats list. *WABetaInfo* believes that once introduced, the feature will not only result in a natural flow of communication between users and the Meta AI but will also help users in using the AI chatbot in situations where it is not possible for them to type commands.

Health

30-Day Low-Cholesterol Meal Plan for Beginners, Created by a Dietitian

Whether you've been struggling with high cholesterol for years or just found out your numbers are elevated, this low-cholesterol meal plan can help. We map out 30 days of delicious meals and snacks tailored to reduce cholesterol levels. To make this meal plan beginner-friendly, we chose simpler recipes with shorter ingredient lists, called for leftovers several times throughout the month and included ample meal-prep tips each week to make for a seamless routine. Registered dietitians thoughtfully create *EatingWell's* meal plans to be easy-to-follow and delicious. Each meal plan meets specific parameters depending on the health condition and/or lifestyle goal it is targeting and is analyzed for accuracy using the nutrition database, *ESHA Food Processor*. As nutritional needs differ from person to person, we encourage you to use these plans as

inspiration and adjust as you see fit. To help lower cholesterol, we capped saturated fat at no more than 14 grams per day. While there's some debate over saturated fat and its impact on cholesterol, we still opted to limit it but included plenty of unsaturated fats from foods such as nuts, seeds and avocado. Unsaturated fats can help lower LDL cholesterol, often referred to as "bad" cholesterol, and improve heart health. To further help lower cholesterol, we included fiber-rich meals and snacks. Fiber is an all-star nutrient with many health benefits, including playing an important role in reducing cholesterol. The recommended fiber intake ranges from 25 to 38 grams per day. ² Because research links a high fiber intake with a reduced level of total cholesterol and LDL cholesterol, we aimed

for the higher end of that goal with each day providing an average of 39 grams. Though total protein intake doesn't typically significantly influence cholesterol levels, we know it's a nutrient that many people prioritize. Each day provides an average of 93 grams of protein, which will help keep you feeling satiated and energized throughout the day. This 1,800-calorie meal plan has modifications for 1,500 and 2,000 calories to support those with different calorie needs. While we previously included meal plans and modifications for 1,200 calories, we no longer do. The 2020-2025 Dietary Guidelines for Americans suggests that limiting your calories to 1,200 per day is too low for most people to meet their nutritional needs, plus it's unsustainable for long-term health and well-being.



روزنامہ لاشنگٹن سٹی گراف

آئیڈیاز نمائش کا انعقاد خوش آمد، کاروباری سرگرمیوں سے معیشت مضبوط ہوگی، وفاقی وزراء

ڈنمارک سے سرمایہ کاری بہت حوصلہ افزا ہے، مثبت نتائج سامنے آئیں گے، عبدالعلیم خان، تجارت کو درپیش تمام مسائل کو ترجیحی بنیادوں پر حل کیا جائے گا، محمد اورنگزیب کی طرف سے ہر ممکن تعاون کی یقین دہانی

اس موقع پر وزیر مملکت پیٹرولیم صدیق ملک نے کہا کہ پاکستان معیاریات کے شعبے میں سرگرمیوں سے فروغ دینا دیکھنا رکھنے سے پاکستان مستقبل میں ڈنمارک کے ساتھ بڑھتی ہوئی تجارتی روابط کا بہتر حصہ بنے گا۔ وفاقی وزراء نے کہا کہ ڈنمارک سے سرمایہ کاری بہت حوصلہ افزا ہے، مثبت نتائج سامنے آئیں گے۔

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جیشن شریف جہاگیری کی مخالفین پر پابندی عائد کیا گیا، عدالت نے کہا کہ جیشن شریف نے عدالت کی نافرمانی کی ہے

اسلام آباد (پبلک سروس) اسلام آباد ہائی کورٹ نے جیشن شریف جہاگیری کی مخالفین پر پابندی عائد کیا ہے۔ عدالت نے کہا کہ جیشن شریف نے عدالت کی نافرمانی کی ہے۔ جیشن شریف جہاگیری کی مخالفین پر پابندی عائد کیا گیا ہے۔ عدالت نے کہا کہ جیشن شریف نے عدالت کی نافرمانی کی ہے۔

حکومت سے بات کرنا لیکشن میں ڈاکہ تسلیم کرنے کے مترادف، عمران خان

نواز شریف اڑھائی سال تک ووٹ کو عزت دو کا نعرہ لے رہے ہیں، مگر وہ تو ان کی حکومت اور سیاست کو ختم ہوجا سکتی ہے۔ عمران خان نے کہا کہ حکومت سے بات کرنا لیکشن میں ڈاکہ تسلیم کرنے کے مترادف ہے۔ عمران خان نے کہا کہ حکومت سے بات کرنا لیکشن میں ڈاکہ تسلیم کرنے کے مترادف ہے۔

پنجاب، انٹرمیڈیٹ پارٹ 2 کے نتائج کا اعلان کل ہوگا

لاہور (پبلک سروس) لاہور انٹرمیڈیٹ پارٹ 2 کے نتائج کا اعلان کل ہوگا۔ پنجاب بورڈ نے کہا کہ نتائج کا اعلان کل ہوگا۔

میانوالی، پولیس چیک پوسٹ پر دہشتگرد حملہ نام، ایک جوان زخمی

12 سے 14 دہشتگردوں نے رات کی تاریکی میں قتل کیل میں ایک پولیس چیک پوسٹ پر حملہ کیا۔ میانوالی پولیس چیک پوسٹ پر دہشتگرد حملہ نام، ایک جوان زخمی۔

برنس فورم آزاد جموں و کشمیر اور گلگت بلتستان کا اسلام آباد میں سیمینار کا انعقاد

اسلام آباد (پبلک سروس) برنس فورم آزاد جموں و کشمیر اور گلگت بلتستان کا اسلام آباد میں سیمینار کا انعقاد ہوا۔

مسئلہ کشمیر کا واحد حل سلامتی کونسل کی قراردادوں میں مضمر ہے، چوہدری انوار الحق

دنیا میں اصل بڑائی اللہ کی ہے امریکہ اور بھارت سے خوفزدہ نہیں ہونا چاہیے، غلام صفی، قمر زمان کازم و دیگر کا خطاب۔

لاپتہ افراد کیس، بڑکی سمیت 5 شہریوں کو کاسراغ، پولیس کی رپورٹ عدالت پیش

کراچی (پبلک سروس) سندھ پولیس نے کراچی میں لاپتہ افراد کیس، بڑکی سمیت 5 شہریوں کو کاسراغ، پولیس کی رپورٹ عدالت پیش کی ہے۔

حکومت نے بجلی 6 روپے سستی کرینیکا پلان آئی ایم ایف کو پیش کردیا

وفاقی اور صوبائی حکومتیں 2800 ارب روپے کی فنڈنگ کا بندوبست کریں گی، چیئر چیف نختوخوا حکومت کا قریب 70 روپے سستی کرینیکا پلان آئی ایم ایف کو پیش کردیا۔

ماہ ربیع الاول کا چاند دیکھنے کیلئے رویت ہلال کمیٹی کا اجلاس کل ہوگا

رویت ہلال کمیٹی کے اجلاس صوبائی پبلک ریسرچ سروس کے ڈائریکٹر جنرل نے کہا کہ ماہ ربیع الاول کا چاند دیکھنے کیلئے رویت ہلال کمیٹی کا اجلاس کل ہوگا۔

حکومت سے بات کرنا لیکشن میں ڈاکہ تسلیم کرنے کے مترادف، عمران خان

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حافظ نعیم کا ساتھ دو

لاہور، ماہر جماعت اسلامی حافظ نعیم ایشیائی کرکٹ کونسل کے نائب صدر ہیں۔

تخوہ دار طبقے پر ٹیکس لگادیا، آئی پی پیز کو سب معاف ہے، حافظ نعیم

ہم اس 50 لاکھ افراد کو پی ایم کا نمبر بنا نہیں گے، ہم کروڑوں کی تعداد میں لوگوں سے رابطہ کریں گے، پریس کانفرنس کا انعقاد۔

سندھ حکومت کا جام صادق پیل تک ایکسپریس وے بنانا فیصلہ

کراچی (پبلک سروس) سندھ حکومت کے فیصلے کے تحت ایکسپریس وے بنانا فیصلہ کیا گیا ہے۔ سندھ حکومت کا جام صادق پیل تک ایکسپریس وے بنانا فیصلہ کیا گیا ہے۔

سندھ میں تمام مذہبی اقلیتوں کو شہریدہ جانی والی خطرات لاحق

راولپنڈی (پبلک سروس) بھارت میں تمام مذہبی اقلیتوں کو شہریدہ جانی والی خطرات لاحق ہیں۔ سندھ میں تمام مذہبی اقلیتوں کو شہریدہ جانی والی خطرات لاحق ہیں۔

وزیراعظم ہرمنڈ کشمیری پروگرام کے تحت مدراس میں ٹیکنیکل ایجوکیشن کا آغاز

اسلام آباد (پبلک سروس) وزیراعظم ہرمنڈ کشمیری پروگرام کے تحت مدراس میں ٹیکنیکل ایجوکیشن کا آغاز کیا گیا ہے۔

حکومت نے بجلی 6 روپے سستی کرینیکا پلان آئی ایم ایف کو پیش کردیا

وفاقی اور صوبائی حکومتیں 2800 ارب روپے کی فنڈنگ کا بندوبست کریں گی، چیئر چیف نختوخوا حکومت کا قریب 70 روپے سستی کرینیکا پلان آئی ایم ایف کو پیش کردیا۔

اسلام آباد، وفاقی وزیر پیڑھو بھٹی نے اسحاق ڈار کی زیر صدارت اجلاس جاری ہے

اسحاق ڈار کی زیر صدارت اجلاس جاری ہے۔ وفاقی وزیر پیڑھو بھٹی نے اسحاق ڈار کی زیر صدارت اجلاس جاری ہے۔

President grieved over demise of Governor Saleem Haider's mother-in-law



ISLAMABAD: President Asif Ali Zardari has expressed deep grief and sorrow over the sad demise of mother-in-law of Governor Punjab Saleem Haider Khan. In a condolence message to the

Governor Punjab on Monday, the prayed to Allah Almighty to rest the departed soul in eternal peace and to grant courage to bereaved family to bear this irreparable loss with fortitude.

Pakistan, Bahrain discuss youth empowerment

ISLAMABAD: Chairman of the Prime Minister's Youth Programme, Mr. Rana Mashhood Ahmed Khan, held a video call with Bahrain's Minister of Youth Affairs, Her Excellency Rawan Bint Najeb Towfeeq. The discussion focused on strengthening bilateral relations between Pakistan and Bahrain through enhanced cooperation in youth empowerment and development.

During the call, both leaders emphasized the critical role that youth play in the socio-economic development of their respective countries. They acknowledged the shared challenges faced by young people in the modern world and explored opportunities for collaboration in various areas, including digital skills development, entrepreneurship, volunteerism, and leadership training.

Mr. Rana Mashhood Ahmed Khan highlighted Pakistan's commitment to empower its youth through various initiatives under the Prime Minister's Youth Programme. He expressed a keen interest in learning from Bahrain's successful youth programs and discussed potential areas where the two countries could collaborate for mutual benefit.

Her Excellency Rawan Bint Najeb Towfeeq appreciated Pakistan's efforts in youth development and expressed Bahrain's willingness to work closely with Pakistan on initiatives that could benefit the youth of both nations. This partnership is expected to pave the way for more robust youth-centric policies and initiatives that will contribute to the long-term growth and development of both countries.

The Prime Minister's Youth Programme continues to seek opportunities for international collaboration to empower the youth of Pakistan and to provide them with the skills and opportunities necessary to succeed in the global economy. DNA



ISLAMABAD: A delegation of the Utility Store Corporation meets with Federal Minister for Industries and Production, Rana Tanveer Hussain.

Thousands more children inoculated on day 2 of polio campaign in war-hit Gaza

UNITED NATIONS: The UN-led mass polio vaccination campaign entered its second day in central Gaza on Monday with pauses in Israeli attacks holding sufficiently for thousands more children to receive their dose, in addition to the 87,000 who received their first round on Sunday, UN agencies said.

"There were 87,000 vaccinated on the first day out of 156,000 that we are hoping to reach in the Middle Area," said Louise Wateridge, Senior Communications Officer for UNWRA, the largest UN agency in the Gaza Strip.

"It's very promising that already, we have heard interest from parents who have come from Khan Younis, who have come from the southern area, and are asking our staff there and asking our teams, 'When is the vaccination going to be available for us? When can we take our children?'"

Ms. Wateridge emphasized the urgent need for a ceasefire for the inoculation campaign to be successful, along with the release of all hostages taken on 7 October.

"What these children need most is a ceasefire now," UNRWA said on X.

Speaking on day two of the vaccination drive, Ms. Wateridge reported seeing "hundreds of children" at a health centre in Deir Al-Balah and more at an UNWRA school in the central city. "The school reported that 3,000 children were vaccinated yesterday alone, so you know we're seeing very good numbers and [need] to keep the momentum going."

On Sunday, vaccination teams operated at UNWRA health centres, mobile medical points, and tents, with similar arrangements in place for Monday. "We are doing everything possible to ensure that all children under the

age of 10 are vaccinated. Temporary pauses in the conflict are essential for delivering these vaccines," UNRWA added on X. "Beyond the pause, these children need a vaccine that has already been delayed for too long." The initial three-day campaign in Gaza's Middle Area to protect around 640,000 Palestinian youngsters from the highly infectious disease comes after health authorities detected the first case of polio in Gaza in 25 years. To offer maximum protection, children will need to receive two doses of the vaccine at a four-week interval. More than 1.2 million vaccine doses have been delivered to Gaza, with an additional 400,000 doses expected soon.

UN agencies UNRWA, the UN World Health Organization (WHO), the UN Children's Fund (UNICEF) and Palestinian health authorities aim to achieve at least 90 per cent vaccination coverage in each round of the campaign to curb the current outbreak and prevent the international spread of polio. Amid outbreaks of hepatitis, diarrhoea and other preventable diseases linked to 10 months of heavy Israeli bombardment and clashes with Hamas fighters, UN agencies underscored the need to for all warring sides to maintain the agreed eight-hour pause in hostilities.

"One of the biggest challenges is actually safely distributing the vaccinations because we have some areas in these so-called [humanitarian] pause zones between 6am and 2pm, there needs to be no fighting," UNRWA's Ms. Wateridge told UN News, a media website. "We are still struggling to get access to facilities and access to families and children in those areas. It's far too dangerous for them to travel, to move; there is ongoing fighting."

Ms. Wateridge reported "a lot of strikes" on Monday morning and through the night on Sunday. "So the fighting has not stopped by any means. There are some pauses throughout the day, but it's not guaranteed. We don't have guaranteed safety to people, and we really need that to reach all the children to get that 90 per cent success rate."

Last week, Israeli authorities agreed to a series of three-day "humanitarian pauses" in central, southern, and northern Gaza, allowing the vaccination campaign to proceed.

The UN health agency WHO welcomed these pauses but reiterated that ultimately, "the only solution" to safeguard the health of Gaza's children was a ceasefire. "The best vaccine for these children is peace," WHO Director-General Tedros Adhanom Ghebreyesus said.

The vaccination drive faces significant challenges, including ongoing fighting, devastated roads, and hospital closures caused by the conflict. According to the WHO, insecurity, damaged infrastructure, and population movements make it unlikely that three days in each area will be sufficient for adequate coverage. "It has been agreed that the vaccination period will be extended by a day if necessary," the WHO noted, stressing that vaccination teams must be protected and allowed to conduct their work safely.

The campaign comes amid a severe humanitarian crisis in Gaza, where the conflict between Israel and Hamas, coupled with Israel's blockade of the enclave, has led to acute shortages of food, drinking water, and medical supplies. The worsening situation has raised fears of further disease outbreaks, not limited to polio. APP

Mohsin Naqvi must choose between interior ministry, PCB chief roles: Sanaullah

ISLAMABAD: Federal Minister for Inter-Provincial Coordination (IPC) Rana Sanaullah, who is also an adviser to the Prime Minister on political and public affairs, said that the positions of Ministry of Interior and Pakistan Cricket Board (PCB) Chairman are full-time roles, and Mohsin Naqvi has to take a final decision regarding which post to retain.

Talking to a private news channel, Sanaullah highlighted the issue of political interference in sports bodies, saying that individuals with influence often occupy key positions without merit. Rana Sanaullah further claimed that those who fail to secure a place in other institutions often use their power to secure a position in reputable sports bodies.

"These individuals are so powerful that if I want to take a stand, the entire system would be shaken," he stated.

On political front, Rana Sanaullah said, we are not aligned with Maulana Fazlur Rehman; rather, we are in cooperation with him.

There have been accusations against Lt. General (retired) Faiz Hameed regarding his involvement in the appointment of the Army Chief and securing desired postings. He is also accused of using PTI for these purposes. If these accusations hold, then he could not have acted alone; the founder of PTI would be involved as well, Sanaullah said.

"It is possible that after retirement, WhatsApp messages may surface about communications between the two on May 9th and those who facilitated their communication may speak out later." INP

Collective efforts needed for dengue prevention, utilizing all resources: Randhawa

ISLAMABAD: Chairman of the Capital Development Authority (CDA), Muhammad Ali Randhawa has said that collective efforts are needed for preventing dengue and all resources are being utilized to prevent the disease in Islamabad as it is only possible to solve this issue by working together with civil society, youth, students, and different sectors of life.

The Chairman CDA along with Chief Commissioner on Monday led an awareness walk to educate citizens on the prevention of dengue fever.

Organized in collaboration with the Mumkin Foundation and the District Health Office, the event was attended by participants from civil society and various sectors.

Speaking on the occasion, Muhammad Ali Randhawa highlighted the need for preventive measures, including, installing screens on doors and windows, and maintaining cleanliness in homes and neighbourhoods.

He stressed for ensuring effective communication between institutions to prevent the spread of dengue fever.

The awareness walk aimed to educate citizens on the simple yet effective steps they can take against dengue.

BISP-JazzCash team up for digital empowerment of BISP beneficiaries

Senator Rubina Khalid stresses BISP's commitment to improving the lives of its beneficiaries by offering market-driven skill training



ISLAMABAD: Senator Rubina Khalid, Chairperson of the Benazir Income Support Programme (BISP), met with a delegation from JazzCash led by Ibrar Khan, Vice President Corporate Affairs, and Ali Naseer, Chief Strategic Officer. The meeting focused on enhancing the financial and digital inclusion of BISP's women beneficiaries by providing them with smartphones. Senator Rubina Khalid emphasized the directive from both the President and Prime Minister

of Pakistan to ensure that BISP beneficiaries receive their payments with complete transparency and respect. She highlighted that digital empowerment through smartphones is vital in bridging the communication gap between BISP and its beneficiaries, enabling them to be fully aware of their rights and reducing the risk of fraud.

The Chairperson also stressed BISP's commitment to improving the lives of its beneficiaries by offering market-driven skill training that aligns with employment opportunities. During the meeting, the JazzCash team presented potential initiatives for collaboration. Senator Rubina Khalid urged the team to develop a detailed implementation plan for the digital empowerment of BISP beneficiaries. SABAH

AIOU to ensure transparency, merit its practices: VC

ISLAMABAD: Vice Chancellor Allama Iqbal Open University (AIOU), Prof Dr. Nasir Mahmood has reiterated that the university will ensure transparency and merit in its practices.

Chairing the General Body meeting of the Academic Staff Association (ASA) at AIOU on Monday, he assured the faculty that all appointments and promotions would be made transparently with strict adherence to established rules and no room for discrimination. Prof Dr. Nasir Mahmood during the meeting addressed various concerns raised by the faculty, including the need for increased medical subsidies and ODL allowances, promising to advocate for these in the university's Executive Council. The VC AIOU also expressed openness to revisiting the newly proposed departmental promotion criteria after faculty members voiced unanimous objections. Speaking on the occasion, President ASA Dr. Muhammad Iqbal Ahmed highlighted the timely resolution of key issues, such as the advertisement of vacant positions and the swift convening of the Selection Board. He also thanked the Vice Chancellor for his proactive approach.

Bilawal meets Balochistan CM to discuss provincial issues

ISLAMABAD: Chairman Pakistan Peoples Party (PPP) Bilawal Bhutto Zardari on Monday met with Balochistan Chief Minister Sarfaraz Bugti.

The meeting focused on the pressing issues faced by Balochistan, including the recent surge in terrorism and the devastating flood situation.

According to PPP Secretariat, Chief Minister Bugti briefed Bilawal Bhutto on the measures taken by the provincial government to combat terrorism and restore peace in the region.

The discussion also touched on the flood situation in Balochistan, triggered by recent rains, and the efforts underway to provide relief and support to affected communities.

Meanwhile, Chairman PPP called on Secretary General of PPP Syed Nayyer Husain Bukhari



and President of Human Rights Committee of PPP Farhatullah Babar.

They discussed current political landscape and organizational matters within the party. APP

Punjab govt launches innovative Smart Classroom project with Huawei

LAHORE: Punjab Chief Minister Maryam Nawaz unveiled the AI-powered Huawei Smart Classroom Project at Government Kinaird Girls High School, Empress Road.

This cutting-edge initiative, developed in collaboration with Huawei, represents a major leap forward in transforming education in Punjab by integrating advanced technology into the classroom said a news release issued by Huawei on Monday.

Punjab government launches innovative Smart Classroom project with Huawei. The Smart Classroom Project is a key component of the "Back to School" enrollment campaign.

It introduces state-of-the-art technology, including cameras that record lectures, allowing students to review and engage with lessons outside of class time.

This initiative aims to enhance educational quality and make learning more interactive and accessible.

Huawei's support is remarkable to this project, highlighting its strong commitment to advancing educational innovation. By integrating Huawei's advanced technology, Punjab is setting a new benchmark for educational excellence and technological integration in schools.

Chief Minister Maryam Nawaz during her visit to Huawei Smart Classrooms highlighted the significance of this project, stating, "Incorporating Huawei's technology into our classrooms is a testament to our commitment to providing high-quality education to every student in Punjab. Our goal is to elevate every government school to the standards of the best private institutions."



This initiative is also a part of Punjab's broader strategy to boost its IT industry and establish itself as a hub for technological innovation. The Smart Classroom Project aligns with the government's vision of nurturing talent and driving economic growth through technology.

Key figures at the event included Parliamentary Secretary for School Education Nosheen Adnan and Provincial Education Minister Rana Sikandar Hayat, underscoring the collaborative efforts that made this project possible.

With this partnership, the Punjab government and Huawei are making progress towards enhancing the educational experience, providing students with the resources necessary to thrive in a digital era. PR

Denmark wants to invest in Pakistan's mining industry

ISLAMABAD: Denmark on Monday expressed its commitment to investing in and modernizing Pakistan's mining industry during a high-level meeting.

The interest was expressed by a delegation of FL Smidth headed by the CEO Mikko Keto including Chris Reinbold, president of Mining Products, Iqar Hussain, global key account project manager during a meeting with Federal Ministers Dr Musadik Malik, Muhammad Aurangzeb, Abdul Aleem Khan, Jam Kamal Khan, said a news release.

The Danish Ambassador to Pakistan, Jakob Linulf, was also in attendance. FL Smidth, a leading global supplier of technology and services to the mining and cement industries, has been active in Pakistan for over three decades.

The company has played a significant role in the development of the country's cement industry, having supplied approximately 60-70% of the cement plants in Pakistan. In 2017, FL Smidth expanded its operations by opening an after-sales service office in Islamabad, employing a local workforce to provide compre-



hensive services to cement plants across the country. The company is now looking to extend its expertise to Pakistan's mining sector.

Federal Minister for Petroleum, Dr. Musadik Malik, welcomed the Danish delegation and highlighted the government's focus on the mining sector. He said that the partnership with FL Smidth would go beyond financial investment, including the transfer of technology, training, capacity building, and introducing new ways of thinking.

He also mentioned the government's strategy to establish small industrial clusters to enhance competitiveness. Jakob Linulf, the Danish Ambassador, said that Pakistan holds a significant place on Denmark's agenda, with growing momentum for collaboration.

He referenced the recent celebration of 75 years of Denmark-Pakistan diplomatic relations and expressed Denmark's eagerness to elevate the partnership in the mining industry to new levels.

CEO Mikko Keto, who is on a two-day visit to Pakistan, expressed gratitude for the warm welcome and detailed FL Smidth's interest in expanding into Pakistan's mining sector.

He mentioned that the company plans to replicate its successful mining collaborations with other countries in Pakistan, bringing decades of experience to the table. He also indicated that FL Smidth would connect with other Pakistani mining companies to explore new opportunities, with a particular focus on research, training, and student programs.

President of Mining Products at FL Smidth, Chris Reinbold highlighted existing training and research programs for students, expressing an interest in developing similar initiatives for Pakistani students.

The meeting also included senior officials from Pakistan, including Secretary Petroleum Momin Agha, Additional Secretary Hasan Yousafzai, and DG Minerals Dr. Nawaz. All parties expressed optimism about the potential for fruitful collaboration between Denmark and Pakistan in the mining sector. APP