



Making the Pakistan Navy further stronger to protect Pakistan's geo-economic interests as well as defend the maritime frontiers of the country

President of Pakistan
Asif Ali Zardari

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President Zardari for stronger Navy to protect Pakistan's geo-economic interests

Reiterates Pak's resolve to defend its sovereignty, uphold peace, prosperity, stability & defend the motherland at all costs

KARACHI: President Asif Ali Zardari has called for making the Pakistan Navy further stronger to protect Pakistan's geo-economic interests as well as defend the maritime frontiers of the country. Welcoming the induction of MILGEM Class Corvette Pakistan Navy Ship (PNS) Babur and Offshore Patrol Vessel PNS Hunain into the Pakistan Navy (PN) fleet, he said that the ships would enable the Navy to meet its ever-growing operational responsibilities.

President Asif Ali Zardari expressed these views while addressing the induction ceremony of PNS Babur and Hunain into the Pakistan Navy fleet, on Friday, at the PN Dockyard, Karachi. The ceremony was attended by Deputy Minister of National Defence Turkiye, Mr Bilal Burdali, Chairman Joint Chiefs of Staff Committee, General Sahir Shamsah Mirza, Chief of the Naval Staff, Admiral Naveed Ashraf, senior representatives of construction yards, high-ranking officials of the Armed Forces and the political leadership.

PNS Babur is a multipurpose ship built and commissioned at Istanbul Naval Shipyard on 23 September 2023. PNS Hunain, an Offshore Patrol Vessel, was built and commissioned at DAMEN Shipyard, Romania on 25 July 2024. Addressing the ceremony, the President highlighted that the induction of PNS Babur and Hunain into the fleet was a milestone achievement in fortifying Pakistan's maritime defence capabilities. He noted that these ships would enhance the operational readiness of the Navy to counter both conventional and asymmetric threats.

The President underscored the pivotal role played by the Pakistan Navy in ensuring maritime security, contributing to regional stability, and supporting the country's economic growth by safeguarding sea lanes of communication. He said that the Pakistan Navy was ensuring the continuous flow of maritime commerce and defending our maritime boundaries, in view of the great potential of the blue economy for the country's economic growth.

The President reiterated Pakistan's resolve to defend its sovereignty, uphold peace, prosperity, and stability, and defend the motherland at all costs. He stated that Defence and Martyrs' Day reminded us of the courage, unity, and determination of our Armed Forces and citizens who defended our nation against external aggression. He paid rich tribute to the martyrs who laid down their lives in defence of the motherland.

Acknowledging the collaborative efforts involved in the construction of the newly inducted ships, the President expressed his gratitude to the teams from Pakistan, Turkiye, and the Dutch DAMEN Shipyard for their dedication and hard work. "These ships symbolize our strong friendship with Turkiye and our trust in the Dutch DAMEN Shipyard in Romania," he remarked. He added that the development would further boost the Navy's ability to defend the country's maritime boundaries. SABAH



KARACHI: President Asif Ali Zardari in a group photo with senior military officials and crew of Pakistan Navy Ship Babur, during its induction ceremony.

Pakistan's desire for peace isn't weakness: PM

Armed forces, nation determined to foil designs of enemy: COAS

VOM Report

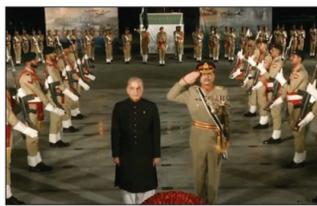
RAWALPINDI: Prime Minister Muhammad Shehbaz Sharif has said Pakistan believes in peaceful neighbourhood, but no one should deem this desire as weakness.

He was addressing a ceremony held at GHQ in Rawalpindi tonight to mark the Defence and Martyrs Day.

The Prime Minister said Pakistan has always been making efforts for global peace. He, however, said that Pakistan will never make any compromise on its integrity and freedom. The Prime Minister said this day reminds us the unmatched sacrifices of our brave soldiers who fought gallantly for the motherland. Shehbaz Sharif paid glowing tribute to those who lost their loved ones in war against terrorism.

He reiterated that the armed forces of Pakistan would continue their operations against terrorists in the country.

Talking about the massive human rights violations being committed by occupation forces in Indian illegally occupied Jammu and Kashmir, Shehbaz Sharif once again urged the world leaders to come forward and play their due role for peace in the region. About continued Israeli barbarism and aggression in Gaza, the Prime Minister urged the international community to raise its voice as it is directly affecting humanity in Palestine.



Meanwhile, Army Chief General Syed Asim Munir has said the armed forces and the people of Pakistan are determined to foil the nefarious designs of country's foes. He was addressing a ceremony held in connection with Defence and Martyrs Day at GHQ, Rawalpindi tonight. The Army Chief said external forces, involved in fanning terrorism in Pakistan will not be allowed to succeed in their designs. Paying glowing tribute to the martyrs and veterans of armed forces for their sacrifices in the war against terrorism, General Syed Asim Munir said this long and non-conventional battle against militancy is continuing and will go on till the elimination of last terrorist from the soil of Pakistan. He said the sacrifices rendered by the armed forces, law enforcement agencies and the valiant people of Pakistan, especially the residents of Khyber Pakhtunkhwa and Balochistan, are a golden chapter of country's national history.

The Army Chief said the war against the Fitna al-Khawarij has been continuing for over 20 years and the nation has rendered unmatched sacrifices in this fight, which have resulted in Pakistan's security and its gradual stability.

General Syed Asim Munir said Paigham-e-Pakistan, a joint strategy against the Fitna al-Khawarij, better management of the western border, merger of tribal areas, development measures in Khyber Pakhtunkhwa and Balochistan are significant achievements.

He said the armed forces and the people of Pakistan are tied in heart-to-heart connectivity. The Army Chief further said that some inimical forces are spreading confusion on the measures taken for country's security and attempting to create a wedge between the armed forces and the people of Pakistan. He said these elements will be defeated with national resolve. Highlighting the importance of Azm-e-Istehkam, the Army Chief said it is imperative for national integrity and is not a new operation. In his remarks about the ongoing Indian oppression in the occupied Jammu and Kashmir, the Army Chief said rulers of New Delhi are committing genocide there. He said Pakistan will continue extending moral, diplomatic and political support to the people of Kashmir.

Regarding on the ongoing situation in Gaza, Syed Asim Munir said Israeli aggression is a threat to world peace. He said Pakistan stands with the Muslims of Gaza.

Ishaq Dar lauds the role played by 1.7m British-Pakistanis in fortifying the Pakistan-UK partnership

Speaks with UK Minister for Justice Shabana Mahmood

LONDON: Deputy Prime Minister/Foreign Minister Senator Mohammad Ishaq Dar spoke with Shabana Mahmood, Lord Chancellor and Secretary of State for Justice of the United Kingdom. She is the first Muslim woman to hold this position. Deputy Prime Minister Ishaq Dar congratulated Lord Chancellor Mahmood on her historic appointment, saying that her success was a source of pride for all Muslims and Pakistanis in particular. He lauded the role played by 1.7 million British-Pakistanis in fortifying the Pakistan-UK partnership.

The Deputy Prime Minister said that he looked forward to working with Lord Chancellor Mahmood to further strengthen the special relationship between Pakistan and the UK for the benefit of both peoples. He invited the Lord Chancellor to visit Pakistan at a mutually convenient date. Lord Chancellor Mahmood thanked the Deputy Prime Minister for his warm message of felicitations. She agreed that the vibrant British-Pakistani community was playing a critical role in enriching the ties between the two countries.

Attaullah Tarar visits the family of martyred Captain Ahmed Badr Shaheed in Rawalpindi

RAWALPINDI: Minister for Information and Broadcasting Attaullah Tarar Advocate visited the family of martyred Captain Ahmed Badr Shaheed in Rawalpindi. He prayed for the higher ranks of the martyr. Speaking on the occasion, he said Captain Ahmed Badr Shaheed is our pride and that the nation will never forget his sacrifice. The Information Minister said it is because of the sacrifices of martyrs like Ahmed Badr Shaheed, we are safe in our homes. Attaullah Tarar reaffirmed unwavering commitment for elimination of Fitna Al Khawarij. SABAH

Ahsan highlights significance of Defence day

ISLAMABAD: Emphasizing the importance of Defence day (September 6th) in the country's history, Federal Minister for Planning, Development and Special Initiatives Ahsan Iqbal here Friday highlighted the bravery of Pakistan Air Force against Indian aggression, despite being outnumbered.

"On that day, our armed forces proved that Pakistan's defence is invincible, not just on land but also in the air," the minister said in a message on Defence Day. He emphasized that September 6 teaches that with sincere determination and hard work, no country or nation could be defeated even if the enemy dominates in resources, land and number of its forces.

"Today, with over 60 percent of the population comprising youth and abundant natural resources, Pakistan demands the spirit and determination like September 6 from us," he added. DNA

Pakistan Armed Forces reaffirm their unwavering commitment to defend the country against all threats & challenges

Say the 1965 War was a beacon of hope, exemplifying the nation's resilience & determination in the face of adversity



RAWALPINDI: On the eve of the 59th Defence and Martyrs Day, the Chairman Joint Chiefs of Staff Committee General Sahir Shamsah Mirza, Services Chief, and the Pakistan Armed Forces proudly commemorate the triumphant legacy of the 1965 War, a paradigm of the nation's indomitable will and unyielding spirit. This day serves as a poignant tribute to the valor, sacrifice, and heroism of our gallant soldiers who valiantly defended the motherland against formidable odds.

According to the statement issued by the ISPR on Friday, 59 years ago, the Pakistan Armed Forces decisively thwarted the enemy's malicious designs, securing a historic victory that will be etched in the annals of history forever. The 1965 War was a beacon of hope, exemplifying the nation's resilience and determination in the face of adversity. The statement said that we pay heart-

felt tribute to the martyrs of Pakistan who have laid down their lives since 1947 in defence of Pakistan and especially those who have given ultimate sacrifices in fights & war against terrorism. Their sacrifices will never be forgotten. We also salute the veterans who fought valiantly, their bravery and selflessness will always be remembered.

The statement said that the Pakistan Armed Forces reaffirm their unwavering commitment to defend the country against all threats and challenges. We along with Law Enforcement Agencies stand ready to defend our homeland with unwavering dedication and unrelenting passion, upholding the spirit of September 1965. We also pay tribute to the families of all our martyrs and veterans who have borne the brunt of their loved ones' sacrifices with courage and resilience.

"Let us come together to honour the memory of our martyrs and heroes on this Defence and Martyrs Day. May their sacrifices continue to inspire us to strive for a stronger, more prosperous, and more peaceful Pakistan" the statement concluded. PR

Entire country stands in gratitude & solidarity with the families of those who have given their lives for Pakistan: Muhammad Aurangzeb

ISLAMABAD: In a heartfelt tribute on Defence Day, Federal Minister for Finance and Revenue Senator Muhammad Aurangzeb visited the residence of Shaheed Lance Naik Waqar Hussain Shah to honour the sacrifices of Pakistan's armed forces. Shaheed Waqar Hussain Shah laid down his life in the line of duty, defending the nation with unparalleled bravery and dedication.

During the visit, the Finance Minister met with the widow of the martyr, Mrs. Sania Nazir, and their children, offering his deepest condolences and expressing the nation's immense pride in the valour and sacrifice of Shaheed Waqar. He highlighted that the entire country stands in

gratitude and solidarity with the families of those who have given their lives for Pakistan. The Finance Minister remarked, "Our martyrs are the pride of the nation, and their sacrifices serve as a beacon of courage and patriotism for generations to come. The bravery of heroes like Shaheed Waqar Hussain Shah will forever be remembered, and the nation is indebted to their service." Mrs. Sania Nazir expressed her gratitude for the Minister's visit, reiterating her commitment to raising their children in the spirit of patriotism and service to the country. The children of Shaheed Waqar were assured of continued support and recognition by the government for their father's supreme sacrifice. SABAH

Minister visits Martyrs' grave at Navy graveyard

KARACHI: Federal Minister for Maritime Affairs Qaiser Ahmed Shaikh on Friday visited the Pakistan Navy graveyard and laid a floral wreath on the grave of Martyr Lt Cdr Zeeshan. The minister, after laying the wreath offered Fateha and prayed for the departed soul of Shaheed Lt Cdr Zeeshan. While paying tribute to Pakistan's valiant Armed Forces soldiers and officers, the Federal Minister said that in 1965, our forces fought bravely against the enemy and defended the frontiers of the homeland.

The bravery shown by our forces on September 6, 1965, is memorable for all of us, Qaiser Shaikh said, adding that he still remembers that day clearly. The minister said he would never forget that spirit shown by our heroes for which the entire nation pays respect to them. Replying to a question regarding challenges being faced by the country, Qaiser Shaikh said Pakistan was confronted by multiple external as well as internal threats but our Armed Forces and the Federal Government were taking measures to face these challenges with national unity and spirit. The federal minister said 'Pakistan is a great country which is the result of the sacrifices of our forefathers'. (Picture on Page 4)

Pakistan Navy celebrates defence and Martyrs Day 2024

ISLAMABAD: Pakistan Navy observed Defence and Martyrs Day to commemorate supreme sacrifices of our Armed Forces, Shuhada, Ghazis and national heroes who stood against the enemy with unparalleled display of unity and tenacity during 1965 Indo-Pak War. In his message on the occasion, Chief of the Naval Staff, Admiral Naveed Ashraf paid homage to the Shuhada and Ghazis who repulsed blatant aggression of enemy and foiled its nefarious designs with support of our people. The day displays the spirit of unity and sacrifice in the defence of our motherland and glorifies the courageous heroes who were meticulous in their planning, undaunted in their action and instilled fear in the hearts of our enemy. The Admiral reiterated that as we commemorate this venerated occasion to honour the feats and sacrifices of our brave sentinels of sea, our Navy stands vigilant and unfaltering in its commitment to defend maritime borders and secure our vital sea routes which are the lifeline of our economy.



The day dawned with special prayers offered in all naval mosques for preservation of integrity and sovereignty of Pakistan. Quran Khawani were held for Shuhada of the 1965 war. Vice Chief of the Naval Staff, Vice Admiral Ovais Ahmed Bilgrami laid floral wreath at Shuhada's Monument at Naval Headquarters Islamabad, offered Fateha and interacted with the families of Shuhada. Wreath laying ceremonies and Fateha Khawani were also held at Shuhada's memorials at Field Command Headquarters. PR

Anybody who takes arms against the state is a terrorist & the state will deal with such elements with iron hand: Naqvi

Says killing innocent people in the name of religion has nothing to do with Islam & Islamic teachings

ISLAMABAD: Interior Minister Senator Syed Mohsin Raza Naqvi has urged Ulema and Mashaikh to support and stand by the government in its efforts to purge the country from the scourge of terrorism and extremism.

Talking to delegation of Ulema and Mashaikh in Islamabad, Mohsin Naqvi said Pakistan is first, and we all have to make collective efforts for its development and prosperity. In connection with Defence Day, he categorically stated that anybody who takes arms against the state is a terrorist and the state will deal with such elements with iron hand. He said killing innocent people in the name of religion has nothing to do with Islam and Islamic teachings.



The Interior Minister emphasized terrorists and extremists to lay down weapons and accept writ of the State and the Constitution. He assured that suggestions of Ulema and Mashaikh would be incorporated to root out terrorism from the country.

In his remarks, Minister for Religious Affairs and Interfaith Harmony, Chaudhry Salik Hussain said time has come that Ulema and Mashaikh should come forward and play their active role to reforms the society. Speaking on the occasion, Chairman

Ruet-e-Hilal Committee Maulana Abdul Khabeer Azad asked the participants to play overwhelming role to save the country today as was played by Ulema and Mashaikh during independence of Pakistan.

He said more than one thousand Ulema and religious scholars belonging to all schools of thought have signed a decree and narrative under Paigham-e-Pakistan, declaring unanimously that suicide attacks, armed insurgency against the state and the use of force in the name of enforcing Shariah is 'Haram' or forbidden in Islam.

He assured the Interior Minister that Ulema are standing by the government and the state in its war against terrorism and extremism. SABAH

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Climate anxiety

ZILE HUMA

The heavy monsoon rains have once again flooded many areas of Pakistan leading to socio-economic crises. According to the UN Office for the Coordination of Humanitarian Affairs, "108 people died, 216 people were injured, and over 550 houses were damaged across Pakistan by monsoon rains and flash floods between 1 July and 1 August 2024." The intensity and frequency of climate-led disasters are increasing day by day. According to the NASA Earth Observatory, in June 2024, early summer heat waves hit both western and eastern US. The recent Canadian forest fires are one of the deadliest in its history. Similarly, wildfires blazed forests in France. Russia has also faced these forest fires this year. The current floods in Bangladesh are also devastating. There are so many other scary examples from other parts of the world engulfed by climate-led disasters.

Climate-led disasters leave many devastating impacts on the affected populations. One of the impacts is psychological trauma or anxiety caused during a natural catastrophe and the consequent implications for the affected population. The term 'climate anxiety' is being used by experts to analyze impacts like depression and stress on human existence and land due to climate change. First, we will explore the causes and impacts of climate anxiety on human beings. Major catastrophes in any part of a country not only affect those directly involved but also create widespread sadness and anxiety throughout the nation. A study by Yale University found that 12 per cent of Americans struggle to stop themselves from consuming negative news about global warming, which contributes to a growing sense of unease.

The loss of loved ones in disasters leaves a lifelong psychological impact on the surviving family members. Additionally, in climate-related disasters such as floods, people suffer financial losses due to crop damage and the destruction of homes and shelters. The fear of losing shelter and the inability to provide for their families adds to their anxiety. The damage to infrastructure often halts educational activities, depriving children in affected

Intensity and frequency of climate-led disasters are increasing day by day

areas of their basic right to education. Such distressing experiences during childhood can have profound and lasting effects on young minds. As Sigmund Freud noted, "Unexpressed emotions will never die. They are buried alive and will come forth later in uglier ways." The fears, anxiety, and trauma faced by children during such events can significantly influence their personality development. In addition, women and girls become more vulnerable to crimes such as kidnapping and abduction during times of crisis. The fear of such incidents, along with the incidents themselves, leaves lasting impressions on their mental health, contributing to an increased sense of insecurity and anxiety among the female population. In a crisis situation, women are also subject to domestic violence. In a patriarchal society, men release their tension over any socio-economic issues in the form of domestic violence, victimizing women in their homes. According to a 2013 report by the UNDP, "There is an exponential rise in mental illness including depression, anxiety, post-traumatic stress disorder (PTSD), and suicidal ideation for women who have experienced violence and abuse. This is another kind of psychological trauma faced by all members of a family."

"In addition to that, the apprehension of facing a similar kind of climate-led disaster in the future also creates anxiety and phobia in the population. Such kind of mental issues lead to many medical problems like high blood pressure, heart attacks, etc". The anxiety and psychological impacts caused by any disaster are normally neglected areas in the relief and rehabilitation efforts conducted by the government and private sectors. There are some policy recommendations to tackle the mental health of affected populations during natural disasters. Psychiatrists and psychologists must be included in the medical teams and camps to immediately provide counselling to the affected persons. Many government organizations in Pakistan have established helplines to offer immediate support for crimes against women, which is a commendable initiative. However, it is essential to raise awareness about these helplines in remote areas where most women are illiterate and lack access to information. Mental health sessions should also be included in seminars and conferences on climate change and disaster management. As one of the top ten countries most affected by climate change, Pakistan is highly vulnerable to climate-related disasters. The academia in Pakistan should prioritize research to develop better strategies for addressing mental health issues during natural disasters, considering local traditions and dynamics. We also need to train psychologists and psychiatrists specifically to handle the psychological trauma faced by disaster-affected populations. Providing financial support and initiatives to restore normalcy in disaster-stricken areas can also help alleviate anxiety and other mental health concerns. Addressing climate anxiety and mental health challenges related to natural disasters is a crucial aspect of disaster response and recovery. It requires concerted efforts to ensure the overall well-being of populations affected by catastrophes.

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Raashid Wali Janjua

War of missed opportunities

aggressive nationalist civil-military clique in domestic power corridors convinced the leadership about the possibility of resolving the Kashmir dispute through armed conflict.

The 1965 war was a product of the unresolved Kashmir conflict and unrealistically ambitious assumptions such as ruling out the possibility of India retaliating when confronted with defeat in the disputed Kashmir territory.

An ambitious group of civil-military leaders comprising foreign minister Zulfikar Ali Bhutto, foreign secretary Aziz Ahmed, and GOC 12 Division major General Akhter Husain Malik managed to convince the Pakistani military leadership to help the Kashmiri resistance inside Occupied Kashmir through armed insurrection.

In his book 'Asymmetric Conflicts: War Initiation by Weaker Powers', US writer TV Paul analyzes reasons that lead weak nations to initiate war. He presents six case studies, including the Arab-Israel War 1973, Indo-Pakistan War 1965, Falklands War 1982, China-Korea War 1950, Russo-Japanese War 1904, and Japan's 1941 Pearl Harbour attack. TV Paul argues that wars happen not because of countries' strong sense of achieving something but because the weak often have few alternatives except war. According to him, strategic, political, international environment, and domestic politics are four areas that impact the war choices of weaker powers.

In the case of Pakistan, the favourable international environment due to military alliances with the West, favourable military balance due to US-delivered weapons, the perceived receptivity of Kashmiris for armed insurrection, and an

and two armour regiments, and 4 Corps plus seven Division Artillery (Six artillery regiments and five batteries in total).

Indian targets in Dewa, Barsala, Chhamb and across Tawi bore the brunt of nine field, seven medium and two heavy batteries of Pakistan artillery. Capturing Akhnur was a strategic goal that would have cut off Indian forces in Nowshera, Rajauri and Poonch from Jammu, making their position tactically and logistically weak.

According to Shaukat Riza in 'Pakistan Army War-1965', 12 Division was to control operations till River Tawi and 7 Division under major-general Agha Muhammad Yahya was to take over from Tawi onwards. Akhter Malik, according to eyewitness Brig Mian Mehmud who was commanding 1 Army Aviation squadron, had planned to capture Akhnur by September 3.

Due to change in command, the operation got delayed and Muhammad Yahya could not capture Akhnur. Pakistan as per Lt-Gen Kamal Matinuddin came within an ace of capturing Akhnur, but the joker in the pack was with Indian PM Shastri, who ordered an attack across international border in the Lahore and Sialkot sectors on September 6.

Why Pakistan's leadership had discounted an Indian attack across international borders, a possibility that was predicted by no less than Nehru in a statement as far back as 1950, is still a mystery. In the Ravi-Beas sector, the Indian attack along the GT Road and Burki axes was blunted by a resolute defence by doughty defenders such as Major Shafiq Baloch and Aziz Bhatti and the timely action by the PAF.

An offensive thrust in Khem Karen by Pakistani 1 Armoured Division petered out due to some staff and planning errors and use of inundation tactics by Indians. India had

come close to a decisive defeat on September 9 when General Chaudry ordered the Indian Army to withdraw behind Beas but was saved due to his subordinate Harbaksh Singh, the commander of the Western Command who disobeyed his order.

In Sialkot, Indians were on the offensive employing three infantry and one armoured division against Pakistan's 15 Infantry Division and 6 Armoured Division. On September 8, when there was nothing between the Indian juggernaut and Pakistan's soft underbelly east of Sialkot, the PAF emerged from nowhere to scatter Indian armour. PAF action bought valuable one hour enabling the 25 Cavalry to reach from Narowal and stand like a rock against Indian armour, beating back its repeated attacks. On September 11, Indians advancing on three axes (Chawinda-Phillorah-Badiana) appeared to break through 9FF and 11 Cavalry's positions at Gadgor-Phillorah.

The famed legendary Pakistan's tank regiment - Guide's Cavalry - swung into action and re-enacted the Charge of the Light Brigade type attack in debonair cavalry charges of yore, unhinging Indian 16 Cavalry and 17 Poona Horse, forcing a panicked recoil on Indian 62 Cavalry regiment following behind.

The 1965 war, which could have been a decisive strategic victory for Pakistan, turned out to be a tactical draw due to missed operational opportunities in the Akhnur and Khem Karen sectors.

At the operational level, India's decision against pressing on with offensives, despite having superior reserves, might have been to Pakistan's advantage in this war of missed opportunities.

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Today in History

History of Pakistan



and Ayub Khan and his advisers, as well as important donor countries, believed the arrangement would provide material benefits and possibly even expose people to self-governing experiences.

Ayub Khan also established a constitutional commission to advise on a form of government more appropriate to the country's political culture, and his regime introduced a number of reforms. Not the least of these was the Muslim Family Laws Ordinance of 1961, which restricted polygamy and provided more rights and protection for women. He also authorized the development of family-planning programs that were aimed at tackling the dilemma of Pakistan's growing population. Such actions angered the more conservative and religiously disposed members of society, who

also swelled the ranks of the opposition. Under pressure to make amends and to placate the guardians of Islamic tradition, the family-planning program was eventually scrapped.

An important feature of the Ayub Khan regime was the quickening pace of economic growth. During the initial phase of independence, the annual growth rate was less than 3 percent, and that was scarcely ahead of the rate of population growth. Just prior to the military coup, the rate of growth was even smaller. During the Ayub Khan era—with assistance from external sources, notably the United States—the country accelerated economic growth, and by 1965 it had advanced to more than 6 percent per annum. Development was particularly vigorous in the manufacturing

sector, but considerable attention was also given to agriculture. U.S. assistance was especially prominent in combating water logging and salinity problems that resulted from irrigation in the more vital growing zones. Moreover, plans were implemented that launched the "green revolution" in Pakistan, and new hybrid wheat and rice varieties were introduced with the goal of increasing yields.

Despite positive economic developments, overall, most investment was directed toward West Pakistan, and the divisions between East and West grew during this period. Ayub Khan attempted to answer Bengali fears of becoming second-class citizens when—after work was begun, at his order, on building a new Pakistan capital at Islamabad—he declared it was his intention to build a second,

or legislative, capital near Dhaka, in East Pakistan. However, the start of construction on the new second capital did not placate the Bengalis, who were angered by Ayub Khan's abrogation of the 1956 constitution, his failure to hold national elections, and the decision to sustain martial law. East Pakistanis had many grievances, and in no instance did they genuinely believe their purposes and concerns could be served under Ayub Khan's military government. Subsequent developments only served to enforce these beliefs. Water rights agreements signed with India and hydroelectric projects along the Indus River benefited the West, as did military agreements reached with the United States.

To be continued....

Showbiz

Jenna Ortega makes 'weird' revelation ahead of 'Beetlejuice' release

Jenna Ortega details on portraying 'weird' characters onscreen



Jenna Ortega makes a surprising confession about representing "weird" people onscreen.

The 21-year-old actress, who is widely known as Wednesday Addams in record-breaking series Wednesday, opened up to the BBC about her interest in portraying weird characters. She told the outlet, "People who feel a little bit weird or feel like they stick out a little bit more in a crowd, or it's hard for them to relate to people."

Jenna shared her thoughts on stepping into various characters' shoes, exploring the worlds within as she went onto say, "I think it's important to see people in these fields, in these worlds, in these environments own it

and take charge, and that's really exciting for me. Especially for people who haven't really seen anything like this before."

The actress divided the internet with her comments, leaving fans furious.

One person wrote, "The irony and catch 22 of this entire post is wild. WILD. There is no 'weird'. There is no 'normal'."

Another chimed in, adding, "There is only belief and belief is so tainted that Ms Ortega has to say she's paving a way for people who are perfectly fine as is, but mainstream media may claim otherwise. But then, here is mainstream media saying it's all accepted."

Tech

China's Geespace launches 10 satellites as part of plan to equal Elon Musk's Starlink

BELJING: Chinese company Geespace announced on Friday that it launched a third batch of satellites as part of its plan to form a mega constellation it described as China's equivalent of Elon Musk's owned Space X's Starlink. According to the company, backed by automaker Geely, the Low Earth Orbit (LEO) satellites were launched from the Taiyuan Satellite Launch Centre, located in the northern province of Shanxi.

LEO satellites usually operate at altitudes of 300-2,000 km (186-1243 miles) above the Earth's surface and have the advantage of being cheaper and provide more efficient transmission than satellites at higher orbits.

"With this latest launch, the constellation now includes 30 satellites, covering 90% of the globe with 24-hour communication services," it added.

"This deployment marks the first time a Chinese commercial aerospace company has offered LEO satellite communication on a global scale," Geespace noted. The carmaker's Geely Technology Group re-



ated Geespace to research, launch, and operate low-orbit satellites in 2018.

Gespace placed its first 20 satellites in orbit in two separate launches in 2022 and earlier this year. The company plans to build a constellation of nearly 6,000 LEO satellites that would provide global broadband, the company said, describing the constellation as "China's private equivalent to Starlink".

It is to be noted that SpaceX's Starlink is a growing commercial broadband constellation that has about 5,500 satellites in space and is used by consumers, companies and government agencies.

Global study explores the connection between meat consumption and type 2 diabetes risk

Over the past 50 years, global meat production has increased rapidly to fulfill growing demands that often exceed optimal dietary guidelines in many regions. Previous studies have reported that the increased consumption of meat, particularly processed meat and unprocessed red meat, is associated with an increased risk of non-communicable diseases, particularly type 2 diabetes. However, these studies have produced conflicting findings that have been attributed to differential data interpretation without considering biological mechanisms, variations in research methods, and different population-specific characteristics. Furthermore, most of these studies have been conducted in the United States and Europe, with few performed in Asian countries, which reflects geographical imbalances and the lack of inclusion of a diverse world population.

Poultry is generally considered to be a healthier alternative to red and processed meat; however, limited data is available on how poultry consumption may impact type 2 diabetes risk. As a result, there remains a lack of dietary guidelines that can advise the consumption of certain meat products that do not negatively affect blood sugar levels. The researchers of the current study hypothesized that red meat and processed meat consumption increase the risk of type 2 diabetes, whereas poultry intake does not affect this relationship. This hypothesis was tested using harmonized individual-participant data from diverse populations within the global InterConnect project.

The use of individual-participant data was optimized by enabling cross-cohort analyses without pooling data at a central location. A total of 31

cohorts from 20 countries, twelve of which were from the Americas region, nine from Europe, seven from the Western Pacific region, two from the Eastern Mediterranean region, and one from the Southeast Asia region.

Taken together, a total of 1,966,444 individuals were included in the study. All study participants were 18 years of age or older and provided data on their diet and diabetes status. Any participants with implausible energy intakes, a diagnosis of prevalent diabetes, and those with missing data were excluded. Among the study cohorts, six were comprised of women and three were men. Although most cohorts recruited participants between 40 and 60 years of age, some cohorts included participants younger than 40 years or older than 60 years. Meat consumption varied by population.



Health

Miscreants fear Balochistan's potential progress: Khawaja Asif

QUETTA: Defence Minister Khawaja Asif on Friday said that miscreants and anti-Pakistan elements fear Balochistan's potential progress.

It is unfortunate that a one-sided narrative is often promoted regarding Balochistan. He expressed these views while speaking at a high-level law and order meeting held at CM Secretariat Quetta here. Chief Minister of Balochistan, Mir Sarfraz Bugti, Secretary home and high command of the law enforcement agencies were also present.

Speaking at the meeting, Defence Minister Khawaja Muhammad Asif condemned the killings of innocent people on ethnic and linguistic grounds, calling them deplorable acts. He praised the Chief Minister's comprehensive briefing on the province's situation, noting that it was "certainly thought-provoking."

One sided narrative on Balochistan has misled the youth, federal Minister deplored.

Additional Chief Secretary for Home Affairs, Shahab Ali Shah, briefed the meeting on the overall security situation and the challenges faced by the province.

The meeting also received a detailed briefing on the geography of Balochistan and the capacity of security institutions.

Chief Minister Bugti highlighted the provincial government's initiatives to engage the youth, including the launch of a youth policy.

He noted that loans are being provided to young people under the Akhuwat Program on easy installments. Additionally, the Chief Minister shared that talented youth from the province are being awarded fully funded scholarships to 200 renowned universities worldwide. The chief minister emphasized that with the federal government's cooperation, the provincial government is determined to completely eradicate the menace of terrorism.

He stressed the importance of a joint strategy between federal and provincial governments for eliminating terrorism in Balochistan.

We should celebrate September 6 as 'Day of Loyalty'

ISLAMABAD: Federal Minister for Kashmir Affairs and Gilgit Baltistan and SAFRON Engineer Amir Muqam on Friday in his message regarding Defence Day said all of us should pledge to celebrate September 6 as the "Day of Loyalty".

The minister said on September 6, 1965, the enemy was taught a lesson, stories of courage and bravery have been created. "Today we all have to renew our pledge to stand by our youth and martyrs who sacrificed their lives for the sake of their nation and country, they can never be forgotten", he said.

"Martyrs will always remain in our hearts, Pakistan is still facing terrorism and the dirty tricks of the enemy", he said. "This day warms the blood of all of us and inspires us to sacrifice everything for the motherland, he added. On this day, the entire nation salutes the Pakistan Army, Pakistan Navy and Pakistan Air Force. The enemy should not be under any misunderstanding because the entire nation is standing by its forces, the minister underlined. DNA



ISLAMABAD: The first meeting of the Planning Commission's Policy Board held today under the chairmanship of Federal Minister for Planning, Development, and Special Initiatives, Ahsan Iqbal.

Chinese delegation calls on Romina Khurshid Alam, discusses green and efficient mobility solutions

VOM Report

ISLAMABAD: A high-level Chinese delegation Friday called on Coordinator to Prime Minister on Climate Change Romina Khurshid Alam and discussed multiple aspects of their ambitious plan to help Pakistan revolutionise its mass transit system for providing world-class transportation facilities to public while achieving environmental sustainability and climate resilience goals.

The delegation, comprising senior-level officials of the Chongqing CRRC Hengton Vehicle Company and Chongqing Public Transport Group Company, PowerChina International and Daewoo Pakistan Express apprised the PM's climate aide of Pakistan Green Transport Project (PGTP), an ambitious initiative that aims at transforming the country's public transport system to become more environmental-friendly and sustainable, a news release said.

"Basically set up under the China Pakistan Economic Corridor (CPEC) framework, PGTP is a consortium of Pakistani and Chinese transport companies, working to bring zero-emission, green transport in the country, which would benefit the common man in country, reduce petroleum import bill, ensure optimal utilization of the power generation capacity and above all improve the environmental conditions across the country," said Faisal Ahmed Siddiqui, CEO Daewoo Pakistan



Express group, who led the delegation. Sharing further details during the meeting, Siddiqui said that MoU has already been signed among the consortium members at Pakistan Business Conference held in Shenzhen city of China in June 2024 in the presence of Federal Minister for Privatization and Board of Investment Abdul Aleem Khan; Minister for Industries and Production Rana Tanveer Hussain and Federal Commerce Minister Jam Kamal.

"Now, efforts are being expedited in support with the provincial governments to introduce electric buses, set up unified charging systems for the e-transport, and the bus stop mini shopping mall model initially in Islamabad, Lahore, Karachi," a senior official of a Chinese transport company Zhou Zheng informed Ms. Alam.

He also added that in the second phase, the same e-transport bus service and charging systems will be introduced in other cities of the country in the second phase.

"Through the e-buses network in urban centers of Pakistan through the Pakistan Green

Transport Project, we aim to provide technical assistance to reduce the growth of energy consumption & related greenhouse gas (GHG) emissions in the transport sector in the country, while simultaneously improving urban environmental conditions and trade competitiveness," the senior Chinese transport company official Zhou Zheng highlighted.

He said further that project also focuses on reducing carbon emissions, enhancing fuel efficiency, promoting the use of electric vehicles (EVs), improving public transport and integrating clean energy solutions such as solar-powered vehicles.

The delegation members also said that the initiative focusing on reducing air pollution levels in cities like Lahore, Karachi, and Islamabad, which could be a step forward towards implementing carbon credit systems to further encourage green transport adoption in the country.

The Prime Minister's Coordinator Romina Khurshid Alam thanked the delegation for their interest in revolutionising Pakistan's mass transit system by introducing a network of e-buses and charging facilities.

She assured them the climate change & environmental coordination ministry's all-out support for implementing the Pakistan Green Transport Project, saying: "The consortium of Chinese and Pakistani transport companies will be welcomed and be fully supported to implement the game-changer e-transport system in the Pakistani cities."

Shaza Fatima urges national unity against terrorism

LAHORE: Minister of State for Information Technology and Telecommunication Shaza Fatima Khawaja stressed the importance of national unity in the fight against terrorism, urging all citizens to play their part. Her remarks came during a visit to the family of Captain Muhammad Ali Qureshi Shaheed in Walton, here on Friday, where she offered condolences and paid tribute to the fallen hero.

Speaking to the media after the visit, Shaza Fatima highlighted the significance of the military's role in maintaining peace and security. She called for solidarity, particularly in countering campaigns against the armed forces. "Due to the sacrifices of our martyrs, we can live safely in our homes today," she remarked, honoring the bravery of Captain Qureshi and expressing her sympathy for his grieving family. The Minister of State lauded Captain Qureshi's dedication and commended his family for their patriotism and selflessness. "The nation will always remember the sacrifices of the martyrs and their families. These heroes gave their lives to eradicate terrorism, and our efforts will continue until this menace is eliminated from its roots," she affirmed.

She also touched on the growing issue of fake news and the misuse of social media, stressing that concrete steps were being taken to combat disinformation. "We will do whatever is necessary to address this issue and prevent the spread of false narratives," she said, promising stricter measures to curb the misuse of digital platforms.

During the visit, Captain Qureshi's mother expressed immense pride in her son's ultimate sacrifice. "If I had more children, I would sacrifice them for the nation," she declared, noting that her son's martyrdom had elevated their family's pride. His sister, speaking about the loss of her only brother, urged the public to refrain from spreading hateful rhetoric.

Holding her eleven-month-old daughter, the martyr's widow made an emotional appeal for unity, encouraging the public to work towards a safer Pakistan instead of fueling division. Earlier, Shaza Fatima Khawaja offered prayers for the soul of Captain Muhammad Ali Qureshi Shaheed and asked for strength for his family during this difficult time.

Tanveer pays tribute to armed forces on Defence Day

ISLAMABAD: Calling September 6 as a crucial moment in the country's history, Federal Minister for Industries, Production, and National Food Security Rana Tanveer Hussain on Friday praised the bravery and sacrifices of the country's armed forces.

In a message on Defence Day, the minister said, the day reminds the outstanding accomplishments of the Pakistani forces, who made the defense of the homeland invincible and defeated the enemy on the same day in 1965. "It is imperative that we collectively pay tribute to the sacrifices of our martyrs. We must prioritize the welfare of their families," he added.

He said, the country continues to confront the threats of terrorism and the enemy's malicious plots, however added the entire nation would once again defeat the enemy with its unity and faith. DNA

Austerity ensured as Pakistani missions spent \$2.19 mln in 5 years, Senate told



ISLAMABAD: The Upper House of the Parliament on Friday was informed that the Pakistani embassies abroad had spent \$2.19 million in past five years on lieu of different expenses including renovations and maintenance.

During the question hour of fifth meeting of the 342nd Senate session, Minister for Law and Justice, Senator Azam Nazeer Tarar said the country had 48 chancery buildings, 38 embassies, 13 official residences and 11 apartments.

"In the past five years the total expenses made are \$2.19 million whereas a tap change costs 500-1000 pounds abroad and the expenses vary from country to country.

He said the embassies are visited by dignitaries and therefore need to be in up-to-date condition.

He informed that a total budget allocated for the Ministry of Foreign Affairs was Rs 42 billion, whereas the Ministry used Rs 5 billion for managing its activities in the country.

He stated that the salaries and diplomats lifestyle as compared to others was already based on austerity and were fixed after many procedures. Every embassy's accounts officer maintains it, he added.

Senator Mohsin Aziz pointed out delay in missions' salaries and emoluments, to which Minister Tarar said the issue emerged after pressure on foreign exchange reserves, adding that the report would be submitted to the House later. APP

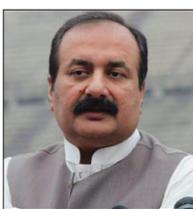
Pak Army rendered great sacrifices

ISLAMABAD: Chairman of the Prime Minister Youth Programme (PMYP) Rana Mashhood Ahmed Khan on Friday said that the Pakistan Army is the pride of the nation and contributed great sacrifices in defending the country against external threats.

In a message marking Pakistan's Defence and Martyrs' Day, he said that September 6 was the day of remarkable courage and strategic skill, Pakistan's military demonstrated against the Indian troops.

Rana paid rich tributes to the brave soldiers who thwarted the enemy's attempts to harm Pakistan, adding "The day reflects our nation's strong commitment to defending its sovereignty".

Recognizing the patriotism, determination, and courage of the country's soldiers, he reaffirmed the nation's firm support for its armed forces in fulfilling their duty to protect Pakistan. DNA



CM Maryam Nawaz Sharif Pays Tribute to Martyrs on Defense Day

LAHORE: Chief Minister Punjab Maryam Nawaz Sharif reached Cantt on Pakistan's Defense Day to commemorate great sacrifices of our heroic martyrs. She laid flowers on the martyrs' memorial and prayed for the elevation of their ranks in the Heaven. In her speech on the occasion, she said, "It is a matter of great honor and pride for me that today on Defense Day I have got an opportunity to visit the martyrs' memorial and pay the martyrs my respects."

She added, "I had a chance to meet their families too in this prestigious event."

Madam Chief Minister said, "I want to assure my countrymen that our forces are doing a remarkable job in external defense." She added, "When we sleep peacefully at homes, they wake up to protect our borders."

Chief Minister Maryam Nawaz Sharif said, "Internal defense of the country is collec-

tive responsibility of all of us." She added, "Martyrs offered their lives for us, protecting their dignity and respecting their sacrifices is our collective responsibility."

Madam Chief Minister said, "Today I especially want to pay tribute to mothers of the martyrs, I have met them too." She added "It is such a sentiment whose depth cannot be gauged." She underscored, "A mother can understand when her child goes out of the house, she waits and prays for his well-being, only when her child returns safely, she sleeps peacefully."

Chief Minister Maryam Nawaz Sharif said, "I think this emotion is also an invincible emotion that when a mother sends her child to the battlefield to protect the country." She added, "A mother knows where she is sending him and what can happen to him, she knows one day his body may come back in khaki." PR

Israeli occupation forces martyr 40,878 Palestinians in Gaza Strip during last 335 days: Govt media office of Gaza administration

Martyrs include 16,715 children & 11,308 women

GAZA: The Government Media Office of Gaza administration has published an update of the most important statistics of the genocide being carried out by the "Israeli" occupation against the Gaza Strip for the (335th) day.

According to the report, 3,556 massacres have been committed by the occupation army during which 40,878 persons have been martyrs and there are 10,000 missing persons.

40,878 martyrs who reached hospitals, 16,715 children have been martyred by the Israeli occupation forces. 115 infants born and martyred in the genocide. 36 died as a result of starvation. 11,308 female martyrs.

According to the statistics issued by the Gaza official media, there are 885 martyrs from medical teams, 82 martyrs from civil defense teams,

172 martyrs from journalists, 7 mass graves established by the occupation inside hospitals.

According to the statistics issued by the Gaza official media, 520 martyrs were recovered from 7 mass graves inside hospitals, 94,454 injured and wounded, 69% of the victims are children and women, 178 shelters targeted by the "Israeli" occupation, 17,000 children living without both parents or one of them, 3,500 children at risk of death due to malnutrition and lack of food, 121 days since the closure of all Gaza Strip crossings, 12,000 injured needing to travel abroad for treatment.

According to the statistics issued by the Gaza official media, 10,000 cancer patients facing death and in need of treatment, 3,000 patients with various diseases needing treatment abroad, 1,737,524 affected by infectious diseases due to displace-

ment, 71,338 cases of hepatitis infections due to displacement, 60,000 pregnant women are at risk due to lack of healthcare, 350,000 chronically ill patients at risk due to the prevention of medication entry, 5,000 detainees from the Gaza Strip during the genocide, 310 detentions from healthcare staff, 36 journalist detentions whose names are known, 2 million displaced in the Gaza Strip, 200 government buildings destroyed by the occupation, 123 schools and universities completely destroyed by the occupation, 335 schools and universities partially destroyed by the occupation, 110 scientists, university professors, and researchers executed by the occupation, 610 mosques completely destroyed by the occupation, 214 mosques partially destroyed by the occupation, 3 churches targeted and destroyed by the occupation, 150,000 housing

units completely destroyed by the occupation, 80,000 housing units uninhabitable due to destruction by the occupation, 200,000 housing units partially destroyed by the occupation, 82,000 tons of explosives dropped by the occupation on the Gaza Strip, 34 hospitals rendered out of service by the occupation, 80 health centers out of service by the occupation, 162 health institutions targeted by the occupation, 131 ambulances targeted by the occupation, 206 archaeological and heritage sites destroyed by the occupation, 3,130 kilometers of electricity networks destroyed by the occupation, 34 facilities, stadiums, and sports halls destroyed by the occupation, 700 water wells destroyed and rendered out of service by the occupation, 33 billion USD in direct preliminary losses due to the genocide. SABAH



KARACHI: Federal Minister for Maritime Affairs Qaiser Ahmed Sheikh is arriving at Naval Cemetery to offer Fateha.

US Embassy team visits AIOU to expand English program

ISLAMABAD: A team from the U.S. Embassy's Regional English Language Office (RELO), part of the Public Diplomacy Section, visited Allama Iqbal Open University (AIOU) to discuss expanding the scope of English language education.

During a meeting with Vice-Chancellor Professor Dr. Nasir Mahmood, the focus was on extending the English Access Program to underdeveloped areas of Pakistan. Dr. Nasir praised the program and expressed the university's commitment to promoting education in remote regions, utilizing all available resources. The delegation, consisting of Dr. Gerald Frank, Country Director Syed Rashid Hussain and Dua Mujeeb, attended a briefing session chaired by

Dr. Nasir, where Dr. Muhammad Kamal Khan, Chairman of the English Department, provided detailed insights into the department's services, especially the English Access Program.

Faculty members, including Dr. Munir Khan, Dr. Saira Maqbool, Dr. Rashida, and Dr. Ubaidullah, along with focal person Dr. Amjad Khan, also participated. Dr. Gerald acknowledged the success of AIOU's collaboration, surpassing that of any other institution, and expressed a desire to further expand the project. The RELO team also visited the English Department and appreciated the successful implementation of the English Access Program in areas such as Attock, Mianwali, and Bhakkar, thanking the department for its efforts.