



Non-tax filer will have to face restriction on purchasing property, vehicles and opening of a bank account

Federal Minister for Finance, Revenue
Muhammad Aurangzeb

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1st Pakistan-Russia Trade & Investment Forum underway in Moscow

ISLAMNABAD: The first Pakistan-Russia Trade and Investment Forum is in progress in Moscow. Minister for Privatization Abdul Aleem Khan, in his remarks, on the occasion expressed the confidence that this forum marks the start of new bilateral relations between the two countries.

He said Pakistan-Russia have longstanding diplomatic and commercial relations. He said Pakistan attaches great importance to its relations with Russia, emphasizing both sides have a great scope of joint ventures in different fields.

The Minister for Privatization highlighted the attractive business environment offered by Pakistan. He said Pakistan constitutes the fifth largest market in the world and it has the most liberal trade and investment regime in the region.

He said foreign investment in Pakistan is fully protected. All our economic sectors are open for investment.

In his remarks on the occasion, Pakistan's Ambassador to Russia Muhammad Khalid Jamali expressed satisfaction that bilateral trade between Pakistan and Russia has crossed the one billion dollars threshold, saying this reflects the growing interest of both countries to enhance their economic and trade relations.

The Ambassador said Pakistan views Russia as an important and reliable trade partner. He said Pakistan looks forward to working with Russia to enhance economic relations. INP

Non-tax filer to face restriction on purchasing property, car: Minister

ISLAMABAD: Federal Minister for Finance, and Revenue Muhammad Aurangzeb on Tuesday said that non-tax filer will have to face restriction on purchasing property, vehicles and opening of a bank account. The government is taking serious measures to expand tax network in the country and for this, some restriction have been imposed on non-filers, he said while talking to a private television channel.

Whole sale sector, distributors, retailers and real estate would be brought into tax-net in a proper manner, he said.

Subsidy on wheat and sugarcane would be reduced through phase-wise system, he said.

In reply to a question, he said, we have decided to implement tax uniformity in all the provinces of Pakistan. All the provinces would sign new financial agreement to strengthen the system, he said.

To a question about increasing the number of tax filers, he said, five hundred thousand more filers have brought into the tax-net this year.

Through NADRA and other resources, we have received the data of the people, he said. He made it clear that high income earners would have to pay proper taxes to the government. APP



MOSCOW: Federal Minister for Board of Investment, Privatization & Communications, Abdul Aleem Khan addressing Pakistan-Russia Trade & Investment Forum.

Like Trachoma, PM Shehbaz urges sustained efforts to eliminate polio, hepatitis from Pakistan

PM felicitates Abdelmadjid Tebboune

VOM Report

ISLAMABAD: Prime Minister Muhammad Shehbaz Sharif on Tuesday stressed the urgent need to eradicate polio and hepatitis in the country through sustained efforts, similar to the successful elimination of Trachoma, a contagious eye infection that causes inflammation on the inner eyelids. Speaking at a function where Dr Lou Dapeng, Head of Mission for the World Health Organization in Pakistan, presented a Trachoma-free Pakistan certificate to Prime Minister Shehbaz Sharif, he said that the certificate symbolized the dedication of the Health Ministry and other stakeholders in the effort to eliminate the disease.

Trachoma is a disease caused by infection by the Chlamydia trachomatis bacterium and can result in irreversible blindness if left untreated. This achievement marks a significant milestone in public health. The prime minister directed the relevant authorities to sustain their hard work and dedication, emphasizing that such efforts could elevate Pakistan to new heights of excellence, as long as they were prepared to tackle the challenges ahead.

He recalled that during his tenure as Punjab chief minister, he initiated effective programmes to combat the diseases, and hoped that the same would continue under the current leadership of Chief Minister Maryam Nawaz and in other provinces as well. He offered the cooperation of Federal Government in that regard. PM Shehbaz appreciated the collaborative efforts of the Health Ministry, provincial governments, NGOs, experts, and other departments in eradicating Trachoma, which had helped save the sight of hundreds.

He instructed the relevant authorities to take preventive measures, and establish effective supervision and checks and balances to stop reemergence of the disease in the country. He also directed the authorities to leverage existing technical capacity and expertise, urging field officers, doctors and others to collaborate effectively to achieve success in all areas of life, just as they did in eliminating Trachoma. He thanked Dr Mukhtar Ahmed Berath, Coordinator to the Prime Minister on National Health Services, Regulations, and Coordination and his team and urged them to promptly complete the projects developed at the federal level to benefit the people.

Meanwhile, the World Health Organization (WHO) in a press release announced that Pakistan had successfully eliminated Trachoma as a public health problem, becoming the 19th country to achieve the milestone.

It attributed the success to the collaborative efforts of health professionals, communities, and organizations such as Sightsavers, Christian Blind Mission, and the Fred Hollows Foundation. WHO Director-General Tedros Adhanom Ghebreyesus praised the dedication of Pakistan's health workers and emphasized the importance of collective action in combating preventable diseases. WHO Regional Director Hanan Balkhy noted that Pakistan's elimination of two neglected tropical diseases showcased its commitment to public health.

Dr Lou Dapeng, WHO Representative in Pakistan, in his remarks, said the achievement would prevent thousands from experiencing visual impairment or blindness. The effective implementation of the WHO-recommended SAFE strategy – comprising Surgery for Trichiasis, Antibiotics, Facial Cleanliness, and Environmental Improvement – was crucial to the success, highlighting that the eradication of neglected tropical diseases was an attainable goal.

Meanwhile, Prime Minister Shehbaz Sharif on Tuesday felicitated Abdelmadjid Tebboune on his re-election as the President of the People's Democratic Republic of Algeria. The prime minister wrote on his X timeline that he looked forward to continue working closely with him to strengthen Pakistan-Algeria ties in all spheres of mutual interest, especially in trade and investment. According to the media reports quoting the country's electoral authority ANIE, Abdelmadjid Tebboune has been re-elected for a five-year term with almost 95 percent of the vote.

Continued on Page 4

professional experience during his service in key military positions before retirement, a news release said. On assuming the charge of Secretary Defense, Lieutenant General (R) Muhammad Ali expressed his commitment to work collaboratively thus fostering an environment of transparency, teamwork, and professional excellence. APP

Lt General (R) Muhammad Ali assumes charge of Secretary Defence



ISLAMABAD: Lieutenant General (R) Muhammad Ali has assumed the charge of his office as Secretary, Ministry of Defense here following the approval of his appointment by the Prime Minister's office.

Secretary Defence, Lieutenant General (R) Muhammad Ali has a wide range of professional experience during his service in key military positions before retirement, a news release said. On assuming the charge of Secretary Defense, Lieutenant General (R) Muhammad Ali expressed his commitment to work collaboratively thus fostering an environment of transparency, teamwork, and professional excellence. APP

Ayaz Sadiq, Zakir Naik discuss challenges of Muslim Ummah



ISLAMABAD: Renowned Islamic scholar Zakir Naik held a meeting with Speaker National Assembly Sardar Ayaz Sadiq at the parliament house in Islamabad today and discussed important matters including challenges faced by Muslim Ummah and the importance of interfaith harmony.

Zakir Naik said the Muslim Ummah should unite in the light of teachings of Quran and Sunnah. Sardar Ayaz Sadiq said Islam preaches peace, tolerance and love. He commended Dr. Zakir Naik's efforts in spreading Islam's message of peace and love to the world. INP

PM Shehbaz effectively pleaded Palestinians case as leader of Ummah: Tarar



ISLAMABAD: Federal Minister for Information, Broadcasting, National Heritage and Culture Attallah Tarar said on Tuesday that Prime Minister Shehbaz Sharif effectively pleaded the case of Palestinians during his historic speech at the United Nations General Assembly as the leader of Muslim Ummah. Addressing a press conference, the minister said that PM Shehbaz's address to the

UNGA was highly appreciated all over the world, which was an honour for Pakistan. The prime minister championed the causes of Muslim Ummah, including Palestine and Kashmir, he added.

His bilateral meetings with heads of state and government of other countries on the sidelines of the UNGA session also proved very fruitful and constructive in that regard, the minister said.

Tarar said that the PM's speech also proved that Pakistan's foreign policy was successful and that Islamabad was an important player both at the international level and in the region.

"The prime minister vociferously raised the Palestine issue in his UNGA session and during his meetings on the sidelines, which was acknowledged by the international community and that is a matter of pride for Pakistan," he reiterated.

The minister said that PM Shehbaz had always raised the Palestine issue at all international fora. He not only highlighted

the Palestinians' genocide and Israeli war crimes in Gaza but also stressed that the aggressor should be brought to justice. The PM's UNGA address was among the most watched events on the internet, and it would figure on top in the UN history as there was a true representation of the sentiments of entire Muslim Ummah, he added.

Tarar said that led by PM Shehbaz, the Pakistani delegation boycotted the address of Israeli prime minister and many other countries followed suit, whose representatives also walked out of the General Assembly hall. Netanyahu delivered his speech in an almost empty hall, he added.

He said that Palestinian President Mahmoud Abbas also appreciated Pakistan's support and termed PM Shehbaz his brother.

"The President of Palestine recognized and lauded the role of Pakistan highlighting the Palestinian cause at every world forum," he maintained. The Palestinian president, he said, also appreciated Pakistan for sending medical supplies and granting admission to Palestinian students in its medical colleges. The minister said that Pakistan was the only country in the world which had written on its passports that they were valid for all countries except Israel. Tarar said besides Palestine, the prime minister also effectively highlighted the Kashmir cause in his UNGA speech and made a special mention of Kashmiri freedom struggle icon Burhan Wani. The PM, he said, also pointed out the Hindutva supremacist approach of the Modi regime which was converting Muslim majority in occupied Kashmir into a minority. He not only criticised India for its atrocities in Kashmir but also warned it against any misadventure against Pakistan, the minister added. Tarar said it was a good sign that the entire Pakistani nation had appreciated

the PM's speech and even the Pakistan Tehreek-e-Insaf supported lauded him for effectively pleading the Muslim Ummah's case. He said that the International Monetary Fund, World Bank and other international financial institutions were appreciating Pakistan's economic growth.

Increase in growth rate and reduction in inflation were being acknowledged globally, he said adding the conclusion of the IMF agreement was an appreciation of the government's economic initiatives.

The minister said that Turkish President Recep Tayyip Erdogan also appreciated improvement in Pakistan's economy which was also a good sign.

Investment in the country, he added, had increased after lowering interest rate while inflation rate had been curtailed to a single digit. The decrease in inflation from 32% last year to 9.6% this year was a great achievement and it would further fall soon, he added. According to September data, it had further fallen to 6.9 per

cent, the minister said. Tarar said that the international financial magazine Bloomberg had also described the economy of Pakistan in better condition.

All the economic indicators were positive as increase in GDP growth, reduction in policy rate and inflation, 14% increase in exports, favourable environment for investment were the proof of stability, he added. The minister said that the price of petrol had been reduced for the fifth consecutive time as decrease in its price internationally was being passed on to the public. He urged the Khyber Pakhtunkhwa chief minister to use the provincial government's resources in controlling prices and terrorism instead of attacking the Federation.

He said that the opposition was worried over the economic stability with reducing inflation and growing GDP growth rates. He, however, warned that they would not be allowed to create chaos and anarchy and ruin the national economy. APP

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The psychology of colonialism

DR NAAZIR MAHMOOD

Psychology is a neglected discipline in Pakistan as not many people are aware of their psychological issues and tend to downplay their importance. Good psychological advice is hard to come by, with increasing religiosity impacting nearly every aspect of life. In Urdu, writers such as Saleem Akhtar, Shehzad Ahmed, Rafiq Jafar and others have contributed immensely by writing articles and books that are accessible to general readers. Akhtar Ali Syed is a psychologist who has been based in Ireland for decades, but he continues to write in Urdu for general readers. His new collection of articles and essays titled 'Istemaar ki Nafsiyaat' (Psychology of colonialism) offers insights into how colonialism has affected societies such as Pakistan in terms of people's behaviour and their reactions to various stimuli. Though Syed is essentially a clinical psychologist, his writings span various sub-disciplines of psychology. With prevailing extremism in society, Akhtar Ali Syed has tried to focus more on issues related to social psychology in Pakistan. In 'Istemaar ki Nafsiyaat' he has over a dozen articles exclusively dealing with extremism and the psychology of reaction that generates mental complexities in common people. But before discussing how he deals with extremism in his writings, a word about his general outlook is in order. He explains how religious narratives have shaped the psychological makeup of at least four generations in the past decades. His take on the theory of the clash of civilizations is interesting and instructive. As we know, scholars such as Bernard Lewis and Samuel Huntington in the early 1990s propounded the idea that the future will not see any major clash of economic systems such as between capitalism and socialism, rather it will witness a resurgence of 'civilizations' that will clash against each other. Akhtar Ali Syed reminds us that Benazir Bhutto in the fifth chapter of her marvellous book 'Reconciliation: Islam, Democracy and the West' beautifully summarizes the entire discussion on the clash of civilizations. Syed also takes issue with '21 Lessons for the 21st Century' by Yuval Noah Harari who rejects the concept of the clash of civilizations but defends a 'global civilization' that needs protection. Harari thinks that many Muslim fundamentalists received their inspiration from thinkers such as Karl Marx and Michel Foucault. Syed counters this assertion by Harari by saying that this is an overstatement that does not hold much ground as the concept of a 'global civilization' that faces threats from Islam or any other religion is deeply flawed. I concur with Syed rather than Harari. In one of his articles, he questions the possibility of studying social dynamics in Pakistan without first having freedom of expression. Citing examples from the extremely partial analyses and reporting on countries such as Afghanistan and Iraq, he makes it clear that even in Western countries free expression is still a pipedream. Some of the most widely circulated journals and newspapers never published writers such as Edward Said, Noam Chomsky, and Egbal Ahmed. Even Robert Fisk could manage to get space in only a couple of top newspapers in the West. Syed also takes issue with all those so-called scholars of religion who take it upon themselves to control the entire society by pontificating on every issue on earth. This, he thinks, is a major contributing factor to increasing extremism in society as people tend to see nearly every aspect of life through the lens of their own religiosity. He believes that no violent extremism is possible without a certain level of social sympathy that the state itself has been promoting for decades. Making good use of writings by authors such as Lacan, Levinas, Laing, and Sartre, Akhtar Ali Syed exposes the term 'the other' that helps us understand the colonial tendency to think in binaries. Critics of colonialism have used 'the other' to distinguish between the colonizers and the colonized. The other appears to be 'the intimate enemy' to use the expression from Ashish Nandi, a renowned Indian political psychologist. The other knows us too well and perhaps knows more about us than we do. And that other becomes a yardstick for assessing our own strengths and weaknesses. Extremism to a great extent revolves around this concept of the other who is different - better or worse - and still has relevance to us. Nearly everyone ends up comparing oneself with that 'other'. How does the other look at me? How does 'the other' think about me? And so on. Syed thinks that most Muslim societies have developed a tendency to feel insecure in the face of 'the other', resulting in a consistent fear and a feeling of being threatened. Western countries have also contributed to enhancing this feeling by actually following up with the idea of the clash of civilizations. So it appears that extremism is both self-imposed and something thrust upon Muslim societies by the 'other' who perhaps knows more about us and manages to manipulate this feeling of fear. In a way, the West - and their proxies in countries such as Pakistan - pretend to fight against extremism and on the other side act in a manner that intensifies the level of extremism the world over. Afghanistan, Iraq, and now the Middle East and near unconditional support to the Israeli regime are cases in point that show how the other is affecting Muslim societies. Narcissism also plays a role here as the narcissistic personality disorder that Freud introduced helps us understand some of the intricacies of extremism too. Syed also takes help from Erich Fromm to explain the term moral hypochondriasis that he applies to entire societies as well as to individuals. While many people may become victims of their own narcissism, there is an even more dangerous form which is malignant narcissism. When an individual suffering from this type of narcissism manages to occupy a top decision-making position somewhere, it affects all of society. Most dictators and even some democratically elected leaders display this malignant narcissism. In Pakistan, Altaf Hussain and Imran Khan are perhaps the best - or worst - examples of this malignant narcissism. Extremist leaders and militants also tend to have this malignancy that not only affects their own lives and families but damages entire communities and even nations.

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DR. RAMZY BAROUD

Israel now using the Gaza genocide playbook in Lebanon

The official Israeli army version of why it has targeted civilian areas during its intense and deadly bombardments in southern Lebanon is that the Lebanese are hiding long-range missile launchers in their own homes. This explanation was used to justify the killing of 492 people and the wounding of 1,645 in a single day of strikes. This ready-to-serve explanation will accompany us throughout the Israeli war in Lebanon, however long it takes. The Israeli media is now heavily citing these claims and US and Western media outlets are following suit. Keep this in mind as you reflect on the statement made by Israeli President Isaac Herzog in October last year, when he argued that there are no civilians in Gaza and "there is an entire nation out there that is responsible." Israel does this in every war it launches against an Arab nation. Instead of removing civilians and civilian infrastructure from its bank of targets, it immediately turns the civilian population into the main targets of its war. A quick glance at the number of civilians killed in the ongoing war and genocide in Gaza should be enough to demonstrate that Israel targets ordinary people as a matter of course. According to the Palestinian Health Ministry in Gaza, children and women constitute the largest per-

centage of the war's victims at 69 percent. If we factor in the number of adult males who have been killed - a number that includes doctors, medics, civil defense workers and numerous other categories - it will become obvious that the vast majority of all of Gaza's victims are civilians. Only the Israeli media and their allies in the West continue to find justifications as to why Palestinian civilians, and now Lebanese, are being killed in large numbers. Compare the following two statements on Gaza and Lebanon by Israeli military spokesperson Daniel Hagari, both of which received much attention in the media. " Hamas systematically uses hospitals to wage war and consistently uses the people of Gaza as human shields," Hagari said in March. Then, "Hezbollah's terror headquarters was intentionally built under residential buildings in the heart of Beirut, as part of Hezbollah's strategy of using human shields," he said on Friday. For those who are giving Hagari the benefit of the doubt, just review what has taken place in Gaza in the last year. For example, Israel claimed that last year's Al-Ahli Baptist Hospital massacre was not its doing and that it was a Palestinian rocket that killed nearly 500 displaced refugees and wounded hundreds more. All evidence, including investigations by well-respected rights groups, concluded the opposite. However, the false Israeli claims received much media coverage. This episode was repeated numerous times. In fact, the lies started

almost immediately following the Oct. 7 attacks, with Israel making claims about decapitated babies and mass rape. Even though much of this was conclusively proven to be wrong, some in the media and some pro-Israel officials continue to speak of it as fact. Another example was Israel's claim that a Hamas headquarters was located at Al-Shifa Hospital. Even though no command center was found there, the unsubstantiated Israeli claim continues to be repeated as if it was the truth. The same logic is now being applied to Lebanon, where Israel claims that it does not target civilians. But when civilians are inevitably killed, it is Hezbollah that should be blamed for supposedly using them as human shields. The Gaza playbook is now the Lebanon playbook. Of course, many in the media continue to play along. They do so not because they are irrational or unable to reach proper conclusions based on the evidence, but because they are part of the Israeli narrative and not neutral storytellers or honest reporters. Even the likes of the BBC are part of that narrative, as it uses Israeli claims as the starting point of any conversation on Palestine or Lebanon. For example, "Israel has said it carried out a wave of preemptive strikes across southern Lebanon to thwart a large-scale rocket and drone attack by Hezbollah," the BBC reported last month. Israel gets away with its lies pertaining to the mass killings in Gaza, and now sadly in Lebanon, because Israeli propaganda is embraced by Western officials and journalists. Thus, when US National Security Adviser Jake Sullivan described a Sept. 20 airstrike on Lebanon as "justice served," he was indicating to the mainstream media that its coverage should remain committed to that official assessment. Imagine the outrage if the tables were turned and thousands of Israeli civilians were slaughtered in their own homes by Lebanese bombs. There would be no need to elaborate on the reactions of the US or Western media, as this should be obvious to anyone who is paying attention. Lebanon is a sovereign Arab state. Gaza is an occupied territory and its people are protected under the Geneva Conventions. Lebanese and Palestinian lives are not without worth and their mass murder should not be allowed to take place for any reason, especially one that is based on utter lies communicated by an Israeli military spokesman. Perpetuating Israeli lies is dangerous, not only because truth-telling is a virtue but also because words kill and dishonest reporting can, in fact, succeed in justifying genocide.

Dr. Ramzy Baroud is a journalist and author. He is editor of The Palestine Chronicle and nonresident senior research fellow at the Center for Islam and Global Affairs. His latest book, co-edited with Ilan Pappé, is "Our Vision for Liberation: Engaged Palestinian Leaders and Intellectuals Speak Out." X: @RamzyBaroud

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

Today in History

History of Pakistan



Nevertheless, Nawaz Sharif's successful power plays were minimized by his failure to halt the sustained ethnic conflict in Karachi and Sind, the sectarian bloodshed that had broken out in the North-West Frontier Province, and the tribal struggle for greater autonomy in Balochistan. All of these conflicts had escalated throughout his time in office. Moreover, the government could arrest radicals and others accused of perpetuating the general disorder, but it could not bring an end to civil strife—and it certainly could not act without the services provided by the army. Sharif also had to confront an economy in shambles, and serious consideration was given to selling public assets (e.g., power stations, telecommunications, airlines, banks, and railroads) to meet obligations on the ever-growing foreign debt. Indeed, Sharif's interest in a form of "supply side" economic reorganization and privatization was not the sought-after

remedy. Despite these failures, however, by 1998 Nawaz Sharif had amassed more power than any previous elected civilian government in Pakistan. The country was a long way from achieving real growth, however, and the continuing reluctance to allow for a loyal opposition made a mockery of the regime's democratic goals. The PML-N leader used his influence to implement "Program 2010," which centred attention on education reform, the launching of public service committees, and the opening of new employment opportunities. However, the prime minister's economic program came to nothing when the countries that had been expected to provide the funding for the different ventures withdrew their offers after Pakistan detonated a series of nuclear devices in May 1998. News of the nuclear tests sent distress signals throughout the world, and concerns only intensified with Pakistan's growing instability and the

likelihood that nuclear weapons, technology, or materials could be transferred, sold, or leaked to other countries or groups (indeed, in 2004 Abdal Qadir Khan, the head of Pakistan's nuclear program, admitted to sharing weapons technology with several countries, including Iran, North Korea, and Libya). In the final analysis, Pakistan's acquisition of nuclear weapons did little to address the social and political unrest in the country, and it was hardly a boon to the national economy or to Sharif's political future. Confronted with growing unrest, much of it directed against his rule, Sharif proclaimed a state of emergency, which enabled him to rule the country by ordinance and special decrees. He also made closer alliances with the orthodox Islamic groups (e.g., the Islamic Assembly) and seemed to placate the religious divines by adopting additional Islamic laws (e.g., its punishment for adultery). A proposed 15th amendment to the constitution, establishing Islamic law as the basis of all governance, was never fully ratified, but Pakistan's Federal Shariat Court, instituted during the Zia years, was given greater latitude in meting out Islamic justice. The prime minister's autocratic behaviour only intensified local and provincial resistance. The PPP and a number of smaller parties formed the Pakistan Awami Ittehad, but it was not clear how they expected to challenge the administration. Moreover, the government had muzzled the press and ignored virtually all constitutional constraints, and administration expenditures had gone unchecked, as profligate spending on the regime's pet projects caused more severe economic dislocation. With ethnic strife continuing unabated, Pakistan's army chief of staff, Gen. Jehangir Karamat, spoke for a frustrated public when he appeared to indicate the country was teetering at the abyss.

To be continued....

Showbiz

Britney Spears reveals 'terrifying' experience amid ongoing mental health woes

Britney Spears opens up about fireplace incident in 'rare' update



Britney Spears is getting candid about the terrifying fireplace incident, which occurred in her bedroom. The Toxic hitmaker took to her Instagram to share a glimpse of her 'burned' eyebrows and eyelashes after she claimed that she tried to turn on the fireplace in her bedroom, which ended up 'blowing' in her face. Recalling the mishap in a clip, Britney laughingly added, "Six months ago something happened that was really, really dangerous. I was in my room and I turned the fire on and all of a sudden it blew up in my face." She went on to explain, "I just threw the whole thing in there and it literally blew into my face and it took all my eyelashes off, my eyebrows." The 42-year-old previously garnered attention for sharing explicit dance videos on her social media handle, sparking concern among her fans. Critics have raised questions over the singer's mental health in the past few months following her divorce from US model Sam Asghari. The former celebrity couple tied the knot back in June 2022 after dating for five years.

Tech

SpaceX Falcon 9 rockets grounded after second stage malfunction

Elon Musk founded corporation SpaceX has grounded its Falcon 9 rockets temporarily after they faced a malfunction during the launch of a rescue mission for two astronauts, who were stranded aboard the International Space Station (ISS). On Saturday, a Crew Dragon spacecraft to the ISS was delivered by the launch from Cape Canaveral Space Centre in Florida on Saturday. At the ISS, Nasa astronauts Butch Wilmore and Sunita Williams have been stranded since the malfunction of their Boeing Starliner craft forcing it to return to the Earth empty earlier this month, reported The Independent. Moreover, SpaceX said its Falcon 9's second stage encountered an issue while coming back to Earth after sending the Crew Dragon into orbit. "After today's successful launch of Crew-9, Falcon 9's second stage was disposed in the ocean as planned, but experienced an off-nominal deorbit burn," the company said after the launch.



"As a result, the second stage safely landed in the ocean, but outside of the targeted area. We will resume launching after we better understand root cause," the statement added. Notably, the Dragon capsule successfully docked with the ISS and is anticipated to return the astronauts to Earth in February. Moreover, with SpaceX completing 96 orbital launches so far in 2024, the recent Falcon 9 launch was the 90th this year, equalling its previous record set in 2023. Delivering Starlink satellites to space, the next Falcon 9 launch was due to take place on Sunday but the mission remains grounded until the issue is sorted.

Consistent eight-week vegan diet may help to reduce biological age

A recent study carried out by the Stanford Prevention Research Center and TruDiagnostic has revealed the effects an eight-week vegan diet versus an omnivorous diet can have on the biological age of a human body. The researchers aimed to know how a short vegan diet would affect a human age and health compared to a non-vegan diet. The results were drawn after assessing the blood DNA methylation and epigenetic aging and how the diet affected them. The minds behind the research divided participants in two groups. The omnivorous group was assigned to eat protein and dairy like meat, eggs and milk while the other group was told to avoid all animal products. Those who strictly complied with the vegan diet for eight weeks showed a decrease in the biological

heart, hormonal, liver, inflammatory and metabolic systems. As for the omnivorous diet group, an increase was apparent in their tryptophan which is known to elevate serotonin levels indirectly helping in regulating moods. Director of Bioinformatics at TruDiagnostic Varun Dwaraka, PhD told Medical News Today that, "these results were surprising, even among interventions using epigenetic tests." He further added that in other studies involving the epigenetic clocks, changes typically occur after three to six months; however, during this study, they observed massive changes in just eight weeks. Raghav Sehgal who is a PhD candidate in Computational biology and Bioinformatics at Yale University, scientific advisor at TruDiagnostic, and Director of Bioinformatics at the Healthy Longevity Clinic also shared his

remarks on the newest epigenetic study while talking to Medical News Today. "When we look at multiple vegan diets and green Mediterranean (similar to vegan diets except for having milk in them) the common thread we see is that the epigenetic scores for inflammation, metabolic and musculoskeletal aging are all improving. In other words, these diets may be specifically targeting inflammatory and metabolic aging pathways via epigenetics in the body and slowing them down," Sehgal explained. "At the end of the day, the exact mechanism of how these diets are providing benefits might turn out to be through multiple different pathways in the body but the fact that they are providing benefits is very clear to us," Sehgal concluded.



Health

PML-N put country on right track, moving towards economic stability: Qaiser Sheikh

ISLAMABAD: Federal Minister for Maritime Affairs Qaiser Ahmed Sheikh has claimed that Pakistan Muslim League Nawaz (PML-N) has put country on right track and it was moving towards economic stability. Speaking to a private news channel on Tuesday, he said that taking the country out of the economic quagmire and to put it on the path of development was foremost priority of the government. Qaiser Ahmed Sheikh said, "Today, the economic index is positive and the country is on the path of development." Inflation was now in single digits, tax collection targets were being met successfully, he added. Responding to a question, the federal minister said that the Parliament was trying to legislate for public welfare. Legislation was the prerogative of Parliament which was being exercised for the betterment of the people, he maintained. Qaiser Sheikh further stated that impending constitutional amendments will provide quick and immediate justice to the people. INP

Ministry of Human Rights commemorates International Day of Older Persons- 2024

ISLAMABAD: The Ministry of Human Rights, in collaboration with various stakeholders, commemorated the International Day of Older Persons here on Monday. The event was aimed at highlighting the significance of senior citizens in our society and raising awareness about the challenges they face. In his address on the occasion, Federal Minister for Law and Justice and Human Rights, Senator Azam Nazeer Tarar, paid tribute to the invaluable contributions of senior citizens and reiterated the government's commitment to their well-being and dignity. Reflecting on the challenges faced by older persons, the minister emphasized that climate change had exacerbated many of the issues impacting the elderly, particularly in rural and underserved areas. He stated, "Our older population bears the brunt of climate change, and it is crucial that we address their vulnerabilities through inclusive policies that ensure their protection and resilience." Building on this, the minister highlighted the need for smarter resource management, especially in the conservation of water. "We must commit ourselves to water conservation, not just for our own sake, but to leave a legacy of sustainability for future generations," he remarked and said, "our elders have made countless sacrifices for us; now it is our turn to give them the care, respect, and attention they deserve. He highlighted that safeguarding the rights of older persons required a unified societal effort, rather than being viewed as an individual task. By doing so, he emphasized, we not only address the specific needs of the elderly but also contribute to a more inclusive and resilient society capable of tackling broader issues like climate change and resource management. APP



ISLAMABAD: Prime Minister Muhammad Shehbaz Sharif offering condolences to Deputy Prime Minister and Foreign Minister Ishaq Dar on the demise of his elder brother.

Israel says Iran has fired dozens of missiles at its territory

JERUSALEM/BEIRUT: Iran fired a salvo of ballistic missiles at Israel on Tuesday in retaliation for Israel's campaign against Tehran's Hezbollah allies in Lebanon.

Alarms sounded across Israel and explosions could be heard in Jerusalem and the Jordan River valley after Israelis piled into bomb shelters. Reporters on state television lay flat on the ground during live broadcasts.

Iran's Revolutionary Guards said Iran had launched tens of missiles at Israel, and that if Israel retaliated Tehran's response would be "more crushing and ruinous."

A senior Iranian official later told Reuters that the order to launch missiles at Israel was made by the country's Supreme Leader Ayatollah Ali Khamenei. Khamenei remains in a secure location, the senior official added. The Israeli army said Israel's airspace was closed following the Iranian attack.

Reuters journalists saw missiles intercepted in the airspace of neighboring Jordan. Israeli army radio said nearly 200 missiles had been launched into Israel from Iran.

Earlier, the military had announced that any ballistic missile strike from Iran was expected



to be widespread and told the public to shelter in safe rooms in the event of an attack.

Iran has vowed to retaliate following attacks that killed the top leadership of its Hezbollah allies in Lebanon.

The firing of missiles came after Israel said its troops had launched ground raids into Lebanon, though it described the forays as limited. The Israeli campaign in Lebanon is the biggest escalation of regional warfare since fighting erupted in Gaza a year ago.

In Washington, US President Joe Biden said the United States was prepared to help Israel defend itself from Iranian missile attacks.

"We discussed how the United States is prepared to help Israel defend against these attacks, and

protect American personnel in the region," Biden said on X about a meeting held with Vice President Kamala Harris and the White House national security team earlier in the day. The Iranian missile launches came after Israeli ground troops launched raids into Lebanon and its warplanes bombed from the skies. Though so far characterized by Israel as limited, the first ground campaign into Lebanon for 18 years would pit Israeli soldiers against Hezbollah, Iran's best-armed proxy force in the Middle East.

It marks the biggest escalation of regional warfare since fighting erupted in Gaza a year ago, and follows weeks of intense

airstrikes that have decapitated Hezbollah by killing most of its top leaders. More than a thousand Lebanese have been killed and a million have fled their homes.

Iran had vowed to retaliate against Israel, raising fears that war could spill across borders throughout the region, despite efforts by the United States, Israel's closest and most powerful ally, to contain it.

In the latest announced killing of a senior Hezbollah figure, Israel earlier said it had assassinated Muhammad Jaafar Qasir, describing him as a commander in charge of weapons transfers from Iran and its affiliates.

The rapid escalation that has engulfed Lebanon into war has killed hundreds. Near the city of Sidon along the Mediterranean south of Beirut, mourners wept over coffins containing black-shrouded bodies of people killed in Israeli strikes.

"The building got struck down and I couldn't protect my daughter or anyone else. Thank God, my son and I got out, but I lost my daughter and wife, I lost my home, I have become homeless. What do you want me to say? My whole life changed in a second," said resident Abdulhamid Ramadan. REUTERS

Justice Naeem Afghan replaces Justice Munib in Article 63-A case

ISLAMABAD: Supreme Court (SC) Tuesday formed a 'new larger bench' to hear review petition regarding interpretation of Article 63-A of the Constitution of Pakistan.

The decision was reportedly taken during a meeting of Practice and Procedure Committee headed by CJP Justice Qazi Faez Isa.

The new bench will be led by Chief Justice of Pakistan Qazi Faez Isa and it includes Justices Ameenuddin, Jamal Mandokhel, Mazhar Alam Miankhalil, and Justice Naeem Afghan. The formation of the new bench comes after Justice Munib Akhtar did not attend the proceedings.

Justice Munib earlier penned a letter to Court Registrar, saying he could not participate in the five-member bench, arguing that it was inappropriate for only four judges to hear the case.

His second letter prompted the adjournment of the hearing, as he expressed that while he did not formally recuse himself, he felt unable to join a bench constituted by the Practice and Procedure Committee. The apex court's hearing is crucial as it addresses critical interpretation of Article 63-A, which relates to disqualification of lawmakers for defection. INP

Mohsin Naqvi commends Maulana Fazlur Rehman's role in promoting parliamentary supremacy & democratic values



ISLAMABAD: Interior Minister Senator Syed Mohsin Raza Naqvi on Tuesday visited the residence of Jamiat Ulema-e-Islam-Fazl Chief Maulana Fazlur Rehman in Islamabad and congratulated him and Maulana Abdul Ghafoor Haideri on their unopposed re-election as the party's head and the secretary general respectively.

Mohsin Naqvi also presented bouquets and expressed best wishes for them.

Mohsin Naqvi commended Maulana Fazlur Rehman's role in promoting parliamentary supremacy and democratic values, calling him a prudent, skilled, and visionary politician. He acknowledged JUI-F's principle-based politics under the leadership of Maulana Fazlur Rehman. He said Maulana Fazlur Rehman has rendered invaluable services to his party and Pakistan. SABAH

'Constitutional court a must for stability, those defying constitution quit politics'



QUETTA: Chairman of the Pakistan People's Party (PPP), Bilawal Bhutto Zardari, has stated that he has no involvement in the political developments happening in Islamabad but emphasized that everyone must follow the Constitution.

Speaking at an event organized by the Balochistan Bar Association, Bilawal declared that a Constitutional Court will be established at all costs, warning that failure to do so would have damaging consequences. He added, "Those who do not accept the Constitution should leave politics and law."

During his address, Bilawal criticized the current power dynamics in Pakistan, stating that while Parliament drafted the Constitution, governance is controlled by others.

He questioned, "Do you want decisions to continue while we remain silent?" The PPP Chairman further expressed his opposition to political horse-trading, highlighting his party's introduction of Article 63-A to eliminate floor-

crossing. He also called for further judicial reforms, referencing his father Asif Ali Zardari's 12.5 years in jail and the injustices suffered by his family.

Bilawal also reflected on the oppressive actions faced by PPP workers during dictatorship eras, pointing to the Charter of Democracy signed by Benazir Bhutto and Nawaz Sharif in 2006 as a key step toward restoring the 1973 Constitution. The PPP leader praised the 18th Amendment achieved through this charter but criticized those currently championing the judiciary without understanding its history.

He lamented how under Chaudhry's mindset, the judiciary allowed constitutional amendments by military rulers, remarking that after the judiciary's "freedom," only those in uniform were allowed to amend the Constitution.

Bilawal questioned why the public elects parliamentarians if lawyers are to make decisions. He acknowledged the dire state of affairs in the country today but reminded the audience of the oppressive eras under previous rulers where speaking out was nearly impossible. He also criticized the judiciary, questioning whether contempt of court means a lifetime punishment for criticizing a judge, while prime ministers can be removed and constitutional amendments made without challenge. INP

Denmark, Pakistan to jointly work...

Continued from Page 1

The meeting also focused on commitment of the both countries towards sustainability and the importance of international cooperation in combating various challenges of climate change, deforestation, droughts, water scarcity, air pollution, coastal erosion, energy crisis.

Ambassador Jakob Linulf also highlighted his country's extensive experience in renewable energy and sustainable practices, emphasizing the potential for knowledge sharing and technology transfer with Pakistan to achieve environmental sustainability and climate resilience goals.

Romina Khurshid Alam expressed her appreciation for Denmark's leadership in climate action and underlined Pakistan's urgent need for support in adapting to climate change impacts. Both leaders agreed on the necessity of enhancing bilateral cooperation, particularly in areas such as renewable energy, water management, and climate resilience strategies.

The two sides highlighted the unprecedented significance of the global climate action and the urgent need for joint efforts to advocate for equitable climate financing for developing



nations, which adversely affected by the growing intensity and frequency of recurring climate change-caused disasters, particularly floods, heat waves, cyclones, shifting rainfall patterns. "This meeting marks a pivotal step in strengthening the partnership between Denmark and Pakistan," said Romina Khurshid Alam. "Together we both countries can create sustainable solutions that not only address our national challenges but also contribute to global climate goals."

The meeting concluded with a mutual commitment to pursue further dialogue and collaborative projects - related to green energy transition, e-vehicle promotion, water conservation, climate and disaster risk management - that promote sustainable development and climate resilience in Pakistan.

Imran's political approach undermines democracy: Rana Sana

ISLAMABAD: Adviser to the Prime Minister on Inter-Provincial Coordination and Political Affairs, Rana Sanallah, on Tuesday said that political approach of the founder of Pakistan Tehreek-e-Insaf (PTI) negates the essence of democracy in the country.

Speaking to a private news channel, he said that the PTI leader spent three and a half years attempting to undermine every politician and political party in Pakistan.

"He insisted on avoiding dialogue, striving for a political landscape where only his party remained dominant," he said.

Commenting on the current government's progress, he said that Pakistan's economy is on the right track, with practical steps focused on national development. He said that reducing inflation, securing IMF deal, stabilizing Rupee, expanded tax net and attracting foreign investments were the major achievement of the government in this short period.

He said that all political parties were onboard on constitutional amendments through the Parliamentary Joint Committee.

He Clarified that the impending constitutional amendments were not meant to favor any specific individual. He also reaffirmed the government's commitment to defeating terrorism, praising the sacrifices made by the armed forces for the country's defense. APP

Workforce: Pakistan, Oman agree on MoU



ISLAMABAD: Pakistan and Oman agreed on the early finalization of a memorandum of understanding (MoU) on labor and manpower exchange which would facilitate the enhancement of Pakistan's workforce and its smooth movement from Pakistan to Oman.

This was decided in a recent meeting held in Muscat between Minister for Overseas Pakistanis and Human Resource Development Chaudhry Salik Hussain and Minister of Labour of the Sultanate of Oman Dr. Mahad bin Said bin Ali Baowain, said a press release issued here. Chaudhry Salik Hussain is on a three-day visit to the Sultanate where he will meet several ministers of Oman and will inaugurate a new branch

of Pakistan International School in Muscat. During the meeting, Chaudhry Salik Hussain apprised the Omani side of the major reforms the government was undertaking to improve the emigration process of Pakistani workers, their professional capacity enhancement, and the marketing of the Pakistani workforce abroad. He said that the Ministry of Overseas Pakistanis was upgrading the technical training centers in Pakistan on modern lines which would train the workforce according to the certification requirement of each country or region.

Chaudhry Salik Hussain informed that the Ministry of Overseas Pakistanis was going to start a compulsory pre-departure orientation program for all the workers going abroad which would educate them about the labor laws of the host country, workers' rights and duties, cultural sensitivities of the host country and relieve mechanism in case of any eventuality during ones stay abroad.

Dr. Mahad bin Said bin Ali Baowain said that Pakistan and Oman were enjoying very cordial relations and Pakistanis are contributing to the development of Oman. He said Pakistanis were very skilled workers and worked in a vast variety of fields.

PM Shehbaz reaffirms Pakistan's resolve to continue to work closely with China to further strengthen bilateral ties

PM Shehbaz, Yousuf Raza Gilani, Sardar Ayaz Sadiq, Mohsin Naqvi congratulate President Xi, Premier Li on China's 75th Anniversary

ISLAMABAD: Prime Minister Mian Muhammad Shehbaz Sharif has extended felicitations to Chinese President Xi Jinping, Premier Li Qiang and the Chinese people on the 75th Anniversary of the founding of the People's Republic of China.

In a post on his X handle, PM Shehbaz Sharif said we are proud of China's remarkable progress and achievements under President Xi's visionary leadership.

The Prime Minister said Pakistan and China are iron brothers and their all-weather strategic cooperative partnership continues to grow from strength to strength.

PM Shehbaz Sharif said Pakistan and China are fully committed to ensuring the success of CPEC, the flagship project of Belt and Road

Initiative.

The Prime Minister reaffirmed Pakistan's resolve to continue to work closely with China to further strengthen bilateral ties across all spheres, and promote regional peace, stability and prosperity.

In his felicitation message, Chairman Senate Syed Yousuf Raza Gilani said Pakistan-China friendship has generated significant benefits, creating unprecedented opportunities for both nations and the wider region. He said this friendship reflects the shared vision for regional stability.

Speaker National Assembly Sardar Ayaz Sadiq has congratulated the Chinese leadership and people on the 75th anniversary of the founding of the People's Republic of China. In a statement, he said Pakistan-China friendship is testament to shared

socio-economic vision of regional stability.

He noted the deep-rooted and cordial diplomatic relations between Pakistan and China, based on mutual respect and brotherhood.

The Speaker highlighted the transformative joint economic and infrastructure ventures between the two nations, particularly the China-Pakistan Economic Corridor (CPEC) saying this will elevate Pakistan's economy and harness its strategic location for greater global connectivity.

Federal Minister for Interior Mohsin Naqvi has extended warm felicitations to the leadership and people of the People's Republic of China on their National Day. He expressed best wishes for the Chinese leadership, Communist Party of China,

and its people. He praised China's remarkable progress, achieved through hard work, determination, and passion, making it a role model for developing countries. The Interior Minister highlighted China's successful struggle against poverty, unemployment, and corruption under its great leadership. He emphasized that China is Pakistan's most trustworthy and loyal friend, and their friendship is unparalleled in the world.

Mohsin Naqvi acknowledged China's unwavering support for Pakistan during difficult times. He noted that both nations share a uniform stance on global issues, peace, and mutual respect. He stressed that Pakistan greatly values its unbreakable friendship and strategic partnership with China. SABAH