



Pakistan's vulnerability to climate change-related disasters, calling for global support to combat the challenges confronted by the country on this front

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Global peace confronted with ever evolving threats, challenges: COAS



ISLAMABAD: Chief of Army Staff (COAS) General Syed Asim Munir has emphasized that global peace today is confronted with ever evolving threats and challenges.

Addressing at the 28th Annual Conference of International Association of Peacekeeping Training Centre (IAPTC), the COAS said that despite the numerous peacekeeping endeavors underway by the UN and other organizations, the plight of innocent Kashmiris and Palestinians serve as a stark reminder that still a lot needs to be done, said an Inter Services Public Relations (ISPR) news release issued on Monday. The 28th Annual Conference of International Association of Peacekeeping Training Centre (IAPTC) is being hosted for the first time in Pakistan at the Centre for International Peace and Stability (CIPS), NUST, Islamabad from November 4-8.

The event officially commenced with the inauguration of new CIPS building by COAS General Syed Asim Munir, NI (M).

Under Secretary General, Department of Peace Operations, Jean Pierre Lacroix, United Nation's Police Advisor, Acting Deputy Military Advisor, Foreign Secretary of Pakistan and Rector NUST, also accompanied the Chief Guest during inauguration and opening ceremony of the conference.

Guest of Honour, Mr. Jean Pierre Lacroix acknowledged Pakistan's contributions to UN Peacekeeping Operations and appreciated Pakistan for hosting the 28th IAPTC Annual Conference.

Earlier on arrival, the COAS was received by Inspector General Training and Evaluation (IGT&E), Lieutenant General Fayyaz Hussain Shah, HI (M), PR

Foreign Secretary reaffirms Pakistan's commitment to UN peacekeeping



ISLAMABAD: Foreign Secretary Ambassador Amna Baloch on Monday reaffirmed Pakistan's unwavering commitment to United Nations peacekeeping and multilateralism, pledging full support to reform and strengthen the peacekeeping architecture for a safer, more stable world.

She was addressing the 28th Annual Conference of the International Association of Peacekeeping Training Centres (IAPTC) being held here at the Centre for International Peace and Stability.

Impacts of climate change on ecosystem devastating beyond repair: Romina Khurshid



ISLAMABAD: Coordinator to the Prime Minister on Climate Change Romina Khurshid Alam on Monday said the impacts of climate change were devastating the ecosystems beyond repair, with extreme weather events and slow-onset disasters disrupting the lives of millions of people. She was speaking at the 27th Sustainable Development Conference (SDC) organized by the Sustainable Development Policy Institute (SDPI) in collaboration with the Ministry of Climate Change here, said a press release.

The theme of this year's conference is 'From Fragility to Resilience: Enhancing Sustainable Development'. Ms Alam said smog across the border was causing loss of lives and spreading diseases, especially in Lahore.

She affirmed the government's commitment to building resilience under the guidance of Prime Minister Shehbaz Sharif, highlighting the government's efforts to combat plastic pollution as part of its broader waste management strategy. SDPI Executive Director Dr Abid Qaiyum Suleri said the world, and Pakistan in particular, stood at a crossroads.

He said: "In recent years, we've endured immense trials; the Covid-19 pandemic halted global life, testing even the most advanced health systems. Then, the Ukraine war disrupted energy supplies, raising costs and impacting economies worldwide, including Pakistan's." APP



ISLAMABAD: Prime Minister Muhammad Shehbaz Sharif chairs the Federal Cabinet Meeting.

PM expresses satisfaction at economic stability, inflow of foreign investment

VOM Report

ISLAMABAD: Prime Minister Muhammad Shehbaz Sharif on Monday expressed his satisfaction over the economic stability in the country and the inflow of foreign investment. He said that the State Bank of Pakistan had reduced the policy rate by 250 basis points and with its reduction, the interest rate had been brought down to 15 percent from 17 percent, adding that it would increase the business activities, boost exports and generate employment opportunities.

Addressing a meeting of PML-N parliamentary party at the Parliament House, the prime minister said that due to government's efforts, the inflation rate was also reduced from 38 percent to 7 percent and observed that all the global and national institutions were projecting economic stability in the country.

"The evil machinations of those who were out to create chaos and those who pushed the country to verge of default have been foiled," PM Office Media Wing, in a press release quoted the prime minister as saying. He further said that the history would always remember those who had staked their politics for the sake of country's survival, adding the historians would always write about those who worked for the sake of the country and those elements who addressed letter to International Monetary Fund (IMF) to halt country's financial programme.

The prime minister also lauded the members of parliament belonging to PML-N for sacri-



ficing their politics for the sake of country and said that they had thought about 240 million people.

He said that during his recent visits to the Kingdom of Saudi Arabia, a new chapter of economic partnership between the two countries had been added.

During the participation in the Future Investment Initiative, he held detailed meeting with Saudi Crown Prince Mohammed bin Salman, adding Saudi Arabia was a close friend and partner of Pakistan and its leadership had assured all kind of assistance to support economic stability and country's development. He said that volume of Saudi's investment would increase from \$2.2 billion to \$2.8 billion.

The prime minister said that during his visit to Qatar, its leadership also assured investment in Pakistan and in the bilateral meeting

with its leadership, they discussed shaping worth \$3 billion projects in this regard. Qatar would invest in aviation, hoteling, IT, energy and other sectors, he said, adding that the government was taking all steps on priority basis to facilitate and encourage the foreign investment.

The prime minister maintained that they had been enforcing reforms agenda in every sector of the country.

He said that he had directed FBR to accord respect to those who paid taxes as they were the ambassadors of Pakistan.

Those who evaded paying taxes despite eligible to pay such and those officers who facilitated them, should be proceeded against, he stressed.

In the meeting, the parliamentary party members were also taken into confidence over the proposed legislation in the parliament.

NADRA has policy regarding children deprived of parental identity: Tarar

ISLAMABAD: Federal Minister for Information, Broadcasting, National Heritage and Culture Attaullah Tarar has said that there is a policy in NADRA regarding children deprived of parental identity. These children are registered under this existing policy. Such children are required to belong to an orphanage or child protection unit registered with NADRA. He was speaking on the resolution of Senator Samina Mumtaz Zehri in the Upper House on Monday.

The Federal Minister of Information said that when ID cards are made for children without parents, names are put randomly in place of paternity. He said that if ID cards are issued without parents, they will be discriminated and there will be difficulties for them in the society.

He said that instead of sending this matter to the committee, the house should allow to have a meeting with the chairman NADRA. He said that under the current policy, 280 children have already been registered while it can be further improved. If anonymous genealogy is written or ID cards are issued without parents, it will be difficult for these children to live in the society, he mentioned. He said that orphanages and child protection units must be registered with NADRA and an effective system for identifying such children needs to be introduced in NADRA so that registration of such children could be possible. He said that the Ministry of Information is ready to conduct an awareness campaign in this regard. The federal minister said that this work was started by the legend of Pakistan late Abdul Sattar Edhi and it also has the protection of the Supreme Court. He said that it has to be seen how this system can be made in which children are not harmed and we can register more and more children in this way and issue ID cards to them.

In response to the question of Samina Mumtaz Zehri, the Federal Minister of Information said that if someone does not have parents, then any name is randomly written in the parentage in the NADRA database and it is known from the database that this child is the one, who has no paternity.

Federal Minister Attaullah Tarar said that there are members of our house who have raised such children and take care of them more than their own children, gave them land, gave them the right to inherit and raised them in the same way as their own children. Let's raise them in such way, this example is before us, he added.

Terrorist killed, weapon, ammunition recovered: ISPR

RAWALPINDI: A terrorist was killed on Monday by Security Forces during a fire exchange took place between own troops and the terrorists in Nushki District of Balochistan.

"Own troops effectively engaged terrorists' location, and resultant one terrorist was killed," said an Inter Services Public Relations news release. Weapon and ammunition were also recovered from the killed terrorist, it further said. "Sanitization operation is being conducted to eliminate any other terrorist found in the area. Security forces of Pakistan, in step with the nation, remain determined to thwart attempts at sabotaging peace, stability and progress of Balochistan," further said the news release. PR

6 Khwarij terrorists killed in 2 separate IBOs in KP

ISLAMABAD: The Security Forces killed six Khwarij terrorists in two separate intelligence-based operations (IBOs) conducted in general areas of Dosali, North Waziristan District and Khamrang, South Waziristan District of Khyber-Pakhtunkwa (KP) on Sunday night. During conduct of the operation, the Army troops effectively engaged the khwarij's location, resultantly one kharij Ahmed Shah alias Intizar was killed, said an Inter Services Public Relations (ISPR) news release.

In another incident, the movement of the Khwarij group, who were trying to infiltrate through the Pakistan-Afghanistan international border, was picked up by the Security Forces in the general area of Khamrang, South Waziristan District. The Army troops effectively engaged and thwarted their attempt to infiltrate. Resultantly, five khwarij were killed, while three khwarij got injured, it further said. Pakistan has consistently been asking Interim Afghan Government to ensure effective border management on their side of the border. Interim Afghan Government is expected to fulfil its obligations and deny the use of Afghan soil by Khwarij for perpetuating acts of terrorism against Pakistan. Security Forces of Pakistan are determined and remain committed to secure its borders and eliminate the menace of terrorism from the country. PR

Uzbek-Pakistani business forum: fostering trade, economic collaboration

ISLAMABAD: Complementing the 9th Intergovernmental Commission meeting on Economic Cooperation between Uzbekistan and Pakistan, an engaging Uzbek-Pakistani Business Forum was held in Tashkent.

This forum served as a dynamic platform for strengthening bilateral economic partnerships and facilitating business-to-business (B2B) interactions.

The forum witnessed robust participation, with 25 Pakistani companies from diverse sectors engaging in discussions with over 100 representatives from leading Uzbek enterprises. These B2B meetings spanned a variety of industries, including textiles, food processing, engineering, and logistics, underscoring the shared commitment of both nations to explore collaborative business opportunities.

During the Business Forum, nearly 100 B2B meetings took place, allowing companies from both sides to explore new ventures, discuss potential partnerships, and establish meaningful trade connections. The sessions aimed to



promote investment and mutual growth by leveraging the economic strengths of both countries. Addressing the forum, Federal Minister for Commerce, Jam Kamal Khan, highlighted Pakistan's investment-friendly environment and encouraged Uzbek businesses to consider collaborative projects in Pakistan.

He emphasized that such interactions pave the way for deepened commercial ties and contribute to regional economic stability.

Laziz Kudratov, Uzbekistan's Minister of Investment, Industry, and Trade, echoed these sentiments, welcoming Pakistani enterprises and emphasizing the Uzbek government's commitment to fostering a supportive atmosphere for international partnerships.

ECC approves circular debt management plan, POL supply agreement

ISLAMABAD: The Economic Coordination Committee (ECC) of the Cabinet on Monday approved the Circular Debt Management Plan for FY 2024-25, and sale purchase agreement for Supply of POL products between Pakistan State Oil (PSO) and SOCAR Azerbaijan.

The committee met under the chairmanship of Minister for Finance and Revenue Senator Muhammad Aurangzeb, said a news release.

During the meeting, several key agenda items were discussed and decisions were made.

Ministry of Energy (Petroleum Division) presented a summary, seeking approval for the Sale Purchase Agreement (SPA) for the supply of POL products between Pakistan State Oil (PSO) and SOCAR Azerbaijan.

The committee approved the signing of the SPA.

The Ministry of Energy (Power Division) submitted the Circular Debt Management

Plan for FY 2024-25.

The ECC approved the plan, which aims to reduce liabilities in the power sector and enhance financial sustainability.

The Ministry of Information and Broadcasting (MoIB) presented a summary requesting a technical supplementary grant (TSG) of Rs. 95.822 million to settle the outstanding dues related to the 23rd Shanghai Cooperation Organization's (SCO) Council of Heads of Government (CHG) meeting.

After deliberation, the ECC directed the ministry to reappropriate the funds from its allocated budget for the fiscal year 2024-25.

In case of a shortfall of funds at the end of the fiscal year, the Finance Division will allocate a technical supplementary grant as needed.

Another request from MoIB for an additional TSG of Rs. 536.1 million for crucial digital initiatives was discussed. The ECC similarly directed the Ministry to reappor-



appropriate the required amount from its FY 2024-25 budget, with the possibility of supplementary funds being allocated later, if required.

The Ministry of Industries and Production brought forward a summary regarding the Peshawar High Court's decision on the export of sugar from Khyber Pakhtunkhwa.

The Ministry emphasized that based on national data, the sugar production in Khyber Pakhtunkhwa is less than the province's annual consumption of 0.979 million MT.

The local deficit is usually met by sugar supplied from surplus-producing provinces such as Punjab and Sindh. Therefore, no sugar shortage is expected in Khyber Pakhtunkhwa, even with the current and any future exports allowed by the ECC.

As a result, the ECC reiterated its earlier

decision based on the provided national figures. However, the request and suggestions from the province of Khyber Pakhtunkhwa were duly noted.

The Ministry of Interior requested a TSG amounting to Rs. 650.35 million to cover costs related to the SCO Summit 2024, repairs of Safe City cameras damaged during violent protests, and maintaining law and order in Islamabad.

The ECC directed the ministry to reappropriate the funds from its allocated budget for FY 2024-25.

In another matter, the Ministry of Interior presented a summary seeking Rs. 2.70 billion spent on arrangements and beautification of Islamabad for the 23rd SCO Summit.

Following detailed discussions, the ECC decided that the Capital Development Authority (CDA) and the Ministry of Interior should get a third-party cost and expenditure verification before bringing the summary back for further

consideration.

At the end of the meeting, the ECC also reviewed the situation of price hikes in Pulses (Gram and Mash) and Chicken.

The ECC showed concern upon the situation and asked NPMC to monitor the situation in consultation of Ministry of National Food Security and Research and provincial administration to provide relief to common man at the earliest.

Moreover, the ECC decided to keep reviewing the prices of essential food items in order to ensure benefits of decline in inflation may reach the common man.

The meeting was attended by Minister for Petroleum Musadik Masood Malik, Minister for Power Sardar Awaiz Ahmad Khan Leghari, Minister for Economic Affairs Ahad Khan Cheema, Governor, State Bank of Pakistan (SBP), Chairman SECP, Chairman, Board of Investment (BOI), Federal Secretaries, and senior officers from concerned ministries and departments.

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Democracy's missing half

ABDULLAH KHALID

The global movement for gender equality has driven change across many sectors, but political representation remains one of the most formidable challenges. Although women make up nearly half of the world's population, they are underrepresented in political offices, decision-making bodies, and leadership roles within political parties. This imbalance reflects more than cultural bias; it signals a gap in democratic governance. Despite legislative measures globally and in countries like Pakistan to increase women's political participation, a significant disparity persists between legal provisions and outcomes. Advancing gender equity in politics calls for a closer look at the structural barriers preventing women from fully participating in democratic processes, as well as a commitment to breaking down these obstacles. Some regions have achieved promising progress. As of 2024, the Inter-Parliamentary Union (IPU) reports that women hold 26.5 per cent of parliamentary seats globally. Rwanda's legally mandated 30 per cent quota has resulted in women occupying 63.75 per cent of parliamentary seats, while Sweden's 'zipper system' ensures men and women candidates alternate on electoral lists, yielding 47 per cent female representation in parliament. However, these examples remain exceptions rather than the norm. In Europe, 10 countries – including Bulgaria, Ireland, and Romania – have parliaments with over 80 per cent male representation. In Pakistan, the numbers are equally concerning – although there has been some progress. Here, women hold only 21 per cent of parliamentary seats, with most of these seats filled through reserved quotas rather than open competition. Globally, fewer than 5.0 per cent of cabinet positions are held by women, with men dominating key ministries such as defence and finance. This underrepresentation highlights the systemic barriers keeping women out of decision-making roles in governance. Pakistan's political landscape has seen prominent women leaders like Benazir Bhutto, the first female prime minister, and Maryam Nawaz, the first female chief minister of Punjab. However, the country's political structures remain overwhelmingly male-dominated. The constitution of Pakistan mandates gender equality under Article 25, which prohibits discrimination based on gender, and Article 34, which promotes women's participation in all spheres of national life. Yet, in practice, women's political participation remains limited. To address this imbalance, the Political Parties Order 2002 requires that political parties reserve 10 per cent of their seats for women. The Election Commission Act, 2017 also mandates that 5.0 per cent of general election tickets go to women. Despite these measures, their impact has often been symbolic, with women placed in unwinnable constituencies or sidelined within party structures. Even with the 60 reserved seats for women in Pakistan's National Assembly, their overall political power remains limited. Women are often excluded from key decision-making processes, and political parties rarely incorporate women's perspectives in policy discussions. Although parties may have 'women's wings', these often lack real influence, following agendas set by male leadership. The underrepresentation of women in Pakistani politics is deeply rooted in both cultural and structural barriers. Societal norms have historically confined women to the domestic sphere, making them political outsiders unless they are part of prominent political families. This exclusion aligns with Max Weber's concept of "traditional authority," where patriarchal structures maintain control over political and economic power. Research organisations like the Sustainable Development Policy Institute (SDPI), the Pakistan Institute of Legislative Development and Transparency (PILDAT), and the Free and Fair Election Network (FAFEN) have been strong advocates for better governance and women's political representation in Pakistan. However, while legal frameworks are in place, inconsistent enforcement has allowed the exclusion of women from meaningful political roles to persist. FAFEN's analysis of Pakistan's electoral system reveals that women within political parties are frequently relegated to symbolic roles, lacking substantial decision-making power. To address the gender gap in political representation, Pakistan needs policy reforms that go beyond symbolic measures and focus on ensuring meaningful participation. Strengthening the Political Parties Order 2002 by introducing amendments should increase the quota for women in leadership roles from 10 per cent to 30 per cent, ensuring women can influence party policy and strategy. Political parties could adopt a 'zipper system' to balance representation while mandating that one-third of leadership roles are reserved for women. Enforcing the Election Commission Act, 2017 by raising the current 5.0 per cent quota for women to 15 per cent, providing more opportunities in winnable constituencies. Empower the Election Commission of Pakistan (ECP) to penalise parties failing to meet gender quotas and incentivise those allocating 30 per cent of competitive tickets to women. Internal reforms within political parties are mandatory. Parties must implement regular gender sensitivity training, empowering women's wings with real decision-making authority and establishing mentorship programmes for young women entering politics. Conducting annual gender audits and publishing gender representation reports would improve transparency and accountability. Another important aspect is the introduction of a Gender Commission within the ECP. Establish a commission to monitor compliance with gender-related electoral laws and ensure that the gender quotas are upheld effectively across parties. Achieving gender equality in political representation requires more than well-intentioned policies; it demands committed, comprehensive reforms. When women's perspectives are genuinely integrated into political decision-making, societies benefit. Women's political participation is not merely about fulfilling a democratic obligation, it strengthens the foundations of democracy itself. Pakistan's journey towards political inclusivity is essential for building a representative democracy that reflects the full diversity and strength of its people.

The writer is a researcher associated with the Sustainable Development Policy Institute (SDPI), Islamabad.



Hafiza Saba Ashraf

Pakistan successfully conducted the SCO, accelerating its efforts for regional connectivity and cooperation. Many important issues were highlighted by Prime Minister Shehbaz Sharif during his speech at the summit. The prime minister called for collective action for socioeconomic development, strong connectivity, collective peace and security, combating terrorism, dealing with climate change, alleviating poverty, and respecting principles of sovereignty, territorial integrity, and the right to self-determination. Among all these issues, one common and alarming threat that requires collective action from SCO members is climate change. As Prime Minister Shehbaz Sharif said in his speech, "The impact of climate change is being felt worldwide, and Pakistan has been particularly hard-hit". SCO member-states make up 40 per cent of the world population and are witnessing devastating impacts of climate change in one form or another. Russia is facing heatwaves, floods, droughts forest fires, and permafrost caused by climate change. According to the Centre for Strategic & International Studies (CSIS), "Russia is warming 2.5 times faster than the rest of the world". China also witnessed summer floods in Zhengzhou in 2024. Similarly in 2022, the lengthy heat waves in China converted lakes into streams, destroyed crops, and sparked forest

Climate council

fires. Pakistan and India have become frequent victims of the hottest summer seasons with heatwaves. The World Meteorological Organization (WMO) says that Pakistan and India witnessed the hottest month of March in 2022. Pakistan also faced devastating floods in 2022 which is a major catastrophe in its history.

temperature in the country has increased by 1.4 C." Another SCO country, Iran, is facing issues like high temperature and precipitation, dust storms and lower agriculture yields. Climate change is severely impacting this region and undermining the potential of socio-economic development. Climate change can

also has the potential to open several avenues of cooperation. Climate diplomacy can be an important tool for this region to join hands to combat climate change and reduce political tensions in the region.

The establishment of the SCO Climate Resilient Council can be a landmark decision. This council can involve climate change and environment ministers from all SCO member-states and other technical experts in climate change. The council can take green initiatives like the creation of the SCO Green Climate Fund, carbon markets, promotion of climate-resilient infrastructure, connectivity through green corridors, exchange of knowledge, research and technology, etc. This forum can also play an advisory role at the global level to protect this region from the devastating impacts of climate change in the region. Climate change is a reality that is visible in the form of various disasters not only in SCO member-states but all over the world as well. The successful hosting of the SCO Summit in Pakistan and the signing of various MOUs are also testimony to the potential of this region to grow through collaboration and collective efforts.

Climate diplomacy is another area that needs to be focused more under the SCO. An initiative like the SCO Climate Resilient Council can be a game changer in the region. It can accelerate efforts to mitigate and adapt to climate change, keeping aside political conflicts and issues.

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According to the Finance Division, "One-third of the country had been under water, and 33 million people had been affected" in these floods. Central Asian states which are also members of SCO are not behind in facing the catastrophes caused by climate change. According to the Asian Development Bank, a 10-15 per cent estimated drop in water volumes in the Syr Darya and Amu Darya basins by 2050. These two large rivers are crucial sources of water for countries in Central Asia. In addition to that, Belarus a European country and also a member of the SCO is also affected by climate change.

Per the UNDP, "Climate change is challenging farmers worldwide, and Belarus is no exception. Over the past 140 years, the average annual

become a source of cooperation and opportunities for this region. The Green Development Forum was held in China on July 8, 2024 – organised by the Ministry of Ecology and Environment of China, with the support of the SCO Secretariat. The objective was to foster collaboration to take initiatives for Building a Green Partnership for Sustainable Development. The purpose of this event was also to create a green and sustainable environment and adopt a healthy lifestyle. This forum also shows the commitment and consciousness of the member states towards sustainable development. A permanent structure to fight climate change and collaborate on green projects under the SCO can not only protect this region from many climate change disasters but

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

Pakistan

During 1937-39, several Muslim leaders and thinkers, inspired by Allama Iqbal's ideas, presented elaborate schemes for partitioning the subcontinent according to two-nation theory. The All-India Muslim League soon took these schemes into consideration and finally, on March 23, 1940, the All-India Muslim League, in a resolution, at its historic Lahore Session, demanded a separate homeland for the Muslims in the Muslim majority regions of the subcontinent. The resolution was commonly referred to as the Pakistan Resolution. The Pakistan demand had a great appeal for the Muslims of every persuasion. It revived memories of their past greatness and promised future glory. They, therefore, responded to this demand immediately. The British Government recognized the genuineness of the Pakistan demand indirectly in the proposals

for the transfer of power after the Second World War which Sir Stafford Cripps brought to India in 1942. Both the Congress and the All-India Muslim League rejected these proposals for different reasons. The principles of secession of Muslim India as a separate Dominion was however, conceded in these proposals. After this failure, a prominent Congress leader, C. Rajgopalacharia, suggested a formula for a separate Muslim state in the Working Committee of the Indian National Congress, which was rejected at the time, but later on, in 1944, formed the basis of the Jinnah-Gandhi talks. The Pakistan demand became popular during the Second World War every section of the Muslim community. Organized under the banner of the All-India Muslim League. Branches of the party were opened even in the

remote corners of the subcontinent. Literature in the form of pamphlets, books, magazines and newspapers was produced to explain the Pakistan demand and distributed widely. The support gained by the All-India Muslim League and its demand for Pakistan was tested after the failure of the Simla Conference, convened by the Viceroy, Lord Wavell, in 1945. Elections were called to determine the respective strength of the political parties. The All-India Muslim League election campaign was based on the Pakistan demand. The Muslim community responded to this call in an unprecedented way. Numerous Muslim parties were formed making united parliamentary board at the behest of the Congress to oppose the Muslim League. But the All-India Muslim League swept all the thirty seats in the Central Legislature and in the provincial elections also, its victory

was outstanding. After the elections, on April 8-9, 1946, the All-India Muslim League called a convention of the newly-elected League members in the Central and Provincial Legislatures at Delhi. This convention, which constituted virtually a representative assembly of the Muslims of South Asia, on a motion by the Chief Minister of Bengal, Hussain Shaheed Suhrawardy, reiterated the Pakistan demand in clearer terms. In early 1946, the British Government sent a Cabinet Mission to the subcontinent to resolve the constitutional deadlock. The Mission conducted negotiations with various political parties, but failed to evolve an agreed formula. Finally, the Cabinet Mission announced its own Plan, which among other provisions, envisaged three federal groupings, two of them comprising the Muslim majority provinces,

To be continued....

Showbiz

Keanu Reeves shares gruelling physical demands of 'John Wick' stunts

Keanu Reeves joined the panel discussion for a special 10th anniversary screening of 'John Wick'

Keanu Reeves pushed his physical boundaries to bring his John Wick character to life. The 60-year-old actor reflected on his intense stunts as the titular hitman during a panel discussion for a special 10th anniversary screening of the action movie. "I had so many wonderful teachers and guidance and worked with so many talented actors, actresses and stunt people in the sense of it's such a dance and collaboration and cooperation," Reeves shared. The Speed star then quipped that even though some of his stunts as John Wick made him physically sick, that's just the name of the



game. "So there's a couple of times where you throw up or puke or whatever, but that's what makes it good!" he expressed. His co-star Ian McShane — who portrayed the owner of the Continental and John Wick's old friend — also attested to Reeves' unparalleled commitment. "He pushes the envelope all the time. So when your leading actor says, 'We'd like to do another one,' and it's raining for the seventh day in a row outside... and you're standing there, whatever. And you go, 'Well, Keanu's doing it. Here we are. Here we go,'" McShane shared.

Tech

French families sue TikTok, alleging teens exposed to harmful content

Seven French families have sued the social media platform TikTok, alleging that it exposed their teenage children to harmful videos that made two of them to commit suicide at the age of 15, according to their lawyer on Monday. As per the lawsuit, TikTok's algorithm exposed the seven youngsters to content that advocated self-harm, suicide, and eating disorders, counsel Laure Boutron-Marnion told Franceinfo radio broadcaster. The families have moved the Créteil judicial court. Boutron-Marnion said it was the first such grouped case in Europe. "The parents want TikTok's legal liability to be recognised in court", she said, adding: "This is a commercial company offering a product to consumers who are, in addition, minors. They must, therefore, answer for the product's shortcomings." TikTok, like other social media platforms, has long faced scrutiny over the policing of content on its app.

TikTok, like other social media platforms, has long faced scrutiny over the policing of content on its app

As with Meta's Facebook and Instagram, it faces hundreds of lawsuits in the US accusing them of enticing and addicting millions of children to their platforms, damaging their mental health. TikTok could not immediately be reached for comment on the allegations. The company has previously said it took issues that were linked to children's mental health seriously. CEO Shou Zi Chew this year told US lawmakers the company has invested in measures to protect young people who use the app.

Health

This diet prevents cancer, heart disease, and promotes mild weight loss

A comprehensive review conducted in 2024, which analyzed 49 systematic studies, reinforces these findings: a plant-based diet significantly reduces risk factors associated with cardiovascular diseases, metabolic issues, and cancer. It improves glycemic control, lipid profiles, blood pressure, and reduces inflammation. Veganism is a lifestyle that excludes all animal-derived products, including meat, dairy, eggs, fish, and honey. Its impact goes beyond diet—extending into choices in clothing, footwear, and cosmetics, promoting a holistic lifestyle rooted in compassion and sustainability. A vegan diet is rich in essential nutrients. It includes whole grains, fruits, vegetables, legumes, nuts, and seeds. Research shows that vegans often have higher levels of vitamins C, A, and E, potassium, magnesium, folic acid, as well as dietary fiber and antioxidants.

Vegan diets have shown remarkable success in addressing metabolic syndrome. They improve blood sugar and fat levels, lower blood pressure, and help reduce body mass index (BMI). This benefit arises from balanced calorie intake, limited saturated fats, and high fiber content. Studies indicate that vegans are more likely to maintain a healthier body weight. Vegan diets are particularly effective for weight loss compared to other dietary approaches. The numbers are striking: vegans may reduce their risk of high blood pressure by up to 75% and their risk of dying from heart disease by 42%. Vegan diets are especially effective at lowering "bad" LDL cholesterol and total cholesterol levels. According to the World Health Organization, one-third of cancer cases can be prevented through proper diet. Studies suggest that vegans may

reduce their risk of developing or dying from cancer by 15%. Consuming seven servings of fruits and vegetables daily, typical in vegan diets, significantly lowers disease risk. Research from 2019 highlights the anti-inflammatory properties of a vegan diet. Dietary fiber, antioxidants, and probiotics found in plant-based foods improve gut bacteria composition, reduce inflammation, and alleviate joint pain. There are several key motivations for adopting veganism. The first is ethical—advocating a humane approach that seeks to respect animal life and avoid harm. Dr. Steiner illustrates this through the milk production process, which involves traumatic separation of cows and their calves. Another motivation is environmental: the animal agriculture industry accounts for 18% of global greenhouse gas emissions.



منگل 05 نومبر 2024ء

لندن میں پاکستان ہائی کمیشن کی گاڑی پر حملے کا مقدمہ درج، تحقیقات کا آغاز

لندن (این این ڈی) (ڈیک) لند میں پاکستان ہائی کمیشن کی گاڑی پر حملے کا مقدمہ درج کیا گیا ہے۔ پولیس نے تحقیقات کا آغاز کیا ہے۔



اسلام آباد، وزیر اعظم شہباز شریف کی زیر صدارت وفاقی کابینہ کا اجلاس جاری ہے۔

قومی اسمبلی میں ججز کی تعداد، سرور چیف جسٹس کی مدت ملازمت بڑھانے کے بل منظور

اسلام آباد (پاکستان ٹیلی ویژن) قومی اسمبلی نے سرور چیف جسٹس کی مدت ملازمت بڑھانے کے بل کو منظور کیا ہے۔ اس بل میں سرور چیف جسٹس کی مدت ملازمت 7 سال سے بڑھائی جائے گی اور ججز کی تعداد میں اضافہ کیا جائے گا۔



جنگل حکومت کابلی آئی اے خریدنے کا ارادہ نہیں، عظیمی بخاری

لاہور (جیو رپورٹ) صوبائی وزیر اطلاعات و نشریات عظیمی بخاری نے کہا ہے کہ حکومت پنجاب کابلی آئی اے خریدنے کا کوئی ارادہ نہیں ہے۔

قطر آئی ٹی معدنیات میں سرمایہ کاری کرنیکا خواہاں ہے، وزیر اعظم شہباز شریف

سعودی عرب اور قطر کے کامیاب دورے کر کے آیا ہوں، وفود سے ون آن ون ملاقاتیں کیں، سعودی اور قطر کے دورے میں سرمایہ کاری اور ملکی ترقی پر گفتگو ہوئی، سعودی ولی عہد نے سرمایہ کاری کی یقین دہانی کرائی ہے۔

سعودی اور قطر کے دورے میں سرمایہ کاری اور ملکی ترقی پر گفتگو ہوئی۔ سعودی ولی عہد نے سرمایہ کاری کی یقین دہانی کرائی ہے۔ وزیر اعظم شہباز شریف نے کہا ہے کہ یہ دورے کامیاب تھے اور ہمیں سرمایہ کاری کی بہتر مواقع مل سکتے ہیں۔

امریکی رائے دہندگان آج نئے صدر کا انتخاب کریں گے، ٹرمپ اور کلبا ایبرس میں کانٹے دار مقابلہ

امریکی رائے دہندگان آج نئے صدر کا انتخاب کریں گے۔ ٹرمپ اور کلبا ایبرس میں کانٹے دار مقابلہ جاری ہے۔ ٹرمپ اپنی سابقہ پوزیشن کا دفاع کر رہے ہیں جبکہ کلبا ایبرس نئے صدر کے طور پر اپنا نام ادا کر رہے ہیں۔

وزیر خزانہ سے گورنر کے پناہ کی ملاقات، اہم امور پر تبادلہ خیال

اسلام آباد (شاف رپورٹ) وفاقی وزیر خزانہ کیوزیر گورنر کے ساتھ ملاقات ہوئی۔ ملاقات میں مالی صورتحال اور دیگر اہم امور پر تبادلہ خیال کیا گیا۔

حکومت کی نئی قانون سازی 26 ویں آئینی ترمیم کی توہین ہے، فضل الرحمان

اسلام آباد (پاکستان ٹیلی ویژن) جسٹس فیاض محمد نے حکومت کی نئی قانون سازی کو آئینی ترمیم کی توہین قرار دیا ہے۔ انھوں نے کہا کہ یہ قانون سازی آئین کی روح کو توڑتی ہے۔

پاک، بحریہ کی طرد پر تیار کردہ ہیلکوپٹر میں زلزلہ کا کامیاب تجربہ

پاک بحریہ نے بحریہ کی طرد پر تیار کردہ ہیلکوپٹر میں زلزلہ کا کامیاب تجربہ کیا ہے۔ تجربے سے اس ہیلکوپٹر کی صلاحیتوں کو جاننا ممکن ہو گیا۔

حکومت کا کوئی مستقل نہیں، برسوں شروع ہو چکے شیخ رشید

حکومت کا کوئی مستقل نہیں، برسوں شروع ہو چکے شیخ رشید نے کہا ہے۔ انھوں نے کہا کہ حکومت کی عدم استحکام نے ملک کو نقصان پہنچایا ہے۔

معموم کشمیریوں اور فلسطینیوں کے حالات بہت کچھ کرنے کا پیغام دیتے ہیں، آرمی چیف

آرمی چیف نے پاکستانی فوج کے عملے کے لیے پیغام دیا ہے۔ انھوں نے کہا کہ فوج کے عملے کو دشمنوں کے خلاف کامیابیوں سے متعارف کرانا چاہیے۔

بی آئی اے کو کوڑیوں کے بھاؤ نہیں بیچنے دینگے، علی امین گنڈاپور

قومی ایئر لائن کی کوئی بھی جہاز بیچنا یا بیچ کر لیا جانا نہیں چاہیے۔ بی آئی اے کے افسران نے کہا ہے کہ بی آئی اے کو کوڑیوں کے بھاؤ نہیں بیچیں گے۔

بلوچستان میں امن قائم کر کے دہلیس کے سرفراز بنی

بلوچستان میں امن قائم کر کے دہلیس کے سرفراز بنی ہے۔ گورنر نے کہا کہ بلوچستان میں امن قائم کرنا ایک عظیم کامیابی ہے۔

سموگ لاہور میں جمعہ اور اتوار کو ہیوی گاڑیوں کے داخلے پر پابندی

لاہور کا ایک لوڈ ترین شہر میں دوسرا نمبر، سموگ کی اوسط شرح 414 ریکارڈ کی گئی ہے۔ حکومت نے سموگ کے خلاف سخت اقدامات کیے ہیں۔



اسلام آباد، قائم مقام صدر ایف یوسف رضا گیلانی کا میٹنگ روم میں کابینہ کا اجلاس جاری ہے۔

مصلحت اور سرمایہ کاری کے درمیان توازن برقرار رکھنا ضروری ہے

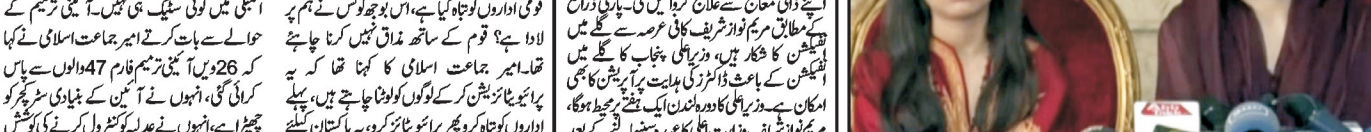
مصلحت اور سرمایہ کاری کے درمیان توازن برقرار رکھنا ضروری ہے۔ سرمایہ کاری ملک کو ترقی دیتی ہے اور مصلحت ملک کے مفادات کو تحفظ دیتی ہے۔

پاکستان کی معیشت کی ترقی کے لیے سرمایہ کاری کی ضرورت ہے

پاکستان کی معیشت کی ترقی کے لیے سرمایہ کاری کی ضرورت ہے۔ سرمایہ کاری ملک کی معیشت کو مضبوط بناتی ہے۔

سرمیرانہ کاریوں اور تعمیراتی کاموں کی رفتار بڑھانی ضروری ہے

سرمیرانہ کاریوں اور تعمیراتی کاموں کی رفتار بڑھانی ضروری ہے۔ سرمیرانہ کاریوں سے ملک کی معیشت ترقی پاتی ہے۔



اسلام آباد، قائم مقام صدر ایف یوسف رضا گیلانی کا میٹنگ روم میں کابینہ کا اجلاس جاری ہے۔

Pak Navy conducts successful flight test of indigenously developed ballistic missile



ISLAMABAD: Pakistan Navy conducted successful flight test of an indigenously developed ship launched ballistic missile.

The weapon system with 350 KM range is capable of engaging land and sea targets with high precision, said a Pakistan Navy News release issued here Monday. The weapon system is equipped with state of the art navigation system and maneuverability features. Flight test was witnessed by Chief of the Naval Staff and Senior Officers from Pakistan Navy and dedicated scientists and engineers, it further said.

The President, Prime Minister, Chairman Joint Chiefs of Staff Committee and Services Chiefs congratulated participating Naval Units and Scientists on this excellent achievement.

Iranian FM in Islamabad for consultations on ME situation

ISLAMABAD: Iranian Foreign Minister Seyed Abbas Araghchi on Monday arrived here on a two-day official visit to hold consultations with Pakistan's leadership on the situation in the Middle East and bilateral relations.

During his visit, Foreign Minister Araghchi will hold meetings with Prime Minister Muhammad Shehbaz Sharif and Deputy Prime Minister and Foreign Minister Senator Mohammad Ishaq Dar, according to a Foreign Office press release.

This visit provides an important opportunity to advance cooperation and dialogue between Pakistan and Iran on a wide range of areas including trade, energy and security.

We will continue to support public welfare initiatives: Governor

KARACHI: The Sindh Governor Mohammed Kamran Khan Tessori has said that they will continue supporting public welfare initiatives in the province.

He expressed these views talking to media persons, after attending the first anniversary of JDC Free Diagnostic Center here on Monday.

While congratulating the JDC team, the Governor assured that public-related measures would also be supported. Tessori, on the occasion, also visited various departments of JDC Free Diagnostic Center.

Consul General Hussain Muhammad inspires youth at PAD's Future Fest Education & Career Expo

DUBAI: Consul General Hussain Muhammad on Monday attended the Pakistan Association Dubai (PAD)'s Future Fest Education and Career Expo, where he inspired a vibrant gathering of students and educators with his insights on career development and personal growth.

The event was also attended by Dr. Faisal Ikram, President of PAD, Dawood Sharif, Head of PAD's Education Committee and a vibrant gathering of students and educators. The Consul General acknowledged PAD's efforts to empower Pakistani youth through initiatives that support career decisions.

During his address, the Consul General emphasized the importance of thoughtful career choices.

"Today's decisions will shape tomorrow's leaders. Career counselling like this Expo will open doors for students to discover paths aligned with their strengths and aspirations", he noted.

He urged Pakistani community members to collaborate and join hands with PAD to implement an effective roadmap for enrollment of out of school children of Pakistani expats in the Emirates.

Mr. Hussain encouraged students to view careers as more than just jobs and see it as a journey of purpose, passion, and potential. He advised students to define success by focusing on societal impact rather than conventional measures like titles or external recognition.

He highlighted that in an age of rapid technological change, education is about developing critical thinking and creativity.

He also advised youth to choose careers that align with well-being and personal growth. Acknowledged the tremendous efforts by PAD for arranging the Expo, he encouraged students to seize the opportunities presented at the event. APP

Water Week 2024; Ahsan seeks global support to combat Pakistan's climate-related challenges

VOM Report

ISLAMABAD: Minister for Planning, Development and Special Initiatives Professor Ahsan Iqbal on Monday highlighted Pakistan's vulnerability to climate change-related disasters, calling for global support to combat the challenges confronted by the country on this front.

He sought the international assistance while addressing the opening session of 4th Pakistan Water Week 2024, hosted by the International Water Management Institute (IWMI), which focused on "Building a Climate-Resilient Future: Pathways for Water and Food Security in Pakistan."

The minister emphasized the nation's proactive role in addressing global water and food security issues, highlighting the urgency for collaborative global action.

He spoke candidly on Pakistan's vulnerability to climate change, despite its minimal contribution to global carbon emissions. "Pakistan stands on the frontlines of a crisis caused largely by others, and the poorest among us are paying the highest



price," he remarked, recalling the devastating floods of 2022, which left millions of Pakistanis suffering. He stressed that international cooperation was essential in supporting Pakistan's adaptation efforts, which have already impacted millions across the country.

Acknowledging global efforts to address water crises, Ahsan Iqbal praised international initiatives such as the Sustainable Development Goals (SDGs) and the Decade of Action for Water (2018-2028).

He commended platforms like the UN Water Conference, Stockholm World Water Week, and Africa Water Week for promoting knowledge sharing and innovation. "Pakistan is an largely by others, and the poorest among us are paying the highest

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ISLAMABAD: H.E. Jackob Linulf, Ambassador of Denmark, calls on Federal Minister for Maritime Affairs, Kaiser Ahmed Shaikh.

Senate passes 'The Supreme Court Number of Judges (Amendment) Bill, 2024', Services Chiefs' Tenure Bills



ISLAMABAD: The Senate of Pakistan on Monday passed four bills. These are: The Factories Amendment Bill 2023, The Guardians and Wards Amendment Bill, 2024, The WAPDA University Islamabad Bill, 2024 and Pakistan Animal Science Council Bill, 2023.

The Senate also passed The Supreme Court Number of Judges (Amendment) Bill, 2024, The Supreme Court Practice and Procedure (Amendment) Bill, 2024, The Islamabad High Court (Amendment) Bill, 2024, The Pakistan Air Force (Amendment) Bill, 2024 and "The Pakistan Navy (Amendment) Bill, 2024".

Earlier, three bills were laid before the Senate

on Monday. These included: the State-Owned Enterprises Governance and Operations Amendment Bill, 2024, the National Institute of Health (Re-organization) Amendment bill, 2024 and the Abandoned Properties (Management) Amendment Bill, 2024. The chair referred the bills to the standing committees concerned.

The Senate on Monday passed a resolution commending the recent visit of Speaker of the Federation Council of the Russian Federal Assembly Ms. Valentina Matviyenko.

The resolution moved by Rubina Qaim Khani and others described the visit of the Russian Speaker as a milestone in advancing Pakistan-

Russia relations, saying this reaffirms the commitment of both nations to deepen cooperation across various sectors.

The resolution acknowledged the Memorandum of Understanding (MoU) signed between Chairman Senate Yousaf Raza Gilani and Ms Valentina Matviyenko, emphasizing this marks a significant step in parliamentary diplomacy and sustained engagement through parliamentary friendship groups.

The Senate resolution resolved to actively support a strategic partnership with the Russian Federation through regular exchanges, as outlined in the MoU, promoting shared principles of peace, cooperation, and respect. The resolution called for collaboration across economic, cultural, and social domains, aiming to expand trade, investment, and cultural exchange programs, as well as foster educational and technological partnerships. These efforts are intended to enhance Pakistan-Russia relations, contributing to mutual growth, regional stability and a more cohesive approach to shared global challenges.

The House also passed a resolution recommending the government to ensure that manufacturers of motorcycles and helmets equip their finished products with all the safety features at par with international standards.

In yet another resolution, the Senate recommended the government to direct NADRA for including a separate column for "Majhool-un-nasab" children on an ID Card. The House has now been prorogued. SABAH

AJK President calls on Kashmiri expats to advocate for Kashmir settlement

MIRPUR-AJK: Azad Jammu & Kashmir (AJK) President Barrister Sultan Mahmood Chaudhry on Monday urged Kashmiri expatriates in the UK to intensify their efforts for a swift and peaceful resolution to the Kashmir issue.

During a meeting with former Waltham Stow Mayor Shaikat Ali at Jammu Kashmir House in the federal capital, Sultan Mahmood Chaudhry praised the efforts of UK-based Kashmiris in raising awareness about the Kashmir situation in the British Parliament and other forums.

He emphasized that the UK as a permanent member of the United Nations Security Council has a vital role to play in addressing the longstanding conflict which has led to significant human rights violations in the region. President AJK condemned the Indian government's actions in occupied Jammu and Kashmir, stating that the Modi administration has escalated violence and brutality against the Kashmiri people. He highlighted the alarming reports of extrajudicial killings and the use of pellet guns that have severely injured civilians. He called on the international community to exert pressure on India to halt the violence and facilitate a peaceful resolution to the conflict.

Pollution serial killer in Pakistan: Sherry Rehman

ISLAMABAD: Chairperson Senate Standing Committee on Climate Change and Environmental Coordination, Senator Sherry Rehman on Monday said pollution was a serial killer in Pakistan. She was speaking at the "Pioneering Solutions for Climate Resilience" session at 27th Sustainable Development Conference (SDC) organised by the Sustainable Development Policy Institute (SDPI) in collaboration with the Ministry of Climate Change, said a press release.

Sherry Rehman said measures as small as tuning our engines were needed to help control smog. She commended the SDPI for taking sustainability beyond a cliché and making it applicable and congratulated the winners of the Sustainability Awards. Senator Sherry Rehman deplored lack of coverage by the mainstream media on climate emergency, stating that "media is treating climate as a disaster tool". She said media only focuses on climate change when a disaster occurs, primarily holding print media responsible because "they know better". Therefore, SDPI should have a "journalist category" for the awards to reward those who focus on climate change as a priority, she added. Sherry Rehman said according to data, Pak-



istan was the fifth country on the list of countries vulnerable to climate change. "However, I think that we are at an even higher risk because our population is not trained to deal with climate emergency," she added. On water, the Senator said Pakistanis had one of the highest per capita water usage which means we are wasting water which is a "finite, precious" resource which would not last forever. She deplored that a large amount of unfiltered sewage was being dumped into Rawal Dam on a daily basis, which was the main source of water for Rawalpindi and Islamabad. In the end, Sherry Rehman inaugurated the 2nd Sustainability Investment Expo 2024.

Punjab govt to present Rs630bn surplus budget next year: Azma

LAHORE: Punjab Information Minister Azma Bokhari has that the KP government doesn't even have funds to pay employee salaries but still dreams of buying PIA.

At a press conference at DGPR, she said the Punjab government was set to present a surplus budget of Rs630 billion in 2025. "It's a joke that Maryam Nawaz is following Gandapur. Mian Nawaz Sharif never said that the Punjab government was planning to purchase PIA. All Pakistanis want the national airline to improve, and if investors from Karachi are interested in investing in PIA, it's a positive development," she added.

She said that KP needs jail reforms more urgently, as prisoners can break out of jails there. "When there was a forest fire in KP, their so-called revolutionary fire brigade didn't even have money to refuel their vehicles. Tackling smog is not easy; China has been fighting it for 26 years," she added. She noted that smog has become one of the biggest issues currently. "When the wind from India blows towards Pakistan, Lahore's air becomes more polluted. We are aware that efforts are also being made on the Indian Punjab side. According to today's data, Delhi ranks first for smog, while Lahore is second. Delhi's air quality index is around 393, and Lahore's is close to 280. Primary schools in Punjab have been given holi-



days due to the smog. The Chief Minister of Punjab will soon write a letter to the CM of Indian Punjab," she added. She mentioned that a news was published yesterday, claiming that all provinces except Punjab were financially stable, which was far from reality. "In 2025, Punjab is set to present a surplus budget of Rs630 billion. Punjab has cleared all its wheat loans since 1952 and is now free from the burden of a 56% markup," she maintained. "The Punjab government has invested Rs200 billion in treasury bills. If the amount is included in the budget, the news story would have ended right there. The PTI is using this news for political point scoring." She said that Maryam Nawaz was introducing excellent projects in Punjab. "High-quality hospitals are being built in Punjab, and the Punjab government is establishing the country's first public cancer hospital. The "Fitna Party" should tell us what new hospitals Gandapur has established in KP. Gandapur's actions are something no woman, or even a reasonable person, would do," she added.