



Pakistan will continue to extend moral, diplomatic and political support to the legitimate struggle of Kashmiris for their right to self-determination

Chairman Joint Chiefs of Staff Committee (CJSC)

General Sahir Shamshad Mirza

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COAS, Saudi Crown Prince discuss bilateral cooperation



RIYADH: Chief of Army Staff General Syed Asim Munir who is currently on an official visit to Saudi Arabia, met Saudi Crown Prince and Prime Minister Mohammed bin Salman in Riyadh. The Crown Prince extended a warm welcome to the Army Chief upon his arrival at the Royal Palace. They engaged in a comprehensive discussion on a range of issues of mutual interest, including regional peace, defence and security cooperation, and strategies for enhancing bilateral relations. The Army Chief expressed his gratitude to the Crown Prince for his steadfast support for Pakistan and acknowledged his significant role in fostering peace and stability across the region. He also separately met Saudi Defence Minister Prince Khalid Bin Salman. During the meeting, the two sides vowed to further strengthen cooperation in the domain of defence and security. Meetings were also held with Assistant Minister of Defence Engineer Talal Abdullah Al-Otaibi, Chief of General Staff of Royal Saudi Armed Forces Air Chief Marshal Fayyadh Bin Hamed Bin Raqeb Al Ruwaili, and Chief of Royal Saudi Land Forces Lieutenant General Fahad bin Saud Al-Johani. Agencies

PM Shehbaz congratulates Donald Trump for US election win



ISLAMABAD: Prime Minister Shehbaz Sharif on Wednesday congratulated the president-elect of the United States of America Donald Trump on his "historic" victory for a second term. "Congratulations to President-elect Donald Trump on his historic victory for a second term," the prime minister wrote on his X timeline. Prime Minister Shehbaz said that he looked forward to working closely with the incoming Administration to further strengthen and broaden the Pakistan-U.S. partnership.

DPM/FM Dar chairs preparatory meeting for upcoming UAE Ports delegation's visit



ISLAMABAD: Deputy Prime Minister/Foreign Minister Senator Mohammad Ishaq Dar on Wednesday chaired a high-level Inter-Ministerial preparatory meeting in connection with the forthcoming visit of the delegation of Abu Dhabi Ports, United Arab Emirates. During the meeting held at PM's House, the deputy prime minister/foreign minister highlighted the importance of the visit which showed keenness of the Govt of UAE for enhancing investment in Pakistan.

DPM/FM Dar chairs preparatory meeting for upcoming UAE Ports delegation's visit. He underscored that the Government was keen for the economic growth of the country and such investments would play a crucial role in boosting Pakistan's economy. Office of the DPM said in a press release. The proposed MOUs relating to ministries of maritime, aviation, railways, BOI and FBR were also presented in the meeting. Secretaries of each ministry gave presentation on the proposed MOUs. The DPM/FM directed representatives of the ministries present in the meeting to diligently and efficiently work for the success of the visit and for the preparation for signing of the proposed MOUs.

Ahsan assures fast-track completion of IT Park

ISLAMABAD: Minister for Planning, Development, and Special Initiatives Professor Ahsan Iqbal on Wednesday said the government was determined to complete the establishment of Information Technology (IT) Park in the Federal Capital on a fast-track basis. He expressed this resolve while chairing a progress-review meeting of the project, attended by Minister of State for Information Minister Shaza Fatima Khawaja, Ambassador of Korea to Pakistan Park Kijun besides senior officials from the Ministries of Planning and IT, a news release said. Ahsan Iqbal emphasized the Prime Minister's vision for the swift advancement of the project to transform Islamabad into a regional hub for IT innovation. He stressed the importance of parallel development strategies to ensure the project's accelerated progress, setting the



foundation for a sustainable digital economy in Pakistan. IT Park Islamabad is being developed in Islamabad, covering a substantial area of 66,893 square meters with two basements, a ground floor, and nine additional floors. It is being financed through a partnership between the Economic Development Cooperation Fund (EDCF) of the Korean EXIM Bank and the Government of Pakistan's Public Sector Development Program (PSDP). The project, valued at \$88.384 mil-

lion, includes \$76.310 million from the Korean EXIM Bank as a loan, with the remaining \$12.476 million funded through the PSDP. This state-of-the-art facility will support IT companies and start-ups comprehensively, driving innovation and enabling Pakistan to compete in the global IT sector. Key features of the IT Park Islamabad include: The Islamabad IT Park would have 120 Office Spaces for IT and IT-enabled service companies an Incubation Center with 15 offices

dedicated to supporting startups, a Business Support Center providing legal, marketing, and financial services, Industry-Academia Linkage Center fostering collaboration between academia and the IT industry and Tier III Data Center with uninterrupted power supply. In addition, the IT Park would also have R&D IT Labs, Auditorium, and Virtual Classrooms supporting research and training. Ambassador Park Kijun reiterated Korea's commitment to collaborating closely with Pakistan on this landmark project. He noted Korea's focus on establishing partnerships to support Pakistan's IT sector and exploring avenues for IT product exports. Planning Minister Prof. Ahsan Iqbal proposed establishing Gandhara IT University in Taxila in line with the vision of promoting education and innovation. DNA



ISLAMABAD: Prime Minister Muhammad Shehbaz Sharif meeting with the Chinese Ambassador to Pakistan H.E. Jiang Zaidong during his visit of the Chinese Embassy.

PM Shehbaz announces 100MW power supply for GB, Rs1 bln endowment fund

VOM Report

GILGIT: Prime Minister Shehbaz Sharif on Wednesday announced the immediate power supply of 100 megawatts for Gilgit Baltistan and a Rs1 billion endowment fund for the universities students. The prime minister, who chaired the special meeting of the GB cabinet during his day-long visit here, expressed satisfaction and pleasure over the timely completion of Bubar Model Village, which he earlier inaugurated, to provide housing facility to the people affected by flood in 2022. He instructed the GB administration to establish educational institutions, playgrounds, power transmission and other facilities in Ghizer district. Besides announcing an immediate power supply of 100 megawatts to GB, the prime minister announced Rs 1 billion merit-based endowment fund for the students of Baltistan University and Karakorum University. Prime Minister Shehbaz told the GB cabinet members that the federal government would establish Daanish Schools in GB, on the pattern of Punjab province. He said that his government was actively working for the uplift and welfare of the GB people. He recalled that while being Punjab chief minister, his government had given a Rs1 billion gift to uplift GB's education sector. He said that the provincial governments' cooperation with the federal government for the economic stability was significant.

PM terms security of Chinese nationals as topmost priority

ISLAMABAD: Prime Minister Muhammad Shehbaz Sharif says security of Chinese nationals working in Pakistan is the topmost priority of the government. He was talking to Ambassador of China to Pakistan, Jiang Zaidong, during his visit to the Chinese Embassy in Islamabad today [Wednesday]. The Prime Minister strongly condemned the incident of firing on Chinese nationals in Karachi yesterday. He told the ambassador that he has come to express his indignation at the incident and enquire after the health of Chinese nationals, who were injured in the incident. He said it is a matter of satisfaction that the injured Chinese nationals are recuperating. The Prime Minister assured the Chinese ambassador that those responsible for the attack will be brought to justice, and he is

The prime minister told the participants that stock exchange has crossed the 92,000 mark and the increase in remittances, tax return filers and reduction in inflation were pleasant developments for national economy. He lauded the role of all provinces, Azad Jammu and Kashmir and GB in the national development and highlighted his government's special focus on the uplift of GB,

personally monitoring the investigation process. Shehbaz Sharif said instructions have already been issued to provide the best medical facilities to the injured Chinese nationals. He said China is a time-tested friend of Pakistan and such cowardly attacks on Chinese nationals in Pakistan are a deliberate attempt to damage the fraternal ties between the two countries. The Chinese ambassador thanked the Prime Minister for his visit and expressed hope that he will play his role in bringing the culprits to justice. On the occasion, Deputy Prime Minister and Foreign Minister Ishaq Dar, Interior Minister Mohsin Raza Naqvi and Special Assistant Tariq Fatemi were accompanying the Prime Minister.

merged districts of Khyber Pakhtunkhwa and Balochistan. The prime minister said that the federal government was taking measures to promote tourism in GB as Qatari government had also expressed interest to invest in tourism there. Federal ministers Ahsan Iqbal, Attaullah Tarar, Amir Muqam and Khalid Maqbool Siddiqui, members of the GB cabinet and relevant senior officers attended the meeting.

Pak will continue to extend moral, diplomatic & political support to the legitimate struggle of Kashmiris: CJSC Gen. Sahir Shamshad Mirza

Says peace in the region could not be materialized without resolving the Kashmir dispute

RAWALPINDI: Chairman Joint Chiefs of Staff Committee (CJSC) General Sahir Shamshad Mirza says armed forces of Pakistan will pursue enhancing arms capability to deter any aggression at all costs. General Sahir Shamshad Mirza was addressing graduation ceremony of passing out cadets at Pakistan Air Force Academy Asghar Khan in Risalpur, Nowshera on Wednesday. General Sahir Shamshad Mirza said peace in the region could not be materialized without resolving the Kashmir dispute. He said Pakistan will continue to extend moral, diplomatic and political support to the legitimate struggle of Kashmiris for their right to self-determination. PR

Pakistan, Azerbaijan pledge climate resilience



VOM Report

ISLAMABAD: Ambassador of Azerbaijan to Pakistan, Khazar Farhadov called on Coordinator to the Prime Minister on Climate Change, Romina Khurshid Alam at her office here on Wednesday. The meeting focused on preparations for the upcoming COP29 summit and emphasized the importance of collaborative efforts for effective climate action. During the meeting, Alam outlined Pakistan's ongoing efforts in preparing for COP29, highlighting the importance of building international consensus on key climate issues and enhancing the country's climate action plans. She stressed that Pakistan's participation in COP29 would be aimed at ensuring its national interests are represented and strengthening its position within the global climate discourse. "Pakistan's preparations for COP29 are part of a broader strategy to engage with international partners and bolster its stance on vital climate issues," she said. She emphasized that the country is actively working towards meeting its emission reduction targets as part of its nationally determined contributions while underscoring the

need for international support in achieving sustainable development goals related to climate change. The Coordinator to the prime minister also highlighted the critical role of developed countries in fulfilling their financial commitments to assist developing nations in their climate mitigation and adaptation efforts. Pakistan, she noted, has been making significant strides in transitioning to renewable energy, particularly solar and wind, and aims to showcase its renewable energy initiatives at COP29. The ambassador expressed Azerbaijan's strong commitment to enhancing cooperation with Pakistan, particularly in the context of climate action. He emphasized the importance of closer bilateral ties between Azerbaijan and Pakistan in the areas of sustainable development, climate change, and regional cooperation, noting that the upcoming COP29 summit presents a significant opportunity for both countries to collaborate and advance their mutual interests in these critical areas. The meeting concluded with both sides reaffirming their commitment to working together to address the challenges posed by climate change and to strengthen global climate action efforts.

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New leader, same old problems for UK's Conservatives

MOHAMED CHEBARO

For the world, the UK Conservative Party's election of a Black female as leader is something to be applauded. She is not the first woman leader of the party, since Margaret Thatcher, Theresa May and Liz Truss have all preceded her and been in government too. All have left their mark on the country, both positively and negatively, each for their own reasons. Yet, the election of Kemi Badenoch is not a surprise for the tolerant, multicultural nation that is the UK, as she succeeded Rishi Sunak, the first British Asian prime minister, who was defeated at the last general election in July. The gender barrier has long since been crossed in the UK, both at the government level and in the royal realm, as the modern world knew the legendary Queen Elizabeth II, who reigned for seven decades and followed in the footsteps of other famous female sovereigns like Queen Victoria and Elizabeth I. Badenoch will be the second person from a minority background to have a shot at the highest executive office in the country if her leadership survives until the next general election, which is due by the summer of 2029.

But is Badenoch the right person to lead the Tory party? During the Conservatives' spell in power from 2010 until July's election defeat, the party was widely viewed as having deeply divided the country and nearly collapsed its economy, while many Tory MPs pushed the electorate to score a historic own goal by convincing them that they would be better off outside the EU, rather than being part of the economic, social and political union on their doorstep?

Maybe Badenoch will do a great job managing the party in opposition. She will have to try to unify its splintered wings, ranging from the right-wing tribe that led the country in the years after the Brexit vote to the center-right forces that opposed the UK's European exit and who were deeply marginalized as a result. The latter were the ones that built, over many decades, the reputation of the Conservatives as the country's main "party of government."

I am minded to think that Badenoch will be just another leader who will have a shot at bringing the party back from the wilderness it put itself in following the Brexit referendum. Time will tell if she is lucky enough to survive the internal conflicts the party has been suffering from since falling into the grip of certain unsavory, self-serving figures who evidently put themselves, their friends and their party ahead of the country.

Above all, I find it hard to see in Badenoch anything more than a figure who will be used by others in the party, due to her Nigerian background, to try to whitewash the accusations of racism levelled against the party and the Tories' anti-immigration and anti-EU stances. Many believe that the political party she now leads has been funded during recent election campaigns by rich donors who do not hide their contempt for people of other colors and creeds.

Clearly, Badenoch, a Black woman and the daughter of Nigerian parents, born in Wimbledon in South London, who spent her childhood in Lagos and the US, must be tainted with the same brush as the leaders she has served under, especially Boris Johnson. The former PM was a remainer who switched to leading the campaign to leave the EU at the stroke of a pen, and far from any conviction. Many believe that Badenoch is also an opportunist, having served in various ministerial roles in the Johnson government that vowed to "get Brexit done," despite previously being on the record as saying that Brexit would be bad for British business and particularly traumatic for the UK car industry.

The question is whether she has it in her to rally voters and heal the rift between the country and the Conservative Party due to their many lies and scandals, as well as the tarnished integrity of those she served alongside in a government that was unceremoniously ejected from power. The Tory party has always had a talent for breaking the mold in politics by promoting "different" personalities to the top jobs, like Benjamin Disraeli, the UK's only Jewish prime minister, Andrew Bonar Law, a Canadian, and even John Major, who was seen as the boy from Brixton — a poor neighborhood in South London known for its large Afro-Caribbean community.

In selecting the controversial Badenoch — a computer engineer who worked in IT publishing and banking before becoming digital director of weekly magazine The Spectator, which is known as the British right's bible — the Conservative Party still looks far away from healing itself. In putting at the helm someone who is seen as combative and controversial and who is against "woke," the party is sticking to the route of far-right politics and populist forces along the lines of Donald Trump, Giorgia Meloni and Marine Le Pen.

It is thought that Badenoch and her shadow Cabinet, with a total of just 121 Members of Parliament, are unlikely to succeed in effectively holding to account the centrist Labour government of Keir Starmer, unless of course Labour gives the Tories a lifeline by scuppering their own chances in government. Similarly, it is unlikely that she will shake off the taints of racism or the empty anti-migrant, anti-establishment populist rhetoric that have stuck to her party and unfortunately are not unique to the UK, as they have been making inroads in most democratic nations around the world.

Mohamed Chebaro is a British Lebanese journalist with more than 25 years of experience covering war, terrorism, defense, current affairs and diplomacy. He is also a media consultant and trainer.



Atta-ur-Rahman

We need sensible policies

In March 2001, as federal minister of science and technology, I approached then-president Musharraf with three proposals. The first was to extend the continental shelf of Pakistan from its limits of 200 nautical miles to 350 nautical miles after carrying out a detailed survey of the coastal waters and filing an application with the UN Commission on the Limits of the Continental Shelf (UNCLOS). This would provide the country with an additional 240,000 sq km area of territory with all the rich oil, gas, mineral and fishery resources present in our oceans. The second project was to place a satellite in space at 38 degrees east. Pakistan had 5 slots allocated in space but had lost four of them due to the lethargy of previous governments. This was important strategically since if we lost this last slot, it could be legally occupied by India or another country with the implications of spying over our territories and Pakistan would lose this opportunity forever. The third proposal was to drastically change the mobile telephony system so that the calling person paid the charges and not the call-receiving person. There was reluctance by most people at the time to own mobile phones as calls were very expensive and one had to pay for receiving calls. To reduce call rates I also proposed to president Musharraf that we should launch a PTCL subsidiary Ufone which will create market competition and result in rate reductions. President Musharraf enthusiastically gave me the go-ahead to initiate all these projects, which I did with a sense of

urgency, holding weekly progress meetings to ensure that matters remained on track.

A feasibility study for the extension of our continental shelf to 350 km beyond our shores was accordingly initiated through the Ministry of Planning. The project was formally approved in 2005, detailed surveys were carried out and a formal application was filed with the UN Commission on the Limits of the Continental Shelf (UNCLOS) in 2009.

To cut a long story short, the UN granted the extension of the territorial boundary of Pakistan in March 2015. This opened up a huge untapped treasure of oil, gas and mineral wealth for the country. There has been a recent report that after a three-year survey in collaboration with a friendly country, there has been a discovery of huge deposits of oil and gas in our offshore waters, and it is claimed to be the fourth largest oil and gas reserves in the world. If confirmed it could change the destiny of Pakistan.

On the space front, a satellite was procured and placed in space well before the deadline of February 2002. Named PakSat 1, it resulted in the slot at 38 degrees East being officially allocated to Pakistan, a huge strategic asset. On the mobile telephone front, the rules were changed, so that the call-receiving party did not pay any charges and the CPP (Calling Party Pays) regime was introduced. U Fone was launched with lower mobile telephone rates creating market competition.

These measures led to explosive growth in mobile telephony and created hundreds of thousands of new earning opportunities as carpenters, electricians, plumbers and others could work from home without the need for hiring shops.

From about 0.31 million mobile phones in the year 2000, we crossed the 100 million mark within the first decade of the current century and now have about 193 million subscribers — a huge success story

showing the huge impact of successful policies. Mr Salman Ansari, a telecommunications expert, played a critically important role in this mobile phone revolution as adviser to the Ministry of Science and Technology. Kudos to him.

The examples presented above illustrate the impact that sensible national policies can have on the national economy. It is therefore vitally important to have a strong national policy-making organisation that can guide various ministries on the optimum paths forward. Unfortunately, there are alarming reports regarding the Pakistan Council for Science and Technology (PCST) — the only public sector science and innovation policy-making organisation.

The PCST has performed valuable functions in the past, preparing the national blueprint for our transition to a technology-driven knowledge economy under the very able guidance of Dr S T K Naim and later Prof Anwar Gilani. The PCST needs to be strengthened so that it can carry out regular 'foresight' exercises and provide guidance on policy matters to each Ministry. Minister Dr Khalid Maqbool Siddiqui needs to stand up and fight against all elements that wish to close down the PCST.

Similar issues are being faced by another important national body, the Higher Education Commission. There are plans afoot to destroy this organisation, fragment it into pieces and hand the pieces over to the provinces. An attempt to do this was made back in 2010, but I went to the Supreme Court and pleaded that HEC must remain a strong Federal institution.

The Supreme Court decided in my favour and ordered on April 12, 2011 that higher education is a federal subject, that it is fully protected under the 18th Amendment to the constitution, and that its status cannot be changed. The Supreme Court ruled that the 18th Amendment through the 4th Schedule (Article

70(4) Federal Legislative Lists Part-I and Part-II) completely protects the current powers and functions of the HEC, and mandates higher education and research to be federal subjects.

The damage done to the higher education sector by our Ministry of Finance during the last decade is criminal, to say the least. Public-sector university budgets have been deliberately frozen at Rs66 billion for the last six years by the Ministry of Finance while rates of electricity, rupee devaluation, salary increases, and other expenditures have risen by over 300 per cent with the result that universities are dying a slow death and the research environment has been completely disrupted. Most universities have been transformed into low-level colleges, littered with outdated infrastructure and equipment.

Destroy education and you destroy a nation. Higher education, science, and technology are directly connected with national security. They are far more important than the expensive tanks, fighter aircraft and submarines that we purchase from abroad as they create within us the ability to manufacture and export high-technology goods, including defence equipment.

Take that capability away and we become sitting ducks for our enemies to engulf and eliminate. The government will be paying about Rs2,100 billion during the current fiscal year to the independent power producers (IPPs) for capacity payments in this financial year but alas it cannot pay the additional Rs100 billion needed annually to uplift our universities.

Shame on us! This requires urgent intervention before the damage is irreversible.

The writer is a former federal minister, Unesco science laureate and founding chairperson of the Higher Education Commission (HEC). He can be reached at: ibne_sina@hotmail.com

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



It is the scene of changing river channels, though protective bunds (levees) have been built at many places on the outer margin of the bet to contain the river water in the rainy season. Adjoining the active floodplain is the meander floodplain, which occupies higher ground away from the river and is littered with bars, oxbow lakes, extinct channels, and levees. The cover floodplain is an expanse of geologically recent alluvium, the result of sheet flooding, in which alluvium covers the former riverine features. The scalloped interfluvies, or bars, are the central, higher parts of the doab, with old alluvium of relatively uniform texture. The boundaries of the scalloped features are formed by river-cut

scarps at places over 20 feet (6 metres) high. The generally level surface of this section of the plain is broken into small pockets in Chinot and at Sangla Hill, near the much denuded Kirana Hills, which stand out in jagged pinnacles. These hills are considered to be the outliers of the Aravali Range of India. The largest but poorest of the doabs is the Sindh Sagar Doab, which is mostly desert and is situated between the Indus and Jhelum rivers. The doabs that lie to the east of it, however, constitute the richest agricultural lands in the country. Until the advent of irrigation, at the end of the 19th century, much of the area was a desolate waste, because of the low amount of precipitation.

But irrigation has been a mixed blessing; it has also caused waterlogging and salinity in some places. In an attempt to correct this problem, the Pakistan government, with the financial support of such international agencies as the World Bank, constructed the Left Bank Outfall Drain (LBOD) in the 1980s and '90s. The intent was to build a large artificial waterway roughly east of and parallel to the Indus to carry salt water from the plains of Punjab and Sindh provinces to the Arabian Sea coast in the Badin region of southeastern Sindh. The final segment of the LBOD consisted of building a "tidal drain" 26 miles (42 km) to the sea. However, instead of draining salt water away, the improperly

designed tidal drain produced an environmental disaster in southeastern Sindh: large portions of the land and freshwater lakes and ponds were flooded by salt water, crops were ruined, and freshwater fisheries were destroyed. The tidal drain issue was further complicated by instances of severe weather in the coastal region, including a destructive tropical cyclone in 1999 and torrential rains there and in Balochistan in 2007—both of which caused many deaths and forced the evacuation of tens of thousands of people. After the 2007 storms, the people of Badin called on the government to cease using the LBOD.

To be continued....

Showbiz

Dwayne Johnson makes young fan dream come true at 'Red One' premiere

Dwayne Johnson posts adorable clip of his interaction with a young fan in Berlin

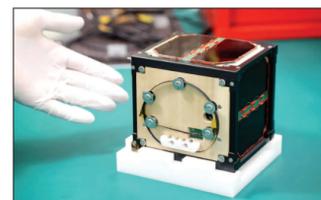
Dwayne Johnson has recently made his young fan dream come true during Red One premiere at Berlin. On November 5, Dwayne took to Instagram and posted an adorable clip from his movie premiere night. In the clip, the Moana star could be seen interacting with a young fan who had happy tears while meeting her favourite actor. In the caption, Dwayne wrote, "This young lady saying to me 'I'm just happy' really made my night." However, the Fast & Furious alum said, "It was her dad saying 'that's my daughter' with tears in his eyes that stopped me in my tracks and made me come back to them."



Reflecting on fatherhood, Dwayne mentioned, "As a father of three daughters — man to man — I understand what it means to us fathers when our daughters experience joy." "How about me getting so caught up in the moment, I say to the young lady — thank you for being happy? What?" added the Jungle Cruise actor. Dwayne Johnson makes young fan dream come true at Red One premiere. In another post, Dwayne also thanked his fans for their love and support for the movie. Meanwhile, the 52-year-old actor opened up about his camaraderie with Red One co-star Chris Evans in an exclusive interview with PEOPLE.

Tech

Japan's wooden satellite makes historic journey aboard SpaceX rocket to ISS



The world's first wooden satellite has blasted off on a SpaceX rocket, its Japanese developers said Tuesday, part of a resupply mission to the International Space Station. Scientists at Kyoto University expect the wooden material to burn up when the device re-enters the atmosphere — potentially providing a way to avoid generating metal particles when a retired satellite returns to Earth. These particles may negatively impact both the environment and telecommunications, the developers say. Each side of the box-like experimental satel-

lite, named LignoSat, measures just 10 centimetres (four inches). It was launched on an unmanned rocket from NASA's Kennedy Space Center in Florida, Kyoto University's Human Spaceology Center said. The satellite, installed in a special container prepared by the Japan Aerospace Exploration Agency, "flew into space safely", it said in a post on X. A spokeswoman for LignoSat's co-developer Sumitomo Forestry told AFP the launch had been "successful". It "will arrive at the ISS soon, and will be released to outer space about a month later" to test its strength and durability, she said. Data will be sent from the satellite to researchers who can check for signs of strain and determine if the satellite can withstand extreme changes in temperature. "Satellites that are not made of metal should become mainstream," Takao Doi, an astronaut and special professor at Kyoto University, said at a press conference earlier this year.

Health

Foods You Should Never Eat on an Empty Stomach, According to Dietitians

When you've got an empty stomach and a big appetite, it can be tempting to grab the first thing you see in the kitchen. This is especially likely if you've just woken up or had a busy day, and you simply haven't found time to eat. We've been there too! However, some foods (and drinks) can mess with an empty belly, particularly if you have a sensitive GI tract. To play it safe, read on to learn which foods you should avoid on an empty stomach, plus how to reduce digestive issues when eating them. Sorry, coffee lovers—but you might want to avoid chugging java right after waking up. Coffee, especially strong black coffee, can be tough on an empty stomach. That's because the caffeine in coffee (and coffee in general) promotes the release of gastrin—the hormone that stimulates stomach acid. This effect can lead to reflux symp-

toms, such as bloating, nausea, and regurgitation. "Caffeine also opens up the lower esophageal sphincter (LES), or the muscular valve between the esophagus and stomach," says Dr. Robynne Chutkan, MD, FASGE. This can cause the contents of the stomach (including stomach acid) to travel back up into the esophagus, further contributing to reflux. It's worth noting that caffeine can have these effects whether or not your stomach is empty, according to Dr. Chutkan. But if you haven't had anything to eat, the side effects might be more irritating. To avoid stomach issues, Johanna Salazar, MS, RDN, recommends having a small high-protein or high-fat snack before drinking coffee. Examples include hard-boiled eggs, a few tablespoons of nut butter, or even a dollop of full-fat coconut milk in your coffee. This will

"make it easier for the stomach to tolerate coffee and (reduce the uncomfortable) side effects," says Salazar. "The notion that spicy foods can irritate your stomach lining depends on whether you're used to eating these foods," says Dr. Chutkan. So, if you don't usually indulge in spicy foods, eating them on an empty stomach can trigger GI distress. Here's why: "Most spicy foods have a chemical called capsaicin, [which] binds to receptors in your gastrointestinal tract," explains gastroenterologist Dr. Michael Schopis. This makes your body think something harmful has entered your GI tract, causing it to increase mucus production and speed up digestion to remove the substance. This can trigger excessive digestive moments, along with an "upset stomach, loose stools, urgency, and diarrhea," adds Schopis.



Rana Tanveer hails Nestle's export achievements

ISLAMABAD: Minister for Industries and Production, Rana Tanveer Hussain on Wednesday hailed Nestle Pakistan for its remarkable export achievements, terming the company's success as a testament to the resilience of the country's private sector.

Addressing an event organized by the Nestle Pakistan, the minister said that Nestle has successfully increased its exports to 26 countries, contributing significantly to Pakistan's foreign reserve and playing a key role in the government's plan to revitalize the economy.

"Nestle's success underscores the critical role that businesses play in driving a nation's economic growth," the Minister said, encouraging the company to continue its commitment to quality and excellence. He noted that Nestle's iconic brands, such as Everyday, Vital, and Milkpack Cream, have successfully reached local consumers.

The Minister also highlighted Nestle Pakistan's achievement as one of the top packaged food exporters in the country, earning valuable foreign exchange reserves. He emphasized the need to establish Pakistan as a key export hub, citing Nestle's success as a model for other businesses to follow.

The minister recalled approving Nestle Pakistan's proposal for launching a small water bottle during his tenure as Minister for Science and Technology. The initiative became popular, and many companies followed suit.

The Minister congratulated Nestle's CEO and team for their contributions to the national economy, expressing confidence that the company will achieve its \$100 million target by 2030.

NA speaker pays tribute to Jammu martyrs

ISLAMABAD: Speaker of the National Assembly, Sardar Ayaz Sadiq, on Wednesday paid homage to the martyrs of Jammu, observing November 6, 1947, as a solemn reminder of the "dark day" in history.

In his message, Ayaz Sadiq commemorated the sacrifice of over 200,000 unarmed Kashmiris, who were tragically killed by the forces of Maharaja Hari Singh while migrating to Pakistan. Kashmiris on both sides of the Line of Control and around the world are observing Jammu Martyrs' Day today to reaffirm their commitment to the martyrs' mission for self-determination.

He lauded the courage of the martyrs in their struggle for self-determination and affirmed that their sacrifices would not be in vain. The Speaker expressed hope that the memory of these martyrs would continue to inspire the Kashmiri cause, stating that their bloodshed would one day lead to the dawn of freedom in the occupied valley.

He assured that the heroism of the Jammu martyrs would be remembered with deep respect and recorded in history as a legacy of resilience and courage. DNA



ISLAMABAD: Federal Minister for Industries and Production Rana Tanveer Hussain is addressing an unveiling exhibition ceremony of models of electric bikes at Engineering Development Board.

Maritime sector facilitates imports of 430,000 metric tons used clothing in FY 2023-2024: Minister

ISLAMABAD: Kaiser Ahmed Shaikh, Federal Minister for Maritime Affairs, said more than 430,000 metric tons of used clothing arrived in Pakistan in FY2023-24 with the support of our port and shipping infrastructure.

Addressing a conference 'National Policy Dialogue on Circularity and Used Textile Trade in Pakistan' acknowledged the support of the Sustainable Development Policy Institute (SDPI), United Nations Environment Programme (UNEP), and the European Union (EU) for their collaboration in the Circularity and Used Textiles Trade Project.

The Minister emphasized the vital role of Pakistan's maritime infrastructure in facilitating the import of second-hand textiles. He added that he recognizes that the efficient handling of these imports is essential for supporting local economies, job creation, and textile recycling efforts.

The Federal Minister further said that the ministry is focused on improving port efficiency and container management to streamline the processing of these goods, ensuring that shipments are processed in a timely and cost-effective manner.

The minister also outlined its ongoing efforts to develop waste sorting hubs for textile recycling, a key step in managing textile waste and reducing the environmental impact of global textile trade.

Additionally, he said that we are committed to implementing regulations that will limit pollutants from textile shipments, particularly



harmful chemicals, to protect marine ecosystems and ensure sustainable shipping practices. By introducing Extended Producer Responsibility (EPR) policies, the ministry aims to hold manufacturers accountable for the entire life-cycle of their products, encouraging responsible textile recycling and reuse. Kaiser Ahmed Shaikh highlighted that as a part of its broader sustainability agenda, the ministry is also exploring green shipping alternatives, including the adoption of cleaner fuels and energy-efficient technologies to reduce carbon emissions from shipping operations.

These initiatives are aligned with international environmental standards set by the International Maritime Organization (IMO), ensuring that Pakistan's maritime sector contributes to global efforts to combat climate change. He added that the Ministry's commit-

ment to these goals aligns with Pakistan's broader sustainability objectives, reinforcing the country's role in the circular economy and responsible textile trade.

Maritime Minister further said that the Ministry of Maritime Affairs continues to work closely with international partners such as UNEP and the EU to develop policies that promote circularity and enhance Pakistan's role in the global textile trade.

These collaborations aim to address the challenges posed by textile waste, advance recycling efforts, and ensure that Pakistan's ports and shipping operations remain efficient and environmentally responsible.

Through these initiatives, the Ministry seeks to make Pakistan a leader in sustainable maritime practices and contribute to the global goals of environmental sustainability and circular economy growth.

Minister Cheema, AIIB Vice President discuss important projects



VOM Report

ISLAMABAD: Vice President of the Asian Infrastructure Investment Bank (AIIB), Konstantin Limitovskiy here on Wednesday met with Federal Minister for Economic Affairs, Ahad Khan Cheema to discuss AIIB's current projects, pipeline portfolio, and opportunities for new financing initiatives in Pakistan.

According to press release issued by Economic Affairs Division, Secretary Economic Affairs Division also attended the meeting.

On the occasion, Cheema expressed gratitude for AIIB's steadfast support, particularly during the 2022 floods. He commended the Bank's investment in Pakistan and recommended that AIIB enhances its presence in Pakistan at a senior level when the volume of investment increases.

Minister Cheema also acknowledged the Bank's commitment to the Project Preparation Special Fund (PPSF) for the preparatory work on the Improvement and Widening of the N-5 Project, expressing satisfaction with AIIB's contributions to its financing and progress.

He emphasized that AIIB's involvement would be instrumental in the project's success, the press release added.

Highlighting the government's priorities of regional connectivity and economic growth, Minister Cheema conveyed Pakistan's high regard for AIIB's support in infrastructure development.

He urged the Bank to consider financing the Sukkur-Hyderabad section of the Karachi-Peshawar Motorway (PKM) (M-6), which would complete the motorway network from Karachi to Peshawar.

The Secretary EAD requested AIIB to expand its portfolio in Pakistan, particularly emphasizing the strategic importance of the N-5 as a high-priority government project.

On the occasion, AIIB Vice President, Limitovskiy, expressed confidence in the Economic Affairs Division's project review process and anticipated timely resolution of outstanding project issues.

He reaffirmed AIIB's commitment to prioritizing the N-5 Project and praised Pakistan's cooperation in advancing the Bank's portfolio.

Additionally, he indicated AIIB's interest in exploring future investments in Pakistan's energy transmission sector.

Yusuf Raza Gilani attends Rasm-e-Qul of MNA's father



Asghar Hayat Hiraj, and prayed for elevation of stature of the deceased in the world hereafter.

Gilani also tied turban on the head of MNA Raza Hiraj to perform the 'D a s t a a r

MULTAN: Acting President and Senate Chairman Syed Yusuf Raza Gilani attended the Rasm-e-Qul of the late bureaucrat Khizar Hayat Hiraj, the father of MNA Raza Hayat Hiraj, in Kabirwala on Wednesday.

He expressed his heartfelt condolences to MNA Raza Hayat Hiraj, MPA Akbar Hayat Hiraj and

Bandi'. MPA Rana Iqbal Siraj, Mahar Ameer Abbas, Rana Babar, Amir Hayat Hiraj, former MNA Sikandar Bosan, notables from the area and people from different walks of life attended the Rasm-e-Qul.

Earlier, noted religious scholar Maulana Tariq Jameel led 'Dua' for the departed soul.

Martyrs' sacrifices to lead to Kashmir's independence: Amir

ISLAMABAD: Federal Minister for Kashmir and Gilgit-Baltistan Affairs, Engineer Amir Muqam, on Wednesday reaffirmed Pakistan's commitment to Kashmir's freedom, pledging that the sacrifices of Kashmiri martyrs will not be in vain and expressed confidence that Kashmiris will ultimately win independence from India.

In his message on Jammu Martyrs' Day, the minister praised the unparalleled sacrifices of Kashmiris, stating that the martyrs hold a significant place in Kashmir's struggle for freedom. The sacrifices of Jammu's martyrs, driven by their love for Pakistan, will be eternally remembered.

He commended the martyrs' contribution to the freedom movement, remembering how Indian forces, in collaboration with Dogra and RSS, martyred 300,000 Kashmiris.

PTA organizes Telecom Cybersecurity Awards 2024

ISLAMABAD: The Pakistan Telecommunication Authority (PTA) held the Cybersecurity Awards 2024 on Tuesday to honour outstanding achievements in enhancing cybersecurity within Pakistan's telecom sector. In her address, Minister of State for IT and Telecommunications Shaza Fatima Khawaja reaffirmed the government's commitment to establishing a robust cybersecurity framework critical for the country's economic and digital stability.

She said Pakistan has been recognized in the Top Tier-1 (Role-Modelling) category of the ITU-Global Cybersecurity Index (GCI_V5) 2024. This recognition highlights the nation's progress in bolstering cybersecurity and resilience, a testament to the collective efforts of the Ministry, stakeholders in government, industry, academia, and law enforcement agencies.

She said the PTA has introduced critical telecom data infrastructure regulations, encouraging operators to adopt substantial cybersecurity measures to enhance overall preparedness. She shared insights from her recent visit to Karachi, where the Digital Pakistan Cybersecurity Hackathon 2024 was launched.

She announced plans for legislation to establish a National Digital Commission, which will be headed by the Prime Minister and include representation from the provinces and the private sec-

tor, to enhance national cybersecurity. She said, "We will bring legislation in this regard within a week."

She also highlighted the government's efforts to support the business community through the Special Investment Facilitation Councils (SIFC) one-window operation.

She said the IT Ministry has three primary goals: nationalization, technological advancement, and employment creation.

In his keynote address, Major General (R) Hafeez Ur Rehman HI(M), Chairman of PTA, emphasized the need for a proactive cybersecurity culture and collaboration among all stakeholders to secure Pakistan's digital landscape.

He reiterated that national security remains the top priority and that adherence to rules and regulations is essential in achieving these objectives. Shields were presented to top-ranking telecom entities and key stakeholders for their roles in enhancing Pakistan's Global Cybersecurity Index (GCI) ranking. The cybersecurity annual report 2024 was also launched on the occasion detailing PTA's initiatives. The report and the details of rankings will be available on the PTA website. Cyber security awards celebrate the telecom industry's dedication to strengthening security frameworks, showcasing advancements toward a more resilient telecom infrastructure.



CDA, FIA collaborate to tackle human trafficking

ISLAMABAD: In a significant move to combat human trafficking in the Islamabad Capital Territory (ICT), Chairman Capital Development Authority (CDA), Muhammad Ali Randhawa, met with Director Anti-Human Smuggling Wing Federal Investigation Agency (FIA) Saqib Sultan Mehmood, to strategize efforts against Trafficking in Persons (TIP). This high-level meeting, attended by officials from ICT departments, aimed at establishing clear targets and action plans to address the pressing issue. A primary focus of the discussion centered on findings from the 2024 TIP Report released by the U.S. Department of State. During the briefing, the FIA Director highlighted the urgency of decisive action to prevent Pakistan from being placed on the TIP Watch List. CDA, FIA collaborate to tackle

human trafficking CDA, FIA collaborate to tackle human trafficking He stressed that proactive measures are essential to uphold Pakistan's reputation and international standing on human rights issues. Commissioner Randhawa emphasized the commitment of Islamabad's authorities to tackle all forms of human trafficking, including forced begging and bonded labour. He issued directives for the immediate convening of the District Vigilance Committee for ICT, tasked with implementing key recommendations from the TIP report. Furthermore, he instructed ICT departments to improve data collection and coordination with the FIA's Anti-Human Smuggling Wing on cases of trafficking, particularly those involving sexual exploitation, forced and bonded labour, and forced begging. APP

Senate Standing Committee on Climate Change: Senator Sherry calls for internationally determined contributions at COP29

Says COP conferences remain our best chance to voice the climate impacts on countries like Pakistan

ISLAMABAD: At the Senate Standing Committee on Climate Change, Senator Sherry Rehman called for a new mechanism of measuring financial pledges from developing countries at the upcoming COP29 in Baku, Azerbaijan. Senator Sherry Rehman asserted "Old mechanisms are not working. The Global South, including frontline countries like Pakistan with tiny emission footprints are getting negligible transfers of climate finance, while the scale and fury of warming and emissions are only growing upwards despite a decade of commitments made at the Paris Agreement in 2015. She called for Internationally Determined Contributions to be sought from donor countries, to match the Nationally Determined Contributions that measure action and are being sought this year with revised targets from all countries." Senator Sherry Rehman emphasized the need to hold large emitters accountable for financing climate resilience, particularly in frontline states like Pakistan. She highlighted that the recent flood disaster of 2022 left Pakistan with a damage bill of \$30 billion, against a backdrop of

woefully inadequate global funding for climate adaptation and resilience, estimated by the World Bank to require \$348 billion by 2030 for Pakistan alone.

Senator Rehman noted "The global shortfall in climate action funding is alarmingly high. Existing data is inconsistent and likely underestimates the actual needs. If current trends continue, the world will need to allocate approximately \$340 billion annually by 2030, increasing to \$565 billion by 2050. To put this in context, the UNFCCC's Standing Committee on Finance highlights that 78 developing countries require a staggering \$6 trillion to fulfill their Nationally Determined Contributions (NDCs). Given that Pakistan is among the countries most severely impacted by climate change, it is imperative to adopt a more proactive and urgent approach rather than maintaining the status quo."

Senator Rehman voiced concerns about the loss and damage fund, a critical financial mechanism for developing nations affected by climate change, noting the lack of adequate pledges from the international

community to operationalize the fund by 2025. "Funds must be accessible to the countries most impacted by climate disasters, but current pledges fall short, presently a measly \$770 million in Loss and Damage Fund is a drop in the ocean" she noted. Senator Rehman called for simplified access to such funds, which are urgently needed to address the escalating climate vulnerabilities faced by Pakistan.

In response to a question by Senator Shahzaib regarding the efficacy of COP conferences, Senator Rehman acknowledged the challenges but emphasized the significance of COP as a platform for advocacy. "COP conferences remain our best chance to voice the climate impacts on countries like Pakistan. Climate effects do not respect borders or boundaries, which has been made evident in the case of the hazardous levels of smog in Lahore that transcends between countries, with Pakistan getting the short end of the stick," she said.

She reiterated, "When negotiating, the focus must be on tangible outcomes. Although countries attend conferences, many remain in climate denial,

which is a major barrier, undermining the entire premise of climate action. Even if Pakistan brought emissions to zero, the country would still suffer from the effects of climate change."

The committee examined Article 6 of the Paris Agreement, which governs the carbon credits market, offering potential revenue opportunities for countries like Pakistan. Senator Rehman requested a detailed briefing on carbon credits, explaining how this mechanism could support Pakistan's climate resilience financially. "Carbon credits can offer financial lifelines to nations like ours that contribute minimally to emissions yet suffer disproportionately," she stated. Senator Rehman gave the example of the Delta Blue Project in Sindh, which focuses on carbon sequestration in Pakistan's coastal mangroves, aligned with Article 6 of the Paris Agreement. Senator Rehman highlighted the need for a national registry to maintain data on Pakistan's carbon credits, emphasizing, "With global carbon sinks losing their absorption capacity, our strategy needs to be robust and well-aligned with international standards." SABAH