

QUETTA VOICE

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PM urges provincial governments to cooperate with center to mitigate sufferings of flood hit people



CJP Bandial asks political leadership to refrain from violating law

ECP to announce verdict in Toshakhana disqualification reference against Imran Today

The Election Commission of Pakistan (ECP) will announce the verdict in the Toshakhana disqualification reference filed against former prime minister Imran Khan on Friday (tomorrow) at 2pm.



having sold at least four presents he had received during his tenure as the prime minister of Pakistan.

The former premier, in his reply, maintained that the sale of the gifts that he had procured from the state treasury after paying Rs21.56 million fetched about Rs58m. One of the gifts included a graff wristwatch, a pair of cuff links, an expensive pen and a ring while the other three gifts included four Rolex watches.

The reference against Imran was filed by MNA Barmister Mohsin Nawaz Ranjha carrying signatures of lawmakers Agha Hassan Baloch, Salahudeen Ayubi, Ali Gohar Khan, Syed Raffullah Agha and Saad Waseem Sheikh and it was subsequently forwarded to CEC Raja.

The ruling PML-N is confident Imran is going to be disqualified in the reference as they say he has not declared in his assets the amount he received from the alleged sale of state gifts.

In their disqualification reference, MNAs from the ruling alliance included documentary evidence to corroborate their claims against the ex-premier and sought his disqualification under Sections 2

and 3 of Article 63 of the Constitution, read with Article 62(1)(f). Web Desk

According to a notice issued today, ECP ordered all the relevant parties or their counsels to appear before the electoral watchdog at its secretariat in Islamabad. The ECP also sent a letter to the Islamabad police requesting "fool-proof security" inside and outside the watchdog's premises for the full day in order to "avoid any untoward incident". The letter also requested that two security personnel in civil dress and a traffic warden be provided as well.

The ECP stressed that all necessary security arrangements be completed, particularly inside the ECP Secretariat building, and the matter is treated as "most urgent".

The ECP had reserved its verdict in the Toshakhana case on September 19. The reference was filed against the PTI chairman by the coalition government, for "not sharing details" of Toshakhana gifts and proceeds from their alleged sale.

Established in 1974, the Toshakhana is a

department under the administrative control of the Cabinet Division and stores precious gifts given to rulers, parliamentarians, bureaucrats, and officials by heads of other governments and states and foreign dignitaries.

According to Toshakhana rules, gifts/presents and other such materials received by persons to whom these rules apply shall be reported to the Cabinet Division.

However, the PTI, while in government, had been reluctant to disclose details of the gifts presented to Imran Khan since he assumed office in 2018, maintaining that doing so would jeopardise international ties, even as the Pakistan

Information Commission (PIC) ordered it to do so. On August 4, lawmakers from the Pakistan Democratic Movement — which is part of the ruling alliance — filed a reference for the PTI chief's disqualification from public office under articles 62 and 63 of the Constitution over his hesitance to share the details of Toshakhana gifts.

They submitted the reference to the National Assembly speaker who subsequently forwarded it to the Chief Election Commissioner (CEC) Sikander Sultan Raja for further action.

In its hearing on Aug 29, the ECP had sought a written reply from Imran by Sep 8. In his reply, the PTI chief had admitted to

Quetta: Civil society stages protest demonstration against killing of Amna

Civil society and human rights groups staged a protest demonstration outside Quetta Press Club against the killing of Bibi Amna. Police said the accused Mir Shahab Khosa, the husband allegedly opened fire and killed Aman in Quetta's Satellite Town area.



Amna was offering prayer when killed by her husband

The news of the murder of Amna Bibi was also echoed in the Balochistan Assembly session. Shakeela Naveed Dehwar strongly condemned the killing of Amna and demanded the arrest of her husband. "This is an act of so-called honor killing", she said. Shakeela Naveed Dehwar urged the deputy speaker Balochistan Assembly Sardar Babar Musakhail to direct the Balochistan police chief to take notice and ensure the arrest of the culprit. "I appeal to the government to arrest the culprit", the father of Amna demanded. He also demanded of the Chief Justice Balochistan High Court (BHC) to take suo moto notice of the incident. The father stated that it was not the first time the husband had subjected Amna to killing rather the accused used to torture and beat her earlier as well.

The incident happened on October 2nd this month.

"We demand the arrest of the killer of Amna Bibi", Sana Durrani, the Chairperson of the non-governmental alliance said. She said police have failed to arrest the culprit involved in the killing of Amna. Sana Durrani said they accused her when she was offering prayer.

Members of civil society staging a protest demonstration outside Quetta Press Club: Photo provided by Allauddin Khilji

Protesters were carrying placards and banners

The protesters had carried placards and banners inscribed with slogans demanding the arrest of the accused. They also chanted full-throated slogans against the administration for what they called its failure to apprehend the culprit.

The 20-year-old Amna was a student at the Sardar Bahadur Khan Women's University. She

had married Shehab Khosa nine months back.

"Violence against women continues to rise in Balochistan", Allauddin Khilji, the Chief of Aurat Foundation (AF) Quetta Chapter said. Mr. Khilji said in most of the cases the accused are at large and the police are yet to arrest them.



ISLAMABAD: Prime Minister Muhammad Shehbaz Sharif chairs a meeting of National Flood Response and Coordination Centre (NFRCC).

PM urges provincial governments to cooperate with center to mitigate sufferings of flood hit people

ISLAMABAD: Prime Minister Muhammad Shehbaz Sharif has urged all provincial governments to cooperate with the federal government beyond all political affiliations to mitigate the sufferings of flood affected people of the country. He stated this while chairing a meeting of National Flood Response and Coordination Centre in Islamabad on Thursday. The Prime Minister said as wheat sowing season begins, therefore seeds will be provided to farmers of flood hit areas.

He said that federal and provincial governments will bear the cost at fifty percent share each. He added that NDMA is procuring very good quality seeds.

He said provincial governments of Sindh and Balochistan have selected districts where they need federal government's relief but Khyber Pakhtunkhwa and Punjab have refused to accept this. The Prime Minister urged the two provincial governments to cooperate with federal govern-

ment so that no shortage of wheat occurs.

He said the federal government is not allowing private sector to import wheat because it wants to save every penny of the national exchequer.

Shehbaz Sharif said the government was filling the gap between wheat supply and demand caused during last four years. He made it clear that nobody will be allowed to misuse this calamitous situation and earn profits or do hoardings.

He said distribution of cash relief assistance amount among families of those who died, injured or were affected in any other way during floods is underway in a transparent manner.

The Prime Minister said other essential items like tents, medicines, food packages, water and mosquito nets have been distributed across the country as per the requirement of every flood affected area. He said China is to provide us high quality winter tents for upcoming cold weather. INP

Balochistan bureaucracy busy, in camera briefing to MPAs postponed

Staff Reporter

QUETTA: An in-camera briefing about the law and order situation in Balochistan was postponed because of the busy schedule of the provincial bureaucracy.

The in-camera briefing to the members of the Balochistan Assembly on peace and security and the post-flood situation was postponed due to the busy schedule of the bureaucracy. The assembly members were left waiting for the Chief Secretary and other officers, it was revealed during the Balochistan Assembly session on Thursday. The in-camera briefing will be held on Friday. Acting Speaker of Balochistan Assembly, Sardar Babar Musakhail, had given a ruling on October 17 meeting for



conducting the in-camera briefing on the 20th of October.

Chief Secretary Balochistan, Additional Chief Secretary Home was asked to brief the members of the assembly on the law and order situation in the province and measures to restore flood victims.

IG Police Balochistan, Senior Member Board of Revenue, DG

PDMA, and KISCO Chief were summoned to the conference room of the Provincial Assembly today October 20th at 2 pm but these officers did not come to the meeting due to their busy schedules. So the meeting called by the secretary of the assembly had to be postponed till Friday, the chair informed the house.

UAE envoy, COAS discuss regional security situation

RAWALPINDI: Ambassador of United Arab Emirates (UAE) Hamad Obaid Ibrahim Salem Alzaabi called on Chief of Army Staff (COAS) General Qamar Javed Bajwa at General Headquarters in Rawalpindi on Thursday. During the meeting between the UAE ambassador and COAS, matters of mutual interest, bilateral defence and security cooperation and regional security situation came under discussion.

The COAS said Pakistan values Emirate's role in global and regional affairs and 'we look forward to enhance our bilateral relationship'. Both sides agreed to further enhance cordial relations and enduring strategic partnership.

The visiting dignitary expressed grief over the devastation caused by floods in Pakistan, offered sincere condolence to the families of the victims and hoped INP

The outdated DGPR Balochistan criteria

Syed Ali Shah Analysis Post Digital Media situation in Balochistan



DGPR

Gone are the days when people used to anxiously wait for newspapers to get information in the morning. The day would dawn with hawkers riding their bicycles and dropping newspapers at every house and office. In restaurants, offices and hotels jam-packed with tea lovers used to wait for their turn to get the newspaper and keep themselves updated about the unfolding political, social, crime and economic news about Balochistan and the country.

E-paper replacing the print version of newspapers

The journalists used to work till midnight to make sure publication of all news to compete in the newspapers industry. But this is no more the case. Now, the day dawns with WhatsApp, Facebook, Twitter and website clicks to get information. Pakistan's well-circulated newspapers including Dawn, Express Tribune, The News and The Nation decreased

the number of pages and focused on e-paper to meet the growing demand of readers. Every person's mobile is awash with WhatsApp messages as every group tries to keep and members updated about the unfolding situation. Newspapers are now confined to government offices and an aged class of society.

DGPR is yet to change the advertisement criteria

Everything changed. But the Director-General Public Relations (DGPR) Balochistan's criteria are yet to be changed in this changing scenario. The directorate still distributes official advertisements on the basis of pages of newspapers. Whether copy-paste or just changing the title, a 12-pager newspaper is considered to be in the A category. 8 pager

newspaper is in the B category, and the 4-pagers are in the C category. Whether any newspaper has a website or not, if the pages are more than that can get a better flow of advertisements. Quantity is checked and quality goes unnoticed. Whether any newspaper's team works or not if the paper falls in the A category, it can get advertisements. The advertisements budget should not go into a few narrow pockets. Since the advertisement budget belongs to the masses of Balochistan, therefore, there has to be judicious use of advertisement funds. These funds should not go into a few narrow pockets rather advertisement funds should be spent on the promotion of indigenous press so that it could highlight the issues relating to Balochistan. The criteria of a functional website, and functional Twitter and Facebook accounts should be considered in the distribution of official advertisements. A policy in consultation with all stakeholders should be framed to meet the challenges of the modern era and readers.

CJP Bandial asks political leadership to refrain from violating law

ISLAMABAD: Chief Justice of Pakistan Umar Ata Bandial on Thursday asked the political leadership to refrain from violating the law and the constitution, or else there would be consequences.

"Ours is not a political role," CJP Bandial said while heading the five-member bench hearing the government's contempt petition against PTI Chairman Imran Khan. Justice Ijaz ul Ahsan, Justice Mubib Akhtar, Justice Yahya Afridi, and Justice Sayyed Mazhar Ali Akbar Naqvi are also part of the bench.

The government through the petition is seeking orders restraining Khan from creating a law-and-order situation in line with the party's proposed long march to Islamabad.

Advising the Attorney General for Pakistan to read the reports of the security agencies, the CJP said political wars should be fought but on the streets.

"The reports indicate that PTI had violated the promises [made to the court]," the AGP said, informing the court he was not provided with the copies of the reports to which the bench said the court would give him the reports.

"You want to avoid a war in the streets, so do we," the CJP said adjourning the court till Wednesday, October 26, 2022 adding, "If something comes up in the meanwhile, we will take needed measures".



The petition was filed by the Interior Ministry on October 13, requesting contempt of court proceedings against the former PM, under Article 204 of the Constitution for flouting and disregarding the orders of the apex court passed on May 25, 2022, on the petition filed by the Islamabad High Court Bar Association.

In its petition, the federal government told the apex court that the PTI chief is making announcements of marching towards Islamabad, which was a violation of a court order.

"Imran Khan is making announcements to attack Islamabad," says the plea. It urged the Supreme Court to direct the PTI chief to ensure the implementation of its orders related to protests and sit-ins.

A five-member larger bench of the apex court, headed by Chief Justice Umar Ata Bandial with Justice Ijaz ul Ahsan, Justice Mubib Akhtar, Justice Yahya Afridi, and Justice Sayyed Mazhar Ali Akbar Naqvi as members took up the plea for hearing.

At the outset of the hearing Attorney General for Pakistan, Ashtar Ausaf Ali presented his arguments in the case. The government's lawyer told the court that on its May 25 order, the law enforcement agencies had confined themselves to the Red Zone after which PTI supporters started pelting stones at the law enforcers and resorted to violence in the federal capital. Web Desk

QUETTA VOICE

Editor Asim Khan

Poliovirus Balochistan: The need for indigenous strategy

All the anti-polio campaigns are donor-funded in Balochistan like in other parts of the country. For program efficiency and to meet donor's requirements, strategies are evolved on the federal level.

Although, the centralized approach/strategy has failed to eradicate the crippling virus for more than three decades. Decentralization of powers and evolving strategy has always been the demand of health workers and volunteers battling the crippling virus at the cost of their lives in Balochistan.

Money designated for a particular activity can be used for no other. Therefore, program managers have little authority or budgetary control in vertical programs such as polio eradication and are unable to solve the problems encountered in the community.

Chronic refusals main reason behind existence of the virus. Chronic refusals, poor mechanisms, and lack of indigenous strategy are the underlying reasons behind the existence of the crippling virus. Despite the formation of committees and repeated attempts, the number of chronic refusals in Quetta, Killa Abdullah, and Pishin is still in the thousands.

The three districts are considered to be the most sensitive when it comes to poliovirus. Refusals on the part of many parents in these districts are nothing new. Killa Abdullah district has already reported the first polio case of the current year. The parents of the kid had refused to provide anti-polio drops.

Killa Abdullah reported 73 cases in 2012

In 2012, the same Killa Abdullah district had suffered the worst because of the virus and reported 73 cases. Officials in the health department still paint a bleak picture regarding the increasing number of chronic refusals.

Elected representatives, tribal elders, and local administration should put their heads together for evolving a joint indigenous strategy. A strategy at the village, union council, tehsil, and district level would be more effective than implementing an Islamabad-based strategy.

Routine Immunization

Apart from this, routine immunization is also crucial in the eradication of poliovirus. Balochistan has made a positive stride while improving routine immunization from 16 percent coverage to almost 40 percent coverage.

The brewing crisis in education

Inam Ul Haque

The state-run school in the suburban Australian town where I was attending a year-long training course had asked parents of aspiring students, especially the international students, to meet the teaching staff. Our concerns were addressed and queries answered. The school had no uniform; however, kids were encouraged to wear a loose track-suit that could be acquired new or second-hand from the local store. All three kids were to pay an annual fee of fifty Australian dollars. Kids were not required to buy textbooks, notebooks and other items, as these were school-supplied. They were not given any home work. Teacher would explain the lesson using one set of textbooks, kept in his/her custody, on the white board. Students would thereafter do their exercise on loose sheets of paper, which would subsequently be filed in their respective subject folders, and left in their lockers. Each class would have a games' period. Small kids were expected to play in the sand, kept purposefully in the school yard.

I tried adopting the above model while commanding the Hyderabad Division in the Army-run school in Badin for one year; and in spite of parents' initial reservations, the results were good. Kids unencumbered with heavier school bags, stressful school routine, tiring homework and a daunting learning environment did well comparatively. The same was suggested to the KP government, but generally such suggestions hit at privileges, vested interests and never see the light of the day for other reasons.

One is aghast at seeing the school kids of these times. The little souls have no time to play. Over-ambitious school syllabi, teachers with mostly perfunctory skills and interests, and the consequent compulsion of attending the evening 'tuition academies' have literally made life miserable for children all across the country. In one of the biggest rackets of our times, the same teachers who would not satiate a kid's knowledge curiosity in the classroom would be more diligent in these tuition academies. Kids run in

between rigorous school routine and longer commute to the evening academies; and hardly have time to play or enjoy themselves. On weekends, these exhausted souls oversleep, get on with their cell phones or prepare a project.

Over-ambitious parents, mostly compensating for their own failures in life, overburden kids with academic rigours. They would demand flawless academic performance, perpetually pester kids for more marks, and encourage them to compete headlong in a vicious pseudo-academic environment. The emphasis has shifted to getting more marks, rather than getting educated. Schools and tuition academies are all excessively commercialised and geared to maximise their profits in an unholy alliance with the relevant industry and official mafias. Where is this obsession with more marks taking us? Anybody's guess. A recent interaction with some instructors at one of the Military academies revealed that our youngsters have weaker bones. If the tougher

physical standards required of the Military are so inadequate, one can conjecture the overall physical standards of our society. Kids' over-indulgence in social media has hit the remaining nails in the gloom-box of contemporary education. Although one can still see some outdoor sports in rural Pakistan between late-afternoon and evening; cities are mostly dead zones due to lack of adequate facilities.

Plato, in his famous 'Theory of Education', considers education a means to achieve individual and social justice. He considers that individual justice can be attained once individuals fully nurture their abilities. Justice to him is akin to excellence, which is virtue. Plato groups knowledge development into three tiers: self-knowledge, knowledge of one's job, and knowledge about 'the Idea of the Good'. According to Plato, the main function of education is 'not to put knowledge into the soul', but to exploit the latent individual and group talents by correctly directing these towards right objects.

He advocates equal educational opportunities as basis of social justice and does not support commercialisation of education. The great sage 'was against the practice of buying knowledge', which he considered a 'heinous crime'. In elementary education, emphasising grooming of children in healthy environment, implanting 'truth and goodness', Plato initially recommends teaching literature (mostly storytelling), and poetry. His second suggestion is music, and third arts. Following a 10-year phasing, he emphasises physical education mostly for the first 10 years, implying a gymnasium and a playground in each school. Examination at age 20 was to filter those continuing education from those forming part of workforce.

Those passing were to continue education for another 10 years, studying apart from body and mind, subjects like mathematics, astronomy, geometry and dialectics. He also recommends history, science and moral education. Plato believed knowledge acquired under

The climate IDP

By Rida Tahir

Internally displaced persons (IDPs) remain among the most vulnerable people in the world. The Guiding Principles on Internal Displacement define IDPs as "persons or groups of persons who have been forced or obliged to flee or to leave their homes or places of habitual residence, in particular as a result of or in order to avoid the effects of armed conflict, situations of generalized violence, violations of human rights or natural or human-made disasters, and who have not crossed an internationally recognized border."

IDPs are often referred to as refugees. However, they do not fall within the legal definitions of a refugee. Pakistan's diverse geography and climate expose the country to a wide range of climate-induced disasters such as floods and landslides. Although Pakistan has contributed the least to the climate crisis (it is responsible for less than one per cent of the world's planet-warming gases), it is the eighth most vulnerable nation to the climate crisis, according to the Global Climate Risk Index.

According to the Internal Displacement Monitoring Centre (IDMC), 16.6 million IDPs and 94 disaster events were recorded in Pakistan from 2008 to 2021. During this period, floods triggered most of the displacements (15.4 million), followed by earthquakes (1.1 million). Other climate-induced

disasters which triggered internal displacements in Pakistan included chronic droughts, extreme temperatures, and frequent occurring storms.

In 2021 alone, 70,000 internal displacements were recorded in Pakistan, all of them triggered by climate-induced disasters. The recent erratic monsoon rains of 2022 have caused catastrophic floods and affected an estimated 33 million across Pakistan. The climate change-driven disaster has claimed the lives of over 1,400 people and displaced millions, including women, children, older people, and people with disabilities.

The National Disaster Management Authority (NDMA) has revealed that flood water has washed away more than 1.7 million homes, displacing millions of people within Pakistan, who require shelter, food, healthcare and other essentials.

Additionally, it has been revealed by the UNFPA that an estimated 75,000 pregnant women are affected by the recent floods, and 40,000 are expected to deliver their babies in September 2022. Women and girls are particularly exposed to the risk of sexual and gender-based violence (SGBV) during disaster events. The UN Women has revealed that more than 70 percent of women suffer various forms of gender-based discrimination in humanitarian crises.

Many internally displaced children in Pakistan have lost access to education as their schools have been washed away. Many children would be forced to quit school and engage in child labour to earn a livelihood to help their families. Pakistan already has the world's second-highest number of out-of-school children with an estimated 22.8 million children aged 5-16 not attending school, as per Unicef. It will be extremely challenging for Pakistan, which is still recovering from school closures due to Covid-19, to send internally displaced children back to school.

Additionally, the WHO has revealed that about 900 health facilities have been damaged across Pakistan. This places IDPs at risk of aggravated disease outbreaks such as dengue fever, malaria, polio, and Covid-19.

Despite a high number of recorded IDPs in Pakistan over the years and the vulnerability faced by them, the country has no national laws or policies implemented that specifically apply to IDPs. The Land Acquisition Act 1894 is the only legal document that refers to displacement. However, it only applies to the acquisition of land for public purposes and companies.

Article 25(1) of the constitution states: All citizens are equal before law and are entitled to equal protection of law. It is also important to note

that Pakistan ratified the International Covenant on Civil and Political Rights (ICCPR) in June 2010.

Article 2(2) of the ICCPR obligates Pakistan to take "the necessary steps, in accordance with its constitutional processes and with the provisions of the present Covenant, to adopt such laws or other measures as may be necessary to give effect to the rights recognized in the present Covenant." Therefore, Pakistan should enact legislation that specifically protects the rights of IDPs.

Pakistan can take inspiration from the Guiding Principles on Internal Displacement and incorporate them into its national legislation. The Guiding Principles were presented to the UN Commission on Human Rights in 1998. They identify the rights and guarantee protection to IDPs in all states of their displacement. Although the Guiding Principles are not legally binding, they have attained significant authority since their inception. At the World Summit in September 2005 in New York, the Guiding Principles were recognized as an important international framework for the protection of IDPs.

Recently, UN Secretary-General Antonio Guterres visited the flood-affected areas of Sindh and Balochistan and stated that "there is a very unfair situation, in relation to the level of

disruption we are seeing in Sindh." He added that "it is essential for the international community to understand that Pakistan, including Sindh, needs today massive financial support to overcome this crisis," while emphasizing that this was not a matter of generosity, but justice.

The international community should support Pakistan as it responds to the unprecedented climate-induced floods. Many IDPs remain displaced for years. The international community should pledge to support Pakistan until all IDPs return home after the reconstruction of their homes and villages.

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Article 2(2) of the ICCPR obligates Pakistan to take "the necessary steps

Collision with happiness

M Bilal Lakhani

Every morning I wake up and ask myself if I'm happy.

This is a terrible habit for my mental health but over the last few weeks, the answer is that I'm actually happy. This is a strange and out of body experience because this hasn't been the case for the majority of my life. As little as six months ago, I was feeling unhappy every morning, bordering on restlessness and flitting with sadness.

What turned things around and is this happiness sustainable? Six months ago, I was on paternity leave and had made big plans to pursue long term professional goals that I never had a chance to pursue because of my full time day job. I thought the extra time I had on paternity leave would allow me to pour myself into those goals but week after week, I was literally doing nothing to move the needle on that front. Instead, I was finding happiness in spending time with my daughter, wife and parents. As well as the joy of doing nothing, but I was trying to fight this feeling, rather than embrace it.

All my life, being a type A personality, happiness was married to my professional life. The paternity leave was a strange window into realising it's possible to be

unhappy professionally but happy personally. Perhaps this sounds obvious to most people but it was a profound realisation for me. I'm also the kind of person who likes to reinvent his life every few years and by that I mean change everything. Originally, I had planned to use the paternity leave as an opportunity to reinvent myself. But the burden of this reinvention was weighing me down because of the lack of progress rather than exciting me.

So I started experimenting with doing something different half way through my paternity leave. Instead of changing everything at once, I started changing one thing a week and tried to chew on small pieces of it daily. For background, I wanted to start two side gigs, play tennis three a week, get closer to religion, make a new YouTube video every day, re-evaluate my purpose in life and take care of my new born baby during the paternity leave. The expectations were crushing me instead of inspiring me. So I started doing something radically simple. For one week, I told myself the only way I'd evaluate whether my day is a success is if I woke up in the morning and did a gratitude exercise, where I'd write down three things I'm grateful for in my diary. That's it. That's the only

thing I'd evaluate myself on. Everything else could wait. I was on leave after all.

The gratitude exercise had a transformational impact not just on my week — because I focused on what I was grateful for rather than what I didn't have or was behind on — but it also had a snowball effect that would rip through the existing pillars of my life. The following week the gratitude exercise became easier to do because it was turning into a habit so I decided to take on one more task. Setting up a tennis date for next week. One date instead of three. The next week I played tennis. The following week I increased the frequency to twice a week. I felt so energised and excited at the end of my games and the morning after.

Week by week, I added a new habit or goal I wanted to achieve and because I was setting expectations so ridiculously low, I was actually able to achieve change and feel happy about my progress rather than denigrating myself for not making progress. Fast forward six months and my life stands transformed. I'm now playing tennis regularly, having dinner with a friend every week, reading the newspaper, doing gratitude exercises and getting closer to God. I didn't start two side gigs.

Nurture a healthy heart to live wisely

Durdana Najam

World Heart Day is celebrated on September 29 to remind the public about the importance of keeping our hearts in good shape.

Metaphorically, the heart connects us with our surroundings and the Almighty. It all flows from the heart. The purification of the heart is obtained both spiritually and physically. What we eat affects the flesh part of the heart, and what we think affects its spiritual side. So, if tobacco blackens the arteries, stress tightens them to hamper the smooth flow of blood, putting in peril the very survival of the heart. One has to be goodhearted and at peace with oneself to live longer and healthier.

Every year 18.6 million people die of cardiovascular diseases (CVD) globally, caused by smoking, diabetes, high blood pressure, obesity, air pollution, Chagas disease and cardiac amyloidosis.

Asia has the highest number of patients with CVD. Of the 18.6 million CVD deaths worldwide in 2019, 58% occurred in Asia. Nearly 39% of these deaths were premature.

According to research published in the Journals of the American College of Cardiology (JACC): "The increasing CVD epidemics in Asia are likely the consequence of complex effects from changes in socioeconomic, living environments, lifestyles, prevalence of CVD risk factors and absence of capacities to

prevent and treat CVD." In Pakistan, the CVD mortality is 152 per 100,000 population (22.7%), translating to about 200,000 deaths annually.

The JACC report tells us that dietary changes from traditional Asian to westernised food have had a detrimental effect on the health of Asians living in resource-deficit countries. A recent publication in the Global Burden of Disease provides further insight into food patterns in Asia: for the five unhealthy foods — red meat, processed meat, sugar-sweetened beverages, trans-fats, and sodium — all Asian regions consumed the most sugar-sweetened beverages and sodium. Among the 20 most populous countries, China has the highest age-standardised rate of diet-related CVD deaths (299 per 100,000 population) while Pakistan has the highest proportion of diet-related CVD deaths (152 per 100,000 population).

Prof Nawaz Lashari, Chair of Cardiology at Dow University, stresses healthy physical activity for cardiac health, advising 45-minute walk daily. Pakistan Hypertension League General Secretary Dr Mohammad Ishaq says exercise strengthens the heart. According to Dr Ishaq, 20% of Pakistan's population suffers from high blood pressure, 10% has diabetes, and 30% is obese. "These ailments lead to heart diseases," he warns.

In the context of World Heart Day, a leading

pharmaceutical company has arranged special events in Karachi, lighting up the city's landmark buildings in red in collaboration with the National Institute of Cardiovascular Diseases and Karachi Metropolitan Corporation. The events will commemorate World Heart Day and pay tribute to frontline healthcare workers, including cardiologists working tirelessly to save lives during Covid-19.

The company has worked with Cardiology institutes throughout Pakistan to introduce cost-effective and efficacious treatments for blood pressure, cholesterol, angina, and heart failure, as well as world-class medical devices for cardiac interventions.

The high prevalence of CVD in Pakistan is mainly the result of our sedentary lifestyle, increased consumption of inorganic and fatty food, coupled with stress and genetic factors. While increasingly effective medicines and devices are continually being introduced, there is absolutely no substitute for prevention through exercise and a healthy diet. Ignoring such preventive measures increases the burden of heart disease and the cost of healthcare in Pakistan.

Experts insist we have to change our way of thinking and our approach to public health if we want to help people live longer and healthy lives. In this respect, public policy interventions guided by experts in the fields of preventive cardiology and public health,

including education and awareness campaigns, should be conducted regularly to motivate people to exercise and eat healthy food. Only preventive measures can reduce the burden of disease and reduce the excessive reliance on medicine.

On this World Heart Day, let us resolve to nurture a heart clean of impurities of food and thought because, as Charles Dickens said, "A loving heart is the truest wisdom." The JACC report tells us that dietary changes from traditional Asian to westernised food have had a detrimental effect on the health of Asians living in resource-deficit countries. A recent publication in the Global Burden of Disease provides further insight into food patterns in Asia: for the five unhealthy foods — red meat, processed meat, sugar-sweetened beverages, trans-fats, and sodium — all Asian regions consumed the most sugar-sweetened beverages and sodium. Among the 20 most populous countries, China has the highest age-standardised rate of diet-related CVD deaths (299 per 100,000 population) while Pakistan has the highest proportion of diet-related CVD deaths (152 per 100,000 population).

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says exercise strengthens the heart. According to Dr Ishaq, 20% of Pakistan's population suffers from high blood pressure, 10% has diabetes, and 30% is obese. "These ailments lead to heart diseases," he warns.

In the context of World Heart Day, a leading pharmaceutical company has arranged special events in Karachi, lighting up the city's landmark buildings in red in collaboration with the National Institute of Cardiovascular Diseases and Karachi Metropolitan Corporation. The events will commemorate World Heart Day and pay tribute to frontline healthcare workers, including cardiologists working tirelessly to save lives during Covid-19.

The company has worked with Cardiology institutes throughout Pakistan to introduce cost-effective and efficacious treatments for blood pressure, cholesterol, angina, and heart failure, as well as world-class medical devices for cardiac interventions.

Transcending limits

Ali Hassan Bangwar

Historic moments warrant introspection and reflection. The contemporary pandemic-ridden world seems to be at the crossroads. The prevailing onslaught of Covid-19 against humankind calls for a comprehensive contemplation on what went wrong in our quest for modernisation. The pandemic has resulted in an unprecedented crisis, the likes of which the world has not seen since World War II. Rather than viewing it as a traditional fleeting event, we need to mull over the lessons the pandemic is trying to teach us. When deliberating, one may be forced to conclude that something is wrong with what we have been doing. We shouldn't be oblivious of an inevitable principle: one gets what one gives. When we harm nature, nature harms us back.

Among all creatures, humankind is high up the evolutionary ladder due to unmatched cognitive abilities and intellectual prowess. These intellectual abilities were inherently aimed at distinguishing good and evil, and regulating life on earth in a manner that benefits not only humans but their surroundings. Paradoxically, humans have outstepped and outreached their assigned authority and overestimated themselves as an omnipotent entity enjoying complete impunity of all their activities

regardless of their impacts. Rather than running the affairs and utilising the intellect and bounties in a just and sustainable manner, men have badly embezzled with nature's resources at the cost of destruction of other forms of life and of natural ecosystem. The recently released UN IPCC's terrifying sixth assessment report on the anthropogenic destruction of global climate is but a single instance of mankind's high-handedness against their surrounding environment. Even men didn't spare his fellow beings.

A few in the world hold majority of the wealth — the result: millions of people are currently consumed by poverty, hunger and disease. The rich-poor divide widens as time passes by. Global poverty and wide-scale inequality are on the rise. Laws are made and broken for and by the rich, while the poor remain entangled in them. Merciless pogroms are a norm. The week dies of being preyed and consumed by capitalist predators. The tyranny against the weak, and the atrocities of rulers over their subjects have surged as time passes by. The growing scourge of terrorism and extremism, rising populism and demagoguery, and fascist political leadership is the new normal. Mass adulteration, hoarding, black-marketing, organised crimes, cheating, lying, manipulating, exploiting have all

become common traits of our culture.

There is an ever-rising trend of flattery and hypocrisy, while everything remains centered around material success. Morality, ethos, empathy and compassion are all considered as outdated notions. One might wonder how is NASA even thinking of colonising Mars if we have utterly failed to learn to live peacefully on earth despite being here for millenniums.

Though heinous acts may go unattended or unpunished by our judicial system, we must realise the earth has its own system of justice. Floods, droughts, forest fires, heat waves, tsunamis, epidemics, earthquakes, torrential rains and violent volcanic eruptions are just a few of the consequences that have come about due to our actions. COVID-19 among other cataclysms questions the sustainability of the existing global order and the underlying principles of globalisation. The pandemic has given humankind the opportunity to rethink and reform existing socio-political and economical orders in line with principles of egalitarianism, eco-friendliness, compassion and empathy. Rather than wasting resources on weapons, we must utilize it for the underprivileged, the poor and the weak. Since we have already prospered materially, we now need to invest in humanity if we want to shield ourselves from nature's

Sindh drains out 70 pct water from land: Murad Ali Shah

ISLAMABAD: In flood-hit areas of Sindh, 70 percent water has been discharged from lands, Chief Minister Murad Ali Shah told a session over flood rehabilitation, chaired by Prime Minister Shehbaz Sharif on Thursday.

CPC Congress historic moment, World sees peace and uniform economic growth

BEIJING: The ongoing 20th CPC National Congress is a historic moment in Chinese history and the World sees Peace and Uniform Economic Growth.



ISLAMABAD: Special Assistant to the Prime Minister on Youth Affairs Shaza Fatima Khawja in a meeting with PML (N) politician Rana Mashood.

MQM-P, PPP to hold talks over Sindh LG Bill, other demands, break through expected

KARACHI: Pakistan Peoples Party (PPP) and MQM-P have decided to hold talks over the local bodies bill and MQM-P's other demands, as the party postpones its Raabta committee's session.

Adviser to PM Amir Muqam visits NAPA, says govt committed to support performing arts

KARACHI: Adviser to Prime Minister for National Heritage and Culture Engineer Amir Muqam said that the government was keen to promote the education of performing arts in the country owing to its vast potential for career development.

Imran Khan moves SC for investigation of audio leaks

ISLAMABAD: Pakistan Tehreek-e-Insaf (PTI) chairman Imran Khan on Thursday approached the Supreme Court of Pakistan (SC) seeking the court's direction for investigation of the audio leaks.

Flood aid from Xingjiang reaches Gwadar

ISLAMABAD: Gwadar becomes the recipient of fresh flood donation as the first truck of donation sent by China's Xinjiang Uyghur Autonomous Region has reached Gwadar offering congenial vibes of Pakistan-China friendship that stands tall in the face of all-natural calamity including flash flood and numerous testing times.



KARACHI: Motorists facing difficulties due to debris after the land sliding at Kati Pahari area, in Provincial Capital.

PM Shehbaz Sharif urges KP, Punjab to join centre's wheat seed scheme

ISLAMABAD: Prime Minister Shehbaz Sharif has urged Punjab and Khyber Pakhtunkhwa (KP) governments to rise above politics and join the Centre's scheme of providing wheat seeds to flood-hit farmers.

Imran Khan says we do not need enemies when looters are in power

SARGODHA: Pakistan Tehreek-e-Insaf Chief Imran Khan has said that his opponents tremble when they hear his name.

Xinjiang dispatches fresh batch of flood relief material to Gwadar

BEIJING: China's Xinjiang Autonomous Region has sent a fresh flood relief material worth RMB 200,000 to flood-hit people in Gwadar.



MUZAFFARABAD: Executive Director of AIMS Hospital brief to Secretary Health G/o AJK Maj General Zaheer Akhtar about Urology Ward after the inauguration ceremony of new latest Urology Ward at AIMS Hospital.

SHC throws out PTI's challenge to PPP victory in Karachi by-election

KARACHI: The Sindh High Court (SHC) on Thursday rejected a petition of Pakistan Tehreek-e-Insaf (PTI) against the success of Pakistan People's Party (PPP) candidate Abdul Hakeem Baloch in the by-election of NA-237.

Mariyam accuses Imran of using educational institutions to create chaos

ISLAMABAD: Minister for Information and Broadcasting Mariyam Aurangzeb on Thursday said Pakistan Tehreek-e-Insaf (PTI) Chairman Imran Khan was using "educational institutions to create chaos and anarchy in pursuit of his ulterior motives".

Advertisement for 'Duniya' newspaper, featuring a table with election results and contact information.



ISLAMABAD: Jose Antonio De Ory, Ambassador of Spain in Pakistan called on Iftikhar Ali Shallwani, Federal Secretary, Ministry of Housing and Works.

Fed interest rate hikes set to dent banking sector of developing nations: WealthPK

ISLAMABAD: The US central bank has announced the largest interest rate increase in nearly 30 years as it intensifies its campaign to rein in the rising consumer prices. It increased by three-quarters of a percentage point – the rate at which the Federal Reserve charges banks to borrow money. The effects will be felt domestically and overseas in almost every sector of the economy.

However, in other countries, the strengthening of the US dollar results in higher import costs for goods like food and energy, which are frequently traded in the dollar. That increases economic pressure, particularly if a government has a sizable amount of debt in dollars.

The impact of the US interest rate increase is virtually immediate in nations where the dollar is pegged, such as Pakistan, Kuwait, and Saudi Arabia, etc., where banks raise rates in lockstep to try to stem a fund exodus to the US. The US economic story will continue to be widely followed as those changes begin to be felt locally.

Dr. Arshad, Dean of Capital University of Science and Technology, told WealthPK that since higher rates increase the value of the US currency making it more difficult for the emerging-market borrowers to repay their dollar-denominated debt, the Fed's actions have increased market volatility and concerns about financial stability. "It is a formula for widespread unrest and possibly even a recession. This hike in prices will eventually affect the banking sector of developing countries. Because bond prices fall when interest rates rise, and the opposite is true when interest rates are on the rise. Bonds with low coupons issued in the lower-rate envi-

ronment will be worthless because newly issued bonds will have higher coupons as rates rise." Dr Arshad continued. He said banks raise their rates for personal and corporate loans when the Fed hikes interest rates. This implies that less money is available for consumer spending, theoretically. Additionally, rising interest rates on business loans might occasionally force businesses to cease expansions and hiring.

Dr Arshad said more than 30 emerging economies were either suffering or were in a debt crisis. Over twenty developing nations spend more than 20 percent of their national revenue paying off foreign public debt. Owing to this, advanced economy interest rate increases may result in tighter external financial conditions for emerging markets and developing nations. Dr Arshad said the economy of today bore a troubling resemblance to the era of the 1970s and early 1980s that was characterized by high inflation, sluggish growth, and rising borrowing rates. Early 1980s Fed rate hikes lowered the US inflation but increased worldwide interest rates, leading to the default of many emerging nations and history is going to repeat again, said Dr Arshad. In a detailed talk with WealthPK, Professor Dr Ejaz Mustafa Hashmi from the International Islamic University Islamabad (IIUI) said the Fed's domestic policies packed an international impact, increasing the likelihood of a worldwide recession while hurting the economies and finances of many emerging nations. Currently, the increase in FED will eventually affect developing countries in a drastic way because this has increased the cost of borrowing, he said. INP

ECP reserves verdict in code of conduct violation by Imran Khan

ISLAMABAD: The Election Commission of Pakistan (ECP) on Thursday reserved its verdict in the case of violation of election's code of conduct by former prime minister and PTI Chairman Imran Khan.

Former prime minister had violated the election's code during a by-election campaign at Charsadda, Khyber Pakhtunkhwa.

A three-member bench of the ECP, headed by Chief Election Commissioner (CEC) Sikandar Sultan Raja, heard the case.

Barrister Gohar, representing PTI chairman in the case, said that an advisory had been issued to the KP chief minister and provincial cabinet ministers about not participating in election rallies. "But no such advisory was issued to Imran," he clarified.

He further said there was an allegation against his client that he had wasted money from the national exchequer on the campaign. "But truth of the matter is that he did not spend a penny from the exchequer," he asserted.

During the hearing, the CEC asked where in the constitution it was written that a person who was already a member of the National Assembly (MNA) could again contest for NA seat.

Addressing the PTI's lawyer Barrister Gohar, he asked as to where were the resignations of those 150 MNAs which PTI chairman always referred to in his speeches. "Bring those 150 resignations; we will

accept them right now," he said.

Barrister replied that the remaining resignations were with the secretary National Assembly, and these had not been sent to the ECP.

Special Secretary ECP said that the former prime minister had the right to hold public meetings since no advisory had been issued to him. A three-member bench of the ECP, headed by Chief Election Commissioner (CEC) Sikandar Sultan Raja, heard the case.

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KARACHI: Advisor to the Prime Minister on National Heritage And Culture Division, Engineer Amir Muqam alongwith Federal Secretary for National Heritage & Culture Division Fareena Mazhar talking to media persons after laying floral wreath at Mazar-i-Quaid.

ECP announces schedule for LG polls

ISLAMABAD: The Election Commission of Pakistan (ECP) has announced the schedule for local government (LG) polls in the capital territory of Islamabad.

According to a statement issued by a spokesperson of the ECP, the LG polls in Islamabad would be held on December 24, 2022.

The date for submission of nominations would be from November 7 to 11, he added. The ECP would scrutinize the nomination papers from Nov 15 to 18.

The election commission will issue the final list of candidates on November 29 and symbols would be allotted to candidates on December 1, as per the schedule. INP

APHC-AJK condemns vandalism by BJP goons on party office in IIOJK

ISLAMABAD: All Parties Hurriyat Conference Azad Jammu and Kashmir (APHC-AJK) chapter has strongly condemned the attack and vandalism by the goons of Bharatiya Janata Party and RSS on the party office in Srinagar, Indian illegally occupied Jammu and Kashmir.

APHC-AJK leaders in a meeting held in Islamabad with Convener Mehmood Ahmed Saghar in chair said the foundation of the freedom movement is based on the patience and sacrifices of the Kashmiri people.

They said Indian authorities are using different tactics to weaken the Kashmiris' movement for their inalienable right to self-determination but the people of Kashmir are bravely resisting all the atrocities of India and will carry their struggle to its logical conclusion at all costs.

The leaders said the vandalism by the BJP goons on the party office in Srinagar is a nefarious attempt to divert attention from the failure of the authorities to protect the lives of Kashmiri Pandits. It is being used for propaganda against the leadership in jails or under house arrest, the departed. They said the APHC has always condemned the killing of Kashmiri Pandits and supported their return with honor and dignity and appealed to the United Nations to play its key role in resolving the Kashmir dispute. INP

India rupee hits record low against US dollar

MUMBAI: The Indian rupee slid to a record low for a second consecutive day on Thursday, weighed down by yet another jump in the US dollar and Treasury yields on expectations that the Federal Reserve would continue with its aggressive monetary tightening.

Expectations of rate hikes in India have, on the other hand, been tempered since Friday, when the minutes of the latest meeting of the Reserve Bank of India's monetary policy committee (MPC) indicated a softer guidance on policy rates.

The partially convertible rupee was trading at 83.16/17 per dollar, compared to its close of 83.02 on Wednesday. It tumbled 0.8% in the previous session, its worst single-day fall in nearly a month, due to dollar demand from two large state-owned corporates towards the end of the session. INP

Improved road infrastructure top priority, says Asad

Islamabad: Minister for Communications and Postal Services Maulana Asad Mahmood has said the government attaches top priority to improve the road infrastructures of the tribal districts. He was talking to a delegation, which called on him under the leadership of Federal Minister Mufti Abdul Shakoor in Islamabad on Thursday. The Minister for Communication said work on Peshawar Landi Kotal Bypass would be started after consultation with the people. He said the government will develop tribal districts and do the utmost for their welfare. INP

Govt raises Kashmir dispute at all global appropriate forums: Kaira

ISLAMABAD: Adviser to the Prime Minister for Kashmir Affairs and Gilgit-Baltistan Qamar Zaman Kaira said that the current government had raised the Kashmir dispute in every forum in a vigorous manner.

He said this while addressing "Judicial Consultative Conference on Kashmir issue – The current situation in IIOJK – Legal options and way forward" organized by the Ministry of Kashmir Affairs and Gilgit Baltistan at Kashmir Council Secretariat on Thursday.

Qamar Zaman Kaira said that conflict might delay the solution of Kashmir but could not keep the Kashmiris subdued for long time.

He said that the purpose of the Judicial Consultative Conference on the Kashmir dispute was to obtain legal guidance on the case of Kashmiris as the division of

Kashmir remained an incomplete agenda of the subcontinent. He said Pakistan was determined to resolve the Kashmir dispute but India continued to refuse to implement the resolutions of the United Nations.

He said India was trying to divert attention from the United Nations resolutions and the UN Convention. The recent amendments were another attempt to change the proportion of the population there to non-state residents, he added.

He said the right to vote was being given to Indian nationals and India was taking the lead from Israel's experience in Palestine.

He said that the Hurriyat activists in Kashmir had kept this issue alive with their sacrifices. He said that the entire nation stood with Kashmiris. INP

Mercury drops after many cities receive first winter showers

ISLAMABAD: Different parts of Khyber Pakhtunkhwa (KP), Gilgit-Baltistan, Kashmir, Potohar region and other parts of upper Punjab received first rainfall of this winter season last night (Wednesday) that considerably brought down the temperatures in these areas on Thursday.

Some of these areas also received hail. Chillness increased in the air following heavy rain, accompanied by strong winds, in Islamabad and its outskirts while the weather department, on the other hand, forecast more rain, with hails at places, for the federal capital during the next 24 hours, especially in the morning.

The Met Office said that more rains and hailstorms were expected in different parts of KP, GB, Kashmir and upper Punjab during the next 24 hours. It predicted rain, strong winds, hailstorms and

snow at higher elevations in Chitral, Dir, Swat, Abbottabad, Balakot, Mansehra, Kohistan, Malakand, Buner, Darosh, Mirkhani, Mardan, Haripur, Bajaur, Mohmand, Kurram, Kohat, Khyber, Peshawar, Charsadda and Nowshera in upper and central KP, and dry weather for Bannu, Dera Ismael Khan, North and South Waziristan, which are located in the south of the province.

The weather department forecast thundershowers and gusty winds for Rawalpindi, Murree, Galyat, Jhelum, Attock, Chakwal, Gujrat, Gujranwala, Sialkot, Narowal, Lahore, Jhang, Toba Tek Singh, Faisalabad, Khushab, Sargodha and Mianwali in upper and central Punjab in the morning.

The department said parts of these areas also expected to receive hails. INP

Two-day meeting of FATF to get underway in Paris today

PARIS: The two-day session of Financial Action Task Force (FATF), a global money laundering and terrorist financing watchdog, will begin in Paris on Thursday.

The meeting will discuss removing Pakistan's name from the Grey List besides other matters. Minister of State for Foreign Affairs Hina Rabbani Khar is already in the French capital to represent Pakistan at the meeting.

Just three days ago, Finance Minister Ishaq Dar, during his tour to the USA, had expressed optimism that Pakistan would be out of the grey list of the Financial Action Task Force (FATF).

He also said that Pakistan had worked hard to exit the grey list. "A meeting is expected in a few days, and the government is hopeful that the country will come out of it," he hoped.

This will be the first FATF meeting under the chairmanship of taskforce's new President Raja

Kumar. It is worth-pointing out here that Pakistan has fully complied with FATF's both action plans. Islamabad has implemented 34 points under two different action plans. Pakistan has fulfilled all conditions to stop money laundering, financial support of terrorists, officials said.

At the last plenary meeting in March 2022, FATF had retained Pakistan's name in its "grey list" and directed it to do more in investigating and prosecuting senior leaders and commanders of UN-designated terrorist groups for terror financing.

A high-level team of the FATF had visited Pakistan from August 29 to September 2 during which it held meetings with the relevant authorities and verified steps taken by the country to fulfill the conditions mandatory for exiting from the grey list.

The delegation reviewed the sustainability of government initiatives and their implementation. INP

Info Minister leaves for Turkey to attend OIC Information Ministers' Conference

ISLAMABAD: Minister for Information and Broadcasting Mairiyum Aurangzeb on Thursday left for Turkey on a two-day visit to represent Pakistan at the 12th OIC Information Ministers' Conference beginning in Istanbul on Friday.

The conference will discuss issues including fake news, Islamophobia and misleading propaganda. A strategy will be devised to counter propaganda against Islam and Muslims at the level of Islamic countries.

On the sidelines of the conference, Mairiyum Aurangzeb will hold bilateral meetings with her counterparts and dignitaries from other countries. She will also meet the Deputy Minister of Culture and Tourism of Turkey. INP

Pakistan's politics circling around key appointment: Sh Rashid

RAWALPINDI: Awami Muslim League Pakistan (AML) leader Sheikh Rashid said on Thursday that the politics of Pakistan is circling around a key appointment.

Former Interior Minister Rashid while taking a dig at Prime Minister Shehbaz Sharif, stated that the Finance Minister Ishaq Dar must consult the PM before dealing with China and Russia as he (PM Shehbaz) is just a showpiece. While hinting at the PML-N supreme Nawaz Sharif, he said that all the decisions and contacts are made from London. INP

One robber killed, one arrested in alleged police encounter

LAHORE: A robber was shot dead and another was arrested wounded in an alleged police encounter in Lahore's Johar Town.

The robbers were running away after looting a citizen. After his complaint the Dolphin force officials followed them and the robbers opened fire on them.

According to the police, one robber was killed while another was injured during the retaliatory firing by the Dolphin officials after the robbers fired. INP

US dollar scores marginal gain against Pakistani rupee

ISLAMABAD: There was no let-up in the US dollar's winning streak against the Pakistani rupee on Thursday as the greenback scored a gain of 12 paise in the interbank business.

According to the forex dealers, the minimal gain took the dollar price to trade at Rs221 up from Rs220.88.

On Wednesday, the greenback added Rs1.17 to its value and concluded the day at Rs220.88.

The Pakistani rupee has been getting a drubbing at the hands of the US dollar for the last seven days in which the value of the American currency has been appreciated by Rs2.83.

The experts believe that the US dollar is evaporating from the market and is being sold in the grey market at much higher rates. The widening gap between the rates of dollar in the open market and the interbank trading is indicative of this fact.

Though the State Bank tightened its rules earlier vis-à-vis the emergence of grey market, but now it seems the measures have stopped controlling it.

The financial experts said that pressure was being seen on the Pakistani rupee due to external repayment of commercial borrowing and import bills.

The Pakistan Bureau of Statistics (PBS) said on Tuesday that Pakistan's oil and eatables imports grew 9.06 percent to \$7.58 billion in the first quarter of the current fiscal year from \$6.95bn a year ago.

The oil import bill increased by over 5.94pc to \$4.86bn in July-September from \$4.59bn over the corresponding months of last year. Whereas the food import bill rose by over 15.21pc to \$2.72bn in the three months under review from \$2.36bn a year ago to bridge the local production gap. INP



ISLAMABAD: Ambassador of the Republic of Uzbekistan to Pakistan, Aybek Arif Usmanov called on Federal Minister for Defence, Khawaja Muhammad Asif.

Mother of accused in Sara Inam murder case remanded for two days

ISLAMABAD: Islamabad district and sessions court on Thursday approved two-day physical remand of Sameena Shah, the mother of main suspect Shah Nawaz Amir in the Sarah Inam murder case.

She was initially granted interim bail on September 26, three days after police arrested Shah Nawaz for allegedly killing his Canadian national wife.

The murder allegedly took place at a farmhouse located in the capital's Shahzad Town area, where Shah Nawaz lived along with Sameena. Police had issued arrest warrants for Shah Nawaz's parents, Sameena and senior journalist Ayaz Amir, a day after his arrest. While Ayaz has been discharged from the case, Sameena had been on bail until yesterday. Shah was produced before senior Civil Judge Muhammad Amir Aziz as the court resumed the hearing into the case today. The investigation officer informed the court that Shah was arrested

ed a day ago after rejection of her pre-arrest bail plea. The judge asked if the prosecution had submitted a challan before the court. The officer requested the court to grant five-day physical remand of Shah, saying "we have to retrieve a locket for the purpose of investigation". It was worth mentioned here that Police have become a complainant in the case, with a first information report (FIR) registered for the murder on the complaint of Shahzad Town Station House Officer Nawazish Ali Khan at the Chak Shahzad police station, initially under Section 302 (punishment for murder) of the Pakistan Penal Code (PPC). Later, police added Section 109 (punishment for abetment if the act abetted is committed in consequence and where no express provision is made for its punishment) of the PPC to the FIR and initiated proceedings against Shah Nawaz's parents, Sameena and senior journalist Ayaz Amir. INP

Swat school-van attack act of personal vengeance, says KP IG

SWAT: Khyber Pakhtunkhwa Inspector General of Police (IGP) Msozam Jah Ansari on Thursday said the two separate incidents of gun violence in the province were not acts of terrorism, but personal vengeance.

"The murder of the school-van driver on October 10 was a case of honour-killing," said KP IGP while addressing a press conference on the attack in Swat.

He said in the case a man killed the husband of his sister for honour. "We have collared one of the three suspects, while the other two will soon land in the hands of police."

IG Jah said, similarly, the incident of firing in Lower Dir that seemed to target children was also an armed clash between two rival groups.

It was worth mentioned here that Armed men attacked a school van in the Char Bagh area of Swat Valley killing the driver and injuring a stu-

dent on Monday, October 10. The shooters targeted the driver of the school van and wounded him fatally, adding that 10-11 students were present inside the van at the time of the shooting.

The police also confirmed that only one child, sitting in the front seat with the driver, was injured in the attack.

Following the incident, the whole valley took to the streets to protest against the attack, believing it was an act of terrorism.

The protestors said that the terrorist attacks and the unrest in the province are intolerable. "We want peace in the region and we will fight terrorism," said the protestors.

Residents of Mingora, the city where the attack took place, fear it was carried out by the militants but the militants have denied responsibility for Monday's shooting. INP



ISLAMABAD: Chairman Senate, Muhammad Sadiq Sanjrani and Deputy Chairman Senate, Mirza Muhammad Afridi in a group photo with the delegation of Islamabad Chamber of Commerce & Industry (ICCI) led by Ahsan Zafar Bakhtawari President (ICCI) at Parliament House.