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# ETTA VOICE

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President Alvi urges lawmakers to 'end polarisation' and decide election date together



**Shehbaz Sharif wants** 'climate justice' from rich polluting countries

## The Shela Bagh Khojak tunnel in the mirror of history

Syed Ali Shah

After driving for two hours from Quetta, we final-ly reached the Shela Bagh Khojak tunnel on an autumn evening. The weather was cold dry and calm prevailed in the valley located in the middle of rugged moun-

I thought the security per-sonnel would stop us from making a video report and making photos of the his-toric tunnel. Moreover, none stopped us from doing so. Two employees of Pakistan Railways were staring at us when we stepped down to portray a photograph out-side the historic tunnel.

The railway employees preferred not to stop us. It was my quest to stand before the tunnel and educate the people about the history. In one attempt, I managed to complete the v log and report about the history of the tunnel, which snakes through the rugged mountains.

Britians constructed the tunnel from 1888 to 1891

The British rulers constructed the 4 kilometer long tunnel from 1888 to 1891 to counter the then powerful Russians from invading the sub-continent

Afghanistan. British engipresence of military and

neers, technicians and local labourers made history by constructing the tunnel within three years. Although, there was no lat-est machinery at that time.

Historians said Britians used mules, don-keys and horses to shift heavy stones from one place to another place to ensure timely completion of the project. 1891, the project is still intact as a passenger train passes through the tunnel on a daily basis from Quetta to Chaman.

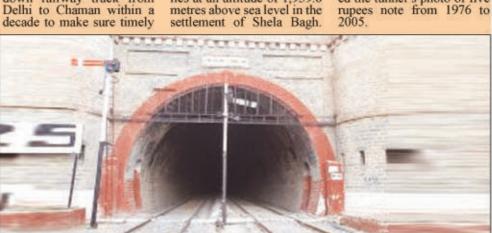
British rulers were concerned about Russian attack

The great game was about to expand in the region and British rulers were con-cerned about the invasion of Russsians via Khyber Pass and Chaman through Afghanistan. They laid down railway track from

weapons in the case of Russian attack

On the front of the tunnel, on a small plate, its name and the period of its construction are inscribed. It lies at an altitude of 1,939.8 metres above sea level in the

'Shala' is a Pashto word which means a seasonal mountainous river, and 'bagh' of course means a garden. The State Bank of Pakistan recognized this historic engineering and print-ed the tunnel's photo of five rupees note from 1976 to 2005.



### **President Alvi** urges lawmakers to 'end polarisation' and decide election date together

ISLAMABAD: President Dr Arif Alvi, in an address to the joint session of the Parliament on Thursday, called on politicians to end growing polarisation in the country and decide on an election date by coming

"People can only be united if politicians are united," he said, highlighting that eliminating differences was the "need of the hour".

The initial control of the hour is the control of the hour is the control of the hour.

The joint session of the National Assembly today was called in line with articles 54(1) and 56(3) of the

The session was sparsely attended, with the majority of MNAs missing from both benches. Those in atten-dance were seen freely mingling and talking amongst

one another while the president was speaking. Meanwhile, Jamaat-i-Islami Senator Mushtar Ahmed chanted slogans calling for MNA Ali Wazir's produc-

tion orders to be issued, even as the president continued speaking. He later staged a protest in front of the NA speaker's rostrum with Senator Tahir Bizenjo and MNA MNA Moulana Abdul Akbar Chitrali.

At the outset of his address today, the president



expressed that the biggest problem Pakistan was facing today were the catastrophic floods that wreaked havoc across the country and rendered millions homeless.

want to felicitate the Pakistan Army for helping "I want to telectate the Pakistan Army for helping victims while sacrificing their lives. The federal and provincial governments, PDMA (Provincial Disaster Management Authority), and NDMA (National Disaster Management Authority) all worked hard on the ground. I thank all of them."

Dr Alvi pointed out that if the relief work was not done on time the human and economic losses from the

done on time, the human and economic losses from the floods would have been higher. Pakistan's contribution to global warming was not

even 1 per cent, but the country was suffering the most, he said. "I want to commend agencies and the govern-ment for the way they worked. I believe they deserve commendation.

The president said that the disastrous floods had damaged crops spread over acres and underscored the need for crop insurance.INP



ISLAMABAD: A delegation of China Road and Bridge Corporation CRBC headed by Vice President Ye Chengvin called on Prime Minister Muhammad Shehbaz Sharif.

## **Quetta: Court convicts** an accused to 14 years RI for raping a child

Syed Kalim Shah

District and session judge Quetta Muhammad Dawood Nasar convicted the accused in the rape case for 14 years of rigorous imprisonment on Thursday. The court also fined

The court convicted the accused to 14 years RI and a fine of Rs:1 million. In case the accused not pays the fine, his imprisonment time increase.

According to the prosecution the accused named Naseeb Ullah had raped a 4 years boy and a 5-year-old girl. A case was filed under Section 377b against the accused named Naseebullah in the airport road police station in Quetta, it has been stated that he raped the children on August 20, 2021, in the Kili Ayub, Sheikh Manda



area of Quetta

Police submitted he challan with regard to the case and lawyers of either side conclud-ed their arguments regarding the case. The judge had reserved the judgment.

The case against which the challan was filed was presented in the court yesterday, while pronouncing the safe verdict of the case, the judge of the court sentenced the accused Naseebullah to 14 years of rigorous imprisonment and a fine of Rs:1,00,000.

### MDCAT test to be conducted on November 13 in written format

ISLAMABAD: The MDCAT test across the country for admission to medical colleges would be conducted on November 13 in written format. The result of the test would be announced throughout the country on the same day. According to the sources, the Pakistan Medical Commission (PMC) has prepared the MDCAT exams scheduled for a meeting of the Medical and Dental Council of Pakistan. They added that exams would be held on the same day across the country. The examination centers would be set up at Bolan University of Medical and Health Sciences of Balochistan, University of Health Sciences, Lahore, Khyber Medical University, Peshawar, Dow University of Health Sciences, Karachi and Shaheed Zulfiqar Ali Bhutto Medical University, Islamabad.

Two international examination centers for MDCAT vould be established in the United Arab Emirates (UAE) and Saudi Arabia, the sources said, adding that examination centers could be established in countries where the number of students intending to appear in the exams exceeded 100.

MDCAT examination is meant for students seeking to pursue MBBS and BDS degrees. For admission to

to pursue MBBS and BDS degrees. For admission to the MBBS course, the students are required to get at least 55% marks in the MDCAT examination while the requirement for the BDS course is 45% marks. Students who have passed FSC Pre-Medical with 60% marks are eligible to take the MDCAT exam. This year, the sources said that the MDCAT exam would be conducted in writing, on paper, instead of a computer, while the result would be uploaded on the PMC website on November 13.

## Young man killed as police opened fire during aid distribution in Jaffarabad

Aziz Marri

A young man was killed when police allegedly opened fire in Balochistan's Jaffarabad district on Thursday evening. The young man identified as Naurez 25 was killed in the flood-hit district during aid distribution by an international

charity organization.

"We have taken the policeman into custody after the incident", Abdul Hayee Baloch, the Deputy Inspector General (DIG) Police Naseerabad told Daily Quetta Voice via telephone. He said the accused would be suspended and a case would also be registered against him.

against him. "I want justice for my son", the father of the victim Wasand Khan Masthoi burst into tears. He said, "my son was innocent and police martyred him during relief goods distribution". The dead body of the victim was taken to the district headquarters hospital in Jaffarabad. A large number of peo-

ple gathered in the hospital. Security was also tightened in and outside the hospital as crowds started coming in the premises of the hospital.

Eyewitnesses said a crowd gath-Jaffarabad during the relief goods distribution by an NGO. Police resorted to firing to disperse the public as the aid was limited and the number of affectees was more, they said.

the number of affectees was more, they said.

Protesters block the road against the incident

The angry protesters blocked the road against the incident and demanded that the police to take action against the responsible policeman. DIG Police Abdul Hayee Baloch and other senior officials reached the spot to have negotiations with protesters.

negotiations with protesters.

The protesters chanted full-throated slogans against the police and government. Your demands and government. "Your demands would be met and the accused would be punished", Abdul Hayee Baloch assured the protesters.



Women had also joined the protest demonstration. Long queues of vehicles were also witnessed on the road because of the blockade of

Floods wreaked havoc in the Naseerabad division. Over half a million people have been homeless as a result of the flash floods unleashed by torrential rains.

#### Shehbaz Sharif wants 'climate justice' from rich polluting countries

ISLAMABAD: Pakistan Prime Minister Shehbaz Sharif has said Pakistan should not be forced to go out with a "begging bowl" to rich polluting nations after the floods that have devastated the country and said he would be seeking "cli-mate justice" from the international community.

In an interview with The Guardian, Sharif warned that Pakistan is facing an unprecedent-ed crisis of health, food security and internal displacement after the "apocalyptic" monsoons which put a third of Pakistan's regions under water. Some areas were hit by 1.7m of rainfall, the highest on record. Scientists have determined that the floods were due to climate breakdown. But with Pakistan responsible for 0.8% of global car-bon emissions, Sharif said it was the "responsibility of the developed countries, who caused these emissions, to stand by us".

"I've never seen this kind of

"I've never seen this kind of devastation, inundation and suffering of our people in my lifetime," said Sharif. "Millions have been displaced, they have become climate refugees within their own country." While the international community has given billions in funds and donations and commitments for further support. Sharif ments for further support, Sharif was clear it was "not enough". "The enormity of this climateinduced catastrophe is beyond our fiscal means," he said. "The gap between our needs and what is available is too wide and it is widening by the day."The official death toll from the floods is 1,600, though many estimates on the ground have been higher. More than nine million people have been displaced and over 2m homes destroyed, and millions of families have been forced to live in makeshift tents or shelters on roadsides.INP

## BHC issues notice to AG Balochistan in AEOs merger in BSS BCS

Staff Reporter

QUETTA: The Balochistan High Court (BHC) issued notice to the Advocate General Balochistan in the Assistant Executive

Officers (AOEs) merger in Balochistan Balochistan Secretariat Service (BSS) and Balochistan Civil Service (BCS) cadres.

A division bench of the BHC comprising Chief Justice Mr. Justice Nacem Akhtar Afghan and Mr. Justice Muhammad Iqbal Kasi issued the notice. The bench issued the notice on an application filed by Shujaat Ali Khosa and Waqar Kakar. The merger of AEOs was against the SC judgment: Petitioner In the constitutional petition, they said the merger of the AOEs into the BSS and BCS cadres was against the judgment of

the Supreme Court and illegal. This development has come after the Balochistan government issued a notification with regard to the merger of AOEs into BSS and BCS the other day. In this petition, it is said that the Assistant Executive Officers

were merged into Balochistan Civil Service and Balochistan Secretariat Service on April 3, 2008, under an order of the inter-



On which the Supreme Court on November 15, 2016, hearing the contempt of court case, ordered the Balochistan government to send the assistant executive officers back to their respective

BHC already dismissed AOEs petition

On which the Balochistan government sent the AEOs back to their departments through a notification on 15 December 2016. This notification was challenged by the AEOs in the Balochistan High Court, which was dismissed by the Balochistan High

The AOEs petition was also dismissed by the Supreme Court on 25th September 2017. Later, the Assistant Executive Officers filed another revision petition in the Supreme Court requesting that we be accommodated. And the rules should be adjusted accordingly. But the Balochistan government merged the Assistant Executive Officers (AEOs) into the Balochistan Civil Service and the Balochistan Secretariat Service through what the petitioners called an unconstitutional notification on 1st October 2022, contrary to the Supreme Court orders.

# QUETTA VOICE Editor Asim Khan Disturbing scenes of flood affectees in Naseerabad Balochistan

Long queues of flood-affected people in general and women in particular around trucks carrying relief goods pain every sane person. Disturbing scenes of affectees trying to get relief goods have been witnessed in Balochistan's Naseerabad and Jaffarabad districts.

Floods wreaked havor in 26 districts of Balochistan and especially the Naseerabad division was the worst hit area. Why do crowds suddenly gather around trucks and aid workers carrying relief goods? The answer is simple, the government and donors' supply of relief goods doesn't meet the growing demands in flood-hit areas.

Over half a million homeless in Naseerabad Division

For instance, floods left over half a million people homeless in Naseerabad, Jaffarabad, Sohbat Pur, Jhal Magsi and Kachi. Nevertheless, the United Nations (UN) aid agencies, international non-governmental organizations (INGOs), and governments provide commodities for a few thousand

This has also compounded the problems of local implementing partners engaged in the distribution of relief foods provided by the UN agencies, governments and INGOs. Yes, there has to be a strong mechanism of transparency for the local implementing partners (IPs) when it comes to the distribution

This daily continues to receive complaints from flood-hit people in the Naseerabad division about the lack of basic facilities in the makeshift camps. Floods destroyed the homes constructed in decades, schools, health units and swept away roads and affected the communication system.

Balochistan needs a long-term response The reconstruction process would definitely take more time. The Balochistan government should take the lead in the reconstruction process and the rehabilitation of the affectees. However, the UN agencies and INGOs should also pump more resources since the aid should not be short-term but rather long-term till complete rehabilitation of the affectees.

This process of long queues and humiliation should be ended and the locals of the areas and local organizations should be taken into confidence while

framing any reconstruction policy.

To be precise, the international community, UN agencies, and INGOs should not abandon the flood-hit people of Balochistan since they need long-

## A plan for climate change

The recent floods in Pakistan are a manifesta-tion of climate change. This is not a call but an irreversible shock to the country. We need to now analyze and anticipate the causes and impacts of climate change on the socioeconomic condition,
infrastructure, and governance of managing risks
and coming up with mitigation strategies for the
country According to the
Global Climate Risk
Index, 2021, Pakistan
ranks among the top 10
most affected countries in
terms of fatalities and
mortalities as long-term
climate risks from 2000
to 2019 In 2022, the longlasting monsoon rains, mate change on the sociolasting monsoon rains, flash floods, and land-slides swept away houses, roads, and bridges and claimed more than 1,600 lives in Pakistan. More than 33 million people have been affected by the floods whereas more than eight million people have become IDPs or are living in emergency shelters. Due to the poor infrastructure, sewerage system, and unsustainable development prac-tices the standing water has become a breeding ground for infectious dis-eases such as cholera, typhoid, malaria, dengue, and diarrhea The study 'Climate Risk Country Profile 2021' conducted by the World Bank and the Asian Development

that Pakistan faces rates of warming substantially above the global average with a potential rise of 1.3C-4.9C by the 2090s over the 1986-2005 basethe number of people affected by flooding is likely to increase by around five million people exposed to extreme river floods by

ple exposed to extreme river floods by 2035–2044, and a potential increase of around one million annually exposed to coastal flooding by 2070–2100.

Pakistan is home to some of the largest and longest mid-latitude glaciers in the world. The glaciers in the northern areas cover a 15,000km2 area. The Karakoram-Pamir region is heavily glaciated, with over 5,000 glaciers covering more glaciers covering more than 37 per cent of the Karakoram ranges. In the past 200 years, 35 hazardous floods have been recorded only in the Karakoram area, 20 in the

Himalayas, and 17 in the Upper Indus. There are more than 3,044 glacial lakes in Gilgit-Baltistan and Khyber
Pakhtunkhwa, where
more than 36 glacial
lakes have been evaluated
with potential GLOFs
risks GLOFs are sudgen events that can release millions of cubic meters of water and debris, lead-ing to the loss of lives, property, and livelihoods amongst remote and

underprivileged mountain communities. Over the last two decades, the Shimshal valley in Gojal Hunza, Hassanabad Hunza, Shyok stream bowl in the Eastern Karakoram, and Chitral Valley in the Hindu-Kush have been known regions for GLOFs disasters. It is a matter of concern

It is a matter of concern that even after facing sev-eral GLOF disasters the National Climate Change Policy lacks GLOF and its mitigation and adapta-tion policy. It is important to integrate comprehensive GLOF mitigation and adaptation strategy into the National Climate Change Policy Change Policy Framework. There is a dire need to conduct field-based and space-based glacier studies to find potential GLOF haz-ards, their role in erosion and geodynamics, sensi-tivity to climate change, and potential impact on the downstream popula-tions.Despite having all the relevant institutions such as the National Disaster Management Authority (NDMA), Dams and Barrages Safety Council, Federal Commission, Water and Power Development Authority, Pakistan Meteorological Department, Flood Department, Flood Forecasting Division, EPAs, and local administration we failed to mini-mize the devastating

effects of the floods. This

raises a lot of questions about our overall approach to development and disaster management practices.

Inadequate policies, poor health facilities and infrastructure, lack of economic activities, lack of job opportunities, and lack of political voice and media concentration fuel the vulnerability of the people to climate change and natural disasters.

The available health facilities are of negligible benefit to the public since doctors are rarely avail-able, basic medicines are not procurable and a handful of laboratory investigations are per-formed, while hospital emergency departments are in a dismal state with limited availability of lifesaving drugs and tech-nical staff. The govern-ment needs to especially focus on economically focus on economically uplifting people living in remote areas of the coun-try and provide them with basic health facilities and the required equipment and infrastructure to cope with disaster situations

It is obvious that cli-mate change has a devas-tating effect on the country's economy, infrastruc-ture, environment, and the lives of the people but we need to examine the practices that trigger these devastating effects. According to the Pakistan Economic Survey 2021-22, more than 80 per cent of Pakistan's population lives in the Indus Basin, facing multiple threats from climate change, environmental hazards, poor infrastructure, and resource management. The economic cost to Pakistan of poor water resource management is estimated to be \$12 bil-lion per annum – four per cent of the country's GDP.

Constructions should Constructions should be climate-smart and at least 200ft away from both sides of the flowing water bodies. We could have saved millions of dollars, infrastructure, and lives by just avoiding development in water-shed areas. Construction policies and practices policies and practices need to be revisited. Mostly hotels, houses, and agricultural fields are constructed on river beds which become vulnerable to disasters. There should not be any interference with the natural flow of water and construction should be banned in these areas Keeping in view the recent climatic catastrorecent climatic catastrophes, it can be predicted that climate change is expected to bring about an increase in the frequency and intensity of extreme weather events, coupled with the increased variability in South Asian Summer Monsoon (SASM) rains Monsoon (SASM) rains

## Climate change, the prime challenge for Human Beings

By Syed Abid shah

Climate change in the world is one of the most horrible issues. Climate is a significant variation of average weather conditions-say, conditions becoming warmer, wetter, or drier-over several decades or more. It's the longer-term trend that differentiates climate change from natural weather variability. The climate is the fundamental part of the world Because our agriculture and industrial system are dependent on climate and a lot of commodities required in industries is directly coming from agriculture to industries. Moreover, climate control is essential for every state or even for every individual to take significant caution about

But now recently a 3 day's summit was arranged in Glasgow Scotland about climate changes in the world which is the

the weather.

cause of the several issues of the world. The represen-tative from all over the world, United Nation and different Chief companies executives were par-ticipating in this conference; talking about the same issue how to solve it and

what measures are taken for this. The members of the summit emphasise using technologies which are free from pollution like the solar system and wind turbine.

Anthropogenic causes of climate change. Humans— more specifically, the greenhouse gas (GHG) emissions that human activity generates-are the leading cause of the rapidly changing climate today. Greenhouse gases play an important role in keeping planet warm enough to inhabit. But the amount of these gases in our atmosphere has sky-

Environmental Protection Agency, our current concentrations of carbon dioxide, methane, and nitrous oxide "are unprecedented compared with the past 800,000 years." Indeed, the atmosphere's share of carbon dioxide—the planet's chief cli-mate change contributor-has risen by 46 per cent since preindustrial times. The burning of fos-sil fuels like coal,

oil, and gas for electricity, heat, and transportation is the primary source of human-generated emissions. A second major source is a deforestation, which releases sequestered (or stored) carbon into the air. It's estimated that logging, clearcutting, fires, and other forms of forest degradation release an average of 8.1 billion metric tons of carbon dioxper year, accounting for more than 20 per cent of all global CO2 emissions. Other human

activities that gener-ate air pollution include fertilizer use (a primary source of nitrous oxide emissions), livestock production (cattle, buffalo, sheep, and goats are major goats are major methane emitters), and certain industrial processes release fluorinated gases. Activities like agriculture and road construction can also change the reflectivity of the earth's surface, leading to local warming or cooling.

Bank (ADB) estimates

Though our planforests and oceans absorb greenhouse gases from the atmosphere through photosynthesis and other processes, these ural carbon sinks can't keep up with our rising emissions. The resulting buildup of green-house gases is causing alarmingly fast warming worldwide. It's estimated that the earth's average temperature rose by degree about Fahrenheit during the 20th century.

Every state should take reasonable care

change in the world and look after the system of industries which is the major cause of climate change. The developed countries now take measurements to stop climate change and work on technical advanced technologies which help out to stop the emissions of several gases which destroyed the climate. They also work on agriculture to produce new seeds and plants which support environmental protection. They also use the solar system and wind turbines instead of using fossil fuels are causing climate change, Japan and other developed countries of the world work on electric vehicles it is also significant for change. individual climate Every must take too much care about climate change because it is one of the leading causes of the world which affects all over the world.

## **Collision** with happiness

frequent and

very morn-ing I wake up and ask myself if I'm happy.
This is a ternble 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 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 unhap-py every morning, bor-dering on restlessness and flifting with sadness flirting with sadness. What turned things

around and is this happi-ness 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 pater. extra time I had on paternity leave would allow me to pour myself into oals but week afte 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 noth-ing. But I was trying to fight this feeling, rather

than embrace it. All my life, being a type A personality, happi-ness 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 realisa-tion 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

So I started experi-menting with doing something different half way through my paternity leave. Instead of chang-ing 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 wanted to start two side gigs, play tennis thrice 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 exer-cise, 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 The gratitude exercise had a transformational

causing intense

impact not just on my week — because I 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 fol-lowing week I increased the frequency to twice a week. I felt so energised and excited at the end of my games and the morn-ing after. Week by week, I added

a new habit or goal I wanted to achieve and because I was setting expectations so ridicu-lously 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 trans-formed I'm now playing tennis regularly, dinner with a friend every week, reading the newspaper, doing gratitude exercises and getting closer to God, I didn't

## Nurture a healthy heart to live wisely

orld Heart Day is cele-brated 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 mil-lion people die of cardio-

vascular 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 prema-

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 socioeconomics, 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 100,000 population (22.7%), translating to about 200,000 deaths annually The JACC report tells

us that dietary changes from traditional Asian to

rocketed in recent

decades. According

westernised food have had a detrimental effect on the health of Asians living in resource-deficit countries. A recent publi-cation in the Global Burden of Disease pro-vides 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 pop-ulous countries, China has the highest age-standardised rate of diet-relat-ed CVD deaths (299 per population) while Pakistan has the highest proportion of diet-related CVD deaths (152 per 100,000 popula-

Prof Nawaz Lashari, Chair of Cardiology at Dow University, stresses healthy physical activity for cardiac health, advis-ing 45-minute walk daily. Pakistan Hypertension League General Secretary Dr Mohammad Ishaq says exercise strengthens the heart. According to Ishaq, 20% Pakistan's population suf-fers from high blood pressure, 10% has dia-betes, 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, light-ing up the city's landmark buildings in red in collab-oration with the National Institute Cardiovascular Diseases

and Karachi Metropolitan Corporation. The events will commemorate World Heart Day and pay tribute to frontline healthcare workers, including cardiologists working fireless-ly to save lives during Covid-19. The

The company has worked with Cardiology institutes throughout Pakistan to introduce cost-effective and efficacious treatments for blood pressure, choles-terol, 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 seden-tary 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 guided by experts in the fields of preventive cardi-ology and public health,

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

On this World Health Day, let us resolve to nur-Day, let us resolve to nur-ture 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 resourcedeficit countries. A recent publication in the Global Burden of Disease pro-vides further insight into food patterns in Asia: for the five unhealthy foods

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The high prevalence of CVD in Pakistan is mainthe 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

## Transcending limits

istoric moments warrant introspec-tions 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 fleecing 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 evolutionarily ladder due to unmatched cognitive abilities and intellectual prowess. These intellectual abilities were inherently aimed at distinguishing good and evil, and regulat-ing life on earth in a manner that benefits not only humans but their surround-ings. Paradoxically, humans have outstepped and outreached their assigned authority and overestimated themselves as an omnipotent entity enjoying complete impuni ty of all their activities

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 widescale 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 and persecutions of 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 politi-cal leadership is the new normal. Mass adulteration, hoarding, black-marketing, organised crimes, cheating, manipulating exploitating have

Ali Hassan Bangwar 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 think-ing 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 exist-ing global order and the underlying principles of globalisation. The pandem-ic has given humankind the opportunity to rethink and reform existing socio-political and economical orders in line with principles of egalitarianism, eco-friendlessness, 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

## LHC seeks reply in PTI Azadi march torture case

LAHORE: The Lahore High Court (LHC) on Thursday sought a reply from the federal and Punjab governments in a case related to the alleged torture on Pakistan Tehreek-e-Insaf (PTI) Azadi march participants on May 25

on May 25.

Justice Anwarul Haq of the LHC heard the plea filed by the Judicial Activism Panel. The bench after the initial hearing on the plea sought replies from the interior secretary. Punish interior secretary, Punjab

home secretary and IG. The plea claimed that workers were tortured by the policemen on May 25 during Azadi March at the behest of the then Punjab government. everal PTI workers and

supporters were injured and booked during May 25 long march, the plea

The court has directed the interior secretary, Punjab home secretary and the IG to submit their replies to the plea and adjourned the hearing

until October 20. Earlier in August, Punjab government removed two top police officials for their role in directing torture against participants of the PTI's Azadi March.

According to a notifi-cation issued by the provincial government, DIG Operations Capt (retd) Sohail Chaudhry was removed from his post and directed to report to the Services and General Administration Department.INP

## Pakistan adds up 48 more infections to its coronavirus tally

ISLAMABAD Pakistan has posted another 48 coronanother 48 coron-avirus infections and no fatality during the last 24 hours showed the figures released by the National Institute of Health (NIH) on

Thursday morning.
The death toll in the country remained that same at 30,620 while the number of total infections now rose to 1,572,883 after adding the fresh 48

During the last 24 hours, 11,807 tests were conducted throughout Pakistan whereas the positivity ratio slipped to to 0.41 percent. The number of patients in critical care was recorded at care was recorded at

Anthony Fauci, director of the US National Institute of Allergy and Infectious Diseases, has said that
"we should not be surprised" if a new
Covid-19 variant
emerges this winter.
"We should antici-

pate that we very well may get another vari-ant that would emerge that would elude the

immune response that we've gotten from infection and/or from vaccination, Fauci vaccination," Fauci said during an event with the USC Annenberg Center for Health Journalism on

Health Journalism on Tuesday.
Fauci said we're currently moving "in the right direction," but, but, but: "We are entering into the winter months, where no matter what the respi-

matter what the respiratory disease is, there's always a risk of an uptick."

Last winter, the Omicron variant led to a surge in COVID-19 cases as public health officials urged people to get vaccipeople to get vacci-nated or get booster

An updated Omicron-specific booster, called bivalent, has been recommended for certain age groups in the U.S. What he's saying: Fauci, who has been Biden's chief medical adviser and is retiring

from government service later this year, was cautious when asked if he thinks an end of the pandemic is

in sight.
"I think it would be a bit cavalier to all of a sudden say we're completely through with it," he said.He acknowledged that there has been a decrease in COVID-19 related deaths in recent months but said it's still not at a level. it's still not at a level he's comfortable with.

President Biden in recent weeks clarified remarks that the pandemic was over, acknowledging he was criticized for the remarks but saying the pandemic "basi-cally is not where it was." The

The big picture: COVID-19 cases have been trending down-ward in recent months throughout the world.

throughout the world.
But winter will push
more people inside.
COVID has killed
more than 6.5 million
people and infected
more than 619 million
worldwide, per Johns
Hopkins University's
online tracker.
Meanwhile scien-

Meanwhile, scien-tists have been tracking three new subvariants in recent weeks.INP



ISLAMABAD: Shazia Marri, Chairperson Benazir Income Support Programme (BISP) in a meeting with a visiting World Bank's delegation headed by Country Director for Pakistan, South Asia Region Najy Banhassine.

### Snakes inhabit around relief camps as plains, deserts still under floodwater

KARACHI: The flood-hit people of Sindh are faced with a great deal of inconvenience, for the venomous snakes in large numbers have started inhabiting around their camps, posing a great threat to their lives. It is learnt that the snakes,

on account of the plains and deserts of Sindh being flooded, are inhabiting the places near the flood relief camps in search of food and dry land, which has caused the people in camps to fear for

"The snakes sneak into the camps quite often in the dark of night," said the flood victims, living in the relief

camps of Shahdadkot district.

"We do not even have charpoys. We and our innocent children sleep on the ground. We fear for our lives. The administration must take stringent steps for our protection from snakes,"

they demanded. The spread of gastroenteritis and malaria continues among the flood-affected people Two more deaths due to gastroenteritis and malar-ia have been reported in a

A woman died of gas-troenteritis at a relief camp on motorway bypass. 55-year-old Rani Bhargari died

in the camp due to lack of treatment

On the other hand, fouryear-old Shoaib Khosa, a resident of Somer Khosa vil-lage of Qubo Saeed Khan, died of malaria at a relief

The number of total peo-ple, who died of gastroenple, who died of gastroen-teritis and malaria, has reached 39 Due to the lack of medical aid, a citizen named Ghulam Sarwar Bhagio died of malaria in Khairpur Nathan Shah, Sindh No doctor was avail-able for him; no medicine could be found After the floods, the death toll due to diseases has risen to 31 INP

### 1,100 containers arranged to seal Islamabad ahead of PTI long march

ISLAMABAD: Islamabad Police have arranged 1,100 containers to seal the federal capital in view of the PTI's long march, it has been learnt on Thursday.

Sources said the capital city would be completely sealed for a period of one week after the announcement of march's date by the party.
They added that similarly the

government had decided to shut down schools and colleges and postpone exams during the

As many as 2,500 personnel of the police and of other law-

enforcement agencies (LEAs) would be deployed in the city, and all of them would have 50, 000 rubber bullets, the sources disclosed.

Furthermore, the LEAs had already been provided over 60,000 teargas shells, they informed. Besides that, the sources disclosed that 10 drones had been arranged for depending shall on the protes. dropping shells on the protes-tors. Sources also said that for the first time in the country's history, anti-riot helicopter would be used. Not only that, the security agencies had pre-pared lists of PTI's financers in

order to arrest them before the

march, they concluded.

Although, initially there were doubts that whether the PTI would go ahead with its would go ahead with its planned long march. But after recent developments such as the acquittal of PML-N Vice President Maryam Nawaz in the Avenfield reference and the return of Ishaq Dar as finance minister of the country have minister of the country have convinced the party's leader-ship that it was time to set out on a long march in order to press the coalition government to hold the general elections early.INP

#### 10 killed, 13 injured in passenger bus accident on **Indus Highway**

JAMSHORO: At least 10 people were killed including women and children and 13 others injured as a passenger bus rammed into a truck in a tragic accident on Indus Highway near Sindh's Sann

Police said that the deceased and injured were shifted to Liaquat University of Medical and Health Sciences (LUMHS), Jamshoro after the crash.

Drivers of both the bus and truck were among the deceased, they added Jamshoro Senior Superintendent of Police Javed Baloch said that the unfortunate bus was en route to Punjab from Karachi when it collided with the truck at Thori Phatak near Sann.

He said that the deceased said to be from Bahawalpur also included two children and two women.INP

#### Nine-year-old girl found dead with slit throat in Chiniot

CHINIOT: The dead body of a nine-year-old girl with a slit throat was Thursday recovered from the Chenab Nagar police precincts in Lalian area of District

According to police, the information about nine-year-old Munazza Bibi going missing reached them at 11pm last night.

"On being informed of the incident, senior police offi-

incident, senior police offi-cers of Chenab Nagar police station reached the spot," a

police spokesperson said.

"The girl's body was found from near her house. Her throat had been slit to kill her. The forensic teams have cordoned off the crime scene, and they are collecting evidence," he added.

"The incident will be

investigated from every angle with the help of modern technology. The case will be sort-ed out soon," he pledged.INP



FAISALABAD: Wafaqi Mohtasib (Pakistan), Ejaz Ahmad Qureshi, talking to the Media persons.

## 46,500 Pakistanis got jobs in CPEC energy projects: Report

ISLAMABAD: China-Economic Corridor (CPEC) has provided jobs to at least 46,500 Pakistani so far in the energy projects, Gwadar Pro stated on Thursday quoting a Report released by China Gorges International.

The Report said that the jobs had been created in the completed and under-construction proj-

"Considering the various economic fissures prevailing in Pakistan (i.e, inequitable underdevelopment, low energy access, low human capital, and accompanying low productivity), CPEC power plants have per-formed commendably in raising overall direct employment (46,500) throughout Pakistan," the Report titled "Overview of Pakistan's Power Sector and its Future Outlook"

The Report added that the overall socioeconom-ic demographic of around 46 thousand families have been raised, while thus skilled work force enjoys on-site training by both local and interna-tional professionals that professional work environment far surpasses the sort they would receive employed with

other local projects.
It mentioned that all CPEC power plants had been installed under GOP Policy 2002, 2015, and AEDB Policy 2006 and 2019 as Independent Power Producers (IPPs) and are purely Foreign Direct Investment (FDD)

Direct Investment (FDI). All equity and private debt have been arranged by respective project companies. These plants' total investment (Equity plus private debt) have been arranged in US dol-lars and directly trans-ferred by Chinese banks (China EXIM Bank, China Development Bank, etc.) to Pakistan

The coal-based CPEC projects are based on super-critical coal technology. The prevailing engineering graduate skill-set was insufficient to meet the requirements for technical personnel.

As a result, Chinese management began focusing on the employ-ment of graduates from specific universities in Pakistan. The first batches were completely hired from NED University of Engineering and Technology, Karachi, and National University of Sciences and Technology (NUST) Islamabad Six hundred young and dynamic engineers were hundred

### Court summons Hamza Shehbaz in money laundering case on Oct 8

ISLAMABAD: The Special Central Court of the Federal Investigation Agency (FIA), Lahore on Thursday directed PML-N leader Hamza Shehbaz to appear in person in a money laundering case against him, his father Prime Minister Shehbaz Sharif and oth ers on Saturday (October 8, 2022).

On the other hand, the court also released a two-page order of the last hearing of the money laundering case against members of the Sharif family

It was stated in the order that Hamza could not appear in the court on the last date of the hearing on account of backache. "In the application filed for Hamza's exemption from

court appearance, his lawyer stated that doctors had advised his client four to six weeks of rest," read the However, the order said, the PML-N leader was granted one-day exemption from appearance in court,

and that he was directed to appear in person on the next date of the hearing.

Amjad Pervaiz Advocate, counsel for PM Shehbaz, on the occasion, gave arguments in the favour of his client's acquittal in the case INP

#### Shahnawaz sent to jail on judicial remand in Sarah Inam murder case

ISLAMABAD: A local court in Islamabad has sent main accused in Sarah Inam murder case, Shahnawaz Amir, son of renowned journalist Ayaz Amir, to jail on

After the completion of three-day physical remand, Shahnawaz Amir was produced before the court of Senior Civil Judge Muhammad Aamir Aziz on Thursday. The police sought judicial remand of the main murder accused, upon which the court sent Shahnawaz to jail on 14-day judicial remand. On Wednesday, Engineer Inamur Raheem, father of Sarah Inam thanked the media for highlighting the murder case of his daughter Talking to the newsmen, he said case of his daughter. Talking to the newsmen, he said that Sarah was the youngest of three brothers and sis-ters. "In year 2000, we moved to Canada where my daughter who was fond of reading and writing did mas-ters in Economics. Later she worked at the UBL and the USAID. She also did a job at Abu Dhabi," he explained. Engineer Inam added that although there were marriage proposals, but his daughter's focus was on her studies. "And it was towards the end of July this year that we came to know that she had married, he said, adding, "Initially, we got suspicious and questioned her as to why she took the decision without consulting the family members INP

ISLAMABAD: Donald Blome, Ambassador of USA to Pakistan calls on the Federal Minister for Economic Affairs, Sardar Ayaz

### Pakistani rupee delivers another knock-out punch to US dollar

ISLAMABAD: The Pakistani rupee delivered another knock-out punch to the US dollar in the early interbank trading on Thursday as the greenback kept reeling in face of the embold-ened local currency following Finance Minister Ishaq Dar's statement that the government would soon be able to put the American currency in its right place.

As the forex dealers took position in the interbank market, the Pakistani rupee straight away soared by Rs2.19 and was currently being traded at Rs221,75

The US dollar on Wednesday man-aged to end the day at Rs223.94 The Pakistani rupee had accumulated Rs17.90 appreciation in its value during the last nine business days.

The surge in rupee's value has less-

ened the burden of foreign debt to the tune of Rs2,200 billion.Experts opined that the recent encouraging trade balance data, hopes from multilateral institutions of additional inflows were the additional factors for the Pakistani rupee to reclaim its lost value.

The trade deficit fell 31 percent vear-on-year to \$2.88 billion in September, according to data from the Pakistan Bureau of Statistics. Exports slightly fell 1 percent to \$2.39 billion in September from \$2.41 billion a year earlier.

Imports declined 20 percent year on year to \$5.27 billion. The deficit in the first quarter (July-September) of FY2023 narrowed 21.4 percent to \$9.2 billion against \$11.72 billion in the same three months of the last

The State Bank of Pakistan (SBP) governor had informed the National Assembly's Standing Committee on Finance the other day that action would be taken against banks and forex exchange companies involved in creating volatility in the exchange rate upon the finalisation of the inquiry.INP

## Court cannot give orders to NA speaker: IHC chief justice

ISLAMABAD: The Islamabad High Court (IHC) Chief Justice (CJ) Athar Minallah remarked on Thursday that the court cannot issue orders to the National Assembly.

The IHC CJ made the observation while hear-ing PTI's petition on the approval of the resignations of a select party lawmakers following Imran Khan's ouster as prime minister.

At the outset of the hearing, Justice Minallah stated that court respects the Parliament, adding that a similar petition was also filed before as well on this matter.

"Is this the political party's policy," wondered the judge, while acknowledging that rest of the PTI MNAs resignations are yet to be accepted. People trusted the representatives and sent them to ves and sent them to

Parliament, he remarked. "This court cannot issue orders to the speaker of the National Assembly," remarked Justice Athar Minallah on the PTI's petition directing the court to direct the custodian of the lower house to investigate their party's resignations. He

also observed that in the Shakoor Shad case IHC had only asked for a

"This is a political issue and Parliament is the place to resolve polit-ical tussles. You should hold dialogue with political parties to resolve problems," said the IHC CJ. Do these resigned members really want to go to Parliament and

resolve the people's issue? he wondered.
"We have to see if the petitioners came with clean hands before the court or not," remarked the judge.At this, Barrister Ali Zafar, the counsel for the PTI law-makers, told the court that his clients have not come against party poli-

However, the judge observed that the peti-tioners had themselves admitted that their resignations genuine" But the lawyer told the court that his clients believe that

Speaker Raja Pervaiz Ashraf did not fulfil his constitutional obligation. The resignations were given on the condition that all 123 will be accepted, he added and reminded the court that

"We say that the resig-nations given were condi-tional. If all the members'

resignations were not accepted then the condition was not met, Zafar. He also added that the resignations were not accepted without a proper inquiry, sharing that the current number of resignations laying before the speaker was 112.

At this, Justice Minallah observed that the MNAs whose resig-nations were pending should be in Parliament. It is their responsibility to represent people in par-liament, he added. Zafar responded to this

by saying that going to Parliament was a "secondary issue".INP



HYDERABAD: Relatives are mourn over in the mortuary of Civil Hospital in the city.

## DAILY QUETTA VOICE Friday, October, EU parliament holds debate on humanitarian situation in flood-hit Pakistan

BRUSSELS: The European Parliament during its plenary sessions in Strasbourg held a debate, regarding the humanitarian situation following the climate-induced devastating floods in Pakistan.

The debate, held on Wednesday evening, was aimed at discussing the EU response to the situation in Pakistan and how to mitigate the extreme weather consequences of the climate-induced crisis, an official statement issued by the Pakistan Embassy in Brussels said on Thursday.

The Ambassador of Pakistan to the European Union, Belgium and Luxembourg Dr Asad Majeed Khan attended the special debate.

The debate was opened by Minister of European Affairs of the Czech Republic, Mikulas Bek, followed by European Commissioner of Agriculture Janusz Wojciechowski.

Several Members of the European Parliament (MEPs) belonging to different political

groups participated in the debate.



HYDERABAD: A view of destroy passenger bus collided with truck killing 13 passengers death

#### NNC donated Rs. 200 million to PM Flood Relief Fund

ISLAMABAD: China National Nuclear Corporation (CNNC) has donated an amount equivalent to Rs. 200 million to the Prime Minister's

200 million to the Prime Minister's Flood Relief Fund, providing assistance and rehabilitation to the affectees of the monsoon rains and subsequent floods around the country. A delegation of CNNC headed by its President Overseas Zhang Guoliang held a meeting with Pakistani Minister for Planning, Development and Special Initiative (PD&SI) Professor Ahsan Iqbal in Islamabad. Islamabad

Expressing sympathies over the loss of lives, properties, and infrastructure due to the recent devastating floods in Pakistan, Mr. Zhang informed Ahsan Iqbal about CNNC's donation of around Rs. 200 million to the PM Flood Relief Fund. He also offered his company's support to further help the flood victims.

Absan Ichal lauded the role of the

Ahsan Iqbal lauded the role of the Chinese Government, companies, and Chinese civilian relief initiatives for

flood damages in Pakistan. It is apt to mention that China's con-tinuous response efforts for Pakistan

have exceeded 644.1 million RMB (equivalent to US\$ 90.2 million).

The Chinese Government extended support of RMB 400 million, the Chinese Army RMB 100 million, the Chinese People's Association for Friendship with Foreign Countries donated RMB 125 million, and the Red Cross Society of China provided RMB 2.1 million, INP

#### Faisal Vawda's disqualification should be for one term, not for life: CJP

ISLAMABAD: Admitting that PTI leader Faisal Vawda was rightly dis-qualified from holding any public office, Chief Justice of Pakistan (CJP) Justice Umar Ata Bandial on Thursday, however, said that the dis-qualification should not have been for life.

During the hearing of Vawda's peti-tion against his lifelong disqualifica-tion by the Election Commission of Pakistan (ECP), the CJP also directed his lawyer to better prepare his argu-ments on the jurisdiction of the ECP before the next hearing.

A three-member bench of the SC, headed by the CIP, heard the petition. Speaking on the occasion, Wasim Sajjad, counsel for the PTI leader, said that the ECP was not a court of law; therefore it could not declare a legisla-tor ineligible. The CJP remarked that a lawmaker was disqualified for life if he did not meet the criterion set for being an honest and truthful (Sadiq aur Ameen) person. "And that ineligi-bility of a legislator under Article 63 1-C of the constitution either for concealing his assets or for some other mistake is for a limited time period," he said, and added "It should be for one term." Later, the court adjourned hearing of the case until October 13, 2022. INP

#### Sunny, hot weather can spoil this weekend for Karachi people

KARACHI: Hot and sunny days are likely to prevail this weekend in Karachi, according to a weather alert issued by the Pakistan Meteorological Department

he Met Office said the weather is likely to become hotter in Karachi and its suburbs with the maximum temperature expected to stay between 38 degrees Celsius to 40 degrees Celsius from October 8 to October 10.

On Thursday, the highest tempera-ture recorded in the city at 37 degrees Celsius. Meanwhile, the humidity rate

However, hot weather is likely to prevail elsewhere in the province Earlier, the PMD chief explained that May and October are the hottest months of the year. May is usually the hottest month before sumusually the hottest month before summer in which the heat wave starts but October is the month when the hot weather is about to end and the winter is just around the corner, therefore, the hot and dry weather is likely to prevail in October INP

#### UN peacekeeping chief to visit Pakistan

UNITED NATIONS: The United Nations (UN) Under-Secretary-General for Peacekeeping Operations, Jean-Pierre Lacroix, has scheduled a visit to Pakistan and three other Asian countries during his 10-day tour which began on Wednesday, according to the information

according to the information shared by the UN spokesperson during a briefing in New York.

Jean-Pierre Lacroix is expected to visit India, the United Arab Emirates, Pakistan, and Japan between October 5 and 15, though the exact dates of the visits have not been delived to the press.

not been delved to the press.

The Under-Secretary-General will participate in a two-day meeting organized by the Challenges Forum during his New Delhi visit to deliberate on key issues linked to peacekeeping operations and will then travel to Abu Dhabi, Islamabad, and Tokyo.

The spokesperson for the UN Secretary-General Stéphane Dujarric briefing said, "The purpose of Lacroix's visit is to thank the countries for their contribu-tions and support to UN peace-keeping as well as to update on progress enhancing the effective-ness of UN peacekeeping, including through the Secretary-Action

Peacekeeping + initiative."

He also said that during Lacroix's travel to the four countries, he will meet senior government officials to discuss matters of key importance that may cat-alyze the impact of UN missions.

It is pertinent to mention here that Pakistan is one of the largest troop contributors to the UN peacekeeping missions in con-flict-inflicted spots around the world In May, on the occasion of International Day of UN Peacekeepers, the Pakistan Peacekeepers, the Pakistan Ministry of Foreign Affairs (MOFA) spokesperson announced the continuation of 'services and

the continuation of 'services and sacrifices' to maintain peace in the world through UN missions.

He reiterated the country's resolve to support the UN in advancing the shared ideals of peace, stability, and cooperation.

Since 1960, more than 200,000 Pakistani peacekeepers have served in 46 UN missions in regions marred by conflict.INP

### **Imran Khan** orders PTI senators to boycott parliament's joint session

ISLAMABAD: prime minister and Pakistan Tehreek-e-Insaf (PTI) chief Imran Khan ordered his party members not to attend the joint session of parliament today (Thursday).

President Arif Alvi will chair the joint session of the parlia-ment. Despite the fact that President Alvi is a senior leader of the PTI, Imran Khan has asked the party to boycott the session.

PTI's parliamentary party in the senate has informed the members about the party chief's decision. President Alvi was to address

the joint session on August 14, but due to the apprehensions of

the coalition government, the address was postponed. After all the matters were been settled following a meeting between President Alvi and Prime Minister Shehbaz Sharif, the joint session has been called today.

This will be the shortest parliamentary year since it would consist of 310 days, if the national assembly is not dis-

solved before time.
Under clause three of the
Constitution's Article 56, the president must address the Parliament after each general election and the first session of the parliamentary year to inform the lawmakers of the "causes of its summons". INP

#### CNNC donated Rs. 200 million to PM Flood Relief Fund

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A delegation of CNNC headed by its President Overseas Zhang Guoliang held a meeting here with Minister Pakistani Planning, Development and Special Initiative (PD&SI) Ahsan Iqbal, Professor according to Gwadar Pro.

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donation of around Rs. 200 million to the PM Flood Relief Fund. He also offered

Ahsan Iqbal lauded the role damages in Pakistan.

be transferred to Pakistan This deal came after M/S Bahria Town Pvt Ltd did an out-of-court settlement with British National Crime Agency in ment a case where the latter froze an amount of some 140 million out of 190 GBP including 1-Hyde Park London property purchased by Ali Riaz Malik.

Malik Riaz then used the amount to pay for the Rs450 billion fine imposed by the Supreme Court in connection with the illegal land acquisi-tion of Bahria Town, Karachi INP

ISLAMABAD: Indonesian artist are performing during celebration of 77th Anniversary of the Independence Day of the Republic of Indonesia at Local Hotel.

Read more: WATCH: International wrestlers visit flood-hit Rajanpur

Read more: WATCH: International wrestlers visit flood-hit Rajanpur
Expressing solidarity with the people of Pakistan, the MEPs underscored the need for scaling up assistance and support for Pakistan in view of the unprecedented scale of the disaster. The climate change dimension of the disaster also came under focus in the debate.

It is pertinent to indicate that Ambassador Asad Majeed Khan briefed the influential European Parliament Committee on Development (DEVE Committee) on the flood situation in Pakistan during the last week of September 2022.

The drenching monsoon along with devastating floods inundated a third of Pakistan, aside from killing nearly 1,700 people and injuring tens of thousands since mid-June.

Torrential rains – 10 times heavier than usual – have also damaged nearly 45% of the country's cropland, posing a serious threat to the country's food security.

The government has estimated a staggering loss of \$28 billion inflicted by the catastrophe on the already tottering economy, mainly in terms of infrastructure and agriculture.INP

## Imran Khan gets interim bail in female judge 'threatening' case

ISLAMABAD: A district and sessions court in Islamabad on Thursday granted interim bail to former prime minister and Pakistan Tehreek-e-Insaf (PTI) Chairman Imran Khan in a case related to his threatening remarks against a female

According to details, the former premier appeared before Sessions Judge Kamran Bashart's court, seeking interim bail in a case related to his threatening remarks against female

judge Zeba Chaudhry.

During the hearing, Imran Khan's counsel –
Babar Awan – noted that his client has appeared before the court. "This is the first bail application and another case was also scheduled for October " the counsel added.

After hearing the arguments, the judge accepted the PTI chief's bail application and ordered him to submit surety bonds of Rs50,000. The court also issued notice to police until the next hearing. It is pertinent to mention here that a local magistrate in Islamabad issued arrest warrant for for-

mer prime minister and Pakistan Tehreek-e-Insaf (PTI) Chief Imran Khan in a case pertaining to hurling threats at female judge Zeba Chaudhry. Senior Civil Juge Rana Mujahid Rahim issued

Sheikh Rasheed

reiterates demand

for early elections

RAWALPINDI

Former interior minister and Awami Muslim League (AML) chief Sheikh Rasheed Ahmed

on Thursday reiterated the demand fór early elec-tions in Pakistan.

In his tweet, Sheikh Rasheed said the specula-tions have ended after the

statement of Chief of Army Staff (COAS) General Qamar Javed Bajwa about his retire-

He warned the PDM

government that use of bullet instead of ballot will be harmful for coun-

try. Rasheed said only fair,

free and transparent elec-

free and transparent elec-tions will bring political stability in the country as government cannot stop the masses from coming to Islamabad for protest. On Wednesday, Chief of Army Staff (COAS) General Qamar Javed Bajwa reiterated that he would retire after the

completion of his second three-year term in two The Army chief made

these remarks at a lunch at the Pakistan Embassy in Washington.INP

NAB summons 21

member of

Khan's cabinet

over Rs50b

Bahria Town,

NCA deal

National Accountability Bureau (NAB) has sum-moned 21 members of the

former prime minister Imran Khan's cabinet

over the approval of send-ing £140 million in the

account of Bahria Town founder Malik Riaz that

Pakistan had received from Britain. In 2019, the govern-ment of Pakistan made an

agreement with M/S Bahria Town Pvt Ltd that

an expensive property located in heart of London would be sold

out, and its amount would

ISLAMABAD:

Sep 19 ordered removal of terrorism sections from the case registered against the PTI chief for threatening the woman judge and officials of Islamabad police.INP

among Umrah pilgrims visit KSA

ISLAMABAD: Above 11.2 million pilgrims have visited the Kingdom of Saudi Arabia since beginning of the Umrah season commenced on Muharram 1, 1444 Hijri.

A total of 12,67,490 Umrah pilgrims have visited the Saudi Arabia, according to a report of the Saudi Ministry of Hajj and Umrah.

Umrah pilgrims from Indonesia, the most populous Muslim nation, ranked first among the countries which had sent the highest number of pilgrims.

Pakistan pilgrims' 2nd maximum

warrants against the former PM, directing Margalla Police Station SHO to implement the

(threat of injury to public servant), and 188 (disobedience to order duly promulgated by public

Later, former prime minister filed bail before arrest in Islamabad High Court through his lawyer Dr Babar Awan. IHC Judge Mohsin Akhtar

Kiyani granted interim pre-arrest bail to Imran Khan until October 7 against surety bonds of

A terrorism case was registered against Imran Khan in Margalla police station for allegedly using derogatory language and threatening Additional Session Judge Zeba Chaudhry in his speech in Islamabad on August 20.

However, the Islamabad High Court (IHC) on

The FIR includes four sections of the Pakistan Penal Code (PPC), including 506 (punishment for criminal intimidation), 504 (intentional insult with intent to provoke breach of the peace), 189

pilgrims.
Total 3,17,200 Indonesian pilgrims arrived in the holy land to perform Umrah during the ongoing season Pakistan came second with

season. Pakistan came second with 195,224 pilgrims visited the Kingdom to perform Umrah.

An overwhelming majority of 880,929 Umrah pilgrims came by air, according to the Saudi Hajj and Umrah Ministry.

There are 470 Saudi companies and establishments that are licensed to provide services to the Umrah pilgrims and visitors during the 10-month Umrah season that ends on Dhul Qa'ad 29, just before the annual pilgrimage of Hajj.

Saudi Arabia has extended the Umrah visa period from one month to three months and the pilgrims are allowed to travel throughout the Kingdom during their visa period. The visa period will end before the three-month if it overlaps the Hajj season.

season.
The Ministry of Hajj and Umrah stressed the need for Umrah companies and establishments to commit to provide all the required service packages to the pilgrims with the aim of raising the quality of services in the sector, and facilitating the journey of the pilgrims so as to achieve the goals of the Kingdom's Vision 2030.INP



ISLAMABAD: Head of Middle East, Africa and South Asia at Virgin Atlantic Liezl Gericke brief the media persons regarding upcoming celebration of com-pletion "2 years Operation in Pakistan".

## Indus in below low flood at Tarbela and downstream barrages

LAHORE: Indus River has been in below low flood at Tarbela reservoir and all barrages, according to the water record shared by the Flood

Forecasting Division on Thursday.
Water inflow at Kotri Barrage in downstream has been measured 88,300 cusecs and outflow has been

59,100 cusecs Water level has dropped in several areas of Kotri, which were sub-merged owing to high flood in the river last month. People evacuated from the area have returned to their homes after the water level has

dropped to normal. Twin menace of flash floods unleashed by unprecedented mon-soon rainfall in Sindh and soon rainfall in Sindh and Balochistan, and flooding in Indus River damaged crops and thousands

of mud houses in the region. A huge lake created by the rainwater standing across vast area of Sindh, displacing millions of people in the province.

The water inflow in river at Guddu Barrage has been 56,300 cusecs and outflow of water 45,600 cusecs. The water inflow in river at Sukkur Barrage has been measured 45,400 cusecs and outflow 33,600 cusecs

Indus River has been normal at Tarbela reservoir with water inflow 50,000 cusecs and outflow 62,200 cusecs. The water inflow in Indus at Kalabagh has been 78,300 cusecs and outflow of water 70,300 cusecs.

The water inflow in river at Chashma has been measured 107,400 cusecs and outflow 91,600 cusecs. The water inflow in Indus at Taunsa Barrage has been 85,700 cusecs and outflow of water 60,900 cusecs.INP



THE COMMISSION OF INQUIRY CONSTITUTED UNDER SUB-SECTION (1) OF SECTION (3) OF THE BALOCHISTAN TRIBUNALS OF INQUIRY ORDINANCE, 1969.



JUDICIAL ENQUIRY INTO THE INCIDENT TOOK PLACE IN ZHOB ON 23-02-2022 BEFORE: DISTRICT & SESSIONS JUDGE, QUETTA.

Whereas; it has been found essential by the Government of Balochistan to inquire and ascertain the incident took place in Zhob on 23-02-2022 the Government has constituted Judicial Commission comprising of District & Sessions Judge Quetta. NOW THEREFORE; from the public, having any information concerning or relevant to the incident took place in Zhob on 23-02-2022, including the personnel of the law enforcing Agencies and its Officers concerned or entrusted with any duty or otherwise, and as also the officers of district administration and other departments intending or interested to lay information before the Judicial Commission or to produce any evidence or to depose; are hereby directed to get their names registered with complete particulars in the office of Mr. Abdullah, Secretary to Commission/ Superintendent till 17th October 2022 during office hours. The date, time and place of proceedings of the Judicial Commission will be communicated

Secretary to Commission/

Superintendent, District & Sessions Court Quetta.

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