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Controversial tweets: PTI leader Azam Swati arrested by FIA

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October 16 will be a 'day of Imran's departure' from K-P: Fazl

No polio case reported in Balochistan for the last 21 months

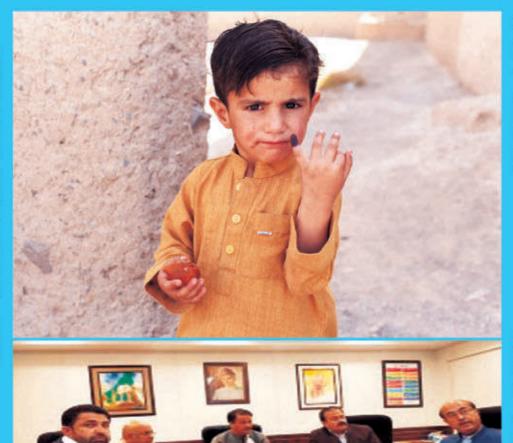
Syed Ali Shah

No polio case has been reported in Balochistan for the last 21 months. However, the danger of the crippling virus still exists in the province. This information was given by Syed Zahid Shah, the Coordinator Emergency Operation Cell (EOC) while talking to journalists in Quetta on Thursday afternoon. EOC officials including Dr. Aftab Kakar, Dr. Najeeb, Zafar Baloch, Shah Pur Khan, Masooma Qurban, Basit Khan and Dastagir Khilji were also present on the occasion. The EOC officials thoroughly briefed the journalists with regard to the prevailing threat of poliovirus in Quetta and other parts of Balochistan. They discussed all ways and means with journalists to eradicate the crippling virus from Balochistan. Chief of Emergency

Chief of Emergency
Operation Cell (EOC), Syed
Zahid Shah briefing the journalists about polio in
Balochistan: Photo provided by
Ayub Tareen

No polio cases since January 2021 in

Balochistan
Mr. Shah mentioned that since January 2021, no polio case has been reported from any part of Balochistan. This is a good and positive sign, he said. He however warned that



cases of the poliovirus during the current year. "The presence of virus in Karachi, Peshawar and Rawalpindi pose a serious threat to Balochistan", the EOC Chief stated.

The anti-polio campaign is scheduled to be launched from October 24th across Pakistan to Balochistan health departmen in coordination with UNICEF and others has started prepara tions to make sure the provision of polio drops to children.

"Media has to sensitize parents about the crippling virus", Zahid

Shah

"Media has to sensitize parents about the crippling virus", Zahid Shah said. He said the Balochistan government was trying to boost coordination with religious scholars, teachers and journalists to make the upcoming campaign a success. In Balochistan, thousands of chronic refusals in Quetta block, which comprises Quetta, Pishin, Killa Abdullah and Chaman are the cause of the presence of poliovirus. The government has formed committees comprising teachers, political leaders and religious scholars to convince parents to administer polio drops to their children.

'Willing to engage with India,' PM Shehbaz says at **CICA** moot

ASTANA: Prime Minister Shehbaz Sharif said on Thursday that he strongly favoured peaceful dialogue in resolving conflicts with other countries, including neighbouring India, in a bid to achieve prosperity of the

nations and the region.

Addressing the 6th summit of the Conference on Interaction and Confidence Building Measures in Asia (CICA) in Kazakhstan's capital Astana, he said Pakistan desired peaceful relations with all its neigh-



bours, including India.
"We are willing to engage with India for the sake of prosperity and development as both sides of the border can not afford to deal with massive challenges of poverty and unemployment amid meagre resources, he said.

The prime minister's speech focused on peace among nations to hit the goal of prosperity as he addressed the leaders of the multinational forum, gathered to discuss cooperation towards promoting peace, security and stability in Asia.

PM Sharif stressed that the people deserved the resources to be diverted to their education and health.

"I want to leave behind a legacy of peace and

progress for the prosperity of the coming generations of our region," he said.

"Pakistan's first priority at the moment is to revive rapid and equitable economy."

He, however, said the "onus remains on India to take

rie, nowever, said the "onus remains on India to take a necessary step to engage towards the result-oriented solutions." The premier highlighted India's unabated atrocities in Jammu and Kashmir for the last seven decades, where he said, that the Kashmiris faced continued denial of their right to self-determination.

He urged other countries to take notice of India's "bullet was halled" actions to take notice of India's

"bullet over ballot" policy as it blatantly quashed the United Nations Security Council's resolution on holding a plebiscite in Kashmir INP

> COAS Gen Bajwa to visit

flood-affected

areas of

Naushero Feroz

RAWALPINDI: Chief of the Army Staff General Qamar Javed Bajwa will visit flood-affected areas of Sindh, says ISPR statement issued on Thursday.

The ISPR said that during the visit, Army Chief General Bajwa will visit flood relief camps established by the Pakistan Army in Naushero Feroz.

The statement reads that the

The statement reads that the COAS will also conduct an aerial

review of the latest situation in the

Dead body of

Kazim Hazara

recovered in

Harnai

Balochistan

A bullet-riddled dead body

of Muhammad Kazim Hazara

was recovered in Shahrag area

of Harnai Balochistan. Levies

sources said Kazim Hazara had

On Thursday, levies found the dead body of Kazim Hazara in Zardalu area of Shahrag Harnai Levies shifted the dead

body of the victim to district

headquarters hospital Harnai. Levies reached the spot of the

incident as an investigation

gone missing the other day.

Hanif Tareen

flood-affected areas of province.INP



ASTANA: Prime Minister Muhammad Shehbaz Sharif meets President of Kazakhstan, Kassym-Jomart Tokayev on the sidelines of the 6th CICA Summit in Astana, Kazakhstan.

October 16 will be a 'day of Imran's departure' from K-P: Fazl

CHARSADDA: Jamiat Ulema-e-Islam (JUI-F) chief Maulana Fazlur Rehman has said that the Pakistan Democratic Movement (PDM), an alliance of ruling parties, will defeat PTI chief Imran Khan in the

upcoming by-elections.

By-polls are set to take place on October 16 in various national and provincial assemblies' constituen-

provincial assemblies constituencies.

"October 16 will be the day of accountability for Imran Khan and the day of his departure from Khyber-Pakhtunkhwa as the entire nation will reject him in the byelections," he remarked.

Fazl, who also heads the PDM, said this while addressing the ruling alliance meeting held at Padang Stadium in connection with NA-24 by-elections in Charsadda.

While congratulating the PDM

While congratulating the PDM candidates 'in advance' on their success in the upcoming by-polls, Fazl said he had been fighting against Imran for years to foil his foreign-backed conspiracies' conspiracies against the country.

"The fitna [mischief] that we are fighting is stupid and delusional, backed by America and Jews. They are plotting the end of Pakistan, which we will defeat."

He said that the nation will not allow its mandate to be stolen this

"How can he contest the election again after he left the assembly? This person is making fun of the entire nation, democracy, economy and parliament. The PDM chief said the ruling

coalition saved the country from the PTI's foreign-backed agenda by "defeating billions of dollars" — a reference to the prohibited funding

He said President Arif Alvi also admitted that Imran has lost his senses. Imran hampered the growth of the China-Pakistan Economic Corridor (CPEC) on the instruc-tions of America, Fazl alleged.

"A person who cannot even take care of his own children, how can he take care of other people's children.."Web Desk

PM Shehbaz waives off educational expenses of FATA **Balochistan students**

Dawood Ahmed

ISLAMABAD: Prime Minister Shehbaz Sharif waived off the educational expenses of students from Balochistan and FATA on Thursday, Official sources said the Prime Minister, Shehbaz Sharif waived off educational expenses for the students of former Federally Administered Tribal Areas (FATA) and

The PM took initiative to encourage the students of Balochistan and FATA to acquire higher education. The purpose of this initiative was to promote national unity and national integrity.

According to the announcement on Thursday, the students of Balochistan and former FATA will get free education at the Islamic University Bahawalpur. The notification stated that the 50 percent fee of a student will be paid by the federal government and the remaining 50 percent fee will be paid by the Islamic University Bahawalpur.

The PM issued instructions to the university to reintered the graphed students.



Chief Minister Balochistan, Mir Quddus Bizenjo welcomed the announcement made by Prime Minister Shehbaz Sharif. He said this was a positive and good initiative taken by the Premier to encourage students of Balochistan and FATA.

Controversial tweets: PTI leader Azam Swati arrested by FIA

ISLAMABAD: Senior PTI leader Senator Azam Khan Swati's two-day physical remand was approved by a district and sessions court following his arrest over his alleged "controversial" tweets.

The Federal Investigation Agency (FIA) took Swati

into custody from his home in Islamabad earlier, and presented him before senior civil judge Shabbir Bhatti's court in the federal capital.

The agency's cybercrime wing registered a case against Swati late Wednesday night over the "controversial" tweets

before senior civil judge Shabbir Bhatti's court in the federal capital. PTI's lawyer Ali Bukhari represented Swati in court.At the outset of the court proceeding, the FIA officials requested the court to grant a seven-day phys-

The PTI leader, soon after his arrest was presented

ical remand of Swati for investigation However, Swati's counsel claimed that the "worst" torture was inflicted upon the senator. They stressed that Swati has been arrested only on "political

Later, the court partially accepted the FIA's plea, granting a two-day physical remand of Swati.

Swati is the third senior leader of the Imran Khan-led PTI who has been arrested by the FIA after Saifullah Khan Nyazee and Hamid Zaman. However, Nyazee and Zaman are being probed for their alleged involvement in the prohibited funding to the party.

Later on, a four-member medial medical board at the Pakistan Institute of Medical Sciences (PIMS) in the federal capital declared the PTI leader as medically fit and healthy

The medical board comprising Dr Tashfeen Imtiaz, Dr. Asfandyar Khan, Dr Liaquat Ali, and Dr Fazlul Aziz examined the PTI leader in compliance with the order of the judicial magistrate at the hospital In its report, the board declared the incarcerated PTI

leader "physically and mentally fit".

Stents were installed in three of his arteries, the medical board said, adding that he has been taking car-

Confirming the development, PTI Secretary General Asad Umar condemned the move and demanded that Swati be released immediately.

tutions and running smear campaigns. Web Desk

The PTI has often been accused by government functionaries of using social media against state insti-

into the incident went under-Motives behind the incident couldn't be ascertained, levies

Power breakdown: Khurram Dastagir assures of complete restoration by Isha

ISLAMABAD: Following a major breakdown that affected large parts of the country, Energy Minister Khurram Dastagir Khan assured the nation that the electricity transmission system will be "completely restored" between Maghrib and Isha. "We will restore the system between Maghrib and Isha," said the minis-

ter in a press conference. He added that an inquiry team formed to investigate the matter will submit its report within five days.

The minister told reporters that due to the breakdown a shortfall of 8,000 megwatts emerged, adding that at least 4,700 megawatts have been

restored.

"Faisalabad and Multan regions have been restored completely," he said, adding that Sukkur Electric Supply Company (SEPCO) has been par-Khan said that it will take a few hours to restore the plants that have tripped and is hopeful that plants providing electricity to Karachi will also

"Electricity needs to be restored in Quetta and Karachi," said Khan adding that the tripping that triggered the breakdown started from the port city and spread to the other parts of the country.

Earlier today, the Energy Ministry had said that southern parts of the country, mainly Sindh, Punjab and Balochistan, were left without power after a fault was detected in the national grid's southern transmission sys-



tem."Due to an accidental fault in the country's southern transmission sys-

tem. "Due to an accidental fault in the country's southern transmission system, multiple southern power plants are tripping which is affecting the transmission of electricity in the southern part of the country," tweeted the ministry. The ministry shared that it was working to detect the fault and restoring the electricity in the southern part country at the earliest.

The KE officials appeared before the Sindh High Court (SHC) after the court issued the arrest warrants for the distributor company's chief executive officer (CEO). The officials informed the court that the KE wasn't responsible for the power outage. "The entire country's power system is down," they said Earlier, SHC Justice Salahuddin Panhwar issued the arrest warrants for the KE CEO, directing the officials to implement the arrest orders within an hour. He expressed annoyance over the suspension of the power supply since 9:30am, as city courts and the accountability courts within Karachi were also left without power following the breakdown. He asked how the court could hold proceedings with no electricity. K-Electric spokesperson Imran Rana has confirmed that multiple areas of Karachi were out of electricity. He said that the process for restoration of the power supply has started. However, he said that complete restoration may take up to five hours. "There are reports of multiple outages from different parts of the city. We are investigating the issue and will keep this space posted," he wrote in the initial tweet after the power breakdown. INP

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

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

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.

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 signifi-cant variation of average weather conditions-say, conditions becoming warmer, wetter, or drier—over several decades or more. It's the longer-term trend that differclimate entiates change from natural weather variability. The climate is the fundamental part of the world Because our agriculture and indus-trial system are dependent on climate and a lot of commodities required in indus-tries 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 the weather.

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

cause of the several issues of the world. representative from all over the world, United Nation and different compa-nies Chief executives were participating in this conference; talk-ing 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 tur-

Anthropogenic causes of climate change. Humans more specifically, the greenhouse gas greenhouse gas GHG) emissions that human activity gener-ates—are the leading cause of the earth's rapidly changing cli-mate today. Greenhouse gases play an important role in keeping the planet warm enough to inhabit. But the inhabit. But the amount of these gases in our atmosphere has skyrocketed in recent decades. According to

Environmental Protection Agency, our current concentrations of carbon dioxide, methane, and nitrous oxide "are unprece-dented compared with the past 800,000 years." Indeed, the atmosphere's share of carbon dioxide—the planet's chief climate 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 transporta-tion 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, clearcut-ting, fires, and other forms of forest degradation release an average of 8.1 billion metric tons of carbon dioxide per year, accounting for more than 20 n than 20 per cent of all global CO2 emissions. Other human activities

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

Though our planet's forests and oceans greenhouse absorb gases from the atmosphere through photo-synthesis and other processes, these natural carbon sinks can't ral carbon sinks can't keep up with our rising emissions. The resulting buildup of greenhouse gases is causing alarmingly fast warming worldwide. It's estimated that the earth's average temperature rose. age temperature rose by about 1 degree Fahrenheit during the

20th century. causes of Every state should take reasonable care the world.

change in the world and look after the sysand look after the sys-tem of industries which is the major cause of climate change. The devel-oped countries now oped countries now take measurements to stop climate change and work on technical and advanced tech-nologies which help out to stop the emis-sions of several gases which destroyed the 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 which are causing climate change, Japan and other developed countries of the world work on electric vehicles it is also sig-nificant for climate change. Every individ-ual must take too much care about climate change because it is one of the leading causes of the world which affects all over

The climate IDP

Many internally dis-

Internally displaced persons (IDPs) remain persons (IDPs) remain among the most vulnera-ble 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 their homes or places of habitual residence, in par-ticular as a result of or in order to avoid the effects of armed conflict, situa-tions of generalized vio-lence, violations of lence, violations of human rights or natural or human-made disasters, and who have not crossed an internationally recog-nized 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 coun-try to a wide range of cli-mate-induced disasters such as floods and land-slides. 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 Chilary 2008 to 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 tem-peratures, and frequent

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

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 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 discrimina-tion in humanitarian

placed children in Pakistan have lost access to education as their schools have been washed away. Many chil-dren 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-ofhighest 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 dis-

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.

placed children back to

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

es 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

Article 2(2) of the ICCPR obligates Pakistan to take "the necessary steps, in accor-dance with its constitutional processes and with the provisions of the pres-ent 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 inspi-

ration from the Guiding Principles on Internal Displacement and incorporate them into its national legislation. The 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 displacement. Although the Guiding Principles are not legally binding, they have attained signif-icant authority since their inception. At the World Summit in September 2005 in New York, the Guiding Principles were recognized as an impor-tant international framework for the protection of

Recently, 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

By Rida Tahir

destruction 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

munity should support Pakistan as it responds to the unprecedented cli-mate-induced floods. Many IDPs remain dis-placed 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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Collision with happiness

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 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 flirting with sadness flirting with sadness. What turned things

around and is this happi-ness sustainable? 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 pateraxy job. I thought the extra time I had on pater-nity 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 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

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 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

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 morning 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 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

Nurture a healthy heart to live wisely

orld Heart Day is cele-brated or 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 black-ens 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 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 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, fiving 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 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 100,000 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 tireless-ly 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, choles-terol, angina, and heart failure, as well as worldclass medical devices for cardiac interventions. The high prevalence of CVD in Pakistan is main-

ly 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 medicine. On this World Health

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 the most from traditional 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 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-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, advisring 45-minute walk daily. Pakistan Hypertension League General Secretary Dr Mohammad Ishaq

says exercise strengthens says exercise strengtiens 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 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

ovid-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 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 ings. 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-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 anthro-pogenic 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

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 existing 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

PM Shehbaz calls for urgent help for rehab of 33m climate refugees

ASTANA: Prime Minister Shehbaz Sharif has said Pakistan needs immediate help to reha-bilitate its 33 million cli-mate refugees affected by the recent devastating

rains and floods.
Addressing the 6th
Summit of the on and Conference Interaction Confidence Building Measures in Asia in Kazakhstan capital of Astana on Thursday, Shehbaz Sharif said Pakistan is living through a colossal climate-induced situation. He said

unprecedented rains and flooding that have sub-merged one-third of Pakistan are without any doubt the consequence of global warming and climate change.

The prime minister said according to initial estimates the calamity has caused a loss to the tune of over 30 billion dollars. He said the government has marshalled all the resources at its disposal for the resource relief posal for the rescue, relief and rehabilitation.

Shehbaz said though Pakistan is responsible of global carbon emissions yet we are amongst the ten top countries most severely impacted by climate change. Expressing his grati-

tude to the countries who extended support to the flood-affected people, Shehbaz said Pakistan looks forward to their continued support as the country transitions to the more daunting phase of reconstruction and rehabilitation.He said Pakistan is determined to emerge stronger from these floods in a short period of time.INP

for less than one percent **Digital solutions** help rural Pakistan recover from floods

I S L A M A B A D : Digital solutions help rural Pakistan recover from floods. As the flash floods recede in Pakistan, the country welcomes the first smart IoT farm in Rawalpindi

According to China Economic Net (CEN), Satellite navigation autopilot, robotic fertilizer applicator, agricultural UAV, climate and soil monitoring stations, solar-powered water pump. The deluge-rav-aged land is recovering by virtue of digital solu-

tions.

"This is just a beginning", Liu Yang Sloan, Secretary General of the Preparatory Committee, Organization Developing Countries Revitalization (ODER), a sponsor of the program, told CEN, adding, "Agriculture, which has an important bearing on people's livelihood, shall be our priority in helping

Pakistan recover from the aftermath of the floods' "By employing digital means in rural revitalization, we can not only empower rural revitalization, but also help local communities coordinate international assistance and investment in postdisaster reconstruction"

explained. The first step is macroeconomic and geospatial modeling. The popula-tion, total area, arable land area, GDP, and the industry mix in the affected areas shall be simulated. In addition, based on GIS technology, geospa-tial modeling shall be car-ned out for the residen-tial, agricultural and industrial areas in the affected region.

With economic and data, a database geospacial blockchain model will be constructed that describes the economic activities of a region from five dimensions; crop, livestock, aquatic, mine, and non-agricultural industries.

This lays a foundation Ins lays a foundation for the essential supporting system for digital rural revitalization projects: rural cooperatives.

"After decades of attempts, Pakistan has not been able to form a set of effective mechanisms for

effective mechanisms for rural cooperatives. We found through investiga-tion that the core reason is that local people lack confidence in obtaining ideal returns from their investment in land and human resources, and there is no real-life success story in Pakistan for them to refer to", said Mr

Liu Yang Sloan. But in fact, local peo-ple's cooperative can be transformed into a commercial entity that is of investment value to domestic and foreign investors, so that capital from different channels can go into the disaster-stricken areas more efficiently.

According to Mr. Liu Yang Sloan, a very rele-vant example for Pakistan is Liupanshui, Guizhou, a once impoverished city in southwestern China. By capitalizing on the local arable land, woodland, natural scenery, and other ecological resources, villagers as stockholders of the industrial enterprises have contributed their strength to and shared the dividends of develop-ment. In this way, over 600,000 locals were lifted

out of poverty. "For Pakistan to make better use of the aid funds and investments, locals should also be mobilized to become part of the post-construction endeav-

In addition, we will work with local mobile operators and banks to empower rural industries cooperatives based on digital payment sys-tems that are already in operation.INP



LAHORE: Senior doctor of Shalimar Hospital Bariatric Surgeon Dr. Muaz-ul-Hassan brief to staff members about successful Gastric bypass operation of 300kg overweight Waseem Kamni at Shalimar Hospital in Provincial Capital.

FIA arrests PTI leader Senator Azam Swati, gets his 2-day physical remand

ISLAMABAD: Federal Investigation Agency (FIA) has arrested senior PTI leader and former federal minister Senator Azam Swati.

Family sources on Thursday said that Azam Swat was taken into custody by the FIA person-nel from Chak Shahzad during a late-night raid.

Azam Swati was arrested in connection with money laundering and foreign funding case. The FIA has nominated I1 party office-bearers including PTI Chairman and former prime minister Imran Khan in the foreign funding case.

Confirming the development, Babar Awan said the govern-ment had arrested Azam Swat in the dark of the night

The FIA wasted no time and produced Azam Swati before district and sessions court in Islamabad and sought seven-day physical remand of the former minister. However, Senior Civil Judge Shabbir Bhatti approved physical remand for two days and directed the FIA to produce the accused on next hearing after his complete medical check-up. The court was told that Swati

was arrested by the FIA's Cyber Crime Cell. The court ordered immediate medical check-up of the PTI leader.

A team of Babar Awan, Sardar Masroof Khan and Qaisar Jadoon represented Azam Swati in the court, who told the judge that the former minister was arrested only on political

grounds and he was brutally tortured during the night. As the court reserved its rul-

ing on FIA's plea for physical remand, the Agency personnel took Azam Swati to PIMS Hospital for his medical check-

Reacting to Azam Swati's arrest, PTI leader and former federal minister Asad Umar has condemned his arrest and immediate demanded

A team of Babar Awan, Sardar Masroof Khan and Qaisar Jadoon represented Azam Swati in the court, who told the judge that the former minister was arrested only on political grounds and he was brutally tor-tured during the night INP

Major cities of Sindh experience power breakdown

KARACHI Major cities of Sindh including Karachi are experiencing a breakdown of electricity on Thursday.

As per the official sources, six units were tripped due to a tech-nical glitch in Guddu Thermal Power Station. These six units had been gen-

erating 832 megawatts of electricity, and due to their tripping, electricity production has been reduced to zero.

Moreover, power supply to Sindh, Balochistan and Punjab from Guddu Thermal Power Station has been suspended.
"Reports of interruption in

power supply have been received in Karachi and other cities of the country," the K-Electric spokesperson said.

"The cause behind the power suspension is being investigated.
Teams are active for restoring the power supply," he added.
He also advised the power consumers to contact the social

media platform of K-Electric for

further information.

Meanwhile, the Power
Division said in its statement that due to an accidental fault in the southern transmission sysof the country, several southern power plants were trip-ping one after another. "The Ministry of Energy is

diligently investigating the cause of the power suspension, and the power supply will be fully restored as soon as possi-ble, it added.

ble, it added.
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consumers to contact the social media platform of K-Electric for further information.Meanwhile, the Power Division.INP

Pakistan reports 57 coronavirus cases, no death in 24 hours

LAHORE: Pakistan has report-ed no death in the last 24 hours by novel coronavirus as the number of confirmed positive cases has surged to 1,573, 221. The nation-wide tally of fatalities stands at 30,620 on Thursday. According to the latest figures by the National Institute of Health

(NIH), at least 57 persons were tested positive for COVID-19 across the country in the past 24

Pakistan has conducted 11,953 tests in the past 24 hours out of which 57 persons were tested positive for the disease. The COVID Positivity Ratio was recorded at 0.48 percent.INP

Interior ministry approves deployment of forces for LB, by-poll elections

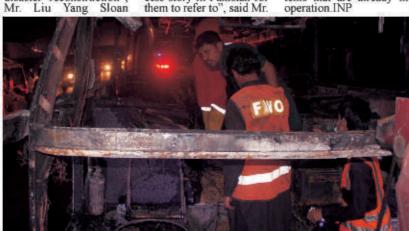
ISLAMABAD: The interior ministry on Thursday approved the deployment of Army, Rangers and FC for the local body elections in the Karachi division and by-polls in the 11 constituencies. constituencies.

The Army will also act as Quick Response Force for the local body elections in the seven districts of the Karachi division, which are scheduled to happen on October 23.INP

HEC Chairman stresses use of innovation and Tech in education

sector ISLAMABAD: Chairman, Higher Education Commission (HEC) Dr. Mukhtar Ahmed has said that the world was focusing on digital transformation, inno-vation and use of technology in the education sector. He further said that in view of contemporary requirements, the HEC was helping the universities to adopt smart classrooms, blended edu-cation and hybrid systems.

He was addressing the closing ceremony of the 7th International Applied Business Research Conference at the International Islamic University here Thursday The Chairman HEC said for future success it HEC said, for future success, it is necessary that we have to move with the pace of contem-porary changes in technology. He opined that instead of build-ings and models, it was the era of smart university ideology.INP



NOORIABAD: Rescue workers comb through the scene of burn passenger coach at M9 motorway.

Pakistan lost over 1,76,153 acre crops due to floods: NFRCC

ISLAMABAD: Over 1,76,153 acres of crops destroyed, 4,66,366 homes affected, and over 2,16,974 cattle have been reported dead amid flooding across the country, the National Flood Response Coordination

National Flood Response Coordination Committee's (NFRCC) latest figures show. According to the NFRCC, over 1,60,460 homes were partially affected while 1,17,356 were completely were completely demolished amid the

committee issued province-wise data on damages caused by the floods across the country. The NFRCC has announced to coordinate with multiple institutions to form a low-cost rehabilitation program for affected people. In Balochistan, over

KARACHI: Despite

Karachi,

a major power break-

flight operations at Jinnah International

Airport Karachi con-

tinue as per routine,

Following the major power breakdown, all

the areas of the Jinnah

International airport Karachi have been shifted on the genera-

tors and the process of boarding and check-in

is also underway. Sources privy to the

said

Jinnah

sources

Thursday

3,90,201 homes have been affected while 124 people have lost their lives amid floods. 1,33,994 homes were completely demolished while 94,742 homes were partially dam-

Crops on 1,57,954 acres have been affect-ed, while 89,234 cattle were reported dead due to floods.

Gilgit Baltistan In Gilgit Baltistan, 23 people were report-ed dead, and 8,479 homes were affected due to floods, the NFRCC told. At least 667 houses were com-pletely demolished while 1126 suffered damage, added

Crops on 9,244 acres were affected and 609 cattle were reported dead amid floods.

Karachi airport: Flight

operations continue despite

power breakdown

development said that

extra lights have been

switched off at the air-

port to save energy and

to ensure continued

major power break-down on Thursday

morning in the swel-tering weather as an Extra High Tension

(EHT) line tripped and affected the power supply in the metropo-lis. The power supply was interrupted after

an extra high-tension line tripped, resulting

Karachi suffered a

operation.

In Punjab 2,328 homes were completely demolished, and 373 were partially affected by floods. Crops on 2208 acres were affect-ed, while 307 cattle were reported dead due to floods.

Khyber Pakhtunkhwa Over 33,301 homes were affected, 85 dead, and at least 10,048-acre crops were affected by floods in KP. At least 23,222 cattle were reported dead, the NFRCC told.

NFRCC told.
Also Read: Floods
wreak havoc in 88
Pakistan districts:
WHO official
SindhSindh suffered
a loss of 10,721 acres
of crops, 3,603 cattle
and 26 lives lost. OVer
14,967 homes were
14,967 homes were affected by floods, out of which 9,576 were c o m p l e t e l y destroyed.INP

in the closure of more

than 30 grids. Power

outages were observed

in Gulshan-e-Maymar, FB Area, Liaquatabad, SITE, Superhighway, North Karachi, North Nazimabad, Surjani Town, Gulshan, Shah Faisal and Malir.

are reports of multiple

outages from different

parts of the city. We

are investigating the issue and will keep this space posted" INP

Meanwhile, Spokesperson - in a Tweet - said: "There

SC orders NAB to get Hamza summons published in newspaper

ISLAMABAD: A Supreme Court divisional bench headed by Justice Ijazul Ahsan heard NAB's appeal against PML-N leader Hamza Shehbaz and ordered issuance of an advertisement in a newspaper regarding summons for the former Puniab chief minister.

Deputy Prosecutor NAB said that the parties could

Justice ljazul Ahsan remarked that SC had earlier ordered LHC Registrar for compliance of summons and the LHC Registrar issued directive that court be informed 10 days before arresting Hamza Shehbaz.

The observations of the Lahore High Court were challenged by the NAB Earlier, a special court in Lahore on Wednesday acquitted Prime Minister Shehbaz Sharif and his son, Hamza Shehbaz, in a Rs16

billion money laundering case.

The brief verdict, which was reserved earlier in the day, was announced by Judge Ijaz Hassan Awan During Tuesday's hearing, the FIA had told the court that no direct transaction had been made in the bank accounts of PM Shehbaz and his son from benami (unnamed) accounts The Federal Investigation Agency (FIA) had booked Shehbaz and his two sons, Hamza and Suleman, in November 2020 under Sections.INP

Construction of two offshore patrol vessels for Pakistan Navy begins

KARACHI: The construction of two modern off-shore patrol vessels for Pakistan Navy has started at Romania's Damen Shipyard on Thursday.

A ceremony had also been held in this regard at the Damen Shipyard. Chief of the Naval Staff Admiral Muhammad Amjad Khan Niazi was the chief guest at the ceremony. These ships will be equipped with mod-ern weapons and technology. The induction of these ships into Pakistan Navy will further increase its capa-bilities to protect maritime affairs," Naval Chief Amjad Khan Niazi said. The naval chief also highlighted the efforts of Pakistan Navy regarding maritime peace and stability. He also appreciated the Damen Shipyard for its professionalism and providing modern technology to Pakistan Navy. INP

TENDER NOTICE

The EXECUTIVE ENGINEER MAINTENANCE I DIVISION QUETTA invite bids from Eligible Bidders for execution of following works for the Year 2022 based on Composite schedule rates 2018 on Percentage Rates.Bid Security 2%, and Tender fee Rs. 1000/- for the work. TSE-222310131373. S.# Name of Work/s

Installation Of Steel Shade For Masjid At Chief Minister's 7,135,200 Annexe, Quetta

Procurements shall be made under the Balochistan Public Procurement Rules 2014. Eligibility of Bidders: Presence in Active Tax Payer List The bidding firm must not be blacklisted by any procuring agency of Pakistan Balochistan Revenue Authority Registration is required The bidder must have completed Assignment of similar nature of work Turn over of at least 4,994,640 PKR Amount in3 subsequent previous years showing financial capacity of the firm. Procedure Of Procurement Single Stage One Envelope Bidding Procedure Bid Security: The bids must accompany Bid Security in the form of Deposit at Call of 2 % specified above in the name of the under-signed from a scheduler bank. Tender Documents: The bidding documents can be obtained from the office of the under-signed 1,000 PKR . Issuance of tender Documents: From the date of publication of NIT to 31 October, 2022 during office hours on working days. Last Date of bid submission: The Tenders must be submitted latest by 31 October. 2022 till 11:00 AM. Tender opening: All tenders will be opened on same day at the office of the undersigned at 12:00 PM.Address: EXECUTIVE ENGINEER MAINTENANCE I DIVISION QUETTA C&W Complex NEAR

CHAMMAN PATAK MIR JAFAR KHAN JAMALI ROAD QUETTA Phone no:

0812920243 Fax no: Email: maintainancexen@gmail.com EXECUTIVE ENGINEER PRQ No.655/13-10-2022 MAINTENANCE I DIVISION QUETTA 💲 www.dpr.gob.pk. 📝 @dpr.gob 👩 dpr.gob 👍 @dgpr.balochistar



ASTANA (Kazakhstan): Pakistan and Kazakhstan on Thursday agreed to diversify bilateral trade and explore the possibilities of expanding investment cooperation.

The bilateral relations were discussed in a marking between Prime and the cooperation of the cooper

cussed in a meeting between Prime Minister Muhammad Shehbaz Sharif and President of Kazakhstan Kassym Jomart Tokayev on the sidelines of Conference on Interaction and Confidence Building Measures in Asia (CICA) Summit heing held here The two leaders reviewed the bilat-eral relations including trade, connec-

tivity and energy. They agreed on enhancing technical level engagement to accelerate progress on agreed items. The prime minister recalled his meeting with the Kazakh president on the sidelines of SCO Summit at Samarkand in September 2022 which set the pace for reinvigorating multi-faceted engagement. He underlined the need for promoting joint ventures in energy, agriculture, technology, logistics, communication and con-struction. Prime Minister Shehbaz also emphasized the importance of direct air connectivity.INP

BEFORE THE JUDGE BANKING COURT BALOCHISTAN AT DISTRICT COURT/KACHEHRY SHARA-E-IOBAL QUETTA

SUIT NO.31-2022

Plaintiff

Versus

National Bank of Pakistan through its Manager, Manan Chowk Branch Quetta.

Munawar Habib son of Habibullah

R/o Flat No. S-13 Night Star Complex Jinnah Town Quetta. Qaisar Khan son of Abdul Gha C/o Iqbal Hall Room No. 12 Takatu Campus BUITEMS University

Balely Quetta.

Jafar Khan son of Fateh Khan

Trauma Center Sandayman Provincial Hospital Jinnah Road Quetta.

Defendants

SUIT FOR RECOVERY OF RS; 693147/-ALONG-WITH COST OF FUND U/S 9 OF THE FINANCIAL INSTITUTION (RECOVERY OF FINANCES

ORDINANCE 2001). The above noted defendant. Notice to:

WHEREAS the plaintiff has instituted a suit against you under section 9(5) of the Banking Companies Ordinance XLVI of 2001 for RS: 693147/. balance of principal & interest/mark up/rent due to him of which copy can be abtained from this court, on or, hereby summoned to obtain leave from the court within 30 (thirty)days, from the service hereof to appear and defend the suit, and within such time to cause an appearance to be entered for you. In the defult whereof the plaintiff will be entitled at any time after expiration of such 30 (thirty) days to obtain decree as prayed in the plaint. Leave to appear may be obtain on an application to the court supported by an affidavit or declaration showing that there is defense to the suit on the merits, or i.e. if, it reasonable that you should be allowed to appear in the suit. Date of hearing is

GIVEN under my hand and seal of the court, this 13th day of October, 2022.

(MUNIR AHMED MARRI) JUGDE Banking Court Balochistan at Dera Allah Yar

Published by Asim khan at C-7 Kabir Building Printed at AlSaeed Printing Press Mando Khail Plaza Mission Road Quetta.

DAILY QUETTA VOICE Friday,Oct Islamabad court confirms Imran Khan's bail in remarks against judge case

ISLAMABAD: A district and sessions court of Islamabad confirmed PTI Chairman Imran Khan's bail in the threat to female judge case filed against him by the Islamabad Police.

The PTI chief was granted interim bail in the case last week against surety bonds worth Rs50,000 till today.

However, his lawyer, Babar Awan, submitted Rs5,000 for the bond but was informed that the amount was Rs50,000.

Rs50,000.
Following this Khan arrived the court and submitted Rs50,000 for the bond.
The former prime minister also appeared in sessions judge Kamran Basharat Mufti along with Awan.
Prosecutor Wajid Munir was also present.

During the hearing, Awan informed the court that his client has been named in two cases and asked the court to approve the bail. At this, the court asked prosecutor Munir to share his stance.

Munir told the court that Kohsar Police Station has attached section 505 in the first information report (FIR) which is a non-bailable offence. "Imran Khan gave a provocative statement," said the prosecutor.

But Awan told the court that a case was also registered at the Margalla Police Station, adding that ant-terrorism clauses were added in the FIR but it was removed on the orders of the high court.

The judge then remarked that the public gathering was happening at the F-9 Park then how come section 144



NOORIABAD: Rescue workers search the remains of a burnt passenger bus after an overnight

Pakistan-West Indies series likely to be postponed

ISLAMABAD: The three-match T20I series between Pakistan and West Indies is likely to be postponed until 2024, it has been reported on Thursday.

Thursday.

Both the Pakistan Cricket Board and the West Indies Cricket Board are

on the same page over the matter.

The Windies are scheduled to play three T20I matches next year in January 2023 in Pakistan. The post-ponement of the series would allow players to participate in different T20 leagues around the globe.

leagues around the globe.
In January 2023, there will be the
ILT20 in the United Arab Emirates,
the SA20 in South Africa, the BBL in
Australia, and the Bangladesh Premier

West Indies are also scheduled to tour Pakistan in February 2024, where they will play two Tests as a part of the World Test Championship and three T20Is.INP

21kg ice drug seized at Lahore Airport

LAHORE: Airport Security Force (ASF) crew Thursday during action at Allama Iqbal International Airport Lahore seized 21.53 kilograms of Ice (Crystal Methamphetamine) drug

from passenger.
According to the details, alleged accused Muhammad Ramzan wa travelling to Dubai and had concealed the drug in a layer of his trolley bag, although the ASF crew while searching his luggage recovered drug pack-

The culprit, after initial investigation, was handed over to the Anti-Narcotics Force (ANF) along with the recovered drugs for further legal action.INP

ACE drops corruption inquiry against Buzdar's principal secretary

LAHORE: The Vigilance Wing of the Punjab's Anti-Corruption Establishment (ACE) on Thursday dropped corruption inquiry against Tahir Khurshid aka "TK", principal secretary to former chief minister Sardar Usman Buzdar.

Sources said Tahir Khurshid who was facing the corruption inquiry involving millions of rupees was summoned by the ACE a number of times but he never showed up. Last time he was summoned by the ACE was on July 6 last but he did not bother, the

Tahir Khurshid was accused of receiving bribes through frontmen in C&W Department. He was also alleged to have received money for

alleged to have received money for transferring and posting officers.

Tahir Khurshid was also accused of receiving bribes while extending approval to government tenders for building roads.

Tahir Khurshid and C&W Chief Engineer Wasim Tariq were also blamed for receiving heavy bribes for

blamed for receiving heavy bribes for getting approved additional funds for

The ACE had arrested C&W Chief Engineer Wasim Tariq.According to sources, Tahir Khurshid was the fourth person to get clean chit from ACE after Usman Buzdar, Farah Gogi and Shireen Mazari ever since the new

provincial office.INP

Imran Khan says can sacrifice life for masses, jail is nothing

government

RAWALPINDI: Former prime minister and Pakistan Tehreek-e-Insaf (PTI) Imran Khan on Thursday said he is ready to sacrifice his life for the masses, jail is nothing for him.

"I'm ready to sacrifice my life for the masses, going to jail is not an issue," Imran Khan said while addressing a ceremony in Rawalpindi. Khan said he will continue his flight

against the corrupt mafia and added he is being booked in new FIRs on daily basis for not bowing down. The PTI chairman said the corrupt

mafia looted the country's resources for last 30 years and it has been again given 'freehand'. After coming back into power, legislation is being done to provide relief in corruption cases.INP

Pakistani rupee's marathon run against US dollar losing steam

hammered for nearly two weeks, the US dollar has started to show some resistance to the onslaught of the Pakistani rupee as the greenback lost only 38 paisas in value at the start of the interbank trading on Thursday. The soaring rupee's everyday margin started to reverse a little from over rupee to rupee the base now come. one to rupee two has now come down to just paisas. Though the US dollar had gained nine paisas on Wednesday but lost only 38 paisas on Thursday. The greenback at the moment was being traded at at the moment was being traded at Rs217.50 amid reports Finance Minister Ishaq Dar has reached Washington for talks with IMF and World Bank on some debt relief. On Wednesday, the US dollar increased by nine paisas to close the day at Rs217.88. The rupee is showing resilience since Finance Minister Ishaq Dar took the charge of Finance Ministry and warned speculators of strict

action for artificially appreciating the rate of dollar. He said that the actual rate of US currency should have been below Rs200. The State Bank of Pakistan has started a crackdown on traders and commercial banks who were involved in the speculative trading which has enabled the local unit to resus-citate. Besides this, the SBP has citate. Besides this, the SBP has been providing liquidity to the market which is likely to help banks in releasing payments to clear import backlog. The rupee is showing resilience since Finance Minister Ishaq Dar took the charge of Finance Ministry and warned speculators of strict action for artificially appreciating the rate of dollar. He said that the actual rate of US currency should have been below Rs200. The State Bank of Pakistan has started a Bank of Pakistan has started a crackdown on traders and commercial banks who were involved in the speculative trading which has enabled.INP

Sindh police recover two kidnapped children in separate operations

KANDKOT: Police in sepa-rate operations recovered two young children who had been kidnapped from different areas of Sindh on Thursday.

Kandhkot police recovered a two-year-old boy, who had been kidnapped five days ago, after a shootout with dacoits.

The police spokesperson said that the deputy superintendent of police (DSP) and the station house officer (SHO) conducted an operation in Risaldar area after a tip-off about the pres-ence of the child there.

ence of the child there.

"The dacoits fired shots at police, but they had to flee away, leaving the child behind, after the police fired back in retaliation," he added.

The joy of the boy's parents knew no bounds after the successful police operation. The

citizens also raised slogans in favour of the police and flung Ajrak around the shoulders of Senior Superintendent of Police (SSP) Zubair Nazir Sheikh.

another such incident, Khairpur police recovered an innocent girl, Akasha, who had been abducted from Sehwan Sharif shrine a few days ago.

On the orders of SSP Mir Rohal Khan Khoso, the lady police and A-Section police conducted a joint operation and

conducted a joint operation and recovered the girl from City

The police teams also arrested the woman abductor, Afrooz Moreo, and registered a case against him. The abduction case had been registered at Sehwan police station on a complaint of Qamaruddin Naich, the SSP said. INP

ECP asks Imran Khan to avoid commenting on LG polls in Karachi Jalsa

KARACHI: The Election Commission of Pakistan (ECP) has asked former prime minister and Pakistan Tehreek-e-Insaf (PTI) Chairman Imran Khan to avoid commenting on Local Government (LG) elections dur-ing Karachi jalsa, scheduled to take place on Friday.

According to details, the elec-toral watchdog has penned down to former premier, asking him to implement the ECP's code of con-duct in respect of Sindh local gov-ernment (LG) elections during the Karachi Jalsa

The ECP is well aware that you [Imran Khan] are conducting a jalsa at Punjab Ground, Shah Faisal Colony on Oct 14 regarding by-elections on Karachi's Korangi NA-239 seat. However, this juris-diction also comes under second phase of Sindh LG polls," the let-

ter stated. It noted: "Holding of public gatherings/jalsa, car rallies and

display of weapons in such juris-dictions - where second phase of LG polls would take place - are

explicitly banned as per ECP's code of conduct."

In this regard, the ECP advised the former prime minister to avoid committing the violations and commenting on LG polls during the jalsa. The electoral watchdog also warned Imran Khan of action over violation of the code of con-

It is pertinent to mention here that Sindh government pleaded again to the election commission for delaying local government polls in Karachi.

The government in a letter to the provincial election commissioner, has sought postponement of the local government elections in the port city for at least three months. "Local elections should be held in two phases, if not being deferred," the government suggested. INP

applied to the case?

He also remarked that the FIR does not include section 506-2, adding that there are bailable provisions in the case After this, the court approved the bail of the PTI chairman.

case After this, the court approved the bail of the PTI chairman.

Last week, a sessions court had approved the interim bail plea of Khan till October 13 (today).

Khan was booked in a case for threatening judicial magistrate Zeba Chaudhry and police officers at a rally in F-9 Park on August 20, to "terrorise" police officials and the judiciary. The main aim was to prevent the police officers and judiciary from carrying out their legal obligations, stated the FIR. The FIR was registered on the complaint of Magistrate Ali Javed at Islamabad's Margalla Police Station under Section 7 of ATA However, the Islamabad High Court quashed the terror charges and directed to transfer the case to a relevant court under the remaining sections in the FIR on September 19 Following the order the anti-terrorism court, on September 20, transferred the case to a sessions court and removed the Anti-Terrorism Act (ATA) section from the case. On September 22, during a hearing of a contempt case in IHC, Imran Khan also requested the court to allow him to apologise to judge Zeba Chaudhry in person Later, a magistrate of Islamabad's Margalla Police Station issued the arrest warrant for PTI Chief Imran Khan due to his non-appearance in court. However, Khan acquired protective bail from the IHC till October 7. INP

Pakistan abstains from voting on Russia-Ukraine conflict at UNGA

ISLAMABAD: Pakistan has abstained from voting on the resolution on the Russia-Ukraine issue at the

11th emergency session of the United Nations General Assembly (UNGA) on Thursday. With Pakistan abstaining, the UN General Assembly (UNGA) adopted a resolution by a large majority, calling on countries not to recognize the four regions of Ukraine which Russia has claimed, following referendums held late last month, and demanding that Moscow reverse course on its "attempted illegal annexation

annexation".

The vote in the 193-member world body was 143 in favour to five against, with 35 abstentions.

The resolution "defending the principles" of the UN Charter, notes that the regions of Donetsk, Kherson, Luhansk and Zaporizhzhia are temporarily occupied by Russia as a result of aggression, violating Ukraine's territorial integrity, sovereignty and political independence.

Explaining his abstains from voting, Pakistan's Ambassador to the UN, Munir Akram, regretted that the co-sponsors of the resolution did not accept propos-als for an immediate peaceful resolution of the conflict.

"Irrespective of the origin of the conflict, the highest priority, at this moment, is the immediate cessation of

priority, at this moment, is the immediate cessation of hostilities and the resumption of a peaceful dialogue – through direct negotiations, mediation or other peaceful means – to resolve the causes of the conflict and restore peace and security in Ukraine." he said.

He added: "Unless we halt the conflict, there is every likelihood that it will escalate further, with consequences that could be devastating for the entire world."

As regards the referenda mentioned in the draft resolution, the Pakistani envoy, while acknowledging Ukraine's complex history, said, under international

law, the right of self-determination applies to peoples who are under foreign or colonial domination, and those who have not yet exercised the right to self-deter-

mination, as in the case of Jammu & Kashmir.

"We look forward to seeing similar concern and condemnation about the attempts by India to formalise its illegal annexation of the internationally-recognised disputed territory of Indian Illegally Occupied Jammu and Kashmir (IIOJ&K) in complete violation of international law." the Pakistani anyon added

national law," the Pakistani envoy added.

Moreover, he said, the exercise of the right to selfdetermination should be conducted in an environment free of military occupation and under impartial aus-pices, preferably under the supervision of the United

Pakistan, therefore, endorses the basic principle reflected in the draft resolution that referenda conducted for peoples and regions which are part of a sovereign state and in an environment which is not free and not under impartial auspices, are ultra vires and legally unacceptable. "Unfortunately," Ambassador Akram added, "the resolution contains several provisions which go beyond declaring the referenda null and void and includes provisions which Pakistan is unable to endorse."The Indian ambassador, Ruchira Kamboj, while explaining India's abstention on the resolution, while explaining India's abstention on the resolution, also reacted to Ambassador Akram's statement in which he denounced India's annexation of Jammu and Kashmir. The Indian envoy claimed that Jammu and Kashmir was an internal matter of India, and accused Pakistan of involvement in terrorism. Exercising his right of reply, Pakistan's delegate Gul Qaiser Sarwani, rejected India's claim that Jammu and Kashmir was its part, saying the United Nations maps show the territory Kashmir as a "disputed territory." INP

Kashmir solution essential for durable peace in region: PM Shehbaz

ASTANA, Kazakhstan: Prime Minister Shehbaz Sharif has said that reso-lution of the Kashmir dispute is essential for durable peace in the

region. Shehbaz addressing the Summit the Conference on Interaction and Confidence Building Measures in Asia in Astana, Kazakhstan, today, said Pakistan wants better relations with India but it depends on India. Peace will not be established until Indian atroci-

lished until Indian atrocities end in the occupied
territory, he added.
"We are willing to
engage with India for the
sake of prosperity and
development as both sides
of the border cannot afford to deal with mas-sive challenges of poverty and unemployment amid meager resources,"

The Prime Minister highlighted India's unabated atrocities in Indian illegally occupied Jammu and Kashmir where, he said, the where, Kashmiris have been facing continued denial of their right to self-determination for the last seven

decades.

He also urged other countries to take notice of India's 'bullet over ballot' policy as it blatantly quashed the United Nations resolution on holding a plebiscite in Kashmir. India has become a threat to its minorities, neighbours and the entire region," he added.INP

Pak-China officials discuss cooperation in arts and culture

ISLAMABAD: Zhang Cultural Heging Counsellor Embassy of the People's Republic of China, Republic of China, Director China Cultural Center in Pakistan visited National Heritage and Culture Division, Islamabad

Senior Joint Secretary Abdul Khokhar recieved the worthy Counsellor along with Director General Department Archaeology

Museums and Senior officials of the Division. Pak China mutual activities for promotion arts, culture & archaeology have been discussed.INP

Chinese delegation reached Pakistan for flood management analysis

ISLAMABAD: An 11-member delegation of Chinese experts arrived in Pakistan to share their technical knowledge and experience with the country regarding flood management analysis based on meteorological, hydrological, hydraulic, geospatial, and damages and losses datasets

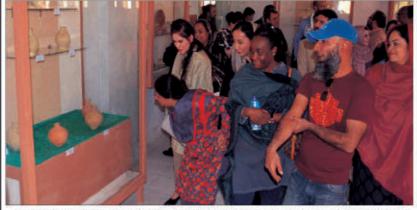
and damages and losses datasets.

The delegation, comprising mid to senior-level experts, during its stay has been holding meetings with line departments, field experts and will conduct field surveys of flood-affected areas, according to Gwadar Pro on Thursday.

On the first day of the visit, the delegation was briefed by the Federal Minister for Planning, Development and Special Institutive (PD&SI), Ahsan Iqbal and officials from the National Flood Response Coordination Centre (NERCC) National Flood Response
Coordination Centre (NFRCC),
NDMA, SUPARCO, and
Meteorological Department at whole response to the calamity from the government and humanitarian organizations.

Mr. Iqbal welcomed the delegation from the "very dear and iron brother country China" and said that through post-diseases.

country China" and said that through post-disaster assessment, Pakistan will develop strategies for reconstruction and rehabilitation of the people. "We must reconstruct and rehabilitate our infrastructure to be more resilient and more adaptable to future climate change, "said Ehsan Iqbal, adding that Pakistan will get advices and guidances from the Chinese experts in building a very strong strategy to meet challenges of climate disasters in future. "I hope cooperation between NDMA and emergency services organizations in China will services organizations in China will be very close (to us) in the future so that we can share our experiences and learn from each other," he added.INP



QUETTA: UNHCR National & International staff visiting Mehar Gharh

Want to empower Election Commission and make it independent, says CJP

ISLAMABAD: Chief Justice of Pakistan (CJP) Umar Ata Bandial Thursday remarked, "We want to empower the election commission and make it independent and do not want anyone to continue complaining about its decision,".

He had made these remarks while

listening to the plea of Pakistan Tehreek-e-Insaf (PTI) leader Faisal Vawda against his lifelong disquali-

"The election commission is spe-cialised in electoral matters. The Islamabad High Court (IHC) has upheld the verdict of lifelong disqualification, and it is the high court that had sent the case to the election commission for ascertaining the facts," he stated. "Will the election

commission become a court by this?

The IHC has not given a decision on the jurisdiction of the election com-mission," lawyer for Faisal Vawda contended."The election commission also did not ascertain the facts correctly. No chance had been given for cross-examining the US Embassy officials," he added.

At this, Justice Mansoor Ali Shah said that Faisal Vawda had applied to leave the citizenship after submitting the documents.

"No objection had been raised against Faisal Vawda as senator. The election commission is not a court that can give a declaration of lifelong disqualification," lawyer for Faisal Vawda argued before the court.

The Supreme Court then adjourned further hearing of the case till October 19, 2022. INP

Newly inaugurated Coal Power Plant creating jobs, easing fuel import cost

ISLAMABAD: As Pakistan sucressfully launched its third power plant with capacity of 330MW on indigenous Thar coal, the newly inaugurated coal power plant is lighting up villages, creating jobs and cutting the cost of fuel imports, Gwadar Proreported on Thursday.

To decrease reliance on expensive imported fuels for electricity production, the Thar Energy Limited (TEL) power plant, under CPEC Block II completed by Hubco company in the district of Tharparkar, has been made operational and was inaugurated by Prime Minister Shahbaz Sharif and Foreign Minister Bilawal Bhutto.

The Prime Minister also laid the foundation stone of the railway line Power projects According to Chief Minister Sindh Murad Ali Shah, by the end of this year, the production capacity of the power plant is expect-ed to reach 2,640 megawatts. The Sindh CM also claimed that Thar's coal-fired power generation will ben-

efit the national exchequer by \$2 bil-lion by the end of 2022 Around 12,500-gigawatt electricity from Thar coal has been added to the national grid, hence bringing down the production cost of electricity to Rs17 per kWh compared to the Rs24per kWh electricity produced by LNG, and Rs37 per kWh from imported coal.

"Thar Coal Block II spends 2 per cent of its profits on social development in That district employing at

ment in Thar district, employing at least 3,303 people from the region including women", stated the minis-ter. He added that there is also a schol-arship worth Rs75 million on voca-tional training and 23 schools were established under the project. A hospital with a 120-bed capacity has also been constructed under the project, where hundreds will be able to receive daily medical treatment.

The coal-fired, mine-mouth power plant of 330 megravatte is owned by

plant of 330 megawatts is owned by Thar Energy Ltd — which is a sub-sidiary of the Hub Power Company Ltd (Hubco).INP



with officials of Pakistan and M/s DAMEN Shipyard during combined Keel Laying and Steel Cutting ceremony of first and second Offshore Patrol Vessels (OPV-II) being constructed for Pakistan Navy was held at M/s DAMEN Shipyard Galati, Romania.