# JETTA VO CE

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PM Shehbaz Sharif, Imran Khan felicitate people of

Sindh on culture day



Editor : Asim Khan

Case registers against Shehbaz Gill in Killa Abdullah Balochistan

# Punjab CM echoes son moonis remarks about Gen Bajwa

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Days after his son Moonis Elahi made a similar statement, Punjab Chief Minister Parvez Elahi on Sunday said that for-mer army chief General (retd) Qamar Javed Bajwa had nudged the PML-Q to support the PTI and former prime minister Imran Khan.

In an interview with In an interview with Bol News programme Tajzia, Elahi said he had received offers from both the PTI camp and the then-opposition for the PML-Q's support. The chief minister said that his son Moonis Elahi had also expressed a desire to side with the PTI.

"God sent Gen (retd) Bajwa to show us the path," says Punjab CM.



God changed our path in the last moments and sent Bajwa sahab to show us the way. When I expressed my concerns about the Sharifs and that I don't trust them then Bajwa sahab said, 'You "Had he been bad, he wouldn't have asked us to back Imran."

Bajwa sahab said, 'You should proceed carefully and the path going towards Imran is better for you and your friends,'" CM Elahi said without specifying if his interaction with the former COAS occurred prior to the no confidence move against Imran or at the time of the Punjab When Bokhari sought clarification on whether Gen Bajwa had asked them to support Imran, Moonis had elaborated "When the decision was being taken on which way we have to go, we had received offers from both sides — mian sahiban [Sharif family],

PDM (Pakistan the PDM (Pakistan Democratic Movement), as well as the PTI. "Obviously, as everyone knows, my inclination was towards the PTI. There's no doubt about it." Moonis had continued, "I then had a discussion with walid sahib (his father) and walid sahib had a talk with them (an had a talk with them (an apparent reference to the military establishment).

military establishment).

On Saturday, Imran said that he had committed a "big mistake" by granting Gen Bajwa an extension and also accused the former army chief of engaging in "double games", double speak, mixed messages and more, alleging that Gen Bajwa denied everything when asked about the establishment's contact with the then-oppositact with the then-opposition. Answering a ques-tion about Moonis's claim, Imran had explained: "Moonis was asked to support Imran Khan. Web Desk

# Quetta court remands Azam Swati in police custody for 5 days in tweets case

Mir Salam Jogezai

A local court in Quetta remanded Pakistan Tehrik e Insaf (PTI) leader, Azam Swati in police custody for five days on Sunday morning. Azam Swati was arrest-ed by Balochistan police in the federal capital after the

ed by Balochistan police in the federal capital after the registration of cases against him in various police stations of the province.

Swati was produced before a local court amid tight security. Judge Abdul Sattar Bugti granted five days' remand of Azam Swati to the police.

Former deputy speaker national assembly, Qasam Suri and other leaders were also present outside the court. "Azam Swati is not a any foreign spy", Mr. Suri told reporters at the district court Quetta on Sunday afternoon.

Quetta police demanded of the court to grant 10 days of remand to PTI leader Azam Swati in the case of the controversial tweet.

#### 5 cases registered against Azam Swati in Balochistan

Cases were also registered against Azam Swati in the Kuchlak, Zhob, Khuzdar and Gwadar districts of Balochistan. Swati is accused of using foul language against state institutions. In all cases, the applicants have demanded of the police to register FIR against Swati for using foul language against institutions.

The senator was shifted to Quetta aboard a special flight amid tight security on Friday after the judicial magistrate of Islamabad handed him over to the Balochistan police.

Cases against Swati baseless: Qasam Suri



Swati as baselessly. He said Swati was being punished for his democratic struggle in the country. "PTI's struggle for a truly democratic system would continue", Mr. Suri told reporters after the appearance of Azam Swati before the court in Quetta.

The administration had taken strict security

The administration had taken strict security measures on the eve of the production of Azam Swati before the country.

First FIR was registered against the PTI leader by the Kuchlak police station on an application submitted by a citizen Aziz ur Rehman Kakar on November 27th. Mr. Kakar had accused the PTI leader for what he claimed using derogatory language against state institutions and provoking the armed forces

Qasam Suri, the PTI leader cases registered against

A total of five cases have been so far registered against the PTI leader in Balochistan.

Secretary

# Saindak company to release Rs.2.597bs for Balochistan government

Dawood Ahmed

ISLAMABAD: Saindak Metal Limited (SML) decided to release Rs.2.597bs for the Balochistan government from its profit share. This decision was made at the finance board meeting of the SML on Sunday. The meeting endorsed the stance of Chief Minister Balochistan, Mir Quddus Bizenjo about the profit share of the



The meeting decided to ensure the immediate transfer of

Balochistan's profit share. This decision on behalf of the SML has come after reports of the financial crisis of the provincial government Bashir Khan Bazai, the secretary of energy Balochistan who is also a member of the board pleaded the province's case in this regard.

The amount would be released to the Balochistan government next week, an official handout issued confirmed.



KARACHI:Women are enjoying during celebration Traditional Sindhi Topi and Ajrak day outside press club in Provincial Capital.

## PM Shehbaz Sharif, Imran Khan felicitate people of Sindh on culture day

ISLAMABAD: Prime Minister (PM) Shehbaz Sharif, PTI chairman Imran Khan, Foreign Minister Bilawal Bhutto Zardari and others have congratulated the people of Sindh on culture day. In a tweet on Sunday, Prime Minister Shehbaz Sharif, congratu-

lating the Sindhi brothers and sisters on celebrating the culture day, said the civilization of Sindh has been adding beauty not only to this region but also to the civilization of humanity for thousands

He said, today is the day of the civilization and culture of Babe-Islam, Sindh and it highlights the beauty of a federal unit in

Pakistan Tehreek-e-Insaf chairman and former prime minister Imran Khan also extended his felicitation on Sindh Culture Day. In his tweet he said today we celebrate the rich culture and traditions

of Sindh going back to the great Indus Valley Civilization. It's the land of the Sufis & freedom.

Foreign Minister and Chairman of Pakistan People's Party, Bilawal Bhutto Zardari, in his message on the occasion, said Sindhi Culture is a beautiful amalgamation of Sindhi tradition and Islamic culture. Islamic culture.

He said Moen Jo Daro is the mother of Sindhi culture and the

cultural diversity of Pakistan is the country's strength and beauty.

He said world has recognized the culture is collective heritage of humanity. It is noteworthy that every year, Sindhis all over the world celebrate Cultural Day on the first Sunday of December.

The celebrations include cultural events, music concerts, rallies,

seminars and conferences to highlight the different aspects of Sindhi culture and its role in developing cohesion in society. INP

# Dead bodies of all six coal miners recovered in Harnai Balochistan

Syed Ali Shah

QUETTA: Six coal miners were trapped in a mine in Balochistan's Harnai district on Saturday morn-ing Levies sources said the coal miners were trapped in a coal mine in the Shah Rag area of the Harnai district. Rescue operation is underway to ensure the unhurt recovery of the trapped miners.

Abdul Ghani, the Chief Inspector of Mines said four coal miners died inside the mine and two dead bodies were retrieved. "Rescue operation is underway to recover the remaining trapped miners"



Luni orders registration of FIR against responsible people Khan Luni, Mines and Secretary Department Mineral

ordered the registration of

(FIR) against the responsible persons. In a statement issued after the incident, Mr. Luni said those responsible for the negligence would be brought to jus-

All trapped coal miners belong to the Shangla area of Khyber Pakhtoonkhwa,

Levies sources informed. The incident happened in the contractor Haji Dilawar Khan mine Commissioner Sibi Division, Shahid Saleem directed the levies and other senior adminis-tration to ensure their presence and ensure the unhurt recovery of the trapped miners. The Commissioner also directed doctors to be present outside the mine to make sure timely medical treatment to the trapped

Bizenjo directs for unhurt recovery of miners

Balochistan, Mir Quddus

Abdul Aziz Uqaili have taken notice of the incident and directed the mines and mineral department to step up efforts to make sure the unhurt recovery of the trapped miners. "Investigate the cause of the incident", the CM was quoted in an official handout issued here on Saturday Hazardous working conditions inside the coal mines of Balochistan have claimed thousands of precious human lives. Despite repeated demands, the government and mine owners are yet to improve working conditions for coal miners.

Balochistan,

# Case registers against Shehbaz Gill in Killa Abdullah Balochistan

Sardar Muhammad Khondai

CHAMAN: Police registered a case against Shehbaz Gill, Pakistan Tehrik e Insaf (PTI) leader in Balochistan's Killa Abdullah dis-trict on Saturday. Police booked the former minister and PTI leader for using foul language against state institutions.

Maulavi Azizullah, a resident of the Killa Abdullah submitted an application at the police station demanding the registration of a case against the former minister and central leader of the former ruling party. "Gill launched a campaign against state institutions under a pre-planned conspiracy", Maulana mentioned in his applica-

Gill tried to provoke armed forces through his statements: Applicant Says



The applicant claimed in his application that Mr. Gill has tried to provoke the armed forces through such irresponsible and foul statements. Subsequently, the Killa Abdullah police station lodged a first information report against

Azam Swati also shifted to Balochistan

About a week ago, the sena-tor was taken into custody for the second time after a raid at his farmhouse his farmhouse in Chak Shahzad, Islamabad, by the Federal Investigation Agency's (FIA) Cyber Crime Wing for allegedly tweeting against senior military officials

Registration of the case against Gill has come after the shifting of another PTI leader Azam Swati to Balochistan from Islamabad the other day. Cases were registered against Mr. Swati in Kuchlak, Zhob, Khuzdar, and Gwadar police stations by people belonging to various walks of life.

#### Swati suffering from different diseases:

Counsel

Syed Iqbal Shah, the counsel for Azam Swati complained that his client was suffering from various diseases and that his location was not clear hitherto. He said police are bound to produce him before the court of law immediately since cases have been registered against him in various police stations of the province. Azam Swati had also delivered speeches against state institutions few days back in the fed-

#### eral capital. Rule of law guarantees good governance: Naseebullah Bazai

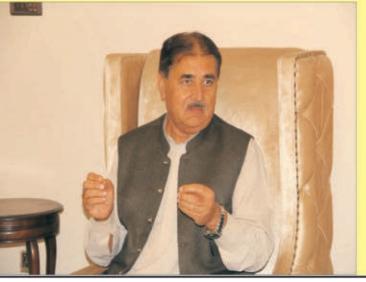
Good governance can be guaranteed through rule of law and deci-sions based on merit, Naseebullah Khan Bazai the former Additional Chief Secretary (Dev), Planning and Development Department Government of Balochistan stated while talking to media at his resi-

dence in Nuhsar on Sunday.

Mr. Bazai said that Balochistan is blessed with natural resources. Security, skilled workers, and a conducive environment were inevitable for persuading foreign investors to invest in minerals, fisheries, livestock, and other sectors of the province, he added.

#### Natural calamities could be coped with zeal and determination

He said natural calamities could be coped with zeal and determination besides benefiting from modern types of equipment. While serving as Deputy Commissioner of Naseerabad, more than 700,000 people were provided relief during the flood that wreaked havoc in Naseerabad in 2010, Mr. Bazai mentioned. "Tribal enmities were impediments in the way of development in Balochistan", Naseeb Ullah Bazai said. If each member of the



society accepts his mistake, tribal disputes could amicably be resolved through Jirga (tribal council).

## Balochistan deprived of gas and electricity: Naseeb Ullah Bazai

While expressing his views Mr. Bazai stated that article 158 of the Constitution of the Islamic Republic of Pakistan-1973 pro-vides, "The province in which a well-head of natural gas is situated shall have precedence over other parts of Pakistan in meeting the requirements from the well-head", but, he regretted that many areas of Balochistan were still deprived of the facilities of gas and electricity, therefore, he added that federal government and establishment ought to have found an amicable solution to the problems

Electing honest leadership, posting /transferring on merit, and utilizing natural resources for the good of the people could alter the lot of Balochistan. He said that the pace of development could be expedited by providing the facilities of health, education, and pure drinking water to the people at the Tehsil and district levels of the

# QUETTA VOICE Editor Asim Khan Balochistan facing dire financial crisis

Balochistan continues to face a dire financial crisis currently. By any definition, the province's current financial crisis is dire since the government has hinted to stop the salaries of employees. Chief Minister Mir Quddus Bizenjo decided to meet Prime Minister Shehbaz Sharif along with all parliamentary leaders of the political parties in the Balochistan Assembly to apprise the premier about the

As per the statistics shared by the Balochistan government, so far,

As per the statistics shared by the Balochistan government, so far, the Planning and Development (P&D) department has released Rs.70bs out of a total of around Rs.200bs under the Public Sector Development Program for the financial year 2022-23. This simply proves bad governance coupled with the serious financial crisis.

Almost half a year passed. Harsh winter has already begun and construction work in most parts of Balochistan comes to halt for around two months. The question arises that how the government would execute development projects worth Rs.130bs within three or four months under the PSDP. Definitely, the government would not be able to complete projects relating to education, health, water, roads, etc.

Such a serious financial crisis surfaced almost after a decade in Balochistan since the province's share in the National Finance Commission (NFC) award was doubled in 2009. This is irony of the

Commission (NFC) award was doubled in 2009. This is irony of the fate that successive governments failed to ensure strict financial discipline to develop this most backward province of the country.

Non-development expenditures of the province continue to rise and the volume of development funds falls fast. This subsequently has the worst impact on the socio-economic condition of Balochistan For the prevailing financial crisis, both the government and the opposition are responsible since today's opposition is the de-facto government in Balochistan. A strict financial discipline needs to be introduced and implemented in Balochistan to improve the living standard of the people of Balochistan before the situation turns ugly turn.

# Tales from the Mountains

The northern areas f Pakistan are amongst the most beautiful parts of our planet. Here, nature can be witnessed in all its might and glory. The remoteness of this region has added to its mystique and aided in the conservation of the environment to some extent. But this isola-tion has also caused more hardships for the inhabitants of this land and has hindered its

development. UNDP has been very active in the northern parts of the country, including Chitral in Khyber Pakhtunkhwa province and the Gilgit Baltistan province. Its interventions have focused on the environment, disaster risk reduction, environmentally friendly tourism, empowering the people, and provid-ing them with liveli-

The drastic changes in the climate are wreaking devastation on glaciers the world over and Pakistan is no exception. The melting glaciers create lakes that can overflow, and cause tremendous dev-astation to lives and property.

To prevent this from happening a project by the name of Glacial

Lake Outburst Floods (GLOF-I) was initiated few years back by the Adaptation Fund. Now, with an invest-ment of 36.9 million dollars by the Green Climate Fund, GLOF-II is being implement-ed across the two

In addition to clichange, increase in the human population has also adversely affected the environment. To reverse the effects of deforestation, thou-sands of poplar and fruit-bearing including

very morn-ing I wake up and ask myself

if I'm happy This is a term-

ble 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 unhappy every morning, bordering on restlessness and flirting with sadness What turned things around and is this happi-

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 pater-

nity leave would allow me to pour myself into

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.

als but week afte

I was literally

apple, and apricot have been planted all over the northern areas.

These interventions have been managed through the Improvement Central Karakoram National Park (CKNP) project (funded by the Italian Agency for Development Cooperation and Government of Italy), and the Pakistan Snow eopard Ecosystem Protection Programme— imple-mented through World Wide Fund for Nature and Snow Leopard Foundation.

Improving the living conditions of the people has had primary importance in UNDP's efforts. The provision of clean drinking water is a very important aspect of these efforts. Numerous water treatment and purification plants and hydro-ram pumps have been installed and water supply schemes have been put into place in various villages.

These initiatives of CKNP and CCAM-II projects have been funded by the Italian Agency for Development of Italy, and the Global Water Challenge (CocaCola Foundation).

Tales from the Mountains

The author is an

The author is an international awardwinning writer, and photographer, currently working as a consultant for UNDP **Collision** with

## Greed — Aftab Ahmed Khanzada

In the ancient city of Venus, there was a cov-ered bridge which con-nected the Degas Palace to the state prison. The Venetian would call it a bridge of cries because it used to resonate with the cries of prisoners when they were taken to when they were taken to jail for execution through it. The bridge is still where it was centuries ago, but now instead of cries, laughter emanates from it. On the contrary, Pakistan has become a land of sighs and moans where whatand moans where what-ever we may sow would turn into the harvest of sighs. For a reality check, if we visit the length and breadth of our unfortunate homeland, a deafening noise of groans would rush into our ears from every nook and corner, where human beings are dis-solving silently without apprehending the nature of their offence. Apart from the dwellings of agonised masses, there is an island of playful people who are given to enjoying every moment of their lives. They have had everything of the land in their command. Thus, in their dictionary words such as greed and selfishness do not figure as transgression rather they are flaunted as a

kind of accomplishment.
And, those who are
not following their
stripes are nothing but meaningless insects. It is, however, intriguing that the more riches our aristocracy is amassing, the more ravenous it is becoming day by day

Now everything that exists in the polity belongs to them for they are influential and resourceful; if anyone from the margins dare from the margins dare step into their island, a restorative treatment to be administered to him so that others like him think twice before attempting. Therefore, there is no holds barred on our elite class for an interlude from its pursuit of expansion and a c c u m u l a t i o n . Resultantly, their spree of avarice is going on unabated. That is why historians call the contemporary decade 'the decade of greed'. But, in this era of sud-

den success, the defini-tion of greed has been modified and now people in the corporate world across the devel-oped nations term it essential for survival in the cut-throat contest of multinationals. Hence, one proponent of runaway greed declared that it was useful for the uplifting of humankind. owever, later things unfolded differently for the gentleman, with people emulating him when he was indicted by the court of law over his involvement in insider

Per a Swedish saying, we get old sooner and expand intellectually after a long time. But what should we do about our aristocracy which even after seven decades has not been familiar with the truth of life: society prospers only when people on the mar-

system and taken care of by the upper class. It is therefore dismaying that our ruling elite is wandering under the spell of
more and more.
Unorthodox playwright
Edward Albee, in his
drama, The Zoo Story,
sums up the dilemma of our people in high places as such some-times, for little course correction, we have to go far which enables us to eventually move toward the destination we had in mind at the outset of the journey. Whereas, Werner Whereas, Werner Erhard, an American author, consented with the dramatist and put in, "The truth would eman-cipate you finally, but before that, it would tor-

So far as our ruling elite and aristocracy are concerned, they have pawned their sentiments to the lust for riches. Now they have an alba-tross of gold around their necks, which displays their worldl worldly Nevertheless, to their countrymen, they have just had one purpose; to get rid of them for the future of their genera-tions. They are opti-mistic one day they would do it. Like, the great Victor Hugo used to throw a stone into the sea every day. Having seen him doing this daily, a girl from among the playing children asked him why he was doing that. The brokenheart writer replied, "My kid, I do not come

to throw a stone here, I come here to throw away rocks of my feel-ings of being oppressed into the sea. Isn't it bet-ter if we also gather our frustrations and sentiments against usurpers in a pack for flinging them away? I believe it would, on the one side, be lessening our pes-simism, and on the other, it would instil fear of mass unity in the heart of the heartless elite class governing us.

And, those who are not following their stripes are nothing but meaningless insects. It however, intriguing that the more riches our aristocracy is amassing, the more ravenous it is Now everything that exists in the polity belongs to them for they are influential and resourceful; if anyone from the margins dare step into their island, a restorative treatment to be administered to him so that others like him think twice before attempting Therefore, before there is no holds barred on our elite class for an interlude from its pursuit of expansion and accumulation Resultantly, their spree of avarice is going on unabated. That is why historians call the contemporary decade 'the decade of greed'. But, in this era of

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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

happiness 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 rein-vent myself. But the bur-

gion, m YouTube

All my life, being a

istoric

den of this reinvention was weighing me down because of the lack of progress rather than exciting me. So I started experi-

menting with doing something different half 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 relimake a new 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 Γd evaluate whether my day is a success is if I woke up in the morning and did a gratitude exercise, where I'd write down three things I'm grateful for in my diary. That's it. That's the only

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

had a transformational impact not just on my week — because I 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 news paper, doing gratitude exercises and getting closer to God 1 didn't

### Nurture a healthy heart to live wisely **Durdana Najam**

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 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, 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 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 Dr Ishaq, 20% of 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 collaboration 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 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 worldclass 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 publives. In this respect, pub-lic policy interventions 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 thanges 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

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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 ty of all their activities

# Transcending limits

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

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

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 conby capitalist predasumed tors. 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 dema-goguery, and fascist political leadership is the new normal. Mass adulteration, hoarding, black-marketing, organised crimes, cheating, manipulating exploitating

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 exist-ing global order and the underlying principles of globalisation. The pandemic has given humankind the opportunity to rethink and reform existing socio-political and economical orders in line with principles of egalitarianism, eco-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

# SDPI's 25th SDC kicks off today

ISLAMABAD. The Silver Jubilee flagship annual Sustainable Development Conference (SDC) of the Sustainable (SDC) of the Sustainable
Development Policy
Institute (SDPI) on
"Sustainable
Development in Unusual
Times: Building Forward
Better" kicks off here
from Monday as
Southern version of the Southern version of the Economic Forum.

While explaining high-lights of the conference, Executive Director of the SDPI Dr Abid Qaiyum Suleri said, "This year, the SDC which will continue till 8th December is being hosted along-with the Sixth South and South-West Asia (SSWA) Forum on the Sustainable

Development Goals (SDGs) in collaboration with the United Nations Economic and Social Commission for Asia and the Pacific (UNESCAP) and the Government of Pakistan. This is our ver-sion of the World Economic Forum with human, social, economic and environmental dimensions."The Federal Minister for Planning, Development, and Special Initiatives, Mr Ahsan Iqbal will inaugu-rate the conference and the President of Pakistan Dr Arif Alvi will be the chief guest at the closing of the conference. The Under Secretary General of the United Nations and head of UNESCAP Dr. Armida Salsiah Alisjahbana will be the chief guest. Deputy Planning Minister of Maldives, MoS Finance of Sri Lanka, and Vice Chair Planning Commission Nepal are

Chair Planning
Commission Nepal are
also coming to Pakistan
for this conference.
The Speaker of the
National Assembly Raja
Pervez Ashraf, Finance
Minister Ishaq Dar,
Commerce Minister
Naveed Oamar, Climate Commerce Minister Naveed Qamar, Climate Change Minister Sherry Rahman, Minister for Poverty Alleviation Ms Shazia Marri, Minister of States Aisha Ghuas Pasha, Romina Khurshid, Shaza Khwaja, and for-mer cabinet members Asad Umar INP

## FBR decides to seize, auction business brands of big tax evaders, defaulters

ISLAMABAD: Revenue (FBR) has decided for the in history to seize and auction the business brands of big tax evaders and defaulters as immovable property and to auction the immovable properties of big tax evaders and their

A historic initiative has been taken to recover the stolen tax dues by auctioning the trade-marks and copyrights of the products, for which the FBR imposed a tax liability of Rs.570 million. For recovery, the frozen assets of the four boards of directors and partners named Zakauddin

Zunir Ahmad, Khaleda Parveen and Wamig Zaka and auction of all the trademarks acquired by Bio-Amla and other names of Messers Forvil Cosmetics Pvt.

The process has started and it is going to be the first time in the history of FBR that the assets of the board of directors of the companies involved in alleged tax evasion of crores of rupees are going to be auctioned as well as all the trademarks acquired in the name of their

The Federal Board of Revenue, under Section
48(i)(e) of the Sales Tax
Act, 1990, directed the
Director General of
Copyrights and

Trademarks, Patents and Design Intellectual Property of Pakistan (IPO) to auction trademarks for recovery of tax dues of Rs. 570 million) has written a letter to Chief Commissioner Corporate Tax Office Chief Commissioner Sadia Sadaf Geelani and Commissioner Inland

Revenue Enforcement Zone One Corporate Tax
Office Inland Revenue
Mian Farooq Khaliq, a
team consisting of
frozen assets for recovery of tax liabilities
from tax defaulters.

Along with this, a historic step has been taken toric step has been taken

to declare the trademark as an asset and auction it after the approval of the Chief Commissioner Inland Revenue and other relevant officers including all the details have been written and details have been sought about the current status of all other copyrights and trademarks of this company, including Bio Amla, a trademark reg-istered in the name of

the tax defaulter Forvil Cosmetics Private Limited and its insolvent board of directors. the letter said.

That is December 2nd

2022 to provide the cur-

rent status and other rel-

evant details of all other

copyrights and trademarks of the company including the trademark Bio Amla registered in the name of the tax Forvil defaulter Private Cosmetics Limited and its insolvent board of directors to FBR so that these defaulters The process of auctioning the frozen assets and all the trademarks registered in the name of the company and the insolvent board of directors of the company can go ahead, according to the docu-ment Federal Board of Revenue (FBR) Director General Copyrights and Trademarks, Patents and Designs. In the letter written to Intellectual Property of Pakistan (IPO), it was stated that the company is a tax defaulter of Rs. 570 million Ltd. has frozen the registered trademarks in the name of the owners of the company and FBR is making the sale of the rights of the frozen trademarks.INP



KARACHI: Leader of Jama-e-Islami Hafiz Naeem Ur Rehman talking with media persons at Bagh-e-Jinnah in Provincial Capital.

## Presence of 20,000 Pakistani doctors in US matter of pride: Masood Khan

WASHINGTON DC: Ambassador of Pakistan to the United States, Ambassador Masood Khan, has said that the presence of about 20000 doctors of Pakistani descent in the United States was not only a mat-States was not only a matter of great pride for Pakistan but was also a strong link between Pakistan and the United

"Your success in the United States is the suc-cess of Pakistan. You make us proud," told the Ambassador to the members of one of the largest non-profit ethnic medical organizations of the

United States. Annual Addressing Annual Gala 2022 of Association Physicians Pakistani-Descent North America (DMV Chapter) here in here in Masood Washington, Masood Khan paid tribute to the services and contribu-

tions of the doctors' com-

munity both for the United States as well as Pakistan.

"You have been invest-ing back in Pakistan through philanthropy, humanitarian assistance, health care, education and research." He also acknowledged the important role that the doctors' community was playing facilitating Pakistani students getting enrolled in the prestigious insti-tutes of the United States. Ambassador Khan said

that Pakistani doctors, by virtue of their huge influ-ence in the US society and administration, could play a significant role in perception management between the two countries and bringing their people closer to each

He also lauded the gen-erous support of the doc-tors' community at every difficult hour in Pakistan especially during calami-ties and natural disasters.

Masood Khan also reiterated his call to Pakistani diaspore in the United States to have faith in Pakistan, "Have faith in your motherland. We will succeed. We have succeeded in the past and we will succeed in the

Pakistan, he said, would be amongst the top ten economies of the world by 2047 Speaking on the occasion, Rashad Khan, the US Ambassador at large for international religious freedom, appreciated APPNA community for being at the forefront of leadership and pioneering work in their field which, he said, has earned huge respect of the American people. When we talk about

the most excellent physi-cians in the country and the world, Pakistani physicians, of course, come to mind on top of



HYDERABAD: Handcart vendors shouting slogans during a protest in favor of their demands outside press club.

# **People of Poonch** Division to defeat PTI in LG elections: Tahir Khokhar

MIRPUR: Former parliamen-tary leader of Muttahid Qaumi Movement (MQM) and former minister of tourism and transminister of tourism and transport of Azad Jammu and Kashmir (AJK), Muhammad Tahir Khokhar has said that the brave people of Poonch Division to defeat the "Imrani government" through power of their vote sHe was talking to media persons after visiting the offices of the nominated candimedia persons after visiting the offices of the nominated candidates of Pakistan Muslim League-Nawaz (PML-N) for local government elections.

He held important consultative meeting with District Councilor, Union Councilor and ward members.

Tahir Khokhar said that on December 8, 2022, the Imrani government will face a lion's roar in Mirpur division and by

grace of Allah Almighty, the PML-N will sweep Mirpur divi-sion. The results of local body elections in Poonch division show that the civil government is not going to last for long in Azad Kashmir. He said that in Poonch division, the rules and regulations of the Election Commission have been flouted. Schemes and appointments were announced in the meetings. MQM Azad Kashmir strongly condemns such actions and requests the Election Commission of Azad Kashmir to stop the government minis-ters from taking such actions and make them abide by the rules and regulations of the Election Commission.

He said the people of Poonch division rejected the false dec-larations of the false govern-

ment and supported the truth through the ballot paper, for which I congratulate them. He further said that MQM-Azad-Kashmir has supported Pakistan Muslim League-N in Mirnur Division Local Mirpur Division

Government Elections.
Tahir Khokhar said that
MQM-Azad-Kashmir officebearers and workers should
conduct door-to-door campaign of the nominated candidates of Pakistan Muslim League-N and defeat the Imrani government. God willing, the sun of December 8, 2022 will rise with the promise of the victory of Pakistan Muslim League-N in Mirpur Division. Baghiyur peo-ple of Mirpur Division make the nominees of Pakistan Muslim League-N successful with their vote slips.INP

# 45 govt teachers suspended for working in private sector

KARACHI: Education Department has suspended at least 45 government teachers, who were allegedly working in private

According to details, Sindh Secretary Education Akbar Leghari has issued notifica-tion of the suspension of 45 government teachers across the province.

The notification stated, "The services of employees of School Education & Literacy Department are hereby placed under suspension for allegedly working in private sector.

"During their suspension period they shall draw pay and allowances as admissible under the law," the notifica-

Shaheed Benazirabad commissioner sacked over corruption scandal

KARACHI: The Sindh government has dismissed Shaheed Benazirabad Commissioner Rasheed Ahmed from his post after the Hyderabad-Sukkur Motorway land mega corruption scandal surfaced,

The government directed sacked Commissioner Rasheed Ahmed to report to the Department of Services General Administration and Co-ordina-College Education Acting Secretary Abdul Aleem Leshari has been appointed as the new commissioner of Shaheed Benazirabad due to which the office

Secretary is also vacant as Abdul Aleem Leshari was holding the charge of special secretary as well

as the acting secretary.

College Education Secretary Syed Khalid Haider
Shah is on a 4-month leave to attend training. He
could rejoin in February 2023.

It is expected that temporary charge of college

tion added.

The suspended teachers included Primary School Teacher (PST), High School Teacher (HST) and Head Master, who belong to Naushahro Feroze, Badin, Larkana, Hyderabad, Qamber Shahdadkot and other districts

tricts.

Meanwhile, the education department has blocked the IDs of more than 100 watchmen and stopped their salaries for not performing their

In a statement, the secretary education said that actions were taken to improve the education system in the province. "The education province. "The department will submit a report to the court regarding its performance," he added. The notification stated,

"The services of employees of School Education & Literacy Department are hereby placed under suspension for allegedly

working in private sector."
"During their suspension period they shall draw pay and allowances as admissible under the law," the notification added.

The suspended teachers included Primary School Teacher (PST), High School Teacher (HST) and Head Master, who belong to Naushahro Feroze, Badin, Larkana, Hyderabad, Qamber Shahdadkot and other districts INP

#### Inter-provincial Afghan dacoit gang busted in Narowal

NAROWAL: The police have busted a seven-member inter-provincial dacoit gang comprising Afghan nationals in Narowal on

Police have recovered cash worth millions of rupees, eight motorbikes and mobile phones from the gang members and initi-ated an investigation after filing a

case against them.
Police adopted the latest investigation methodology to arrest the

According to police, the gang members used to hide in Peshawar after doing robberies in Narowal.

It is expected that the gang members will reveal further information during investigation INP

#### Arifwala man dead, three injured in brawl over matrimonial issue

ARIFWALA ARIFWALA: A man was stabbed to death while three others sustained critical injuries in a brawl that took place among the members of a community over some matrimonial issue in

According to police, a tussle had been there among the members of Qasai community, residing at Chowk Marlay, over some matrimonial issue.

The deceased was identified as Ghulam Nabi. He had been stabbed to death during the brawl. The injured and the body of the deceased were shifted to hospital. The police registered a case and launched investigation INP

#### Mustafa Nawaz Khokhar lambasts economic policies of PDM govt

ISLAMABAD: People's Party (PPP) leader Mustafa Nawaz Khokhar, who recently resigned as the party's senator, on Sunday lambasted the economic policies of the Pakistan Democratic Movement (PDM) govern-

In his tweet, Mustafa Nawaz Khokhar said the country's economy is not well and Pakistan is heading towards default. Claims were made to bring down the US dollar to Rs200, and on International Monetary Fund's (IMF) demands

Now the IMF has refused to release the next tranche of loan before the imposition of more taxes, he added INP



PESHAWAR:A gypsy boy searching valuables items from garbage in vegetable market in Provincial Capital.

#### Need to put aside differences, grudges to win award of success for IIUI: Dr. Hathal

ISLAMABAD President International Islamic University Islamabad (IIUI), Dr. Hathal Homoud Alotaibi has said that we are heading towards the right direction and there is a dire need to put aside the differences and grudges to win the award of the success of this university.

He was presiding over a workshop titled "Outcome-Based Education, Impactful Research and Rankings in the Perspective of IIU's Strategic Plan 2022-2026" held here at Quaid Azam Faisal Auditorium, Masjid Campus, IIUI on Monday.

Monday.

The workshop also attended by the Vice Presidents, Deans DGs, HoDs, Director QAD, Director ORIC, Director BIC Professors, Associate Professors, Associate Assistant Professors, lecturers and other relevant officials.

The activity after the introduction was divided into 4 sessions including: implementation of HUI strategic plan 2022-26 and departmental/ faculty organograms, status and way forward, brief pres-entation on the outcome based education and curriculum revision, address of the worthy president and recogni-

tion ceremony in the regard of the high achievers of university. Speaking on the occa-sion, Dr. Hathal Homoud Alotaibi discussed the importance of the university tragic plan, its characteristics, long characteristics, long term based outcomes and dedicated efforts of

the team working on the

implementation process

He said the IIUI man-agement believes in transparency and efficacy of talented human resource. He congratu-lated the high achievers adding that the university shall keep encourag-ing the officials who contribute into the success and image building of the university. Dr. Hathal thanked Kingdom of Saudi Kingdom of Saudi Arabia for financial sup-port of the university and add that the there is further encouraging news as IDB funded collaboration based devel-

Earlier, Dr. Ahmed Shuja Syed, Vice President Research and

opments are also going

Enterprise in the session of the introduction of the activity importance and initiatives of OBE and up skilled faculty. He also shed light on rankings and university performmeaningful ance, research, impactful collaborations and enter-prise. He also discussed capacity building, inno-vation and collabora-tions in the light strategic plan He also updated about the performance of the grant projects that he mentioned have exceeded the number of 40 in

previous 2 years.
Director BIC, Engr.
Ahsan Mirza highlighted the importance of 6 pri-ority targets set by uni-versity in the light of the strategic plan.INP

# TENDER NOTICE

The Assistant Director Local Govt Kharan invites bids from Eligible Bidders for execution of following works for the Year 2022 based on Composite schedule rates 2018 on Percentage Rates. TSE-222311175753. Bid Security 2%

E/Cost T/Fee S. No Name of Work CONSTRUCTION OF SOLAR BASED WSS 10.000.000/- 2,000/-AT MADERSA HAQANIA DISTRICT KHARAN.

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 3 Assignment of similar nature of work. Turn over of at least 5,000,000 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 scheduled bank. Tender Documents: The bidding documents can be obtained from the office of the under-signed 2,000 PKR Issuance of tender Documents: From the date of publication of NIT to 22 December, 2022 during office hours on working days Last Date of bid submission: The Tenders must be submitted latest by 22 December, 2022 till 12:00 PM . Tender opening: All tenders will be opened on same day at the office of the undersigned at 01:00 PM

9. Address: Assistant Director Office Kharan Phone no: 3448003577 Fax no: Email: manzoorahmed5584@gmail.com

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GOVERNMENT KHARAN PRQ No.1325/03-12-2022

#### education secretary will be handed over to School Education Secretary Ghulam Akbar Leghari. INP Dense fog engulfs parts of Punjab, shuts M2, M4

LAHORE: Dense fog has engulfed several plain areas of the country due to which Motorway M-2 from Lahore to Kot Momin, Lahore-Multan Motorway and Motorway M-4 from Pindi Bhattian to Darkhana have been closed for sorts of traffic

Moreover, visibility became zero on Narowal to Kartarpur road due to dense fog. Similarly, traffic flow was also affected on

Muridke road, New Lahore road and Sialkot road On the other hand, dense fog engulfed Hafizabad city and its adjacent areas where visibility dropped to zero and traffic flow was disrupt-

As per the weather report, a shallow trough of a westerly wave is affecting the upper parts of the country on Sunday

Mainly cold and dry weather is expected in all districts of the Punjab province, while partly cloudy and cold weather is expected in Kashmir today. INP

# Chinese EV-buses fight to cut 43 % pollution in Public Transport Uzair Shah said that thorough deliberations to

ISLAMABAD: Taking advantage of robus China-Pakistan collaborobust ration on electric vehicle (EV) ventures, Pakistan has launched a decar-bonization plan in Public Transport Sector, as 43 percent carbon emission emitting from petrol-run transport vehicles on roads, Gwadar Pro

reported it on Saturday.

As part of the plan,
Punjab government is gearing up to introduce 500 Chinese buses in the first phase in the province, house of more than 100 million people that are desperately in want of environment-friendly public transport.

According to sources in Punjab Secretariat, in order to make it possible for running Chinese elec-tric buses in Lahore, government has greenlighted Punjab Transport Company (PTC) and Punjab Mass Transit Authority (PMTA) to proceed with administrative technical and finan-

tive, technical and financial procedures and via-Lahore, capital of Punjab, is one of the worst polluted cities in the world. The Chinese

Electric Buses plying on

roads will help mitigate environmental hazards

especially smog that often keeps engulfing the

entire city, said by Environmentalist Ayub On the back of 2022

On the back of 2022 budget's major allocations on Electric Vehicle, Pakistan will switch over to 30 per cent electric vehicles by 2030 under the National Electric Vehicles Policy that will be the import hill by reduce the import bill by \$2 billion every year, cut pollution, fulfil "Clean Green Pakistan" and realize commitments on UN Sustainable Development Goals (SDGs) on envi-Talking to Gwadar Pro, unjab Mass Transit uthority (PMTA)

Authority (PMTA) General Manager Syed

examine financial viability of electric buses is in full swing. After Punjab Transport Authority suc-ceeds to launch them, PMTA will step forward accordingly, he added. On a query regarding the fleet of 500 buses, he

said that in this regard plan is on go as it has been decided already in principle by Punjab gov-

ernment.
In collaboration with BYD China, the world's largest producer of electric vehicles, Pakistan has already piloted the EV

buses initiative in Lahore.

Previously, the same bus

did experimental trips in Islamabad. An electric bus with

zero smoke emission has begun running on Lahore roads as a test project. Every day, the bus makes two trips from the Punjab Transport Company's (PTC) main station to Valencia Town.
Last month, Pakistan's first electric buses hit

roads in Karachi, again credit goes to China-manufactured electric buses. The Sindh govern-ment conducted a test trial of electric buses. Talking to media after the test run, Sindh Transport Minister Transport N Sharjeel Inam INP

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# Pakistan to get rid of poliovirus by end of 2023: UNICEF

ISLAMABAD: Expressing his satisfaction over the effective measures taken against the crippling disease, Regional Director of UNICEF for South Asia George Laryea-Adjei Sunday hoped that the polio virus would be eradicated from Pakistan by the end of 2023.

In an interview with APP, Adjei said the current data suggested that the virus is now under con-

trol in the country.

"We are using all available resources and services at our disposal to reach every girl and boy in Pakistan with lifesaving vaccines and protect them against the entirely preventable disease," he

Appreciating the efforts of over 350,000 health workers travelling to all parts of the country to administer doses of the vaccine to every child, he said the program is back on track to stop all wild poliovirus transmission.

Adjet said Pakistan was in a much better position today to eradicate polio than a year ago. However, there were challenges that hampered the efforts to eliminate the virus completely. He expressed concern over the attack on polio and health workers in some parts of Pakistan and

lauded the courage of polio teams.

He also appreciated efforts of polio eradication endeavours of the government and recalled that Pakistan was the first country to launch an ambitious program for training its health workers to sup-

port national immunisation programmes.

Highlighting the challenges, he said that the onslaught of back-to-back disasters — drought, heatwaves, floods, and acts of violence continued to put millions of children's lives at risk in Pakistan.



OUETTA: Provincial Minister for Culture Abdul khaliq Hazara talking with media on the occasion of Sidhi Culture Day on behalf of Balochistan.

#### Fayyaz Ahmad Dev favourite for Punjab IGP slot

LAHORE: Fayyaz Ahmad Dev is favourite among the three names that had been sent to the federal government from Punjab for the appointment of Punjab inspector general of police

The names of Amir Zulfiqar and Ghulam Mehmood Dogar are also part of the list that had been sent to the fed-

eral government. After Punjab IGP Faisal Shahkar refused to work with the Punjab government, Kunwar Shahrukh was given the additional charge of the Punjab

It is to be noted here that Faisal Shahkar has also been entrusted with

#### Okara: Mentally challenged woman raped

OKARA: Okara police on Sunday registered a case against a suspect who allegedly raped a 52-year-old mentally challenged woman in the area.

As per details, the suspect barged into the house of a mentally chal-lenged woman and raped her at gun-

The family members reached the crime scene and caught the alleged rapist named Majid on the spot. Following the incident, the heirs of Majid reached with eticks and was d reached with sticks and axes

and freed him.

The case of the incident has been registered at Okara's Saddar police station. In October, a flood-affected girl had allegedly been gang raped by two unidentified persons in Clifton

area of Karachi According to details, a minor girl -residing at the flood relief camp - was abducted from outside a shopping mall at Karachi's Clifton Block 4.

Later, the flood-affected girl was found at the same place. She was later shifted to Jinnah Postgraduate Medical Center (JPMC) after her health deteriorated, where the doctors confirmed she was 'gang-raped' INP

#### SC releases short written verdict in Vawda case

ISLAMABAD: The Supreme Court of Pakistan has released the short written verdict in former Pakistan Tehreek-e-Insaf (PTI) leader Faisal Vawda's disqualification case accord-ing to which he has been declared dis-qualified till the completion of current assembly's term.

The apex court has released a brief verdict comprising four pages which were written by Chief Justice of Pakistan Umar Atta Bandial. The judgment stated that Vawda informed the court that he received the certificate of cancellation of his dual nationality on June 25, 2018, and he admitted that he misinformed the court.

The apex court ruled that Vawda was not eligible to become a member of the National Assembly in 2018. The verdict stated that since Vawda has admitted his mistake therefore Article 63 (1) applies to him.

The apex court ruled that Vawda will be considered disqualified till the completion of the tenure of the current assembly. However, he will be eligible for the next elections. The court directed Vawda to send his resignation from the Senate seat to the Senate chairman.INP

#### Sindh culture day celebrated

KARACHI: Sindh Culture Day was celebrated on Sunday with zeal and zest across the province and elsewhere in the country.

The day was celebrated on the first Sunday of every December. On this occasion, various cultural, government, and non-government

organizations organized seminars, ral-lies and conferences to highlight the centuries-old culture of Sindh valley. Donning cultural dresses with Sindhi topi and ajrak, the traditional

block printed shawls to spotlight the centuries-old rich culture of Sindh.

A large number of people including political workers, leaders, NGOs, stu-dents, laborers, villagers, associations, and workers purchased the traditional Topi and Ajrak to mark the day INP

# German consul general celebrates Sindh culture day

KARACHI Amid a country-wide celebration of Sindh Culture Day on Sunday, the German Consul General in Karachi Dr Rüdiger Lotz put on beautiful Sindhi attire to cele-brate the rich and profound her-

beautiful Stidm after to cele-brate the rich and profound her-itage of the Sindhi people. The German Consulate General released a video on the occasion that showed a proper celebration was held there to

mark the day.

In the video, the German Consulate General, Rüdiger Lotz said that cultural exchanges and dialogues are an integral part of international relations in the modern world. He further said that Sindh is a land of peace, love, respect and

brotherhood as it has a great cul-

Sindh Culture Day is being celebrated on Sunday with zeal and zest across the province and

The day is celebrated on the first Sunday of every December. On this occasion, various cultural, government, and non-government organizations organ-ized seminars, rallies and con-ferences to highlight the cen-turies-old culture of Sindh val-

Donning cultural dresses with Sindhi topi and ajrak, the tradi-tional block printed shawls to spotlight the centuries-old rich culture of Sindh.

A large number of people including political workers, leaders, NGOs, students, labor-ers, villagers, associations, and workers purchased the traditional Topi and Ajrak to mark the day. Sindh Chief Minister Syed Murad Ali Shah in his message on the occasion of Sindh Culture Day said this day gives us the lesson to respect all traditions and customs without any discrimination.INP

# Overcrowded jails in Sindh, KP facing worst conditions

PESHAWAR: The condition of jails in Sindh and Khyber Pakhtunkhwa presents the worst picture as the number of prisoners detained in these facilities has far exceeded their capacity limit. In Khyber Pakhtunkhwa, there

are six central, eight district and 24 sub-jails. The total number of prisoners who can be detained in these jails is 13,076. But, currently, there are 14,430 prisoners imprisoned in the jails of the province

On the other hand, there are as many as 10,360 additional prison-ers in the jails of Sindh that have crossed the capacity limit of jails. The capacity limit to keeping pris-oners in the jails of Sindh is 13,538. Whereas, there are cur-13,538. Whereas, there are cur-rently 23,898 prisoners inside the jails of the province.

Three new jails are being built in Sindh but despite their con-

struction, there would still be more prisoners in the jails than the capacity limit.

in Malir, Thatha and Shaheed Benazirabad

These three jails are being built

It is worth mentioning here that more than Rs1,606 million rupees have been allocated to improve the condition of jails in the

In Khyber Pakhtunkhwa, there are six central, eight district and 24 sub-jails. The total number of prisoners who can be detained in these jails is 13,076. But, currently, there are 14,430 prisoners imprisoned in the jails of the province. On the other hand, there are as many as 10,360 additional prisoners in the jails of Sindh that have crossed the capacity limit of jails. The capacity limit to keeping prisoners in the jails of Sindh is 13,538.INP

# Chinese intangible cultural heritage exhibition on 6th Dec

ISLAMABAD: As part of measures to enhance and enrich China-Pakistan cultural relations, China's intangible cultural heritage exhibition is all set to be held on 6th December (Tuesday) at Art Gallery, Alhamra Arts Council, Lahore. According to Gwadar Pro, the intangible cultural heritage exhi-

bition is organised under the aegis of the Chinese Consulate

Talking to Gwadar Pro, China's Consul General Lahore Zhao Shiren said that the exhibition is an endeavour to offer an insight to the people of Lahore about the essence of Chinese intangible heritage spanning over thousands of years that consists of non-physical intellectual wealth relating to beliefs, traditions and cus-

Culture Day.

He said that the exhibition will enlighten the people about the rich civilisation of China which is the proud history of China.

In October of the same year, Chinese Consul General Lahore also unveiled the ceremony of "China Intangible Cultural Heritage" Exhibition at the Pakistan (China) Shandong Chamber of Commerce (PCSCC) Building in Lahore.

The event was attended by Cao Ke Deputy Consul General of China, Cheng Xiaonong Vice President PCSCC, P.J. Mir Senior

Media person, Syed Ali Nawaz Gilani-Secretary General Pakistan China Friendship Association (PCFA) Khyber Pakhtunkhwa, Usman Shahjehan General Secretary PCFA Punjab apart from Senior Members of PCSCC.INP

karachi: A large number of people attending the celebrations of Sindhi Ajrak Topi

He said the recent catastrophic floods destroyed vital health facilities and exacerbated health risks He said the recent catastrophic floods destroyed vital health facilities and exacerbated health risks for millions of children, especially those living in districts historically at the highest risk for polio. Referring to the impact of climate change, he said: "The impact is profound throughout South Asia and in 2022 alone, climate-induced floods in Pakistan, Bangladesh, northern India, and Afghanistan left over 15 million boys and girls in need of assistance."

He pointed out that summers were getting hotter, glaciers melting, sea levels rising, and land-slides sweeping away homes and schools.

The regional director said Pakistan was already a "climate hotspot" before the current emergency broke out.

According to UNICEF's Children's Climate Risk Index, children in Pakistan were at "extremely high risk" of the impacts of climate change, ranking 14th out of 163 countries and regions.

Since April, Pakistan has been hit by a series of extreme weather events. There was no spring this year, with the country going from winter directly into a scorching summer. Temperatures reached over 50 degrees Celsius in some areas of the country followed by catastrophic floods.

He said these reoccurring and escalating climate catastrophes were directly threatening children's lives and destroying infrastructure critical to their well-being.

First and foremost, global leaders must urgently limit global heating to 1.5 degrees celsius as this was the only way to save children's lives, he suggested.

"We must prepare children to live in climate changed world through climate change education and green skills training," the UNICEF official added. Web Desk

# Imran Khan has instructed PTI lawmakers to prepare for elections: Fawad assemblies. Otherwise, we want to conduct polls by dissolving the KP and Punjab assemblies."

ISLAMABAD: Pakistan Tehreek-e-Insaf (PTI) leader Fawad Chaudhry shared on Sunday the party chief Imran Khan has advised all party lawmakers to go back to their constituencies and prepare for elections.
The PTI Senior Vice President said that they

will not waste any more time and call for elec-tions in Khyber Pakhtunkhwa and Punjab. The PDM would keep running from elections but they would not waste any more time, said

The former information minister added that Khan has advised all PTI candidates to go back to their constituencies and start preparing for elections. National Assembly elections would be held afterwards if the government does not call for general polls, but PTI would opt for polls in Punjab and KP as soon as pos-

In an interview with a private channel on Saturday, the PTI chief Imran Khan shared his willingness to halt the dissolution of the Punjab and Khyber Pakhtunkhwa assemblies if the coalition government agrees to conduct elections by the end of March next year. Khan said, "If they are ready for elections by the end of March, then we won't dissolve the

#### Imran to dissolve assemblies if polls not announced by Dec 30: Rashid

ISLAMABAD: Awami Muslim League (AML) chief Sheikh Rashid said on Sunday Pakistan Tehreek-e-Insaf (PTI) Tehreek-e-Insaf (PTI) chairman Imran Khan would get the date for the national elections till December 30 or dissolve the assemblies.

In a statement on Twitter, the AML chief while giving an ultima-tum to the incumbent government said now it has all come to the point for the ruling body to either strengthen the 'country's politics' or destroy it.
Mr Rashid underlined

that people don't trust the coalition government and it's only option is to call for an 'escape election' as they cannot face the pub-lic. Targeting the Shehbaz-led government further, he said Miftah Ismail, who was the former finance minister, wasn't sparing his own government in bashing the ongoing economic the ongoing economic policies of the govern-

ment. In another tweet, he also expressed grief on the demise of Pakistan Muslim League-Nawaz (PML-N) senior leader and Marriyum Aurangzeb's aunt Najma Hameed. He prayed for the departed soul and the bereaved family.INP

#### APHC-AJK welcomes Army Chief's statement about India, Kashmir

ISLAMABAD: The All Parties Hurrivat Conference Azad Jammu and Kashmir (APHC AJK) chapter has welcomed the statement of comed the statement of Pakistan's new Chief of Army Staff General Asim Munir regarding India and Kashmir, saying his assertion is a ray of new hope for the Kashmiris and it will further boost the morale of the people of Kashmir of Kashmir.

General Asim Munir during his visit to Rakh Chikn Sector of the Line of Control on Saturday said, "We have noticed highly irresponsible state-ments from the Indian leadership on Gilgit-Baltistan and Azad Jammu and Kashmir recently and any misconception resulting in a mis-adventure will always be met with the full might of armed forces having sup-port of the resilient nation."The APHC-AJK General Secretary Sheikh Abdul Mateen in his statement on Sunday said General INP

#### 'How long will they take to decide? They either have to say yes or no. We have already decided," the former premier said, underlining his conditional stance on talks with the government on the election date.

"If they [government] want, we can talk to them about what date the elections can be held. There is no way elections can take place after the budget," he said, adding that the government will take the country down this way.

He added that his party won't agree on a date

after March and assemblies will be dissolved this month [December] if the government dis-

"Do they want polls to take place in 66% of the country and then conduct general elections?" Khan questioned, suggesting they announce elections date soon.

Commenting on PTI's power in Punjab, the former premier said that the "game" is no longer in the hands of Pakistan People's Party (PPP) Co-Chairman Asif Zardari as the Chief Minister of Punjab Chaudhry Pervez Elahi stands with the PTLINP

## Militant group IS-KP behind Pakistan embassy attack in Kabul, confirms FO

ISLAMABAD: Pakistan on Sunday confirmed the reports that banned outfit IS-KP had claimed responsibility for an attack on Pakistan embassy in Kabul.

"We have seen reports that IS-KP (Islamic State- Khorasan Province) has accepted responsibility for the terrorist attack on the Pakistan Embassy compound on 2 December," the Foreign Office Spokesperson said in a press release.

This notwithstanding, the terrorist attack was yet another reminder of the threat that terrorism posed to peace and stability in Afghanistan

and the region.
"We must act resolutely with all

our collective might to defeat this menace. On its part, Pakistan remains steadfast in its commitment to combat terrorism," it was further

The embassy came under attack on Friday with gunfire wounding a Pakistani security guard, officials said, in what Islamabad called an attampt to assassinate its head of attempt to assassinate its head of mission, who was unhurt.

The attack injured at least one guard and caused damage to the building, the group said. This notwithstanding, the terrorist

attack was yet another reminder of the threat that terrorism posed to peace and stability in Afghanistan and the region.INP



QUETTA: Provincial President Government Teachers Association (AAEENI) Mujeebullah Gharshin addressing during a ceremony

## 660MW unit of Shanghai Thar coal power plant connected with national grid

ISLAMABAD: The first 660-megawatt unit of Shanghai Electric 1,320 MW Thar coal-based power plant has been connected to the national This was stated by Federal Minister for Power Khurram Dastgir Khan in a

tweet, according to Gwadar Pro.
The minister termed the addition of low-cost electricity from indigenous resources as a good news and added that it was the fruit of the China-Pakistan Economic Corridor (CPEC) initiative.

Shanghai Electric is the sponsor of 2\*660 MWs ultra-supercritical coal-fired power plants in Block-I of the Thar desert in Sindh province. The project also includes an integrated coal mine of 7.8 million tons per annum capacity.

According to another tweet retweeted by the Federal Minister for Power, the other 660 MW unit will also be connected to the national grid on Monday (Dec 5) after which both units will collective-ly start contributing 1,320 MWs electricity to the national grid.

At this stage, the power plants will start contributing electricity to the national grid for testing purposes before commencing commercial INP

start contributing electricity to the national grid for testing purposes before commencing commercial operations, a source said According to the Thar Coal Block-1 Generation Co. (TCB-1), the power plants are capable of providing affordable energy to four million households. TCB-1 is a subsidiary of Shanghai Electric and the owner of the power plant. Shanghai Electric is the sponsor of 2\*660 MWs ultra-supercritical coal-fired power plants in Block-I of the Thar desert in Sindh province. The project also includes an integrated coal mine of 7.8 million tons per annum capacity According to another tweet retweeted by the Federal Minister for Power, the other 660 MW unit will also be connected to the national grid on Monday (Dec 5) after which both units will collectively start contributing 1,320

#### 'New Delhi-controlled SIA frequently raid homes of Hurriyat leaders, HR activists in IIOJK'

ISLAMABAD: Raids by the ew Delhi-controlled State Delhi-controlled Investigation Agency (SIA) have become a norm in Indian illegally occupied Jammu and Kashmir as it once again raided multiple locations in the territory.

A report released by Kashmir Media Service, today, said SIA sleuths along with Indian paramilitary personnel frequently raid homes of Hurriyat leaders, human rights activists, journalists and even ordinary people in HOJK and harass the inmates during the raids.

It said the SIA is notorious for implicating and punishing the Kashmiris in fake cases and its raids in the occupied territory is a revengeful policy to silence the voice of Hurriyat leaders and

activists. The report lamented that the

Modi-led fascist Indian regime was using its dreaded probe agencies like National Investigation Agency (NIA), State Investigation Agency SIA) and Enforcement Directorate (ED) as a weapon to muzzle and intimidate the Kashmiris.

Freedom-loving Kashmiris are being implicated in fake cases by the Indian agencies to break their resolve but would never succeed and the people of Kashmir would continue their struggle for right to self-determination, it maintained.

The report said Kashmiris are being put behind the bars for no crime other than political beliefs. It said framing fake cases against them is mere frustration of the Modi regime and urged the global human rights' bodies to take notice of unlawful detentions in the occupied territory. INP pied territory.INP