



Daily The Spokesman

A Leading National Daily



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 ہم سے بچیں بیکر نے بیان کیا کہ ہم سے لیت
 بن سحر سے بیان کیا ان سے عقل نے ان
 سے ان شہاب نے ان سے محمد بن حنیف بن
 مطہر نے بیان کیا اور ان کے والد نبیر
 بن مطہر شیخ اللہ عزت نے فرمایا انہوں نے
 نبی کریم صلی اللہ علیہ وسلم سے ساری کریم
 صلی اللہ علیہ وسلم نے فرمایا کہ قطیر حی کرتے
 والا جنت میں نہیں جاسکے گا۔
 (بخاری ص 5984)

Barkat Rice Mills (Pvt) Limited



Bugti announces civil award for ward boy who helped acid attack victim in Quetta

Balochistan Chief Minister Sarfraz Bugti has announced a civil award for ward boy Abdul Razzaq Tarkai in recognition of his bravery and swift response during the recent acid attack on a female doctor in Quetta.



Prof Muhammad Afzal Javed receives OBE from King Charles III

Professor Dr Muhammad Afzal Javed has been awarded the Order of the British Empire (OBE) by King Charles III in recognition of his outstanding services in the field of mental health. The award was presented during a ceremony held at Windsor Castle on June 2, 2026, where the British monarch honoured distinguished individuals for their contributions in various fields.

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Waiting for customers

RAWALPINDI: Daily-wage labourers, including carpenters, masons, and painters, wait for day-labour opportunities, at Hathi Chowk in the city.



Photo: Online

China's Xi to visit North Korea June 8-9



AFF

China's leader Xi Jinping will visit North Korea next week, Chinese state media said Friday, his first trip to Pyongyang in seven years.

"At the invitation of Kim Jong Un... Xi Jinping, General Secretary of the CPC Central Committee and President of the People's Republic of China, will pay a state visit to the Democratic People's Republic of Korea from June 8 to 9," state broadcaster CCTV said.

Beijing is a vital source of diplomatic and political support to Pyongyang, which is one of the most isolated countries in the world and under

heavy international sanctions.

Despite the close ties between the two countries, visits by Chinese presidents to North Korea are rare.

Xi last visited Pyongyang in 2019 — the first such trip by a Chinese leader since Hu Jintao went in 2005.

Xi rolled out the red carpet for Kim in Beijing in September, inviting him and Russian President Vladimir Putin as guests of honour to a military parade marking the 80th anniversary of the victory over Japan in World War II.

North Korean state news agency KCNA confirmed the trip, without providing further detail.

AJK Supreme Court Upholds Constitutional Protection of Refugee Seats

Naveed Ahmad Khan

ISLAMABAD: The Supreme Court of Azad Jammu and Kashmir has upheld the constitutional protection of 12 refugee seats and ruled that any changes must follow a formal amendment process. The court reinforced that constitutional matters require legal and parliamentary procedures rather than political pressure or public

protests.

The opinion was issued in response to Presidential Reference No. 1 of 2026, filed under Article 46-A on government advice. It clarified that refugee seats are protected under Article 22 and cannot be altered through administrative decisions or informal arrangements.

Furthermore, the court traced the legal foundation of these seats to earlier laws from

1960, 1964 and 1970, along with interim constitutional frameworks and the 1974 Constitution and 1975 Act. It stressed that any modification must follow Article 33 through a proper constitutional amendment process.

The court emphasized that constitutional change requires public mandate, legislative debate and approval within the elected assembly. In addition, it stated that protests or pressure

campaigns cannot replace established democratic procedures or override constitutional provisions.

Meanwhile, the court reaffirmed that elections must be held within the constitutional timeframe and cannot be delayed due to political disputes or demonstrations. It also clarified that while peaceful protest remains a constitutional right, actions such as road blockades

and disruption of public order fall outside legal protection.

Legal analysts said the opinion strengthens constitutional supremacy and confirms that disputes must be resolved through legislative institutions rather than pressure tactics. They added that the ruling reinforces rule of law, political stability and proper functioning of democratic processes in Azad Jammu and Kashmir.

North Waziristan Operation: 27 Terrorists Neutralized in Fierce Firefight

City Desk

RAWALPINDI: In continuation of series of intelligence based operations, Security Forces engaged multiple Khwarij's locations in general area Miran Shah, North Waziristan District.

Following intense fierce exchanges of fire, in last seventy two hours, twenty seven khwarij belonging to Indian-sponsored Fitna-al-Khwarij have been sent to hell.

Weapons and ammunition have also been recovered from killed Indian sponsored Khwarij, who remained actively involved in numerous terrorist activities and target killing of innocent civilians.

By neutralising this group of killed Khwarij the heinous act of target killing of prominent figure Shaheed Malik Saifullah Dawar in Miran Shah has been avenged and perpetrators have been brought to justice.

Sanitization operations continue to eliminate holed up khwarij from these areas, as relentless Counter Terrorism campaign under vision "Azme Istehkam" (as approved by Federal Apex Committee on National Action Plan) by Security Forces and Law Enforcement Agencies of Pakistan will continue at full pace to wipe out the menace of foreign sponsored and supported terrorism from the country.

PML-N poised for decisive Gilgit-Baltistan victory, says Minister

City Desk

Minister of State for Law, Barrister Aqeel Malik, expressed strong confidence that the PML-N is poised for a significant electoral victory in the upcoming Gilgit-Baltistan elections, predicting the party will secure a clear majority. He attributed this anticipated success to PML-N's proven track record in governance, development, and service delivery, contrasting it with the perceived lack of vision and achievements from its political opponents. Malik specifically criticized the PTI-led Khyber Pakhtunkhwa government's governance, highlighting the PML-N's development initiatives as a key differentiator. He also pointed out the opposition's failure to formulate a coherent long-term policy framework for national development, even in the context of major projects like CPEC. Malik urged the people of Gilgit-Baltistan to support PML-N by voting in large numbers, reiterating his belief that the party's governance record will translate into decisive public support and victory.

AJK elections set for July 27 despite disruption attempts, Minister Confirms

City Desk

ISLAMABAD: Federal Minister for Parliamentary Affairs Dr. Tariq Fazal Chaudhry confirmed that elections in Azad Jammu and Kashmir (AJK) will proceed on July 27, despite attempts to disrupt the process.

He stated that the AJK Legislative Assembly has completed its term and the election schedule is set. The minister alleged that certain elements aim to create unrest and revive past violent protests to destabilize the region before the elections.

He detailed the government's engagement with the Joint Action Committee (JAC), formed in September 2023, noting that their initial demands for flour subsidies, reduced electricity tariffs, and cuts in elite privileges were met.

Electricity is now provided at Rs3 per unit, with subsidies on essential goods. In September 2025, the JAC presented a new 38-point charter of demands, leading to negotiations and an agreement in October 2025 overseen by Prime Minister Muhammad

Shehbaz Sharif. Monthly meetings with the JAC have been held to ensure implementation.

More recently, the JAC demanded the abolition of 12 seats reserved for refugees in Pakistan, a proposal the government addressed by offering four options, all of which the JAC rejected, insisting on their planned June 9 march.

The minister stressed that dialogue,



not violence, is the solution, asserting that 35 of the 38 clauses in the October 2025 agreement have been fulfilled, with the remaining issues being legally complex.

Executive orders have enacted measures like FIR withdrawals, cabinet size reduction, compensation, and job provisions, with full compensation paid to victims of past protests. Billions have been allocated for development projects, which require time to complete.

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PM Faisal Rathore sees PPP's victory in AJK elections

Bureau Report

MUZAFFARABAD: Prime Minister of Azad Jammu and Kashmir (AJK) Faisal Mumtaz Rathore has said that the date of the next elections of the Legislative Assembly of Azad Kashmir has been announced, adding the PPP will win these elections.

Faisal Mumtaz Rathore said that after the announcement of the election schedule, everyone should participate in it. The current environment within Azad Kashmir is not suitable for the state.

He said problems can only be solved through dialogue. Even before this, the federal and Azad Kashmir governments had held lengthy negotiations with the Action Committee.

Read More: AJK election schedule announced; polling set for July 27

The AJK PM said that this region has its own importance and status, it is a very sensitive state, 'Our enemy takes advantage of the chaos in this



region'. He added that there may be an alliance of PPP with other parties in the Azad Kashmir elections, and the decision on the electoral alliance will be made after the distribution of tickets.

CM Maryam Nawaz Unveils QR Safety System for Commuters

Bureau Report

LAHORE: The Punjab Safe Cities Authority (PSCA), under Chief Minister Maryam Nawaz Sharif's Digital Punjab Vision, has launched the "CM Punjab QR Panic Button System" to enhance public transportation safety across Punjab. This in-house developed system, free for vehicle owners and drivers, integrates 12 advanced safety features, including emergency and video calling, live chat, location sharing, and vehicle/driver verification. Passengers can scan QR codes to authenticate vehicle and driver details and share trip information with family. In emergencies, passengers and drivers can use the QR Panic Button to contact Emergency 15 via voice, video, or chat, with live location and vehicle data automatically sent to the Safe City Control Room for real-time monitoring and dispatch of police. The system directly links to vehicle registration, deactivating old QR codes upon ownership changes and requiring new verification for updated information. Inspector General Punjab Police Abdul Karim highlighted the system's role in bridging communication between citizens and law enforcement, prioritizing the safety of all commuters, especially vulnerable groups. Managing Director PSCA Ahsan Younas emphasized the transformation of public transport into a digital safety network, reinforcing Punjab's commitment to citizen safety and convenience through technological integration. This initiative marks a significant stride in making Punjab an even safer province.

Women's Rights Under Siege: Festival Tackles Honor Killings and Systemic Injustice

Qayoom Sarohi

HYDERABAD: At the Ghamnak Hussaini Festival's "A Society That Suffocates Eves" session, speakers addressed critical women's issues. Professor Amar Sindhu highlighted honor killings and property disputes leading to murder, emphasizing women's resistance in Sindh for their rights. Advocate A. B. Lashari identified "karo-kari" as an Arab custom wrongly imposed on Sindh, noting men's possessive attitudes. While the 2006 Women Protection Law enables state registration of murder cases, Lashari pointed to weak prosecution. Professor Irfana Mallah lamented the historical overlooking of women's leadership and the low female literacy rate (24% in university pre-entry tests). She criticized curricula that teach men's rights to women but not women's rights to men. Mallah argued that laws are insufficient when society remains untrained, explaining that "honor" narratives, particularly in "karo-kari," are manipulated for economic gain, with women's actions deemed dishonorable when they are no longer needed.

Mushtaq Ahmed Applauds Muhammad Asghar Malik's Appointment



Bureau Report

FAISALABAD: Religious leader Mushtaq Ahmed congratulated Muhammad Asghar Malik on his appointment as Battalion Commander (4) PC Faisalabad and said that he is not only the best asset of the country and the nation, but also a virtuous, just, religious and capable person. He further said in his prayer that may Allah Almighty grant him the ability to uphold this position and always keep him under the shadow of His mercy.

Moro Traffic Accident: Concerns Raised Over Police Action, Victim Demands High-Level Inquiry

News Report:

NAUSHERO FEROZE: An incident near the National Highway in Moro has taken a controversial turn after the affected citizen, Fazal-ur-Rehman Korai, raised serious concerns over police action and demanded a transparent and impartial investigation by higher authorities.

According to the complainant, the accident occurred when a container suddenly applied brakes and collided with his vehicle. Following the incident, Motorway Police and officials from Sadooja Police Station reached the scene and took the container into custody.

The affected party claims that later, without properly hearing his complaint or recording his statement, the container was released, allegedly causing him financial loss. He further stated that despite repeated attempts, he was unable to receive a proper response or action from the concerned police station and senior officials.

The complainant also expressed dissatisfaction with the actions and explanations of the SHO Sadooja and SSP Naushero Feroze, stating that a thorough and independent investigation is necessary.

He has appealed to the Sindh Home Minister, Zia-ul-Hasan Lanjar, and the Inspector General of Sindh to take notice of the incident, order an independent inquiry, and submit a complete report to determine on what basis the container was released and to ensure justice is served.



Enjoyment

ISLAMABAD: People enjoying evening walk at Fatima Jinnah Park in the Federal Capital.



Photo: Online by Sultan Bashir

Railway Workers Demand 100% Raise Amidst Economic Woes

Abdul Majid

FAISALABAD: Railway workers nationwide, organized by the Prem Union, are demanding a 100% salary and pension increase, citing current inflation and economic challenges.

They have conveyed their demands to the Prime Minister through rallies. Key requests include the government taking responsibility for railway employee salaries and retired employee dues, restoring normal salary payment schedules, and exempting employees from scale one to sixteen from income tax.

They also demand immediate payment of TA/DA, recruitment of



employees' children instead of eliminating vacancies, and the immediate regularization of TLA and unweltd

employees.

The union advocates for a railway budget comparable to the National Highway Authority, a referendum within the railways, an end to passenger train privatization, and financial resources for infrastructure repairs.

They also call for the merger of ad hoc relief allowances into basic pay and revision of new scales.

The Prem Union welcomed the Railway Minister's decision to waive IB clearance for promotions up to grade 16 and pledged full cooperation with the government on initiatives for the betterment of railways and their employees, emphasizing support for Pakistan's integrity.

Hyderabad Celebrates Sufi Heritage at Ghamnak Hussaini Literary Festival

Qayoom Sarohi

HYDERABAD: The fourth Ghamnak Hussaini Literary Festival commenced in Hyderabad to commemorate the death anniversary of Sufi poet Ghulam Rasool Shah "Ghamnak Hussaini." The two-day event, inaugurated by Sindh's Minister for Culture and Tourism Syed Zulfiqar Ali Shah, featured intellectual and cultural activities. Sessions addressed women's issues, wartime media roles, and the promotion of Sufi thought and tolerance. The festival aims to highlight Sindh's Sufi traditions, spreading messages of love, peace, and religious tolerance as a counter to growing religious extremism. This festival is distinguished for emphasizing Sindh's tolerant, secular, and Sufi identity. The event included book stalls and concluded with a poetry recital and musical performances by artists like Rajab Faqir, Barkat Faqir, and Reshma Parveen, who entertained the audience.

AC Kamalia Erum Shahzadi Conducts Surprise Visit to THQ Hospital

Zafar Chishti

TOBA TEK SINGH: Assistant Commissioner Kamalia Erum Shahzadi paid a surprise visit to Tehsil Headquarters (THQ) Hospital Kamalia to review the healthcare services being provided to the public. Medical Superintendent (MS) Dr. Ghulam Abbas accompanied her during the visit.

During the inspection, the Assistant Commissioner visited various wards, the emergency department, medicine store and other sections of the hospital. She interacted with patients and their attendants to obtain firsthand feedback regarding medical treatment, the behavior of doctors and hospital staff, the quality of healthcare services, and the availability of free medicines. AC Erum Shahzadi also reviewed the



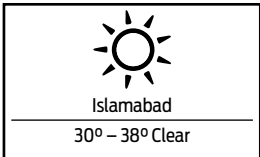
cleanliness and sanitation arrangements within the hospital and directed the administration to ensure a clean, hygienic and patient-friendly environ-

ment. She checked staff attendance in different departments and emphasized that all doctors, nurses, and paramedical staff must remain present during

duty hours to ensure uninterrupted healthcare services.

Speaking on the occasion, the Assistant Commissioner stated that, in line with the directives of the Government of Punjab, the provision of quality and timely healthcare services in public hospitals remains a top priority. She warned that strict departmental action would be taken against any official found guilty of negligence, absenteeism, or failure in public service. At the conclusion of the visit, MS Dr. Ghulam Abbas briefed the Assistant Commissioner on the hospital's healthcare services, patient load and available resources.

The Assistant Commissioner also issued necessary instructions to further improve the quality of public healthcare services at the hospital.



SERVICES

Namaz Timings

Fajr	3:15 am
Zohr	12:07 pm
Asr	5:06 pm
Maghrib	7:16 pm
Isha	8:59 pm

EMERGENCY

Rescue (Police)	15
Bomb Disposal	15
Fire Services Rawalpindi/ Islamabad	1122 & 16
Emergency Ambulance	1122 & 4451122
Motorway Police	9266044
Motorway Police	9270601-20

Women Police Stations

Islamabad	9222596
Rawalpindi	9270601-20

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CAA	9281092

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MH	561116
MH	561116
Cantt Hospital	9270907-11
DHO	5556311-4
RGH	9290301-7
Holy Family	9290322-7
PIMS	9261170-79
Polyclinic	9218300-09
Shifa International	4603666

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CDA	9208301-04
Met Office	9250360-6
RDA	5555864
TMA	5770886
Cantonment Board	9270151-3
Islamabad Metropolitan Corporation	9209224
Potohar Town	9209224
Rawal Town	5773343

COMPLAINTS

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E-7, F-10 & F-11	9204654
G-5, G-6, G-7, G-8	9203883
G-9, G-10, G-11, G-12, H-8	9266316
Wapda Islamabad	9217579-80
Sui Gas Complaint	119, 9272249
Wasa Water Tank	
Rawalpindi	0331-5022125

Punjab Government Delivers on Daycare Promises: 350 Centers Already Operational

Bureau Report

LAHORE: Every promise of Chief Minister Punjab Maryam Nawaz Sharif is true, as the establishment of a daycare center,

announced on Women's Day, is rapidly moving towards completion.

She was briefed by the authorities concerned that under the daycare center project, being organized by the Women



Development Department under CM Special Initiative, 650 daycare centers will be built in hospitals, educational institutions, and government offices at a cost of Rs 01 billion.

They said that in the first phase, they aim to establish 390 daycare centers; out of which 350 are fully functional, while 40 are under completion.

Chief Minister Punjab said that an online monitoring system for daycare centers is

in place under the Women Development Department; and added that in Lahore, their target is to establish 86 daycare centers for the convenience of working women in government offices, educational institutions, and hospitals; out of which 70 are functional. Relevant authorities briefed her that under her direction, daycare centers are also being established at Lahore Chamber of Commerce and Bar Council.

They said that in Faisalabad, 20 daycare

centers are being established in government institutions for the convenience of working women.

They added that 21 daycare centers are functional in Bhakkar, 18 in Sheikhpura, 17 in Layyah, 15 in Khanewal, 14 in Okara, 13 in Nankana Sahib, 12 in Sialkot, and 12 in Vehari; while 17 daycare centers have also become functional in Bahawalpur, 16 in Multan, 12 in Gujranwala, and 7 each in Rawalpindi and Sargodha.

Addressed

ISLAMABAD: Deputy Chief and U.S. Chargé d'Affaires, to Pakistan Natalie Baker addressing during celebration ceremony to Marks 250 Years of American Freedom in Grand Celebration, at the U.S Embassy on Sunday, in the Federal Capital.



Photo: Online by Sultan Bashir

COMSATS University Islamabad Ranked No. 1 in Pakistan — CWUR World University Rankings 2026

City Desk

ISLAMABAD: COMSATS University Islamabad (CUI) has been ranked No. 1 in Pakistan in the Center for World University Rankings (CWUR) World University Rankings 2026, with a world rank of 635 and an overall score of 73.1 — placing it in the top 3% of 21,291 institutions ranked globally. CUI also recorded a global Research Rank of 605.

CUI's inclusion in the CWUR Global 2000 list — which represents the top 9.4% of all ranked institutions — puts it ahead of all other Pakistani universities in the rankings. The next four Pakistani institutions are Quaid-i-Azam University (793), Aga Khan University (1017), University of the Punjab (1084), and National University of Sciences and Technology (1092).

AIOU Announces Admission Schedule for Autumn 2026 Semester

City Desk

ISLAMABAD: Allama Iqbal Open University (AIOU) has announced admission schedule for the Autumn 2026 semester, offering admissions in all academic programs from Matriculation to PhD level across the country.

According to the university administration, admissions for all programs will begin simultaneously nationwide from July 1, 2026. The facility will be available across all four provinces, as well as Azad Jammu and Kashmir, Gilgit-Baltistan and other northern regions. The university has also extended its academic offerings to overseas Pakistanis and interna-



tional students, allowing them to apply for various programs at different levels.

Officials stated that admission forms and prospectuses

for all programs will be made available online on the university's official website from July 1, enabling students to apply conveniently from home

without visiting campuses.

To facilitate applicants, Vice Chancellor Prof. Dr. Nasir Mahmood has directed the heads of all 53 regional offices to ensure the establishment of Student Facilitation Desks before the start of admissions. These desks will provide complete guidance regarding the admission process while free computer and internet facilities will also be available to assist students in completing online applications.

The university emphasized that these measures aim to enhance accessibility to education, simplify the admission process, and provide improved support services to students through modern facilities.

Punjab Home Department issues comprehensive security directives for Muharram

Raza Naqvi

ATTOCK: The Punjab Home Department has issued comprehensive security directives for Muharram, mandating approved processions and gatherings with strict schedule and route adherence. Foolproof security will be in place for Imambargahs, processions, sensitive installations, and public areas, including thorough route inspections and traffic management. Parking will be 500 yards from venues. Niaz, Langar, and Sabeel arrangements will be inspected. Female police officers will be deployed, and CCTV, walk-through gates, metal detectors, and physical searches are required. Multi-lay-



ered security and mandatory audio/video recording are enforced. Trained volunteers need Special Branch clearance. Signal jammers may be used, and hotels/accommodations near

routes will be surveilled. Shops on procession routes will close post-clearance. Snipers may be deployed. SHOs will obtain written security certificates from organizers. Enhanced checking at entry/exit points, drone surveillance, and security for foreign missions are ordered. Zero tolerance for Loudspeaker Act violations, firearm display, sectarianism/extremism, and strict

monitoring of Fourth Schedule individuals/proscribed organizations are in effect. Cyber monitoring will intensify against hate speech. Citizens can report objectionable online material. Movement restrictions and bans on provocative speakers may be imposed. Fire brigades, bomb disposal squads, Rescue 1122, electricity, and medical facilities will be on high alert. Hospitals and control rooms will operate 24/7. A public awareness campaign and sanitation efforts are planned. Organizers should use the Public Safety Application. Peace, interfaith, and liaison committees will meet, and religious leaders are urged to promote harmony.

Rawalpindi Chamber, Women Chamber Leadership Discuss Women Empowerment and Business Development

Raza Naqvi

A productive meeting between the Rawalpindi Chamber of Commerce and Industry (RCCI) and the Rawalpindi Women Chamber of Commerce and Industry (RWCCI) focused on women's economic empowerment, business development, and institutional cooperation. RCCI leadership reaffirmed their unwavering support for RWCCI, emphasizing a shared vision for women's progress and business stability. They commended RWCCI's efforts in training over 450 women in entrepreneurship, digital marketing, and startup development, and a program with NUML University that trained 200 women in advanced digital skills for innovation and socio-economic transformation. Discussions also covered opportunities in tourism, handicrafts, and the beauty/wellness sectors, with suggestions for exhibitions and international linkages to enhance financial independence. Both chambers resolved to collaborate on projects for women's economic empowerment and business growth, while also emphasizing the need for unity within the broader business community for national economic development. Plans for future strategy meetings regarding elections and projects were also discussed.

PIDE Urges Budget 2026 to Launch a National Savings Drive



Commerce Desk

ISLAMABAD: Pakistan's gross domestic savings have collapsed from 17.4% of GDP in 1992 to just 6.4% in 2024 — the lowest in a generation and far behind regional peers. A PIDE policy paper, "Mobilizing Domestic Savings: A Finance Bill and Institutional Reform Agenda for Pakistan" by Dr. S. M. Naeem Nawaz and Wajid Islam, warns this decline could trigger another external financing crisis. The authors argue that Pakistan's recurring balance-of-payments crises and IMF programs over the last 30 years stem from one core issue: low savings, forcing dependence on foreign borrowing. While Bangladesh, India and Vietnam now save 21%, 28% and 30% of GDP respectively, Pakistan's 30-year average is only 10.9%. The main causes: an inflation-consumption trap where 93.6% of national income is spent, and negative real returns on bank deposits push households toward cash, gold and real estate — assets that don't create jobs. Government borrowing further crowds out private credit. To reverse this, the report proposes a National Savings Mobilization Package in Finance Bill FY2026-27. Key steps: restore tax incentives for long-term savings like the old Section 62 with minimum holding periods; enhance voluntary pension incentives under Section 63, especially for women and informal workers; reintroduce protection-linked savings credit under Section 62A for health, life and takaful; and protect vulnerable groups like pensioners, widows and Shuhada families with capped concessions. It also opposes transaction taxes that drive savings underground. The paper urges expanding retail access to Sukuk, REITs, regulated gold funds, micro-insurance and digitized National Savings, plus simplified KYC for small accounts. But incentives alone won't work. Price stability, credible returns, consumer protection, and reduced fiscal crowding-out are essential. PIDE recommends an annual Savings Mobilization Dashboard for accountability.

NDMA issues warning of heat, rain & flood risks for June 7-12

ISLAMABAD: The National Disaster Management Authority's National Emergency Operations Centre (NEOC) warned on Sunday that between June 7 and 12 Pakistan will face intense heat in southern provinces, intermittent rain and thunderstorms in northern and hilly areas, and an elevated risk of landslides and flash floods from rapidly melting glaciers. NDMA directed federal and provincial disaster agencies to accelerate preparedness, and urged the public to avoid non essential travel and follow official safety advice.

The advisory says Sindh, southern Punjab and the plains of Balochistan will experience an increase in heat intensity, with severe conditions likely to persist in central and southern districts of Punjab where temperatures are expected to remain above normal.

Upper Khyber Pakhtunkhwa, Islamabad and northern Punjab are also expected to see higher than usual heat from June 7-10. Rain and thunderstorms are forecast for parts of Islamabad, Khyber Pakhtunkhwa and northern Punjab on June 11-12, with Rawalpindi, Attock, Chakwal, Jhelum, Gujrat, Gujranwala, Sialkot and Lahore specifically flagged for rain and strong winds.

Gilgit-Baltistan and Azad Kashmir are expected to receive intermittent rainfall during the period.

In northeastern Balochistan (Zhob and Musa Khel) light rain with thunderstorms is possible on June 11-12, while the plains of Balochistan will remain hot and dry.

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Radiant 75-year journey of Pak-China friendship

The “Iron Brothers,” Pakistan and China, are celebrating 75 years of a bond described as “higher than the Himalayas, sweeter than honey and deeper than the oceans.” On October 1, 1949, the People’s Republic of China was established after a long civil war. Under Mao Zedong, the architect of modern China, the nation overcame opium addiction and became one of the world’s most hard-working societies. Pakistan was the first country to recognize the new republic, and formal diplomatic ties were set on May 21, 1951.

Pakistan also played a key role in helping China secure its UN Security Council seat. Denied its rights for 20 years due to Western opposition, China’s privileges were restored on October 25, 1971, largely due to Pakistan’s diplomatic efforts. This allowed China to emerge as a voice for smaller, developing nations. In return, China has stood by Pakistan in every crisis—from the 1965 war to Operation Bunyan-ul-Marsus. The friendship has been unconditional.

China never interfered in Pakistan’s internal affairs and has done more than any country to help Pakistan achieve self-reliance in defense and economy. On Kashmir, China has consistently supported Pakistan’s principled stance, treating Pakistan’s security as vital to its own foreign policy.

The strength of this alliance was tested in 1962 during the India-China war. On October 28, 1962, US President Kennedy urged President Ayub Khan to treat China as a regional threat. Pakistan refused, citing unresolved Kashmir and massive US arms supplies to India. In response, the US cut aid in June 1964 after Pakistan and China signed the Karakoram Highway agreement in March 1964. Pakistan chose China over aid. China reciprocated with financial and military support.

PIA flights over the Karakoram became lifelines for military supplies. When India pressured Pakistan, China issued a blunt ultimatum to return livestock seized in 1962, forcing India to back down. This trust later reshaped global politics. After defeat in Vietnam and tensions with the Soviets, the US used Pakistan as a bridge to re-engage with China. In contrast, while the US abandoned Pakistan in 1971, China blocked Bangladesh’s UN membership until Pakistani POWs were freed. Chinese leaders have always spoken warmly of this bond.

Hu Jintao called it “sweeter than honey.” In 2013, the Chinese Premier termed it “more valuable than gold.” Under President Xi Jinping, the relationship became the world’s first “All-Weather Strategic Cooperative Partnership” and launched the Belt and Road Initiative. Even during COVID-19, China’s vaccine support proved its loyalty. The secret of China’s rise is leadership continuity—each leader building on the last. Today, CPEC and One Belt, One Road are driving regional peace through shared interests. The Pak-China alliance is shifting the regional balance and challenging notions of Indian hegemony.

From Arms Control to Arms Race: A Dangerous Global Drift

Scott Ritter is not an ordinary commentator on war, nuclear weapons, or international security. A former U. S. Marine Corps intelligence officer, United Nations weapons inspector in Iraq, and one of the most recognizable voices in the global arms-control debate, Ritter has spent decades studying the relationship between military power, diplomacy, and nuclear deterrence. Speaking recently at a major international forum in Russia, often described as the Russian equivalent of Davos, Ritter delivered a stark warning that the world today may be closer to a nuclear disaster than at any time since the Cold War. Reflecting on the collapse of arms-control agreements and the growing militarization of international politics, he lamented what he described as the death of diplomacy in the field of disarmament. His message was both simple and alarming: humanity is moving backward, not forward, and unless the major powers rediscover the principles of restraint, rationality, and respect for human life, the world could enter an era of unprecedented danger.

His central argument was simple but profound: arms control represented the highest expression of human rationality. It was an acknowledgment by rival nations that despite political differences, ideological conflicts, and strategic competition, the survival of humanity required restraint. It reflected an understanding that the destructive power of

modern weapons had reached a level where war could no longer be treated merely as an extension of politics. The stakes had become existential.

According to Ritter, that rationality began to erode during the Iraq crisis. He argued that disarmament became a pretext rather than a genuine objective and that geopolitical ambitions gradually replaced diplomacy as the primary instrument of international relations. Whether one agrees with his interpretation or not, his broader concern deserves serious attention. The international arms-control architecture painstakingly built over decades has weakened significantly. Major treaties have expired, been abandoned, or lost their relevance. Strategic trust between great powers has deteriorated. A new arms race is emerging, and the world appears increasingly polarized.

The tragedy is that the countries possessing the greatest power also carry the greatest responsibility. The United States and Russia remain the two most influential nuclear powers on earth. Together they possess the overwhelming majority of the world’s nuclear weapons. Their actions, policies, and strategic calculations shape the global security environment more than those of any other nations. Yet instead of leading the world toward renewed disarmament,

both are increasingly engaged in geopolitical confrontations that reinforce insecurity and mistrust.

The war in Ukraine has become one of the most dangerous conflicts of the modern era. Russia views the conflict through the lens of security, strategic depth, and national interest. Critics, however, see it as an attempt to impose Russian influence over a neighboring state and undermine its sovereignty. Regardless of perspective, the war has revived fears of direct confrontation between nuclear powers and has accelerated military spending across Europe.

At the same time, tensions in the Middle East continue to intensify. The United States and its allies remain deeply engaged in regional conflicts and strategic rivalries, particularly involving Iran. Washington argues that preventing nuclear proliferation is essential for global security. Yet many observers point to an uncomfortable contradiction: the United States remains the only nation in history to have used nuclear weapons in warfare, when atomic bombs were dropped on Hiroshima and Nagasaki during World War II.

This historical reality continues to shape perceptions around the world. Critics argue that nuclear powers often demand restraint from others while maintaining vast arsenals of their own.

Such perceptions, whether justified or not, contribute to a growing sense of double standards in international relations.

The debate becomes even more complex in the Middle East. Israel is widely believed to possess a significant nuclear capability, although it maintains a policy of strategic ambiguity. Iran, meanwhile, insists that its nuclear program is peaceful and points to religious rulings that reject nuclear weapons. Yet the distrust between regional actors remains profound. The result is a security dilemma in which every action taken by one side is viewed as a threat by another.

History demonstrates that military superiority often encourages competitors to seek counterbalances. When one state acquires overwhelming power, others search for ways to protect themselves. Sometimes that means conventional military expansion. Sometimes it means alliances. In the most dangerous circumstances, it means pursuing nuclear capabilities.

This dynamic helps explain why concerns about proliferation are growing. Many smaller states observe the international system and conclude that nuclear deterrence may be the ultimate guarantee of sovereignty. Whether that conclusion is correct or not, it is becoming increasingly influential. The lesson many countries draw from recent conflicts is that weakness invites pressure while strength commands respect.

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Analysis

Qamar Bashir



Cartoon by Amjad Rasmi. (Courtesy of Ashfaq Al-Awcat)

Protecting the Arabian Sea: Pakistan and the Future of Marine Protected Areas

World Oceans Day arrives at a moment when the future of the planet is increasingly being decided beneath the surface of its seas. Across the world, marine ecosystems face mounting pressure from climate change, biodiversity loss, pollution and unsustainable extraction, making ocean protection no longer an environmental choice but a global imperative. The call for strong Marine Protected Areas reflects a growing recognition that healthy oceans are foundational to food security, climate resilience and human prosperity. For Pakistan, positioned along the northern Arabian Sea and home to ecologically significant coastal and marine landscapes, this challenge carries particular urgency. The country’s maritime future will depend not simply on how effectively it uses the ocean, but on how successfully it protects, restores and governs it as a living system for generations to come. Today, that inheritance is beginning to change. The language of ocean governance has entered national discourse not as environmental idealism, but as a condition for survival.

The emergence of the blue economy paradigm in Pakistan signals a decisive shift in how maritime space is understood. Within the framework of the National Maritime Policy 2025, policymakers increasingly recognize that the ocean cannot be reduced to ports, shipping lanes or hydrocarbon reserves alone. The policy’s emphasis on sustainable maritime growth, marine conservation, coastal tourism, fisheries management and ecological resilience reflects a broader awareness that economic security and environmental stewardship are inseparable. Pakistan’s commitment

to expand Marine Protected Areas (MPAs) to 30 percent of its Exclusive Economic Zone by 2030 marks a particularly significant transition in strategic thought. This transformation is not simply administrative. It represents an attempt to reconcile statecraft with ecology in one of the most climatically vulnerable regions of the Indian Ocean world. Pakistan’s EEZ, stretching across nearly 240,000 square kilometers of maritime territory, contains fisheries, coral ecosystems, mangrove forests, and trade corridors whose significance extends far beyond national borders. Yet the true heart of this maritime geography lies where the Indus River meets the sea.

Marine Protected Areas derive their strength not from legal designation alone, but from sustained governance, scientific management and public commitment. Strong MPAs function as living safeguards for marine ecosystems by protecting breeding grounds, allowing fish populations to recover, preserving biodiversity and strengthening the resilience of coastal communities against climate change. When effectively enforced, they reduce habitat degradation, curb destructive fishing practices and enhance the ocean’s natural capacity to absorb environmental shocks. For Pakistan, expanding protected marine spaces is therefore not simply a conservation objective; it is an investment in food security, climate adaptation and the long-term health of the Arabian Sea itself.

The Indus Delta is not merely a geographical formation; it is one of the great ecological archives of Asia. As the world’s sixth largest delta, it sustains a fragile yet extraordinarily productive interface between riverine and

marine systems. The delta’s mangrove forests constitute the largest arid-climate mangrove ecosystem in the world, functioning simultaneously as carbon sinks, storm barriers, and spawning grounds for marine biodiversity. Perhaps the most remarkable ecological story emerging from Pakistan’s coast is the recovery of these mangroves themselves. During the 1980s, degradation, seawater intrusion, and reduced freshwater flows had shrunk mangrove cover to nearly 80,000 hectares. Today, through sustained restoration campaigns and conservation partnerships, coverage has expanded to approximately 250,000 hectares. This is not merely an environmental success story; it is a geopolitical one. Mangroves reduce coastal vulnerability to cyclones, buffer erosion, support fisheries and store immense quantities of blue carbon. In an era of climate instability, mangrove restoration becomes a form of national defense.

No institution has embodied this evolving maritime consciousness more visibly than the Pakistan Navy. Traditionally associated with sea denial and strategic deterrence, Pakistan Navy now increasingly operates under a dual mandate: securing maritime sovereignty while safeguarding marine ecology. This fusion of defense and environmental stewardship reflects what naval scholars have begun describing as an “Ecological Ethos” within Pakistan’s maritime forces. Over the past years, Pakistan Navy has participated in the planting of more than eight million mangrove saplings along vulnerable coastal zones, recognizing ecological restoration as an integral component of maritime resilience. Simultaneously, Pakistan Navy plays a central role in enforcing the National Marine Disaster Contingency Plan (NMDCP), particularly in response to oil spills, maritime pollution, and environmentally destructive fishing practices. The suppression of illegal trawling and

Continued on Page 7

Civilians Turned Into Human Shields: The Human Cost of Military Operations in Kashmir

The conflict in Indian illegally occupied Jammu and Kashmir continues to produce painful stories that raise serious questions about human rights, civilian safety, and the conduct of military operations. A recent incident in Kulgam district has once again brought international attention to the suffering of ordinary Kashmiris who find themselves trapped between militarization and fear. According to reports, Indian troops used civilians as human shields during a cordon and search operation (CASO), resulting in a local villager being critically injured after a bear attack inside a mountain cave.

The incident reportedly took place in the Damhal Hanjipora area of Kulgam, where Indian forces launched a siege and search operation. During the operation, local residents claimed that several young men from the village were detained and forced to accompany troops into dangerous mountainous terrain. Among them was Mohammad Jahangir Malik, a resident of Khull village, who later suffered severe injuries after being tortured.

According to Malik’s account, troops from the 9 Rashtriya Rifles forced him to enter and inspect a cave while soldiers remained at a distance. He stated that despite warning the troops about the possibility of wild animals inside, he was still ordered to proceed. Moments later, he was attacked by a bear that mauled his face, head, and leg, leaving him critically injured. He was initially treated in Kulgam before being shifted to a hospital in Srinagar, where he underwent emergency treatment

and reconstructive surgery. Doctors reportedly confirmed that the injuries were consistent with a bear attack.

This incident has sparked outrage among human rights observers and local residents, who see it as another example of civilians being exposed to danger during military operations. International humanitarian law clearly prohibits the use of civilians as human shields in conflict zones. Under the Geneva Conventions and the Rome Statute of the International Criminal Court, forcing civilians into military situations to protect armed personnel or assist in operations can amount to a war crime.

This incident is not viewed as an isolated event. The region has witnessed repeated use of excessive force, arbitrary detentions, and civilian mistreatment over the years. Human rights organizations and international observers have frequently expressed concern over the lack of accountability in the territory. Reports documenting abuses, disappearances, and violence have continued to emerge despite official denials and security justifications.

The Kulgam incident also revives memories of earlier controversies involving the use of civilians during military operations in Kashmir. One of the most widely discussed cases occurred in 2017, when a Kashmiri civilian was tied to the front of a military jeep and driven through villages as a warning to protesters. The incident generated widespread criticism internationally and intensified debate over the methods employed during the siege and search operations in the region.

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Analysis

Kainat Shehzad



Analysis

Maheen Mirza

Chief of Naval Staff's Message: Strengthening Marine Protected Areas for a Blue Planet

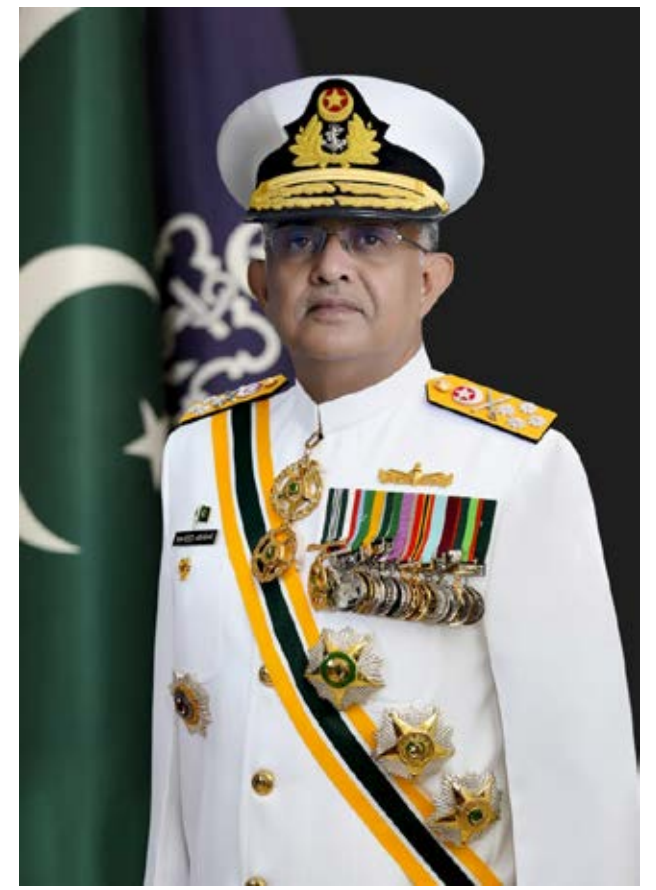
World Oceans Day is observed annually on 8th of June to recognize the importance of oceans and reaffirm our shared responsibility towards protecting the marine environment. The theme for World Oceans Day 2026 is 'Strong Marine Protected Areas for Our Blue Planet' that underscores the urgency to strengthen conservation efforts aimed at preserving marine eco-systems and ensuring the sustainable future of our oceans.

Oceans constitute more than seventy percent of the Earth's surface and play a pivotal role in regulating climate, supporting biodiversity, facilitating global trade and sustaining millions of livelihoods worldwide. They remain a source of food, energy and economic prosperity. However, increasing threats from marine pollution, overfishing, habitat destruction and climate change continue to endanger the health and sustainability of our oceans.

Marine Protected Areas (MPAs) are specific regions of the ocean where human activities are carefully managed to protect the natural resources. MPAs serve as critical instruments for conserving marine biodiversity and protecting fragile eco-systems such as coral reefs, mangroves, fish population, endangered marine species and coastal habitats. Strong and effective management of MPAs enhances ecological resilience, supports sustainable fisheries and helps mitigate adverse impacts of climate change. This year's theme encourages countries to expand and strengthen these MPAs for a healthier and more sustainable ocean environment.

World Oceans Day also reminds individuals and communities of their responsibility towards protecting marine life. Reducing plastic waste, preventing water pollution, supporting sustainable fishing practices and participating in coastal clean-up activities are important ways in which people can contribute. Environmental organizations, maritime institutions and other relevant stakeholders must work together to create awareness that promotes ocean conservation and responsible use of marine resources.

Pakistan Navy remains steadfast in its commitment to safeguard maritime environment and sustainable use of maritime resources to contribute to the overall objective of World Oceans Day. As custodian of Pakistan's maritime frontiers, PN actively works to preserve marine eco-systems and promotes sustainable use of ocean resources. It does so, through regular coastal and sea cleaning campaigns, awareness drives and environmental programs, to help reduce marine pollution and contribute to the health of the Arabian Sea.



Chief of Naval Staff's Message: Strengthening Marine Protected Areas for a Blue Planet. Together we can make a meaningful and significant positive impact.

OIC-COMSTECH to Host International Exhibition and Seminar on Herbal Medicines, Drug Development

City Desk

ISLAMABAD: The OIC Ministerial Standing Committee on Scientific and Technological Cooperation (OIC-COMSTECH), in collaboration with the Drug Regulatory Authority of Pakistan (DRAP) and the Ministry of National Health Services, Regulations and Coordination, will organize a two-day International Exhibition and Seminar on Herbal Medicines Research, Processing and Drug Development on June 9-10 at the COMSTECH Secretariat in Islamabad.

bring together regulators, policymakers, researchers, practitioners, academia, industry representatives, scientists, pharmacists, and students to discuss emerging trends, regulatory frameworks, research opportunities, and future directions for the herbal, Unani, homeopathic, and traditional medicine sectors.



Federal Minister for National Health Services, Regulations and Coordination Syed Mustafa Kamal will inaugurate the exhibition and seminar as the chief guest. Ambassadors and diplomats from a number of OIC member states are also expected to participate and visit the exhibition featuring products and

innovations from Pakistan's leading herbal and traditional medicine manufacturers. More than 50 manufacturers representing the herbal, Unani, homeopathic, and traditional medicine industries will participate in the event. Prominent organizations including Qarshi Industries, Marhaba Laboratories, Hamdard Laboratories, Herbio, Herbiootics, Nutrifactor, Hemani, Kamal Laboratories, Ashraf Laboratories,

Mint Pharmaceuticals, Masood Homeopathic Laboratories and other leading companies will showcase their products, research initiatives, and technological advancements through dedicated exhibition stalls.

Coordinator General OIC-COMSTECH Prof. Dr. M. Iqbal Choudhary will deliver the welcome address and outline COMSTECH's initiatives aimed at promoting research, innovation, quality assurance, and international cooperation in traditional and complementary medicine.

The seminar will feature technical presentations by senior experts and regulators, including DRAP Chief Executive Officer Dr. Obaidullah, who will discuss the role of alternative medicines in healthcare systems. President National Tibb Council will speak on the integration of Unani medicine into national healthcare systems, while Dr. Abdul Rashid, Consultant (Health Initiatives) OIC-COMSTECH, will present emerging guidelines and regulatory considerations relating to clinical trials of herbal products, alternative medicines, and Traditional Chinese Medicine.

The exhibition and seminar form part of COMSTECH's broader efforts to promote evidence-based traditional medicine, foster industry-academia collaboration, strengthen regulatory frameworks, and enhance international cooperation among OIC member states in health sciences and pharmaceutical innovation.

Civil Society and Public Health Experts Urge Govt to Increase Taxes on All Sweetened Beverages, Including Packaged Juices

City Desk

ISLAMABAD: A coalition of civil society organizations and public health professionals working under the TRANSFORM Pakistan Campaign, which aims to safeguard public health in Pakistan, has called upon the federal government to increase Federal Excise Duty to 40% on all sweetened beverages, including juices and fruit juices, with no exception, in the upcoming budget 2026-27.

in large part by unhealthy diets and increasing consumption of sweetened drinks. Pakistan currently has one of the highest diabetes burdens in the world, with an estimated 35 million adults living with the disease, placing enormous pressure on families, communities, and the healthcare system. If no immediate policy action is taken, the number is set to increase to 70 million by 2050. The annual cost of diabetes management is already reaching over USD 2.6 billion, nearly double the annual instalment of the IMF program.

that scientific evidence around the world and from Pakistan shows that taxing all sweetened beverages is an evidence-backed policy measure for reducing their consumption and preventing obesity, diabetes, heart disease, and other NCDs.



Dr. Saba Amjad, CEO, Heartfile, emphasized that all sweetened drinks, including juices, regardless of their source of sugar, contribute to increasing the risk of serious health conditions like diabetes, stroke, and heart disease. She noted that public health policies must be guided by science and global best practices.

Afshar Iqbal, Director Communications & Advocacy at Pakistan Youth Change Advocates (PYCA), cautioned against misleading narratives by certain elements of the food and beverage industry claiming that packaged fruit juices are healthy simply because they contain no "added sugar." He noted that

such claims contradict scientific evidence and the guidance of the World Health Organization (WHO), which recognises fruit juices as free sugars and recommends limiting their consumption through taxing and various other policy measures.

invested in health promotion and disease prevention.

Mukhtar Ahmed Ali, Executive Director, Centre for Peace & Development Initiatives (CPDI), stressed that the upcoming federal budget presents a critical opportunity to prioritize public health and reduce the growing economic burden of diet-related diseases. The revenue generated through taxing sweetened beverages and juices should be

The coalition urged the Prime Minister, Finance Minister, Cabinet members, and other policymakers to align taxation policies with WHO recommendations and global best practices to ensure that all sweetened beverages, juices, including fruit juices, must be taxed, aiming to cut down their consumption. The revenue generated through these taxes should be invested in the improvement of public health. Such measures, they said, are essential to protecting public health and preventing the continued rise of diabetes and other non-communicable diseases in Pakistan.

The Dual Pillars of Excellence: Research and Teaching

Iram Asim

My Early Education was Completed in the Multan Division. I Passed Matriculation from the Multan Board and Secured the Top Position Among Both Girls and Boys. Earning a Gold Medal. I also Topped the Intermediate examinations and received another Gold Medal. After that, I moved to Lahore for higher education and completed my graduation there. I then joined Punjab University, where I obtained a Master's degree in Applied Psychology.

completed their doctoral studies under my supervision. More than 160 MPhil and MS students have completed their research under my guidance. I also supervised a post-doctoral scholar who completed her research through a project funded under a Punjab Higher Education initiative.



Exclusive Interview with Prof. Dr. Syeda Shahida Batool

Beyond supervision, I have actively participated in national and international conferences and seminars as a speaker. During my tenure as Chairperson, I organized international conferences and worked extensively to strengthen academic collaboration and research culture.

at Women University Multan. One of my PhD graduates and one of my MS students are currently part of the Psychology Department. Through them, I remained informed about the institution. I always had a passion to contribute positively to this university if I were given the opportunity. After meeting faculty members and staff, I realized that there is no shortage of talent, passion or commitment here. People genuinely want to work and contribute to the institution's progress.

Among my academic achievements, I have received the Lifetime Achievement Award and Best Researcher Award from the Higher Education Department. I was also honored with the Outstanding Research Paper Award for my scholarly work. Furthermore, Government College University Lahore recognized my contributions to teaching by presenting me with its Best Teacher Award.

On the other hand, if an institution concentrates solely on research and neglects teaching, its graduates may struggle to compete effectively in the professional marketplace. Our goal is to maintain excellence in both areas simultaneously.

Establishing external linkages has been one of my priorities. I played a major role in facilitating Memorandums of Understanding (MOUs) between my institution and various universities. These collaborations have helped create opportunities for research partnerships, academic exchange and institutional development.

My first priority is curriculum modernization. I want the university's curriculum to meet international standards. Emerging trends such as Artificial Intelligence and modern scientific developments should be integrated

I had a connection with this university even before my appointment. My sister serves at Bahauddin Zakariya University, so I remained connected to Multan and frequently heard about developments here. Several of my former students are also serving

into every discipline wherever relevant. Students must graduate with contemporary knowledge and skills that match global requirements.

If we can add at least ten more buses, the transportation issue will be addressed to a significant extent.

Faculty development is essential. No matter how strong a curriculum or policy framework may be, successful implementation depends on the competence and professional growth of teachers. Continuous training and professional development programs are necessary if we want meaningful academic improvement.

The university currently has four hostels—two at the Katchery Campus and two at the Matital Campus. All hostels are fully occupied, housing approximately 1,700 students. Expansion plans already exist, but the current proposal would accommodate only around 200 additional students. We need broader and more efficient expansion strategies to meet growing demand.

One major challenge is the lack of strong industry-academia connections. We need collaborations with industry and meaningful partnerships beyond simply signing MOUs. My proposal is to include senior industry professionals in the Boards of Studies of relevant departments.

The Chief Minister of Punjab has taken important initiatives regarding women's protection, safety and empowerment. As a university, our contribution lies in empowering students through skills. We want our graduates to excel in the job market. Even if they do not immediately secure employment, they should possess practical skills that enable them to generate income independently and succeed professionally.

These professionals can guide us regarding market needs, emerging trends, research priorities and skill requirements. Their input will help ensure that our graduates are prepared for the realities of the modern workforce.

We are planning to organize the first job fair in the history of Women University Multan. Job fairs provide students with valuable exposure. They learn where their qualifications fit, understand industry demands and gain interview experience through direct interaction with employers.

At present, the university has 10,599 students. Transportation is one of our biggest challenges. Parents of female students place their trust in university-provided transport. Currently, we have only 14 buses, which are insufficient for a student population of this

Even if students do not secure immediate employment, the experience prepares them for future opportunities. Employers also gain insight into the quality and capabilities of our graduates. We intend to involve significant sectors and organizations, allowing students to interact directly with recruiters and submit their CVs.

The university consists of five faculties and twenty-seven departments. We have strong enrollment across departments, and none of our academic units are operating at a deficit. The institution currently employs 183 permanent faculty members.

However, this number is still insufficient to meet all academic requirements, which is why we also rely on visiting faculty where necessary.

Sports are extremely important because a healthy mind exists in a healthy body. The university regularly organizes sports galas, and we intend to strengthen and improve these activities further. Physical wellbeing is an essential component of student success.

Conferences are very close to my heart. International conferences provide an excellent platform for research dissemination, professional networking and academic collaboration. They help scholars understand global challenges and emerging trends.

Such interactions often lead to future collaborations, research partnerships and student exchange opportunities. We will not only continue organizing conferences but also work to improve their quality and impact.

Women University Multan possesses tremendous talent and potential. By strengthening teaching, promoting research, enhancing industry linkages, modernizing curricula, improving infrastructure and creating greater opportunities for students, we can transform this institution into a leading center of higher education.

I am committed to working with faculty, staff and students to achieve that vision together.

Bull & Bears PSX 100-Share Index Fluctuation

Pakistan: PSX 100-Share Index	
Current	Prev. Close
171,175.50	170,190.64
Day's High	Day's Low
171,455.76	170,563.40
Index Value	Change
18,798,498,714	+984.86
Percentage	Time
+0.58%	4 Jun, 2026 4:30 pm

Europe: FTSE 100 Index	
Index Value	Change
10,360.32	+28.02
Percentage	Time
+0.27%	4 Jun, 4:35 pm GMT+1

USA: Dow Jones Industrial Average	
Index Value	Change
51,524.98	+837.91
Percentage	Time
+1.65%	4 Jun, 2:21 pm GMT-4

Asia Pacific: Nikkei Stocks Average	
Index Value	Change
67,470.69	-931.45
Percentage	Time
-1.36%	4 Jun, 3:45 pm GMT+9

Open Market Forex Rates		
Currency	Buying	Selling
Australian Dollar	196.62	202.55
Bahrain Dinar	733.85	743.95
Canadian Dollar	199.46	206.22
China Yuan	38.00	38.75
Danish Krone	43.37	43.77
Euro	322.05	327.55
Hong Kong Dollar	34.89	35.89
Indian Rupee	2.73	2.98
Japanese Yen	1.7218	1.8209
Kuwaiti Dinar	883.35	893.75
Malaysian Ringgit	67.15	67.85
New Zealand \$	161.58	166.81
Norwegians Krone	27.85	28.15
Omani Riyal	719.15	730.25
Qatari Riyal	74.80	75.75
Saudi Riyal	73.85	74.65
Singapore Dollar	214.96	220.81
Swedish Korona	30.25	30.55
Swiss Franc	350.32	356.80
Thai Bhat	8.52	8.67
U.A.E Dirham	75.37	76.37
UK Pound Sterling	372.55	378.25
US Dollar	278.20	279.45

Raising Taxes on Tobacco, Cigarettes, and Sugary Drinks Is the Need of the Hour

✉ Zain-ul-Abideen Abid

MULTAN: Naveed Ahmad Khan, Editor of The Spokesman Daily, has urged the government to impose higher taxes on tobacco products, cigarettes, and sugar-sweetened beverages in order to protect public health, particularly that of children and young people. He emphasized that such measures are essential for preventing a wide range of serious diseases and reducing the burden on the healthcare system.

According to Naveed Ahmad Khan, tobacco use is a leading cause of cancer, heart disease, stroke, and various respiratory illnesses, while sugary drinks contribute significantly to obesity, diabetes, and other health complications. He noted that a typical 250-milliliter soft drink contains approximately seven to eight teaspoons of sugar, an amount that can be harmful to human health when consumed regularly.



He stated that effective taxation of these products would not only discourage their consumption but also help reduce the financial strain on the national healthcare sector.



Furthermore, the additional tax revenue generated should be allocated to public health initiatives, disease prevention programs, the provision of clean drinking water, and the improvement of medical facilities.

He concluded that such policies would contribute to the development of a healthier society and help protect future generations from many preventable diseases.

Sunday Bazaar

ISLAMABAD: People are buying vegetables at a Sunday weekly bazaar, in the Federal Capital.



Photo: Online by Sultan Bashir

Cut GST to Boost Competitiveness, Urges Tax Ombudsman Coordinator

✉ Commerce Desk

LAHORE: Coordinator to Federal Tax Ombudsman Saif Ur Rehman Sunday urged the government to curtail the General Sales Tax (GST) in the upcoming federal budget, as reduction in indirect taxes would help lower the cost of products and improve the competitiveness of Pakistani goods in international markets.

He said high taxation on goods and services has increased production costs, making local industries

less competitive compared to regional and global rivals. He said reducing GST would provide much-needed relief to people facing inflation while also supporting manufacturers struggling with rising input costs.

He hoped that policymakers would introduce pragmatic fiscal measures in the annual budget to strengthen economic activity, enhance export performance, and ensure sustainable growth across key sectors of the economy.

Iftikhar Malik Advocates for Sustainable Growth Through Diversified Exports



✉ Commerce Desk

LAHORE: SAARC Chamber of Commerce and Industry, former President Iftikhar Ali Malik, Sunday called upon the government to formulate a comprehensive long-term policy framework aimed at enhancing Pakistan's export competitiveness and strengthening the national economy.

In a statement here today he emphasized that sustainable economic growth can only be achieved through consistent policies focusing industrial expansion, value addition, innovation, and diversification of exports.

A competitive economy, stronger exports, and effective public-private partnership are key ingredients for national prosperity. With a clear long-term vision and consistent economic policies,

Pakistan can achieve higher growth, attract investment, and secure a brighter and more prosperous future for its people, he added.

Malik stressed the need to reduce unnecessary regulatory burdens that increase the cost of doing business and discourage investment.

He urged policymakers to focus on ease of doing business, modernization of industries, and measures that improve productivity and competitiveness in global markets. We must prioritize sustainable growth by promoting value-added products rather than relying on traditional exports.

Expanding export markets, encouraging innovation, and supporting small and medium enterprises can significantly boost foreign exchange earnings and create employment opportunities, he concluded.

New PIFD Centre Aims to Revolutionize Pakistan's Fashion Industry

✉ Commerce Desk

LAHORE: Chairperson Board of Industrial Collaboration to Enhance Fashion Export Mian Kashif Ashfaq (Tamgha-I-Imtiaz) Sunday said first ever state of the art ultra modern world class dedicated "Innovation Centre" has been established to remain competitive in the global marketplace.

Chairing here today the 2nd meeting of BICEFE he said centre set up at Pakistan Institute of Fashion Design, a chartered university of federal government will spearhead research, development, and market intelligence for the textile, fashion, apparel and furniture sectors. He said fashion industry is evolving at an unprecedented pace, driven by changing preferences, technological advancements, sustainability and the rapid expansion of digital commerce.

Centre will serve as a hub for collaboration among designers, manufacturers, exporters, academic institutions, and policymakers. It will facilitate research on international market requirements, provide training in advanced design techniques,



support product diversification, and encourage the adoption of digital technologies including artificial intelligence, smart textiles, and e-commerce solutions within Pakistan. Earlier we used to approach foreign countries to seeking assistance and acceptance.

Mian Kashif Ashfaq said Investment in innovation is no longer an option but a necessity. This world-class Fashion Innovation Centre will enable Pakistan to capitalize on emerging opportunities, strengthen export earnings, create skilled employment, and position the country as

a significant player in the rapidly evolving global fashion industry. By fostering creativity and innovation, Pakistan can move beyond being primarily a supplier of raw materials and basic garments to becoming a recognized producer of premium fashion products like Linus, Denim and apparel.

VC Pakistan Institute of Fashion Design University and Hina Tayyabia Khalil said efforts will be made to secure funding from German universities to fully equip the innovation centre with latest modern technologies meeting global brand standards.

Punjab Govt Reaffirms Commitment To Safe And Quality Food On World Food Safety Day: Salma Butt

✉ Commerce Desk

LAHORE: Punjab Chief Minister Maryam Nawaz Sharif's Special Assistant for Food Safety, Salma Butt, has said that ensuring the provision of safe food remains a top priority under the leadership of Chief Minister Maryam Nawaz Sharif.

In her message on World Food Safety Day, observed across Pakistan and the world on June 7, Salma Butt said that safe food is the foundation of a healthy society, a strong economy and a prosperous future. She said the day is observed to

highlight the importance of safe, quality and healthy food and to raise public awareness about food safety.

Salma Butt stated that safe food is the cornerstone of a healthy society and a guarantee against diseases. She added that food safety is not merely a health issue but is also directly linked to social and economic development.

She said that under the visionary and people-centric leadership of Chief Minister Maryam Nawaz Sharif, the Punjab government is taking comprehensive measures to ensure the provision of quality,

safe and adulteration-free food to citizens. Through the Punjab Food Authority, strict monitoring of food standards, effective implementation of food safety laws, modern laboratory testing, capacity building of food businesses and enhanced public awareness campaigns are being further strengthened.

Special Assistant to Chief Minister on Food Safety and Consumer Protection said that the Punjab government's vision is to ensure access to safe food for every citizen in order to safeguard public health and achieve international food safety



standards.

She said that adherence to hygiene and quality standards is essential

at every stage of food production, preparation, storage, transportation and sale. The provision of safe food is a shared responsibility of the government, the food industry, business establishments and consumers.

On the occasion of World Food Safety Day, Salma Butt appealed to citizens to pay special attention to quality, cleanliness, packaging and expiry dates while purchasing food items and to buy food products only from reliable sources. She said that by doing so, citizens can play their role in building a healthy, safe and prosperous Punjab.

FPCCI's Shadow Budget Hailed as Landmark for Pakistan's Economic Revival



✉ Commerce Desk

LAHORE: Convener Federation of Pakistan Chamber of Commerce and Industry regional committee on food Shahid Imran Sunday hailed the presentation of Pakistan's first-ever Shadow Budget 2026-27 of FPCCI describing it as a landmark initiative that reflects the collective wisdom and aspirations of the country's business community.

Talking here today to a delegation of food exporters and importers he said the effort demonstrated visionary leadership and a strong commitment to economic revival at a time when Pakistan faces multiple fiscal and development challenges.

The proposed measures focusing on tax reforms, simplification of procedures, export-led growth, investment promotion, industrial expansion and rationalization of energy tariffs could significantly improve the business environment and enhance competitiveness. Sustainable economic growth requires continuity of policies, broader stakeholder consultation and a long-term national economic vision.

He emphasized proposals provide a constructive roadmap for reducing the cost of doing business, attracting domestic and foreign investment and generating employment opportunities.

He commended the leadership of S. M. Tanveer, Atif Ikram Sheikh, Dr. Gohar Ejaz and other chamber presidents for presenting a unified voice of the business community.

He hoped that policymakers would seriously consider these recommendations while finalizing the federal budget, enabling Pakistan to achieve higher growth, greater economic stability and long-term prosperity.

Policies and the Future of Education: Student-Centered Integration in Curriculum

Education systems across the globe are undergoing a profound transformation as societies adapt to rapid technological advancement, globalization, and evolving labor market demands. Traditional models of education, which largely emphasize rote memorization and teacher-led instruction, are increasingly being questioned. In their place, student-centered learning has emerged as a progressive approach that prioritizes active engagement, critical thinking, and holistic development. For a developing country like Pakistan, integrating student-centered approaches into educational policies and curricula is essential to prepare youth for future challenges and opportunities.

Student-centered learning places learners at the heart of the educational process. It recognizes that each student has unique abilities, interests, and learning styles. Instead of being passive recipients of information, students actively participate in their learning through inquiry, collaboration, and problem-solving. This approach encourages curiosity, creativity, and independent thinking – skills

that are indispensable in today's knowledge-driven economy.

In Pakistan, the education system has historically been examination-oriented. Success is often measured by grades and the ability to reproduce textbook content. While this system has its merits, it often fails to develop practical skills, innovation, and adaptability. Graduates frequently struggle to meet the demands of modern workplaces, where analytical thinking and problem-solving are highly valued. This gap highlights the urgent need for curriculum reforms that align education with real-world requirements.

Integrating student-centered learning into the curriculum requires a comprehensive and well-structured policy framework. Curriculum design must move beyond rigid content delivery and incorporate interactive, experiential, and interdisciplinary learning. Subjects should be connected to real-life contexts, enabling students to understand the relevance of their studies. For instance, science education should include experiments, fieldwork, and innovation projects, while social sciences can involve community-based research and case studies. Such approaches transform learning

from theoretical understanding to practical application.

Teachers play a central role in this transformation. The shift from teacher-centered to student-centered education requires educators to adopt new roles as facilitators, mentors, and guides. This transition demands extensive professional development and training. Teachers must be equipped with modern pedagogical techniques, including collaborative learning, inquiry-based teaching, and the use of digital tools. Continuous training programs, workshops, and access to online resources can support teachers in adapting to these new expectations.

Assessment systems must also evolve to support student-centered learning. Traditional examinations often emphasize memorization and fail to measure higher-order thinking skills. To address this, assessment should include project-based evaluations, presentations, group work, and reflective assignments. These methods provide a more comprehensive evaluation of students' abilities and

encourage deeper engagement with learning material. A balanced assessment system that combines formative and summative evaluation can better capture students' progress and potential.

Technology serves as a powerful enabler of student-centered education. Digital platforms, virtual classrooms, and interactive tools allow students to explore knowledge beyond textbooks. They facilitate self-directed learning, collaboration, and access to global resources. In Pakistan, expanding digital infrastructure and ensuring equitable access to technology, particularly in rural and underserved areas, is critical to realizing the full potential of this approach.

Despite its advantages, implementing student-centered integration in the curriculum presents several challenges. Limited financial resources, overcrowded classrooms, and outdated infrastructure hinder effective implementation. Resistance to change among educators and institutions can

also slow progress. Additionally, disparities between urban and rural education systems create unequal opportunities for students.

Addressing these challenges requires strong policy commitment and coordinated efforts. The government must prioritize education as a key driver of national development. Increased investment in infrastructure, teacher training, and curriculum development is essential. Public-private partnerships can play a significant role in providing resources, expertise, and technological support. Collaboration between educational institutions and industries can further enhance curriculum relevance and ensure alignment with labor market needs.

The future of education in Pakistan depends on its ability to embrace innovation while addressing local challenges. Student-centered integration in the curriculum is not merely a pedagogical shift; it is a strategic necessity. It empowers students to take ownership of their learning, develop critical skills, and adapt to a rapidly changing world. Such an approach also promotes inclusivity by accommodating diverse learning needs and ensuring that every student has the opportunity to succeed.

Moreover, student-centered education fosters a culture of lifelong learning. In a world where knowledge is constantly evolving, the ability to learn, unlearn, and relearn is crucial. By nurturing curiosity and independent thinking, the education system can produce individuals who are not only knowledgeable but also resilient and innovative.

In conclusion, the integration of student-centered learning into educational policies and curricula is vital for the future of education in Pakistan. It represents a shift from passive learning to active engagement, from memorization to understanding, and from uniformity to diversity. By investing in teacher development, technological infrastructure, and policy reforms, Pakistan can build an education system that prepares its youth for the complexities of the modern world. Education, when centered on the learner, becomes a powerful tool for personal empowerment and national progress, paving the way for a more dynamic, inclusive, and forward-looking society.

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Analysis

Dr. T. M. Malik

Safeguarding Our Blue Planet: Pakistan Navy's Commitment to Marine Conservation and Protected Areas

Nazia Rahim

Every year on World Oceans Day, the world pauses to recognize the immense value of our oceans. Covering more than 70 percent of the Earth's surface, the ocean regulates climate, produces much of the oxygen we breathe, supports biodiversity, and provides food and livelihoods for billions of people. Yet despite its importance, the ocean faces unprecedented pressures from overfishing, habitat destruction, pollution, and climate change. The theme promulgated by UN for World Oceans Day 2026 is "Strong Marine Protected Areas for Our Blue Planet". It emphasizes the critical importance of healthy oceans for sustaining life on Earth.

As the guardian of Pakistan's maritime frontiers, Pakistan Navy has always endeavored to promote environmental sustainability and the protection of marine ecosystems. Recognizing the ecological significance of mangroves, one of the most notable PN contribution is its large-scale mangrove plantation campaign along Pakistan's coastal belt in collaboration with governmental and environmental organizations. Till to date, millions of mangroves saplings have been planted across coastal areas of Sindh and Balochistan, contributing

significantly to reverse the effects of carbon emissions, prevent sea intrusion and preserve marine biodiversity. These mangrove forests also support local livelihoods and strengthen natural resilience against the impacts of climate change.

Moreover, Pakistan Navy regularly organizes coastal clean-up drives, environmental awareness campaigns and community engagement activities aimed at reducing marine pollution and promoting environmental awareness among the public through educational programs, seminars and collaborative activities with civil institutions. PN actively advocates responsible environmental behaviour and sustainable use of marine resources.

Pakistan Navy also ensures maritime safety and protection of the marine environment through rigorous surveillance, monitoring, and enforcement efforts in Pakistan's maritime zones. Its operational presence helps deter illegal activities such as marine pollution, unlawful dumping and illegal exploitation of marine resources. Furthermore, PN supports national / international efforts for maritime security, safety of SLOCs, disaster response and environmental protection in the AoR.

Through its proactive initiatives and commitment towards sustainable maritime practices, Pakistan Navy continues to demonstrate its dedication to safe-

guard Pakistan's coastal and marine environment. The observance of World Oceans Day 2026 provides an opportunity to reaffirm our collective commitment towards protection and preservation of the oceans. In this regard, Pakistan Navy stands as a responsible and proactive institution that contributes significantly towards climate action and environmental sustainability for the promotion of safe and secure oceans for present and future generations.

As the world observes World Oceans Day 2026 under the theme "Strong Marine Protected Areas for Our Blue Planet," the need for collective action to conserve and sustainably manage our marine resources has never been greater. Strong Marine Protected Areas are essential for preserving biodiversity, enhancing climate resilience, safeguarding livelihoods, and ensuring the long-term health of our oceans. Through its unwavering commitment to mangrove restoration, marine conservation, environmental awareness, and maritime security, Pakistan Navy continues to play a vital role in protecting Pakistan's coastal and marine ecosystems. Let this occasion serve as a renewed call for governments, institutions, communities, and individuals to work together in strengthening marine protection efforts and securing a cleaner, healthier, and more resilient blue planet for generations to come.

Challenges In Enforcing Ban On Chemical Weapons

Hamail Atiq

Chemical Weapons and their destructive nature, is something that we had witnessed in recent years and are quite well aware of its damages posed not only to human beings but also to the environment. Therefore, we can quite literally understand where and why the necessity to put ban on chemical weapons arises from. However, to enforce the global ban on chemical weapons is basically like playing a chess game where half the players are secretly hiding extra pieces under the board. The Chemical Weapons Convention (CWC) is supposed to be this ironclad rulebook that everyone follows, but actually getting countries to comply is a complete logistical nightmare. It mostly comes down to the fact that unlike building a nuclear bomb, which requires massive, super obvious enrichment facilities that you can easily spot from a satellite. Chemical weapons are incredibly easy to hide. You can literally brew up chlorine or mustard gas in a regular pesticide factory or a commercial pharmaceutical plant. It's what they call "dual-use" technology. One day a factory is making fertilizer for tomatoes, and the next day with a slight shift in the supply chain, you have a stockpile of deadly nerve agents.

The Middle East is a textbook example of how messy this gets in the

real world. Look at Syria recently or Iraq back in the 80s at Halabja. The OPCW (Organization for the Prohibition of Chemical Weapons) can try to send inspectors, but when a country is in the middle of a brutal civil war, securing chemical sites is basically a forced pawn sacrifice. Dictators know that using chemical weapons is a psychological checkmate against rebels and civilians. It just creates absolute, unadulterated terror. When the Syrian regime used Sarin gas, the international community drew a massive "red line", but then just spent months arguing about logistics, jurisdiction, and who is to blame while the people on the ground suffered. The whole enforcement mechanism is totally flawed because it relies on the UN Security Council. And we all know how that goes, any major power can just slam down a veto to protect their regional allies.

They fired thousands of shells of Xylol bromide, but it was so insanely cold on the eastern front that the chemicals literally just froze into liquid and didn't vaporize at all. The Russians barely even noticed. It's like bringing a water gun to a snowball fight. But obviously history moved on, and the science got way, way deadlier. The Soviets themselves eventually learned from that era and ended up building one of the absolute largest chemical stockpiles in human history during the Cold War.

Today, the challenge isn't even just state actors anymore. The real headache

is non-state actors or terrorist groups getting their hands on a chemical recipe and a basic lab setup. You don't need a billion-dollar defense budget to make chlorine gas. If you have a decent understanding of chemistry and a large bathtub, you're halfway there.

Honestly, I myself, had barely survived high school chemistry, so the world is perfectly safe from me. But for the intelligence guys whose job it is to track this stuff globally, it's a total nightmare. How do you completely ban the import of basic industrial chemicals that a developing country legitimately needs for water purification or agriculture? The answer is, realistically you cannot.

So, the International community is just stuck playing defense. The treaties look amazing on paper, but without a way to rapidly enforce sudden inspections with actual teeth, rogue actors are just going to keep exploiting the loopholes. They use the ambiguity of dual-use chemicals to keep their options open, until the big global powers actually agree to stop playing geopolitics and treat every chemical attack as an absolute red line. Regardless, whether it was their ally who did it, the ban is just going to be a gentleman's agreement in a room full of people crossing their fingers behind their backs.

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Civilians Turned Into Human Shields: The Human Cost of Military Operations in Kashmir

Continued from Page 4

Local families affected by such operations often remain silent due to fear of reprisals. In the latest case, relatives of the injured villager reportedly said that troops had taken him from his home shortly after dawn prayers despite their pleas to spare him. Fear and uncertainty continue to dominate daily life in many areas where military presence remains heavy and search operations are frequent.

Critics argue that the continued militarization of the region has created an atmosphere where ordinary civilians are increasingly vulnerable. Search operations, checkpoints, raids, and surveillance have become a regular part of life for many residents. In such an environment, even basic activities can suddenly

turn dangerous. The Kulgam tragedy highlights how civilians often bear the greatest burden of a prolonged conflict that shows little sign of resolution.

Beyond the immediate tragedy, the incident also reflects the broader humanitarian crisis in the region. Decades of political unrest and armed conflict have deeply affected Kashmiri society. Families continue to live under uncertainty, while young people grow up amid violence, restrictions, and fear. Incidents like the one in Kulgam deepen feelings of alienation and resentment, further complicating efforts toward peace and reconciliation.

As news of the incident spreads, many observers believe that silence from the international community will only encourage further abuses. Human rights defenders insist that civilian lives

must not become expendable in the name of security operations. They argue that lasting peace can never be achieved through fear, coercion, or intimidation.

The story of Mohammad Jahangir Malik is therefore not just the story of one injured villager. It represents the painful reality faced by countless civilians living in conflict zones where the line between security operations and human suffering often becomes blurred. His injuries serve as a reminder that behind political disputes and military narratives are ordinary people whose lives are permanently changed by violence and instability.

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Protecting the Arabian Sea: Pakistan and the Future of Marine Protected Areas

Continued from Page 4

the restriction of harmful fishing nets are not merely regulatory actions; they are interventions against ecological collapse. In this sense, maritime security increasingly includes the defense of ecosystems from extractive violence.

This optimism must be tempered by scientific realism as well. The northern Arabian Sea is entering an age of cumulative ecological stress. Climate change, warming waters, declining river discharge, and industrial contamination now intersect with an escalating micro plastic crisis. Research conducted along Karachi's coastline, particularly near Clifton Beach, has identified alarming concentrations of micro plastics in seawater and coastal sediments. The Indus River itself is now recognized as a significant contributor of plastic waste into the Arabian Sea each year, carrying urban and industrial debris from inland Pakistan into marine

ecosystems. Micro plastics infiltrate plankton, fish, shellfish, and eventually human bodies through the food chain. They do not merely pollute the ocean; they alter its biological metabolism. Ocean governance, therefore, cannot remain confined to cleanup operations or isolated conservation projects. It requires a systemic rethinking of production, waste management, urban planning, and river governance across the Indus basin itself.

On World Oceans Day, the waters of the Arabian Sea offer Pakistan not a warning alone, but a vision of renewal. Across the Indus Delta, nearly half a million people continue to draw their livelihoods, traditions and collective memory from the rhythms of the sea. The restoration of mangrove forests, the expansion of Marine Protected Areas and the growing commitment to sustainable fisheries reflect a broader national awakening to the value of ocean stewardship. World Oceans Day there-

fore carries a meaning that is both environmental and deeply civilizational for Pakistan. The Arabian Sea is the country's ecological shield, economic artery, and maritime horizon all at once. Every mangrove restored, every coastline protected, and every sustainable maritime policy enacted strengthens not only marine ecosystems, but also the resilience of the communities who depend upon them. In recognizing the ocean as the lifeblood of national prosperity and human security, Pakistan is beginning to shape a maritime future grounded not in exploitation, but in responsibility, balance and enduring hope.

The writer is an MPhil scholar of International Relations at National Defence University. Her academic interests include international affairs, foreign policy and regional security studies. She is actively engaged in research and analysis on contemporary global and geopolitical issues.

From Arms Control to Arms Race: A Dangerous Global Drift

Continued from Page 4

The consequences extend far beyond the battlefield. As security fears rise, governments allocate larger portions of their budgets to military spending. Resources that might otherwise be directed toward education, healthcare, infrastructure, scientific research, and social welfare are diverted toward defense. The opportunity cost is enormous. Humanity's greatest challenges—poverty, climate change, disease, food insecurity,

and technological inequality—remain unresolved while nations invest trillions in preparing for conflicts they hope never occur.

The fundamental question is therefore not whether nations have the right to defend themselves. Every sovereign state possesses that right. The real question is whether security can ever be achieved through endless accumulation of weapons alone. History suggests otherwise. True security emerges when power is balanced by responsibility,

strength by restraint, and competition by diplomacy. Military capability may deter aggression, but it cannot create trust. It cannot generate legitimacy. It cannot build the stable international order necessary for long-term peace.

That is why disarmament remains an essential objective, even if it appears politically unrealistic today. The process cannot begin with weaker states alone. It must start with the nations possessing the largest arsenals and

the greatest influence. The United States and Russia must eventually return to meaningful strategic dialogue. Other nuclear powers must be incorporated into broader frameworks of transparency and accountability. Regional security arrangements must address the fears that drive proliferation in the first place.

Most importantly, global leaders must rediscover the moral foundation that once underpinned arms-control efforts. The value of human life must once

again become the central principle guiding security policy. Rationality must prevail over ideology, and diplomacy must take precedence over confrontation.

The alternative is deeply troubling. A world defined by perpetual military competition, expanding nuclear arsenals, collapsing arms-control agreements, and increasing geopolitical hostility is a world moving steadily toward greater danger. In such an environment, even a single miscalculation could have

catastrophic consequences. Humanity today stands at a crossroads. One path leads toward renewed diplomacy, strategic restraint, and gradual disarmament. The other leads toward an increasingly militarized international system where insecurity breeds further insecurity. The choice should not be difficult. In the nuclear age, disarmament is not merely an idealistic aspiration. It is an existential necessity.

The ultimate lesson is clear: nations may compete, disagree, and defend their interests, but they must never lose sight of a simple truth. There can be no winners in a nuclear catastrophe. If civilization is to endure, the pursuit of peace must once again become stronger than the pursuit of power.

The writer is Press Secretary to the President (Rtd), Former Press Minister, Embassy of Pakistan to France, Former Press Attaché to Malaysia and Former MD, SRBC. He is living in Michigan, USA.

Group photo

ISLAMABAD: A group photo of the Saudi-Pakistani Business Council delegation led by H.H. Sheikh Mansour bin Mohammed Al Saud. Also present on the occasion were Minister for Climate Change Dr. Musadik Masood Malik, Minister for Communications Mr. Abdul Aleem Khan, Minister for Maritime Affairs Mr. Muhammad Junaid Anwar Chaudhry, and Saudi Ambassador H.E. Nawaf bin Saeed Al-Malki.



Photo: Online

Naqvi meets Araghchi, delivers special message to Iran's leadership



News Desk

ISLAMABAD: Pakistan's Interior Minister Mohsin Naqvi met Iran's Foreign Minister Abbas Araghchi in Tehran to discuss the US-Iran diplomatic process. Naqvi delivered a special letter from Chief of Army Staff General Asim Munir to Iran's Supreme Leader Ayatollah Mojt-

ba Khamenei, aiming to facilitate progress in negotiations. Naqvi emphasized Pakistan and Iran's fraternal relations and expressed hope for a swift resolution to current crises through the efforts of Prime Minister Shehbaz Sharif and General Munir. The visit highlights Pakistan's active role in mediation amidst regional tensions.

Bilawal urges political dialogue to resolve AJK issues



City Desk

ISLAMABAD: PPP Chairman Bilawal Bhutto Zardari, following a high-level meeting with AJK parliamentary leadership in Islamabad, voiced concerns about the region's political situation. He stressed that all issues should be resolved through dialogue and political engagement. The meeting, chaired by Bilawal, involved senior PPP leaders, ministers, lawmakers, and former AJK prime ministers who reviewed political and administrative affairs and discussed future strategy. Bilawal received comprehensive brief-

ings and consulted on governance and the political environment, urging a consultative and democratic approach. He also decided to brief Prime Minister Shehbaz Sharif on AJK's situation and the meeting's recommendations. Attendees included AJK Prime Minister Chaudhry Faisal Mumtaz Rathore, acting AJK President Chaudhry Latif Akbar, Faryal Talpur, and former AJK Prime Minister Sardar Yaqoob Khan. The group discussed political stability, governance, and party unity, agreeing to continue consultations and for Bilawal to engage federal leadership on the discussed issues.

Deadlock persists between PPP and Govt over budget

Spokesman Report

ISLAMABAD: With the federal budget for the financial year 2026-27 expected to be tabled on June 10, two major ruling partners, the PML-N and the PPP, continued their consultations on the proposed fiscal measures.

A government delegation led by Deputy Prime Minister Ishaq Dar met with PPP at the Foreign Ministry. Naveed Qamar and Sherry Rehman are present in the Pakistan Peoples Party delegation. The PPP has reservations regarding additional taxes and subsidies from the provinces and the development budget, sources said. Finance Ministry officials are also part of the government delegation.

Sources said deadlock on budget continued as the emergency meeting between the government delegation and



the PPP ended immediately. The efforts are being made by both sides to end the deadlock.

Sources said the next meeting between the PPP and PML-N would be attended by party chairman, Bilawal Bhutto-Zardari, who will be back from his election campaign in Gilgit-Baltistan before the June 7 polls.

Another source said the consultations were also delayed because the IMF approval came "too late". The PPP leaders said they opposed new taxes and hoped the government would change its approach to taxation to provide relief to the inflation-hit masses. Sources said the PPP delegation emphasised that the government should prefer a broader tax base instead of exerting pressure on the same class which was already paying taxes.

Bilal Kayani holds consultative meeting with women chamber representatives

Commerce Desk

ISLAMABAD: On Sunday, June 7th, the Minister of State for Finance and Revenue, Bilal Azhar Kayani, met with approximately 40 representatives from Women Chambers of Commerce and Industry across Pakistan.

The delegation, led by FPCCI Vice President Ms. Qurrat ul Ain, discussed the federal budget, women's economic inclusion, entrepreneurship, and enhancing women's role in the economy.

They shared perspectives on challenges faced by women entrepreneurs and proposed solutions for increased



participation in economic activity and policymaking, emphasizing skill development, access to Special Economic Zones, support for women-led enterprises, and human resource devel-

opment. Recommendations for the budget preparation process were also presented.

Minister Kayani acknowledged the significant contributions of women entrepre-

neers to Pakistan's economic development and affirmed the government's commitment, under Prime Minister Muhammad Shehbaz Sharif, to expanding opportunities and promoting women's meaningful participation.

He assured the delegation that their proposals would be carefully considered in policymaking and pledged the Ministry's continued cooperation in addressing issues affecting women-owned businesses.

Among those who attended the meeting were Ms. Qurrat ul Ain (Vice President FPCCI), Dr. Shehla Javed Akram (Founder Presi-

dent LWCCI), Ms. Samina Fazil (Founder & President IWCCI), Ms. Rubina Amjad (Founder President FWCCI), Ms. Shamim Aftab (Founder President Sargodha Women CCI), Ms. Qurrat ul Ain (President Peshawar Women CCI), Ms. Zara Intiaz (KPK CCI), Miss Naima Ansari (IWCCI), Ms. Falak Anjum Naz (Rawalpindi CCI), Ms. Saima Rizwan (Abbottabad Women CCI), Ms. Rabia Armghan (Sialkot Women CCI), Ms. Sahabzadi Maheen Khan (Korangi Women Chamber Karachi), Ms. Falahat Imran (LWCCI), and representatives of Women Chambers from across the country.

Suthra Punjab's vehicle catches fire in Rawalpindi

Bureau Report

LAHORE: A vehicle of the Suthra Punjab project caught fire on Waris Khan Murree Road in Rawalpindi.

On receiving information, rescue personnel reached the spot and extinguished the fire.

According to the rescue spokesperson, the fire was probably caused by a short circuit in the vehicle.

Sources said several incidents of RWMC vehicles catching fire and brake failure have occurred before this.

Pakistan-China Economic Ties Surge: CPEC Enters New Phase

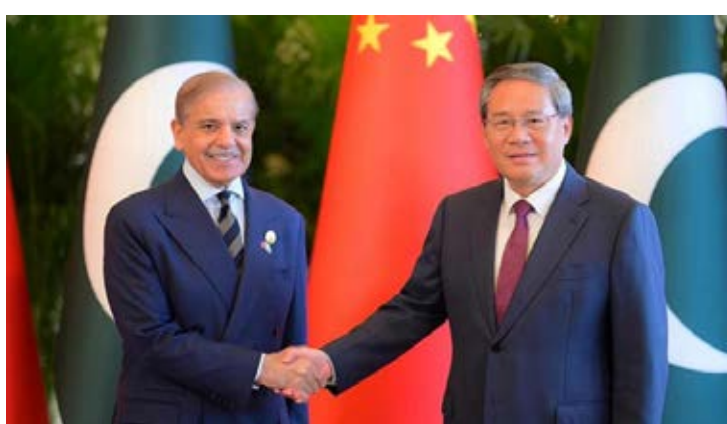
Abdul Majid

CHINIOT: Federal Minister Qaiser Ahmed Sheikh highlighted the growing economic cooperation between Pakistan and China, driven by trade, investment, and technological advancements, which will boost Pakistan's industrial and agricultural sectors.

Business-to-business meetings in China yielded significant outcomes, with over 200 Pakistani representatives engaging in discussions and signing memorandums of under-

standing, including a key agreement in the fertilizer sector to introduce advanced Chinese technology.

This collaboration marks a new phase in the China-Pa-



supporting businesses, with the upcoming budget to include relief measures and incentives.

He noted Pakistan's positive international standing due to its peace efforts and emphasized the Board of Investment's work on regulatory reforms to encourage overseas Pakistani investment.

Additionally, he praised a free medical camp in Chiniot, which provided essential healthcare to around 500-600 patients, showcasing solidarity and support for underprivileged communities.

kistan Economic Corridor (CPEC).

Sheikh also detailed the government's economic agenda, focusing on attracting investment and

AJK Police seal head office of banned Joint Awami Action Committee



Bureau Report

MUZAFFARABAD: Azad Jammu and Kashmir Police have sealed the head office of the banned Joint Awami Action Committee.

The AJK government is taking vigorous action against the group trying to create chaos in the state under the guise of an action committee for so-called public rights.

During the raid, the police recovered a sub-machine gun, rifle and pistol.

Despite the presence of a large number of people outside the head office, no protests or sloganeering were seen.

According to experts, such legal actions are inevitable for the implementation of state writ, rule of law and protection of public order.

PPP flags concerns over delay in GB elections' results

News Desk

ISLAMABAD: PPP Parliamentary spokesperson and MNA Shazia Marri has expressed concerns over delay in GB election results.

In a press statement, Shazia Marri claimed that unusual delay in Gilgit-Baltistan election results is raising doubts.

She said that delaying tactics in providing Form 45 were unacceptable which was an attempt to

make the election process controversial.

Shazia Marri said that alterations in voter lists and changes in polling stations ahead of election day indicated that federal government had planned rigging.

PPP Spokesperson said that the relocation of the polling station in the Bunji area of Astore II to a hilly location away from the roadside was an attack on the right of voters to vote.