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A Leading National Daily



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Mohsin Naqvi Praises Security Forces for Mastung Anti-Terror Operation

Federal Interior Minister Mohsin Naqvi commended security forces for a successful operation against Fitna al-Hindustan terrorists in Mastung, eliminating three terrorists, including a commander. He praised their professionalism, saying the operation foiled the group's objectives and reflected the forces' determination.



Court Orders Passports of KP CM Sohail Afridi, 23 Other PTI Lawmakers Blocked

An Islamabad anti-terrorism court has directed the FIA to block the passports of KP Chief Minister Sohail Afridi and 23 other PTI lawmakers in a case registered at Kohsar police station. ATC Judge Abul Hasanat Muhammad Zulqarnain approved the request, ordering the passports remain blocked until further orders.

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Called on

RAWALPINDI: Admiral Dr. Muhammad Ali, Chief of the Indonesian Navy, called on Field Marshal Syed Asim Munir, NI(M), HJ, Chief of Army Staff and Chief of Defence Forces (COAS & CDF), at GHQ on Monday.



Indonesia Navy chief meets Field Marshal Asim Munir at GHQ

Naveed Ahmad Khan

ISLAMABAD: Admiral Dr Muhammad Ali, Chief of the Indonesian Navy, called on Field Marshal Syed Asim Munir, Chief of Army Staff (COAS) and Chief of Defence Forces (CDF), at General Headquarters (GHQ) in Rawalpindi on Monday.

According to the Inter-Services Public Relations (ISPR), matters of mutual interest, regional security and bilateral defence cooperation were discussed during the meeting. The two sides expressed satisfaction over the existing

military-to-military relations and reaffirmed their resolve to further strengthen cooperation, particularly in professional training, defence collaboration and joint exercises.

Field Marshal Asim Munir reaffirmed Pakistan's commitment to further strengthening its longstanding and brotherly relations with Indonesia, particularly in the defence and security domains.

Admiral Dr Muhammad Ali appreciated the professionalism of the Pakistan Armed Forces and acknowledged their contributions towards regional peace and stability.

Houthi target Saudi base as Iran denies involvement in Yemen War



Agencies

ISLAMABAD: Yemen's Houthi is launched a fresh barrage of missile and drone attacks on Saudi military targets on Monday, prompting brief alerts in Khams Mushait and Abha, where a resident described "intense blasts" and prolonged fires. Iran meanwhile denied any involvement in Yemen's revived civil war, with foreign ministry spokesman Esmail Baqaei insisting the Houthis are "entirely independent actors."

The attacks follow the Houthi's seizure last week of Yemen's Red Sea coast and the Bab al-Mandab Strait, a waterway that has become critical for Saudi oil exports as Iran continues blocking the Strait of Hormuz amid the wider US-Iran war. The Houthis have since declared a maritime blockade on Riyadh, leaving the lengthy Suez Canal and Africa route as the only secure path for Saudi oil to reach Asian markets, sending prices soaring again.

The renewed Yemen fighting comes as the broader regional conflict remains stalemated. A planned meeting between Gulf states and Iran over Hormuz's future was postponed Monday, with Tehran accusing Riyadh of using Yemen as a "pretext" to stall talks. While Iran has long backed the Houthis as part of its "axis of resistance," analysts remain divided on how directly involved Tehran is in the current offensive, which it has previously threatened to expand into new fronts like Bab al-Mandab.

Trump Says Ukraine, Russia Agree Not to Hit Energy Targets

AFP

IRELAND: US President Donald Trump announced Monday that Ukraine and Russia had agreed to stop targeting each other's energy facilities, a day after he criticized Kyiv for striking Russian oil refineries. "Ukraine has agreed not to hit Russian Energy targets. Russia has agreed to do, likewise!" Trump said on Truth Social, adding that the global rise in diesel prices was mainly driven by the Russia-Ukraine war rather than the Iran conflict. Ukraine's presidency declined to comment,

and Moscow gave no immediate response.

The claim comes as oil prices continue climbing in the seventh month of the Iran war, pushing up US fuel costs and inflation ahead of critical midterm elections. While insisting the Iran war would end soon after the midterms, Trump appeared to shift blame for pump prices onto the Ukraine conflict.

During a trip to Ireland on Sunday, Trump had rebuked Ukrainian President Volodymyr Zelensky, urging him to stop striking Russian diesel refineries, which he said were causing short-



ages hurting the world. He said he had discussed Ukraine's intensified refinery attacks directly with Zelensky, suggesting Kyiv

target other sites instead.

Ukraine has struck numerous Russian refineries deep inside Russian territory, while Moscow

has escalated long-range attacks, driving up civilian casualties. Both sides have ramped up drone and missile strikes to record levels in recent months.

Trump said last week he had a "great conversation" with Russian President Vladimir Putin, claiming Putin wants to reach a deal to end the war, and that a Zelensky agreement would be welcome too. Zelensky said he would be willing to meet Putin at the G20 summit at Trump's Doral resort in Miami in December, though the Kremlin has already ruled out such a meeting.

Fuel Relief Scheme Provides Immediate Ease to Deserving People: Atta Tarar

City Desk

ISLAMABAD: Federal Information Minister Attaullah Tarar said the Prime Minister's Special Relief Scheme aims to provide immediate relief to those most affected by rising fuel prices, with large vehicles excluded and only motorcycles, rickshaws, chingchis and vehicles up to 800cc eligible. Speaking alongside Ministers Shaza Fatima Khawaja and Ali Pervaiz Malik, he detailed the digital registration process: sending "REG" with CNIC number, vehicle registration, provincial code and registration date to 9771, followed by "TOK" to obtain fuel authorization.

A war room and call centre have been



established to monitor the scheme, with chief secretaries of all provinces,

AJK and Gilgit-Baltistan included in its steering committee. Price-control

mechanisms will ensure rickshaw and chingchi fares aren't raised to offset relief.

Tarar also criticized PTT's twelve-and-a-half-year governance in Khyber Pakhtunkhwa, challenging the party to show a single model project, and contrasted this with PML-N initiatives like Danish Schools, the Metro Bus and PKLI, which he said are studied globally.

He noted the IMF and World Bank have praised the government's economic performance, citing tax relief for salaried classes and capped loadshedding at two hours daily despite RLNG supply disruptions, alongside historic energy sector reforms including IPP issue resolution.

ECC Approves PM's Fuel Relief Package, Rs75bn Allocated

Commerce Desk

ISLAMABAD: The Economic Coordination Committee (ECC) of the Cabinet, chaired by Finance Minister Senator Muhammad Aurangzeb, approved the Prime Minister's Fuel Relief Scheme on Monday. Under the scheme, two- and three-wheelers will receive Rs500 weekly relief (equivalent to 5 litres at Rs100/litre), while cars

up to 800cc will get Rs1,000 relief every ten days (based on 30 litres monthly). The scheme is limited to non-commercial users, one vehicle per owner, with the Ministry of IT & Telecom managing digital delivery via the Fuel Pass System (FPS). The ECC approved Rs75 billion as a Technical Supplementary Grant for implementation.

The ECC also approved the Implementation Framework for

restructuring Pakistan National Shipping Corporation's ownership and management, and a Draft Upgrade Agreement under the Pakistan Oil Refining Policy for brownfield refinery upgradation, with a five-year completion period.

Additionally approved was a mechanism to settle Oil Marketing Companies' unjustified input sales tax claims

(July 2025-June 2026) through the Inland Freight Equalization Margin. A review of used vehicle import standards was deferred pending further committee recommendations.

The ECC approved export of 200,000 MT of surplus sugar with safeguards for domestic price stability, and sanctioned Rs3 billion for 15 bullet-proof sedans for the SCO Council Summit, to

be hosted by Pakistan in Islamabad in September 2027, citing security needs for visiting heads of state.

The meeting was attended by federal ministers including Rana Tanveer Hussain, Qaiser Ahmed Sheikh, Jam Kamal Khan, Sardar Awais Ahmad Khan Leghari, Ali Pervaiz Malik, and Shaza Fatima Khawaja, along with senior officials.

PM Reviews Progress on Special Fuel Subsidy Scheme



City Desk

ISLAMABAD: Prime Minister Muhammad Shehbaz Sharif chaired a high-level meeting Monday to review progress on the PM Special Relief Scheme, aimed at subsidizing fuel for low-income and middle-class citizens amid rising petroleum prices linked to the Gulf situation. The subsidy covers owners of motorcycles, rickshaws and vehicles up to 800cc, and the PM directed that registration SMS be made free of cost.

The scheme launches in Islamabad on the night of September 14-15, extending nationwide—including Azad Jammu and Kashmir and Gilgit-Baltistan—from September 16-17. Sharif instructed the Chief Commissioner and IG Islamabad to remain active in the field guiding the public, and called

for mobilizing volunteers and public representatives to assist with registration, alongside a full-scale media awareness campaign across print, electronic, digital and social platforms.

Briefing the meeting, officials reported over 600,000 SMS received in the Islamabad region by Monday afternoon, with 42,933 applicants successfully registered. Registration requires only four details: CNIC number, vehicle number plate, province of registration, and vehicle registration date. Full scheme details are available at www.pmfuelrelief.pk.

The meeting was attended by Deputy PM and Foreign Minister Ishaq Dar, federal ministers including Dr. Musadik Masood Malik, Ahad Khan Cheema and Muhammad Aurangzeb, along with other senior officials.

PM Gillani Reaffirms Open-Door Policy, Prioritizes Public Welfare Across AJK

 **Bureau Report**

MUZAFFARABAD: Prime Minister Azad Jammu and Kashmir Iftikhar Gillani, while reaffirming his commitment to public service, has said that his office remained open to the public. Speaking to separate delegations that called on him here on Monday, Prime Minister Iftikhar Gillani said that his government was prioritizing public welfare projects so that people benefited from them directly. "Resolving public problems on a priority basis is the government's foremost responsibility," he maintained/ The delegations, on the occasion, briefed the prime minister on problems in their respective areas, including the provision of basic facilities and delays in development projects. The prime minister said that his government was working to improve public services, address public grievances, and accelerate the pace of development across the state, particularly



in remote and far-flung areas. He said development projects would be pursued keeping in view the needs of local communities, with particular focus on making everyday life easier for ordinary people.

Called on

Islamabad: Deputy Speaker AJK Assembly Raza Ahmed Qadiri and Ex-candidate AJK Assembly Ch Mohsin Aziz called on AJK Acting President Ch Tariq Farooq at Kashmir House and discussed political matters prevailing in Azad Kashmir.



Photo: Online

RPO Faisalabad signs MoU for zero-markup e-bikes for police personnel

 **Abdul Majid**

FAISALABAD: Regional Police Officer (RPO) Faisalabad Sohail Akhtar Sukhera has signed a memorandum of understanding (MoU) with Road King E-Bikes to facilitate police personnel, including the families of police martyrs, death in service and retired police officers, with electric bikes on zero markup and easy instalments. The MoU was signed by RPO Sohail Akhtar Sukhera and Road King E-Bikes Chief Executive Officer Waleed Arshad Dogar in the presence of SSP Operations Imran Ahmad and other police officers. Under the agreement, police personnel will pay 30 per cent of the bike's total price as an advance, while the remaining 70 per cent will be payable in 10 monthly instalments. Speaking on the occasion, RPO Sohail Akhtar Sukhera said the initiative would provide financial relief to police personnel and promote environment-friendly transportation. He



said Faisalabad Region Police was committed to the welfare of its martyrs, Ghazis and serving employees and would continue to collaborate with different institutions to provide welfare facilities to police personnel.

Total Winners Esports Crowned FFWS Pakistan 2026 Fall Champions

 **Bureau Report**

LAHORE: Total Winners Esports have been crowned champions of the Free Fire World Series (FFWS) Pakistan 2026 Fall, sponsored by TapShop, following an action-packed Grand Final at Nishtar Park Sports Complex, Lahore. The team dominated the competition with two Booyahs and 151 points, outperforming top contenders including Hotshot Esports and Khan Official to claim the championship title and a PKR 2.5 million prize pool. The Grand Final featured Pakistan's top 12 teams, with around 1,000 fans witnessing intense battles across Bermuda, Kalahari



and Solara. With their victory, Total Winners Esports have secured Pakistan's spot at the FFWS Global Finals 2026 in Bangkok, Thailand, in November, where they will compete against leading Free Fire teams from regions including Thailand, Indonesia and Brazil. The win marks a major milestone for Total Winners Esports and Pakistan's growing esports community as the team prepares to represent the country on the global stage. Fans can relive the FFWS Pakistan Fall 2026 Group Stage and Grand Finals through broadcasts on YouTube and Facebook, featuring Urdu commentary.

Sardar Attique Ahmed Khan expresses grief over death of Aftab Anwar Abbasi

 **Staff Reporter**

RAWALPINDI: President of the All Jammu and Kashmir Muslim Conference and former Prime Minister of Azad Jammu and Kashmir, Sardar Attique Ahmed Khan, has expressed deep sorrow and grief over the passing of Aftab Anwar Abbasi, Vice Chairman of Union Council Chamyati and a highly active young leader of the Muslim Conference. Sardar Attique Ahmed Khan conveyed his heartfelt condolences to the bereaved family and other relatives of the deceased. Paying tribute to the services rendered by Aftab Anwar Abbasi for his area and the local community, he said that the deceased was a dynamic, sincere and public-spirited young man whose valuable services would always be remembered. Sardar Attique Ahmed Khan prayed to Almighty Allah to grant the departed soul His mercy and forgiveness, bless him with a high place in Jannat-ul-Firdous, and grant patience and strength to the bereaved family and all other mourners to bear this irreparable loss with fortitude.



Kashmiri Leadership Urged to Unite for Peace in AĴK

 **Bureau Report**

RAWALAKOT: Chairman Parliamentary Board of the All Jammu & Kashmir Muslim Conference Sardar Muhammad Irshad Khan has urged the Kashmiri leadership to unite and play a collective role in resolving the prevailing situation in Azad Jammu and Kashmir. He said political leaders should set aside political interests and focus on restoring peace and addressing public grievances. Irshad Khan said members of the Action Committee were also citizens of the state and urged the government to pursue dialogue rather than confrontation. He stressed that the September 9 call demonstrated the committee's continued public support and called for meaningful engagement with all stakeholders. Addressing Prime Minister Barrister Iftikhar Ali Gilani, he said restoring normalcy was the government's responsibility and urged sincerity in negotiations. He also appealed to Chief of Army Staff and Field Marshal Syed Asim Munir to take notice of the situation. He highlighted prolonged difficulties in Rawalakot, including restrictions, closed educational institutions and limited access to essential services, urging immediate measures to restore normalcy.



ĴKDFP Condemns Arrests, Raids and Property Seizures in IIOĴK

 **Bureau Report**

SRINAGAR/MUZAFFARABAD: Jammu Kashmir Democratic Freedom Party (JKDFP) spokesperson Advocate Arshad Iqbal has condemned recent arrests, house raids and property seizures in Indian-administered Jammu and Kashmir, describing them as attempts to suppress Kashmiri political voices and create fear. He said thousands of Kashmiris were imprisoned in different Indian jails, far from their families, and were facing difficult conditions, inadequate medical facilities and prolonged separation from loved ones. He expressed particular concern over sick, elderly and long-term prisoners. Iqbal appealed to Amnesty International, the International Committee of the Red Cross (ICRC), the United Nations and other human rights organisations to take immediate notice of the situation. He called for independent and unhindered ICRC access to Indian prisons to assess prisoners' living and medical conditions and meet detainees privately. He also urged international organisations to monitor and document arrests, raids and property seizures, stressing that Kashmiri prisoners and detainees must not be forgotten.

Sardar Attique Congratulates Choudhary Yasin on Re-Election as AĴK Opposition Leader



 **Bureau Report**

ISLAMABAD: Former Prime Minister of Azad Jammu and Kashmir and President of the All Jammu and Kashmir Muslim Conference, Sardar Attique Ahmed Khan, met Opposition Leader in the Azad Jammu and Kashmir Legislative Assembly, Choudhary Muhammad Yasin, in Islamabad. During the meeting, Sardar Attique Ahmed Khan congratulated Choudhary Muhammad Yasin on being re-elected as Leader of the Opposition in the AJK Legislative Assembly and expressed his best wishes for his new tenure.

National Under-19 Championship and Cup Set to Kick Off in September with 400 Young Cricketers

 **Abdul Majid**

FAISALABAD: The National Under-19 Championship (three-day format) will commence on September 15, while the National Under-19 Cup (one-day format) will begin on September 19. Twenty teams representing 16 cricket regions across the country will participate in these events. Approximately 400 young players will be in action across both tournaments. The 20 teams have been divided into four groups, with the top two teams from each group advancing to the quarter-finals. Karachi, Lahore, Peshawar, and Sialkot will each field two teams in the events. Matches will be played in Charsadda, Faisalabad, Lahore, Peshawar, and Sialkot. The final of the National Under-19 Cup is scheduled for October 24, and the final of the National Under-19 Championship will take place from November 3 to 6. The winning team will receive a prize of PKR 2 million, while the runners-up will be awarded PKR 1 million. Live scoring for both tournaments will be available on Cricslab. Four matches from each round will be live-streamed on Tapmad and Tamasha.

Islamabad
30° – 38° Clear

SERVICES

Namaz Timings

Fajr	4:26 am
Zohr	12:04 pm
Asr	4:30 pm
Maghrib	6:16 pm
Isha	7:40 pm

EMERGENCY

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

Women Police Stations

Islamabad	9222596
Rawalpindi	9270601-20

ENQUIRY

Edhi Ambulance	115
PIA Flight Info	114
PIA Cargo	9280979
Railway Inquiry	117
Railway Exchange	9270831-5
WASA Rawalpindi	5555489
CAA	9281092

HOSPITALS

CMH	561111
MH	561116
MH	561116
Cantt Hospital	9270907-11
DHQ	5556311-4
RGH	9290301-7
Holy Family	9290322-7
PIMS	9261170-79
Polyclinic	9218300-09
Shifa International	4603666

DEPARTMENTS

CDA	9221334-43
CDA	9208301-04
Met Office	9250360-6
RDA	5555864
TMA	5770886
Cantonment Board	9270151-3
Potohar Town	9209224

Awaam Pakistan Party Criticises Petroleum Levy Increase

KARACHI: Provincial President of Awaam Pakistan Party Balochistan Syed Aman Shah has criticised the increase in the petroleum levy and the government's relief package for motorcycle and auto-rickshaw users, saying it fails to provide genuine relief to the public.

He said higher petroleum prices directly affect food, transportation, medicines, electricity, construction materials and other essential commodities, further burdening people already facing inflation and economic difficulties. He urged the government to consider citizens' purchasing power and reduce taxes and levies on petroleum products.

Syed Aman Shah said millions of people, including daily-wage workers, students, drivers, shopkeepers and low-income families, depend on motorcycles and auto-rickshaws for transportation and livelihoods. Even small increases in fuel prices, he added, significantly affect their daily expenses.

He called for practical measures, including reducing petroleum prices and the levy, stabilising transport fares and introducing an effective economic package for low-income groups. He urged the government to control inflation, create employment opportunities and provide direct, tangible relief instead of relying on complicated schemes and announcements.

Azma Bokhari alleges PTI using Ishtiaq's Death for 'Political Point-Scoring'

Bureau Report

LAHORE: Punjab Information Minister Azma Bokhari said a revelation by a member of Ishtiaq's family, made in the presence of Sohail Afridi and Salman Akram, has changed the complexion of the matter. A video reportedly shows the family member stating no one contacted them for 17 days, and that Ishtiaq's death was an accident unrelated to the government or Punjab Police. Bokhari said Afridi's guards then assaulted the man for these remarks and later misbehaved with journalists filming in Lahore.

She cited a statement from



Ishtiaq's son confirming the death was accidental, urging people to "listen to the cries of those whom the party did not even bother to ask about." Bokhari accused YouTubers linked to "Tehreek-e-Fasad" of distorting the incident, and said Afridi mistreated Punjab Police officers throughout his Lahore visit, calling his conduct unbefitting a chief executive.

She noted no PTI leader visited the family of deceased Zill Shah in three years, calling politicization of deaths an "old tradition" of PTI's founder. She also criticized Afridi for traveling 530km to Lahore instead of visiting Kohat, where four coal miners died the same day.

Souvenir

ISLAMABAD: President Asif Ali Zardari presenting a souvenir to Admiral Dr. Muhammad Ali, Chief of the Indonesian Navy, Admiral Naveed Ashraf at Aiwan-e-Sadr, Chief of the Naval Staff, Pakistan Navy, in the Federal Capital.



Photo: Online

PML Qayyum Condemns Inflation, Petroleum Price Hikes

ISLAMABAD: Pakistan Muslim League Qayyum Central Deputy Secretary of Information Faisal Anwar has strongly criticised rising inflation and repeated increases in petroleum prices, describing them as anti-people government policies.

He said rising fuel prices had made transport, electricity, gas and food increasingly expensive, placing a heavy burden on poor, labourers and the middle class. He rejected the government's announced relief on petroleum products, calling it inadequate and demanding an immediate reduction in fuel prices and the petroleum levy.

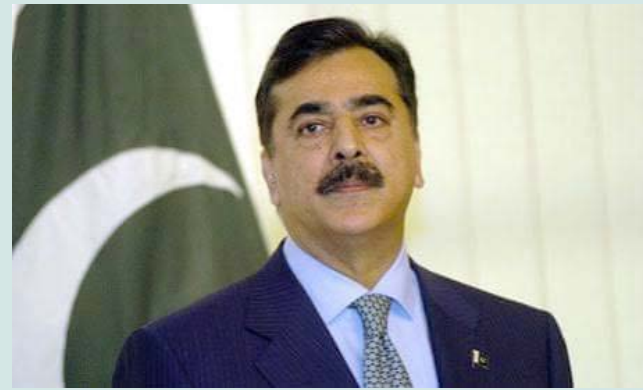
Faisal Anwar appreciated



Jamaat-e-Islami's movement against inflation and said political parties should raise their voices on public issues. He accused the government of failing to address citizens' grievances and criticised its handling of public protests, saying the use of force against demonstrators was against democratic values.

He challenged the Prime Minister to identify any government department operating with complete honesty and proper planning. Faisal Anwar warned that continued economic hardships could push people to take to the streets to protect their rights, and pledged that PML Qayyum would continue advocating public interests.

Continuity of Democracy is Essential for National Progress and Stability, Syed Yousaf Raza Gillani Says



Kiran Asim

ISLAMABAD: Chairman Senate Syed Yousuf Raza Gillani, in his message on the International Day of Democracy, He said that democracy is not merely about elections, but also about safeguarding citizens' rights, upholding the Constitution and ensuring meaningful political participation. He said strong democratic institutions are essential for Pakistan's sustainable development and stability.

The Chairman Senate Syed Yousuf Raza Gillani said emphasized that political differences should be addressed through dialogue, consultation and constitutional means. He said the Senate, as the representative chamber of the federation, continues to play an important role in promoting national unity, consensus and harmony among the federating units.

Syed Yousuf Raza Gillani paid tribute to all political leaders and workers who rendered sacrifices for the cause of democracy and reaffirmed Parliament's commitment to protecting democratic values and strengthening parliamentary institutions.

CM Punjab welcomes PM's relief package for public

Bureau Report

LAHORE: Chief Minister Punjab Maryam Nawaz Sharif on Monday welcomed the federal government's relief package for the people, saying the Pakistan Muslim League-Nawaz (PML-N) leadership's concern for the public amid difficult times was commendable.

She also thanked PML-N President Nawaz Sharif for his role in the relief package, saying Prime Minister Shehbaz Sharif had introduced the measure on his direction.

CM Punjab noted that the rising trend in global oil prices was creating difficulties for people in developing countries. She said the increase in petroleum prices was affecting people across all segments of society worldwide.

Despite the challenging economic situation, she termed the Prime Minister's relief package a positive step aimed at providing relief to the people.



Experts Call for Coordinated Action to Strengthen Mandatory Food Fortification in Pakistan

City Desk

ISLAMABAD: Nutrition experts have warned that 63% of Pakistanis could not afford a minimum healthy diet in 2025, placing Pakistan at 106th out of 123 countries on the Global Hunger Index.

At a seminar titled "Mandatory Food Fortification in Pakistan" organized by SDPI, experts highlighted that 40% of children under five are stunted, with widespread deficiencies in iron, zinc, vitamin A and D among women and children. SDPI Executive Director Dr. Abid Qaiyum Suleri noted 25% of the population is food insecure and stressed advocacy, legislation and consensus-building to turn nutrition concerns into policy action.

Speakers including Dr. Shahzad Ali Khan, Farrah Naz of GAIN, Dr. Amir Saleem, Zameer Haider of Nutrition International, and Muhammad Shahbaz Sharif of WFP called for stronger political commitment, better regulation, industry compliance and quality control. They cited successes in salt and oil iodization but flagged gaps in implementation, especially in the chakkai sector that serves millions.

SDPI's Saifa Waris said fortification only works with correct dosage, testing and monitoring. She reviewed Pakistan's fortification journey, noting comprehensive provincial laws in 2021-22 and pending Federal Food Fortification Bill 2025. Experts urged a unified stakeholder platform to make fortification affordable, scalable and effective.

Dr. Tariq welcomes IHC directives on political activities in capital

ISLAMABAD: Federal Minister for Parliamentary Affairs Dr Tariq Fazal Chaudhry on Monday welcomed the Islamabad High Court's decision, describing it as a significant development for maintaining law and order and protecting the constitutional rights of residents in the federal capital.

Talking to the media, the minister said the court had clearly established that no political party or group could obstruct the movement of citizens or create hurdles in their daily lives in Islamabad.

He said public places, including roads, parks, markets and major thoroughfares, could not be occupied or blocked by any group. "No one can be allowed to occupy public places in the federal capital," he said.

Dr Tariq said the court had also issued clear directions regarding the proposed long march and the use of government resources for political activities. He maintained that chief ministers, particularly the Khyber Pakhtunkhwa chief minister, could not use public funds, government employees, vehicles or official machinery for political purposes.

Recalling previous long marches, he alleged that government employees and official resources had been used to facilitate political gatherings in Islamabad. He said the court's directions had now made it clear that government vehicles, machinery, staff and other official resources could not be deployed for political activities.

The minister said the Islamabad administration had been directed to implement the court's orders in letter and spirit. He added that clear instructions had also been issued to the Khyber Pakhtunkhwa chief minister, Inspector General of Police and the Ministry of Interior in this regard.

Dr Tariq said implementation of the court's directions would help protect the rights of Islamabad residents and maintain law and order in the capital.

He held the Pakistan Tehreek-e-Insaf (PTI) responsible for any loss or damage resulting from its proposed long march towards Islamabad, saying the government had repeatedly offered negotiations to resolve political differences.

Youth Call for 85% Graphic Health Warnings on Tobacco Products

ISLAMABAD: Youth ambassadors at a session organized by the Society for the Protection of the Rights of the Child (SPARC) have called for increasing Graphic Health Warnings (GHWs) on cigarette packs from the current 60% to 85% to better protect children and young people from tobacco-related harm.

During the session, youth participants signed the "Youth Voices for a Tobacco-Free Future" petition, supporting stronger tobacco advertising, promotion and sponsorship (TAPS) regulations and expanded health warnings. Youth ambassador Tehreem Akhtar Qureshi said stronger warnings could help inform



people about the dangers of smoking and discourage tobacco use among young people.

Shafia Asad highlighted the health and economic burden caused by tobacco-related diseases, while youth advocate Ayan Akhtar stressed that cigarette packaging should clearly communicate the harmful consequences of smoking.

SPARC Programme Manager Dr Khalil Ahmad said Pakistan had made progress under the WHO MPOWER tobacco-control measures but needed further action. He called for larger and regularly rotating warnings covering 85% of tobacco packaging, citing successful practices in several countries.

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Two Rivers, One Story

Diplomatic anniversaries are usually marked by communiqués and ceremonial handshakes. The 75th anniversary of Pakistan-China relations was marked, instead, by a book — and that choice of commemoration deserves more attention than it will likely receive.

The launch of “Indus and Yangtze: A Journey of Two Rivers from One Origin” at Tsinghua University was, on its face, an academic event: an edited volume by Professor Li Xiguang and Professor Zahid Anwer, released simultaneously in English, Urdu and Chinese, accompanied by doctoral research, an oral history of the Karakoram Highway’s builders, and field studies into the ancient Yarkand River Valley routes. But beneath the scholarly apparatus lies a more interesting argument: that the Pakistan-China relationship did not begin with the Karakoram Highway or CPEC, but with far older currents of exchange between two river-basin civilizations that shaped much of Asian history.

This matters because the public narrative around Pakistan-China ties has, for years, been dominated almost entirely by infrastructure and strategic partnership — pipelines, ports, corridors, loan agreements. Ambassador Khalil Hashmi’s framing of the relationship around three pillars — government-to-government, business-to-business and people-to-people cooperation — is a useful corrective. The first two dimensions are well-rehearsed in official statements. The third is chronically underdeveloped, and it is precisely this gap that projects like “Indus and Yangtze” are designed to fill.

The oral history of Karakoram Highway laborers, gathered by Lecturer Zhang Jing, is a particularly valuable contribution. Infrastructure projects are typically remembered through the language of engineering feats and strategic significance; rarely are they remembered through the voices of the people who built them. Recovering that human record, before it disappears with an aging generation, is not a nostalgic exercise — it is an act of historical preservation that grounds a geopolitical partnership in lived experience.

Equally significant is the growing institutional infrastructure behind Pakistan studies in China itself, evident in the presence of Pakistan Study Centers at Nankai, Sichuan and Hebei Normal universities. This is not simply about strengthening Islamabad’s foreign policy standing in Beijing; it reflects genuine intellectual investment by Chinese academia in understanding a neighboring civilization.

If the government-to-government and business-to-business tracks of the relationship are to be truly durable, they will need this cultural and scholarly foundation beneath them. A friendship sustained solely by strategic calculation is brittle; one rooted in shared history, mutual curiosity and human memory has a far better chance of lasting the next 75 years.

Iran Checkmates the Hormuz Bypass

The war with Iran is no longer merely a contest of missiles, aircraft and naval power. It has become a struggle over the arteries through which the world’s energy flows. For months, the United States, Israel and regional producers have searched for ways to reduce dependence on the Strait of Hormuz. Israel has proposed pipelines carrying Gulf energy westward to its Mediterranean ports, while other projects envisage moving Iraqi and regional oil toward the Mediterranean. But events of recent days demonstrate a fundamental weakness in this strategy: bypassing one vulnerable chokepoint does not abolish geography. It merely transfers the vulnerability somewhere else.

Israeli Prime Minister Benjamin Netanyahu made his vision explicit in March. He proposed oil and gas pipelines running westward across the Arabian Peninsula to Israeli Mediterranean ports, arguing that such infrastructure could eliminate dependence on maritime chokepoints.

The broader search for alternative corridors has also involved proposals linking Iraqi energy resources with Syria’s Mediterranean coast. These projects potentially create enormous commercial opportunities for transit countries, ports, construction companies and international energy corporations. The contest, therefore, is not simply over oil. It is increasingly over who will build, operate and influence the infrastructure carrying that oil.

Saudi Arabia already possessed the most important working example of the bypass strategy: Its 1,200-kilometre East-

West Pipeline, or Petroline, carries crude from the kingdom’s eastern producing regions across the Arabian Peninsula to Yanbu on the Red Sea. As Hormuz became increasingly dangerous, this pipeline became enormously important. Roughly four million barrels per day were moving through the system, allowing Saudi Arabia to export without sending those barrels through Hormuz.

Then came the drones. Saudi authorities say several drones launched from Iraqi territory attacked the East-West Pipeline system in the Riyadh and Madinah regions. The attacks caused injuries and damage and forced authorities to shut the pipeline as a precaution while technical teams assessed its safety. The entire 1,200-kilometre pipeline did not need to be physically destroyed. A sophisticated energy artery depends upon pumping stations, controls and associated infrastructure. Damage at strategically important points can interrupt the entire flow.

The economic consequences could be enormous. Saudi Arabia reportedly has enough exportable crude stored at Yanbu to maintain current flows for only about five to seven days if Petroline remains closed. After that, as much as four percent of global oil supply could be jeopardised.

Repair estimates remain uncertain, ranging from days to weeks. The important strategic lesson is therefore not whether Petroline can eventually be repaired. Of course it can. The lesson is that the principal functioning escape

route from Hormuz has itself demonstrated its vulnerability.

This is where Iran’s strategic depth becomes important. Tehran does not require conventional naval supremacy over every kilometre of Hormuz to exercise extraordinary leverage there. Commercial shipping operates according to risk. One successful missile or drone attack can force shipowners, insurers and cargo operators to reconsider whether a voyage remains commercially acceptable.

The same logic increasingly applies at the other end of the Arabian Peninsula. Yemen’s Iran-aligned Houthis have advanced along the Red Sea coast and reached Perim Island, situated inside Bab el-Mandeb—the narrow gateway connecting the Red Sea with the Gulf of Aden. Saudi Arabia’s Petroline may bypass Hormuz by terminating at Yanbu, but tankers sailing from the Red Sea toward Asian markets still confront the geography surrounding Bab el-Mandeb. The alternative route therefore possesses a chokepoint of its own.

This is what I describe as Iran’s strategic checkmate of the Hormuz-bypass concept. I do not use “checkmate” to mean that Iran possesses uncontested sovereignty over two international waterways or has defeated American military power. My argument is economic and strategic. Iran and forces aligned with it possess sufficient capabilities across different theatres to make alternative energy routes vulnerable. In commercial transportation, the ability credibly

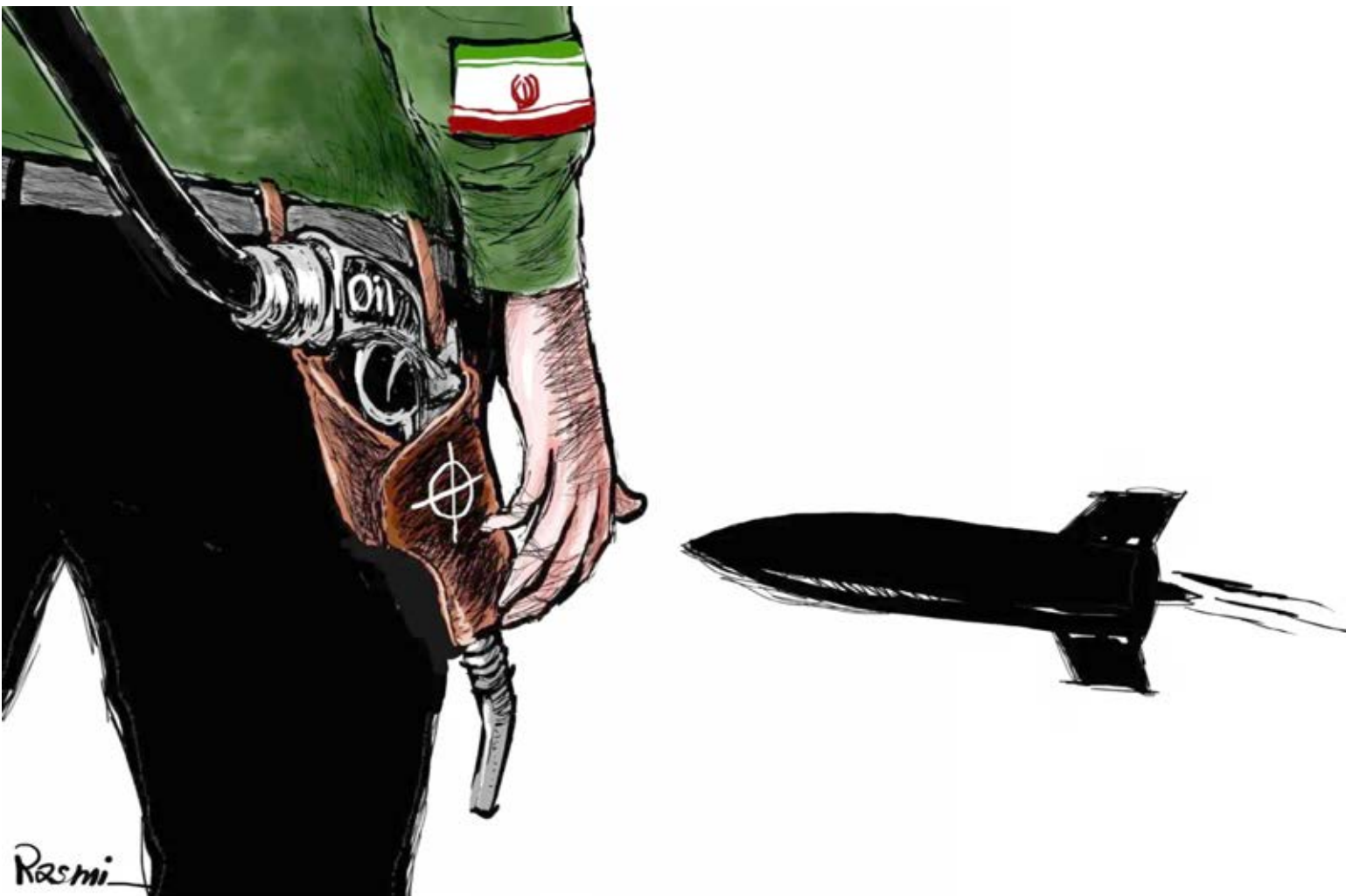
to threaten passage can sometimes be almost as consequential as physically occupying it.

The deeper story concerns money and power. Every new pipeline creates winners. Construction companies receive contracts. Energy corporations acquire projects. Transit countries collect revenues. Ports gain business. Investors obtain returns. Countries hosting terminals acquire additional strategic importance. Israel’s proposed Mediterranean corridor could enhance its position as an energy bridge. American companies participating in Middle Eastern energy and infrastructure projects can obtain major commercial opportunities. Regional governments, meanwhile, seek diversified routes that reduce their dependence on waterways vulnerable to war.

Yet the cruel paradox is that Middle Eastern oil-producing countries risk carrying a disproportionate share of the immediate damage. Their pipelines become targets. Their export terminals require protection. Their production revenues become vulnerable to interruption. Their cities face missile and drone threats, while insurance and transportation costs rise. Saudi Arabia’s present predicament illustrates the danger: an infrastructure system designed to provide strategic security from Hormuz has itself become exposed to the expanding battlefield.

The widening conflict around Bab el-Mandeb demonstrates another limitation of purely military calculations. A superpower can deploy aircraft carriers, destroyers, missile defences and tens of thousands of personnel, yet commercial

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Cartoon by Amjad Rasmi. (Courtesy of Asharq Al-Awsat)

Between the Lines — The Real Test of Journalism

Journalism is often described as the fourth pillar of the state. Its strength does not come from any constitutional authority; it is derived from public trust, the pursuit of truth and the ability to hold power accountable. A responsible journalist does not become a party to a story. He seeks facts, gathers evidence, presents the relevant viewpoints, publishes the story and then moves on. If a report is strong, credible and properly documented, it does not require the journalist’s continued advocacy to make its way into the public domain. A good story travels from the national media to the international media on its own because the real strength and speed of a news report lie in its truth.

The fundamental principles of journalism are impartiality, integrity and the protection of the public’s right to information. When a journalist becomes the mouthpiece of a political party, group, institution or powerful individual, he moves away from journalism’s essential role. Journalism is not about campaigning for or against anyone; it is about asking questions, seeking the truth and presenting it to the public. However, becoming the voice of the voiceless and questioning powerful interests can sometimes come at the cost of pressure and danger.

In the present era, investigative journalism is more important than ever—and more difficult as well. Social media has accelerated the speed at which news travels, but unverified information, propaganda and manufactured narratives have

multiplied a journalist’s responsibilities. An investigative reporter must reach the truth behind a story, obtain documents, verify sources, cross-check different aspects and reach a conclusion only after seeking the relevant party’s position. These are the principles of professional ethics and the very foundation of journalism.

The three-decade journalistic career of senior journalist Syed Tabassum Abbas, his editorship of several newspapers and his investigative reporting represent this journalistic tradition. For an investigative reporter, curiosity, observation, the courage to ask questions, access to documents, the ability to connect facts and the determination to uphold a professional position even under pressure are of fundamental importance. These qualities have remained prominent in his journalistic work. Whether it was his

investigative work on India, such as “The Journey of Friendship” and “Karbala Serial,” or his documented stories on sensitive issues, the central principle remained the same: evidence matters more than claims. His story concerning an Rs80 billion tax refund is also cited as an important example from his journalistic career. Following the report, he faced pressure and difficulties, but subsequent developments strengthened his position, and the relevant tax official was eventually sent to prison. His investigative reports against mafias also exposed him to danger. On one occasion, he survived an assassination attempt, although his vehicle was severely damaged. Investigative journalism is not merely about putting

pen to paper. At times, a journalist has to pay the price of a story in the form of pressure, threats and danger. But if the report is accurate, the documents are solid and the investigation is thorough, time becomes the story’s greatest witness.

A journalist is not merely a purveyor of news; he is also an opinion-maker. He senses the trends emerging in society, understands them and presents them to the public. A survey he conducted on party positions before the 2008 elections also demonstrated journalism’s ability to influence public opinion. At the time, there was a widespread perception that the party in power would win, but the election results remained close to the survey’s findings. He subsequently faced criticism and pressure over the survey. The major lesson from this episode is that every journalistic effort capable of influencing public opinion must be grounded in research, transparency and responsibility.

In journalism, it is not always necessary to say everything directly. At times, “between the lines” can become more effective journalism. Documents, the sequence of events and the right questions can make many things clear on their own. This does not mean creating ambiguity; rather, it means presenting facts in a manner that enables the reader to reach a conclusion independently while avoiding unnecessary allegations.

The greatest test of a good story is that it does not bounce back. A journalist should not have to appear the next day to explain, retract or apologise for his report. Breaking news is not the ultimate achievement in journalism; breaking accurate news is. The importance of the fourth pillar of the

Continued on Page 7

The Silent Defenders of Pakistan’s Food Security

A nation’s sovereignty and security do not depend solely on protecting its geographical borders. They also depend on food security. A country dependent on others for its basic food needs can never enjoy complete economic independence.

For Pakistan, wheat is far more than an ordinary crop. It is the staple food of millions, a source of livelihood for farmers and a vital pillar of the national economy. Behind every loaf of bread lies an unseen struggle—not only in farmers’ fields, but also in laboratories, research stations and seed-development programs.

For nearly 45 years, Pakistani agricultural scientists, particularly those associated with the Pakistan Agricultural Research Council (PARC) and National Agricultural Research Centre (NARC), have worked to strengthen wheat production. Their goal has gone beyond higher yields. They have developed varieties resistant to diseases, capable of surviving with limited water, adapting to changing climates and, increasingly, improving human nutrition.

Building a National Wheat Research System

In 1978, an integrated collaborative system for wheat development was initiated in Pakistan. New varieties were introduced, while seed and germplasm from international institutions were provided to federal and provincial research organizations for testing and evaluation. Over the years, more than 230 improved wheat varieties have been introduced through these efforts.

Every successful variety represents years of crossing, selection, disease screening and testing under different environments. The seed reaching a farmer’s field carries years of scientific work that often remains invisible to the public.

Fighting Wheat Rust

Yellow, brown and stem rust have long threatened wheat production. Their spores can travel long distances by wind and cause serious yield losses. Scientists therefore focused on a lasting defence: incorporating genetic resistance into wheat varieties.

The development of varieties such as Pak-81 and Inqilab-91 during the 1980s and 1990s became important milestones. Inqilab-91, in particular, contributed significantly to wheat production and the drive toward self-sufficiency. Developing a variety, however, requires years of crossing, selection, disease screening and field testing.

Preparing for Ug99

The emergence of the Ug99 group of wheat stem rust in East Africa created a major international alarm. Varieties previously considered resistant could become vulnerable to new forms of the disease.

PARC and NARC, working with international scientific institutions, sought resistant genetic material to strengthen Pakistan’s defense against emerging threats. This research contributed to varieties including NARC-2011, Pakistan-2013, Borlaug-2021 and NARC-Super. It was a race against an enemy capable of changing faster than traditional agricultural systems could respond.

From More Food to Better Food

Wheat research also entered the field of nutrition. Zinc and iron deficiencies affect vulnerable populations, and because wheat is consumed daily by millions, scientists saw an opportunity to improve nutrition through the crop itself. This led to bio-fortified wheat—varieties containing higher concentrations of essential micronutrients. Zincol-2016, released in Pakistan in 2016, was an important achievement as a zinc-bio-fortified variety. Wheat

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President confers Nishan-i-Imtiaz (Military) upon Chief of Indonesian Navy

City Desk

ISLAMABAD: President Asif Ali Zardari conferred Nishan-i-Imtiaz (Military) upon Admiral Dr. Muhammad Ali, Chief of the Indonesian Navy, recognising his contribution to the promotion of relations between the two navies, at a Special Investiture Ceremony held at Aiwan-e-Sadr today.

The ceremony was attended among others by Chief of the Naval Staff, Admiral Naveed Ashraf, members

of Parliament and members of the diplomatic community.

Admiral Dr. Muhammad Ali also called on the President, who congratulated him on the conferment of the prestigious award.

Talking to him the President said Pakistan and Indonesia enjoy enduring and fraternal relations and stressed the need to further strengthen cooperation between the two navies. He said there is immense potential in the blue economy and mutual development of the maritime



sector which needs to be harnessed.

He appreciated the regular participation of the Indonesian Navy in exercises organised by the Pakistan Navy.

Admiral Dr. Muhammad Ali was accompanied by Ambassador of Indonesia Lt Gen (Ret.) Chandra W. Sukotjo.

Chief of the Naval Staff Admiral Naveed Ashraf and Senator Saleem Mandviwalla were also present during the meeting.

Israeli Forces Continue Gaza Strikes Despite Ceasefire, Reports Show Systematic West Bank ‘Elimination Project’

News Desk

ISLAMABAD: According to Situation Report #103 from the Government Communication Center (7-14 September 2026), Israeli occupation forces continue striking civilian areas across Gaza despite the declared ceasefire, killing 1,359 Palestinians since the agreement, bringing total deaths since the genocide began to 73,670. Strikes targeted displacement tents and shelters in al-Bureij, Nuseirat, Al-Mawasi and Beit Lahia, where a drone strike killed four people.

UN Special Rapporteur Francesca Albanese warned that large-scale rubble removal in military-controlled Gaza areas risks destroying evidence of international crimes and preventing recovery of human remains. Meanwhile, Palestinian detainees face severe food deprivation and medical neglect, with significant



weight loss reported at Naqab Prison.

A new B’Tselem report details Israel’s “elimination project” in the West Bank, documenting systematic use of military violence, settler militias, movement restrictions and economic strangulation since 2022. Reporting from Yesh Din, Bimkom and HaMoked highlights accelerating de facto annexation, including a new “Crimson Thread” wall project threatening to sever Palestinians from 83% of the northern Jordan Valley. Between September 6-13 alone, 274 IOF assaults, 109 settler attacks and 38 shootings were recorded, alongside 84 violations against journalists in August.

Despite Israel withholding 68% of Palestinian clearance revenues for 17 consecutive months, the Palestinian government continues advancing renewable energy infrastructure, licensing 85 solar plants and installing solar systems in 800 public schools.

British High Commission Delegation Visits IRS

City Desk

ISLAMABAD: A delegation of diplomats from the British High Commission visited the Institute of Regional Studies (IRS), Islamabad, for wide-ranging consultations on Pakistan’s foreign policy and neighbourhood diplomacy.

The delegation was briefed on recent developments in Pakistan’s relations with its neighbouring countries, particularly Afghanistan. It was conveyed that Pakistan seeks friendly and peaceful relations with all its neighbours, including India and Afghanistan, and expects reciprocal positive responses to its peaceful aspirations for the region.

With regard to Afghanistan, Pakistan’s principal concern remains the use of Afghan soil for terrorist activities against Pakistan. Addressing this concern to Pakistan’s satisfaction could significantly improve bilateral relations and open avenues for greater regional trade, connectivity and economic cooperation.

The discussion also highlighted the importance of peace and stability in Afghanistan and its constructive relations with neighbouring countries for realizing the region’s considerable potential for trade and connectivity. Integration of Afghanistan into regional initiatives, including the China-Pakistan Economic Corridor (CPEC) and projects such as the Trans-Afghan Railway, could create significant economic opportunities for Afghanistan and contribute to improved livelihoods.

The interaction underscored the importance of international partners in facilitating dialogue, building bridges among countries in the region, and promoting greater economic cooperation and connectivity for the benefit of the wider region.

Religious Leaders Must Play Active Role in Ending Wars, Promoting Global Peace: Ashrafi

LONDON: Chairman of the Pakistan Ulema Council and Secretary General of the International Tahzeem-e-Harmain Sharifain Council Hafiz Muhammad Tahir Mehmood Ashrafi on Monday called for a joint and effective role by religious leaders around the world to promote lasting peace, end wars and conflicts, and protect innocent people from violence, terrorism and extremism.



Speaking to the media in London, Ashrafi described the prevailing global situation as deeply alarming, citing the situation in Palestine, developments in the Gulf, the Kashmir dispute, conflicts in parts of Africa and attacks on innocent people by violent and extremist groups as serious challenges facing humanity.

He said global religious leadership could no longer remain a silent observer and should play a practical role in promoting negotiations and dialogue to end wars, violence, terrorism and extremism.

Ashrafi said the followers of all major religions, including Islam, believed in peace, love, justice, respect for human life and peaceful coexistence. Those who kill or target innocent people in the name of religion, he said, neither served their faith nor represented its true teachings.

He urged religious leaders from all faiths to join hands in strengthening the message of peace, justice and respect for humanity in response to growing war, hatred, terrorism and extremism. He maintained that the challenges confronting the world could not be resolved through further violence, but through negotiations, dialogue, justice and respect for international law.

Ashrafi said the Pakistan Ulema Council had begun consultations and contacts with prominent religious leaders representing different faiths across the world as part of efforts to build a unified religious voice for peace and the protection of humanity.

He expressed hope that the consultative process would produce positive results soon and enable religious leaders from different faiths to adopt a strong and coordinated approach towards ending wars and conflicts, protecting oppressed and innocent people, combating terrorism and extremism, and promoting lasting global peace.

Civil Society Event Calls for Empowered Governance Model for Islamabad

City Desk

ISLAMABAD: A civil society event organized by the Civil Society of Bani Gala discussed the future of Islamabad, the rights of its local population, and calls for a permanent, empowered governance system. Attendees included MNA Tariq Fazal Chaudhry, MNA Raja Khurram Nawaz, Naheed Khan, and Dr. Safdar Ali Abbasi.

Naheed Khan demanded clarity on power-sharing, taxation and NFC Award distribution if Islamabad

becomes a province, criticizing the destruction of the city’s original identity through housing societies. She called for public disclosure of land ownership records, transparency on revenue utilization, and market-rate compensation for landowners displaced at throwaway prices, stressing decisions must involve public consultation.

Dr. Safdar Ali Abbasi said Islamabad was becoming a “concrete jungle” and called for restoring its original identity through a constitutional local government system with devolved powers.

Raja Khurram Nawaz noted Islamabad’s long history of bureaucratic rule and the failed 2015 local government experiment, emphasizing that 60% of residents live outside official sectors and need basic facilities and resources.

Tariq Fazal Chaudhry clarified Islamabad wasn’t becoming a province but would get a model administrative unit with a 27-member assembly and elected Chief Executive, proposing 100% of Islamabad’s revenue be reinvested locally, with all decisions made transparently and through political consultation.



When Life Itself Becomes Healing: Reconnecting Mind, Body and Nature

For much of the modern era, healing has been imagined as something that unfolds within four walls — a therapist’s office, a clinical room, a structured session built around diagnosis and technique. This model has real value, and evidence-based psychotherapy remains a cornerstone of mental health care. But according to psychologist and holistic health educator Pardeep Nanglu, human well-being extends far beyond any single room or method. He argues that one of the most overlooked dimensions of healing is reconnection — with the earth, the body, other people, creativity, and ultimately with life itself.

A Species Built for Connection

Nanglu points out that human beings evolved in constant relationship with the natural world. For most of history, everyday existence meant contact with sunlight, soil, changing seasons, physical movement and tightly knit communities. The conveniences of modern urban life have brought undeniable benefits, but they have also produced a way of living marked by long hours indoors, sedentary routines, social isolation and near-constant digital stimulation.

This is not to suggest that modern life automatically causes mental illness — Nanglu is careful to note that mental health arises from a complex mix of

biological, psychological, social and environmental influences. But a growing body of research suggests that time in nature and meaningful relationships play a real role in psychological well-being and the body’s ability to regulate stress.

That raises a central question in his essay: what happens when healing is allowed to step outside the therapy room altogether?

He offers a simple image — sitting with someone on the ground instead of across a desk. The earth beneath the body becomes part of the experience. The conversation loosens. Attention drifts toward sunlight, air, sound and the physical presence of another person. The interaction stops being purely verbal and becomes something embodied.

The Body as Participant, Not Just Container

Modern psychology, Nanglu writes, increasingly recognizes that human experience isn’t confined to the brain. Emotions surface through breath, posture, movement, facial expression and muscle tension. This understanding underlies the growing scientific interest in mindfulness and other body-based therapeutic approaches. In his words, the body doesn’t simply carry psychological experience — it takes part in it.

Nature, he explains, may support

mental health through several possible mechanisms. Research has linked exposure to natural settings with lower perceived stress, improved mood and restored attention. Frameworks like Attention Restoration Theory suggest that natural environments offer a kind of effortless attention that helps replenish our capacity for focus, while stress-reduction models propose that time outdoors supports physiological and emotional recovery.

But nature, he stresses, is only part of the picture.

The Social Dimension of Healing

Human beings are deeply social creatures. A sense of belonging and supportive relationships are consistently tied to better psychological outcomes, while chronic loneliness is a recognized risk factor for poor mental health. This is why something as simple as sitting together, listening without judgment, and sharing ordinary conversation can carry real psychological weight. Sometimes, Nanglu writes, healing begins before a single therapeutic question is even asked — it begins with presence.

For someone who has withdrawn from life, the first need may not be

another instruction or insight, but safe connection, movement and small opportunities to feel pleasure and competence again. This aligns with the established psychological concept of behavioral activation: in depression, withdrawal reduces access to rewarding experiences, which in turn deepens low mood. Gradually reintroducing meaningful activity, social engagement and moments of mastery can help break that cycle.

Where Creativity Enters the Picture

This is where creative expression becomes relevant. Dance offers movement. Music offers rhythm. Poetry gives language to experiences that resist direct expression. Painting gives visual form to emotions that haven’t yet found words.

Nanglu is clear that creative activity shouldn’t be oversold as a cure for psychological disorders — that would outpace the evidence. But arts-based practices can serve as meaningful complements to conventional care, particularly by helping people communicate, regulate emotion, build self-awareness and re-engage actively with their own lives. There is, he notes, something distinctly human

about creating rather than simply consuming. When someone writes, paints, sings or moves, attention shifts from passive suffering toward active engagement — the internal question changes from “What is wrong with me?” to “What can still move, grow and become possible?” That shift, he argues, can be psychologically significant in itself.

A Whole-Person View of Health

None of this, Nanglu emphasizes, means rejecting biology, medicine or psychotherapy. Rather, it reflects an understanding that health emerges from multiple interacting systems: the brain connects to the endocrine system, the nervous system communicates with the immune system, emotional states shape behavior, and behavior in turn shapes sleep, relationships and stress levels. This interconnected view echoes the field of psychoneuroimmunology, which studies the links between psychological processes, the nervous system, hormones and immune function. He cautions against exaggerating these connections into claims that positive thinking or nature can cure serious illness — complex conditions still require proper medical and psychological treatment. But the science, he argues, is a reminder that human health can’t be reduced to isolated organs or symptoms.

Nanglu suggests that clinicians

might usefully ask a broader set of questions alongside standard clinical assessment: Is there enough movement, connection, exposure to restorative environments, creative expression, purpose, silence, laughter and belonging? These questions don’t replace clinical evaluation — they complement it.

Restoring Participation in Life

The essay closes on a reflective note: a person cannot always think their way out of emotional struggle. Sometimes the first step is simply re-entering life — walking outside, noticing the trees, talking with someone, creating something, moving the body, allowing silence to exist. These aren’t magical prescriptions, Nanglu writes, but invitations toward experiences that support resilience.

Perhaps, he concludes, the deepest form of healing isn’t just the removal of symptoms but the restoration of participation in life itself — sitting together, under an open sky, remembering something modern life makes easy to forget: healing isn’t always something that happens to us. Sometimes it happens when life begins to flow again — and at that moment, life itself becomes healing.

The writer is Psychologist and Mental Health Specialist, in California USA. He can be reached at DRPNANGLU@outlook.com



Analysis

Pardeep Nanglu

Bull & Bears
PSX 100-Share
Index Fluctuation

Pakistan: PSX 100-Share Index	
Current	Prev. Close
167,970.65	170,511.85
Day's High	Day's Low
170,437.72	167,441.63
Index Value	Change
16,441,946,562	-2541.20
Percentage	Time
-1.49%	14 Sept, 2026 4:30 pm

Europe: FTSE 100 Index	
Index Value	Change
10,697.57	+47.13
Percentage	Time
+0.44%	14 Sept, 4:35 pm GMT+1

USA: Dow Jones Industrial Average	
Index Value	Change
52,574.57	+1.28
Percentage	Time
+0.0024%	14 Sept, 1:02 pm GMT-4

Asia Pacific: Nikkei Stocks Average	
Index Value	Change
63,492.99	-518.35
Percentage	Time
-0.81%	14 Sept, 3:45 pm GMT+9

Open Market Forex Rates		
Currency	Buying	Selling
Australian Dollar	197.19	201.47
Bahrain Dinar	733.64	743.95
Canadian Dollar	199.04	204.75
China Yuan	38.27	38.99
Danish Krone	42.85	43.45
Euro	321.56	325.53
Hong Kong Dollar	35.00	35.97
Indian Rupee	2.65	3.25
Japanese Yen	1.7339	1.8337
Kuwaiti Dinar	886.05	896.85
Malaysian Ringgit	68	68.85
NewZealand \$	159.63	162.99
Norwegians Krone	28.20	28.55
Omani Riyal	718.92	729.45
Qatari Riyal	73.90	74.58
Saudi Riyal	73.90	74.58
Singapore Dollar	217.57	223.10
Swedish Korona	28.45	28.95
Swiss Franc	338.09	342.85
Thai Bhat	8.27	8.97
U.A.E Dirham	75.60	76.43
UK Pound Sterling	375.59	379.78
US Dollar	277.90	278.4

realme C100 Series
Goes on First Sale
in Pakistan

Commerce Desk

LAHORE: Following its recent launch in Pakistan, the realme C100 Series is now officially available for first sale, entering the market with a proposition that has already started generating strong attention. Led by an 8000mAh Titan Long-Lasting Battery—a capacity rarely seen in this price segment—the lineup is building early momentum among buyers looking for longer battery life, durability and smooth everyday performance.

As first-sale availability begins, the C100 Series moves from launch buzz into the market, with its large battery becoming a key point of differentiation and helping drive growing interest around the lineup.

inDrive. Ads Marks
One Year, Now Live
in 25 Countries
Including Pakistan

Commerce Desk

KARACHI: inDrive, a global mobility and delivery platform, today announced the first-year results of inDrive. Ads, one year after its July 2025 pilot launch.

In 12 months, inDrive. Ads scaled to over 2 billion impressions across 25 live markets in LATAM, EMEA, and APAC, including Pakistan. The platform now serves 2,000+ active advertisers monthly and partners with all Big5 agency holdings, running campaigns for 30+ brands.

Ad revenue directly supports inDrive's mission. A portion funds in-house impact programs, which reached 1.7 million impressions in H1 2026. Revenue also helps keep rider fares fair and driver commissions among the lowest in the industry.

Built as "Ride Media," inDrive. Ads reaches users during natural wait times, creating a captive audience across 8 billion+ rides. New features this year include high-impact formats, faster ad loading, and a consent management platform.

HBL Microfinance
Bank & SUPARCO
Expand
Satellite-Enabled
Agri-Financing
in Punjab

Spokesman Report

KARACHI: HBL Microfinance Bank (HBL MfB), in partnership with SUPARCO, has announced the province-wide expansion of its Climate-Smart Agri-Financing initiative to farmers across Punjab, moving from pilot phase to full-scale implementation using satellite data intelligence and technology-driven risk assessment.

The collaboration combines SUPARCO's satellite-based remote-sensing capabilities with HBL MfB's on-ground agricultural financing expertise, enabling broader crop monitoring, land-use assessment and improved portfolio resilience.

HBL MfB President & CEO Amir Khan said satellite intelligence helps the bank make more informed, timely financing decisions aligned with farmers' realities, calling the partnership a model for combining technology, finance and national institutions to address climate challenges facing Pakistan's agriculture sector.

SUPARCO's Zafar Iqbal, Member (Space Application & Research Wing), highlighted the organization's 35 years of spatial data archives and its machine learning/deep learning models built on a Geo-AI platform. He noted SUPARCO's Space4Climate initiative provides probabilistic risk assessments for floods, droughts and hailstorms, integrating agricultural and



climate-risk intelligence into lending decisions, farm-level risk assessment and post-loan monitoring. SUPARCO will also make agricultural intelligence publicly accessible via the Space4Climate portal.

The partnership aims to build a more data-driven, climate-resilient approach to agricultural finance in Pakistan, centered on better information, responsible lending and enhanced sector-wide resilience.

Hard work

RAWALPINDI: A young labourer pulling his loaded cart at Liaquat road to earn livelihoods for his family.



Photo: Online

70% of Transport Grounded Due to
Rising Petroleum Prices, Immediate
Relief Demanded: Malik Sher Khan

Commerce Desk

KARACHI: Malik Sher Khan, Chief Executive of Shaheen Group of Companies and Vice Chairman of PPDA, has warned that around 70% of oil and goods transport operations have been grounded due to continuously rising petroleum prices. He said thousands of families depend on the sector for livelihood.

Speaking at a Shaheen Group ceremony to honor top employees and Ummrah pilgrims, he cautioned that if fuel prices remain high, another 25% to 30% of transport operations could shut down within 15 days. Attendees included PPDA Chairman Malik Khuda Bakhsh, SRB officials Abdul Hamid Memon, Amir Ali and Muhammad Iqbal Lakho, and Shaheen Freight MD Major (R) Malik Jahan Khan. Seven employees were awarded cars.

Malik Sher Khan said high fuel costs and heavy taxation have made it difficult for transporters to cover per-kilometer expenses. He criticized the government's



new fuel relief scheme for being launched without consulting transporters, and noted inconsistent tax rates of 7%, 3% and 2% that remain unresolved in court.

He urged the government to provide

immediate petroleum relief and develop a permanent policy framework, warning that neglecting transport could disrupt supply chains, cause market shortages and increase inflation.

Supernet Technologies' Rs915m Rights Issue Gets
98.16% Subscription

Commerce Desk

KARACHI: Supernet Technologies Limited (PSX: STL) has received subscriptions worth nearly Rs898 million against its Rs914.77 million rights issue, achieving a strong 98.16% subscription rate. According to a notice submitted to the Pakistan Stock Exchange, only 1.84% of the issue remained unsubscribed.

The company had offered an

85% rights issue at Rs10 per share to raise approximately Rs915 million. The proceeds will primarily strengthen working capital, support larger projects and partially finance consideration payable under a Share Purchase Agreement with Telecard Limited.

Supernet has expanded its operations across telecommunications infrastructure, information technology, cybersecurity and related technology solutions. Its non-ser-

vice revenues increased from around Rs682 million in FY2021 to over Rs5 billion in FY2025, while services revenue exceeded Rs4.2 billion, taking total annual revenue to about Rs9.2 billion.

The company has also secured major technology and cybersecurity projects, including a hardware and services project worth around Rs1 billion. Remaining unsubscribed shares will first be offered to suitable persons as determined by the Board.



Pakistan Customs
Seizes Arms and
Ammunition Worth
Rs32 Million

Commerce Desk

PESHAWAR: Customs Enforcement staff at JCP Yarik seized a large cache of arms and ammunition, along with the offending vehicle, with an estimated value of Rs32 million. Acting on credible information, Customs staff intercepted the vehicle at Sidra Sharif. The driver abandoned the vehicle and fled.

The seized arms included 4 M4 (5.56mm) rifles (USA), 2 G-III rifles with one magazine, 42 Maghull

PMAG D-60 magazines, 20 empty M4 magazines, 40 empty AK-47 magazines, 18 Tissa Zigara pistols (Turkey) with two magazines each, 30 Beretta pistols (25 USA-made and 5 Italy-made), 2 unmarked shot pistols and 120 Chinese-made 30-bore pistols.

The seized ammunition comprised 900 AK-47 rounds (711/10), 2,700 AK-47 rounds, 3,500 rounds of 30-bore pistol ammunition and 1,600 12-bore Pak Shaheen cartridges.

Google DeepMind
Unveils AlphaGenome
Atlas for Mapping
Human Gene Regulation

Commerce Desk

LONDON: Google DeepMind has unveiled AlphaGenome Atlas, an artificial intelligence platform designed to decode the non-coding human genome and provide a detailed map of genetic regulation across human tissues. The platform aims to help researchers understand how genes are switched on and off and how genetic changes can contribute to disease.

and disease.

The platform can assess the potential effects of single-letter mutations in non-coding regions and offers cell-type-specific analysis across hundreds of tissues and cellular states. Google DeepMind said these capabilities could support research into rare



AlphaGenome Atlas predicts transcription factor binding, chromatin accessibility, histone modifications and the effects of genetic variants directly from DNA sequences. It focuses on the roughly 8% percent of the human genome that does not directly code for proteins, helping scientists study regulatory regions involved in development

diseases, autoimmune disorders, neurodegeneration and cancer.

The technology is also intended to assist drug discovery by helping researchers prioritize therapeutic targets and assess potential genomic risks. AlphaGenome Atlas is available through Google DeepMind's online portal, API and Google AntigraVity.

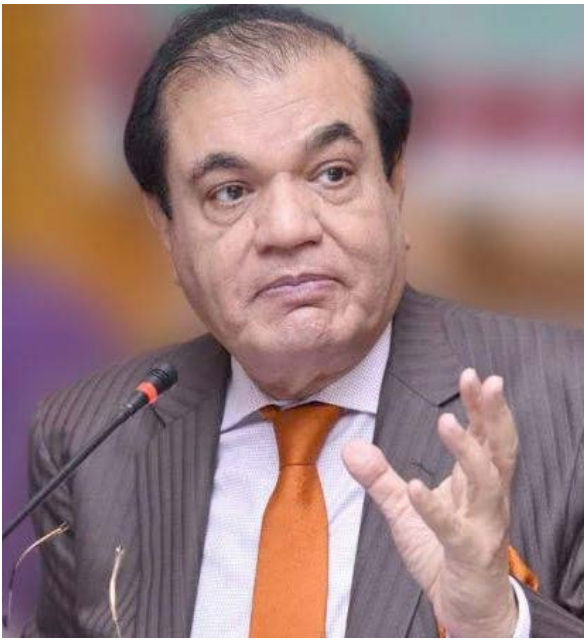
CTBCM Implementation Critical for Affordable Power, Industrial Revival: Mian Zahid Hussain

 Spokesman Report

KARACHI: Mian Zahid Hussain, President of the Pakistan Businessmen and Intellectuals Forum and Chairman of FPCCI's Policy Advisory Board, said swift implementation of the Competitive Trading Bilateral Contract Market (CTBCM) is crucial to rescuing Pakistan's industrial sector from the energy crisis, calling it a shift from monopoly to competitive electricity trading.

Under CTBCM, 800 MW has been allocated for auction, allowing bulk consumers with loads of 1MW or more to buy electricity directly from suppliers via B2B contracts, bypassing DISCOs, under ISMO supervision with Use of System Charges applied.

Hussain blamed decades of DISCO inefficiencies and



monopolistic pricing for pushing industrial tariffs

to regional highs, hurting export competitiveness and SME survival. He said an open wholesale market would attract FDI, enable green energy access, and help exporters meet EU GSP Plus and CBAM standards.

However, he raised concerns over NEPRA-approved wheeling charges and "stranded costs," warning combined charges could exceed Rs25 per unit for some categories, urging rationalization. He called for capacity charges (~Rs1,700 billion in 2025-26) to be paid from the federal budget rather than bills, and pressed for immediate DISCO privatization, stating the business community fully supports reforms prioritizing industrial sustainability over protecting inefficient monopolies.

Attock Police arrest three suspects, recover 3.4kg hashish and 20 litres liquor

 Raza Naqvi

ATTOCK: Attock Police have arrested three suspects allegedly involved in drug peddling and recovered 3,400 grams of hashish and 20 litres of liquor from their possession during checking operations.

According to a police spokesperson, Assistant Sub-Inspector Umar Hayat of Hazro Police Station, along with his team, arrested Muhammad Akhtar, son of

Shahnchi Khan, a resident of Marariya, Tehsil Hazro, and recovered 2,000 grams of hashish from his possession during checking.

In another operation, Assistant Sub-Inspector Arif Mahmood of Hazro Police Station arrested Muhammad Ramzan, son of Muhammad Ashfaq, also a resident of Marariya, and recovered 1,400 grams of hashish from his possession.

Similarly, Assistant Sub-In-

spector Jameel Akhtar of Bahtar Police Station, along with his team, arrested Muhammad Zubair, son of Jumma Khan, a resident of Bahtar, Tehsil Fateh Jang, and recovered 20 litres of liquor from his possession during checking.

Cases have been registered against the arrested suspects under the relevant laws, and further investigation is underway, the spokesperson added.

PMML criticizes repeated hike in petroleum prices

 News Desk

LAHORE: Pakistan Markazi Muslim League (PMML) leaders have criticised the repeated increase in petroleum prices. They said the government had failed to provide relief to people facing inflation and warned that public anger over rising prices could have political consequences.

They were speaking at Seerat-un-Nabi conferences organised by the PMML in Kasur, Rawalpindi, Islamabad, Shakargarh, Daska, Talagang, Chowk Azam, Sialkot, Hyderabad, Karachi and other



cities. Large numbers of citizens attended the gatherings.

PMML Secretary General Saifullah Qasuri, Vice Presidents Hafiz Talha Saeed and Hafiz Abdul Rauf, Joint Secretary Muhammad Yaqoob Sheikh, spokesman Dr

Muzamil Iqbal Hashmi, Mufti Yousaf Taibi, Maulana Nasar Javed, Sindh President Faisal Nadeem, Allama Nasir Madani, Ajmal Khan Chandia, Ehsanullah Mansoor, Sheikh Fayyaz Ahmed, Maulana Manzoor Ahmed, Engineer Haris Dar and others addressed the conferences.

Saifullah Qasuri said success lay in following the Seerat of the Holy Prophet (PBUH). He said the slogan of "La Ilaha Illallah" had been raised at the time of Pakistan's creation and the PMML was working to promote a system based on these principles.

Asia-Pacific Media Forum: A New Opportunity for Pakistan

The world is changing at an unprecedented pace. It is difficult to predict what the global landscape will look like five years from now, but one thing is certain: the media and communication environment of the future will be very different from what we know today.

The rapid expansion of social media, digital journalism, artificial intelligence and emerging technologies has transformed the way information is produced, distributed and consumed. Traditional media organisations are no longer operating in an environment where newspapers, radio and television are the only major sources of information. The boundaries between traditional and digital media are rapidly disappearing.

It is against this rapidly changing backdrop that greater cooperation among media organisations in the Asia-Pacific region has become increasingly important. The exchange of professional experiences, adoption of new technologies, use of artificial intelligence, cultural exchanges, joint development initiatives and discussions on the role of media in regional prosperity are among the areas that require greater cooperation.

The Asia-Pacific Media Forum has emerged as an important platform in

this regard, bringing together media organisations and other relevant institutions from across the region to exchange ideas, share experiences and explore new avenues of cooperation.

A recent meeting of the forum's member countries was held in Shenzhen, China. The theme of the meeting was "Paving the Way for Common Prosperity in the Asia-Pacific Community: Media Consensus and Action." The gathering brought together around 400 delegates from 42 countries and regions, representing more than 200 media organisations, international organisations, research institutions and diplomatic missions.

The scale of participation itself demonstrates the growing importance of regional media cooperation at a time when technological change is redefining the global information landscape.

For Pakistan, the meeting carried particular significance. Pakistan Broadcasting Corporation (Radio Pakistan) has been included among the 16 founding members of the Asia-Pacific Media Forum. Director General PBC Saeed Ahmed Sheikh represented Pakistan at the recent meeting.

Saeed Ahmed Sheikh is a senior officer of the Information Group with extensive knowledge and interest in history and research. His participa-

tion at such an important regional forum is significant, as it provides an opportunity for Pakistan's national broadcaster to present its perspective and strengthen professional links with media organisations across the Asia-Pacific region.

There is little doubt that Pakistan Broadcasting Corporation, commonly known as Radio Pakistan, is the country's oldest national broadcasting institution. For decades, it has played a vital role in informing, educating and entertaining the people of Pakistan. It has also made an important contribution to the promotion of literature, culture, national heritage and the country's diverse linguistic traditions.

Radio Pakistan has trained generations of broadcasters, journalists, producers, artists and writers. In many respects, it has served as a university of broadcasting, producing professionals who went on to make significant contributions to Pakistan's media landscape.

Its inclusion as a founding member of the Asia-Pacific Media Forum is therefore more than a formal institutional association. It represents an important international recognition

of Pakistan's national broadcaster and provides the country with a valuable platform for greater regional engagement.

Through this forum, Pakistan can expand cooperation with leading media and research institutions in the Asia-Pacific region. Radio Pakistan can use the platform to present Pakistan's perspective to wider audiences, promote the country's culture and heritage, establish professional partnerships, exchange expertise and benefit from training and technological development.

The opportunity is particularly important at a time when artificial intelligence and digital technologies are transforming broadcasting. Media organisations around the world are increasingly using AI-assisted production, digital audio platforms, podcasts, data-driven journalism and new forms of content distribution.

For Radio Pakistan, participation in a regional forum of this nature can facilitate the exchange of knowledge and best practices and help the organisation adapt to the rapidly changing demands of modern broadcasting.



Analysis

Zeeshan Haider

It is worth noting that Pakistan Broadcasting Corporation is already associated with several international broadcasting organisations, including the Asia-Pacific Broadcasting Union (ABU) and the Asia-Pacific Institute for Broadcasting Development (AIBD). Its position as a founding member of the Asia-Pacific Media Forum can further strengthen Pakistan's engagement with regional media institutions.

Radio Pakistan also possesses one of the country's most extensive broadcasting networks, with the ability to reach audiences across different regions, languages and segments of society. This gives it a distinctive role not only as a national broadcaster but also as a potential instrument of regional communication and cultural diplomacy.

The challenge now is to ensure that this membership does not remain merely an institutional honour. It should be transformed into a meaningful opportunity for Pakistan's media, cultural and information sectors.

At the governmental level, there is also a need to recognise the strategic importance of Pakistan Broadcasting Corporation and provide the institution with the resources, technological facilities and professional support required to meet the challenges of modern broadcasting.

In today's world, media is no longer merely a means of disseminating news. It has become an important instrument of national identity, cultural diplomacy, public engagement and international outreach. Countries increasingly use their media institutions to communicate their perspectives, promote their culture and build bridges with other societies.

Pakistan, therefore, needs to make effective use of every opportunity for regional media cooperation. The inclusion of Radio Pakistan among the founding members of the Asia-Pacific Media Forum offers precisely such an opportunity.

If effectively utilised, this platform can help Pakistan strengthen its regional media partnerships, improve professional and technical capacity, embrace emerging technologies and project a more comprehensive image of the country to audiences across the Asia-Pacific region.

The inclusion of Radio Pakistan in the Asia-Pacific Media Forum is not simply an achievement for one national institution. It can mark the beginning of a new chapter in Pakistan's regional media engagement—and an opportunity to give the country's national broadcaster a stronger voice in the rapidly evolving world of international communication.

Iran Checkmates the Hormuz Bypass

 Continued from Page 4

shipping requires something more difficult to guarantee: confidence. A shipping company contemplating a billion-dollar vessel and valuable cargo does not ask merely which navy is stronger. It asks whether the ship can complete its voyage safely, whether insurance remains available and whether the potential profit justifies the possibility of catastrophic loss.

That is why geography continues to defeat attempts to declare Hormuz irrelevant. A pipeline across Saudi Arabia substitutes pumping stations and hundreds of kilometres of exposed infrastructure for the

strait. A Syrian corridor would traverse another politically sensitive landscape. An Israeli Mediterranean corridor would require enormous investment, security and regional cooperation. And Red Sea exports must still confront the security environment surrounding Bab el-Mandeb. There is no magic line on a map capable of removing geopolitical risk.

The Iran war has consequently evolved into something much larger than the conflict with which it began. It is simultaneously a military confrontation, an energy war and a contest over the future architecture of global petroleum transportation. The question is no

longer simply who produces Middle Eastern oil. Increasingly, it is who builds the pipelines, controls the ports, protects the waterways and possesses leverage between the wellhead and the consumer.

The architects of alternative corridors hoped to diminish Iran's greatest geographical advantage by diminishing Hormuz itself. Instead, the expanding conflict is demonstrating that energy routes cannot simply escape geography. Close one chokepoint and another becomes indispensable. Build a pipeline and the pumping stations become strategic assets. Shift exports toward the Red Sea and Bab

el-Mandeb assumes greater importance.

That is the strategic irony of this war. The attempt to make Hormuz irrelevant may instead have demonstrated just how difficult it is to make Iran's geography irrelevant. The map of the Middle East has not changed. What has changed is the number of places on that map where the world's energy lifelines can now be threatened.

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

Between the Lines — The Real Test of Journalism

 Continued from Page 4

state can be preserved only when a journalist maintains a clear distinction between news and opinion, fact and speculation, and investigation and propaganda. Journalistic ethics require that personal interests not be allowed to enter a news report, that no one be subjected to baseless allegations, that the opposing viewpoint not be ignored and that there be no hesitation in correcting an error when it comes to light. Freedom of the press must be accompanied by responsibility. When freedom is separated from ethical principles, it becomes mere noise rather than journalism.

In the current circumstances, journalism faces challenges including pressure, economic difficulties, political polarisation, digital competition and an overwhelming flood of information. In such an

environment, a journalist's greatest strength is not his institution but his credibility. A journalist who prioritises the protection of sources, the verification of facts and professional principles may be isolated for a time, but in the long run, his credibility becomes his greatest asset.

The purpose of journalism is not to defeat anyone; it is to preserve the truth. A journalist's job is to present a story with evidence and then move on. If the report is true, time will bear witness to it; if it is false, time will expose it. In today's fast-paced information age, journalism's greatest test is to ensure that a journalist does not lose the truth in the race for news.

The writer is a veteran Pakistani journalist with nearly four decades of experience in print and electronic media, having served in senior editorial positions since 1986.

The Silent Defenders of Pakistan's Food Security

 Continued from Page 4

research was thus no longer only about producing more food, but also better food.

Hope for Rain-fed Pakistan

Large parts of Pakistan, including the Potohar region, areas of Khyber Pakhtunkhwa and Balochistan, depend heavily on rainfall. Irregular rainfall, drought and rising temperatures have increased the need for wheat varieties capable of performing under limited moisture.

Research has focused on rain-fed and low-moisture

environments, with varieties including Borlaug-2016, Pakistan-2013, NARC-2009 and Markaz-19, along with regionally adapted varieties. The widespread cultivation of suitable NARC-developed varieties in Potohar demonstrates how scientific research can directly improve farmers' livelihoods.

When Six Years Can Replace Fourteen

Traditionally, developing a new wheat variety could take around 14 years. But diseases evolve and climate conditions change much faster. Scientists cannot afford

to spend more than a decade responding to threats that may emerge within a few years.

Speed Breeding offers an answer. By controlling light, temperature and other environmental conditions, it accelerates the wheat generation cycle. PARC scientists began work in this field around 2020, and by 2022 a Speed Breeding facility had been established at NARC. The objective is to potentially reduce the breeding cycle from around 14 years to approximately seven.

Modern wheat research is

also embracing Artificial Intelligence, Computer Vision and advanced data analysis to identify plant characteristics, analyse crop performance and accelerate scientific decisions.

From Laboratory to Farmer

Scientific achievement becomes meaningful only when it reaches the farmer. PARC, NARC, provincial research institutions and the seed sector all have an important role in moving improved and certified seed from research stations to farmers' fields.

Despite limited resources,

NARC's wheat programme supplies approximately 300-400 tons of certified wheat seed annually to farmers and agricultural companies. This is where science meets livelihood.

When a farmer harvests a healthy wheat crop, the credit naturally goes to him—and rightly so. But behind that harvest are scientists who may have spent years developing the seed, fighting diseases, improving nutritional quality and preparing crops for water scarcity and climate change.

The farmer grows the crop; the

scientist creates the foundation on which that crop stands. Every piece of bread therefore carries a story of research, experimentation, patience and national service.

Pakistan's agricultural self-sufficiency is built not only in fields but also in laboratories and scientific institutions. Yet meaningful research requires sustained funding for laboratories, equipment, field trials, germplasm, skilled manpower and modern technologies. Despite limited resources, PARC and NARC scientists continue their work in

the national interest.

Their contribution deserves recognition, sustained resources, modern facilities and an environment that inspires young scientists to pursue agricultural research with confidence.

The battle for food security is never fought once and won forever. It is a continuing race against disease, climate change, water scarcity, population growth and economic pressures. In that race, Pakistan's agricultural scientists remain among the nation's silent but most important defenders.

Meeting

ISLAMABAD: President Asif Ali Zardari in a meeting with Ahmad Al Hajar, Minister of Interior and Municipalities of the Lebanese Republic, at Aiwan-e-Sadr, on Monday.



Photo: Online

Zardari calls for stronger Pakistan-Lebanon security cooperation

City Desk

ISLAMABAD: President Asif Ali Zardari has called for stronger Pakistan-Lebanon cooperation in internal security, law enforcement and counter-narcotics. He made the remarks during a meeting with Lebanese Minister of Interior and Municipalities Ahmad Al Hajar at Aiwan-e-Sadr on September 14.

President Zardari expressed concern over continuing instability and hostilities in Lebanon and the wider Middle East, particularly their humanitarian and security consequences. He reaffirmed Pakistan's support for Lebanon's sovereignty, independence, unity and territo-

rial integrity, stressing the importance of diplomatic efforts, dialogue and international law for resolving disputes.

The President called for greater cooperation in extradition and mutual legal assistance in criminal matters. He also proposed exchanges of expertise in disaster preparedness, emergency response, urban search and rescue, emergency communications and humanitarian logistics.

Ahmad Al Hajar appreciated Pakistan's support for Lebanon and stressed the importance of expanding bilateral cooperation, particularly in security and law enforcement. Senior Pakistani and Lebanese officials also attended the meeting.

CCoSOEs Reviews Federal SOEs Performance, Stresses Governance and Discipline



Commerce Desk

ISLAMABAD: The Cabinet Committee on State-Owned Enterprises (CCoSOEs), chaired by Finance Minister Senator Muhammad Aurangzeb, reviewed the bi-annual performance of federal SOEs for the first half of FY2025-26 and stressed stronger governance, transparency and financial discipline.

The committee was informed that profitable SOEs earned Rs423.3 billion during July-December 2025, while loss-making entities recorded losses of Rs342.8 billion. Government support to SOEs stood at Rs804 billion, against contributions of Rs839 billion, resulting in a positive net fiscal flow of Rs35 billion.

The committee directed continued implementation of

approved business plans, measurable performance targets and corrective measures for underperforming entities. It also reviewed risks including circular debt, operational weaknesses and corporate governance gaps.

Members welcomed the Finance Division's digital reporting and analytics platform, which centralizes SOE data and enables performance monitoring through dashboards. The committee also approved appointments of independent directors for the Printing Corporation of Pakistan and Pakistan State Oil, and a chairman for IRADA.

It further approved amendments to SOEs' IFRS monitoring mechanism and discussed improving director selection, vetting and capacity-building.

PM, Lebanese minister review bilateral ties

City Desk

ISLAMABAD: Ahmad Al-Hajjar, Minister of Interior and Municipalities of Lebanon, called on Prime Minister Muhammad Shehbaz Sharif on Monday and discussed matters of mutual interest.

Deputy Prime Minister and Foreign Minister Mohammad Ishaq Dar, Minister for Interior Syed Asim Munir, NI (M), HJ, Chief of Army Staff and Chief of Defence Forces (COAS & CDF) at GHQ, Rawalpindi, during his two-day visit to Pakistan.

The Prime Minister welcomed the Lebanese Interior Minister, reaffirming the longstanding fraternal ties between the two countries. He also conveyed his warm



wishes to the Lebanese leadership. The two sides reviewed bilateral relations and expressed satisfaction over

growing cooperation in interior and security affairs.

The Prime Minister condemned, in the strongest terms, Israel's aggres-

sion against Lebanon, and conveyed deep sympathy over the loss of precious lives and property caused by the attacks. He reaffirmed Paki-

stan's unwavering solidarity with the Lebanese leadership and people during these difficult times, and reiterated Pakistan's steadfast support for Lebanon's sovereignty and territorial integrity.

The Lebanese Interior Minister thanked the Prime Minister for the warm reception and reaffirmed Lebanon's desire to further strengthen bilateral cooperation with Pakistan.

The Prime Minister also witnessed the signing of MoU on the Transfer of Sentenced Persons, signed by the respective Interior Ministers. The MoU provides a legal framework for convicted nationals to serve the remainder of their sentences in their home countries.

Lebanon and Pakistan Join Forces to Tackle Regional Security Challenges

Naveed Ahmad Khan

RAWALPINDI: Mr. Ahmad Al Hajar, Lebanese Minister of Interior and Municipalities, called on Field Marshal Syed Asim Munir, NI (M), HJ, Chief of Army Staff and Chief of Defence Forces (COAS & CDF) at GHQ, Rawalpindi, during his two-day visit to Pakistan.

During the meeting, both dignitaries exchanged views on matters of mutual interest, the evolving regional security environment and prospects for further enhancing bilateral relations in security domain.



The importance of strengthening institutional linkages and fostering greater cooperation between the two countries' security institutions was also emphasised.

COAS & CDF reaffirmed Pakistan's commitment to strengthening bilateral relations with Lebanon and expressed the desire to further expand mutually beneficial cooperation in areas of shared interest.

The visiting dignitary appreciated Pakistan's contributions towards regional peace and stability and acknowledged the professionalism and sacrifices of the Pakistan Armed Forces in the fight against terrorism.

23,500 police personnel sought for Islamabad security

Waseem Khokhar

ISLAMABAD: The federal government has sought 23,500 police personnel from Punjab, Sindh and Balochistan for security and law and order duties in the capital.

According to sources, Punjab has been asked to provide 15,000 police personnel, Sindh 8,000 and Balochistan 500.

A letter issued in this regard directed the provinces to ensure that all requested personnel report in Islamabad by September 20.

The communication has also been sent to the provincial governments as well as federal security and intelligence agencies.

The move comes amid heightened security concerns in Islamabad, where political activity and the prospect of protests have increased pressure on the capital's security apparatus.



Current reports indicate that the federal government has also made arrangements for more than 1,000 shipping containers for security measures in Islamabad.

The requisition follows heightened political tensions surrounding

the Pakistan Tehreek-e-Insaf (PTI), which has announced plans for a march towards Islamabad on September 27.

Punjab has separately imposed a temporary ban on gatherings across the province until September 17.

Security forces kill 3 terrorists including commander Naqeeb in Mastung

QUETTA: Security forces killed three terrorists belonging to Fitna al Hindustan including commander Naqeeb in a successful operation in Mastung District.

According to security sources, security forces successfully targeted a vehicle of Fitna al Hindustan through a quadcopter during the operation. The precision strike killed three terrorists, including commander Naqeeb, while the vehicle was completely destroyed, the sources said.

Security forces remain resolute in their commitment to eliminate terrorism, and operations will continue until the last terrorist is eliminated, the sources added.

New Register Identifies 13,000 British Slave Trade Investors

News Desk

LONDON: A newly published database has identified around 13,000 investors involved in Britain's transatlantic trafficking of enslaved Africans from 1562 until Parliament abolished the trade in 1807. The Register of British Slave Traders was compiled through a three-year research project led by Professor William Pettigrew of King's College London and provides biographical details on about 10,500 investors.

Researchers say the register offers the most comprehensive account yet of individuals who financed and profited from the trade, highlighting its extensive links with the British state and monarchy. Among those

identified are King James II, philosopher John Locke and composer George Frideric Handel, who were shareholders in the Royal African Company.

The research shows that trafficking expanded significantly after the company's monopoly weakened, as independent traders entered the business from Bristol, Liverpool and London.

Britain's operations forcibly transported more than three million African men, women and children to plantations in the Americas and Caribbean.

The findings are expected to renew debate over historical accountability involving Britain's monarchy and other institutions.