

# CENTRELINE

Pakistan's Premier News & Diplomatic Affairs Magazine



**TAPAS ADHIKARI**

**Nepal offers huge incentives to foreign investors**



**Serena Hotels, Thai embassy join hands for a noble cause**

*Page: 40-43*



**Germany Unity Day celebrated**

*Page: 46-47*



**CEO Monal hosts Sunset Dinner**

*Page: 18-21*

OCTOBER 2022





# L A L A



*Cultural*  
**PATTERNS**  
AND MODERN HUES



WWW.LALA.COM.PK



LALAPRINTS



LALAOFFICIAL\_



# DINO VALLEY

10 minutes Drive from The Monal Islamabad

## Pakistan's First Ever Dinosaur Themed Park



17 KM, Pir Sohawa Road, Haripur, KP. ☎ 03005221018/ 03455357094 📞 03001769377 📱 dinovalleypk 📺 Monalofficial



# NOW IN PAKISTAN

## Invisible Braces Dental Implants



## Dr. Abrar & Associates

### D E N T A L S U R G E O N S

House # 6-A, Ismail Zabeeh Road, (Service Road Parallel to Faisal Avenue) F-8/3, Islamabad.

e-mail: [abrar\\_associates@yahoo.com](mailto:abrar_associates@yahoo.com) | [www.drabrarassociates.com](http://www.drabrarassociates.com)

Ph: +92 51 228 7691 / +92 51 228 7692 | Fax: +92 51 228 7693





*The Smooth Moving Connection*

# freeline MOVERS

PACKING, SHIPPING & FREIGHT FORWARDING



## Our Services

- Packing
- Shipping
- Freight Forwarding
- Land, Sea & Air Freight
- Custom Clearance
- Relocations
- Office Removals
- Fine Art Handling
- Project Management
- Pet Relocation
- Warehousing
- Storage



### Head Office

3rd Floor, Yasin Plaza, 74-West, Blue Area, Islamabad.

Tel: (+92 51) 2822471, 2274221, 2878029, 2272273, 2822711, 2874289 - Fax: (+92-51) 2825132, 2274227.

E-mail: [moving@freelinemovers.com](mailto:moving@freelinemovers.com) - Website: [www.freelinemovers.com](http://www.freelinemovers.com)

### B r a n c h   O f f i c e s

#### **Karachi**

Room No.14 &15, 3rd Floor, Kahkashan Mall,  
Main Tariq Road, 172-1,Block-2, P.E.C.H.S,  
Karachi. Tel: (+92-21) 34530626,34310478  
Fax: (+92-21) 34531747  
E-mail: [karachi@freelinemovers.com](mailto:karachi@freelinemovers.com)

#### **Lahore**

F-4, Gulberg Centre,  
Main Boulevard, Lahore.  
Tel: (+92-42) 35758861, 35761085.  
Fax: (+92-42) 35711420  
E-mail: [lahore@freelinemovers.com](mailto:lahore@freelinemovers.com)

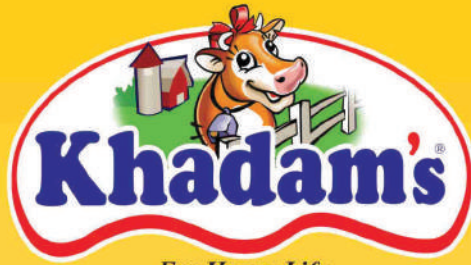
#### **Peshawar**

Office No. C-9, 2nd Floor, Zaheer Plaza,  
Latif Abad, Ring Road, Peshwar.  
Tel: (+92-91) 2582778  
Fax: (+92-91) 2582898  
E-mail: [peshawar@freelinemovers.com](mailto:peshawar@freelinemovers.com)

#### **Kabul**

House # 4, Street # 4,  
Charahi Ansari Road, Shahr-e-Naw,  
Kabul - Afghanistan.  
Tel: +93 799021 773, 93 797595 808, 93 778468 268.  
E-mail: [kabul@freelinemovers.com](mailto:kabul@freelinemovers.com)





Make Your  
**Choice** Stay **Alive**



152/153-A, Industrial Estate Sahiwal Pakistan  
+92(40)4502710, +92(40)4502711  
www.khadammilkfoods.com  
khadam milkfoodspk@gmail.com  
info@khadam milkfoods.com



Process & Packed by:

**Khadam Milk Foods®**





## Editor-in-Chief

**Ansar Mahmood Bhatti**

## Executive Editor

**Mubashar Ahmad Bhatti**

## Deputy Editor

**Abid Raza**

## Founding Content Head

**Lt. Col Ihsan Piracha (R) (Late)**

## Advisor

**Prof. Dr. Farid A. Khwaja**

## Legal Advisor

**Raja Khurram Shahzad**

(Advocate High Court)

**Mohammad Yahya Farid**

(Advocate)

## Sub Editors

**Farrukh Shehzad**

**M. Shaheen Qureshi**

**Saifullah Ansar**

## Bureau Chief Karachi

**Nazir Siyal**

## Chief Correspondent

**Ather Javed Sufi**

## Online/ Web Editor

**Mahnoor Ansar**

## Photo Journalists

**Muhammad Shahid**

**Shahbaz Sindhu (Lahore)**

\*\*\*\*\*

**Head Office: #11, Block 18-A**

(Awan Plaza) G-8 Markaz,

Islamabad-Pakistan 44000

Tel: 051-2261960, Fax:

051-2280074 Cell: 0333-5203232

[centrelinemag@gmail.com](mailto:centrelinemag@gmail.com)

\*\*\*\*\*

Publisher: **Ansar Mahmood Bhatti**

Printers: 051-5441 786.Com

**Price USD 4 / Rs 700**

## Pakistan's Largest Circulated Diplomatic Magazine

**MEMBER ALL PAKISTAN NEWSPAPERS SOCIETY (APNA)**

**A Sister Concern of Daily Islamabad Post & DNA Newsagency**

# Pakistani politics is always on the boil



**A**FTER the Dawn leaks, Wikileaks and Panama Papers, the Audio Leaks have caused a stir in Pakistani politics. Despite the fact that like the past leaks, these leaks too would ultimately die down without causing any major dent to those mentioned in these leaks, it remains a fact that the political climate has become charged and rough. It appears as if the leaks have been released very carefully making sure that they cover all leading political parties and their leaders. Some more leaks are expected to be disclosed in near future covering those stakeholders, which have hitherto not been mentioned. Historically, such leaks have never altered the dynamics of Pakistani politics. Their effect has always proved transitory in nature. The Dawn leaks were perhaps the biggest challenge that Pakistani politicians and especially the PML N had to face. In those

leaks the then government of Nawaz Sharif reportedly got news published in Dawn that the extremist outfits were supported by the Pakistani Establishment. Ostensibly, the story had certain other dimensions as well but this was the point that adversely affected the PML N government and the Establishment relationship. The PML N government and Prime Minister Nawaz Sharif were able to survive that jolt but perhaps for the time being.

In 2016 when the Panama Papers made headlines across the globe, the scandal badly hit the Pakistani politicians as well. The Sharif family particularly had to bear the brunt of this scam, which ultimately cost Prime Minister Nawaz Sharif his post. The Supreme Court disqualified him for hiding his employment facts in his statement submitted to the Election Commission of Pakistan. In the same case Maryam Nawaz was also sentenced for ten years for aiding in that 'crime'. But interestingly last week she was exonerated from all charges and acquitted by the Islamabad High Court. Nawaz Sharif too wants to get relief in the case. The Dawn leaks and Panama Papers, as a matter of fact, did not play any role in sending the Nawaz government packing, however they, for sure, set the very basis for that. Isn't it an irony of Pakistani polity that the arch rivals of the past seem to have become 'trusted' partners now !!

The Audio leaks, in my view, won't be able to make any difference for such kind of disclosures or security breaches are taken seriously only in those countries where morality rules supreme. In Pakistan's case morality is simply a non-existent factor when it comes to politics and running the government affairs. And then the most important thing is as to how the prime minister office was bugged? I can predict that this matter may never be investigated and even if it is probed, the conclusions may never see the light of the day.

All said and done, time is running out for the major political players such as PML N, PTI and to some extent PPP as well. The PPP indeed has gained a lot from the incumbent arrangement because in normal circumstances it was impossible for them to grab so many ministerial and advisory positions. Therefore the PPP would like to continue to the hilt with a view to making maximum out of this arrangement. The party knows very well that in the next elections it cannot win so many seats therefore this is the best time to make fortunes. The stakes for the PTI and PML N nevertheless are quite high. Both parties are equally poised in the political arena. It is also a fact that the incumbency factor may damage PML N in the elections as it has failed to come up to the expectations of masses. After Ishaq Dar's return the economy is likely to improve a bit but still challenges ahead are stupendous. After Dar's return the internal differences are likely to subside because Ishaq Dar shall play a role of the unifying factor. His presence however may also eclipse PM Shehbaz' stature as Dar happens to be a powerful person within the party. Even when Nawaz Sharif was the Prime Minister, Dar was often dubbed as the de facto prime minister. A similar situation may also crop up again.

Regarding US Cypher, it has been my consistent view that the cable was very ordinary in nature but Imran Khan and his party need full marks for exploiting it successfully in their favour. It is too late now for the audio leaks to make any dent to the popularity of the PTI because it has already built a very strong narrative against its govt dismissal on the basis of that cipher.

*Ansar*

**Chief Editor's Profile:** Ansar Mahmood Bhatti is a career journalist. He started off as District Correspondent of Daily The Muslim in 1988 from Gujrat. Later he moved to Islamabad and joined Pakistan Observer as Sub-Editor / Op-ed Writer, in 1993. In 1995 he again moved to The Muslim as Sub-Editor and he left The Muslim in 1997 to join THE Nation as City Editor and Diplomatic Correspondent, where he remained till 2002. His association with the The News spans over three years from 2002 to 2005 as columnist. In 2005 Mr. Bhatti switched over to Khabrain Group as Columnist / Special Correspondent. In 2010 he was made Resident Editor of The Post, a sister publication of daily Khabrain. In 2010, he launched his own publication Centreline. He has authored two books on European Union. He also served in Pakistan Telecommunication Company (PTCL) as Media Advisor/ Director Communication. He launched Diplomatic News Agency (DNA) in 2012. In May 2020 he launched Pakistan's First & only Diplomatic Newspaper Daily Islamabad POST.



**TAPAS ADHIKARI**

# Nepal offers huge incentives to foreign investors

**Ansar Mahmood Bhatti**

**Ambassador of Nepal Tapas Adhikari talked exclusively to Centreline, daily Islamabad POST and DNA News Agency. The ambassador discussed various issues including bilateral relations, SAARC and regional cooperation. Here is the text of his interview**



1. **Nepal and Pakistan enjoy cordial relations. Can you please highlight various aspects of these relations?**  
The relationship between Nepal and Pakistan have always been cordial and friendly. The establishment of diplomatic relations in 1960 further enriched the bilateral engagements and understanding. Both the countries enjoy the excellent bi-

lateral relations based on goodwill, mutual trust and cooperation. We celebrated the 60th anniversary of diplomatic relations in 2019. Both countries hold similar views on many issues of common interests at various regional and international forums. Nepal had opened its Embassy in 1962 in Karachi which was later shifted to Islamabad. Similarly, Pakistan has its

Embassy in Kathmandu since 1963. The relations between Nepal and Pakistan further strengthened by the high-level visits and interactions between the political leaders. Bilateral trade, people-to-people contacts, similar cultural and social values, tourism and mountaineering, cooperation in education sectors, among others, have further enriched the bilateral cooperation.





As founding members of South Asian Association for Regional Cooperation (SAARC), both countries have full faith in the SAARC Charter and its objectives to promote regional cooperation. In a nutshell, there are various aspects of our relations. I won't go into all the dimensions but would simply like to highlight five major aspects:

First is political relations: the two countries enjoy cordial political relations. There are various high-level visits between the two countries. This aspect is important to give momentum to overall aspects of our relations as well.

Second, despite a huge trade potential between the two countries the current volume of export from Nepal to Pakistan is just NPR 100 million and import from Pakistan to Nepal is NPR 1.14 billion in 2020 with a deficit of NPR 1.04 billion for Nepal. Bilateral trade statistics have suffered a major setback during the COVID pandemic, but the recent data shows the improving situation. The Embassy is working with businesses towards further enhancing the trade relations in the days to come.

Third, tourism and the people-to-people contacts are also excellent. Many Pakistani friends visit Nepal as tourists and Nepali and Pakistani mountaineers are working together in various mountain expeditions. At this stage the absence of direct air link has hampered large flow of tourists, so a direct air link could increase the number of tourists between Nepal and Pakistan in many folds.

Fourth and fifth include academic and cultural cooperation. As both Nepal and Pakistan are engaging in their social-economic development, the Pakistan Government's Pakistan Technical Assistance Programme (PTAP) has been an important platform to

expand educational opportunities to other countries. Nepali students are getting easy enrollment in Pakistani colleges and universities under PTAP in particular medical and engineering fields, and we are thankful for that. The Pakistan trained medical doctors or engineers have been contributing to various sectors of national development in Nepal and are serving as goodwill Ambassadors of Pakistan. Since both countries have high mountainous terrains, including high peaks, climbers from both countries and their expeditions have further enriching mutual support, understanding, sharing the skills and training and expanding tourism opportunities between Nepal and Pakistan.

**2. Please share some latest information about bilateral business relations with reference to your recent meetings with the business community of Pakistan?**

Pakistan is a big market with a large production base with a variety of productions. In the last two-year, I met and interacted with hundreds of Pakistani entrepreneurs, business leaders and executives. I also have visited more than a dozen chambers of commerce and industry, interacted with the executive and members of the chambers and found a great interest to increase business relations with Nepal. Although, for the last two years we were mostly busy dealing with Covid-19 and could not concentrate on the implementation of the meetings and interactions, the situation is now improving to further increase direct business interactions between Nepali and Pakistani businessmen.

**3. Nepal government is keen to fetch foreign direct investments so if you could highlight some of the**

**incentives extended to foreign investors in this regard?**

Nepal Government has opened almost all areas, except few, for inviting foreign direct investment. Foreign investors can invest up to hundred percent of equity and repatriate the profit or capital as and when the investors desires. Business opening and closing processes have been simplified with a one window policy where investors can open business ventures at one place with a time bound decision process. Tax incentives and simplified visa regime are other important aspects, and the Government provides additional benefits to the investment in the priority or remote areas. Export oriented businesses or the business ventures who provide a large number of employment opportunities can get additional incentives. Firm and land registration process is simplified and Nepal has surplus electricity that could be utilized for industrial sectors. Special economic zones have been established to attract export oriented business. Nepal is a developing country and all countries are focusing on attracting foreign direct investment. We would like to learn from Pakistan's and other countries best practices and policy to make our rules, regulation and system more competitive to attract foreign direct investment to increase economic and employment opportunities.

**4. Nepal has been celebrating Mount Everest Day since 2008, can you please share with our readers' background and importance of this day?**

Human civilization has always been aspiring to do new things and when the surveyors confirmed that the Mt. Everest was the highest peak of the world in the 19th century, they tried to reach the top of the peak. In this pro-





cess, different groups of mountaineers tried to reach the top of Mt. Everest and on 31 May 1953 Tenzing Norgay Sherpa and Edmund Hillary succeeded to reach at the top of the world. At that time the mountaineers were not trained like modern days. Their communication equipment, weather forecast system, mountaineering gears, transportation systems etc. were totally different in comparison to modern days but they climbed and made a history of humankind reaching top of the world. To commemorate the first scaling of Mt. Everest which we call Sargamatha and Chomolongma in local languages, the Government of Nepal decided to celebrate Mt. Everest Day in 2008. The day is also dedicated to the mountaineers who succeeded and those who lost their life while trying to climb Mt. Everest. Beside the commemoration of the first scaling of Mt. Everest, the day is also celebrated to generate awareness of the mountain ecosystem, climate change and the importance to preserve the mountain and mountain people's life and culture.

**5. Gandhara civilization is yet another factor that has brought both countries even closer. How do you see the Pakistan government steps to protect and preserve this civilization with reference to Full Moon Day celebrations?**

Pakistan has rich in religious and cultural heritage. It is the place where great religions and philosophy of the world like Hinduism, Buddhism Sikhism and Sufism were first established or flourished. Among them, the Gandhara civilization is one of the important historical and cultural heritage of Pakistan and human kind. There are Buddhists artifacts scattered across Taxila, Takhta-i-Bahi and in different areas of Khyber Pakhtunkhwa and other areas of Pakistan. Taxila used to be a center of learning and propagating Buddhism in different parts of the world. It shows that Buddhism had deeply rooted in these areas.

Buddhism is the fourth largest religion by number of followers in the world and there are many Buddhist countries or countries influenced by the philosophy of Buddhism. Each country has their own type of Bud-

dha's image but Gandhara Buddha is different from all of them. The Gandhara Buddha image is much more influenced by Greek art, making it a unique style of Buddha's image in the world. I am happy to see the preservation of the Buddhist artifacts in Pakistan despite being an Islamic country and I think this is something the people of the world should know about.

The Full Moon Day in the month of May is important day in the Buddhist Calendar. It is called Buddha Purnima or the Day of Vesak. The Buddha was born, enlightened and attained parinirvana or death on this day. To recall the teachings or philosophy of Buddha on peace, love and compassion and to respect and recall the contribution of his philosophy for the world peace, the General Assembly of the United Nations in 1999 had passed a resolution to commemorate the Day of Vesak or Full Moon Day. This year, we celebrated the Buddha Purnima or the Full Moon Day in Taxila with a small group of Pakistani friends and school children. I hope the day will get enough attention, support and contribution from Pakistani Government and people in particular as a custodian of Gandhara civilization which has such an important Buddhist heritage.

**6. Nepal celebrated the year 2020 as the year of tourism. Can please share some more details about that and how can both countries benefit from each other in the tourism sphere?**

Nepal is a global tourist destination. It is a hub of mountain and adventure tourism. We have trained manpower in these spheres. We have the best hospitality industry in South Asia. It has the best and authentic restaurants of different delicacy of the world and most open and vibrant society. Mountain, culture, people, religion, jungle safari are the main areas of tourist attractions in Nepal. Tourism is a main component of the economy and provides economic opportunity, employment and revenue. It is expanding day-by-day. It provides cultural cooperation opportunities where different culture meets and interacts. Tourism is a soft power of the country. We wanted to show our culture, tradition and other tourism products to our

friends across the world and the Government of Nepal announced to organize Visit Nepal Year 2020 to show Nepali hospitality. In the meantime, the Covid outbreak completely impacted the plan and you are aware how much the travel, airlines and tourism industry suffered by it. Tourism industry has not reached the pre-Covid level. But I believe the time won't be the same again and we will come with more vigor to show Nepal, Nepali culture and Nepali hospitality. Pakistan is a big market of tourism. Every year a large number of people visits different countries for tourism from Pakistan. Being in the neighborhood, simple visa regime, friendly environment, hospitable people, I believe Pakistani people will enjoy their visit in Nepal. Moreover, every year Nepali mountaineers are visiting Pakistan for mountaineering and tourism with foreign guests. They are sharing their skills and knowledge with local Pakistani mountaineers. I believe continued cooperation between Nepali and Pakistani mountaineers will make a difference to both countries, making it the center of mountain tourism.

**7. Anything you would like to add with reference to recent floods in Pakistan and damage caused?**

The massive Monsoon floods caused a huge impact in Pakistan. Many precious lives were lost and a large number of houses, public property, farmlands, crops were completely destroyed or damaged. We are deeply touched by the death and damage by the floods. As close friend, we are fully with the Government and people of Pakistan and express our deepest condolences to them.

Nepal and Pakistan have been helping each other during such times. Nepal sent a flight containing food, clothes and medicines on 13 September 2022. Since both countries are prone to natural disasters induced by various factors such as climate change, we should continue and enhance our cooperation at bilateral, regional, and global levels to adapt and mitigate these impacts. I thank the Islamabad Post/Centreline for giving me an opportunity to share these thoughts.



# Psychological Empowerment At Workplace



Zahra Ali

**P**SYCHOLOGICAL empowerment is a concept originating from industrial-organizational psychology. An increased interest in empowerment has been seen in diverse subject areas within psychology and management practices. Empowerment is giving an individual the opportunity for autonomy, to be able to make a choice, to take responsibility, and participate in decision making at workplace.

Empowering work conditions magnify active work engagement/involvement by stimulating employees' intrinsic and extrinsic motivation. Namely, Development opportunities, Career Advancement, Job Security, Social Support, Social Structure, Feedback, Help, and Guidance at workplace directly fosters learning and devotion, as a result mounting proficiency, competence, relatedness, and well-being of the employees, and effectiveness of the organizational goals.

Psychological Empowerment is the underlying mechanism of improved and active work-engagement. Research databases suggest when employees who have access to pertinent knowledge about performance, both at the individual level and organizational level, about the values and policies; they are able to perceive work as more meaningful, rewarding, and substantial.

A positive, gratifying, fulfilling, work-

related state-of-mind cultivates dedication and commitment, and prevents energy depletion, emotional exhaustion and health impairments. This is important not only for health and well-being, but also for retaining top-performing employees. These emotions widen thought-action repertoires.

Research on active work engagement has burgeoned because actively engaged employees report better health and higher well-being, while they contribute to organizational effectiveness, goals, productivity, performance, sales, and customer satisfaction etc.

This piece of writing can provide worthy and useful insights for education sector as well. In other words, this can assist educational institutions to maintain high levels of psychological empowerment among faculty members, in turn, enhancing their employees' commitment and effectiveness and students' academic achievement.

Education is a social institution that requires continued learning opportunities, workforce development, collaboration and partnerships, school-to-work transitions, including coaching and mentoring, to respond to contemporary global challenges and achieving sustainable development goals.

**– The writer is a regular contributor towards SDGs, and at present an M.phil Scholar. Email: [zahra.ali.khan@outlook.com](mailto:zahra.ali.khan@outlook.com)**



# Geopolitics of Great Powers



**Dr. M Akram Zaheer**

**R**USSIA'S invasion of Ukraine is the most catastrophic event for the world order since World War II. The world is passing through a new era of geopolitics. The world needs a new strategic approach to ensure unity and consensus to deter future aggression. History has shown that aggression is like an infectious disease that is difficult to control, especially when it starts to spread. Vladimir Putin is not alone in wanting to destroy the World Order that was put in place to maintain world peace, but Communist Party General Secretary Xi Jinping has also outlined his vision and predicted that supporting Putin's aggression could advance China's geopolitical and political interests. Sadrshi is confident that Putin will succeed, but the strong resistance of the Ukrainian people, the bold leadership of Volodymyr Zelensky and the Western response are also surprising. Zelenskiy has reason to be satisfied that key European countries are opposed to President Xi's aggressive deterrent design. China is trying to replace the US alliance system with a network of "partnerships". However, in order to create a new world order, you must tear down the old world order. China and Russia believe that the US is playing the role of an arrogant player. This thought is being born in many parts of the world including China. The People's Republic of China blames all the violence and destruction in Europe on Washington. Russia supports the Chinese principle and affirms that Taiwan is part of China and opposes any form of Taiwan independence. Russia's aggression against Ukraine has shown that the world must take seriously what Xi and Putin are saying, especially when they speak their own language. Both countries are determined to destroy the US alliance by force if necessary. Xi and Putin imply that US unity has been achieved at their opposition, and they will oppose it. Statements by top Chinese diplomats should not be dismissed as mere propaganda. This is a clear warning to Washington to abandon its strategy in the Indo-Pacific and Beijing reserves the option of resistance. From this perspective, Russia's invasion of Ukraine sets a precedent. Besides, Beijing has also warned small countries like Ukraine to stay away from US

intrigues. According to Beijing, sympathy for Ukraine is fine because it is not fine to be used as a pawn in Washington's efforts to maintain geopolitical hegemony. These messages are being heard even in those countries, which remain neutral in international politics. Russia and China continue to oppose any attempt by foreign powers to undermine security and stability in their respective regions. China and Russia also oppose further expansion of NATO and continue to demand that the North Atlantic Treaty Organization abandon its Cold War ideological practices. China and Russia also oppose the formation of a bloc in the Asia-Pacific region and are wary of the negative impact of the US Indo-Pacific strategy on peace and stability in the region. The two countries also remain deeply concerned about the Tripartite Security Partnership between Australia, the United States and the United Kingdom, which provides for deep cooperation among its members in areas of strategic stability, particularly in the nuclear field. Both countries believe that such actions contradict the goals of security and sustainable development of the Asia-Pacific region and increase the risk of an arms race in the region, which also poses a serious threat to nuclear proliferation. President Xi and Putin's opposition to the Biden administration's new Australia-UK-US (AUKUS) initiative has targeted violations of non-proliferation treaties. Countries in the Indo-Pacific, such as Saudi Arabia, have also not supported coalition efforts against Russia. Such neutrality and indifference is a growing problem in international affairs and undermines counter-terrorism efforts. There is a growing perception in the West that a new Cold War is beginning, but most of the world does not see things that way. Undoubtedly, Asian countries face a greater threat than China and Russia, but in the absence of a comprehensive diplomatic campaign led by the United States, Washington cannot support Taiwan in the Taiwan crisis. Many analysts believe that if China invades the democratic island of Taiwan, many countries will sit on the coast. Such a drive by Beijing to erode Taiwan's international identity could also be dangerous because if a dispute erupted, it would signal Taiwan's diplomatic isolation as a province that China is taking back.

And Washington must also be convinced that it cannot distance itself from countries or regions that are hostile to China and Russia. However, the US has also given China and Russia the opportunity to have considerable influence in important regions such as the Persian Gulf. Both the lack of a US trade vision for Southeast Asia and the lack of a security system are obstacles to building a bloc. But Washington only sees how quickly military aid can be delivered and how quickly the right weapons systems can get into the right hands in a crisis. In Asia, and especially in the Taiwan Strait, Washington acts as if a crisis is brewing and has to provide immediate assistance to its partners. Washington does not need to provoke China, but both states should make promises and work for peace. Lessons need to be learned from the failed deterrence efforts in Ukraine. It should be noted that the prevention of war in Ukraine has failed. The US also had no military ties to Ukraine, so it could not directly help Ukraine except through rhetoric. Although the US armed Ukraine with disproportionate weapons that could destroy a major Russian weapons system, it did not stop Putin from going to war. On the other hand, Taiwan also faces a threat from China and a similar approach would not work to deter China because the US is not militarily engaged with the island. The U.S. should prepare Taiwan's military to work together as an ally to counter various threats of oppression. But that requires careful alliance management, as Washington continues to practice with other potential alliance partners. China relies on global markets for everything from technology and energy to food and agriculture, precious metals, minerals and capital. In short, President Xi is using the Russia-Ukraine war to push into a "new era that will destroy or weaken the US alliance. Putin has taught the world that rhetoric Exploitation and intimidation can wreak havoc. Washington should also devise a strategy to highlight Beijing's continuing threats to peace and security in Asia, thereby sparing thousands of innocent people from the effects of war. It is time for both countries to come down from the mountain and stand side by side. Although it is difficult to do, but by doing this, Asia can be saved from war.



# OHCHR Report on China's Xinjiang: Negating the Realities



**Irfan Shahzad Takalvi**

**W**HAT value does a document released by the head of an international body just minutes before her retirement actually assume, especially so when the document is clearly aimed at portraying a certain country or a region in a negative way?

Nothing indeed! A lie repeated a thousand times does not become a truth, in any way. The recently released report of the Office of the UN High Commissioner for Human Rights (OHCHR) on China's Xinjiang serves only one purpose: to malign and vilify China on the basis of acts that China never committed.

It is not hard for experts of the subject and global researchers with any sound standing to ascertain the intellectual weight of an assessment which itself admits that "... the available information at this stage does not allow OHCHR to draw firm conclusions" but in the same sentence goes on to add that "... it is clear that the highly securitized and discriminatory nature of the VETC facilities, coupled with limited access to effective remedies or oversight by the authorities, provide fertile ground for such violations to take place on a broad scale." And VETC here stands for Vocational Education and Training Centers in Xinjiang that China has actually wound up for long, after having served their purpose.

Further, the report itself mentions that it is based on "40 in-depth interviews with individuals with direct and first-hand knowledge of the situation" in addition to researches of think-tanks and reports of the media. Can a document of this nature and scope be expected to do justice to such a complex issue? Of course not.

The document is hardly anything more than yet another move in the series of consistent attacks on China in the name of human rights' violations in Xinjiang. And the propaganda, all of it, derives only from false, concocted, angled reporting on sections of inter-

national media; biased and unverifiable researches and accounts of a handful of exiles' from Xinjiang living abroad. The situation on the ground in Xinjiang is totally different. The autonomous region has witnessed all-round development and progress over past seven decades, much more so in recent few years, and all the ethnic groups are reaping the benefits of this turn around. China's policy of fighting terrorism and extremism is a notable success; and it has ensured durable peace not only inside Xinjiang and rest of China, but has also contributed positively to safety and security of countries bordering Xinjiang.

I, as a researcher and media contributor, have to repeat here once again that I have been lucky to visit Xinjiang some ten times during past decade and a half; the first visit being in 2008 and the last one in 2019. I have personally met and interacted with people of almost all ethnic groups living in Xinjiang. Beyond visits, virtual contacts with friends in/from Xinjiang are a regular feature for me.

People, an overwhelming majority of them, are happy and content; living fulfilling, joyous lives. Their living standards, quality of life, livelihoods have been transformed immensely – all for the better – in recent years; thanks to the untiring efforts of China's central and Xinjiang's regional authorities. They are free to practice, preserve and develop their faiths, beliefs and cultures: the same is supported by the state and authorities, rather.

VETCs actually educated, trained and prepared a large number of victims of extremist agendas for better lives; equipping them with skill sets needed to thrive in a fast developing, modernizing economy.

Ironically, the contents of OHCHR's assessment are also contrary to what the former High Commissioner herself expressed, on the conclusion of her visit to the region, in May this year.

Xinjiang today is not only developing fast internally, but playing a pivotal role in forwarding the regional and global agenda of integration and cooperation – the Belt and Road Initiative (BRI). I personally see it as precisely the reason that why the West, particularly the US, is so bent upon painting Xinjiang in a specific, negative light.

Economies of all regional countries are so closely linked with that of Xinjiang; and I have written already that attacking Xinjiang actually amounts of attacking the 'Heart of Eurasia.' It – Xinjiang – is exactly so, the heart of the re-emerging Eurasian continent. If Xinjiang grows, the entire region would benefit. Trade figures already prove that. Heinous efforts to arrest the development of Xinjiang may better be seen in this context. Attacking Xinjiang means attacking the core of BRI; it means attacking the long awaited Eurasian integration.

A large number of counties – actually around a half of the UN membership – have repeatedly challenged the unfounded propaganda against Xinjiang in recent months and years; and many also called upon OHCHR not to release the report which serves no constructive purpose. Yet, the OHCHR went ahead with its plans, visibly in very questionable manner.

In fact, subjecting the people of Xinjiang to sanctions, targeting their economy and development, and casting dark shadows over the future of the region's inhabitants in the name of perceived violations is itself one of the worst forms of human rights' violations. The people of Xinjiang are unfortunately suffering from this violation of human rights at the hands of a handful, powerful, dominant nations; without any logical, ethical and legal basis. This must end, immediately.

– **The author is Founding President of the Eurasian Century Institute (ECI), Islamabad-Pakistan and may be accessed at [irfanzad@gmail.com](mailto:irfanzad@gmail.com)**



# United States and Pakistan honor 75 years of Diplomatic relations



## D.N.A

ISLAMABAD: The U.S. Embassy in Islamabad hosted a diplomatic reception to commemorate the 75th anniversary of bilateral relations between the United States and Pakistan. Prime Minister Shehbaz Sharif was the guest of honor, representing the people and government of Pakistan. This pivotal anniversary of diplomatic relations offers a valuable opportunity to reflect on the breadth and depth of the long-standing friendship between the United States and Pakistan, highlight our many joint accomplishments, and build upon the already very strong foundations of our relationship to forge new partnership opportunities. The strength of the friendship between the United States and Pakistan is demonstrated by the more than \$66 million in U.S. support for flood response and disaster resilience in Pakistan, including another \$10 million an-



nounced this week by Secretary Blinken. Ambassador Blome reaffirmed continuing U.S. support to Pakistan during the difficult recovery process, saying, "While the water is only now receding and the rebuilding just beginning, the people of the United States continue to stand with Pakistan. We are doing what friends and partners do – support each other when it's needed most."

The long history of U.S. humanitarian and development assistance to Pakistan is only one of the many ties that bind our countries together. Over the past 75 years, the United States and Pakistan have built a relationship based on mutual respect, shared goals and values, and people-to-people ties, and our partnership has been advantageous to both countries. Over the decades, more than \$32 billion dollars in U.S. support has benefited Pakistan's infrastructure, agricultural and economic sectors, and health and governance systems to improve the lives of the Pakistani people. More than 500,000 Pakistani-Americans in the United States and more than 37,000 U.S. government exchange alumni in Pakistan – including both students and established professionals – have helped build bridges between our two societies. Looking to the future, Ambassador Blome summarized the many opportunities for continued and expanded partnership between the United States and Pakistan, saying, "While our two democracies have steadfastly stood together over the years, the rapidly changing world provides a pivotal opportunity to reframe the U.S.-Pakistan partnership and recognize that our shared objectives and mutual ambitions go much deeper. When I consider the future of U.S.-Pakistan relations, I see many possibilities to advance our shared interests in trade, investment, clean energy, health, security, education, and other shared priorities. As we look forward to the next 75 years and beyond, I hope you will join me in opening this new door."



[dailyisbpost@gmail.com](mailto:dailyisbpost@gmail.com)

[www.islamabadpost.com.pk](http://www.islamabadpost.com.pk)

A sister concern of  
DNA News Agency &  
CENTRELINE magazine

# *Daily* Islamabad POST

**A Credible Daily Newspaper**

**Chief Editor: Ansar Mahmood Bhatti**

**Deputy Editor: Abid Raza**



# Constitutional and National Day of Nepal celebrated

Ambassador Tapas Adhikari said that the two countries enjoy excellent bilateral relations marked by cordiality, friendship and cooperation







## DNA

ISLAMABAD: The Embassy of Nepal in Islamabad hosted a reception to celebrate the Constitution Day and the National Day of Nepal. Welcoming the guests to the event, Tapas Adhikari, Ambassador of Nepal to the Islamic Republic of Pakistan, highlighted the importance of the day in Nepal's history and its role in national unity in a country of diversity like Nepal. The Ambassador further said that the Constitution embodies the federal system of governance and democratic norms and values as well as principles of human rights and human dignity. After seven years of the promulgation of the Constitution, "the foundation the Constitution laid is getting even stronger towards fulfilling the long-cherished aspirations of Nepali people for progress and prosperity", he added. Talking about the bilateral ties the Ambassador said, the relations between Nepal and Pakistan have always been cordial and friendly. The establishment of diplomatic relations in 1960 further strengthened the bond of friendship and cooperation. The relations are strong based on mutual trust and cooperation. Both countries are working together at various bilateral, regional

and multilateral forums to promote friendship and cooperation. As founder members of South Asian Association for Regional Cooperation (SAARC), both countries have full faith in the SAARC Charter and committed to its objectives. Nepal and Pakistan are working together on the agendas of sustainable development, climate change and environment protection. On the occasion, Ambassador Adhikari expressed his condolences to the Government and people of Pakistan for the damage caused by the recent massive Monsoon floods in Pakistan. He also said that Nepal and Pakistan have been working closely to support each other during the times of such crisis. Highlighting Nepal's natural and cultural attractions, Ambassador Adhikari invited all to visit Nepal to experience the land of beauty and discovery. He said Nepal has always been a hub of mountain and adventure tourism. Our mountains, snow fed rivers, and topography have always fascinated people across the world. Peoples culture, tourism and hospitality have made Nepal a center of tourism in the global tourism map. Like other industries, the tourism industry also received a setback during the COVID pandemic. Now the situation is improving.

Tourists are again coming back to Nepal. On this occasion, I would like to invite our Pakistani and other friends to visit Nepal to experience the beauty of the land and to taste Nepali hospitality. Nepal has the best hospitality industry in South Asia'. Speaking as Chief Guest. Khurram Dastgir Khan, Minister for Energy of the Islamic Republic of Pakistan, expressed congratulations and best wishes on behalf of the Government of Pakistan. The Chief Guest also highlighted the excellent state of bilateral relations between Nepal and Pakistan. The event was attended by Nawabzada Shazain Bugti, Federal Minister for Narcotics Control, members of parliaments, Senator Mushahid Hussain Sayed, Chairman Senate Defence Committee, former ministers, high civilian and military officials of the Government of Pakistan and former ambassadors of Pakistan to Nepal; Ambassadors/High Commissioners to Pakistan as well as representatives of diplomatic missions and international organizations; friends of Nepal, business and media-persons; and Nepali community members and the Embassy family members. Earlier in the morning, the Ambassador hoisted the national flag of Nepal in the Embassy premises.

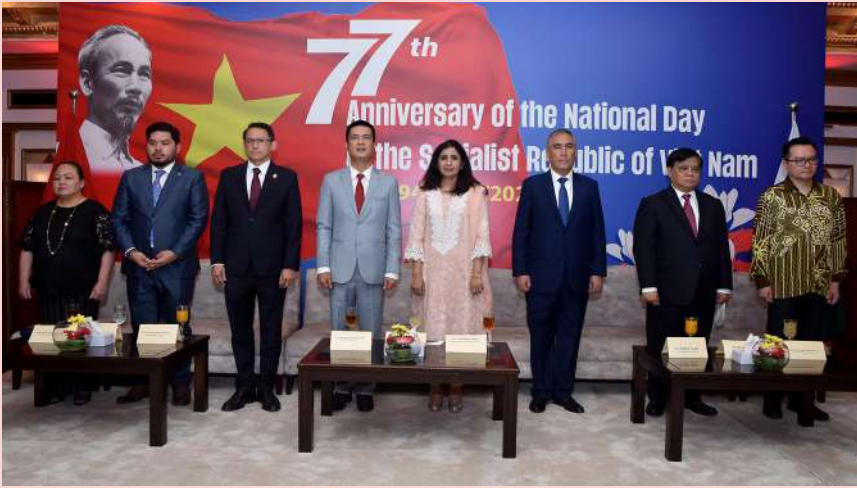


# National Day of Vietnam celebrated

ISLAMABAD: Ambassador of Vietnam Nguyen Tien Phong hosted a reception to celebrate the 77th Anniversary of the National Day of Socialist Republic of Vietnam. Additional Secretary Ministry of Foreign Affairs Zara Mumtaz Baloch was the chief guest. All ASEAN ambassadors shared the stage with the chief guest and host to celebrate the event in a befitting manner – DNA









# CEO Monal hosts Sunset Dinner





## CEO Monal hosts Sunset Dinner



CEO Monal Luqman Ali Afzal hosted a sunset dinner for the diplomatic corps. Envoys of various countries attended the event in large numbers. Sunset dinner is Monal's annual feature in which the diplomatic community actively takes part. The event was a real feast for those diplomats who have just arrived in Islamabad. – DNA





## CEO Monal hosts Sunset Dinner







**ISLAMABAD:** Liezl Gericke, the Head of the Middle East, Africa and India of Virgin Atlantic addressing a press conference. – DNA

# Virgin Atlantic doing quite well in Pakistan

## Business Desk

ISLAMABAD: Liezl Gericke, the Head of the Middle East, Africa and India of Virgin Atlantic has said she was quite satisfied with the Pakistan operations adding the airline was doing its best to properly facilitate all its customers. She made these remarks while addressing a press conference at the Islamabad Serena Hotel, on Thursday.

Flanked by staff of the Pakistan office, Ms Liezl said, 2022 is the start of a new phase for Virgin Atlantic, as we recover from the Covid pandemic and delivering our best for our customers and our people. Our vision is clear: to become the most loved travel company and sustainably profitable 'We're investing in our network our operations in Pakistan are integral to this journey. We are back strong, offering new routes, with more flights and brand new next generation aircraft, with the youngest fleet on the transatlantic, now just under 7 years on average. She thanked all the trade partners for supporting Virgin Atlantic from the day it launched flights in Pakistan. This journey would have not been possible without their support, she said.

To a question about floods in Pakistan and global warming, she said the climate crisis is the single greatest challenge of our lifetime. The climate crisis will not be solved by one industry, like aviation, or by one player within that industry, like airlines. It requires coordinated and consistent progress to be made against ambitious climate goals by individuals, industries and governments. 'Fleet transformation, aircraft technology,

and SAF supply are crucial to the aviation industry decarbonising, but of equal importance is the need for the global industry to continue working together as a coalition of the willing. Realising the devastating impact of carbon emission on the environment, Virgin Atlantic has been striving to do better for our planet and we're taking action. We're investing in research, new technologies and innovation to reduce our impact in the air and on the ground', she added. Sharing Virgin Atlantic actions towards this end Ms Liezl said the time for action against climate change is now. We've announced a set of ambitious interim milestones to take Virgin Atlantic to net zero by 2050. We were the first airline to fly a commercial aircraft using sustainable aviation fuel back in 2008 and by 2019 we had already achieved 18% reduction in CO2 emission through this initiative. She said, Pakistan is an extremely exciting opportunity for us as the UK is home to the largest Pakistani Diaspora community outside of Pakistan with over 1.5 million people. The UK-Pakistan market has always displayed strong underlying growth annually, with a strong combination of business and leisure passengers, which gives us confidence about the long-term potential.

While commenting on the suspension of operations between Manchester and Islamabad she said, as international travel rebounds, we're continually reviewing our network, taking into account aircraft availability and the services which support the greatest customer demand. We've taken the decision not to operate Manchester

– Islamabad services this winter but will evaluate opportunities to resume this route in future seasons, and in the meantime, the service continues twice-weekly until the end of October from our home in the North 'We look forward to meeting continued demand for leisure and business travel with direct scheduled services to Pakistan, with our Heathrow-Islamabad and Heathrow-Lahore services now on sale for the Winter 2022 season'.

While talking about the business prospects in Pakistan she said Pakistan has been one of the quickest markets to recover following Covid. VFR traffic was resilient throughout Covid, and as travel restrictions were unlocked earlier this year, we saw a surge of pent-up demand from all segments.

'We are currently flying with strong load factors on Pakistan routes. In September we flew with a 98% load factor Ex-Pakistan collectively across all routes and the outlook for the rest of the year is promising'. She added, a significant number of passengers connect onto our extensive US network from Pakistan via London Heathrow. Islamabad/Lahore to New-York is our largest connecting traffic flow currently.

Virgin Atlantic carried over 120k passengers between UK and Pakistan in 2021 and were the number one carrier for the year and in 2022 again, we are leading the market for point-to-point travel to the UK. Recently held Skytrax Awards, Virgin Atlantic also took home the award for best business class lounge as well as world's best premium economy offering.



# Blood donation camp at Indonesian embassy

The camp was organized in collaboration  
with the Pakistan Red Crescent Society







## Staff Report

ISLAMABAD): The Embassy of the Republic of Indonesia organized a blood donation camp in collaboration with the Pakistan Red Crescent Society (PRCS). Member of diplomatic corps and Indonesian students volunteered in donating blood.

The Indonesian Embassy and PRCS have been cooperating to organize a blood donation camp to facilitate brothers and sisters of Pakistan since 2016. Pakistan Red Crescent Regional Blood Donor Center is known for being very responsible in supplying safe quality blood to the community by implementing a safe blood program that embodies the spirit of "Altruism" and the principle of Voluntary, non-remunerated Blood Donation. Ambassador Adam Tugio said, "Saving one life is equivalent to saving humanity and blood donation raises awareness of the importance of regular blood donations to help patients in need".

Pakistan is currently facing a dengue outbreak, and demand for blood transfusion and platelets are significantly increased as a result all across Pakistan. In addition, Pakistan has an additional requirement for blood supply because of thalassemia patients, and the challenge has magnified due to the lack of blood donors amid COVID-19.

Ambassador of Jordan to Pakistan, H.E. Mr. Ibrahim Almadani who volunteered in blood donation said, "I am very happy to be a part of such



an important drive, as it can help save or improve the lives of our Muslim brother or sister."

Blood donation camps increase awareness among the general public and especially youth for "Blood Safety", and prevention of the spread of transfusion-transmitted diseases. It can also promote the concept of voluntary blood donation by removing the fears and superstitions associated with blood donation. Ambassador Tugio expressed his appreciation to the entire team of the Pakistan Red Crescent Society and to all the blood donors, including youth for voluntarily donating blood and inspiring others to join hands and support a noble cause. "The collected blood will be distributed to critical patients with Thalassemia, Hemophilia, Cancer, Dialysis, and others who are in serious illness in hospitals in Islamabad and Rawalpindi", added a team member.



# Romanian Ambassador bids farewell of Defence Attache







## Staff Report

ISLAMABAD: Ambassador of Romania Nicolae Goia hosted a farewell reception for the outgoing Defence Attache Col. LENOARD VEZA and his wife. The Romanian DA is leaving Pakistan after spending four years here, for his next posting. The Romanian ambassador in his speech praised services of the outgoing defence attaché adding his absence shall be greatly felt by the embassy staff and his colleagues in Islamabad. Ambassador Nicolae further said during past four years he not only developed professional relationship with

Col Veza but they became good friends as well. He wished him success in all his future postings. The Ambassador also briefly talked about the Russian invasion of Ukraine saying Russia had not grounds to attack Ukraine. He said Romania is also celebrating 15 years of its membership of the European Union and 160 years of creation of the Ministry of Foreign Affairs of Romania. The ambassador also welcomed the new Defence Attache Colonel Cristian Raducu. He assured him of his full support during his stay in Pakistan. Defence Attaches of various countries attended the reception. The guests were served with traditional Romanian as well Pakistani cuisines.



# Int'l Development Minister of Canada, Harjit Sajjan visits flood-affected areas in Chitral



**CHITRAL:** The Minister of International Development for Canada, Harjit Sajjan visited areas devastated by floods in different parts of Pakistan. Today, he visited Chitral, a flood-affected district in Khyber Pakhtunkhwa. He was accompanied by high Commissioner of Canada to Pakistan, Ms. Wendy Christine Gilmour and Ms. Iqra Khalid, Member of Parliament in Canada, President Ismaili Council for Pakistan, Mr. Hafiz Sherahli and CEO Aga Khan Foundation, Pakistan Mr. Akhtar Iqbal. Minister Sajjan interacted with the communities in Chitral and observed the Aga Khan Development Network's (AKDN's) flood response and early recovery efforts in severely hit areas.

The Aga Khan Agency for Habitat (AKAH), AKDN's lead response agency for the floods, evacuated over 9000 people from affected areas while more than 4000 families have been provided with food packages since the start of the flooding. Healthcare camps have been set up in several parts of the country by the Aga Khan University and Aga Khan Health Service where over 50,000 patients have been treated in Sindh, Baluchistan, Khyber Pakhtunkhwa and Gilgit-Baltistan. The Minister also visited Brep, a flood affected village in

Chitral. He had discussions around climate change resilience, youth employment and women empowerment and visited areas where the current Global Affairs Canada (GAC) supported programmes of Broadening Economic and Social Transformation for Women's Economic Empowerment and Recovery (BEST4WEER), Foundations for Health and Empowerment (F4HE) and Sehatmand-Khandaan (SMK) are being implemented by AKDN agencies. These programmes focus on creating an enabling environment for women's empowerment and to improve the health and wellbeing, and enhance the equitable development and empowerment, of women, girls, their families, and their communities.

For nearly four decades, AKDN has partnered with the Government of Canada on numerous initiatives that encompasses rural development programmes, youth employment, education, and women empowerment to improve the quality of lives of vulnerable communities. There has been a long-standing relationship between Pakistan and Canada. Canada has shown their concern at this critical time and have committed to support the efforts of the Government in the relief activities within the country. – DNA





# Hungarian aid shipment for the flood affectees arrives

**Chairman NDMA Lt Gen Satti thanks the Hungarian support**

ISLAMABAD: Lt Gen Akhtar Nawaz Satti, Chairman of the National Disaster Management Authority of Pakistan received Hungarian Ambassador Mr. Béla Fazekas and Mr. Péter Zelei, Project Manager of the Hungary Helps Agency. The Hungarian Ambassador informed the Chairman on the Hungarian Government's decision to send a medicine aid shipment to Pakistan to save lives in the flood affected areas. As the donation has reached Karachi Airport, the Ambassador handed over the donation letter of the medicines with a value of 5 million

PKR. He informed Lt Gen Satti that besides the medicine aid, Hungary had also offered financial support in the value of 2,5 million PKR to different Pakistani charity organizations to purchase food and hygiene products to ease the pain of the families who lost everything in the disaster.

Ambassador Béla Fazekas highlighted that Hungary helps on a local level as well. In early September Honorary Consul of Hungary in Karachi Mr. Makhdom Omar Shehryar also donated several truckloads of food, tents and medicines to the affect-

ees of the floods in Pakistan's Sindh province in the value of 6 million PKR.

Mr. Béla Fazekas assured the NDMA Chairman that Hungary will continue to monitor the situation to secure basic needs for survival and early recovery. Chairman Satti thanked the Hungarian support and he said the monsoon rains were heavier this year than expected and this linked with the melting glaciers that followed a severe heat wave caused the disastrous flood. All of these are the effects of the climate change to be dealt with only through global cooperation. – DNA

*Daily*  
**Islamabad POST**

**A Credible Daily Newspaper**

**Chief Editor: Ansar Mahmood Bhatti**

**Deputy Editor: Abid Raza**



# Azerbaijan ever ready to thwart any aggression: Amb. Khazar

## Staff Report

ISLAMABAD: Ambassador of Azerbaijan Khazar Farhadov has said that brave Azerbaijani forces had successfully thwarted the Armenian aggression and re-gained its territory illegally occupied by the aggressor Armenia. He added his country greatly valued moral and diplomatic support extended to Azerbaijan by Pakistan during the 44-day Patriotic War. Ambassador Khazar expressed these views while addressing a press conference in connection with September 27-Commemoration Day, at the embassy premises on Monday. Col Mehman A Novruzov the Defence Attache was also present on the occasion. The ambassador further said Armenia kept Azerbaijan's territories under occupation illegally for almost 30 years. During these years, Armenia always committed provocations against Azerbaijan.

While sharing the background information the ambassador said, 2 years back, on 27 September 2020, a counter-offensive was launched in response to Armenia's yet another large-scale military attack on Azerbaijani Army positions and civilian settlements. The counter-offensive later became known as Operation Iron Fist that led to the Patriotic War. At the end of the 44-day Patriotic War, under the leadership of the Supreme Commander-in-Chief of the Azerbaijani Armed Forces, President Ilham Aliyev, our army liberated Azerbaijan's territories from Armenian occupation and Armenia was forced to sign an act of capitulation, thus acknowledging Azerbaijan's historic victory.

He said, as a sign of deep respect for Azerbaijani soldiers and officers, all the martyrs, who fought heroically in the Patriotic War, waved the Azerbaijani flag in the liberated lands and sacrificed their lives for the territorial integrity of Azerbaijan, September 27 is marked as Commemoration Day in Azerbaijan every year.

Ambassador Khazar said the Patriotic War put an end to Armenia's nearly 30-year-long policy of aggression. Azerbaijan ensured its territorial integrity, and the fundamental rights of nearly one million displaced Azerbaijanis were restored. Azerbaijan, alone ensured the implementation of the relevant UN Security Council resolutions of 1993. 'I must mention that brotherly Pakistan from the first day of the former Karabakh conflict, as well as the during Patriotic War in 2020 morally and politically supported just position of Azerbaijan and it



has been highly appreciated by the Government and people of Azerbaijan'.

While giving a brief account of the reconstruction process the ambassador said, right after the liberation, Azerbaijan started a massive reconstruction and restoration works in the liberated areas. In 2021 and 2022, the Azerbaijani Government allocated nearly \$3 billion to the large-scale reconstruction and restoration activities in the liberated lands. I would like to inform you that Fuzuli International Airport which was built just in 8 months is operational now. 2 more international airports namely Zangilan and Lachin are under construction and they will be also operational very soon, he added. When asked to comment on the rehabilitation process the ambassador said, first Azerbaijani IDPs have already returned to liberated Zangilan region's Aghali village, which was rebuilt based on the "smart village" concept.

Shusha, the cultural capital of Azerbaijan has already become a venue for international events. "Pakistan Colors" group performed the "Bhangra" dance at the 5th "Kharibulbul" International Folklore Festival which was held in Shusha in May 2022. Azerbaijan offered Armenia peace immediately after the war. This was perhaps one of a handful of examples in the military history of the world when lands remained under occupation for 30 years, people lived in suffering and deprivation, historical and religious monuments were destroyed, cities were razed to the ground, and more than a million mines planted, and yet Azerbaijan is offering peace. However, Armenia is not interested in peace. The Azerbaijani side proposes delimitation and demarcation but Armenia delays it. We have proposed 5 principles for sign-

ing a peace treaty with Armenia. In words, they accepted them, but we do not see it in practice. These all show again that Armenia is not interested in peace.

'Moreover, in the past few months, Armenia has committed repeated military provocations against Azerbaijan. More than 1,400 new landmines were planted in the Lachin district alone, and these mines were planted in 2021, after the war. This is a flagrant act of terror against Azerbaijan. Since the war ended, more than 240 Azerbaijani citizens have been killed or seriously injured due to landmine explosions'. To a question Ambassador Khazar said, Armenian armed forces committed large-scale provocations in the Dashkasan, Kalbajar and Lachin directions of the Azerbaijani-Armenian state border on 13th September again. The sabotage groups of the Armenian armed forces using the mountainous terrain of the area and the existing ravine gaps mined the territories and supply roads between the positions of the Azerbaijan Army Units in different directions. But of course Glorious Azerbaijan Army responded and put the enemy back in place.

Ambassador Khazar extended gratitude to Pakistani media representatives for their support in highlighting the Azerbaijan realities among Pakistani public as well as the in the international arena. The Azerbaijan defence attache to a question said that Azerbaijan Air Force was in the process of enhancing its capabilities for which negotiations were under way with various countries including Pakistan. He said most of the landmines had been cleared however there were still areas with landmines therefore Azerbaijan authorities are making sure that such areas are fully secured before the return of the IDPs.



# ONE NATIONAL AND ARMED FORCES DAY OF KOREA





# World Heart Day

HANI ZARBAFT ALI

**P**ERIODIC observance of World Heart Day held on September 29 is intended to increase public mindfulness of cardiovascular conditions, including their forestallment and their global impact. Cardiovascular conditions are a major trouble prevailing in the world community at a massive scale that have eventually posed serious morbidity and mortality across the globe. As much as it is an illness of pressing attention, it stems from veritably simple root causes similar as the mundaneness of life, and general physical behaviors. Obesity, diet, cigarette smoking, poor income and sedentary habits are high-risk etiologies leading to deterioration of cardiovascular health. The current profitable recession is making it more delicate for the community to cover their health due to lack of coffers and vacuity of primary health care. People in low- and middle-income countries who suffer from CVDs and other noninfectious conditions have lower access to effective and indifferent health care services which respond to their requirements. As a result, for numerous people in these countries discovery is frequently late during the period of disease and people die at an early age from CVDs and other noninfectious conditions, frequently in their most productive times. The poorest people in low- and middle-income countries are most affected. At the ménage position, substantiation is arising that CVDs and other noninfectious conditions contribute to poverty due to disastrous health spending and high out-of-fund expenditure. At the macro-economic position, CVDs place a heavy burden on the husbandry of low- and middle-income countries. The WHO has estimated that 17.9 million people (about the population of New York) have failed from CVDs in 2019, representing 32 of all global deaths. Of these deaths, most were

due to heart attacks and strokes. Over three millions of CVD deaths take place in low- and middle-income countries. It is imperative to describe cardiovascular complaint as early as possible so that operation with comforting and drugs can begin. There are also several underpinning determinants of CVDs. These reflect the major forces driving social, profitable, and artistic change – globalization, urbanization, and population ageing. Other determinants of CVDs include poverty, stress, and heritable factors.

Cessation of smoking, reduction of salt in the diet, eating further fruit and vegetables, regular physical exertion and avoiding dangerous use of alcohol have been shown to reduce cardiovascular associated morbidity. Health programs that produce conducive surroundings for making healthy choices affordable and available are essential for motivating people to borrow and sustain healthy behaviors.

## **Common symptoms of cardiovascular diseases**

Often, there are no symptoms of the underlying disease of the blood vessels at an early stage. A heart attack or stroke may be the first alarming sign of abnormal functioning. Symptoms of a heart attack include

- Pain or discomfort in the center of the chest; and/or
- Pain or discomfort in the arms, the left shoulder, elbows, jaw, or back.

In addition, the person may witness difficulty in breathing or shortness of breath; nausea or vomiting; lightheadedness or feebleness; a cold sweat; and turning pale. Women are more likely than men to experience shortness of breath, nausea, vomiting, and back or jaw pain.

The most common symptom of a stroke is unforeseen weakness of the face, arm, or leg, most frequently on one side of the body. Other symptoms include unforeseen onset of

- Impassiveness of the face, arm, or

leg, especially on one side of the body;

- Confusion, difficulty speaking or understanding speech;
- Difficulty seeing with one or both eyes;
- Difficulty walking, dizziness and/or loss of balance or collaboration;
- Severe headache with no given cause; and/or
- Fainting or unconsciousness.

People passing these symptoms should seek medical care incontinently.

The key to cardiovascular complaint reduction lies in the addition of cardiovascular complaint operation interventions in universal health content packages, although in a high number of countries health systems bear significant investment and reorientation to effectively manage CVDs.

Substantiation from 18 countries has shown that hypertension programs can be enforced efficiently and bring effectiveness at the primary care position which will eventually mitigate the probability of coronary heart disease and stroke. Cases with cardiovascular complaint should have access to applicable technology and drug.

Nonetheless, a healthy, balanced diet is recommended for a healthy heart. Grown-ups are advised to do at least 150 minutes (about 2 and a half hours) of moderate exertion a week, similar as cycling or brisk walking for 40 minutes, as for most of us the age-old adage “Your Greatest wealth is your health” stands true.

Healthy physical activity is a hack to life. In short, be healthy, prioritize life, live strong and before it is too late, go and take advice!

With a healthy heart. The beat goes on.

**WRITTEN BY**

**HANI ZARBAFT ALI**

*The author is a 4th Year MBBS student, an aspiring researcher, her field of interests revolve around cardiovascular diseases and public health.*



# Kazakh president believes in democratization of country

Ambassador Kistafin says early presidential election in Autumn; director flights between Kazakhstan, Pakistan from November

**Ansar M Bhatti**

ISLAMABAD: Ambassador of Kazakhstan to Pakistan Yerzhan Kistafin has said to achieve the goal of democratization and better facilitation of the people of Kazakhstan President Kassym-Jomart Tokayev has decided to call early elections this Autumn. The President has decided to limit the term of the President to one time only, which will be for seven years. Ambassador Kistafin made these remarks while talking to media people, here on Monday. The ambassador further said, during his address to the nation a few days ago the President of Kazakhstan made it clear that he wanted to make the country a democratic state where people have a say in the decision making processes. He said that Kazakhstan is the world's largest landlocked country and the biggest economy in Central Asia; hence, the potential for cooperation and development between both nations is enormous.

Tokayev further called for the elections to the Mazhilis (lower house of Parliament) and Maslikhats (local representative bodies) to be held in the first half of 2023 if all relevant laws in the follow-up to the constitutional amendments approved in the June 5 national referendum are adopted by the end of 2022. Moreover, the role of Parliament, media, and civil society in Kazakhstan would be strengthened.

Commenting on the rule of law, President Tokayev announced that the independence of the judiciary would be strengthened by systematically reducing administrative and government pressure on the legal system, principally by reforming the Supreme Court and increasing its power over judicial review. He said that direct flights between Kazakhstan and Pakistan shall be resumed in the month of November, 2022.

The flights would be operated from Kazakhstan's city Nur-Sultan and Almaty to Pakistan's major cities including Lahore and Karachi, adding that it will help out to bring the communities of both countries closer and create a better understanding of each other's culture. This initiative of flights will enhance people-to-people contacts and the exchange of delegations, ultimately bringing both the brotherly countries closer.

Ambassador further said that President



Kassym-Jomart Tokayev is also planning to visit in the first half of next year. This year both countries are also holding inter-governmental joint mission meetings to enhance further bilateral economic and regional cooperation. Moreover, both countries will also collaborate in media exchanges. The ambassador further said that after the June referendum it has become easy for anybody to establish a political party and take part in the political process. Thus, parties have a chance now to promote their own agendas. He added his country was keen to have

access to the warm waters of Pakistan for which he would soon visit Gwadar and explore various business opportunities there. He said the Senate Chairman Sadiq Sanjrani has invited him to visit Gwadar and on his invitation he will soon go there. He also mentioned the single country exhibition organized by Pakistani businessmen in Almaty, Kazakhstan adding that the exhibition went quite well and provided businessmen from both countries with an opportunity of exchanging views and exploring business potentials.



# INDONESIAN CULINARY COOKING WORKSHOP DRAWS HUGE INTEREST







## Staff Report

ISLAMABAD: The Indonesia embassy organized a cooking workshop at the Embassy premises showcasing live cooking by the renowned Indonesia Chef Budiono, a professional chef from Indonesia. Through the event funds were also raised for the flood victims in Pakistan. The embassy staff and the Indonesia students collected donations among themselves. The collected items and donations were handed over to the head of the Pakistan Red Crescent. Ambassador of Indonesia Adam Tugio while speaking on the occasion said, that he was truly delighted to welcome guests at this exciting event of "Indonesian Culinary Cooking Demo". He added, the Embassy has organized this event in line with the Indonesian government's program called 'Indonesia Spice Up the World (ISUTW)' to promote local spices and cuisines especially at the international stage to boost the spice trade activities. As the world's fourth-largest exporter of spices valuing around USD500 million per year and second-largest pepper producer in the world, the Indonesian ISUTW initiative also aims to increase exports of processed food and to attract

more tourists by promoting indigenous local dishes while visiting Indonesia. Ambassador Adam further said, It is often said that 'There is no sincerer love than the love of food'. And truly, the love of food is universal which generates friendships and promote culture. On the other side, there is no concept of food without spices, therefore, global popularity of flavorful spices travel together with food for their unique aroma and health benefits. What we often call 'secret ingredients' of famous food recipes, are actually a balanced combination of spices. 'That is why it is no wonder that with the growing popularity of 'Go Organic and 'Eat Healthy' trends along with appearance of multiple food channels, the outreach of international food chains and food conscious culture are expanding across the world. We are no more surprised to see that some renowned Indonesian signature dishes like Nasi Goreng, Beef Rendang and Satay are now adored globally due to their exclusive taste and flavorful spices'. He said, , another attractive aspect for food lovers of both Indonesia and Pakistan is similarity and generous usage of spices

in their cuisine; for example Pakistan has Pasanday - Indonesia has rendang, Pakistan has chicken tikka - Indonesia has Chicken Satay, Pakistani has pakora - Indonesia has bakwan. Interestingly, many spices such as nutmeg, cloves and pepper used in famous Pakistani Garam Masala, a combination of 11 spices, also come from Heartland of Spices, Indonesia. 'I trust that this background generates more interest in this event. You must have heard that 'A recipe has no soul, you as the cook must bring soul to the recipe.' The demo by Chef Budiono now will reflect the spirit of traditional Indonesian art of cooking by preparing food as an artist and presenting it as a masterpiece. I hope you enjoy and appreciate his efforts'. While concluding his remarks Ambassador Adam said, 'he would like to inform that as a mark of our solidarity and sympathies with the flood victims in Pakistan, we have planned to raise some funds with your generous support. No doubt, the magnitude of devastating floods is very huge but we would like to assure our Pakistani friends and sisters that they are not alone at this difficult time.



# Free Line Movers

## Nelson Mandela Day Golf Tournament









# Malaysia to continue offering human capacity building programs







## Mahnoor Ansar

ISLAMABAD: Acting High Commissioner of Malaysia, Mr Deddy Faisal Ahmad Salleh and his wife, Madam Noor Emilia Alias hosted a reception in honour of the Alumni of Malaysia Technical Cooperation Programme (MTCP). The reception was attended by 92 distinguished members of the alumni who has attended the programme in Malaysia. Also present were former Pakistani diplomats who were previously posted in Kuala Lumpur including Lieutenant General Tahir Mahmood Qazi (Rtd.) The purpose of the reception is to promote continuous engagements and foster a long-lasting and strong bond of friendship with all government officials who have attended the MTCP courses in Malaysia. It is also to establish closer relations and strengthen networking between the High Commission of Malaysia in Islamabad and former MTCP participants, particularly from Pakistan. Malaysia attaches great importance to its bilateral relations with Pakistan.

The long standing bilateral relations and close cooperation between our two brotherly countries have covered various areas in trade, investment, education, tourism, culture, defence and technical assistance on human capital development. Acting High Commissioner of Malaysia Mr Deddy Faisal Ahmad Salleh stated in his remarks that MTCP reflects Malaysia's commitment to South-South cooperation, particularly technical cooperation and formulated based on Malaysia's principle that the development of a country depends on the quality of its human resources. In addition, Malaysia sees MTCP as integral towards strengthening mutually beneficial bilateral relations. Mr Deddy Faisal added that this is also in line with the idea of "Keluarga Malaysia" or Malaysian Family based on the values of inclusion, togetherness and gratitude which was introduced by Prime Minister Dato' Seri Ismail Sabri Yaakob. Malaysia, with its pluralistic society, had implemented and translated the fiqh of al-Ta'ayush which laid down three main principles in building good fraternal relations with all components of society. The three main principles are : 1. Brotherhood among fellow Muslims (ukhuwwah Islamiyyah); 2. Brotherhood among fellow

citizens (ukhuwwah wataniyyah); 3. Brotherhood among fellow human beings (ukhuwwah basyariyyah). Ukhuwwah basyariyyah is based on a brotherhood that grew and developed on universal human values regardless of racial, religious, tradition, belief and cultural background. Mr Deddy Faisal highlighted that the Malaysian High Commission is planning to offer more courses in various sectors for Pakistan, such as agriculture, economy, finance and trade, education, environment, industrial technical training, diplomacy, public management and administration, professional services, social development and science, technology and ICT. The envoy reiterated the Malaysian High Commission's commitment to sharing developmental experiences and expertise by providing various human capacity-building programmes and technical assistance to Pakistan in the coming years. "Hopefully the MTCP participants would utilise the knowledge and experience to further contribute for the betterment of Pakistan," the Malaysian envoy added.

MTCP emphasizes human resources development mainly through training and capacity-building courses including short-term courses at Malaysian public and private training institutions, and long-term courses at Malaysian public universities. Annually, Malaysia's flagship MTCP offers more than 60 technical training and capacity-building programmes in vast areas of development in collaboration with leading local training institutions and international development partners. Mr Deddy Faisal said that the Malaysian Government aims to encourage more future participation from Pakistani officials in the MTCP, as it would not only be beneficial for the bilateral relations but it would also assist in the career development of the participants. Mr Deddy Faisal also stated that Malaysia's trade relations with Pakistan have been encouraging. In 2021, the bilateral trade has grown to 36.3% and our total trade is worth 1.901 billion US Dollars. A majority of this total trade volume is contributed by the export of Palm Oil and palm Oil Based Agriculture Products which account to 51.9% share of this total volume. Malaysia has been ranked first among 135 countries in the Global Islamic Finance Development Indicator and first among 81 in the Global Islamic Economy Indicator, both for the 9th year running.



President Mahmoud Abbas' call

# Palestinian humanitarian team in Pakistan for relief work

The Palestinian Disaster Response Team includes 27 professional Palestinian members formed by the Ministry of Health, the Palestinian Red Crescent and the Civil Defense







## Ansar M Bhatti

ISLAMABAD: In a rare show of solidarity with the Pakistani brothers and sisters the Palestine government has sent a special humanitarian and relief mission to Pakistan to be at the side of the people affected by the devastating floods. A team of doctors, members of the Red Crescent and the Civil Defence arrived in Pakistan on Saturday September 17, 2022. Ambassador of Palestine Ahmed Rebai arranged a media interaction with the visiting team with a view to apprise members of Pakistani mass media about the objectives and mandate of the Palestine relief team. Mian Riaz Hussain Pirzada Minister of Human Rights, Mr. Musawwar Abbas Shah, Director Middle East Ministry of Foreign Affairs, Ambassador of Palestine and all the Embassy staff welcome the Palestinian team at Islamabad Airport. The Palestinian Disaster Response Team in-

cludes 27 professional Palestinian members formed by the Ministry of Health, the Palestinian Red Crescent and the Civil Defence. These actions are going to be Part of the Palestinian People campaign "In loyalty to Pakistan ... Jerusalem with you" which was launched by The Palestinian Presidency last month for victims of Pakistan's floods. Imad M. Zuhairi, Assistant to the Minister of Foreign Affairs and Expatriates for IR/PICA Director General is leading the team, which is scheduled to stay in Pakistan for eight days. The team shall be taking care of the humanitarian and relief operations in Dera Ismael Khan. Mr. Zuhairi told this newspaper that this is the first mission whose mandate is to carry out relief and humanitarian work while another mission shall arrive soon that will take care of infrastructural jobs. He further said that the government and people of Palestine have always been indebted to Pakistan for its unflinching sup-

port to the cause of Palestine. He said when President Mahmoud Abbas heard about this natural calamity, he immediately ordered a relief mission to Pakistan. Javed Ahmed Umrani, Additional Secretary (ME) Ministry of Foreign Affairs while speaking on the occasion thanked Palestine government and people for extending this generous support at a critical juncture. He added, Pakistan always supported Palestine in its struggle for a separate homeland. Ambassador of Palestine Ahmed Rabei in his remarks that hearts of people of Palestine and Pakistan throbbed together adding tons of humanitarian goods had already been dispatched to the areas of Swat and Sindh. Ambassador Rabei added, Pakistan despite its economic and other challenges always wholeheartedly supported Palestine for which the entire Palestinian nation owes a great deal to the Pakistani brothers and sisters and the respective governments as well.



# Serena Hotels, Thai embassy join hands for a noble cause

## Fundraiser gala held to support the flood victims











## A.M.Bhatti

ISLAMABAD: Serena Hotels in collaboration with the Royal Embassy of Thailand organised a fundraising event to raise funds for the relief and rehabilitation for the people affected by the floods across Pakistan. The fundraising event was well attended by all walks of life, including members of the diplomatic community, corporate sector, and business community, where a troupe of performers from the Phattayakul Thai Music & Drama School presented a traditional cultural dance adorned in beautifully crafted traditional attire, an affair originally staged for the Royal Court.

Alongside Muay Thai, the National Sport of Thailand which translates to Thai Boxing, was a delightful feat of agility and endurance by the Champion of Muay Thai, Anusorn Injai. The event would not have been successful without the full support of the Ambassador of Thailand to Pakistan, Chakkrid Krachaiwong. Aziz Boolani, CEO of Serena Hotels, appreciated the generosity extended by the guests and associates in raising of the funds for the flood affectees. Serena Hotels as a responsible corporate citizen has been active in supporting the flood affectees. The Company is matching the funds donated by the Hotels' Guests and Associates. Ambassador of Thailand to

Pakistan, Chakkrid Krachaiwong in his remarks thanked the Serena Hotels for taking lead in the noble cause of extending support to the flood affected people. He said two days colorful Thai Food, Fun, and Music Festival was held at a local mall in Lahore, which drew huge attention. It may be mentioned here that the relief goods, i.e. food supplies, and tents, are being distributed directly as well as through international NGOs under the banner of "Jazba-e-Khidmat- in the Spirit of Compassion" initiative. This special event featured the exotic taste of Thailand, and the guests were thrilled by the authentic taste of Thai cuisine, along with cultural performances.





ISLAMABAD: The French government, on the instructions of the French President Emmanuel Macron has sent a special plane loaded with relief goods and hi-tech equipment. A team of doctors and technical experts has also arrived. The French ambassador to Pakistan Nicolas Galey also accompanied the doctors and other officials. Health Minister Abdul Qadir Patel received the relief goods. France happens to be the first and only European country so far that has extended relief support to Pakistan. The EU had extended EUR 1.8 million in this regard. – DNA



# Int'l community should support Ethiopia's call for Peace

**Ambassador of Ethiopia Jemal Beker says Ethiopia is the third diplomatic Center in the world, it is a headquarter for the African Union and United Nations Economic Commission for Africa and a host of many international organizations**

## Staff Report



**Jemal Beker, Ambassador of Ethiopia**

ISLAMABAD: Zafar Bakhtawari, Africa-Pakistan Association President, former Islamabad Chamber of Commerce, and Industry, and Chairman of Watson Pharmaceutical Group hosted a dinner reception where many Senators, Parliamentarian, Ambassadors, Media conglomerates, and business communities attended the event. In relation to this, Jemal Beker, Ambassador Extraordinary and Plenipotentiary of the Federal Democratic Republic of Ethiopia to Pakistan was a guest of honor at the event where he addressed the gathering. Ambassador Jemal Beker stated that Ethiopia is the third diplomatic Center in the world, it is a headquarter for the African Union and United Nations Economic Commission for Africa and a host of many international organizations. Moreover, Ethiopia is the founding member of League of Nations, and United Nations and gives great consideration for international peace and security and one of the top United Nations Peace keeping contributing country.

To this end, Ethiopia is playing a great role in peace, and stability in the Horn of Africa, and the rest of the continent, fighting terrorism and achieving remarkable inclusive development. With regards to the Northern Tigray region conflicts, Ethiopia was dragged

by the warmonger TPLF through child soldier recruitments and attacked the neighboring Amhara and Afar regions on 28 August 2022. In line with this, while Ethiopia is upholding its constitutional obligations to defend and protect its citizens from the belligerence of TPLF and Ethiopia maintained strong commitment to resolve the unwanted war through Peace and stretched its hand to the terrorist group of TPLF to resolve the conflict through dialogue under the AU-led auspices. But the terrorist group disregards the Government Ethiopia's call and pursues war through human weave. We call upon the international community to put pressure on TPLF to come to a negotiated peace dialogue and stand with the Government of Ethiopia for peace's sake. In this regard, the Government of Ethiopia has shown and will continue its commitment and unwavering support for peace and conducts negotiated peace dialogue whenever and wherever. On the other hand, Ambassador Jemal underscored Ethiopia is undergoing deep and penetrating reform that ensures democracy, good governance, equality, and equity and addressed administrative and legal issues that create a favorable environment for FDI, ease of doing business, and one shop service for export that make Ethiopia preferred investment destinations.

In his speech Zafar Bakhtawari greatly appreciated the historical role of Ethiopia playing in welcoming the first Hijra, Bilal Al-Habash, and King Nejash in Islamic history and we are all obliged to visit this country. He said if Pakistanis want to go as tourists, Ethiopia should be first on their list. Moreover, he also acknowledged the role of Ethiopia Airlines in connecting Africa with the rest of the World and has more than 127 international destinations. To this end, he said we are eagerly waiting for the resumption of Ethiopia Airlines to Pakistan at the earliest possible time. Indeed, once Ethiopia Airlines start flying to Pakistan it will increase and broaden the trade, investment, and tourism between Ethiopia, Pakistan, and the rest of Africa.





# Haiku Poetry Art Illustrations Exhibition Inaugurated



## DNA

ISLAMABAD: To promote creativity and cultural affinity about the traditional Japanese poetic form of Haiku among the youth of Pakistan, the Embassy of Japan and Pakistan-Japan Cultural Association (PJCA) Islamabad in collaboration with Pakistan National Council of the Arts (PNCA) organized a first ever “Haiku Poetry Art Illustrations Exhibition” at the National Art Gallery on Thursday 22nd September 2022. H.E. Mr. WADA Mitsuhiro, the Ambassador of Japan to Pakistan, together with Justice (R) Ali Nawaz Chowhan, President, PJCA Islamabad, inaugurated the Haiku Art Illustrations Exhibition in the presence of haiku poets, artists, teachers, students and other distinguished guests. The exhibition that features 110 art works themed on the Haikus painted by the stu-

dents from educational institutions in the twin cities including some art organizations have been put on display depicting their creative talent as well as their understanding of haiku. The exhibition was curated by Mr. Jamal Shah, an eminent artist and executive member of Pakistan-Japan Cultural Association Islamabad.

Haiku is a precise, compact and condensed form of traditional Japanese poetry written in 5-7-5 syllabic form usually in three lines that dates back to the 17th century and still remains popular in modern Japan, and is now practiced in many countries of the world including Pakistan.

H.E. Ambassador WADA appreciated the students and other artists participating in the exhibition for their eye-catching thematic art works reflecting their keen interest and understanding of haiku poetry and Japanese culture. The Ambassador stated that the pur-

pose of showcasing this exhibition was to encourage the students in exploring and doing research on haiku poetry and also to show their artistic skills. “Understanding art and culture of another country is the best way to get familiar with its people and society as it promotes enhanced people-to-people contacts hailing from varying cultures” said the Ambassador. As this year marks the 70th anniversary of the establishment of diplomatic relations between Japan and Pakistan as well as the 50th anniversary since the establishment of PJCA Islamabad, this exhibition is a part of activities arranged to commemorate the bond of friendship between the two countries in a befitting way.

The Ambassador expressed his gratitude to PJCA, PNCA, students and teachers for their collaboration in organizing this wonderful exhibition. The exhibition will remain open for public till September 29, 2022.



Germany Unity Day celebrated

# AMBASSADOR GRANNAS REITERATES GERMANY'S SUPPORT FOR PAKISTAN







## DNA

ISLAMABAD: The Embassy of the Federal Republic of Germany in Islamabad celebrated German Unity Day today. On 3rd October 1990, East and West Germany were formally reunified after being separated for 41 years. Since then, Germans have been living together in one country and growing ever closer as one people. In his address, recently appointed German Ambassador to Pakistan, Mr. Alfred Grannas, reiterated Germany's strong support for Pakistan in the aftermath of this year's tragic monsoon floods. With more than 56 million euros provided so far Germany continues to be a major donor to flood relief efforts. The heartbreaking fate of millions of families who have lost their loved ones, their homes, and livelihoods is a stark reminder that climate change is today's biggest challenge and that we must work together to ensure the future of generations to come. The chief guest of the evening, Federal Minister for Economic Affairs, H.E. Sardar Ayaz Sadiq, congratulated Germany on its national day and underlined the strong ties between both countries.

This year German company Siemens is celebrating its 100th anniversary. On the reception, Country representative Mr. Markus Strohmeier emphasized that Siemens Pakistan stands as a great example of Pak-German friendship taking forward our ambition to support and create new business models to explore countless opportunities in Pakistan's economic development and transformation for a better tomorrow. Dignitaries and high officials from political, military, diplomatic, economic and humanitarian sectors attended the event. Following the speeches the chief guest joined the ambassador in the cutting of a cake bearing both the German and the Pakistani flags.

Stalls of German organizations like GIZ, KfW, BGR, Annemarie-Schimmel-Haus and political foundations showcased Germany's multifaceted engagement in Pakistan. The sponsors of the event, Metro, Siemens and Siemens Healthineers also presented their work in Pakistan in video and stalls. The Peshawar based group Khumariyaan gave a musical performance. In line with the 70th anniversary of bilateral relations between Germany and Pakistan celebrated last year, commemorative coins were presented.





# SAYA WELFARE FOUNDATION

بیتنی سایہ جے سہارا لوگوں کا!

☎ 0333-4788127 ☎ 042-35850716

📍 29-J, Firdous Market, Gulberg III

Lahore

## The Challenge

In a Muslim country like ours whose foundation is based on Islam's teachings of putting parents above everything, we have these very elderly parents left out in the cold by their own children who consider them a burden!



## The Solution

Saya Welfare Foundation was established as residential care of elderly people who have been deserted by the one's they loved & provided for all their lives!



## The Need

In continuation of this effort, we need support of God-fearing people who know the value of their elders. Housed in a rented 2- kanal house in Gulberg, we have a monthly expense of Rs. 1 million!



## The Impact

Your support has a life-changing impact on the lives of people-bringing joy and companionship. Could you help us by donating today? Call at 0333-4788127.

**Faiza**  
BEAUTY CREAM

Design & Concept: LAW CONNECTIVITY



### THE GIFT OF A MEAL

Bring happiness to one of the seniors at Saya with a small donation!  
For just Rs. 5000, you can sponsor a delicious meal for one of our residents for a complete month!

We'll handle the logistics on our end so all you have to do is to give the nod to the Gift Of A Meal.

MONTHLY AMOUNT

**Rs. 5000/-**



### THE GIFT OF MEDICINE

The lifesaving gift of medicine is vital for the sustainable health care of these old people. An amount of Rs. 5000 is required for monthly medication of each elderly.

Support us to provide best medical assistance to the residents of Saya Welfare Foundation.

MONTHLY AMOUNT

**Rs. 5000/-**



### THE GIFT OF A WHEEL CHAIR

The old age restricts the abilities to such an extent that independent movement is impossible. The need of wheelchair becomes inevitable due to illness and weakness.

In such years of difficulty and dependence on others, you can help the residents of Saya by providing a wheelchair to end the vulnerability of the poor old souls.

ONE TIME DONATION

**Rs. 12,000/-**



### THE GIFT OF STIPEND

What do the poor do in old age, when they no longer have the strength to struggle for a living and there is no one to care for them?

We need your help to provide Saya to them. Sponsor their monthly stipend so they can have their independence and self-respect back!

MONTHLY AMOUNT

**Rs. 12,000/-**



# MURREE SPARKLETTS®



## Bottled Drinking Water

ISO/IEC 17025 | ISO 9001, 22000, 14001,  
45001 Certified Company

## We Only Offer



Excellence in  
Quality & Innovation



A Reasonable Price



Efficient Services



A Genuine Pakistani Brand

### A PUBLIC SERVICE MESSAGE BY MURREE SPARKLETTS **LET THE CUSTOMER DECIDE!**

Others call it “Marketing Support”, “Trade Promotion”, “Exclusivity Rights”, “Shelf placement”- we call it UNFAIR TRADE PRACTICES. Millions of rupees are exchanging hands above and below the table in the garb of product promotion. Trade institutions i.e Restaurants, Marts & other outlets are being bribed & forced to keep/sell only specific products. We at Murree Sparkletts (a division of Murree Brewery Company) believe all such practices are unethical. We say **LET THE CUSTOMER DECIDE** which product to consume. By dishing out millions of rupees, beverage companies are depriving the public at large their right of choice.

**SAY NO TO INVISIBLE CORRUPTION.**





Make this season's lasting  
*memories*  
with Prestige Club rewards.

Become a Prestige Club member and avail up to 50% discount\* on your Stay, Food & Beverage, Laundry, Spa and much more.

\*Terms & Conditions apply.



Swat Serena Hotel



Gilgit Serena Hotel



Serena Khaplu Palace



Serena Shigar Fort

**Prestige  
Club**  
SERENA HOTELS REWARDS

earn.  
redeem.  
experience.



SERENA HOTELS

For details call: 111-133-133 or visit [www.serenaprestigeclub.com](http://www.serenaprestigeclub.com)



[serena\\_hotels](https://twitter.com/serena_hotels)



[serenahotelsofficial](https://www.instagram.com/serenahotelsofficial)



[serenahotelsofficial](https://www.facebook.com/serenahotelsofficial)