Daily

THE VOICE OF MILLIONS

ABC Certified

www.voiceofmillionsqta.com Chief Editor: Syed Abdul Wadood Shah Quetta

Safar 06, 1448 AH Vol: XIX No. 336 Tuesday July 21, 2026 Pages 4, Price Rs. 5 Ph: 2823307

Pakistan, Canada eyes new avenues for trade, economic cooperation

PM thanks Canada for supporting Pakistan's regional peace efforts

ISLAMABAD, (APP): Prime Minister Muhammad Shehbaz Sharif, Monday, said Pakistan and Canada enjoyed friendly ties that needed to be further expanded, particularly in the areas of trade, investment, agriculture including agri-foods and vaccine manufacturing, renewable energy, as well as the automobile and auto parts industry. Foreign Minister of Canada Anita Anand, who is on an official visit to Pakistan, called on the prime minister at the PM House. Deputy Prime Minister and Foreign Minister Senator Mohammad Ishaq Dar, Minister for National Food Security Rana Tanveer Hussain, Advisor to the Prime Minister Dr. Syed Tauqir Shah and other senior government officials were also present, PM Office Media Wing said in a press release.

The prime minister conveyed his greetings and best wishes for Prime Minister Mark Carney and said that he looked forward to meeting him soon.

He fondly recalled the telephone conversation with his Canadian counterpart in April, and thanked Canada for supporting Pakistan's regional peace efforts.

Foreign Minister Anita Anand thanked the prime minister for the warm welcome accorded to her and her delegation in Islamabad. She conveyed the good wishes of Prime Minister Carney for the Prime Minister and said that her visit was on the instructions of her prime minister to expand Canada's relations with Pakistan. On the bilateral front, the Canadian foreign minister expressed the keen desire of her government to explore new opportunities for trade and cooperation, especially in the field of agriculture, mining, energy as well as in the auto and auto parts industry. In this regard, she said the Foreign Investment Promotion and Protection Agreement (FIPPA) would be instrumental in enhancing Canadian investors' confidence to invest in Pakistan. Both sides agreed that the Pakistani Canadian community was acting as a vital bridge between the two nations. The two sides also agreed to exchange delegations in the fields of trade and minerals cooperation, to explore mutually beneficial opportunities, with a view to further enhance bilateral trade and investment prospects. After the meeting, the prime minister witnessed the signing of a Protocol on Phyto-sanitary regulations governing the import of Canola from Canada to Pakistan.



ISLAMABAD: Foreign Minister of Canada Anita Anand called on Prime Minister Muhammad Shehbaz Sharif.



RAWALPINDI: Minister of Foreign Affairs of Canada Anita Anand called on Chief of Army Staff (COAS) and Chief of Defence Forces (CDF) Field Marshal Syed Asim Munir, NI (M), HJ here Monday at General Headquarters (GHQ).

Balochistan govt implementing comprehensive reforms to improve governance, says CM Bugti

British High Commissioner Ms. Jane Marriott appreciates the ongoing development initiatives, reform programs, and the government's efforts to serve the public in Balochistan

ISLAMABAD, (VoM Report): Balochistan Chief Minister Mir Sarfraz Bugti met with the British High Commissioner to Pakistan, Ms. Jane Marriott, during which they held detailed discussions on matters of mutual interest, development cooperation in Balochistan, and the promotion of bilateral relations.

During the meeting, the two sides reviewed opportunities for cooperation in various sectors, including education, health, governance, institutional capacity building, and investment. On the occasion, the Chief Minister briefed the British High Commissioner on the administrative reforms underway in the province, public welfare projects, and the government's development priorities. Chief Minister Mir Sarfraz Bugti said that establishing peace in Balochistan, achieving sustainable development, ensuring effective governance, and providing better public services are among the government's top priorities.

He said that the provincial government is implementing comprehensive reforms to promote transparency, improve governance, and make the development process more effective.



ISLAMABAD: Balochistan Chief Minister Mir Sarfraz Bugti in a meeting with the British High Commissioner to Pakistan, Ms. Jane Marriott.

No compromise to be made on Balochistan's constitutional, legal water rights: Dr Rubaba

QUETTA, (VoM Report): Dr. Rubaba Khan Buledi, Adviser to the Chief Minister of Balochistan, held a telephone conversation with Haji Muhammad Khan Lehri, a member of the Balochistan Assembly's Parliamentary Committee currently in Sukkur, regarding water issues between Sindh and Balochistan and the water situation in the canals of Nasirabad Division.

During the conversation, they discussed in detail the availability of water in Nasirabad Division, Balochistan's water share, and the ongoing consultative process with Sindh.

Haji Muhammad Khan Lehri informed Dr. Rubaba Khan Buledi that the Parliamentary Committee of the Balochistan Assembly had strongly raised Balochistan's concerns, particularly the reduction in the province's allocated water share, during a meeting with senior officials of the Sindh Irrigation Department in Sukkur.

He said that officials of the Sindh Irrigation Department assured the committee that the shortfall in Balochistan's water share would be addressed soon, and both sides agreed on taking the necessary measures to ensure that Nasirabad Division and other affected areas receive their allocated water.

Dr. Rubaba Khan Buledi said that, on the instructions of Chief Minister Mir Sarfraz Bugti, the provincial government is taking all possible measures to protect Balochistan's water rights and ensure that farmers receive their due share.

She expressed hope that issues related to water supply would soon be resolved through inter-provincial cooperation and continued dialogue, and that the uninterrupted supply of Balochistan's allocated water would be ensured.

She appreciated the efforts of the Parliamentary Committee and said that the interests of the people of Balochistan, particularly the farmers of Nasirabad Division, are being effectively defended at every level, and that no compromise will be made on the province's constitutional and legal water rights.

Meets CDF Munir

Canadian FM hails Pakistan's sacrifices in war against terrorism

RAWALPINDI, (APP): Minister of Foreign Affairs of Canada Anita Anand called on Chief of Army Staff (COAS) and Chief of Defence Forces (CDF) Field Marshal Syed Asim Munir, NI (M), HJ here Monday at General Headquarters (GHQ).

During the meeting, matters of mutual interest, regional security and bilateral relations between Pakistan and Canada were discussed, said a news release issued by Inter Services Public Relations (ISPR).

Field Marshal Syed Asim Munir highlighted Pakistan's perspective on global peace and regional stability underscoring the importance of cooperation and collaborative efforts to address common security challenges.

The visiting dignitary appreciated Pakistan's ongoing efforts and sacrifices in the fight against terrorism, as well as its constructive role in promoting peace and stability.

Both sides reiterated their resolve to further strengthen bilateral ties and expand engagements in defence and security, the news release said.

Bakht Kakar vows to successfully implement public welfare initiatives

QUETTA (ANN): Balochistan Health Minister Bakht Muhammad Kakar said that providing quality, timely, and equitable healthcare facilities to the people of the province is the Government of Balochistan's top priority.

He said that the ongoing reforms in the Health Department aim to reduce the disparity in healthcare services between urban and rural areas and ensure better treatment facilities for every citizen. Speaking to various delegations, he said that, under the directives of the Chief Minister of Balochistan, multiple measures are being implemented to modernize the Health Department. Special attention is being given to improving healthcare facilities at district and tehsil hospitals, ensuring the availability of medicines, providing modern medical equipment, and enhancing the capacity of doctors, nurses, and paramedical staff.

The Health Minister said that efforts are being made to ensure that patients in government hospitals receive dignified, transparent, and quality medical treatment. An effective monitoring system is also being introduced to promote accountability, transparency, and better administration in the health sector so that the public can receive meaningful relief.

Bakht Muhammad Kakar said that making basic health centers functional in remote and underdeveloped areas is among the government's priorities. Practical steps are being taken to provide medicines, medical staff, and essential facilities in these areas so that residents do not have to travel to major cities for treatment.

Iranian Interior Minister arrives in Islamabad

ISLAMABAD, (Monitoring Desk): Iranian Interior Minister Eskandar Momeni arrived in Islamabad on Monday on an official visit, accompanied by a high-level delegation for talks with Pakistani leadership.

Federal Interior Minister Mohsin Naqvi received his Iranian counterpart at the airport.

Iranian Ambassador to Pakistan Reza Amiri Moghadam was also present, while Minister of State for Interior Talal Chaudhry presented a bouquet to the visiting dignitary.

"Welcome to Pakistan," Naqvi said while receiving Momeni.

The Iranian delegation includes the governor-general of Sistan and Baluchestan province, Iran's deputy interior minister, the deputy minister for urban development and transport, the head of the National Iranian Oil Company (NIOC), the special representative of Iran's agriculture minister and other senior officials.

Pakistan, UN Women agree to strengthen cooperation for women's rights

ISLAMABAD, (APP): Federal Minister for Law, Justice and Human Rights, Senator Azam Nazeer Tarar on Monday met United Nations (UN) Women Chief of Staff, Mohammad Naciri, with both sides agreeing to strengthen cooperation for the promotion of women's rights, gender equality and women's empowerment.

During the meeting, both sides reviewed progress on Pakistan's National Policy on Ending Violence Against Women and discussed measures to further advance the rights of women and girls.

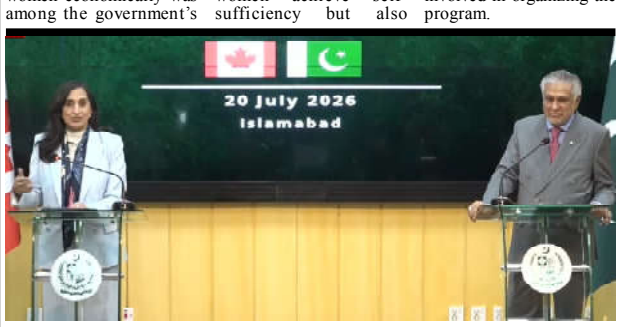
They also exchanged views on the upcoming SAARC conference and the promotion of regional cooperation.

The discussion covered women's economic empowerment, digital inclusion and the role of artificial intelligence in advancing gender equality.

CM Balochistan reaffirms commitment to women's economic empowerment

Congratulates 500 women on completing the first phase of the Balochistan Women Entrepreneurship Development Program

QUETTA, (VoM Report): Chief Minister (CM) Balochistan, Mir Sarfraz Bugti, congratulated 500 women on completing the first phase of the Balochistan Women Entrepreneurship Development Program, calling it a landmark initiative for the economic empowerment of women in the province. In a message shared on social media, CM Bugti said that empowering women economically was among the government's top priorities. He highlighted that under this program, women from various districts received comprehensive training in modern business skills, marketing, business planning, and digital tools, enabling them to pursue self-employment and contribute meaningfully to the provincial and national economy. Sarfraz Bugti emphasized that such training would not only help women achieve self-sufficiency but also strengthen their role in driving sustainable development. He reaffirmed the government's commitment to expanding the scope of similar initiatives to create more opportunities for women in skills development, entrepreneurship, and employment. The Chief Minister extended congratulations to Dr. Rubaba Khan Buledi, Advisor to the Women Development Department, and to all the institutions and teams involved in organizing the program.



ISLAMABAD: Deputy Prime Minister and Foreign Minister Senator Mohammad Ishaq Dar addressing a joint press stakeout along with Canadian Foreign Minister Anita Anand at the Ministry of Foreign Affairs

Pakistan's economic future linked to peace, stability, development in Balochistan: Governor

Says just as development cannot flourish without peace, peace cannot be sustained without social justice and public trust

QUETTA, (VoM Report): Governor Balochistan Jaffar Khan Mandokhail said that the complex challenges facing Balochistan require serious measures and sustainable solutions. He stated that Pakistan's economic future is linked to peace, stability, and development in Balochistan.

He said that just as development cannot flourish without peace, peace cannot be sustained without social justice and public trust. Governor Mandokhail emphasized that the inclusion of youth in the policymaking and decision-making process is essential so that every young person can become an active partner in Pakistan's progress and prosperity.

He expressed these views while speaking with Jamaat-e-Islami Pakistan Central Vice Ameer Liaqat Baloch and Provincial Ameer and Member of the Provincial Assembly Maulana Hidayat-ur-Rehman at the Governor House in Quetta. On the occasion, Governor Mandokhail said that recognizing the true role of youth is the first prerequisite for ensuring a bright future.

He noted that the largest segment of the country's population consists of young people, whose energy and creativity represent the nation's greatest strength. He further said that present circumstances demand that everyone rise above personal interests and work collectively for the country's development and prosperity.

He added that political leaders, religious scholars, and responsible members of society have a duty to promote collective interests, encourage political dialogue, strengthen social harmony, and play a constructive role in national development.

Governor Jaffar Khan Mandokhail said that through joint efforts, a peaceful, prosperous, and developed Balochistan can be built.



ISLAMABAD: Interior Minister Mohsin Naqvi welcomes Iranian counterpart Eskandar Momeni upon his arrival.

THE VOICE OF MILLIONS

Tuesday July 21, 2026

Discord perennially remains a possibility

Recently month, US President Donald Trump's new tariffs on imports from dozens of countries took effect.
Prior to that, the Trump administration concluded several agreements with various partners, including the European Union, the UK and Japan. Those agreements raise several questions:
Why were they agreed?
What did the parties seek to gain?
Could they be realistically fulfilled?
Will they avert future tariffs and economic discord?
The fact is highlighted that as the Trump administration escalated its tariff rhetoric, some countries either started increasing their holdings of US Treasury Bonds (with the intention of later selling them), or threatened to sell their existing holdings. With a mounting national debt that exceeds $37 trillion, an impending economic slowdown, and the risk of higher inflation, the US finds itself in a precarious situation. In addition, there is a domestic political context in which the Trump administration is underperforming in the polls, and an international context characterized by increased polarization amidst continuing wars in Europe and the Middle East.
Meanwhile, other countries are keen to mitigate the effect of US tariffs on their exports, given that their growth prospects are relatively subdued and the US remains the world's largest importer. Countries such as Vietnam, Indonesia and China have based their growth strategies on exporting manufacturing products, and they have been targeted by the Trump administration as it seeks to reshore manufacturing. Meanwhile, European countries seek to reduce the effect of tariffs on specific sectors (e.g., automobiles and steel) that the US considers vital to its national interests, while other partners seek US support to grow their nascent activity in frontier industries (e.g., the United Arab Emirates (UAE)). All this made it timely and necessary for all parties to reach agreements and restore much-needed stability.
We still do not have the full details behind the announcements. Nevertheless, scrutinizing the announcements, one would be amazed by the magnitude and scope.
For example:
The agreement with the UAE secured $200 billion in commercial deals for the US, covering aerospace, aluminum, energy and artificial intelligence (AI).
The agreement with the EU commits it to the purchase of $750 billion in US energy exports and to invest $600 billion in the US by 2028.
The agreement with Japan commits it to investing $550 billion in key US industries, including energy, semiconductors, critical mineral mining and pharmaceuticals.
The announcements cover more than just tariffs. They are better described as economic cooperation agreements since they address non-tariff barriers, investment, and comprehensive sector-specific collaboration. This reflects the Trump administration's strategic take on economic relations with countries — allies or rivals. Tariffs and trade policy are part of a broader toolkit used to secure political, economic and industrial advantages for the US. Furthermore, the Trump administration has retained tariff rates on those countries that are higher than those in place before March 2025 — UAE: 10%, Japan: 15%, the EU: 15%. In other words, the agreements did not lead to tariff-free trade.
Another thing to highlight is the incredible numbers announced. For example, Japan's $550 billion commitment represents approximately 14% of its annual gross domestic product and 32% of all assets under management of its Government Pension Investment Fund, which is the largest pool of retirement savings in the world.
The figures are too large to be realistically fulfilled, and the same applies to some of the other announcements made.
It underscores that the numbers should not be viewed as the primary focus of the agreements.
From the US perspective, the agreements with the Gulf countries reinforced existing economic and security partnerships while countering China's political, military and economic rapprochement with those states. In contrast, the agreement with the EU aimed to deepen European reliance on US energy imports while preserving access to the EU's single market and retaining protections for US companies via the 15% tariff.
From the perspective of the other countries, a common denominator was to secure US cooperation — political, military and economic — while reducing the tariff rates on their exports.
With this in mind, are the agreements likely to survive? While it is virtually impossible to predict the future, one could envisage a scenario where the signatories opt to amend or replace them.
For example, the US-EU agreement has already been significantly criticized by leading French and German politicians, while recent surveys of US consumers reveal their displeasure with current US trade policy.
We have already seen the first Trump administration replace a previous agreement with Mexico and Canada (NAFTA) with another (USMCA). Therefore, the agreements are unlikely to serve as permanent accords and bulwarks against future tariffs.
In an era of growing economic nationalism and geostrategic rivalry, discord perennially remains a possibility.

Theft of childhood

Luay Shabaneh

Last month, I travelled through Pakistan's four provinces to oversee UNFPA projects and initiatives. I also engaged with partners to get their perspectives on development amid the recent geopolitical and funding challenges. During these visits, I connected with various partners, officials and intellectuals. One particularly moving — and painful — conversation was with Sania, an exceptionally talented 18-year-old from a remote village. Reflecting on her brief life journey, Sania shared some of her memories etched in her mind. She recalled how, as a 10-year-old, she stood silently, looking into the eyes of those around her, searching for reassurance and safety. At that tender age, Saniya found herself on the cusp of adolescence, confronting the threat of child marriage, poverty and detrimental traditional practices. She vividly remembers the fear and uncertainty that surrounded her, along with the question that echoed in her mind: would her guardians and the people around her allow her to finish her education and pursue her dream of becoming a journalist or TV presenter, or would harsh barriers destroy her opportunities before she even had a chance to start?

As Sania continued her story, I listened closely, yet my thoughts transcended geography and history, as I focused on the words attributed to Africa's icon of freedom, tolerance and peace, Nelson Mandela: "Corruption is not only the theft of public money but also the theft of people's dreams and their future."

That question, that fear, is not solely Sania's. It resonates with millions of girls around the globe whose dreams and futures are at risk simply due to their gender. Narratives like Sania's have motivated me and numerous other development practitioners at UNFPA, along with other UN and civil society organisations, to commit our time and efforts to championing the rights of girls. Throughout my career, first in Palestine and thereafter in the UN, I strived alongside many professionals and practitioners to transform the image of a young girl standing alone, vulnerable yet brimming with potential, into a powerful call for change — a change that should have occurred long ago to prevent the theft of our girls' dreams and futures in the name of social norms, religion and patriarchy. It all hinges on our interpretation of inherited culture, which does not always align with the divine message conveyed through the prophets and saints. We made that image the cornerstone of our mission: to advocate fiercely for the right of every girl to live a safe, healthy and dignified life. Because behind every statistic is a child with dreams, a voice and limitless potential — a child who might change the future of a nation, in fact, the world. Now more than ever, we must listen — and we must act.

Girls like Sania should never have to wonder whether they will survive adolescence with their rights intact. They should not have to choose between safety and education — or between survival and dignity. A 2020 UNFPA-led study on the political economy of child marriage identified multiple drivers of the latter, ranging from poverty and harmful social norms to religious misinterpretation, as well as weak institutional systems and legal framework and the latter's enforcement. We all have a role to play; change must begin at home with individual commitment. But communities, and governments, must unite to end child marriage, eliminate harmful practices and invest in education and healthcare for girls. Because when we protect a girl's rights, we don't just change her life — we change the future. Let us ensure that no girl stands alone in fear. Let us be the answer to her unspoken question. Let us be the force that enables her agency and voice, her opportunities, her hope. Child marriage is a crime because it steals dreams and destroys futures. It suppresses hope and denies a girl her freedom to choose what she wants to be in the future. In a country like Pakistan, the prevalence of gender-based violence, child marriage and abuse is alarming. It is crucial to recognise that the key to a prosperous future may lie within one of these underprivileged girls — a girl who could rise as a leader capable of transforming the future of the nation and tackling its numerous challenges. We must not replicate the actions of the pharaoh, who sought to extinguish hope by ordering the killing of children during the time of Moses. Our interpretation of culture, social norms and faith should never become a justification for quashing dreams or erasing futures. As guardians, thought leaders, politicians and practitioners, we cannot foresee how or where our Lord may choose to bestow His blessings. Indeed, we often remind ourselves that God may place His wisdom or secret in His weakest creations.

Fire and attraction

Shahzad Sharjeel

Peaceniks on both sides of the Radcliffe Line are eating humble pie; the warmongers radiate with their 'told-you-so' glow. Journalistic neutrality has been thrown to the winds; anchors, reporters and analysts have traded their reputations and professionalism for certificates of patriotism from state institutions. The hate wave is far more severe than the heatwaves that keep sweeping the region.

It is hard to say whether the dogfights in the sky were more dramatic and intense than the clashes on the airwaves. Seasoned veterans in international media were humbled by promising podcasters. The arguments of my favourite Mahabharata character's namesake were thoroughly punctured on his talk show.

Mr Thapar started the verbal battle with the full bravado of the Pandavas' half-brother, but to his 'guest' Bilawal Bhutto-Zardari's supporters, by the end of the programme, he lay like Bhishma on a bed of arrows.

The chairman of the Pakistan Peoples Party, his fans believe, left victorious to the Balochi beat of Dilan teer bijan (an arrow to your heart), an anthem of sorts for the PPP whose electoral symbol happens to be an arrow.

None of this should be read as 'we won' because we are all losing our humanity. The Indian intransigence in refusing to provide evidence for Pakistan's alleged involvement in the Pahalgam incident doesn't help anyone.

The old trick of closing embarrassing and irritating cases with fake encounters where terrorists carry their IDs in their front pockets is as believable as Bollywood scripts these days. One hopes the real terrorists of Pahalgam are found, tried and brought to justice. Some of us still want the madness to stop despite the hate industry working double shifts.

The deterrence theory of Mutually Assured Destruction may have overlooked the fact that madness has degrees; the mad could be destructive, but it is the raving mad who self-destruct. Seventy-eight years after the division of the subcontinent, to ostracise the 'other' remains an obsession on both sides. We do not seem to have enough discriminatory clauses in nikahnama; they are cancelling the Overseas Citizen of India status of persons with a Pakistani parent.

The respective systems have become so convoluted that, to make it work in your favour, you must follow the official narrative of hatred and otherisation. A musician and composer renouncing his nationality led to him gaining Indian citizenship because it portrayed Pakistan negatively. This is despite both his parents being Muslim; his father was Pakistani, and his mother was Indian from Jammu. Conversely, Aatish Taseer's OCI was revoked because his father was prominent Pakistani politician Salmaan Taseer.

It is tragic that the man, whose Pakistani identity casts doubt on Aatish's Indianness, could not escape the same bigotry in his own country. He was the governor of Punjab when he was shot dead by his guard for supporting a Christian woman's right to defend herself against what later turned out to be false charges of blasphemy.

Aatish is the only son of Tavleen Singh, a well-known Indian journalist. In a recent interview, he described the absurdity of the fact that while Mr Modi called his mother to inquire about her ailing partner, he had no hesitation in stopping her only son from visiting his elderly mother or attending his maternal grandmother's funeral.

This, unfortunately, is not the only tragedy to have befallen a Taseer. Aatish's half-brother, Shahbaz Taseer, was kidnapped in broad daylight from Lahore and kept in the brutal captivity of an extremist network operating on both sides of the Dur-and Line for more than four years.

In this right royal mess, who are the people fawning over on both sides of the border? Kashish Mittal's heartfelt rendition of Unke andaaz-i-karam, a ghazal originally made famous by Nusrat Fateh Ali Khan, nearly broke the internet when he looked into the camera in some friend's living room and serenaded "Woh bhi apnay na huey, dil bhi gaya hathon say" (didn't gain love and lost my heart too). While Khan sahib was a genius who could not be celebrated enough, the poem being referred to is by Naseeruddin Naseer, the late Pir of Golra Sharif, a shrine right in the middle of Islamabad.

We celebrated our Independence Day on the 14th of this month, followed by the Indians on the 15th. All the sabre-rattling and chest-thumping claims of victory could not stop a poet's words written in the heart of Islamabad, covered by a former IAS officer in Delhi, from melting millions of hearts across the globe. "Ishq par zor nahin hey yeh who aatish Ghalib: Keh lagaey na lagey, aur bujhae na baney" (love is fire that cannot be forced, Ghalib: It cannot be kindled or extinguished at will).

Time for lifestyle medicine

Zafar Mirza

Non-Communicable diseases in Pakistan present a growing burden of disease (BoD) that no number of advanced medical interventions can tackle.

This umbrella includes chronic diseases and conditions like cardiovascular diseases, diabetes, obesity, liver and kidney dysfunction, chronic obstructive respiratory disorders, cancers, mental disorders, etc.

Globally, 74 per cent of deaths are caused by these diseases. Seventy-three per cent of all deaths due to NCDs occur in low- and middle-income countries. In 2010, the burden of disease posed by NCDs in Pakistan surpassed that of communicable diseases with ever-increasing presentations. Currently, every fourth adult above the age of 20 in Pakistan suffers from Type II diabetes; that's 33 million adults, making us the third-largest population in the world, right after India and China. Every third Pakistani adult above the age of 45 years suffers from high blood pressure. One in every nine women is likely to face breast cancer. In Pakistan, years lived with disability — a product of prevalence and disability weight — for women aged 10 to 24 years, due to breast cancer, is the highest in the world. Every fourth woman quietly struggles with perinatal depression.

A study spanning 30 years on BoD trends in Pakistan shows that all NCDs are on the rise. Ischemic heart disease, for example, has increased by more than 25pc in the last 30 years. In terms of changes in the BoD ranking of diseases, diabetes moved from 26th place in 1990 to eighth place in 2019, and breast cancer from 38th to 18th in the same period.

The WHO lists the following five key risk factors for major NCDs: tobacco use, an unhealthy diet, physical inactivity, harmful intake of alcohol and air pollution.

A major element of these diseases, conditions and their associated risk factors comprises our behaviours in daily lives. The burden of disease of NCDs will not change until we change our individual lifestyle choices.

Lifestyle medicine is about holistic self-care and supporting others to change their daily unhealthy behaviours in terms of what they eat (nutrition); how much they exercise (physical activity); how much they sleep (restorative sleep); how they handle stress (stress management); their use of any harmful substances (addictions); and the quality of their social connectedness. These are the six evidence-backed pillars of lifestyle medicine.

Though the ideas posited are not new, this is still, in a way, a new branch of medical science. Lifestyle medicine has reorganised old ideas into a new, preventive and therapeutic framework, with strong evidence at the base of each of its six pillars. Many credible studies speak to the effectiveness of these lifestyle behavioral changes when sustained. The collective and synergistic effect of these six behaviours is transformative in the truest sense of the word. Adopting these behaviours when we are 'healthy' or 'disease-free' tremendously lowers the chances of developing NCDs. However, since lifestyle medicine in its current form has primarily been developed by medical practitioners in the West, understandably, the emphasis is on treatment.

In the therapeutic sphere, this medicine has indeed shown unequivocal effectiveness, to an extent that patients with NCDs not only experience remission but also a reversal of their diseases, which I have discussed in my column 'Reversing NCDs' (March 21, 2025) focusing solely on the disease or symptoms.

Lifestyle medicine employs a holistic approach rather than focusing solely on the disease. Its aim is to entrain the whole person by aligning with the circadian rhythm and restoring homeostasis. It generally employs non-pharmaceutical lifestyle interventions. In the hands of a skilled lifestyle medical practitioner, the results are astounding.

The American College of Lifestyle Medicine, established in 2004, conducts various 'continued medical education' activities year-round, including a board exam. The International Board of Lifestyle Medicine was set up by the ACLM in 2018 and hosts lifestyle medicine certification exams around the world, which have produced, to date, over 8,000 IBLM diplomats in 92 countries, including 41 in Pakistan, according to the last count. In 2015, the ACLM also initiated the Lifestyle Medicine Global Alliance comprising professional lifestyle medicine associations from around the world. The only national body from Pakistan in this global alliance is the Pakistan Association of Lifestyle Medicine, which was founded in 2016 by the visionary Dr Shagufta Feroz, the first IBLM diplomat from Pakistan. It has since grown in terms of its membership, credibility and global standing. Since 2021, PALM is the only organisation in Pakistan authorised to conduct the IBLM certification.

Dr Feroz started out as a family physician in Lahore. Getting fed up over time with the way general practice was being conducted, with its irrational use of medicines, and the pharmaceutical industry's unethical practices, she began to explore alternatives. Dr Feroz ended up completing two PhD degrees in nutrition and integrated medicine from the US.

During this period, she came across lifestyle medicine and finally found her nirvana. She has since been promoting this science by contextualising it in Pakistan's case, and is currently running the 11th Postgraduate Lifestyle Medicine Certificate Course. I myself recently graduated from the 10th course, which I enjoyed and benefited from tremendously. She has developed a great team of professionals, with 'positive deviation', that continues to grow. That said, PALM still has a long way to go in terms of mainstreaming lifestyle medicine in the healthcare system. For starters, it needs to be integrated at the undergraduate level into the education of health professionals. Further, the College of Physicians and Surgeons of Pakistan needs to seriously attend to the initiation of postgraduate membership and fellowship programmes in lifestyle medicine. PALM has started working in this direction. The time for lifestyle medicine has arrived.

Token feminism in development

Saeed Ahmed

Women in Pakistan constitute 48.5 per cent of the population but face systemic disadvantages in education, healthcare and economic participation. To realise the country's full potential, increa-sing women's economic participation is critical.

Pakistan hit rock bottom in the World Economic Forum's 2025 Global Gender Gap Index out of 148 countries, with 56.7pc gender parity; it has closed only 2.3pc of the gap since 2006. It ranks below Sudan, Chad, Iran, Guinea and Congo. In South Asia, Bangladesh holds the 24th position, demonstrating a far more favourable gender equality landscape. This is the second year in a row that Pakistan's gender parity score has declined.

This alone is a damning indictment of the little progress made — despite millions being poured into gender equality initiatives by international development agencies. However, the deeper problem is not lack of funding, but the misuse of a noble narrative to justify wasteful development programming. It should lead to deep introspection about why gender equality efforts keep failing.

Take, for example, the Asian Development Bank's (ADB) initiative with Pakistan's National Transmission and Despatch Company to increase female participation in technical and leadership roles.

A $182,000 technical assistance grant — part of the broader Power Transmission Enhance-ment Investment Programme — was awarded to support 'gender mainstreaming' through drafting a workplace gender policy, training 20pc of female staff and auditing an internship programme. This reads more like an HR department's annual plan than a serious development intervention. Any functional organisation with a competent HR team can perform such tasks.

So why is our ailing power sector the testing ground for gender experiments scripted in distant multilateral offices?

This is not an isolated case. ADB partnered with the State Bank of Pakistan (SBP) to develop a Wo--men Entrepreneurs Finance Code under a Wom-en-Inclusive Financial Sector Development Prog-ramme funded through a $5.5m grant and $150m loan.

In June 2025, another $350m loan was app-ro-ved to support women's access to finance and provide credit to women-led micro SMEs. The code, launched with fanfare, is merely a declaration of intent to close financing gaps by designating a leader to monitor data and introduce targets.

While gender-responsive finance is a valid policy goal, was this multimillion-dollar donor intervention truly necessary when the SBP already has the legal mandate, institutional capacity and technical expertise to design such policies? Or is this just donor funding chasing headlines, not solutions?

Has the central bank run out of ideas to promote financial inclusion, which it championed until a decade ago when the Economist Intelligence Unit rated Pakistan's microfinance regulatory framework the best in the world in 2010 and 2011, and the third best in 2013 and 2014? Either way, such supply-driven initiatives only weaken state institutions. ADB has been involved in Pakistan's financial sector since 2000, when it launched a $150m microfinance sector development programme to provide financial services to the poor, especially women. The World Bank is also actively involved in gender empowerment projects, focusing on education, economic participation and access to fin-ance.

In March this year, the World Bank approved a $102m loan to enhance access to microcredit and support the resilience of the microfinance sector. ADB and World Bank have extended loans for the same purpose for over 25 years. Similarly, bilateral donors continue to fund gender empowerment initiatives. The UK's FCDO-owned Karandaaz also invests in profitable banks and established corporates to increase access to SME finance, including for women entrepreneurs. This unneeded donor exuberance in Pakistan's most profitable financial sector underscores a lack of interest in addressing core development challenges. These initiatives mainly advance the careers and networks of donor staff, consultants and local counterparts. There is clearly a problem when aid becomes a lucrative industry. It absolves the government of its responsibility to work for the welfare of its citizens. This aid addiction — fostered by international donors — has contributed to institutional decay, economic stagnation and insurmountable debt.

In fact, the actual outcomes of donor programmes implemented over the past decades show deteriorating trends. Pakistan's credit-to-GDP ratio fell from 27pc in 2008 to 9pc in 2024 — the lowest among emerging countries. Credit remains concentrated in large corporates, with nearly 70pc allocated to manufacturing. This reflects banks' disconnect from the broader economy as well as the ineffectiveness of SBP regulation and donor involvement in the financial sector. More troubling is the steady decline in SMEs' access to finance.



Britain's newly appointed Prime Minister Andy Burnham reacts, as he arrives at 10 Downing Street after taking office, in London

Pak, Italy sign €20 mln concessional loan agreement for agriculture skills project

ISLAMABAD (APP): Pakistan and Italy on Monday signed a concessional loan agreement worth €20 million (approximately Rs 6.3 billion) to support the Professional Capacity Building and Extension in Agriculture project under Pakistan's Technical and Vocational Education and Training (TVET) National Reform Programme, aimed at strengthening agricultural skills development and vocational education in the country.

The agreement was signed by Secretary, Ministry of Economic Affairs, Muhammad Humair Karim and Ambassador of Italy, Marilina Armellin in the presence of senior officials from the Italian Agency for Development Cooperation, the Ministry of National Food Security and Research, and provincial departments.

The project was aimed to strengthen Pakistan's Technical and Vocational Education and Training (TVET) system, with a particular focus on the agriculture sector, by enhancing professional skills, improving technical certification, and promoting innovation across agricultural value chains.

The initiative was designed to build the capacity of farmers, extension workers, trainers, and other stakeholders through modern, demand-driven training programmes that contributed to increased productivity, sustainable agricultural practices, and improved livelihoods.

Under the programme, emphasis would be placed on the development of high-value crops and the strengthening of agro-food value chains. Dedicated training facilities would support stakeholders engaged in horticulture production, processing, and marketing, while fostering product diversification and value addition. The project would focus on crops including olives, pistachios, dates, mushrooms, cherries, grapes, peaches, and almonds, drawing upon Italian expertise in modern agronomic practices and Pakistan's significant agricultural potential. Over a period of 42 months, the programme would deliver 720 training courses benefiting an estimated 18,398 participants, including farmers, women, youth, and trainers, supported by the development of 11 standardized training curricula.

Bilal Azhar Kiyani, business community discuss tax reforms, export facilitation

ISLAMABAD (APP): Minister of State for Finance and Revenue, Bilal Azhar Kiyani here on Monday chaired a consultative meeting with representatives of the business and export sectors to discuss measures for improving the tax regime, facilitating exports, and fostering a more conducive business environment.

The meeting reviewed various policy and administrative measures to facilitate trade, strengthen industrial competitiveness, and support export-led growth, according to press release issued by finance ministry.

Discussions also covered the implementation of the Drawback of Local Taxes and Levies (DLTL), the Technology Upgradation Fund (TUF), and the Export Facilitation Scheme (EFS), with participants exchanging views on ways to further improve their effectiveness and facilitate timely implementation.

The representatives of the business community shared their perspectives on enhancing the ease of doing business, improving operational efficiency, and strengthening Pakistan's export competitiveness. The meeting reaffirmed the importance of continued public-private dialogue in support of sustainable economic growth.

The Minister of State reiterated the government's commitment to maintaining close engagement with the business community and to pursuing policies that promote investment, industrial development, exports, and economic growth.

He noted that the Ministry of Finance, the Federal Board of Revenue, and the Ministry of Commerce would continue to work closely with all stakeholders to facilitate trade and strengthen the country's export sector.

The meeting was attended by a delegation of business leaders, including Jawed Bilwani (Former President, Karachi Chamber of Commerce & Industry), Syed Ahtisham Mazhar (President, Sialkot Chamber of Commerce & Industry), Rana Imran, Jamshed Murtaza, Zubair Motiwala (Former President, KCCI), Khurram Mukhtar (Patron-in-Chief, Pakistan Textile Exporters Association), and Aslam Pakhali (CEO, FA International).

The meeting was attended by a delegation of business leaders, including Former President, Karachi Chamber of Commerce & Industry, Jawed Bilwani; President, Sialkot Chamber of Commerce & Industry, Syed Ahtisham Mazhar; Former President, Karachi Chamber of Commerce & Industry, Zubair Motiwala; Patron-in-Chief, Pakistan Textile Exporters Association, Khurram Mukhtar; and CEO, FA International, Aslam Pakhali, Rana Imran; Jamshed Murtaza.

Senior government officials also attended the meeting, including the Secretary of Commerce; Member Sales Tax, Federal Board of Revenue, Dr. Hamid Ateeq Sarwar; Chief Collector Exports & IOCO, Mohsin; and Member Customs Policy, Federal Board of Revenue, Ashhad Jawwad.

Abbasi says:

Railways record Rs.115bn revenue, ML-1 launch expected in September

RAWALPINDI (APP): Federal Minister for Railways Muhammad Hanif Abbasi on Monday said that Pakistan Railways had achieved a historic revenue target of Rs.115 billion, the highest in its history, while the current revenue goal would also be met by July 6.

Talking to media after inaugurating newly constructed guard and driver running rooms at Rawalpindi Railway Loco Shed, he said that the process of reforms in Pakistan Railways was underway and complete digitalization of the department was being ensured.

Hanif Abbasi said that after assuming his office in March last year, the ministry had reduced operational costs by Rs.3.6 billion within four months, saving a sizeable amount. He added that five trains had been outsourced, freight sector revenue had increased by 32%, and land earnings of divisions had recorded more than 50% growth.

To a question, the minister informed that the foundation stone of the ML-1 project's Rohri to Karachi section is expected to be laid by the Prime Minister in September.

The minister said railway schools and hospitals were being outsourced under a public-private partnership model, while rightsizing had also been implemented in various departments.

He said that power vans had not been overhauled for the past 20 years, adding that bids for procurement of 16 new power plants would be opened on Tuesday, and all power vans would be overhauled by March 23 next year.

He said refurbishment of four rakes of Awam Express had been completed as upgradation was already in process.

"All trains would be upgraded by June 2027", he added. Referring to future projects, he said work on ML-3 from Rohri to Zahidan was also underway and efforts were being made to initiate practical work during his tenure. He told that ECC has already approved ML-3 project.

The minister said that the exterior of Rawalpindi Railway Station would be upgraded on the pattern of Lahore, adding that arrangements for resources were being made and the project was expected to be completed by December. "We have discussed the upgradation of the bazaar, adjacent to Rawalpindi Railway Station.



Grieving Palestinian women react on the rubble after Israeli forces demolished the home of Palestinian Ahmed Masalmeh in Beit Awwa, Hebron, West Bank.

Agriculture machinery imports grew 24.76 %

ISLAMABAD (APP): The import of agriculture machinery and implements during last 11 months of current financial year grew by 24.76 percent as compared to the imports of the corresponding period of the last year.

During the period from July-May, 2026 agriculture machinery and implements worth of $123.781 million were imported as compared to the imports of $99.214 million of the same period of the last year, according the data of the Pakistan Bureau of Statistics.

Meanwhile, the import of agricultural chemicals during the period under review grew by 4.92 percent and it was recorded at $9.336 billion as compared to the imports of $8.898 billion of the same period of the last year, it added.

During last 11 months of the current financial year, over 939,261 metric tons of fertilizers manufactured valued of $539.675 million were imported as compared to the imports of 929,474 metric tons costing $576.116 million of the same period of the last year.

However, the import of fertilizer manufactured decreased by 6.33 percent during last 11 months of the current financial year as compared to the imports of the same period of the last year.

The imports of insecticides into the country during the period under review grew by 31.71 percent as 41,798 metric tons of insecticides costing $188.892 million were also imported as compared to the imports of 29,496 metric tons worth of $143.417 million of the same period of the last year.

Over 2.189 million metric tons of plastic materials valued at $2.561 billion were imported into the country in 11 months of current financial year as against the imports of 1.967 million metric tons valued at $2.455 billion of the same period of the last year.

The country spent an amount of $1.240 billion on the imports of medicinal products as compared to the imports of the $1.106 billion of the same period of the last year.



Supporters of Spain celebrate waving flags in Rome's Campo de' Fiori at the end of the FIFA World Cup final between Spain and Argentina, broadcasted on outdoor television screens at bars and restaurants



Spanish national football team fans gathered at the Supporters' Area in Plaza Colon in Madrid, the capital of Spain, to watch the FIFA 2026 World Cup final match between Spain and Argentina.

ICCI hosts session on preparing Pakistani businesses for remerging EU sustainability requirements

ISLAMABAD (APP): President, Islamabad Chamber of Commerce and Industry (ICCI), Sardar Tahir Mehmood, has emphasized that Pakistan's economic future hinges on export-led growth, enhanced industrial productivity and stronger integration with international markets, particularly the European Union.

He expressed these views while addressing the concluding session of an orientation workshop titled "CSDDD Readiness: Foundations & Practical Steps," organized at ICCI by the Trust for Democratic Education and Accountability (TDEA), a technical partner in the European Union-funded Huqooq-e-Pakistan II Programme, implemented by the United Nations Development Programme (UNDP).

Addressing exporters, entrepreneurs and members of the business community, Sardar Tahir Mehmood observed that the global trading landscape is evolving rapidly, with competitiveness increasingly shaped by sustainability, transparency, ethical business practices, resilient supply chains and compliance with emerging regulatory frameworks, including the Corporate Sustainability Due Diligence Directive (CSDDD). He stressed that Pakistani businesses should view these developments not as barriers but as opportunities for innovation, modernization and long-term competitiveness.

He added that export expansion remains an economic imperative for Pakistan, contributing to stronger foreign exchange reserves, industrial growth, employment generation and overall economic resilience.

He noted that the European Union remains one of Pakistan's most valuable trading partners.

Pak delegation explores green construction partnerships

BEIJING, APP): The 2026 Changsha International Green Intelligent Construction and Building Industrialization Expo, opened in Changsha, transforming the Changsha International Convention and Exhibition Center into a global showcase for next-generation building technologies.

With over 45,000 square meters of exhibition space, the three-day event has drawn industry leaders, policymakers, and business delegations from 29 countries and regions, under the theme "Technology Empowers Intelligent Construction; Innovation Leads to a Better Life".

For Pakistani visitors, the expo represents more than a technological spectacle, it is a strategic sourcing ground for scalable, cost-effective solutions to meet the country's growing infrastructure and housing needs. At the forefront of the overseas delegation is Abdul Basit, Head of Business Development at Fecto Group of Industries, one of Pakistan's oldest industrial houses established in 1952 with flagship operations in cement, sugar, tractors and mining CEN reported.

"Chinese technology is always helpful for Pakistan. Pakistan has a demand for high-quality building materials and intelligent construction technologies, and China offers leading solutions," Basit shared. "We are looking for a good partner who can come as a joint venture partner so we can jointly expand the cement factory."

Basit also revealed that Fecto Group held mining licenses in Balochistan and Gilgit-Baltistan and was actively seeking Chinese companies to cooperate on these untapped resources. This marked his first visit to Hunan province-a strategic choice as the region was home to several of the world's top 50 construction machinery manufacturers, many of which were showcasing their full industrial value chains with a focus on intelligent and eco-friendly equipment.

The expo was organized around three core pillars: intelligent equipment, "good housing" construction and urban renewal. Key innovations on display range from intelligent site safety equipment and automated cement leveling robots to low-carbon urban renewal technologies and smart living systems, providing a panoramic view of both domestic and international construction advances.

Among the most sought-after technologies is SANY's systematic green demolition and recycling service, which provides integrated solutions for controlled blast and eco-friendly material recovery. Hu Zhuling, President of Pakistan-Hunan Chamber of Commerce and Industry, noted that this particular innovation has attracted strong interest from the Pakistani side. "Pakistan has demand in this area, especially as the country accelerates its infrastructure modernization and urban redevelopment projects," she noted.

Major Hunan firms, including Hunan Construction Investment Group, have explored potential participation in infrastructure projects in Pakistan, highlighting a growing convergence between the province's technological expertise and Pakistan's development agenda.

The intelligent construction sector in Hunan has been on a steep growth trajectory. From January to May 2026, the province's construction industrialization and intelligent construction sector achieved an output value of RMB 157.9 billion, up 23.9 percent year-on-year. Modular designs, standardized components and scenario-based applications are rapidly taking shape across the industry. The expo serves as a comprehensive international platform for technology showcases, academic exchanges and trade matchmaking.

NOTICE INVITING TENDER

The Executive Engineer Urban Planning & Development Department Makran Division at Kech invites sealed percentage tender based on composite schedule of rates 2026, G.O.B. amended up-to-date from interested contractors / firms for the work listed below:

S. No	Name of Work	Estimated Cost	Earnest Money	Tender Fee	Time Limit
1	CONSTRUCTION OF BLACK TOP LINK ROAD FROM MASTER TABISH SHOP TO TOOCHAN KAREZ ZARGET BAZAR TURBAT. PSDP NO. 5473. TSE-2627071131873	9,900,987	2%	1000	30.06.2027
2	CONSTRUCTION OF BLACK TOP ROAD AT SATELLITE TOWN. PSDP NO. 5474. TSE-2627071131883	9,900,987	2%	1000	30.06.2027
3	CONSTRUCTION OF BLACK TOP AT MAIN ROAD BUG TURBAT. PSDP NO. 5453. TSE-2627071130953	9,900,987	2%	1000	30.06.2027
4	CONSTRUCTION OF BLACK TOP ROAD AT DASHTI BAZAR GULSHANABAD TURBAT. PSDP NO. 5471. TSE-2627071131853	9,900,987	2%	1000	30.06.2027
5	CONSTRUCTION OF BLACK TOP ROAD AT DASHTI BAZAR TURBAT. PSDP NO. 5472. TSE-2627071131863	9,900,987	2%	1000	30.06.2027
6	CONSTRUCTION OF BLACK TOP ROAD AT SARI KAHN TURBAT. PSDP NO. 5452. TSE-2627071130913	9,900,987	2%	1000	30.06.2027
7	CONSTRUCTION OF BLACK TOP ROAD FROM HASHIM SAVED HOUSE TO IMTIAZ SHOP TANZAG. PSDP NO. 5456. TSE-2627071131113	9,900,987	2%	1000	30.06.2027
8	CONSTRUCTION OF BLACK TOP ROAD FROM SAYED JAN HOUSE TO BABU AKHTAR HOUSE TURBAT. PSDP NO. 5470. TSE-2627071131803	9,900,987	2%	1000	30.06.2027
9	CONSTRUCTION OF BLACK TOP ROAD FROM ZUBIDA JALAL ROAD TO PERIKAN TURBAT. PSDP NO. 5459. TSE-2627071131463	9,900,987	2%	1000	30.06.2027
10	CONSTRUCTION OF MAIN ROAD MERI TURBAT. PSDP NO. 5454. TSE-2627071130983	9,900,987	2%	1000	30.06.2027
11	COMPLETION OF INCOMPLETE BLACK TOP AIRPORT SERVICE ROAD AT TURBAT. PSDP NO. 5475. TSE-2627071131893	9,900,987	2%	1000	30.06.2027
12	CONSTRUCTION OF SEWERAGE LANE & BLACK TOP ROAD AT PATHAN KAHOOR TURBAT. PSDP NO. 5457. TSE-2627071131143	9,900,190	2%	1000	30.06.2027
13	CONSTRUCTION OF SEWERAGE LANE & BLACK TOP ROAD FROM SUFI ASLAM HOUSE TO JAMIA MSJID KOSHK TURBAT. PSDP NO. 5461. TSE-2627071131523	9,900,190	2%	1000	30.06.2027
14	CONSTRUCTION OF SEWERAGE LINE FROM HATUM SHOP TO ABDOROK NALLA ABSOR. PSDP NO. 5468. TSE-2627071131683	9,900,530	2%	1000	30.06.2027
15	CONSTRUCTION OF SEWERAGE LINES FROM ASLAM HOUSE TO JAMMA MASJID MALIKABAD PSDP NO. 5462. TSE-2627071131753	9,900,978	2%	1000	30.06.2027
16	SOLARIZATION OF MEKRAN MEDICAL COLLEGE TURBAT. PSDP NO. 5448. TSE-2627071130773	19,800,839	2%	1000	30.06.2027
17	HALL FOR ARTS GALLERY TURBAT. PSDP NO. 5466. TSE-2627071131623	9,900,122	2%	1000	30.06.2027
18	CONSTRUCTION OF LIBRARY SHAHEED NAVEED MOD PERI KAHAN DISTRICT KECH. PSDP NO. 5484. TSE-2627071132183	14,999,462	2%	1000	30.06.2027
19	CEILING FOR MULTIPURPOSE HALL CULTURE CENTER TURBAT. PSDP NO. 5467. TSE-2627071131653	9,898,346	2%	1000	30.06.2027
20	CONSTRUCTION OF JANAZAGAH NOKABAD BAHMAN TURBAT. PSDP NO. 5455. TSE-2627071131033.	9,900,276	2%	1000	30.06.2027
21	CONSTRUCTION OF MISSING FACILITIES OF MASJID GULSHANABAD AND ZORBAZAR TURBAT. PSDP NO: 5460. TSE-2627071131483	9,900,895	2%	1000	30.06.2027
22	CONSTRUCTION OF BOUNDARY WALL OF FOOTBALL GROUND SHAHI TUMP. PSDP NO. 5451. TSE-2627071130813	9,900,578	2%	1000	30.06.2027
23	CONSTRUCTION OF BLACK TOP ROAD AT NAZD MUNICIPAL COMMITTEE WASHBOOD PANJGUR. PSDP NO. 5487. TSE-2627071132253	19,801,974	2%	1000	30.06.2027
24	CONSTRUCTION OF B.T ROAD AT GRAMKAN PANJGUR 1 KM PSDP NO. 5485. TSE-2627071132203	19,801,974	2%	1000	30.06.2027
25	CONSTRUCTION OF BLACK TOP ROAD AT KHUDABADAN PANJGUR 1 KM. PSDP NO. 5486. TSE-2627071132213	19,801,974	2%	1000	30.06.2027
26	CONSTRUCTION OF BBOUNDARY WALL AT MOSSA JAN CLUB KHUDABADAN PANJGOOR. PSDP NO. 5482. TSE-2627071132123	14,850,783	2%	1000	30.06.2027
27	PROVISION OF SOLAR SYTEM WITH 2 INCH SUBMERSIBLE FOR DRINKING WATER PURPOSE AT PREPARED SOURCES FOR VARIOUS VILLAGE PANJGUR II PSDP. NO. 5443. TSE-2627071130393	29,702,601	2%	1000	30.06.2027
28	CONSTRUCTION OF FOOTBALL STADIUM AT GRAMKAN PANJGUR. PSDP NO. 5479. TSE-2627071131933	29,702,771	2%	1000	30.06.2027
29	CONSTRUCTION OF FOOTBALL STADIUM AT KALA KUNHAKAN AT SORDO PANJGOOR. PSDP NO. 5481. TSE-2627071132003	29,702,771	2%	1000	30.06.2027
30	CONSTRUCTION OF FOOTBALL STADIUM AT WASHBOOD DISTRICT PANJGOOR. PSDP NO. 5480. TSE-2627071132113	29,702,771	2%	1000	30.06.2027
31	CONSTRUCTION OF FUTSAL GROUND AT GRAMKAN PANJGUR. PSDP NO. 5476. TSE-2627071131913	29,702,326	2%	1000	30.06.2027
32	CONSTRUCTION OF FUTSUL GROUND AT TASP PANJGOOR. PSDP NO. 5478. TSE-2627071131923	29,702,326	2%	1000	30.06.2027
33	CONSTRUCTION OF SEWERAGE LINE AT GRAMKAN DISTRICT PANJGUR. PSDP NO. 5493. TSE-2627071132283	19,801,095	2%	1000	30.06.2027
34	LAYING OF TUFF TILES AT MOHALLAH WAJA MUHAMMAD JAN NOKABAD TASP DISTRICT PANJGOOR. PSDP NO. 5488. TSE-2627071132263	9,900,619	2%	1000	30.06.2027
35	CONSTRUCTION OF ADDITIONAL COMPONENTS INCLUDING BOUNDARY WALL AND PROTECTION WALL AT LIBRARY IN GRAMKAN DISTRICT PANJGUR. PSDP NO. 5483 TSE-2627071132143	14,851,147	2%	1000	30.06.2027

Procurements shall be made under the Balochistan Public Procurement Rules – 2014. **Eligibility of Bidders:** Presence in Active Tax Payer List. The bidding firm must not be blacklisted by any procuring agency of Pakistan. Balochistan Revenue Authority Registration is required. The bidder must have completed 3 Assignment of similar nature of work. **Procedure Of Procurement:** Single Stage One Envelope Bidding Procedure. **Bid Security:** The bids must accompany Bid Security in the form of Bank Guarantee, Deposit at Call of 2 % specified above in the name of the under-signed from a scheduled bank. **Tender Documents**: The bidding documents can be obtained from the office of the under-signed Serial 1000 PKR. **Issuance of tender Documents:** From the date of publication of NIT to 5th August, 2026 during office hours on working days. **Last Date of bid submission:** The Tenders must be submitted latest by 5th August 2026 till 09:00 AM. **Tender opening**: All tenders will be opened on same day at the office of the undersigned at 10:00 AM. **Address**: Executive Engineer Urban Planning & Development Department Makran Division At Kech Phone no: 0852414060 Fax no: 0852414060
Email: xenurbanmakran@gmail.com

EXECUTIVE ENGINEER
Urban Planning & Development Department
Makran Division at Kech

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Pakistan, Canada vows to combat illegal immigration, human trafficking, cybercrime

ISLAMABAD, (APP): Pakistan and Canada have reaffirmed their commitment to expanding bilateral relations across a wide range of sectors, with a particular focus on trade, security cooperation, migration management and institutional collaboration, during a meeting between Federal Interior Minister Mohsin Naqvi and Canadian Foreign Minister Anita Anand at the Ministry of Interior.

The high-level meeting reviewed the overall state of Pakistan-Canada relations and explored avenues to strengthen cooperation in trade, security and people-to-people exchanges. Both sides also discussed enhancing collaboration to combat illegal immigration, human trafficking and cybercrime, while emphasizing the importance of coordinated efforts to address transnational security challenges.

The two ministers exchanged views on launching training and exchange programmes for law enforcement officials to enhance professional capacity and institutional cooperation.

They also agreed to expedite the signing of a Memorandum of Understanding (MoU) aimed at providing a structured framework for expanding bilateral cooperation in areas of mutual interest.

Regional developments and the prevailing security situation were also discussed during the meeting.

Interior Minister Mohsin Naqvi said Pakistan attaches great importance to its relationship with Canada and is committed to strengthening ties across all sectors. He noted that the Pakistani community in Canada continues to play a constructive and active role in contributing to the progress and prosperity of both countries, serving as an important bridge between the two nations. Minister of State for Interior Talal Chaudhry said that a comprehensive agreement to enhance cooperation in areas of shared interest would further strengthen bilateral relations and open new avenues for collaboration.

Canadian Foreign Minister Anita Anand reaffirmed Canada's commitment to maintaining strong relations with Pakistan, expressing her country's desire to further deepen bilateral engagement. She stressed the need for developing a formal framework to promote sustained cooperation and facilitate greater collaboration in mutually beneficial fields.

The meeting was attended by Minister of State for Interior Talal Chaudhry, the Canadian High Commissioner to Pakistan, the Director General of the Federal Investigation Agency (FIA), additional secretaries of the Ministry of Interior and other senior officials from both sides.



QUETTA: Jamaat-e-Islami Pakistan Central Vice Ameer Liaqat Baloch and Provincial Ameer and Member of the Provincial Assembly Maulana Hidayat-ur-Rehman called on Balochistan Governor Jaffar Khan Mandokhail.



ISLAMABAD: Justice Yahya Afridi, the Chief Justice of Pakistan/ Chairman, Law and Justice Commission of Pakistan (LJCP) chairing the 49th meeting of the LJCP at the Supreme Court of Pakistan.

LJCP vows to support Pakistan's economic development through modern, efficient, responsive justice system

ISLAMABAD, (APP): Recognising the pivotal role of a modern commercial justice system in promoting investment, economic growth and international trade, the Law and Justice Commission of Pakistan (LJCP), under the chairmanship of the Chief Justice of Pakistan, Monday recommended the establishment of International Commercial Court of Pakistan (ICCP) through a proposed constitutional amendment.

The recommendation was made at the 49th Meeting of the Law and Justice Commission of Pakistan, which was attended by the Attorney General for Pakistan, the Chief Justices of the High Courts, the Secretary, Ministry of Law and Justice and Members of the Commission. The Federal Minister for Law and Justice attended the meeting on special invitation.

The International Commercial Court of Pakistan (ICCP) has been proposed as an independent Federal Superior Court through the insertion of a new Article 212A in the Constitution.

It is envisaged to provide swift and efficient resolution of international commercial disputes, strengthen enforcement of arbitral awards, promote consistency and predictability in commercial jurisprudence, enhance investor confidence, and position Pakistan as a credible destination for international trade and investment.

Considering the constitutional nature of the proposal, the Commission resolved to recommend the proposed constitutional amendment to the Federal Government for consideration and initiation of the necessary legislative process. The recommendation reflects the Commission's vision of aligning Pakistan's commercial justice framework with international best practices and creating an enabling legal environment that supports sustainable economic growth and foreign direct investment.

The Commission also approved proposed amendments to Section 3A (1A) of the Banking Companies Ordinance, 1962, recommending that the jurisdiction of the Banking Mohtasib be extended to customers of microfinance banks and institutions.

The proposed reform seeks to provide millions of microfinance customers with an effective, affordable and accessible grievance redress mechanism, thereby strengthening consumer protection, promoting financial inclusion and reinforcing public confidence in the financial sector. The proposal has likewise been recommended to the Federal Government for appropriate legislative action.



QUETTA: Provincial Adviser for Sports and Youth Affairs Meena Majeed Baloch presents a medal and a certificate of appreciation to Abdul Razzaq Khilji in recognition of his outstanding international achievement.

University of Balochistan determined to move forward on path of academic excellence, institutional development

QUETTA, (VoM Report): Vice Chancellor of the University of Balochistan, Professor Dr. Zahoor Ahmad Bazai, has said that the institution is taking practical steps to improve academic standards, ensure transparent financial systems, promote quality research, and strengthen effective governance.

He expressed these views while presiding over the 99th Syndicate Meeting of the University of Balochistan. The meeting discussed in detail various academic, financial, and administrative matters.

The session was attended by Pro Vice Chancellor Professor Dr. Ghulam Razaq Shahwani, Registrar Gul Muhammad Kakar, Treasurer Khushhal Khan, Finance Department's Dr. Mansoor Baloch, Additional Secretary Colleges and Higher & Technical Education Department Janzeb Khan Mandokhail, deans of different faculties, directors, syndicate members, and senior university officials.

During the meeting, minutes of the Academic Council, Finance and Planning Committee, Selection Boards, e-Office System, and various Memorandum of Understanding (MoUs) were approved. Detailed discussions were also held on financial matters, faculty-related issues, teaching programs, policy reviews, and other institutional reforms.

In his address, Vice Chancellor Dr. Bazai praised the active role of syndicate members and reaffirmed his commitment to advancing the university in teaching, research, and innovation. He stressed that the university is determined to move forward on the path of academic excellence and institutional development.

Syndicate members assured full cooperation in promoting higher education and lauded the Vice Chancellor's leadership and reform initiatives.



QUETTA: CEO of Six Sigma Advertising Ahmed Shahzaib called on Director General Public Relations Balochistan Askar Khan.

President reaffirms Pakistan's commitment to dialogue, diplomacy, peaceful resolution of disputes

Felicitates British PM Andy Burnham on assuming office

ISLAMABAD, (APP): President Asif Ali Zardari on Monday extended his heartfelt felicitations to Prime Minister Andy Burnham on assuming office as Prime Minister of the United Kingdom. The president expressed the hope that under Prime Minister Burnham's leadership, Pakistan and the United Kingdom would further strengthen their longstanding bilateral partnership and expand cooperation across areas of mutual interest, a news release issued from Presidency said.

President Zardari reaffirmed Pakistan's commitment to dialogue, diplomacy and the peaceful resolution of disputes. He noted that, as the world, particularly the Gulf region, has been passing through a turbulent period since late February, Pakistan has played its part in promoting peace with the support of many brotherly countries.

No unilateral action can extinguish right of Kashmiri people to determine their own future: Masood

ISLAMABAD, (APP): Former Ambassador of Pakistan to the United States, China and the United Nations, and former President of Azad Jammu and Kashmir, Sardar Masood Khan said on Monday that the historic Accession to Pakistan resolution adopted on 19 July 1947 was the democratic expression of the overwhelming will of the people of Jammu and Kashmir.

Addressing a seminar commemorating Accession to Pakistan Day, he said the resolution was a defining political and constitutional milestone in the history of the Kashmir freedom movement, adding it reflected the aspirations of the Muslim majority of the State to determine their future in accordance with their identity, geography, economic interests and cultural affinity with Pakistan.

Khan recalled that the resolution, passed under the leadership of Sardar Muhammad Ibrahim Khan and the All Jammu and Kashmir Muslim Conference, declared that the State of Jammu and Kashmir should accede to Pakistan.

Sale of unsafe food not to be tolerated under any circumstances: BFA

QUETTA, (APP): The Balochistan Food Authority (BFA) successfully intercepted an attempt to supply 300 kilograms of rotten and hazardous chicken meat late Sunday night, preventing it from reaching the market and endangering public health.

According to BFA Spokesperson, the operation was carried out at Kuchlak Bypass on the directives of Director Operations after a tip-off was received. A passenger bus, bearing registration number BSC-217, was stopped and searched, leading to the recovery of the contaminated meat.

The joint action by Kuchlak Police and BFA teams ensured that the foul-smelling meat was seized before distribution. Authorities confirmed that the confiscated meat was later destroyed, while legal proceedings against those responsible have been initiated. The special operation continued until 1 AM, with BFA teams remaining active to safeguard public health.

Spain's triumph in FIFA World Cup 2026 reflection of exceptional teamwork: Gilani

ISLAMABAD, (APP): Chairman Senate Syed Yousaf Raza Gilani, on Monday, extended his heartfelt congratulations to the Government and people of Spain, the Spanish National Football Team, the coaching staff, and all the players on their remarkable victory in the FIFA World Cup 2026. In his congratulatory message, the Chairman Senate lauded Spain's outstanding performance throughout the tournament, describing their triumph as a reflection of exceptional teamwork, discipline, determination, and sporting excellence.

He said that Spain's consistent display of skill, tactical brilliance, and resilience throughout the competition rightfully earned them the title of world champions.

PM directs to ensure public welfare, achieve sustainable economic growth

Says all relevant ministries and departments must enhance mutual cooperation and coordination to accelerate the pace of development projects

ISLAMABAD, (APP): Prime Minister Shehbaz Sharif on Monday directed that all development projects of national importance must be completed within the stipulated timeframe while maintaining high quality.

The prime minister, in a meeting with Federal Minister for Planning, Development, and Special Initiatives, Professor Ahsan Iqbal, who called on him here, said that the timely completion of development projects was among the government's priorities to ensure public welfare, create employment opportunities, and achieve sustainable economic growth.

During the meeting, detailed discussions were held on ongoing development projects across the country and the progress made under the PSDP. The federal minister briefed the prime minister on current development schemes, their implementation status, and the future course of action.

Prime Minister Shehbaz instructed that all relevant ministries and departments must enhance mutual cooperation and coordination to accelerate the pace of development projects.



ISLAMABAD: UN Women Chief of Staff Mohammad Naciri called on Federal Minister for Law, Justice and Human Rights, Senator Azam Nazeer Tarar.

Balochistan's naturally gifted players representing Pakistan with distinction despite limited resources: Syedaal

ISLAMABAD, (APP): Deputy Chairman Senate Syedaal Khan Nasar on Monday said sports are a powerful instrument for promoting national unity, discipline, healthy lifestyles and constructive engagement among youth.

Addressing an event held to watch the live screening of the international football final at a local hotel, he said Pakistan's young generation possessed immense sporting talent that must be nurtured through better facilities, coaching and equal opportunities.

The event was organised by Muhammad Rauf Raja, Focal Person to the Prime Minister's Youth Programme on Tourism and Hospitality, in collaboration with Best Western Premier Hotel Islamabad. Among those in attendance were Muhammad Rauf Raja, General Manager of Best Western Premier Hotel Rashid Rauf Banday, FPCCI Vice President Tariq Jadoon, a delegation from the Rawalpindi Chamber of Small Traders and Small Industries, former international footballer Mubashir Sanjrani, the Ambassador of Palestine, diplomats from various embassies, members of the business community and young leaders. The deputy chairman particularly highlighted the football talent in Balochistan, saying the province had consistently produced naturally gifted players who had represented Pakistan with distinction despite limited resources.



RAMALLAH, WEST BANK: Relatives mourn during the funeral of 53 year-old Palestinian Awda Abulrahim Farahneh and 26 year-old Ahmed Adil Abu Muhu, who were killed in an Israeli raid at the village of Deir Jarir

D-8 nations adopt Istanbul Declaration ahead of COP31, launch climate cooperation plans for 2026-2030

ISLAMABAD, (APP): Environment ministers and senior representatives from all nine member states of the D-8 Organization for Economic Cooperation met in Istanbul and unanimously adopted the Istanbul Declaration, setting out a framework for climate cooperation ahead of COP31, scheduled to take place in Antalya from November 9 to 20. The meeting also agreed to begin work on a D-8 Adaptation Action Framework



for 2026-2030 and expand collaboration on climate resilience, finance, technology transfer and sustainable development, said a press release received here.

The first-ever D-8 Ministerial Meeting on Environment was held in Istanbul, Türkiye, under the theme, "Preparing for COP31: Advancing Climate Implementation through International Cooperation." The meeting marked the first ministerial-level platform in the history of the D-8 dedicated solely to environmental and climate issues.

The session was chaired by Türkiye's Minister of Environment, Urbanization and Climate Change, Murat Kurum, who was also the President-designate of COP31.

Chief Editor: Syed Abdul Wadood Shah printed at Shah Printing Press, Quetta and Published from Al-Syed Building M.A. Jinnah Road Quetta Ph. 2843190 E.mail: dailyvomqta@gmail.com.