



Why Mahira Khan no longer wants to discuss Shah Rukh Khan?

ARIF MEHMOOD KHAN
LAHORE: Prime Minister Muhammad Shehbaz Sharif has lauded the principled stance of Chairman Pakistan Cricket Board (PCB) Mohsin Naqvi's stance over holding of ICC Champions Trophy 2025 in Pakistan.
Chairman PCB Mohsin Naqvi called on Prime Minister Shehbaz Sharif as a resident on Sunday and briefed him about the recent developments regarding the ICC Champions Trophy.
The tournament is due to be held in Pakistan in February-March next, but the Board of Control for Cricket in India (BCCI) refused to send its team to Pakistan, after non-issuance of no-objection certificate (NOC) by its government to travel to Pakistan. The BCCI has demanded to play the tournament on its hybrid model with Indian team's matches and the final to be played in some other country like the United Arab Emirates (UAE). Mohsin Naqvi asked the ICC to allow a similar concession to Pakistan in all the ICC events to be played in India.
PM Shehbaz Sharif

PM lauds PCB's principled stance on ICC Champions Trophy



said that Chairman PCB Mohsin Naqvi's stance reflected the voice of Pakistanis, adding that Naqvi had represented sentiments of the 240 million Pakistanis before the ICC.

“Pakistan's prestige is the first and foremost while everything else is secondary,” the premier stressed. Chairman PCB Mohsin Naqvi, who also holds the portfolio of country's interior minister, said the PCB is fully prepared to conduct the ICC Champions Trophy 2025 in Pakistan and all preparations were in place. He assured that the PCB wants Pakistan and cricket to be the winners, adding that the nation will receive a good news on the ICC Champions Trophy in Pakistan.

FO activates crisis management unit for citizens stranded in Syria

AYESHA REHAN
ISLAMABAD: In light of the escalating conflict in Syria, the Pakistani government has activated its Crisis Management Unit (CMU) to assist its citizens amidst the rapidly deteriorating situation. The Syrian army reportedly informed its officers early today that President Bashar al-Assad's regime has collapsed following a swift rebel offensive that has reached Damascus.
The Pakistani Ministry of Foreign Affairs (MOFA) has urged Pakistanis currently residing in Syria, as well as their families, to contact the CMU for support. The contact details are as follows: Telephone: 051-9207887, Email: cmu@mofa.gov.pk.
Simultaneously, the Pakistani Embassy in Damascus remains actively engaged in providing assistance to nationals. The embassy can be reached through mobile/WhatsApp at: +963 987 127 822 or +963 990 138 972.
Additionally, the embassy's official email address is parepdamascus@mofa.gov.pk.

Founder of Pakistan Tehreek-e-Insaf (PTI) has no future: Attaullah Tara

SAMRA ATHAR
ISLAMABAD: Federal Minister for Information and Broadcasting Attaullah Tara has said the founder of Pakistan Tehreek-e-Insaf (PTI) has no future, and ensuring protection of minorities' rights remains the government's foremost priority. Speaking at a Christmas cake-cutting ceremony at the Bihar Colony church ground here on Sunday, he criticised the PTI's failed plans to storm Islamabad. He also declared that the country's economy was now on the right track and that any attempts at a civil disobedience movement would fail miserably.
He stressed that the PTI and its leader's politics of chaos and violence had been rejected by people, adding that the party had no interest in addressing public issues and had only promoted a culture of unrest and destruction.
“The PTI's attempt to stage a sit-in in Islamabad failed badly, and now they are threatening a civil disobedience movement, which, like their past propaganda, will flop,” he added.
Tara also extended heartfelt Christmas wishes to the Christian community.



who sacrificed his life for the nation while serving in the Pakistan Army, and Cecil Chaudhry, who represented Pakistan internationally. “The Christian community has produced some of the world's best fighter pilots, and like all communities, they have contributed significantly to Pakistan's development,” he added. The minister reaffirmed his commitment to raising his voice for minorities' rights and standing against any form of oppression or violence. About the economic situation, Attaullah Tara praised the leadership of Prime Minister

Shehbaz Sharif, stating that positive government policies had put the economy on the right track. “Foreign exchange reserves have increased, inflation is now below 4%, and foreign investors are showing interest in Pakistan, which will reduce unemployment and boost exports,” he noted. He also assured his constituency's residents of his dedication to their well-being, recalling that their votes had made him an MNA and a federal minister. “I always introduce myself as belonging to this constituency, home to 70,000 Christians,” he shared.

Gilani Condolences with NA Speaker on sister's demise

HUMA REHAN
ISLAMABAD: Senate Chairman Syed Yusuf Raza Gilani on Sunday expressed profound sorrow and extended condolences over the passing of the elder sister of Speaker National Assembly Sardar Ayaz Sadiq.
In his condolence message, Gilani offered prayers for the departed soul, saying, “May Allah grant the deceased a place in Jannat-ul-Firdaus and bless the family with the strength to endure this irreparable loss.”
He prayed for the elevation of the deceased's rank in Jannah and patience and resilience for the bereaved family.



AJK govt repeals presidential ordinance after successful talks with protestors

PEAK POINT
MUZZAFARABAD: The government of Azad Jammu and Kashmir (AJK) on Sunday repealed the controversial presidential ordinance after it reached an agreement with the Jammu and Kashmir Joint Awaraz Action Committee on 16-points following negotiations.
The protestors received the notification of the repeal of the ordinance after which they announced that their sit-in was over.
The Joint Action Committee also announced the end of the lockdown and said that



cancelled today. The notification regarding the property tax will be issued today. Barring 50, all FIRs will be cancelled within 30 days. Sacked government employees Sohaib Arif and Danial Arif will be reinstated within seven days. The brother of Azhar, who was martyred during protests, will be given permanent government job within seven days.

Each injured person will be paid Rs1 million within seven days. The meter connections of the houses, which were bulldozed during the expansion of the Mangla Dam, would be severed. The Punjab government will pay for two separate Azad Pattan to Soan Road, which had been damaged during the construction of the Azad Pattan Dam. In future, electricity meters will be purchased through E-tendering. The quality as well as the allocation of flour will be increased. Funds will be released to the local bodies' office-bearers.
A committee will be formed for holding student union elections, and that the Charter of Demands will be implemented in six months.
It is reportedly that talks between the Joint Public Action Committee and Azad Jammu and Kashmir (AJK) Ministerial Negotiation Committee had failed.
Protesters marched towards the entry point in Muzaffarabad. In Poonch division, protesters blocked the Kohala entry point and Dhalok entry point in Palindri.

Iranian state media says embassy in Damascus 'attacked'

BY: AFP
left Damascus on Sunday for neighbouring Lebanon, a diplomatic source told AFP, after Syrian rebel forces seized the capital and declared the end of President Bashar al-Assad's rule.
The foreign ministry official, speaking on condition of anonymity, said the embassy's 50 employees including the mission's chief arrived in Beirut by land, and are all in good condition, adding that the evacuation was “due to the tensions in Damascus... the full withdrawal of the army and the loss of security.”
Iraqi embassy staff

Syria enters 'new era' as rebels seize Damascus, Assad reportedly flees

BY: NEWS AGENCIES
DAMASCUS: Syrian rebels declared a “new era” on Sunday, claiming control over the capital, Damascus, and alleging that President Bashar al-Assad has fled the country. Rebel factions announced on Telegram that “Damascus is free of the tyrant” and called on Syrians abroad to return to a liberated Syria. They vowed to restore stability after 13 years of crises, tyrannical rule and displacement.
Rebel leader Abu Mohammed al-Jolani of Hayat Tahrir al-Sham (HTS) ordered forces not to approach official institutions in Damascus, leaving them under the supervision of Prime Minister Mohammed al-Jalali until an official handover occurs. Al-Jolani emphasized main-



Assad's longstanding rule. AFP reported that Islamist-led rebels declared that they have taken Damascus in a lightning offensive on Sunday, sending President Bashar al-Assad fleeing and ending five decades of Baath rule in Syria.
Residents in the Syrian capital were seen cheering in the streets of Damascus, as the rebel

crimes and tyranny and (forced) displacement... we announce today the end of this dark period and the start of a new era for Syria,” the rebel factions said on Telegram.
Prime Minister Mohammed al-Jalali said he was ready to cooperate with “any leadership chosen by the Syrian people.”
The head of the Syrian Observatory for Human Rights, Rami Abdel Rahman, told AFP Assad left Syria via Damascus international airport before the army security forces left the facility. AFP was unable to immediately confirm the report, which follows a source close to Hezbollah saying fighters from the key Assad ally had left their positions around Damascus.
HTS said their fighters broke into a jail on the

outsights of the capital, announcing an “end of the era of tyranny in the prison of Sednaya” which has become a by-word for darkest abuses of the Syrian regime.
The rapid developments in Damascus came only hours after HTS said they had captured the strategic city of Homs, on the way to the capital.
The defence ministry earlier denied that rebels had entered Homs, describing the situation there as “safe and stable.”
Homs lies about 140 kilometres (85 miles) north of the capital and was the third major city seized by the rebels who began their advance on November 27, reigniting a years-long war that had become largely dormant.
Monitoring events in Damascus, the Britain-based Observatory con-

firming “the doors of the infamous ‘Sednaya’ prison” have been opened for thousands of detainees who were imprisoned by the security apparatus throughout the regime's rule.
Assad's government has earlier denied the army had withdrawn from areas around Damascus.
Reports the president had fled were followed by the premier saying he was ready to “cooperate” with a new leadership and any handover process.
This country can be a normal country that builds good relations with its neighbours and the world... but this issue is up to any leadership chosen by the Syrian people.”
Assad's last speech broadcast on his Facebook account. Assad has for years been backed by Lebanese Hezbollah, whose forces “vacated their positions around Damascus” according to a source close to the group.
Hezbollah “has instructed its fighters in recent hours to withdraw from the Homs area, with some heading to Latakia (in Syria) and others to the Hermel area in Lebanon”, the source also told AFP. AFP has been unable to independently verify some of the information provided by the government and the rebels, as its journalists cannot reach the areas around Damascus where the rebels say they are present. Residents of the capital described to AFP a state of panic on Saturday as traffic jams clogged the city centre, people sought supplies and queued to withdraw money from ATMs.



PCB Chairman Mohsin Naqvi inaugurates upgraded LCCA Pavilion and Sports Shop

ARIF MEHMOOD KHAN
 ISLAMABAD: Pakistan Cricket Board (PCB) Chairman Syed Mohsin Raza Naqvi officially inaugurated the newly-upgraded Lahore City Cricket Association (LCCA) Pavilion, highlighting its extensive improvements designed to enhance player facilities.

LCCA President Khawaja Nadeem Ahmed warmly welcomed the PCB Chairman Mohsin Naqvi on his arrival. During the visit, Mohsin Naqvi also launched the newly established Lahore Regional Cricket Association (LRCA) sports shop, which aims to meet the needs of both players and cricket enthusiasts. Commending the swift and high-quality renovation work, the PCB chairman expressed his congratulations to Khawaja



Sameer Ahmed, LRCA President, Nadeem, along with PCB's Khawaja Director of Academies Nadeem Khan, Senior General Manager Domestic Junaid Zia, and other officials. From LRCA, its

Secretary Shahid Hamid Butt, North Zone President Ijaz Butt, West Zone President Sardar Noshad Ahmed, Advisor to LRCA President Azhar Zaidi, Shoab Dar, Mian M Aslam, Nasser Shehzad.

Malik Sarwar, Waqar Malik, Masood Anwar, M Arshad, Mian Mubeen, Malik Ataur Rehman, Waqas Ahmed, Zia-ul-Qamar, Ali Taqir Shah, Shehzad Malik, Waqar Baig, Majid Khan, Asghar Naz, Munawar Javed, Malik Riaz, Hafiz Shahbaz Ali, Ijaz Shah, Raja Azmat, Irfan Munwar, Waqar Al-Muneer, Abid Hussain and others also attended the event.

PCB Chairman Mohsin Naqvi has declined to comment on the ongoing impasse surrounding the Champions Trophy 2025. He said that discussions are underway, but he refrained from addressing premature developments. "I am not going to talk about any development. Yes, things are under discussion. Today's meeting has also been postponed. We are waiting for the ICC to sort out the matter," Naqvi remarked in response to media queries.

Despite the uncertainty, Naqvi expressed optimism that the eventual decision would benefit both Pakistan and international cricket.

When asked about ICC President Jay Shah's stance on maintaining neutrality in global cricket affairs, Naqvi said, "If the ICC remains neutral, it will be good for international cricket."

England beat New Zealand by 323 runs to secure series

PEAK POINT
 ENGLAND: England beat New Zealand by 323 runs after tea on the third day of the second test in Wellington on Sunday to secure an unassailable 2-0 lead in the three-match series.

Captain Ben Stokes took 3-5 for England, while Tom Blundell was New Zealand's highest scorer with 115.

England faced some resistance from New Zealand in the shape of Tom Blundell's defiant century but dismissed the Black Caps for 299 to wrap up a thumping 323-run victory on the third day of the second test on Sunday.

The win in Wellington, seven days after an equally comfortable eight-wicket victory in Christchurch, ensured England a first series win in New Zealand since 2008 with the Hamilton test still to come.

Joe Root earlier secured his 36th test hundred before England skipper Ben Stokes declared on 427-6 to present the Black Caps



with a mammoth target of 583. Blundell bucked his recent form with a 102-ball 115 but the damage had already been done to the New Zealand top order by England's rampant seam attack. When Blundell was dismissed by a fine catch from Ben Duckett off the bowling of spinner Shoab

grace for England's biggest ever victory by runs over New Zealand when Tim Southee swung big looking for a six but only managed to find Chris Woakes.

Stokes paid tribute to Harry Brook, who was named Player of the Match for his century in the first innings, and Ollie Pope for the partnership that dragged England back into the match on the opening day.

"Amazing to be stood here winning the series, in particular after being 43-4 on day one," said Stokes.

"I think Harry Brook and Ollie Pope were just amazing on day one, to go out there and play like that. That wicket, in cricket terms, is what we call a snake pit. 'To have the skill to be able to go out and play like that was just absolutely phenomenal. We've been unbelievably with the ball but I think the way that Harry Brook and Ollie Pope played on day one set this game up for us."



CAPE TOWN: National Team players participate in training session in a local club here on Sunday.

Rayyan Zaman Wins 16th Redtone International Junior Squash Championship

MUHAMMAD HARIS
 ISLAMABAD: In a thrilling display of skill and determination, Pakistan's Muhammad Rayyan Zaman has emerged victorious in the 16th Redtone International Junior Squash Championship 2024, held in the Under-9 category. Zaman, the grand champion of squash legend Qamar Zaman and son of former champion Mansoor Zaman, demonstrated exceptional prowess on the squash court, defeating Malaysia's Sai Nideesh 3-0 in the final match. The convincing score reflected Zaman's dominance throughout the tournament. This impressive achievement is a testament to his exceptional skills, dedication, and the rich squash legacy of his family.



family. The win is also a reflection of the hard work and dedication of his coaches, trainers, and family members who have supported him throughout his journey. The 16th Redtone

International Junior Squash Championship 2024 was a highly competitive tournament that brought together some of the best young squash players from around the world. Zaman's victory in the Under-9 category is a significant achievement, highlighting his potential to become a top-ranked squash player in the future. Pakistan's squash community is thrilled with Zaman's achievement, and his win is expected to inspire a new generation of young squash players in the country. With his impressive win, Zaman has made a significant contribution to Pakistan's rich squash heritage, and his achievement will be remembered for a long time to come.

36th Provincial Snooker Championship begins

PEAK POINT
 PESHAWAR: The 36th Provincial Snooker Championship began at the Rocket Snooker Club, Rocket Snooker Factory owner Muhammad Imran inaugurated the competitions. On this occasion, President KP Snooker Association Zulfikar Butt and other personalities were also present. Addressing the inaugural ceremony, the chief guest Muhammad Imran announced that the best players in these competitions will be sent to Q Club Thailand for training in collaboration with the KP Snooker Association. He said



that we do not have a shortage of talent, the players need to be given opportunities and the KP Snooker Association is providing opportunities to these players by organizing such competitions continuously. KP Snooker Association President Zulfikar Butt said that the players who perform best in these competitions will also be selected for national championship. Six players will represent Khyber Pakhtunkhwa in the National Snooker Championship to be held in Karachi.

Umar Siddiq stars in Lake City Panthers first win

JAVED KHAN
 RAWALPINDI: Opening batter Umar Siddiq smashed a brilliant unbeaten 78 and allrounder Amad Butt grabbed three wickets as Lake City Panthers routed Engro Dolphins by eight wickets to open their account in the Bahria Town Champions T20 Cup in Rawalpindi on Sunday. Siddiq's aggressive 53-ball knock was spiced with four towering sixes and seven boundaries. He gave Lake City Panthers a rollicking start with 35 coming in the first three overs and by the tenth over they had reached 86 for the loss of Sharjeel Khan 14, Siddiq and stand-in skipper Haider Ali, deputising for Unif Shadab Khan, added a rapid 101 for the second



wicket to bring their team within 23 runs of victory. Mubasir Khan, who scored 16 not out, hit the winning six as the 16-run target was achieved in 16 overs. Haider's 28-ball 46 contained five boundaries and two sixes.

Engro Dolphins' total of 160-8 showed most of the batters got starts but did not make it big, with promising youngster Muhammad Huraira the highest scorer with a 32-ball 37 that contained four boundaries and a six. Muhammad Suleman struck two sixes and a boundary in his 27-ball 34 while Muhammad Ghazi Ghori (27, 16b, 3x4s, 1x6) and Shayam Sheikh (20, 12b, 4x4s) chipped in with useful contributions as 55 runs came in the last five overs.

For Panthers, all-rounder Amad Butt was the pick of the bowlers with 3-19, while Mohammad Ibtisam finished with 2-30.

Scores in brief:
 Match 3 - Lake City Panthers beat Engro Dolphins by eight wickets, Rawalpindi Cricket Stadium.

Engro Dolphins 160-8 in 20 overs (Mohammad Huraira 37, Mohammad Suleman 34, Muhammad Ghazi Ghori 27, Shayam Sheikh 20, Amad Butt 39, Mohammad Ibtisam 2-30).

Lake City Panthers 161-2 in 16 overs (Umar Siddiq 78 not out, Haider Ali 46).

Player of the match - Umar Siddiq (Lake City Panthers).

Farooq Alvi upfront in 41st Millat Tractors Governors Cup Golf

SEHRISH NAZ
 LAHORE: Farooq Alvi of Skyview Golf Club displayed exceptional skill and determination to secure the top spot on the leaderboard in the scenic 18-hole Lahore Gymkhana Golf Course, that provided a stunning backdrop for the second day of the 41st Millat Tractors Governor's Cup Golf Championship.

The tournament witnessed flawless performances from a competitive field dominated by amateur golfers with mid-range handicaps. Leader Farooq Alvi's second-round brilliance came in the form of a net score of 69, propelling him past the first-day leader, Mohymin Maneka. With an aggregate of 138 over two rounds, Alvi's consistent hitting and composure under pressure have made him a formidable contender for the title.

In contrast, Maneka, who dazzled on the opening day with a net 67, faltered slightly on Saturday with a modest net 73, dropping him two strokes behind Alvi at a total of 140. Sharing second place with Mohymin is Fareed Maneka, another strong contender with a two-day aggregate of 140.



Mountain Melodies: Honoring Pakistan's Folk Music and Cultural Heritage

PEAK POINT
ISLAMABAD: Serena Hotels, as part of its Cultural Diplomacy Initiative, joined hands with Aga Khan Cultural Services Pakistan and the Aga Khan Foundation to celebrate and promote the rich cultural music and heritage of Pakistan through a delightful evening of folk music. The event was a mesmerizing journey into Pakistan's vibrant traditions, featuring melodious tunes and captivating performances that showcased the essence of the nation's cultural identity.



Renowned artists, including Dr. Masuma, Ustad Noor Bakhs, Ustad Doshambay, and talented students from the Leif Larsen Music Centre, performed live, leaving the audience fascinated with their artistry and passion. The Leif Larsen Music Centre, founded in April 2011 at the historic Altit Fort, serves as a beacon of the revival of folk music of the region. It provides invaluable facilities for traditional musicians and performers from Gilgit-Baltistan and Chitral, enabling them to mentor youth in diverse traditions and genres of mountain music, ensuring the continuity of these cherished art forms. The event was further graced by the Norwegian Ambassador H.E. Per Albert Isaacs, who attended as the Chief Guest. In his address, the Ambassador highlighted the profound impact of cultural initiatives in bridging communities and promoting mutual understanding. He highly praised the collaboration between Serena

Hotels, Aga Khan Cultural Services Pakistan, and the Aga Khan Foundation as a shining example of how cultural exchange can celebrate diversity, preserve heritage, and strengthen the bonds between different cultures. The Ambassador emphasized that events like these not only showcase the richness of Pakistan's traditions but also serve as a universal language that unites people across geographical and cultural boundaries. Serena Hotels remains at the forefront of promoting Cultural Diplomacy through various initiatives that celebrate and preserve Pakistan's rich heritage. These include the Saran Art Gallery, dedicated to exhibiting contemporary art; crafts festivals that honor and support the work of local artisans; and the musical platform Sarang, which promotes traditional musical talent. Through these endeavors, Serena Hotels reaffirms its commitment to preserving cultural traditions while encouraging interchange and artistic collaboration on both national and international levels.

Protein & Nutrition

The Role of Protein in Muscle Recovery and Supplements for Athletes

Dr. Mehwish Manzoor Guljar
As an athlete, you understand the importance of proper nutrition for optimal performance and recovery. One essential nutrient that plays a critical role in muscle recovery is protein. In this discussion, we'll delve into the science behind protein and muscle recovery, and discuss the best protein sources and supplements for athletes.

This damage triggers an inflammatory response, which leads to muscle soreness and fatigue. Protein plays a crucial role in repairing and rebuilding muscle tissue. Protein is composed of amino acids, which are the building blocks of muscle tissue. When you consume protein, your body breaks it down into amino acids, which are then absorbed into the

bloodstream. These amino acids are transported to the muscles, where they're used to repair and rebuild muscle tissue. The importance of Timing The timing of protein intake is critical for muscle recovery. Research shows that consuming protein within 30-60 minutes after exercise, known as the "anabolic window," can help promote muscle recovery and growth.

Best Protein Sources for Athletes While there are many protein sources available, some are better suited for athletes than others. Here are some of the best protein sources for athletes: 1. Lean Meats: Chicken, turkey, and lean beef are excellent sources of protein for athletes. 2. Fish: Fatty fish like salmon and tuna are rich in protein and omega-3 fatty acids, which can help reduce inflammation. 3. Eggs: Eggs are an excellent

source of protein and contain all the essential amino acids. 4. Dairy: Milk, Greek yogurt, and cottage cheese are rich in protein and can help support muscle recovery. 5. Plant-Based Options: Legumes, beans, and lentils are excellent protein sources for athletes. Protein Supplements for Athletes

While whole foods should always be the primary source of protein, supplements can be a convenient and effective way to increase protein intake. Here are some popular protein supplements for athletes: 1. Whey Protein: Whey protein is a fast-digesting protein that's rich in essential amino acids. 2. Casein Protein: Casein protein is a slow-digesting protein that can help promote muscle recovery during sleep. 3. Plant-Based Protein

Powders: Pea protein, rice protein, and hemp protein are popular plant-based protein powders for athletes. When choosing a protein supplement, consider the following factors: 1. Protein Content: Look for a supplement that contains at least 20 grams of protein per serving. 2. Protein Source: Choose a supplement that's made from a high-quality protein source, such as whey, casein, 3. Additives and Sweeteners: Opt for a supplement that's low in added sugars, artificial flavors, and sweeteners. 4. Certifications: Look for a supplement that's certified by a third-party organization, such as NSF International or the Informed-Choice.

Protein plays a critical role in muscle recovery, and athletes require adequate protein intake to support muscle growth and repair. While whole foods should always be the primary source of protein, supplements can be a convenient and effective way to increase protein intake. By choosing a high-quality protein supplement and following the tips outlined in this article, athletes can optimize their protein intake and support muscle recovery.

Youth Must Exercise Caution

Abdul Basit Alvi
Propaganda is another form of misinformation that circulates on social media, but it is typically more deliberate and strategic. It involves manipulating content to influence public opinion or promote a specific agenda, often by distorting the truth or omitting critical facts. Campaigns, political parties, and interest groups have long used propaganda to gain power or advance ideologies—and with the rise of social media, the reach and impact of this tactic have grown exponentially. Social media platforms offer a perfect environment for propaganda, as they allow for highly targeted messaging to specific audiences. For instance, political campaigns can leverage data analytics and social media advertising to deliver personalized content aimed at exploiting fears, hopes, and biases by selectively sharing information or distorting facts, propagandists can influence public perceptions and sway opinions on a wide range of issues, from elections to global conflicts. In recent years, the involvement of foreign actors in spreading propaganda via social media has raised significant concerns. State-sponsored entities have used these platforms to influence elections, fuel political divisions, and even weaken democratic institutions. A notable example is the 2016 U.S. presidential election, when Russian operatives used social media to spread divisive narratives and disinformation, highlighting how propaganda can be weaponized online. In response to the growing

use of social media, some countries have started incorporating social media checks into their visa application processes as a way to vet applicants and assess potential security risks. Governments are increasingly worried about the security threats posed by foreign nationals entering their countries. By reviewing an applicant's social media presence, immigration authorities hope to gain deeper insights into their background, character, and possible intentions. Social media checks are also used to verify travel histories or confirm the accuracy of claims made in visa applications. Several countries have already integrated social media checks into their visa processes, with others considering it. The U.S. stands out as one of the most prominent examples. In 2019, the U.S. Department of State expanded its visa screening procedures by requesting social media handles from applicants for both immigrant and non-immigrant visas. This pol-

icy, which applies to applicants from nearly all countries, requires individuals to provide their usernames for platforms such as Facebook, Twitter, Instagram, LinkedIn, and YouTube. The aim is to more effectively assess an applicant's character and ensure they do not pose a security risk. The Trump administration particularly emphasized the role of social media in tracking potential terrorists and identifying national security threats. Unfortunately, many Pakistani youth are unaware of these practices, which can lead to difficulties when applying for visas, living, or working abroad. Recent reports indicate that Pakistani citizens, especially the youth, are facing significant challenges in obtaining visas to the UAE and local officials. Emirati authorities raised concerns about the suspension of visas. UAE officials pointed out that Pakistani citizens have been involved in political protests, and some Pakistani Arabs have been critical of the UAE government. They noted that the use of social media by Pakistani nationals in the UAE has not been viewed positively. Additionally, authorities reported that some Pakistani job seekers in the UAE were found to have falsified their academic credentials, while others had altered their identity cards and passports through fraudulent means. UAE officials also cited concerns about the higher proportion of Pakistani citizens involved in criminal activities, such as theft, fraud, begging, prostitution, and drug-related offenses,

compared to nationals of other countries. These findings were presented in a cabinet meeting, and were significant in the decision to impose visa restrictions on Pakistani nationals in the interconnected world, young people living and working abroad are not just gaining personal experience—they are also representing their home countries on the global stage. Whether they are studying at a foreign university, interning with an international company, or traveling for work, young individuals have a unique opportunity to influence how the world perceives both themselves and their nation. A positive global image can strengthen international relationships, attract investment, and encourage cultural exchange. When youth move abroad, they bring their culture, values, and traditions with them. However, how they present their culture plays a critical role in shaping perceptions. As informal ambassadors of their countries, young people can educate others, challenge stereotypes, and foster mutual respect between nations. Through simple, everyday actions—such as celebrating national holidays, sharing traditional recipes, or discussing the history and customs of their homeland—youth can make a meaningful impact. For example, a young person from Pakistan living in the UK might introduce their friends to marriage celebrations. These small gestures of cultural sharing contribute greatly to broadening understanding and humanizing the perception of their country. While it's important for young people to represent their own culture, it is equally vital to understand

respect for and understand the culture of the host country. By being open to learning about local traditions, values, and social norms, youth can demonstrate respect for diversity and foster goodwill. This creates a balanced relationship in which both cultures are celebrated, rather than just one. Every country carries its own stereotypes—both positive and negative—that influence how it is perceived. Young people can challenge these misconceptions by embodying the best qualities of their homeland, whether it's professionalism, kindness, or cooperation. For example, if a young person from a country with a reputation for political instability remains calm and respectful in daily interactions, they can shift perceptions, one conversation at a time. In professional settings, youth have a unique opportunity to showcase their work ethic, skills, and ability to collaborate in diverse environments. Professionalism is one of the most effective ways to improve their personal image and their home country's reputation. How youth perform at work, manage deadlines, and engage with colleagues speaks volumes—not only about them, but about where they come from. By demonstrating dedication, initiative, and responsibility, young people can highlight the professional strengths of their home nation. Whether delivering excellent results during an internship or contributing actively to a team, being reliable and hardworking leaves a lasting impression. In many international environments, young people work alongside colleagues from various cultural backgrounds. The ability to communicate

effectively and respectfully across these differences is an invaluable skill. By embracing cultural diversity and adapting to different communication styles, youth can build stronger professional relationships and contribute to a collaborative, inclusive work environment. This, in turn, fosters a positive image of their adaptable and culturally aware nation, which reflects well on their home country. Youth who bring fresh ideas or innovative solutions to the workplace can leave a lasting impact. Whether suggesting ways to improve processes or offering creative problem-solving approaches, youth can showcase the intellectual and entrepreneurial potential of their home country. Innovation is universally admired, and when a young person contributes their unique perspectives, it highlights the diverse talents emerging from their homeland. One of the best ways to contribute for youth to enhance both their personal and national reputation while abroad is by getting involved in local initiatives. This not only helps youth integrate into their host country but also demonstrates their commitment to making a positive impact. Volunteering at local charity organizations, environmental movements, or cultural exchange programs offers a way to connect to global causes while promoting the values shared in their home country. For example, a student from Pakistan studying in Canada might volunteer at a local shelter or participate in an environmental cleanup event. These activities showcase the individual's concern for social and environmental issues, while promoting a positive image of their home country's values. Many young people today are passionate

about social causes, and social media allows them to raise awareness and advocate for issues such as environmental sustainability, gender equality, or human rights. By aligning with global movements, youth can show that their home country is engaged with these important causes, boosting both their own reputation and that of their nation as progressive and socially responsible. In addition to their online presence, youth can also enhance their country's image through respectful and responsible behavior abroad. Simple actions—like following local laws, respecting cultural norms, and being courteous—can significantly influence how their home country is perceived. It's essential for youth to be mindful of the customs, regulations, and social etiquette in their host country to avoid misunderstandings and reflect positively on themselves and their homeland. For example, someone from a country where tipping is common might make an effort to learn the local tipping practices. Being environmentally conscious—reducing waste, conserving resources, and respecting nature—also creates a positive impression and shows a commitment to global well-being, reflecting the progressive values of their home country. To maximize opportunities abroad and their homeland, youth should exercise maturity and responsibility, particularly when engaging on social media. It's crucial to avoid spreading misinformation or participating in harmful online behavior. By being thoughtful and aware of their actions, both online and offline, young people can ensure that their experiences abroad enhance their personal growth while promoting a positive image of their nation.

CM Maryam Nawaz arrives in Beijing to hold talks with Chinese leadership

PEAK POINT

BEIJING: Punjab Chief Minister Maryam Nawaz arrived on Sunday in Beijing on an eight-day official visit aimed at "advancing modern infrastructure, enhancing healthcare systems, improving education and fostering clean energy initiatives".

Upon her arrival at the Beijing airport, the provincial chief executive was welcomed by representatives of the Chinese Communist Party, Pakistan Ambassador to China, Khalil Hashmir and other senior officials.

She was accompanied by a high-level delegation, including senior provincial ministers such as Pervaiz Rasheed, Murrizum Aurangzeb, Azma Bokhari, Bilal

Akbar and Ashiq Kermani.

Following her arrival, she met a high-level delegation of the Communist Party of China.

Speaking on the occasion, Maryam expressed desire to take Punjab to economic and financial heights with Beijing's cooperation. "The Pak-China bilateral relations were moving towards extremes of heights," she added.

During her visit, the chief minister will also tour major cities including Beijing, Shanghai, Shenzhen, and Chongzhou.

She will meet Chinese ministers, high-ranking officials and experts, and will also attend various meetings, events and conferences in China.

Earlier, the Punjab CM — in a

posting on X — said that she was heading to the neighbouring country to further strengthen the enduring bond between Pakistan and China.

"This visit focuses on advancing modern infrastructure, enhancing healthcare systems, improving education, fostering clean energy initiatives, and promoting IT investments," she wrote.

The visit came weeks after Chinese Prime Minister Li Qiang visited Pakistan in November 2024, wherein he attended the Shanghai Cooperation Organisation (SCO) summit, held in Islamabad, and met Pakistan's high-ups.



Punjab Chief Minister Maryam Nawaz meets representatives of Communist Party of China in Beijing, China.

President reaffirms Pakistan's commitment to eradicate corruption

KOMAL BUTT

ISLAMABAD: President Asif Ali Zardari has reaffirmed Pakistan's commitment to eradicate corruption by enforcing strict accountability measures and promoting transparency in governance.

Over the years, he said Pakistan has taken significant steps to align with international anti-corruption frameworks, including the UNCAC, and had implemented a robust accountability regime.

In his message on the occasion of International Anti-Corruption Day, the president said "Today we are commemorating International Anti-Corruption Day to raise awareness about the pervasive and destructive effects of corruption. This day serves as a reminder of the collective responsibility of all nations to fight corruption, promote transparency, and uphold accountability."

He highlighted that the observance highlights the commitment of member countries of the United Nations Convention (UNCAC), including



Pakistan, in their ongoing efforts to eliminate this menace.

"Corruption undermines public trust, drains vital resources, and hampers socio-economic development. However, there is still much to be done, and we must continue to make all efforts to eradicate the habit of corruption from our society," he remarked.

The president pointed out that the National Accountability Bureau (NAB), as the apex anti-corruption agency, played a central role in investigation and prosecuting corruption cases, as well as in raising public awareness about its harmful effects. "NAB has another vital role in reducing corruption through prevention. Despite NAB's important role, the fight against corruption cannot be won by one agency alone. The

challenge is vast, and its complexity requires all organs of the state to make strenuous endeavours to reduce corruption and pay attention to all root causes of corruption," he added. He said in line with this year's theme of International Anti-Corruption Day "Uniting with Youth Against Corruption: Shaping Tomorrow's Integrity", it was essential that every segment of society, particularly youth, civil society, and citizens joined forces to eliminate corruption.

"They must actively participate in anti-corruption efforts, help promote a culture of accountability, and offer suggestions to improve the anti-corruption framework."

A change in our collective behaviour is also needed to create a culture, where corruption is no longer tolerated at any level," he added. He assured that resources intended for public welfare would be used for their rightful purpose and that all citizens benefit from transparent, effective governance.

Global Watchdog exposes surge in fake news during PTI protest

PEAK POINT

ISLAMABAD: Global Fake News Watchdog released its investigative report in which it was stated that the spreading of fake news was at its peak worldwide during the Pakistan Tehreek-e-Insaf (PTI) protest, according to reports on Sunday.

The report revealed that during the PTI protest, baseless news was spread to defame Pakistan worldwide. The report stated that some news spread without any verification only to harm Pakistan.

One fake statement of the interior minister regarding Azad Jammu and Kashmir was also spread on social media, and fake video messages were aired while some fake news about Ali Amin Gandapur was also spread.

The report said that fake news about reaching hundreds of dead bodies to PIMS and Polyclinic Islamabad was spread widely.

Fake news about Asad Qaiser being appointed as Chairman of PTI was also spread.

Fake news about the operation of the forge account by Suleman Esa Khan, son of Imran Khan, was spread, while the shifting of the founder of PTI, Imran Khan, from Adiyala Jail and 600 resignations of Army personnel from different academies were also highlighted.

Fake news about firing on Asad Qaiser and Mehmoond Khan Achakzai was highlighted. An old picture of DPO Dr Ghiyas Gul was shown during the PTI protest.

A fake picture showing a man falling from a container while offering Nazam Janaza was also spread. Later reports of talks between PTI's falling worker and CM KP Ali Amin Gandapur were also highlighted.

The fake news caused huge damage to state institutions but also to the leadership of PTI. The incumbent government, state institutions, and political parties become victims of the fake news.

The global fake news watchdog also urged the government to take measures to curb spreading fake news.

Addition of 8 Hangor class submarines to bolster Pak Navy's 'offensive punch': Naval Chief

MOHSIN ALI

ISLAMABAD: Naval Chief Admiral Naveed Ashraf on Sunday said the addition of eight Hangor submarines would boost the combat capabilities of Pakistan Navy besides bolstering its "offensive punch".

Pakistan Navy, he said, always laid special emphasis on its submarine force and added that the ongoing submarine project in collaboration with China was testimony to this fact. The Naval Chief stated this in his message on the Hangor Day where the Pakistan Navy submarine, 53 years ago, created history by sinking Indian Navy's INS Khukri



and Kirpan. This was the first successful engagement of a submarine by a conventional submarine.

"We cannot forget this day and neither can the enemy," he said, adding that the event was not only part of a tactical battle executed perfectly, but also a strategic demonstration of Pakistan

Navy's resolve to repulse enemy aggression and defend the maritime frontiers, notwithstanding numerical asymmetry.

Admiral Ashraf said the day was a reminder of the courage, tenacity and grit of the Hangor crew, according to the message issued here by the Directorate General Public Relations of Pakistan Navy.

He termed the achievement as Almighty Allah's blessing and a true measure of the professionalism and selfless devotion of Pakistan Navy's veteran submariners, who played an inspirational role in establishing historic legacies.

NDMA's first 40-ton consignment departs for Malaysia's flood victims

JAVED KHAN

ISLAMABAD: National Disaster Management Authority (NDMA) dispatched its first consignment, carrying 40 tons of relief items for Malaysia's flood victims, from Islamabad International Airport to Kuala Lumpur early Sunday morning.

Sent on the prime minister's directives, the consignment included 40 tons of essential supplies, such as tents, blankets,

quilts, sleeping bags, mats, and life jackets, for Malaysia's flood victims.

The second consignment of the same volume is set to depart next week, further highlighting Pakistan's unwavering commitment to supporting flood-affected Malaysia. Pakistan's cuisine

The current monsoon season in Malaysia has brought heavy rainfall and flash floods to 09 eastern states, affecting 137,410 people across 38

districts. As a result, 40,922 families have sought refuge in 63 evacuation centers.

Nine lives have been lost. The persistent rain fall is expected to continue until February 2025.

On November 30, 2024, Prime Minister Muhammad Shehbaz Sharif called Malaysian Prime Minister Dato Seri Anwar Ibrahim to convey condolences over the recent flood losses.

PM Shehbaz offered assistance and announced

the immediate dispatch of humanitarian aid. Prime Minister Ibrahim expressed his gratitude.

Having faced its own share of natural disasters, Pakistan deeply understands the challenges and hardships such calamities bring.

This shared understanding and empathy drive Pakistan's efforts to stand shoulder-to-shoulder with Malaysia in its recovery journey.

Deputy Speaker, NA staff on sister's demise

PEAK POINT

ISLAMABAD: Deputy Speaker Syed Ghulam Mustafa Kamal, along with senior officials and staff of the National Assembly on Sunday expressed heartfelt condolences to the bereaved family of the deceased's sister.

In a message the Deputy Speaker conveyed his profound sorrow, stating, "Hearing the sad news of the Speaker's sister's demise has deeply grieved me. In this time of mourning, I stand with the Speaker and his family in their sorrow."

He offered prayers for the departed soul, saying, "May Allah grant the deceased the highest rank in Jannah and give patience to the Speaker and his family to bear this irreparable loss." Others extending their condolences included National Assembly Secretary General Syed Tahir Hussain, Additional Secretary and Secretary to Speaker Saeed Ahmed Adil, Special Secretary Syed Shamoon Hashmi, Adviser Legislation Muhammad Mushtaq, Director General Media Zafar Sultan Khan, and other senior officers and staff members of the Assembly. The officials prayed for the elevation of the deceased's rank in the hereafter and strength and patience for the bereaved family during this difficult time.

Vawda sees civil disobedience call as PTI's tool to influence Faiz Hameed case

ARSHAD MALIK

ISLAMABAD: Senator Faisal Vawda revealed that Pakistan Tehreek-e-Insaf (PTI) has called for civil disobedience to exert pressure in the Faiz Hameed case proceedings.

During his visit to the MQM's central office in Bahadurabad, Karachi, Vawda met with MQM leaders. Speaking to the media, Mustafa Kamal stated that Faisal Vawda is a "one-man army" who is dominating every platform.

He praised Faisal Vawda for uniting political forces, a task he said major political parties have failed to achieve. Mustafa Kamal expressed full support for Vawda's efforts, warning to assist him in whatever capacity possible.

Faisal Vawda emphasised that his outreach to political parties has a national purpose. He noted similarities in approach between him and Mustafa Kamal, adding, "We know how to get things done with love and by twisting arms. Everyone's mandate must be accepted. Pakistan can no longer tolerate daily killings, sit-ins, and



justices. The PTI's mandate must be respected and acknowledged."

He further stated that the founder of PTI's life is under threat and warned against the violent tactics of the Chief Minister of Khyber Pakhtunkhwa.

Faisal Vawda added that MQM leadership will meet Maulana Fazlur Rahman to discuss his proposed bill, and both parties will work together to find a solution. "I am not someone who secretly seeks favours from the establishment while publicly criticising it," he asserted.

Targeting on PTI, Faisal Vawda acknowledged that the party has many good people and urged it to correct its course.

Maulana Fazlur Rehman asserts JUI-F won't be intimidated by city

PEAK POINT

PESHAWAR: Jamiat Ulema-e-Islam chief Maulana Fazlur Rehman has said no one would be able to stop the supporters of his party to march towards Islamabad.

He made these remarks at the Israel Murdaab Conference in Peshawar on Sunday where he reiterated his party's support for the Palestinian cause.

He said the conference had given a crucial message of support for Palestinians and their rights. "We stand firmly on our principled position. The West, which committed massacres during World Wars I and II, continues to kill Muslims in Afghanistan, Iraq, and Palestine," Rehman said.



He said that the US and Western nations were the "murderers of humanity". He cited the massacre of 50,000 women and children in Palestine.

Rehman questioned, "If Saddam Hussein was executed for military operations in one city, why can't Netanyahu be held accountable for similar crimes?"

Moreover, the JUI-F chief criticized the country's policies for standing with the US and providing military bases for operations in

Afghanistan. Cautioning he said, "If the current government continues to follow such policies, they will find JUI workers standing firmly in opposition."

Rehman alleged that the country's leadership did not have the courage to support Palestinian rights.

Targeting the incumbent government he said, "Pakistan belongs to all of us, not just a few institutions. If today's rulers deny Pakistan's ideology, it is our duty to uphold it."

On religious seminars, he said, "Madrasas will be registered but not subordinated. Agreements made in 2020 are being violated, but we will ensure our rights are protected."



ISLAMABAD: CoP/Pak NDMA sent Humanitarian Assistance Consignment carrying 40 tons Successfully Landed at Kuala Lumpur Malaysia.