

Monthly FORESIGHT Islamabad

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Chief Editor Note

Welcome to the latest edition of "FORESIGHT" magazine, where we delve into crucial topics shaping Pakistan's political landscape and diplomatic dynamics. In this issue, we explore the role of elections as a solution for Pakistan, Pakistan's diplomatic choice for regional peace, the 4th Round of Pakistan-China Foreign Ministers' Strategic Dialogue, and the shift towards alternative global reserve currencies.

Our first feature examines whether elections are the only solution for Pakistan, emphasizing the need for a comprehensive approach that combines political, economic, and social reforms.

Next, we shed light on Pakistan's diplomatic choice to attend the SCO-CFM in India, highlighting its significance in bridging divides and fostering regional peace.

We provide insights into the 4th Round of Pakistan-China Foreign Ministers' Strategic Dialogue, showcasing the growing cooperation and opportunities between both nations.

Lastly, we explore the shift towards alternative global reserve currencies beyond the dollar, considering its implications for a more balanced and resilient global financial system.

"FORESIGHT" remains dedicated to providing in-depth analysis, expert opinions, and a balanced perspective on issues shaping Pakistan's trajectory. Enjoy this edition and join us in meaningful discussions.

Sincerely,

Tanveer Ali Maken

Pakistan's enduring struggle with political instability has taken a toll on the nation, exacerbating its economic crises. Although political upheaval may not be the direct cause, it undeniably contributes to the economic downturn. Today, the nation's citizens are deeply concerned about the destructive impact on the economy and the alarming state of political chaos, recognizing the genuine threats they pose to the country's survival and security. The severity of the economic crisis in Pakistan and its ripple effects across sectors necessitate urgent action.

Experts unanimously agree that political stability is a fundamental precondition for Pakistan's

economic recovery. Without it, any aspirations of improving the country's economy remain unattainable.

While acknowledging the significance of stability, this article emphasizes the imperative of adopting comprehensive strategies that extend beyond the realm of elections to address the underlying issues. Merely focusing on electoral processes falls short; a more encompassing approach is indispensable to usher in stability and prosperity for the nation.

Economic uncertainty is one of the most serious costs of Pakistan's continuous political upheaval, which has had a wide range of negative effects. Investor

reluctance fosters uncertainty, which lowers economic activity and impedes growth. It is crucial to deal with the underlying causes of political instability in order to secure a stable and flourishing economy.

Election Situation: There are concerns about the impartiality and timing of the impending general elections in Pakistan. Concerns concerning the integrity of the electoral process have been raised in light of the state's efforts to exclude important individuals. To rebuild public confidence and give the opportunity for real representation, it is essential to uphold the values of free and fair elections.

IS ELECTION The only ... Solution ... For Pakistan?

Tanveer Ali Maken





Economic repercussions: Since the dismissal of the previous administration, Pakistan has experienced a depreciation of the rupee, surging inflation, dwindling foreign exchange reserves, escalating trade deficits, and mounting foreign debts. These economic difficulties are exacerbated by the ongoing economic uncertainty rather than being exclusively related to the government's incompetence. For the economy to be revived, investment must be attracted, exports must be promoted, and the political situation must be stable.

Institutional Accountability: Pakistan needs strong institutions that are prepared to take on the problems facing the country in order to get out of the mess it is now in. It is crucial to create powerful institutions that promote the values of accountability, openness, and good governance. Depoliticizing institutions and ensuring their autonomy are necessary to enable them to operate

independently and advance the needs of the populace.

Economic Reforms and International Cooperation: Pakistan's current economic crisis calls for extensive reforms, including steps to increase tax production, rein in spending, and foster sustainable economic growth. Working together with foreign partners, such as obtaining loans from China and the Gulf, can assist ease the immediate financial strains. However, these alliances must be founded on shared interests and must not jeopardise Pakistan's long-term independence and financial stability.

Beyond Elections: A Comprehensive Strategy While free and fair elections are an essential part of democracy, they shouldn't be seen as Pakistan's only answer to the country's many problems. Elections are simply one aspect of a holistic strategy that must also address structural reforms, institution-building, economic stability, and social growth.

Economic certainty can only be attained with political stability, which is a requirement in itself. Pakistan may provide the groundwork for long-term growth and development by promoting an investment-friendly climate, prioritising economic reforms, and fortifying institutions.

Conclusion: While free and fair elections continue to be crucial to Pakistan's democratic development, they cannot alone address the country's numerous problems. It is crucial to have a holistic approach that solves institutional flaws, encourages economic stability, and fosters global cooperation. Pakistan must take advantage of the chance to create a solid and inclusive political system that supports democratic principles, promotes economic progress, and takes into account the needs of its populace. Pakistan can only create a route towards peace, prosperity, and a brighter future with a thorough and holistic approach.



PAKISTAN'S POLITICAL ROLLERCOASTER

Pakistan Political Instability, Polarization, and Election Year 2023

Tanveer Ali Maken

Pakistan has long struggled with political polarisation and instability. These issues become more important as the nation approaches the 2023 election year. In-depth discussion of Pakistan's political instability and polarisation is provided in this article, along with a discussion of how they may affect upcoming elections and the country's democratic development.

Historical Context of Political Instability: Power conflicts between different political groupings and a history of military interventions have tarnished Pakistan's political landscape. A perception of instability has been exacerbated by frequent changes of leadership, charges of corruption, and the absence of robust democratic institutions. The lack of consistency in governance has hampered the implementation of policies and impeded long-term growth, delaying the progress of the country.

Polarization's Contribution to Political Instability Polarisation is a significant contributor to Pakistan's ongoing political unrest. The political landscape is fragmented as a result of severe splits along ethnic, sectarian, and regional lines. Political parties frequently place their particular interests above the larger

national agenda, which results in policy impasse and a lack of agreement on important topics. The country's democratic consolidation is hampered by polarisation, which makes it difficult to build stable governments and worsens social tensions.

Challenges in the Election Year 2023: Pakistan faces both chances and challenges in the impending general elections in 2023. While elections are a fundamental

component of democracy, they may also promote polarisation and heighten political rivalries. The run-up to the elections will be essential because it will put democratic institutions' resiliency, electoral fairness, and political parties' capacity to effectively address public concerns to the test.

Election Transparency and Fairness: Promoting public confidence and trust requires that the electoral process be transparent and fair. The Election Commission of Pakistan must take action to stop election manipulation, vote-buying, and other irregularities that have tainted previous elections. To hold free and fair elections, it is crucial to strengthen electoral institutions, enhance voter registration processes, and provide sufficient protection at voting places.

Political parties are essential in determining Pakistan's political environment. They also play an important leadership role. Party leaders must put the welfare of the country above their own personal agendas in an election year. They ought to discuss the important issues facing the nation in productive debates, propose detailed policy platforms, and pay attention to those issues. In order to navigate political unpredictability and guide the country towards a more secure and prosperous future, strong and imaginative leadership is essential.

Political Awareness and Active Citizen Engagement: The development of a strong democratic system depends on political awareness and active citizen engagement. It is essential that Pakistani citizens exercise their right to vote, take part in the election process, and hold their elected officials accountable. To improve democracy and lessen polarisation, it is crucial to promote civic education, build a culture of political discourse, and encourage youth involvement in politics.

Role of the Media in Supporting Responsible Journalism: The media has a big impact on how the public feels and how politics are discussed. Media outlets must follow ethical reporting standards, maintain impartial reporting, and stay away from sensationalism that encourages polarisation during this election year. Informed decision-making, the bridging of gaps, and the encouragement of productive discourse among political stakeholders can all be facilitated by responsible media.

The advancement of democracy in Pakistan is dependent on overcoming political instability and polarisation as the country gets closer to the election year of 2023. Steps towards a more stable and inclusive democracy include encouraging responsible leadership, encouraging public engagement, and building a culture of political discussion. Election transparency and fairness must also be ensured. Pakistan can work towards a better future characterised by political stability, unity, and the welfare of its population by tackling these difficulties head-on.



Pakistan and Russia have tight, complex relationships built on trust and goodwill. Cooperation in many different sectors, such as economy, energy, and security, characterises bilateral relations.

On regional and international matters of shared interest, the two nations also confer at a number of multilateral fora.

Today marks the 75th anniversary of the start of diplomatic relations between Pakistan and the Russian

Federation. Foreign Ministers Bilawal Bhutto Zardari of Pakistan and Sergey Lavrov of Russia exchanged congratulations letters to celebrate this historic occasion.

Pakistan and Russia have tight, complex relationships built on

CELEBRATING MILESTONES

Honouring 75 Years of Diplomatic Relations between Pakistan and Russia

Bashir Ahmad



trust and goodwill. Cooperation in many different sectors, such as economy, energy, and security, characterises bilateral relations. On regional and international matters of shared interest, the two nations also confer at a number of multilateral fora.

Pakistan-Russia history

The history of relations between Pakistan and Russia is complicated, including both periods of harmony and conflict. The two nations first established diplomatic ties in 1948, but tensions arose between them during the Cold War because Pakistan sided with the United States and joined organisations like SEATO and CENTO that were seen as anti-Soviet coalitions.

However, since the conclusion of the Cold War, relations between Pakistan and Russia have significantly changed, with both nations aiming to strengthen their connections on a number of fronts. Bilateral trade and commerce have steadily increased in recent years as both nations look for chances for



investment and commercial collaboration.

Regional collaboration: Both nations can cooperate to further stability and cooperation in the region, especially in light of the ongoing peace process in Afghanistan. For the interest of all parties concerned, Pakistan can help push Russia closer to other regional nations like China and Iran.

Platform of the Shanghai Cooperation Organisation (SCO): Pakistan is a member of the SCO, which can be used as a platform for fostering relations. It is a wonderful chance to advance mutual respect, harmony, and regional integrity. Pakistan is a proactive participant and an engaged member.

Russia and Pakistan have the ability to establish a solid, win-win relationship based on shared values and mutual respect for each other's sovereignties. To overcome previous mistrust and provide the groundwork for a more cooperative and fruitful future, it will take consistent efforts from both parties.

Both countries have similar problems and difficulties, and they must work together to resolve them. Both nations frequently experienced sanctions imposed by the West, and they needed to assist one another to get through it together. Both countries must complement each other's weaknesses and build on each other's strengths as they work to repair their economies. As an agricultural nation, Pakistan can help Russia ensure food security even if Russia is rich in energy while Pakistan is experiencing a serious energy



constraint. The genuine potential of bilateral ties is enormous, and it will take work to realise it to its fullest.

The bilateral relations between Pakistan and Russia are intended to be mutually beneficial. No other country is threatened by our connections. In fact, the region's and geopolitics' greatest interests are served by Pakistan and Russia having cordial relations. The entire region will benefit from close cooperation in terms of stability, growth, and wealth.

Here are a few potential directions for bilateral ties between Pakistan and Russia:

Both nations can look into new opportunities for economic collaboration in the fields of commerce, infrastructure development, and energy. Due to Pakistan's advantageous position, Russian companies may be able to reach South Asian and Middle Eastern markets through Pakistan.

Military collaboration: By exchanging military hardware, holding joint drills, and sharing intelligence, Pakistan and Russia can improve their military collaboration. This can aid both nations in thwarting terrorism and preserving peace in the region.

People-to-people relations: Through cultural exchanges, travel, and joint educational initiatives, Pakistan and Russia can promote more interpersonal contacts. This can aid in fostering understanding between the two countries and creating strong bonds between them.

Diplomatic engagement: By regularly scheduling high-level visits, meetings, and discussions, Pakistan and Russia can strengthen their diplomatic ties. By doing this, they can address one another's worries and work out any problems that might develop in their bilateral connections.



BRIDGING DIVIDES

Pakistan's Diplomatic Choice for Regional Peace at SCO-CFM in India

Dr. Abdul Rauf

The Shanghai Cooperation Organisation (SCO) Council of Foreign Ministers Meeting, which will be held in Goa, India, on May 4-5, 2023, has been eagerly anticipated. Foreign Minister Bilawal Bhutto Zardari will be attending. The ongoing impasse between Pakistan and India, the two crucial South Asian neighbours from a strategic perspective, has hampered regional peace and progress for decades. Pakistan made a wise diplomatic move in the face of this issue by sending its Foreign Minister to the SCO-CFM in India.

Pakistan's attendance at the SCO summit demonstrates Islamabad's centrality to the group as a trans-regional Eurasian platform and reinforces its unflinching commitment to the SCO's guiding principles and goals. This choice is in line with Pakistan's long-term strategy, which recognises how shifting geopolitical conditions influence global alliances and realignments.

Contrary to unfounded rumours, Pakistan has neither asked for or plans to seek a bilateral meeting with India during the visit. The Foreign Minister's attendance in

the SCO-CFM places more emphasis on the multilateral context than on bilateral interactions. Pakistan places a high value on the SCO because it was the first nation to ask for membership after it was founded, with India following suit.

Given that it includes both Russia and China, Pakistan's all-weather strategic partner, SCO is of utmost importance. Engagement with SCO participants, notably Central Asian republics, promotes regional collaboration, peace, and development. Furthermore, through the China-Pakistan

Economic Corridor (CPEC) and other projects supported by the Belt and Road Initiative (BRI), the SCO offers Pakistan a useful platform to advance its goal of becoming the centre of trade and business in the area. In keeping with its shift to geo-economics, Pakistan's engagement can also help it to realise some of its economic potential with a significant Eurasian actor like Russia.

Pakistan's participation in the SCO is necessary given India's active collaboration with the US in limiting China and its efforts to position itself as a "major power" participant. Pakistan guarantees that SCO spaces are not left open for India to further its own self-serving agenda and sabotage Pakistan-China cooperation by participating in the CFM.

Given that the SCO places a high focus on security, Pakistan might use this forum to discuss the changing security environment following the withdrawal of American forces from Afghanistan with other SCO members and observers. Pakistan's participation in the CFM enables debates on regional imbalances and security issues because Iran, Afghanistan, and India are SCO participants as well.

Pakistan has shown maturity and a readiness to participate in constructive dialogue by choosing to attend the SCO-CFM in Goa. While Pakistan must manage the meeting gingerly, focusing on content and appearances, India



must continue to set the stage for real bilateral dialogue. Bilawal Bhutto Zardari, Pakistan's foreign minister, must restate his country's commitment to the goals of the Shanghai Cooperation Organisation (SCO), make new suggestions for regional economic connectivity and cooperation, explain Pakistan's perspective on Afghanistan, and take a hard stance on the Jammu & Kashmir issue.

Pakistan is an example of wise use of India as a platform by projecting itself as a reliable, experienced, and responsible

partner for regional peace and security within the framework of the SCO. Future decisions about Pakistan's participation in the SCO Summit in India later this year will be influenced by the results of the Foreign Minister's trip to Goa.

Pakistan reaffirms its dedication to regional stability, connectivity, and collaboration by participating in the SCO-CFM. It emphasises the value of multilateral diplomacy and Pakistan's position as an ethical player on the international scene.



Culture, which is sometimes seen as a vehicle for artistic expression and communal harmony, actually holds a secret strength that may be used as a powerful tool. Societies and

The capacity of culture as a weapon to shape and strengthen national identity is one of its most important characteristics. Language, customs, traditions, and folklore are examples of

power and influence beyond of its borders. Countries can have a big impact on the world stage through exporting cultural goods like music, movies, books, and artwork. These cultural exports

CULTURE AS A WEAPON for Social Change

Batool Ali

countries have recognised the enormous power of culture throughout history to shape perceptions, minds, and even political agendas. From ancient civilizations to contemporary countries, culture has been strategically used to advance a variety of goals, from enhancing national identity to projecting soft power on the international arena.

cultural manifestations that have the capacity to strengthen a population's sense of togetherness and belonging. Societies can reinforce social links, boost national pride, and cultivate a shared identity that supports their resiliency and cohesion by recognising and promoting their distinctive cultural history.

Additionally, a country's culture can be used to project its soft

serve as windows into a country's soul, providing perceptions into its ideals, goals, and worldview. They forge links that go beyond political and economic boundaries, cross cultural divisions, and encourage discourse. Nations can create a positive reputation and promote goodwill among other nations, so extending their influence and influencing global opinions, by



embracing and presenting their cultural wealth.

Additionally, culture can be an effective tool for social change and opposition. Throughout history, oppressed groups have used cultural forms to vent their complaints, question the status quo, and motivate liberation movements. Arts including music, literature, theatre, and visual art have been used to draw attention to injustices, inspire people, and mobilise large crowds. Marginalised communities can reclaim their histories and demand societal change thanks to the ability of culture to arouse emotions, spark conversation, and question accepted conventions.

Culture may empower and connect people, but it can also be used to exploit and splinter them. In the wrong hands, culture may be perverted and corrupted to spread prejudice, strengthen discrimination, and stoke conflicts. Cultural identity has occasionally been used as a tool of exclusion throughout history, which has resulted in tensions, hatred, and even violence between various communities. Therefore, it is essential to approach the weaponization of culture with caution and responsibility, making sure that it is done in a way that fosters mutual

respect, inclusion, and awareness of variety.

The use of culture as a weapon has expanded in the modern period with the emergence of digital platforms and the development of globalisation. Cultural expressions can now cross borders and connect with audiences on a worldwide scale thanks to social media, film festivals, music streaming services, and internet publication. As nations navigate the complexity of keeping their cultural uniqueness while interacting with broad audiences and responding to new trends, interconnection presents both opportunities and problems.

In conclusion, culture may be a powerful tool that moulds identities, sways views, and ignites change when used effectively. It is a vital resource for nations and communities because of its capacity to promote unity, project soft power, elicit resistance, and stimulate discussion. But it's crucial to use this influence sensibly, making sure that cultural manifestations advance inclusion, comprehension, and respect. We may use culture as a force for positive development, building connections, and fostering a more peaceful world by embracing and utilising the richness of our varied traditions.



State Councillor and Foreign Minister Qin Gang of the People's Republic of China made his first official trip to Pakistan from May 5 to May 6, 2023, at the invitation of Foreign Minister Bilawal Bhutto Zardari of the Islamic Republic of Pakistan. The fourth meeting of the Foreign Minister-level Pakistan-China Strategic Dialogue was co-chaired by the two foreign ministers on May 6, 2023, in Islamabad.

The debate covered the full spectrum of bilateral

and the new leadership much success in creating a powerful, prosperous, and contemporary socialist nation. He also pledged to collaborate with State Councillor Qin Gang to strengthen ties between Pakistan and China.

The two sides resolved to further improve Pakistan-China strategic cooperation in the face of significant regional and global changes, recalling the agreement signed between the leaders of the two nations during

DIPLOMATIC DYNAMICS

A Look into the 4th Round of Pakistan-China Foreign Ministers' Strategic Dialogue

Dr. Azeem Khalid

relations and collaboration, including areas of politics, strategy, economy, defence, security, education, and culture. Discussions also included regional and global issues of common concern.

The Chinese leadership was complimented by the Pakistani Foreign Minister on the successful completion of the "Two Sessions." He wished the people of China

Prime Minister Muhammad Shehbaz Sharif's visit to Beijing in November 2022. The Foreign Ministers reiterated the necessity of holding significant bilateral sectors engagements while expressing delight at the increased momentum in high-level interactions between China and Pakistan.

The two foreign ministers emphasised that Pakistan and China's friendship was a historical fact and a deliberate decision on the part of the two countries. Pakistan and China are 'All-Weather Strategic Cooperative Partners', and their unbreakable bond is widely accepted in both nations.



Both parties concurred to maintain their steadfast support for one another on matters involving their respective core national interests. The Chinese side emphasised its steadfast support for Pakistan's sovereignty, independence, and territorial integrity, as well as its unity, stability, and economic growth, reiterating Pakistan's unique position in China's neighbourhood diplomacy. The Pakistani side reaffirmed its adherence to the One China policy and its unwavering backing of China on all matters pertaining to its vital national interests, such as Taiwan, Xinjiang, Tibet, Hong Kong, and the South China Sea.

The two sides celebrated CPEC's completion after ten years in 2023, hailing it as a great example of Belt and Road cooperation that has sped up socioeconomic development, created jobs, and improved people's standard of living in Pakistan. Both parties reaffirmed their dedication to the CPEC's high-quality development and expressed satisfaction at the projects' steady advancement. The two parties agreed to push the ML-1 project's earliest implementation and reaffirmed the project's critical importance within the CPEC framework. Along with other important areas of cooperation, like as agriculture, research and technology, information technology, and renewable energy, they also decided to actively promote the Karachi Circular Railway.

The New Gwadar International Airport (NGIA) and the Friendship Hospital were two of the projects at Gwadar that were discussed. Both parties reaffirmed their commitment to transforming Gwadar into a premier port and a regional commerce and connectivity hub.

They also agreed to cooperate under the direction of the Framework Agreement on Industrial Cooperation to actively pursue industrial cooperation, acknowledging industrialization as being extremely beneficial to long-term sustainable economic growth and development. Both parties reaffirmed that CPEC is an inclusive platform for win-win cooperation and welcomed outside parties to take full advantage of CPEC's advantages.

The Chinese side was thanked by the Pakistani side for its financial assistance, economic support, and kind offer for post-flood reconstruction and rehabilitation.

The two sides reaffirmed their unwavering commitment to battling terrorism in all of its manifestations. The Chinese side recognised the efforts and sacrifices made by Pakistan in the fight against terrorism and extremism and expressed appreciation for the steps taken to ensure increased security of Chinese projects, personnel, and institutions in Pakistan as well as the measures taken to apprehend and prosecute those responsible for the attacks in Dasu, Karachi, and other locations that targeted Chinese nationals. The two parties decided to expand their collaboration in the security and counterterrorism fields.

The two sides decided to further deepen their coordination and collaboration to protect shared interests after reviewing their cooperation on regional

and global issues at multilateral platforms like the United Nations and Shanghai collaboration Organisation (SCO). The UN Charter's goals and guiding principles, as well as multilateralism, free trade, and win-win cooperation, were all reaffirmed by both parties.

The Global Security and Development Initiatives proposed by China are supported by the Pakistani side. The two parties are prepared to pursue bilateral and multilateral fora for collaboration on the GDI and GSI. The Global Civilization Initiative put forth by the Chinese side was warmly received by Pakistan.

Both parties emphasised the need of preserving peace and stability in South Asia as well as the necessity of finding a solution to all unresolved differences. The Chinese side was informed by the Pakistani side of the most recent changes to the Jammu and Kashmir situation. The Chinese side reaffirmed the need for a proper and peaceful resolution of the Kashmir problem in accordance with the UN Charter, pertinent Security Council resolutions, and bilateral agreements. The Kashmir dispute is a legacy of history, the Chinese side said. Any unilateral measures that exacerbated the tense situation were opposed by all sides.

Both sides emphasised the importance of maintaining peace and stability in Afghanistan for regional connectivity, socioeconomic development, and prosperity. They urged all parties to cooperate to create a peaceful, stable, prosperous, and united Afghanistan that would firmly combat terrorism and get along with its neighbours. The two parties emphasised the necessity of the international community continuing to support and aid Afghanistan, especially by unfreezing its abroad financial assets. The two parties decided to keep providing the Afghan people with humanitarian and financial aid as well as to increase development cooperation there, particularly by expanding CPEC to Afghanistan.

Both Pakistan and China underlined their steadfast commitment to further solidifying their tried-and-true All-Weather Strategic Cooperative Partnership through steadfastly carrying out the CPEC projects, improved practical collaboration, and ongoing leadership-level close consultations.

Foreign Minister Bilawal was complimented by State Councillor and Foreign Minister Qin for his kindness and hospitality shown to him and his entire entourage.



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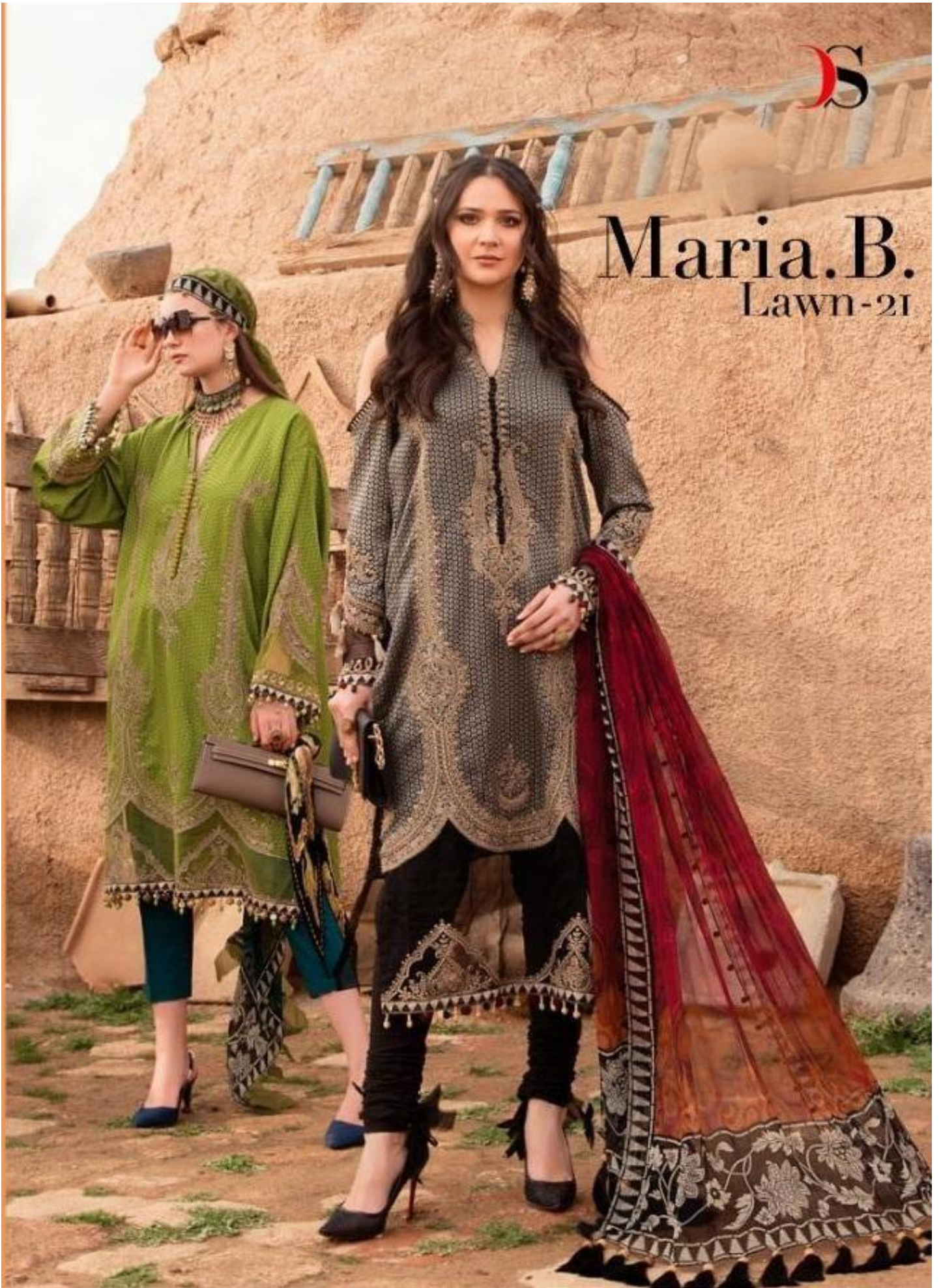
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Labor Day 2023 is a global holiday that honours the achievements of the labor movement and is normally commemorated on May 1. It is also known as International

them from going too far, we urgently need new labor regulations.

The International Labor Organisation (ILO) has supplied detailed information on labor

As a result, the union is weaker than it could be. The government's influence is now limited to enforcing minimum wage legislation, managing the Employees Old Age Benefits

BUILDING A BETTER FUTURE

Embracing the Spirit of Labor Day 2023 and Advocating for Workers' Rights

Advocate Jamshed Chishti

Workers' Day or May Day, and it is observed as a national holiday in over 80 nations. To honour the contributions of workers to society and to raise awareness about the value of work and the accomplishments of the labor movement. Labor Day is celebrated as the culmination of a lengthy struggle for social and economic fairness, better working conditions, and workers' rights. On this day, activists gather to reflect on their accomplishments and reaffirm their commitment to constructing a just and equal society.

The average worker's working circumstances in Pakistan have never been excellent, and things have become much worse this year. High unemployment rates, layoffs, pay reductions, and delays that hardly suffice in the face of increasing prices are all results of a faltering economy. Additionally, more exploitation is possible due to the informal sector's employment of more than 73 percent of the working population. In order to protect these people from unethical employment practises and keep

laws and initiatives like the Decent Work Programme in its reports on Pakistan and seems pleased with the development the nation is making. However, the issue is with how laws, policies, and programmes are put into action. If there is evidence to back up claims that there are 61 million people working in this country, it is equally undeniable that 73 percent of them are employed in unregulated, low-wage industries with appalling working conditions. In fact, these practises have had an impact on the majority of blue-collar and white-collar occupations as well, particularly after the epidemic and right now, when our economy is on the verge of collapse. Some reports claim that people are having problems making ends meet and frequently find it difficult to purchase necessities for the kitchen, such as wheat, pulses, rice, milk, oil, or vegetables.

Trade unions have had a limited role for many years, and now that there are more contract workers who are not eligible to join the union, membership is declining.

Institution (EOBI), and overseeing social security.

Employers wield a lot of power because they have a lot of control over their employees and enough lobbying strength to influence lawmakers. As a result, while the government legislates to enhance working conditions in Pakistan, the business community must be cognizant of its own duties to ensure general well-being. This day should not be commemorated solely as a holiday. Rather, governments and employers should offer specific incentives on this day to recognise workers' contributions. Ensure that their rights are protected. Economic comfort should be promised to the worker who generates the most profit for the employer by pooling his blood and sweat.

The industrial revolution's legacy of progress and modernity came at a steep cost. Fuel and petrol use for transportation and factory operations polluted the environment to the point where the volume of naturally accumulated greenhouse gases (GHG) grew. More heat was thus trapped in the atmosphere, which when it was radiated back to the ground caused glaciers to melt, sea



encouraged to recognise the need for adjustments in lifestyle, production, and consumption. While it's true that there are other causes of global warming (including volcanic activity, changes in the earth's orbit and axis, and the solar cycle), numerous scientific studies show that the main cause of recent global warming is the high concentration of greenhouse gases (including carbon

TOWARDS A SUSTAINABLE FUTURE Harnessing the Power of SDGs to Combat Climate Change

Iqra Khalid?

levels to rise, constant rain, and drought.

According to the Intergovernmental Panel on Climate Change (IPCC, 2013a, 2013b, 2014), recent anthropogenic GHG emissions are the greatest in history and that humans are to blame for climate change.

In this situation, group effort is necessary to confront the issues brought on by climate change.

"The environment is a shared good that belongs to and is intended for everyone. It is a

complicated system that is connected to many of the requirements for human life on a global scale. A fairly strong scientific consensus suggests that the current warming of the climatic system is alarming. Even if each specific incident cannot be given a scientifically verifiable cause, this warming has been accompanied in recent decades by a steady rise in sea level and, it would seem, an increase in extreme weather events.

To resist this warming, or at least the human causes that create or worsen it, humanity is

dioxide, methane, nitrogen oxides, and others) released primarily as a result of human activity.

These gases, which are concentrated in the atmosphere, prevent the warmth of the sun's rays that the planet reflects from dispersing in space. The issue has been made worse by a paradigm of development that is at the core of the global energy system and is based on the intensive usage of fossil fuels. An increase in altered soil usage, particularly deforestation for agricultural



purposes, has also been a determining factor.

Additionally, the letter emphasised the role that the "market" may play in achieving a low-carbon economy:

"We know that technology based on the use of extremely polluting fossil fuels — primarily coal, but also oil and, to a lesser extent, gas — needs to be replaced immediately. Finding the least of two evils or quick fixes is acceptable until more progress is achieved in creating broadly accessible renewable energy sources.

The Paris Agreement, proposed at the CoP21 in Paris in 2015, assigned to every nation, regardless of their role to climate change, the duty of limiting global temperature rise to far below 2 Celsius.

This marked the start of the search for an all-encompassing strategy to combat climate change. As a result, the United Nations approved 169 goals and

17 Sustainable Development Goals in September 2015. 193 nations have ratified and embraced the 2030 Agenda for Sustainable Development, which aims to abolish poverty and inequality and foster prosperity for all by that year. According to the agenda:

The Sustainable Development Goals and Targets are unified and unbreakable, global in scope and universally applicable, taking into account various country realities, capacities, and levels of development while also respecting national policies and priorities. Each Government sets its own national targets, driven by the global level of ambition but taking into consideration country conditions. Targets are regarded as aspirational and global. Each Government will also choose how to combine these aspirational and international goals into their own country's planning procedures, policies, and strategies. The relationship between sustainable development and other pertinent ongoing processes in the

economic, social, and environmental areas must be understood.

A persistent effort has been made to emphasise the significance of human rights and their protection since the end of World War II. The relevance of collective measures for the improvement of human societies and the restoration of the climate system put at risk by irresponsible human activity was emphasised in the sustainable development objectives and other earlier treaties and agreements on human rights and climate change. The SDGs seek to create a wealthy society in which the rule of law, fairness, and peaceful cohabitation of human species enable controlled human behaviour.

Nearly all of the SDGs are connected to steps that must be taken to mitigate climate change in some way. Therefore, if UN member states implemented the 17 SDGs with strict adherence, climate change would be immediately addressed.

Do you yearn to work abroad? You have a fantastic opportunity right now to think about going to Japan. Recently, the Japanese government unveiled two new visa alternatives that are intended to entice top international talent, especially graduates and high earners, to work in their nation. The young people of Pakistan now have exciting new opportunities for both personal and professional development.

According to the Japanese justice ministry, two immigration channels will be introduced in April 2023 after receiving feedback from the general public.

Japan while they look for jobs.

Let's examine these two visas in more detail and what benefits they provide to aspirants:

1. Individual Japan System for Future Creation (J-FIND) visa: Graduates who are actively looking for work are catered to by the J-FIND visa. It gives graduates from the best universities in the world (according to lists like the QS Top Universities List, Times Higher Education World University Rankings, and the Shanghai Jiao Tong University's Academic Ranking of World Universities) an extended stay of up to two years in Japan so they can look for suitable employment.

Upon arrival, candidates must have about JPY 200,000 in their bank account in order to meet the requirements.

2. The Japan System for Special Highly Skilled Professionals (J-SKIP) visa is intended for scientists, engineers, and senior executives who wish to immigrate to Japan. Applicants can circumvent the current points-based system and be given immediate consideration under this new immigration process. They must, however, meet particular income and job history requirements specified in the new visa regulations. Currently, applicants seeking a highly skilled

ATTRACTING THE BEST

Japan's Innovative Visa Program Unleashes New Opportunities

News Desk

These visa programmes, known as the Japan System for Special Highly Skilled Professionals (J-SKIP) and the Japan System for Future Creation Individual Visa (J-FIND), are designed to attract students from foreign universities, researchers, engineers, and managers who are eager to get a professional visa to work and stay in



professional visa must have 70 points or more.

After working and residing in Japan for a year, holders of the J-SKIP visa can advance to Level 2 professionals, which is an interesting feature. Numerous advantages come with Level 2 status, including the chance for spouses to work full-time and the right to remain in Japan without any time

limits on employment. For qualifying, a master's degree or higher, 10 years of work experience, and a yearly income of at least JPY 20 million are needed for researchers and engineers. On the other hand, managers must have at least five years of work experience and a yearly remuneration of JPY 40 million.

The young of Pakistan have a fantastic chance thanks to these new immigration possibilities. In addition to giving individuals the opportunity to work abroad in a highly developed technology nation like Japan, they also offer a

platform for personal development and exposure to a wide range of cultural experiences.

Pakistani youngsters can widen their horizons, strengthen their skill sets, and advance in their careers by accepting these visas. They will surely benefit professionally from their time spent in Japan and become more competitive on a worldwide scale in the ever changing employment environment.

It is crucial for aspirants to take advantage of this chance and get ready for the demanding selection procedure. Their

chances of success in acquiring these sought-after visas will increase if they work to improve their educational credentials, concentrate on developing practical skills, and demonstrate their potential.

Japan's new visa policies demonstrate its dedication to luring top talent from all over the world and promoting an environment of innovation and progress. Japan, a developed country, is aware of the enormous benefits that foreign professionals can provide to its economy and society as a whole.



Women account for more than half of Pakistan's total population. However, according to the World Bank's 2021 study, women make up barely 20% of

future projects, and beaming faces. We consider ourselves successful because our country has finally moved away from the paradigm of prioritising male education over female education.

leave? What are the professional challenges that married and unmarried women face?

One main cause is that ladies marry quickly after graduating

REIMAGINING SUCCESS

Empowering Women Professionals in Overcoming Career Gaps

Zulekha

Pakistan's workforce. Although it is heartening to observe that a substantial proportion of college and university graduates are female. Which can be found not just in significant positions in all areas of education. Rather, they hold top place in numerous places. Women are observed not just representing their institutions but also in leadership roles in curricular and extracurricular summers, college and university yearly events, conference vacations, and sports grounds. It is heartening to see how many students each year successfully complete their education and enter the industry faster than ever before.

The delighted smiles of men and women alike are a constant across all colleges, convocation costume and discipline. In reality, group photographs from university events show an equal number of male and female graduates who are equally hopeful about the future. Viral videos and photographs of young students on social media with positive stories about university life, messages of thanks, desire for success in

Our society as a whole has concluded that it is now vital to provide girls with higher education.

Although female graduates outnumber, if not outnumber, male graduates, why are they still underrepresented in Pakistan's top workforce? Why are highly educated women still working in low-level academic positions or being harassed? Why are women denied opportunities based on their educational credentials and abilities? Why is there such a big wage and pay disparity between male and female employees? Why do companies fire women rather than provide them maternity

from university or college. In order to meet the expectations of both the husband and the in-laws individually. In our culture, it is still typical for women to take a few years off from work to raise children before returning to work when the children reach school age. Nurture. As a result, a chasm develops between education and profession. A professional gap, among other things, detracts from one's resume and diminishes one's confidence.

Unfortunately, our society believes that a woman should "settle down" and get married after college. It's still fairly popular to believe that a woman is



prepared for marriage as soon as she receives her degree. The fact that marriage comes with its own obstacles, commitments, tests, and numerous responsibilities continues to be an underappreciated belief. This entails living up to numerous expectations placed on a husband as a wife, adjusting to new responsibilities as a daughter-in-law, and eventually, undergoing a total human transformation, particularly emotionally when a woman becomes a mother. For a young lady, all of these changes add up to a difficult situation, but none of this is out of the ordinary.

Not every woman has the strength to survive this trilogy and emerge as a dedicated, collected, and strong lady. Not everyone is fortunate enough to experience easy pregnancies that enable them to continue pursuing other objectives concurrently. Everyone's future course is determined by their own set of circumstances, physical capabilities, family networks of support, psychological fortitude, financial circumstances, and journeys.

It is undeniable that many women in our community continued to work during the early years after starting a family. They brought their infants with them to their places of employment or educational institutions where they were enrolled in postgraduate programmes. We frequently hear that individuals who are resolute simply pave their way regardless of the situation:

However, the number of women we see on social media, on television shows, and even in our

daily lives rarely represents the number of women who graduate each year and are lost in the cultural current of our nation.

This does not necessarily suggest that the females who struggled to establish themselves in their careers on time were incompetent in any way, but it is possible that they were simply unable to withstand the physical and psychological strain they witnessed being placed on other working women. There is no denying that the professional environment that encourages career-driven women in our culture is not the best. A woman may occasionally feel lost because of the way her circumstances have developed, especially when she tries to balance raising a family and managing her marriage.

Things settle down eventually, children grow up, and a mother has time to address issues she previously neglected. She is able to find time for exercise and DIY beauty treatments to regain her confidence in her appearance. She is ready to launch her profession as soon as the kids start school, but it isn't until then that she understands how treacherous the corporate world is. Old grads like her are no longer in demand on the market. There is a queue of recent graduates waiting to join them on one call. They won't wait for a woman to come back after obtaining her last degree years later. She moves to the public sector regrettably to deal with yet another difficult set of circumstances given her age.

It is vital to mobilise literate women in order to stabilise their careers after graduation given the current economic downturn our

nation is currently experiencing. If our female fraternity wants to avoid engaging in a lifetime of tug-of-war between their professional and personal lives, taking career breaks is no longer an option. Practically speaking, it doesn't matter if you were 22 or 28 when you got married; rather, where you are in your personal and professional life at that precise time will characterise you as a woman of substance. Before pressuring women into another crucial stage of life by forcing them into marriage as a result of societal pressure, we should normalise the idea of giving them time after graduation, at least to those who actually want to utilise their degrees and become independent, to secure desired jobs and settle well into their respective career paths.

To enable and warmly welcome new moms back into the workforce, the professional ecosystem also requires significant modifications. Without supporting them as mothers, we can't mobilise the country's literate female population. A few of the key measures required to make things simpler for working women so they don't have to make the difficult choice of giving up their careers for fulfilling their maternal responsibilities include in-house day care arrangements, maternity leaves, and switching to a hybrid working system until the baby is at least six months old. Simply teaching our women won't result in the significant and productive transformation that is desired unless they are not also included as direct drivers of Pakistan's faltering economy.

The United States dollar became the leading global reserve currency after World War II and became essential to worldwide banking and trade. The International Monetary Fund (IMF) and the World Bank Group were founded as a result of the Bretton Woods Conference in 1944, but detractors claim that these organisations have predominantly served the interests of the United States and a small number of Western European nations. Washington has benefited much from the US dollar's dominance as the world's reserve currency, which has allowed it to fulfil its international obligations, impose economic penalties, and keep its economic and geopolitical clout. However, rising discontent among emerging countries has stoked the search for substitutes and started the de-dollarization trend.

The Effects of Dollar Dominance:



BEYOND THE DOLLAR Exploring the Shift Towards Alternative Global Reserve Currencies

Dr. Tehmeena Iqbal

At the end of last year, the US dollar made up 58.36% of the world's foreign exchange reserves, giving it significant influence and clout. In contrast to other nations, the US may expand its international obligations, get over financial limitations, and offer loans or grants by simply printing additional money. Additionally, the US has turned the dollar into a weapon by

putting economic sanctions on a number of nations, which has had a devastating impact on economies and made life extremely difficult for regular people. The US Federal Reserve's aggressive tightening measures have made the dollar stronger, which has made other countries' currencies weaker. This has led to an increase in borrowing costs, an increase in the price of imported

products, and pressure on central banks to raise interest rates, further burdening the economy.

The Push for Alternatives: Emerging market nations are actively looking for workable alternatives to the dollar's hegemony as their dissatisfaction with its domination grows. De-dollarization is gaining ground as more nations choose to settle

bilateral trade payments in their own currencies. Diversifying foreign exchange holdings away from the US dollar is becoming more popular. While the dollar still makes up a large portion of the world's reserves, its share has gradually decreased. Potential replacements have emerged in the form of the euro and the Chinese yuan, which make up a sizable amount of the world's foreign exchange reserves. China and India are two developing nations that have been working to internationalise their currencies and encourage their use in trade.

BRICS's Function and the Potential Game-Changer Brazil, Russia, India, China, and South Africa, collectively known as the BRICS, account for a sizeable percentage of world economic production.

Their leaders have emphasised the necessity for their own currencies to take the place of the US dollar in international trade. A unified BRICS currency has the ability to shift the game and threaten the dominance of the US dollar. If realised, the US dollar, the euro, the yuan, the rupee, and a single BRICS currency might form a diverse system of global reserve currencies. This change would give nations the ability to carry out trade in whichever currency they choose, which may fundamentally alter the world economy.

The discontent of emerging economies with the US dollar's hegemony is driving fundamental changes in the world's reserve currency system. The search for alternatives and the de-

dollarization trend are gaining traction. China, India, Brazil, and other nations are working hard to promote their currencies in international trade and investment. Additionally, Saudi Arabia-led discussions on oil trade settlement in currencies other than the US dollar and support for a single BRICS currency underscore potential threats to the petrodollar and the US dollar's hegemonic position in the world. The necessity for a more balanced and inclusive international monetary framework is underscored by emerging economies' desire for change, notwithstanding the complexity and uncertainty of the path towards a diversified reserve currency system.



The most crucial time in a person's life is when they are a child. According to experts, a youngster can learn nearly everything that will eventually shape and reinforce his personality between the ages of 1 and 7. He will be able to develop a strong, independent personality if he is able to develop positive habits and traits, but if, God forbid, he is unable to do so, his personality will be irreparably damaged.

That is the main reason why

out of that vicious cycle, and parents need to be taught how to do it. When raising children at such a young age, there are a few things to keep in mind. This will aid in avoiding the raising of emotionally fragile or dependent kids.

Show them unwavering affection

You are loved by your parents more for who you are than for what you do for them. We refer to this as unconditional love. Unconditional affection should be

that no matter what they do, one thing will never change—and that is their love for them. It's crucial for parents to teach their children that their actions have consequences, and that they will receive rewards for good behaviour as well as punishment for bad behaviour. However, the loss of their parents' affection should not serve as punishment, and the return of that love should not serve as reward. This affection shouldn't be associated with their children's behaviour.

BUILDING A LEGACY OF HOPE

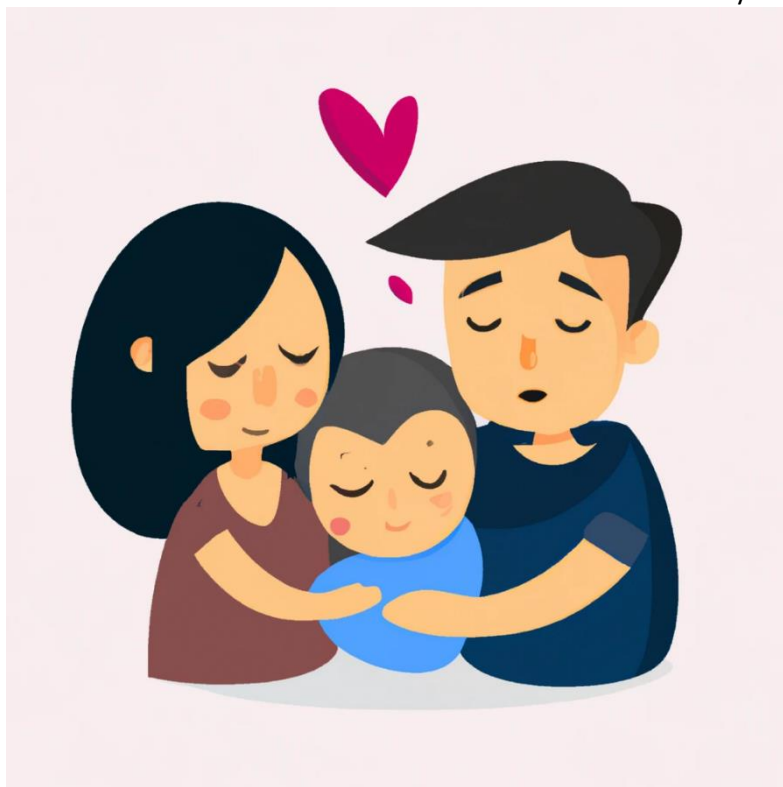
Nurturing or Neglecting Our Children's Potential

Sophia Maken

doctors advise paying extra close attention to children under the age of seven. But regrettably, the majority of parents do not prioritise this, and as a result, they tend to raise kids who are emotionally and psychologically fragile. When these children mature into adults who are crucial to our social framework, they fail to make a good contribution to society. Their strong personality qualities are passed down to the next generation, especially when they are required to act as mentors, such as parents or teachers, and this cycle will continue.

We need to create resilient children if we're going to break

shown to children. Most parents do love their children without condition, but they frequently make the error of failing to communicate that love. Parents should convey to their children



Do not give them everything at once.

Sometimes parents want to be especially watchful for their children's future. They developed very strict rules regarding what they should and shouldn't do for this reason. But instead of assisting them, this will undermine their self-assurance. Let them make errors so they can learn from them. Let them stumble so they can grow from it. Allow them to discover the world around them. Let them discover who they are. Be present for them, but avoid giving them instructions on everything.

Inform them on where to look, as opposed to what to look for.

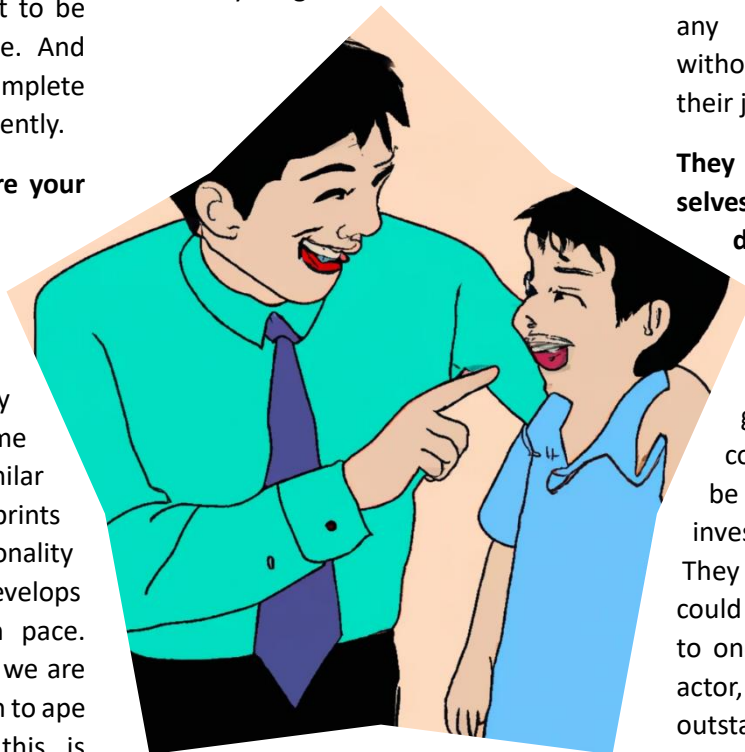
A excellent teacher instructs their pupils on where to look rather than what to seek for. Parents can also relate to this. Parents can only instruct their kids in social norms; they are unable to accompany them in all social situations. They ought to be capable of handling these social situations on their own. They ought to have the opportunity to socialise. They ought to be able to empathise with others who are less fortunate. They ought to be able to meet new people. And they ought to be able to complete all of these tasks independently.

You should never compare your child to anyone.

Comparisons between children are the worst mistake parents can make for their children. Every child is special and has some very distinct qualities. Similar to how each of our fingerprints is unique, so are our personality traits. Every youngster develops and learns at their own pace. However, when we do so, we are essentially pressuring them to ape the others. For them, this is essentially impossible. Children continue to try to do this in an effort to get their parents' favour, which leads to frustration. Their actions also reflect this annoyance. Parents should encourage their kids to discover their own personality qualities and shape it in accordance with them.

Stop treating them like a child and start treating them like an adult.

Kids are typically thought of as being foolish and naive. This is wholly incorrect. A child's mind is incredibly active, and they are able to notice and evaluate everything we say or do to them. They should therefore be considered as unique persons. Anything that shouldn't be stated in front of adults should not be uttered in front of children. It is not appropriate to perform acts in front of children that are prohibited from being done in front of elders. As they watch everything and make an effort to



incorporate it into their lives, it soon becomes a part of who they are.

Encourage them to talk rather than physically vent their emotions.

Because we weren't taught how to do so, the majority of us are unable to verbally convey our emotions. We typically communicate our sentiments or emotions through physical means, such as hitting something in a fit of rage or sobbing aloud in

times of sadness or brokenness. So encourage your kids to voice their feelings. What about asking them how they feel? Ask them why they're unhappy if they are. What causes them to feel depressed? Can those things be changed? How can we live with those things if we can't control them? Although it won't be simple at first, the child will ultimately learn to express his feelings. He will discover that not every circumstance calls for a strong emotional reaction. They will eventually be able to evaluate any circumstance practically without emotion interfering with their judgement.

They should leave their future selves to become what they desire to be.

There's no need to decide today what your child wants to be when they grow up. Once they have completed their studies, it will be decided. Let them investigate many possibilities. They won't know what else they could have been if they are limited to one choice. A really excellent actor, a very talented artist, or an outstanding writer might be killed if you instill in your child at a young age the desire to become a doctor. He won't be able to consider other choices while he's training to become a doctor, of course. Ensure his freedom. Allow the future to unfold.

By keeping these ideas in mind, we may hopefully raise kids who will be kind to others and responsible citizens. Today's society demands excellent citizens and human beings rather than good professionals.



ENTERTAINMENT

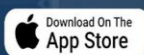
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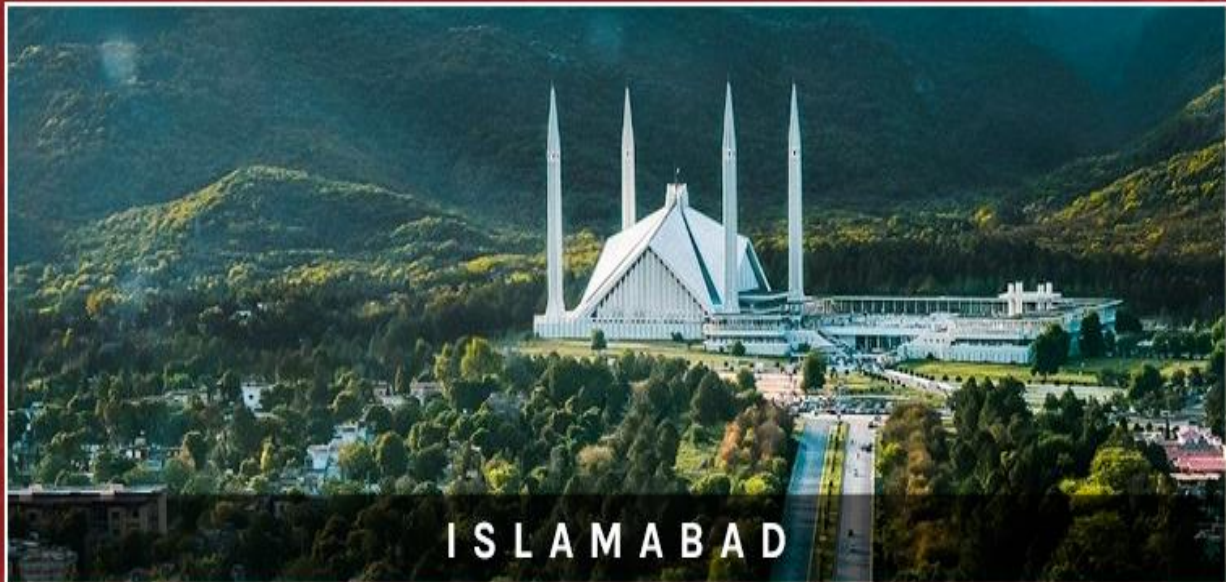


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