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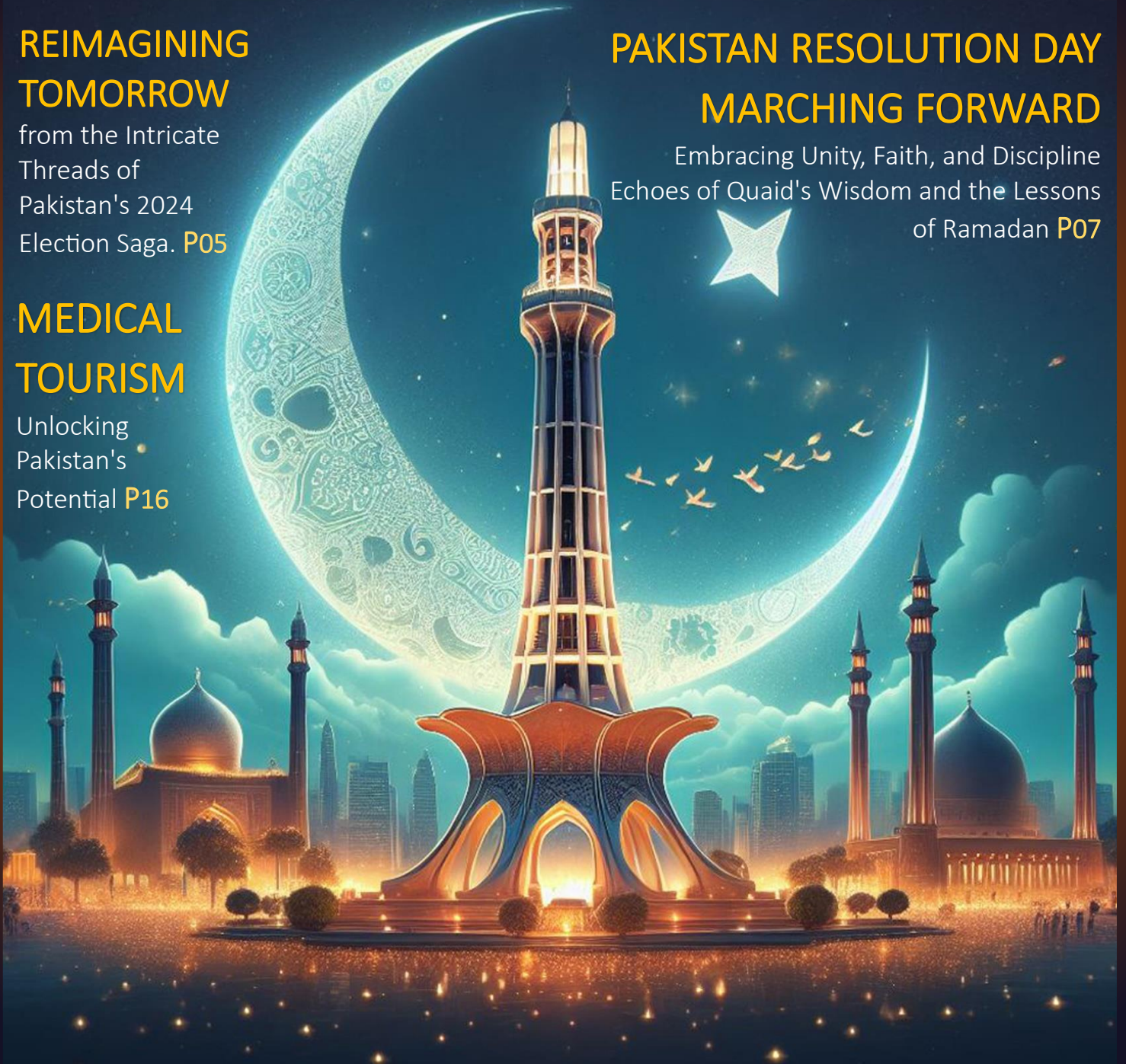
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5 MARLA 25X50	1,490,000	99,000	14,900	99,378
8 MARLA 30X60	1,915,000	126,000	19,150	127,875
10 MARLA 35X70	2,290,000	152,000	22,900	152,750
1 KANAL 40X80	4,290,000	280,000	42,900	286,750
2 KANAL 50X90	8,300,000	540,000	83,000	555,000
5 MARLA 75X120	9,000,000	720,000	90,000	585,000
COMMERCIAL				



FORESIGHT

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Chief Editor Note

Welcome to the March 2024 edition of FORESIGHT Magazine, where we embark on a journey of reimagining tomorrow from the intricate threads of Pakistan's 2024 Election Saga. As the nation stands on the cusp of a transformative moment, the choices we make today will shape the trajectory of our future.

Amidst the political fervor, let us not forget the timeless values that have guided our nation since its inception. Unity, Faith, and Discipline—words immortalized by the Father of the Nation, Quaid-e-Azam Muhammad Ali Jinnah—continue to resonate deeply in our collective consciousness. As we navigate the complexities of governance and democracy, let us heed the echoes of Quaid's wisdom and draw inspiration from the lessons of Ramadan, fostering harmony and resilience in the face of challenges.

In this edition, we delve into the realm of innovation and progress as Pakistani universities chart a visionary path for tomorrow through pioneering the tech revolution. With a focus on research and development, these academic institutions are at the forefront of shaping Pakistan's digital landscape, driving economic growth and societal transformation.

we explore the burgeoning potential of medical tourism, offering a glimpse into Pakistan's healthcare sector and its capacity to attract international patients. As the country boasts world-class medical facilities and skilled healthcare professionals, there exists a tremendous opportunity to position Pakistan as a leading destination for medical treatment, thereby stimulating economic growth and fostering cross-cultural exchange.

As we navigate the complexities of our ever-evolving world, let us embrace the spirit of innovation, inclusivity, and resilience. Together, let us march forward with unwavering determination, drawing strength from our rich heritage and embracing the possibilities of tomorrow.

Join us on this transformative journey as we navigate the intricacies of Pakistan's political landscape, celebrate the achievements of women, and envision a future defined by progress, prosperity, and promise.

With warm regards,



Tanveer Ali Maken

REIMAGINING TOMORROW

from the Intricate Threads of Pakistan's 2024 Election Saga

Tanveer Ali Maken

Pakistan's 2024 election, conducted on February 8, stood as a pivotal moment in the country's political narrative, signifying a critical juncture after a tumultuous two-year period marked by unprecedented upheaval and a cascade of unforeseen events. We will discuss embarks on a comprehensive exploration of the multifaceted election dynamics, delving into the intricate web of pre-election strategies, the unexpected turns encountered on election day, and the intricate aftermath characterized by a coalition government grappling with interwoven economic challenges that cast a shadow over the nation's future.

Before delving into the election dynamics, it is essential to grasp the backdrop against which this

political saga unfolded. Pakistan, in the years leading up to the 2024 election, experienced a complex and dynamic political landscape. The return of former Prime Minister Nawaz Sharif from a four-year exile in London set the stage for a power shift. His party, the Pakistan Muslim League (PML-N), enjoyed favor from the establishment, tipping the scales in its direction. Concurrently, the political landscape saw the sidelining of Imran Khan, the former Prime Minister ousted in April 2022, who found himself imprisoned since August 2023, facing disqualification from the electoral race. The Pakistan Tehreek-e-Insaf (PTI), Khan's party, faced severe setbacks, including the stripping of its election symbol and a state crackdown in the preceding year.

The day preceding the election, the prevailing sentiment suggested an almost predetermined victory for the establishment-backed candidate, setting the stage for an anticipated outcome. However, the election day unfolded with unexpected challenges, as internet and cellular services were abruptly cut off, citing security concerns following terrorist attacks. Despite these obstacles, an astonishing 61 million voters, defying expectations, cast their votes, resulting in a 48 percent voter turnout, only slightly lower than the 2018 election.

The election results, which took several days to materialize, defied the preconceived narrative. Candidates supported by Imran Khan's PTI secured a plurality of





parliamentary seats (93 out of 266), though falling short of an outright majority. Allegations of interference, irregularities, and discrepancies in polling results surfaced, prompting protests and calls for investigations. The Free and Fair Election Network, an election observer, highlighted restrictions on their agents in half of the electoral constituencies, further fueling concerns about the transparency of the electoral process.

The aftermath of the election witnessed the formation of a coalition government comprising the second- and third-largest parties, the PML-N and PPP. The nomination of Shehbaz Sharif, instead of Nawaz Sharif, for prime minister raised eyebrows, considering the former's historically pro-establishment stance. The PPP's Asif Ali Zardari was nominated for the presidency. Notably absent from the coalition was the PTI, which,

backed by independents, emerged as a potent opposition force.

Amidst the backdrop of the political spectacle, let us focus towards the economic challenges enveloping Pakistan. The year 2023, leading up to the election, saw the nation grappling with severe economic crises, including a near financial default that prompted a \$3 billion rescue package from the International Monetary Fund (IMF). The economy, by mid-2023, was bifurcated into two distinct halves. Inflation soared to an alarming 29 percent, foreign exchange reserves dwindled, and the GDP growth rate for the 2022–23 financial year stood at a mere 0.3 percent.

The incoming coalition government faces a Herculean task on the economic front. Negotiating a new agreement with the IMF as the current one

concludes in March is imperative, while debt restructuring looms as massive loans totaling about \$24 billion come due in the ensuing months. Both the PML-N and PPP, the coalition partners, lack a solid track record of economic prudence or growth, adding a layer of uncertainty to Pakistan's economic future.

Pakistan's 2024 election, amid a backdrop of political turmoil and economic crises, has unfolded as a saga of surprises, challenges, and uncertainties. The intricate dance between political forces, the resilience of the electorate, and the economic imperatives facing the nation collectively shape the trajectory of Pakistan's future. The nuanced interplay between political activism, economic prudence, and democratic stability will define the success of the incoming coalition government and pave the way forward for a nation at a critical crossroads.

MARCHING FORWARD

Embracing Unity, Faith, and Discipline Echoes of Quaid's Wisdom and the Lessons of Ramadan

Aniq ur Rehman



As Pakistan marks the 23rd March, a day deeply etched in its history with the Lahore Resolution, there is an opportunity not only to revisit the past but also to delve into the present and future of the nation. The timeless principles encapsulated in Quaid-e-Azam Muhammad Ali Jinnah's slogan of "Unity, Faith, Discipline" continue to shape the nation's narrative, resonating through the holy month of Ramadan and influencing the trajectory of Pakistan under the guidance of its new government.

The Lahore Resolution, a seminal moment in 1940, laid the groundwork for an independent Muslim state in South Asia. Quaid-e-Azam's mantra of "Unity, Faith, Discipline" became the guiding light for the fledgling nation. This commemoration prompts a reflection not just on historical events but on the enduring importance of unity among diverse ethnicities, unwavering faith in collective destiny, and the discipline needed to surmount challenges on the path to progress.

Ramadan is Period of Spiritual Renewal and Social Harmony. Coinciding with the commemoration of Pakistan Resolution Day, the holy month of Ramadan acts as a spiritual anchor for millions. Beyond the physical aspects of fasting, Ramadan encourages introspection, compassion, and empathy. The values of unity and discipline find resonance in the fasting community, emphasizing the interconnectedness of individuals and the significance of collective well-being.

As Pakistanis engage in fasting, prayers, and acts of charity during Ramadan, the ethos of Quaid's slogan comes alive,

fostering a sense of unity among diverse communities and a shared commitment to national progress.

Amidst the historical significance and religious observance, Pakistan finds itself under the governance of a new leadership. The responsibilities entrusted to this administration echo the essence of the Lahore Resolution and Quaid-e-Azam's vision. The government's role becomes pivotal in translating the ideals of unity, faith, and discipline into tangible policies that address contemporary challenges and propel the nation toward prosperity.

Detailed Examination of Principles:

1. Unity:

- Inclusivity: Ensuring diverse representation in decision-making processes.
- Social cohesion: Promoting tolerance and understanding among different communities.
- National integration: Formulating policies that bridge regional and ethnic divides.

2. Faith:

- Institutional trust: Rebuilding confidence in national institutions.

- Public confidence: Fostering belief in the government's ability to address societal issues.
- Faith in the future: Encouraging a positive outlook on the nation's trajectory.

3. Discipline:

- Governance efficiency: Implementing policies with precision and effectiveness.
- Anti-corruption measures: Establishing a transparent and accountable system.
- Institutional effectiveness: Strengthening government institutions to ensure disciplined functioning.

The convergence of Pakistan Resolution Day, Quaid-e-Azam's timeless slogan, Ramadan, and the new government's role presents a unique opportunity for holistic national development. As the nation reflects on its history, celebrates its diversity, and engages in acts of spiritual and communal significance, it is a moment to reaffirm the commitment to unity, faith, and discipline. With these principles at the forefront, Pakistan can march forward into a future characterized by progress, prosperity, and a shared sense of purpose.





CENTRAL ASIA Caught in a Geopolitical Tug of War

Alessandro Arduino

Central Asian countries have become increasingly entangled by Russia's coercive diplomacy and China's growing economic presence in the region. The region is navigating a delicate balance between aligning with Russia's interests on Ukraine while also seeking to connect with the West. Yet despite Russia's coercion, Central Asian countries are still benefiting from economic growth fuelled by increased Russian trade, migration and remittances, demonstrating the region's delicate relationships with global powers.

Since invading Ukraine, Russia has used a combination of incentives and threats to align Central Asian countries with its interests. Russia has also converged with China as

an adamant opponent to Western development cooperation programs that they perceive as masked initiatives aimed at infiltrating Central Asia and steering the region to support Ukraine.

Kazakhstan, Kyrgyzstan, Tajikistan, Turkmenistan and Uzbekistan are reorienting their multi-vector foreign policy with varying degrees of urgency to strike a balance, distancing themselves from Russia's aggression while avoiding the Kremlin's wrath.

Meanwhile, often overlooked Afghanistan is poised to demonstrate its influence in the region due to an impending water access crisis, large-scale migration and increased assertiveness from

the Islamic State of Khorasan Province (ISKP).

Central Asian countries have observed the Taliban's efforts to solidify its grip on power and Iran's proxy conflict with Israel with anxiety, revealing escalating tensions across Western and Central Asia. The alleged ISKP bombing in Iran's Kerman, claiming over 80 lives, serves as a poignant example of these simmering tensions.

The confluence of climate change and the persistent food crisis has intensified water insecurity, extending its impact from Afghanistan to neighbouring countries. In May 2023, water-related tension escalated along the border with Iran, leading to

gunfire between the Taliban and Iranian border guards. The root cause of these escalating tensions can be traced back to the Taliban's enhancement of the Kamal Khan and Kajaki dams on the Helmand river. The Qosh Tepa canal that the Taliban are building to harness the Amu Darya river will also severely limit Turkmenistan, Tajikistan and Uzbekistan's access to water.

In 2024, Central Asian countries will likely maintain a more tolerant stance on Afghanistan than the Iranians as Ashgabat and Tashkent are looking to find common ground. The recent disruptions in water and energy supply may also finally prompt improved resource management and long-awaited infrastructural project updates.

Central Asia increasingly grapples with an intricate web of challenges, yearning to connect with the West but wary of being caught in the sway of more powerful regional players. The Ukrainian war serves as a stark

reminder, amplifying this enduring and complex dynamic.

As sanctions against Russia took hold, the region has become a pathway for Russia to navigate around Western restrictions. Money and companies flowing from Russia into the region have increased. Conversely, there has been a rise in the migration of blue-collar Central Asian workers to Russia over the past year, accompanied by a significant increase in remittances sent back to the region. This has escalated tensions with the West, prompting the US and European governments to push for crackdowns on sanction-evading activity within the region.

But according to a European Bank for Reconstruction and Development report, a resumption of international trade and tourism, as well as high levels of migration and remittances from Russia, bolstered Central Asian economies' strong growth in the first half of 2023. GDP growth in the region is likely to remain robust at an estimated 5.9

per cent in 2024. The current surge in growth, fuelled by government spending, China's reopening, intermediated trade with Russia and Russian remittances, tourism and business relocation, is poised to persist.

Diverging from Russia's approach, China — albeit an economic juggernaut in the region — aims to maintain a low profile compared to its previous stance during the launch of the Belt and Road Initiative in 2013. Beijing is acknowledging the challenges that unwanted scrutiny and heightened visibility can bring. While Russian Minister of Foreign Affairs, Sergey Lavrov, becomes more vocal, Chinese diplomats are scaling back their assertive 'wolf warrior' rhetoric.

Following the May 2023 inaugural China–Central Asia Summit in Xi'an, which convened the five Central Asian leaders with Chinese President Xi Jinping, progress seems tangible regarding the long-awaited construction of the China–Kyrgyzstan–Uzbekistan



railway. Advancements are also underway along Line D of the Central Asia–China gas pipeline, intended to transport more Turkmen gas through Tajikistan to China.

The Shanghai Cooperation Organization is expanding with growing interest from the Middle East. It welcomed Iran as a full member in 2023, with Turkey, Saudi Arabia, Qatar, Egypt, Bahrain, Kuwait and the United Arab Emirates in line. The potential to attract investments from the Gulf, particularly in renewable energy projects, heightens expectations for an improved economic outlook in the region.

Looming over Central Asia’s agency is growing apprehension about Beijing and Moscow forging a tighter alliance. The joint statement following President Xi’s March 2023 Moscow visit, which explicitly references a ‘no-limits’ friendship and their coordination in Central Asia, did not escape the region’s notice. It signifies one of the region’s greatest fears — the potential scenario where its two primary partners collaborate beyond its control. Such an alignment would inevitably disrupt their ability to navigate between these major powers, adding layers of complexity to their strategic positioning.

The ongoing predicament is not novel for landlocked Central Asia. While the evolving global security landscape solidifies Beijing and Moscow’s alignment, the significance of the West, Turkey, Iran, and recently the Gulf, should also not be underestimated in the region.



Ramadan, the sacred month observed by millions of Muslims worldwide, extends beyond the realms of spiritual devotion, fasting, and prayer. It serves as a profound testament to the transformative power of faith and the unifying force that binds

from unhealthy habits and cultivate virtues such as gratitude, generosity, and compassion.

Ramadan acts as a powerful catalyst for communal cohesion, transcending geographical and cultural boundaries. The

encouraged to extend their generosity to those in need, exemplifying the principles of compassion and social justice embedded in Islamic teachings. The communal iftars (breaking of the fast) and special prayers further strengthen the sense of

RAMADAN and the Power of Faith and Unity

A Holistic Perspective on Voluntary Change and Communal Cohesion

Javaid Iqbal Maken

communities together. Here we talk about the multifaceted significance of Ramadan, exploring how it acts as a catalyst for voluntary change and strengthens the bonds of unity within the Muslim community.

At the heart of Ramadan lies a unique framework for voluntary change. Muslims engage in fasting from dawn to sunset, abstaining not only from food and drink but also from negative behaviors and thoughts. This act of self-discipline fosters self-awareness, patience, and empathy. The voluntary nature of this change amplifies its impact, as individuals willingly embrace personal growth, reflection, and a heightened sense of empathy towards those less fortunate.

Fasting during Ramadan is not merely a physical act; it is a holistic approach to self-improvement. Muslims strive to purify their hearts and minds, seeking forgiveness and spiritual elevation. The power of faith becomes a driving force behind this transformative journey, allowing individuals to break free



collective experience of fasting and nightly prayers fosters a profound sense of unity among Muslims worldwide. Communities come together to share in the collective struggle, breaking their fasts with loved ones and fellow worshippers. This shared experience builds bonds of empathy and understanding, reinforcing the idea that individuals are part of a larger, interconnected whole.

Acts of charity and community service also peak during Ramadan. Muslims are

belonging, reminding individuals of their shared commitment to faith and humanity.

While Ramadan is rooted in Islamic traditions, its principles of voluntary change and communal cohesion hold universal appeal. The emphasis on self-discipline, empathy, and collective well-being transcends religious boundaries, offering valuable insights to individuals from diverse backgrounds. The spirit of Ramadan serves as a bridge, fostering understanding and appreciation for the diversity of human experiences.

Ramadan stands as a testament to the enduring power of faith and unity. Beyond its religious significance, the holy month provides a comprehensive framework for voluntary change and communal cohesion. As Muslims worldwide engage in acts of worship, reflection, and charity during Ramadan, they contribute to a global narrative of shared humanity and interconnectedness, reminding us all of the transformative potential embedded in faith and unity.



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PIONEERING THE TECH REVOLUTION

Pakistani Universities' Vision for Tomorrow

Dr. Abdul Rauf

Pakistani universities have undergone a profound transformation, evolving beyond their traditional academic roles into dynamic hubs that play a pivotal role in propelling the nation toward a technologically advanced future. Employing a multifaceted approach, these institutions actively engage in reshaping the educational landscape. Innovative pedagogical methods, reflective of the rapidly evolving technological sphere, are integrated into curricula, ensuring students grasp theoretical knowledge while acquiring practical skills essential for thriving in the modern workforce. Moreover, these institutions stand at the forefront of

groundbreaking research initiatives. Faculty and students collaborate on projects addressing contemporary challenges in emerging technologies, contributing valuable insights and solutions to real-world problems. This research culture not only enhances the academic environment but also serves as a catalyst for innovation, fostering an ecosystem where students are encouraged to think critically and push the boundaries of technological possibilities.

A defining characteristic of these universities is their unwavering commitment to inclusivity. Recognizing the importance of diversity in driving innovation, they actively work towards

dismantling barriers hindering the participation of underrepresented groups, particularly women, in the technology field. Initiatives promoting gender equality and inclusivity ensure that the benefits of technological education are accessible to a broad spectrum of aspiring students, cultivating a more diverse and dynamic workforce.

In essence, Pakistani universities are nurturing a generation that goes beyond being mere consumers of technology; they are empowering students to become creators, problem solvers, and contributors to the global technological landscape. By instilling an entrepreneurial spirit, fostering collaboration with industry leaders, and emphasizing

global exposure, these universities prepare their students to navigate the complexities of the rapidly evolving tech industry.

This holistic approach to education extends to addressing the challenges posed by the remote learning landscape. The COVID-19 pandemic underscored the importance of digital literacy and remote collaboration skills. Pakistani universities adeptly adapted to this new normal, leveraging technology to ensure seamless educational experiences. By embracing remote learning, these institutions not only overcome immediate challenges but also

equip students with the skills necessary for a future where navigating digital spaces is an integral aspect of professional life.

Pakistani universities serve as dynamic catalysts, propelling the nation toward a future where technological advancements are harnessed for the collective benefit of society. Through innovative education, impactful research, inclusivity, and adaptability, these institutions are instrumental in shaping a generation of tech-savvy individuals poised to make significant contributions on both national and global fronts.

In the fast-evolving landscape of technological advancements,

Pakistani universities stand at the forefront, playing a pivotal role in preparing the nation's youth for the challenges and opportunities presented by emerging technologies. Examining their contributions to education, research, and innovation in cutting-edge fields, they impact the shaping of a technologically empowered future for Pakistan. From empowering innovators to collaborative research initiatives, specialized curricula, entrepreneurship ecosystems, addressing gender disparities, and adapting to the remote learning landscape, these universities are forging a path toward a tech-driven future.



**Embarking on Excellence:
Pakistan's Evolution as a Global
Medical Tourism Hub**

In the dynamic realm of global healthcare, the concept of medical tourism emerges as a powerful force, dismantling borders and catalyzing substantial

renaissance, specialized medical services, cost-effectiveness, government initiatives, and the visionary leaders steering this monumental evolution.

**Pakistan's Healthcare
Renaissance**

also an immersive cultural experience. As the nation strides confidently into a healthcare renaissance, the spotlight is on providing specialized medical services tailored to the diverse needs of international patients.

To unlock its potential in medical

MEDICAL TOURISM

Unlocking Pakistan's Potential

Batool

contributions to national economies. Pakistan, with its rich cultural tapestry and rapidly advancing healthcare sector, finds itself on the cusp of a transformative journey, poised to become a significant player in the global medical tourism industry. This exploration delves into the uncharted potential that Pakistan holds in this lucrative sector, navigating through its healthcare

Pakistan has embarked on a journey of redefining its healthcare landscape, boasting state-of-the-art medical facilities and a cadre of highly skilled healthcare professionals. Renowned for its hospitality, diverse landscapes, and historical landmarks, Pakistan possesses the quintessential elements to captivate medical tourists seeking not only medical expertise but

tourism, Pakistan strategically focuses on providing specialized medical services, targeting key areas such as cardiology, orthopedics, cosmetic surgery, and fertility treatments. This strategic approach aims to position Pakistan as a hub for comprehensive and specialized healthcare, catering to the evolving needs of an international





clienteles seeking excellence and expertise.

A cornerstone of Pakistan's appeal lies in offering cost-effective healthcare solutions without compromising quality. Medical procedures in Pakistan are notably more affordable compared to Western countries, making it an attractive destination for individuals seeking high-quality healthcare at a fraction of the cost. This inherent cost-effectiveness, coupled with world-class facilities, positions Pakistan as an irresistible choice for those in pursuit of transformative healthcare experiences without financial constraints.

The Pakistani government assumes a pivotal role in capitalizing on the burgeoning medical tourism industry, implementing policies that create a conducive environment.

Streamlined visa processes, accreditation of healthcare facilities, and strategic promotional campaigns enhance Pakistan's global visibility.

At the forefront of Pakistan's medical tourism landscape stands the visionary healthcare professional, Dr. Sabina Durrani, whose commitment to excellence and patient-centric care propels initiatives addressing key aspects crucial to the success of medical tourism in the country.

Dr. Sabina Durrani stands out as a prominent figure pioneering the advancement of medical tourism in Pakistan. Not only is she a distinguished medical expert, but she also holds a pivotal position as the head of a prominent government institution. Her multifaceted role extends beyond mere administrative responsibilities, as she has tirelessly dedicated herself to the

advocacy and promotion of medical tourism in the country. Recognizing her invaluable contributions, FORESIGHT orchestrated an insightful interview with Dr. Sabina Durrani, delving into the prospective landscape of medical tourism in Pakistan. This collaboration reflects her profound expertise and unwavering commitment to fostering the growth and success of medical tourism initiatives within the nation

M Q: Dr. Durrani, could you share your vision for Pakistan's role in the global medical tourism landscape?

Dr. Durrani: Absolutely. My vision is to position Pakistan as a beacon of excellence in global healthcare. We have the perfect blend of cutting-edge medical facilities, skilled professionals, and a rich cultural tapestry. I envision a Pakistan that not only provides

world-class healthcare but also immerses international patients in a unique cultural experience.

Q: What inspired your commitment to medical tourism, and how do you see it contributing to Pakistan's growth?

Dr. Durrani: The inspiration stems from recognizing Pakistan's untapped potential. Our healthcare sector has made tremendous strides, and I saw an opportunity to showcase our capabilities on the global stage. Medical tourism contributes not just to the economy but also fosters international collaborations, cultural exchange, and, most importantly, positions Pakistan as a destination for transformative healthcare.

Q: Could you highlight specific initiatives you've championed to enhance the medical tourism experience in Pakistan?

Dr. Durrani: One key initiative is the introduction of the "Medical Visa" for international patients. Streamlining entry processes and allowing extended stays for comprehensive treatments. Collaborations with stakeholders like Dr. Mohsin Iftikhar Bhatti and Dr. Nasreen Ahmed ensure that we offer personalized and comprehensive healthcare packages, addressing the unique needs of international patients.

Q: How do you address challenges in perception and ensure international standards of healthcare in Pakistan?

Dr. Durrani: We are committed to upholding international standards. This includes rigorous quality control measures, accreditations, and collaborations with global health organizations.

Clear communication, proficiency in multiple languages, and a patient-centric approach ensure a seamless continuum of care. Overcoming negative perceptions involves showcasing the excellence we offer, and that's precisely what we are doing.

Q: In your opinion, what sets Pakistan apart in the realm of medical tourism, and what does the future hold for this sector?

Dr. Durrani: What sets Pakistan apart is our commitment to excellence, cost-effectiveness, and a comprehensive healthcare ecosystem. The future holds immense promise. As we continue to invest in infrastructure, foster collaborations, and overcome challenges, Pakistan is poised to redefine medical tourism. Our goal is not just to meet international standards but to exceed them, making Pakistan a premier choice for global healthcare seekers.

Q: Any final thoughts or messages for those considering medical tourism in Pakistan?

Dr. Durrani: To those considering medical tourism in Pakistan, I would say this: you're not just choosing a destination for healthcare; you're embarking on a transformative journey. Pakistan offers not only cost-effective treatments and world-class facilities but also a cultural immersion that enriches the healing process. Visit us, experience excellence, and be a part of Pakistan's ascent as a holistic healing destination.

As we embark on this illuminating conversation, we unravel the multifaceted strategies and collaborative efforts spearheaded

by Dr. Durrani, alongside influential figures like Dr. Mohsin Iftikhar Bhatti, Dr. Nasreen Ahmed, Dr. Humayun Mohmand, and Dr. Faisal Hameed, to shape a narrative that transcends boundaries and showcases Pakistan's prowess in providing not just medical treatments but holistic and transformative healthcare experiences.

Collaborative Triumphs with Dr. Mohsin Iftikhar Bhatti

Strategic collaboration with key stakeholders such as Dr. Mohsin Iftikhar Bhatti, Founder and CEO of Health Gateways, exemplifies Pakistan's commitment to advancing healthcare accessibility. Dr. Bhatti's expertise in health care business development, logistics, and consultation coordination for international clients aligns seamlessly with Dr. Sabina's vision. Together, they share invaluable insights and experiences, identifying the potential of medical tourism in Pakistan and emphasizing cost-effectiveness and the presence of highly skilled doctors as key factors that could attract patients.

International Collaborations: Dr. Nasreen Ahmed's Pioneering Role

Distinguished healthcare professional Dr. Nasreen Ahmed, hailing from Bangladesh, plays a pivotal role in fostering international collaborations. Her efforts, in tandem with Dr. Sabina's initiatives, aim to showcase Pakistan as a destination for specialized medical services. The collaboration extends beyond clinical excellence, offering personalized and comprehensive

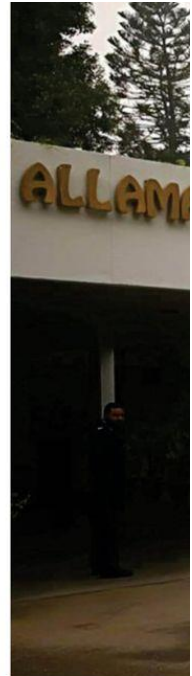
healthcare packages that cater to the unique requirements of international patients.

Challenges and the Way Forward: Navigating Complexities

While the potential for medical tourism in Pakistan is immense, certain challenges need addressing. These include ensuring international standards of healthcare, overcoming negative perceptions, and investing in marketing strategies to position Pakistan as a trustworthy medical tourism destination. As the world navigates the complexities of healthcare, Pakistan stands poised to emerge as a beacon in the global medical tourism landscape.

Conclusion: Shaping a Comprehensive Healthcare Ecosystem

As Pakistan invests in its healthcare infrastructure and fosters international collaborations, the nation is poised to redefine the landscape of medical tourism. The confluence of cutting-edge medical treatments, cultural immersion, and a commitment to excellence underpins Pakistan's ascent as a premier choice for global healthcare seekers. The rise of medical tourism in Pakistan weaves a compelling narrative, transforming the country into a holistic healing destination. The visionaries driving this transformation ensure that patients experience a seamless journey, making Pakistan a compelling choice for those seeking transformative and world-class healthcare experiences.





Maria.B.

Lawn-21



ISRAEL'S ASSAULT ON GAZA

Decoding Israel's Actions

Unveiling the Dark Language of Genocide

Owen Jones

Owen Jones is a "Guardian" columnist

The brutality and inhumanity of Israel's assault on Gaza is no surprise. It's just what was promised - *Owen Jones*

As the international court considers claims of genocide, the question of intent seems moot. Just read the words of Netanyahu and his allies

It always starts with words. Genocide is largely remembered for its depraved acts, but it is incubated in language. Words can cast dark spells on a population, stirring hatred in those who otherwise see themselves as moderate, humane, normal.

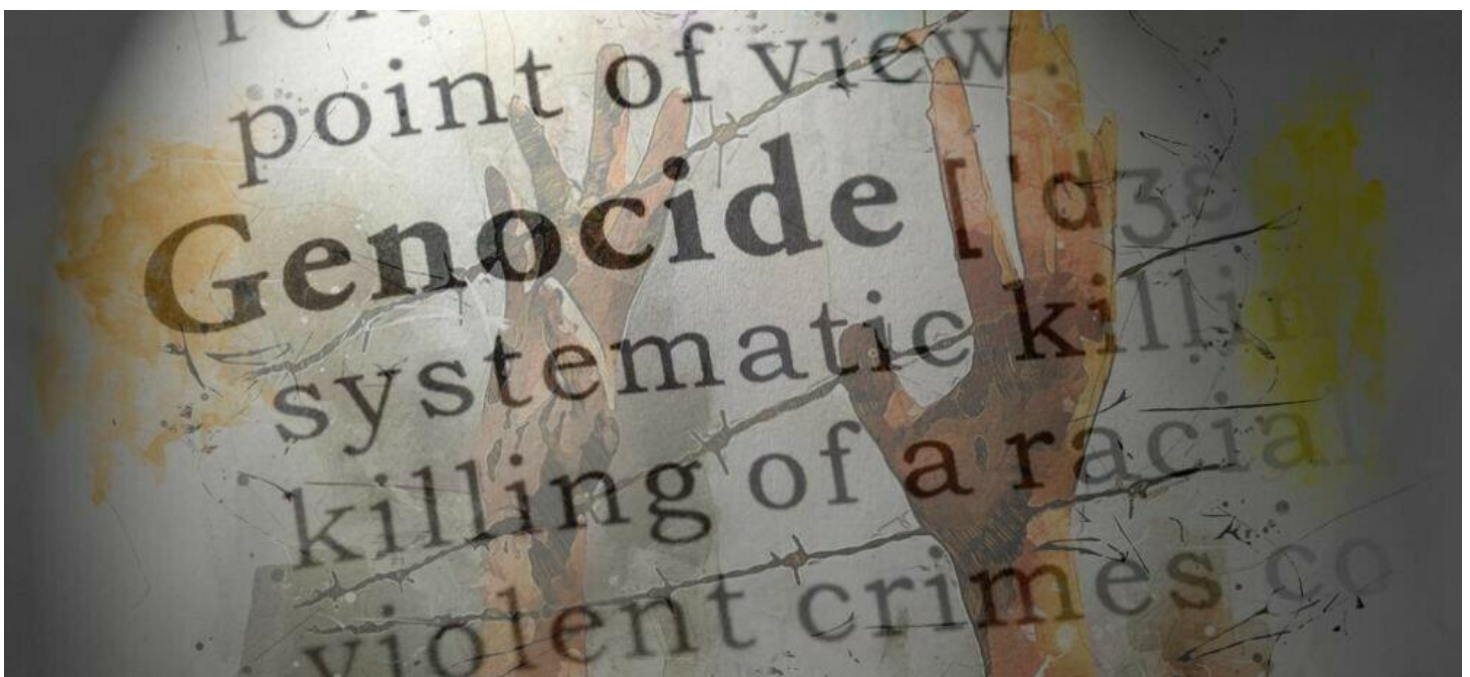
This is why the genocide convention of 1948 criminalises "direct and public incitement to commit genocide". Like Britain, Israel was a signatory nation and, two years later, it translated the

convention into domestic law. There were four acts, it decreed, that leave the offender "treated like a person guilty of genocide": one is "incitement to commit genocide".

As the British lawyer Daniel Machover tells me, Israel has a legal obligation to prosecute those who incite genocide. But instead, since the grave war crimes committed against Israeli civilians by Hamas and other armed groups on 7 October, government ministers, parliamentarians, army officers and journalists have indulged in the language of extermination. This chilling phenomenon has few historical precedents, because usually instigators of genocide go to great lengths to cover up their crimes. As Raz Segal – an Israeli-American associate professor of

genocide and Holocaust studies – tells me, Israel's onslaught on Gaza is unique "in the sense of discussing it as what I think it is – that is, genocide – because the intent is so clearly articulated. And it's articulated throughout Israeli media and society and politics."

In South Africa's document setting out its genocide case against Israel over the Gaza war, there are nine pages dedicated to genocidal incitement. It notes that Benjamin Netanyahu twice "invoked the Biblical story of the total destruction of Amalek", declaring: "You must remember what Amalek has done to you, says our Holy Bible. And we do remember." A later passage in the Bible leaves no doubt for interpretation: "Now go and smite Amalek, and utterly destroy all that they have, and



spare them not; but slay both man and woman, infant and suckling, ox and sheep, camel and ass.” This was no throwaway comment. Consider the unprecedented slaughter of Palestinian children – or “infants and sucklings” – and note that six days after invoking Amalek in a national address, Netanyahu referred to it again in a letter to army soldiers and officers.

Then there’s Isaac Herzog, the Israeli president, who declared: “It is an entire nation out there that is responsible. It’s not true this rhetoric about civilians not aware, not involved. It’s absolutely not true.” No demarcation between militants and civilians exists here. Yoav Gallant, the minister of defence, was a repeat offender. On 9 October, in an unashamed commitment to collective punishment, he declared Israel was imposing a “complete siege on the Gaza Strip. There will be no electricity, no food, no fuel, everything is closed,” he said. “We are fighting human animals and we are acting accordingly.”

On witnessing Israeli soldiers gleefully destroying civilian infrastructure on TikTok, some have speculated there has been a breakdown in army discipline. More likely is that soldiers listened when Gallant informed troops he had “released all the restraints” and “lifted all restrictions” on Israeli forces.

Another senior official, Israel Katz, now minister of foreign affairs, declared last year when he was energy minister: “All the civilian population in Gaza is ordered to leave immediately. We will win. They will not receive a drop of

water or a single battery until they leave the world.” Meanwhile the heritage minister, Amihai Eliyahu, opposed humanitarian aid on the grounds that we “wouldn’t hand the Nazis humanitarian aid”. He also suggested nuking Gaza, declaring “there is no such thing as uninvolved civilians”. That saw him suspended by Netanyahu.

Some army officers are willing participants. In a video addressed to Gaza’s residents, one major general, Ghassan Alian, castigated “citizens of Gaza” for celebrating Hamas’s extremism, promising: “Human animals are dealt with accordingly. Israel has imposed a total blockade on Gaza, no electricity, no water, just damage. You wanted hell, you will get hell.” Another retired major general and adviser to the defence minister, Giora Eiland, demanded other countries be prevented from offering assistance, demanding that Gaza’s people be left with “two choices: to stay and to starve, or to leave”. He advocated Gaza being made “a place that is temporarily or permanently impossible to live in”, declared women were not innocent because “they are all the mothers, sisters or wives of Hamas murderers”, and advocated “humanitarian disaster” and “severe epidemics” to achieve war aims: the finance minister Bezalel Smotrich tweeted he agreed “with every word”.

South Africa’s document is incomplete: there have been countless new examples since it was published. After the Israeli attorney general reportedly issued a warning to colleagues to “watch their words”, clearly concerned that Israel was being

incriminated on the eve of the international court of justice investigation, the Knesset deputy speaker, Nissim Vaturi, doubled down on a previous assertion that “Gaza must be burned”.

Netanyahu is said to have warned his ministers to “be sensitive”, yet each day brings more examples of genocidal intent and incitement. This should define media coverage, and yet still the fantasy that this is a war against Hamas – with a side debate about proportionality – is indulged. Without western support, Israel’s mass slaughter would immediately end. This is why we must address complicity: lives depend on it.

That is not simply to critique those who still cheer on this abomination, who if we lived in a society that valued human life, would, by now, be considered morally depraved beyond redemption. As Jean-Paul Sartre once declared: “Every word has consequences. Every silence, too.” Here is one of the great crimes of our age, unfolding before our eyes, described to me by the Palestinian activist Omar Barghouti as “the world’s first livestreamed genocide”. Rarely has a crime so grave been so honestly spelled out to the world by its architects. Yet many of those who rightly and passionately condemned the atrocities of Hamas have little or nothing to say about Israel’s actions, despite the direct involvement of our own rulers. This is obscene – and occasional handwringing will not scrub away the shame. Tacit acquiescence allows the horror to continue. Words can be dangerous, but so too can their absence.

In commemoration of International Women's Day (IWD) 2024, the Centre for Strategic Perspectives (CSP) at the Institute of Strategic Studies Islamabad (ISSI) hosted a roundtable discussion titled "Women's

envisioning a world free from gender bias. She emphasized the importance of including women's perspectives in policy discussions on the economy, foreign policy, diplomacy, energy, and media within the context of Pakistan.

nation's full potential. Ambassador Mahmood pointed to historical figures like Fatima Jinnah and contemporary leaders as testaments to Pakistan's commitment to gender equality. He also highlighted Pakistan's

ISSI MARKS INTERNATIONAL WOMEN'S DAY with Roundtable on "Women's Inclusion in Policy Discourse of Pakistan"

Press Release

Inclusion in Policy Discourse of Pakistan." The event brought together prominent figures to explore the crucial role women play in shaping national policy across various sectors.

Dr. Neelum Nigar, Director of CSP, opened the discussion by aligning it with the IWD 2024 theme,

Ambassador Sohail Mahmood, Director General of ISSI, highlighted the critical role women play in shaping policies for Pakistan's socio-economic development. He stressed that addressing the unique challenges faced by women is not just about equality, but about unlocking the

global advocacy efforts, particularly at the United Nations, to enhance women's protection in conflict and post-conflict settings.

However, Ambassador Mahmood acknowledged the ongoing challenge of disparity, with women lagging behind in all sectors. He underscored the need





for sustained efforts and practical steps to enhance gender equality, women's empowerment, and their rightful place in society.

Ambassador Seema Baloch emphasized that women's inclusion in policy discourse is a fundamental prerequisite for both gender equality and democracy. Data highlighting the low number of women holding senior positions (only 5%) underscored the urgency for progress. Despite significant contributions across various sectors like health, education, and policy, women remain underrepresented in higher positions, particularly in politics.

Major Wajiha Arhsad shed light on the groundbreaking role of women in the Pakistani forces and UN peacekeeping missions, defying stereotypes and paving the way for greater participation in traditionally male-dominated fields. Dr. Salma Malik emphasized the importance of providing safe spaces, respect, and security to empower women. She also highlighted the complex role of women in conflict

situations, where they are both victims and agents for change.

Dr. Fareeha Armughan addressed the issue of "implicit bias" hindering women's progress in workplaces. She emphasized the need to address societal norms and institutional structures through policy interventions and discussions.

Ms. Shanza Faiq discussed the increasing role of women in Pakistan's foreign office, highlighting their contributions to diplomacy and foreign affairs. However, she advocated for further inclusivity, particularly in areas like conflict resolution and peace-building dialogue.

Keynote speaker Ms. Fauzia Viqar underscored the critical need for gender-friendly economic policies, emphasizing that Pakistan ranks low in economic empowerment for women. Despite challenges, Ms. Viqar highlighted substantial measures being implemented to empower women economically.

Ms. Viqar proposed a range of measures to ensure consistent progress, including:

- Women refusing to believe in their limitations
- Persistent efforts to achieve constitutional guarantees for women's equality
- Fulfilling international obligations regarding women's rights
- Increasing women's representation across all levels
- Integrating women's perspectives into policy discussions
- Building solidarity networks and mentorship programs for women
- Women actively pursuing leadership roles

Following the presentations, a lively interactive discussion took place. The event concluded with the presentation of a memento to Ms. Viqar by Ambassador Khalid Mahmood, Chairman of ISSI's Board of Governors.



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STORY

A Day in War

Aman Khan

Rising Stars: New Authors to Watch

Summary: *In the aftermath of war, a resilient protagonist navigates a desolate world. Amidst the routine struggle for survival, an encounter with Marukh Bibi, an elderly woman crafting rotis against all odds, becomes a symbol of hope. This brief narrative offers a glimpse into the fragility of human connection and perseverance in the face of profound adversity...*

About writer:

Aman, a medical doctor by profession, has been a writer since her youth. Initially drawn to school literature, she transitioned from fantasy themes to mature reflections on societal issues. Her stories now resonate with the complexities of the current generation, showcasing a seasoned understanding of the human experience. Beyond her professional role, Aman is known for her sensitive emotions and kind heart.

I opened my eyes to the familiar smell of smoke and burning flesh. I did a cursory check of my own body to make sure everything was intact and got up from the flattened mattress. Ami and Aurang were still asleep, both of them intact too, thankfully. I gently got to my feet and walked out onto the street, looking in a mirror before stepping out was a luxury I frankly didn't even remember. I was greeted by some passerby before I reached Marukh Bibi, the old wrinkly woman was hunching before a tawa making rotis, a few strands of her white hair escaping from her floral headscarf, despite her worn-out clothes and now shallow cheeks, her twinkling eyes, and kind smile made her look ethereal, it was easy to forget about a war when Marukh Bibi looked at you but even her magic couldn't last long, a bomb fell somewhere far off and I felt the ground shake. It was too far away to hear any screams this time.



I closed the distance to Bibi and sat down on her left. She passed me a small warm roti which felt like heaven, I gobbled it down in two bites. She smiled and pushed a bowl of dry flour towards me and I began kneading. Drinking water was a commodity, and washing hands was a crime in these times. After I'd kneaded the flour, I handed the dough to her in small balls which she stretched and cooked. People stopped by to greet us and we handed out the rotis. Bibi lost her hearing when a bomb

fell too close many years ago and her left leg a few months ago. But she wanted to help what was left of our community. So, one day she dragged out her tawa and the little flour she had left and started making and handing out rotis. Soon enough, people started sharing what they had. I started helping her a few weeks ago after Abu died, it was all I could do to keep from remembering him. I didn't have any tears left.

We made rotis till we ran out of flour and then I went to Abbasi to help with patients at the hospital. Dr. Guram lost her hands in a shelling but she taught me and a few others basics. I spent the day at the hospital till nightfall and then made my way back home to Ami and Aurang. Halfway home I felt the ground shake and heard an explosion. You get used to it but then I saw the smoke rise and ran. The buildings were mostly broken at this point but it was the broken tawa and a piece of scorched floral headscarf that brought me to my knees.

EMBRACING THE TIMELESS CHARM OF FM RADIO

A Haven of Authenticity and Positivity

Rising Stars: New Authors to Watch

Muhammad Aasif

In a world where digital noise clamors for attention and authenticity is often obscured by the veil of curated personas, FM radio emerges as a resplendent beacon of genuine connection and timeless charm. Despite enduring challenges and whispers of its decline, the FM radio industry continues to captivate audiences of all ages and backgrounds, holding within its waves a treasure trove of untapped potential for both listeners and advertisers alike. Join me on a journey as we delve into the enchanting realm of FM radio, rediscovering its magic and advocating for its revitalization in the hearts and minds of communities far and wide.

A Symphony of Authenticity Amidst the Digital Din:

In an age where the digital landscape teems with manufactured narratives and filtered realities, FM radio stands as a sanctuary of authenticity and sincerity. Unlike the ephemeral allure of social media, radio broadcasts resonate with unadulterated truth and genuine emotion, weaving a tapestry of stories and melodies that touch the soul and stir the imagination. From the crackling warmth of vinyl records to the soulful cadence of a DJ's voice, FM radio invites listeners on a journey of discovery and connection, where the authenticity of each moment is cherished and celebrated.



Fostering Bonds Across Generations and Cultures

In a world marked by division and discord, FM radio serves as a unifying force, transcending boundaries of age, gender, and ethnicity to foster bonds of camaraderie and understanding. Whether it's the timeless classics that evoke nostalgia in seasoned listeners or the latest hits that resonate with the vibrant energy of youth, radio broadcasts bridge the gap between generations, weaving a rich tapestry of shared experiences and collective memories. In the kaleidoscope of cultural diversity, FM radio emerges as a common thread that binds communities together, celebrating the richness of human expression in all its forms.

Radiating Positivity in a Sea of Uncertainty:

Moreover, FM radio radiates a beacon of hope and positivity in a world fraught with uncertainty and despair. While social media platforms often amplify negativity and sensationalism, radio

broadcasts inspire resilience and optimism, delivering messages of hope and solidarity to listeners in need of solace and encouragement. From uplifting stories of triumph over adversity to heartwarming acts of kindness that restore faith in humanity, FM radio channels the power of positivity to uplift spirits and ignite a spark of hope in the darkest of times.

A Call to Embrace the Enduring Magic of FM Radio:

As we navigate the ever-changing currents of modernity, let us not overlook the enduring magic of FM radio. To listeners of all ages and backgrounds, I extend a heartfelt invitation to tune in and rediscover the joy and wonder of radio, immersing yourselves in its timeless melodies and heartfelt conversations. To advertisers and brands seeking to make a meaningful impact, I challenge you to harness the unique power of FM radio to share your message with authenticity and sincerity, forging lasting connections with audiences far and wide.

In closing, let us come together to celebrate the enchanting allure of FM radio, ensuring that this cherished medium continues to thrive and inspire for generations to come. In a world hungry for authenticity and connection, let us cherish the timeless magic of radio broadcasts, where each song is a symphony, each word a whispered promise of truth, and each moment an invitation to embrace the beauty of the human experience.

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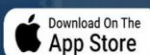
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