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Chief Editor Note

As we step into the month of April, we find ourselves at a crossroads of cultural and religious celebrations. With Eid and Easter just around the corner, this month is a testament to the diversity and richness of our traditions. In a world often divided by differences, it is heartening to see communities come together to celebrate in harmony.

Eid and Easter are more than just religious holidays; they are a time for reflection, renewal, and coming together with loved ones. Regardless of faith or background, these celebrations remind us of the importance of compassion, kindness, and unity. As we exchange greetings and share meals with friends and family, let us embrace the spirit of inclusivity and understanding that these occasions represent.

Amidst the festivities, we must also take stock of Pakistan's path to progress. The challenges facing our nation are manifold, yet so too are the opportunities. It is imperative that we prioritize key areas for development and growth, laying the groundwork for a brighter future for all Pakistanis.

Unfortunately, even as we celebrate, we cannot ignore the sobering reality of Eid under siege. For many, this religious festivity is marred by tragedy and violence. As we commemorate these occasions, we must also remember those who have been affected by conflict and hardship, extending our support and solidarity to those in need.

Looking ahead, Pakistan has the potential to become a global travel hotspot, attracting visitors from around the world with its rich history, diverse landscapes, and vibrant culture. By investing in infrastructure, promoting tourism initiatives, and fostering a welcoming environment for travelers, we can unlock the full potential of our nation as a premier destination for tourists.

In this month's edition of FORESIGHT Magazine, we explore these themes and more, delving into the complexities of religious celebrations, the challenges and opportunities facing Pakistan, and the potential for our nation to thrive as a global travel destination. As we navigate the road ahead, let us do so with hope, determination, and a commitment to building a brighter future for all.

With warm regards,

Tanveer Ali Maken

EID, EASTER, AND ETHOS

Celebrating Together in Harmony

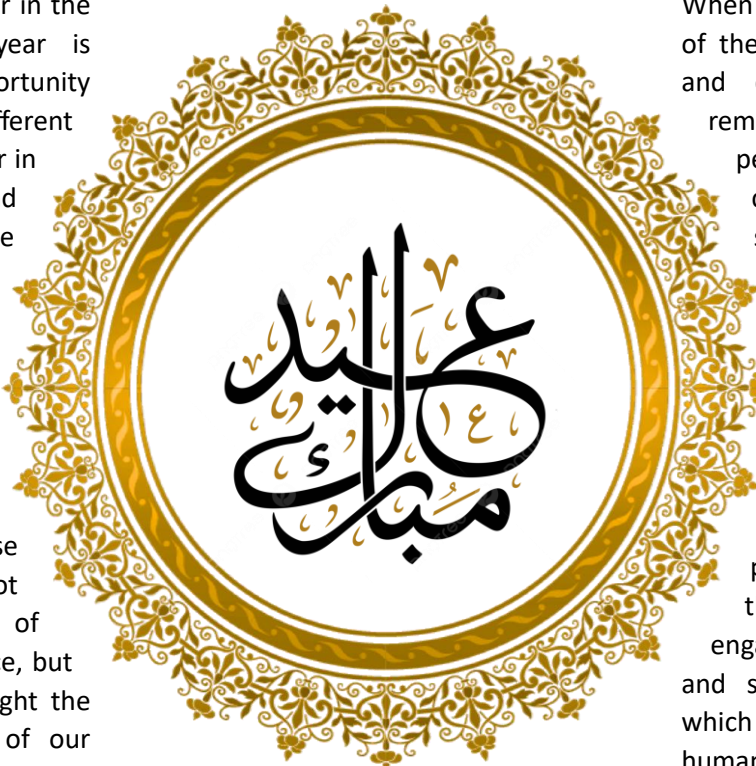
Tanveer Ali Maken

One of the highlights of this year is that Muslims and Christians around the world are celebrating the major festivals of their respective religions together. The harmony of Eid and Easter in the month of April this year is providing a unique opportunity for people belonging to different religions to come together in a joint celebration and contemplation. At a time when Muslims are preparing to celebrate Eid al-Fitr at the end of Ramadan, and Christians are celebrating Easter, the simultaneous peaceful celebration of these important festivals will not only set an example of brotherhood and tolerance, but it will also help to highlight the greatness and diversity of our religious traditions.

At the end of Ramadan, Muslims celebrate Eid-ul-Fitr in a very happy manner. Which is a very important opportunity for the Muslim Ummah all over the

world. Eid-ul-Fitr brings a powerful message of unity, gratitude and spiritual renewal in addition to its festive atmosphere and enthusiastic celebrations. When Muslims gather at the end of the month of fasting, prayer, and contemplation, they are reminded of the importance of perseverance, discipline, and compassion. Eid-ul-Fitr serves as a reminder that people can overcome challenges through faith and dedication.

Moreover, Eid-ul-Fitr provides an opportunity for generosity and solidarity with the needy people of the society, on this occasion Muslims engage in worship and charity and show kindness to others, which reflects the values of humanitarian and social justice,





which is the true spirit of Islam. Eid-ul-Fitr encourages Muslims to reach out to those in need and fosters a culture of empathy and support within communities. Embracing the spirit of blessings and sharing with others, Muslims reaffirm their commitment to serve humanity and abide by the principles of mercy and compassion adopted by the Prophet (peace and blessings of Allah be upon him).

In a world where divisions and differences often occur, religious extremism is at its peak. But moments of shared celebration with unity, tolerance and solidarity in the performance of religious rituals become lamps of hope and understanding. Celebrating Eid and Easter, two important religious festivals celebrated by billions of people around the world, with complete religious freedom and greeting each other provides a unique opportunity not only to reflect on the shared values that bind humanity together. Despite being two separate religions, both Eid and Easter highlight themes of renewal, empathy and communal

harmony, fostering bridges of understanding between diverse cultures and traditions of faith.

Eid al-Fitr, which marks the end of Ramadan, and Easter, which is the Christian monument of the resurrection of Jesus Christ, may look different in rituals and symbols, but basically, they advocate universal principles of love, forgiveness, and solidarity. Eid-ul-Fitr is a time of gratitude, contemplation and charity, where Muslims come together to pray, feast and share blessings with those in need. Similarly, Easter symbolizes the victory of hope over despair, emphasizing the themes of salvation, reconciliation, and the promise of new beginnings.

Despite their religious differences, both Eid and Easter provide deep insight into the human condition and our collective aspirations for a better world. They remind us of the importance of empathy, humility and kindness, transcending cultural boundaries and fostering a spirit of inclusion and understanding. In this age of polarisation and strife, the coming

together of these festivals is a reminder of our shared humanity and the potential for unity among diversity.

The celebration of Eid and Easter provides an opportunity for interfaith dialogue and cooperation, fostering mutual respect and appreciation of our differences. By recognizing the importance of each other's religious practices and participating in common festivals, people from diverse backgrounds can deepen their understanding of each other and build meaningful relationships based on mutual respect and empathy.

In short, the celebration of Eid and Easter invites us to reflect on the values that unite us as a global community, cutting across religious, cultural and ideological divisions. It encourages us to embrace diversity as a source of power rather than division and promote a culture of empathy, tolerance and acceptance. By coming together in harmony to celebrate these sacred occasions, we reaffirm our commitment to building a more inclusive and compassionate world, where by tying the bonds of humanity we triumph over prejudice and ignorance. As we celebrate Eid and Easter, let us take advantage of this opportunity to extend a hand of friendship to our neighbours, regardless of their faith or background. Let us embrace the spirit of solidarity and compassion at the heart of these festivals and work together to create a world where all people can live in peace and dignity. And become an ideal nation free from prejudices like a passionate and united nation.



The newly elected government faces a huge challenge as soon as it takes office. Citizens have high expectations: reduced inflation, eradicated poverty, job creation, and essential public services, all while consolidating financial and external accounts in a tightening fiscal space. The problems, their analysis, and the proposed reforms are well known, but implementation remains an obstacle. The new government's implementation strategy will need a two-pronged approach combining political and economic incentives.

Internally, political instability, economic weakness, and rising security threats have taken a heavy toll. Externally, a fractured global order, the growing U.S.-China rivalry, aggressive neighbors in the east, and unstable conditions in the west threaten national security. Given these complex issues, the new government's ability to deal with them all simultaneously is limited.

The government will need to prioritize at least the following 10 immediate challenges to pull the country

PAKISTAN'S PATH TO PROGRESS

Key Priorities for a New Era

Dr. Irshad Ahmed

In its first three years, the administration will have to carry out drastic and potentially unpopular structural reforms aimed at boosting macroeconomic stability and domestic output. This foundation is crucial for ensuring sustainable economic growth. The leadership should also communicate with the people, appealing to them to bear these short-term hardships to correct the economy's direction.

If the government can implement these structural reforms consistently and honestly, the desired results are expected to gradually appear in the fourth and fifth years. These developments will include a reduction in fiscal imbalances, more organized external financing needs, increased agricultural and industrial capabilities, and a reduced reliance on excessive debt. The only major obstacle at the moment is the lack of confidence by investors and businesses regarding foreign exchange.

Prioritizing Challenges: As the new government is being formed, it faces many challenges that require immediate attention and

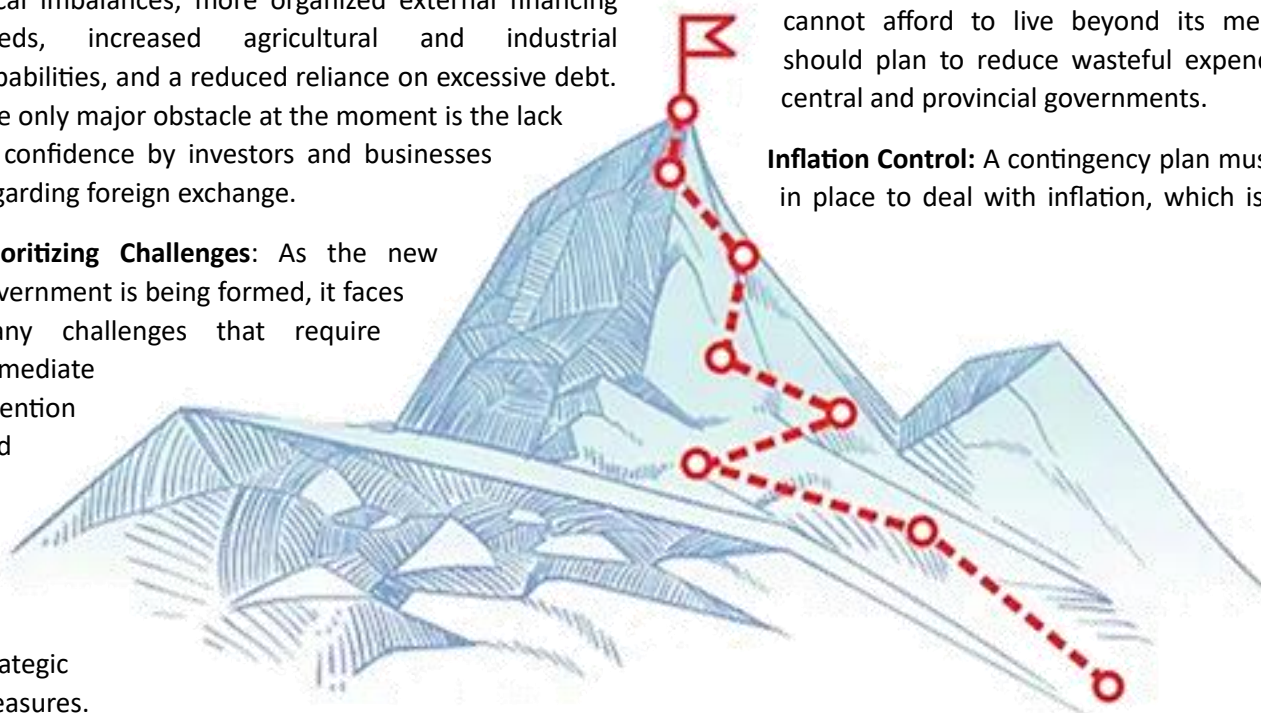
strategic measures.

out of crisis and put it on the path of stability. These priorities serve as a strategic roadmap identified by experts participating in discussions convened by the Sanuber Institute.

Political Stability: A grand national dialogue leading to a national consensus is needed for political parties and major institutions to enable a smooth political process. While democracy allows peaceful protests, violence on the streets should not be tolerated, as it puts at risk the people in whose name the protests are carried out.

Economic Stability: Restoring economic stability should also be a top priority. The government cannot afford to live beyond its means and should plan to reduce wasteful expenditure in central and provincial governments.

Inflation Control: A contingency plan must be put in place to deal with inflation, which is causing





severe tensions and could lead to social strife if not addressed immediately.

Economic Zones & Gwadar Port: Accelerating the operationalization of special economic zones and maximizing the use of Gwadar port, where significant development has already been completed, will stimulate economic activity.

Investment Facilitation: Expanding the Special Investment Facilitation Council to include more sectors and attract local and foreign investors can be a game-changer.

Climate Change: Developing capabilities for climate change adaptation and mitigation while cooperating with the global climate negotiation process is crucial.

Good Governance: Concrete steps toward good governance – prioritizing merit, transparency, and the rule of law – are essential for serving the people well. Dismantling the entrenched influence of elites may be challenging, but it's the only way forward for a healthy democracy.

Internal Security: Strong internal security is a prerequisite for boosting the confidence of local and foreign investors. The government should initiate police reforms and take steps to enforce the law uniformly across Pakistan. Intelligence agencies must closely coordinate their responses to security threats, especially from external hostile agencies operating in the region.

Border Security & Regional Relations: Securing borders and reviewing relations with neighbors are

strategic necessities. Restoring the functionality of the National Security Committee and appointing a National Security Advisor are crucial steps for addressing security matters institutionally. Additionally, a review of strategic security is necessary to prepare the nation for complex threats.

Foreign Policy Revision: A fundamental revision of Pakistan's foreign policy is needed. Strict adherence to non-involvement in external disputes and promoting peaceful regional relations should be a cornerstone. Engaging with neighbors from a geo-economic perspective can foster mutually beneficial partnerships. Important foreign policy issues should be discussed in Parliament for informed decision-making and open to public debate. While maintaining strong relations with both the United States and China, economic cooperation should be a top priority. Regarding India, maintaining Pakistan's official stance on Kashmir while remaining open to post-election developments in New Delhi is advisable. Maintaining open communication channels with the Afghan government at various levels is also important.

The new government inherits a complex situation, but a clear path forward exists. By prioritizing crucial reforms, fostering national unity through dialogue, and strengthening security and diplomacy, Pakistan can navigate these challenges. Success hinges on effective communication with the public, who must understand the necessity of short-term sacrifices for long-term gain. With a united effort and a commitment to good governance, Pakistan can emerge from crisis and build a more stable and prosperous future.





The holy month of Ramadan has commenced for the global Muslim community. However, the plight of our Palestinian brothers has

Fitr in Gaza is overshadowed by Israeli bombings, famine, and the tragic loss of lives due to starvation?

hospitals with limited resources, the situation is undeniably dire and distressing. One of the warehouses of the United Nations

EID UNDER SIEGE

Religious Festivity and Human Tragedy

Alessandro Arduino

cast a somber shadow over the customary excitement and fervor associated with celebrating this sacred month and its subsequent festivities. Ramadan unfolds in Gaza amidst a deepening humanitarian crisis in 2024. Among Israel's sustained aggression towards Gaza, people of Ghaza grapple with the grim realities of famine, violence, and displacement on a daily basis. While Muslims worldwide engage in worship and revelry, the people of Gaza find themselves in a struggle for survival rather than a celebration of Eid this year. What greater tragedy could there be than the stark reality that Eid al-

This year, Eid unfolds in Gaza amidst a backdrop of bloodshed and sorrow. Despite an immediate ceasefire coinciding with Eid, the scars of destruction persist, haunting those residing in Gaza's camps. Meanwhile, for those fighting for their lives in hospitals with scant resources, the situation remains dire and distressing.

This year, Eid in Gaza for the Muslim residents is marred by bloodshed and tragedy. Despite the declaration of an immediate ceasefire coinciding with Eid, the lingering effects of devastation will persist, haunting those living in Gaza's camps. Moreover, for those battling for their lives in

Relief and Work Agency for Palestinian Refugees in Gaza was targeted during efforts to provide food to detained Palestinians. About 20 people were killed and about 155 injured in a recent attack on an aid convoy in Kuwait Square. Gaza's health ministry blamed Israeli forces for the attack. Brazil's president explicitly criticized Israel for "genocide" against Palestinians in the Gaza Strip, referring to everything from the war against Gaza to Adolf Hitler's campaign to wipe out the Jewish population. Some weak confidence in the humanitarian spirit of states has been restored after Spain and other countries

criticized the Us' exploitative behavior in the use of veto power. Attempts by Arab countries like Algeria to push for a ceasefire resolution reflect the defiance of Muslim countries to their brothers.

The U.S. justification for the veto appears flawed as an attempt to prevent disruption of talks between Israel, Qatar, Egypt and the United States. An immediate ceasefire before the start of the holy month of Ramadan should have brought relief to Palestinians and the entire Muslim world. UN Secretary-General Antonio Guterres' call to "silence the guns" in Gaza in honor of Ramadan has been ineffective. The most important question in the current dilemma is the failure of the world's largest intergovernmental organization to implement a logical and possible decision in view of the destruction of Gaza's population, especially during Ramadan. From praying outside the ruins of mosques to preparing food, people find a source of resilience and solidarity in their religious faith and especially in Eid al-Fitr.

Since the Hamas attack on October 7, 2023, which killed nearly 1,400 people, Israel has targeted Gaza with air, land and sea attacks, killing more than 32,000 people and injuring more than 75,000 Gaza residents. Children are among the worst affected. They look at the explosions, death and destruction, and in the midst of this chaos and chaos wonder whether they will lose their parents or the next brother. The holy month of Ramadan was a nightmare for them. While in other places Muslims fasted and

prayed in the harems of their homes or mosques, Gaza children struggled to survive. This Ramadan in Gaza, where food shortages are forcing families to eat leaves and animal feed to survive, palm harvesting, along with other food products, has been completely destroyed. Israeli officials have reportedly classified dates as "double-use" items that they say could be reused for military use.

This is how Eid is this year for the Muslims residing in Gaza – full of bloodshed and tragedy. Even though an immediate ceasefire has been called due to the occurrence of Eid, traces of devastation will continue to haunt the ones living in camps in Gaza. On the other hand, for those who are fighting for their lives in hospitals with meagre resources, it's absolutely dreadful.

The conditions for providing humanitarian assistance to children in Gaza are not only not being met, but are getting worse. After five months of siege and continuous bombing, the mental health of children in Gaza is being pushed beyond the breaking point, they have suffered unimaginable mental harm from violence, severe physical injuries, including loss of body parts and loss of families, homes and their schools. Everyone in Gaza is now at risk of famine and facing levels of food insecurity or worse crises. Five months of continuous bombing and sanctions have created conditions for a rapid increase in malnutrition with extremely limited access to food and water.

Amidst these sad and painful moments, at the 96th Oscar

Awards ceremony held at The Dolby Theatre in Hollywood on March 10, 2024, "Dear Child", a captivating poem written and presented by Pulitzer Prize-winning journalist and writer Chris Hedges, took viewers on an unbreakable journey into the life of a Gaza boy living in Israeli bombing. Not an eye was without tears at the Oscar Awards ceremony, when Chris Hedges deliberately challenged viewers to share the painful suffering of Gaza's children and admitted that the world had failed to end their pain and suffering. For Muslims living in Gaza, this year's Eid is like it is full of bloodshed and tragedy. Although an immediate ceasefire has been announced on The Eve of Eid, the signs of destruction will continue to haunt those living in Gaza camps. On the other hand, for those who are fighting for their lives in hospitals with less resources, it is absolutely terrifying. As we celebrate this Eid in our own ways, let's remember these children and their well-being.



BUILDING TOMORROW'S SHIELD

PIEDRR 2024 and the Power of Collaboration

Zulekha

Pakistan, nestled in South Asia, is a country prone to a myriad of natural disasters, ranging from earthquakes and floods to landslides and droughts. These calamities not only cause immense loss of life and property but also disrupt economic activities and hamper the nation's development trajectory. In light of these challenges, the concept of Disaster Risk Reduction (DRR) has emerged as a crucial strategy for mitigating the adverse impacts of disasters and building resilience within communities.

In a proactive stride towards disaster management, the National Disaster Management Authority (NDMA) of Pakistan is poised to host the inaugural Pakistan's International Expo on Disaster Risk Reduction (PIEDRR) 2024. Scheduled from April 23rd to 25th, 2024, at the prestigious Pak China Friendship Center in Islamabad, this event marks a significant milestone in global efforts to bolster resilience against disasters.

Building upon the success of the previous year's Pakistan Expo on Disaster Risk Reduction, PIEDRR

2024 is dedicated to fostering dialogue, collaboration, and knowledge exchange, aimed at forging safer and more resilient societies capable of withstanding the impact of global disasters.

With participation anticipated

vibrant hub of international cooperation and partnership.

The expo's primary objectives revolve around establishing collaborative partnerships to support joint initiatives and research globally, as well as facilitating knowledge exchange among experts, practitioners, and policymakers. PIEDRR 2024 will serve as a pivotal global platform for deliberations on anticipatory actions and practical recommendations for building resilience against a spectrum of disasters.

The event will feature a diverse array of participants, ranging from international and bilateral partners to high-level dignitaries, government officials, policy makers, emergency responders, global academia, and think tanks. Through a series of capacity displays, seminars, group discussions, ignite sessions, and global simulation exercises, PIEDRR 2024 aims to stimulate dynamic interactions and innovative solutions in disaster risk reduction.

Anticipated to be a dynamic and impactful gathering, PIEDRR 2024



from 44 countries worldwide, including member states of the Shanghai Cooperation Organization (SCO), the South Asian Association for Regional Cooperation (SAARC), and partner countries of NDMA, PIEDRR 2024 is set to become a



promises to unite stakeholders from around the world to collaborate, innovate, and spearhead positive advancements in disaster risk reduction. The organizers extend a warm invitation to all stakeholders to participate in this significant event, contributing towards a safer and more resilient world for all. Join us as we embark on this crucial journey towards global resilience.

The Need for Disaster Risk Reduction

Pakistan's geographical diversity, characterized by mountainous regions, fertile plains, and a lengthy coastline, renders it vulnerable to a wide array of natural hazards. Earthquakes, triggered by the collision of tectonic plates, frequently shake the region, with devastating consequences. The 2005 earthquake in Kashmir, which claimed over 70,000 lives, stands as a stark reminder of the nation's vulnerability to seismic events. Moreover, the country experiences recurrent floods,

primarily during the monsoon season, causing widespread displacement, destruction of infrastructure, and loss of livelihoods. The 2010 floods, regarded as one of the worst natural disasters in Pakistan's history, affected over 20 million people and inflicted colossal economic damages.

Importance of Disaster Risk Reduction

Saving Lives and Minimizing Losses: DRR initiatives focus on preemptive measures such as early warning systems, hazard mapping, and evacuation plans, enabling communities to respond swiftly and effectively to impending disasters. By enhancing preparedness and response mechanisms, countless lives can be saved, and the magnitude of damages minimized.

Preserving Infrastructure and Assets: Investing in DRR not only safeguards human lives but also protects critical infrastructure, including roads, bridges, schools,

and hospitals, from the ravages of disasters. Strengthening infrastructure resilience through measures such as retrofitting buildings to withstand seismic shocks and implementing flood-resistant construction techniques is imperative for reducing vulnerability.

Safeguarding Livelihoods:

Disasters often disrupt economic activities, jeopardizing the livelihoods of millions of people, particularly those reliant on agriculture and informal sectors. DRR interventions, such as livelihood diversification programs, microinsurance schemes, and sustainable land management practices, aim to bolster the resilience of communities and ensure continuity in income generation amidst crises.

Fostering Sustainable

Development: By integrating DRR principles into development planning and policy frameworks, Pakistan can mitigate the risks posed by natural hazards and lay the groundwork for sustainable



development. Emphasizing risk-informed decision-making, environmental conservation, and climate change adaptation measures can enhance the resilience of vulnerable populations and promote long-term socio-economic stability.

Building Community Resilience: Community participation lies at the heart of effective DRR strategies. Empowering local stakeholders through training, awareness-raising campaigns, and capacity-building initiatives fosters a culture of resilience and facilitates grassroots-led efforts in disaster preparedness, response, and recovery.

Challenges and the Way Forward

Despite the evident need and importance of DRR in Pakistan, several challenges persist in its implementation:

Resource Constraints: Limited financial resources and competing development priorities often hinder the allocation of adequate

funding towards DRR initiatives, constraining the scale and effectiveness of interventions.

Institutional Capacity: Weak institutional frameworks, fragmented governance structures, and bureaucratic hurdles impede the coordination and implementation of DRR policies and programs at the national, provincial, and local levels.

Climate Change: The exacerbating effects of climate change, including unpredictable weather patterns and escalating environmental degradation, pose additional challenges to DRR efforts, necessitating adaptive strategies and innovative solutions.

Addressing these challenges requires a multi-faceted approach encompassing policy reforms, institutional strengthening, community engagement, and international cooperation. Enhanced investment in DRR, coupled with

concerted efforts to mainstream risk reduction into development agendas, is essential for building a resilient future for Pakistan.

In conclusion, disaster risk reduction is not merely an option but a compelling imperative for Pakistan. By prioritising proactive

measures to mitigate the impacts of natural hazards, Pakistan can safeguard lives, protect assets, and pave the way for sustainable development and prosperity for all its citizens. The journey towards resilience demands collective action, political will, and unwavering commitment to building a safer, more resilient Pakistan.

Organising such programs and expos will promote idea exchange and networking in a country like Pakistan. Participants will share their insights, learn from each other, and establish valuable connections, offering diverse perspectives on DRR challenges and solutions

Pakistan is at the forefront of innovation and cooperation with Pakistan's international exhibition on Disaster Risk Reduction 2024 (PIEDRR 2024) in the world dealing with the increasing risks of natural disasters. Due to the complexities of Pakistan's changing climate and geographical vulnerabilities, PIEDRR 2024 will not only prove to be a ray of hope but will also play its role as a catalyst for the process of change. By fostering dialogue, fostering partnerships and fostering resilience, this groundbreaking ceremony symbolizes our collective commitment to building a safer, more resilient future for all. As stakeholders from all over the world gather in Islamabad, let us seize this opportunity to cross borders, share knowledge and bring about change. Together, let's embark on this important journey of building a world where disasters are faced with preparedness, resilience, and unwavering solidarity.





Dr. Joharia Azhar
Professor in Oral pathology
& medical education

holds many academic positions as well. She is Professor and HOD Oral Pathology in Abbottabad International Dental College & Vice Principal. She has taught in Gulf & was the professor and chair PBL unit in world's largest all Women university, PNU, located in Riyadh Saudi Arabia. She is the international tutor at Aalz, Aachen University, Germany, their Fellowship Programme director in Pakistan and Aalz representative for Pakistan. She Introduced the German Fellowship in Laser dentistry for the first time in Pakistan in 2015. She is the Councilor from Pakistan in the ASOMP (Asian Society of Oral and Maxillofacial Pathology) and Member of WWD (Worldwide Women Dentists Forum FDI). Member Board of Advisors and E-Faculty DOOOX a European Dental Education portal. Associate editor & Reviewer for many international journals. She is the Founding President of Pakistan Association of Women Dentists (PAWD) and President of the federal Council Pakistan Society of Oral & Maxillofacial Pathologists (PSOMP). Member of ALD (Academy of Laser Dentistry) and IAOP (International Association of Oral Pathology).

Can you delve into the origins of your exclusive laser dentistry and laser-assisted pain control clinics and their evolution into Pathodont Polyclinics?

ANS: I am a hard-core oral pathologist and the

INNOVATING DENTISTRY

A Conversation with Dr. Joharia Azhar

Tanveer Ali Maken

Dr. Joharia Azhar is a Professor in Oral pathology & medical education, a consultant laser dentist, cosmetologist, and aesthetic physician. One of the pioneers of Laser dentistry and Laser assisted Pain control clinics, and the only one in Pakistan with a level 7 UK Degree in aesthetic medicine, she has practiced in and around Rawalpindi and Islamabad since 2005. She established and introduced her exclusive laser dentistry and laser pain control clinics in 2011, which were later expanded into Pathodont Polyclinics. She is a recipient of the "first President's businesswomen awards 2022" bestowed by Dr Arif Alvi, President of Pakistan. She

intricacies of human body at a molecular and cellular level had always intrigued me. I am very interested in molecular medicine since the beginning, and the idea of light wavelength interacting with a human cell and initiating a cascade of molecular events that end up treating the whole body, is very lucrative. I simply had to understand the dynamics of this interaction, which also carries a spiritual meaning for me. God and His Nur has created the whole universe. This passion led me to my post graduation in lasers in Germany which led to the establishment of the laser pain clinics and laser dental centre in Rawalpindi in the year 2012-13. At that





time people were aware of the role of lasers in healthcare, especially in dermatology, ophthalmology and dentistry but no one had comprehended the potent laser effects in the field of pain management. Now photo-bio-modulation therapy and Lower laser light Therapy is being frequently engaged to manage different kinds of pains, all over the world. And I feel extremely proud to say that we pioneered it in Pakistan. Allah created light as a major source of life and initiator of molecular and chemical reactions, many of which are not yet understood completely. So, these light energy photons can be harnessed to relieve the body of many infections, inflammation, toxins and pain. It has regenerative and anti-aging capabilities as well. All these treatments are offered in our clinics since 2013 and many previously untreatable patients have been managed to an optimum extent.

How does the recognition through the "first President's Businesswomen Awards 2022" resonate

with your contributions to dentistry and medical education?

ANS: gratitude is considered to be the mother of all virtues, similarly in my opinion Acknowledgment and appreciation is the mother of continued innovation and inspiration. It is innovation and inspiration that breeds entrepreneurship. So, while I have had lots of acknowledgment and appreciation from my medical and dental fraternity, in the form of various awards and honorary positions, yet an acknowledgment by the president of Pakistan, supported by the Islamabad Women chamber of commerce and industry IWCCI really made a lot of difference in increasing my enthusiasm to do more. That is why we, the executives at the IWCCI want to continue supporting such endeavors. Pakistan is very rich in raw talent, unrecognized talent. That talent needs to be recognized, appreciated and given an opportunity to shine brilliantly. Talent thrives with opportunity, and we must strive to provide as many opportunities for Pakistani youth as possible.

Balancing roles as a professor, consultant, and aesthetic physician is complex. How do you manage and find synergy among these diverse professional aspects?

Ans: Teaching has always been a passion. My background is a very nice amalgamation of academic and practical factors, father being a civil engineer who constructed some huge, monumental structures in Pakistan including the Jamshoro powerhouse, Skardu Airport etc, and mother being an educationist who trained thousands of students. I got blessed with the gift of pragmatism from one parent and idealism from the other. So, I have found myself to be practicing both interchangeably. My academic carrier has been based more on idealism, which can be very difficult to practice especially considering the current scenarios of rapidly falling value systems. No one can survive in today's world with the idealistic value systems in place, especially not in Pakistan. So, the pragmatic part of my personality serves me more in my role as a consultant and aesthetic physician. I would like to say I am more pragmatic in an idealistic way. These core concepts have helped me a lot in synergizing all the different roles. A medical teacher, Afterall, has to be a good consultant and doctor first. Innovation is another God gifted capability that serves to have an additive effect. I guess my ability to innovate, is the one characteristic

that has really steered me forward in my entrepreneurial journey as well.

Could you share a particularly impactful case or project that stands out as a success story from your extensive career?

ANS: I could mention a few, but one of them seems to be most relevant to the current trends in Pakistan. I initiated a project in aesthetics medicine, back in 2020, which was in collaboration with the "Face Design Academy" London. The aim was to offer international UK accredited courses in Pakistan engaging UK trainers. This combined with the presence of our German fellowships offered since 2014 led to a wave of inspiration. So many of my junior colleagues were inspired to take the same path and many such UK CPD certifications engaging international faculty sprung up. The aesthetics industry depends on the expertise level of the aesthetics physicians and the mushrooming of UK and USA CPD certifications had really caused a boom in this industry. I think, this is by far my most noteworthy achievement.

As an International tutor at AalZ and Fellowship Programme director, how do you foresee the future impact of international collaboration on the landscape of laser dentistry in Pakistan?

ANS: International collaborations are always essential to develop any field to its optimum level. I would like to quote this example here that before the international collaboration with AALZ which actually materialized in 2013. There were only 3 dental laser machines in Pakistan. Two were installed in Islamabad and 1 was installed in Lahore. After the launch of the German fellowship programme along with a series of local workshops and teaching activities the interest in this newer field of regenerative medicine increased many folds. It inspired others so much to enter into this field. And now in 2024 there are more than 100 laser machines installed in Pakistan and 3 to 4 in neighboring Afghanistan. Last year a group of Afghan dentists and doctors came to get laser training to Pakistan. They went back and installed the new technology there as well. This is only one example of impact that an international collaboration can have on one project. Also let me mention here that this is actually expensive laser equipment, and many people can not venture into it due to financial constraints. Even then a figure of more than 100 instalments of dental laser equipment is extra ordinary.

The introduction of the German Fellowship in Laser Dentistry in 2015 was pioneering. How has this initiative shaped the landscape of laser dentistry in Pakistan over the years?

ANS: the laser dentistry landscape in Pakistan has seen extraordinary growth in the years since 2013, when it was offered as a treatment in the clinic and as a European fellowship in 2015. Since then, hundreds of dentists have attended courses and learned to incorporate lasers in their general practice. We have had two batches of Pakistani fellows who successfully completed the German fellowship and many hundreds who attended workshops and our local courses. I am very proud to state that in 2013 we had only 3 dental laser machines in Pakistan and Now in 2024 we have more than a 100, installed even in the smallest cities of Pakistan, despite being very expensive equipment. This is how the standard of care has advanced in a few years. The laser light has been extended to Afghanistan as well, from where a group of dentists were trained last year and now Afghanistan has three laser machines installed.

Given your roles in ASOMP and IAOP, how do you believe global collaboration can drive advancements in oral pathology and dentistry, especially in a rapidly evolving field?

ANS: healthcare is one field where global collaboration is of paramount importance. The recent covid pandemic taught this very important lesson. We are seeing advancements happening on daily basis. From salivary diagnostics to oral cancer detection and AI in the pathological diagnosis, world will stand nowhere, without collaboration. Pakistan is one of the few countries in the world where a cancer registry has not been established yet. We recently collaborated with Sri Lanka to establish oral cancer registry in Pakistan, which was inaugurated by the president of Pakistan, Dr Arif Alvi. It was my personal terms and collaboration at ASOMP AND IAOP level that led to the initiation of this project.

In your philosophy on cosmetic dentistry and aesthetic medicine, how do you prioritize both oral health and aesthetic satisfaction in patient care?

Ans: a healthy mouth and face is a beautiful mouth and face. Health is beauty and so oral and general health, and aesthetics are already intricately entwined. As the world moves towards prevention, as compared to cure, esthetics naturally comes into focus. Regenerative

medicine, anti-aging techniques are all equally beneficial in general health as well as in aesthetics. Once you are executing one, the criteria of the other is naturally fulfilled.

Looking ahead, what futuristic trends or advancements do you anticipate in the field of laser dentistry and aesthetic medicine, and how do you plan to stay at the forefront of these developments?

ANS: these two are fields that are seeing advancements with each passing day. Today's healthcare has moved towards prevention as opposed to cure. This is the era of molecular medicine and regenerative medicine. Natural sciences so to speak. Both lasers and aesthetics have huge implications in all these domains. I was the first one to introduce the concept of Photo-biomodulation therapy in Pakistan in 2013 and yet I still come across doctors and patients asking the question will this work? We now have AI assisted mapping of the facial contours and treatment plan generation and optimum pain control using lasers. These tools have their limitations of course, but over all they have really improved the concepts of health care while increasing the boundaries of what we can and can not do.

As a leader in oral pathology, how do you envision the integration of technology and innovation in shaping the future of diagnostic practices in dentistry?

ANS: This is the era of minimally invasive approach. Diagnostics is no exception and scientists are working towards building tests that would give us maximum information without invading the human body. Salivary diagnostics is one such example. A drop of saliva can reveal presence of cancer or potential cancer in the body. It has diagnostic as well as predictive capability. I am very proud to say that I innovated in this sector and our salivary diagnostic kits for various infectious disorders were imported and offered in Pakistan in 2010. However, the general acceptance of these new devices in Pakistan was very low. After trying 2 years we discarded the project and let the local diagnostics work in the traditional ways. Maybe it was not the time. I dream of introducing these things again, in Pakistan, one day. Second very lucrative field is the AI in radiology and histopathology. Software offering Very accurate diagnosis with minimum margin of error are getting developed and will be revolutionizing the field, not only in Pakistan but all over the world.

With your involvement in international organizations, what role do you see Pakistan playing in the global



landscape of oral and maxillofacial pathology in the next decade?

With our collaborative projects in the field of AI in pathology and radiology we are striving hard to optimize it in Pakistan first and then to share with our neighboring countries. If we become successful in initiating a pilot programme or device in this sector, that will certainly be the turning point for Pakistan in the international community. My links in the international organizations certainly give me a pathway to connect the local talent with the international community. Pakistan's role also depends largely on the role the whole community of healthcare workers and oral pathologists. If we continue to work hard sky is the limit.



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NEXT DESTINATION PAKISTAN

How It can be the global travel hot spot?

Muhammad Aziz ur Rehman

Nestled in the heart of South Asia, Pakistan unfolds like a captivating storybook. Its landscapes are as diverse as its history, boasting snow-capped Himalayan peaks that pierce the heavens, the rugged grandeur of the Karakoram Range, fertile plains of the Indus Valley, and the sun-kissed shores of the Arabian Sea. Recognized as the best tourism destination in 2023 by the UNWTO, Pakistan beckons travelers seeking an unforgettable tapestry of cultural immersion, historical exploration, and heart-pounding adventure.

Tourism plays a pivotal role in the global economy, acting as a catalyst for growth across various sectors. Tourist spending fuels

international trade by creating a demand for local crafts, textiles, and agricultural products. It fosters job creation in hospitality, transportation, and service industries, while also injecting revenue into infrastructure development projects like roads, airports, and communication networks. Pakistan, with its rich cultural heritage, breathtaking landscapes, and strategic location, is perfectly positioned to harness these benefits.

Pakistan's cultural heritage is a mesmerizing labyrinth, where echoes of ancient civilizations intertwine with the vibrant melodies of modern life. Travelers can embark on a historical odyssey, starting at Mohenjo-

dar, a UNESCO World Heritage Site. Here, amidst the sun-baked ruins of this 5,000-year-old metropolis, one can almost hear the whispers of the Indus Valley Civilization, one of the earliest urban settlements in the world. Excavations unveil a sophisticated urban plan with a well-developed drainage system, granaries, and houses, offering a glimpse into the lives of these ancient people.

The Mughal era comes alive at the majestic Lahore Fort. This architectural marvel, adorned with intricate carvings, sprawling courtyards, and imposing gateways, transports visitors to a time of emperors and opulence. Within the fort complex lies the exquisite Sheesh Mahal (Palace of

Mirrors), its walls adorned with thousands of tiny mirrors that create a mesmerizing kaleidoscope of light and reflection. Standing in stark contrast, yet equally awe-inspiring, is the Badshahi Mosque, one of the largest mosques in the world. Its soaring minarets dominate the Lahore skyline, while the intricate floral motifs adorning its vast prayer hall leave one breathless.

For those seeking spiritual solace, Pakistan offers a haven.

Sufi shrines, imbued with an atmosphere of serenity, beckon pilgrims from all corners of the globe. The shrine of Shahbaz Qalandar in Sehwan, known for its whirling dervishes and devotional music, offers a unique spiritual experience. Historical pilgrimage sites, like the ancient Buddhist relics of Takht-i-Bahi, another UNESCO treasure, stand as testaments to the region's rich religious tapestry. Cave paintings in Mehrgarh, dating back 8,000 years, offer a glimpse into prehistoric religious practices.

Pakistan is a paradise for those with a thirst for adventure. The mighty Himalayas and the Karakoram Range, with their snow-capped peaks that pierce the heavens, challenge even the most seasoned mountaineers. K2, the world's second-highest mountain, and the treacherous Khyber Pass offer legendary challenges for experienced climbers. Hikers with a moderate level of experience can explore hidden trails in the valleys of Swat and Chitral, carpeted with wildflowers and glacial lakes reflecting the azure sky.

For the adrenaline junkie, the rugged terrain offers opportunities for rock climbing on sheer cliffs overlooking emerald valleys, white-water rafting through churning rapids in the Indus River, or paragliding over breathtaking vistas of the Hunza Valley. Adventure doesn't stop on land. The crystal-clear waters of the Arabian Sea beckon scuba divers and snorkelers to explore vibrant coral reefs teeming with marine life. Deep-sea fishing enthusiasts can test their skills against elusive marlin and swordfish in the rich fishing grounds off the Makran coast.

Beyond the thrill of extreme sports, Pakistan unveils a gentler side.

The lush valleys of Hunza and Skardu offer a haven of tranquility, where time seems to slow down. Here, amidst terraced fields and quaint villages nestled amongst towering mountains, one can truly commune with nature. Gentle horse rides along ancient trails offer a chance to explore hidden waterfalls and serene glaciers. Nature lovers can embark on wildlife safaris in Deosai National Park, the world's second-highest plateau, where elusive snow leopards roam, or explore the coastal havens where dolphins frolic in the warm waters of the Arabian Sea. Birdwatchers can delight in the diverse avian population that inhabits Pakistan's various ecosystems, from the majestic Himalayan Griffon vulture soaring over mountain peaks to the colorful Indian Peafowl strutting through lush forests.

Pakistan's culinary scene is a vibrant tapestry of flavors, reflecting the country's diverse cultural influences. Mughlai

cuisine, with its rich curries and aromatic spices, offers a taste of the royal past. Sindhi cuisine, known for its use of seafood and sour flavors, reflects the coastal influences of the south. Punjabi cuisine, a staple in the north, is hearty and flavorful, featuring dishes like butter chicken and tandoori roti. No exploration of Pakistani food is complete without sampling the national dish – Biryani, a fragrant rice dish with meat, vegetables, and spices. Street food stalls across the country offer a delectable and affordable option for adventurous foodies, with options like samosas, chaat, and kebabs tantalizing the taste buds. For those seeking a more sophisticated dining experience, fine-dining restaurants in major cities present contemporary interpretations of traditional Pakistani cuisine.

Pakistan offers a variety of accommodation options to cater to diverse needs and budgets. Luxury hotels in major cities like Karachi, Lahore, and Islamabad provide world-class amenities and impeccable service. Boutique hotels in historical cities offer a charming and intimate experience. Budget travelers can find comfortable guesthouses and hostels that offer a chance to interact with fellow travelers and locals. Homestays in rural areas offer a unique opportunity to experience traditional Pakistani hospitality and immerse oneself in the local culture.

Despite its immense potential, Pakistan faces challenges in fully realizing its tourism potential. Developing a skilled workforce in the hospitality industry is crucial to ensure a seamless experience



for visitors. Investing in training programs for tour guides, hotel staff, and restaurateurs can significantly improve service standards. Additionally, addressing security concerns and streamlining the visa process, particularly for regional travel, can significantly improve the country's appeal to international tourists.

Pakistan is committed to promoting sustainable tourism practices that minimize environmental impact and ensure the long-term viability of the sector. Conservation efforts are underway to protect endangered species and preserve national parks. Community-based tourism initiatives are empowering local communities and ensuring that tourism benefits are distributed fairly. By adopting eco-friendly practices and promoting responsible tourism, Pakistan can ensure its natural beauty and cultural heritage remain vibrant for future generations to enjoy.

Pakistan, with its rich tapestry of history, culture, and adventure, beckons travelers seeking an unforgettable experience. From the bustling bazaars of Karachi to the snow-capped peaks of the Himalayas, Pakistan offers something for everyone. By addressing existing challenges and embracing sustainable practices, Pakistan has the potential to transform into a premier tourist destination. So, pack your bags, unleash your sense of adventure, and embark on a journey to unveil the unexplored jewel of South Asia – Pakistan.



Dementia, a term encompassing a decline in mental abilities that disrupts daily life, can be a frightening prospect. Often associated solely with memory loss, dementia manifests in a multitude of ways depending on the affected brain region. Early detection is paramount, allowing individuals with dementia to manage symptoms and maintain a

judgment, can be compromised, leading to inappropriate behavior. Imagine someone blurting out offensive comments or neglecting basic social etiquette – these could be signs of damage.

Visual hallucinations can also be an early warning, particularly in Lewy body dementia or Parkinson's disease dementia.

having trouble seeing objects on either side. This can significantly impact activities like driving and pose safety risks. Difficulty concentrating, often caused by shrinkage in the frontal lobe, can also emerge. Completing tasks or following conversations becomes a struggle.

Forgetting occasionally is normal,

THE SILENT THIEF

Early Warning Signs of Dementia

Fatima

higher quality of life. This article sheds light on 13 early warning signs of dementia, empowering you to recognize them in yourself or loved ones.

While memory loss is a common symptom of dementia, it's not always the initial indicator. Dementia affects different areas of the brain, leading to a diverse range of symptoms. The frontal lobes, responsible for social

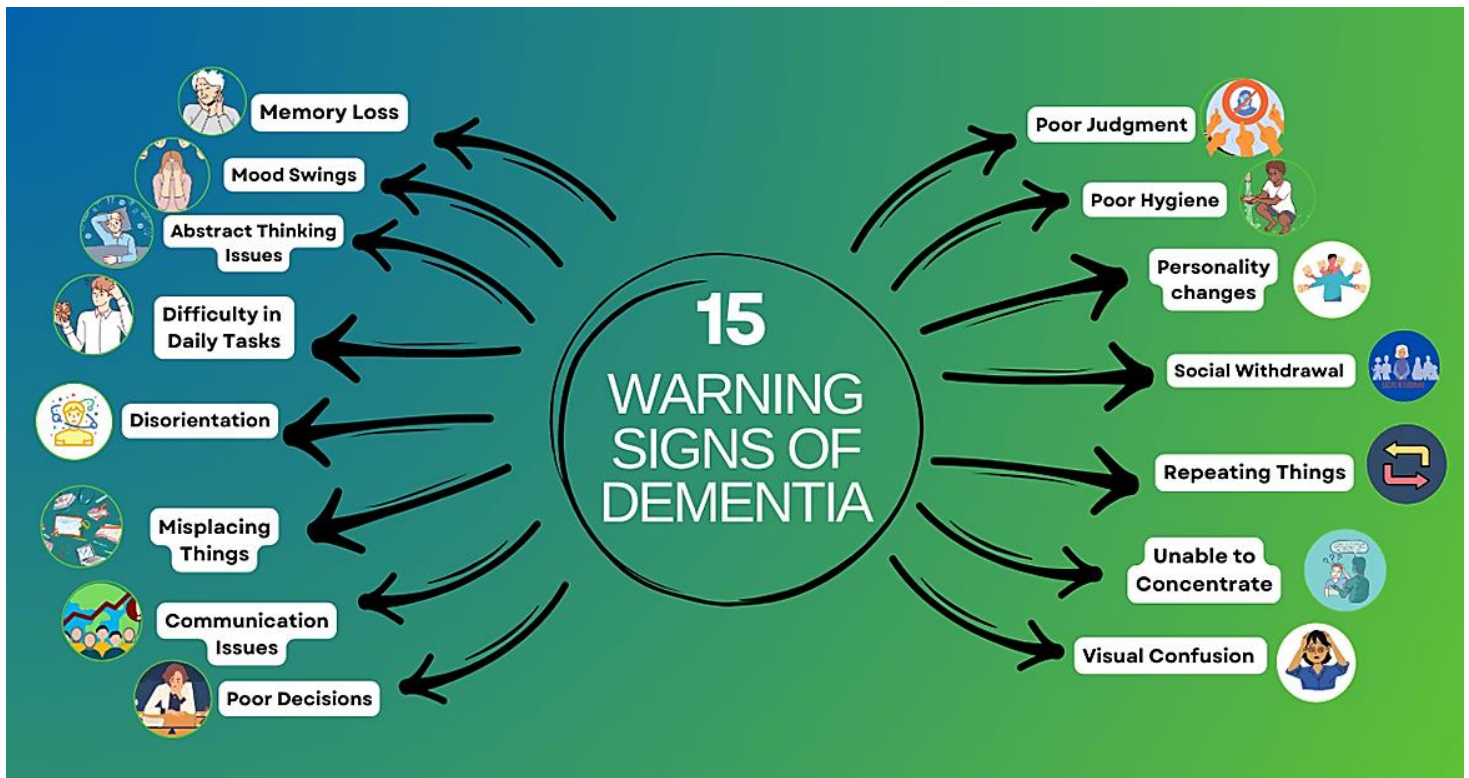
These hallucinations range from fleeting light flickers to intricate visions of people or animals. Difficulty finding words during conversation is another frequent symptom. People with this problem might hesitate, use filler words excessively, or substitute incorrect words.

Dementia can also disrupt spatial awareness. Imagine struggling to judge distances while driving or

but frequent forgetfulness, especially of recent events or conversations, warrants attention. People with this type of memory loss might ask the same questions repeatedly, causing frustration for themselves and loved ones.

A sudden decline in financial judgment can be a red flag. Individuals with dementia might





make impulsive purchases they can't afford or fall victim to scams more easily. Emotional changes, such as a lack of interest or motivation, can also be a predictor, especially in frontotemporal dementia (FTD). People with FTD may become withdrawn and lose interest in activities they once enjoyed.

Changes in movement can also be an early sign. This might manifest as clumsiness or difficulty learning new skills. The ability to understand or share the feelings of others, known as empathy, can also be lost in FTD patients. This decline in social skills can strain relationships.

Difficulty with abstract thinking, such as understanding complex instructions or following a map, can indicate dementia. Increased anxiety is another potential sign. People with Lewy body dementia, in particular, may experience persistent worry or fearfulness. Finally, difficulty navigating familiar places can be a warning sign. People with this problem

may get lost easily or have trouble following directions.

If you recognize any of these signs in yourself or a loved one, don't hesitate to seek professional help. Early detection and diagnosis are crucial for managing dementia effectively. A doctor can conduct a proper evaluation and recommend treatment plans to manage symptoms and improve quality of life. Remember, dementia is not a single disease, but a group of symptoms caused by various brain disorders. Alzheimer's disease is the most common form, but there are over a dozen others.

While there's currently no cure for dementia, there are ways to manage symptoms and slow down progression. Maintaining a healthy lifestyle with a balanced diet, regular exercise, and mental stimulation can be beneficial. Joining support groups can connect you with others facing similar challenges and provide valuable resources and guidance.

Stephen Chow's story exemplifies the importance of early detection. When he started making typos and struggling with passwords, he initially ignored these signs. As the symptoms worsened, affecting his vision and driving ability, he finally sought medical help. Diagnosed with early-onset Alzheimer's, Stephen received support from his family and healthcare professionals. He learned strategies to manage his condition and continues to live a fulfilling life.

Dementia can be a daunting topic, but knowledge empowers you to recognize early signs and take action. By being aware of the diverse symptoms and the importance of early detection, you can play a vital role in supporting yourself or loved ones facing dementia. Remember, early intervention is key, and with the right approach, individuals with dementia can still live meaningful and enriching lives.

WAR BEFORE WAR

Iran embassy attack

Does this mean war?

Courtesy: “the National News”

Sulaiman Hakemy

Since the end of the Second World War, diplomatic missions around the world have been attacked at least 800 times, according to data compiled by Prof Gabor Kajtar at Eotvos Lorand University in Hungary. Until Israeli jets apparently fired missiles at an Iranian consular building in the Syrian capital on Monday, killing at least 11 people, none of those attacks were initiated directly and intentionally by a country that was not at war with the one it attacked.

As the Belgian law professor Tom Ruys put it in a 2021 paper in the *European Journal of International Law*: “One could wonder whether there has ultimately been even a single instance where one state intentionally and openly attacked the diplomatic or consular premises of another state in the absence of an ongoing armed conflict between the two.”

Embassies are sacrosanct spaces in the world of international relations. The idea of one being targeted in a military air strike was hitherto inconceivable.

Why does that matter? With diplomatic missions being attacked so frequently, is it important to distinguish who is doing the attacking, and why?

In international law, the answer is yes, and the reason is that those two factors (who and why) determine how

the state under attack is entitled to respond. Israel has not yet claimed responsibility for Monday’s air strike, but if it is proven to have carried it out using its own air force, then we may be witnessing, for the first time in modern history, an instance in which a state has committed an act of aggression in this way. And by extension, it would be the first time in modern history that an embassy attack provides a legal justification for a war of self-defence, should Iran take such a step in response.

International lawyers – in Tel Aviv, Tehran and elsewhere – will be debating this right now. Military lawyers in Tel Aviv have likely already considered the implications.

It is not as though no country has ever tried to invoke a right to military self-defence in response to an attack on its embassy. Since 1945, only one has – the US. And it has done it only five times (a small number, considering America is the victim in about 20 per cent of all attacks on diplomatic missions).

But in each of those five instances, the aggressor was a non-state actor – either a terrorist group or an angry mob, meaning no government was held directly responsible. The US responded with military operations

or air strikes on facilities it deemed instrumental to the attacks, citing self-defence in its reports to the UN Security Council. And in all five instances, there was no clear consensus – either among UN member states or international courts – that the self-defence justification was valid.

Among legal scholars, the question of whether countries can take self-defence measures in another country’s territory



in response to the actions of non-state actors is both controversial and murky. Since 9/11 and the US-led “War on Terror”, there has been growing agreement that such actions could be taken, but international law on the subject is far from settled. Where non-state actors have targeted embassies, in all cases but the five raised by the US the affected countries have treated them as diplomatic or criminal matters – not acts of war.

What *is* settled, however, is that self-defence is justified when one state attacks another. In fact, it is the *only* universally accepted justification for self-defence.

In international law, the technical term for an attack that triggers the right to self-defence is an “armed attack”. Amazingly, there is no exhaustive definition as to what exactly constitutes an armed attack, but it is well-established that armed attacks are a subset of the crime of aggression. Consequently, many scholars look to UN General Assembly Resolution 3314 (1974), which defines “aggression”, for examples. Among other things, it includes any attack by the armed forces of one state against the territory or armed forces of another state.

Less clear is whether embassies are covered by that definition. Many argue they are not. Contrary to popular belief, embassies are not legally the physical territory of the state they represent. They are, instead, premises with special privileges, considered “inviolable” under international law. Nonetheless, some formidable legal scholars – notably including Christopher Greenwood, a former judge at the International Court of Justice (ICJ) – argue that embassies are “organs of a state” akin to armed forces in this context, and so targeting them would meet the “armed attack” threshold.

And as Prof Ruys points out, the fact that attacks on embassies are not explicitly mentioned in Resolution 3314 may itself be “a consequence of the fact that states do not attack other states’ embassies and that the drafters of the Definition of Aggression therefore simply did not contemplate that such a scenario could materialise”.

As I mentioned earlier, Iranian government lawyers are no doubt preparing arguments to that effect right now. Whether Tehran chooses to use them to justify a military response against Israel is another matter.

We should hope not. Such a response would have devastating consequences in a Middle East that is

already beset by violence – including Iran-sponsored violence carried out in several countries via armed proxies. If the Israeli army’s past statements on the subject are any guide, Israeli military lawyers would no doubt have already prepared their own arguments citing that very fact.

Most of the people killed in the Iranian mission – and presumably the main targets of Monday’s air strike – were members of Iran’s Islamic Revolutionary Guard Corps, the entity responsible for directing Iranian proxies like Hezbollah in attacks against Israel. Even if Israel resists claiming responsibility for the air strike, its internal logic will have been that the strike itself was an act of self-defence, not aggression.

But it is important to say that diplomatic missions are considered civilian targets in the context of war. Even if a person inside is a member of a hostile military, targeting an embassy for the sake of killing that person is almost certainly illegal. If it was indeed behind the attack, as the available evidence suggests, Israel has exposed itself very clearly to charges of aggression, and given Iran the upper hand in meeting the legal threshold for self-defence.

Aside from its potential to ignite a war, the air strike in Damascus may also further drive a wedge between Israel and its closest ally, the US. At the very least, it puts the US in an incredibly awkward position on the international stage. America is the country that perhaps most subscribes to the notion that “an attack on an embassy is considered an attack on the country it represents”. The US State Department has said so, in those exact words, in a section of its website titled “Diplomacy 101”. And again, the US is the only country to have considered such attacks on its premises to meet the threshold for self-defence – most famously (and now ironically) when it argued that point at the ICJ in a legal case about its own embassy being attacked in Iran.

In his 2021 paper, Prof Ruys called the hypothetical scenario of one country attacking another’s embassy a “black swan” event – that is, something we’ve never seen before that could invalidate all of our prior assumptions built on past experience. The international community has assumed for decades that embassy attacks don’t launch wars, because up until now they were never serious enough – legally speaking – for the injured state to feel justified in going down that path.

But now, the black swan has arrived.





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BEYOND THE RUBBLE

Finding Hope in Gaza's Heart

Novice Narrators

Shanze Toor

Encounter Shanze Toor, a dedicated MS English student at COMSATS University, whose reservoir of creativity and innovative vision knows no bounds. Immerse yourself in the enchanting world of her artistry as she skillfully weaves a vibrant tapestry of inspiration and innovation. Embark on this journey with Shanze Toor and witness the mesmerizing intersection of passion and skill. Allow her unique perspective to kindle the flames of your own creativity. Join us in celebrating the extraordinary talents of Shanze Toor, a beacon of artistic brilliance in the realm of academia.

A young boy named Amir lived in the heart of Gaza City, where the sun often rises over a skyline punctuated by rubble and dust. Despite the harsh conditions that surrounded him, Amir's spirit remained unbroken. His eyes reflected the resilience of his people, and his dreams soared high above the conflict that engulfed his homeland.

Amir's days were filled with a blend of hardship and hope. His family lived in a modest house with walls scarred by the memories of past conflicts. Yet,

amidst the chaos, Amir found solace in his passion for storytelling. Every evening, he would gather with his friends in the courtyard, and under the flickering light of a lantern, he would weave tales of bravery, compassion, and perseverance.

One evening, as the golden hues of sunset painted the sky, Amir shared a story that captured the hearts of his listeners. It was the tale of a young girl named Layla, who dared to defy the odds and pursue her dreams against all odds.

"Layla lived in a land torn apart by strife," began Amir, his voice filled with emotion. "But she refused to let despair cloud her vision. With every heartbeat, she whispered words of courage to herself, for she knew that within her lay the power to change her destiny."

As the story unfolded, the courtyard echoed with laughter, tears, and a shared sense of solidarity. In that moment, the boundaries of fear dissolved, and the dreams of a better tomorrow took flight.





Inspired by Layla's courage, Amir and his friends embarked on a mission to spread hope throughout Gaza. They painted murals on walls scarred by bullets, planted flowers in barren patches of land, and lent a helping hand to those in need. With each act of kindness, they defied the darkness that threatened to engulf their homeland.

However, amidst their quest for hope, Amir and his friends encountered obstacles that tested their resolve. The blockade imposed on Gaza tightened its grip, choking the flow of essential resources and suffocating the dreams of its people. Yet, undeterred, they refused to surrender to despair.

One fateful day, Amir stumbled upon a hidden treasure buried beneath the rubble of an old building. It was a collection of books that had been lovingly preserved despite the chaos that ravaged the city. Among them was a tattered copy of "The Little Prince," its pages yellowed with

age but brimming with timeless wisdom. -

As Amir delved into the pages of the book, he found himself transported to a world where imagination knew no bounds. He learned of the importance of seeing with the heart and nurturing the seeds of hope even in the harshest landscapes.

Armed with the lessons of the Little Prince, Amir and his friends embarked on their most ambitious project yet – a garden of hope amidst the ruins of Gaza. With shovels in hand and determination in their hearts, they transformed a desolate patch of land into an oasis of life and laughter.

Word of their endeavour spread like wildfire, igniting a spark of hope in the hearts of Gaza's weary residents. Soon, volunteers from all corners of the city joined hands in a unity that transcended religion, ethnicity, and politics.

As the garden blossomed with vibrant colours and fragrant blooms, so did the spirit of Gaza. It became a symbol of resilience, a

beacon of hope that refused to be extinguished by the winds of adversity.

Amidst the chaos of conflict, Amir and his friends discovered the true meaning of strength – not in the force of arms, but in the power of compassion, empathy, and solidarity. And as they stood amidst the blossoms of their garden, their faces turned towards the horizon, they knew that no wall could confine the boundless spirit of Gaza.

For in the heart of every child who dared to dream, in the hands of every volunteer who extended a helping hand, lay the promise of a brighter tomorrow—a tomorrow where peace would reign, and the echoes of laughter would drown out the cries of war.

And so, amidst the rubble and dust, amidst the trials and tribulations, the people of Gaza continued to hope, to dream, and to believe in a future where the promise of peace was not just a distant fantasy, but a tangible reality waiting to be embraced.

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