

# THE DESTINATION

NEWS THAT TRAVELS

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Wednesday, September 23, 2026, Rabi ul Sani 10, 1448 AH |

LAHORE

Vol: 4, Issue: 251 | Pages 8, Rs. 25

Regd. No. 34303



## Security forces kill 6 terrorists in Balochistan operation

STAFF REPORTER

QUETTA

Security forces have continued operations against terrorists in Balochistan under Operation Shaban 2, according to security sources. Security sources said six terrorists belonging to Fitna al-Hindustan were killed and nine suspected individuals were arrested during an operation in the Saran Tangi area of Balochistan. The operation was conducted on the basis of intelligence reports targeting Fitna al-Hindustan terrorists, the sources said.

A large quantity of weapons and ammunition was also recovered from the possession of the killed terrorists, according to security sources. Security forces continue operations against terrorists in the area, with the sources saying the campaign will continue until the last terrorist is eliminated.



## US open to meeting Iran at UN, no meeting scheduled yet: Rubio

WEB DESK

WASHINGTON

Secretary of State Marco Rubio said on Tuesday the US is open to speaking with Iranians at the UN General Assembly, but no meeting is currently scheduled.

"We're open to that. I don't think anything is scheduled at this point, but we're certainly open to something like that, especially if it has the prospects of leading to something positive and ultimately achieving the goal of what this is all about," Rubio said in an interview with NBC's "Today" show.

"And that is the fact that Iran can never have a nuclear weapon. They just simply can't." Earlier, the Iranian Director General of Public Relations for the President's Office issued a statement saying that the US' denial of visas to Iran's media team was "a blatant violation of media protection and an open admission of fear from the truth," according to ISNA. "If you claim to uphold freedom, where does this terror come from—of cameras and documents that have recorded the oppression of our nation and the bombing of schools", they added.



## Field Marshal orders formations to remain vigilant, prepared in KP

Field Marshal reviews security situation in Khyber Pakhtunkhwa: Attends briefing at Corps Headquarters in Peshawar on security situation in KP, ongoing counter-terrorism operations, border management measures:

STAFF REPORTER

PESHAWAR

Chief of the Army Staff (COAS) and Chief of Defence Forces (CDF) Field Marshal Syed Asim Munir visited Corps Headquarters Peshawar on Tuesday. According to an ISPR statement, Field Marshal Syed Asim Munir, NI (M), HJ, Chief of Army Staff and Chief of Defence Forces (COAS & CDF), visited Corps Headquarters Peshawar on Tuesday. The Field Marshal was briefed on the prevailing security situation in Khyber Pakhtunkhwa, ongoing counter-terrorism operations, border management measures



and operational preparedness of formations deployed in the province. The COAS and CDF commended the high morale, readiness and professionalism of officers and troops,

acknowledging their steadfast commitment to safeguarding the country and its people. He directed formations to remain vigilant and uphold the highest standards of operational preparedness. He emphasised that the Armed Forces, with the unwavering support of the nation, remain resolute in their determination to defeat terrorism and ensure lasting peace and stability across the country. He also laid a floral wreath at Yadgar-e-Shuhada and offered Fateha, paying rich tribute to those who laid down their lives in defence of the motherland and in the fight against terrorism. He reaffirmed that their supreme sacrifices would never be forgotten.

## Pakistan, Egypt, Saudi Arabia, Türkiye Stress Regional Coordination

Four Countries Reaffirm Support for Palestine, Yemen and Sudan

WEB DESK

NEW YORK

The foreign ministers of Pakistan, Egypt, Saudi Arabia and Türkiye have reaffirmed their commitment to continued consultation and coordination to promote peace, security and stability in the Middle East and the wider region.

The four foreign ministers met in New York on September 21 on the sidelines of the 81st session of the United Nations General Assembly and exchanged

views on recent regional and international developments.

Pakistan's Deputy Prime Minister and Foreign Minister Ishaq Dar is in New York for the UN General Assembly high-level week from September 21 to 25. According to the Foreign Office, he is holding a series of engagements focused on regional and



international peace and security. The ministers expressed deep concern

over continuing tensions and hostilities in the region, stressing that dialogue and diplomacy remain essential for achieving sustainable solutions.

They also underscored the importance of continued implementation of the Islamabad Memorandum of Understanding as part of efforts to promote lasting peace and regional stability. The four countries have been coordinating on regional security and stability through the Regional Four (R-4) framework, which has remained a platform for regular consultations among the foreign ministers.

## JI postpones long march until first week of October

Hafiz Naeem said the JI was raising issues concerning the basic problems faced by the public and accused the government of using petrol prices and tax collection to conceal corruption



STAFF REPORTER

ISLAMABAD

Jamaat-i-Islami (JI) Emir Hafiz Naeemur Rehman said on Tuesday that the party had postponed its long march until the first week of October at the request of Prime Minister Shehbaz Sharif, while making it clear that its protest campaign would continue.

Addressing a press conference in Multan, Hafiz Naeem said the JI was raising issues concerning the basic problems faced by the public and accused the government of using petrol prices and tax collection to conceal corruption.

He said sit-ins were continuing in 42 cities and that the party had already asked the government in writing to withdraw the levy,

but received a negative response.

The JI chief said several meetings had been held with the government and the party had also launched a train march from Karachi to Rohri and onward to Multan as part of its campaign over public issues. Hafiz Naeem said rising petroleum prices had created a difficult situation across the country, adding that the government's relief package would benefit the government rather than address the concerns raised by the JI.

According to him, the prime minister had requested that the long march be postponed. He said the party would not withdraw from its protest movement and that sit-ins would continue.

"We will not stop," Hafiz Naeem said, adding that the long march had been deferred until the first week of October.

He said the JI would seek written assurances from the government and would hold further talks with the prime minister after his return to the country.

Hafiz Naeem said the party's agenda was not confrontation or disorder but relief for the people. He warned that if the government failed to provide relief, the long march would resume.

## LHC seeks arguments on maintainability of Aleema Khan's detention plea

Aleema Khan was detained on Sunday after the Lahore deputy commissioner ordered her detention for 30 days under the MPO Ordinance

STAFF REPORTER

LAHORE

The Lahore High Court on Tuesday sought further arguments on the maintainability of a petition challenging the detention of PTI founder Imran Khan's sister Aleema Khan and her driver under the Maintenance of Public Order (MPO) Ordinance.

Justice Abher Gul Khan heard the petition filed by Aleema Khan's son, Shah Zair. Barrister Taimur and advocate Irfan Kalar appeared on behalf of Aleema Khan, while lawyer Rana Mudassar Umar also presented arguments before the court.

During the hearing, Justice Abher Gul Khan questioned how the petition had been filed without first approaching the relevant forum.

Rana Mudassar Umar argued that Aleema Khan's detention was different from other cases. He said the detention review and detention



notification were issued on the same day, suggesting that she may have been arrested before the detention order was formally issued.

The lawyer further argued that the detention report referred to Aleema Khan's alleged involvement in the May 9 incidents and expressed concerns that she could again block roads.

He told the court that Aleema Khan had already been cleared in the investigation into the May 9 case, questioning how the incident could subsequently be used as a basis for her detention.

The court also asked whether bail had been granted in all cases against Aleema Khan. Her lawyer replied that bail was still pending in two or three cases.



A shopkeeper on Mission Road is arranging wall clocks to attract the attention of passersby for sell.

## Six Drug Cases Referred to Drug Court in Khushab

■ Deputy Commissioner Directs Strict Action Against Illegal Medical Stores and Sale of Expired, Substandard Medicines

News Desk

Sargodha

A meeting of the District Quality Control Board was held at the Conference Hall under the chairmanship of Deputy Commissioner Khushab, Dr. Jahanzeb Hussain Labar. CEO Health Nabeel Saleem, Drug Controller Anwar Arshad, Drug Inspector Amir Hafeez, Drug Inspector Naushera Hafiz Muhammad Imran, Quality Drug Control Secretary Ahmed Khan, and officers of the relevant departments attended the meeting. During the meeting, Drug Inspectors from Khushab, Tehsil Naushera, and other tehsils of the district briefed the Deputy Commissioner on action taken against medical stores and pharmacies. Various cases were presented before



the District Quality Control Board for consideration. After hearing the pharmacy owners and conducting a detailed review of the relevant records, the Deputy Commissioner approved

six cases for referral to the Drug Court, while seven parties were issued warnings in other cases. One absent party was summoned again, and the

next hearing of the case was scheduled. On the occasion, Deputy Commissioner Dr. Jahanzeb Hussain Labar directed the Drug Controller and relevant officers to continue indiscriminate action against illegally operating medical stores, warehouses, companies, and pharmacies involved in the sale of expired or substandard medicines. He made it clear that no leniency would be shown to those putting human lives at risk, and that no recommendation or pressure would be entertained. He further directed the relevant officers to ensure strict compliance with laws governing the quality, availability, and sale of medicines so that citizens could have access to safe and quality medicines. The Deputy Commissioner further stated that strict legal action would be taken against those violating laws related to public health and that such elements would be brought to justice.

## Pakistan, EU Explore New Avenues for Trade and Investment



News Desk

Faisalabad

Specific discussions were held regarding opportunities in textile value addition, IT and technology, renewable energy, technology transfer, and the SME sector. The Ambassador noted that Pakistan's exports to the EU have reached 8.3 billion, highlighting significant potential for further expanding trade, investment, and business cooperation between the two regions. She emphasized the importance of fully leveraging preferential trade access under the GSP+ scheme, diversifying exports, and enhancing value addition, while clarifying that full and effective implementation of international conventions linked to GSP+ is a fundamental requirement for all beneficiary countries. We welcome the European Union's commitment to continued cooperation with Pakistan and all relevant stakeholders, including the APBF. The robust trade and economic partnership between Pakistan and the EU represents a positive step toward new opportunities for investment and shared growth.

## NHA toll revenue rises to Rs85.55bn in FY2025-26

■ The National Highway Authority (NHA) collected Rs85.550 billion in toll revenue during financial year 2025-26, showing an increase of more than Rs21 billion compared to Rs64.430 billion collected during FY2024-25.

News Desk

ISLAMABAD

The National Highway Authority (NHA) collected Rs85.550 billion in toll revenue during financial year 2025-26, showing an increase of more than Rs21 billion compared to Rs64.430 billion collected during FY2024-25.

According to an official document available with APP, the NHA had adopted a transparent mechanism for toll revenue collection, with the National Transport Research Centre (NTRC) conducting traffic counts as a third-party validator to determine the reserve price of each toll plaza. It said toll plazas were offered through e-bidding or open auction in accordance with the applicable provisions of the Public Procurement Regulatory Authority (PPRA) Rules. The auction process was advertised through



newspapers and the NHA website to ensure wider participation and transparency. Interested participants submitted bids through open auction, with the highest bidder declared successful, following which an operation and maintenance (O&M) contract was executed for the relevant financial year. It said the toll plazas were offered on a Net

## 151,598 children vaccinated on day one as ICT polio campaign targets 447,614

News Desk

ISLAMABAD

The anti-polio campaign in the federal capital completed its first day with 151,598 children vaccinated, while authorities aim to reach 447,614 children during the ongoing drive. Officials informed a review meeting that polio teams achieved 34 percent of the campaign target on the opening day. A review meeting on the anti-polio campaign was chaired by Additional Deputy Commissioner Headquarters Uzair Ali Khan. The meeting was attended by assistant commissioners and officials from the health department. Participants were briefed on the progress of the campaign and informed that a total target of 447,614 children has been set for the current vaccination drive across Islamabad. According to the briefing,



151,598 children received polio drops on the first day of the campaign. Officials told the meeting that polio workers achieved 34 percent of the overall target during the opening day, marking the initial phase of efforts to vaccinate all eligible children in the federal capital.



## NCCIA chief seeks transparency, quality control in construction projects

News Desk

ISLAMABAD

National Cyber Crime Investigation Agency (NCCIA) Director General Syed Ali Nasir Rizvi has directed officials to ensure transparency, quality control and timely completion of the agency's under-construction buildings and infrastructure projects. He issued the directions while chairing a high-level meeting of senior NCCIA officers at the agency's headquarters here on Tuesday, where progress on ongoing construction and development works was reviewed in detail.

The meeting was briefed on the current status of the projects, quality of construction material, costs, timelines and technical and administrative issues being faced during the execution of the works.

The participants also discussed a comprehensive plan for developing the agency's infrastructure in line with its institutional requirements, besides reviewing measures for effective and transparent utilisation of resources and ensuring quality control in construction works.

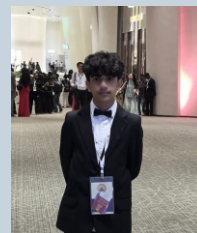
## A Award For Pakistan By A Brilliant Student Of Balochistan Land

News Desk

ISLAMABAD

The talented son of Executive Engineer IESCO Bhara Kahu, Ghulam Mustafa Baloch, Zaib Mustafa Baloch, has achieved a remarkable distinction at the international level. At the World Scholar's Cup held in Bangkok, Thailand, where more than 2,200 talented students from over 40 countries participated, 14-year-old Zaib Mustafa Baloch amazed everyone by winning five gold medals in the Debate category. Following this historic achievement, he has been ranked among the Top 100 Scholars in the world and has now been selected to participate in the Global Round/Grand Finale at Yale University in the United States, one of the world's leading universities. T

His outstanding achievement is a testament to the



## Women's Hockey and Sports Promotion Discussed on 'Shaheen Sargodha'

News Desk

Sargodha

A special discussion on women's hockey, the training of young players, balancing education with sports, and the promotion of sports in the Sargodha Division was held during Radio Pakistan Sargodha's popular programme "Shaheen Sargodha." The programme was attended by Professor Ayesha Siddique, Director of Sports at Government Associate College Mela Mandi Sargodha; Zahira Sadaf; Mah-e-Ramzan; Urooj Fayyaz; Laiba Saeed; and Hassan Shah, founder and Chief Executive Officer of Fatima Women Hockey Academy Sargodha and a former national hockey goalkeeper. Programme host and senior anchorperson Sabtain Baloch held a detailed discussion with the guests about their education, association with sports, hockey careers, achievements, and the challenges faced by women athletes. It was highlighted that Sargodha has tremendous talent in women's hockey, but the players need proper grounds, quality coaching, sports equipment, and regular opportunities to participate in competitions. Zahira Sadaf represented Pakistan in the Women's Under-21 Hockey Team in Oman, while Mah-e-Ramzan represented Pakistan at the Junior Asian Hockey competition in China. Urooj Fayyaz won a gold medal at the Quaid-e-Azam Games, a gold medal at the Inter-University Hockey Championship in Islamabad in 2024, and a bronze medal in Faisalabad in 2026. Laiba Saeed's notable performance at the national level was also highlighted. Professor Ayesha Siddique said that female students should be provided opportunities to develop their abilities in sports alongside their education, as sports play an important role in promoting health, self-confidence, discipline, and leadership skills. The guests urged parents, educational institutions, the government, the Sports Department, and the private sector to provide better sports facilities, training centres, and regular competitions for women so that more talented players from Sargodha can represent Pakistan at national and international levels.





## Latest Yemen clashes 'kill' more than 150

- More than 100,000 civilians have been uprooted inside Yemen while others have risked dangerous sea crossings to flee the violence.



WEB DESK

Yemen

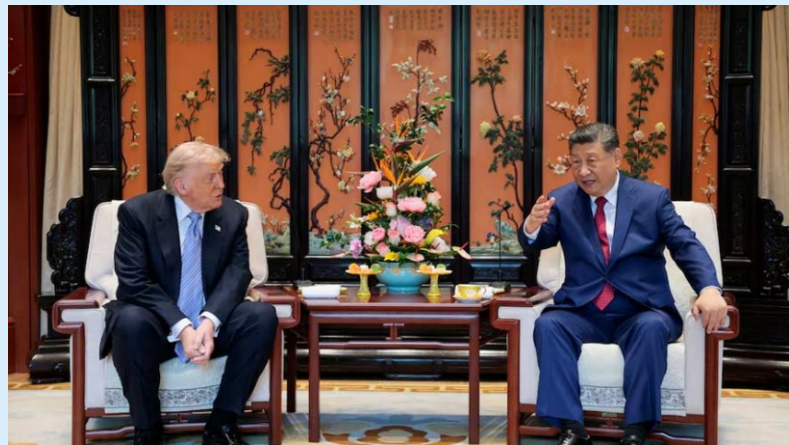
Fighting in Yemen between the Iran-backed Houthis and government forces supported by Saudi Arabia has killed 154 people in the past two days, military sources from both sides told AFP on Tuesday. "The death toll from Saudi airstrikes, clashes and artillery fire in the governorates of Taiz, Al-Jawf, Marib and Saada stands at 118," Houthi military sources said, while government sources reported 36 killed in their ranks. Meanwhile, Saudi Arabia's civil defence agency issued a warning of potential danger in the country's south on Tuesday, the first alert since the Houthis launched an attack on Riyadh over the weekend. "A warning has been issued by the

National Early Warning Platform in the Najran Province to alert of a potential danger," read a statement posted online by the agency, which asked people to remain indoors and avoid open areas. The alert was lifted a short while later. 10,000 could flee Yemen: UN

Renewed fighting in Yemen could see the number of refugees fleeing across the Red Sea to Djibouti jump to 10,000, while displacement inside Yemen could swell to over 230,000, the UN warned Tuesday.

The Iran-backed Houthis earlier this month seized control of Yemen's Red Sea coastline, in a dramatic offensive that has left hundreds of people on both sides dead, threatened global trade and pushed up energy prices.

The latest fighting between the Houthis and forces loyal to the Aden-based government, backed by Saudi Arabia, has sparked a fresh humanitarian crisis. More than 100,000 civilians have been uprooted inside Yemen while others have risked dangerous sea crossings to flee the violence.



## China's Xi expected to press Trump to halt Taiwan arms sales under 1982 agreement, sources say

- China regularly describes the issue of Taiwan as its most sensitive and important diplomatic issue and has repeatedly called for arms sales to stop

WEB DESK

WASHINGTON

China's Xi Jinping is expected to press US President Donald Trump to halt Taiwan arms sales under a 1982 joint statement during a visit to Washington this week, which he could do at the US National Archives, sources briefed on the matter said.

China regularly describes the issue of Taiwan, which Beijing views as its own territory, as its most sensitive and important diplomatic issue and has repeatedly called for arms sales to stop. The US is bound by law to provide democratically-governed Taiwan with the means to defend itself, despite the lack of formal diplomatic relations. Taiwan's government rejects Beijing's sovereignty claims.

Three sources familiar with discussions between the US and China ahead of Xi going to Washington this week for a summit with Trump told Reuters that China is likely to bring up

its interpretation of the third of the three "joint communiques" between the two countries, signed in 1982.

Under that, the US said that it intends to gradually reduce its arms sales to Taiwan and does not seek long-term weapons sales to Taipei.

However, in an accompanying memo, then-US President Ronald Reagan said US willingness to reduce arms sales is "conditioned absolutely upon the continued 'commitment of China to the peaceful solution' of differences with Taiwan.

China has sharply stepped up its military activities around Taiwan over the past five years, including staging war games with live missile tests. Its armed forces operate around Taiwan on an almost daily basis.

China's foreign ministry did not respond to a request for comment. China's official People's Daily on Tuesday said if the Taiwan issue was handled poorly it could push China-US ties "toward a very dangerous situation."



Scenes from the Inauguration Ceremony of WorldSkills Shanghai 2026, where Pakistani candidates, led by Chairman NAVTTC Engr. Qamar ul Islam Raja, proudly represent Pakistan on the global stage for the first time, marking a significant milestone in the country's skills development journey.

## Pakistan, Saudi Arabia ink visa waiver pact for diplomatic passport-holders

- Ishaq Dar hopes agreement facilitates high-level engagement, promotes strategic partnership with Kingdom

WEB DESK

ISLAMABAD

The governments of Pakistan and Saudi Arabia on Tuesday signed an agreement to abolish visa requirements for holders of diplomatic and official/special passports. The agreement means that those who possess diplomatic passports and official/special ones from both countries will no longer need a visa to enter each other's country.

This agreement was signed by Deputy Prime Minister and Foreign Minister Senator Ishaq Dar and Saudi Foreign Minister Prince Faisal bin Farhan at the sidelines of the United Nations General Assembly (UNGA) in New York.

"I signed today with my brother, His Highness Prince Faisal bin Farhan, the 'Agreement between Islamic Republic of Pakistan and Kingdom of Saudi Arabia on the abolition of visa requirements for holders of Diplomatic and Official/Special



Passports'," Ishaq Dar wrote on social media platform X.

"This important step will further facilitate high-level engagement and institutional exchanges, and contribute to advancing our enduring and brotherly strategic partnership across all areas of mutual interest," he added.

The development reflects the further strengthening of ties between Pakistan and Saudi Arabia. Over the past few years, the two sides have signed several agreements to foster growing cooperation in the economic, agriculture, food security and

defence sectors.

As regional tensions surge, Pakistan and Saudi Arabia signed a mutual defence pact in September 2025. In August this year, Islamabad and Riyadh signed a trilateral defence pact that also involves Ankara.

The trilateral defence pact stipulates that an attack on any one country will be considered an attack against all three.

Pakistan, Egypt to further cement cooperation

Ishaq Dar also met with Foreign Minister of Egypt Dr Badr Abdelatty on the sidelines of 81st Session of the UN General Assembly in New York.

During the meeting, the two Ministers reaffirmed the longstanding fraternal ties between Pakistan and Egypt and expressed commitment to further strengthening bilateral cooperation in diverse areas, including trade and investment, economic cooperation, education, cultural exchanges and people-to-people contacts.

## Trump, Mamdani discuss housing, affordability at NY meeting

- US President Donald Trump and New York City Mayor Zohran Mamdani met at Gracie Mansion

WEB DESK

NEW YORK

US President Donald Trump and New York City Mayor Zohran Mamdani met at Gracie Mansion on Monday, using Trump's visit to New York for the United Nations General Assembly to discuss housing, affordability and other issues affecting the city.

The meeting was the third face-to-face encounter between the two and the first to take place in New York. Their previous meetings were held at the White House, including one in February focused in part on housing development.

Mamdani said after the meeting that they discussed ways to reduce the cost of living



for New Yorkers and expand housing construction. A central focus was the proposed redevelopment of Sunnyside Yards in Queens, a major rail-yard project that Mamdani said could create around 12,000 homes and 30,000 jobs.

Mamdani said City Hall and the White House had agreed to establish a new level of coordination between their housing and operations teams on the project.

Trump said Sunnyside Yards had been discussed for decades and would likely require federal approvals and funding. He also said a substantial portion of any development should include low- and moderate-income housing.

The meeting took place at a politically significant moment, with Trump in New York for a series of diplomatic engagements surrounding the UN General Assembly. Trump is scheduled to address the assembly on Tuesday and is expected to hold meetings with several foreign leaders during his visit.

At a news conference following the meeting, Trump said he hoped Mamdani would become a "great mayor," despite the sharp political differences between the two men. Mamdani, for his part, said he would leave it to New Yorkers to judge his performance.

## Iran's Araghchi accuses Israeli lobby of influencing US policy toward Tehran

- Abbas Araghchi alleged that the Israeli lobby was pressing Washington to prioritize Israel's interests in shaping its policy toward Iran

WEB DESK

TEHRAN

Iranian Foreign Minister Abbas Araghchi has claimed that the Israeli lobby is exerting growing influence over US policy toward Iran.

In a statement posted on X, Araghchi alleged that the Israeli lobby was pressing Washington to prioritize Israel's interests in shaping its policy toward Iran.

He said the time had come for US policy to be freed from what he described as Israeli pressure.

According to Araghchi, there were calls for the United States to bear the consequences of even minor actions taken against Israel.

The Iranian foreign minister further called on Washington to break free from what he described as the "chains" of Israeli pressure.



Araghchi's remarks come amid continued tensions between Iran, Israel and the United States, with disagreements over regional security and Iran's nuclear programme remaining key issues in relations among the three countries.

Iranian officials have repeatedly criticized Washington's approach toward Tehran and accused the United States of aligning its regional policies with Israeli interests.

Browse Topics .



Minister of State and Chairman Pakistan Virtual Assets Regulatory Authority, Bilal Bin Saqib, addressing at the 81st Session of the United Nations General Assembly at Social Business, Youth and Technology Forum in New York on September 22, 2026, arguing that Artificial Intelligence and Tokenisation can become the developing World's most powerful engines of Financial Inclusion.

# Rajkummar Rao, Pratibha Ranta Reportedly Join Vishkanya

■ Dharma Productions Reportedly Brings Rajkummar Rao, Pratibha Ranta Together



News Desk

ISLAMABAD

Bollywood actors Rajkummar Rao and Pratibha Ranta are reportedly set to share the screen in Vishkanya, an ambitious fantasy project being developed by Dharma Productions. According to Bollywood Hungama, the project will feature the Stree star alongside Laapataa Ladies actress Pratibha Ranta. While details of the plot are being kept under wraps, the film is expected to create an original fictional universe blending fantasy, horror and elements of existential terror. Reports suggest that Vishkanya will move beyond conventional horror

formulas and introduce a mythical world with its own rules, supernatural forces and mythology. The concept is reportedly designed to offer a setting rarely explored in Hindi cinema. The film will be directed by Sonal Joshi, who made her directorial debut with Shilpa Shetty's Sukhee in 2023. Dharma Productions appears to be expanding its slate across fantasy and horror, with several projects in development. Its upcoming theatrical lineup reportedly includes the Malayalam folk fantasy thriller Odiyan: The Age of Illusion, the fantasy comedy Naagzilla and two horror films, including one featuring Aditya Roy Kapur.

With Vishkanya joining the lineup, the production house appears to be exploring a broader range of supernatural and fantasy storytelling. Rajkummar Rao, 42, already has experience in the horror-comedy space through the successful Stree franchise, produced by Maddock Films. Pratibha Ranta, 25, made her Bollywood debut with Kiran Rao's acclaimed film Laapataa Ladies, marking another major step in her emerging career. If confirmed, Vishkanya will bring together two performers from different stages of their careers in a fantasy-horror setting that promises a distinctive fictional world.

## Zara Noor Abbas Opens Up About Body Insecurities

■ 'You look at your body negatively': Zara Noor Abbas recalls director's advice

Web desk

ISLAMABAD

Pakistani actress Zara Noor Abbas has spoken candidly about the body insecurities she faced while filming Gear Up, a story from the action-based project Sheroes. She revealed that she was around 12 kilograms heavier during the shoot and initially felt uncomfortable about wearing certain costumes for the role. Recalling her experience, Zara said she was often hesitant about how particular outfits would look on her body. She said she repeatedly shared her concerns with director Saqib Khan, telling him that some costumes might not



suit her appearance. According to Zara, Khan helped her overcome those reservations by encouraging her to view herself differently. He assured her that her physique was appropriate

for the character and explained that he specifically wanted an actress with her build for the role. The actress also questioned the commonly held perception that women portraying strong and

powerful characters must have a particular body shape. She stressed that women have diverse physiques and that stories should reflect people from different backgrounds and ethnicities. Zara's remarks highlight the pressure actors can face because of conventional beauty standards within the entertainment industry. Her experience also reflects a broader discussion about body image and representation, particularly when women are cast in physically demanding roles. In Gear Up, Zara takes on a challenging action-oriented character involved in high-risk police operations, car chases and bomb-disposal scenes. The story is written by Hashim Nadeem and directed by Saqib Khan.

## Mawra Hocane leaves fans swooning with sweet message for Ameer Gilani

■ The fan-made edit featured a collection of Mawra and Ameer's wedding pictures with the caption, "When your best friend is also your spouse."

WEB DESK

ISLAMABAD

Pakistani actress Mawra Hocane has shared a sweet message for her husband Ameer Gilani after reposting a romantic fan-made edit featuring their wedding moments. Calling herself lucky to have her best friend as her spouse.

The fan-made edit featured a collection of Mawra and Ameer's wedding pictures with the caption, "When your best friend is also your spouse." The post focused on the couple's journey from close friends to husband and wife.

Mawra reposted the edit on her Instagram Story and added her own message, writing, "When luck is on your side," followed by "Allahumma Barik." Her words appeared to express how fortunate she feels to have married someone who was already her best friend.

"Allahumma Barik" is a prayer asking for blessings and is commonly said when admiring something while seeking protection from the evil eye. Mawra's use of the phrase added a personal touch to her response to the fan-made post.



Mawra Hocane and Ameer Gilani first crossed paths as law students before entering the entertainment industry. The two later worked together in dramas including Sabaat and Neem, while their friendship continued to draw public interest. The couple tied the knot on February 5, 2025, with their Nikkah taking place at Lahore Fort.

Their wedding celebrations included several events and memorable details, including Mawra wearing a wedding dupatta that had previously belonged to Ameer's mother. The couple later shared several wedding and post-wedding photographs, capturing different moments from their celebrations and family festivities.

## More dream sleep may lower risk of dozens of diseases

■ Study finds link between sleep stages and disease risk

Web desk

ISLAMABAD

Getting enough quality sleep may have implications for long-term health beyond simply helping the body and mind recover, with a new study finding that higher levels of dream sleep, or Rapid Eye Movement (REM) sleep, were associated with a lower risk of 83 diseases.

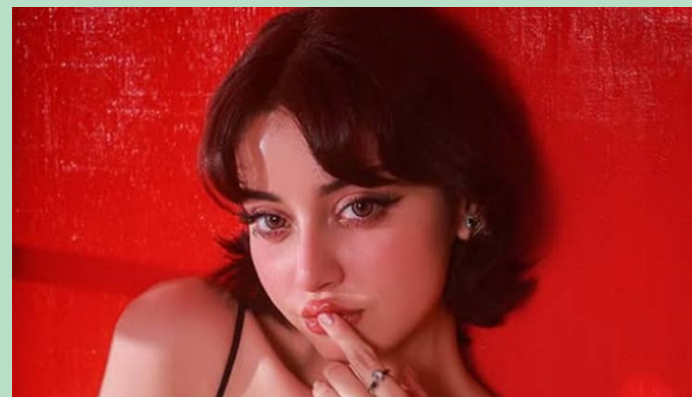
The study, published in the medical journal PLOS Medicine, analyzed sleep and health data from 95,559 adults in the UK. Researchers also found that higher levels of deep sleep were associated with a lower risk of seven diseases. The findings add to previous research linking poor sleep with a



range of health problems, while providing a more detailed look at how different stages and patterns of sleep may be associated with disease risk. Researchers track sleep more

accurately. Unlike studies that rely on participants to recall how long they slept, the researchers used wrist-worn devices to monitor participants' physical activity and

estimate their sleep patterns. Participants wore the devices for one week, allowing researchers to assess total sleep duration as well as the amount of time spent in different sleep stages, including light, deep and REM sleep. The participants had an average age of 56.2 years and were followed for an average of 8.9 years, with researchers monitoring them for disease diagnoses and death. Researchers found that higher levels of REM sleep at the beginning of the study were associated with a lower risk of developing more than 80 diseases. These included heart failure, high blood pressure, irregular heartbeat, coronary artery disease, Parkinsonism, multiple sclerosis and several conditions affecting memory and cognitive function.



## Alizeh Shah drops cryptic warning about '40 year old' singer

WEB DESK

ISLAMABAD

Stunning actress Alizeh Shah has issued a strong warning about alleged inappropriate online behaviour by a UK-based singer. In her Instagram story, the Ehd-e-Wafa actress, requested young girls to remain cautious when approached by unfamiliar social media accounts. In a warning shared, Alizeh claimed that a singer in his mid-40s, who publicly identifies himself as strictly British while distancing himself from his Pakistani heritage, uses social media direct messages to approach young girls. According to Alizeh, the individual invites

girls, including those who are barely 18, to hotels while making promises involving marriage or other commitments.

She further alleged that the reported behaviour extends beyond online messages, claiming that the singer is verbally and physically abusive behind closed doors. Without naming the individual in the warning, Alizeh also claimed that such behaviour is not limited to one person and alleged that other singers and public figures also take advantage of young girls.

The barbie beauty urged social media users, specially young girls, not to engage with suspicious or unfamiliar accounts and advised them to immediately block such profiles.

## Why Imran Aslam Left Karachi for Lahore? Reason revealed

Web Desk

KARACHI

Talented actor and writer Imran Aslam has opened up about his decision to leave Karachi and raise his children in Lahore. Imran disclose that his own traumatic experiences in the city played a major role in the decision. Speaking during an interview with Ahmed Ali Butt, Imran Aslam said that raising children peacefully in Karachi had become difficult for him as he did not want his children to grow up surrounded by fear and violence. The actor remembered his own experiences in Karachi, saying that he had witnessed people losing their lives and had even



faced situations where bullets were fired at him. According to Imran, he feared that a child growing up in such an environment could either become extremely fearful or turn rebellious, while the harsh circumstances could also put their lives at risk. "I have seen people dying, bullets have been fired at me, I have experienced everything in Karachi," he said while recalling the difficult experiences he had witnessed.

## Hania Aamir joins Nameer Khan's hilarious dig at Zamil

Staff Reporter

ISLAMABAD

Pakistani stars Hania Aamir and Nameer Khan have shared a fun social media moment after the Dar-e-Nijaat actor jokingly targeted his own character Zamil using Hania's song Pablo.

Nameer shared a video on his Instagram Story with Hania's Pablo playing in the background and wrote, "Hania ki baat he sun lo ZALIM." The actor appeared to be jokingly telling Zamil to listen to Hania's message, turning the song into a humorous warning for his fictional character.

Hania Aamir soon reposted Nameer's story on her Instagram and added her own reaction. She wrote, "Zamil ? Nameer ?", making it clear that while Zamil may be the character viewers dislike, her support was firmly with Nameer. The light-hearted



exchange gave fans a fun moment involving the actor and the character he plays in Dar-e-Nijaat. Nameer's post also showed how he has embraced the reactions surrounding his negative role instead of taking the character too seriously outside the drama. Hania's response added to the joke as she separated the actor from his on-screen character in a simple and humorous way. Their exchange has since added another entertaining moment to the ongoing buzz around Dar-e-Nijaat.

# Pakistan women's cricket team claim bronze medal at Asian Games 2026

■ Umm-e-Hani's three wickets help Pakistan defend 145 against Bangladesh in bronze medal playoff



SPORTS DESK

ISLAMABAD

Pakistan secured the bronze medal in the 2026 Asian Games women's cricket competition after defeating Bangladesh by 31 runs in the third-place playoff at Korogi Sports Park, Nisshin, on Tuesday.

Batting first, Pakistan were restricted to 145-8 in their allotted 20 overs as Bangladesh produced an impressive bowling performance to contain the Green Shirts' batting lineup.

Captain Fatima Sana top-scored for Pakistan with an unbeaten 45 off 30

deliveries, smashing three boundaries and three sixes. Opener Gull Feroza contributed 31 off 23 balls, hitting six boundaries.

Aliya Riaz played a valuable knock of 25 off 22 deliveries, including one boundary and two sixes, while fellow opener Shawaal Zulfiqar scored 17 off 27 balls without hitting a boundary.

Saira Jabeen was dismissed for five off six deliveries, with one boundary, while Ayesha Zafar scored nine off seven balls, including one boundary. Eyman Fatima was dismissed for a duck after facing three deliveries, while Tuba Hassan contributed four

off two balls, hitting one boundary. For Bangladesh, Ritu Moni, Shorna Akter and Nahida Akter claimed two wickets each, while Sanjida Akter Meghla chipped in with one wicket.

Chasing 146, the Tigresses were restricted to 114-7 in their allotted 20 overs as Pakistan staged a fighting comeback with the ball after struggling with the bat.

Shamim Akhter remained unbeaten with a fighting 46 off 45 deliveries, including four boundaries. Skipper Nigar Sultana contributed 25 runs off 30 deliveries, hitting three boundaries, while opener Dilara Akter scored 12

off eight deliveries with two boundaries.

Shorna Akter scored six off eight deliveries, while Juairiya Ferdous and Rabeya Khan contributed four runs each. Ritu Moni and Sobhana Mostary added three and two runs respectively, while Nahida Akter remained unbeaten on 10.

Umm-e-Hani starred with the ball for Pakistan, claiming 3/10 in her four overs, while Tasmia Rubab, Fatima Sana, Nashra Sandhu and Ayesha Zafar chipped in with one wicket each.

## LHC directs cricketer Rizwan to cooperate in NCCIA probe

■ Court dismisses Rizwan's plea against NCCIA probing online betting and gambling allegations

SPORTS DESK

LAHORE

The Lahore High Court (LHC) has disposed of a petition filed by national cricketer Mohammad Rizwan against an ongoing inquiry by the National Cyber Crime Investigation Agency (NCCIA) and directed him to cooperate with the agency regarding the inquiry.

LHC Chief Justice Justice Aalia Neelum on Tuesday issued the written order on Mohammad Rizwan's petition. The decision said that the NCCIA was investigating allegations related to online betting and gambling against Mohammad Rizwan.

According to the government lawyer, the



matter falls within the scope of Section 14 of the Prevention of Electronic Crimes Act (PECA) 2016, concerning unlawful financial



gain. Information obtained during cyber patrolling revealed Mohammad Rizwan's connection to the matter. The decision said that, at

this stage, it was appropriate to allow the relevant agency to continue investigating the allegations. The ICC Anti-Corruption Code does not affect or end proceedings under other applicable laws. The ICC's own code also requires cooperation with the relevant criminal or regulatory authority, and the existence of the ICC disciplinary framework does not obstruct a lawful inquiry by a state-authorized agency.

The court observed that a call-up notice, by itself, does not accuse a person of committing a crime. The purpose of the inquiry is to detect and eliminate corruption in sports. The court cannot intervene at this preliminary stage before the inquiry is completed and the need for further action is determined.



## England fast bowler Mark Wood retires from international cricket after battling injuries

WEB DESK

ISLAMABAD

England fast bowler Mark Wood announced his retirement from international cricket on Tuesday after an extended battle with injuries, bringing the curtain down on an 11-year career during which he took 253 wickets across all formats.

The 36-year-old Wood, who played 38 tests, 70 one-day internationals and 38 Twenty20s, last featured for England in November in the first test of the 4-1 Ashes series defeat by Australia.

"Although this may not come as a surprise given the past year, it just feels like a natural time at the end of my contract," Wood, who has also dealt with persistent ankle and elbow injuries in his career, wrote on social media. "I've always tried to be resilient and come back from injury to prove people wrong and show everyone what I can do. Unfortunately, this time I lost the battle." On medical advice, test cricket and 50-over cricket are not possible, so the England dream has slowly been ground out of me over the last year.

Wood, capable of bowling ferociously fast spells, broke into England's test squad in 2015 and bowled Australia's Nathan Lyon at Trent Bridge to seal their last Ashes victory 11 years ago.



## Pakistan to host several int'l hockey events in next six months, says PHF

SPORTS DESK

ISLAMABAD

Pakistan Hockey Federation (PHF) President Mohyuddin Ahmed Wani has announced that Pakistan will host a series of international hockey events over the next six months, with multiple foreign teams expected to tour the country.

Speaking to Geo News, Mohyuddin Wani said that following Korea's visit, the Chinese hockey team is scheduled to tour Pakistan in November 2026.

He added that Canada will also visit Pakistan after the Chinese team's tour, while three European teams are also ready to visit the country.

The PHF president said the arrival of international teams would help promote and revive hockey activities in Pakistan.

Mohyuddin Wani further revealed that Pakistan is planning to host an international hockey event featuring 10 countries in December next year.

## Luis de la Fuente Secures Long-Term Spain Future

■ Luis de la Fuente Extends Spain Tenure Until Euro 2032



SPORTS DESK

ISLAMABAD

When Luis de la Fuente was appointed Spain's national team coach, he was largely seen as a low-profile federation figure following the high-profile tenure of Luis Enrique. Some fans were even unfamiliar with his name, while sections of the media jokingly referred to him as "Luis de la Who?"

Three major trophies, 50 matches and a World Cup later, that uncertainty has disappeared. De la Fuente has established himself as the long-term leader of Spain's national team.

The Spanish Football Federation (RFEF) announced on Monday that De la Fuente has signed a six-year contract extension, keeping

him in charge until the end of the 2032 European Championship.

The agreement, which was reached during Spain's successful World Cup campaign, represents the longest contract ever approved for a Spain head coach. It will keep De la

Fuente at the helm through the 2028 European Championship, the 2030 FIFA World Cup and Euro 2032.

Sources close to the federation said the new deal also includes a significant salary increase, rewarding De la Fuente for transforming Spain into one of international football's most successful sides.

Under his leadership, Spain have won the 2023 UEFA Nations League, Euro 2024 and the 2026 FIFA World Cup. Their only major disappointment came in the 2025 Nations League final, where they lost to Portugal on penalties.

Spain are also enjoying the longest unbeaten streak in their history, having gone 38 consecutive matches without defeat.

## Nigar Sultana Asian Games Flag Moment Touches Hearts In Pakistan

■ Bangladesh's captain earns praise for a simple act of respect during her team's Asian Games clash with Pakistan

SPORTS DESK

ISLAMABAD

A story about Nigar Sultana and the Asian Games is now the talk of cricket fans in Pakistan. The tale is simple, warm, and full of heart.

It is said that during the recent Asian Games in Japan, a flag was about to fall on the field. Reports claim Nigar Sultana, the Bangladesh captain, reached out and caught it before it hit the ground.

She did not brush it aside. She is said to have held it with care, then gently let it go. Fans who heard about the moment called it a small act with a big meaning.

This came at a time when Pakistan and Bangladesh women's teams met on the field in Japan. Pakistan went on to win the bronze medal match by 31 runs, a result that has been confirmed by cricket boards and news wires.

Nigar Sultana herself had a solid game with the bat. She scored 25 runs off 30 balls before being dismissed leg before wicket. Her partner

Sharmin Akhter stayed strong till the end with 46 runs, but it was not enough to close the gap.

While the match result is clear, the flag story is still being talked about more than the score itself. Many social media users have shared a quote linked to Nigar Sultana. She is said to have told reporters that a flag should always be treated with respect. She also reportedly said there is little real difference between the flags of Pakistan and Bangladesh, since both nations share so much history and heart.

Words like these travel fast. Sports fans often remember such moments longer than they remember scorelines. A win or a loss fades with time. A kind act tends to stay in people's minds much longer.

It is worth noting that this part of the story is still doing the rounds online, and has not yet been fully confirmed by major news outlets. Readers are advised to treat it as a widely shared account for now, rather than an officially verified statement.



Even so, the response from fans has been warm. Many Pakistanis have praised Nigar Sultana for showing grace on a big stage. Some say gestures like these matter more than who wins or loses a match. Sports has always had the power to bring people closer. A single small act on the field can

sometimes say more than any trophy. This is one of those moments that people are choosing to hold on to.

As more details come out, this story may be confirmed, updated, or corrected. For now, it stands as a feel-good tale that has added a little more warmth to a tense sporting rivalry.

## Over 22,000 security personnel to be deployed in Islamabad ahead of protests

- More than 22,000 security personnel are being deployed in Islamabad under the supervision of eight deputy inspectors general



STAFF REPORTER

ISLAMABAD

Security preparations have been intensified across Islamabad and the Rawalpindi Division as authorities make arrangements to maintain law and order amid planned protest rallies and marches by several opposition groups.

More than 22,000 security personnel are being deployed in Islamabad under the supervision of eight deputy inspectors general (DIGs), while around 30,000 personnel are being assigned to Attock district, a key route connecting Khyber Pakhtunkhwa with Punjab.

Additional police personnel have started arriving in Attock from other districts to assist local law-enforcement authorities. The Rawalpindi police have also requested around 9,000 additional personnel to reinforce security arrangements during the expected protests. Authorities are also preparing to restrict access to the twin cities if necessary. Around 30 entry points are expected to be blocked, including 11 points in Rawalpindi, with a large number of shipping containers being positioned along highways and other locations. Several political and farmers' groups

have announced demonstrations in Islamabad in the coming days. Jamaat-i-Islami has announced a long march against increased petroleum product levies, while Pakistan Tehreek-e-Insaf has announced a march on September 27 calling for the release of its founder, Imran Khan. The Kissan Ittehad has also announced a protest march seeking relief for farmers.

According to the security plan, the more than 22,000 personnel assigned to Islamabad will operate under eight DIGs, 10 senior superintendents of police (SSPs), 40 superintendents of police (SPs) and 58 deputy superintendents of police (DSPs). Accommodation arrangements have been made for officers arriving from outside the capital.

In Attock, approximately 30,000 security personnel have been called in from various parts of Punjab, including Sheikhupura, Dera Ghazi Khan, Multan and Faisalabad. Personnel from the Punjab Constabulary, Riot Management Police and other specialized units are also being deployed. Meanwhile, all types of leave for police personnel in Rawalpindi district have been suspended until October 1, except in cases of extreme emergency.

## Two policemen guarding polio team martyred in Noshki gun attack

- The police personnel came under fire in the Killi Jamalabad area while providing security to the polio vaccination team.



Staff Reporter

QUETTA

Two policeman guarding a polio vaccination team was martyred in a gun attack by unidentified assailants in in Noshki district of Balochistan on Tuesday.

According to security sources, the police personnel came under fire in the Killi Jamalabad area while providing security to the polio vaccination team.

The bodies of the martyred policemen were shifted to Noshki Teaching

Hospital. Interior Minister Mohsin Naqvi strongly condemned the attack and expressed grief over the deaths of police personnel Muhammad Yasir and Abdul Rauf.

Naqvi said attacking a team working to

protect the future of children was a "heinous and unforgivable" act, adding that those responsible deserved punishment.

Balochistan government adviser on home affairs Babar Yousafzai also condemned the attack, describing it as an assault on the future of children in the province.

He said that Fitna al-Hindustan was an enemy of peace and the future of children in Balochistan. He said such elements did not want peace and development in the province or an end to diseases..



Chairman of the Pakistan Ulema Council, Coordinator for Religious Harmony and the Pakistani Diaspora in the Middle East and Muslim Countries, Hafiz Muhammad Tahir Mehmood Ashrafi addressing seminar on "Tazeem-e-Haramain Sharifain" at Jamia Masjid Bilal G-6/3.

## Foreign nationals among 100 arrested as NCCIA raids illegal call centre in Islamabad

STAFF REPORTER

ISLAMABAD

The National Cyber Crime Investigation Agency (NCCIA) has taken action against an illegal call centre in Islamabad, detaining 100 people during the operation.

According to an NCCIA spokesperson, 17 foreign nationals were among those taken into custody during the raid. he spokesperson said evidence related to an unethical application was found at the call centre. Investigators also recovered evidence concerning financial schemes linked to India and Brazil.

Following the operation, the call centre was sealed, while all data and gadgets found at the premises were taken into custody, according to the NCCIA. The NCCIA spokesperson said action against illegal call centres is continuing across the country.

## Pakistan launches joint military exercises with Russia, Oman

- The two-week exercises bring together contingents of the Pakistan Army with troops from the Russian Army and the Royal Army of Oman.

STAFF REPORTER

RAWALPINDI

The ninth edition of the Pakistan-Russia Joint Exercise Druzhba-IX and the second edition of the Pakistan-Oman Joint Exercise WashaqAl Jabal-II, also known as Mountain Lynx-II, commenced on Tuesday at Cherat and the National Counter Terrorism Centre (NCTC), Pabbi, respectively.

The two-week exercises bring together contingents of the Pakistan Army with troops from the Russian Army and the Royal Army of Oman.

The participating forces will share operational experience, refine counter-terrorism drills and procedures, and work to enhance interoperability during the exercises.



The training will also focus on improving combat skills and tactical expertise through joint drills and the exchange of best practices.

The exercises are aimed at strengthening professional interaction among the participating forces while further enhancing Pakistan's

bilateral defence cooperation with Russia and Oman.

Through joint training and the exchange of best practices, the participating forces will hone their combat skills and tactical expertise while further strengthening bilateral defence cooperation.

## 50pc National Assembly staff to work from home amid austerity drive

- 50% of National Assembly employees will work from offices while the remaining half will perform their duties remotely

STAFF REPORTER

ISLAMABAD

The National Assembly and Senate have introduced a series of austerity measures aimed at reducing fuel consumption and government expenditure, including allowing half of the National Assembly Secretariat staff to work from home.

Under the new arrangement, 50% of National Assembly employees will work from offices while the remaining half will perform their duties remotely. Employees working from home will remain available

through telephone, email and WhatsApp and will be required to report to the office within one hour if directed. The National Assembly Secretariat said employees would not be allowed to leave their station without prior approval from the competent authority. Fuel allocations for official vehicles will be reduced by 50% for three months, while the purchase of all types of vehicles has been completely banned.

The non-salary budget for fiscal year 2026-27 will also be reduced by 5%, with the cut to be implemented on a monthly basis. Meetings will preferably



be conducted through teleconferencing, except for intra-city meetings. The number of meetings will also be kept to a minimum as part of the austerity measures. Meanwhile, the Senate has also introduced measures to reduce fuel consumption and control expenditure, with Senate

Chairman approving the new austerity plan.

According to the Senate Secretariat, employees will work from home on Fridays when the Senate is not in session. They will remain available through telephone, email and WhatsApp and may be asked to report to the office on one-hour notice. From Monday to Thursday, Senate Secretariat office hours will be from 9am to 4pm. The Senate will also reduce fuel allocations for official vehicles by 50% for three months and has imposed a complete ban on the purchase of vehicles.



Federal Minister for Law and Justice Senator Azam Nazeer Tarar chairs a meeting of the Cabinet Committee on Legislative Cases.

## AJK Government Appoints Raja Shahid Tourism Director General

- AJK Reshuffles Tourism Department Leadership With New Appointment

WEB DESK

MUZAFFARABAD

The Azad Jammu and Kashmir (AJK) government has appointed Senior-most Additional Secretary (BS-19) Raja Shahid Hussain as the new Director General of the Department of Tourism and Archaeology.

According to a notification issued by the AJK Services and General Administration Department, the government relaxed existing restrictions on transfers and postings to facilitate the appointment.

Raja Shahid Hussain was previously serving as Additional Secretary in the Higher Education Department. He has also held several key administrative positions, including Additional Secretary in the Home Department. He has further served as



the head of an attached department under the Information Department during his administrative career. Meanwhile, BS-20 officer Shaukat Ali, who was serving as Director General of Tourism and Archaeology, has been transferred and attached to the Services and General Administration Department until further orders.