

News in Brief

China begins clinical trials of neutralising anti-body Covid-19 treatment



The Institute of Microbiology at the Chinese Academy of Sciences announced on Saturday that its application for fully human monoclonal antibody clinical trials for Covid-19 has been approved by the National Medical Products Administration.

With this update China's domestically produced coronavirus antibody medicine has entered into a clinical evaluation phase, reported the Global Times.

In phase I, the clinical trial will test the safety and dosage of the neutralising antibody among healthy people. A Beijing-based immunologist, who requested anonymity, told the Global Times that the trial marks a breakthrough in the treatment of Covid-19 around the world.

"Monoclonal antibodies are generally very rarely used in the treatment of infectious diseases. Antibodies are sometimes used in the treatment of diphtheria, tetanus, even Ebola, but they either are antiserum or the plasma from recovered patients, not monoclonal."

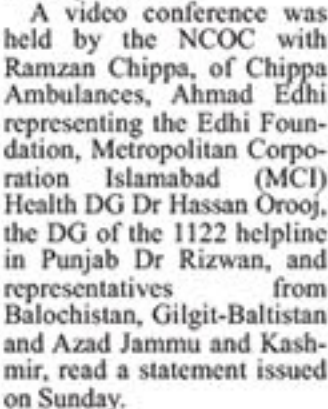
Many research teams in other countries have also been working on monoclonal antibodies of novel coronavirus, but few of them have entered into trials, he said.

The expert explained that monoclonal antibodies, unlike polyclonal antibodies, have their own unique structure and sequence in which the antibody binds to the antigen, and that uniqueness represents its intellectual property right.

"It is worth mentioning that this antibody drug has our own independent intellectual property rights of China as it indicates the monoclonal antibody is only unique to the research teams," he said.

On May 26, the Nature released research on antibodies of Covid-19 led by teams of experts from the Institute of Microbiology at the Chinese Academy of Sciences, Wuhan Virology Institute.

NCOC briefs emergency responders on its resource management system



For the first time since the contagion hit Pakistan in February, the National Coordination and Operation Centre (NCOC) held a meeting with emergency responders in different provinces.

A video conference was held by the NCOC with Ramzan Chhipa, of Chhipa Ambulances, Ahmad Edhi representing the Edhi Foundation, Metropolitan Corporation Islamabad (MCI) Health DG Dr Hassan Crooj, the DG of the 1122 helpline in Punjab Dr Rizwan, and representatives from Balochistan, Gilgit-Baltistan and Azad Jammu and Kashmir, read a statement issued on Sunday.

The participants briefed the NCOC on their existing mechanism to provide emergency services to the public, while the latter apprised on the Resource Management System (RMS) through which 1,579 hospitals are linked - it directs the user as to which care facility has what resources available, such as beds, ventilators etc.

PM directs federal agencies to 'investigate, file cases' against those involved in sugar scam

Special Assistant to Prime Minister on Accountability Shahzad Akbar on Sunday said that Prime Minister Imran Khan has approved a "matrix of actions" to be taken against those named in the Sugar Forensic Commission's (SFC) report.

Last month, the government had made public a report by the Sugar Forensic Commission (SFC) constituted to investigate and assign responsibility for the shortage and price hike of the commodity in the country in recent times.

Addressing a press conference in Islamabad alongside Information Minister Shibli Faraz following a meeting with the premier on Sunday, Akbar said it has been decided to take penal actions against sugar mill owners that violated the law, recover the looted money, and overhaul and reform the regulatory system.

"Seven major actions have been approved by the premier. The entire matter of Rs29 billion subsidy given to sugar mill owners will be investigated by the National Accountability Bureau (NAB). Any companies that committed violations after getting subsidy would fall within NAB's jurisdiction. Subsidies given by the federal or provincial governments will be investigated."

"Political families entered the sugar business in the 1990s and since then they have crushed everyone else in the industry. A well-known family in the 1990s exported sugar to India. NAB will also investigate that case and in this regard, a reference will be drafted."



ISLAMABAD: Special Assistant to Prime Minister on Accountability Barrister Shahzad Akbar addressing a press conference along with Minister for Information and Broadcasting Senator Shibli Faraz, in federal capital.

"Not only the nine mills that we have already mentioned were the beneficiaries but nearly all the 80 sugar mills," he said.

Akbar said that the Federal Board of Revenue (FBR) would launch investigations into sales tax fraud, mill owners showing reduced income and benami transactions, which he said the report had found evidence of. It has been directed to ensure that adjudication on cases and recoveries start within 90 days. The FBR has also been directed to conduct forensic audit of all mills besides those mentioned in the report, he added.

"A significant amount of money might be added to the national treasury through recoveries [made as

a result of these investigations]."

The SAPM said that the third action the premier approved was investigation of cartelisation by the Competition Commission of Pakistan (CCP). "These companies became wolves and caused damage to the people and the CCP failed to check this in the past. A new team has been constituted that will submit a report within 90 days."

The State Bank of Pakistan would be directed to investigate companies that showed fake exports or who "converted foreign remittances into halal income", defaulted on loans or sold pledged stocks. It would also submit a report to the finance ministry within 90 days. "Not just a generalised

report, the SBP will mention companies and their frauds by name. It will impose heavy fines on those found in violation."

The Federal Investigation Agency (FIA) and Securities and Exchange Commission of Pakistan (SECP) would investigate corporate fraud, the special assistant said, adding that stock fraud, shareholder fraud and other types of corporate fraud such as underwriting would be investigated.

The FIA would also investigate the matter of fake exports to Afghanistan and money laundering. Akbar said that "every receipt will be checked and the FIA will file cases in the courts within 90 days against those who did this."

1 dead, 4 injured after residential building collapses in Karachi's Lyari neighbourhood

At least one person was killed while four others were injured after a residential building in Lyari's Liaquat Colony collapsed on Sunday night.

Edhi officials said rescue operations were under way to find those buried underneath the rubble. According to a statement by the Karachi police office all four that were injured, including a woman and a child, have been taken to Civil Hospital for medical treatment.

Speaking to Dawn.com, City SSP Muqaddas Haider said that residents had been given notices due to the dilapidated state of the building, because of which many families had vacated their apartments.

On Sunday morning, another major crack had appeared in the building due to which several more people had evacuated their apartments, he said. He added that it was still too early to say how many people had been killed.

Taking notice of the incident, Sindh Chief Minister Murad Ali Shah directed the Karachi commissioner to begin rescue operations, according to a statement by his spokesperson.

The chief minister directed officials concerned to carry out the necessary rescue work and to submit an inquiry report on the incident.



According to Sindh Building Control Authority (SBCA) spokesperson Ali Mehdi Kazmi, the collapsed building had been declared dangerous. "The residential building was in a dilapidated state and was old. Notices were issued six months ago to vacate the building and around two months ago it was also recommended that the electricity and gas supply be cut."

Despite this, the district administration did not take the necessary action, he said.

In March, 27 people were killed after a building collapsed in Karachi's Gulbahar area. The residential building had fallen on two adjacent structures, bringing them to the ground as well.

Following this, a case was registered at Karachi's Rizvia Police Station in the state's name against the building owner. The first information report included clauses 322 (causing death without intention), 119 (Qisas), 337 (causing bodily harm), 427 (mischief causing material damage) and 190 (aiding and abetting) of the Pakistan Penal Code.

PTI govt approves CPEC's \$7.2b strategic project

ISLAMABAD: Pakistan Railways' Mainline-1 Project - the lone strategic project of the China Pakistan Economic Corridor (CPEC) - cleared its first hurdle on Saturday when the government approved it at a cost of \$7.2 billion, setting the stage for negotiations with China and International Monetary Fund (IMF).

In the fourth bid, the Central Development Working Party (CDWP) has recommended US\$7.2 billion Mainline-1 (ML-1) project to the Executive Committee of National Economic Council (Enec) for further approval, announced the Ministry of Planning.

A part of the Ministry of Planning, the CDWP is responsible for the scrutiny and approval of the development projects. The prime minister has authorized the CDWP to approve development schemes costing up to Rs. 10,000 million. Beyond this cost, the CDWP recommends the projects to the Enec for consideration and approval.

In total, the CDWP approved 43 projects worth Rs36.2 billion and recommended five projects worth Rs1.3 trillion to Enec for its consideration. Pakistan gives high priority to the ML-1 project due to its strategic importance and the CDWP's clearance will also pave the way for its inauguration by Chinese president's upcoming visit to Pakistan.

The ML-1 project includes dualization and upgrading of 4,872 km railway track from Peshawar to Karachi and its big milestone for second phase of CPEC, tweeted Lt Gen (ret'd) Asim Saleem Bajwa, chairman of the CPEC Authority. He is also special assistant to prime minister on information.

The Pakistan Railways had proposed construction of the project at a cost of \$9.2 billion. But the transport and communication wing of the Ministry of Planning did a commendable job by reducing the cost by \$2 billion without disturbing the construction cost.

The transport wing of the planning ministry excluded overheads and contingency costs from the project scope as projects being completed on engineering procurement and construction basis are not entitled to receive contingency charges. This helped making major savings.

The transport wing also calculated the project cost at current rupee-dollar parity, which cut the cost for components that the Chinese contractors would procure from Pakistan like labour and other materials.

As per the approved construction plan, the federal government has to allocate Rs78.1 billion in the next year's Public Sector Development Programme (PSDP) including Rs7.8 billion local share. However, the proposed PSDP document shows only Rs6 billion allocation.

The government needs to jack up its allocation for the project, if it wants to timely complete the scheme. The Peshawar-Hyderabad track and Karachi-Hyderabad track has been excluded and is planned to be built with the help of private sector, which also helped lowering the cost.

The CDWP has cleared all the aspects of the project except the financing arrangements that will be finalized between Pakistan and China after project's final endorsement by Enec.

As per standard methodology approved for CPEC projects, the negotiations for financing arrangements from Chinese financial institutions start only after the project has been approved by the government of Pakistan and commercial contract is signed between employer and contractor.

For ML-1, negotiations for finalizing the terms of loan were already under way between Financing Committee formed by Pakistan and its counterpart formed by China. Its impact on the national debt will be evaluated by the Economic Affairs Division.

The decision whether the loan will be a central loan or sovereign guarantee loan (Railways), will also be taken by the Financing Committee. In both cases, Pakistan will have to provide sovereign guarantees. Pakistan will also have to seek relaxations from the IMF, as under the existing IMF deal it does not have space to provide sovereign guarantees to the tune of Rs1.2 trillion.

Tests may miss more than 1 in 5 COVID-19 cases

ISLAMABAD: A team from Johns Hopkins Medicine has found that PCR-based tests for SARS-CoV-2 have a false negative rate of at least 20%, depending on the time of testing.

The majority of tests for the novel coronavirus involve taking a swab from the back of the nose or the throat for genetic analysis.

This analysis uses a laboratory procedure called reverse transcriptase-polymerase chain reaction (RT-PCR), which converts genetic material from the virus (RNA) to DNA before amplifying it. It allows the detection of genetic material specific to the SARS-CoV-2 virus, confirming a diagnosis of the associated disease, COVID-19.

Although serological, or antibody, tests are also available, these typically serve to confirm a past infection in people who have since recovered from COVID-19, rather than to detect an active infection.

There has been much discussion about the accuracy of antibody tests, with manufacturers even withdrawing some such tests due to concerns about their reliability.

A new analysis suggests that the accuracy of RT-PCR could also be under question.

Scientists from Johns Hopkins Medicine in Baltimore, Maryland, have shown that as many as 1 in 5 RT-PCR tests for the coronavirus may produce false negatives, incorrectly informing a patient that they do not have a SARS-CoV-2 infection when they actually do.

Since the beginning of the coronavirus outbreak, RT-PCR has had routine use as a diagnostic tool. However, the accuracy of the technique in detecting SARS-CoV-2, and particularly how this relates to the length of time since the infection, is unclear.

Understanding the accuracy of the test is vital because the results frequently contribute to important decisions, such as whether to allow healthcare workers to return to work.

Incorrectly telling a person working on the frontline that they do not have a SARS-CoV-2 infection and can return to work could lead to further spread of the virus. Additionally, the information from testing also informs the decisions of governments regarding the lifting of restrictions.

to estimate the rate of false-negative tests for the coronavirus, the researchers behind this study searched the literature on the topic.

They included studies that used an RT-PCR-based test to detect SARS-CoV-2 in samples collected from the upper respiratory tract and that also reported the time since symptom onset or exposure to the virus.

They identified seven studies in total, which included data from 1,330 patient samples, including inpatients (people in the hospital) and those managing their symptoms at home.

Their analysis showed that the likelihood of a false-negative result varied depending on the time since infection.

It appears that the virus is not detectable immediately after infection. On the first day of infection, the probability of missing a diagnosis, i.e., a false-negative result, was 100%.

At day 4 after exposure to the virus, the probability of a false-negative result seems to reduce to 67%. By day 8, it decreases to 20%, beginning to increase again afterward.

Likewise, police also bound 65 individuals for purpose of bail under Z and F 107 and 109 for protection. Attock police during this month registered 07 cases against power theft. During month of May Attock Police due to its effective patrolling, pickets and positive strategy controlled.

Senator Rehman Malik sends legal notice to blogger Cynthia Ritchie over rape allegation



Senator Rehman Malik, through his lawyer, has sent a legal notice to Islamabad-based American blogger Cynthia Ritchie, it emerged on Sunday, asking for an "unqualified public apology" and withdrawal of rape allegations within 15 days.

Ritchie, who was at the centre of a controversy last week when she tweeted what the PPP described as "derogatory and slanderous remarks" about slain former prime minister Benazir Bhutto, has accused Malik of raping her in Islamabad in 2011.

In a live video on her Facebook page on Friday, she also accused former federal minister Makhdoom Shahabuddin and ex-prime minister Yusuf Raza Gilani of "physically manhandling" her while Gilani was staying at the "President's House" - a charge denied by both the senior PPP leaders.

adding that subsequent action was taken by PPP leaders.

Read: Notice issued to FIA on PPP leader's plea against US blogger

The notice also mentions a tweet by Ritchie on June 2 in which she had accused Malik of illegally issuing a Pakistan Origin Card to a foreigner, adding that the claim was "strongly rebutted" by the National Database and Registration Authority (Nadra).

"Since you failed in your accusation, you started his character assassination by levelling bogus and disparaging allegations on June 5 through your Twitter and Facebook accounts," the notice says of the rape allegation.

Due to the "false, frivolous and baseless allegation", the reputation of Malik has "adversely suffered at the national and international level", it says.

Malik, through the notice, has demanded from Ritchie Rs500 million in damages, a "prompt" withdrawal of the allegations "in the same manner in which it was released and posted on social, print and electronic media" within 15 days of receiving the notice, as well as an "unqualified apology".

COMSATS & WHO Telemedicine Maternal Health Training for Doctors

Islamabad: The prevailing corona pandemic has strongly underpinned the significance and practicality of digital tools and mechanisms with tele health being the most recognized one as health systems around the globe are under increasing stress.

These changing trends in healthcare systems towards digital means have further underscored the need for knowledge, skill development and capacity building of tele health providers.

Realizing this emerging demand, COMSATS has

partnered with the World Health Organization (WHO), Pakistan, and the Ministry of National Health Services Regulations and Coordination, Government of Pakistan, for training of doctors and paramedics involved in providing tele health services relating to Reproductive, Maternal, Newborn, Child and Adolescent Health (RMNCAH).

Being held from 8th June to 12th June 2020, the first phase of the training will help build relevant capacity of the doctors in Pakistan working for maternal and

child healthcare services, with the aim to aid the healthcare system suffering a major setback due to closure of regular OPDs in some areas of the country amid lockdown.

Master trainers from WHO shall train a number of participants including those from COMSATS Tele-clinics, Human Development Foundation (HDF) and Sehat Kahani, by using various demonstration tools and equipment.

Online

PIA Special flight to bring stranded Pakistani citizens from Chicago on 14th June

Islamabad: The Government of Pakistan's special PIA charter flight for repatriation of stranded Pakistanis will depart from O'Hare International Airport, Chicago for Islamabad on 14th of this

month. This will be the sixth special flight from the United States in this regard. Stranded Pakistanis registered with the Embassy of Pakistan Washington DC and its Consulates in the US

will be accommodated on the flight. Those not already registered are encouraged to do so immediately. Earlier a special flight will depart from Islamabad directly for O'Hare International Airport

Chicago on 13th of this month carrying residents. Passengers who are interested to take this flight from Pakistan are advised to register with PIA on https://happilypia.com/pas. Online

Advertisement for Sumalzai Trust, featuring a 'Donate' button and text: 'Save a life Save Humanity Sumalzai Trust'.

08 June, 2020

India's Baseless Claims

Deliberately misrepresenting United Nations reports and diplomatic statements for your own geopolitical benefit is a contemptible move but it is a tactic that India is no stranger to. Having stirred up conflict with nearly all of its neighbours, India has time and time again taken advantage of the diplomacy of international organisations by misinterpreting and sometimes outright falsifying their monitoring reports or evaluations to evade responsibility or instigate further tensions. India has done this repeatedly with Pakistan, baselessly throwing around terrorism allegations just for its own regional advantage, and falsely claiming that international consensus is with them.

Unfortunately for India, its pretensions could not be further from the truth. Its recent misstep, of untruthfully claiming that a UNSC monitoring report on Afghanistan stated that there were militant "safe havens" in Pakistan, is patently false, as Pakistan's Foreign Office has pointed out. There was absolutely no reference to any safe havens in Pakistan in the report; rather the implications from the MT report were more incriminating for India than they were for Pakistan, due to its mention of the banned Tehreek-e-Taliban Pakistan (TTP), an organisation which India has supported in the past. India's distortion of a UNSC report on terrorism in Afghanistan, an issue of utmost importance to the global community, reflects that it is not acting in good faith, and its inclusion does more damage than good. India's contributions to the Afghanistan peace process should be taken with a pinch of salt, considering it is ready to distort reality for its own political gains. This detail about TTP's functioning should not be overlooked by the international community — there are several Indian terror outfits that ought to be banned, which India is using to disintegrate any peaceful resolution of the conflict in Afghanistan, and this recent provocation just further reveals India's bad-faith intentions.

For a shared destiny

Malik Muhammad Ashraf

The future of Pakistan and the health of its economy undoubtedly hinges on its transformation from an agricultural country to an industrial nation. The solution to most of our intractable socio-economic difficulties is inextricably linked to this shift.

CPEC provides a conduit to that transformation and Pakistan surely has taken a great stride in that direction by becoming part of this mega-economic initiative of the Chinese government. The sustainability of this qualitative shift mandates collective support of all national stakeholders to turn this dream project into an everlasting joint enterprise for shared destiny and prosperity.

It is an established fact that no nation can leapfrog into the elite club of developed nations unless it invests in all elements of the infrastructure components, as there are no shortcuts to economic progress. All modern growth models invariably rely on development of infrastructure and the resultant industrialization as an imperative ingredient for sustained economic growth of a country. The phenomenal economic prosperity and industrial development in Asian countries such as China, South Korea, Singapore and Malaysia during the last three decades is a rousing testimony of this modern reality. Attainment of high level growth is unimaginable without industrialization and gradual lessening of dependence on the agriculture sector.

By becoming part of CPEC, Pakistan is poised not only to make up for lost opportunities but also to become an economic power house within the next two decades. Apart from radically changing the dynamics of regional connectivity and trade, it is going to act as a catalyst for transition from an agricultural economy to an industrial economy. CPEC is a mix of infrastructure projects, energy producing units and industrial zones along the corridor routes.

The development of infrastructure under CPEC will lay a firm foundation for industrialization and the corridor has been acknowledged as a perfect recipe to lift the economic profile of the countries that are part of the initiative. Even the UN has recognized its economic potential and the collateral outcome of promoting peace through economic interdependence. To ensure transparency in the implementation of CPEC, China and Pakistan have also

signed an agreement for joint audit of selected projects.

The Gwadar Port, three routes of the corridor and energy projects are the envisaged engines of growth. Hopefully the special industrial zones to be set up at Bostan in Balochistan, Rashakai in Khyber Pakhtunkhwa, Dhabaji in Sindh, Sheikhpura in Punjab, Moqondas in Gilgit-Baltistan, Bhimber in AJK, Mohmand in Fata besides two projects of the federal government at Islamabad and Port Qasim will also nudge the process of industrialization in the country. The coming on stream of the energy producing projects and the plans to generate another 30000 MW of electricity by 2030 will surely help not only to overcome the present energy crisis but also cater to the future energy requirements of the country.

It is pertinent to mention that the scope of CPEC was further widened at the sixth meeting of the Joint Coordination Committee (JCC) with the inclusion of the Basha Dam, Peshawar-Karachi railway line, Karachi Circular Railway, Orange Line Train for all provincial capitals, Keji Bander and special economic zones and three more energy projects in Sindh. Consequently the size of CPEC in monetary terms has been jacked up to \$57 billion from the originally envisaged financial cost of \$46 billion.

The 7th JCC also officially approved the Long Term Plan (LTP) of CPEC. The LTP provides a conceptual framework for CPEC up to 2030. The government of Pakistan consulted provinces, federal ministries and their respective technical groups in regards to LTP. The seven salient features of the LTP are: connectivity, energy, trade and industrial parks, agricultural development and poverty alleviation, tourism, cooperation in areas concerning people's livelihood and non-governmental exchanges and financial cooperation.

In the energy sector, both countries are committed to enhance cooperation in the fields of oil and gas, electricity and power grids.

The focus is on thermal power, hydropower, coal gasification and renewable power generation and modernizing power transmission networks. CPEC has already addressed the major energy bottleneck in Pakistan. Almost over half of the 10,000 MW energy added recently to the national grid comes from

Ahmer Bilal Soofi

IN the context of the recent face-off between China and India, it is imperative to understand the difference and legal distinction between the Line of Control (LoC) of Pakistan and India and the Line of Actual Control (LAC) of China and India. Without appreciating this difference, the developments under international law on both the lines and their disputes cannot be contextualised.

The LAC is a line that serves as an international border between India and China. It is delimited through certain legal instruments, including old border treaties, but largely represents the positions of both sides on ground that is a consequence of state practice between the two neighbours.

The international law applied to LAC-related disputes between China and India is the 'law of territory' and applicable principles of demarcation and delimitation. These laws and principles have been broadly laid down by academics and the International Court of Justice in cases including the Frontier Dispute (Burkina Faso/ Niger), 2013, Cameroon vs Nigeria, 2002, Frontier Dispute (Burkina Faso/ Republic of Mali), 1986, and Sovereignty over Certain Frontier Land (Belgium/ Netherlands), 1959, which primarily provide that there must be a display of sovereignty and authority over the territory on a continuing and peaceful basis.

Greater awareness of the legal distinctions is essential. The LAC is a lengthy international frontier with three main sectors — eastern (Sikkim), western (Ladakh) and central (Nepal) — each having peculiar legal features. The Indian position on border disputes is surprisingly contradictory in all three sectors whereas China has implemented a consistent

LoC and LAC

policy to assert the executive authority of its government over the chunks of land it claims all along the length of the LAC.

On the other side, the LoC dividing India and Pakistan is set up in a completely different legal context and is not an issue merely of a bilateral nature. The LoC is the eventual legal outcome of the chapters 6 and 7 framework under the UN Charter. Given the presence of the UNMOGIP, the legal basis and environment of the LoC are totally distinguishable from the LAC.

Contrary to the 1993 self-restraining agreement between China and India on the LAC, there is no such restraint between India and Pakistan over the LoC where fighting, shooting and shelling leading to military and civilian loss of life continues. The situation at the LoC can be better described as that of armed conflict under international law as opposed to occasional scuffles at the LAC.

The LoC divides the erstwhile state of Jammu & Kashmir between India and Pakistan. However, India-held Kashmir is largely viewed as occupied territory not only under international law but also under the constitution of India itself as evidenced by Articles 370 and 35A. On the other hand, Azad Jammu & Kashmir and Gilgit-Baltistan are viewed as territories that Pakistan administers with a far greater degree of legitimacy under local and international law. The scrutiny of these arguments was done several times by the supreme courts of both Pakistan and India and they repeatedly affirmed the conclusion stated herein.

In an attempt to firm up the legal title to occupied Kashmir, India undertook a lawfare offensive on Aug 5, 2019, to hollow out Article

370 and nullify article 35A by issuing an excessively detailed, complex legislative instrument called the Jammu & Kashmir Reorganisation Act, 2019, followed by an order in 2020. It, however, went for legal overkill by claiming territories on Pakistan's side of the LoC. Pakistan, obviously, rejected the move. It is evident that Pakistan's sovereign acts of administering AJK and GB through legal instruments and other acts have not been contested by the international community except by India and that too only recently.

The Reorganisation Act had another side that not many in Pakistan focused on — legal pronouncement to reclaim Ladakh including the territory under Chinese sovereignty. India, through legal pronouncements, sought to acquire what it lost to China on the battlefield. India appointed a 'governor' of Ladakh and issued a map. China felt offended by this unilateral move and protested against it as an illegal action which could not in any way affect China's position on Ladakh. India's exaggerated lawfare moves are resulting in a stand-off between China and India in all LAC sectors.

Pakistani policymakers must understand openings that legal distinctions between the LoC and LAC offer. This also creates room for the possibility of coordination between Pakistan and China as both, at a narrow level, face a unilateral challenge from the same controversial legal instrument issued by India, albeit from different legal positions. At a wider level, detailed appreciation of the law of territory needs to be undertaken including examination of specific instances of overlapping claims throughout the LAC. Dawn..

Front-line anxiety

Asma Humayun

AT the end of March, Pakistan's first 'hero doctor' lost his life in the fight against Covid-19. He was 26 years old. Since then, nearly 2,000 medical professionals have been infected with Covid-19; 30 of them have died. Our media is quick to portray health professionals as 'heroes' and 'martyrs', but the reality is that the pandemic is an uneven contest, testing the limits of a fragile system, exhausting existing health facilities, and consuming health workers.

Mental health: Pakistan's Achilles heel during Covid-19

Even in normal circumstances, healthcare is a challenging profession known to adversely impact the mental health of staff, compromising their quality of life as well as work performance. And these are anything but normal circumstances. Since the pandemic began, healthcare workers' challenges have multiplied. At a personal level, healthcare workers are afraid of contracting the virus and exposing their families to risk; burdened by the separation from their families and abdication of domestic responsibilities such as childcare; and face the social stigma that comes with working with Covid-19 patients.

Healthcare workers' emotional needs must be addressed. Professionally, they might feel overwhelmed by the onslaught of patients; frustrated with the lack of hospital supplies including PPEs; tired of having to make painful decisions about which patients to prioritise; exhausted from long shifts; distressed from daily conflicts at work; and distraught from having to deliver bad news to bereaved family members. These challenges are further compounded by highly tragic episodes involving doctors being arrested for demanding PPEs; having their salaries deducted for the coronavirus fund; or facing angry mobs intent on vandalising hospitals and attacking healthcare workers.

Health workers are humans too, and they need to take care of themselves so that they can continue to provide vital services during this protracted public health crisis. They routinely face conflicts over their safety being compromised as they fulfil their professional obligations. Many feel helpless dealing with an illness that has as yet no treatment. Nearly all will, at some point in this pandemic, grieve over the succumbing of their patients or colleagues to the virus. A review of six studies examining mental health issues faced by healthcare

workers due to Covid-19 confirmed significant levels of distress and moderate to high levels of clinical conditions among respondents.

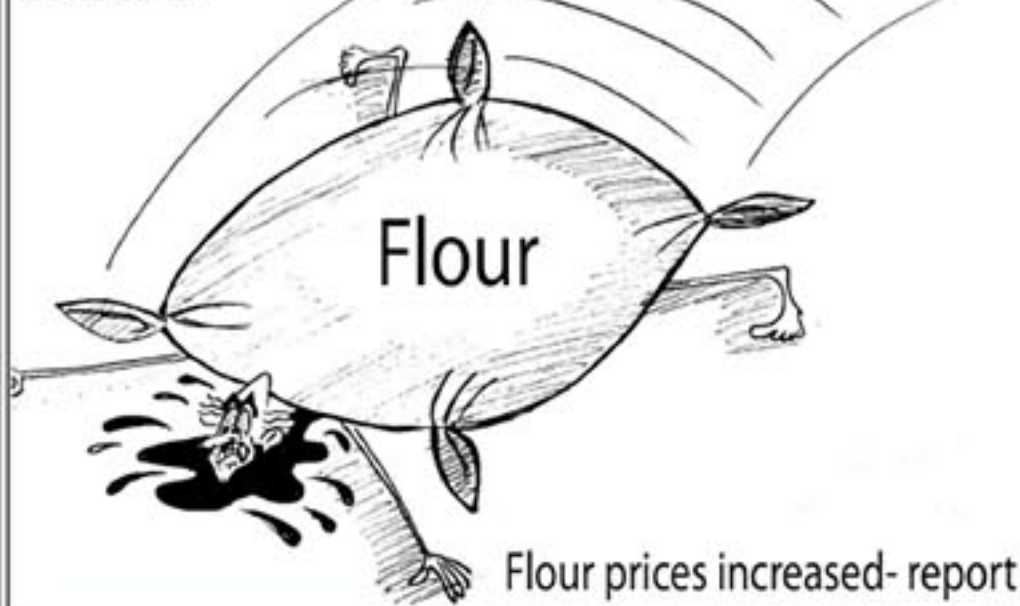
Despite this undeniable evidence, mental healthcare remains stigmatised in Pakistan, and the repercussions of this for those on the front-line are even more pronounced. Policymakers thus far have paid insufficient attention to the emotional needs of health workers fighting Covid-19; health managers don't see psychosocial support as a necessity; and health workers experience shame and embarrassment in seeking help. Other countries are prioritising psychosocial support for healthcare staff, dedicating specific resources on a war footing.

The government of Pakistan has also launched a national campaign, 'We Care', which 'aims at providing adequate PPE and creating an overall psychosocial environment of care and support'. This campaign has been verbally endorsed by provincial health ministers too.

But it is important to translate this commitment into action. A report in JAMA identified top sources of anxiety for healthcare professionals working as frontline responders and summarised their need as: Hear me (impartial mechanism to connect with health workers while maintaining confidentiality); collect data and assess their needs; Protect me (ensure personal protection, implement workplace policies to prevent burnout like adequate rest and rotation, supervise for difficult clinical decisions); Support me (workplace counselling, services for stress management, support groups, back-up support for taking time off work); Prepare me (self-help training to deal with stress, offer training to deal with psychological challenges); Care for me (identify and treat those suffering from high levels of stress and with pre-existing mental health conditions).

Implementing these strategies in Pakistan may seem far-fetched and idealistic, but similar cost-effective models already exist elsewhere and should be easy to replicate. Our provinces must prepare a comprehensive plan to support their healthcare staff on the front line. Each tertiary hospital in the country has a department of psychiatry, which in turn has at least a dozen mental health professionals. Each district hospital has at least one psychiatrist. These professionals must be assigned specific duties to support health workers in hospitals. Dawn..

ONLINE



Lethal delays in managing the pandemic

Dr Abdus Sattar Abbasi

Irrespective of the discussion on whether COVID-19 is a biological weapon or not, we terribly failed to learn and respond to such disasters. Pakistan had enough time to prepare for the pandemic at all levels, but we wasted the space because of lethal delays due to our conventional lethargies, prevalent asystemic approach and the inability to deal with challenging issues. We dawdled due to our negligence in considering multi-dimensional risks surrounding the pandemic where numerous things can go wrong together including health, the economy and employment.

Widespread asystemic thinking cost Pakistan with such difficulties. We failed to quickly grasp the dynamics of the pandemic despite being part of the crisis with hundreds of Pakistanis trapped into the crisis in China. We failed to develop understanding of the requirements to handle the disease. A glaring example is the establishment of a flawed quarantine centre on the Iran-Pakistan border in Taftan, which opened the doors for the pandemic.

Trump reportedly sought to deploy 10,000 troops to quell protests.

We failed to produce and provide simple safety gear and testing kits. Apparently, the country's leadership underperformed despite adequate space to keep the nation safe from the pandemic. Four serious mistakes during the current pandemic raised questions on their ability to deal such catastrophes in the future:

The most important aspect of the leadership and the state institutions is to foresee threats to the country. Outright initial denial on part of the top leadership of the country pushed society to the current crisis. Throughout

this crisis, we could not observe confidence in Pakistan on even the lockdown as a tool to avert the crisis.

As the Chinese government was waging an unprecedented nationwide campaign against the novel coronavirus, our government did little to brace ourselves for a similar public health crisis, nor did we seem interested in reaching out to our all-weather friend China for its valuable experiences in combating COVID-19 until we were severely caught by the pandemic.

Russia confirms another 8,500+ daily COVID-19 cases

The current government's mishandling of the coronavirus threat is part of a larger problem in pandemic management. The results of this collective inertia are catastrophic indeed. The first case of COVID-19 was reported on February 26, 2020, till then, Pakistan had enough information about the outbreak. The government appeared inadequately prepared to recognise, let alone anticipate the threat.

Lack of coordination remained visible on several fronts during the crisis. Our leadership was embroiled in a war of words between the Centre and Sindh, which continues. Coordination of institutions with the establishment of a command and control centre was streamlined. However, the lack of coordination on the political front confused main stakeholders of the crisis i.e. the people of Pakistan. It depends on the cooperation and compliance of masses to handle the pandemic, if there are contradictory statements and positions between the Centre and the Sindh then it is very probable that the masses will not comply with the given instructions.

OPEC, allies agree to extend oil output cuts by 1

month. We were unable to grasp events linked with the pandemic that were outside our personal experiences or did not occur in our immediate vicinity. When a threat is temporarily or spatially distant, we fail to correctly determine the risk of the approaching outcomes. Somehow, this is what happened to our response to the COVID-19 pandemic.

Sometimes, despite appropriate measures, crisis surprises organisations with new and unique dimensions. Therefore, the experience curve has its place about learning from mistakes made during previous crises. Activities such as scenario analysis and contingency planning have evolved in contemporary management, thought to bring balance through surprise management.

Leadership requires the combination of performance, procedures and principles to protect the nation from devastating outcomes of any crisis. Leaders cannot simply withdraw to the circumstances and expect miracles, they must find ways and means to lead their country to the prosperity and safety. With recent experience we can conclude that some areas need special attention.

President urges to implement anti-COVID SOPs. Identification of needs — COVID-19 with all its devastations provides an opportunity to learn, and to determine needs to handle a catastrophe of such a scale and nature, to strengthen our ability for a timely response.

NDMA once again failed to exhibit proactive role. They had nothing to present to the country, they were as naive as any other department or institution to perform against the outbreak. NDMA is required to establish a system. The Nation..

Why is politics so despised?

Shahzad Chaudhry

When a plane goes down you don't just investigate technical or operational failures but cast the net wide. The initiation of an accident begins with an error, technical or operational, but will lead to a sequence of cause and effects in a chain to why an error first emerged. For example — and this is just an example; the investigation is still in progress — if indeed the pilot of the ill-fated PK8303 violated procedures and disregarded every call given to him by the controller to correct his parameters of flight, it must lead one to ask why he did so. Was he grappling with an undeclared emergency? Why would he not declare a problem on board? Pilots and engineers are known to sheath problems to avoid answering questions later and continue to make do with what is possible 'hoping' the aircraft will get down safely. But when things go bad they usually do in hordes and saturate the response matrix.

If one is alone in the cockpit, as in a fighter aircraft, the price you pay, other than the loss of a very expensive aeroplane belonging to the state, is with your life. But if you are in a passenger aircraft many more will pay the price of one's carelessness or outright callousness. It amounts to criminal neglect. Imagine, there wasn't anything wrong with PK8303. Nothing at all. It was a perfect flying machine till it actually hit the runway on the first landing attempt. The landing gear, remember, came smoothly down immediately after it went around though this is when most agree it should have been delayed to fly the farthest with engines powering down. But the pilot out of habit or indiscipline or simply dismissive of the controller who was asking him to mind his parameters relied on his intuition and impulse and felt he could manage. When you challenge Physics you always lose. He and his innocent passengers lost.

If indeed this is how it went then the problem 'is' — note: 'is'; not was — deeper and debilitating. Many more aircraft with innocent travellers will go down if not attended to and remedied forthwith. It has to do with the safety and discipline culture. I do realise this piece is about politics and not flight safety but let us bury this beast first. What is the force behind such disregard of operational and safety dictates? What empowers the pilot to dismiss a controller's instructions? What grants such impunity to a pilot to play with the lives of his passengers? Every profession has rules and ethics and one may disregard those at one's peril. But what if nothing at all can touch a pilot in command — forget the laws; they too have limitations. I talk of the culture. A culture of egotist privilege reigns. Imagine it was in the US or the UK where a doctor licensed to practise or to fly passengers was to err. His licence goes; he may never practise or fly again. He is charged for 'manslaughter' and is put behind bars. Ours fly away from behind bars.

And this brings me to the politics of accidents in a country as banana as a republic can get. There are at least six unions or groups which mark the aviation landscape. Each has its own nuisance value and will strike down if their interests are threatened. This includes the pilots too. What keeps an incident or an accident inquiry going public are the threats to halt work and operations if a colleague is threatened with retribution. Each comes to the rescue of the other and thus validates its relevance in the system. You cannot ground or decertify someone who may be a habitual offender of both procedures and discipline. The airline or the Steel Mill or Railways and WAPDA will come to a halt. This is what happens when running these entities is a government job. They know how to

subdue governments and force their own agenda. Each of the major political parties of Pakistan sponsors a group or has sympathisers who may have first landed their jobs in these organisations because of political patronage. These entities thus serve as convenient employment exchanges for these political players in power. Even when not in power you do in Karachi as the political players of the city dictate if you wish to function in the city. That includes keeping these entities alive.

That is why you cannot privatise or dispense what are essentially bankrupt entities. We pay in hundreds of billions every year to keep these clubs which give away freebies in charity to their own. The Steel Mill has been closed for years now; has not produced a billet but continues to eat up some fifty billion every year. A CJ who once wished to keep this 'family silver' at home chose to intervene when someone was willing to pay for it. Now they want the land too attached. PIA eats up between 30 and 50 billion rupees every year and doesn't make a khotta paisa. But someone has put it in someone's ear that it is nation's 'flag carrier' and must be saved at all cost. It is a flag bearer of massive failure and organisational bankruptcy. It cannot be recovered and made viable with the structure that it has. But will not be restructured to secure diverse interests and political influence. These are convenient avenues to malfeasance and pilferage. Black holes down which billions drain while the nation begs and borrows.

It's obvious why under the pretentious rubric of labour rights the push-back of those whose interests are threatened begins the moment a thought occurs to dispense these monstrosities. And given the precariousness of our polarised politics what is right is dispensed at the hands. Express Tribune..



Manchester City's appeal against two-season ban from European football begins on Monday

Manchester City's appeal against a two-year ban from European competition will be heard by the Court of Arbitration for Sport (CAS) from Monday in a case of wide-reaching repercussions.

City are accused of overstating sponsorship revenue to hide that they had not complied with UEFA's financial fair play (FFP) rules between 2012 and 2016 and were also handed a 30 million euro (\$34 million, £27 million) fine.

UEFA's case was prompted when German magazine Der Spiegel published a series of leaked emails in 2018 that purported to show how City manufactured extra sponsorship revenue from a series of companies with connections to the club's Abu Dhabi-based owner Sheikh Mansour.

Under the Sheikh's ownership, City's fortunes have been transformed from perennially living in the shadow of local rivals Man-



chester United to winning four Premier League titles in the past eight years.

However, billions of investment in players and managers has not yet been able to deliver the club's first ever Champions League title.

City are still involved in this season's competition and will be allowed to compete should the 2019/20 edition of Champions League return in August no matter the outcome of the appeal.

But a two-season ban from the competition would represent a huge blow to the club's prestige, finances and

hope of hanging onto manager Pep Guardiola and key players like Kevin de Bruyne and Raheem Sterling.

Two years would be long. One year is something I might be able to cope with," De Bruyne told Het Laatste Nieuws last month.

City banked 93 million euros from prize money and television rights alone by reaching the quarter-finals of last season's Champions League.

The added loss of gate receipts and commercial revenue would make it extremely difficult for the club to meet FFP regulations

in the future without cutting costs.

City have steadfastly refuted UEFA's allegations.

"Based on our experience and our perception, this seems to be less about justice and more about politics," said CEO of the City Football Group Ferran Soriano.

UEFA has been under pressure, most publicly from La Liga president Javier Tebas, to impose a harder line on clubs backed by states, like City and Qatar-owned Paris Saint-Germain.

European football's governing body also have plenty riding on the case. Lose the appeal and the future of UEFA's FFP regulations will be called into question.

If no verdict is immediately announced after the hearing, the decision "could be made during the month of July," said Matthieu Reeb, secretary general of CAS.

Even if City's appeal to CAS fails, the English champions could present a further appeal before. The News..



LONDON: Pace great Michael Holding believes West Indies will particularly miss batsmen Darren Bravo and Shimron Hetmyer on their tour of England after they, along with all-rounder Keemo Paul, opted out of the series because of Covid-19 fears.

UFC's 'Notorious' superstar Conor McGregor announces retirement



The two-division Ultimate Fighting Championship (UFC) World Champion said his fighting days were over in a Twitter message posted on his verified account, alongside a picture of the Irishman with his mother, Margaret.

"Hey guys I've decided to retire from fighting. Thank you all for the amazing memories! What a ride it's been!" he wrote.

"Here is a picture of myself and my mother in Las Vegas post one of my World title wins! Pick the home of your dreams Mags I love you! Whatever you desire it's yours."

The controversial fighter, nicknamed "The Notorious", previously announced his retirement from the sport in March last year after being battered into submission by arch-rival Khabib Nurmagomedov in October 2018.

In April 2016 he also said he was retiring with a now-famous tweet: "I have decided to retire young. Thanks for the cheese. Catch ya's later." His last appearance in the octagon was in January after a 15 month-absence when he knocked out American Donald "Cowboy" Cerrone in a ruthless 40-second destruction in Las Vegas.

The 31-year-old, an icon of the UFC, is no stranger to controversy and hit the headlines last year for an attack

on an older man in a Dublin bar that was captured in a viral video.

McGregor, one of the most popular fighters in MMA history, has a record of 22-4 and was the first UFC fighter to hold two championship belts at the same time.

He achieved that feat in 2016 when he stopped Eddie Alvarez in a lightweight title fight, adding it to his featherweight title.

That triumph was followed by a loss to boxing great Floyd Mayweather in a cross-combat superfight in 2017, his loss to Nurmagomedov, announcements of retirements and returns to fighting.

UFC president Dana White paid tribute to McGregor after the conclusion of UFC 250 in Las Vegas early Sunday morning.

"If Conor McGregor feels he wants to retire, you know my feelings about retirement, you should absolutely do it," White said at the post-event press conference.

"I love Conor. There's a handful of people that have made this really fun for me, and he's one of them." Dawn..

Wasim Khan donates Rs1.5m for ex-players, officials, ground staff

LAHORE: Chief executive of the Pakistan Cricket Board (PCB) Wasim Khan on Saturday said that over the next three months he will personally donate a total of Rs1.5 million to support former players, match officials, scorers and ground staff who are struggling through financial hardship.

According to a PCB press release issued on Saturday, Wasim took the voluntary decision to make this donation as a way of giving back to the game's key stakeholders at a time when there is a greater need.

Wasim said: "I have decided to personally make this donation to help those players, match officials, scorers and ground staff who are in dire need of financial assistance."

"This small contribution is to support the Chairman's Welfare Fund that is already in place and to show solidarity with him as we look to provide as much support to the players, match officials, scorers and ground staff facing hardships in these tough economic times."

"As head of the executive team, I also think it is appropriate that I take a personal lead with this and it's a decision that feels absolutely right to me."

"After past culture of all PCB staff receiving substantial annual incremental increases, we have made a decision to tighten our expenditure over the next 12 months and only award increases to staffers who earn Rs100,000 a month or less. This will commence from the new fiscal year, which starts on July 1."

Meanwhile, PCB chairman Ehsan Mani said: "I appreciate Wasim Khan's gesture and commend him for leading by example. Wasim's actions show that he is not only a good leader, but also the one who thinks and cares about the well-being of past and present players and other stakeholders."

"Wasim has consistently shown his commitment to Pakistan cricket and this is another example of his contribution and leadership. Dawn..

Boxer Anthony Joshua hits out at 'virus' of racism

Heavyweight champion Anthony Joshua told a Black Lives Matter march in London on Saturday that protesters were the "vaccine" to the "virus" of racism.

"The virus I am referring to is called racism," he said, comparing its effects to the damage done by COVID-19.

Meanwhile the British boxer asked: "How long are we going to allow racism to spread through our communities?"

Worldwide protests under the banner of Black Lives Matter took place Saturday in response to the death of George Floyd, a black American man who died in Minneapolis last month while being arrested



by police officers.

"You are the vaccine, I am the vaccine," the 30-year-old Joshua told a rally in his home town of Watford.

"Killing a person outright is unforgivable, but stripping them of their human rights, oppressing them, mocking them, insulting them, placing glass

ceilings above them... is just a slower way of killing them and taking the life out of their soul."

Joshua was on crutches at times on Saturday and was also seen wearing a knee brace, but a spokesperson insisted that was just a "precautionary measure".

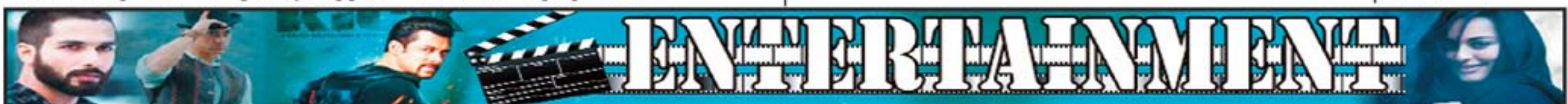
Joshua, the reigning

WBA, IBF and WBO titleholder, felt a "slight twinge" in his left knee in a training session earlier this week.

But his camp insisted there was no cause for alarm.

"Anthony felt a slight twinge in his knee whilst training," the spokesperson said. "The brace is a precautionary measure on the advice of physios. It will be further checked by his doctors but there is no immediate concern."

Joshua was due to defend his belts against Kubrat Pulev at Tottenham Hotspur Stadium on June 20 only for the bout to be postponed because of the coronavirus pandemic The News..



David Beckham intends to launch a cooking show on Netflix after displaying his culinary skills on his social media accounts.

Asif Farrukhi's students remember his kindness and marvel beyond the classroom



As the clock struck 8:50 am, I rushed my way towards Pakistan and Modern South Asia, a class that unpacked what Partition meant for this country.

I was twenty minutes late, and he would probably ask me to leave, but I had to pass my course and attendance was necessary.

It was when I was halfway to my seat, that I heard a voice say, "Who was Arundhati Roy, Yusra?" and I realised this was my new professor, waiting as all eyes were on me. I answered, he nodded in approval and I breathed a sigh of relief.

When the class was dismissed, he stopped me at the door and handed a book to me. "Maine dekha tha aap library mein dhoond rahi thi, (I saw you searching for it at the library) he said. It was Arundhati Roy. This was my first encounter with Asif sahib, the professor, the legend - forgiving, and nurturing.

Asif sahib was most popular for his iconic Jehan-e-Urdu,

other times, thriving under the full moon, pleasant breeze, accompanying garam garam doodh patti complete with a magnificent view of Quaid's Mazaar.

On one such generous evening full of compositions and conversations, Safia Siddiqui recalls moments of playful encouragement.

"When it was time to leave, Asif sahib came out to see off my friend and I, making sure that Ajmal bhai who was there to pick us up, really was Ajmal bhai.

As we laughed over something, he turned to Insia who was laughing out loud like she always does covering her teeth, and said, 'Itni achi hassi hai, haath kyun rakh leti ho!' (Your smile is so beautiful, why do you cover it up?) and then went on to mention how his daughter also had a nice laugh, but usually kept a sombre face like Insia."

This was Asif sahib for you, radiantly oscillating between the many roles he played for you; the professor, the mentor, the friend, the father. He was a man full of tones and expressions, emotions and connections - almost as if he knew exactly the importance of sustaining close relationships from his years of experience and recollections.

I often wondered if his empathy came from acknowledging the pains of Partition - the tales he relived, the trauma he absorbed, his eyes glistening and shining with the ghazals he often recalled. Maybe. The News..

While many may be unaware of the linkup buzz between the two, it has been reported that the heart surgeon had been the one portal of normalcy in Diana's life.

If reports are to be believed, Khan had paid little to no attention to the Princess of Wales upon their first meeting and had instead focused on treating one of his patients. The most photographed woman in the world had been highly impressed by this unusual act, with his behavior giving her a constant taste of normalcy that she had craved for in her former royal life.

While the two reportedly hid their relationship for 18 months, Diana parted ways with him only months prior to her death.

Royal biographer Martyn Gregory during a BBC 5 Live podcast series had said: "We don't know very much about [the relationship] because Hasnat Khan himself never spoke at the time and he's certainly never spoken since her death."

"But we do know that they were an item and we do know that they separated early in the last summer," he added.

"Diana was keen herself to keep it private because he was, he still is, a very noted heart surgeon. One of the key reasons why they did split up was because he didn't want the publicity that he knew being associated with Diana would inevitably bring," Gregory went on to say.

"It must be said that most people who knew Diana well would say that she was more taken with Hasnat than any person post-Charles," he said. Numerous sources have since reported that the late princess had been "infatuated" with the doctor but could not sadly marry him. Tina Brown writing for Vanity Fair in 2007, had said that Khan "couldn't face the onslaught of becoming Di's New Guy."

She continued that when Diana had denied the linkup completely, "Khan refused all contact with Diana, rendering her predictably hysterical."

Princess Diana was 'infatuated' with Pakistani surgeon Dr Hasnat Khan

Princess Diana's secret relationship with Pakistani doctor Hasnat Khan had been the talk of town after she parted ways with Prince Charles.

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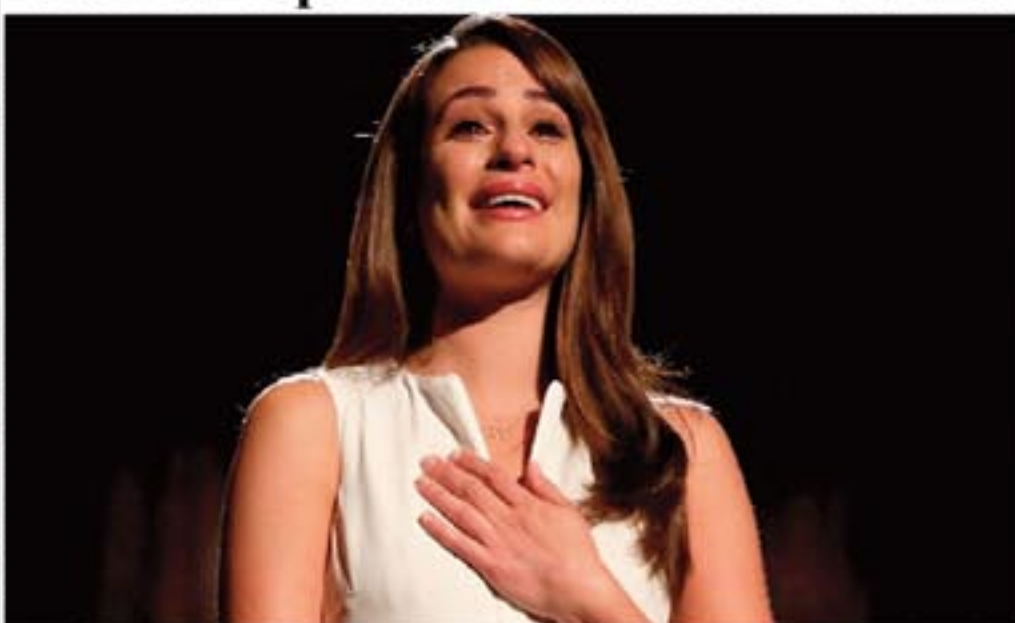
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She continued that when Diana had denied the linkup completely, "Khan refused all contact with Diana, rendering her predictably hysterical."

"The secrecy of their affair actually suited Khan, who had no desire to arouse the wrath of his own relatives. The news..

Lea Michele has been crying over her stained reputation and abuse claims



Lea Michele's social reputation went down the drain when former costars stepped forth to expose her demeaning and abusive behavior.

And despite her apology, the stained image is nowhere near getting cleared which is why the Glee star has been busy trying to make amends while also shedding tears.

A friend of the actor came forth defending the star and claiming that while she may have problems regarding her behavior, she is in no way racist, sexist or transphobic.

"She's had a real wake-up call. It's never easy to hear people speak about you this way. It's a total shock. Lea

was [expletive] to a lot of people who are now taking the opportunity to come forward," they said.

"She may not be the nicest person, but she's not racist, sexist or transphobic. I would say she has behavioral issues that she's dealing with."

"She is listening, she hears what everyone says and wants to apologize. This is her past and she wants to handle things responsibly," the friend added.

Another friend revealed to The Post how Michele, who is seven-months pregnant, is holding up about the sudden turn of events:

"She's emotional and I know there have been tears. It's a lot of stress. Sets are

volatile places, but there [are] no excuses for her behavior and she knows that."

The social media upheaval began against her when her former costar from Glee, African-American actor Samantha Ware questioned the sincerity of her tweet in support of Black Lives Matter.

"Remember when you made my first television gig a living hell?!?! Cause I'll never forget. I believe you told everyone that if you had the opportunity you would [expletive] in my wig! amongst other traumatic microaggressions that made me question a career in Hollywood." Ware had said in a tweet.

The News..

Reese Witherspoon reveals she has always 'challenged the belief system' around her

Reese Witherspoon came forth shedding light on her reasons for moving to Los Angeles, after being raised in Tennessee.

In an interview with OK! magazine, the actress said she wanted to break free from her family's conservative ideologies, as she has always believed in challenging the belief system surrounding her.

She revealed how she comes from a very conservative family, which is why she decided to move to L.A. "When I would go back home I was always the person who comes from Los Angeles with all the crazy ideas. I grew up in a very conservative family and a very conservative society, so I have always challenged the ideas and the belief systems that I grew up with. That's probably why I moved so far away - to meet people who have similar ideas to my own," she said.

The star, talking about her experience with motherhood, shared, "After you have a child, you have this amazing feeling that you can accomplish anything because it is so challenging on your body and your mind. It changes your entire life. I feel like if you can adapt to that, and do it to the best of your ability, it's a great achievement in life."

The 44-year-old actress also admitted that she became more "vulnerable" after embracing motherhood. "It makes you incredibly vulnerable. It feels like you're walking around with your heart outside your body. If anything happens to my children, it wrecks me. If they suffer or if they feel sad, it really makes me feel bad. As a mother, I feel like the most important thing you have to do is to be there, to be consistent, and be part of their lives," she said. The News..



Ushna Shah has drawn criticism over remarks that only Aima Baig and Quratul Ain Baloch are good female vocalists for OST's while the rest are mediocre.

UK virus death toll tops 40,000: government

LONDON: Britain's official coronavirus death toll has topped 40,000, after the government on Friday reported a further 357 fatalities in the last 24 hours.

Health Secretary Matt Hancock said reaching the grim milestone was "a time of sorrow for us all".

"We've got to remember that each one of these is an impact on a family that will never be the same again and my heart goes out to them all," he said.

"And it makes me redouble my determination to deal with this virus."

His ministry said 40,261 people who tested positive for COVID-19 had died as of 0800 GMT on Friday. Britain was already second only to the United States in terms of numbers of deaths, and broader statistics indicate the toll is much higher when suspected cases are taken into account.

The Office for National Statistics, which tallies all deaths in which COVID-19 was suspected or mentioned on death certificates, put the toll at 48,106 up to May 22. Prime Minister Boris Johnson is going ahead with plans to ease lockdown restrictions imposed on March 23, after indications the virus was past its peak.

Some schools reopened this week to the youngest children in England, while non-essential shops will be allowed to reopen their doors from Monday.

A separate study published on Friday said about 53,000 people in England had coronavirus in the last two weeks of May.

But only 29 percent of those who tested positive had the symptoms, ONS said. It surveyed almost 20,000 people in private homes and found that 21 people had the

disease, which equates to some 0.1 percent of England's 56 million people.

As Britain gradually reopens, attention has focused on the so-called R rate — the average number of secondary infections produced by one infected person.

Scientists and ministers say the easing of lockdown measures depends on keeping the rate below one.

Modelling data published on Friday by one group that helps inform government policy suggested it was above one in two English regions.

"We believe it is probable that R is below 1 in all regions of England with the exception of the North West and the South West," said the study by Public Health England and Cambridge University.

However, the government said that information from a range of sources put the rate at between 0.7 and 0.9 across Britain.

Hancock noted that the government's recently launched "track and test" scheme would focus on identifying and isolating localised outbreaks of coronavirus.

Securing public support for easing lockdown measures and confidence about risks are seen as key to returning to a semblance of normality. But the ONS found only four in 10 adults felt safe or very safe when outside of their home.

Almost two in three parents in England said they were not confident about sending their children back to school.

The study showed a decrease of positive tests in recent weeks but higher rates of infection for frontline health staff and those unable to work from home.

ONLINE



ISLAMABAD: Special Assistant to Prime Minister on Accountability Barrister Shahzad Akbar called on Prime Minister Imran Khan, in federal capital.

'Time for a change': Anti-racism protesters march across US

WASHINGTON: Tens of thousands of peaceful protesters rallied for racial justice Saturday in cities across the United States following the death of George Floyd, as the movement triggered by his killing at police hands entered a second weekend.

Protests took place from New York to Los Angeles but Washington was at the epicenter, as thousands of people — black, white and brown — flooded downtown streets surrounding the White House, which was barricaded with black metal fencing.

"This fight has been happening for many, many decades, hundreds of years, and at this point it's time for a change," said Washington native Christine Montgomery.

"I'm here so my son is not the next hashtag that is circulating worldwide," she added, indicating her 10-year-old child standing next to her.

On a sunny but oppressively hot day, many people wore masks because of the coronavirus pandemic.

Volunteers gave out water, hand sanitizer and other supplies as the area took on a block party vibe, with music, mural painting, food trucks, and vendors selling Black Lives Matter T-shirts.

Helicopters circled overhead as some protesters danced — but the pain which drove many in to the streets was never far below the surface, as others yelled "This ain't no party!"

Military personnel as well as police watched over the gathering. But there appeared to be fewer than on previous days, and some gave the protesters small smiles and waves as they marched by.

On the National Mall, India, China seek to 'peacefully resolve' border face-off

NEW DELHI: India and China have agreed to "peacefully resolve" a latest border flare-up that has heightened tensions between the nuclear-armed neighbours, New Delhi said Sunday, after a high-level meeting between army commanders.

Tensions have flared in recent weeks between the two regional powers over their 3,500-kilometre (2,200-mile) frontier, which has never been properly demarcated.

Thousands of troops from both countries are involved in the face-off concentrated in India's Ladakh region, just opposite Tibet.

"Both sides agreed to peacefully resolve the situation in the border areas in accordance with various bilateral agreements," the foreign ministry said in a statement.

The ministry added that the commanders agreed an "early resolution" was "essential" for bilateral relations between the world's two most-populous nations.

"Accordingly, the two sides will continue the military and diplomatic engagements to resolve the situation and to ensure peace and tranquility in the border areas," the statement said.

There have been numerous face-offs and brawls between Chinese and Indian soldiers at the frontier, but they have become more frequent in recent years. On May 9, several Indian and Chinese soldiers were injured in a high-altitude cross-border clash involving fists and stone-throwing in Sikkim state. Indian officials said that within days, Chinese troops encroached over the demarcation line in the Ladakh region, further to the west. India moved extra troops to positions opposite.

The talks, which took place in the Chushul-Moldo region between the two commanders, are believed to be the highest-level meeting since the Sikkim exchange. India's Prime Minister Narendra Modi and his Chinese counterpart Xi Jinping have sought to ease the tensions at summits over the past two years when they agreed to boost border communications between their militaries.

fencing and uniformed guards blocked protesters from the steps of the Lincoln Memorial where civil rights icon Martin Luther King Jr famously delivered his "I have a dream" speech in 1963.

"Martin Luther King stood here, and after so many years we are back here with a new message of hope," said Deniece Laurent-Mantey, 31.

The protests were ignited by videos of a police officer kneeling on Floyd's neck for almost nine minutes as he pleaded for his life — the latest unarmed black person to be killed by white law enforcement officers.

The officer, Derek Chauvin, has been charged with second-degree murder.

The rage since Floyd's death in Minneapolis on May 25 has exploded into the most serious civil unrest in America since King was assassinated in 1968.

Peaceful protests swelled Saturday in other US cities: tens of thousands rallied across New York City and Philadelphia; Chicago shut down the iconic Lake Shore Drive to facilitate protests; and demonstrators marched in Los Angeles.

But the demonstrations in Washington were the biggest since protests began in Minneapolis before spreading across the country and then abroad.

"Today, the pain is so raw it can be hard to keep faith," tweeted Democratic presidential hopeful Joe Biden.

He added: "But ours is a union worth fighting for, and we are all called to the cause."

A remembrance for Floyd was held Saturday in Raeford, North Carolina, the state where he was born, fol-

lowing a memorial service in Minneapolis on Thursday.

Hundreds waited to view his coffin, some holding umbrellas against the hot sun. Some sobbed and many held cell phones high as a hearse arrived with the casket.

Floyd's sisters LaTonya and Zsa-Zsa Floyd told reporters they would not go inside.

"I can't go in, see him lying in a coffin, it would drive me crazy forever," said LaTonya through tears.

She expressed her pain at watching the footage of her brother's agonizing death.

"It's very hard. Every time I look up I see him on the ground, face up, neck down, hollering please help me," she said, adding she wished the video could be taken down.

"I'll never hear his voice, I'll never hear his laughter, I'll never tell him again that I love him and likewise he'd tell me the same," said Zsa-Zsa.

But, she said, she felt like God "chose him for a reason."

"He called him up, so his death was not in vain."

Around the world, protesters echoed the rage of American demonstrators.

"It is time to burn down institutional racism," one speaker shouted through a megaphone at a hooting crowd of thousands outside the parliament building in London.

Tens of thousands rallied in Australia and France, while in Tunis, hundreds chanted: "We want justice! We want to breathe!"

Back in Washington, many black protesters hailed the multiracial, multi-ethnic nature of the demonstrations, calling.



ISLAMABAD: Leader of Pakistan People's Party (PPP) Nafisa Shah addressing a press conference in federal capital.

NCOC provides 250 additional ventilators to provinces for capacity enhancement

ISLAMABAD: National Command and Operation Centre has allocated and issued 250 additional ventilators over last one week through NDMA to overcome challenges in critical care.

According to media reports the data available, out of these, 72 ventilators have been issued to Punjab, 52 each to Sindh and Khyber Pakhtunkhwa, 20 to Balochistan and 10 each to AJK and GB and 34 to ICT.

The purpose is to enhance capacity and meet requirements of provinces including Azad Kashmir, Gilgit Baltistan and the Federal Capital.

From the available stock, 32 percent ventilators have been allocated for COVID till date.

In Faisalabad, 150 ventilators are available, of those 57 are allocated for the COVID and only five are occupied.

In Lahore, number of available ventilators is 793, where 214 have been allocated for COVID and 77 are occupied by corona patients.

In Multan and Rawalpindi, 150 and 229 ventilators are available respectively.

In Karachi, the number of available ventilators is 461 while 136 have been set aside for corona patients.

of available ventilators is 50, of which 20 are specified for corona patients.

In Peshawar, the number of available ventilators is 171, and 75 have been allocated for COVID. Of these, 47 are occupied.

In Abbottabad, the number of available ventilators is 25, of which 12 are allocated for COVID and four are occupied so far.

In Quetta, the number of available ventilators is 61, of which 29 are allocated for COVID patients.

In Gilgit, the number of available ventilators is 26, of which 5 are allocated for COVID and one is occupied.

In Mirpur, the number of available ventilators is 11 and all are allocated for COVID.

In Muzaffarabad, the number of available ventilators is 28, of which 18 are allocated for COVID.

And in Islamabad, the number of available ventilators is 246, of which 92 are allocated for COVID, and 13 are occupied.

Earlier the Special Assistant to the Prime Minister on National Health Services, Dr Zafar Mirza said 75 percent beds at intensive care units at hospitals are unoccupied and available for COVID-19 patients.

ONLINE

Govt. failed to counter corona crises: APC

Lahore: The All Parties Conference (APC) organized by the Pakistan People's Party (PPP) has declared that the incumbent government has failed to counter Corona crises. In the sugar scandal, action should be taken against those responsible first, the APC demanded then of course an investigation should be carried out from 1945. The local bodies should be restored instead of Tiger Force, and while condemning Cynthia D. Ritchie's slanderous campaign against Shaheed Benazir Bhutto the APC demanded deportation of US blogger.

According to the details, the APC hosted by the PPP was held at Bilawal House in which other parties including the PML-N, PML-Q, JI, ANP, and other parties participated. Addressing the APC, PPP Central Punjab

President Qamar Zaman Kaira said that our demand was that the NAB-Niaz nexus should end. He said that a new story is being told by the government every week, crises are increasing in the country and more are being created.

He said that the government has no solution to any problem and the PML-N and PPP leadership have been kept in jails without any reason. Qamar Zaman Kaira said that the ministers were making predictions and big people would be caught. Khurshid Shah has been in NAB custody for the last seven months without any evidence.

He said that the present government is basically fascist, the voice of opposition in fascism is suppressed, the government could not collect taxes and now it is hiding behind Corona. Later in a press

conference, Qamar Zaman Kaira said that in the Chinese scandal, when the government came to know that the report was against itself, various tactics were used. We demand an end to the NAB-Niaz nexus. Qamar Zaman Kaira has said that Shahzad Akbar's assets are not known and his citizenship is not known, he is kept only to malign political opponents. Qamar Zaman Kaira said that today the employees of Steel Mill are looking at Asad Umar.

On this occasion, Rana Sanaulah said that Shahzad Akbar had to bring 200 billion dollars from abroad. What happened to him? If the Corona virus had not come, it would have been a midterm election year, and all parties would have had to work together. He said that if they want change in the 18th amendment.

One more died due to virus in Mardan

Mardan: One more patient died due to corona virus in the district the numbers reached to 36 while 20 more patients tested positive for corona virus in district in the last 24 hours that took the number of patients suffering from the viral infection to 617, health sources said.

The sources added that 2,537 tests were conducted in the district so far the test reports of 1,483 patients came back negative while the reports of 441 suspected patients were still awaited while 45 patients were at different isolation centers. Sources added that number of patients at quarantine center is nil.

A total of 43,083 people were screened in different parts of the district so far. Meanwhile, the district administration on the directives of deputy commissioner Mohammad Abid Wazir has continued crackdown against the shopkeepers, petrol pumps, a press statement issued said.

The officials checked 591 shops while 41 people were arrested for violation of the lockdown and the exploitation of customers and overcharging the customers in different areas of the district and sealed 47 shops. District administration imposed Rs 99,700 fine on different shopkeepers for violation of lockdown and the exploitation of customers.

The district administration also checked several petrol pumps and check the storage tanks. The district administration also requested the public to avoid leaving homes unnecessarily and wear facemasks.

Online



RAWALPINDI: City Police Officer Muhammad Ahsan Younas presenting a shield to former Public Relation Officer Police Syed Baqar Hamdani at CPO Office.

It's ironic PM refuse to wear mask but asks people to take precautions: PPP leaders

Islamabad: Central leaders of Pakistan People's Party Dr. Nafisa Shah, Senator Rubina Khalid and Nazir Dhoki addressing a press conference at the media centre Islamabad said that the number of Covid-19 patients have reached over hundred thousand and over 2000 people have lost their lives but the prime minister Imran Khan is totally insensitive towards the pandemic and it is ironic that PM refuse to wear mask but asks people to take precautions.

They said that the number of cases have more than doubled just in 10 days since the lockdown was relaxed on the orders of PM Imran Khan. Prime minister is not only PM of Nathia Gali but the whole Pakistan and should take everyone along with him after devising a unanimous policy. They said that Imran Khan is a divisive force in the country.

They said that Shahzad Akbar has no legal authority to deal with accountability issues as NAB is supposed to be a free institution and the courts should take notice of his gibberish about accountability. They said that price

hike is all time high and inflation has touched 15% in the country.

The PPP leaders said that the Covid-19 package has not been brought before the parliament so how the government will prepare its budget for the next fiscal year. No meeting of health committee and finance committee of parliament was held. They said that 9300 employees of Pakistan Steel Mills have been made unemployed with a stroke of pen but PPP will fight till end for the rights of the PSM employees. They strongly condemned the baseless accusation by a US citizen on the PPP leadership, Shahzad Mohtarma Benazir Bhutto was the woman Prime Minister of the Muslim world and the US citizen Cynthia D Ritchie's concocted and baseless accusation are shameful for the accuser.

They said that sugar commission report is meaningless as the main culprit has already fled the country. The main culprit and beneficiary of sugar scandal is Prime Minister himself, they said.

Online

5 persistent myths about coronavirus and why they are untrue

ISLAMABAD: Even before the World Health Organization (WHO) declared the new coronavirus outbreak a "pandemic," their director general, Dr. Tedros Adhanom Ghebreyesus, warned of the danger associated with spreading false information about the virus.

At a conference on February 15, 2020, he declared that "we're not just fighting an epidemic; we're fighting an infodemic."

"Fake news spreads faster and more easily than this virus and is just as dangerous," he emphasized.

However, it can be difficult to tell what is credible and what is not given the sheer quantity of information that people are sharing both on and offline.

Previously on Medical News Today, we compiled a list of 28 mythssurrounding the new coronavirus (SARS-CoV-2). In this Special Feature, we will take an in-depth look at five more persistent myths and explain why people should not take them at face value.

Some articles claim that if a person takes vitamin D supplements, they will be less likely to contract SARS-CoV-2.

In part, people have based these claims on a controversial paper that appears in the journal Aging Clinical and Experimental Research.

The paper's authors claim to have found a correlation between low mean levels of vitamin D in the populations of certain countries and higher rates of COVID-19 cases and related deaths in those same countries.

Based on this correlation, the authors hypothesize that supplementing the diet with vi-

tamin D may help protect against COVID-19. However, there is no evidence to suggest that this would actually be the case.

In a rapid review of the evidence published on May 1, 2020, researchers from the Centre for Evidence-Based Medicine at the University of Oxford in the United Kingdom unequivocally conclude: "We found no clinical evidence on vitamin D in [the prevention or treatment of] COVID-19."

They also write that "[t]here was no evidence related to vitamin D deficiency predisposing to COVID-19, nor were there studies of supplementation for preventing or treating COVID-19."

Other researchers who have conducted reviews of the existing data surrounding a potential relationship between vitamin D and COVID-19 agree.

One report by specialists from various institutions in the U.K., Ireland, Belgium, and the United States — which appeared in BMJ Nutrition, Prevention & Health in May 2020 — also points to a lack of supporting evidence in favor of taking vitamin D supplements to prevent infection with SARS-CoV-2.

The report's authors warn that: "[C]alls [for high dose vitamin D supplementation as a preventive strategy against COVID-19] are without support from pertinent studies in humans at this time, but rather based on speculations about presumed mechanisms."

They also note that although sufficient vitamin D can contribute to overall good health on a day-to-day basis, taking supplements without first seeking medical advice can be

harmful.

For example, taking too much vitamin D in the form of a dietary supplement could actually jeopardize health, especially among people with certain underlying chronic conditions.

Another widespread rumor is that taking zinc supplements could help prevent infection with SARS-CoV-2 or treat COVID-19.

It is true that zinc is an essential mineral that helps support the functioning of the human immune system.

Starting from this notion, a team of researchers from Russia, Germany, and Greece hypothesized that zinc might be able to act as a preventive and adjuvant therapeutic for COVID-19. Their results appear in the International Journal of Molecular Medicine.

The researchers refer to in vitro experiments that apparently showed that zinc ions were able to inhibit the action of a certain enzyme that facilitates the viral activity of SARS-CoV-2.

However, they also point out the lack of actual clinical evidence that zinc might have an effect against SARS-CoV-2 in humans. Other papers that cite the potential of zinc as an adjuvant in COVID-19 therapy — including one that appears in Medical Hypotheses — are more speculative and not based on any clinical data.

In a "Practice patterns and guidelines" paper from April 2020 — which appears in BMJ Nutrition, Prevention & Health — nutritionist Emma Derbyshire, Ph.D., and biochemist Joanne De-

lange, Ph.D., reviewed existing data about zinc (alongside other nutrients) in relation.



BANNU: Chief Warden of Civil Defense Malik Nafiz Khan addressing a press conference at press club.

Govt. decided to send matte of sugar subsidy to NAB

Islamabad: Government has decided to send the matter of subsidy of 29 billion rupees to sugar industry in last five years to NAB. He stated that Prime Minister Imran Khan has approved a matrix of actions to be taken against those named in the Sugar Forensic Commission's (SFC) report.

This was stated by Special Assistant to Prime Minister on Accountability Barrister Shahzad Akbar during a media briefing along with Information Minister Senator Shibli Faraz in Islamabad here on Sunday.

"Seven major actions have been approved by the premier. The entire matter of Rs29 billion subsidy given to sugar mill owners will be investigated by the NAB. Any companies that committed violations after getting subsidy would fall within NAB's jurisdiction. Subsidies given by the federal or provincial governments will be investigated.

The Federal Investigation Agency (FIA) and Securities and Exchange Commission of Pakistan (SECP) would investigate corporate fraud, the special assistant said, adding that stock fraud, shareholder fraud and other types of corporate fraud such as underwriting would be investigated.

The FIA would also investigate the matter of fake ex-

ports to Afghanistan and money laundering. Akbar said that "every receipt will be checked and the FIA will file cases in the courts within 90 days against those who did this."

He said the Prime Minister approved the recommendations and action points of sugar inquiry commission report at a high level meeting held in Baniqala today. Shahzad Akbar said the meeting also decided to send a reference to NAB of the subsidies given in the country since 1985. He said a political family received subsidy in billions of rupees by exporting sugar to Indian during the 1990s.

Shahzad Akbar said the report of sugar inquiry commission suggests recommendations including punishment and recoveries, overhauling of regulatory framework and to rationalize the sugar prices based on actual cost of production. He said matter relating to unnamed accounts and transactions, tax evasion and similar issues is being sent to FBR.

The FBR has been directed to complete its proceeding in 90 days' time for further action.

He said matter of cartelization of sugar industry is being sent to Competitive Commission of Pakistan. The Special Assistant said matter of investigation of corporate fraud is being sent to FIA.



KARACHI: A view of Bangali Tiger taking rest at Karachi Zoo during the warm weather in provincial capital.