



Economic Commission holds meeting



KABUL: The meeting of the Economic Commission was held with Deputy Prime Minister for Economic Affairs, Mullah Abdul

Petroleum has been tasked to assess the contract for the geophysical survey of Keshk-Tirpul oil fields, the statement said. The oil fields have an area of 23,000 square kilometers and have 10 blocks that cover 13 districts of Herat and Badghis provinces of the country, the statement said. Under the chairmanship of the deputy prime minister office for economic affairs a joint delegation comprising representatives from the ministries of National Defense, the General Directorate Intelligence and the Afghanistan National Standard Authority has been tasked to travel to the country's ports and investigate the issue of low-quality oil. The commission also approved the construction projects

MoIC facilitates media activity, Khairkhwa



KABUL: The Media Violation Commission (MVC) meeting was held with the Acting Minister of Information and Culture, Mullah Khairullah Khairkhwa, on the chair to assess the media's work and activities, the ministry said in a statement Wednesday. The meeting was attended by Mawlawi Muhajer Farahi, Deputy Publication Affairs Minister, Dr. Abdul Wahid Rayhan, director of press and media monitoring of the ministry and a number of media representatives, the statement said. He expressed the ministry's support for the activities of the Media Complaints and Violations Commission and stressed that this commission should work under the Islamic values, and national interests of the country and for the benefit of the people and society. The ministry provided the media with necessary facilities Khairkhwa said adding, "The media are obliged to continue their activities based on national interests and Islamic values". Based on the survey of the Ministry of Information and Culture, the number of media outlets currently active is 198 across Afghanistan. Mohammad Nabi Naibi

U.S. still violates Afghanistan's airspace



KABUL: The Deputy Foreign Minister Sher Mohammad Abas Stanikzai during his visit to the country's northeastern province of Panjshir said that the US and NATO forces are still violating

Afghanistan's airspace, the ministry said in a statement the other day. "U.S. and NATO forces following their defeat in Afghanistan by violating the country's airspace have started a political and intelligence war," the statement quoted Stanikzai as saying. Emphasizing for strong national unity, Stanikzai called on the opposite groups to return to Afghanistan and contribute in the country's reconstruction and development, according to the statement. "We have always been committed to the girls' education in accordance with the Islamic teachings and Afghan culture," the statement quoted him as saying. The Kabul Times

Insincerity, disobedience main reasons of failure of nation, Nadeem



KABUL: The Acting Higher Education Minister of the Islamic Emirate Shaikh Neda Mohammad Nadeem, during his visit to the country's northern province of Faryab, spoke at a gathering of scholars, elders, university lecturers, youths and local officials, the ministry said in a statement the

other day. Referring to the sacrifices and efforts of the people of Faryab in the country's freedom from 20 years of U.S. occupation, Shaikh Nadeem said that Faryab is the home of martyrs, the home of heroes, and the home of the nations, according to the statement. "Insincerity and disobedience are the main reasons of the failure of a nation," the statement quoted Nadeem as saying. Nadeem also said that in order to bring facilities to the people, the ministry trains experts and professionals individuals. "The education curriculum will be applied to all Afghans without consideration of discrimination. Also, the Governor of Faryab Mullah Shuaib Resalat said: "We want a standard education system for our people based on our faith and culture". The Kabul Times

Hundreds of families provided with potable water in Nangarhar

JALALABAD: Two water supply projects worth 8 million Afghani (some 101310 U.S. dollars) have been implemented and put into service in the country's eastern province of Nangarhar, the provincial Rural Rehabilitation and Development Department said in a statement the other day. "The projects with the financial support of CORDAID have been built in Janatono and Naboori areas of Batikot district of the province, the statement said, providing hundreds of families with safe and drinking water. Expressing pleasure over the completion of the two water supply projects, Rohullah Khan, a tribal elder, said that for years, residents of the area had been consuming river water which caused them various diseases. However, he said people were happy over the completion of the two projects as their lack of access to clean water problem had been solved. Officials of the Rural Rehabilitation and Development Department say that they are trying to implement similar projects in all areas of the province. S. Raqib

Afghan embassy in Pakistan begins passport distribution to refugees



KABUL: Afghanistan's embassy in Islamabad on Tuesday officially started distribution of passports to Afghans, the embassy wrote on its official Twitter handle. Sardar Ahmad Shakib, Afghan Ambassador to Pakistan, addressing a meeting attended by diplomats, head of consular affairs of the Ministry of Foreign Affairs, and a technical delegation, said the process was vital for Afghan refugees in Pakistan.

ing a meeting attended by diplomats, head of consular affairs of the Ministry of Foreign Affairs, and a technical delegation, said the process was vital for Afghan refugees in Pakistan. He thanked the Ministry of Foreign Affairs for activating the process. "After this, passport applicants will be able to get a passport token online and visit the embassy at the appointed time," said Ahmad Shakib. The embassy said that the online token system link will soon be shared with applicants through the embassy's X platform, Facebook and website. The Kabul Times

Dozens of alleged criminals arrested in some provinces

KABUL: At least 23 suspect individuals have been arrested in connection with various crimes in some provinces of the country in the past one day, the Ministry of Interior Affairs said in a statement Wednesday. "During a tip-off anti-crime operations by counter-crime police personnel of the ministry, at least 23 people on charges of robbery, murdering, moral corruption, forging documents and other crimes have been arrested in Herat, Badakhshan, Kandahar, Farah, Kabul, Ghazni and Laghman provinces of the country," the statement said.



The detainees have been taken to the judiciary and justice organs for further investigations into their files, the statement added. Two days ago, more than scores of suspect individuals had been arrested in connection with various crimes in the provinces. The Kabul Times

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Food for thought

Today's generations guarantee our bright future

UN gatherings should focus on realities in Afghanistan

It is usual worldwide that all meetings and discussions on issues relating to a certain nation or a country, requires participation of the related representative.

This is the representative of a country who only knows what should be discussed and what should be shared with the members of a conference and a decision-making gathering.

Considering the complicated situation in Afghanistan, there is a need for a real representative to share the achievements and position of the government with the members of any gathering discussing the country's issues. But this is the failure of the organizers who are yet to invite Afghanistan to send its representative to the consulting meeting arguing on Afghanistan issue.

Afghanistan, over the past two years, since the resumption of power by the Islamic Emirate, made great achievements, not only in the field of security, but also, in the field of economic development, including controlling the prices of edible and non-edible items as well as foreign currencies value against Afghani.

So, many meetings were held discussing issues relating to Afghanistan, but remained unfruitful, as there was no one to represent the Islamic Emirate and share its achievements made over the past two years which could be incomparable with the last twenty years of the former governments.

What is perplexing for any Afghan is that why some certain countries are still ignoring the wide achievements of Afghanistan under the Islamic system. Why they are still going blind eyes from the countrywide security, which, the former regimes failed to ensure during years of their tenures in Afghanistan.

Why they are ignoring the reality that in the past, there were only looting public properties, usurping state lands, murdering under personal dispute and committing other crimes by the previous warlords and former governments corrupt officials.

Now, which the United Nations Security Council is expected to be held next week, Afghanistan, under the current interim government should be discussed positively and the related issues should be focused honestly and based on realities.

This is a clear fact that some malicious groups are working hard to disturb relation between the Islamic Emirate and other world countries. But this should be noted that such groups are not sharing the real pictures of Afghanistan. They are only working for their own interest and to motivate the people against the Islamic system.

Recently, Roza Otunbayeva, head of UNAMA, met with Amir Khan Muttaqi, acting foreign minister, ahead of next week's UN Security Council briefing on Afghanistan saying UN mission in Afghanistan remains committed to constructive engagement and ensuring that the voices of all Afghans are heard but, the existence of the Islamic Emirate should be recognized as a reality in Afghanistan and the next-week UNSC meeting should strongly focus on the two years' achievements of the current system.

Also, all UN gatherings discussing Afghanistan issues, should have real representatives from the Islamic Emirate as the past similar meetings' failure to do anything for the war and poverty affected Afghans, proved that no future meeting will give positive outcome unless Afghanistan has it's own authorized official to represent.

China eyes on Afghanistan: a path to prosperity or adversity?!

By: Saleem Kakar



Afghanistan has long been a nation torn by conflict, instability, and economic hardship. However, since the takeover of power by the Islamic Emirate of Afghanistan (IEA), Afghans have watched with curiosity that not only the Western-led organizations and/or Embassies have eyes on Afghanistan but China – being one of the US' rivals – has also shown increasing interest in engaging with this war-torn nation. This article delves into the reasons behind China's interest in Afghanistan and examines where these initiatives will genuinely lead to.

China's Main Motives in Afghanistan?

Since August 2021, China has been one of those countries that has sustained a viable diplomatic tie with the authorities of the Islamic Emirate of Afghanistan. Indeed, Chinese officials look at Afghanistan through the geopolitical, geo-strategic and geo-economic lens.

That's why, China, being the second largest economy, is

intended to secure its political presence in Afghanistan. It not only became the first country to send a new ambassador to Afghanistan last week, but has also shown vested interest in working with the current Afghan government.

Additionally, China's interest in Afghanistan is part of its broader Belt and Road Initiative (BRI) under CPEC (China-Pakistan Economic Corridor) effort. Since BRI aims to connect China with Europe, Asia, and Africa through a network of infrastructure projects, Afghanistan, strategically located at the crossroads of South and Central Asia, is a crucial piece in this puzzle. By active engagement with Afghanistan, China hopes to create transportation corridors that facilitate trade, potentially opening up new markets for Chinese goods. On the other hand, Afghanistan is believed to possess significant untapped mineral resources, including lithium, copper, and rare earth elements.

These resources are es-

sential for various industries, such as electronics and renewable energy. China, the world's largest consumer of these materials, sees an opportunity to secure a reliable supply source by investing in Afghan mining projects.

Furthermore, China has an interest in seeing stability in its neighboring countries. Therefore, China wants to see a stable Afghanistan that would address security concerns with Uyghur Muslims having limited freedom of movement across the region.

The Chinese authorities consider them as threat to their security. By planning to invest in Afghanistan, China indeed aims to contribute to stability across the CPEC and BRI landscapes to protect its own interests in the region.

For China, security and stability in Afghanistan and the region is one of the top priorities.

China's Debt Trap Diplomacy?

Given that China has been one of the countries with the

poor level of humanitarian aid delivery to Afghan people since the political takeover by the Islamic Emirate, many Afghans believe that the systematic Chinese investments in Afghan mining projects are aimed at benefiting the Chinese companies and/or government at a larger scale.

It must be added that these initiatives would also create employment opportunities for some Afghans.

China's Debt Trap Diplomacy has come under intense scrutiny in recent years, especially in Djibouti and Sri Lanka, highlighting concerns about the implications of China's lending practices for smaller, less economically developed nations.

In Djibouti, a strategically-located nation on the Horn of Africa, China has invested heavily in infrastructure development as part of its Belt and Road Initiative (BRI).

One of the most prominent projects is the Doraleh Multipurpose Port, which is managed by China Merchants Port Holdings Company.

While the port has the potential to boost Djibouti's economy by serving as a key gateway for trade in the region, it has also raised alarm bells. Djibouti has taken on substantial loans from Chinese banks to fund these projects, and there are concerns about the country's ability to service this debt.

This has led to fears that, in the event of a debt default, China could exert greater control over the port and potentially compromise Djibouti's sovereignty, as it's a crucial military and logistics hub for numerous countries, including the United States.

Besides, Sri Lanka's experience with China's Debt Trap Diplomacy is often cited as a cautionary tale.

See P4



MoD establishes over hundred outposts along Durand line



The Ministry of Defense has established over a hundred security outposts along the Durand Line in the country's eastern regions, where Pakistani forces previously targeted them.

"This hypothetical line falls within our jurisdiction in Kunar, Nuristan, and Nangarhar provinces.

We have activated over a hundred outposts here, and they are well-organized in suitable locations. For instance, in the Salala area of Nangarhar's Goshta district, we have also activated outposts along the hypothetical line. We have constructed facilities and roads for them," said Qari Meraj, the commander of the first border brigade in the eastern provinces. Officials of the Islamic Emirate state that they are ready to establish more facili-

ties along the Durand Line if necessary. The Ministry of Defense is announcing the active construction of these outposts along the Durand Line in the eastern part of the country. At the same time, two weeks ago, government and Pakistani border forces clashed in Torkham. Officials of the Islamic Emirate stated that their forces were busy repairing an old outpost that Pakistani forces had shot at. However, Islamabad claimed that Islamic Emirate soldiers were illegally constructing the outpost. Previously, clashes had occurred between the border forces of the Islamic Emirate and Pakistani forces in eastern and southern regions.

Meanwhile, Pakistani authorities have repeatedly accused dissident militants of crossing the shared borders

and launching attacks within Pakistan after the Islamic Emirate takeover, but the Islamic Emirate government has consistently denied these allegations. "We are facing a daunting challenge of terrorism on our western borders. During the Doha negotiations, which included regional countries such as Pakistan, China, Middle Eastern nations, Russia, and NATO forces in the process of withdrawing from Afghanistan, all had extensive discussions with the Taliban [Islamic Emirate] on one issue that Afghanistan's soil should not be used for terrorism against any country.

They made commitments regarding this matter during the Doha negotiations," said Anwaar Ul Haq Kakar, Caretaker Prime Minister of Pakistan.

The acting Prime Minister

of Pakistan added that his country has the right to defend itself and will take action wherever necessary.

Meanwhile, officials of the Islamic Emirate have stated that they do not support the opponents of the Pakistani government and will not allow anyone to use Afghan soil against other countries.

The Afghanistan-Pakistan border, which spans 2,670 kilometers and has been reinforced with barbed wire by Pakistan in recent years, has witnessed insecurity repeatedly.

Border forces of both countries had clashed during the previous Republic government era in Afghanistan.

These clashes have persisted in the past two years under the rule of the Islamic Emirate in a sporadic manner.

Mashal Noori

Real facts, blind judgments

With the Islamic Emirate takeover, some biased activists, analysts, writers and leading social media activists have started making blind and false judgments.

This small number of people usually accuse the Islamic Emirate leaders of unnecessarily harassing the Afghan people and cruelty in their posts and analyses.

Besides, they are also posting about the increasing mistreatment of Afghan refugees in neighboring countries and accusing the IEA leadership of ignoring this situation and not addressing the challenges facing Afghan refugees in neighboring countries.

They are writing and posting to show that there's a lack of leadership in Afghanistan and there's nobody to hear the voice of Afghans.

This small number of analysts sometimes talk about the flag, sometimes about the glory of Afghanistan, sometimes about selling the Afghan land by the IEA leaders and sometimes accuse the IEA leaders of obeying all demands of the neighbors.

Their posts, articles and analysis are all biased and far from all the realities in the ground.

If we see what the realities are in the ground, the matter is different and that is the Afghans and the people of Af-

ghanistan have now got their prices of food and other commodities are very low as investors and experts of other developed countries including the neighboring countries are visiting Afghanistan for work and investment.

Other hot topics that have been the leading topics in social and traditional media in recent days have been the closure of Torkham crossing point and the increasing mistreatment of Afghan refugees in Pakistan and Iran. Some biased analysts have made blind judgments and shared baseless reports and somehow accused the IEA leadership of not taking necessary actions in this regard.

With the wise efforts of the Afghanistan Acting Minister of Foreign Affairs, Mawlawi Amir Khan Muttaqi, the Torkham crossing point was finally opened and the issue has been resolved. Nevertheless, the blind analysts were trying to analyze that there's nobody in Afghanistan to diplomatically resolve this issue and reduce the tension with Pakistan by posting on social media and writing for traditional media.

Thanks to Almighty Allah, this issue has been resolved in a better way and now Afghan traders and people cross the crossing point without any problem.

It was not the first time that

ing in the corridors of Afghan rulers for meetings and discussions.

Which ruler and responsible official of the Islamic Emirate have been seen in ceremonies and occasions of the neighboring countries? From whom did they ask to extend the term of their system? Then why do these biased analysts, civil and social media activists and others make such blind judgments about the leaders of the Islamic Emirate of Afghanistan?

Another topic is the increasing mistreatment of Afghan refugees in neighboring countries. This is not only a matter of Afghanistan and its neighbors, but it is a principle and law in the whole world that undocumented foreign nationals are arrested and handed over to judicial bodies for further interrogation.

It happens everywhere in the world. If any foreign national without documents is seen in Afghanistan, they are arrested by Afghan security personnel and if he or she is found guilty, he will be handed over to judicial authorities and if he is found clean, he will be given a schedule to leave Afghanistan.

The efforts of the Islamic Emirate particularly the country's Ministry of Foreign Affairs in connection with Afghan prisoners imprisoned abroad



ghanistan have now got their glory, and the country has got its real owners to protect.

The current situation inside Afghanistan is completely different comparing to the past 20 years during which Afghans were not safe.

Afghanistan has witnessed night raids by foreign invaders, blind bombings, airstrikes on wedding and mourning ceremonies, clinics, madrassas and schools, testing of the mother of all bombs in the country and dozens of other tragedies.

Now, thanks to Almighty Allah there is nothing! Nobody's house has been knocked without permission or questioning in the past two years, nobody has been put into prison without any obvious crime and there has been no invader to enter anyone's home. With positive improvement and progress made in the past two years, why should we call this ruling system worse than the previous ones?

Also, another small number of analysts are complaining and sharing posts about the high prices of food and other key commodities in the country. If we compare and see the prices of food and other commodities in other countries of the world including neighboring countries, the situation is different completely.

In Afghanistan, the situation is under control and the

Torkham crossing point had been closed nor will it be the last time. The respective crossing point has been closed for weeks in the past twenty years, and all know that and this closure of the crossing point is different and has various reasons behind.

Following the closure of Torkham crossing point, a small number of social media activists have blamed the Islamic Emirate leaders for incompetency and being indifference in this regard.

These social media activists have made such blind judgments in this regard, criticized the ruling system and accused the IEA leaders of serving for the neighbors.

If we go back and look at the background of foreign policy and relations of Afghanistan with the neighboring countries in the past 20 years and compare them with the policies of the current system, then we will get the answer and see obvious differences.

In the past, the ruler used to get a vote of confidence from the neighbors following a fake election.

During the period of the so-called presidency, they used to visit the neighboring country, and walk in corridors of GHQ and other army corps for possible meetings.

Today, those officers, Akhunds and leaders of the neighboring countries are wait-

are commendable. Following the efforts of the Afghanistan Ministry of Foreign Affairs (MoFA), hundreds of Afghan prisoners even sentenced to death by the Iranian government have been freed. Also, hundreds of Afghan prisoners imprisoned in the prisons of Pakistan have been freed and handed over to their families.

To social media activists! Do you remember what has been the policy of the previous government of Afghanistan in the past 20 years? Do You remember the clash that has been erupted in border areas between the two countries during the presidency of Hamid Karzai? Following the clash between Pakistani and Afghan forces in the border area, Hamid Karzai in a press conference warned Pakistan, but he apologized the following day and harmed the Afghans' pride.

You may remember that not only ordinary Afghan refugees but even Afghan diplomats were not safe in neighboring countries in the past 20 years.

What did happen to Afghan general consul Abdul Khaliq Farahi in Peshawar? Who asked? What did happen to the Afghan ambassador Najibullah Alikhel in Islamabad? Who kidnapped his daughter? Who asked the Pakistani authorities? When was Torkham Gate built?

See P4

MoPH's health law compliance audit department oversees 768 private health facilities in 8 months

The head of the Health Law Compliance Audit Department at the Ministry of Public Health says that in the past 8 months, they have supervised 768 private health facilities, clinics, and diagnostic centers in Kabul. In addition to enforcing and revising health regulations, they provide the necessary facilities for obtaining passports for emergency patients who cannot receive treatment within the country.

In an exclusive interview with The Kabul Times correspondent, the head of the Health Law Compliance Audit Department at the Ministry of Public Health, Mawlawi Mahmoudullah Zahid, said that the Health Law Compliance Review Department is a crucial responsibility of the ministry, which is responsible for health law compliance audit in the capital and provinces of the country, conducts inspections of clinics, oversees the distribution and licensing of doctors, and ensures the compliance with health regulations, among other essential duties.

"In addition to issuing licenses, the head of the Health Law Compliance Audit Department at the Ministry of Public Health also conducts inspections of pharmacies, clinics, laboratories, health centers, and hospitals and takes legal action against violators," he added.

He stated that to provide the best healthcare services to the people, they regularly inspect hospitals, clinics, monitoring cen-



ters, and other healthcare facilities and take legal action against violators.

"In the past 8 months, the department has supervised and monitored 768 private hospitals and health examination centers, and 625 private healthcare centers were shut down due to violations of health regulations and a lack of licenses," he further added.

Regarding the department's achievements in the past 8 months, Mawlawi Mahmoudullah Zahid said 3,126 activity licenses have been distributed to clinics, private hospitals, physicians, lab-

oratories, radiography, sonography, and medical staff.






"To prevent forgery, we have created a systematic database and digitized many documents; thus, the medical documents of 13,990 students were verified," Zahid said.

He mentioned that the Health Law Compliance Review Department at the Ministry of Public Health is working to do more regarding health law compliance and provide necessary facilities for patients and visitors.

"Shortly, we will establish a commission to assess and rank

public and private hospitals nationwide. Hospitals will be categorized into three groups based on this ranking, which will determine the fees and service classifications," he shared.

According to officials from the department, they have not allowed anyone to take bribes from an Afghan citizen. They work around the clock to serve their people, and recently arrested 11 official employees of the department on charges of forgery and handed over 46 brokers to the judicial authorities for further legal action. **Samiullah Momand**

	USD		GBP		INR		PKR		EUR		IRR		AFN
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	AFN		AFN		AFN		AFN		AFN		AFN		AFN
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Turkiye donates 20 tons of medical supplies to Afghanistan



KABUL: Turkiye donated 20 tons of medical supplies and medicines to Afghanistan, the Ministry of Public Health said in a statement Wednesday. “The donated medical sup-

plies include medicines, operating room radiation machines, radiography cassettes, X-ray machines, basic oxygen equipment and other medical supplies arrived in Kabul through

a cargo plane,” the statement said. A few months ago, the European Union also provided 100 tons of medical supplies and medicines to Afghanistan. **The Kabul Times**

Afghanistan Cricket Board (ACB) announced the Afghan Abdalyan squad for Asian Games Men’s Cricket Competition in China.



Afghanistan prioritizing domestic electricity production

With the Islamic Emirate of Afghanistan (IEA) takeover, efforts have been accelerated for renewable energy in Afghanistan. The Islamic Emirate is now working to go for domestic electricity production rather than sticking to importing electricity from other neighboring countries. The Islamic Emirate is recognizing electricity as the cornerstone of industrial development. The IEA has prioritized domestic electricity production.

As a key step toward domestic electricity production, Deputy Prime Minister for Economic Affairs, Mullah Abdul Ghani Beradar inaugurated a project of 10 megawatts of solar power near Naghlo dam in Surobi district in Kabul the other day.

In a ceremony held on this occasion, Mullah Beradar Akhund stated that the project would appear modest in terms of electricity production and considered it as an immense journey toward self-sufficiency. He once again extended a fer-



vent call to domestic and foreign investors, urging them to actively participate in the reconstruction of Afghanistan and seize the burgeoning economic opportunities taking shape.

The 10-megawatt solar power generation project, backed by the private sector and supported by the Islamic Emirate, is poised for completion within a year, requiring an investment of approximately 700 million Afghanis.

Afghanistan faces an uphill battle in the supply of reliable electricity to both urban and rural communities. As of 2016, it produced only 22% of the country’s electricity needs domestically, mainly as hydroelectric (88%).

People in need should be provided with assistance before winter, Haqqani to Ratwatte

KABUL: The Acting Refugees and Repatriation Minister Khalil ur Rahman Haqqani met with the Head of the Asia and Pacific Regional Office of the United Nations High Commissioner for Refugees, Indrika Ratwatte, here in Kabul, the ministry said in a statement Wednesday. In the meeting, Haqqani emphasized speeding up of the process of providing humanitarian aid to the needy people and they should be provided with necessary aid before the ar-

rival of the winter season, according to the statement. Both sides also discussed the challenges facing Afghan refugees in Pakistan and Iran, the statement said. Appreciating the cooperation and coordination of the ministry with the United Nations High Commissioner for Refugees, Indrika Ratwatte assured that he will visit Pakistan and talk about challenges facing Afghan refugees with Pakistani officials, the statement added. **The Kabul Times**

Real facts; blind...

From P3
At that time, was the Torkham gate opened with the participation of the then Minister of Public Works, Yama Yari, the governor of Nangarhar, Shah Mehmood Miakhil, and many other Afghan officials? Wasn’t the barbed wire built by the Pakistan army along the Durand Line? Wasn’t the (SOP) signed in the name of security cooperation with Pakistan? Why did you shut your mouth those days?

Didn’t your eyes see all this? What do you think is Afghanistan the best today was it the best in the past 20 years? We know that you have good and reasonable answers to all these questions, but your sense of conscience is dead and your eyes of vision are covered with demonic veils and you cannot express these truths and do see the realities in the ground. Your blind judgments will

one day make you so disgraceful, down and worthless that even your true words and comments will be considered as lies to the people. Therefore, it is necessary not to compare today with yesterday and to consider today as better than yesterday, and if you cannot praise the ongoing progress and development today, stay quiet and say nothing bad about it. **Abu Sufia**

China Eyes on Afghanistan: a ...

From P2
In 2017, Sri Lanka was unable to repay loans from Chinese banks taken to finance the construction of the Hambantota Port. As a result, the Sri Lankan government was forced to hand over a 99-year lease of the port to China, effectively ceding control of a strategically vital maritime asset. This raised concerns about China’s ability to gain significant influence over countries’ critical infrastructure and stoke geopolitical tensions in the Indian Ocean region. These examples underscore the risks associated with China’s lending practices in the context of its broader geopolitical ambitions. While infrastructure projects funded by China can provide development opportunities for war-torn countries, they also come with significant debt burdens and potential consequences for national sovereignty.

As a result, there have been growing calls for greater transparency, responsible lending practices, and multilateral engagement to mitigate the risks associated with China’s Debt Trap Diplomacy and ensure that infrastructure investments genuinely benefit the recipient countries without compromising their long-term economic and strategic interests. The same would be true for Afghanistan as the large-scale Chinese investments may lead to debt dependency for Afghanistan. If the Islamic Emirate of Afghanistan does not clearly draw straight lines within policy papers [precluding itself from future Chinese debts], it would regrettably lead to a situation similar to the debt traps seen in some other BRI partner countries. In conclusion, China’s interest in investing in Afghanistan is driven by economic ex-

pansion, resource opportunities, and a desire for regional stability. While these investments may have the potential to bring about few minor changes in Afghanistan, there are significant challenges and concerns that must be addressed, especially China’s Debt Trap Diplomacy. Most Afghans believe that it is a must for the current leaders of Afghanistan to firmly stand on its political stance by not allowing foreigners to navigate the country based on their own political and strategic agenda, turning this geography into a competition ground between rival powers. A common saying reads that “Cats do not catch mice simply for the sake of God”. So any assistance, investment and engagement by Chinese, Russians and Americans (Easterners and Westerners) is all aimed at securing their own political interests.

Devastating impact of hypertension & ways to stop it

The World Health Organization (WHO) released its first-ever report on the devastating global impact of high blood pressure, along with recommendations on the ways to win the race against this silent killer. The report shows approximately 4 out of every 5 people with hypertension are not adequately treated, but if countries can scale up coverage, 76 million deaths could be averted between 2023 and 2050. Hypertension affects 1 in 3 adults worldwide. This common, deadly condition leads to stroke, heart attack, heart failure, kidney damage and many other health problems. The number of people living with hypertension (blood pressure of 140/90 mmHg or higher or taking medication for hypertension) doubled between 1990 and 2019, from 650 million to 1.3 billion. Nearly half of people with hypertension globally are currently unaware of their condition. More than three-quarters of adults with hypertension live in low- and middle-income countries. Older age and genetics can increase the risk of having high blood pressure, but modifiable risk factors such as eating high-salt diet, not being physically active and drinking too much alcohol can also increase the risk of hypertension. Lifestyle changes like eating a healthier diet, quitting tobacco and being more active can help lower blood pressure. Some people may need medicines that can control hypertension effectively and prevent related complications. The prevention, early detection and effective management of hypertension are among the most cost-effective interventions in health care should be prioritized

by countries as part of their national health benefit package offered at a primary care level. The economic benefits of improved hypertension treatment programs outweigh the costs by about 18 to 1. “Hypertension can be controlled effectively with simple, low-cost medication regimens, and yet only about one in five people with hypertension have controlled it.” Said Dr. Tedros Adhanom Ghebreyesus, WHO Director-General. “Hypertension control programs remain neglected, under-prioritized and vastly underfunded. Strengthening hypertension control must be part of every country’s journey towards universal health coverage, based on well-functioning, equitable and resilient health systems, built on a foundation of primary health care.” The report is being launched during the 78th Session of the United Nations General Assembly which addresses progress for the Sustainable Development Goals including health goals on pandemic preparedness and response, ending tuberculosis and attaining Universal Health Coverage. Better prevention and control of hypertension will be essential to progress in all of these. An increase in the number of patients effectively treated for hypertension to levels observed in high-performing countries could prevent 76 million deaths, 120 million strokes, 79 million heart attacks, and 17 million cases of heart failure between now and 2050. “Most heart attacks and strokes in the world today can be prevented with affordable, safe, accessible medicines and other interventions, such as sodium reduc-

tion,” said Michael R. Bloomberg, WHO Global Ambassador for Noncommunicable Diseases and Injuries. “Treating hypertension through primary health care will save lives, while also saving billions of dollars a year.” Hypertension can easily be treated with safe, widely available, low-cost generic medications using programs such as HEARTS. WHO’s HEARTS technical package for cardiovascular disease management in primary health care and the Guideline for the pharmacological treatment of hypertension in adults provide proven and practical steps to deliver effective hypertension care in primary health care settings. Effective community- and country-wide blood pressure management can be achieved in countries of all income levels. More than 40 low- and middle-income countries, including Bangladesh, Cuba, India and Sri Lanka, have strengthened their hypertension care with the HEARTS package, enrolling more than 17 million people into treatment programs. Countries such as Canada and South Korea delivered comprehensive national hypertension treatment programs, and both countries surpassed the 50% mark for blood pressure control in adults living with hypertension. Sustained, systematic national hypertension control programs can succeed—and a high level of blood pressure control translates into fewer strokes and heart attacks, and longer, healthier lives. The report underscores the importance of implementing WHO-recommended effective hypertension care to save lives, which includes the following five

components:
• Protocol: practical dose- and drug-specific treatment protocols with specific action steps for managing uncontrolled blood pressure can streamline care and improve adherence.
• Medication and equipment supply: regular, uninterrupted access to affordable medication is necessary for effective hypertension treatment; currently, prices for essential anti-hypertensive medicines vary by more than ten-fold between countries.
• Team-based care: patient outcomes improve when a team collaborates to adjust and intensify blood pressure medication regimens per doctor orders and protocols.
• Patient-centered services: to reduce barriers to care by providing easy-to-take medication regimens, free medications and close-to-home follow-up visits, and making blood pressure monitoring readily available.
• Information systems: user-centered, simple information systems facilitate rapid recording of essential patient-level data, reduce health care worker data entry burden, and support rapid scale-up while maintaining or improving the quality of care. “Every hour, more than 1,000 people die from strokes and heart attacks. Most of these deaths are caused by high blood pressure, and most could have been prevented,” said Dr. Tom Frieden, president & CEO, Resolve to Save Lives. “Good hypertension care is affordable, within reach, and strengthens primary health care. The challenge now is to go from ‘within reach’ to ‘reached.’ This will require commitment of governments around the world.” **Muqset**