



Gilani meets political, social, public reps, discusses national, public welfare affairs



Govt invites US-based Pakistani business leaders to invest in homeland



Naqvi meets Chinese, Russian and Lankan counterparts, discusses bilateral cooperation

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18 MW solar systems to be installed on 499 govt buildings in GB by Dec 2026: PM briefed

PEAK POINT

ISLAMABAD: Prime Minister Shehbaz Sharif was told on Wednesday that under the 100 MW Solar Energy Project for Gilgit-Baltistan, 18 MW of rooftop solar systems, including battery storage, will be installed on 499 government buildings by December 2026. In addition, the PC-1 for the 82 MW utility-scale solar project has been submitted to the Executive Committee of the National Economic Council (ECNEC) for approval.

Officials informed that the 82 MW utility-scale solar project is expected to benefit approximately 1.3 million people. Upon completion, the project will significantly improve the quality of electricity services in Gilgit-Baltistan and help eliminate load shedding

across the region.

These updates were shared during a review meeting on the 100 MW Solar Energy Project for Gilgit-Baltistan, chaired by Prime Minister Shehbaz Sharif.

During the meeting, the prime minister said that the promotion of solar energy was a key component of the national energy strategy aimed at providing clean, affordable, and sustainable power. He described the 100 MW solar project as a gift from the Federal Government to the people of Gilgit-Baltistan.

The prime minister directed the Power Division to fulfill all its responsibilities to ensure the timely installation and completion of the project. He also instructed that complete transparency be maintained.



ISLAMABAD: Prime Minister Muhammad Shehbaz Sharif chairing a review meeting regarding "100MW Solar Power Project in GB."

Iran Guards say American bases in Kuwait, Bahrain hit after US unleashes new wave of strikes

PEAK POINT



IRAN: Iran's Revolutionary Guards (IRGC) said on Wednesday they had hit dozens of US military facilities in Bahrain and Kuwait in response to American strikes, in a

statement carried by state broadcaster IRIB.

"In an initial response to this aggression, the IRGC Navy and Aerospace Force carried out a joint missile and drone operation, striking 85 key US military facilities" in the two countries, while also shooting down an MQ-9 drone, the statement said.

Prior to the strikes, Iran's top joint military command, Khatam al-Anbiya Central Headquarters, said that Iranian armed forces would deliver a "crushing response" to the "blatant act of aggression", and warned that Tehran would not allow US interference in the management of the Strait of Hormuz.

The US military on Tuesday unleashed a new wave of strikes against Iran and revoked a licence allowing the country to sell oil after three tankers were hit by projectiles in the Strait of Hormuz, putting pressure on an already fragile ceasefire.

COAS vows to crush cross-border terrorism with full might of state

PEAK POINT



RAWALPINDI: Chief of the Army Staff (COAS) and Chief of Defence Forces (CDF) Field Marshal Syed Asim Munir, NI (M), HJ, has reiterated that terrorism emanating from across the borders will be crushed with the full might of the state. Addressing the graduating officers of the National

Security and War Course comprising participants from all services at National Defence University (NDU), the COAS said the Armed Forces, with the support of the nation, will ensure that terrorist sanctuaries of these proxies along with their facilitators are completely dismantled, said a news release issued by Inter Services Public Relations (ISPR). He said that the Armed Forces remain fully cognizant of state-sponsored attempts by hostile intelligence agencies to destabilize Pakistan. Efforts of such proxies and networks, who operate under the tutelage of hostile intelligence agencies are futile and will not be allowed to undermine Pakistan's internal security and economic prosperity, he said. The Field Marshal highlighted the evolving character of warfare and underscored centrality of strategic clarity and institutional professionalism in navigating complex strategic issues. He lauded the role of premier institutions like NDU in nurturing future military-civil leadership capable of mitigating hybrid, conventional and sub-conventional threats with foresight, confidence and resolve. The Field Marshal also highlighted that Pakistan Armed Forces were recalibrating their employment.

Trump says interim accord with Iran to end war is 'over'

PEAK POINT



ANKARA: US President Donald Trump said on Wednesday that the memorandum of understanding signed with Iran to end the conflict was

"over", adding he didn't want to engage with Tehran.

The interim ceasefire agreement signed between Washington and Tehran — under the mediation of Pakistan — was intended to provide a 60-day window for negotiations on a permanent agreement, but indirect talks in Qatar ended with no sign of headway and the US military unleashed a new wave of strikes against Iran on Tuesday.

"To me, I think it's over. I don't want to deal with them," Trump said ahead of a NATO summit in the Turkish capital Ankara. "They're scum. They're sick people. They're led by sick people," he added alongside NATO Secretary General Mark Rutte. "As far as I'm concerned, it's just a waste of time dealing with them." The US on Tuesday also revoked a license allowing Iran to sell oil after three tankers were hit by projectiles in the Strait of Hormuz. Under the interim US-Iran.

21 dead after landslide in NW China's Gansu

PEAK POINT

ASTANA: Rescue operations have been completed at the site of a landslide in Tanchang County, northwest China's Gansu Province, which left 21 people dead and seven injured, local authorities said on Wednesday. Xinhua reports. The injured, who are being treated in local hospitals, are in stable condition, the Longnan municipal government said at a press conference. The landslide struck Renzang Village of Nanhe Township in Longnan City at around 6:56 a.m. on Tuesday, trapping 33 people. Five people were rescued.

38 security personnel martyred, 54 terrorists neutralised in recent Balochistan attacks: DG ISPR

PEAK POINT

ISLAMABAD: Addressing a press briefing in Rawalpindi, the DG ISPR noted that there have been "three major terrorist incidents" in the past four days.

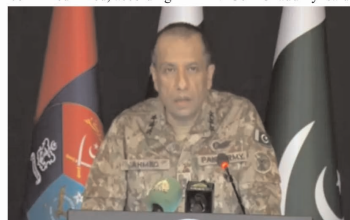
He provided details of each of those incidents — an armed attack on the outskirts of Quetta on July 5, an assault on a police post in Ziarat on July 6, and an ambush of an army convoy in Bela today.

"So, in the three major operations that I told you about, initially four civilians, and then police and army jawaans [were martyred], so our total martyrs are 42," he stated.

"Forty-two precious lives of this country... they gave their lives while protecting their country," he emphasised.

The DG ISPR added

that 54 terrorists had been confirmed killed, according to Lt Gen Chaudhry said



to the latest update. "Right now, the situation is that the engagements are going on at multiple places. [...] The army, FC (Frontier Corps), law enforcement agencies (LEAs), security forces and intelligence agencies are taking them on, both on the ground and in the air," he said. The military spokesman vowed: "All of them will be brought to their logical end, the conclusion that they deserve."

Khawarij" (FAK) to refer to the banned Tehreek-i-Taliban Pakistan (TTP) and its affiliates.

"During that, four brave innocent citizens were martyred and six were injured," Lt Gen Chaudhry said.

Detailing the second incident, he recalled that FAK terrorists carried out a "multi-directional attack" on a police checkpoint in Ziarat, which guards Pumping Station No.3 of Mangi Dam.

At least nine policemen, including two station house officers (SHOs), were martyred in the terrorist attack that took place on late Monday night.

The DG ISPR recalled that the policemen stood their ground and fought back and in "that fight, 15 kharij were sent to hell", while nine policemen laid down their lives.

Wreckage of missing cargo plane located off Ormara: PAA



KARACHI: The Pakistan Airports Authority (PAA) on Wednesday said the Pakistan Navy (PN) and Pakistan Maritime Security Agency (PMSA), after 12 hours of search and rescue operations in the deep sea, had successfully located and identified the wreckage of K2 Airways' cargo Boeing 737 aircraft, which was reported missing last night.

The wreckage was recovered from 53 nautical miles south of Ormara, the PAA said.

The authority added that various air and sea-borne assets were used by the navy and the maritime agency to locate the wreckage of the ill-fated cargo plane.



SPORTS



No Pakistani batter in ICC Test top 10 as Travis Head holds No 1 spot



PEAK POINT
DUBAI: The International Cricket Council (ICC) has released its latest weekly men's player rankings, with Australia continuing to dominate the Test format as Travis Head retained the No. 1 position among Test batters and the Australian team remained at the top of the Test team rankings.

The latest update brought several notable changes following the conclusion of the second ICC World Test Championship match between Sri Lanka and the West Indies in North Sound, Antigua and Barbuda. While a number of players climbed the rankings after

standout performances, Pakistan were left without a single batter in the prestigious top 10 Test batting list. Head continues to lead the ICC Test batting rankings with 853 rating points, narrowly ahead of England's Harry Brook on 852. England's Joe Root occupies third place with 840 points, followed by Australia's Steve Smith on 831 and South Africa's Temba Bavuma on 775. Sri Lanka's Kamindu Mendis was among the biggest movers in the latest rankings, climbing two places to sixth after scoring 84 and 44 in the drawn second Test against the West Indies. Despite the weekly update,

no Pakistani batter features among the world's top 10 Test batters. Australia also remain the world's top-ranked Test side with a team rating of 131. South Africa are second on 119, followed by New Zealand with 106, India with 104 and England on 99. West Indies all-rounder Justin Greaves enjoyed one of the biggest rises in the rankings after producing a memorable all-round performance in Antigua. Greaves scored 180 in the first innings to climb 14 places to 49th in the Test batting rankings. He also moved up to 69th in the bowling rankings and rose to 17th

among Test all-rounders after taking one wicket in the match to finish the series with four wickets. His performances earned him both the Player of the Match and Player of the Series awards. Sri Lanka seamer Asitha Fernando also made significant progress after claiming five wickets for 130 runs in the first innings, helping him return to the top 20 of the ICC Test bowling rankings. Among other batting movers, West Indies batter Shai Hope climbed six places to 51st, Amir Jangoo rose two spots to 60th, while John Campbell advanced six places to 64th.

AJGL Monthly Match 2026 to be held in Lahore on July 21



PEAK POINT

ISLAMABAD: The Ace Junior Golf League (AJGL) will organise its Monthly Match 2026 at the Lahore Garrison Greens Golf Club on July 21, providing a competitive platform for young golfers from across the country. According to the organisers, the event is open to both AJGL members and non-members from any city. Entries will be accepted until July 20. Junior's from all backgrounds are welcomed on this unique platform.

The championship will feature four age-based categories: Birdie (6-10 years), Eagle (10-14 years), Albatross (14-18 years), and Elite (18-21 years).

The Birdie category will be played over nine holes with a yardage of 2,000-3,000 yards, while the Eagle and Albatross categories will compete over 18 holes with yardages of 4,500-5,000 and 5,500-6,000 yards, respectively. The Elite category will also be contested over 18 holes on a course exceeding 6,000+ yards.

The league aims to strictly follow the international standards of the game. In the same way prizes are awarded only to the gross score, winners. Four best gross prizes will be awarded in each category, with the final number of prizes depending on participation.

Djokovic outlasts Auger-Aliassime in five-hour battle, cruises into semi



PEAK POINT
LONDON: Novak Djokovic battled through Wimbledon's longest ever quarter-final to beat Felix Auger-Aliassime in a five-set epic on Tuesday as the former champion set up a titanic clash with defending champion Jannik Sinner.

While Sinner beat sure. "I was telling the kids to go to sleep, I'm glad they stayed Tuesday, because it was one of the best matches I was part of on this court in my career." Djokovic has advanced to a record-extending Wimbledon semi-final and 55th at the Grand Slams. He is into the tank to beat Wimbledon last four for an eighth consecutive time, setting a new record ahead of Roger Federer for the longest streak of men's singles semi-final appearances at the All England Club. Djokovic is only the second player in the Open era to reach the men's semi-finals at Wimbledon aged 39 or older after Ken Rosewall in 1974.

The question now is whether the Serb will have anything left in the tank to beat Sinner. Asked how he saw off Auger-Aliassime, Djokovic said: "With racket and a lot of heart. I have management of the nerves and at extreme tension you feel in these kind of matches. Towards the end, it was really anyone's game. What can I say, these are the kind of moments that I or older after Ken still play tennis for, for

Gauff's grit and Sinner's class light up Wimbledon quarterfinals



A hero welcome for Iranian national team upon returning from FIFA World Cup

PEAK POINT
TEHRAN: The convoy of Iran's national football team receives a passionate welcome from the people and officials as it returned to the country after participating in the FIFA World Cup, being jointly hosted by Canada, Mexico and the United States.

A plane carrying players and staff landed at Mehrabad Airport on Wednesday evening, hours after their arrival at Turkey's Antalya Airport in a lengthy flight from Mexico. The Iranian team ended its work in the 2026 World Cup with three draws, failing to advance to the round of 16 or knock-out stage despite speculations and group calculations. With the equal score in the first match with New Zealand, Iran drew with Belgium, showing spectacular performance against the

European football stars and deservedly earned a valuable point. In the third and most crucial match, Iran faced Egypt, but a missed penalty kick, two shots hitting the post, and a last-minute goal that disallowed the players and coaching staff.



This year's World Cup has drawn widespread anger and criticism for host countries, especially the United States for its behavior, with many accusing American authorities of treating international footballers "like criminals" rather than guests arriving for the tournament. The Iranian football team was, in particular, got unfair treatment at the World Cup, where its staff and players were not allowed to set foot on American soil before the day of each of their matches.

Rain hands West Indies series win over Sri Lanka



Only Rs10 billion allocated against Rs78 billion need: Committee warns of delay in Karachi's K-IV Water Project

NADEEM TANOLI
ISLAMABAD: The National Assembly Standing Committee on Economic Affairs Division raised serious concerns over the slow progress of Karachi's K-IV Water Supply Project, revealing that only Rs10 billion has been allocated against the project's estimated requirement of Rs78 billion. The committee warned that the huge funding gap could delay the project's completion and affect the supply of much-needed water to Karachi. The 14th meeting of the Standing Committee was held at Parliament House, Islamabad, under the acting chairmanship of Dr. Mirza Ikhitar Baig, MNA. The meeting reviewed major development projects, international financing plans and the impact of global economic challenges on Pakistan. During the meeting, members expressed concern that the

limited funding for the K-IV project could create serious problems for Karachi, a city already facing water shortages. The committee directed the Ministry of Water Resources and the K-IV Project Director to provide a detailed briefing in the next meeting about the project's progress, financial needs, expected completion date and steps being taken to remove obstacles. The committee also raised questions about the financing plan for the Lyari Elevated Freight Corridor (LEFC) Project, saying there was a major difference between the estimated cost prepared by the National Highway Authority (NHA) and the cost under the proposed Korean Exim Bank financing arrangement. Members noted that the proposed financing package could make the project cost almost double compared with the NHA estimate. The committee stressed that Pakistan must choose the most affordable option and protect the national interest before finalizing an agreement. The committee said Karachi Port Trust (KPT), being the main beneficiary of the project, should actively explore alternative financing options, including Public Private Partnership (PPP) arrangements. Officials informed the committee that under the proposed Korean financing terms, around 35 percent of project material and the contractor would come from Korea. After discussions, the committee directed the Economic Affairs Division to consult with the NHA, Ministry of Planning and KPT to develop a financially suitable plan. The committee recommended reviewing all available options, including funding through the Public Sector Development Programme (PSDP), PPP arrangements or other possible

methods, to complete the project at the lowest possible cost. The committee also reviewed progress on the Central Asia Regional Economic Cooperation (CAREC) Tranche-III Project. Officials informed members that after nearly three years of legal disputes, the NHA had finally awarded the contract, with completion planned by December 2027. While welcoming the restart of the project, lawmakers expressed concern over the long delay and warned that only around one and a half years remained for completion. They stressed that any further delay could increase costs and create financial problems. The committee recommended that if the project could not be completed within the agreed timeline, the government should immediately negotiate with the financing partner to extend the financing period under the same conditions. During the

meeting, officials also briefed the committee about Pakistan's economic situation and the impact of international developments. The Ministry of Economic Affairs informed lawmakers that Pakistan entered 2026 with improved foreign exchange reserves, lower inflation pressure and better international credit ratings. However, officials said the Middle East conflict and temporary closure of the Strait of Hormuz created new economic challenges by increasing oil prices, affecting supply chains and putting pressure on inflation. The committee was informed that Pakistan's weekly oil import bill increased from around \$300 million to nearly \$800 million during the crisis. Inflation also increased to 11.7 percent in May 2026, while the State Bank of Pakistan raised the policy rate by 100 basis points to 11.5 percent. Officials warned that higher fuel and

fertilizer prices, along with possible reductions in remittances from Gulf countries, could create further challenges for Pakistan's economy. The Ministry informed the committee that after a ceasefire and the Islamabad Memorandum of Understanding, international oil prices had started declining and maritime trade had mostly returned to normal. However, officials warned that any new regional conflict could again increase energy prices, inflation and financial pressure on Pakistan. The committee was also briefed on Pakistan's role in international economic organizations. Officials informed members that Pakistan continues to participate in global and regional forums focused on sustainable development, climate action, trade, digital transformation, disaster management and regional cooperation.

Pakistan-Russia webinar highlights growing trade, energy, education partnership

PEAK POINT
ISLAMABAD: The Institute of Regional Studies (IRS), Islamabad, in collaboration with the University of World Civilizations (UWCM), Moscow, convened the second event in the Pakistan-Russia Webinar Series, titled "Pakistan-Russia: Strengthening Trade,

Education & Energy Collaboration." Held via UWCM in Moscow and the IRS in Islamabad, the webinar brought together senior policymakers, diplomats, business leaders and academics from both countries to examine practical opportunities for expanding bilateral engagement in trade, industrial development, energy,

education and regional connectivity. Building upon the success of the first webinar in the series in June 2026, the second dialogue advanced discussions from geopolitical perspectives toward concrete geo-economic initiatives. Opening the webinar, Ambassador Jauhar Saleem,

President of the Institute of Regional Studies, observed that Pakistan and Russia are entering a new phase of bilateral engagement in which economic cooperation, institutional partnerships and people-to-people exchanges can complement steadily expanding diplomatic relations. He stressed that policy dialogue must

increasingly be accompanied by practical initiatives capable of generating long-term economic and strategic benefits for both countries. Delivering the keynote address, Federal Minister for Energy Sardar Awaiz Ahmed Khan Leghari highlighted Pakistan's commitment to diversifying its international energy partnerships and

identified Russia as an important partner in energy security, infrastructure development, technological cooperation and long-term investment. He noted that enhanced collaboration in the energy sector could become one of the principal drivers of a broader Pakistan-Russia economic partnership.

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Can Technology Teach the Body? Exploring the Role of Digital Innovation in Physical Learning

Dr. Mehwish Manzoor Gujjar
Introduction:

The twenty-first century has witnessed an unprecedented integration of technology into every aspect of human life. Education, healthcare, sports, and rehabilitation have increasingly adopted digital tools to improve learning outcomes and human performance. While technology has successfully revolutionized cognitive education through online learning platforms and artificial intelligence tutors, a fundamental question remains: Can technology teach the body?

Physical learning differs from academic learning because it involves acquiring movement skills through practice, sensory feedback, coordination, and motor adaptation. Activities such as running, swimming, dancing, rehabilitation exercises, and sports require not only intellectual understanding but also bodily experience.

Recent technological innovations—including wearable fitness trackers, virtual reality environments, AI-powered coaching systems, and motion analysis software—have begun to reshape how people learn physical skills. These technologies offer immediate feedback, personalized instruction, and immersive learning environments that were previously impossible.

The COVID-19 pandemic accelerated this transformation as schools, universities, and sports organizations increasingly relied on digital platforms for physical education and exercise instruction. Consequently, researchers and educators have become interested in understanding the effectiveness of technology in facilitating bodily learning.

This article investigates the role of digital innovation in physical learning, examining both its potential and its limitations. Understanding Physical Learning Physical learning refers to the acquisition of motor skills, movement patterns, physical fitness, coordination, balance, flexibility, and athletic performance through practice and experience. Physical learning involves several components: Motor skill acquisition, Muscle memory development, Neuromuscular coordination, Kinesthetic awareness, Balance and posture.

Reaction time Physical fitness adaptation, Unlike classroom learning, physical learning requires repeated movement and sensory feedback. Theoretical Framework The article is grounded in several learning theories. Motor Learning Theory Motor learning emphasizes that movement improves through practice and feedback. Technology enhances this process by providing immediate performance analysis.

Experiential Learning Theory Kolb's experiential learning theory suggests that learning occurs through experience, reflection, conceptualization, and experimentation. Digital simulations and VR environments facilitate this cycle.

Social Learning Theory Bandura proposed that people learn by observing others. Digital video demonstrations, AI avatars, and online coaching platforms extend observational learning opportunities.

Ecological Dynamics Theory Movement emerges from interactions among the individual, task, and environment. Virtual environments can manipulate these interactions for optimized learning. Digital Technologies Transforming Physical Learning

Artificial Intelligence (AI) Artificial intelligence enables personalized coaching by analyzing movement patterns and recommending corrective actions. Applications include: AI fitness coaching, Technique analysis, Injury prediction, Personalized exercise plans, Adaptive training systems, AI continuously monitors progress and adjusts exercise intensity according to individual performance. Virtual Reality (VR) Virtual reality immerses learners in computer-generated environments where physical skills can be practiced safely.

Augmented Reality (AR) AR overlays digital information onto the real environment. Examples: Interactive fitness coaching, Exercise guidance, Sports training visualization, Biomechanical correction, AR allows learners to receive real-time instructional cues while performing movements.

Wearable Technology Wearable devices include: Smartwatches, Fitness trackers, Heart rate monitors, GPS systems. Smart clothing These devices measure: Heart rate, Calories, Speed, Distance, Sleep quality, Recovery, Training load, Wearables encourage self-monitoring and informed decision-making.

Motion Capture Systems Motion capture technology records body movement using cameras and sensors. Applications include: Biomechanics, Sports performance analysis, Dance training, Rehabilitation, Injury prevention, Athletes receive precise visual feedback on posture,

joint angles, and movement efficiency. Exergaming Exergames combine exercise with gaming. Examples include: Interactive dance games, Virtual sports, Motion-controlled fitness games. Benefits: Increased motivation, Improved physical activity, Enhanced balance, Better coordination, Increased adherence. Mobile Health Applications, Fitness apps provide: Workout plans, Exercise videos, Nutrition guidance, Progress tracking, Goal setting.

Many applications now incorporate AI for personalized recommendations. Technology in Physical Education Modern physical education increasingly integrates technology. Examples include: Video skill analysis, Digital attendance, Online PE classes, Fitness assessment software, Virtual competitions, Interactive instructional videos, Technology supports differentiated instruction by adapting learning to individual student needs.

Technology in Sports Coaching Elite sports increasingly rely on digital innovation. Examples: Performance analysis, GPS tracking, AI tactical analysis, Video replay systems, Biomechanical assessment. Load monitoring, Technology assists coaches in making evidence-based decisions.

Technology in Rehabilitation Rehabilitation has experienced remarkable technological advancement. Digital rehabilitation tools include: Robotic therapy, Virtual reality exercises. Motion sensors, Tele-rehabilitation, AI-assisted physiotherapy, Patients receive continuous monitoring while performing prescribed exercises. Benefits of Digital Innovation in Physical Learning, Technology offers numerous advantages: Personalized Learning, Programs adapt to individual ability, Immediate Feedback, Learners receive instant corrections.

Motivation Gamification increases engagement. Accessibility, Remote instruction reaches wider populations. Data-Driven Decisions, Objective performance metrics improve training. Safety, Virtual environments reduce injury risk. Cost Effectiveness, Online learning reduces travel expenses. Challenges and Limitations, Despite its benefits, technology faces limitations. High Cost, Advanced equipment remains expensive. Digital Divide, Not all learners have equal access.

Technical Problems, Software and hardware failures interrupt learning. Reduced Human Interaction, Technology cannot fully replace teacher engagement. Privacy Concerns, Wearable devices collect sensitive health information.

Overdependence, Learners may become overly reliant on digital feedback. Can Technology Replace Physical Teachers? The evidence suggests, Technology exceeds at: Measurement, Feedback, Analysis, Visualization, Monitoring. Teachers excel at: Motivation, Emotional support, Ethical guidance, Classroom management, Creativity, Human connection.

Therefore, technology should be viewed as a supportive educational partner rather than a replacement. Future Directions Future developments may include: AI-powered movement tutors, Digital twins for personalized training, Brain-computer interfaces, Smart rehabilitation robots, Holographic coaching, Metaverse physical education. Intelligent sports analytics.

Personalized digital exercise prescriptions. These innovations are expected to further integrate technology into physical learning. Recommendations 1. Integrate technology into physical education curricula. 2. Train educators in digital teaching methods. 3. Improve access to affordable digital tools. 4. Encourage ethical use of learner data. 5. Combine traditional instruction with digital innovation. 6. Promote interdisciplinary research in sports science, education, and technology. 7. Evaluate the long-term effectiveness of digital learning interventions.

Technology has significantly transformed physical learning by providing innovative tools that enhance movement education, sports training, rehabilitation, and physical education. Artificial intelligence, virtual reality, augmented reality, wearable devices, motion capture systems, and mobile applications have improved the quality, accessibility, and personalization of physical instruction. These technologies enable learners to receive immediate feedback, monitor performance, and engage in immersive learning experiences.

However, physical learning is not merely a mechanical process; it also depends on motivation, emotional support, social interaction, and expert guidance. Human instructors play a vital role in fostering confidence, adapting instruction to contextual needs, and inspiring lifelong engagement in physical activity. Consequently, technology should not be viewed as a replacement for teachers or coaches but as a powerful complement that enhances teaching and learning.

The future of physical education lies in a balanced, technology-enhanced approach where digital innovation and human expertise work together to improve health, movement competence, and overall learning outcomes.

Hamas shows the way

Hamas has taken a major step toward institutionalising the peace process by dissolving its governing body in Gaza. The politico-military organisation's decision to dismantle the administration that has ruled the besieged enclave since 2007 reinforces the core elements of the Board of Peace plan for Palestinian self-determination and autonomous rule. Consequently, the National Committee for the Administration of Gaza must now step in to pave the way for civilian rule. However, a significant hurdle remains: Hamas has yet to relinquish its weapons, which could disrupt the entire process. The group maintains valid reservations, stating it requires the formal establishment of a Palestinian administration before it will consider surrendering its arsenal. Hamas has demonstrated commitment by engaging patiently in complex negotiations alongside Egypt, positioning itself as a credible participant in confidence-building measures. The first phase of negotiations, following the US-brokered ceasefire, resulted in Hamas releasing Israeli hostages in exchange for Palestinians detained by Israel. However, the second phase, outlined in the 20-point BOP plan, stands stalled. This phase was intended to oversee a gradual withdrawal of Israeli forces from Gaza alongside Hamas's disarmament.

Naqvi meets Chinese, Russian and Lankan counterparts, discusses bilateral cooperation

PEAK POINT

ISLAMABAD: Interior Minister Mohsin Naqvi held important meetings with the interior ministers of Russia, China, and Sri Lanka at the United Nations headquarters in New York. During these meetings, matters of mutual cooperation regarding regional security, counter-terrorism, border management, illegal immigration, and the prevention of drug trafficking were discussed in detail.

Interior Minister briefed Chinese counterparts regarding progress on security cooperation, the protection of Chinese citizens, the curbing of terror financing besides visa facilities. During meeting with Lankan counterpart Ananda Wijepala, both sides agreed to enhance bilateral cooperation regarding police training, money laundering, the prevention of counterfeit passports besides the establishment of a joint working group.

Interior Minister Naqvi also met

Russian Foreign Minister Sergey Lavrov on the sideline of United Nations headquarters in New York and discussed matter of mutual interests. Interior Minister Syed Mohsin Naqvi has said that there is a need to stop the funding of terrorists at all levels.

Speaking to China's Ministry of Public Security's Special Service Bureau head Ling Zhifeng at the United Nations headquarters in New York, Naqvi stressed the need for working together against the countries backing and funding terrorists. He has said that Pakistan wants to further enhance security cooperation with China. "The government has formed Special Protection Police Force for the safety of Chinese citizens living in Pakistan," Naqvi has said, adding that people to people contacts are necessary for further cementing ties between the two countries. Speaking on the occasion, Zhifeng said that China values the

sacrifices given by Pakistan in war against terrorism.

"We need to work together for the elimination of terrorism," he said, adding that there will be a review of the issues concerning the issuance of visas and immigration. Earlier, Interior Minister Mohsin Naqvi met with his Sri Lankan counterpart Ananda Wijepala at the United Nations headquarters in New York. Both exchanged views over the MoUs for the elimination of criminal networks and money laundering.

It was agreed at the meeting that there would be an effective coordination between the two countries for the elimination of drug smuggling. Naqvi and Wijepala agreed to increase cooperation for the training of police personnel, stopping illegal immigration and traveling of people on fake passports. And in order to make that happen, they said, immigration heads of both.

Gilani meets political, social, public reps, discusses national, public welfare affairs

PEAK POINT

ISLAMABAD: Acting President Syed Yousuf Raza Gilani on Wednesday held meetings with a number of prominent political, social and public figures from different parts of the country at Aiwan-e-Sadr and discussed matters of national affairs, public welfare and development. These included Mian Alamdar Qureshi, Member of the Provincial Assembly; Usman Bhatti, former Member of the Provincial Assembly; Qaiser Ahmed Gujjar, former Member of the Provincial Assembly; Ali Syed, Chairman of the National Insurance Company; Usman Chaudhry (Malaysia), Chairman of the Global Muslim Business Forum; Chaudhry Umar Nisar, Muhammad Imran Ali, Chairman of Revive Pakistan; Sardar Ahmad Raza, educationist; Colonel (Retd.) Nayyar Abbas; Malik Mank Ran; Muazzam Ali; Barrister Mudassar Hussain Shah; Haider Ali; Dr. Abbas Naqvi; Dr. Syedain Naqvi, along with other distinguished personalities, according to a press

release issued by the President House Media Wing. During the meetings, the participants exchanged views on the country's overall political, economic and social situation, public welfare, national development, issues confronting the people and other matters of mutual interest. On the occasion, the participants paid rich tribute to Acting President Syed Yousuf Raza Gilani for his invaluable national, political, social and public services. They appreciated his continued efforts for national development, public welfare, democratic values and national cohesion, while reaffirming their commitment to supporting collective efforts aimed at ensuring Pakistan's stability, progress and prosperity. The acting president listened to the concerns, suggestions and proposals presented by the visiting delegations and assured them that every possible effort would be made to facilitate the prompt and effective resolution of issues falling within the relevant domains. Speaking on the occasion, Syed Yousuf Raza Gilani.



ISLAMABAD: Acting President of Pakistan Syed Yousuf Raza Gilani, met with a number of political, social and public representatives from across the country at Aiwan-e-

Govt expands global skills drive for youth

PEAK POINT

ISLAMABAD: Prime Minister's Youth Programme (PMYP) Chairman Rana Mashhood Ahmad Khan attended a ceremony in Islamabad as the chief guest where honorary doctorate degrees were conferred. Addressing the gathering, he said the government is expanding cooperation with leading international institutions for youth development. He said the PMYP aims to equip Pakistani youth with world class skills in technical education, information technology and innovation. He added that the initiative is intended to create greater employment opportunities. The PMYP Chairman said the government is also working to build a future ready and globally competitive workforce.

Rana Mashhood said youth empowerment remains one of the government's top priorities.

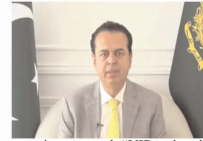
He said investment in young people is essential for Pakistan's economic growth and long term competitiveness.

He added that the PMYP is creating educational, technical and employment opportunities across the country.

Tallal taunts PTI over pledges to end 'VIP culture' after KP expands lawmakers' privileges

PEAK POINT

ISLAMABAD: Minister of State for Interior Tallal Chaudhry on Wednesday criticised laws enacted by Khyber Pakhtunkhwa expanding MPAs' powers and immunities, taunting the PTI over its former pledges to end "VIP culture". The KP Assembly passed three acts on April 30, which pertained to immunities and privileges of MPAs, the speaker and the deputy speaker, as well as salaries and allowances of lawmakers. Although KP Governor Faisal Karim Kundi assented to the laws on May 6, the legislation has remained under wraps. The Acts and the gazette notifications have yet to be uploaded to the KP Assembly website. Commenting on the new laws, Chaudhry criticised the PTI for providing major privileges to KP members despite making



promises to end "VIP culture". He noted that the party had claimed that under its leadership, assembly members would live as common people. "Do common people receive the conveniences of free travel, free arms licences, free stays at rest houses, blackout windows [and] special number plates on their cars, security for their whole families, and blue passports?" Chaudhry added that the federal government was not obligated to implement any legislation designed for "political bribery". "But this legislation is enough to show their true face."

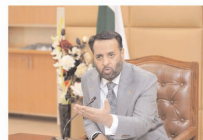
Govt committed to making Pakistan hepatitis-free: Mustafa

PEAK POINT

ISLAMABAD: Federal Minister for National Health Services, Regulations and Coordination, Mustafa Kamal chaired a high-level meeting to review the progress of the Prime Minister's Hepatitis C Elimination Programme.

The meeting was attended by Professor Saeed Akhtar, Head of the National Technical Advisory Group on Hepatitis, the Additional Secretary Health, the Project Director of the Hepatitis C Programme, heads of major public hospitals, and the District Health Officer (DHO) Islamabad.

During the meeting, the Project Director briefed participants on the progress of



Hepatitis C screening under the pilot phase launched in Islamabad.

Speaking on the occasion, he said that the primary objective of initiating the pilot phase in Islamabad was to identify operational challenges within the system before expanding the programme nationwide.

He directed the concerned authorities to resolve all identified issues and ensure that the system is fully streamlined within the next 15 days.

WUM organizes training to strengthen research quality and HEC compliance

PEAK POINT

MARDAN: Under the patronage of Prof. Dr. Razia Sultana, Vice Chancellor, Women University Mardan, the Quality Enhancement Cell (QEC) organized a Capacity Building Training on Verification of Research Publications under the HEC Journal Recognition Policy on July 7, 2026, reaffirming the University's commitment to strengthening research quality and ensuring compliance with the quality assurance standards of the Higher Education Commission (HEC). The training was attended by Dr. Monazza Serwar, Coordinator QEC; Ms. Afshan Wahab, Assistant Coordinator



QEC; Dr. Maryam Ahmed Mujtaba, Lecturer, Department of Biotechnology; Ms. Haleema Ikram, Deputy Director ORIC; Dr. Nargis Jamila, Associate Professor, Department of Chemistry; and Ms. Sadaf Ijaz, Office Assistant, ORIC. The session was facilitated by Ms. Zohra Shehzad, Director ORIC, Shaheed Benazir Bhutto Women University, Peshawar.

Govt invites US-based Pakistani business leaders to invest in homeland

PEAK POINT

ISLAMABAD: Federal Minister for Planning, Development and Special Initiatives Ahsan Iqbal on Tuesday addressed gatherings of Pakistani-American business leaders, including twenty entrepreneurs, technologists and financiers, more than a third of them former Fortune 500 executives, and invited them to bring their capital, networks and expertise to Pakistan. Addressing the gathering, the minister said Pakistan stands at a defining moment in its history, where recent gains in national security, diplomacy and macroeco-

nomic stability must now be translated into sustained economic growth, read an official statement. "Pakistanis abroad remain deeply connected to their homeland, and the Pakistani-American community in particular has distinguished itself across every field, from technology and finance to healthcare, energy and academia," the minister said.

"After the difficult but necessary reforms undertaken under the leadership of Prime Minister Shehbaz Sharif, the country has restored macroeconomic stability, brought inflation

down, eased policy rates, and earned international recognition as one of the world's leading economic turnaround stories. The vision is there. The economy has been rebuilt. What we need now is your capital, your networks and your expertise."

Iqbal emphasised that Pakistan's constructive role in promoting regional peace has strengthened investor confidence and created new opportunities for trade and international partnerships, and that the time is right for overseas Pakistanis to include Pakistan in their professional and investment

portfolios.

Most members of the delegation are already involved in multiple investments and philanthropic efforts in Pakistan, and the engagement was designed to deepen that ongoing relationship into a structured partnership around the government's URAAN-Pakistan economic agenda.

Iqbal used the session to lay out the URAAN-Pakistan target of a \$1 trillion economy by 2035 and a \$3 trillion economy by 2047, anchored to the 5Es framework: Exports, E-Pakistan, Environment and Climate Change, Energy

and Infrastructure, and Equity and Empowerment. He named information technology, agriculture, manufacturing, tourism, mining and minerals, the blue economy, skilled manpower and creative industries as priority export sectors.

The minister assured the diaspora that the government is committed to creating an enabling environment for investment and entrepreneurship, and expressed confidence that with the active participation of overseas Pakistanis, Pakistan can achieve its economic ambitions and emerge as a globally com-

petitive, knowledge-based economy.

He reaffirmed the government's commitment to strengthening Pakistan's knowledge economy through deeper engagement with the Pakistani-American academic and research community, including through partnerships with the University of Illinois Chicago, the Illinois Institute of Technology, the University of Chicago, and the wider US-Pakistan Knowledge Corridor.

He also highlighted ongoing work to engage overseas Pakistani experts in support of Pakistan's.