

CHIEF EDITOR DR. SYED MUBIN AKHTAR

KARACHI PSYCHIATRIC HOSPITAL

BULLETIN SEPTEMBER 2011

*"Those who believe and do good,
for them are gardens of bliss,
to abide therein."
(Quran 31:3,9)*

Eid Mubarak

بزم سائنسی ادب کی ۱۹۲ ویں ماہانہ نشست

ادب برائے سائنس سائنس برائے عوام



ڈاکٹر سید عین اختر نے اپنے صدارتی خطاب میں کہا کہ قومی زبان اردو شعر و ادب کی ہی نہیں، سائنس کی زبان بھی ہے بلا واسطہ طور پر بزم سائنسی ادب وہ کام کر رہی ہے جس سے نفاذ اردو کی پیمائش کا خواب شرمندہ تعبیر ہوتا ہے۔ آپ نے کہا کہ تخلیق اور تحقیق اپنی زبان میں ہی ہو سکتی ہے۔ اس کے بغیر نہ اردو بہتر ہو سکتی ہے اور نہ زندگی۔ جامعہ اردو میں انگریزی کا چلن زیادہ ہے جو فحشوں تک ہے۔ دنیا کی ساری قوموں نے اپنی مادری زبان میں ترقی کی ہے۔ انہوں نے انگریزی کو اختیار نہیں کیا۔ یہ حکومت کا فرض ہے کہ وہ ملک بھر میں تعلیم کو عام کرے اور اردو کو سرکاری و قومی زبان کے طور پر نافذ کرے۔

جنت

خدا ترس لوگ ان کی جگہ میں ہوں گے۔ انہیں
اور جنہوں میں مردہ دیا گیا ہے۔ آج کے دن کے لئے
ہوں گے۔ یہ وہی ان کی جگہ میں ہوں گے۔ اور ہم کوئی اور جگہ
میں نہیں ان سے پہلے وہیں گے۔ وہیں وہ ایمان سے ہر
طرز کی لڑائی جیتیں گے۔ وہیں موت کا حراؤ
ہو گا۔ وہیں گے۔ انہیں وہیں دنیا میں ہر موت آجکی سو
آجکی اور ادا ہوئے لطف سے ان کو جنت کے عذاب سے بچا
دے گا۔ یہی دنیا کا جہان ہے۔

اسے بھی جگہ دے گا۔ ہم نے اس کتاب کو ہماری زبان
میں لکھا ہے۔ انہیں ان کے جگہ میں حاصل کریں۔ انہیں ہم بھی
آؤ ان کو روک دے۔ یہی جنت ہے۔ (قرآن مجید، سورہ بقرہ: ۵۴)

EDITORIAL BOARD
Chief Editor & Publisher
Dr. Syed Mubin Akhtar
Diplomate of the American Board
of Psychiatry & Neurology (USA)

Editor
Dr. A.K. Panjwani
Associate Editor
Mehjabeen
Professional Advisor
Dr. Salahuddin
Business Manager
Muhammad Fayyaz
Circulation Manager
Shamshad Chand
Composed & Designed by
S.M Kashif Ali
Photographer & Reporter
Farzand Ali

Readers are requested to
send their articles, comments
& suggestions.
Doctors who desire to get
the bulletin should send their
address, contact number
and email to:

Address: B-1/14,
Nazimabad # 3,
Karachi-74600
Phone: 111-760-760
Fax: 36681610
Email: editor@kph.org.pk
Email: support@kph.org.pk

KARACHI PSYCHIATRIC HOSPITAL

Vol. 34 Issue No. IX September, 2011 Regd. No. SS-237

MONTHLY BULLETIN

(Medical and General Articles)

CONTENTS

01	THE ISLAMIC MEDICAL ASSOCIATION	149
03	NOAM CHOMSKY REACTS TO OSAMA KILLING	151
04	CLINICAL TRIAL DEATHS AND COMPENSATION IN INDIA	152
05	US MEDDLED IN 50 NATIONS OVER 130 TIMES IN 121 YEARS	153
07	40 MAJOR TERROR HITS ROCKED ARMED FORCES, SECURITY AGENCIES	155
11	ASSETS DECLARED IN EC BY THE HIGH & MIGHT ZARDARI SISTERS SAY THEY ARE RICHER BY RS90M	159
13	RS 1000,000,000,000 (ONE TRILLION)	161
14	MEDIA CONTROL	162
15	PERVAIZ ELAHI EMERGES AS THE RICHEST PARTY LEADER IN NA	163
17	DISCLOSURE OF THE MQM'S JINNAHPUR PLAN	165
21	MQM HELD RESPONSIBLE FOR THE TARGETED MURDERS	169
22	THE REVELATION OF A MUTAHIDA TARGET KILLER WHO RECEIVED TRAINING FROM A POLICE TRAINING CENTER	170
23	CELLULAR COMPANIES AND OBSCENE ADVERTISEMENTS	171
26	CELLPHONE RADIATION MAY CAUSE CANCER, ADVISORY PANEL SAYS	174
28	HELPLESS MEDIA	176
30	MEDICINE ADHERENCE	178
35	PRESS RELEASE JOINT ACTION COMMITTEE OF DOCTORS	183
37	محمد یوسف اسماعیلی	185

This magazine can be viewed on Website: www.kph.org.pk



THE ISLAMIC MEDICAL ASSOCIATION OF NORTH AMERICA

(IMANA)



RELIEF ACTIVITIES:

Pakistan Floods: IMANA Medical Relief, under the leadership of Dr. Ismail Mehr, responded immediately and working with local partners established 15 Basic Health Units (BHU) and 15 Mobile Units in the affected areas. In the following weeks after the floods receded, IMANA established 1,000 hand pump wells in the affected areas for clean water supply, distributed winter survival kits in KPK province, and supplied food during Ramadan. Currently, 7 BHUs are seeing and treating about 3,000 patients per day in Rajanpur and Dera Ghazi Khan. IMANA also has established two women's Vocational Training Centers. A Mobile Women and Children's Clinic is provided by IMANA in Southern Punjab, complete with laboratory, ultrasound setup and examination room.

IMANA has donated funds for running a Health Clinic in an extremely poor locality of Yousuf Goth area of Karachi, near Balochistan border for the past two years. IMANA purchased a state of the art Endoscopic Equipment for the National GI Center in Kampala, Uganda, this would be their first GI machine.

IMANA purchased badly needed Medical Equipment for a Gaza Hospital. Since Gaza lacks facility for advanced

training of residents and junior faculty, IMANA arranged for 6 Medical/Surgical Residents to get advanced training in Malaysia with the help of our partner FIMA.

In Bangladesh, IMANA funded the completion of a Charity Hospital in a rural area with no medical facility.

In Egypt, we provided critical funding for medical and humanitarian relief, working with our sister organization, the Arab Medical Union.

In Libya, we have established a field hospital with FIMA, along the Egyptian Libyan border. Further assistance can be given as and when needed.

SURGICAL/ MEDICAL MISSIONS:

IMANA Medical Relief continues to provide medical and surgical missions to Africa. A team of plastic surgeons, radiologists and anesthesiologists made a second trip to Sudan in March 2011, for cleft lip and cleft palate repair camp. This surgical mission trip was also a huge success, with 80 children and young adults' facial defects corrected.

GRANTS FOR WORK IN MUSLIMS OF USA

Dr. Maqbool Haq and the Public Health

committee had requested submission of grants on health issues related to Muslims in USA. A large number of submitted grants were received and reviewed by the grant review committee. The finalist among the applicants was Dr. Tirmazi, who will complete a study of "Immigrant Muslim Youth: Mental and Behavioral Health". The results of this study will be published in JIMA, and available online at IMANA website. The Public Health committee has worked on several informational packages, including brochures in different languages on a guide to good health practices, Healthy Muslim School Lunch program guidelines, and an IMANA guide to starting a Charity clinic, Charity 101. These are available on the IMANA web site. Many papers on Ethics are available on the IMANA website.

The International Islamic Institute of Medicine (IIIM), under the leadership of Dr. Husain Nagamia, continues to prosper and acquire many valuable manuscripts and books. The IIIM exhibits are unique and available for borrowing for your meetings.

The Journal of IMANA (JIMA)

regularly published under the leadership of Dr. Hossam Fadel. He is always looking for good Islamic ethics related and other article for the Journal.

FEDERATION OF ISLAMIC MEDICAL ASSOCIATION (FIMA)

The concept of an international federation of Muslim Medical Associations evolved in December 1981 during an IMANA convention, with

the goal to share information, and have collaborative projects. We now have 25 member countries with Muslim majority, under the umbrella of FIMA, with yearly meetings in different countries of the world. Dr. Parvaiz Malik is the current president of FIMA. Many of our international medical missions are facilitated by the FIMA member organizations.

2011 ANNUAL CONVENTION:

For this year's Convention in San Juan, Puerto Rico, July 15-21st, we have organized a 12 hour CME program, practical workshops on Skin Rejuvenation, Conscious Sedation and Basic CPR training (free for non-physicians), and many relaxing and enjoyable tours for the attendees. Please send your abstracts by going to the IMANA Website. CME is related to the theme "Life Style Modifications and Disease Prevention". The Hilton Resort hotel has beautiful grounds, and many activities for children of all ages are planned. Please register as soon as possible.

I want to thank the Executive Committee members, and all IMANA Committee members for spending countless hours to serve IMANA. Their hard work has strengthened IMANA. I also want to thank IMANA Executive Director Rasheed Ahmed and the Headquarter staff for working hard to help us progress. I pray that Allah (SOT) give us the guidance and wisdom to serve our community and to serve humanity.

HQ@imana.org

NOAM CHOMSKY REACTS TO OSAMA KILLING

Says US violated international laws

Noam Chomsky, the well known US writer and intellectual has called Osama bin Laden's assassination as a violation of international law by the US.

Chomsky is Institute Professor emeritus in the MIT Department of Linguistics and Philosophy. He is the author of numerous best-selling political works. In an article he wrote: "It's increasingly clear that the operation was a planned assassination, multiply violating elementary norms of international law. There appears to have been no attempt to apprehend the unarmed victim, as presumably could have been done by 80 commandos facing virtually no opposition-except, they claim, from his wife, who lunged towards them. In societies that profess some respect for law, suspects are apprehended and brought to fair trial. I stress "suspects."

In April 2002, the head of the FBI, Robert Mueller, informed the press that after the most intensive investigation in history, the FBI could say no more than that it "believed" that the plot was hatched in Afghanistan, though implemented in the UAE and Germany. What they only believed in April 2002, they obviously didn't know 8 months earlier, when Washington dismissed tentative offers by the Taliban (how serious, we do not know, because they were instantly dismissed) to extradite bin Laden if they were presented with evidence which, as we soon learned, Washington didn't have.

Thus Obama was simply lying when he said,

in his White House statement, that "we quickly learned that the 9/11 attacks were carried out by al-Qaeda."

Nothing serious has been provided since. There is much talk of bin Laden's "confession," but that is rather like my confession that I won the Boston Marathon. He boasted of what he regarded as a great achievement.

There is also much media discussion of Washington's anger that Pakistan didn't turn over bin Laden, though surely elements of the military and security forces were aware of his presence in Abbottabad. Less is said about Pakistani anger that the US invaded their territory to carry out a political assassination. Anti-American fervour is already very high in Pakistan, and these events are likely to exacerbate it. The decision to dump the body at sea is already, predictably, provoking both anger and skepticism in much of the Muslim world.

We might ask ourselves how we would be reacting if Iraqi commandos landed at George W Bush's compound, assassinated him, and dumped his body in the Atlantic. Uncontroversially, his crimes vastly exceed bin Laden's, and he is not a "suspect" but uncontroversially the "decider" who gave the orders to commit the "supreme international crime differing only from other war crimes in that it contains within itself the accumulated evil of the whole" (quoting the Nuremberg Tribunal) for which Nazi criminals were hanged: the hundreds of thousands of

deaths, millions of refugees, destruction of much of the country, the bitter sectarian conflict that has now spread to the rest of the region.

There's more to say about [Cuban airline bomber Orlando] Bosch, who just died peacefully in Florida, including reference to the "Bush doctrine" that societies that harbour terrorists are as guilty as the terrorists themselves and should be treated accordingly. No one seemed to notice that Bush was calling for invasion and destruction of the US and murder of its criminal president.

Same with the name, Operation Geronimo. The imperial mentality is so profound, throughout western society, that no one can perceive that they are glorifying bin Laden by identifying him with courageous resistance against genocidal invaders. It's like naming our murder weapons after victims of our crimes: Apache, Tomahawk. It's as if the Luftwaffe were to call its fighter planes "Jew" and "Gypsy."

There is much more to say, but even the most obvious and elementary facts should provide us with a good deal to think about. (The News)

CLINICAL TRIAL DEATHS AND COMPENSATION IN INDIA

Ed. Silverman _ Business Standard

An investigation by India's health ministry has found that drug makers running clinical trials in the country have not compensated survivors of most volunteers who died during their studies. Of 671 deaths that were reported last year, there is evidence that compensation was given in just three cases.

And so, the health ministry has asked 44 drug makers to explain why they have not provided compensation, which is mandatory under the current law. Among those queried were Eli Lilly, Novartis, Pfizer, Bayer, Merck, Johnson & Johnson and Sanofi-Aventis. For instance, data compiled by the ministry show there were 152 deaths reported during Sanofi trials and 138 took place in Bayer trials.

A Novartis spokesperson tells the paper that its clinical trial investigator insisted any deaths were not caused by a medication, but instead due to the progression of underlying diseases. And compensation is not required in such cases. Other drug makers offered a similar argument. Ministry officials also say that most deaths, which were attributed to cancer or cardiovascular and cerebrovascular disorders, seemed to have occurred due to the advanced stage of illness among volunteers. However, there were 26 deaths that went

unexplained. These occurred during trials run for or by Lilly, Amgen, Bayer, Bristol-Myers Squibb, Boehringer Ingelheim, Sanofi and Pfizer. Quintiles, the contract research organization was also on the list. And some members of the Committee on Government Assurances, which conducted the probe, are not satisfied with the explanations provided.

"Of the 671 deaths they (ministry) have mentioned, 26 are directly related to the administration of the experimental medicine. But they are not sure about the other cases as they use terms like 'could be' and 'may be', instead of outright rejection. They need to be more specific," Maneka Gandhi, a member, of Parliament from the Bharatiya Janata Party, tells the paper.

The committee began its probe because the ministry did not have records on the number of deaths and the socioeconomic status of the clinical trial subjects who died. According to Gandhi, the growing number of clinical trial deaths - 137 deaths registered in 2007, 288 in 2008 and 637 in 2009 - prompted the review.

<http://www.pharmalot.com/2011/05/clinical-trial-deaths-and-compensation-in-india/>

US MEDDLED IN 50 NATIONS OVER 130 TIMES IN 121 YEARS

(From an article by Sabir Shah in The News)

While the Pakistani rulers haplessly watch the Washington-triggered drones causing massive casualties on their soil regularly, they can perhaps seek solace in the fact that in a persistent bid to establish its hegemony over the world and to display its superior military might for its corporate gains, America has intruded in the affairs of at least 50 countries of the world over 130 times during the last 121 years.

Research and calculations conducted by The News, with assistance sought from renowned US scholar Dr Zoltan Grossman's book "From wounded knee to Libya: A Century of US military interventions," and from celebrated author William Blum's books "A brief history of US interventions: 1945 to Present" and a best seller "Killing Hope: US Military and CIA Interventions Since World War II," show that the unending American quest for supremacy has continued unabated since its first involvement in the affairs of Argentina in 1890.

While the US troops have intervened in the affairs of Panama eight times (1895, 1901-14, 1908, 1912, 1918-20, 1958, 1964 and 1989), they entered Nicaragua (1894, 1896, 1898, 1899, 1907, 1910, 1912-33), Honduras (1903, 1907, 1911, 1912, 1919, 1924-25, 1983-89) and China (1894-95, 1898-1900, 1911-14, 1922-27, 1927-34, 1948-49, 1958) some seven times each under one pretext or the other during this period under review.

The American forces sailed for Cuba (1898-1902, 1906-1909, 1912, 1917-33, 1961, 1962) six times, they went to Iran five times (1946, 1953, 1980, 1984, 1987-88), and they interfered on four different occasions in

Haiti (1891, 1914-34, 1987-94, 2004-05) Dominican Republic (1903-04, 1914, 1916-24, 1963-66), Yugoslavia (1919, 1946, 1992-94, 1991-93), Iraq (1958, 1963, 1990-91, 1991-93) and Philippines (1898-1910, 1948-54, 1989, 2002).

The US troops were dispatched thrice to Korea (1894-96, 1904-05, 1945-53), Libya (1981, 1986-89, 2011), Guatemala (1920, 1954, 1966-67), Yemen (2000, 2002, 2004) and Liberia (1990, 1997, 2003).

They were sent on foreign missions twice to nations like Chile (1891, 1964-73), Mexico (1913, 1914-18), Puerto Rico (1898, 1950), El-Salvador (1932, 1981-82), Germany (1948, 1961), Laos (1962, 1971-73), Somalia (1992-94, 2006) and Afghanistan (1998, 2001).

Apart from featuring prominently in World War I and II, the US combat forces have also been active at least once in countries like Argentina, Samoa, Russia, Guam, Turkey, Uruguay, Greece, Vietnam, Indonesia, Cambodia, Oman, Macedonia, Syria, Pakistan, Bolivia, Virgin Islands, Zaire (Congo), Saudi Arabia, Kuwait, Lebanon, Grenada, Angola, Sudan, Albania, Bosnia and Colombia.

In one of his published articles "A briefing on the history of US military interventions," Dr Zoltan Grossman, a member of the South-West Asia Information Group in the United States, discusses at length how American policy makers have been intervening in other countries for a long time, the backgrounds of these actions and the loss of civilian lives as a result of these military offensives.

In his article, Dr Grossman writes," Since the September 11 attacks on the United States, most people in the world agree that the perpetrators need to be brought to justice, without killing many thousands of civilians in the process. But unfortunately, the US military has always accepted massive civilian deaths as part of the cost of war. The military is now poised to kill thousands of foreign civilians, in order to prove that killing US civilians is wrong."

He further states in this article published in the "Z magazine" of US in October 2001 and translated in Italian and Polish languages:" The media have told us repeatedly that some Middle Easterners hate the US only because of our "freedom" and "prosperity." Missing from this explanation is the historical context of the US role in the Middle East, and for that matter in the rest of the world. This basic primer is an attempt to brief readers who have not closely followed the history of US foreign or military affairs, and are perhaps unaware of the background of US military interventions abroad, but are concerned about the direction of our country toward a new war in the name of "freedom" and "protecting civilians."

Dr Zoltan Grossman maintains, "The United States military has been intervening in other countries for a long time. In 1898, it seized the Philippines, Cuba, and Puerto Rico from Spain and in 1917-18 became embroiled in World War I in Europe. In the first half of the 20th century it repeatedly sent Marines to "protectorates" such as Nicaragua, Honduras, Panama, Haiti, and the Dominican Republic. All these interventions directly served corporate interests, and many resulted in massive losses of civilians, rebels, and soldiers."

Grossman goes on to write," In the early 1960s, the US returned to its pre-World War II intervention role in the Caribbean, directing the failed 1961 Bay of Pigs exile invasion of

Cuba, and the 1965 bombing and Marine invasion of the Dominican Republic during an election campaign. The CIA trained and harboured Cuban exile groups in Miami, which launched terrorist attacks on Cuba, including the 1976 downing of a Cuban civilian jetliner near Barbados. During the Cold War, the CIA would also help to support or install pro-US dictatorships in Iran, Chile, Guatemala, Indonesia and many other countries around the world."

He asserts, "Even when the US military had apparently defensive motives, it ended up attacking the wrong targets. After the 1998 bombings of two US embassies in East Africa, the US "retaliated" not only against Osama Bin Laden's training camps in Afghanistan, but a pharmaceutical plant in Sudan that was mistakenly said to be a chemical warfare installation. Bin Laden retaliated by attacking a US Navy ship docked in Yemen in 2000. After the 2001 terror attacks on the United States, the US military is poised to again bomb Afghanistan, and possibly move against other states it accuses of promoting anti-US "terrorism," such as Iraq and Sudan."

In one of the concluding paragraphs of his afore-cited article, Dr Grossman views," Such a campaign will certainly ratchet up the cycle of violence, in an escalating series of retaliations that is the hallmark of Middle East conflicts. Afghanistan, like Yugoslavia, is a multiethnic state that could easily break apart in a new catastrophic regional war. Almost certainly more civilians would lose their lives in this tit-for-tat war on "terrorism" than the 3,000 civilians who died on September 11."

Editor's notes: The Americans first wiped out the original inhabitants of America, the so called "Red Indians" then "imported" millions of African men and women used them like cattle. Now they plunder other countries around the world.

40 MAJOR TERROR HITS ROCKED ARMED FORCES, SECURITY AGENCIES

Noted persons also fell victim; terrorist's targeted forces with ease; Rawalpindi, Islamabad, Karachi, Lahore, Kohat, Bannu, Multan witnessed bloodshed

(From an article by Sabir Shah in the News)

They have struck at least 40 times during the last few years. These 40 major terrorism incidents do not include frequent attacks on the convoys of the armed forces, sensitive installations, check posts, police stations, Frontier Constabulary and Rangers etc in the conflict zones of North and South Waziristan, Swat and the troubled tribal belt of the country.

A comprehensive research study by just taking into account the major acts of terrorism against Pakistan's security personnel and their key installations since the 9/11 episode and particularly after the 2004 South Waziristan Army Operation shows that while this unending violence has claimed the lives of thousands of Pakistani civilians till date, it has also led to the killing of eminent personalities like former premier Benazir Bhutto, former Punjab governor Salman Taseer, army's top medic Lt General Mushtaq Baig, former head of Army's elite commando force (Special Service Group) Major General (R) Ameer Faisal Alavi, Federal Minister Shahbaz Bhatti, Commandant Frontier Constabulary Sifat Ghayur, Chief Capital City Police Officer of Peshawar Malik Saad Khan and District Police Officer of Bannu, Iqbal Marwat etc.

While these terrorists had unsuccessfully attacked former military chief and president

Pervez Musharraf thrice on December 14, 2003, December 25, 2003 and July 6, 2006, they also tried to kill Lt General Ahsan Saleem Hyat on June 10, 2004, while he was serving as the Corps Commander.

If one believes renowned investigative journalist Gerald Posner's 'revelations,' then the death of former Air Chief Mushaf Ali Mir in an air crash near Kohat on February 20, 2003 was also an act of sabotage and not an accident.

?Eminent clerics like Mufti Sarfraz Naeemi (June 12, 2007), Allama Hassan Turbail (July 14, 2006), Maulana Hassan Jan (September 15, 2007), Prof Dr Ghulam Murtaza Malik (May 7, 2002) and Mufti Nizamuddin Shamzai (May 30, 2004) etc are among the noted religious personalities who have fallen victim to terrorism.

The high-profile politicians and government functionaries who have managed to live on despite such attacks on their lives include former prime minister Shaukat Aziz (July 30, 2004).

By the way, in September 2008, Prime Minister Yusuf Raza Gilani had also escaped a possible assassination attempt when his motorcade had come under sniper fire in Islamabad. It goes without saying that quite a few sitting and former provincial ministers and assembly members like former NWFP

minister Ghaniur Rehman, Balochistan's Punjabi Education Minister Muhammad Shafique, ANP politicians Shamsheer Khan and Alam Zeb Khan, former PML-Q minister Asfandiyar Amirzaib and MQM's provincial legislator Raza Haider etc have also lost their lives at the hands of terrorists during the last 10 years or so.

A good number of former diplomats, including the Czech Ambassador to Pakistan had also fallen preys to terrorists. On July 19, 2007, a bomb was detonated in a mosque used by military personnel in Kohat, killing at least 11 people.

On September 4, 2007, at least 25 people were killed and 66 injured in two suicide bomb blasts in Rawalpindi cantonment's high security areas of Qasim Market and R A Bazar. On September 13, 2007, at least 20 off-duty commandos were killed in a suicide blast at Army Officers' Mess at Tarbela Ghazi in Haripur.

The target was the Army's Special Forces unit SSG's Karar Company.

On October 30, 2007, a suicide bomber struck a police checkpoint in the high security zone of Rawalpindi, less than a kilometre from President General Musharraf's camp office, killing seven people. The blast also destroyed the check post of General Tariq Majid's residence. General Tariq was then serving as Chairman Joint Chiefs of Staff.

On November 1, 2007, a suicide bomber rammed his motorcycle into a Pakistan Air Force bus near Sargodha, killing seven officials.

On November 24, 2007, more than 30 people were killed in two suicide attacks in Rawalpindi.

In the first incident, a suicide attacker had struck a vehicle carrying ISI officials to work. In the second incident, a second suicide bomber had attempted to enter the General

Headquarters (GHQ). Upon being asked for identification at the GHQ's check post, he blew himself up, resulting in the deaths of one security official and a bystander.

On December 10, 2007, a suicide attacker had struck a school bus for the children of the PAF employees near the Minhas Airbase at Kamra.

On December 13, two suicide bombers blew themselves up at an army check post in Quetta, killing seven people.

On December 15, yet another suicide bomber had rammed his explosives-laden bicycle into a military check post at Nowshera, killing five people.

On December 17, 2007, nearly 15 security personnel were killed in Kohat by a suicide attacker. Victims were members of army's local soccer team.

On January 10, 2008, around 25 people had lost their lives when police personnel posted outside the Lahore High Court to provide security for the scheduled lawyer's protest against the government were intentionally targeted by a suicide bomber.

On February 4, 2008, more than 10 lives were lost after a suicide bomber had crashed his motorcycle into a bus carrying students and officials of Army Medical College.

This incident had taken place near the General Headquarters in Rawalpindi.

On February 25, Army's Surgeon General Lt Gen Mushtaq Baig was killed near Army Headquarters in Rawalpindi. His driver, guard and six passersby were also killed in the process. General Baig was the highest-ranking officer to be killed in Pakistan since 9/11 attacks.

On March 4, around 10 people were killed when two suicide bombers had blown themselves up in the parking area of the Pakistan Navy War College at Lahore.

On March 11, 2008, over 25 people had

perished in twin suicide bombings in Lahore. While one of the attacks had ripped apart the FIA building, the other had targeted another security structure at the Model Town locality.

On August 12, 2008, a PAF bus was hit at Peshawar, killing over a dozen people.

On August 21, 2008, over 70 people were killed when two suicide bombers had blown themselves up at the gate of the Pakistan Ordnance Factories at Wah Cantonment.

On November 19, 2008, Major Gen (R) Ameer Faisal Alavi, a former head of the Army's Special Service Group, and his driver were gunned down near Islamabad. The General had participated in the South Waziristan Operation of 2004.

On March 30, 2009, around 10 police recruits and a civilian were killed when terrorists had attacked the Manawan Police Training School at Lahore, holding many hostages for more than eight hours.

On April 4, 2008, a suicide bomber had struck a camp of the Frontier Constabulary at Islamabad, claiming eight lives.

On May 27, 2008, a vehicle loaded with explosives had struck offices of the capital city police officer and the ISI in Lahore, killing around 30 people.

Terrorists also destroyed a Rescue 15 police building in the vicinity.

On June 6, 2008, two cops were killed in a suicide attack on the Rescue 15 building in Islamabad.

On June 12, 2008, around 10 worshippers were killed in Nowshera when a suicide bomber rammed his explosives-laden van into a mosque during the Friday prayers in the cantonment area.

On July 2, a suicide bomber rammed his motorcycle into a bus carrying employees of the army-run Heavy Mechanical Complex (HMC) near Rawalpindi injuring dozens of people.

On September 26, 2008, a police station at Bannu and a military-owned commercial bank in Peshawar cantonment were targeted in two separate incidents that claimed two dozen lives.

On October 10 and 11, 2008, over two dozen people, including six soldiers, five SSG commandos, three hostages and eight gunmen were killed in a stunning terrorist attack on General Headquarters in Rawalpindi.

At least nine militants clad in military uniforms had stormed the GHQ, taking 56 people as hostages. They had demanded the release of some of their fellow fighters in exchange for the hostages. Following a successful SSG operation, four terrorists were killed and the ringleader Mohammed Aqeel was arrested.

On October 15, 2008, at least 20 people, including 14 security officials, were killed in three separate terror attacks in Lahore.

The attacks were carried out at the FIA building the Manawan Police Training School and the Elite Police Academy.

On October 22, two motorcyclists gunned down Brigadier Moinuddin Ahmad in Islamabad.

On October 23, 2008, eight persons, including two PAF personnel, were killed when a suicide bomber had exploded himself near the Pakistan Aeronautical Complex at Kamra.

On October 27, another Brigadier, Waqar Ahmad, was shot dead in Islamabad.

On November 6, yet another brigadier, Sohail Ahmed, was targeted in Islamabad.

On November 13, at least 18 people were killed when a suicide bomber had hit a military check post in front of the regional headquarters of the ISI in Peshawar.

On December 2, 2008, three Navy personnel were killed in a suicide attack on the Pakistan Naval Complex in Islamabad.

On December 4, 2008, at least 40 people

were killed when terrorists had attacked a Friday congregation at the Askari Mosque in Rawalpindi Cantonment. Besides 17 children, a major general was also among those killed. On December 8, a truck loaded with explosives blew up near the ISI office in Multan, killing over a dozen people.

On March 8, 2010, a suicide bomb attack on the FIA building in Lahore had killed at least 13 people.

On March 12, 2010, two suicide bomb attacks in Lahore Cantonment had resulted in the deaths of at least 45 people.

These two blasts had occurred very close to the RA Bazaar, which houses innumerable buildings of the armed forces and other security agencies.

On August 4, 2010, Commandant Frontier Constabulary Sifwat Ghayur was killed in a powerful suicide blast at Peshawar.

On November 11, 2010 at least 20 people were killed and more than 100 others injured in a suicide truck bombing, which targeted the Criminal Investigation Department building at Karachi.

On January 12, 2011, at least 17 people were killed after a suicide car-bomber had rammed his explosive-laden vehicle into a police station at Bannu.

And then the month preceding the recent May 22 attacks on the PNS Mehran Base at Karachi; terrorists had claimed numerous scalps by hitting the Pakistan Navy buses in the port city on three occasions.

Editor's notes: Jamaat-e-Islami and other sane elements had predicted that this would be the result if Musharaf succeeded in his U turn of betraying the Afghan Taliban and adopted an offensive posture against our tribal citizens, who have always been sacrificing their lives for Pakistan. How shameful that Mulla Zaeef, who was the

ambassador of the Taliban Government in Pakistan says in his book that the Pakistan army and police not only arrested him and handed him over to American C.I.A, but tore off his clothes and tortured him in the process. Oh! how good we are at alienating our friends.

And now after ten years of destruction, killing and mayhem there is news that the government is considering 'talking' to the Tribal inhabitants and the reason given is 'Because America is talking to Afghan Taliban.' Better late than never. The British couldn't subdue these people in 200 years and the Soviet USSR, split up trying to overcome them. We might as well stop attacking them on American behest.

ASSETS DECLARED IN EC BY THE HIGH & MIGHTY ZARDARI SISTERS SAY THEY ARE RICHER BY RS90m

(From an article by Tariq Butt in the news)

President Asif Ali Zardari's two sisters Faryal Talpur and Dr Azra Fazal Pechuho, who are members of the National Assembly, together got richer by about Rs90 million in the last one year.

The assets of Faryal Talpur's minor daughter shot up to Rs44, 346,900 as on June 30, 2010 from Rs9, 701,700 in 2008, showing a whopping increase of Rs34, 645,200. The principal addition of Rs23, 919,948 occurred in the column of cash/prize bonds/foreign currency, as an amount of Rs29, 834,948 has now been shown compared to Rs5, 915,000 in 2008.

As against 2008, the MNA's assets increased by Rs51, 516,570. They were valued at Rs40, 756,145 in 2008 whereas they have now been put at Rs92, 272,715.

The cost (maybe original) of Faryal Talpur's assets was shown as Rs74, 843,515 in 2010, as listed last year, while their present value was estimated at Rs92, 272,715 displaying an escalation of Rs17, 429,200.

Included in this increase is the addition of Rs917, 024 in her cash/banks/prize bond/foreign currency in hand. Last year, she had an amount of Rs36, 425,625 under this head compared to

2009's 13,049,279, which had shown an increase of Rs23, 376,346.

When the appreciation of Rs17,429,200 in the value of her assets is added up to the additional deposit of Rs23,919,948 under the head of cash/prize bond/foreign currency in her minor daughter's account, the raise in assets goes to Rs41,349,148. But if the increase of Rs34, 645,200 in the minor's assets is counted in the hike in her mother's wealth, the total jump comes to Rs75, 994,348.

The total cost of assets owned by Dr Azra put at Rs36, 544,027 appreciated to Rs58, 084,151 this year, demonstrating a raise of Rs21, 540,124.

This also includes the initial payments of Rs345, 000 for two new plots in Karachi, and one plot and 10 acres of land in Nawabshah.

A major share in the appreciation of the value of her assets goes to DHA Karachi house, whose present value swelled to Rs20, 000,000 from Rs1, 640,000, which shows a colossal jump of Rs18, 360,000. There was also an increase of Rs4, 271,841 in her cash in hand/banks/prize bond/foreign currency account. Last year, she declared a 2002 model Corolla car valued at Rs845, 000, which is not shown in the new

RS 1000, 000, 000, 000 (ONE TRILLION)

(From an article by Dr Farrukh Saleem in the News)

Rs 1,000,000,000,000 is the difference between what the government of Pakistan (GOP) earns and what it spends. **In effect, the GOP loses Rs300 crore a day, every single day. That amounts to loosing Rs11 crore per hour or Rs20 lakh per minute for every single minute of the entire year.** The GOP would have lost Rs60 lakhs more by the time you will finish reading this brief commentary.

Rs1, 000,000,000,000 is also roughly the amount by which Pakistan's money supply is expanding per year. In effect, the GOP is printing Rs300 crore per day, every single day. That amounts to printing Rs11 crore per hour or Rs20 lakhs per minute. The GOP would have printed Rs60 lakhs by the time you will finish reading this article.

How do we get out of our Rs1, 000,000,000,000 black hole? Consider this: Operating Expenses of the federal government Rs400 billion and losses at State Owned Enterprises (SOE) Rs400 billion - that's 80 percent of the black hole right there. Pepco has lost Rs180 billion, PIA has lost Rs77 billion and Pakistan Steel Rs44 billion. How about an international tender to recruit the best brain available to run these hematophagous leeches?

How do we get out of our Rs1, 000,000,000,000 black hole? It is budget time and Islamabad is flooded with

'Demand for Grants'. **The President of Pakistan demands Rs10 lakhs per day or Rs36 crore per year as 'staff, household and allowances' for 6-dozen gardeners, 175 servants and 263 household staff. The president also demands six lakhs per day or Rs22 crore per year for his foreign junkets. The Prime Minister of Pakistan demands Rs33 lakhs per day, Rs10 crore per month, Rs120 crore per year for his foreign tours. Each and every one of the ministers costs the treasury a lakh a day, Rs30 lakhs a month. That's Rs200 crore a year for the entire army of ministers (and we have parallel armies in all the four provinces).**

How do we get out of our Rs1, 000,000,000,000 black hole? Remember, 94 percent of government employees, both at the federal and provincial level, are below BPS 17. The combined salary bill of all provincial and federal government employees is close to Rs500 billion. Non-monetary perks for government employees are estimated to be upwards of Rs50 billion. **Depending on one's connections a high ranking, well-connected government servant could cost the treasury between five to 10 lakhs a month.** Monetizing all perks is the way out.

The good news is that the Rs1,

000,000,000,000 being talked about here has already gone down the tubes - its history. The bad news is that the GOP has once again begun burning midnight oil, preparing outlays and firming up plans to lose an additional Rs1, 000,000,000,000 over the following 12 months. In Islamabad, losing a trillion a year, every year, is referred to as the annual 'budget exercise'.

So, how do we get out of our Rs1, 000,000,000,000 vicious cycles? Political will, just by itself, can get us

out. Sad that 90 percent of our decision makers give the other 10 percent a bad name.

Editor's notes: How do we get out of this vicious cycle? Boot out the corrupt and wasteful people of all the parties in the government and elect honest and upright people, and the Jamaat-e-Islami is the only party whose MNAs, MPAs, Senators, Ministers, local body members and mayors have a hundred percent clean record!

MEDIA CONTROL

Noam Chomsky

One also needs to read Noam Chomsky's book MEDIA CONTROL in which he writes, to quote the chapter on EARLY HISTORY OF PROPAGANDA:

"Let's begin with the first modern government propaganda operation. That was under the Woodrow Wilson Administration. Woodrow Wilson was elected President in 1916 on the platform "Peace Without Victory." That was right in the middle of the World War I. The population was extremely pacifistic and saw no reason to become involved in a European war. The Wilson administration was actually committed to war and had to do something about it. They established a government propaganda commission called the Creel Commission which succeeded, within six months, in turning a pacifist population into a hysterical,

war-mongering population which wanted to destroy everything German, tear the Germans limb from limb, go to war and save the world. That was a major achievement, and it led to a further achievement. Right at that time and after the war the same techniques were used to whip up a hysterical Red Scare, as it was called, which succeeded pretty much in destroying unions and eliminating such dangerous problems as freedom of the press and freedom of political thought. There was very strong support from the media, from the business establishment, which in fact organized, pushed much of this work, and it was, in general, a great success."

<http://english.aljazeera.net/programmes/rizkhan/2011/04/201147..>

PERVAIZ ELAHI EMERGES AS THE RICHEST PARTY LEADER IN NA

Ch Nisar, Orakzai, Asfandiyar and PM Gilani come next

(From an article by Sabir Shah in the News)

The declared wealth of Chaudhry Pervaiz Elahi of PML-Q, who has become a senior minister in the PPP government, surpasses the value of individual assets of the heads of all the six other parliamentary parties in the National Assembly, his declaration filed with the Election Commission of Pakistan shows.

Chaudhry Nisar Ali Khan, who heads the PML-N in the National Assembly and is also leader of the opposition and his wife own assets close, if not more, to those possessed by Pervaiz Elahi. On the third position falls Munir Orakzai, who is leader of the Federally Administered Tribal Areas (Fata) MNAs, followed by Asfandiyar Wali of the Awami National Party (ANP).

Prime Minister Syed Yusuf Raza Gilani, who heads the Pakistan People's Party (PPP) in the National Assembly, stands on number five in terms of wealth compared to other parliamentary leaders. Then comes Farooq Sattar of the Muttahida Qaumi Movement (MQM) and is followed by Maulana Fazlur Rehman of the Jamiat Ulema-e Islam (JUI).

It is absolutely impossible to have the real worth of the assets, which would certainly be many times more than

declared, because it has not been spelled out in detail in the statements. In some cases, the prevailing value of the assets has not been given at all, while in others it has been underestimated.

The declared assets of Pervaiz Elahi, elected from NA-58 Attock, according to the ECP, include the half share of Rs3,290,000 in the Islamabad house; also half share of Rs5,250,000 in the Lahore residence; 78 acres of agriculture land valued at Rs366,667; 12.5 acres of land in Kasur valued at Rs45,00,000; shares in Modern Flour Mills valued at Rs9,977,500 and his wife's shares of Rs25,000,000 in Hayat Khan (Pvt) Limited and Bahera (Pvt) Limited (shown at cost being not for sale). He has a jeep costing Rs26,000,000 while he and his wife have Rs46,140,200 as cash in hand.

Chaudhry Nisar and his spouse, who belongs to one of the 22 famous richest families of the sixties, have approximately Rs20 million as cash in hand and bank deposits.

They own nearly twenty properties including plots and houses in Rawalpindi, Lahore and Islamabad, and

large pieces of agriculture lands at Chakri. Their value has not been stated. The lady has shares in Ferozsons Laboratories and KFW Factors and Nishat Mills. He owns a 2010 model Mercedes car and a 2005 model Pajero. Their minor children have agriculture land at Chakri in their names.

The total wealth of ANP President Asfandiyar Wali, elected from NA-7 Charsadda, comes to about Rs36 million. His assets include inherited residential house valued at Rs4 million; 67 acres of agriculture land valued at Rs30 million; prize bonds of Rs500,000; 1988 model Toyota valued at Rs500,000; jewellery valued at Rs2 million; bank balance of Rs679,708 and furniture, fittings and articles of personal use valued at Rs500,000.

The assets of the prime minister, elected from NA-151 Multan, are valued at Rs19,479,824.

Farooq Sattar, elected from NA 249 Karachi, owns assets of approximately Rs5 million (even though he claims to be a middle class person).

Editor's notes: Although these figures are probably much lower than the actual wealth of these assembly members however it would be interesting to ask each one of them how they amassed this much wealth, specially Dr Farooq Sattar of MQM. It is only the members of Jamaat e Islami who have not amassed any wealth, in fact they do not even avail of the normal perks available i.e. allotment of plots etc.

Risperidon 1mg, 2mg
(Risperidone)

OLEANZ 5mg, 10mg
(Olanzapine)

AMPRAM 10mg
(Escitalopram)

ZYDEX 25mg, 100mg
(Clozapine)

Venlor 37.5, 75mg
(Venlafaxine)

ESONOM 20mg, 40mg
(Esomeprazole)

Gabril 100mg, 300mg, 400mg
(Gabapentin)

for Receptors *for Revolution*

Receptors

ASGH, General Hospital United Bank Medical Centre, Block-2, Gulshan-e-Iqbal, Karachi.
Ph: 373-8076887, 871-9990007

DISCLOSURE OF THE MQM's JINNAHPUR PLAN

**Revelations of the MQM terrorist Ajmal Pahari in the presence of
the Joint investigation team confession to more than hundred
murders and terrorist training received by India**

Abu Sami - Jasarat Sunday Magazine

Does MQM have contacts with secret Indian agencies? Did MQM desire to separate Karachi from Pakistan and create Jinnahpur? There above mentioned innuendos were proved correct by the confessions of MQM worker Ajmal Pahari, which was revealed in front of a joint investigation team. After the establishment of MQM, this organization was accused of torture on Major Kaleem, murders of inspector Bahadur Ali, Zaheer Akram Nadeem, Munnawar Seharwardi, Abdullah Murad, Badar Iqbal, DSP Shamim, Azeem Ahmed Tariq, Khalid Bin Waleed, Kamal Mustafa and Nishat Malik. They were also charged for the assassination of the Hakim Mohammed Saeed, the editor of Takbeer, Syed Salahudin, Tariq Khan of Muslim League N, Mirza Luqman Baig, Aslam Mujahid and Jamal Tahir of Jamaat-e-Islami. Murder charges for Nazeer Sajid, the secretary general of Shabab-e- Milli, Mufti Nizamudin Shanzai, Iqbal Mama of People Party, Salam Bahari, Shams Bahari and of the reporter, Wali Khan Babar were already in place. MQM trained many target killers for this purpose and many of them have also been killed. Among these murderers, the worker of MQM,

named Shahnawaz alias Adnan alias Ajmal Pahari was arrested again. He killed individuals for 21 years in Karachi. He was first arrested in 1998 for killing 4 Americans and their Pakistani driver. In 1997 he was also charged with killing of a police informant by the name of Mumtaz Ali Najmi.

Moreover, he is also implicated in the murder of Zuhair Akram Nadeem (Muslim League Councilor), several other opposition political party members including Jamaat-e-Islami.

His involvement in more than 100 killings, including attack on Sindh Secretariat and Baitul Hamza, murder of Bihari movement leader and Iqbal Raad, a lawyer of former prime minister Mian Mohammed Nawaz Sharif.

He confessed to killing more than hundred people on the directions of MQM leadership. Jasarat Magazine has received the report of the joint interrogation team.

The accused has confessed with the proof of audio and video recordings. He informed that there are 12 terrorist groups in Karachi organized by MQM. Two of them especially were sent from South Africa to command these groups. Both terrorists are controlling six teams.

Every team consists of criminals belonging to different sectors of MQM. These twelve groups were created by 4 member committee by MQM in South Africa. This committee is in direct contact with the London leadership. At this time in Karachi, Agha Murtaza alias Adeel Bhai and Siddiq Bhai are running the terrorists groups. Who are Agha Murtaza alias Adeel Bhai and Siddiq Bhai? The terrorist groups have no information about this but the above mentioned individuals, are controlling the setup of MQM in South Africa. They come to Karachi under the orders of the London leaders. They are in contact with these criminal groups through MQM office of 90. They are given tasks of criminal activities.

London leadership appointed a former MQM sector incharge of New Karachi; he was also a notorious criminal by the name of Ali Raza. He was incharge of terrorist groups in South Africa he was supervised by Adeel Bhai, who was trusted by the London leaders. Both Ali Raza and Adeel Bhai were given a task to form 15 groups of criminals in Karachi from their location in South Africa.

This task was performed in 2008 they were not supposed to be connected with MQM setup in Karachi. They were directly dealt from South Africa. These groups were directed to act on any orders given from London. These two men started contacting criminals in Karachi from South Africa. During this time, Qamar Teddy and I, (Ajmal Pahari) were given responsibilities to choose very dependable individuals to form there groups in Karachi. They were separated from different sectors and

units. Ali Raza and Adeel Bhai formed 12 groups of MQM in 6 months, which could control Karachi by terrorism, any time they wanted. They were provided with weapons and safe houses, some farm houses of Gadap, as well as other rented houses were made safe houses. This deed was done through Buzurg Committee of Mutahida. These elder workers were used to get rented houses for weapon storage.

According to Ajmal Pahari, when London leadership of Mutahida completed the setup of these boys, then Adeel Bhai and Siddiq Bhai were sent to Karachi. They were told to take charge of 6 teams each. Both former sector incharges received specific directions, their main office of activity was Nine Zero. Two men of South Africa came to Karachi and meet the incharges of all 12 teams. They were instructed to only communicate with team leaders and should not contact the men in the team.

Ajmal Pahari confessed in presence of the joint investigating team that "my name is Mohammed Ajmal Pahari alias Adnan Alias Mohammed Hussain Alias Shahnawaz. My father's name is Manzoor Hussain, we belong to a Siddiqi Caste. My permanent address in house no 11, sector 7A, Orangi town 1 and in north Nazimabad, house no R-42, Block-K. My height is 5 fit 6 inch and I am a contractor of a parking lot. **My connection is with Mutahida Qaumi Movemnet, Altaf Hussain group and all my criminal activities were for this group.** I can operate a pistol, TT, Kalashnikov, MP3, Rocket Launcher, LMG, G3 and hand grenade. I was first arrested at 19 years of age in 1989 from North Nazimabad for

possession of illegal weapon. I spent a year in prison. Second time, I was held in March 2005 by the Artillery Field police for the murder of Iqbal Raad, who was the lawyer of former Prime Minister Mian Mohammed Nawaz Sharif and I was released on parole in the same year.

In 1986 I joined MQM Altaf group, unit 130 Orangi Town. I was guided by Master Asad. He told that, me and Zeeshan P.I.B. Wala, travelled to Singapore in 1996 by the direction of Nadeem Nusrat who was present in London secretariat. On arriving in Singapore Nadeem Nusrat told us to meet Jamil alias Jimmy and he will fully inform you.

We spent a week in a Singapore hotel which was located in Mustafa Market. During that time Jamil alias Jimmy arrived in Singapore from South Africa. He took our photographs and passports and arranged an Indian Visa. We travelled to Delhi from Singapore and stayed there for 15 days. We were transferred in a forest for training purposes. We were accompanied with Abid alias Noora, Shah Faisal colony wala, Zafar tension Buffer zone wala, Raju Nazimabad wala and Shakir Orangi Town wala.

We were trained for a month by the Indian Army; our trainers were Sooraj and Saleem. We spent 6 months in India after training. During training, our Karachi companions and trainers kept convincing us that we will struggle for our rights under the leadership of Altaf Hussain and we will try to separate Karachi and a big part of Sindh to create an independent unit.

After our training we crossed the border illegally helped by an Indian

guide early morning at 9:00 am we arrived in Pakistani territory named Shakar Garh. We reached Lahore by a Suzuki Pickup and then took the train to Karachi.

The worker of Mutahida Qaumi movement, Ajmal Pahari, confessed murder of 53 individuals from 1986 to 2000. In 1995, after the killing of Farooq Dada in a police shoot out, I, Siddiq Pooja, Asif Zaidi, Saeed Nagro, Mueen alias Mano and Dilawar kidnapped a national coach from Orangi Town. Among 25 passengers we identified 12 Punjabis and Pathan, forced them off the bus and shot them to death.

In 1995 together Saeed Ganja and I attacked an Orangi Town police colony in which 2 policemen were killed. In 1996, Ehtisham, Zeeshan Ganja, Kashif David, Saeed Bharm, Rashid Sheikh, Taufiq Ranchor line wala, Nasir Nayab Sijed and I received rocket launchers from Iqatabad sector, and attacked Sindh secretariat.

I left for Tehran after this event and Zeeshan PIB wala were called to 90 by Abdul Qadir Lakhani and gave us 50,000 rupees each. He instructed us to go to Tehran in Iran and to disappear. In 1997, Kashif, Ehtisham and myself killed a Muslim League Nawaz leader, named ZUhair Akram Nadeem, with the orders of Nadeem Nussrat of Orangi Town. Also in 1997, Faisal Lamba, Kaleem, Ehtisham and myself, all together **attacked baitul Hamza in order to murder Afaq Ahmed by the order Mohammed Anwar belonging to Rabita Committee. However, we had to leave hastily because of the retaliatory firing. In 2000 Asif, Sahid commando, Kashif David, Kaleem, Saeed Ganja and including me,**

murdered Nawaz Sharif's Lawyer Iqbal Raad near the passport office in Saddar. This murder was committed by the orders of a Rabita committee member. Right after this, I was caught for this murder and in 2005 was released on bail.

After release, the Rabita committee member Mohammed Anwar called me to Dubai. In the Dubai hotel, I met Liaquat Qurshi, Shakeel Omar, Imtiaz commando and Saeed Bharam accompanied with Mohammed Anwar. Mohammed Anwar instructed is to make a team of target killers. We were provided with a hit list, the names included the opponents of MQM and MQM workers who were joining the underworld.

From 2005 to 2007, we killed MQM workers that were in a list provided by the member of Rabita Committee.

Ehtisham Gulbahar wala was killed by Wassem boss liquatabad wala. Tariq Bandhani was killed by Mani, Shani and Bilal. Dilawar Orangi wala was killed by Kashif David and Imran Layari was killed by Ali.

In 2006, according to the hit list, Naeem Mulla killed 6 workers of MQM Haqiqi in Ranchore Line. In 2006, the MQM workers named Imran Pager, Junaid alias Ehtisham were killed. In 2008, more members of MQM were killed including Rehan Ali Khan, Mohmmmed Munnawar, Badar Naushad, Waheed, Mohammed Aslam Sheikh, Abdul Qayam Goga and Mohammed Arif. They were all killed by the direction of party leadership, in places like Garden, Ranchor Line, Liquarabad, New Karachi and in North Nazimabad. The reason for killing was that they were joining the underworld and killing for

money. According to the report two teams were supervised by me and Saeed Bharam to murder MQM workers. In reports it is mentioned that Ajmal Pahari and his team killed more than 40 MQM Haqiqi members from 2005 to 2011.

While recording his statement, he informed that in November 2010, Amir Ahmed Qaim Khani called me to 90 and gave a target to kill a Bihari movement leader, Aftab Malik, Naushad and Manzoor were given this target by me, as a result they killed the leader of Bihari movement leader Aftab Malik. MQM was being damaged by this individual in Orangi Town.

At the end of 2010 and beginning of 2011, some individuals with Fiqh Jafferia faith were killed in Golimar. At this time the member of national assembly called us and asked who is killing people with Shia faith. Me, Imtiaz Commando, Saeed Bharam conducted investigation, we found out and informed him that the banned Sipah Sihaba worker, Zeeshan Siraj is behind there murders. **Naushad and I did the planning we kidnapped Zeeshan Siraj and took him to Saleem ullah and Niaz in Qasba Aligarh, where we murdered him**

Regarding the spread of weapons Ajmal Pahari stated in the presence of investigating team that in 2000 Hamaed Siddiqi handed me over 14 Kalashnikovs and 2000 bullets at Nine Zero. He would get order for target killing from London secretariat and Nine Zero.

However, the accused Ajmal Pahari confessed recoded in audio and video, in presence of MI, IB, rangers, FIA and police officials for killing of 58 people between 2005 to 2010.

MQM HELD RESPONSIBLE FOR THE TARGETED MURDERS

(From an article by Shamim Bano in the News)

The Ameer Jamaat-e-Islami, Syed Munawar Hassan, criticized the Pakistan People's Party for what he called having made the Muttahida Qaumi Movement an ally in Sindh despite the fact that the PPP had a majority in the provincial legislature. Murders in Karachi in which not only 40 people had been murdered but almost one hundred were seriously wounded, even ambulances were stopped and injured victims pulled out and brutally murdered. He said that a government that did not implement Supreme Courts orders could not be called a democratic government. Referring to the London conference, Hassan said it was decided that the Muttahida would be sidelined "for its violent politics" but ironically this was also not implemented.

He said the MQM was not invited to the conference because it was the Muttahida that was responsible for the murder and mayhem. Referring to what the Jamaat-e-Islami leader called "a military operation in Balochistan", Hassan said it was a mistake by the government due to which the Pakistani flag was not hoisted in Balochistan.

The Jamaat chief said that if the country continued to be a partner in the war on terror, incidents like the Abbottabad operation would continue to recur. Shah Mehmood Qureshi, termed May 12 as the blackest day in the history of the city though the movement of lawyers finally succeeded and the judiciary was restored but, at a high price.

The former foreign minister said if the peace process derailed in the city, the present government and its allies would be held responsible and its repercussions would be visible in the next general elections.

Zafar Iqbal Jhagra, a leader of the PML-N,

said that if the judiciary had not been restored the situation in the country would have been horrible. He said he was in the city on May 12 and the carnage was unforgettable.

Jhagra demanded reopening of the May 12 case. Saeeduzzaman Siddiqui, a former chief justice of Pakistan, called for an independent inquiry into the May 12 murder of 40 people, a demand which was also seconded by Hafiz Hussain Ahmed of JUL.

Veteran politicians, Sardar Sherbaz Mazari and Professor Ghafoor Ahmed, attended the conference despite their illnesses. Others who spoke on the occasion included the presidents of KBA and PTI, Mohammed Aqil and The religious leaders who attended the conference said that distance from the Islamic laws was the main reason of the country facing the wrath of Allah and they called for the enforcement of Sharia in the country.

Irfanullah Marwat blamed the Muttahida Qaumi Movement for target killings in the city. The conference resolved to cleanse the city of weapons and called for immediate action against culprits, protection to traders, compensation to the transporters and to the heirs of those who were killed in target killings. The conference rejected the so called house listings and called for transparent and fresh census in Sindh.

It also demanded registration of a case against the interior minister for, "patronizing terrorists".

It called for the implementation of the communiqué of the All Parties Conference held at the Sindh CM House in 2008.

Parks and amenity plots in Karachi should be vacated from the land grabbers, the conference demanded.

THE REVELATION OF A MUTAHIDA TARGET KILLER WHO RECEIVED TRAINING FROM A POLICE TRAINING CENTER

(Jasarat News)

The killer of 45 persons, Muhammad Junaid Alias Kala received terrorist training in the Saeedabad police center for 3 weeks. After completion of his training, he murdered 30 pathans in more than 7 days, information revealed during investigation.

Liaquatabad police arrested a member of Mutahida Qaumi Movement named Muhammad Junaid Alias Kala. It was revealed during investigation he received training for target killing and terrorism from saeedabad police enter in 2010. He was helped by a DSP and MQM workers named Shakeel. He killed 45 people. He practiced with MP5 and SMG for 3 weeks, during this time, he was trained to dismantle and assemble MP5, 9MM and Kalashnikovs. He also told that in July 2010, Shariq the accused self and Shahrukh were called to Perfume Chowk, Gulistan-e-Johar. They were provided with a moter bike and 9MM pistol and bullets. They were directed to kill Pathans wherever they are seen. Later on, the accused and Shahrukh rode out from the unit office around 5:30pm, they killed two Pathans waiting on a Nasir Jump bus stop, who could not be identified.

They then killed two Pathan pedestrians near Korangi Crossing Bridge then they left for Qayoomabad. After few days they killed 3 Pathan youngsters in a cricket ground near

Akhtar Colony. They returned to Gulistan-e-Jauhar because they were out of weapon supply.

Next day the accused and Shahrukh went to the Ancholi area and murdered 3 Pathans unloading furniture from a truck. They also targeted three individuals in North Nazimabad, Matric Board Office all of them succumbed to death. In

July 2010, the next day of board office killings, the accused and Shahrukh left for Singer Chowrangi in Korangi, and targeted 5 Pathans waiting for a bus. Two days later Shahrukh and partner fired on a ANP office near the Wireless gate, this time firing was done from an Alto car. Moreover they fired on a CNG station in Gulistan-e-Johar which resulted in injuring 3 people. The next day at night, they fired on Johar Sweets Pathan Hotel and injured three people. He also revealed that the firing at Café Piyala in F.C. Area and at Ahmed Comforts in Gulistan-e-Johar and 8 people were injured however no one was killed.



CELLULAR COMPANIES AND OBSCENE ADVERTISEMENTS

By Kashif Hafeez Siddiqui

Allama Iqbal analyzed the western civilization and social its changes. He spotted the money driven culture very early on. The dangers that he predicted due to the western education is still poisoning the Muslim nation.

یورپ میں بہت روشنی علم و ہنر ہے
حق یہ ہے کہ بے چشمہ صیواں ہے یہ ظلمات
رعنائیِ تعمیر میں ، رونق میں ، صفا میں
گر جوں سے کہیں بڑھ کے ہیں ٹینکوں کی عمارات
ظاہر میں تجارت ہے حقیقت میں جوا ہے
سو ایک کا لاکھوں کے لئے مرگِ مفاہات
بیکاری و میخواری و عریانی و فحلاں
کیا کم ہیں فرنگیِ مدنیّت کی فتوحات

Among the recent inventions that has transformed our society is the mobile phone. There are two types of mobile companies. The manufacturing and selling of cell phones and those selling the service for phones. Both categories have an advertising policy which is against our values. These companies, especially the Chinese, use obscene and seductive methods to sell their products. They prove their brand sexy by showing westernized women, bare skinned, and in tight fitted or skimpy clothes. To sell the products they are willing to destroy the social values, tradition and decency, therefore also destroying religious values. The decision makers produce obscene,

westernized Ads in India and Pakistan and are not concerned with the immorality of the advertisements if it enables them to make money.

On the other hand, youth are being targeted by mobile phone services. They know that 70% of our population is less than 25 year old, and young people get attracted towards glamour.

People have more than one SIM and students are foolishly trapped into SMS-there are countless packages for SMS. Today a youth sends messages at least 25 times a day. Some even go up to hundred and beyond.

When asked, how many messages are actually written by them the answer was only one or two, the majority, are forwarded even without reading the complete message. Some people believe that cellular companies create jokes and forward it to the customers which are forwarded to others. This chain reaction enables companies to make money. In other words a useful product is used for unproductive pursuits. You will notice that a lone man will seem busy using, writing or reading from a mobile phone. They are busy in an absurd activity.

The companies portray boys and girls involved in flirting and lengthy conversations. This might seem glamorous but the reality is that the hard earnings of the parents are sucked by these international companies.

Readers! Islam discourages any activity that leads to waste of time and money. This

endeavour is prohibited for this very reason. A Muslim's life should not be purposeless - even a minute of our life cannot be wasted. We are appointed as vice-regents to Allah (ﷺ) and the purpose of our life is the establishment of Islam.

Some friends may comment, that why do you bring Islam into every thing. Chatting with friends is not objectionable. This is suffocating; next you will put a ban on breathing? What is wrong with conversing with a friend? You can't you see people happy and content? How do I tell them that I mostly object at the encouragement of conversation with the opposite sex?

There are the limits placed on this by religion, society and culture. Who gave permission to trample these values? Moreover our creator (ﷻ) has created night for rest, comfort and peace not for all night useless chatting. Does our youth have time to waste on useless and lewd chats?

This reminds me of Late Saifeer Hasan Sabzwari's speech titled "Disasters of the tongue". This booklet is worth reading. Let's take a look at the ahadith mentioned in the booklet, and see how they than we will reflect on these ads and the daily chitchat presented.

Prophet Muhammad (peace be upon him) said that "A person who controls his tongue will be saved by its mischief and will utter only those words which will benefit this life and the Hereafter and does not bring up any topic which is forbidden". The prophet (peace be upon him) said "whoever adopts silence will achieve salvation." Abdullah Ibne Sufyan asked the prophet "What should I avoid?" The dear prophet held his tongue and said "Save yourself from this."

Aqba bin Amir relates that Prophet Muhammad (peace be upon him) was asked "What is the way to salvation?" He

responded "be careful what you say, invite guests to your home and ask forgiveness about committed sins." Another hadith is related by Saeed Ibne Jubayr. The Prophet (peace be upon him) said "In the morning, all the body parts (organs and limbs) tell the tongue to fear Allah, if you are straight than we will be straight, and if you are crooked than we will be the same."

Prophet (peace be upon him) also mentioned elsewhere that all the parts of the body complain about the sharpness of the tongue.

At one place the Prophet (peace be upon him) guided us by saying "The tongue of a believer is controlled by the mind, when he intends to speak, he first thinks and then speaks. However the tongue of a hypocrite (مُنَافِق) is not controlled by the mind. He speaks without any consideration and thinking."

The revered companion Maaz related that someone asked the Prophet a question that "Which is the best deed that can be done?" He showed his tongue and put his finger on it and said "Remaining silent is the best deed."

According to Imam Ghazali silence has three advantages. First a person remains in strong spirits because he doesn't fear about the accountability in this life or hereafter. Secondly, time is available for remembrance, thought and prayers. Lastly silence displays dignity.

Imam Ghazali further says that there are four types of speech, one of which is completely harmful, so it's better to remain silent. The second type of speech is where it contains both advantages and disadvantages, silence is also preferred in this case. The third type is in which it does not have any benefit or harm, this is a waste of time, which is damaging and a sin as well.

Only the fourth kind is that which is full of benefits, in this case speech is allowed but the danger of showing off, selfishness, slander, and back biting is great. Therefore the best option is to remain silent.

It is true that Islam is applicable to all facets of life. Conversation is considered important in Islam, however, silence and brief speech is also an important part of Islam. Human beings hear the continuous call to prayers, and on the other hand to sell a brand or a product "Long talk all night" (لمی بات ساری رات), "Say everything" (سب کہ دو), "Unique words" (ایمول پول), "Friends and family members" and numerous others are a continuous message of useless talk and meaning less existence.

Situations should be understood through background and its potential. Playing, laughing, talking to each other is not a bad thing but it also amounts to wasting of time and to be non productive. If we spend our time in worthless activities instead of good deeds how can we ever reach our

destination and will be a failure in this life and embarrassment in afterlife. May be this is the reason Iqbal said:

میر سپاہ ناسزا ، لشکریاں شکستہ صف
آہ وہ تیر نیم کش جس کا نہ ہو کوئی ہدف
تیرے محیط میں کہیں گوہر زندگی نہیں
ڈھونڈ چکا میں موج موج، دیکھ چکا صدف صدف
عشق تباں سے ہاتھ اٹھا اپنی خودی میں ڈوب جا
لقص و نگار میں خون جگر نہ کر تلف
شل کلیم ہو اگر معرکہ آزا کوئی
اب بھی درخت طور سے آتی ہے بانگ لائیف

The point is that reality should be acknowledged. The apparent glamour that dazzles the heart and minds should not make us forget the reason of our existence, which is only one:

میری زندگی کا مقصد تیرے دین کی سرفرازی

01
Karachi Psychiatric Hospital
01


Cordially invites you to celebrate

The World Mental Health Day

(Family Fun & Dinner)

On October 2nd 2011, Sunday at 4:30 p.m.

At Karachi Expo Center (Hall-6)



Chief Guest

Prof. Raguwan Top

Head of Department of Psychiatry PIMS, Islamabad

Sunday

2nd

October

2011

Life Time Achievement Awards

- ✱ *Prof. Eyoq Ahmed Uebro*
FACP, London;
Dean Head of Medical Department
"Bundin Medical University"
- ✱ *Prof. S.H. Mungoor Jaidi*
MDMS, DMRT (Liverpool),
FRCR, FRCPS (US&A), FRCR (London)

Guests of Honor

- ✱ *Prof. Iqbal Afzali*
- ✱ *Dr. Peharq Bashirani*
- ✱ *Dr. Tariq Khan Baghera*
- ✱ *Dr. Abdul Hamood Memon*
- ✱ *Dr. Mani Akmal Asiri*
- ✱ *Dr. Abdul Hamood Memon*

Celebrities + Comedians – Family Fun & Gala – Lucky Draws

(Entry by card only – valid for one person)

CELLPHONE RADIATION MAY CAUSE CANCER, ADVISORY PANEL SAYS

By TARA PARKER-POPE and FELICITY BARRINGER

New York Times - MAY 31, 2011

Loic Venance/Agence France-Presse - Getty Images
Cellphones are "possibly carcinogenic to humans," reports a World Health Organization panel.

A World Health Organization panel has concluded that cellphones are "possibly carcinogenic," putting the popular devices in the same category as certain dry cleaning chemicals and pesticides, as a potential threat to human health.

The finding, from the agency's International Agency for Research on Cancer, adds to concerns among a small but growing group of experts about the health effects of low levels of radiation emitted by cellphones. The panel, which consisted of 31 scientists from 14 countries, was led by Dr. Jonathan M. Samet, a physician and epidemiologist at the University of Southern California and a member of President Obama's National Cancer Advisory Board.

The group didn't conduct any new research but reviewed numerous existing studies that focused on the health effects of radio frequency magnetic fields, which are emitted by cellphones. During a news conference, Dr. Samet said the panel's decision to classify cellphones as "possibly carcinogenic" was based largely on epidemiological data showing an increased risk among heavy cellphone users of a rare type of brain tumor called a glioma.

Last year, a 13-country study called Interphone, the largest and longest study of the link between cellphone use and brain tumors, found no overall increased risk, but reported that participants with the highest level of cellphone use had a 40 percent higher risk of glioma. (Even if the elevated risk is confirmed, gliomas are relatively rare and thus individual risk remains minimal.)

Most major medical groups, including the American Cancer Society and the National Cancer Institute, have said the existing data on cellphones and health has been reassuring. For years, concerns about the health effects of cellphones have been largely dismissed because the radio frequency waves emitted from the devices are believed to be benign. Cellphones emit nonionizing radiation, waves of energy that are too weak to break chemical bonds or to set off the DNA damage known to cause cancers. Scientists have said repeatedly that there is no known biological mechanism to explain how nonionizing radiation might lead to cancer or other health problems.

The W.H.O. panel ruled only that cellphones be classified as Category 2B, meaning they are possibly carcinogenic to humans, a designation the panel has given to 240 other agents, including the pesticide DDT, engine exhaust, lead and various industrial chemicals. Also on the list are two familiar

foods, pickled vegetables and coffee, which the cellphone industry was quick to point out.

"This I.A.R.C. classification does not mean cellphones cause cancer," John Walls, vice president for public affairs for CTIA-The Wireless Association, an industry group, said in a statement. Mr. Walls noted that both the Federal Communications Commission and the Food and Drug Administration have concluded that the weight of the scientific evidence does not link cellphones with cancer or other health problems.

This year, The Journal of the American Medical Association reported on research from the National Institutes of Health, which found that less than an hour of cellphone use can speed up brain activity in the area closest to the phone antenna. The study was among the first and largest to document that the weak radio frequency signals from cellphones have a measurable effect on the brain. The research also offers a potential, albeit hypothetical, explanation for how low levels of nonionizing radiation could cause harm without breaking chemical bonds, possibly by triggering the formation of free radicals or an inflammatory response in the brain.

"We looked carefully at the physical phenomena by which exposure to such fields might perturb biological systems and lead to cancers," said Dr. Samet. But he said the result was inconclusive, adding, "We found some threads of evidence about how cancer might occur but have to acknowledge gaps and uncertainties."

The panel made no comment on how large or small a risk cellphone radiation may pose to human health. "Our task was not to quantify risk," said Dr. Samet.

Although the panel did not make specific recommendations to consumers, a

representative did note that using a hands-free headset during a conversation or communicating via text message would be options for lowering radio frequency exposure.

The panel's recommendation is unlikely to have any immediate effect, but is expected to be used as guidance by the World Health Organization, which may make recommendations about cellphone safety.

Still, Louis Slesin, editor of Microwave News, a newsletter that focuses on nonionizing radiation, said in an e-mail that the fact that the W.H.O.'s cancer panel had expressed concern had the potential to change the debate about the health risks of cellphones. "It's a wake-up call for the telecom industry and for the U.S. government to take cellphone radiation seriously," he said. "The first step should be limiting the use of cellphones by children."

Henry C. Lai, a professor of bioengineering at the University of Washington in Seattle and an expert in electromagnetic fields, said the credibility of the W.H.O. panel made it difficult to dismiss the findings.

"The debate will go on, except this is the first statement from the W.H.O. saying we should be careful with exposure to this kind of radiation," he said. "It's quite a mixture of people, and some very respectable researchers. If someone says this panel isn't good, I don't know who else we should be listening to."

Dr. Lai added that the solution to concerns about cellphone risks is relatively simple. "A precautionary approach is the best policy," he said. "If people use cellphones, they should consider using an earpiece. Just keep the phone away from the head."

<http://well.blogs.nytimes.com/2011/05/31>

HELPLESS MEDIA

By **Kashif Hafeez Siddiqui**

Translation by **Mehjabeen**

I said to him that "Your claim is that you are honestly working as a social worker and as a pillar of state." He replied "Yes, that is true. I bring the inside of the news, keep an eye over every news and work honestly." I again taunted him by saying "Do you always write, speak, and tell the truth?" He replied "Yes telling the truth is my job." I asked him sarcastically "Do you really believe that you are telling the truth?" He got annoyed and asked "Do you doubt me?" I looked into his eyes, and said, "Yes, I don't only doubt you but strongly believe that you do not tell the truth, instead you hide it. You are afraid. You are safeguarding your own interests". I blurted out everything in a single breath. "You are insulting me". He got angry. I replied "Yes I am insulting you because you are continually insulting me". "But how?" he asked innocently. How could I tell him that the era of the dictators was better in a way? The censor policies were clear. Everybody knew the black and white pages in the newspapers were censored news. The official limits were determined. When the journalist knew that his pen-ship has been confiscated and his news was censored. When Shaheed Salahuddin and Shorish Kashmiri were imprisoned, they end up in prisons but never compromised in their writings. In Ayub's period, Pakistan Press and Publications Ordinance was enforced, whereas in the times of Bhutto the declarations of opposition newspapers and magazines were cancelled. Under the rule of Zia-ul-Haq the white between columns and news displayed the official policy. But today...?

The journey that started with a pen has

arrived to the camera. Now "Seeing is believing" is the new slogan. According to a saying that "nobody reads anymore" has lessened the influence of the pen. The situation is that the writers are now TV show hosts. The problem is that they do not have the freedom to write, freedom of speech nor freedom of a recording eye.

Every action is regulated by bullying threats and cheating, just pick and watch the last week's TV broadcasts. The impression found is that only one political party (M.Q.M) exists in the country. It seems like they are going to achieve some great change. There are discussions, news and analysis. Every minute of the preparation of the gathering is covered by media. We were being bombard with the propaganda. We were forced to receive this indoctrination. There was live coverage of the event. Even the president and the vice president have not yet received this kind of coverage. Elected opposition leaders are not covered this extensively. Is this coverage not a right of other political parties? Why this special treatment only for one party? This is the question that media authorities have to answer. Was this the first program of this political group? Were they organizing a first ever event at Minar-e-Pakistan? No, absolutely not. This circus was set before and the carnival was arranged many times.

Everyone knows that office bearers from the Punjab press were being brought to Karachi. Even the officials of Pind Dadan Khan press-club were brought and made to stay in posh hotels, some liberal journalists were given awards, events were held.

Amongst them was the one who once wrote

speeches for Nawaz Sharif. He is now flattering the emperors of today. He was all praise for M.Q.M but mentioned nothing about the massacre of 12th May, 2007.

Special interviews were done, speeches were made, and Punjabis were urged to rise up, why? Why don't other parties get this opportunity? Why this one-sided coverage? The question is that if someone in Karachi arranges a program like this will the media give them such coverage?

Wali Babar Shaheed was given a title of the "martyr of journalism", they were demanding the arrest of his killers but after the arrest of the murders from Gulshan e Iqbal they become mute. Why aren't they demanding to expose the killers' political affiliations? Why aren't they demanding punishment for the crime? Why is not any TV channel covering the news of Ajmal Pahari? Is the media free? Are they fearless? Media is scared and oppressed. Only specific news lines can be broadcasted. The name of the modern architect of Karachi Naimat ullah Khan, is never mentioned. His opening of new doors for development and progress are not mentioned due to political pressure. These TV channel anchors are showing their loyalty more than the king himself. Should this be called political pressure or political suppression, we are not sure. Censorship is still in place and dictations are accepted just like during the dictatorial rule. All institutions of media are in this grip. It seems like Karachi is handed over on a contract. Even the big wig TV journalists are 'careful' with their words, they don't want to antagonize the 'brothers'. The reality is that the media is not free. Mostly are under pressure and deceptive. Some are busy partying with the Americans while the others are benefiting from the Hajj frauds. Some are getting land as holy gifts while others are being rewarded

by receiving award for best efforts. People are forced to watch selective shows, listen to selective opinions and understand only selective ideologies. Personalities like Zaid Hamid are made guest by this media. They do not feel the need to have proper topics. A person does not need a good character. All that matters, is the rating of the show. Which program will get more advertisements? They are ready to sacrifice this culture, society, modesty, ethics, virtues, tolerance, honor and emotions for money. Why should they care?

It will have dangerous consequences, if the media coverage is achieved by threats and abuse. Everyone will be encouraged to use this method. No well known newspaper, till this day, had the courage to estimate the participants of the MQM event in Lahore. Reason is that no one has the courage to tell the truth. Nobody is bold enough to deliver true news. Either their vision is petrified or speech is muted. The ink of the pen has dried or they do not dare to expose. This so called slogan of truth is nothing but a lie and deception. Everyone knows who hijacked the traders strike. Banners were put up in a single night. However, an anchor person of a major TV channel was busy praising the effective strike. Did he not know the truth? Every soul knows the enemies of Karachi. Who deals with citizens like sheep and goats? Who thinks of masses as without any status?

مجھے اس قتل کے موسم سے بچا اے رہا غن

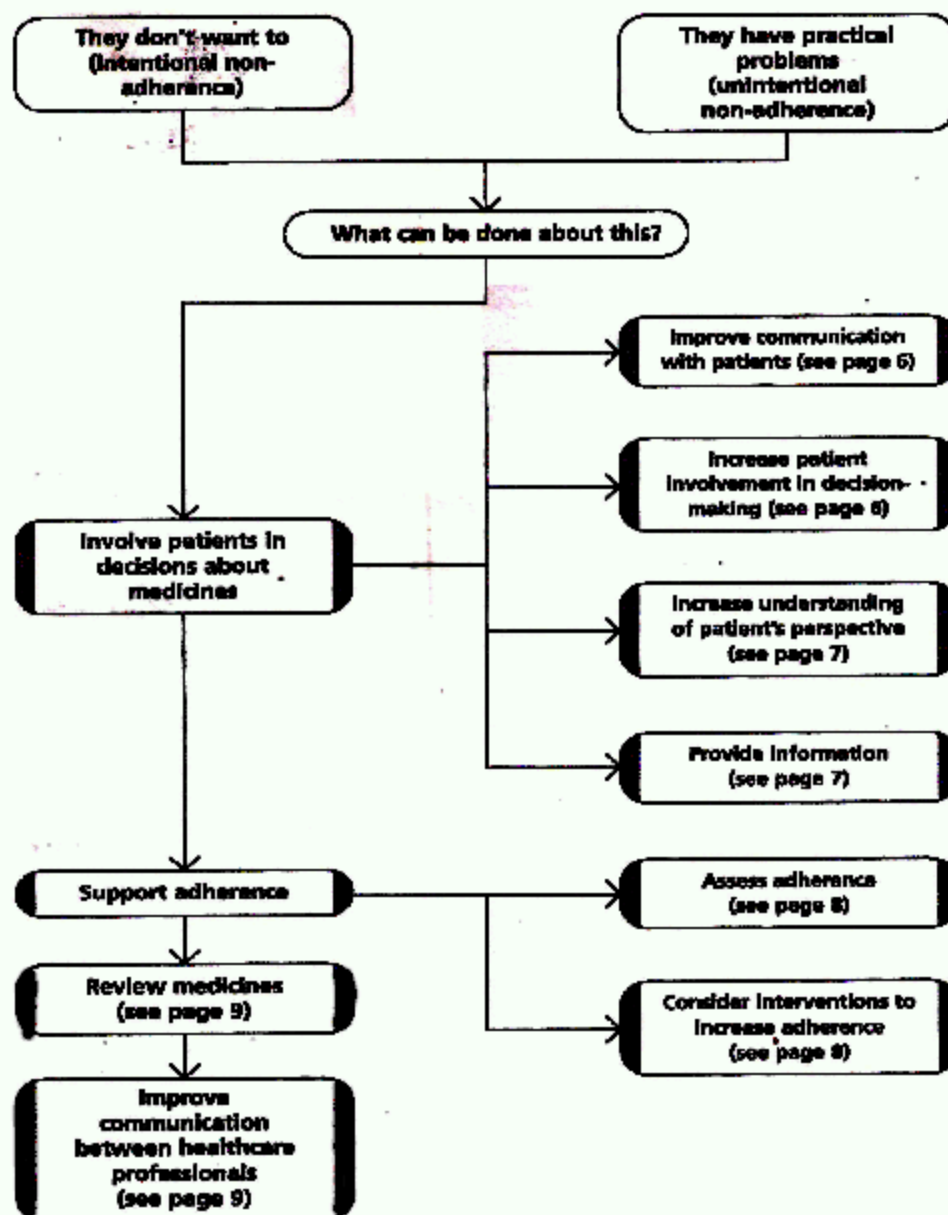
بہ ل غن ، عرض غن کو رہیں

We are not sure whether to consider the media helpless or as a gang of thugs, safeguarding their interests. Did the media have the moral courage to show the great rallies for the support of the law of the defamation of prophet in Karachi and Lahore? They did not cover this event, so what should we say about them? Please tell us!

MEDICINE ADHERENCE

NATIONAL INSTITUTE FOR HEALTH AND CLINICAL EXCELLENCE

Why don't some patients use their medicines as prescribed?



Introduction

Between a third and a half of medicines that are prescribed for long-term conditions are not used as recommended. This represents a health loss for patients and an economic loss for society.

Non-adherence should not be considered the patient's problem. Rather, it usually results from a failure to fully agree the prescription with the patient in the first place and to support the patient once the medicine has been dispensed.

Non-adherence falls into two overlapping categories: intentional (the patient decides not to follow the treatment recommendations) and unintentional (the patient wants to follow the treatment recommendations but has practical problems).

To understand non-adherence we need to consider perceptual factors (beliefs and preferences) that influence motivation to start and continue treatment as well as practical factors.

This requires:

- An open, no-blame approach that encourages patients to discuss any doubts or concerns about treatment
- A patient-centred approach that encourages informed adherence
- Identification of perceptual and practical barriers to adherence at the time of prescribing and during regular review.

Patient-centred care

Treatment and care should take into account patients' individual needs and preferences. Good communication, supported by evidence-based information, is essential. If the patient agrees, families and carers should have the opportunity to be involved in decisions about treatment and care.

Key principles

- Healthcare professionals should adapt

their consultation style to the needs of individual patients so that all patients have the opportunity to be involved in decisions about their medicines at the level they wish.

- Establish the most effective way of communicating with each patient and, if necessary, consider ways of making information accessible and understandable (for example, using pictures, symbols, large print, different languages, an interpreter or a patient advocate).
- Offer all patients the opportunity to be involved in making decisions about prescribed medicines. Establish what level of involvement in decision-making the patient would like.
- Be aware that increasing patient involvement may mean that the patient decides not to take or to stop taking a medicine. If in the healthcare professional's view this could have an adverse effect, then the information provided to the patient on risks and benefits and the patient's decision should be recorded.
- Accept that the patient has the right to decide not to take a medicine, even if you do not agree with the decision, as long as the patient has the capacity to make an informed decision and has been provided with the information needed to make such a decision.
- Be aware that patients' concerns about medicines, and whether they believe they need them, affect how and whether they take their prescribed medicines.
- Offer patients information that is relevant to their condition, possible treatments and personal circumstances, and that is easy to understand and free from jargon.
- Recognise that non-adherence is common

and that most patients are non-adherent sometimes. Routinely assess adherence in a non-judgemental way whenever you prescribe, dispense and review medicines.

- Be aware that although adherence can be improved, no specific intervention can be recommended for all patients. Tailor any intervention to increase adherence to the specific difficulties with adherence the patient is experiencing.
- Review patient knowledge, understanding and concerns about medicines, and a patient's view of their need for medicine at intervals agreed with the patient, because these may change over time.
- Offer repeat information and review to patients, especially when treating long-term conditions with multiple medicines.

Involving patients in decisions about medicines

Improving communication

Good communication is needed for involving patients in decisions about medicines. Some patients find it more difficult than others to communicate with healthcare professionals. You can improve communication by:

- adapting your consultation style to patients' needs
- considering any disabilities which may affect patient communication
- establishing the best way to communicate with each patient and considering the use of communication aids such as pictures, large print, information in different languages, an interpreter or advocate
- asking open-ended questions because these are more likely to uncover concerns
- encouraging patients to ask questions.

Increasing patient involvement

Increasing patient involvement in decision-making requires that healthcare

professionals acknowledge patients' views about their condition and treatment and that both healthcare professional and patient have a role in making decisions about treatments. You can increase patient involvement by:

- clearly explaining the condition and the pros and cons of treatment
- clarifying what the patient hopes the treatment will achieve
- talking and listening to the patient and noting any non-verbal cues rather than making assumptions about patients' preferences about treatment
- helping patients to make decisions based on likely benefits and risks rather than misconceptions
- accepting that:
 - patients may have different views from healthcare professionals about risks, benefits and side effects
 - patients have the right to decide not to take a medicine as long as they have capacity and have been given the information to make an informed decision
- encouraging and supporting patients, families and carers to keep an up-to-date list of prescription and non-prescription medicines, and allergies or adverse reactions.

If the patient decides not to take or to stop taking a medicine and in your view this could be harmful, record the decision and the information provided on risks and benefits.

Understanding the patient's perspective

Patients sometimes make decisions about medicines based on their understanding of their condition and possible treatments, their view of their need for the medicine and their concerns. You can improve your understanding of the patient's perspective by:

- asking patients what they know and

believe about medicines and their need for a medicine before prescribing and when reviewing

- asking about general or specific concerns (such as adverse effects or dependence) and addressing these
- bearing in mind that patients may wish to minimize their medicines and to discuss:
 - what will happen if they don't take the medicine
 - non-pharmacological alternatives
 - reducing or stopping long-term medicines
 - fitting medicines into their routine
 - choosing between medicines.

If the patient has specific concerns, record a summary of the discussion.

Providing information

Patients need information about their condition and possible treatments for involvement in decision-making. The format and content should meet the needs of individual patients.

- Before you prescribe, offer patients (including inpatients) clear relevant information. This will probably include but should not be limited to:
 - what the medicine is, how to use it and likely benefits
 - likely adverse effects and what to do if they think they are experiencing them
 - what to do if they miss a dose
- Check that patients have information they wish when medicines are dispensed.
- Check that patients have understood the information and discuss it with them, taking into account what they understand and believe about the condition and treatment.
- Do not assume that patient information leaflets (PILs) will meet all patients' needs. Address any concerns raised as a result of

information provided by PILs.

- Suggest where patients might find reliable information and support after the consultation.

Supporting adherence

Healthcare professionals are not always aware when patients don't use their medicines as prescribed. Assessing adherence is not about monitoring patients but rather finding out whether patients need more information and support. You should routinely assess adherence in a non-judgemental way whenever you prescribe, dispense and review medicines. You should consider:

- asking patients if they have missed any doses recently; make it easier for them by:
 - asking in a way that does not apportion blame
 - explaining why you are asking
 - mentioning a specific time (such as in the past week)
 - asking about medicine-taking habits
- using records of prescription re-ordering, pharmacy patient medication records and return of unused medicines to identify non-adherence and patients needing support.

Interventions to increase adherence

Patients may need support to help them use their medicines effectively. This may take the form of further information and discussion or changes to the type of medicine or regimen. Any intervention to support adherence should be discussed with the patient, considered on a case-by-case basis and should address the concerns and needs of individual patients.

- If a patient is non-adherent discuss whether this is because of beliefs and concerns (intentional non-adherence) or practical problems (unintentional non-adherence).

- Address any beliefs and concerns the patient has about their medicines.
- Because evidence is inconclusive, only use interventions to overcome practical problems if there is a specific need. Interventions might include:
 - suggesting patients record their medicine-taking
 - encouraging patients to monitor their condition
 - simplifying the dosing regimen
 - using alternative packaging
 - using a multi-compartment medicines system.
- If side effects are a problem:
 - discuss benefits, side effects and long-term effects and how the patient would like to deal with side effects
 - consider adjusting the dosage, switching to another medicine, and other strategies such as changing the timing of medicines.
- Ask if prescriptions costs are a problem and consider options for reducing costs.

Reviewing medicines

Patients may use medicines long term. The initial decision to prescribe medicines, the patient's experience of using the medicines and the patient's needs for adherence support may change over time and should be reviewed regularly.

- Offer repeat information and review, especially when treating long-term conditions with multiple medicines.
- Review at agreed intervals patients' knowledge, understanding and concerns about medicines and whether they think they still need the medicine.
- Ask about adherence when reviewing medicines. Clarify possible causes of non-adherence and agree any action with the patient (including a date for follow-up).

- Bear in mind that patients sometimes evaluate prescribed medicines in their own way (for example, by stopping and starting them and monitoring symptoms). Ask the patient if they have their own way of weighing up their medicine.

Improving communication between healthcare Professionals

Patients may be under the care of healthcare professionals from different disciplines and specialties at the same time. Responsibility for patients' care may be transferred between healthcare professionals and medicines reviews may be carried out by healthcare professionals other than the prescriber. Good communication between healthcare professionals is needed to ensure that fragmentation of care does not occur.

- When reviewing medicines inform the prescriber of the review and its outcome.
- Ensure there are robust processes for communicating with other healthcare professionals involved in the patient's care.
- On transfer between services (for example, discharge from hospital) give all patients and subsequent healthcare or other providers a written report containing:
 - the patient's diagnosis
 - a list of all medicines the patient should be taking
 - clear identification of any new medicines that were started
 - clear identification of any medicines that were stopped with reasons
 - clear information on which medicines should be continued after transfer and for how long
 - any known adverse reactions and allergies
 - any potential difficulties with adherence and any actions taken (for example, provision of a multi-compartment medicines system).

PRESS RELEASE JOINT ACTION COMMITTEE OF DOCTORS

**Dr. Mohammad Idrees Adhi, President PMA &
Chairman Joint Action Committee of Doctors**

Joint action committee of Doctors under the Chairmanship of Prof. Idrees Adhi, has serious concerns over Direct Registration of FIRs, against the attending Physician, in Police Stations, in cases of Mishap. Joint action committee has serious concerns over the Safety issues of Doctors working in Public and Private Sector Hospitals.

It has become a usual practice that whenever any mishap occurs, the relatives and other people, gather at scene, create hostile atmosphere for health care workers. This results in mob attacks that not only destroy the hospital property, but also the lives of medical professionals.

In cases of death or any complication, which is part of medical practice, the relatives straight away register case against the serving Doctor. The Police also do not hesitate and without delay does so at times under political and other pressures. This follows the arrests of the health care workers and thus starts the almost never-ending process of going to the courts.

This gives an impression that Life and Death is in the hands of Doctors. It is not the case as everybody knows.

It is very difficult to work in such an atmosphere. The Deaths and Complications are part of Treatment. There are known serious complications to certain

conditions, and in obstetrical and all other medical and surgical especially, a simple normal case can complicate any time.

The non-technical persons cannot understand these. They should not be allowed to give their verdict on these cases and register FIR.

We strongly demand that No Prosecution, or Legal proceeding shall Lie against the health care provider except before the commission related to provision of health care never support negligence but that needs to be proved scientifically.

NO direct case under section 302 may be registered against doctor until his negligence is proved by a special / technical committee.

We demand that Physical Attacks on doctors and health providers while they are performing their duties should be taken as INTERFERENCE in duties.

These attacks should be taken as serious offences and culprits should be punished according to the LAW. The violator should be fined and imprisonment up to one year or both. This particular aspect should be widely communicated through media for the information of general public.

Security and protection while on duty of the HCW should be the responsibility of organization availing their services

The organizations public or private /

government - local or provincial or for which the doctors/health care workers are working must provide them protection, both physical and legal.

In case of physical injury incurred while performing the duties, the Doctors and Health Care Workers should be fully compensated.

Doctors and health care workers should have legal protection and in case of damage the administration must own the responsibility of legal cover and financial and legal help accordingly.

The Registered FIRs against doctors should be cancelled, and the SHOs who did so without investigations should be suspended from duties.

The Chief Minister, the Governor and the Health Minister should instruct the authorities not to register cases against Health care workers, without investigations by a proper commission.

If these FIRs are not cancelled, and the SHO who did that is not suspended, we will be forced to stop all and close our clinics and hospitals. Govt. knows it very well that without private sector sharing its burden, Govt cannot run its system on its own.

Qaim Ali Shah had promised to us in February to bring an ordinance regarding this issue in Assembly and we are still waiting the action in this regard.



عید کا دن عید بھی ہے اور عید بھی

محمد یوسف اصلاحی

جن کم نصیبوں کو خدا کے رسول ﷺ محروم اور بجاہ حال نہیں، کون کہہ سکتا ہے کہ ان کو بھی عید کی خوشی منانے اور مبارکباد دینے کا حق ہے۔ جو خوش نصیب عید کی مبارکباد اور خوشی کے واقعی حق دار ہیں، ان کا ایران فروز حال خود نبی کریم ﷺ کی زبان سے سننے اور اس آرزو کو پورا کرنے میں لگ جائے کہ آپ کا شاہجی انجی لوگوں میں ہو۔ نبی ﷺ نے فرمایا: جب عید کی صبح نمودار ہوئی چلو اللہ تعالیٰ اپنے فرشتوں کو ہر شہر اور ہر بستی کی طرف روانہ کر دیتا ہے فرشتے زمین میں اتر کر ہر گلی اور ہر راستے کے سوڑ پر کھڑے ہو جاتے ہیں اور پکارا کرتے ہیں۔ ان کی پکار ساری مخلوق سنتی ہے مگر انسان اور جن جنس بن پاتے۔ وہ پکارا کرتے ہیں:

اے محمد ﷺ کی امت کے لوگو! اٹھو اپنے گھروں سے اور چلو اپنے پروردگار کی طرف! تمہارا پروردگار بہت ہی زیادہ دینے والا اور بڑے سے بڑے قصور کو ساف کرنے والا ہے اور جب مسلمان عید گاہ کی طرف جانے لگتے ہیں تو خدا نے عزوجل اپنے فرشتوں سے مخاطب ہو کر پوچھتا ہے: میرے فرشتو! اس مزدور کا صلہ کیا ہے، جس نے اپنے رب کا کام پورا کیا؟ فرشتے کہتے ہیں: اے ہمارے محبوب! اے ہمارے سچے! اس مزدور کا صلہ یہ ہے کہ اسے مہربان پروردگار دی جائے۔ اس پر خدا کا ارشاد ہوتا ہے: فرشتو! تم سب گواہ ہو جاؤ کہ میں نے اپنے بندوں کو جو رمضان مہر روزے رکھتے رہو تو حق پڑھتے رہے اس کے صلے میں اپنی خوش فودی سے نواز دیا اور ان کی مغفرت فرمادی۔

پھر خدا اپنے بندوں سے کہتا ہے: میرے پیارے بندو! مانگو مجھ سے جو کچھ مانگتے ہو۔ مجھے میری عزت کی قسم! مجھے میرے جلال کی قسم! آج عید کے اس اجتماع میں تم اپنی آخرت بنانے کے لئے مجھ سے جو مانگو گے عطا کروں گا اور اپنی دنیا بنانے کے لئے جو چاہو گے، اس میں بھی تمہاری بھلائی کو پیش نظر رکھوں گا..... میں تمہارے قصوروں پر پردہ ڈالتا رہوں گا۔ مجھے میری عزت کی قسم! مجھے میرے جلال کی قسم! میں تمہیں بحر سوس کے سائے ہرگز ذیل اور روانہ کروں گا۔ جاؤ تم اپنے گھروں کو بخشنے بخشائے لوٹ جاؤ، تم مجھے راضی کرنے میں لگے رہے ہو، میں تم سے راضی ہو گیا۔

فرشتے! اس رات پر خوشی سے جھوم اٹھتے ہیں اور خدا کی اس بخشش اور نوازش پر خوشیاں مناتے ہیں، جو اپنے بندوں پر فرماتا ہے: جو رمضان مہر کے روزے رکھ کر آج اپنا روزہ کھولتے ہیں۔ (مترغیب، ج ۲، ص ۱۰۱)۔ (شعور جیسا سے انتخاب)

عید کا دن بھی ہے اور عید بھی، یہ مبارکباد کا دن بھی ہے اور تعزیت کا دن بھی۔ مبارکباد کا دن ان خوش نصیبوں کے لئے ہے جن کا رمضان شکر گزار کی حالت میں گزرا اور تعزیت کا دن ان کم نصیبوں کے لئے ہے جن کا رمضان اس طرح گزرا کہ وہ اس کی برکتوں سے محروم ہی رہے بے شک ایسے لوگوں کے لئے عید، عید کا دن ہے یہ مبارکباد کے نہیں تعزیت کے مستحق ہیں۔ یہ مبارکباد کا دن بھی ہے اور تعزیت کا بھی۔ مبارکباد اس کے لئے جس سے رمضان خوش خوش رخصت ہوا اور تعزیت کا دن ہے اس کے لئے جس سے رمضان رخصت ہو گیا اور وہ اس سے محروم ہی رہا۔

عید انظر بقیہ مسلمانوں کے لئے اظہار مسرت کا دن ہے عید اکا دیا ہو تبوار ہے مگر یہ ضرور سوچنے کی بات ہے کہ خوشی کس بات کی؟ رمضان اپنی تمام برکتوں اور رحمتوں کے ساتھ آپ پر سایہ لگن ہوا۔ آپ نے اس کو خدا کا انعام سمجھ کر اگر اپنی طاقت بنانے اور مغفرت و خیرات کا سامان کرنے کی فکر کی چلو بے شک یہ خوشی کی بات ہے اور آپ عید انظر کا تبوار منانے کے مستحق ہیں، مگر جس کم نصیب نے رمضان کی مبارک ساعتموں میں ذرا بھی اپنی مغفرت و خیرات کی فکر نہیں کی، رمضان کا سارا مہینہ اس نے یوں ہی غفلت اور محرومی میں گزرا دیا، خدا کو خوش کرنے کے بجائے اس نے خدا کا غضب اور بھڑکایا، اس کو بھلا کیا حق ہے کہ وہ عید کا تبوار منائے اور خوشی کا اظہار کرے۔ وہ آخر کس بات کی خوشی منائے اور کس منہ سے خدا کی بڑائی ظاہر کرنے کے لئے نکلیں گے۔

اس شخص کی ہلاکت اور محرومی میں کس کو شک ہو سکتا ہے جس کی تاجی اور ہلاکت کے لئے جبرئیل امین بوڈھا کریں اور بدوہا پر رسول مقبول ﷺ آئیں کہیں۔

ایک دن نبی ﷺ خطبہ دینے کے لئے منبر پر چڑھنے لگے۔ پہلے زبے پر جب آپ ﷺ نے قدم رکھا تو فرمایا: آمین۔ دوسرے زبے پر قدم رکھا تو پھر فرمایا: آمین۔ تیسرے زبے پر قدم رکھا تو فرمایا: آمین۔ خطبہ دے کر جب آپ ﷺ فارغ ہوئے تو صحابہ کرام نے پوچھا: حضور ﷺ! آج ہم نے یہ لکھی بات دیکھی کہ اس سے پہلے کبھی نہیں دیکھی تھی۔ فرمایا: جب میں خطبہ دینے کے لئے منبر پر چڑھنے لگا اور منبر کے پہلے زبے پر قدم رکھا تو جبرئیل امین نمودار ہوئے اور انہوں نے کہا: خدا اس شخص کو ہلاک کر دے جس نے رمضان کا مہینہ پایا اور پھر بھی اپنی مغفرت کا سامان نہیں کیا۔ اس پر میں نے کہا: آمین.....

NOAM CHOMSKY REACTS TO

Says US violated international laws

NOAM CHOMSKY REACTS TO

Says US violated international laws

NOAM CHOMSKY REACTS TO

Says US violated international laws

NOAM CHOMSKY REACTS TO

NOAM CHOMSKY REACTS TO

NOAM CHOMSKY REACTS TO

Question on addiction, sex, psychiatric or the possession syndromes

First fold here

Second fold here

Remarks about the bulletin

Third fold here



Remarks about the bulletin

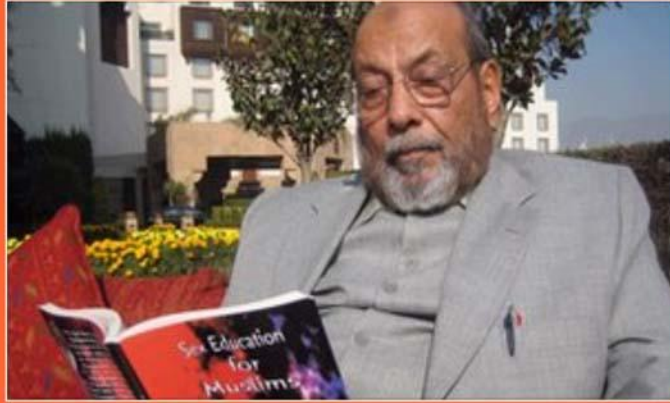
From

THE EDITOR
KARACHI PSYCHIATRIC HOSPITAL
B-1/14, NAZIMABAD # 3,
KARACHI, PAKISTAN-74600

Stamp not necessary
in mailed in Pakistan
Postage will be
paid by addressee

Staple or stick with tape





KARACHI PSYCHIATRIC HOSPITAL

**Sex Education
for
Muslims**

Dr. Syed Mubeen Akhtar

Rs. 250/-

CAN BE HAD FROM:

NAZIMABAD NO.3
B-1/14, Nazimabad-3,
Karachi.
Ph: 021-111-760-760
36612187
36610366

KARACHI ADDICTION
HOSPITAL
Rimpa Plaza, M.A.
Jinnah Road, Karachi.
Ph: 32720414
32721504

LANDHI
Quadabad Al-Syed
Center, Karachi.
Ph: 35013533
35016532

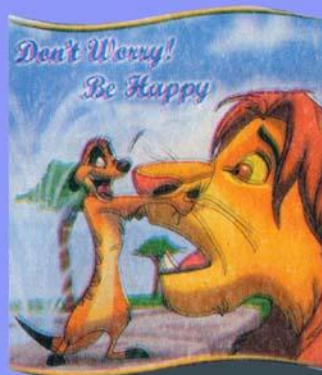
HYDERABAD BRANCH
B-81, Block-A, Unit No. 4,
Latifabad, Hyderabad.
Ph: 022-111-760-760
222-3812354
022-3818333

نوجوانوں کے خصوصی مسائل
شادی سے پہلے شادی کے بعد
خواتین اور مردوں کے نفسیاتی طبی اور شرعی معلومات



ڈاکٹر سید مبین اختر

Rs. 250/-



Produces Tranquility So A Great Companion

The Alprazolam
a world accepted
swift & safe
Tranquilizer for....

Mazolam®
Alprazolam
Tablets 0.25 mg, 0.5 mg & 1 mg

- Anxiety disorder
- Panic disorder
- Depression
- Social Phobia
- Pre-menstrual syndrome



Muzawar Pharma
PMP Ltd. Lahore
Ethical Marketing Division
224-A, First Floor, New Muslim Town, Lahore
Tel: 5941926/27 Fax: 5941928
Email: mp@pmp.com.pk
Factory: 51, km, Ferozepur Road, Lahore.
ph: 5935073/4 Fax: 5935072

