

COAS Munir promoted to ‘Field Marshal’ after India victory

The Prime Minister praised General Munir’s exceptional military leadership, bravery, and strategic command for safeguarding the homeland and upholding national integrity

By Asghar Ali Mubarak

ISLAMABAD: The federal cabinet on Tuesday approved the promotion of Chief of Army Staff (COAS) General Syed Asim Munir to the prestigious rank of Field Marshal, marking only the second time in Pakistan’s history that this rank has been awarded. Prime Minister Shehbaz Sharif congratulated the nation and the military leadership for what he called a “resounding success” in the recent conflict with India.

The decision was taken during a high-level cabinet meeting chaired by the Prime Minister, where ministers hailed Operation Bunyan Mursos as a historic victory that thwarted Indian aggression and safeguarded Pakistan’s sovereignty.

In his remarks, PM Shehbaz Sharif said, “I extend heartfelt congratulations to the entire Pakistani nation on the brilliant success of Operation Bunyan Mursos



and the failure of enemy designs.” The cabinet recalled the unprovoked Indian assault on the night of 6–7 May 2025, targeting civilian areas including women and children, which was condemned as a blatant violation of Pakistan’s sovereignty.

Under General Munir’s leadership, the armed forces responded with exemplary courage, coordination and strategic command. The Prime Minister lauded General Munir for his “exceptional military leadership, bravery and strategic command,” which ensured the

eral Munir rightly deserves this historic elevation to Field Marshal,” the President said.

Field Marshal Asim Munir expressed deep gratitude, dedicating the honor to the nation, the armed forces and especially the martyrs and veterans. “This is not a personal achievement but a tribute to the armed forces and the people of Pakistan,” he said in an official ISPR statement.

Born in Rawalpindi in 1968, General Munir hails from a Punjabi family with roots in Jalandhar, India. His father, Syed Sarwar Munir, was a school principal and mosque imam in Rawalpindi. Munir received early religious education and was also a skilled local fast bowler in cricket. He became the 11th Chief of Army Staff in November 2022, the most senior lieutenant general at the time of his appointment. Munir is the only army chief in Pakistan’s history to have led both Military Intelligence and ISI.

King Salman hails Trump’s visit

News Desk

RIYADH: Saudi Arabia’s King Salman bin Abdulaziz praised the results of the recent visit by US President Donald Trump during a cabinet meeting held under his chairmanship in Riyadh.

The Saudi cabinet described the visit as a “historic step” in strengthening bilateral ties, particularly in strategic and economic areas. Officials said the visit opened a new chapter of cooperation between the two countries.

During the meeting, the cabinet also welcomed the US President’s positive response to Crown Prince Mohammed bin Salman’s diplomatic efforts aimed at lifting sanctions on Syria.

King Salman said lifting the sanctions would help pave the way for rebuilding the war-torn country and boosting its development.

The tone of the cabinet was hopeful, with emphasis on long-term regional stability and mutual economic benefits.

Ogra clears gas tariff revisions, federal approval pending

By our correspondent

ISLAMABAD: Pakistan’s oil and gas regulator has approved revisions in gas tariffs for the country’s two major distribution companies — Sui Northern Gas Pipelines Limited (SNGPL) and Sui Southern Gas Company (SSGC).

The decision now awaits a final approval from the federal government before a formal notification is issued.

According to a spokesperson for the Oil and Gas Regulatory Authority (Ogra), the recommended adjustment includes a reduction of Rs103.95 per MMBTU in SSGC’s tariff, while an increase of Rs116.90 per MMBTU has been proposed for SNGPL.

The proposed changes have been developed with the upcoming financial year 2025–26 in mind, particularly to address the revenue shortfalls projected by both companies. Ogra has also recommended that the federal government determine gas prices based on consumer categories to ensure more structured and targeted pricing.

Additionally, Ogra has placed the matter of SNGPL’s gas management practices before the federal government, urging it to weigh in on critical operational considerations.

Once the summary receives federal approval, Ogra will issue the official notification reflecting the new tariff structure.

China reaffirms support for Pakistan amid India tensions

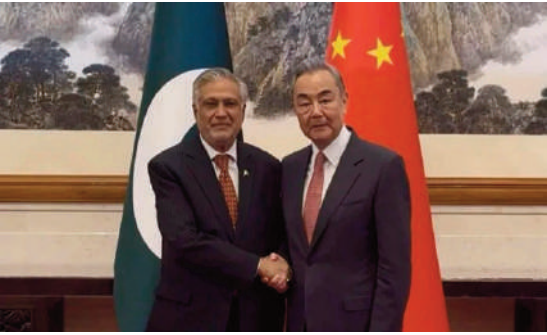
China stands firmly with Pakistan in defending its sovereignty and territorial integrity,” Wang said, reinforcing a decades-old alliance rooted in unwavering strategic trust

News Desk

BEIJING: China’s Foreign Minister Wang Yi has reiterated Beijing’s unwavering support for Pakistan’s sovereignty and regional integrity, calling for peaceful resolution of long-standing disputes between Pakistan and India through dialogue and negotiation. The remarks came during a high-level meeting in Beijing with Pakistan’s Deputy Prime Minister and Foreign Minister, Ishaq Dar, underscoring China’s growing diplomatic engagement in South Asia amid escalating regional tensions.

According to a statement released by China’s foreign ministry, Wang stressed that achieving a comprehensive and durable ceasefire is essential to preventing further instability in the region. He underlined the need for both sides to address their differences through peaceful means, signaling China’s preference for diplomacy over confrontation between its two nuclear-armed neighbors.

“China stands firmly with Pakistan in safeguarding its sovereignty and territorial integrity,” Wang declared, reaffirming a long-standing strategic partnership that has seen the two nations repeatedly describe each other as



“all-weather friends.” His comments come at a moment when Islamabad finds itself navigating both rising conflict along its eastern border and economic vulnerabilities at home.

In addition to regional security, the talks also touched on expanding cooperation between Pakistan and China in critical development sectors. Wang urged deeper collaboration in industry, agriculture, energy, and mineral resources, linking economic growth to stability in the region. He also called for strengthened joint efforts in counter-terrorism, reflecting China’s concern over militant spillover in its western provinces and the broader Belt and Road Initiative corridor.

Prior to the foreign ministers’ meeting, Dar also held discussions with Yu Jianchao, a senior Chinese Communist Party official. In

that exchange, both sides expressed a strong commitment to enhancing political ties between their respective parties. Yu described Pakistan as China’s “iron brother,” a phrase often used to underscore Beijing’s special diplomatic relationship with Islamabad. He affirmed that China would continue to prioritize relations with Pakistan, not just at the state level, but also through party-to-party channels.

The series of high-level meetings in Beijing underline China’s position as a central player in Pakistan’s diplomatic calculus and as a potential stabilizing force in the broader South Asian region. As tensions simmer between Pakistan and India, and with global attention fixed on flashpoints around the world, China appears determined to assert its role as both mediator and development partner.

Rubio warns of tough road ahead in Iran nuclear talks

News Desk

WASHINGTON: US Secretary of State Marco Rubio has admitted that negotiations with Iran over its nuclear program remain fraught with difficulty, describing the path to a comprehensive agreement as far from straightforward. Addressing the Senate Foreign Relations Committee, Rubio said the current talks have largely focused on Iran’s uranium enrichment capabilities—an area that continues to provoke concern among Western powers.

“We’re offering Iran a clear path to peace and prosperity,” Rubio told lawmakers, though he tempered expectations by acknowledging the complex nature of the talks. “It



won’t be easy, but we remain engaged in the negotiation process,” he added, underscoring the Biden administration’s desire to revive diplomacy without offering false hopes of an imminent breakthrough.

Rubio also took the opportunity to clarify reports circulating about US involvement in Palestinian relocations. He said Washington has not discussed evacuating Palestinians from Libya to Gaza, pushing back on speculation that the US was engineering such movements. Instead, he explained, the US is in dialogue with regional partners, encouraging them to voluntarily host displaced Palestinians from Gaza amid the growing humanitarian crisis.

While nuclear diplomacy with Iran remains a key pillar of US foreign policy, Rubio’s comments reflect the broader regional challenges Washington faces, from nuclear non-proliferation to mounting displacement and deprivation in Gaza. The stakes remain high, and the road ahead—both in Tehran and in the war-torn Palestinian enclave—is anything but smooth.

Trump unveils \$175bn ‘Golden Dome’ defence plan

The breakthrough will redefine global warfare, showcasing America’s unmatched edge in cutting-edge innovation and technological dominance

News Desk

WASHINGTON: US President Donald Trump has announced an ambitious new missile defence program, dubbed the “Golden Dome,” which he claims will surpass all existing systems in scope, cost, and technological superiority. In a characteristically bold declaration, Trump said the initiative would be fully operational before the end of his term, positioning it as a cornerstone of American military supremacy and a new chapter in space-based defence.

Valued at \$175 billion, the Golden Dome will be developed entirely within the United States, with Trump insisting it will outperform Israel’s Iron Dome—long regarded as one of the world’s most effective missile defence systems. “This will be more advanced than anything the world has ever seen,” he said, emphasizing the American edge in innovation and high-tech warfare.

While he refrained from explicitly naming any state as a threat, Trump made it clear the system is intended



to secure American skies and bolster strategic resilience amid rising global tensions. His announcement comes at a time when concerns over hypersonic weapons and renewed great-power rivalries are fueling military investments across the globe.

Although he confirmed he had not yet broached the subject with Russian President Vladimir Putin, Trump left little doubt about the system’s space-bound aspirations. He disclosed that parts of the Golden Dome would orbit the Earth, integrating satellite tracking and space-based interceptors in a move that signals a dramatic expansion of American defensive posture beyond terrestrial borders. Critics are likely to raise questions about the feasibility, cost, and geopolitical implications of the project, especially as space increasingly becomes a contested domain.

However, for Trump, who has long positioned himself as a president who champions military strength and American exceptionalism, the Golden Dome represents more than a defence shield—it is a declaration of intent. As the world watches with a mix of scepticism and concern, the launch of the Golden Dome may well reignite debate over the militarisation of space and the escalating race for strategic dominance in the skies above.

Indian Army’s claim on Golden Temple attack proven ‘baseless’

News Desk

AMRITSAR: The Indian army’s allegations of Pakistani attacks on the Golden Temple and the installation of anti-aircraft guns at the sacred site have been strongly refuted. Gyani Raghubir Singh, the chief Granthi of Darbar Sahib in Amritsar, dismissed the Indian government’s accusations as baseless.

Speaking to the media, he said it was inconceivable for anyone to attack Darbar Sahib and called the army’s claims “false, unfounded and ridiculous.” The army’s claim, made by Lieutenant General Someraiwan, that the anti-aircraft guns were installed with the permission of the Granthi, was also firmly rejected by Singh. He said the army never sought his



consent, and even if they had, he would never have allowed any military activity at the holy site, as religious places are not targets.

Singh also described the lieutenant general’s televised statement as “complete lies and groundless propaganda,” emphasizing that no one is allowed to carry weapons inside Darbar Sahib.

He added that he was in the United States from 24 April to 14 May and was not present in Amritsar during the time in question. Even if he had been, such action would never have been permitted.

The Sikh leader accused the Indian army of using the lieutenant general’s statement to cover up its own falsehoods. Following Singh’s clarification, the Indian army retracted its claim about the installation of anti-aircraft guns at the Golden Temple. Previously, the Indian military also accused Pakistan of missile attacks on the site, allegations which Pakistan has already rejected.

UAE, US seal pact for enhanced military partnership

News Desk

DUBAI: The United Arab Emirates and the United States have formalized a new defence agreement designed to intensify their military cooperation and reinforce strategic alignment in a region marked by ongoing geopolitical challenges.

The pact, signed at a ceremony held at the UAE Ministry of Defence in Abu Dhabi, was witnessed by senior officials from both countries, including the Emirati Minister of State for Defence Affairs, Mohammed Al Mazrouei, and US Secretary of Defence, Pete Hegseth. According to an official statement from the Emirati defence ministry, the agreement establishes a comprehensive



framework for long-term collaboration, marking the UAE as a major defence partner of the United States.

The deal outlines a roadmap that spans multiple critical areas of military engagement, including integrated air and missile defence systems, joint efforts on cybersecurity, coordinated disaster re-

sponse, and advanced operational planning. The move has been widely welcomed by officials on both sides, who described the agreement as a significant step toward enhancing regional security and stability.

In an era where threats across the Middle East remain complex and unpredictable, the pact signals a

commitment to stronger defence ties and a shared vision for strategic cooperation. This defence agreement comes amid heightened regional tensions and reflects broader US efforts to strengthen alliances and partnerships in the Gulf, where the UAE plays a pivotal role.

For the Emirates, the pact further cements its position as a key security actor while enhancing its access to American military technology and expertise.

As the two nations move forward with implementation, analysts will be watching closely to see how this strengthened alliance shapes the security dynamics of the Middle East in the months and years ahead.

EDITOR: Ehtasham Anwar
Vol. No. 2
Issue. No. 155
Email: news@metro-morning.com
Ziqad 23, 1446 A.H.



COAS to Field Marshal: A historic elevation

The elevation of General Syed Asim Munir to the rank of Field Marshal marks a profoundly historic moment for Pakistan. It is a milestone not just in his distinguished military career, but also in the country's unfolding narrative of defence and leadership. The title of Field Marshal is no ordinary rank. It stands as the pinnacle of military distinction, a five-star rank far above the rank of general, reserved for those whose service and leadership transcend the ordinary bounds of duty. Before Munir, this rare honor was bestowed only once, to President General Muhammad Ayub Khan in 1959—an era marked by momentous changes in Pakistan's military and political landscape. Now, more than six decades later, Munir joins this exclusive club, signaling both continuity and transformation within Pakistan's armed forces.

The role of a Field Marshal is largely symbolic, but its significance runs deep. Unlike operational ranks that come with specific commands and tactical responsibilities, the title carries immense respect and recognition, embodying exemplary leadership, vision, and dedication to national defence. It is a recognition reserved for those who have demonstrated extraordinary service, especially during times of conflict or national crisis. Munir's promotion is a reflection of his decades-long military journey, marked by diverse roles that have shaped Pakistan's defence architecture and strategic outlook. Born in Rawalpindi in 1968, Munir's roots are deeply woven into the fabric of Pakistan's post-partition history. His family migrated from Jalandhar, Punjab, India, in the turbulent aftermath of 1947, settling eventually in Rawalpindi.

This historical backdrop of migration and upheaval is significant in understanding the formative influences on Munir's character—resilience, commitment, and a sense of duty to the nation. His father, Syed Sarwar Munir, was a respected figure in the local community, serving both as a principal of a technical school and imam of a mosque, roles that underscored the family's blend of educational and religious values. Such a background perhaps instilled in Munir a balance of discipline, intellect, and ethical grounding, qualities that would later define his military career. Munir's early life was marked by a combination of religious schooling and a passion for cricket, where he shone as a fast bowler in local matches. His formal military education took him beyond Pakistan's borders—to Japan's Fujii School, Malaysia's Armed Forces College, and the National Defence University in Islamabad.

The international exposure complemented his deep understanding of regional security dynamics and strategic policy. It also highlighted a modern, well-rounded officer prepared for the complex challenges of contemporary warfare and diplomacy. Commissioned into the Frontier Force Regiment in 1986, Munir's career path was distinguished by a series of critical appointments. From operational duties in the harsh terrains of the Siachen Glacier to diplomatic military cooperation in Saudi Arabia, his experiences spanned both frontline combat zones and strategic defence partnerships. As a brigadier and later major general, he held command in the Northern Areas and served as chief of staff in the I Strike Corps Mangla, gaining invaluable operational and leadership experience.

What truly sets Munir apart in Pakistan's military history is his unique tenure as the only army chief to have led both the Inter-Services Intelligence (ISI) and Military Intelligence (MI). Appointed DG-ISI in 2018, during Imran Khan's prime ministership, he was at the heart of critical intelligence operations during a tense period, including the 2019 skirmishes with India. His role in advising the civil-military leadership and managing intelligence under such pressure speaks to his strategic acumen and trusted position within the military hierarchy. His tenure at the ISI was notably brief, with political controversies swirling around his removal. Allegations that he exposed corruption involving the prime minister's wife and was subsequently forced out have been publicly denied by Khan.

The murky details of this episode underline the complex interplay between military intelligence and civilian politics in Pakistan, a landscape fraught with intrigue and power struggles. Yet, despite this turbulence, Munir's career trajectory remained upward, culminating in his appointment as Chief of Army Staff in November 2022, and now his unprecedented promotion to Field Marshal. This elevation is more than a personal accolade; it signals Pakistan's recognition of the need for stable, experienced leadership amid increasingly complicated security challenges. Pakistan faces multiple internal and external pressures—terrorism, border tensions, evolving global alliances, and the imperative of modernizing its defence capabilities. Munir's appointment comes at a time when trust in the military's ability to safeguard national interests and navigate geopolitical uncertainties is paramount.

His recognition with high military honors like the Hilal-i-Imtiaz and Nishan-i-Imtiaz reflect the institutional confidence in his capabilities. But beyond medals and titles, it is Munir's blend of frontline experience, intelligence leadership, and strategic vision that stands out. His educational grounding in public policy and strategic security management adds to his profile as a leader who understands both the battlefield and the boardroom dynamics of modern military affairs. The symbolic importance of Munir becoming only the second Field Marshal in Pakistan's history cannot be overstated. It evokes a sense of historical continuity, linking the military's present with its past, while also setting a precedent for future leadership standards. The title itself resonates deeply within the military psyche and the national consciousness, reaffirming the army's role as a central pillar of Pakistan's sovereignty and security.

In many ways, Munir's promotion reflects the evolving identity of Pakistan's military leadership—rooted in tradition yet responsive to contemporary demands. It is a testament to how military excellence is measured not just in combat achievements but in adaptability, intelligence, and integrity. His story is emblematic of Pakistan's broader quest for stability and security in an unpredictable region. The recognition of Syed Asim Munir as Field Marshal invites reflection on the intertwined relationship between Pakistan's military and its national destiny. It is a reminder that leadership at this level carries immense responsibility—not just to the armed forces but to the people and the future of the nation. At a time when Pakistan grapples with multiple challenges, this historic promotion offers a beacon of continuity, strength, and hope. It reinforces the message that exemplary service and dedication to national defence will always be honoured, and that Pakistan's armed forces remain committed to protecting the country's sovereignty with skill, courage, and vision.

Metro Morning and its policy not necessarily consensus with any writer's thoughts

By Uzma Ehtasham



It should never take the last gasp of a child for the world to act. Yet somehow, once again, we find ourselves at that precipice, watching as the unimaginable becomes routine. Gaza, a land already scarred by years of blockade, bombings, and broken ceasefires, is once again on the brink—this time not because of rockets or politics, but because of something far more insidious: hunger. The United Nations has sounded the alarm in language stripped of all ambiguity. Tom Fletcher, Deputy Secretary-General for Humanitarian Affairs, warns that 14,000 children in Gaza could die within 48 hours unless aid is allowed to reach them. This is not a projection or a worst-case scenario—it is a reality unfolding in real time. And yet, even with such clarity, the gears of international response grind forward with agonizing slowness.

On Monday, only five aid trucks were permitted entry into Gaza by Israel. After more than two months of near-total blockade, five trucks amount to little more than a cruel gesture. Fletcher himself called it "a drop in the ocean," and he's right. This is not a matter of technical or logistical incapacity; the aid is there. The food is there. The medicine is there. The political will is not. What lies just beyond Gaza's borders is not salvation but shame. Pallets of life-saving supplies—infant formula, IV drips, antibiotics, and blankets—languish under desert sun while children waste away in overcrowded, under-resourced hospitals. And yet the world continues to couch its condemnation in soft diplomatic tones. Fletcher expressed hope that 100 trucks may be allowed in the next day. But hope does not treat sepsis. It does not fill an empty stomach or reverse the damage of chronic malnutrition. It does not pull a child back from the edge of death.

There is a particular cruelty in the nearness of relief. It's one thing to lack the tools, another entirely to possess them and withhold them. And that is what this moment demands we reckon with—not a failure of capacity, but a failure of conscience. The deliberate throttling of aid is not a byproduct of war. It is a policy. And it is one that robs children of a future in full view of the world. On the ground, in Gaza's Nasser Hospital, British surgeon Victoria Rose describes a daily litany of deaths that should never have happened.

Children dying of infections that any NHS doctor could treat in minutes. Lives extinguished not because of violence but because of silence. "We are losing children we could save," she told Channel 4 News. Her words carry the weight of someone who has not just seen death but seen it take the most

innocent, the most defenseless, with a quiet cruelty that defies justification.

A four-year-old boy, she recounts, died because she could not run a basic blood test. In the UK, he would have lived. In Gaza, there was no blood bank. No reagents. No working lab. Just a mother, a child, and a grief that will never find peace. These are not casualties of war. They are casualties of neglect—preventable, curable, and now irreversible. Rose does not speak as a politician. She does not weigh her words against strategic interests or regional alliances.

She speaks as a doctor. As a human being. As someone who understands that when a child dies for want of antibiotics, it is not a political crisis. It is a moral collapse. The world's response—measured statements from London, Paris, and Ottawa—feels both too late and too light. We do not need more expressions of concern. We need corridors of aid. We need governments to move not with caution but with conviction.

Because Gaza is not just a humanitarian emergency. It is a mirror. A mirror reflecting the lines we are willing to let blur when the victims are distant, when their suffering is politically inconvenient. There is no honor in neutrality when starvation is wielded as a weapon. There is no righteousness in restraint when it results in death. To delay aid is to endorse suffering. To remain silent is to

become complicit. Some will insist this is complicated. That there are security considerations. That nothing in the region is ever simple. But these arguments ring hollow when weighed against the image of a mother cradling her malnourished child, knowing help is only miles away but barred by policy. There is nothing complicated about a dying child. There is only right and wrong.

In these next 48 hours, we will be tested. Not as diplomats or analysts or global powers—but as people. Will we allow borders to matter more than lives? Will we let bureaucracy win over basic decency? Will we continue to pretend that suffering on this scale can be viewed through a strategic lens? The time for excuses has long passed. Gaza's children do not need negotiations. They need nourishment. They need medicine. They need the world to remember that their lives are not bargaining chips, not pawns in a protracted political game, but lives in their own right—worthy of dignity, worthy of aid, worthy of everything we would demand for our own. If the world cannot pass this test, then perhaps it is not the children who have failed. Perhaps it is us.

The writer is a public health professional, journalist, and possesses expertise in health communication, having keen interest in national and international affairs, can be reached at uzma@metro-morning.com

giving—stop and ask yourself the simplest of questions: Have I put my oxygen mask on today? Have I eaten something nourishing? Have I rested? Have I moved my body, spoken my truth, let myself cry, laughed without reason, or simply sat in silence? This isn't indulgence. This is how we stay alive—not merely breathing, but living with presence and purpose.

The world needs people who are well. Who are awake to themselves. Who don't confuse depletion with dedication. In a world where everything urges you to keep going, to keep giving, to keep doing more, there is quiet rebellion in pausing to take a breath. To care. To listen inward. Because the truth is, when you're well, you don't just survive—you help others survive too. Your strength becomes a refuge, your clarity a guide, your compassion more sustainable. We all want to help. But we help best when we start here—with the self, with the breath, with the courage to pause. Because even the most generous heart needs oxygen. And even the kindest hands must steady themselves first. So take the breath. Put on the mask. Not just for you—but for everyone who may one day need you whole.

The writer is a rights activist and CEO of AR Trainings and Consultancy, with degrees in Political Science and English Literature, can be reached at news@metro-morning.com

By Atiq Raja



Every time we step into an aircraft, we're met with the same calm but firm reminder: in the event of cabin pressure loss, oxygen masks will fall, and you are to secure your own before helping others.

It is a small moment, often overlooked, barely heard above the hum of engines or the flick of seat belts clicking in. But embedded in that instruction is a truth far more profound than aviation safety. It is a truth about survival, about sustainability, about how we show up in the world and what it truly means to care for others. On the surface, the idea sounds counterintuitive. Would a mother not reach for her child's mask first? Would a nurse not instinctively protect her patient? In emergencies, we are trained by instinct and emotion to put others first. And yet, this message insists otherwise—not to be cruel, not to be indifferent, but to be effective.

You cannot help someone else breathe if you're suffocating yourself. You cannot lift someone from a flood if you are drowning too. This message transcends altitude and steel cabins. It speaks to every overwhelmed parent, every overburdened

teacher, every exhausted doctor, and every young activist trying to carry the weight of the world on shoulders still learning to stand straight. We live in cultures—some more than others—where self-sacrifice is valorized, where rest is seen as weakness, and where saying "no" is mistaken for selfishness. In these cultures, we glorify the burnout, the sleepless, the endlessly available, as though martyrdom were a virtue. And we suffer quietly when the consequences arrive. But self-care is not selfish. It is survival. More than that—it is strategy.

Just as a phone won't work on an empty battery, just as a car won't move without fuel, a person cannot serve others from a place of emptiness. And yet, so many try. They give until there is nothing left. And the cost is steep: emotional exhaustion, decision fatigue, strained relationships, physical illness, and a sense of meaning slowly unraveled. The very people we seek to help can become casualties of our unaddressed depletion. We must challenge the notion that self-care is a luxury afforded only to the few. It is not an Instagram trend, not a scented candle or a spa day reserved for the privileged. It is as vital as food, as necessary as breath. It looks like sleep—genuine, undisturbed rest. It looks like boundaries—saying no when your body says stop. It looks like nourishing food, long walks, and

honest conversations.

It looks like therapy, solitude, music, tears, prayer—whatever helps restore you to yourself. The refusal to care for oneself is not noble. It is dangerous. Because when we don't take care of ourselves, we begin to unravel at the edges. We become short-tempered with loved ones. We grow cynical in our work. We react rather than respond. We feel overwhelmed by things that once gave us purpose. And eventually, we either collapse—or we quietly withdraw, no longer able to sustain the outward performance of capability. But when we take time to breathe—truly breathe—we return to the world with more to give. Rested parents raise secure children. Balanced teachers inspire curious students. Centered leaders build resilient teams. Grounded activists forge lasting change. The calm presence that comes from wholeness is more transformative than any hurried act of martyrdom.

None of this is to say we abandon others. It is to say we begin with ourselves so we can show up fully for others. We must move away from the belief that taking time for yourself steals time from others. In truth, it multiplies what we can offer. A person who is well in body and mind can offer a steadier hand, a clearer voice, a deeper embrace. So, the next time life pulls at you from every direction—the deadlines, the worries, the grief, the endless

giving—stop and ask yourself the simplest of questions: Have I put my oxygen mask on today? Have I eaten something nourishing? Have I rested? Have I moved my body, spoken my truth, let myself cry, laughed without reason, or simply sat in silence? This isn't indulgence. This is how we stay alive—not merely breathing, but living with presence and purpose.

The world needs people who are well. Who are awake to themselves. Who don't confuse depletion with dedication. In a world where everything urges you to keep going, to keep giving, to keep doing more, there is quiet rebellion in pausing to take a breath. To care. To listen inward. Because the truth is, when you're well, you don't just survive—you help others survive too. Your strength becomes a refuge, your clarity a guide, your compassion more sustainable. We all want to help. But we help best when we start here—with the self, with the breath, with the courage to pause. Because even the most generous heart needs oxygen. And even the kindest hands must steady themselves first. So take the breath. Put on the mask. Not just for you—but for everyone who may one day need you whole.

The writer is a rights activist and CEO of AR Trainings and Consultancy, with degrees in Political Science and English Literature, can be reached at news@metro-morning.com

By Ghulam Hussain Baloch



In the rugged and majestic expanse of Balochistan, beneath the shadow of its ancient mountains and along its windswept plains, lives a youth population full of promise. They are not a generation lacking intelligence or ambition. What they lack is access—access to the kind of education that does more than impart theory, that equips, empowers, and enables. For too long, the education system in Balochistan has offered knowledge in isolation. It teaches, yes, but it does not train. It informs, but it does not equip. And in today's world, where job markets evolve by the month and economic landscapes shift like sand, the absence of practical skills among the young is no longer just a developmental oversight—it is a social injustice.

A school certificate, while important, has ceased to be the ticket it once was. Literacy alone does not translate to livelihood. You cannot code a website, repair an engine, or cultivate high-yield crops with textbook answers. The disconnect between traditional education and employable skills is stark—and for many young Balochista-

nis, it's the gap that keeps them out of opportunity's reach. This gap is not theoretical. It is painfully visible in the rising number of young people who complete their education only to return to their villages with little more than frustration. Not because they lack the will to work, but because the system gave them no means to do so. This is a failure that cannot be papered over with promises. It demands action.

It begins by reimagining what education means in Balochistan. We must ask: what good is a classroom if it does not prepare a student for the world outside its walls? What purpose does schooling serve if it leaves a young adult standing idle, watching life pass by, unable to participate? The answer lies in the integration of vocational training—education that builds not only the mind, but the hands.

Training that leads to work, dignity, and self-reliance. When skill and knowledge meet, the results are powerful. A young person with both can not only find a job—they can create one. They can start small businesses, support families, contribute to local economies, and inspire others in their communities to do the same. Empowered youth are not just individuals—they are catalysts for growth.

But in Balochistan, such empowerment

remains a distant dream for many. The existing infrastructure for skill development is patchy at best, absent at worst. Vocational centers are few and far between. Resources are stretched, programs outdated, and outreach virtually nonexistent in remote areas. This is not a question of money alone. It is a question of priorities. If the youth of Balochistan are to rise, then governments, educational institutions, private sectors, and civil society must rise with them. Skill development must be treated not as an afterthought or a supplementary policy, but as a central pillar of economic planning. Training programs must be designed in consultation with industry experts, tailored to market demands, and rooted in the tools of technology.

The days of churning out degrees disconnected from employment realities must come to an end. And yet, the burden of change does not fall only on institutions. It also lies with the youth themselves. There is a mindset shift that must accompany any structural reform. The dichotomy between education and vocation must be dismantled. These are not opposing roads. They are companions. A degree without a skill may flatter the intellect, but it often fails the wallet. A skill without learning may serve in the short term, but limits future growth. Together, they form the foundation of real,

sustainable empowerment. In Balochistan, this fusion is not optional. It is essential. No amount of rhetoric about development will hold weight if it does not translate into the tools young people need to build their lives.

The vision of a thriving, prosperous Balochistan is not far-fetched. But it will remain just that—a vision—unless it is grounded in real investment in the province's most valuable asset: its youth. This is a call not just to policymakers, but to the national conscience. To see each young person not as a statistic, not as a voter, not as a recipient of charity, but as a potential innovator, builder, leader. To humanize our interventions and realize that every untrained young person is not just an economic liability, but a story interrupted. And every skilled youth is a story fulfilled. Knowledge, after all, can open the mind. But it is skill that opens doors. And until the youth of Balochistan are equipped with both, progress will remain a word whispered in policy rooms, rather than a reality lived in homes, streets, and workshops across the province. Empowerment begins when education stops being abstract—and starts being useful.

The writer is a journalist working with different tasks currently stationed in Balochistan, can be reached at news@metro-morning.com

By Hina Ayra

Two months before his latest escalation of militaristic policies, Indian Prime Minister Narendra Modi publicly honoured Vinayak Damodar Savarkar, a significant influence on both his political stance and ideological framework.

Savarkar is often referred to as the founding figure of Hindutva. The Bharatiya Janata Party (BJP), along with its ideological progenitor, the Rashtriya Swayamsevak Sangh (RSS), has consistently drawn upon Savarkar's perspective, which is notably influenced by fascist ideology and notions of ethnic superiority. Savarkar notably asserted, "India should follow the German example to solve the Muslim problem."

In 1938, amidst the peak of Adolf Hitler's ethnic purges in Nazi Germany, Savarkar not only commended fascism but also advocated for its adoption in India. He stated, "Germany has every right to resort to Nazism and Italy to fascism and events have justified those actions." Importantly, these 'events' culminated in genocide, a global conflict and the deaths of tens of millions. This same ideological framework is manifesting in India, under a government that openly embraces its RSS association.

Established in 1925, the RSS was explicitly inspired by European fascist movements. It admired the centralised, racial-nationalist model of Hitler. It structured its organisational design similarly, featuring a

militarised cadre, a doctrine of religious supremacy and the objective of establishing a 'Hindu Rashtra', an India exclusively for Hindus. This vision has reached a perilous zenith under Modi's administration. Since taking office in 2014, Modi and the BJP have systematically eroded the pluralistic ethos that has characterised the Indian Republic. They have disparaged Muslims, undermined the judiciary, restricted media freedoms and weaponised state institutions.

India's 200 million Muslims, one of the world's largest Muslim minorities, have increasingly been targeted, marginalised and dehumanised. The revocation of Article 370 in August 2019, which eliminated the special constitutional status of Jammu and Kashmir, marked a significant advancement toward the RSS's objective of demographic supremacy.

In practical terms, this action facilitated the forced demographic alteration of a Muslim-majority region. The agenda of the Modi regime in Kashmir, supported by an unprecedented military presence, communication blackouts, mass detentions and extrajudicial killings, has resulted in one of the most oppressive environments globally.

The incident in Pahalgam represents a significant turning point. The BJP promptly attributed blame to Pakistan without providing substantive evidence. This aligns with a recurring pattern: accusing Islamabad serves to divert attention from failures in

Kashmir while galvanising nationalist sentiment in the lead-up to elections. Historical precedents, such as the Uri attack in 2016, the Pulwama incident in 2019, and the recent events in Pahalgam in 2025, illustrate how India exploits such occurrences to escalate military tensions with Pakistan, a nuclear-armed neighbour. In each instance, the Indian government has failed to present credible evidence, whereas Pakistan has consistently condemned the attacks and called for impartial investigation.

India's recent retaliatory actions included threats to divert Pakistan's water supply under the Indus Waters Treaty, missile strikes perilously close to civilian targets, and a military operation curiously named 'Sindoori Shakti', referencing the vermilion mark worn by married Hindu women. This nomenclature seems to underscore the deeply entrenched gendered and religious symbolism prevalent in the nationalism propagated by the RSS.

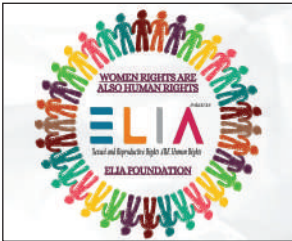
The question arises: why does India approach the brink of war during each election cycle? The answer resides in the perilous intersection of political survival and militarism. Prime Minister Modi's support base thrives on hyper-nationalism, which necessitates the existence of an external enemy to justify domestic shortcomings. As economic indicators falter, indicated by a GDP growth rate falling below 5.5 per cent in Q1 2025 and unemployment reaching a five-year high of 9.2 per cent public discontent

is redirected towards Pakistan. The Hindutva agenda has consistently prioritised power and control over diplomatic engagement.

The recent escalation in Occupied Kashmir involved a significant but ultimately unsuccessful operation by the IAF into Pakistani airspace. The PAF demonstrated commendable discipline and precision by repelling the incursion, resulting in the downing of five Indian aircraft, including the much-publicised French-built Rafale jet, which the BJP had marketed as a technological advancement.

Leaked French intelligence reports published in Le Monde confirmed that the destruction of the Rafale represents the first recognised combat loss of the aircraft globally. This raises pertinent questions regarding India's military capabilities and the assumptions surrounding its procurement strategies. International acclaim has been directed toward the PAF for its restraint and tactical proficiency.

Pakistan Foreign Office reiterated its commitment to peace while affirming its inherent right to self-defence. This situation transcends the immediate context of Kashmir; it reflects the extent to which Modi is prepared to go to maintain power. India appears to have undergone a complete transformation characterised by an erosion of democratic principles, an increase in the marginalisation of minorities, and the portrayal of warfare as a political imperative.



UN warns 14,000 children in Gaza face death without aid

Fletcher stressed the critical urgency: “We must save as many of those 14,000 children as possible within the next 48 hours”

News Desk

GAZA: The United Nations has issued a stark and urgent warning that up to 14,000 children in Gaza face the risk of death within the next 48 hours unless humanitarian aid is swiftly and substantially increased. Tom Fletcher, the UN's Deputy Secretary-General for Humanitarian Affairs, delivered the grim message following a slight easing of the Israeli blockade, which has sealed off the Palestinian territory for over ten weeks.

In a rare gesture, Israel allowed just five aid trucks into Gaza on Monday, marking the first limited concession since the blockade began. Yet Fletcher described this small shipment—which included food supplies designated for chil-



dren—as “a drop in the ocean” compared to the scale of need that is now overwhelming the enclave. Though the aid has reached Gaza's border, none has yet reached the families who are starving and trapped inside.

Speaking to a British news outlet, Fletcher was clear about the urgency of the moment: “I want to save as many of those 14,000

children as possible in the next 48 hours.” He expressed cautious hope that by Tuesday, 100 aid trucks might be allowed entry, stressing that the situation demands an overwhelming flow of humanitarian assistance rather than trickles.

The UN official welcomed recent critical statements from the governments of the UK, France, and Canada, which have

condemned Israel's management of the crisis and pressed for urgent action. Fletcher called these interventions “strong and overdue,” but he emphasised that the real challenge lies in translating political pressure into concrete aid deliveries on the ground.

The warning from the UN highlights the human cost of political stalemate and inaction. As the humanitarian situation in Gaza worsens by the hour, the risk of mass suffering—especially among children—casts a long shadow over the international community's response. The next 48 hours could prove decisive in preventing a devastating loss of young lives, underscoring the fragile balance between diplomacy and urgent humanitarian need.

Teen threatens suicide in cyber harassment probe

By Imtiaz Hussain

SUKKUR: In a cyber-harassment case, an 11th-grade student Rabia Azam from Nawabshah has threatened to take her own life in front of the Nawabshah Press Club if the remaining accused in her case are not arrested within 72 hours. The young victim made the announcement during an emotional press conference, accusing police officials of negligence and complicity.

Rabia, a resident of Ali Raza Shah Colony, said she has endured three months of ongoing harassment and blackmail by five individuals who manipulated her photos and posted them online. She alleged the accused also attempted to extort money and have continued to intimidate her and her family. “I am a daughter of this nation, and I am pleading for justice,” she said, holding local law enforcement responsible for failing to act despite repeated complaints and the known whereabouts of the accused.

While three of the five suspects have reportedly been arrested, Rabia named two key individuals — Mohsin Raza, alias Armani, and Shaaban, alias Fana — who remain at large. She claimed that the police, particularly the DSP and the SHO Women, have shown no interest in pursuing the main culprits, allowing them to roam freely and continue the harassment.

UK, France, Canada urge Israel allow food for Gaza

From London, they described a grim and worsening crisis in Gaza, where the Palestinian population faces extraordinary hardship, devastation, and relentless suffering

News Desk

LONDON/PARIS/OT-TAWA: Britain, France, and Canada have issued a strong and unequivocal warning to Israel, demanding an immediate cessation of military operations in Gaza and the swift, unrestricted delivery of humanitarian aid to the beleaguered territory. The leaders of these nations, including UK Prime Minister Sir Keir Starmer, emphasized the urgent need to end the violence, cautioning that continued military action risks severe repercussions for Israel itself.

From London, they painted a grim picture of the unfolding crisis, describing the situation in Gaza as devastating for the Palestinian population, which is facing extraordinary hardship and suffering. The joint statement from the three countries sharply criticized Israel's stringent restrictions on aid deliveries, describing the current measures as grossly insufficient in the face of a mounting humanitarian disaster.

They condemned the forced displacement of civil-



ians, framing it as a blatant violation of international humanitarian law and underscoring the urgent need to protect innocent lives caught in the conflict. The appeal was clear: humanitarian access must be guaranteed without delay to prevent further needless loss of life. Reaffirming their commitment to a two-state solution, Britain, France, and Canada stressed that this remains the only viable path toward lasting peace and stability in the region.

Their statement called for renewed diplomatic efforts and underscored the importance of respecting the rights and dignity of both Palestinians and Israelis in any future settlement. Israel's Prime Minister responded with

sharp criticism, accusing the trio of rewarding attackers with “a big prize” and challenging European leaders to adopt the vision put forward by former US President Donald Trump as the solution to the ongoing conflict.

His remarks reflect the deepening divide between Israel and key Western allies over how best to navigate the crisis. As tensions escalate and the humanitarian situation worsens, the international community's calls for immediate action grow ever louder. The unfolding tragedy in Gaza is not only a test of political will but a stark reminder of the urgent need for compassion and a renewed search for peace in one of the world's most enduring conflicts.

Fazl pushes Bill to Ban Child Marriages under 18 to Islamic Council

By our correspondent

ISLAMABAD: Maulana Fazl ur Rehman, the leader of Jamiat Ulema-e-Islam (F), has voiced strong opposition to the proposed bill seeking to ban marriages of children under the age of 18, calling for the legislation to be referred to the Islamic Ideological Council for thorough review.

Speaking in the National Assembly, Fazl ur Rehman questioned the timing and intent behind the introduction of the bill, suggesting it risked deepening divisions within the country at a sensitive moment.

He appealed for unity among lawmakers and urged them to avoid taking steps that could fur-



ther polarize the nation. In his address, Fazl ur Rehman asked the Speaker of the National Assembly to issue a ruling against the bill, arguing that the proposed law was not only premature but could have far-reaching social and cultural implications.

He went further to recommend that it would be preferable to halt the legislation altogether rather than push it forward in its current form. His remarks reflected concerns about the bill's alignment with religious principles and its potential impact on traditional practices.

Fazl ur Rehman's warning was clear: should the bill be forced through the assembly, his party is prepared to take to the streets in protest, signaling a readiness to mobilize against what they see as an infringement on religious and cultural values.

Demonstrating their disapproval, members of Jamiat Ulema-e-Islam (F) staged a walkout from the assembly proceedings in a show of dissent, underscoring the depth of opposition within the party.

UK suspends trade talks with Israel over Gaza blockade

Labor MP Melanie Ward urged the government to define its “red line” clearly as Israel dismisses calls for multilateral action, warning that earlier alerts on Rafah's aggression were overlooked

News Desk

LONDON: The UK government has halted trade negotiations with Israel, with Foreign Secretary David Lammy condemning the blockade of Gaza as both morally wrong and unreasonable. Speaking in parliament, Lammy criticized Israel's actions and rhetoric, saying they are isolating the country from its friends and partners.

David Lammy confirmed that the Israeli ambassador has been summoned to address the concerns. Labor MP Melanie Ward, representing Cowdenbeath and Kirkcaldy, welcomed the decision to pause trade talks with Israel. She called the situation “a global collective failure” and questioned whether the Foreign Secretary would firmly oppose Israel's plans to replace human rights NGOs and UN agencies with hired soldiers for aid distribution.

Ward urged the government to clarify its “red line” in the face of Israel's rejection of calls for multilateral action, highlighting that previous warnings about aggression



in Rafah were ignored. “The time for Gaza is over,” she said, emphasizing the urgent need for change. In response, David Lammy made clear that the UK government opposes Israel's proposed model for aid delivery in Gaza, which would sideline UN agencies and humanitarian groups.

“We believe this approach disrespects basic human principles and fails to deliver aid at the necessary speed or scale,” he said, calling it “wrong and dangerous for the humanitarian system.” The Israeli government has suggested managing aid distribution inside Gaza directly, cutting out established UN and volunteer organizations—a move that has faced widespread criticism.

Carla Denyer, co-leader of the Green Party in England and Wales, also demanded strong UK action against what she described as Netanyahu's “killer government” during a parliamentary debate in London.

Jo, MP for Bristol Central and outgoing party leader, warned that the United Nations has predicted up to 14,000 children could die in the next 48 hours if urgent measures are not taken. She called for decisive action against Israel's government, which she said has long evaded accountability. The suspension of trade talks marks a significant shift in the UK's approach amid growing international pressure over the humanitarian crisis in Gaza.

Imran's arrest political, cases unjust, claims Barrister Gohar

By our correspondent

ISLAMABAD: Barrister Gohar Ali Khan, chairman of the Pakistan Tehreek-e-Insaf (PTI), has said that the party's founder is wrongfully behind bars and that all cases against him are politically motivated.

Speaking to the media near Adiala jail, Barrister Gohar expressed hope that the PTI founder would be released within the week, saying, “Insha'Allah, it will happen soon.” He clarified that no meeting or briefing took place with the founder on 6 May at the jail, adding that the founder himself did not mention any such briefing during their recent meeting.

Barrister Gohar insisted that the cases against the PTI founder lack merit and are purely political. He called for the end of what he described as an unjust process, saying, “Enough is enough; common sense must prevail.”

Pakistan slams Israeli manslaughter in Gaza, urges ceasefire

By Asghar Ali Mubarak

ISLAMABAD: Pakistan has strongly condemned Israel's ongoing military aggression in Gaza, urging an immediate ceasefire to halt the killing of Palestinians. The country has called for urgent international efforts to stop what it described as genocide in the region.

Speaking on behalf of the Foreign Office, Shafqat Ali Khan highlighted that dozens of Palestinians have been killed in Israeli airstrikes, with hospitals and vital infrastructure deliberately targeted. He stressed that Israel's actions violate both humanitarian and international laws.

Shafqat Ali Khan criticized Israel for imposing collective punishment by blocking aid deliveries to those affected. He also referenced the United Nations Secre-



tary-General's warning about the growing risk of famine and starvation in Gaza, noting that Israel's declaration of total control over the area poses a serious threat to regional peace.

Calling for global intervention, he emphasized the need for the international community to ensure humanitarian aid reaches Palestinians and to hold Israel accountable for its violations. Pakistan firmly rejects the forced displacement, ille-

gal settlement activities and occupation of Palestinian lands.

The spokesman reaffirmed Pakistan's unwavering support for the establishment of a free Palestinian state based on the pre-1967 borders, with Jerusalem as its capital. Jerusalem's state-ment comes amid escalating violence and rising concerns over the humanitarian crisis in Gaza, as calls for peace and justice continue to grow internationally.

Import relief for Afghanistan as e-form exemption extended

By Sudhir Ahmad Afridi

TORKHAM: The Ministry of Commerce has formally extended the exemption for imports from Afghanistan from the requirement of submitting the electronic import form (EIF), pushing the deadline forward to 14 June 2025. The decision, confirmed through an official notification, comes as Pakistan attempts to shield its delicate trade relationship with Afghanistan from further strain amid persistent banking challenges and regional instability.

Initially, the exemption had been granted due to the absence of fully functional



banking channels between the two countries, with Afghan imports permitted on the condition that transactions were settled in Pakistani rupees. That arrangement was due to expire on 15 May 2025, but officials have now deemed it neces-

sary to continue the concession for another month.

According to sources within the Ministry, the delay in finalizing recommendations to the federal government stemmed from an incomplete consultation process with key trade

stakeholders. The Ministry acknowledged that engagement with partners was crucial but could not be completed within the original timeframe.

The extension, therefore, is being framed as both a practical and diplomatic step to allow space for proper deliberation while ensuring continuity in cross-border trade.

Pakistan's trade with Afghanistan, long shaped by both geography and geopolitics, has faced repeated disruptions in recent years due to border closures, currency issues, and a lack of reliable financial channels.

Indian journalist questions Modi's war narrative

News Desk

NEW DEHLI: Veteran Indian journalist Rajdeep Sardesai has publicly challenged the Modi government over its handling of the ongoing conflict, raising pressing concerns about transparency surrounding India's military performance. In a detailed statement, Sardesai questioned whether Pakistan had inflicted significant damage to India's air power in the very early stages of the war, including through missile strikes that may have taken out Indian aircraft.

The government has so far remained tight-lipped, and as Sardesai pointed out, it has not officially denied the reports of losses. After verifying information across several independent and defence-linked sources, he said it is now confirmed that Indian aircraft have indeed been lost in the conflict, though he stopped short of disclosing the exact number, calling instead on officials to provide a formal and accurate account.

Sardesai also zeroed in on speculation regarding



the loss of a Rafale fighter jet, a high-profile asset in India's air fleet and a symbol of recent military modernisation efforts. Noting that claims of such a loss have been widely reported in Western media, he pointed out the conspicuous absence of a denial from Indian defence authorities. Given the available evidence, Sardesai said he believes it is “likely” that at least one Rafale jet was brought down during the conflict.

His comments come at a time of rising regional tension and increased scrutiny of the Indian military's readiness and strategic response. Sardesai's decision to publicly air these concerns marks a rare moment in Indian media, where direct questions about the government's war management are often muted during periods of national conflict.

Marri warns against politicizing courts in Bilawal case

By our correspondent

ISLAMABAD: Shazia Marri, the central spokesperson for Pakistan People's Party Parliamentarians, has responded strongly to the petition filed against PPP chairman Bilawal Bhutto Zardari.

In a statement from Karachi, she described the petition as a low tactic by political opponents, emphasizing that the PPP's internal elections were held fully in line with constitutional procedures and election laws.

Marri insisted the process of electing Bilawal as chairman was completely transparent and urged that courts should not be turned into arenas for political battles. She called on anyone interested in politics to come forward through democratic means, noting that the Election Commission has already rejected such claims.

The PPP leader added that Bilawal Bhutto Zardari's leadership is respected both within the country and internationally. She also pointed out that some elements are resorting to such tactics at a critical time when Bilawal is preparing to represent Pakistan on the global stage.

Talks with US may yield no results, says Khamenei

News Desk

TEHRAN: Iran's Supreme Leader, Ayatollah Sayed Ali Khamenei, has cast doubt over the prospects of the ongoing nuclear negotiations with the United States, warning that the talks may well conclude without any agreement. Speaking publicly, Khamenei highlighted the uncertainty surrounding the future of the discussions, signaling deep-rooted mistrust

between Tehran and Washington.

He criticized the US rejection of Iran's right to uranium enrichment as a fundamental error, underscoring that such a stance jeopardizes any chance of progress. “The refusal to recognize Iran's enrichment rights is a major mistake,” Khamenei said, cautioning the US against making what he called “foolish statements” that could further derail diplomacy.



The comments come amid reports that US special envoy Steve Witkoff stated last week that the United States would not allow Iran to enrich uranium even by one percent—an uncompromising position that starkly con-

trasts with Iran's insistence on maintaining some level of enrichment as part of its nuclear program.

Since the resumption of talks on April 12, four rounds of negotiations have taken place with no significant breakthroughs. Both sides remain far apart on critical issues, especially around uranium enrichment levels and related verification mechanisms. The continuing stalemate reflects the profound

challenges that have long characterized the nuclear dialogue between the two countries.

Khamenei's remarks underscore the fragile nature of the process and the high degree of scepticism on the Iranian side. As both Iran and the US struggle to bridge gaps, the possibility of a diplomatic failure looms large—raising concerns about renewed tensions in an already volatile region.