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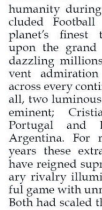
Rise, Reign and Reflection



by
Muhammad
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In this boundless universe, every rise save that of Almighty Allah, the Most High, carries within it the seeds of its own fall. This profound truth, as old as the creation itself, has once more been revealed to the watching eyes of humanity during the recently concluded Football World Cup. The planet's finest talents converged upon the grand stage, their skills dazzling millions and earning fervent admiration from supporters across every continent. Among them all, two luminous figures stood preeminent; Cristiano Ronaldo of Portugal and Lionel Messi of Argentina. For more than fifteen years these extraordinary talents have reigned supreme, their legendary rivalry illuminating the beautiful game with unmatched brilliance. Both had scaled the loftiest peaks of sporting glory, yet both departed their final matches in this tournament with eyes dimmed by sorrow and hearts burdened by the sting of defeat.

Cristiano Ronaldo, born in 1985, and Lionel Messi, born in 1987, represent the pinnacle of modern football. Ronaldo embodies athletic perfection—explosive pace, powerful heading, deadly accuracy from penalties and distance, and a versatility that allowed him to conquer multiple leagues with distinction. His career spans Sporting CP, two spells at Manchester United, glorious years at Real Madrid, Juventus, and now Al-Nassr, where he continues to defy time. With well over 1,300 senior appearances and nearly 970 official goals, he stands as the all-time leading scorer in men's football history. His record of 146 international goals for Portugal and 140 in the Champions League underscores a hunger for victory that few have matched.

Messi, meanwhile, enchants with an almost otherworldly mastery of the ball. His close control, visionary passing, free-kick artistry, and ability to orchestrate play from deep positions have produced over 910 senior goals and a staggering tally of assists, often leading creative statistics even in the twilight of his career. Primarily loyal to Barcelona before moves to PSG and Inter Miami, he has dominated wherever he has played.

Both men have graced six World Cups between 2006 and 2026. Ronaldo scored in every single tournament—a singular achievement—netting eleven goals across his appearances and guiding Portugal to a best finish of fourth place in 2006. In 2026, Portugal reached the round of sixteen before falling to Spain; Ronaldo contributed three goals in what proved his farewell to the global stage.

Messi's World Cup story gleams even brighter in its culmination. With twenty-one goals, he highest total in the competition's history, and numerous assists, he inspired Argentina to triumph in 2022. In 2026, the Albiceleste fought their way to the final once more, only to suffer a narrow 1-0 defeat to Spain after extra time. Messi's eight goals in that campaign, crowned by a hattrick, added fresh chapters to his record of thirty-plus appearances and indelible influence.

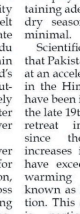
Their rivalry has enriched football immeasurably. Ronaldo's raw power and longevity give him the edge in total goals and appearances, while Messi frequently surpasses in efficiency, dribbles completed, and sheer creative impact. In big moments and knockout ties, both have delivered memories that will endure for generations. Yet beyond the statistics lies something deeper. Ronaldo has long been the more open and engaging with fans and the public—his warmth, ready smile, and visible affection winning him a special place in the collective heart. Messi, more reserved and introspective, allows his sublime talent to speak for him. In victory and in adversity alike, Ronaldo's softened manner at the height of his fame reveals a truth often overlooked; true greatness is measured not only by trophies but by humility and love for one's fellow man.

Fortune has smiled upon both off the pitch as well. Through prodigious salaries, lifetime endorsement deals with Nike and Adidas, and successful business ventures, each stands among the wealthiest in their profession. Ronaldo's net worth approaches 1.4 billion dollars, bolstered by the expansive CR7 brand—luxury hotels such as the Pestana CR7, gyms, fashion lines, fragrances, and more—alongside a fleet of supercars, private jet, and one of the richest club contracts ever signed.

Messi's fortune, estimated near 1.1 billion, includes the MiM Hotels, his beverage brand, retail stores, substantial real estate holdings in Barcelona and Miami, and equity in Inter Miami. Their philanthropy matches their success. Ronaldo has given millions to hospitals during the pandemic, cancer centres, children's surgery, and disaster victims, often donating blood and auctioning personal items. Messi's foundation focuses on education and opportunity for underprivileged youth, while he too has supported hospitals, UNICEF initiatives, and humanitarian causes in Argentina and beyond. Both have quietly and publicly channelled tens of millions toward uplifting others.

As the curtain falls on another World Cup, Ronaldo and Messi depart the international arena not as diminished men, but as titans whose rises illuminated an era. Their final defeats remind us that earthly crowns are transient. In Ronaldo especially, whose open heart and gracious bearing endeared him even at the summit of his powers, we see the grace that endures beyond victory. In this universe, all must one day descend—yet the memory of such spirits, and the lessons they impart, linger long after the final whistle.

GLACIER MELTING AND WATER AVAILABILITY IN PAKISTAN



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Pakistan faces an unprecedented environmental and water security crisis as its glaciers continue to melt at alarming rates due to climate change. The Karakoram, Hindu Kush, and Himalayan mountain ranges contain some of the world's largest concentrations of glaciers outside the Polar Regions, collectively storing vast quantities of freshwater that sustains the livelihoods of over 200 million Pakistanis.

These glaciers feed the Indus River system, which supplies water for agriculture, hydropower generation, and domestic consumption across the nation. However, accelerating glacier retreat threatens the long-term availability of water resources that Pakistan depends upon for economic development and survival. The relationship between glacier melting and water availability in Pakistan, exploring the causes of glacial retreat, its current impacts on water resources, and the potential consequences for the nation's future.

Pakistan contains approximately 7,253 glaciers covering an area of roughly 13,680 square kilometers, making it the largest reservoir of ice outside the Polar Regions. The Indus River basin, which depends heavily on glacial meltwater, supports agriculture on approximately 16.2 million hectares of irrigated land and provides water to nearly 180 million people.

The Karakoram Range alone contains over 3,000 glaciers, including the Siachen Glacier, the world's longest glacier outside the Polar Regions, and the Baltoro Glacier. These ice masses act as natural water towers, storing precipitation as snow and ice during winter months and releasing it gradually during the warmer months when water demand is highest. This natural water storage mechanism has historically allowed Pakistan to balance seasonal water availability and support a thriving agricultural economy that comprises approximately 18.5% of the nation's GDP and employs roughly 43% of the workforce.

The hydrological significance of glaciers extends beyond immediate water supply. The cold, relatively pure meltwater from glaciers flows into major river systems, including the Indus, Sutlej, and Chenab rivers, which form the backbone of Pakistan's Indus Basin Irrigation System. This system, developed during the British colonial period and expanded in the decades following independence, represents one of the world's largest coordinated irrigation networks. The system's functionality depends critically on the timing and volume of water flows, with glacial melt playing a crucial role in maintaining adequate supplies during the dry season when precipitation is minimal.

Scientific evidence demonstrates that Pakistan's glaciers are retreating at an accelerating pace, most glaciers in the Himalayas and Hindu Kush have been in continuous retreat since the late 19th century, with the rate of retreat intensifying significantly since the 1990s. Temperature increases in the mountain regions have exceeded the global average warming trend, a phenomenon known as high-mountain amplification. This amplified warming effect is particularly pronounced in Pakistan's northern mountain ranges, where temperatures have increased by approximately 0.3°C per decade, roughly double the global average.

The Siachen Glacier, despite being located in a heavily glaciated region, has experienced a retreat of several hundred meters over the past two decades. Similarly, the Baltoro Glacier and numerous smaller glaciers throughout the Karakoram, Hindu Kush, and Himalayan ranges show consistent evidence of mass loss. Remote sensing data and field measurements have documented that many glaciers that extended across multiple kilometers just fifty years ago have now fragmented into smaller segments separated by exposed rock and moraines. Some glaciers have completely disappeared entirely, leaving behind proglacial lakes that present new hydrological and hazard challenges.

The acceleration of glacier melt is driven by multiple factors working in combination. Rising atmospheric temperatures remain the primary driver, as increased heat melts glacier surfaces during the ablation season. Reduced precipitation, particularly in winter months, limits the accumulation of new snow and ice that would otherwise offset melting losses. Additionally, dark-colored dust and soot particles, transported from urban and industrial areas and deposited on glacier surfaces, reduce the albedo or reflectivity of glaciers, causing them to absorb more solar radiation and melt more rapidly. Anthropogenic black carbon emissions from fossil fuel combustion and biomass burning represent a significant contributor to accelerated glacier melting in the Hindu Kush-Karakoram-Himalayan region.

The relationship between glacier melting and water availability in Pakistan presents a complex paradox in the short to medium term. As glaciers retreat, the increased rate of meltwater release actually augments water availability in many river basins. This phenomenon, known as peak water, represents a transitional period during which accelerated melting produces higher water flows than would occur under stable glacial conditions. For Pakistan, this has temporarily masked some of the effects of long-term climatic changes and has allowed continued agricultural expansion and economic development despite population growth.

However, this temporary increase in water availability masks underlying vulnerabilities. The timing of water availability has become increasingly unpredictable, with more intense melting during heat waves creating flooding risks, while reduced glacial reserves threaten dry season flows. The 2010 Pakistan floods, which inundated approximately one-fifth of the country's land area and affected nearly 20 million people, were partially exacerbated by intense glacial melt combined with extreme monsoon rainfall. Similarly, the 2022 devastating floods that affected over 33 million people demonstrated the vulnerability of Pakistan's water systems to extreme hydrological events, many of which are influenced by altered glacial melt patterns.

While the short-term impacts of glacier retreat have created transitional abundance, long-term projections paint a concerning picture. Climate models suggest that if current warming trends continue, Pakistan's glaciers could lose 50% to 80% of their current volume by the end of the 21st century. This projections are not merely speculative; they are based on well-established relationships between temperature and glacier mass balance, validated through decades of observational data. The consequences of such extensive glacial loss would be catastrophic for Pakistan's water security.

Pakistan must pursue comprehensive domestic adaptation strategies including enhanced water storage infrastructure, improved agricultural efficiency, groundwater management, wastewater recycling and transboundary cooperation mechanisms. These adaptations require substantial institutional development and behavioral change across society.

Monsoon rains trigger NDMA flood alert till July 24

APP- ISLAMABAD: The National Disaster Management Authority (NDMA) on Tuesday issued a nationwide alert warning of flash floods, urban flooding, landslides and rising river flows across several parts of Pakistan from July 21 to 24, directing provincial and district authorities to remain on high alert, deploy emergency teams and ensure preventive measures in vulnerable areas amid forecasts of heavy monsoon rains. The NDMA warned of flash floods in rivers, local streams and mountain waterways in Gilgit Baltistan, Azad Jammu and Kashmir, Khyber Pakhtunkhwa, Punjab and northeastern Balochistan.

In Gilgit Baltistan, districts of Hunza, Shigar and Ghanche face the risk of flash floods in the Shimshal, Hunza, Chapursan, Kilik, Shigar, Shyok and Hushe rivers.

In Azad Jammu and Kashmir, water levels are expected to rise dangerously in the Jhelum, Neelum, Poonch and Mahl rivers, as well as in Betar and Bhimber nullahs, Kanshi River and tributaries of the Jhelum.

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76.78 روپے اور سعودی ریال 75.08 روپے پر بند ہوا۔

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پاکستان کے گلیشیئرز کا سالانہ سروے کرنے سے اعلان کیا کہ انتظامی شعبوں کے مطابق مذہبی تنظیمیں کے تمام انتظامات عمل کر لیے گئے ہیں اور شہریوں اور پرامن انتخابات کے انعقاد کو یقینی بنایا جائے گا۔ چیف الیکشن کمشنر کے کے اشفاق خیلوں میں تیزی انتظامی اور انتخابی انتظامات کو مربوط بنانے کے لئے کام کیا جا رہا ہے۔ الیکشن کمیشن مذہبی تنظیموں کے ساتھ رابطے میں ہے۔ ہر علاقہ اور ہر امن کو یقینی بنانے کے لئے کوئی کسر نہیں چھوڑی جائے گی۔ الیکشن کمیشن کے مطابق انتخابی عمل کو شفاف اور پرامن بنانے کے لئے الیکشن کمیشن کے کارکنان اور اہل کار اپنے فرائض سرانجام دیں گے۔ الیکشن کمیشن کے ترجمان کے مطابق انتخابی عمل کو شفاف اور پرامن بنانے کے لئے الیکشن کمیشن نے تمام انتظامی شعبوں کے سربراہ سے ملاقات کی ہے۔ الیکشن کمیشن نے سیاسی جماعتوں، امیدواروں اور ووٹرز زور دیا کہ وہ ضابطہ اخلاق پر عمل کریں۔ انتخابی مہم پرامن رہے اور تمہیدی کمی کا پابند ہے کے الیکشن کمیشن سے گفتگو کرنا ہے۔ چیف الیکشن کمشنر کے مطابق الیکشن پر نظر رکھنے کے لئے مانیٹرنگ کی مکمل ہدایات جاری ہوگئی۔

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بیجنگ ڈیوٹی کے ذمہ داری اعلان میں شرکت کریں گے۔ ترجمان وزارت خارجہ ماہر نور کے مطابق ہے کہ اعلان کیا کہ اسلام آباد بیجنگ کے ساتھ اس کے سیاسی و معیشتی صورتحال پر پاکستان کا موقف بیان کرے گا۔ ڈھول کے ساتھ ہی ڈھول کے ساتھ ہی اعلان کے موقع پر اس اعتماد اور ملاقاتوں تعاون کے فروغ پر پاکستان کا موقف ایک اور کریں گے۔ اجلاس کے دوران ایران کے وزیر خارجہ پاکستان موقف کی تاریخی خارجہ پالیسی کے بارے میں بیجنگ کے ساتھ ہی ایران کے ساتھ ہی اعلان کیا کہ اسلام آباد