



Kabul, Bishkek discuss economic cooperation

KABUL: Nooruddin Azizi, the acting Minister of Industry and Commerce of the Islamic Emirate, met with Turdakun Sydykov, the Ambassador of Kyrgyzstan in Kabul, to discuss the enhancement of bilateral economic cooperation, the

ministry said in a statement Sunday. Both sides exchanged views on various issues, including developing a roadmap to boost trade cooperation, facilitating commercial exchanges between private sector stakeholders of the two countries, and signing trade, trans-

sit, and investment agreements, the statement said.

Establishing a logistics hub to ease transit and logistical operations, and the provision of humanitarian assistance from Kyrgyzstan to Afghanistan were also discussed in the meeting, the statement added.

The Kyrgyz Ambassador presented an official invitation from his country's Minister of Economy and Commerce to Minister Azizi to participate in the upcoming Bishkek Forum scheduled for August this year. He also announced that a delegation led by a Deputy Minister of Economy and Commerce would soon visit Afghanistan.

Meanwhile, Azizi welcomed the invitation and the planned visit, stressing the importance of strengthening economic ties with Central Asian nations.

He proposed organizing a Kyrgyz exhibition in Kabul during the delegation's visit, noting that if the Kyrgyz Minister himself leads the delegation, the signing of agreements could take place at a more coordinated and higher level.

Additionally, Minister Azizi also suggested that Kyrgyzstan's humanitarian aid should be focused on assisting Afghan refugees and ethnic Kyrgyz communities living in Afghanistan.

The Kabul Times



Work on 20 kilowatt power plant begins in Logar, ministry



KABUL: Work to construct a 20 kilowatt power plant has been started in Logar province, the Ministry of Water and Energy said in a statement Sunday.

Costing 32 million Afghanis (457,920 U.S. dollars), the

project was conducted in Mohammad Agha district of the province, where the statement said: "Some 2,000 households will enjoy electricity once it is completed."

Speaking in the inauguration ceremony, Mullah Abdul

Latif Mansoor, the acting Minister of Water and Energy, commended the jihad of the people of Logar against the occupants and assured them of launching similar projects in the province.

The Kabul Times

UN urges global action to combat malnutrition in Afghanistan

KABUL: The World Food Programme (WFP), UNICEF, UNFPA, the Food and Agriculture Organization (FAO), and the World Health Organization (WHO), in a statement, issued a joint call for urgent, coordinated global action to address a worsening malnutrition crisis in Afghanistan, particularly among children and women, TOLONews reported Sunday.

Afghanistan is among the 15 countries with the highest rates of "child wasting." Over 3.5 million children under five are acutely malnourished, including 1.4 million suffering from life-threatening conditions. Additionally, four in every ten women are undernourished, the statement said as quoted by the TV.

The statement said: "This crisis is driven by severe food insecurity caused by environmental disasters like drought. Around 9.8 million people face

acute food shortages, and 2.1 million young children live in child food poverty, lacking access to a diverse and nutritious diet."

The statement quotes Kwabena Asante-Ntiamoah,

maternal health and the survival of newborns in Afghanistan, where many women start pregnancy undernourished. Poor maternal nutrition not only increases the risk of maternal mortality but also contributes

The UN emphasized the need for global support across food, health, water, education, and social services to both prevent and treat malnutrition.

UNICEF's Representative, Tajudeen Oyewale, called the crisis a "test of global commitment," emphasizing that "millions of children are suffering from life-threatening malnutrition due to poor services and food poverty. Investing in nutrition today is an investment in peace, resilience, and the future of Afghanistan."

Previously, the World Food Programme predicted that by 2025, 3.5 million children in Afghanistan would suffer from malnutrition.

The agency also reported that 1.2 million pregnant and breastfeeding women in the country are currently affected by malnutrition and urgently need nutritional treatment and support. The Kabul Times



UNFPA Representative in Afghanistan, as saying: "Good maternal nutrition is crucial for

to low birthweight, stunted growth, and poor developmental outcomes for children."

Nearly 2,000 military vehicles repaired in Balkh, ministry



KABUL: The country's Ministry of Interior Affairs said

in a statement Sunday that 1,868 military vehicles have

been repaired by the technical teams of the Balkh Police Com-

mand.

The repaired vehicles, including 1,604 Ranger trucks and 264 Humvees and Internationals, are now being used by the relevant security units in the province, the statement said.

"The repairs were carried out by the technical staff, and dozens of additional vehicles are currently being maintained and repaired in the provincial police command," the statement said.

Since the return of the Islamic Emirate of Afghanistan (IEA), significant efforts have been made to repair and restore military vehicles across the country.

The Kabul Times

Dozens of families provided with cash assistance in Panjshir, ARCS

KABUL: Shaikh Shahabuddin Delawar, the General President of the Afghan Red Crescent Society, distributed 2.33 million Afghanis among 80 deserving families in Panjshir province, the ARCS said in a statement Sunday.

Delawar reiterated the organization's commitment to supporting headless individuals, widows, orphans, and destitute families, according to the



statement.

He assured that such humanitarian efforts would continue without interruption, pledging that food and non-food items would be soon distributed to these families.

Additionally, the General President of ARCS called on provincial staff to uphold integrity and dedication in their daily duties.

The Kabul Times

Training program held for students of Kabul Journalism Institute, MoIC

KABUL: The Capacity Building Directorate of the Human Resources Department of the Ministry of Information and Culture has launched a one-month training course for 37 students of the Kabul Journalism Institute, the ministry said in a statement Sunday.

The training will begin with two days of theoretical instruction, followed by practical training in various departments of the ministry throughout the program, the statement said.

The students will receive both theoretical and practical training in areas such as the history, vision, mission, administrative structure, management, official correspondence,

and other essential topics related to the Ministry of Information and Culture, the statement added.

It is worth noting that sim-

ilar training programs have previously been conducted by the Ministry for the students of the Kabul Journalism Institute.

The Kabul Times



Over 590 Afghan families return from Iran, Pakistan

KABUL: The High Commission for Refugees said in a statement the other day that 593 Afghan families returned home from Iran and Pakistan in the past one day.

The families encompassing

2,467 individuals entered the country through various transit routes, including Torkham, Spin Boldak and Islam Qala ports, the statement said.

The statement added that necessary services were pro-

vided to the migrants by the respective committees.

A few days ago, 1,217 Afghan families returned from Iran and Pakistan.

The Kabul Times



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Food for thought

Today's generation guarantees our bright future

The negative impact of Iran-Israel conflicts over Afghanistan economy

Reports said that trade between Afghanistan and the Islamic Republic of Iran has exceeded 3 billion USD annually, making Afghanistan the second largest economic partner to the neighboring country after Iraq.

A source from the Iranian government confirmed that trade between the two countries exceeds 3 billion USD annually noting that 90% of Iran's exports to Afghanistan are transported via ground port in the country's western province of Herat.

After the power resumption by the Islamic Emirate nearly four years ago, relations between Kabul and Tehran, particularly in the economic field unexpectedly improved with the two nations enjoying each other's economic exports and imports, (however lower exports from Afghanistan) but in case of war prolongation between the Islamic Republic and the Israeli regime, Afghanistan will undeniably endure the negative economic consequences. However, other alternative ways could be sought by the Islamic Emirate to secure trade and economy, but it could be accessible in the long term.

At a time when Iran is doing a one-sided trade – good exports – with Afghanistan, the country sees the easy flow of goods from neighboring Iran in its benefit while any other long-term alternative way would take longer to be opened to Afghanistan. Anyway, the route should be sought and secured to avoid any unexpected security incidents in the neighboring country.

Apart from security incidents, the two countries should trade with each other in the form of a win-win deal; the neighboring country should also have imports from Afghanistan as it had already secured goods exports to the country. As of now, Afghanistan has fewer exports to Iran compared to its imports from the Islamic Republic. Apart from insecurity, no serious barrier would face the two nations' economic cooperation, and Iran would receive an export of millions of dollars from Afghanistan annually.

Like Afghanistan, Iran should become a significant market for the Afghan products, and to reach the goal, a sound trade deal should be sought by the two countries' chambers of commerce and industries and the Iranian side should be convinced to remain committed to address the issue. Also, Iran should provide opportunities for Afghan exports and support Afghan farmers. This would enable Afghan exports, including mineral stones, raisins, non-alcoholic beverages, vegetable seeds, sesame, etc. to reach Iran, as the neighboring country's main exports to Afghanistan consist of diesel, petrol, raw materials for factories, liquefied gas, auto parts, and machineries.

As nowadays, the Islamic Republic of Iran is driven to an unwanted conflict with the Zionist regime, after the regime resumed airstrikes killing scores of its high-ranking military officials and if the war continues for long, seeking an alternative route for the impoverished Afghanistan is imperative.

The Islamic Emirate should find alternative routes to prevent the most possible hike of price in some commodities, notably fuel, in case of the prolongation of conflicts between the neighboring country and the Israel regime.

Afghanistan's export potential: A pathway to prosperity in regional markets

Due to its unique geo strategic position, Afghanistan has historically served as a natural bridge connecting South Asia, Central Asia, and the Middle East. However, decades of war, instability, and lack of essential infrastructure have left this potential untapped.

With a relative degree of political and security stability in place, a critical question emerges: Can Afghanistan harness the potential of regional markets to enhance its exports and use them as a driving force for economic recovery? This article explores how Afghanistan can effectively seize this opportunity.

In recent years, several Afghan products have gained recognition at both regional and international levels. Saffron, dried fruits, precious stones, and handwoven carpets are examples of goods with strong export potential.

Saffron production in the western provinces, known for its high quality, is well-positioned to benefit from regional demand for organic and halal-certified products, offering opportunities for expanded exports to Gulf countries, India,



initiated the movement of goods.

Likewise, enhanced cooperation with Central Asian countries, through the Khaf-Herat railway and road links between Afghanistan and Uzbekistan, has improved economic connectivity.

These corridors not only streamline exports but also reduce transportation costs and enhance the competitiveness of Afghan products in global markets.

focus on regional economic integration could elevate the country's position in regional dynamics.

Afghanistan can position itself as a critical hub for energy transit, overland trade, and regional connectivity, leading to revenue generation and strengthening its economic role in the region.

However, export revival is not feasible without addressing issues of product quality, packaging, branding, and compliance with international standards.

Despite the inherent quality of many Afghan goods, inadequate packaging and failure to meet the regulatory requirements of target markets often hinder sustained market presence.

The government and private sector must invest in processing facilities, packaging centers, and certification bodies to enable "Made in Afghanistan" products to compete globally.

The government also plays a central role in policymaking, supporting producers, facilitating customs procedures, and developing infrastructure.

If tax incentives, export facilitation mechanisms, and investments in key commercial ports, such as Sher Khan, Islam Qala, Spin Boldak, and Zaranj, are introduced, exports can emerge as one of the fundamental pillars of the nation-

al economy.

Moreover, export growth directly contributes to employment generation, poverty reduction, and increased national income.

As demand for Afghan export goods rises, domestic production chains are strengthened, small and medium enterprises (SMEs) are revitalized, and new job opportunities, particularly for youth and women, are created.

Over the long term, this process will not only improve economic conditions but also contribute to enhanced social stability.

In conclusion, by strategically leveraging its export potential, geographic advantage, and human capital, Afghanistan can transition from a consumption-driven and aid-dependent economy to a production-oriented, export-led economy based on its comparative advantages.

Achieving this vision will require comprehensive planning, active economic diplomacy, and strong coordination between the government, private sector, and international partners.

Export development is not merely an opportunity—it is a strategic pathway to rebuilding and redefining Afghanistan's national economy in the 21st century.

Aburagheb Amani



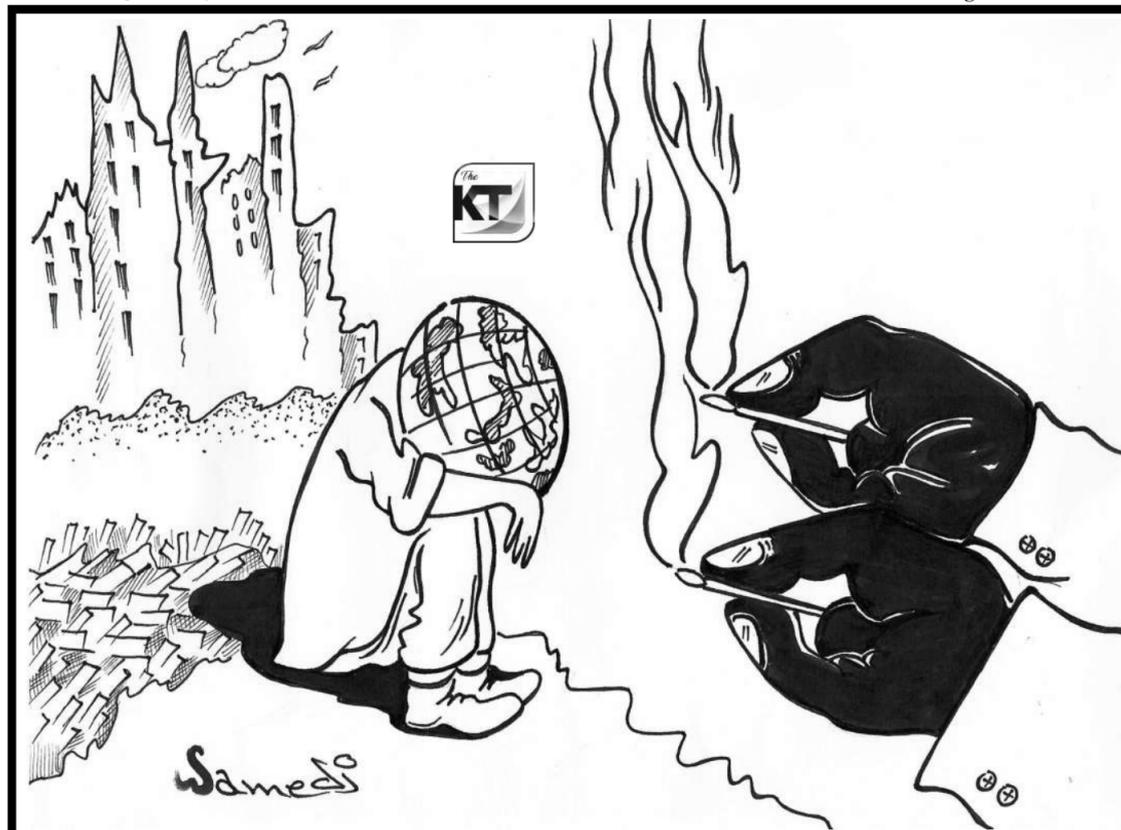
Turkey, and Central Asia.

Similarly, Afghan dried fruits enjoy a wide market, particularly in neighboring countries such as Pakistan, India, and the UAE.

One of the key pillars of export expansion is the development of air and land corridors for trade. In recent years, air corridors between Afghanistan and countries such as India, China, Turkey, and the Gulf states have significantly facil-

Regional economic cooperation through platforms such as SAARC, the Economic Cooperation Organization (ECO), and the Shanghai Cooperation Organization (SCO) can also play a vital role in export growth.

Although Afghanistan has yet to fully capitalize on the potential of these institutions, a recalibration of its foreign economic policy and a



3,620 tons of wheat to be purchased from farmers in Helmand this year

After the Islamic Emirate came to power in the country, cultivation of narcotics was banned nationwide by the order of the leadership.

The lands that were previously used for growing narcotics have, in recent years, been cultivated with wheat instead.

In 1403 (2024), based on a decree by the leader of the Islamic Emirate, in provinces where farmers have surplus wheat, the government will purchase it at a fair price.

This wheat will then be distributed to the public in emergency situations.

Local officials in Helmand say that based on this directive from the leadership of the Islamic Emirate, approximately 3,620 metric tons of wheat will be purchased from farmers in this province this year.

They further added that the purchasing process for 1404 (2025) has officially begun, and relevant coordination meetings have been held.

A coordination meeting was recently convened at the office of the Helmand Directorate of Agriculture, Irrigation and Livestock to better organize and implement the wheat purchasing and inspection process.

Mawlavi Mohammad Qasim Riaz, spokesperson for the Helmand governor, stated during the meeting that it was held between two appointed committees—one responsible for purchasing wheat and the other for inspecting it.

According to Riaz, the Director of Agriculture led both

committees, and the members included representatives from the Ministry of Agriculture, the provincial governor's office, the municipality, the finance department, the directorates of industry and commerce, the silo department, and the agriculture department.

"The wheat purchasing



process was evaluated during the meeting, and necessary coordination was ensured for its implementation.

Both committees called on all farmers in Helmand who have surplus wheat to bring it to the Helmand Directorate of Agriculture, Irrigation and Livestock for sale," he added.

Meanwhile, several farmers in Helmand praised the government's move but requested support in other areas such as marketing vegetables and other agricultural products and

access to improved seeds.

One farmer, Mohammad Isa, said, "This is a good initiative by the government to buy wheat from farmers, but we also request them to help us find international markets for other products and provide improved seeds."

Another farmer, Zainullah,

buys wheat from farmers, it's a positive step—especially in winter when prices soar and poor people cannot afford it.

Now, they will be able to buy it at reasonable prices.

Previously, Afghan wheat was exported, stored abroad, and returned at higher prices. We appreciate the govern-

ment's efforts in this area."

It is worth mentioning that this wheat purchasing program by the Islamic Emirate is being implemented to achieve self-sufficiency, support national production, and improve farmers' economic conditions.

He noted that in the past, Helmand's wheat was taken to neighboring countries, stored there for some time, and later brought back to Afghanistan and sold to the public at much higher prices.

According to Zainullah, after wheat is stored in government reserves, prices across the country have dropped by about 50%.

"When the government

ment's efforts in this area."

It is worth mentioning that this wheat purchasing program by the Islamic Emirate is being implemented to achieve self-sufficiency, support national production, and improve farmers' economic conditions.

Economic observers, farmers, and local citizens in Helmand see this as a practical and timely initiative and emphasize the importance of transparency and fair pricing during its implementation.

Ehsanullah Wolasmal

Traditional and modern medicine: A comparative overview

Medicine is one of humanity's most vital and enduring pursuits. Throughout history, people across cultures and civilizations have sought various ways to heal the sick, relieve suffering, and improve the quality of life.

Over time, two main paths in medical practice have emerged: traditional medicine and modern medicine. These two systems of healing differ significantly in their foundations, philosophies, diagnostic techniques, treatment methods, and overall approach to health. However, despite their differences, both systems aim for the same goal, the well-being and recovery of the human being. Modern medicine seeks to understand the human body at the molecular, cellular, and genetic levels. Diseases are studied in laboratories, and treatments are tested through clinical trials. Diagnosis is often done through high-tech tools such as blood tests, X-rays, MRIs, and genetic screening. Treatments include pharmaceutical drugs, surgery, radiation, and other interventions designed to directly eliminate or control the cause of the disease. One of the most striking contrasts between the two systems lies in how they view the human body. Traditional medicine typically sees the body as a holistic and integrated system. Health is not simply the absence of disease but a state of complete balance in body, mind, and spirit.

restoring balance in the patient's life. Meanwhile, modern medicine relies heavily on synthetic drugs manufactured under controlled conditions. Medications are prescribed based on standardized doses, with side effects and interactions closely monitored. Surgical interventions are also a key component of modern practice, allowing doctors to physically repair, remove, or replace damaged parts of the body. Safety and regulation represent another key difference between traditional and modern approaches. Modern medicine is subject to strict regulation. Before a drug or procedure is approved, it must go through multiple phases of testing to ensure its safety and effectiveness. Medical professionals must undergo years of education and licensing before they are allowed to practice. In contrast, many forms of traditional medicine are not regulated. Herbal remedies are often sold without thorough testing, and practitioners may not have formal education or certification. While many traditional remedies are safe and effective, there is a risk of contamination, improper dosage, or interactions with modern drugs. Despite these challenges, traditional medicine remains deeply valued in many societies, especially in regions where access to modern healthcare is limited or expensive. Modern medicine, however, excels in treating acute and emergency

therapies to reduce side effects of chemotherapy, manage chronic pain, or support mental health. This trend reflects a broader understanding that healing is not just about fixing what is broken, but also about nurturing what is still whole. However, integrating the two systems is not without obstacles. Scientific validation is a major concern. While modern medicine demands rigorous testing and empirical proof, many traditional remedies are based on anecdotal evidence and centuries-old practices. There is also the issue of intellectual property, as pharmaceutical companies may exploit indigenous knowledge without fair compensation or respect for cultural traditions. Furthermore, some practitioners of modern medicine remain skeptical of traditional methods, considering them unscientific or outdated.

The World Health Organization has acknowledged the importance of traditional medicine and encourages countries to regulate and integrate safe practices into their national health systems.

In some countries, universities now offer degrees in complementary and alternative medicine, and clinical trials are being conducted to test the efficacy of traditional remedies. These efforts aim to ensure that traditional knowledge is preserved, respected, and improved through scientific collaboration. Looking forward, the most promising path in



For example, a patient with chronic headaches might be treated not only for the physical symptoms but also for underlying stress, diet, emotional imbalance, and spiritual unrest. In modern medicine, however, there is a tendency to isolate the problem, identify the specific cause, and treat it with targeted interventions. A headache might be diagnosed as a result of a nerve disorder, dehydration, or high blood pressure, and treated accordingly with drugs or therapies focused solely on the physical issue. In terms of treatment, traditional medicine utilizes natural remedies, including herbs, roots, oils, and minerals.

These substances are usually prepared in simple ways: boiled, dried, powdered, or brewed. Treatment is often accompanied by massage, acupuncture, spiritual rituals, breathing techniques, or detoxification methods. Healing is a process that involves not only curing the disease but also

conditions. In cases of infection, injury, or life-threatening illness, modern methods are often the most effective. Antibiotics, vaccines, surgeries, and advanced diagnostic tools have saved millions of lives and increased life expectancy around the world. The rapid response and precision of modern treatments are unmatched in many situations. However, critics argue that modern medicine can sometimes overlook the emotional and psychological aspects of health, leading to a treatment process that feels impersonal or incomplete. In recent decades, there has been growing interest in integrative medicine, a movement that seeks to combine the strengths of both traditional and modern approaches. Many patients and healthcare providers now recognize the value of using herbal remedies, yoga, meditation, or acupuncture alongside conventional treatments. Hospitals in several countries offer complementary

healthcare may be one that values diversity in medical practices. Instead of viewing traditional and modern medicine as opposites, we can see them as complementary tools, each with their own advantages and limitations. For a patient with cancer, for example, chemotherapy might be necessary to fight the disease, but acupuncture and herbal teas could help reduce nausea and improve quality of life. A patient with chronic stress might benefit from modern counseling and medication, while also practicing meditation and following a diet based on Ayurvedic principles. Medical professionals must learn from each other, patients must be informed and empowered, and societies must invest in systems that promote both innovation and tradition. By doing so, we can ensure that future generations benefit from a richer, more diverse, and more compassionate understanding of what it means to heal and be healthy.

Dr. Bushra Parnian

A look at modern genocide in Gaza

At a time when the skies of Gaza are darkened with smoke and fire, and its soil soaked with the blood of defenseless children, a quieter but even more vital front is engaged in another kind of battle: a front where war is not waged with rockets and tanks, but with words, images, and narratives. It is a front where intellectuals, scholars, writers, journalists, poets, and media owners stand on the frontlines. Perhaps in this battlefield, martyrdom does not mean losing one's life, but there is no doubt that it means bearing wit-

ness to this crime and delivering the truth. For in this arena of truth and falsehood, neutrality is not only impossible—it is treason. Silence in the face of crime is complicity, and covering up injustice is siding with the oppressor. Defending the sacred land of Gaza is the duty of every Muslim, though such defense takes different forms: for some, it is through fighting; for others, through financial support; and for yet others, through public persuasion and narrative-building. As a responsible generation toward the people of Pales-

time, it must first be noted that writers and political elites have a special responsibility. Foremost, the responsibility of the intellectuals of the Islamic world is to elevate the issue of Gaza beyond being just a political or news matter. Gaza must become a mirror to measure the zeal, awareness, awakening, and sense of responsibility of the Muslim Ummah. Gaza is not only a site of catastrophe; it is also a test of the collective conscience of the Muslim nation.

See P4

Tackling child and women nutrition crisis in Afghanistan

As Afghanistan is at a critical juncture in its fight against child and women malnutrition, the United Nations Children's Fund (UNICEF), World Health Organization (WHO), World Food Program (WFP), Food and Agriculture Organization (FAO) and United Nations Population Fund (UNFPA) in a joint statement have called for a coordinated, multisectoral action on nutrition in Afghanistan.

The UN Joint Strategic Call to Action on Nutrition advocates for urgent, multisectoral, and tailored activities to tackle all forms of malnutrition and prevent further harm to the most vulnerable children and women.

Immediate action, backed by global, national, and community-level support, is essential to save

ple into acute food insecurity, while nine out of every 10 young children in Afghanistan live in child food poverty (around 2.1 million children).

These children lack access to the variety of foods essential for their growth and development, often consuming diets that include, at most, four food groups, and on some days even less.

The UN Joint Strategic Call to Action on Nutrition aims to combat the severe crisis of child wasting and other forms of malnutrition in Afghanistan, and UNICEF, WHO, WFP, FAO and UNFPA are calling for a coordinated, multisectoral action on nutrition.

The focus is on strengthening food, agriculture, health and nutrition, water and sanitation, in

to nutritious food from pregnancy to breastfeeding requires the full support of families and communities.

UNFPA works with partners to integrate nutrition into reproductive and maternal health services," said Kwabena Asante-Ntiamaoh, UNFPA Representative in Afghanistan.

Malnutrition isn't just a single health challenge—it's a cycle that spans generations.

When mothers suffer from malnutrition, their babies are more likely to be born underweight, increasing the risk of poor growth and development throughout childhood, adolescence, and adulthood.

Breaking this cycle requires a proactive approach that focuses on both prevention and treatment

brunt of the hunger crisis in Afghanistan, where four out of five families cannot afford minimally nutritious diets.

WFP delivers lifesaving emergency food assistance to families facing multiple compounding vulnerabilities and many of whom have no other means of survival.

Without sustained food assistance, millions of Afghans will descend into deeper hunger and acute malnutrition, especially with the onset of winter in a few months," says John AYLIEFF, WFP Country Director, Afghanistan.

In the meantime, Richard Trenchard, FAO Representative in Afghanistan, says that nutrition starts with what communities grow and eat every day, adding that when they support farmers and build strong, lasting bonds with them, they help improve how food is produced, stored, and shared.

According to him, this means families can access healthier, more diverse diets.

He says with the right support at the right time, especially through farming and livelihood assistance, they have seen that hunger and malnutrition can be reversed. Dr. Tajudeen OYE-WALE, UNICEF Representative, Afghanistan, also says that Afghanistan's nutrition crisis is not just a local emergency—it is a test of global commitment to the world's most vulnerable children and women. The UN Joint Call to Action on Nutrition in Afghanistan comes at a pivotal time. On 23 May 2025, the Executive Board of the 78th World Health Assembly adopted the extension of the Global Nutrition Targets to 2030. This decision reaffirms the global commitment to ending all forms of malnutrition and accelerating progress toward the Sustainable Development Goals (SDGs). With limited time left, urgent joint investment and action are now required to meet global nutrition and SDG targets by 2030. **Mashal Noori**

at every stage of life. The World Health Organization is dedicated to ensuring that the most vulnerable including every woman and child has the opportunity to thrive.

By strengthening the national health system through broader health initiatives, WHO is building healthier, more resilient communities and accelerating progress toward global nutrition goals in the country — so no one is left behind," says Dr Edwin Ceniza Salvador, WHO representative to Afghanistan.

"Women and children bear the



lives and mitigate the devastating impact of this ongoing crisis.

Afghanistan ranks among the top 15 countries with the highest rates of child wasting.

Today, over 3.5 million children under five in Afghanistan are acutely malnourished including 1.4 million suffering from life-threatening forms. Meanwhile, four in every 10 women are undernourished and too often overlooked in the response.

High levels of food insecurity, driven mainly by a fragile economy and environmental disaster like drought, puts 9.8 million peo-

addition to social protection and education systems, to prevent, detect, and treat child wasting and other forms of malnutrition early and effectively.

"Good maternal nutrition is crucial for maternal health and the survival of newborns in Afghanistan, where many women start pregnancy undernourished.

Poor maternal nutrition not only increases the risk of maternal mortality but also contributes to low birthweight, stunted growth, and poor developmental outcomes for children.

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Afghanistan secures third place with 28 points in Iran wrestling event

The Afghanistan national wrestling team has secured an impressive third place at the International Wrestling Championship hosted by Iran.

Afghan athletes performed remarkably throughout the competition, earning a total of 28 points, placing them just behind the host nation Iran, which claimed the first place, and Turkey, which finished in second.

This achievement marks a significant milestone for Afghanistan's wrestling team, showcasing the country's growing strength and discipline in the field of traditional sports on an international platform.



The tournament brought together skilled wrestlers from across several countries, competing for top honors in one of the region's most traditional and respected wrestling styles.

The Afghan wrestlers demonstrated not only physical strength and technical skill but also great sportsmanship and team spirit.

This third-place finish also boosts Afghanistan's standing in international wrestling circles and provides momentum for future participation in regional and global championships.

Their success at this event is seen as a result of months of training, coaching support, and growing interest in pre-

serving traditional Afghan sports and martial arts. Sports officials and fans back home have widely praised the team's performance, noting that such achievements contribute to national pride and inspire youth participation in sports, even amid the country's ongoing challenges.

Night tape-ball & Eid volleyball tournaments successfully wraps up in Chak, Maidan Wardak

Two major sporting events recently concluded in Chak district of Maidan Wardak province, drawing large crowds and promoting unity among youth.

The first event, a night tape-ball cricket league, was organized by the Provincial Directorate of Physical Education and Sports in coordination with the Chak district sports committee and financial sponsorship from Esmatullah Rasooli. Held for the first time in Chak recreational area, the tournament featured 12 teams competing over six nights. In the final match, Malakzai Atalan set a target of 88 runs in 8 overs. Chak team successfully chased it in 7.4 overs, clinching victory. Prizes included 15,000 AFN for the champion and 5,000 AFN for the runner-up, along with medals, trophies, and certificates. Thousands of fans from across the province attended the games. The aim of the tournament was to foster unity and strong social ties among high school students and youth.

Maidan Wardak's Directorate of Physical Education and Sports, expressed satisfaction with the successful conclusion of both sporting events. He stated, "Thankfully, these events were successfully held in coordination with our department in a peaceful and secure environment. This was made possible through the active cooperation of local sports committees, community elders, and youth volunteers who worked tirelessly to ensure everything ran smoothly."

The second major event was the Eid volleyball tournament, titled "Under the Light of Stars,"

Zabihullah Wahaj, the head of



ICC introduces new rule on use of two new balls in ODIs

The International Cricket Council (ICC) has approved a new rule concerning the use of two new balls in One Day International (ODI) cricket matches.

two new balls were used throughout the entire 50-over innings, with each ball bowled from one end. However, under the new rule, both balls must be used only until the completion of the 34th over.

This decision marks a significant shift from the rule introduced in 2011, which allowed for two new balls to be used simultaneously from both ends for the full duration of the 50 overs.

This rule is set to take effect from July 2, 2025, and will apply to all international ODI fixtures thereafter.

After the 34th over, the bowling team will be required to choose one of the two balls that were in use.

Critics of the previous rule had argued that it disproportionately favored batters, especially in the latter stages of the innings when the ball remained harder and newer for longer.

According to the newly introduced regulation, each team will now be allowed to use two new balls during the first 34 overs of their bowling innings. Previously,

The selected ball will then be used for the remaining 16 overs of the innings—from the 35th over to the 50th over.

The ICC's change aims to strike a better balance between bat and ball, providing bowlers with more opportunity as the ball begins to show signs of wear in the final overs.



This may also encourage reverse swing and bring spin bowlers more into play toward the end of the innings.

The implementation of this rule is expected to influence team strategies, especially regarding bowling changes and field placements during the death overs of an ODI match.

Air India plane crash death toll rises to 270

Doctors in India say 270 bodies have been recovered from the site of Thursday's plane crash in Ahmedabad.

The London-bound aircraft crashed into a residential area shortly after take-off killing all but one of the 242 passengers and crew members, a 40-year-old British man.

G7 summit: Who is attending and what's on the agenda?

Leaders of the Group of Seven (G7) countries – Canada, France, Germany, Italy, Japan, the United Kingdom and the US – will meet on Sunday in the remote town of Kananaskis, Alberta, nestled in the foothills of the Canadian Rockies, for three days of intense discussions.



Officials have also been trying to establish how many people were killed on the ground and have been continuing the slow process of matching DNA samples to confirm the victims' identities.

This will be the 51st G7 summit meeting. The first took place in 1975 in Rambouillet, France. Back then, it was known as the G6 meeting, as Canada did not become a member until the following year.

Russia joined the forum in 1998, making it the G8, but was effectively expelled in 2014, following its annexation of Crimea. Since then, the forum has been known as the G7.

Vigils honouring the dead have taken place across India and the UK.

Tensions at this year's gathering, taking place June 15-17, are likely to be high for many reasons.

These include Mexican President Claudia Sheinbaum, who confirmed her attendance on Monday after saying in May that she was undecided, and Indian Prime Minister Narendra Modi.

India's Aircraft Accident Investigation Bureau (AAIB) is leading the inquiry into the cause of the crash, helped by teams from the US and UK.

Intense discussions are expected about the unfolding crisis in the Middle East after Israel carried out massive strikes on military and nuclear sites in Iran on Friday. This year's meeting also takes place against the backdrop of aggressive trade tariffs set – and then paused for all countries except China, which has now reached a deal with the US – by US President Donald Trump earlier this year.

Saudi Arabian Crown Prince Mohammed bin Salman was invited, but it is unclear whether he will attend. The invitation for Modi has raised eyebrows in Canada. Relations between India and Canada have been strained since former Prime Minister Justin Trudeau accused India of assassinating a Sikh separatist leader in Canada in 2023. The World Sikh Organisation said Carney's invitation was a "betrayal of Sikh Canadians", and the Sikh Federation of Canada called it "a grave insult". **Aljazeera**

On Friday, a black box was found at the site of the crash which India's civil aviation minister, Ram Mohan Naidu Kinjarapu, said would "significantly aid the inquiry" into the disaster.

Canada's Prime Minister Mark Carney may also still be reeling from comments by Trump that Canada should become the 51st US state. In May, Carney stated that Canada was "not for sale ... ever" during a meeting with Trump at the White

Less than 60 seconds after leaving Ahmedabad's Sardar Vallabhbhai Patel International Airport, the plane lost altitude and crashed into a building that was used as doctors' accommodation at the BJ Medical College and Civil Hospital.

On Saturday, the President of the Junior Doctors' Association of the college, Dr Dhaval Gameti, confirmed the hospital had received the bodies of 270 victims. Of those, 241 are believed to be passengers and crew of Flight AI171. **bbc**

Police say one 'critically injured' in shooting at US protest

A shooting at a protest against President Donald Trump's policies in the western state of Utah left one person with "life-threatening injuries," police said, adding that three others were taken into custody. Police said the incident occurred around 8:00 pm Saturday (0200 GMT Sunday) in Utah's capital Salt Lake City during a protest that drew about 10,000 people — one of several "No Kings" demonstrations across the United States rallying against Trump.

Police Chief Brian Redd stressed during a news conference that the events leading up to the shooting "were very peaceful," adding that the first person taken

into custody had a gunshot wound and was transported to the hospital. Two other individuals involved in the incident were also taken into custody, he said. "At this time, there is... no ongoing threats to the public," Redd said,

adding that it was too early in their investigation to say if the shooting was politically motivated. City Mayor Erin Mendenhall said "this act of violence does not define" Salt Lake City — a Democratic bastion in the deep-red Republican state of Utah. "The purpose of today's demonstration was a powerful and peaceful expression until this event and that cannot be overshadowed or silenced by a single act meant to harm," she said. "We are a nation that needs our First Amendment right, we deserve to protest in peace. And what happened today I hope will not silence the voices of the public who deserve to have their voices heard." **Al-Arabiya**



"We can confirm the shooting resulted in one person being critically injured. The patient has been taken to a hospital with life-threatening (injuries)," said the Salt Lake City police department in a social me-

A look at modern genocide...

From P3 Here, every pulpit, every social media platform, every classroom, and every media program can become a battleground where truth is shouted and the silence of enemies is exposed. In such conditions, scholars and religious leaders play an even more crucial role. They are the bearers of the prophetic tradition, which states: "One must stand against evil with their hand, their tongue, and their heart." If the murder of thousands of innocent people is not evil, then what is? True scholars of religion must openly and unequivocally call the Zionist regime a criminal. In their sermons and speeches, they must prioritize the issue of Gaza. Firstly, they must wisely enjoin the Arab rulers to support the sacred land of Palestine and the First Qibla of Muslims. They must also call upon the people to offer financial, political, and intellectual support to the people of Palestine. Most importantly, they must make sincere prayers from the heart for this Ummah and

encourage others to do so, for prayer is the weapon of the believer and has always been the source of strength in the most difficult battles. In a world where Western media markets lies with the glitter of truth—where the face of the victim is labeled as the "attacker" and the occupier as the "defender"—the burden upon Islamic media has never been heavier. Media activists must act with piety and refuse to become puppets of media tycoons. They are obligated to preserve the authentic narrative of Palestine. They must use the language of art, video, graphics, storytelling, and even satire in the service of truth, and use local, regional, and international platforms to broadcast the voice of Palestine. Yes! This is not only a humanitarian duty—it is a form of cultural jihad, a struggle that can awaken hearts around the world. Poets, writers, storytellers, and analysts must become the voice in this silent battlefield.

What is happening in Gaza today will die if it only remains in the headlines. But if it enters literature, memory, novels, poetry, art, and global conscience—it will endure. In this path: poems must be written for the martyrs; stories must be created for the children of Gaza; narratives must be composed for the mothers of the martyrs; and for the future, truth must be recorded in lasting intellectual forms. Many may ask: we have no power—what can we do against all this oppression? The answer is simple. First, Islamic governments must sever all diplomatic, economic, and cultural ties with the state of Israel and its supporters—especially the United States. They must close Israeli embassies and expel their representatives. Second, organizations like the Organization of Islamic Cooperation and the Arab League must move from ceremonial sessions toward real action. Neighboring countries—especially Egypt and Jordan—are religious-

ly and morally obligated to unconditionally open the gates of support, including military defense, humanitarian aid, medical supplies, and food, to the people of Gaza. The passivity of these governments is not only complicity with the enemy—it is a betrayal of the heritage of the Islamic Ummah. Finally, it is a duty upon all people—scholars, mujahideen, and elites—to cry out for Gaza's rescue, to seek help, and, ultimately, to pray. We must pray for the unity of the Islamic Ummah; pray for the guidance of Arab rulers; pray that neighboring countries of Palestine be granted success in defending its people; pray for the perseverance of the mujahideen; pray for the triumph of truth over falsehood; and pray that future generations will be freed from the shadow of occupation. Let us raise our hands from the depths of our hearts to the Almighty and Powerful Allah. **The End FiroozAhmad Ebrahemi**