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*Dear Reader,*

EID MUBARAK to all our readers. It has been a decidedly subdued Eid ul Fitr, and the reasons for that are quite obvious. Circumstances have seemingly tamed even our naturally boisterous nature. Having said that, the evidence in hand provided by mass media has shown the Pakistani people out and about with their families, thronging parks, the seaside and other public places across the country, celebrating as best as they can the return of lunch after an entire month of fasting.

Artificial Intelligence, or AI, is in focus this issue, and it's got Google CEO Sundar Pichai spending sleepless nights worrying about the downside to this incredible technology that is developing at an exponential pace. "It can be very harmful if deployed wrongly and we don't have all the answers there yet — and the technology is moving fast," Pichai told CBS. "So does that keep me up at night? Absolutely." **Frank Landymore** delves deeper into Pichai's thinking in this regard in our lead story.

In our second lead, **Prarthana Prakash** dazzles us with the various ways in which AI is taking over our lives and jobs, citing the enormous buzz that ChatGPT has produced in 2023. But there's a whole lot else in the works that the curtain has yet to be raised upon, and Prakash gives us a sneak preview on tools like Wonder Dynamics, Video Highlight and Summarize, Tango, Versy, IngestAI, and Canva.

Next up is **Tom Huddleston Jr.** with a very pertinent piece for parents on how to raise mentally strong kids by avoiding the use of seven phrases that undermine the robust development of their children when they're young.

Finally, at the back-of-the-book, we have our monthly take on the state of Nature and the many ecowarriors out there trying to make a difference, in particular Senator Sherry Rehman, our Federal Minister for Climate Change, who has earned a spot on TIME's list of 100 most influential people in the world. Bravo! 😊

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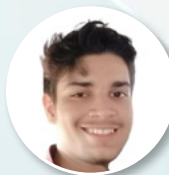
\*Articles selected from online content highlighting professional and expert knowledge on 'Managing People, Business and Yourself'

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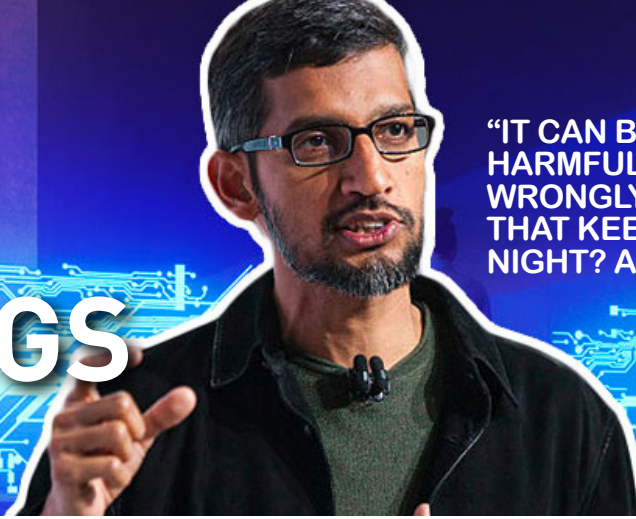


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# GOOGLE CEO WARNS EARTHLINGS TO BRACE FOR AI IMPACT

"IT CAN BE VERY HARMFUL IF DEPLOYED WRONG... SO DOES THAT KEEP ME UP AT NIGHT? ABSOLUTELY."



GETTY / FUTURISM

By Frank Landymore | 5 min read

## Workers of the World

Google CEO Sundar Pichai is warning that our feeble civilization at large will be massively affected by the advancement of AI — and that we should all brace for impact.

"We need to adapt as a society for it," Pichai told a credulous Scott Pelley during an interview on CBS's "60 Minutes," [as quoted by CNBC](#).

"This is going to impact every product across every company," Pichai added, warning that "knowledge workers" like writers, accountants, architects, and even software engineers would be affected.

## Nightmare Machines

Besides potentially forcing a complete restructuring of the workforce and running people [out of their jobs](#), the harm inflicted by AI could be a lot more direct and insidious, Pichai said. For instance, bad actors could use it to deliberately spread misinformation.

"It can be very harmful if deployed wrongly and we don't have all the answers there yet — and the technology is moving fast," Pichai told CBS. "So does that keep me up at night? Absolutely."

And trust us: if people can be fooled by an AI-generated image of [Pope Francis rocking a white Balenciaga puffer](#), they could arguably

just as easily fall for fake media reports generated for far more nefarious reasons.

"It will be possible with AI to create, you know, a video easily, where it could be Scott saying something, or me saying something, and we never said that," Pichai said. On a "societal scale," that "can cause a lot of harm."

## Correcting Course

Rather than abandoning AI, however, Pichai posits that society will have to start paying attention and enact more laws and regulations that "align with human values including morality," Pichai said during the interview.

"It's not for a company to decide," he added. "This is why I think the development of this needs to include not just engineers but social scientists, ethicists, philosophers, and so on."

Indeed, human society as a whole will have some catching up to do as AIs continue to improve at a rapid pace, though don't let Pichai's society-focused sentiment absolve Google of any responsibility, either.

For its part, the company has [recently released](#) a twenty-page document outlining "recommendations for regulating AI."

But whether Google will end up playing by its own rules and heed its CEO's warnings is another question entirely ■

## Source:

<https://fortune.com/2023/04/17/sundar-pichai-a-i-more-profound-than-fire-electricity/?utm>



# Forget ChatGPT — These (Insane) AI Tools Will Blow Your Mind And Change Your Life Forever!



**By Prarthana Prakash** | 10 min read

These days, we often talk about artificial intelligence in our everyday discussions.

Even we were unable to predict the enormous buzz that ChatGPT would produce in 2023. It is definitely amazing how quickly this sector is developing and how it affects our lives. I can guarantee you as an AI enthusiast that AI has limitless potential.

Since the release of ChatGPT, there has been a bloom of AI tools, making this a thrilling moment to be alive. New AI-powered tools are being created daily and enhancing our lives in ways we never imagined.

AI is revolutionizing how we engage with technology, from voice-activated virtual assistants to autonomous driving vehicles.

Additionally, a number of artificial intelligence tools are revolutionizing

how we do business. As someone who is constantly learning and evolving with AI, I am excited to share the latest AI tools with you.

Come on, let's explore the amazing realm of artificial intelligence!

## Wonder Dynamics

I have to admit that I am completely astounded by the outstanding work that the Wonder Dynamics tool produces. To be quite honest, I've always found visual effects in movies to be fascinating, and I've always wanted to make my own.

That fantasy, however, could soon become a reality thanks to the development of this ground-breaking AI technology.

CG characters may be automatically animated, illuminated, and composed into a live-action scenario using Wonder Dynamics, a remarkable technology.

This offers absolutely limitless opportunities for visual storytelling. I can scarcely wait to see what type of amazing things will result from the upcoming advancement in how people engage with visual content.

I might surprise you, but I'm prepared to commit a sizable chunk of my free time to utilize this tool. I simply cannot wait to see what I can create with it because of the creative possibilities it provides.

Of course, just as with any cutting-edge new technology, the access process for Wonder Dynamics is still in its early stages. To request access to the tool at this time, interested users have to fill out a form.

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## 2. Video Highlight, Summarize

Like many people, I spend a lot of time on

YouTube.

I love the wide range of content available, from programming and AI to the latest news and even comedy. However, I recognize that watching videos can be time-consuming and distracting, which is why I have made the decision to block YouTube during my work hours.

But what if there was a tool that could help me save time while still allowing me to enjoy my favorite videos? That's where Video Highlight and Summarize come in. These two innovative tools have been a game-changer for me, making it possible to quickly and easily get the gist of a video without having to watch the entire thing.

Let me explain a bit about how they work.

[Video Highlight](#) is the first tool, and it provides a brief summary of what the creator is talking about based on specific time frames.

For example, if I paste a link to a Steve Jobs motivational speech video, Video Highlight will automatically generate a summary of the key points based on different time frames.

This allows me to get a general sense of what Jobs is talking about without having to watch the entire video. I can take notes, jot down ideas, and move on with my day.

The second tool is Summarize, which provides an even shorter summary of the video's contents.

For example, if I paste a link to a lengthy President Biden speech, Summarize will generate a short overview of what he discussed. This allows me to get the main points of the speech without having to spend an hour or more watching the entire

video.

Both of these tools have been incredibly helpful for me, and I appreciate that they offer slightly different approaches to summarizing videos.

Depending on my needs, I can choose between Video Highlights and Summarize to get the level of detail that I require.

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### **3. Tango**

If you've ever had to write Standard Operating Procedures (SOPs) or step-by-step instructions, you are aware of how laborious and time-consuming the process can be.

This is where Tango comes into play; it's a cutting-edge technology that can assist streamline this procedure and save you time.

Tango may be used in a plethora of ways. For instance, if you're an app developer who sells your products, you might use Tango to provide step-by-step instructions for your product's most significant features, payment processes, earning processes, and more.

Similarly, Tango can assist you if you're a content producer who hires interns or new staff to set up their personal computers and write in your preferred manner.

But how can you put Tango to use? Actually, it's fairly easy. Download the Tango Chrome extension first, then create an account. Then, when you're prepared to write your detailed instruction manual, just open the Tango extension and begin recording your procedure.

Tango will automatically take pictures of your activities and add them, along with comprehensive explanations, to your guide.

The simplicity of Tango is its finest feature.

You won't need to be tech-savvy to utilize Tango; it's really simple. As soon as your guide is finished, you may share it with others.

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### **4. Versy**

ChatGPT has made remarkable strides in the field of AI even Midjourney and similar tools have become popular by developing tools that can add, edit, enhance, and delete objects from images.

However, there are still very few tools that can generate high-quality videos and games. That's why the introduction of Versy is such an exciting development.

It is a cutting-edge tool that allows you to create virtual worlds simply by typing in prompts. It's amazing how easy it is to create a world that matches your imagination. The possibilities are truly endless — you can create a fantastical landscape, an elaborate sci-fi city, or anything else you can dream up.

What's even more impressive about Versy is the level of detail and realism it offers. The graphics are top-notch and the working mechanics are seamless, making for a truly immersive experience. Whether you're a gamer or a developer, Versy is sure to impress.

Currently, Versy is on a waitlist for beta testing. But if you're interested in trying it out, be sure to fill out the form and join the waitlist.

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### **5. IngestAI**

IngestAI is a virtual AI assistant that allows you to impart your knowledge and expertise

to it, making it like a personalized assistant for you. To do this, you can embed your content from platforms like Medium into IngestAI.

Once you've done this, you can connect the AI to a platform like Discord, where a bot containing all your information will be available to answer any questions related to the topics you've covered.

For example, if you were to ask the bot a question like "Who is Nitin Sharma?", the AI would respond with a pre-prepared answer that you've provided — in this case, "Nitin Sharma is an 8x Top Writer and Full Stack Developer who writes about programming, web development, artificial intelligence, and sometimes investing."

This feature is particularly useful for professionals who often get the same kinds of questions repeatedly.

If you're a course creator or a professional with similar needs, you can create content based on frequently asked questions and answers, and then embed this content into IngestAI.

Once connected to a platform like Discord or Slack, anyone with a doubt or question can ask the bot directly, saving you a lot of time and effort.

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## **6. Canva**

You may already be familiar with Canva, a well-known design application that enables anybody to create graphics. You may now leverage some intriguing new AI features that Canva recently introduced within the platform, though.

Let's get into it in detail.

The first feature is known as "Magic Design,"

and it enables you to make a presentation that is unique to you based on a prompt you supply.

Simply go into your Canva account, click "Create a Design," choose "Presentation," and then click "Magic Design" to utilize the tool.

The tool will then create a customized presentation for you depending on the prompt you supply about the subject of your presentation.

Following that is the Magic Eraser feature, which allows you to swiftly eliminate unwanted items from your images.

To utilize this feature, choose the image you want to modify, pick "Magic Eraser," and then delete the element you want to eliminate. The thing will instantly disappear from your photograph.

Lastly, there is a Magic Edit tool that helps you easily add or modify elements in your designs.

To use this tool, click on the "Magic Edit" button, select "Add an Object," and choose the element you wish to add to create a new object.

If you wish to replace an existing object, select the "Replace Object" option, choose the item you want to replace, and then select the new object you want to use ■

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**Hope you like it.**

**That's it — thanks.**

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### **Source:**

<https://medium.com/swlh/forget-chatgpt-these-insane-ai-tools-will-blow-your-mind-and-change-your-life-forever-9a0fd08c3aed>



# Parents who raise mentally strong kids never use these 7 phrases when their children are young, says psychotherapist



Amy Morin Photo by Michael Hallahan

By Tom Huddleston Jr. | 10 min read

Every parent wants their children to be happy and successful.

The best way to ensure that is to teach them mental toughness as early as possible, according to [psychotherapist Amy Morin](#). Mentally tough children are more likely to have high self-esteem, [develop resilience](#) that allows them to stay positive amid challenges and [learn from their failures](#).

That means choosing your words carefully around your kids, especially in stressful situations where it's easy to say whatever you think will stop a tantrum or calm a worrying fit. Certain words or phrases could unintentionally send the wrong message, Morin says.

"All parents do these things sometimes or say them occasionally," Morin, the editor-in-chief of [Verywell Mind](#) and host of [The Verywell Mind Podcast](#), tells CNBC Make It. "But that's an opportunity to then

teach your kids how you learn from your mistakes, how you can grow and change [and] do things differently.”

Here are seven phrases that parents of mentally strong kids avoid using when raising their children, according to Morin:

## 1. ‘Calm down!’

It’s never a good idea to tell your children how they should be feeling, even if you’re just trying to calm them down or cheer them up, Morin says: “We want to send the message, it’s OK to feel however you’re feeling. But it’s important to pay attention to what you’re doing with those feelings.”

Instead, try something like this, she recommends: “It looks like you’re really angry right now.”

Help your child understand that it’s fine to feel upset, and gently push them toward an activity you know will help them calm down.

“Teach them what to do when you’re angry,” Morin says. “So instead of throwing something or yelling, maybe you color a picture or you go outside and run or you listen to music for a few minutes.”

## 2. ‘Don’t worry about it.’

It’s unhelpful to tell kids what to think, even if you’re just trying to allay their fears, Morin says.

“When somebody says, ‘Don’t worry about it,’ our worries don’t automatically go away,” she explains. “A better strategy is to teach kids: What can you do when you’re worried?”

Instead, try asking a hypothetical question: “If your friend was worried about this, what would you say?”

Typically, kids can think more rationally by removing themselves from the situation, Morin says. If their friend is worried about a test coming up, for example, they might tell them to study hard and everything will be fine.

“When they learn to give themselves that same message then they can learn, ‘OK, I can teach myself to manage my thoughts in a healthier way,’” she says.

## 3. ‘You’ll do fine.’

A [positive outlook can help your child](#) build confidence, but nobody has a “crystal ball,” Morin says. You can’t actually predict when your child will succeed, or when they’ll suffer a disappointment.

In other words, promising your child they’ll succeed, only to see them come up short, can actually hurt their confidence — while “damaging your credibility” for the next time you try to cheer them up, she says.

“Instead of saying, ‘You’re going to win!’ ... the better message is: ‘Get out there and do your best. And if it doesn’t go well, that’s OK. We’ll deal with that too,’” Morin says.

## 4. ‘Don’t ever let me catch you doing that again.’

This phrase is often uttered out of frustration, and a genuine desire to help kids avoid bad or dangerous habits.

But “kids are sneaky,” Morin says — and if you only warn them of the consequences of being caught, they’ll simply learn to get better at hiding bad behavior from you.

“They’re going to glue the lamp back together the next time it breaks, or throw



away their paper [with a bad grade] before you see it,” Morin says, adding that if your children are honest with you about their mistakes, you can help them learn and grow.

Instead, Morin suggests saying: “You’re going to do this again, and you’re going to be tempted to hide it and cover it up. Here’s what we could do instead.”

## 5. ‘You’re the best!’

There’s nothing wrong with praising your child when they perform well.

But if your kids think they’re only deserving of praise if they outperform everyone else, they’ll suffer from unrealistic expectations and anxiety over the prospect of finishing anywhere but first, Morin says.

In extreme cases, this can lead to kids trying to finish first at any cost, even if they have to break the rules. “These are the kids [who] end up cheating when they get a bit older, because they think that’s what is most important to Mom or Dad — to be the best, rather than to be the nice kid or the honest kid,” Morin says.

Instead, praise your child for their process — studying hard or putting in a strong effort — rather than the outcome, Morin advises. It can help kids stay motivated to work hard and succeed in the future, [psychologists often note](#).

## 6. ‘That’s perfect!’

Similarly, be careful not to raise a perfectionist: a child who thinks they always have to be “perfect” to deserve praise or love from their parents. Perfectionism in children is correlated with a range of mental health issues, from

anxiety to obsessive compulsive disorder (OCD), [research](#) shows.

It may seem perfectly innocuous to tell your child that their painting looks “perfect” or that they played “perfectly” in a soccer game, but those comments can be the beginning of a pattern that leads to kids obsessing over every mistake, Morin says.

“Praise their effort, rather than the outcome,” she advises. “Even if you think the picture looks beautiful, or they did a great job on the field, you might just praise them for working really hard, for trying. And, if they fell down, for getting back up again.”

## 7. ‘You’re making me mad.’

The idea that your feelings can be affected by someone else’s behavior is counterproductive, Morin says. It can make kids think they aren’t responsible for their actions. It can even lead to manipulative behavior, like when your child bosses around other kids instead of processing their own feelings, she adds.

“We don’t want [children] growing up blaming other people for making them mad, for ruining their day, for causing them to feel horrible all of the time,” Morin says. “We want kids to know: ‘I’m empowered to control how I think, feel and behave.’”

Try using phrases like “I don’t like your behavior right now,” or “I don’t like the way that you’re acting, here’s what we could do instead,” she advises ■

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### Source:

<https://www.cnn.com/2023/04/16/parents-who-raise-mentally-strong-kids-never-use-these-phrases-says-psychotherapist.html>

## NATURE CALLING for ACTION STATIONS (NCfAS#14)



# GOOD NEWS, BAD NEWS

## Power of prayer

Let us start with the good news first. More and more people are embracing and enhancing their spiritual quotient in the fight against climate change and global warming. When Dhaka, a metropolis of 20 million people, recorded its hottest day in 60 years at 40.6 degrees Celsius, over 500 worshippers congregated at the Aftabnagar playground where popular TV cleric Shaikh Ahmadullah led the prayers for rain. “They held the prayers for rains and for easing the temperature and protection from the heat wave,” Abul Kalam Azad, the local police chief said (Express Tribune, April 18, 2023).

Bangladesh is at the forefront of climate change with frequent deadly floods and ever-more-erratic rain which usually fall in April and May but have failed to materialize this year, and the country has been gripped by unusually hot weather since April 4, according to Afroza Sultana of the Met department.

A complete and abject surrender to the Will of the Almighty and plea for His mercy and compassion is

**“COP27 ended with a historic decision—the world community agreed for the first time to establish new loss and damage funding arrangements to support the most vulnerable countries.”**

the only route to salvation which, an analyst claims, is the hefty penny finally beginning to drop with casual believers more prone to lip service rather than an abiding and resolute belief in the infinite mercy of Allah.

To actualize Divine mercy, however, a prerequisite is course correction. The analyst explains that in order to receive mercy and compassion we must first give it, and not just to our fellow humans but to the environment that sustains us. That necessitates a shift away from ceaseless conspicuous consumption that is based upon a reckless plunder of Earth’s natural resources. If we are intelligent enough to have read this piece thus far, then no further elaboration of the way forward should be required.

## El Nino Ki Wapsi

At the terrestrial level the bad news is that El Nino has returned and the world could face record temperatures in 2023 (Express Tribune April 21, 2023). Severe heat waves, droughts and wildfires are on the menu as the El Nino weather phenomenon takes over the kitchen from its milder counterpart, La Nina. During El Nino, winds blowing west along the equator slow down and warm water is pushed east which creates warmer surface temperatures.

Carlo Buontempo, the director of the EU’s Copernicus Climate Change Service says that El Nino is normally associated with record breaking temperatures at the global level. “Whether this will happen in 2023 or 2024 we have yet to see.”

The world’s hottest year on record was 2016, coinciding with a strong El Nino, although climate change has fuelled extreme temperatures even in

## **“They held the prayers for rains and for easing the temperature and protection from the heat wave” – Abul Kalam Azad, local police chief Aftabnagar (Dhaka, Bangladesh)**

years without the phenomenon, as pointed out by Friederike Otto, senior lecturer at Imperial College London's Grantham Institute. The last eight years were the world's hottest on record, reflecting the longer term warming trend driven by greenhouse gas emissions.

The UN Intergovernmental Panel on Climate Change has warned that every increment of global warming will intensify multiple and concurrent hazards (Dawn April 20, 2023). Fahad Saeed, the regional lead for climate policy institute Climate Analytics based in Pakistan is worried about the dire impact of soaring temperatures on vulnerable populations with the poor being hit the hardest. “This year's record heat in Thailand, China and South Asia is a clear climate trend and will cause public health challenges for years to come.”

## **Will Sindh submerge again?**

The Sindh Development Watch and the Sindhi Association of North America hosted a seminar titled ‘Will Sindh submerge again?’ at the Karachi Arts Council (Dawn April 14, 2023) where Sardar Sarfraz, Pakistan's chief meteorologist, attempted to allay fears of widespread flooding for the second consecutive year, saying that ‘normal rainfall’ of about 133mm was expected between July and August, and was unlikely to cause flooding.

However, he added a proviso, saying that because of climate change predictability has become uncertain. So, there are things we know we don't know, and then there are things we don't know we don't know. Sound familiar? The met chief regretted that there were only 195 weather observation stations across the country when there should

be one every 30 kilometers. Thankfully now, with assistance from the World Bank, 400 automatic weather observatories would be established.

A day earlier Lt. General Inam Haider Malik, chairman of the National Disaster Management Authority had sounded alarm bells by saying that there was a 72 percent probability that 2023 will see floods of the same intensity as 2022.

The chief engineer of the Sindh irrigation department, Zarif Khoro, was also on hand and spoke of rainwater storage in Thar with help from

## **“The world's hottest year on record was 2016, coinciding with a strong El Nino, although climate change has fuelled extreme temperatures even in years without the phenomenon” – Friederike Otto, senior lecturer at Imperial College London's Grantham Institute”**

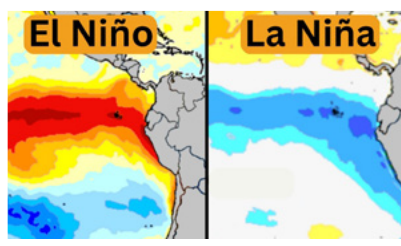
the Chinese, and attributed the 2022 inundation to unprecedented rain in Balochistan from where the water entered Sindh through hill torrents. Engineer Naseer Memon suggested developing ‘escape canals’ on the right bank of the Indus river and increasing the capacity of Manchhar Lake.

## **Sherry's Sixers!**

Climate advocacy has earned for Senator Sherry Rehman a spot on TIME's list of 100 most influential people (Dawn April 15, 2023). The

## **“El Nino is normally associated with record breaking temperatures at the global level” – Carlo Buontempo, director, EU's Copernicus Climate Change Service”**







## **“There is a 72 percent probability that 2023 will see floods of the same intensity as 2022” – Lt. General Inam Haider Malik, chairman, National Disaster Management Authority”**

Federal Minister for Climate Change has been mentioned alongside the likes of King Charles III, US President Biden, Brazil’s President Luiz Inacio Lula de Silva, Bollywood actor Shah Rukh Khan, and Palestinian-American supermodel Bella Hadid.

Germany’s State Secretary and Special Envoy for International Climate Action Jennifer Morgan penned a letter for Sherry Rehman, appreciating her efforts to communicate climate crises on a global stage.

“She gave a voice to those who had lost everything to the floods. Through impassioned speeches and tireless engagement in negotiations, she convinced many of the delegates that the blatant injustice must come to an end. COP27 ended with a historic decision—the world community agreed for the first time to establish new loss and damage funding arrangements to support the most vulnerable countries.

This is a big step toward climate justice, but we still have a long way to go. We will need more people like Sherry Rehman along the way.”

Sherry Rehman also pleaded the case of Pakistan, and that of the Global South, the most vulnerable regions at the hands of climate change, during last

**“This year’s record heat in Thailand, China and South Asia is a clear climate trend and will cause public health challenges for years to come” – Fahad Saeed, regional lead for climate policy institute Climate Analytics based in Pakistan”**

year’s COP27 conference at Sharm El-Sheikh. She called for unlocking private and public financing for adaptation and mitigation, which would need \$125 trillion to reach net zero by 2050.

## **Riding herd at Shanghai**

Meanwhile, Sherry Rehman, representing Pakistan at the 4th Meeting of the Heads of the Ministers and Agencies of Shanghai Cooperation Organisation (SCO) member states responsible for environmental protection, emphasised the critical role that the SCO could play at the regional level in achieving shared goals related to environmental sustainability and climate resilience (Dawn April 19, 2023).

“We all agree that constructive cooperation on climate and environmental issues is critical to actively moving the needle and bridging the gap between the pledges and pipelines that we all make multilaterally, as well as the gap between ambitions and actions,” she said. The minister drew attention to Pakistan’s unique position as one of the ten most vulnerable countries to climate change, despite contributing less than 1% of global greenhouse gas emissions.

**“‘Normal rainfall’ of about 133mm is expected between July and August and unlikely to cause flooding” – Sardar Sarfraz, Pakistan’s chief meteorologist “**

“We are on the front lines of climate change, braving disastrous floods, unlivable heat waves, and fast-melting glaciers,” said the minister, highlighting the catastrophic floods that occurred in Pakistan in 2022, which inundated one-third of the country, impacted 33 million people, and caused over US\$30 billion in economic losses and damages.” May Allah have mercy upon us and keep us in His protection, ameen ■