

## The Territory of Tajik Capital Expected to be Extended by 25,000 Hectares by 2040

DUSHANBE - The issue of change in administrative borders of the Tajik capital will be discussed at the next session of the Dushanbe local council (Majlis) that will take place on December 18, Trend reports referring to news.tj. The session will review the results of work carried out by the Dushanbe mayor's office over the first eleven months of this year, a source in the Dushanbe mayor's office told Asia-Plus in

an interview. According to him, Dushanbe Mayor Rustam Emomali will report on this subject. Recall, the government's decree approving the Dushanbe municipal redevelopment plan was signed on April 28, 2017. In accordance with this plan, the territory of the Tajik capital will be extended from the current 12,700 hectares to 18,000 hectares by 2025, 25,000 hectares by 2040 and 30,000 hectares after by 2040. (Trend)

### (1) IMF Commends...

system of the country is a great success to the Afghan Government," said Mr. Khalil Sediq, Governor of Da Afghanistan Bank while appreciating the timely completion of Afghan Commitments.

"According to the IMF report, despite the remarkable reduction in the regional countries' currency value, the nominal value of Afghan currency declined by 9% which is the lowest among them. The lower decrease in Afghan Currency value compared to significant decrease of other countries in the region led to lower inflation of Afghanistan in the neighboring countries," Mr. Sediq added.

It is worth mentioning that, during IMF fourth review, indicators of domestic revenue collection, reform in national budget preparation, maintaining financial stability and economic growth, inflation rate, national currency reserves, anti-corruption efforts and financial system has been evaluated. (Pajhwok)

### (2) Pine Nuts...

member of ACCI. Sameer Rasa, Head of the Public Relations Office of Senior Advisor to the President in Banking and Finance, said that more than 800 tons of pine nuts has been exported to the Chinese market.

"Six hundred tons of pine nuts were exported to China's Shanghai city through the air corridor," said Rasa. According to government statistics, 20 tons of pine nuts a day will be exported to China until the end of the season this year.

Afghanistan's total pine nut output is 23,000 metric tons a year, and China is the major importer of the product.

Afghanistan is known throughout the world for its fresh and dry fruits. Pine nut trees are mostly found in Afghanistan's eastern provinces of Nangarhar, Laghman, Nuristan, Kunar, Paktia, Khost and Paktika provinces. Pine nuts also constitute one of the major income sources for local people in these areas.

Based on statistics, the overall prices of Afghan black pine nuts is estimated at \$2 billion annually.

President Ashraf Ghani last month inaugurated the Afghanistan-China air cargo corridor - an air corridor that will hopefully generate millions of dollars in revenue for Afghanistan yearly.

The Presidential Palace at the time said the new air corridor would be used to export between \$700 and \$800 million worth of Afghanistan's pine nuts to China annually.

#### Health Benefits of Pine Nuts

\* Pine nuts are one of the calorie-rich edible nuts. 100g of dry kernels provide 673 calories. Additionally, they comprise numerous health benefits, promoting phytochemicals, vitamins, antioxidants and minerals.

\* Their high caloric content chiefly comes from fats. Indeed, the nuts are especially rich in monounsaturated fatty acids like oleic acid which helps lower LDL or "bad cholesterol" and increases HDL or "good cholesterol" in the blood.

\* Pine or cedar nuts contain essential fatty acid (the omega-6 fat), pinolenic acid. Recent research has shown its potential use in weight loss by curbing the appetite. Pinolenic acid triggers the release of hunger-suppressant enzymes cholecys-

## India Approves Agreement on Space Research with Uzbekistan

TASHKENT - The Government of India headed by Prime-Minister Narendra Modi has approved the agreement on research of space in peaceful purposes jointly with Uzbekistan, Trend reports referring to Uzbek media.

The agreement was signed between the two countries on Oct. 1, 2018 during the first official visit of Uzbek President Shavkat Mirziyoyev to India. The document will strengthen

cooperation between the parties in development of space technologies, satellite communications and space research.

Uzbekistan and India will create a joint workgroup to develop a plant of joint activities and measures on implementation of the document. It was earlier reported that Uzbekistan and France will cooperate in space science, satellite communications, Earth and space research etc.

In mid-November 2018 Uzbek envoy to Russia Botirjon Asadov announced that Uzbekistan had developed its very own space program and had actively been developing international cooperation in this sphere.

On their part, Russian state space agency Roscosmos offered Uzbekistan cooperation in monitoring space debris and Earth probing, as well as involvement in joint projects on satellite development. (Trend)

tokinin and glucagon-like peptide-1 (GLP-1) in the gut. Also, pinolenic acid has thought to have LDL-lowering properties by enhancing hepatic LDL uptake.

\* Likewise in almonds, pine nuts too are an excellent source of vitamin E. Vitamin E is a powerful lipid soluble antioxidant, required for maintaining the integrity of the cell membrane of mucosa and skin by protecting it from harmful free oxygen radicals.

\* Furthermore, pine nuts are one of the gluten-free tree nuts and, therefore, are a popular ingredient in the preparation of gluten-free food formulas. Such formula preparations can be a healthy alternative for people with wheat allergies and celiac disease.

\* Pine nuts are an excellent source of the B-complex group of vitamins such as thiamin, riboflavin, niacin, pantothenic acid, vitamin B-6 (pyridoxine) and folates. These vitamins work as co-factors for enzymes in cellular substrate metabolism inside the human body.

\* Furthermore, pine nuts contain healthy amounts of essential minerals like manganese, potassium, calcium, iron, magnesium, zinc and selenium. Pine nuts are one of the richest sources of manganese. Manganese is an all-important co-factor for antioxidant enzyme, superoxide dismutase. Therefore, consumption of pine kernels helps the human body develop resistance against infectious agents and scavenges harmful oxygen-free radicals. (Tolo news)

### (3) MoUs Signed on...

and the Agriculture, Irrigation and Livestock Ministry.

The canal will be studied in Kunduz, Jawzjan and Balkh provinces in one year with \$2 million USAID assistance.

Similarly, electricity from Nangarhar to Kunar would be extended and substations installed at a cost of \$60 million over the next two years and the project would benefit 26,000 families. The project is funded by the Asian Development Bank.

The power extension from Ghazni to Paktika would cost the same amount funded by the ADB and would take two years to complete. The project would electrify 30,000 households in Paktika. (Pajhwok)

### (4) UN Calls for...

constitutional provisions guaranteeing women's rights and the elimination of violence against women.

"Combating impunity and redress for victims of human rights abuses must be prioritized, as accountability for human rights abuses establishes necessary foundations for a just society," said Yamamoto, who is also head of UNAMA. "Protecting human rights relies on implementing laws so the most vulnerable are genuinely shielded from abuse."

The United Nations, noting that peace, reconciliation, truth-seeking, accountability and justice are key to Afghanistan's future, encourages the fulfilment of Afghanistan's broad-ranging commitments and pledges to continue to promote human rights and reinforce its national protection system, and will continue to seek assurances that all parties to the conflict respect and work with human rights defenders.

"Human rights is at the heart of the work of the United Nations and is core to its activities in Afghanistan

where we are privileged to work in support of the Afghan people," said Yamamoto. "The values enshrined in the Universal Declaration of Human Rights are especially important to protect in the context of any future peace negotiations; any setbacks in human rights are simply unacceptable and can compromise the sustainability of peace processes."

On 10 December each year, at the conclusion of 16 days of activities aimed at raising awareness about ending violence against women, the United Nations observes Human Rights Day by recognizing achievements made since the adoption of the Universal Declaration of Human Rights, which was conceived as a framework to foster peace, promote understanding of the inherent dignity and equal worth of all members of the human family and protect individuals from state tyranny and abuse.

As a result of the Declaration, one of the most significant documents of the twentieth century, the dignity of millions has been uplifted and untold human suffering prevented. It has permeated every corner of international law. The national constitutions of more than 90 countries, including Afghanistan, have enshrined its principles. While the Declaration's promise is yet to be fulfilled everywhere, the fact that it has stood the test of time is testament to the universality of its perennial values of equality, justice and human dignity. (Pajhwok)

### (5) Hakimy Wins...

his work, Hakimy has been able to report on human rights issues and violations from Ghor province to relevant authorities in Kabul, and put human rights on the agenda of national politicians.

Celebrating International Human Rights Day, the Netherlands Embassy says it honors those who struggle for the right to speak their minds, to choose their leaders, and those who stand up to be protected against human rights abuses.

"We praise the brave men and women in Afghanistan who work to defend human dignity and advance the cause of peace and freedom."

Hakimy was selected from among four nominees Shah Marai (posthumous), Tahmina Arian and Zaker Sadid.

Hakimy currently serves as an elected representative of the National Union of Journalists of Afghanistan as well as the head of the Ghor branch of the Independent Journalists' Organization of Afghanistan and Executive Director of the Afghanistan Youth National Development and Social Organization (AYNDSO).

At the same time he is editor of the 21 monthly magazine and focal point of human rights issues within the Institute for War and Peace Reporting (IWPR).

What is the price? The price consists of a cheque worth EUR 5,000 to invest in further human rights related work and a potential three-day Visitors Programme to The Hague, Netherlands, to meet other local human rights Tulip winners from all over the world. (Pajhwok)

### (6) USAID, Afghan...

This program already assisted over 60,000 young women across the country. To provide feedback to the Promote program, send an email to

KBLPromote@usaid.gov. (Pajhwok)

### (7) Pakistan Seeks...

a peaceful, stable, united and prosperous Afghanistan, she said, adding they were working to strengthen bilateral relations through the recently-agreed Afghanistan-Pakistan Action Plan for Peace and Solidarity. The strategy aims at closer engagement on political, economic, military, intelligence and refugee issues. A number of initiatives have been taken to support Afghanistan's economic development, including financial assistance for various projects.

"We look forward to the day when transit trade from Central Asia could flow through Afghanistan and Pakistan ... Pakistan is also committed to several regional projects including TAPI and CASA-1000, which will contribute to the economic integration of the entire region.

"Over 50,000 Afghan students have studied in various universities and educational institutions in Pakistan. We have offered 4,000 scholarships to Afghan students in our universities. We are confident these young Afghans, on returning to their country, will contribute to its economic development and progress."

Neither the US-led coalition nor the Taliban would be able to impose their will on each other, Lodhi said, stressing a negotiated political settlement as the only way to end the violence and bloodshed in Afghanistan.

Despite this bleak picture, she noted some positive developments, including international consensus that durable peace could be achieved only through a political settlement and President Ashraf Ghani's willingness to pursue a negotiated settlement.

She welcomed the nomination of the government's negotiating team and the US decision to play an active role in promoting a political settlement and engaging in direct talks with the Taliban.

In response to President Donald Trump's request, Lodhi added, Prime Minister Imran Khan had promised to do all he could to support the peace process. She also praised efforts being made by Russia, China and other regional states to promote dialogue among the Afghan parties.

"Afghanistan and our region are at a crucial juncture. The path to peace in Afghanistan is onerous, but seems achievable. It is now for the parties concerned to commit themselves to work seriously towards a negotiated solution to the conflict." (Pajhwok)

### (8) HPC Reviews...

"At the meeting, the president briefed in detail the basic lines, directives as well as the guidelines which exist in the methodologies of the negotiations, which were derived from eight-month consultations with various segments of society," said president's deputy spokesman Shakhussain Murtazawi.

"It is natural that bringing about reforms and the reconsideration of the peace strategy is a necessity and it is natural that we must manage ourselves up to the current situation," said Zaeri.

Meanwhile, a number of political commentators have predicted that in view of the complexity around Afghanistan's peace process, Daudzai could face a big test

in his efforts for creating harmony between the regional countries.

On Sunday, President Ghani issued a decree in which he appointed Daudzai as special envoy for "regional affairs on consensus around peace" and head of the HPC secretariat.

In the decree it was stated that Daudzai will also attend the meetings of National Security Council (NSC).

"The biggest and the most strategic challenge in such a mission, regarding the issue in Afghanistan, is the lack of coordination between the countries, whether regional countries or others in the world, as well as the conflict between the interests of these actors," said political analyst Nasrallah Stanekzai. Daudzai previously served twice as chief of staff for the former president, minister of interior as well as Afghan ambassador to the Islamic Republic of Iran and Pakistan. (Tolo news)

### (9) Taliban Attacks...

been delivered 12 dead bodies of policemen.

Qari Yousuf Ahmadi, Taliban's spokesman, also said 12 policemen were killed and two others captured by the fighters, who seized 15 heavy and light weapons.

On Saturday night, eight ANA soldiers were killed and 10 others captured by the Taliban in Bala Buluk district. The militants attacked a military base in Aab Khurma area of the district on the Herat-Farah highway.

In Faryab province, eight policemen were killed, including an ALP commander Wahid and his son, and five others were wounded as militants attacked the headquarters of Almar district, said Syed Mahmood Motahiri, the district chief.

Without providing figures, he said, the rebels also suffered casualties. He warned more security personnel would be lost if immediate assistance was not dispatched.

However, Governor Naqibullah Fayiq said many rebel attacks were prevented with the arrival of more security forces to the province.

He said widespread operations would be launched in as early as possible to suppress the insurgents. (Pajhwok)

### (10) 25 Infected...

with AIDS pass it on to their unborn babies.

"We ask the citizens of the country to consider hygiene and to not to reuse things once already used," said Mehraban Shinwari a doctor.

On the other hand, the Nangarhar Provincial Health Directorate also urges the residents to participate in awareness-raising about the disease. "We call on residents to cooperate with the Public Health Directorate in this campaign," said Wafa.

This comes after Herat province health officials last week said that over the past year, 26 people, including five women and two children, were registered with HIV in Herat province.

According to the Ministry of Public Health Ministry (MoPH) statistics, 2,716 people, of whom 75 percent are men, have been infected with AIDS in the country.

Among these patients, 900 of them, including 40 children, are undergoing treatment in health centers. (Tolo news)