

Building Economic Resilience in South Asia During Middle East Conflicts

(By Syedshah Nasir)

The conflicts and instability in the Middle East have historically imposed severe economic and social costs not only on the countries directly involved in war, but also on developing nations that are economically dependent on the region. South Asian countries, including Pakistan, India, Bangladesh, Nepal, and Sri Lanka, rely heavily on the Middle East for overseas employment, remittances, energy supplies, and export markets. Millions of workers from South Asia are employed in Gulf countries, and the remittances they send home contribute billions of dollars annually to national economies. Whenever war or political instability emerges in the Middle East, the consequences are immediately felt across South Asia. Employment opportunities decline, remittance flows become uncertain, exports shrink, and rising oil prices increase inflation and production costs. The internal economies of these countries suffer through higher transportation costs, increased food prices, weakened currencies, and reduced purchasing power among poor households. History provides many examples of how global and regional conflicts reshape economies. During the 1973 Oil Crisis, many developing countries experienced severe inflation and economic instability due to soaring oil prices. Similarly, the Gulf War disrupted labour markets and trade routes, while the Iraq War affected remittances, fuel prices, and regional economic growth for years. More recently, global supply chain disruptions during the COVID-19 Pandemic demonstrated how dependent many economies are on external markets and imports. To minimise the effects of such conflicts, South Asian countries must adopt long-term economic resilience strategies. The first and most important strategy is to strengthen the internal economy, particularly through agriculture. For countries with limited industrial capacity, agriculture remains the largest source of employment and food security. Governments should substantially increase investment in irrigation systems, modern farming techniques, seed technology, livestock development, agricultural research, storage facilities, and rural infrastructure. Countries such as Vietnam successfully reduced poverty by investing heavily in agriculture and rural productivity before expanding industrial development. Agriculture not only creates employment opportunities but also reduces dependency on imported food commodities. Secondly, South Asian countries must diversify their export markets. Excessive reliance on the Middle East creates economic vulnerability during times of war. Emerging markets in Central Asia and Africa offer significant opportunities for trade expansion. Governments and private sectors should actively identify new buyers, establish regional trade agreements, improve transport connectivity, and promote

exports of meat, vegetables, textiles, rice, pharmaceuticals, and other essential commodities. Countries such as China expanded their global influence by continuously diversifying trade destinations and investing in new regional markets. Another essential strategy is the introduction of strong social protection programmes for ultra-poor families. Economic shocks caused by war often push vulnerable communities deeper into poverty. Governments should establish transparent and accountable welfare systems that support food security, healthcare, education, and basic income assistance. Community-based support systems can also play an important role, where financially stable families voluntarily support one poor household under a government-monitored programme. Similar social solidarity initiatives were observed in many countries during the COVID-19 crisis, where community support complemented state welfare programmes. At the same time, governments must reduce unnecessary expenditures and prioritise productive investments. Public spending should focus on sectors that generate employment, improve food security, and stimulate local economic activity. Easy access to low-interest loans for farmers, small businesses, and young entrepreneurs can encourage economic recovery and create local employment opportunities. Countries such as Bangladesh demonstrated the effectiveness of microfinance and small credit systems in empowering rural populations and reducing poverty. Livestock development is another powerful alternative for generating local wealth and improving nutrition. Investment in dairy farming, poultry, meat production, veterinary services, and animal health can create employment opportunities for rural communities while improving food availability and calorie intake for poor families. Countries like Brazil and New Zealand successfully transformed livestock and dairy sectors into major contributors to national income and exports. In conclusion, wars in the Middle East create ripple effects that deeply impact South Asian economies due to their dependence on labour exports, remittances, oil imports, and regional trade. However, these challenges also provide an opportunity for governments to rethink their economic priorities. Strengthening agriculture, diversifying export markets, supporting vulnerable families, promoting livestock development, reducing unnecessary public expenditure, and expanding access to affordable finance can help build stronger and more self-reliant economies. Nations that invest in internal resilience and economic diversification are better prepared to withstand external shocks and protect their populations during times of global uncertainty.



USA Hosted a reception for New York Governor Kathy Hochul alongside an amazing host committee. A wonderful evening of meaningful conversations, partnership, and bringing people together

inaugurated Ultrasound for Heart / Echo Services in the Cardiology OPD of the hospital to facilitate the people of Mardan.

Bureau Report:

MARDAN :Dr Faheem Shah Roghani, Medical Superintendent of DHQ Teaching Hospital Mardan, inaugurated Ultrasound for Heart / Echo Services in the Cardiology OPD of the hospital to facilitate the people of District Mardan. On this occasion, Dr. Aqeel Khan, Dr. Taj Khan, Dr. Sabaht Sadaf, and Dr. Syed Abrar Ali Shah from the Cardiology OPD were also present. Speaking at the inauguration ceremony, Dr. Faheem Shah Roghani said that DHQ Teaching Hospital Mardan is the largest hospital in the district. He stated that in the Cardiology OPD, Dr. Shah Waliullah, Dr. Syed Abrar Ali Shah, and other cardiologists examine and treat heart patients regularly. He further shared that around 50 to 80 patients visit the Cardiology OPD daily, and, God willing, further improvements will continue to be made in the department. With the launch of Echo Services, patients suffering from heart diseases in District Mardan and nearby districts will greatly benefit and will now have easier access to echocardiography services at the hospital. Dr. Faheem Shah Roghani also visited the staff on duty in the Cardiology OPD and reviewed the facilities being provided to patients. He instructed the staff that no negligence in the treatment and care of patients would be tolerated.



Prominent businesswoman and social personality Raheela Aslam photographed with Aamir Khan Atozai at the "Maarka-e-Haq" ceremony



HONDA
The Power of Dreams

Honda City (CVT) Total Price: **4,838,505/-**
All Taxes Included

اسپاٹنی ہونٹاشی آٹومیٹک گاڑی کے مالک بنیں

صرف 20 لاکھ روپے ایڈوانس

بنک کے ذریعے 1 لاکھ ماہانہ قسط پر

برائڈ نیو Honda City حاصل کریں

4 سال اور 1 لاکھ کل میٹرورائی کے ساتھ

CITY
IS TAKING OVER

Book Your HONDA City

0317-1716601
0317-1716603
0317-1716604
0937-881115

رابطہ:



Honda Mardan (Private) Limited
Nowshera Road Mardan.

Honda Mardan

Web: www.hondamardan.com

Pakistani-American Community Honors Senator Rana Mahmood ul Hassan During U.S. Visit



Bureau report:

United States: Senator Rana Mahmood ul Hassan, Chairman of the Standing Committee on Cabinet Secretariat, received a warm and enthusiastic welcome from the Pakistani-American community during his recent ten-day visit to the United States, where he participated in dozens of community gatherings, receptions, luncheons, and dinner events. One of the most prominent receptions in his honor was hosted by renowned businesswoman and social personality Atiya Shehnaz along with her team, who organized a grand

and memorable event to acknowledge the senator's services and commitment to the people of Pakistan and the Seraiki region. During every ceremony and community event related to Operation Bunyan-ul-Marsoos, Senator Rana Mahmood ul Hassan presented the traditional Seraiki Ajrak as a special gift to hosts and participants. His gesture was widely appreciated by attendees and members of the diaspora community, who viewed it as a powerful symbol of cultural identity, patriotism, and love for the Seraiki Waseb.

Farmingdale State College New York. Graduation Ceremony in State College NEW YORK 2026

News Disk:

Islamabad: completion of a degree — it is the reward for years of hard work, sacrifice, determination, and dreams finally turning into reality. Proud moment for siblings Areesha Imran and Ahsan Imran, who successfully achieved their academic milestone from Farmingdale State College and became part of the distinguished Class of 2026. The graduation ceremony, held at the Nassau Veterans Memorial Coliseum in New York, marked a memorable and emotional occasion for students and families alike as graduates celebrated the beginning of a new chapter in their professional and personal lives. Farmingdale State College +1 Family members, friends, and well-wishers extended heartfelt

congratulations to Areesha Imran and Ahsan Imran on this remarkable accomplishment. Their success reflects dedication, perseverance, and a strong commitment to education, inspiring many young students within the community to pursue higher goals with passion and confidence. This proud achievement not only honors their individual efforts but also brings joy and pride to their family and community. As they step forward into a bright future, prayers and best wishes continue for their continued success, prosperity, and excellence in every field of life. Congratulations to Areesha Imran and Ahsan Imran on earning their 2026 graduation badge and becoming shining examples of determination and academic excellence.

Weekly

Mardan Post

The only weekly newspaper published simultaneously from Peshawar, Khyber Pakhtunkhwa, Pakistan and New York, US.

Peshawar
Pakistan

Vol:02 Issue:23

Tuesday 26 May . Till Monday 1st June ,2026

Price:Rs 20 Pages:6

Governor Faisal Karim Kundi, CM Suhail Afridi Hold Detailed Discussions with Prince Rahim Aga Khan During KP Visit

(By Hidayat ur Rahman hoti) Chitral: Faisal Karim Kundi and Suhail Afridi jointly addressed a press conference at Chitral Airport following the visit of Prince Rahim Aga Khan to Khyber Pakhtunkhwa. Speaking to the media, Governor Faisal Karim Kundi stated that Prince Rahim Aga Khan was on an important visit to the province, during which he and Chief Minister Suhail Afridi warmly received the distinguished guest upon his arrival. He said the visit reflected the strong relationship between the Aga Khan institutions and the people of Khyber Pakhtunkhwa. The Governor revealed that detailed discussions were held with Prince Rahim Aga Khan regarding the ongoing and upcoming development

projects of the Aga Khan Foundation in the province. Matters related to expanding public welfare initiatives, particularly in remote and underdeveloped areas, were discussed in depth. According to Governor Kundi, the discussions also focused on future cooperation in the sectors of health, education, culture, and tourism. Both sides exchanged views on promoting sustainable development and improving social services for the people of Khyber Pakhtunkhwa. Governor Faisal Karim Kundi further stated that Prince Rahim Aga Khan expressed keen interest in expanding the Aga Khan Foundation's projects across the province. He appreciated the natural beauty, cultural heritage, and tourism potential of Khyber



Pakhtunkhwa and emphasized the importance of collaborative efforts for regional development and community welfare. The Governor added that the provincial government welcomes all initiatives aimed at improving healthcare, educational opportunities, cultural preservation, and tourism infrastructure in the province. At the conclusion of the visit, Governor Faisal Karim Kundi and Chief Minister Suhail Afridi accompanied Prince Rahim Aga Khan to Chitral Airport, where they formally bid him farewell. The visit is being viewed as significant for strengthening cooperation between the provincial government and the Aga Khan Foundation, particularly in the fields of socio-economic development and public welfare projects in KPK.

ADMISSION



OPEN!

Play Group to **GRADE 5**

WHERE EXCELLENCE BEGINS & FUTURES SHINE



RESULT-DRIVEN TEACHING METHODS



CHARACTER BUILDING THROUGH DISCIPLINE



SAFE & SUPPORTIVE ENVIRONMENT



SESSION: **2026-27**
LIMITED SEATS

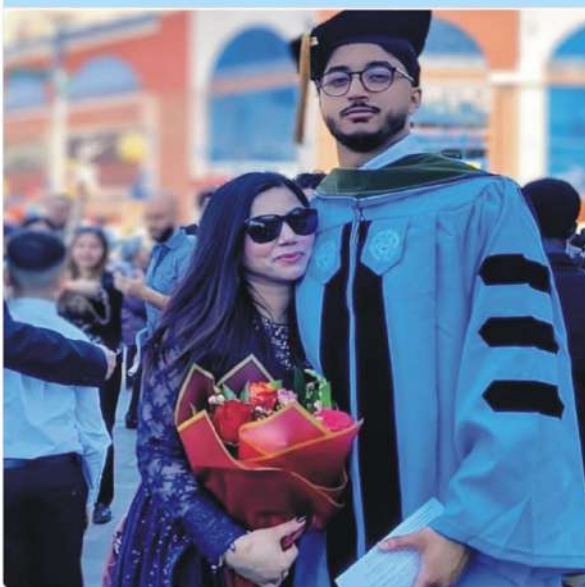


ADDRESS
Main Swabi Road
Near Khan Qilla,
Par Hoti, Mardan

BECOME A PART OF **EXCELLENCE.**

ENROLL NOW! →

Success of Bilal Yaseen Wattoo, Son of New York's Prominent Businesswoman and Social Personality Shazia Wattoo



News Disk:

New York: Success of Bilal Yaseen Wattoo, Son of New York's Prominent Businesswoman and Social Personality Shazia Wattoo. A Son's Success Described as the Most Beautiful Moment in a Mother's Life. Alhamdulillah, yesterday was one of the most beautiful, memorable, and emotional days of my life. My heart is filled with gratitude to Almighty Allah for answering my prayers. As a proud mother, I witnessed my son, Bilal Yaseen Wattoo, successfully earn his Doctor of Pharmacy (Pharm-D) degree from Long Island School of Pharmacy. It is impossible to express this happiness and pride in words. Bilal has always been my strength, my joy, and my greatest support in life. Through every good and difficult time, he stood beside me with love, patience, and sincerity. Seeing him achieve this remarkable milestone made me realize that every sacrifice, every prayer, and every struggle has finally borne fruit. I feel immensely proud not only of my son but of the entire Wattoo family, whose hard work, dedication, and perseverance made this achievement possible. Bilal is a strong, humble, kind-hearted, and well-mannered young man who has always valued the honor and love of his family above everything else. His achievement yesterday proved that hard work never goes to waste. This day has become one of the happiest moments of my life. I sincerely thank my family, relatives, and friends who supported us throughout this journey with their love, prayers, and encouragement. Your support and good wishes have meant the world to us. Above all, I thank Almighty Allah for blessing us with countless favors and surrounding us with people who stood by us in times of both difficulty and joy. From the heart of a proud mother, thank you to everyone. May Almighty Allah bless us all with His mercy and countless blessings.



MARDAN: International Coach Khalid Noor is presenting a shield to young gymnast Harirah Kashif



Fresh Graduat 2026 in New yark College
Areesha Imran and Ahsan Imran.
Pic with Mother Reheena Makeen khan

DEDICATED TO SERVING THE COMMUNITY WITH PASSION AND INTEGRITY.



AISHA KHAN

June 23, 2026

For Democratic State Central Committee of Baltimore County District 44-B

Tech Avenue

Leading the Innovation Drive.

www.teachevenue.biz

PSIONIC



AFFIX

409, 4th Floor,
Evacuee Trust Complex
F-5/1, Islamabad

Hong Kong | Pakistan | Turkey | BVI



Islamabad: Vice Chancellor of Women University Mardan, Professor Dr. Razia Sultana, presenting a bouquet of flowers to the newly appointed Chairman of the Higher Education Commission (HEC), Dr. Niaz Ahmad Akhtar.