

We, the so-called "non-permanent" members, are allowed to sit at the table for a measly two-year term

Unguarded Barracks

The echoes of a continent's past seem to reverberate louder than the commands given to soldiers:



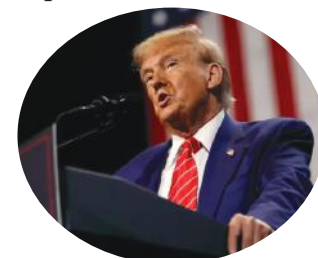
Yahya Sinwar, leader of Hamas, killed by Israeli forces
Sinwar had led the armed group in Gaza since 2017
[Gaza](#)



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Trump calls judge 'evil' for releasing case files before election

Donald Trump
[America](#)



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Aligning AfCFTA and Agenda 2063 with FOCAC in charting Africa's path to economic transformation
[Africa](#)



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Cricket, Compassion, and Character: Adnan Tariq's Timeless Impact

Mr. Adnan Tariq

[Asia](#)



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The Unguarded Barracks Of The African Continent Echoing The Silence Of Complicity:

How African states are enslaving themselves to Western powers and why the UN Security Council remains unjust to Africa

By: Midmark Onsongo

The echoes of a continent's past seem to reverberate louder than the commands given to soldiers in fatigues. From Kenya's Kahawa Barracks to Nigeria's Maimalari Barracks, from South Africa's Thaba Tshwane to Uganda's Bombo Barracks, the stage is set for a play written not by the people who occupy these lands but by foreign powers who cast Africa as the eternal servant, the quiet observer, the silent bystander.

Have you ever wondered why Africa, with its wealth of resources and strategic signifi-



Kenya's Kahawa Barracks

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Women priests secretly ordained in the shadow of the Vatican

News Backpage
The Importance of Medicinal Plants for the Human Digestive System



Taking A Stand Against Addiction, Zimbabwe's Non-Governmental Organisation Combats Drug Abuse

In a show of solidarity and determination, Zimbabwe's Non-Governmental Organisation Green Light International Trust (GLIT) and other organisations recently took to the streets of Harare to march against the scourge of drug and substance abuse. This powerful display

of community activism highlighted the urgent need for collective action against addiction, which affects countless lives and undermines national developments..

With the devastating consequences of drug and substance abuse affecting countless lives, Green Light In-

ternational Trust (GLIT) took to the streets of Harare last Saturday to sound the alarm and mobilise change. The team marched from Robert Mugabe Square to Harare Gardens.

Running under the theme 'Recreational Economic Growth and

Empowerment Against Drug and Substance Abuse', the organisation brought together community members, leaders, and advocates united

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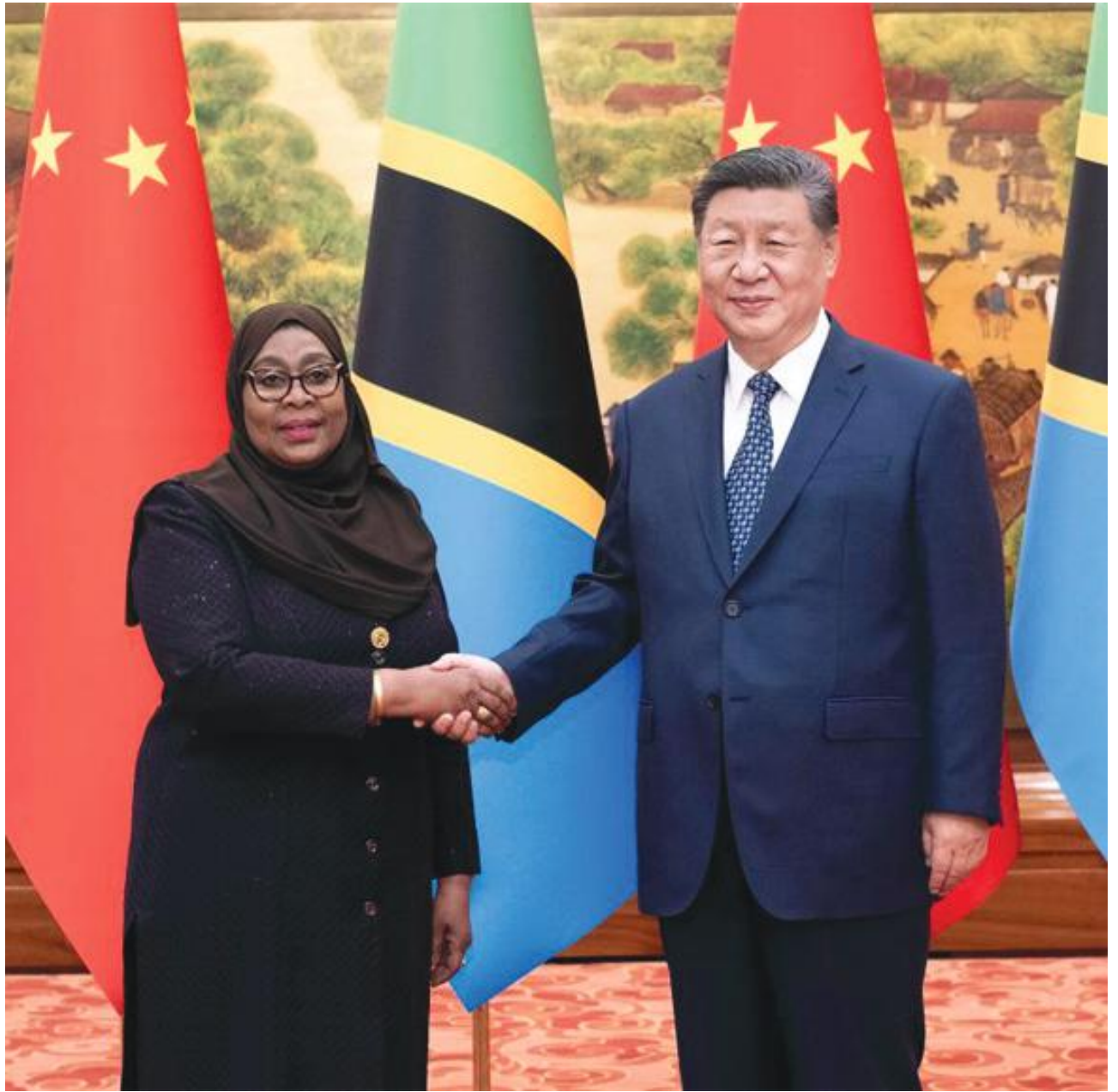
Revamped China-Tanzania Relations Affirm Suluhu's Eastward Strategy

By: Maina Kimondo
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Tanzania has emerged as a key partner in China's East African strategy, as bilateral ties between the two countries expand beyond infrastructure development to include significant military cooperation. A Beijing military base on Tanzania's Indian Ocean coast has solidified the relationship, reflecting a deepening partnership under President Samia Suluhu Hassan's administration.

Chinese Ambassador to Tanzania, Cheng Mingjian, recently highlighted the growing military collaboration as a cornerstone of the relationship. This cooperation marks a notable evolution in Tanzania-China relations, which have flourished since Suluhu took office in March 2021, following the death of her predecessor, John Magufuli. Ambassador Cheng, who began her tenure in December 2021, has played a pivotal role in fostering these ties, with China now the largest source of foreign investment in Tanzania. The bilateral engagements encompass infrastructure projects such as roads, ports, and the electric Standard Gauge Railway, all critical to Tanzania's development. Educational exchanges and cultural programs have also grown, with more Tanzanian students receiving scholarships to study in China.

Experts in international relations point to the close rapport between President Suluhu and Ambassador Cheng as a driving force behind the accelerated cooperation. Cheng's background as Deputy Director-General of the Department of External Security Affairs at China's Ministry of Foreign Affairs has allowed her to swiftly implement key projects, including the establishment of a Chinese military base in Dar es Salaam. This marks the largest Chinese military footprint in Africa to date.



Chinese President Xi Jinping meets with Tanzanian President Samia Suluhu Hassan, who is in Beijing for the 2024 Summit of the Forum on China-Africa Cooperation (FOCAC), at the Great Hall of the People in Beijing, capital of China, Sept. 4, 2024. [Photo/Xinhua]

While Suluhu's administration may lack the political clout of previous Tanzanian leaders, she is positioning her country to benefit from extensive infrastructure development through her "Looking East" policy. However, some Tanzanians, particularly those who remember the socialist era under Julius Nyerere, express concern that China's growing influence could be more than economic. Bradley Ouna, a law graduate from the University of Dar es Salaam, reflects on the nostalgia for Nyerere's Ujamaa socialism, which emphasized collective work

and reduced tribalism but at significant economic cost. Ouna suggests that China is subtly appealing to Tanzania's socialist past to deepen its influence, drawing parallels between the intertwined roles of the state and ruling party in both nations. Mutatina Oswald, a Tanzanian lawyer, acknowledges the benefits of Chinese investment, particularly in job creation and technology transfer in areas like Dar es Salaam's Kariakor district. However, he cautions that the widespread Chinese presence in strategic sectors, coupled with mounting loans, could make Tan-

zania overly dependent on China. China's military presence is officially aimed at enhancing security and protecting maritime trade routes, but it has raised concerns among Tanzania's neighbors. Some East African nations fear that Tanzania's military clout, boosted by Chinese support, could eclipse that of other regional powers. There are also concerns about environmental impacts from the military base, including pollution and habitat destruction. Western diplomatic observers warn that China's growing influence in Tanzania

could attract increased surveillance and competition from the United States and other global powers, wary of China's expanding reach in Africa.

As Tanzania's relationship with China continues to grow, only time will tell how deeply the partnership will evolve, particularly if President Suluhu secures another term in the upcoming elections.

The writer is an international studies scholar specializing in diplomatic relations.

Worth Noting:

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Security

U.S. Classifies Air India Bomb Threats as 'Extremely Serious' Amid Emergency Landings and Heightened Security Measures

By: AGENCIES
xxxxxxxxxxxx

Following a series of bomb threats against Air India flights that resulted in emergency landings and heightened security measures across multiple countries, the U.S. has classified these threats as "extremely serious."

One notable incident involved a flight from Mumbai to Chicago, which was diverted to Canada after receiving a threat. In another case, fighter jets in Singapore were deployed to escort an Air India flight following similar alerts.

The situation, which has led to several flights being grounded, raises significant concerns about the safety of commercial aviation.

During a press briefing on Tuesday, U.S. Department of State Spokesperson Matthew Miller condemned the threats against commercial aviation. "Any threats against commercial aviation are inappropriate and are taken extremely seriously by our law enforcement agencies," he stated, referring to ongoing investigations.

The threats, reportedly made by several individuals based in the U.S. over recent months, are being thoroughly investigated by law enforcement agencies.

The situation has also prompted discussions about its potential impact on diplomatic relations between India and the U.S. However, Miller reassured the



public that the partnership between the two nations remains strong. "India continues to be an incredibly strong partner of the United States," he emphasized, highlighting both nations' commitment to open dialogue on pressing issues. In Singapore, the response to the threats was prompt and decisive. The Air India

Express flight received an email warning of a bomb on board, prompting the deployment of Singapore's fighter jets to escort the plane away from populated areas. "Two of our RSAF F-15SGs scrambled and escorted the plane to ensure a safe landing at Singapore Changi Airport around 10:04 PM," stated Defence

Minister Ng Eng Hen. He added that ground-based air defense systems and explosive ordnance disposal teams were activated in response. Once on the ground, the aircraft was handed over to the Airport Police, and investigations are ongoing. Authorities in both Canada and Singapore are continuing their investigations,

while security measures around commercial aviation remain heightened. The international community is closely monitoring the situation as India and its global partners work to ensure passenger safety amid these alarming threats.

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London, Beijing seek mutual cooperation

By: China Daily
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Beijing expressed on Friday its readiness to work with London to deepen strategic communication, boost pragmatic cooperation, and advance bilateral ties to a new stage of stable development.

Foreign Minister Wang Yi made the pledge as he met with the United Kingdom Foreign Secretary David Lammy in Beijing.

Lammy is currently in China for a two-day visit, the first British cabinet minister to visit the country since Labour Prime Minister Keir Starmer took office in July.

Wang spoke positively of the British Labour government for proposal to develop a long-term, stable, and strategically significant relationship with China. He said this aligns with the historical logic and practical needs of the two countries, serves the fundamental interests of both peoples, and conforms to the historical and international trends.

China agreed to fully restore dialogue and cooperation mechanisms in various fields between the two countries, and actively engage in mutually beneficial cooperation in areas including trade, finance and

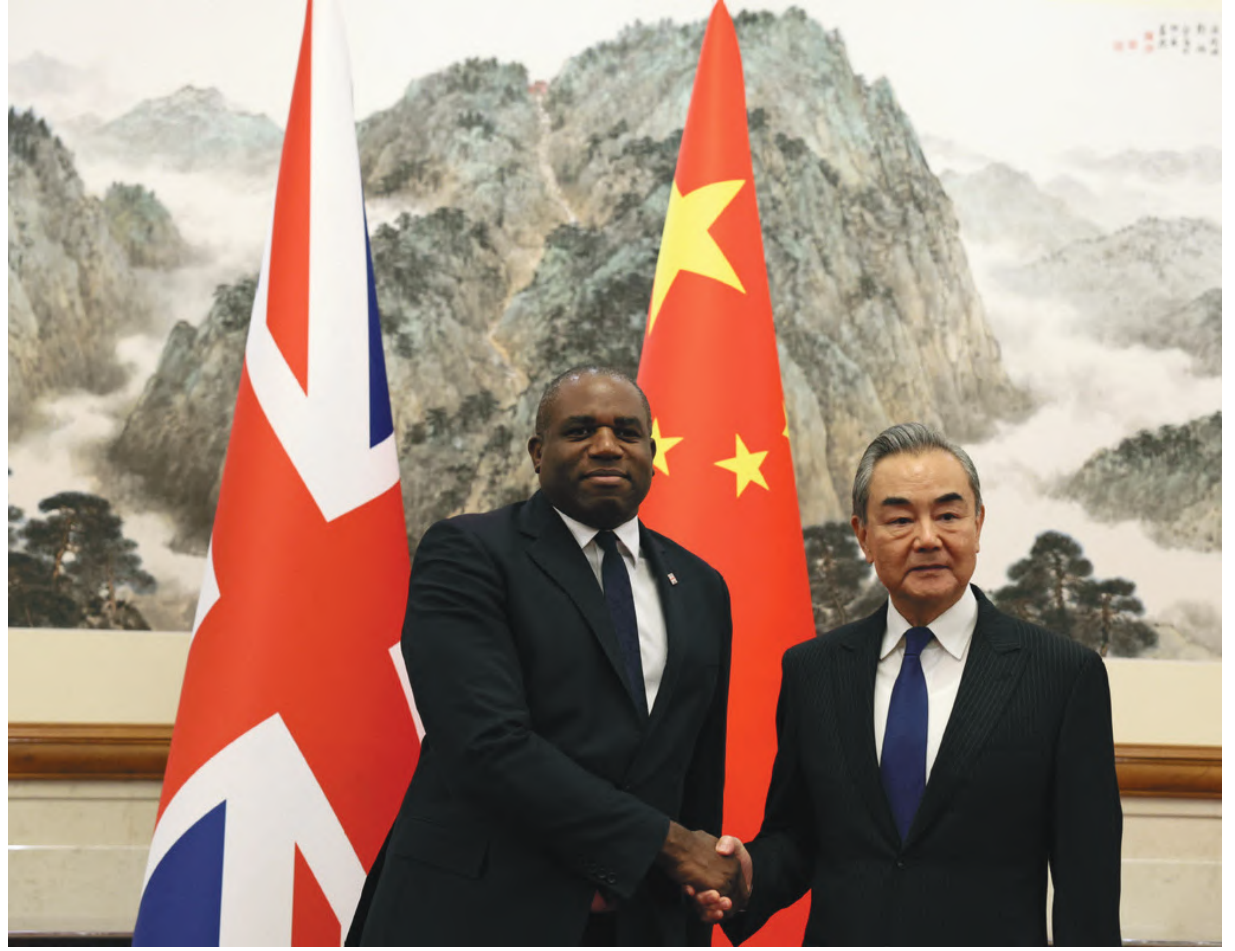
green development, Wang said.

As the Taiwan question and Hong Kong affairs are China's internal affairs, he called on both sides to respect each other's concerns in order to create an atmosphere conducive to exchange and cooperation.

The British government is committed to enhancing dialogue and cooperation, and effectively managing differences with China in a consistent, mutually respectful, and mutually beneficial manner, Lammy said. He pledged the UK's commitment to its stance on the Taiwan question, as established when forming diplomatic relations with China, saying the country would honor this commitment in the long run.

Emphasizing that the UK and China enjoy extensive common interests, he said there should be no "iron curtain" between the two countries. He added that the UK looks forward to embarking on a new journey of robust growth in the UK-China partnership.

As permanent members of the United Nations Security Council, the UK and China bear a special responsibility for maintaining world peace and security, he said, adding that they should jointly uphold free trade, and work toward addressing geopolitical crises and complex challenges through diplomatic means.



Foreign Minister Wang Yi and Britain's Foreign Secretary David Lammy shake hands before their meeting at the Diaoyutai State Guesthouse in Beijing, China October 18, 2024. [Photo/Agencies]

The two sides also exchanged views on regional and international issues, including the Ukraine crisis, the Pal-

estinian-Israeli conflict and the situation in Myanmar.

Dietary Shifts

Dietary Shifts (DISH) Competition 2024 Launched in Kenya and Indonesia

By: Diaspora Times Team
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The Global Alliance for Improved Nutrition (GAIN), EAT, the Food & Land Use Coalition (FOLU), and Nutrition Connect have launched the Dietary Shifts (DISH) Competition 2024 in Kenya and Indonesia. This initiative aims to address the pressing need for dietary changes to combat malnutrition, including undernutrition, overnutrition, and micronutrient deficiencies, while also considering the environmental and climate impacts of food systems. The statistics highlight the urgency: 23 million Kenyans are undernourished, with 18% of children under five stunted, while 10% are underweight and 5% wasted.

On the other end of the spectrum, 17% of Kenyan women and 4% of men aged 20-49 are obese. In Indonesia, 10.9% of women and 6.3% of men live with obesity, while 24.4% of children under five are stunted and 11% are wasted.

The DISH Competition invites food system stakeholders to submit tested, evidence-based solutions aimed at promoting healthy and sustainable dietary changes in Kenya and Indonesia. Each country will high-

light 15 solutions that address the specific dietary needs of their populations, with submissions expected to align with national health and nutrition recommendations. Participants will work alongside experts from government, the private sector, and civil society to foster transformative partnerships that can lead to lasting dietary shifts.

Lawrence Haddad, Executive Director at GAIN, emphasized the importance of the competition, stating, "We all make dozens of decisions every day about what to eat. Too many of us choose unhealthy options, even if we know better. If you have an innovative idea about how to nudge people toward healthier choices, we want to hear from you." The competition focuses on five categories: Policy and Advocacy, Advertising and Culturally-Relevant Strategies, Food Services Interventions, Culinary Skills, and Product-Level Interventions. It calls upon entrepreneurs, policymakers, chefs, marketers, and other food system actors to submit solutions by October 31, 2024, that promote positive dietary shifts.

The initiative also aligns with the Planetary Health Diet, a flexible global reference diet from the 2019 EAT-Lancet Commission, which promotes human health while considering environmental sustainabil-



ity.

Lujain Alqodmani, Chief Action Officer at EAT, highlighted the collective impact of the competition: "Shifting toward healthy and sustainable diets may seem complex, but DISH offers a platform for local actors to implement solutions that safeguard both human and planetary health."

Winners will receive an appreciation award of USD 1,000, recognition at global platforms, mentorship from experts, media coverage, and networking opportunities. Finalists will also have the chance to compete in Phase 2 of the competition in 2025. The launch of the competition coincides with the release of the DISH Report, which outlines key challeng-

es to dietary shifts in both countries, including political hurdles, economic barriers like poverty, limited government support, and cultural factors that influence food choices.



PROJECT CATALOG

Malindi Phase 7	MALINDI	FROM AS LOW AS Kes.129,000	Kithimani Springs	MACHAKOS	FROM AS LOW AS Kes.1.50M
Great Oasis Gardens	NANYUKI	FROM AS LOW AS Kes.399,000	Ocean View Ridge Vipingo	VIPINGO	FROM AS LOW AS Kes.1.750M
Wema Gardens	NARO MORU	FROM AS LOW AS Kes.439,000	Vuyanzi Gardens	KITALE	FROM AS LOW AS Kes.1.995M
Love Gardens	KAJIADO	FROM AS LOW AS Kes.950,000	Achievers Paradise Phase 2	NGONG	FROM AS LOW AS Kes.1.995M
Ushindi Gardens	NAKURU	FROM AS LOW AS Kes.1.095M	Achievers Business Park	NGONG	FROM AS LOW AS Kes.3.95M
Shalom Gardens	MACHAKOS	FROM AS LOW AS Kes.1.450M	Joy Lovers Club	MALINDI	FROM AS LOW AS Kes. 3.95M

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Women

Women priests secretly ordained in the shadow of the Vatican

By: AFP
xxxxxxxxxxxx

Worth Noting:

- Even more, canonical law says the six ordinands -- three priests and three deacons, including Rocher and another transgender person -- should all be excluded from the Catholic community, along with the ceremony's other participants.
- Such excommunication would be an unjustified sanction according to US "bishop" Bridget Mary Meehan.
- She belongs to the group organising the event, which says it has performed 270 ordinations of women in 14 countries since its creation in 2002.
- "For 22 years, we have worked hard to create a more inclusive, loving church where LGBTQ, divorced and remarried (people) -- everyone -- is welcome at the table. No one is excluded," said Meehan, 76.
- On the upper deck of the barge, the six candidates committed to "serving the people of God" before an altar decorated with candles and two crowns of flowers.



Six women were ordained in a secret ceremony on a river barge in Rome this month © Filippo MONTEFORTE / AFP

On a barge on Rome's River Tiber, a stone's throw from the Vatican, Loan Rocher was "ordained" in a secret ceremony in defiance of the Catholic Church's ban on women deacons and priests. Dressed in a white robe with a rainbow stole, the 68-year-old Frenchwoman acknowledged her ordination was unauthorised by the Vatican, where a month-long summit on the future of the Church concludes next week. No matter, said Rocher, who is transgender. "They've been repeating the same message for 2,000 years -- women are inferior, subordinate, invisible. It's okay. We've waited long enough, so I'm doing it now," Rocher told AFP. Thursday's ceremony in three languages, organised with the utmost discretion in the presence of around 50 faithful from several countries, followed the same liturgy as an official mass, with readings from the Bible, singing and Communion. Yet it was illegal in the eyes of the Church.

Even more, canonical law says the six ordinands -- three priests and three deacons, including Rocher and

another transgender person -- should all be excluded from the Catholic community, along with the ceremony's other participants. Such excommunication would be an unjustified sanction according to US "bishop" Bridget Mary Meehan. She belongs to the group organising the event, which says it has performed 270 ordinations of women in 14 countries since its creation in 2002. "For 22 years, we have worked hard to create a more inclusive, loving church where LGBTQ, divorced and remarried (people) -- everyone -- is welcome at the table. No one is excluded," said Meehan, 76. On the upper deck of the barge, the six candidates committed to "serving the people of God" before an altar decorated with candles and two crowns of flowers. Then one by one, the members of the congregation laid their hands on the heads of the newly ordained to bless them.

- 'Cold shower' -
In recent weeks, feminist associations have multiplied

initiatives to put pressure on the ongoing Synod, which began in 2021 and is due to end this month.

The groups -- occasionally supported by theologians -- condemn the way women are marginalised by the patriarchal system, despite their central role in parishes around the world.

Unlike other Christian denominations like Protestantism, the Catholic Church remains firmly opposed to the ordination of women.

They are relegated instead to support roles, whether in catechism or education, as nuns or laypeople.

The agenda of the Synod summit in October 2023 included a proposal to admit women as deacons -- ministers who can celebrate baptisms, marriages and funerals but not mass.

But that idea has now been ruled out.

The pope, 87, himself excluded it during a CBS television interview in May, to the astonishment of activists.

"It was a cold shower," said Adeline Fermanian from the Comité de la Jupe, a French Catholic feminist group that has been campaigning on

the issue since 2008.

Fermanian told AFP the Church's "authoritarian" response and the decision to remove women's ordination from the Synod agenda was "totally out of step" with the philosophy of the summit, which is based on consulting the faithful, including women, around the world.

- 'The hierarchy is afraid' -

Some participants at the Synod say the appeal for more inclusion of women is too Western a concept and certain regions of the world, such as Africa, are not yet ready for women deacons for cultural reasons.

Since becoming pontiff in 2013, Pope Francis has repeatedly stressed the merits of women, including in September, when he declared: "The Church is a woman!"

The Argentine pontiff has also appointed women to important roles within the government of the Holy See. But he does not see women's central role within the Church as including ministry -- a vision the feminist groups view as misogynistic and retrograde.

"They overpraise our qualities. They make women

practically into goddesses... and they tell them 'You're serving. It's the most beautiful vocation'," said Fermanian.

"In fact, it's a strategy to sideline and discriminate."

Sixty years after the Second Vatican Council, which sought to equip the Church for the modern world, the institution is fighting for its survival, according to these activists.

But the women ordained in Rome are not losing hope.

"I prefer to be someone who moves forward, rather than one who complains," said Loan.

Meehan summed up the mood: "The hierarchy is afraid but the people are not afraid."

"And they love women priests."

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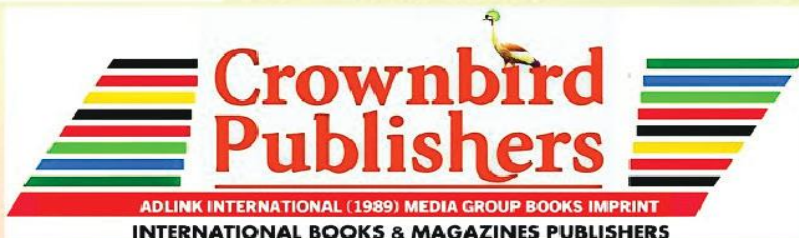
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AFRICA News

The Unguarded Barracks Of The African Continent Echoing The Silence Of Complicity: How African states are enslaving themselves to Western powers and why the UN Security Council remains unjust to Africa.



By: Midmark Onsongo
@themtkenyatimes

Contd from Page 1

Worth Noting:

• The irony is suffocating. The UN Security Council was formed to prevent the very thing it now enables: the tyranny of a few over the many. Africa is home to 54 countries, more than any other continent, yet we are given fleeting glimpses of power, as if two years is enough to influence the world stage. The West doesn't need to say it out loud, but their actions scream it: Africa is here to be managed, not to lead. But let us not absolve ourselves of guilt.

• Our leaders, those who have sworn to protect us, are complicit in this ongoing enslavement. We wave the flag of sovereignty while begging for aid from the very nations that have stripped us of dignity. We talk about independence while accepting Western military bases on our soil.

cance, continues to bow to a world order that neither respects it nor acknowledges its full potential? Why, for all our contributions to global stability, is Africa still relegated to the outer rings of power, while the West feeds us breadcrumbs under the guise of diplomacy?

The United Nations, that hallowed institution designed to foster peace, justice, and cooperation, has betrayed its promises when it comes to Africa. The UN Security Council stands as the clearest symbol of this betrayal. There are five permanent members – the United States, China, Russia, France, and the United Kingdom – who hold the ultimate veto power, deciding the fate of global conflicts with a wave of their hands. And then there is Africa.

We, the so-called “non-permanent” members, are allowed to sit at the table for a measly two-year term, watching the big powers exercise their privileges. Like children in a room of adults, we are granted permission to speak, but never the authority to decide. Why not Africa, you ask? Why, in this allegedly democratic institution, are African countries treated as second-class members? Is it because our skin is darker? Is it because our lands are rich with resources they still covet? Is it because the West thrives on our disunity?

The irony is suffocating. The UN Security Council was formed to prevent the very thing it now enables: the tyranny of a few over the many. Africa is home to 54 countries, more than any other continent, yet we are given fleeting glimpses of power, as if two years is enough to influence the world stage. The West doesn't need to say it out loud, but their actions scream it: Africa is here to be managed, not to lead. But let us not absolve ourselves of guilt.

Our leaders, those who have sworn to protect us, are complicit in this ongoing enslavement. We wave the flag of sovereignty while begging for aid from the very nations that have stripped us of dignity. We talk about independence while accepting Western military bases on our soil. Look around: the U.S. has over 29 military outposts in Africa, with Camp Lemonnier in Djibouti standing as the crown jewel of AFRICOM, their military



UN Security Council

command for the continent. France, too, clings to its old colonies with a network of bases that stretch from Côte d'Ivoire to Chad. And yet, we allow them to call us free. The history of African subjugation is not just in the past, it is in the present. On October 14, 2021, the West showed its true face when it orchestrated the assassination of Mali's interim President, Assimi Goïta, after he challenged their meddling in the Sahel.

This is the same West that funded Libyan rebels in 2011, leading to the toppling and brutal murder of Muammar Gaddafi, plunging Libya into chaos. It is no coincidence that, after Gaddafi's death, terrorism flourished in the region. The West has a long history of using terrorism as a tool to destabilize Africa.

It was the CIA that funded the Mujahideen in Afghanistan, the predecessors of the Taliban, and it is the same strategy they are employing here. Just look at the rise of Boko Haram in Nigeria, Al-Shabaab in Somalia, and ISIS in Libya. The fingerprints of Western intervention are all over the blood-stained maps of Africa.

Yet, while the West destabilizes our governments, it also steps in as the “savior,” offering military aid and advisors to fight the very ter-

rorism they helped create. It is a brilliant strategy – create a problem, then offer the solution, all while maintaining control. The hypocrisy is so thick, you could choke on it. They tell us they are helping us fight terrorism, but what they are really doing is ensuring that African states remain dependent on them for security. After all, if Africa became truly self-sufficient, where would the West get its cheap uranium, oil, and gold?

Even our economic enslavement is carefully orchestrated. The International Monetary Fund and the World Bank, two institutions dominated by Western powers, continue to keep Africa in a stranglehold of debt. In 2023, Africa's total debt reached \$696 billion.

The interest on these loans is like a chain around our necks, tightening with each passing year. And yet, our leaders continue to sign these agreements, knowing full well that the terms are designed to keep us poor. Who benefits from this cycle of poverty? Not Africa. No, the real beneficiaries are the multinational corporations that swoop in to exploit our resources once we have been weakened by debt.

And then there's the irony of foreign aid. Western countries pat themselves on the back for donating billions

to Africa, but this is nothing more than a euphemism for control. Aid is never free. It comes with strings attached – political influence, military presence, and access to our resources. In the end, we pay a far higher price than the money they give us. Have you noticed that the countries that receive the most aid are often the ones that suffer the most corruption, poverty, and instability? This is no coincidence.

Let's not forget the complicity of our own leaders in this grand scheme of subjugation. The kleptocrats who run our governments are more than willing to sell out their people for a Swiss bank account and a villa in France. The West knows this, and they exploit it at every turn. They fund our elections, back our dictators, and turn a blind eye to human rights abuses as long as their interests are protected. And we, the people, suffer in silence, too afraid or too complacent to rise up. So here we stand, in a paradox of our own making. Africa is the richest continent on Earth in terms of resources, yet its people are among the poorest. We are home to some of the world's fastest-growing economies, yet we remain shackled by debt. We are a continent of proud nations, yet we allow foreign powers to dictate our future.

The question we must ask ourselves is simple: when will we wake up?

The time for polite diplomacy is over. Africa cannot afford to be the world's doormat any longer. We must demand a permanent seat at the UN Security Council, not as a token, but as a right. We must reject the military presence of foreign powers on our soil and build our own security apparatus. We must tear down the systems of debt and aid that have kept us in chains for too long. The West will not give us freedom – we must take it.

And so, Africa, the question remains: Will we continue to sit in the barracks of our own making, or will we finally rise, break the chains, and take our place at the head of the global table? The answer is in our hands.

This article was scripted by;
MIDMARK ONSONGO,
SGS
(Socio-Geographic Scholar)

News

FOCAC: Significant achievements in implementation of the Dakar Action Plan

China's construction of the Africa Centre for Disease Prevention and Management (Africa CDC) in January 2023 represents a significant achievement. The newly inaugurated Reference Laboratory, funded by China, aims to improve disease diagnosis, outbreak response, and surveillance capabilities throughout the continent.

By:Eric Biegon
xxxxxxxxxxxx

The Eighth Forum on China-Africa Cooperation (FOCAC) in Dakar adopted the Dakar Action Plan 2022-2024, aimed at enhancing China-Africa cooperation across various sectors.

The conference focused on several key issues, including improving trade ties and market access, encouraging Chinese investment in Africa, supporting major infrastructure projects, promoting sustainable practices and climate initiatives, strengthening health systems and responses, fostering mutual understanding through cultural exchanges, advancing agricultural technology and practices, enhancing skills and education through training programmes, and collaborating on security and conflict resolution.

It also recommended strengthening high-level exchanges and dialogues between China and African nations.

A closer look at the impact of the nine programmes announced at the Eighth Ministerial Conference in Dakar by Chinese President Xi Jinping reveals that they have significantly contributed to the continent's development and prosperity.

Senegal, which co-chaired the conference, released a report indicating that the framework's contributions have notably transformed Africa's economy and society over the three years leading up to 2024.

"On trade, the volume of China-Africa trade increased from 120 billion USD in 2018 to 282 billion USD in 2022, and it is expected to reach the 300 billion USD mark by 2025," confirmed Senegal's Foreign Minister Yassine Fall.

She made this statement while China pledged to enhance Africa's export capacity and facilitate inspection and quarantine measures for African products exported to China in order to improve the balance of trade.

Consequently, the mechanism for the admission of African products to China and the application of a 98% tariff exemption for African countries classified as Least Developed Countries (LDCs) is being implement-



ed. President Xi Jinping's announcement to raise this exemption rate to 100% presents significant opportunities for the continent.

The prioritisation of agriculture and poverty reduction in the China-Africa development agenda was strengthened with the Second China-Africa Cooperation Forum on Agriculture, held in 2023 in Hainan. This was followed by the adoption of the African Agriculture Development Plan, aimed at contributing to the modernisation of African agriculture.

The plan also seeks to create joint ventures between the African and Chinese private sectors to establish high-value-added processing industries in Africa.

In the industrial sector, the launch of the African Industrialization Support Initiative is particularly noteworthy, especially in conjunction with the Programme for Infrastructure Development in Africa (PIDA) and the African Continental Free Trade Area (AfCFTA). This initiative was further enhanced by the establishment of a special fund amounting to \$10 billion, dedicated to assisting African financial institutions in financing African SMEs.

This momentum will be

bolstered by the implementation of 30 infrastructure interconnection projects in Africa, which will be undertaken as part of the Belt and Road Initiative.

In the health sector, China's construction of the Africa Centre for Disease Prevention and Management (Africa CDC) in January 2023 represents a significant achievement. The newly inaugurated Reference Laboratory, funded by China, aims to improve disease diagnosis, outbreak response, and surveillance capabilities throughout the continent. Similarly, a technical partnership has been formed with the UN and Beijing to develop a local pharmaceutical industry in Africa through co-investments from the Chinese and African private sectors, which promises a positive future.

Facilitated by the Chinese Ministry of Commerce, this meeting provided African participants with a clearer understanding of the issues surrounding financing for Africa's development, cov-

ering concessional loans, non-concessional loans, commercial loans, and grants.

In regard to sustainable development, particularly in the context of the energy transition and the fight against climate change, the Dakar Declaration on China-Africa Cooperation has established a foundation for addressing the specific vulnerabilities of certain countries to climate impacts.

This has led to the identification of development projects that utilise advanced Chinese technologies to assist in disaster prevention, safeguard marine resources, combat illegal fishing, enhance coastal protection, and promote renewable energy.

Furthermore, China continues to play a significant role in the critical area of peace and security in Africa. It is the second-largest contributor in terms of funding and provides substantial support to the African Union's Peace and Security Architecture, based on a steadfast commitment to the principle of "African solutions to African problems."

Moreover, discussions have also focused on establishing an Academy for Peacekeeping and the Fight against Terrorism and Cybercrime in Africa, supported by China, which aims to strength-

en the capabilities of African armed forces.

In this context, the United Nations Trust Fund for Peace and Development, established in 2016 at China's initiative, has pledged to contribute \$200 million over the next ten years. This initiative could be more closely aligned with African priorities in areas such as peacekeeping operations, counterterrorism, and peacebuilding in post-conflict situations.

The tangible outcomes of this fund will undoubtedly be significantly enhanced by the "Ten Partnership Actions for Modernisation" that China has approved for implementation as part of the new action plan.

These actions will be bolstered by the Chinese government's financial support of 360 billion yuan over the next three years, which includes an investment of 70 billion yuan from Chinese companies.

Worth Noting:

- "On trade, the volume of China-Africa trade increased from 120 billion USD in 2018 to 282 billion USD in 2022, and it is expected to reach the 300 billion USD mark by 2025," confirmed Senegal's Foreign Minister Yassine Fall.

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- President Xi Jinping's announcement to raise this exemption rate to 100% presents significant opportunities for the continent.

Gaza

Yahya Sinwar, leader of Hamas, killed by Israeli forces

Yahya Sinwar, the leader of Hamas, has been killed by Israeli soldiers in southern Gaza, Israel has confirmed.

By:BBC
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Yahya Sinwar, the leader of Hamas

Worth Noting:

- Lt Col Hertzi Halevi, chief of the IDF, said: "We said we would get to him and we did get to him. The world is now better off without him."
- Confirmation of his death was delayed by several hours, as Israel compared dental records and fingerprints. Israel will have had his genetic data on file from the decades he spent in an Israeli prison.
- Earlier, graphic images circulating online appeared to show a dead body resembling Sinwar lying in rubble with a severe head injury.
- The IDF said at the time it was possible he had been killed – but did not want to prematurely confirm the death of a man it had been pursuing for over a year.
- Netanyahu hailed the killing of Sinwar, saying: "While this is not the end of the war in Gaza, it's the beginning of the end."

Yahya Sinwar, the leader of Hamas, has been killed by Israeli soldiers in southern Gaza, Israel has confirmed. Sinwar had led the armed group in Gaza since 2017 and was described by Israel, the US and UK as the mastermind behind the 7 October attacks – when Hamas gunmen killed around 1,200 people in Israel and took 251 hostages. Benjamin Netanyahu, Israel's prime minister, said the killing of the Hamas chief marked not the end but the "beginning of the end" of the year-long war in Gaza. The Israeli military said Sinwar was among three militants killed on Wednesday in Rafah in the south of the territory. It added that there were no signs of hostages at the site. It has previously been claimed that Sinwar would travel with Israeli hostages as a means of protection. Three gunmen were sighted by Israeli soldiers running from house to house, Israel Defense Forces (IDF) spokesman Daniel Hagari said. Once fired upon, they split up and Sinwar entered a building alone. He was spotted sitting in a chair by a drone – which he threw a piece of wood at,

Hagari added. Soldiers entered the building and found Sinwar with a vest, a gun and 40,000 shekels (£8,240), he said. Lt Col Hertzi Halevi, chief of the IDF, said: "We said we would get to him and we did get to him. The world is now better off without him." Confirmation of his death was delayed by several hours, as Israel compared dental records and fingerprints. Israel will have had his genetic data on file from the decades he spent in an Israeli prison. Earlier, graphic images circulating online appeared to show a dead body resembling Sinwar lying in rubble with a severe head injury. The IDF said at the time it was possible he had been killed – but did not want to prematurely confirm the death of a man it had been pursuing for over a year. Netanyahu hailed the killing of Sinwar, saying: "While this is not the end of the war in Gaza, it's the beginning of the end." He said the conflict could end "tomorrow" if Hamas lays down its arms and returns the remaining hostages held in Gaza. Earlier, addressing the families of the hostages, Net-

anyahu said Israel would "continue with all our might until we bring every one of your loved ones home, as they are our loved ones too". Netanyahu told Gazans that Sinwar "destroyed your lives". "Hamas will no longer control Gaza," he said. "This is the beginning of the day after Hamas, and it is an opportunity for you, the residents of Gaza, to finally free yourselves from its tyranny." Sinwar's killing comes after Hamas's political leader, Ismail Haniyeh, was killed in the Iranian capital, Tehran, in July. Sinwar was subsequently named as Hamas's overall leader, assuming Haniyeh's role as well. Sinwar – who was widely known as Abu Ibrahim – was born in Khan Younis in southern Gaza in 1962. He was first arrested by Israel aged 19 for "Islamic activities". Aged 25, in the late 1980s, he founded the Hamas security service al-Majd, which punished those accused of so-called morality offences and those suspected of collaborating with Israel. In 1988, he was sentenced to four life terms in prison in Israel – but was among the 1,027 prisoners released in

exchange for Gilad Shalit, an Israeli soldier held captive by Hamas in Gaza for over five years, in 2011. Israel's foreign minister, Israel Katz, said Sinwar's killing was a "significant military and moral achievement". Yoav Gallant, the defence minister, said Sinwar "joins a long series of eliminations". "Sinwar died while beaten, persecuted and on the run – he didn't die as a commander, but as someone who only cared for himself. "This is a clear message to all of our enemies." Hamas has yet to comment on Sinwar's killing, and there is no indication of who will take his place. Iran backs Hamas with funding, weapons and training. The country's mission to the UN posted on X that the killing of Sinwar would lead to the strengthening of "the spirit of resistance". "He will become a model for the youth and children who will carry forward his path toward the liberation of Palestine," the mission said. US President Joe Biden congratulated Netanyahu in a phone call with the Israeli leader, saying it was "a good day for Israel, for the United States and for the world".

He added that the death of Sinwar proved "once again that no terrorists anywhere in the world can escape justice". Former CIA director David Petraeus told BBC Radio 4 that Sinwar's death was "bigger" than Osama Bin Laden's in 2012 – "both hugely symbolic... but also hugely operational" as Sinwar was the overall leader of Hamas. Israel's stated aim for entering Gaza in the wake of the 7 October attack was to destroy Hamas. Sir John Sawers, who headed up the UK's foreign intelligence service MI6 from 2009 to 2014, said Netanyahu would now want to "press home" his advantage. He told BBC Radio 4's World Tonight programme: "Netanyahu at the moment feels he has a real advantage over not just Hamas but Hezbollah and Iran itself is on the back foot. "And I think his instinct will be to press home that advantage." Sir John said he suspected the Israeli PM would seek to achieve most of the country's military goals before the next US president is inaugurated in January.

UK News

Israel sends more troops into north Gaza, deepens raid

Residents of Jabalia in northern Gaza said Israeli tanks had reached the heart of the camp, using heavy air and ground fire, after pushing through suburbs and residential districts.

By: Reuters
xxxxxxxxxxxx



Palestinians walk past destroyed houses, amid the ongoing conflict between Israel and Hamas, in Jabalia refugee camp, in the northern Gaza Strip February 22, 2024. REUTERS/Mahmoud Issa/File Photo

Worth Noting:

- The Israeli military said its forces, which have been operating in Jabalia for the past two weeks, killed dozens of militants in close-quarters combat on Thursday and carried out aerial strikes and dismantled military infrastructure.
- The escalation of Israel's Jabalia operation came a day after it said it had killed the country's number one enemy, Yahya Sinwar, Hamas's chief, whom it blamed for ordering the Oct 7 attack on Israel -- the deadliest in the history of the Israeli-Palestinian conflict.
- The Israeli military says its operation in Jabalia is intended to stop Hamas fighters from regrouping for more attacks.
- Residents said Israeli forces had effectively isolated the far northern Gazan towns of Beit Hanoun, Jabalia, and Beit Lahiya from Gaza City, blocking movement except for those families heeding evacuation orders and leaving the three towns.

The Israeli military said on Friday it sent another army unit to support its forces operating in Jabalia, the largest of Gaza's eight historic refugee camps, where residents said tanks blew up roads and houses as they thrust further into the territory. Residents of Jabalia in northern Gaza said Israeli tanks had reached the heart of the camp, using heavy air and ground fire, after pushing through suburbs and residential districts. They added that the Israeli army was destroying dozens of houses on a daily basis, from the air and the ground by placing bombs in buildings and then detonating them remotely. The Israeli military said its forces, which have been operating in Jabalia for the past two weeks, killed dozens of militants in close-quarters combat on Thursday and carried out aerial strikes and

dismantled military infrastructure. The escalation of Israel's Jabalia operation came a day after it said it had killed the country's number one enemy, Yahya Sinwar, Hamas's chief, whom it blamed for ordering the Oct 7 attack on Israel -- the deadliest in the history of the Israeli-Palestinian conflict. The Israeli military says its operation in Jabalia is intended to stop Hamas fighters from regrouping for more attacks. Residents said Israeli forces had effectively isolated the far northern Gazan towns of Beit Hanoun, Jabalia, and Beit Lahiya from Gaza City, blocking movement except for those families heeding evacuation orders and leaving the three towns.

APPEAL FOR IMMEDIATE HOSPITAL SUPPLIES

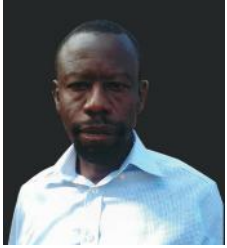
On Friday, health officials appealed for fuel, medical supplies and food to be sent immediately to three northern Gaza hospitals overwhelmed by the number of patients and injuries. At the Kamal Adwan Hospital, medics had to replace children in intensive care with more critical cases of adults badly wounded by Israeli air strikes on a school sheltering displaced Palestinians in Jabalia on Thursday. The attack killed 28 people. Israel said it had targeted militants holed up in the complex. Kamal Adwan's director, Hussam Abu Safiya, said in a video sent to the media that the children had been moved to another division inside the facility, where they were being well taken care of. Israel said it sent in around 30 truck-loads of aid into

northern Gaza on Friday including food, water, medical supplies, and shelter equipment. "We're fighting Hamas, we're not fighting the people of Gaza," military spokesman Nadav Shoshani told journalists in an online briefing. Hamas and health officials, however, say that the aid has not been reaching the worst affected areas, including Jabalia, Beit Hanoun and Beit Lahiya. Philippe Lazzarini, head of the U.N. Palestinian refugee agency UNRWA, said on X that the attack on the school was the third on an UNRWA facility this week, adding the agency had now lost a total of 231 team members in the past year of fighting. Abu Safiya said medical staff were exhausted and that hospital supplies, including food, were being badly depleted. Doctors at the Kamal Ad-

wan, Al-Awda and Indonesian hospitals have refused to leave their patients despite evacuation orders issued by the Israeli military at the start of its Jabalia push. Northern Gaza, which had been home to well over half the territory's 2.3 million people, was bombed to rubble in the first phase of Israel's assault on the territory a year ago. Israel began its military campaign after the Oct. 7 attacks on southern Israel by Hamas-led fighters, who killed 1,200 people and captured 250 hostages, according to Israeli tallies. More than 42,000 Palestinians have been killed in Israel's offensive so far, according to Gaza's health authorities.

Zimbabwe

Taking A Stand Against Addiction, Zimbabwe's Non-Governmental Organisation Combats Drug Abuse



By: Chimeno Azriel
azrielchimeno@gmail.com
Zimbabwe

Contd from Page 1

Worth Noting:

- During the speech read by the Founder and Director of GLIT Mr Tawanda Makwiramiti, he said the march sought to develop platforms to focus on early interventions, raise awareness in order to prevent the problem of drug and substance abuse.
- "This march seeks to develop platforms to focus on early intervention, raise awareness's against drug and substance abuse in Communities, schools and workplaces and to help each other on how to detect symptoms of drug and substance abuse and refer such cases to the professionals" said Makwiramiti
- The Director said people should be the change that helps end addiction and should support families and communities affected by drug abuse. He urged the Zimbabweans from all over the corners of Zimbabwe to come and hear from inspiring guest speakers and enjoy live performances.

in their determination to combat the growing epidemic.

Green Light International Trust's march was to raise awareness about the dangers of drug and substance abuse, particularly among youth and vulnerable populations and participants as expected sang, wore symbolic ribbons, and shared personal stories, highlighting the urgent need for collective action.

During the speech read by the Founder and Director of GLIT Mr Tawanda Makwiramiti, he said the march sought to develop platforms to focus on early interventions, raise awareness in order to prevent the problem of drug and substance abuse. "this march seeks to develop platforms to focus on early intervention, raise awareness's against drug and substance abuse in Communities, schools and workplaces and to help each other on how to detect symptoms of drug and substance abuse and refer such cases to the professionals" said Makwiramiti

The Director said people should be the change that helps end addiction and should support families and communities affected by drug abuse. He urged the Zimbabweans from all over the corners of Zimbabwe to come and hear from inspiring guest speakers and enjoy live performances.

In his speech, Mr Makwiramiti said there was need for the Zimbabwe Government to tighten Law enforcement against the drug peddlers who stay within the Communities and he urged the Zimbabwe Republic Police not to let the Society down by accepting bribes from the drug lords. He noted that drug and substance abuse was a cause of concern in Country with young, old and some law enforcement agents being involved.

Guest of Honour Harare Deputy Mayor, Her Worship Councillor Rosemary Muronda said there was urgent need for collective action to fight against drug and substance abuse in our Country and the involvement of youths, churches and organizations in the march was a true testimony of togetherness.

"The march served as a powerful platform for raising awareness about the dangers of drug and GLIT

effectively highlighted the urgent need for collective action against this growing problem and with the visible presence of participants, including youth from different churches and students from UZ underscored the community's commitment to tackling drug-related issues together." said Her Worship In an interview on the sidelines of the event, Deputy Mayor Muronda noted that the event emphasized the importance of advocating for stronger policies and support systems to combat drug abuse and by having engagements with local authorities and stakeholders during such events, can lead to meaningful discussions about implementing effective prevention and rehabilitation programs. She pointed out that these grassroots approach was crucial in ensuring that the voices of those affected by drug abuse are heard and considered in policy-making.

"the march was not just a demonstration; it was a call to action for the entire community to unite against drug and substance abuse through raising awareness, advocating for policy changes, and promoting healthier lifestyles." continued Councillor Rose Green Light International Trust strives to help underprivileged members of the Society and to date they have donated over 3000 mobility devices and during the march, they donated white cans to visually impaired and a wheelchair.

The harmful substances are affecting over a number of individuals in the Country, with the number increasing in reported cases over the years. The consequences are far-reaching, from strained healthcare systems to shattered families and lost lives. Drug and substance abuse, also known as Substance Use Disorder (SUD), refers to the harmful or hazardous use of substances despite negative consequences. Some of the substances include illicit drugs like, heroin, cocaine, methamphetamine, Cannabis (marijuana).

Among the stakeholders who attended the awareness march were the law enforcement department Zimbabwe Republic Police (ZRP), Criminal Investigation Department (CID) drugs City of Harare, Midlands State University (MSU), Ministry of Health and Child

Care, Ministry of Primary and Secondary Education among other Government officials

Green Light International Trust (GLIT) is a Zimbabwean organization focused on community development, education, and health initiatives and its mission is to empower communities through sustainable development, education, and health initiatives.

The Trust has a 5 year program in fighting drugs and substance abuse and according to the Director, it shall engage schools, youth organizations, Ministry of Health and Child Care in order to fight against drug and substance abuse.

It was observed that most criminal activities were associated with drug and substance abuse in the Society with young school going ages being the most affected leading to theft, deaths, murder and suicidal.

The march against drug and substance abuse serves as a beacon of hope for a brighter and healthier Zimbabwe. As Non-Governmental Organisations, community leaders, and citizens continue to unite against addiction, the country moves closer to overcoming this pressing challenge. Through sustained collaboration and advocacy, Zimbabwe can build a future where its youth thrive, free from the grip of substance abuse. This powerful display of community activism highlighted the urgent need for collective action against addiction, which affects countless lives and undermines national development.



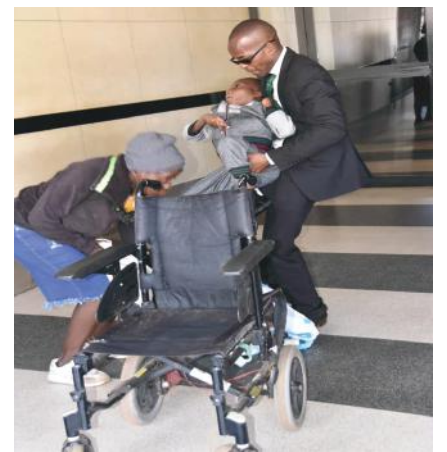
The Community marching in the streets of Harare



The march by some youths and students



Mr Tawanda Makwiramiti



GLIT Founder Mr Tawanda Makwiramiti handing over the wheelchair



White cans donated to visually impaired



The Harare march

NEWS PAPER



IN BUSINESS

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America

Trump calls judge 'evil' for releasing case files before election

By: BBC
xxxxxxxxxxxx



Donald Trump

Worth Noting:

- The heavily redacted 1,889 pages of documents released on Friday mostly rehash information already available publicly, including parts of former Vice-President Mike Pence's biography and his formal announcement that he would not overturn the 2020 election results.
- The new evidence is a part of a motion filed by Mr Smith last month.
- Appearing Friday during a podcast with right-wing media personality Dan Bongino, Trump lambasted Judge Chutkan and called the special counsel "a sick puppy".
- The indictment centres on the 6 January 2021 US Capitol riot and accuses Trump of illegally conspiring to overturn his election defeat three months earlier to Joe Biden.
- During the interview, Trump also likened the detention of those charged with storming the Capitol to the US internment of Japanese Americans in World War Two.

Donald Trump has called a judge "the most evil person" as she released more than 1,800 pages of evidence in Special Counsel Jack Smith's election conspiracy case against him.

The Republican White House candidate said US District Court Judge Tanya Chutkan's rejection of his request to delay releasing the new evidence until after next month's vote amounted to "election interference".

Legal analysts have debated whether filings in the case breach a justice department internal rule that prosecutors avoid any investigative step that might affect an election within 60 days of voting.

But in her ruling, Judge Chutkan argued that if she had kept the files under wraps, that could itself have been construed as election interference.

"If the court withheld information that the public otherwise had a right to access solely because of the potential political consequences of releasing it, that withholding could itself constitute – or appear to be – election interference," she wrote. Last year, a Texas woman was charged with making death threats against Judge Chutkan, citing the Trump case.

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During the interview, Trump also likened the detention of those charged with storming the Capitol to the US internment of Japanese Americans in World War Two.

"Why are they still being held? Nobody's ever been treated like this," he said. "Maybe the Japanese during Second World War, frankly." Earlier this year, the Supreme Court ruled that Trump cannot be prosecuted for official acts carried out as president.

As a result, Mr Smith was forced to change the historic

case brought against Trump and argue that he committed crimes while still in office, but as a private citizen.

He filed a new motion in September laying out the new case against the former president, which included allegations that Trump promoted false claims of election fraud despite believing them to be "crazy".

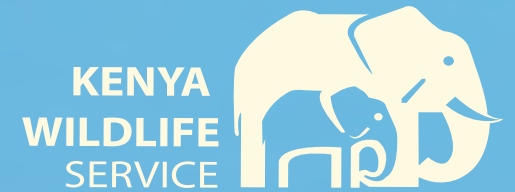
The motion also included new details on how Trump's relationship with Pence deteriorated, with the former vice-president telling Trump to stop repeating false election fraud theories and move on.

The documents released on Friday include transcripts of interviews with the 6 January House committee that investigated the US Capitol riot, parts of Pence's autobiography and fundraising emails sent to voters.

It is unclear if the 6 Janu-

ary case will ever go to trial. Trump is expected to end the prosecution if he returns to the White House.

He is facing several other criminal cases. He already has been convicted on 34 felony counts in New York in relation to a hush-money payment.



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Diaspora

Aligning AfCFTA and Agenda 2063 with FOCAC in charting Africa's path to economic transformation

Africa stands on the cusp of an economic transformation that promises to reshape its place in the global economy.

By: Stephen Ndegwa
xxxxxxxxxxxx



BEIJING, Sept. 5, 2024 (Xinhua) -- Chinese President Xi Jinping attends the opening ceremony of the 2024 Summit of the Forum on China-Africa Cooperation (FOCAC) and delivers a keynote speech at the Great Hall of the People in Beijing, capital of China, Sept. 5, 2024. (Xinhua/Liu Bin)

Worth Noting:

- One success story is the Hawassa Industrial Park in Ethiopia, which focuses on textile and garment production. This facility employs tens of thousands of workers and exports its products to markets both within Africa and beyond. With significant investment from Chinese companies, the park represents how AfCFTA can stimulate value-added production, aligned with the goals of Agenda 2063 to promote industrialisation and sustainable economic growth.

- Agenda 2063 is the African Union's strategic framework for transforming Africa into a global powerhouse of the future. It envisions a prosperous continent based on inclusive growth, sustainable development and the eradication of poverty. Key to this vision is the development of infrastructure, modern agriculture and a vibrant manufacturing sector.

Africa stands on the cusp of an economic transformation that promises to reshape its place in the global economy. Central to this vision are three powerful frameworks: the African Continental Free Trade Area (AfCFTA), Agenda 2063 and the Forum on China-Africa Cooperation (FOCAC).

Individually, each of these initiatives holds great promise for the continent. However, their alignment can unlock even greater synergies, accelerating Africa's industrialisation, sustainable development and economic integration. By strategically harmonising AfCFTA's trade objectives, Agenda 2063's development goals, and FOCAC's financial and technical support, Africa can drive a new era of prosperity. AfCFTA is the largest free trade area in the world by the number of participating countries, bringing together 54 African nations into a single market of over 1.3 billion people and a combined GDP of \$3.4 trillion. Its primary goal is to eliminate tariffs on 90 percent of goods, increase intra-African trade by over 50 percent and foster economic growth. By creating a unified market, AfCFTA provides the ideal platform for African countries to industrialise, diversify their economies,

and reduce dependence on raw material exports.

One success story is the Hawassa Industrial Park in Ethiopia, which focuses on textile and garment production. This facility employs tens of thousands of workers and exports its products to markets both within Africa and beyond. With significant investment from Chinese companies, the park represents how AfCFTA can stimulate value-added production, aligned with the goals of Agenda 2063 to promote industrialisation and sustainable economic growth.

Agenda 2063 is the African Union's strategic framework for transforming Africa into a global powerhouse of the future. It envisions a prosperous continent based on inclusive growth, sustainable development and the eradication of poverty. Key to this vision is the development of infrastructure, modern agriculture and a vibrant manufacturing sector.

FOCAC has been a cornerstone of China-Africa relations since its inception in 2000, facilitating billions of dollars in investment in African infrastructure, industry and technology. China's support for Africa through FOCAC has resulted in the construction of roads,

railways, ports and power plants that are crucial for enhancing Africa's trade and industrial capacity.

One of the most impactful projects under FOCAC is the Standard Gauge Railway (SGR) in Kenya, linking Mombasa to Nairobi and eventually to other parts of East Africa. Funded largely through Chinese loans, the SGR has significantly reduced transport costs and improved the efficiency of moving goods across the region. This investment not only supports AfCFTA's vision of seamless trade across borders, but also directly aligns with Agenda 2063's infrastructure aspirations. In order to harness the full potential of these frameworks, Africa must focus on strategic alignment in several key areas. Infrastructure is the backbone of economic development, and its improvement is essential for realising the benefits of AfCFTA and Agenda 2063. Chinese-backed initiatives like the Doraleh Multi-purpose Port in Djibouti and the Lekki Free Trade Zone in Nigeria demonstrate how FOCAC can facilitate the development of trade hubs that reduce logistical bottlenecks.

Moreover, Africa must invest in industrial parks and manufacturing hubs, like

Ethiopia's Hawassa Industrial Park, to transform its raw materials into finished products. By focusing on sectors such as agro-processing, textiles and pharmaceuticals, Africa can not only meet its own needs but also compete globally.

Agriculture remains the backbone of many African economies, yet it often lacks the necessary investments to transition from subsistence farming to commercial production. Through FOCAC, China has established Agricultural Technology Demonstration Centers in countries like Kenya, Nigeria and Mozambique. These centres have introduced innovative farming techniques that have significantly increased productivity and food security.

Energy is a critical component for industrial development and trade. The Grand Ethiopian Renaissance Dam, expected to generate over 6,000 megawatts of electricity, is a prime example of how Africa can achieve energy self-sufficiency. Although not directly funded by China, the development of such projects aligns with FOCAC's focus on infrastructure and energy cooperation.

With China's expertise and investment capabilities, FOCAC can further support

renewable energy projects across Africa, including solar, wind and hydroelectric power. Expanding energy infrastructure will ensure that industries have reliable and affordable power, a necessity for supporting AfCFTA's industrialisation and trade goals.

Digital transformation is crucial for Africa's future, and initiatives like the Smart Africa Initiative aim to make the continent a global leader in ICT. China has played a significant role in this transformation through investments in digital infrastructure, data centres, and telecommunications under its Digital Silk Road initiative. Countries like Rwanda have partnered with Chinese tech giants like Huawei to expand their digital capabilities, providing a solid foundation for e-commerce and digital trade within AfCFTA.

Aligning AfCFTA, Agenda 2063, and FOCAC is not just an opportunity; it is a necessity for Africa's sustainable development and economic transformation. By strategically leveraging the strengths of each framework – AfCFTA's market integration, Agenda 2063's development vision, and FOCAC's investment power – Africa can build a robust and resilient economy.

Diaspora

Change Of Milk In The Digestive Organs

Milk proteins consist of complete amino acids. In milk there are the following types of proteins: casein (2.5-4%), albumin (0.5-0.7%) and globulin (0.05-0.1%) is one of the original proteins.



By: Vafokulova Mokhinur Otabekovna
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Abstract. Milk is produced as a result of the activity of the mammary glands of lactating animals. It is a yellowish liquid with a specific smell and slightly sweeter taste. Cow's milk contains 85-89% water, 2.8-5.0% fat, 4% proteins, 4.4-5.1% milk sugar, 0.6-0.85% mineral substances, enzymes. Coagulation of milk protein is important not only in the process of processing milk into various dairy products, but also in the process of digesting milk. During this process, coagulation of casein and milk fat globules can occur due to pepsin-induced hydrolysis of proteins that provide steric stabilization.

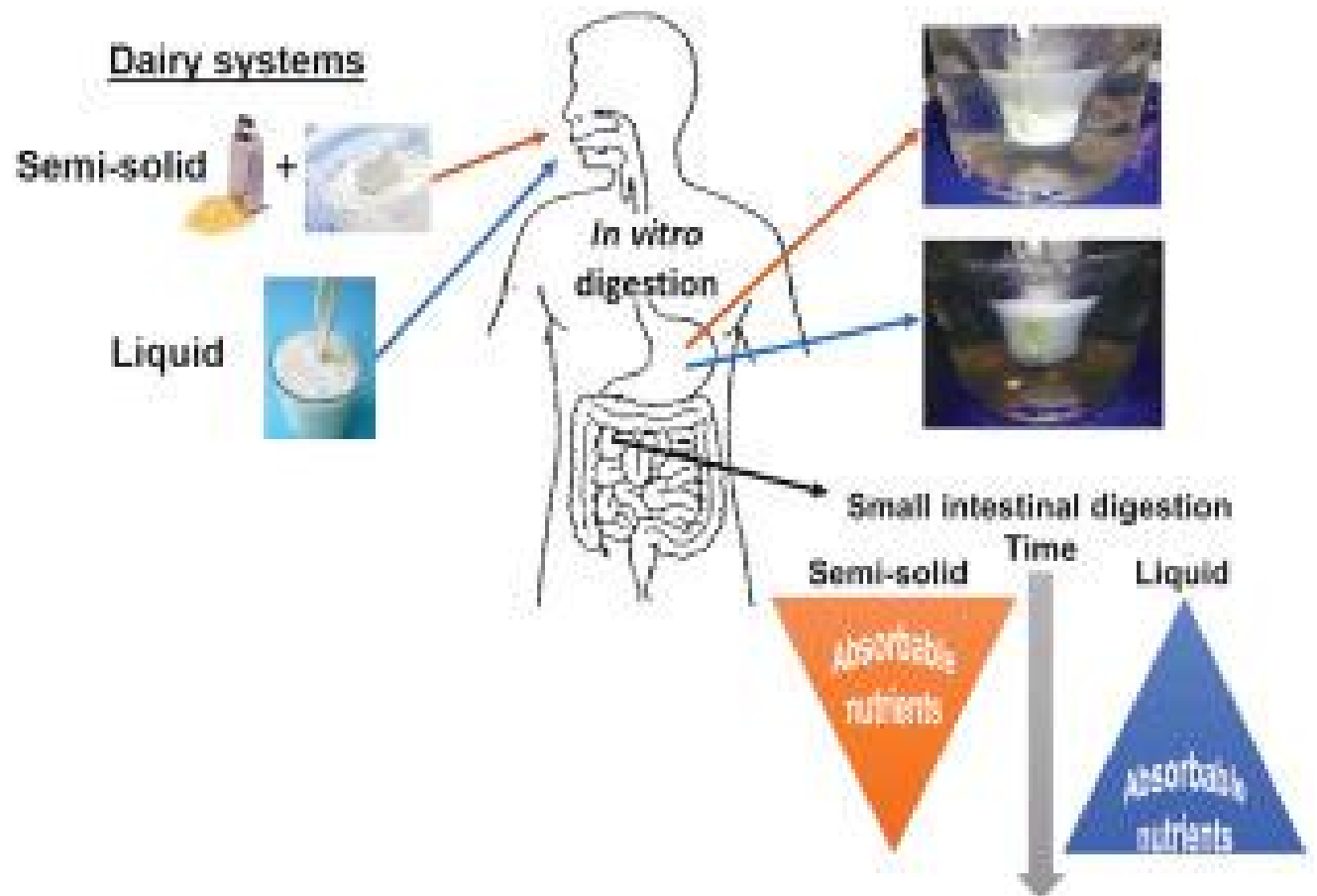
Keywords: milk, composition of milk, digestion process, curd, protein, fat, structure, stomach

The first information about mother's milk is also recorded in the manuscripts of Ibn Sina. He compared mother's milk to sunlight, because as much as sunlight is necessary for all living beings on earth (plant life), mother's milk is necessary for a growing bird.

The most necessary food for a newly born bird is protein, salt, and drops of fat. Mature mother's milk contains all the necessary nutrients and vitamins, they are fully digestible and absorbable. Mother's milk is easily digestible, nutritious, free from various microbes, ready-made food that does not require cooking and heating. It contains more than 100 necessary substances, not only in terms of quantity, but also in terms of quality, it corresponds to the age and health of the child.

Milk proteins consist of complete amino acids. In milk there are the following types of proteins: casein (2.5-4%), albumin (0.5-0.7%) and globulin (0.05-0.1%) is one of the original proteins. The content of protein, fat, carbohydrates in breast milk is close to the composition of the same substances in the body of a newborn child. Breast milk contains protein, fat, carbohydrates in the ratio of 1:3:6 and fully covers the needs of the child.

Milk proteins are a very nutritious food. Oils are also in the form of an emulsion,



so they are completely absorbed. In addition to its nutritional properties, the carbohydrates in breast milk inhibit the growth of microbes in the intestines and thus facilitate digestion. Breast milk contains the necessary amount of salts, especially calcium and phosphorus salts, which are very important for the proper formation and development of the child's skeleton. Mineral substances and vitamins in mother's milk correspond to the needs of a growing child and differ from such substances in cow's milk in that they are better absorbed by the body. The importance of iron in breast milk is extremely high, its absorption is usually 70% in breast milk, 30% in cow's milk, and 10% in mixtures.

In healthy children born to a healthy mother, the insufficient part of the iron reserve is filled at the expense of mother's milk, but if the child is transferred from mother's milk to cow's milk or formula, he may develop anemia. If the child is weaned from mother's milk and fed with cow's milk or milk mixtures, he is deprived of important protective factors, which leads to unpleasant symptoms such as diarrhea and digestive system disorders. Breast milk also protects the mother from various diseases; breast cancer, gynecological diseases are 20-25 times

more common in women who did not breastfeed. Anemia is less common in breastfeeding mothers.

Coagulation of milk protein is important not only in the process of processing milk into various dairy products, but also in the process of digesting milk. This review focuses on gastric coagulation of milk proteins. During this process, coagulation of casein micelles and milk fat globules can occur due to pepsin-induced hydrolysis of proteins that provide steric stabilization.

Gastric coagulation causes the delay of casein and fat from the stomach. Native whey proteins are not sensitive to gastric coagulation or delayed gastric emptying. Both heat treatment and homogenization of milk lead to the formation of weak gastric curds that break down more easily due to proteolysis and deformation.

Adding denatured whey proteins to the stomach curd of heated milk delays their release. Understanding gastric coagulation and digestive behavior may allow adaptation of gastric transit through compositional differences or processing. Cattle milk, intended for human consumption at all stages of life, accounts for the majority of all milk produced worldwide. Also, coagulation of caseins in the stomach can occur here, which affects gastric transit.

Over time, it became clear that the control of protein passage through the stomach is important in human physiology and strongly affects the type of milk, as well as its use and processing. Gastric coagulation is physiologically important and provides controlled transit of protein through the stomach; this, in turn, ensures a more stable release of amino acids into the blood after digestion and absorption in the intestine.

In addition, it controls the release of protein into the intestine, and also provides "overloading" of the digestive capacity of the intestine, which is especially important for population groups with poor digestion or absorption, for example, infants, adults or people with impaired digestive function due to illness.

Lacroix and others. In the absence of gastric coagulation, i.e., when only soluble milk protein is used, digestion and absorption are too rapid to be sustainable from an anabolic point of view, and have been found to result in the oxidation of nitrogen in the form of urea and amino acids. Similar effects were observed by Dangin et al., and provision of casein as free amino acids rather than intact protein had similar effects.

This resulted in very rapid passage through the stomach and absorption. Morens

et al showed that increased milk protein intake increased the conversion of nitrogen to urea and did not proportionally increase serum amino acid concentrations, suggesting the importance of the splanchnic zone in preventing excessive increases in blood amino acid levels due to high protein intake shows. Postprandial protein utilization also decreased with increased protein intake (Morens et al, 2003).

These studies were provided in the same way as found in milk through a combination of whey protein and casein. When looking at the coagulation of casein in the stomach, it was found that there are also significant differences in the degree of gastric coagulation of casein. Physiological importance of curd hardness, which is formed by the coagulation of casein in the stomach, was known in the first half of the 20th century in the extensive work on the so-called "soft curd" and "hard curd". For example, (Brennemann 1911; Doan 1938; Elias 1932; Hill 1931).

This work related to the hardness of coagulum formed from milk in gastric conditions showed that not only the tendency of caseins

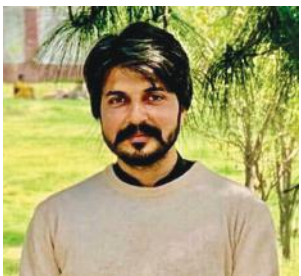
Worth Noting:

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- Over time, it became clear that the control of protein passage through the stomach is important in human physiology and strongly affects the type of milk, as well as its use and processing.

Diaspora

Cricket, Compassion, and Character: Adnan Tariq's Timeless Impact

As Keats rightly said, "A thing of beauty is a joy forever." Romeo, Mr. Adnan Tariq, was described by his mentor Usman Ali, the renowned English dramatist of Pakistan, in much the same way



By: Muhammad Adnan Gujjar
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Worth Noting:

• The enactment of Hamlet showcases Usman Ali's unique approach, earning him a new identity after the performance in the remote area of Mandi Bahauddin. Critics and experts from across the country applauded the production, and Usman Ali emerged as a great teacher and radical dramatist who excels in reading, reciting, acting, enacting, and directing the art of drama and dramaturgy. This performance of Hamlet ignited a new perspective on Usman Ali in academia, establishing him as an exceptional teacher. Indeed, he is one of a kind, and history will never see another Usman Ali.

• Another marvellous performance took place in the heart of Mandi Bahauddin, at Government Post Graduate College. This time, it was Romeo and Juliet by Master William Shakespeare—a play with a remarkable history of performances. Once again, the spotlight was on Adnan Tariq, who skilfully and passionately portrayed the role of Romeo, captivating the audience with his enactment.

Some people cannot be captured in words. They reflect God on earth. Their presence enlightens many, and their absence leaves a void in the heart. They are indeed the hustle and bustle of life. As Keats rightly said, "A thing of beauty is a joy forever." Romeo, Mr. Adnan Tariq, was described by his mentor Usman Ali, the renowned English dramatist of Pakistan, in much the same way. Mr. Romeo is blessed with unique qualities and can truly be described as "a persona full of light and delight for his surroundings", a man who adores compassion, worships humanity, values honesty, respects emotions, lauds criticism, and possesses a deep understanding of humanity and rationality.

I met him in 2014, and he was even more impressive than the anecdotes his teacher had shared during class. Since 2000, he had been a student of M.A. English Literature at Government College Mandi Bahauddin. He was an exceptional talent, known for his intellectualism and punctuality. His intellect was remarkable, and his performance in Hamlet by William Shakespeare was flawless. The drama was staged at Government College Mandi Bahauddin, and Usman Ali, the renowned dramatist of Pakistan, introduced this raw talent on stage.

The enactment of Hamlet showcases Usman Ali's unique approach, earning him a new identity after the performance in the remote area of Mandi Bahauddin. Critics and experts from across the country applauded the production, and Usman Ali emerged as a great teacher and radical dramatist who excels in reading, reciting, acting, enacting, and directing the art of drama and dramaturgy. This performance of Hamlet ignited a new perspective on Usman Ali in academia, establishing him as an exceptional teacher. Indeed, he is one of a kind, and history will never see another Usman Ali.

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enthusiasts recall the sounds of swords echoing through the ancient domes of Mandi Bahauddin. The unique aspect of the play was that it was managed by the students. It is said that female students sold their gold to fund the enactment of the play.

The event was graced by Sarmad Khosat, the famous Pakistani film producer, who encouraged the actors and director, a fellow of his at Punjab University Lahore. Time bears witness, and every student of Usman Ali remembers the timeless character of Romeo.

Later, Mr. Romeo joined Bank Al Habib in Mandi Bahauddin. Sometimes, I was surprised that such a unique teacher did not remain in the education department. Although he taught at the Government College of Technology Rasool, now known as the University of Technology Rasool, for a few years, he eventually left due to the flawed education system. He was disturbed and disheartened by the monopolies within the system.

Another prominent aspect of his character is his athleticism and love for sports. He was known as a thrilling and formidable fast bowler in his hometown, Chillianwala, and its surroundings. Cricket seemed to be in his blood—he lived and loved the game. As a cricket enthusiast, he possessed an encyclopaedic knowledge of the sport. His grasp of Ashes history, the legendary rivalry between Australia and England, was extraordinary. He could recall every Cricket World Cup from 1975 to 2023 and the individual performances of all-time greats with ease. His favorite discussions were comparative analyses of the greatest players in batting and bowling. His mastery in cricket analysis could also be seen in his predictions. Most of his predictions about great players were as clear as a stream of water. Once, he predicted the rise of Virat Kohli, now one of the all-time favorite cricketers in the world. He would often say that Kohli was a big-match player, and Kohli always lived up to his predictions. In a recent Indian win, Kohli's exceptional performance against South Africa in the World Cup final stood as a testament to his greatness. Post-COVID 2020, there was much debate about the comparison between Virat Kohli and Babar Azam. However, Mr. Romeo never engaged in this debate, as he considered



Mr. Adnan Tariq

Babar as the "goat" (apologies) and Kohli as the lion of the cricket arena. I am truly amazed by his passion for cricket, which I captured in a poem titled "I Have a Dream."

I have a dream
I could sit in the gallery of Lord's,
Holding your hand in mine,
Cherishing the intense moment between Eng and Aus!
And enchant "Hurrah!" with your "Hurrah!"
Display "Alas!" with your "Alas!"
I have a dream to sit with you at the MCG,
Watching a sizzling tussle between Pak and Aus!
I could capture your bubbling emotions,
Enjoy your criticality and emotionality,
As you often burst and rehearse,
With lively responses!
What a ball!
What a short!
Ball of the century,
Short of the day!
I often dream
To be with you in a realm
Where air rustles,
Drizzle tussles,
Joy hustles,
And language puzzles!
I have a dream to see your verbosity with Chopra,
Bhogle could wrestle with you,

Shastri and Ramiz could tweet to you,
Nasir could laud your opinion,
Vaughn could celebrate your union,
And Holding could applaud your joviality.
I have a dream
To shoulder you at Vankhede,
Bridging Indo-Pak,
And that lovely Sunday
Could make our fun day.
I have a dream!
I have a dream!
On the other side of the coin, Mr. Romeo's compassion stands tall. He is a leader—captain of the ship. I observed his vision and mission when he was the manager of Bank Al Habib in Mandi Bahauddin. He led his team with an artistic touch. Blessed to have been in his company, I noticed his compassionate approach as I closely observed him. As a living embodiment of Twelve Steps to a Compassionate Life by Karen Armstrong, he undoubtedly fulfills the criteria of a compassionate being. I have learned a great deal from his loyalty and purity. As a wordsmith, I dedicated a poem to him titled To My Romio. Although his flawless and unique character does not depend on my words and verses, I am

making a humble effort to capture his essence in poetry and prose. My poem reflects what he holds in my heart. The poem is "Portrait of Elegance"
I met a visage,
The visage was not an image.
You know it is vibrant,
I sense energy in his gaze,
The beautiful lashes,
Talking through eyes,
The visage deeply lies,
Sprawling heat to Beat.
You know her white pearl
And smooth curl
Were whispering to the prison
Of the Earl.
Keats clicks in
As he sparkles.
Oh visage,
Delightful image!
You know,
And yet don't know,
You are
A thing of beauty.
Duty
Is joy forever.

MUHAMMAD ADNAN GUJJAR

The writer is a full-time lecturer in the Department of English Language and Literature at the University of Chenab, Gujrat, and is currently working on the third edition of the literary magazine The Wordsmith E-Magazine.

Diaspora

Change Of Milk In The Digestive Organs

The importance of iron in breast milk is extremely high, its absorption is usually 70% in breast milk, 30% in cow's milk, and 10% in mixtures.

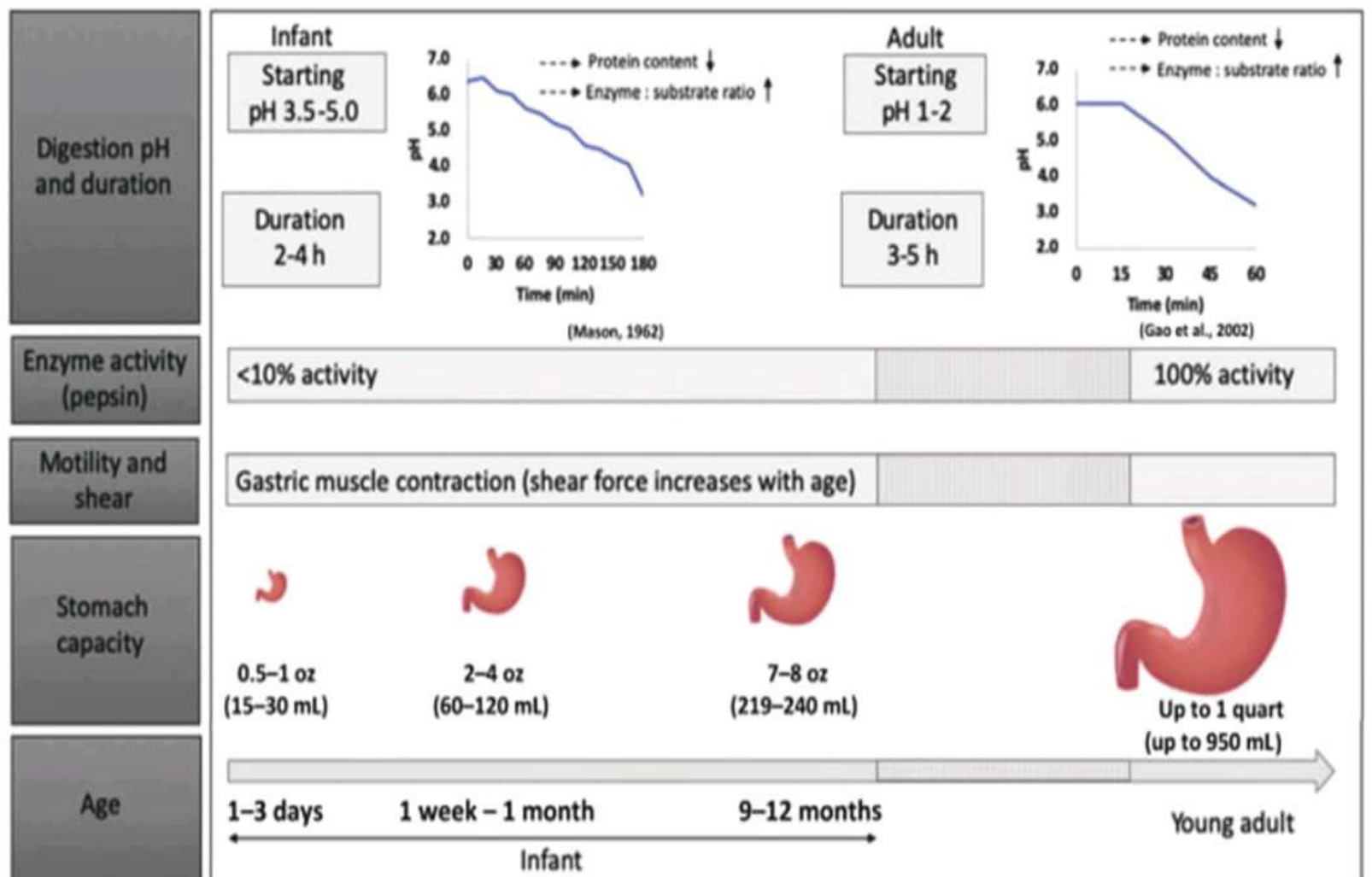
By: Vafokulova Mokhinur
Otabekovna
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Worth Noting:

- The most necessary food for a newly born bird is protein, salt, and drops of fat. Mature mother's milk contains all the necessary nutrients and vitamins, they are fully digestible and absorbable. Mother's milk is easily digestible, nutritious, free from various microbes, ready-made food that does not require cooking and heating. It contains more than 100 necessary substances, not only in terms of quantity, but also in terms of quality, it corresponds to the age and health of the child.

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to coagulation, but also the type of coagulum formed is extremely important in the process of digestion. Taken together, the main findings of this work focus mainly on infant nutrition. In all cases, consumption of so-called soft curd milk resulted in fewer digestive problems compared to consumption of hard curd milk. Infant feeding studies show that the rate of gastric digestion and gastric emptying is related to the firmness of the resulting gastric curd (Doan, 1938).

Studies of gastric emptying in preterm infants show that 30 ml of breast milk has a much faster rate of gastric emptying than 30 ml of infant formula, with an average of 24 after one hour. 8 ml of breast milk is released (Cavell, 1979). This may be due to the fact that human milk forms gentler clots in the stomach than infant formula. In extreme cases, after consumption of solid curd milk by babies, the appearance of casein curds in feces was observed, which is associated with the formation of solid coagulans in the stomach. (Brennemann, 1911; Courtney, 1912; Hess, 1913). In this process, the formation of a strong coagulant prevents the attachment of

proteases to the active sites. As a result, the protected protein clusters cannot be broken down into smaller peptides for digestion and absorption in the intestine, resulting in the loss of undigested protein in the feces. Analysis shows that protein (~60%), fat (~30%) and ash (~4%) are the main components of this curd found in baby poop. (Bosworth, 1921; Courtney, 1912).

Figure 1. Developmental changes in the stomach of the newborn. During the first year of life, the infant's stomach undergoes rapid anatomical and physiological development in terms of gastric secretion, enzyme activity, motility/displacement, and gastric capacity. After milk ingestion, gastric pH dynamics differ between infants (data from Mason, 1962) and adults (data from Gao et al., 2002).

When considering gastric coagulation of milk, potential causes of deviation in the method of addition of gastric juice are found. In addition, it should be remembered that the stomach is by no means static. Muscle contraction causes mechanical forces and fluid movement, affecting the coagulation and formation of

coagulum. Fluid dynamics modeling of gastric motility suggests that particularly strong flow fields can occur in the antropyloric region, which is more limited in the fundus and corpus (Ferrua Singh, 2010; Kozu et al., 2010).

The strength of the flow fields decreases with an increase in the viscosity of the stomach contents. Depending on the primary method of particle aggregation, i.e. orthokinetic or perikinetic, aggregation is enhanced or reduced by the flow fields it encounters. For particles that are prone to orthokinetic aggregation, coagulation may be enhanced relative to the quiescent state, while for perikinetic aggregation, the disruptive effect of forces on the resulting structures dominates. It can cause disruption of flow fields for already formed coagulant.

The size and strength of the structures present in the digestive system are important for emptying the stomach. Gastric emptying rates for nonparticulate fluids are determined primarily by gastric volume and energy density and fluid osmolality. However, when solid foods or liquid foods containing particulate matter are consumed, the particles must be

sufficiently small (<1-2 mm) before they can be emptied from the stomach. This may require physical disruption of the material in the stomach. When taken for milk, no particles are present, but coagulation occurs under gastric conditions, as detailed below.

When we look at the gastric coagulation of milk, many of the aspects observed are similar to the enzymatic coagulation of milk in cheese-making and the acid coagulation of milk in yogurt-making. When milk is consumed, it enters the stomach, where there is a small amount of gastric juice. Although this gastric fluid is acidic (i.e., pH 1-2 for adults, pH 3.5-5.0 for infants, as shown in Figure 1), it has limited buffering capacity and the volume of milk ingested on an empty stomach is usually small compared to the size of the stomach. Thus, the pH of the contents of the stomach increases sharply.

In addition to differences between milk from different breeds or from individual cows within a breed, processing also has a strong effect on the coagulation of milk. In this regard, two processing steps have the greatest impact, namely heat

treatment and homogenization. The effect on gastric coagulation observed for heat treatment is largely due to heat denaturation of whey proteins. The observed effects on gastric coagulation for homogenization are primarily due to a reduction in fat globule size and a change in the composition of the interfacial material that stabilizes milk fat globules.

Many in vitro studies have been conducted on the gastrointestinal motility of milk proteins. Gastric coagulation regulates gastric emptying, a process essential for efficient protein delivery and utilization in the human body. Differences between milk samples also strongly influence the coagulation behavior of milk under gastric conditions as a result of processing, thereby leading to further coagulum breakdown and gastric emptying. This allows process control and adaptation through compositional and technological changes for products with specific digestive properties.

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Human Capital Management And Optimization

The level and quality of education is necessary for both the state and citizens. It is an indicator of the quality of human capital and an important factor ensuring economic growth.



By: Saitkulova Matluba .
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Abstract- This article is about human capital and human capital management, the human and his abilities, knowledge, skills, proper management of human capital, investing in human capital and thereby increasing the level of workforce in the enterprise. covered about.

Key words: Human capital, management efficiency, labor productivity, socio-economic policy, human factor, productivity management, factors affecting productivity, latest technologies, global information systems.

A person and his abilities, knowledge, skills have become the main factor of the well-being of any society and the economic development of the state. Today, attention is paid to human capital in Uzbekistan and it is shown as a priority direction of social economic policy. Development of human capital is a prerequisite for the development of innovative economy, knowledge economy, investments, global information systems, the latest technologies and new forms of business. Among the various characteristics that make up human potential, human capital represents the characteristics that affect the change of income. Human capital is a collection of knowledge and skills used to meet the various needs of society.

Each activity involving human capital consists of a number of processes used in organizations to improve and optimize. In any organization, whether public or private, it is important to implement strategic plans based on optimization of processes, taking into account the development of human capital, striving for the joint growth of administrative and production efficiency. World experience and practice show that, the country is making high progress by investing in human capital. It is necessary and useful to pay attention to education in the period from 3 to 22 years old. According to the experts of the field, investing in early childhood is the most effective than other programs, because the beginning of the development process of human capital is at 3-4 years old. comes, and from this point the child begins to have the ability to determine his own destiny and self-ex-



pression in the future, learns to apply his abilities in the labor market.

The level and quality of education is necessary for both the state and citizens. It is an indicator of the quality of human capital and an important factor ensuring economic growth.

Human factors are a decisive factor in achieving the goals set for the company. The goals are achieved when workers and employees have enough opportunities and motivation to achieve medium and long-term goals, the direction of business should be oriented towards these actions, in which they have a unique style in planning annual activities. In the business world, it represents a method of managing actions that leads any organization to develop its activities in all aspects. In order to integrate human capital management, it is necessary to implement processes that include various factors, which should be managed by managers and trained professional staff. Over time, new work tools directly related to the growth of the organization are introduced. is being done. These are aimed at training and training that allow the optimization of each work unit, analyzing workers' profiles to seek balance and improve working conditions and production capacities.

Managers are part of the leadership team that must focus on establishing human capital management. It is important to provide alternative options for com-

petence in each work unit, where goals can lead to internal growth and development in order to increase overall capacity, which may challenge aspects that promote development.

Each organization has different objectives depending on the type of business or branch it is dedicated to, it is not possible to create human capital management plans in financial companies similar to those used in manufacturing or service companies, it is important to determine which . They are the real goals of the company to be able to manage the resources. However, there are aspects that can be approached from a general perspective in every organization. This allows them to be applied to any organization, these common goals are used by company leaders. To analyze, identify and manage the needs of the entire human component of the organization, the idea is to make improvements for individual and corporate growth. To achieve the goals in the organization It is necessary to put forward ideas that will help, that is, when there are difficulties or problems, it is necessary to develop different strategies to solve them. Constantly review the condition and quality of workers, monitor their condition in each field, etc. The goal is to help them learn and grow in their ability to apply learning to help them grow. Setting standards based on moral values and respect. It is important that employees have a sense

of belonging where the spirit of work leads them to achieve the proposed goals.

New talent entering the organization must adapt to achieve actions that allow them to seek optimal performance. This is a necessity that every company must give to human capital management, which determines the implementation of measures to promote productivity and growth among employees over time.

In any human capital management process, there are fundamentals that support actions and procedures. These should be given to all working groups as a mandate to carry out operational plans, these principles include:

Legal aspects

This is one of the main factors in the implementation of management. It helps to ideally manage and enforce the laws that protect every personal and administrative action of the organization. In order to maintain a stable and balanced relationship with all workers, it is important to maintain the criteria of legal obligation.

Obligation

Creating situations where employees feel comfortable is something every manager should consider when implementing a human capital management strategy. Employee loyalty increases when there is trust and empathy towards the organization, similarly it should not only focus on employee loyalty, managing directors and

even managers should take responsibility towards the company.

Everyone needs to know how far their authority will go so that they don't overstep or exceed their duties. Cooperation between human resources and the organization is carried out through procedures, which should be related to the consideration of employees in their work; Also associated with increased commitment are:

The positive actions of each employee should be reinforced, the action should be taken into account and evaluated. To help employees solve their problems, it is necessary to establish a real and reliable communication where they can be heard.

To motivate actions, it is important to implement processes that include rewards, to use the evaluation of the employee's skills. the value of zi increases.

It is important to invest in different areas to achieve growth across the organization. By this we mean investment in human capital, which is the responsibility of every manager and should be a part of any company's policy. Personal growth and the development of intellectual abilities directly affect the company's growth. Investing in employees is a vital task, and when employees are trained in work teams, activities and processes are

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Human Capital Management And Optimization

Managers are part of the leadership team that must focus on establishing human capital management.

By: Saitkulova Matluba .
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Worth Noting:

- **The organizational process is the basis for uniting management labor resources, various information and communication tools, and people to achieve the set goal. As a result of effective organization of management (that is, clarity of organizational processes), optimal use of resources reduces the decrease in labor productivity as a result of misunderstanding in the distribution of the obligations of executives, and puts an end to the violation of the interaction of organizational departments.**
- **Correctly established organizational processes allow to increase labor productivity, employees to be interested in labor productivity. The organizational structure of management determines the interaction between management and employees at all levels. If an organization reduces the number of managers working on its behalf without negatively affecting its performance, productivity will be higher than expected. Organizational structure can affect productivity in less obvious ways.**

carried out with high efficiency. Training and human development programs should take into account aspects that can be considered by the majority of employees in the organization's territory, without diminishing or excluding those with less opportunities. Rather, strategies should focus on this human factor.

Promoting and protecting the management of human capital while enhancing the reputation of the organization should be carried out by managers and professionals dedicated to the field of human resources. Every organization should have an administrative unit to manage all processes related to this issue.

The idea is to increase the company's corporate image in a short period of time. In this sense, the values and competences of all work units must be strengthened to apply work methods and optimize processes to achieve goals. Efforts are also based on business branding and marketing, if the directors or owners of companies consider it so strategies should be focused on promoting advertising campaigns. The idea is to look for business alternatives where companies with very optimal management can be involved.

Use of technological tools. This process greatly helps in managing and measuring the level of capacity and growth, which helps to know where the organization is at. To measure the quality of human capital management, it is necessary to use technological tools to create reports and data that reflect the true state of the company.

In the current information age, it is important to pay more attention to digital knowledge and information technologies in order for society to develop more stably and achieve progress. Because the digital economy is growing rapidly in many countries of the world, especially in developed countries. However, information about its concept and quantitative indicators, the sphere of influence in certain sectors and industries remains conflicting and limited.

It is very important to forecast its perspective, penetration into social and economic networks and to what extent it will affect them. According to the level of



widespread introduction of modern information and communication and digital technologies, a new industrial revolution called "Industry 4.0" or "Digital economy" is being observed in the most developed countries. In the new innovative economy, which includes the previous stages of development, the boundaries in the physical, digital, social and biological aspects of life are gradually disappearing. It can be clearly observed in the example of the experience of countries that began to develop at the end of the 20th century and the beginning of the 21st century. New professions and jobs will appear in the creation and management of digital technologies. In order to be competitive in the new economy, employers need to focus on the skills of workers rather than the number of workers.

Selection and placement of personnel in management activities, effective use of their activities in their place, management according to the high productivity indicator means effective management. Ensuring sustainable high performance applies to all management tasks and connecting process communications, providing leadership. The issue of proper organization of management is important in the organization of management and increasing labor productivity.

The organizational process is the basis for uniting management labor resources, various information and communication tools, and people to achieve the set goal. As a result of effective organization of management (that is, clarity of organizational processes), optimal use of resources reduces the decrease in la-

bor productivity as a result of misunderstanding in the distribution of the obligations of executives, and puts an end to the violation of the interaction of organizational departments.

Correctly established organizational processes allow to increase labor productivity, employees to be interested in labor productivity. The organizational structure of management determines the interaction between management and employees at all levels. If an organization reduces the number of managers working on its behalf without negatively affecting its performance, productivity will be higher than expected. Organizational structure can affect productivity in less obvious ways.

For example, sometimes experts and scientists who know how to do things have a negative attitude to a task given strictly from above. In this case, they are not satisfied with the result of their work, so their work is not fruitful. Organizations related to the field of culture and art, which require a creative approach, will have wider opportunities in the competition, because their work consists of examples of creativity. At the same time, the proper use of modern technologies serves to increase the organization's income and increase productivity. It is known from experience that small organizations sometimes operate more efficiently than large organizations if they organize work properly. It is known from experience that in order for the organization to work effectively, the performance of a task should be assigned to a specific person or department and appropriate powers should be given to him. Human capital and labor productivity It is known that

the human factor, human intelligence is one of the main factors that ensure labor productivity and economic efficiency. Organizations with good management should take into account the human factor, pay attention to the interests and interests of employees in the organization. It creates a great work environment and the productivity of the work in this organization is more than necessary. Man always strives for innovation and development. He tries to prove his work, his potential, what he is capable of. Incentive or attention in labor activity only supports and strengthens it. A modern employee has more knowledge than his predecessors, it is natural that he strives to actively participate in the activities of the organization. Authoritarian leadership of such an employee is ineffective. Managers who believe that promotion is the basis of labor productivity know well that the organization is moving towards a long-term perspective, and we must not forget that attention and recognition have always been a guarantee of success, especially in the field of culture and art. It's no secret that mental stress has a negative impact on work productivity. The effectiveness of the organization's management is determined by the final results of its activities, and the effectiveness of the management process is understood as the effectiveness of management. The following factors ensure the achievement of efficiency in management:

- if a person always controls his way of thinking and pays special attention to the important issues to be considered, if he takes into account not to think about all kinds of unimportant things in

vain;

- to check all work, make detailed lists, place and classify problems according to their importance, strictly follow the plan of necessary and important work;

- to study every discussed issue to the smallest detail, not to overlook anything;

- in discussions, he should put forward the opinions he believes in the most and admit his opinions;

- Of course, advancing one's independent thought and idea in any activity is the most important victory for a person.

Summary. Human capital plays an important role in developed countries. Human capital management is a system of organizational, socio-economic, psychological, ethical and legal relations aimed at ensuring the effective use of human potential for the benefit of the individual employee and the enterprise as a whole. Researching labor relations and human activities in the enterprise, these scientific researches are carried out at the following levels: the level of management processes; enterprise level and human level. Human capital management or Human capital management refers to the types of activities of both individual managers and the entire management apparatus, first of all, the system of management activities.

Formation of personnel capacity is the organization of personal labor relations based on the procedures established by the personnel management service.

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The Importance of Medicinal Plants for the Human Digestive System

Ginger primarily stimulates the stomach and is highly effective against nausea. It contains active compounds like gingerol and shogaol, which have anti-inflammatory effects.

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Worth Noting:

The digestive system plays a critical role in maintaining human health, as its proper functioning ensures overall well-being. Historically, medicinal plants have been used to improve digestion and address various digestive issues. This article discusses the role and benefits of medicinal plants in supporting the digestive system and how they can be used.

- **Ginger primarily stimulates the stomach and is highly effective against nausea. It contains active compounds like gingerol and shogaol, which have anti-inflammatory effects. Ginger improves intestinal peristalsis and accelerates the digestion process.**
- **Cumin reduces stomach bloating and eases digestion. It is known to balance bacterial growth in the intestines and stimulate the digestive process.**
- **Garlic has strong antibacterial and antifungal properties. It improves gut microbiota, facilitates digestion, and reduces stomach inflammation. Garlic also plays an essential role in detoxification processes.**

Abstract

Writing about the importance of medicinal plants for the human digestive system is crucial for those interested in health and natural remedies. Medicinal plants play an essential role in improving digestion, reducing inflammation, and supporting the microbiome. They can be highly effective and beneficial for enhancing human health.

Keywords: Digestive system, Medicinal plants, Health care, Food, Inflammation, Microbiome, Natural remedies, Enzymes, Bloating, Food digestion

Introduction

The digestive system plays a critical role in maintaining human health, as its proper functioning ensures overall well-being. Historically, medicinal plants have been used to improve digestion and address various digestive issues. This article discusses the role and benefits of medicinal plants in supporting the digestive system and how they can be used.

Medicinal Plants and Their Effects

Ginger (*Zingiber officinale*)

Ginger primarily stimulates the stomach and is highly effective against nausea. It contains active compounds like gingerol and shogaol, which have anti-inflammatory effects. Ginger improves intestinal peristalsis and accelerates the digestion process.

Cumin (*Cuminum cuminum*)

Cumin reduces stomach bloating and eases digestion. It is known to balance bacterial growth in the intestines and stimulate the digestive process.

Garlic (*Allium sativum*)

Garlic has strong antibacterial and antifungal properties. It improves gut microbiota, facilitates digestion, and reduces stomach inflammation. Garlic also plays an essential role in detoxification processes.

Aloe Vera (*Aloe barbadensis miller*)

Aloe vera is particularly beneficial for stomach and intestinal health. It reduces inflammation, soothes the intestines, and enhances digestion. Aloe vera juice strengthens the protective layer of the stomach.

Pumpkin (*Cucurbita pepo*) Pumpkin is high in fiber, which helps cleanse the intestines. Its vitamins and minerals also aid in the digestion process.

Methods of Use

Incorporating medicinal plants into the diet is simple. They can be consumed in various forms such as teas, smoothies, or salads. For example:

Ginger Tea: Boil ginger and drink it as tea to alleviate stomach discomfort.

Cumin in Dishes: Cumin can be added to various meals to improve their taste and digestion.

Garlic: Adding garlic to salads or vegetable dishes is a vital part of healthy eating.

Conclusion

Medicinal plants play a crucial role in supporting the digestive system. Not only do they promote healthy digestion, but they also help prevent various diseases. Therefore, incorporating these plants into daily life can significantly improve health. It is essential to recognize the importance of medicinal plants in maintaining health and not to overlook their value.

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