

AZEEM MONTHLY ENGLISH MAGAZINE



*“I better be lazy
because I want to
live my life”* **PAGE 06**

- said the post pandemic human



THE DAM **PAGE 04**
**WHICH SLOWED
EARTH'S ROTATION**

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TO BUILD A FAMILY?** **PAGE 60**

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SMALL CITIES, BIG CHALLENGES

PKR 250





(REGD)

AZEEM EDUCATIONAL CONFERENCE

Azeem Educational Conference (Regd), established on 1st January 1978, is a non-profit organization which aspires to guide, inform and educate the masses through various modern channels. The chief motto of AEC is, "Awareness, Education & Confidence".

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EDITOR'S NOTE

Cherish your Ramadan blessings with this fresh edition of AEM. We're here to fulfil your reading cravings with our insightful and interesting articles. Don't forget to give your feedback.

Happy Reading!

Muhammad Ali Farooqi
Editor-in-Chief

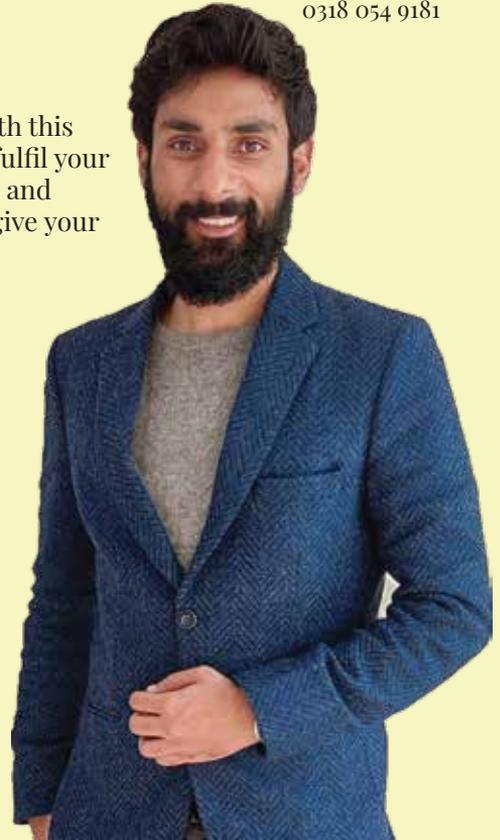


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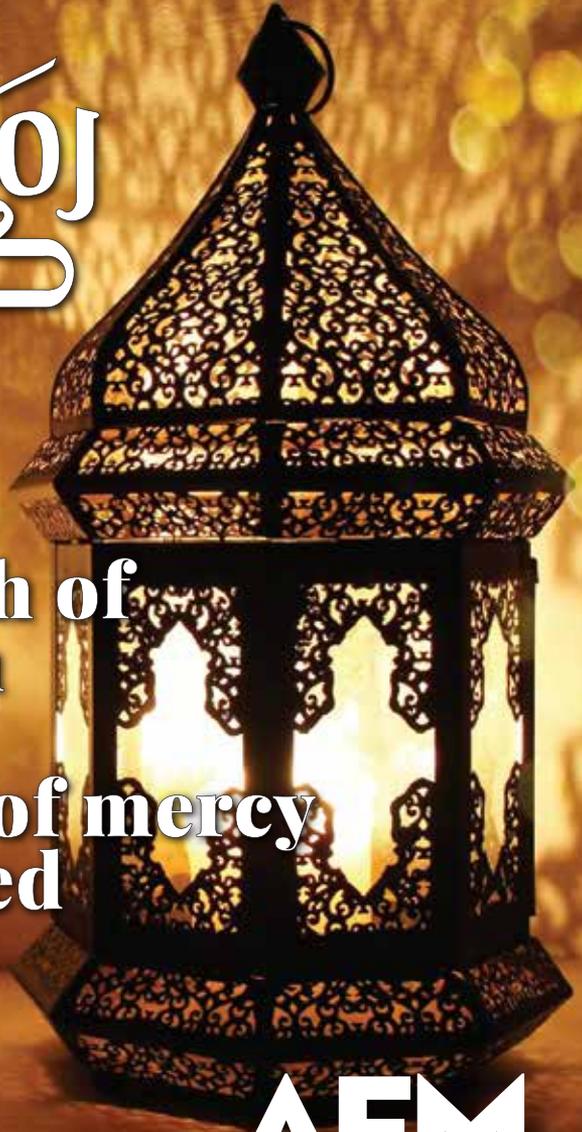
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AEMAGAZINE.PK

رَمَضَانُ
كَرِيمٌ

When
the month of
Ramadan
arrives,
the door of mercy
are opened

(SAHIH MUSLIM : 2496)



AEM

The Dam Which Slowed Earth's Rotation

AEM Team

4 MINUTES READ

China's Three Gorges Dam is so massive that it slows the Earth's rotation, 600 feet / 180 meters high and 7,665 feet/ 2,335 meters long is at capacity. Its reservoir holds 42 billion tons of water. This shift in mass is actually enough to slow the planet's rotation, increasing the length of the day by 0.06 microseconds while less than one microsecond may not seem significant. The impact is still remarkable and this is just one example of how dams have reshaped our planets.

Few structures can transform a landscape quite like a dam by blocking the flow of the river, dams defy gravity's pull on water from the mountain to the estuary. This transforms a river's natural course accruing sediments at the artificial barrier and dampening water's erosional force downstream. A great example is the Contra Dam in Switzerland. It's perhaps best known for its appearance in the GoldenEye

1995, James Bond movie. Another awe-inspiring Dam is the Roseland Dam in France. The Dam is situated in Savoie Valley and offers faithful views of the Rhone-Alpes region. The Monticello Dam in California is a concrete arch dam with a unique feature. A morning-glory-type spillway, "a glory hole". The last time, reservoir naturally spilled through was in February 2019, loss of life. Unfortunately, people and animals don't always benefit from Dams between 2000 and 2009. More than 200 dam failures occurred across the globe. These were triggered by everything from earthquakes and internal erosion to human error and poor maintenance. One of the most deadly failures in history was the Banqiao reservoir dam failure in 1975. The catastrophic collapse of 62 dams including the Banqiao dam killed more than 171,000 and 11 million lost their homes. The Kariba Dam is also on the verge of failure. It suffers from both levels of water that are too high and too low. If the dam fails it'll take

IMAGE & CONTENT SOURCE: INTERESTING ENGINEERING

40% of Southern Africa's hydroelectric capacity with it. This would devastate the wildlife in surrounding areas and leave 3.5 million people at risk.

But dams are not always so bleak. Reservoirs created by dams help control flooding by filling valleys in this manner. They can also be used for boating, fishing, and other human recreations. The largest reservoir in the world, Lake Volta acts as a waterway for ferries and cargo watercraft.

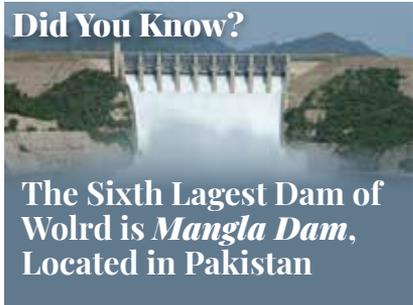
Dams are also responsible for keeping our landscapes lit. The Gordon Dam is a double curvature concrete arch dam in Tasmania, Australia. It diverts the waters of Lake Gordon to an underground power station and provides approximately 13% of Tasmania's electricity. The Hoover Dam took five years to build and its construction was a massive effort that involved thousands of workers. The need for a huge workforce created a population spike in nearby Las Vegas. In just one year the population jumped from 5200 to 7500. Soon the government began investing in the city's infrastructure and Las Vegas continued to grow. The Dam's construction brought tourists. In fact, an estimated 75% of those visiting the Dam in the 1930s also stopped in Las Vegas. The Hoover Dam would be responsible for bringing cheap energy to Las Vegas. When the dam started generating power in 1937, the dam also provided water to the developing city. Without the Hoover Dam, Las Vegas wouldn't be what it is today.

There are more than 100 cases of earthquakes that have been caused by dams. The phenomenon, known as reservoir-induced seismicity, is caused by extra water pressure in the

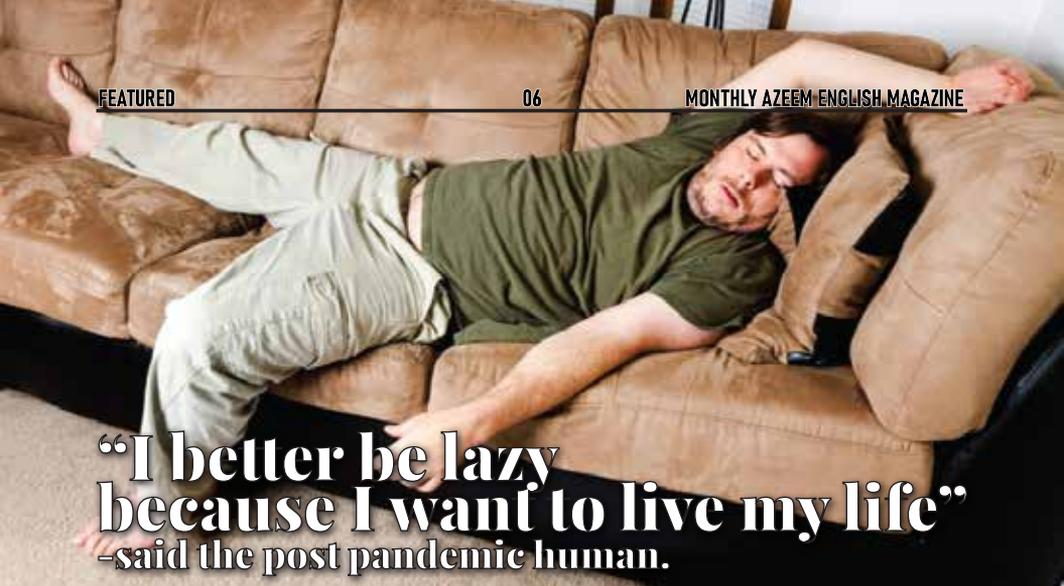
dam's reservoir resulting in cracks and fissures in the ground below. The water further lubricates the faults which are already in the tectonic strain. One such example is the 7.9 magnitude Sichuan earthquake which occurred in 2008. The event which has been linked to the Zipingpu Dam killed around 80,000 people.

Dams help to provide water for farming. The Central Valley project in California was devised in 1933. Its 20 dams and reservoirs helped to allow major cities to grow along rivers that previously flooded and transformed desert environments into farmable land. Of course, this can also come at a cost such as desertification due to excessive farming. The future of dams is somewhat uncertain. The rise of popularity in wind and solar power along with the rising costs of hydro-power projects will lower hydro's share of the renewable electricity mix. In fact, global investment in wind and solar energy outpaces investment in hydropower. Still, new dams are on the horizon, for example, China is constructing a controversial new series of dams on the Yarlung Tsangpo River. Once completed, the dams could produce as much as three times the power of the Three Gorges Dam and further contribute to the transformation of our Planet.

Did You Know?



The Sixth Largest Dam of World is *Mangla Dam*, Located in Pakistan



**“I better be lazy because I want to live my life”
-said the post pandemic human.**



Azka Durrani
Teacher

4 MINUTES READ

A lesson to be drawn from the post-pandemic world is this: Work from home without the need to commute, is a privilege and at the same time a curse. Why? (Wo)man is a creature of habit. His/her day is structured around work, commute, water cooler talk, evening tea and sleep. Some don't fall into this structured ambit at all. Those are self-disciplined creatures waking up by their biological clock rather than phone alarm regime of hit snooze and repeat. They don't need external simulation or help because they are wired that way either because of a good nurturing environment in their childhood or simply because they are not easily distracted by external events. These people managed well during covid-19 pandemic. They managed their day better than many because they were comfortable in adverse conditions. On the other

hand, a majority of people who depended on their environment at work, wanted to use the daily commute and observe people and interact with them, were truly frustrated at the loss of this routine. Slowly they adjusted to their work environments and truly embraced the quiet life of work, eating and sleep. Apparently observing there was little room for laziness in all of this, but it seeped in too fast because of a couple of factors.

The hard part is to establish a habit, but it's easier to break one and get into a downward spiral. According to behavioral psychology experts it takes 66 days to establish a habit and 261 days to solidify and make it a part of your life. In lockdown it took a couple of months for people to give away their grounding in life habits, even the self-disciplined ones found themselves gravitating towards periods of inaction. The scale of productivity for the majority of the people declined with minor exceptions of people whose productivity

IMAGE SOURCE: BILL STATION

doubled in this time period. There were a lot of factors for this: it was easier to hit the bed during breaks, it was easier to eat at wrong timings and it was comfortable for some to ignore work and dilly dally it constantly. These were the ones who after lockdown was over were very much reluctant to get back to the on field work force. Besides habitual, there were economic reasons as well. Some employees, teachers and students were satisfied and relieved that they didn't have to spend money on commuting, spending money on

phize about certain happenings in the world. The existential crisis and a dread of lives ahead takes over and creates anxiety. Some employees who find their work as an escape from their own existence and thoughts tend to be more dependent and lazy in such lockdowns. On the contrary, people are demanding 4 days' work. Perhaps this is because some people value their freedom and free time more than ever now since they experienced the freedom of conducting their day to day hobbies and activities they could not do with a 9-5 daily



clothes and on socializing. They saved up during lockdown and this is what more and less everyone wants. Also this was beneficial for students who were juggling work with studies

Besides the laziness that sank in people during this era there was a kind of existential crisis that was faced by many during this time. More isolation meant more thoughts about oneself. This practice and facing your past and thoughts needs courage and focus and a meditative mind. One would be particularly lucky if they are mentally healthy and they can philoso-

grind. In the capitalist world of labor they felt crushed somehow, deprived of their human needs of enjoyment and just breathing a little. People started asking bigger questions about what is the use of this money if there is no health security? Different identities affected all the same by one threat and people looking for God. It seemed as if Sisyphus did not want to push the boulder up the mountain anymore. He wants meaning from his life in this post-pandemic lazy world. He is seeking a work-life balance.

📧 azkadurrani@yahoo.com



A FANATICAL FAN CAUSES HIS TEAM TO LOSE AND BECOMES ITS NO. 1 ENEMY

AEM Team

2 MINUTES READ

Steve Bartman was a die-hard Chicago Cubs fan, but he became his team's No. 1 enemy. In a very important game, Bartman intervened in a play from the crowd and caused his team to lose, earning him the hatred of the entire city and causing his life to become a living hell.

He lived a nightmare. Despite being a fan of the Chicago Cubs, he became the most hated guy in the town for what he did in the game. It defined who would play in the World Series. The Cub defeated the Florida Marlins 3-2. They would play their first world series since 1945, and they could be champions after more than 100 years. However, the villain was among their own fans. It was the eighth inning and the batter hit the ball. Moises Alou was following the ball with his eyes. He was sure he could catch it, but Bartman's hand came out of the stands and ruined things for both Alou and his team. The player's fury was immediate. He threw his gloves to the ground while cursing. Bartman thought he caught a

relic but all he got was hatred. They asked the referee to repeat the play, but the empire declined. The Marlins got 8 runs and won the game. Thanks to Bartman. The television replayed the image over and over again making it clear who the ball thief had been. Thousands of fans insulted Bartman and threw trash and beer at him. He had to leave the stadium in police custody. Steve Bartman's name went viral on the internet and from there, hell began for him. The police had to guard his house because of the threats, and Bartman issued a statement. In it, he said he was very remorseful and that he was only looking at the ball and didn't see Alou approaching. For years, he refused to give any interviews and million-dollar offers to appear in the commercials. Today, Bartman's seat is an attraction that is visited by those who go to that stadium. In 2016, the Cubs finally won the title and invited Bartman to the festivities. The fan thanked and congratulated the Cubs, but he declined the team's invitation. He knew that no one had forgotten the play that night, and he never wants to be among the fans again.

IMAGE SOURCE: GETTY | CONTENT SOURCE: THE CRACKS

The Chocolate Melting Memories



Nabila Bakht
Copy writer, Blogger

4 MINUTES READ

We have heard about the winner's chicken dinner. But ever heard the best mood changer? It's Chocolate!

Women have a different kind of attachment to Love. I mean "Chocolates". And when you get a pen and paper with a Chocolate, it's simply a way to sweet creations.

With Valentine's Day, people are already stocking up on their chocolates, do you ever wonder what chocolate brands exist in Pakistan?

Yes, Chocolate is the way to express Love to your Love. So, my husband bought some Iranian chocolates for me this Valentine's. They were indeed delicious. While savoring the taste, a thought triggered me that why is it not "us (Pakistani people)" who can make unmatched sweets which could be exported and has its own recognition. Among all the chocolates Pakistan's local industry has currently in the market, how many of them are seen in foreign market? Neither there is any chocolate or sweet which serves our national recognition. It can be just a candy which is unique and stands alone in taste and premium quality.

The UK chocolate industry is worth £4 billion with an estimated 35%

increase in sales over the next five years.

So, with the sweet treat not going anywhere anytime soon, let's check the label and make sure our cocoa farmers are flourishing fairly and have the means of farming sustainably.

Let's take an example of blonde chocolate. It is still a fairly recent discovery in the chocolate world and has yet to storm the mainstream European market. Unlike ruby chocolate that burst into the scene in the early 2010s, blonde chocolate remains the little-known secret of pastry chefs and artisan chocolatiers.

One of the reasons that clicked my mind is that we are so busy in the brand race and the imported stuff. We're not willing to be in the line i.e. The Chocolate exporter. When a country like Iran, under strict sanctions; can make its quality chocolates then why can't it be us.

This notion is breathtaking as we don't want recognition or a quality tag. We can make our Now, Jubilee, Perk or even Paradise world's best chocolates. We should take pride in our tiny but creative initiatives, and give our best to get our local products the *Quality Tag* that has no match but the *Best Tickling flavors*.

IMAGE SOURCE : UNSPLASH

Pakistan's Best Kept Secret

Makli Necropolis, Thatta

AEM Team

4 MINUTES READ

The capital of three successive dynasties and later ruled by the Mughal emperors of Delhi, Thatta was constantly embellished from the 14th to the 18th century. The remains of the city and its necropolis provide a unique view of civilization in Sindh.

The necropolis extends from the city of PirPatho at the southern border of the Makli Hills. The Makli Necropolis is a place of spiritual awakening for those who have taken their final rest. Near the apex of the delta of the Indus River in Pakistan's southern province of Sindh is an enormous cemetery possessing half a million to northward on the plateau in a shape that is similar to that of a diamond. To the east, its border also extends to the Makli Hills. One legend dictates that the site was given its name by the Sufi saint Sheikh Hamad Jamali after being told the tale of a Hajj pilgrim (or one who is on their way to Mecca) who had a deeply spiritual experience at the site. While still in awe of his spiritual experience, the pilgrim exclaimed

that the site was like his own little Makkah (Anglicized "Mecca"). Mecca in the Muslim religion is not said to be the birth place of Holy Prophet (P.B.U.H) but also sufis are buried there. It is at the edge of the 6.5 km-long plateau of Makli Hill, the necropolis of Makli which was associated with the nearby city of Thatta, once a capital and centre of Islamic culture. It testifies in an outstanding manner to the civilization of Sindh.

The vast necropolis of Makli is among the largest places in the world. Kings, queens, governors, saints, scholars, and philosophers are buried here in brick or stone monuments, some of which are lavishly decorated with glazed tiles. Among the outstanding monuments constructed in stone are the tombs of Jam Nizamuddin II, who reigned from 1461 to 1509, and of Isa Khan Tarkhan and of his father, Jan Baba, both of whose mausolea were constructed before 1644. The most colourful is that of Diwan Shurfa Khan (who died in 1638). The unique assemblage of massive structures presents an impressive order of monu-

IMAGE SOURCE: IMAG THE WEEKLY

mental buildings in different architectural styles. These structures are notable for their fusion of diverse influences into a local style. These influences include, among others, Hindu architecture of the Gujrat style and Mughal imperial architecture. Distant Persian and Asian examples of architectural terra-cotta were also brought to Makli and adapted. An original concept of stone decoration was created at Makli, perhaps determined by the imitation of painted and glazed tile models. The historical monuments at the necropolis of Makli stand as eloquent testimonies to the social and political history of Sindh.

Within the boundaries of the property are located all the elements and components necessary to express the Outstanding Universal Value of the property, including the tombs and graves located in the necropolis of Makli. Nevertheless, a number of historical monuments have reached an advanced stage of degradation. The integrity of the property is threatened by the significant decay caused by the local climatic conditions (earthquakes, variations in temperature, winds containing salts and humidity, heavy rains, natural growth) and the shift of the riverbed. In addition, encroachments and vandalism threaten the site, and damage and loss by pilferage have assumed colossal proportions.

The historical monuments at Makli, Thatta, are authentic in terms of their forms, design, materials, substance, locations, and settings. Because elements of the property are in an advanced state of decay and disintegration, however, the authenticity of the property is threatened, particularly concerning the materials and forms of the monuments. Unless scientific

action is taken to reduce the threats to the property, irremediable damage will be caused.

The Historical Monuments at Makli, Thatta, is a protected antiquity in terms of the Antiquities Act, 1975, passed by the Parliament of the Islamic Republic of Pakistan. The Constitution (18th Amendment) Act 2010 (Act No. X of 2010), bestowed the Government of Sindh with full administrative and financial authority over all heritage sites located in its province. The Culture Department of the Provincial Government of Sindh is responsible for the management and protection of the Historical Monuments at Makli, Thatta. The site is staffed by a curator, archaeological conservator, technical assistant, supporting staff, and attendants. Funding comes from the Provincial Government of Sindh; this funding is recognized as inadequate.

Sustaining the Outstanding Universal Value of the property over time will require developing and implementing an emergency action plan to address urgent measures necessary for the security and the stabilization of structures; completing, approving, and implementing the Comprehensive Master Plan and a Management Plan for the property; defining the precise boundaries of the property and the buffer zone; preparing a condition report for all monuments and tombs; taking appropriate measures to stabilize the tomb of Jam Nizamuddin II, and implementing an overall monitoring program.

Makli Necropolis was included in “UNESCO” World Heritage Site in 1981

Jesuits in Mughal Court



Wajid Bhatti
Archeologist

4 MINUTES READ

The first Jesuit mission of Aquaviva Monserrate ended in 1583, withdrawal of Aquaviva. In 1591 Emperor Akbar during his stay at Lahore ordered the Greek sub-deacon Dram Leo Gramon to appeal to Goa for sending a second mission to the sub-continent. On the wish of the Emperor and on appeal of the sub-deacon, the second mission consisted of Fr. Duarte Leite and Fr. Cristobel Deogo and Br. Estevo Reberio came to Punjab but after one year the mission went back.

The hopes of Akbar's conversion which had been entertained at Goa, were grievously disappointed. A second mission sent in 1590 at the emperor's urgent request was called in 1592 having affected nothing.

The third mission, also dispatched in compliance with a pressing invitation, arrived in 1595 at Lahore where the Court then resided, and became a more or less permanent institution, without its effect on secular politics. The leading members were Father Jerome Xavier and Father Emmanuel Pinherio. In 1594 the third mission headed by Fr. Jerome Xiever, who was the son of St. Francis Xavier's brother. He paid full attention to evangelical work and with the patronage of Emperor Akbar increased the missionary activities. Fr. Jerome translated the Gospel and Acts in Persian. On 27th September



IMAGE SOURCE : SCRLLIN

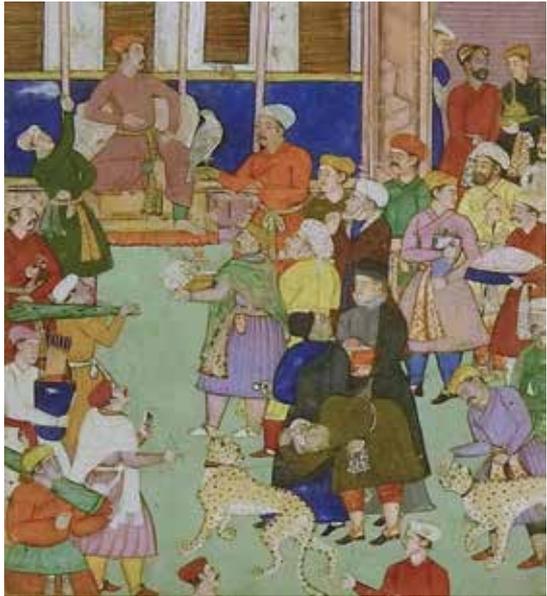
1597 the construction of Catholic Church was completed and in 1604 Emperor Akbar through a written Declaration permitted his subject Christianity. Meanwhile, more Jesuit Fathers came to Punjab from Goa. They published "Catechism" and published the History of the Church in Persian.

Their letters, of which many have been printed, are first class authorities for the letter part of Akbar's reign. The missionaries, although they did not succeed in converting either the sovereign or his nobles. Both Akbar and his Prince Salim professed veneration for Virgin Mary and for Christian images. It is clear that the attention lavished on the priests was not the outcome of genuine religious fervor,

but was dictated chiefly by the desire to secure Portuguese military help. Akbar in 1600 made special efforts to obtain the loan of the foreigners' superior ordinance for siege of Asirgarh, which he could not branch with his guns; while the prince, meditating rebellion, and in reality indifferent to religion, was equally eager to enlist their aid against his father. In 1601 Akbar sent a final embassy to Goa without any pretense of seeking religious instruction, but got satisfaction from the wily Goan authorities, who understood the game perfectly. The Jesuits on their part combined patriotic politics with missionary zeal and acted as unofficial agents of the Portuguese Government, or rather of the Government of Spain, with which Portugal was then united. Their considerable influence is attested by the report of an Englishman, John Mildenhall, who, seeking trading facilities, visited Akbar in the last years of his life.

There was great influence of Fr. Jerome Xavier on emperor Jehangir. The temporary alienation of Jehangir from the Jesuits Fathers ceased in 1606 when his favours to priests were renewed. After some difficulty they were allowed to retain their elegant and commodious (elegans et scitum) Church at Lahore, as well as the collegium, or priests residence at Agra. When Jehangir was on his way to Kabul, he took the Persian version of the Gospels and permitted the Fathers to act publicly with as much liberty as if they were in Europe. When the emperor returned

to Agra he took two priests with him, leaving one at Lahore to take after the congregation there. Church processions with full Catholic ceremonies were allowed to parade the streets, and cash allowances were paid from the treasury for church expenses and support of the converts. The zeal for Islam, which Jehangir had displayed in beginning of his reign gradually, diminished, and he openly declared



that he wished to follow his father's footsteps. Out of his eighteen wives, seven were Hindus.

 *Wajid Bhatti*



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Jangnama Hind Punjab



Imran Khan
Playwright, Poet, Fiction Writer,
Teacher of English Literature

8 MINUTES READ

Hundreds of poets from the soil of Punjab are completely unknown to the Punjabis and Shah Muhammad (1789-1862) – who wrote Jungnama Hind Punjab- an epic about British Punjab wars is one of them. The reason for the estranged relationship between Punjabi literature and Punjabi people has been best explained by a British I.C.S officer. C.F. Osborne. Writing in 1914 he said, “The educated native effects to despise anything that is written in spoken vernacular. He regards it with the same kind of cultivated shoulder that a lady of fashion would feel if a lout from the country came into her drawing-room with muddy boots, an old blue smock, and a drawing Gloucestershire accent.”

Shah Muhammad was not considered worthwhile even by the Sikh historians, except for a few. Principal Nirmal Singh said that Shah Muhammad failed to expose the conspiracies of Raja Dhyani Singh, Raja Gulab

Singh, and Raja Heera Singh – all Dogars from Jammu –and Misar Lal Singh and Misar Tej Singh, the Brahman brothers from Meerut (U.P). The fact, however, is that Shah Muhammad gives a full account of the Dogra-Brahman-Ranijindan conspiracy:

راجہ گیا گلاب سنگھ آپ چڑھ کے ہانہوں پکڑ لاہور
لیاندا ای
صاحب لوک جی آسان پردیا کرنی اوہ تاں اپنا کم بنا دندا
ای

“Raja Gulab Singh himself went to the Britishers. He led them to Lahore. He appeared to them to be merciful to him. Thus he earned their favour.” Here Shah Muhammad indirectly refers to Kashmir which was given to Raja Gulab Singh by the new masters. The infamous bargain about which Iqbal said:

قومے فروختند وچہ ارزاں فروختند

“How cheap did they sell a nation!”

Neither did Shah Muhammad spare those who were in league with the company officials whether it was Pahara Singh of Faridkot, Tej Singh of Meerut, or Raja Gulab Singh of Jammu.

پہاڑا سنگھ سی یار فرنگیاں دا سنگھاں نال سی اوس
دی غیر سالی
اود تان بھج کے لاث نوں جا ملیا گل جا دسی ساری
بہیت والی

“Pahara Singh had developed enmity with the Lahore Rulers. He was a friend of the Britishers. He told them of the conspiracy by Rani Jindan, her paramour, and Prime Minister Lal Singh and Raja Gulab Singh.”

Shah Muhammad was very bitter about those who had helped to destabilize the Punjab Government which was against the European imperialists.

مُنھی میٹی سی ایس پنجاب دی جی
ایہناں کھول دتا آج پاج یارو

“My friends! Punjab was united like a fist. But today they have broken its unity.”

Punjab had always remained an eyecore for the East India Company. Ranjeet Singh had co-operated with the company only to install Shah Shuja in place of Dost Muhammad. On the one hand, he had hoped that Shuja would give him areas beyond Peshawar and, on the other he expected that the Britishers would vacate Shikarpur and adjacent areas—territories of which Ranjeet Singh had aspired since his conquest of Multan in 1818. But he died before his dream could materialise.

After the accidental deaths of Maharaja Kharak Singh and his son, Kanwar Naunehal Singh Kanwar Sher Singh succeeded to the throne. But he was like the earlier apathetic towards the Russians in Kabul. The company was, however, worried about Afghanistan where Shah Shuja was again being threatened by anti-British Sardars. Sher Singh was, therefore, not considered to be a suitable person

to rule Lahore.

Earlier, his succession had been challenged by Mai Chand Koran, and then was persuaded by Sindhanwala to abandon his hold on the palace and leave for Hoshiarpur, which he did. Mai Chand Koran then appointed Misar Tej Singh as the Commander-in-Chief. But most of the soldiers, the European commanders of the Khalsa army and Raja Dhyani Singh, fully supported Kanwar Sher Singh and invited to invade Lahore, which he did and captured the throne.

شیر سنگھ نوں رب نے راج دتا، کھوہ لیا لاہور جو
رائیاں تھیں

سندھاں ولایا دے دیسوں پیر کھسکے، جا پچھ لے راہ
پدھا تیاں تھیں
مڑ کے پھیرا جیت سنگھ لئی، بازی پیدا ہويا سی اصل
سوانیاں تھیں
شاہ محمد جمیا علی اکبر آندا باپ نوں کالیاں پانیاں
تھیں

“God bestowed the realm of Lahore upon Sher Singh. He got back the throne from the queens. Sindhanwalas (close relatives of Mai Chand Koran) left the motherland and took refuge in the Company’s country. From where did Ajeet Singh, the Sindhanwala, get support to ultimately finish Kanwar Sher Singh? Shah Muhammad, Ali Akbar had freed his father imprisoned in Kala Pani.”

Shah Muhammad has presented a clear picture of the currents and cross-currents running between British India, Sikh Punjab, and Sardar’s Afghanistan in his poem.

Mai Chand Koran was murdered and her close relative, Ajeet Singh Sindhanwala, took refuge in British Punjab. Sher Singh, who was disliked by the British, further angered them when he refused to share the control of Punjab with Mr. Clerk, the agent of the Governor-General.

Later on, Maharaja Sher Singh was

persuaded to take back the Sindhanwalas and he rehabilitated them in their traditional position. They drew very close to Sher Singh with the intention of murdering him, his son Paratap Singh and Prime Minister Dhyana Singh. Shah Muhammad writes about this clever plan of Sindhanwalas in these words.

برس بویا جاں حاضری لین بدلے ڈیرا شاہ بلاول
لگاؤندا ای
اجیت سنگھ گھجی قرابین لے کے شیر سنگھ نوں آن
دکھاؤندا ای
رسدھی جدوں شہزادے نے نظر کیتی جلدی نال چا
کلا دباؤندا ای
شاہ محمد! زمین تے پیا ترفے تیغ مار کے سیس اڈاؤندا
ای

What Shah Muhammad said in the above-quoted verses from "Jangnama Hind Punjab" same is narrated by Doctor Honighberger in his "Adventures in the East".

He (Maharaja) reclined easily on his chair little suspecting the fate which awaited him. While he was thus employed, Ajeet Singh approached Sher Singh, and, exhibiting a handsome English double-barrelled fowling-piece for his inspection, said with a smile: "See what an excellent rifle I have bought for 1400 rupees, I would not now part with it for even 3000". The Maharaja stretched out his hand to take the gun, which was loaded with two balls in each barrel, and as Ajeet Singh handed it to the Maharaja, he discharged both barrels simultaneously into his breast. The Maharaja instantly fell back in his chair exclaiming, "Eh ki dagha, (What treachery is this?)" and expired immediately."

The young Prince Partap Singh was killed by Lehna Singh and by Noon Raja Dhyana Singh had also been assassinated. Sindhanwalas thus completed the task which a year

earlier the Governor-General himself wanted to do. Infant Dalip Singh was put on the throne with Jawahar Singh, his maternal uncle, as Prime Minister, and Rani Jindan, his mother, as his patron. Misar Lal Singh became Finance Minister. Gulab Singh of Jammu replaced his nephew, Raja Heera Singh. After the murder of Jawahar Singh brother of Rani Jindan, the ruling junta was convinced that only the Company across the river Sutlej would help them and that was possible only if the Khalsa army was defeated.

جئی ہواں تے کران پنجاب رنڈی سارے دیس دے وچ
چھڈاں نہیں لاہور وچ وڑن جوگے سنے وڈیاں افسران
جمعداران

عرغی لکھی فرنگی نوں کچ گوشے پہلاں اپنا سکھ آند
واری
تیرے دل میں فوج نوں کھلنی آن کھئے کریں توں
اینہاں دے وند واری

پہلاں پاردا ملک توں مل ساڈا آپے کھا غصہ تیں
تھیں آدنی گے

"According to Shah Muhammad, Rani Jindan, after the murder of her brother Jawahar Singh, decided that she would take revenge from the Punjabis."

To complete the subjugation of Punjab, she in consultation with her Prime Minister (her paramour) Misar Tej Singh, (the Barhamans from U.P.) sent a message, through Nawab Shamsuddin of Kasur, to Capt. Nicholson in Ferozepur and invited him to invade Khalsa army. Shah Muhammad says;

شاہ محمد! گوریا چھیڑ چھیڑی
ملک پاردا ملیا آن میاں

"Shah Muhammad, the Britishers mischievously occupied the Lahore territory across river Sutlej."

The Khalsa could not stomach this. They retaliated and then the four battles of Mudki, Ferozeshahr, Aliwal, and Subraon were fought. On all four occasions Misar Tej Singh, the Commander-in-Chief, mysteriously slipped away from the scene.

تیجا سنگھ دی لشکرین آن وڑیا عہدیدار اوتھے سبھ
اؤندے نی
کرد حکم تے تیغ اُٹھایے جی، پئے سنگھ کچیچیاں
کھاؤندے نی

“Tej Singh with other senior officers came there. The soldiers were impatient to open fire. But Tej Singh never gave them the orders.”

The same thing is also told by S.M Lateef in his History of the Punjab.

The next battle was Ferozeshahr (or Pheroshahr) where both the Brahman brothers Tej Singh and Lal Singh played hell with the Punjabi forces. Shah Muhammad depicts the scene in these words.

اویدر آپ فرنگی نون پھانچ پئی دوڑے جان گورے دتی
کنڈ میاں
چلے توپ خانے سارے گوریاں تے مگر بوئی بندوق
دی پھنڈ میاں
کٹھے جا کے لیا کے خبر دتی لندن ہو بیٹھی تیری
نڈمییاں
شاہ محمد! دیکھ میدان جا کے رُلدی گوریاں دی پئی
جھنڈ میاں

“The panic-stricken Britishers were not in good shape. They were about to run and London was going to be widowed. Shah Muhammad go and see the battlefield where heads of Britishers rolled.”

“When the tables were about to turn, Pahara Singh went to the Governor-General and told him of the designs of Tej Singh.”

اوتھوں ہو گیا برن بے خالصہ چوداں ہتھ دی مار کے
مرگ چھالی

“Lal Singh has fled and Tej Singh who brought a great force will not join. He just wants to get the complete defeat of the Sikh army.”

Next was the battle of Aliwal and the fourth and the final was that of Subraon (in his neighborhood a bloody battle fought by Alexander which broke the Morale of Macedonian soldiers who refused to advance). Here too Misar Lal Singh and his brother Tej Singh were commanding the Punjabi forces. Lateef writes:

“The traitor Tej Singh, as before, had fled on the first assault and sank the boat in the middle of the bridge communicating with the opposite bank of the river.”

This happened on February 10, 1846.

شاہ محمد! آ میاں میر بیٹھے، وچ دیس تے تھان
نکاریاں دے

“Shah Muhammad, the Britishers conquered Lahore and they descended upon Mian Mir, in place of those who failed themselves.”

From here onward the Company had no difficulty in dealing with the Afghans and limiting the Russian influence in Kabul.

نکے پوچ بُن بیٹھ کے کرن گلاں، اسان ڈٹھی فرنگی
دی چھاؤنی جی

“The young generations are very easy going but we have seen the repression of the colonialists

© poetic_spurs



WOMEN INTERNATIONAL FILM FESTIVAL (WIFF)

Taking in account the importance of International Women's Day, WIFF hosted the sixth edition of the festival on 11th and 12th March, 2022 in PNCA. To fill a huge gender gap in the field of storytelling using digital media and film, mainly due to lack of awareness and opportunities for women, a movement to encourage and facilitate them in using self-expression, storytelling, fiction, and citizen journalism through filmmaking to raise their voice and create social change, took birth. This movement is called "Women through Film".

While battling the ailing independent film appreciation among the wider public, and supporting to celebrate the work of women filmmakers, came into existence Pakistan's home-grown Women International Film Festival (WIFF), as the flagship initiative of Women Through Film.

WIFF features a show of different films produced by women! To empower women artists shine brighter! If you missed the festival, You can go to WIFF's Website (wiffest.com) to watch the replay of all the films.



ICS Pakistan was a 3 day event at Islamabad which featured discussion on space science, technology, education. As well as space applications and law.

It featured conference, workshops/training, online webinars and plenary discussions.

International Conference on Space (ICS) brings together space sector professionals, scientists, decision makers, academicians, researchers, educators as well as students on a single platform to showcase achievements, share ideas and latest developments, and voice opinions on areas of space science, technology and applications. ICS is a complete package to engage participants in a highly interactive and cross disciplinary environment.

The main theme for this conference was "Role of Space and Technology in Socio Economic Development". It aims at featuring ideas, achievements and way forwards on utilizing space technology and its different applications for the welfare of human living, sustainable development and uplift of the economy.

Space professionals, scientists, engineers, technologists, astronomers, researchers, entrepreneurs, academicians, educators, STEM professionals, science communicators, students as well as space hobbyists participated in this conference.



AURAT MARCH 2022

This year *Aurat Azadi Jalsa* was held at F-9 Park at the F-9 Amphitheater. The topic for this year's Aurat Azadi Jalsa was, "A City for all" promoting equal rights for men and women. The first Aurat March was held in the year 2018. Since then, The event got bigger in subsequent years. Women emerged in throngs to march in multiple cities. Men also began to join this march with their families.

For this year, the Aurat Azadi March is commemorating the struggles of the feminist movement and the 112th International Working Women's Day by organizing an Aurat Azadi Jalsa. They are firmly committed to continuing this struggle until our emancipation from all forms of patriarchal oppression. Women are dedicated to this movement to protect their right to life, to achieve peace and progress, to ensure dignity and equality for all, and to establish a people's democracy and egalitarian society in Pakistan.

The issues raised include tough ones like child rape, sexual abuse, honour killings, transgender rights and more. The manifestos and charters of demands released by organizers of Aurat March - slightly different in each city - reflect these slogans.

NEITHER GOOD CITIZENS, NOR GOOD STUDENTS



In a session titled, "Higher Education: Creating Good Citizens, not just Good Students". HEC Chairman Prof Dr Tariq Banuri gave a harsh, but true statement when he was asked to explain how varisities could create good citizens, not only good students.

He responded by saying, "We had spoiled our children and our education neither focused on creating good students nor good students". He added that we had been paying the price of blunders that we have made in the past decade.

He said, Epistemic knowledge is what students learn in the classroom, while technical knowledge was acquired through practice, experience, involvement and interaction. However, the third type is the Knowledge of justice which can only be learned through empathy.

The president of Szabist, Shahnaz Wazir Ali added that a certain group of policymakers have pushed the varisities to teach science, engineering and technology. We are not focusing on social sciences through which we can move society forward.

The underlying problem is that instead of empowering the youth in their unique abilities and talents, we are producing graduates as per the market requirement

THINK IT CROWDSOURCING



Muhammad Saeed Babar
Management Consultant
FCMA,MS(Fin.)

4 MINUTES READ

The Internet has opened up many avenues which were unthinkable in the past. Crowdsourcing is one of them. It is getting your resources from anywhere or everywhere. Start-ups need this source more than any other. They need it to get unique ideas, knowledge, expertise and start-up financing among other things.

So what is exactly crowdsourcing? How can it help start-ups? Crowdsourcing is a sourcing model through which individuals or organizations obtain goods or services—including ideas, voting, micro-tasks, and finances—from a large, relatively open, and often rapidly evolving group of participants. Crowdsourcing typically involves using the internet to attract and divide work between participants to achieve a cumulative result, however, it may not always be an online activity. The word "crowdsourcing" itself—a portmanteau of "crowd" and "outsourcing"—was allegedly

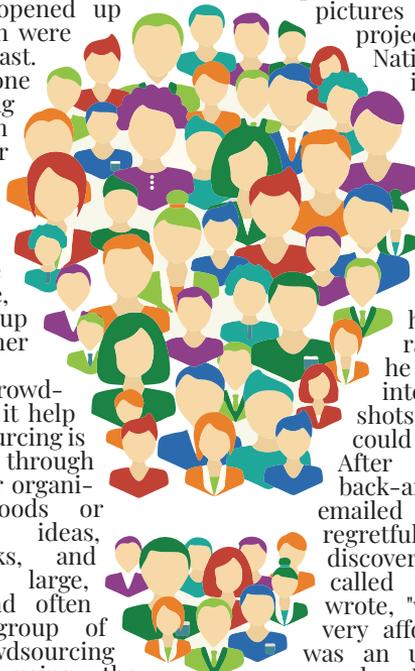
coined in 2005. In contrast to outsourcing, however, crowdsourcing usually involves a less-specific, more public group.

In the early stage, start-ups cannot afford to spend sums of money on different specialized expertise. Crowdsourcing can help get them specialized expertise at a fraction of cost. Back in 2006 Jeff Howe in his article *The Rise of Crowdsourcing* cited the example of Claudia Menashe needing

pictures of sick people - project director at the National Health Museum in Washington, DC.

She came across a stock photo collection by Mark Harmel who offered the museum a generous discount: \$100 to \$150 per photograph. "That's about half of what a corporate client would pay," he says. Menashe was interested in about four shots, so for Harmel, this could be a sale worth \$600.

After several weeks of back-and-forth, Menashe emailed Harmel to say that, regretfully, the deal was off. "I discovered a stock photo site called iStockphoto," she wrote, "which has images at very affordable prices." That was an understatement. The same day, Menashe licensed 56 pictures through iStockphoto—for about \$1 each. iStockphoto, which grew out of a free image-sharing exchange used by a group of graphic designers, had undercut Harmel by more than 99 percent. How? By creating a market-



place for the work of amateur photographers—homemakers, students, engineers, dancers.

Crowdsourcing is not a new phenomenon. During the era of Prophet Muhammad (PBUH) we find one such example. Hazrat Salman Al Farsi (RA) narrated that on the advice of Prophet Muhammad (PBUH) he drew up a contract of manumission (release from slavery) with my master in return for three hundred palm trees which I would plant for him, and forty uqiyahs. Then the Prophet (PBUH) said to his companions: “Help your brother.” So they helped me with the palm trees, one man gave thirty small trees and another gave twenty, and another gave fifteen, and another gave ten, i.e., each man gave according to what he had, until they had collected three hundred small trees for me. He and other companions of the Prophet (PBUH) helped me in digging the holes and the Prophet (PBUH) planted the trees. So I had paid off the trees but there still remained the money. The Prophet summoned me and he gave me a piece of gold the size of an egg and said: “Take this and pay off what you owe, O Salman.” I said: How could this pay off everything I owe, O Messenger of Allah? He said: “Take it, and Allah will help you to pay off what you owe.” So I took it and weighed it for them, and by the One in Whose hand is the soul of Salman, it was forty uqiyahs, so I paid them their dues and I was set free.

How does crowdsourcing work? One way of doing this is to pitch your request for new ideas, solutions, expert knowledge or finance through public platforms like Facebook, Twitter, LinkedIn or pitching to your closed knit groups on Whatsapp. There are also many dedicated

websites that offer help in crowdsourcing such as crowdsourcingweek, 99designs, Fiverr and kickstarter. There needs to be some thinking before going for crowdsourcing. While the concept of crowdsourcing may be simple, finding great ideas and solutions isn't as easy as just asking customers and fans for their best ideas. After all, nobody wants to give away their valuable knowledge and expertise for free. There has to be a clear incentive in place, such as a financial incentive (either a cash prize or a share of eventual sales) or professional recognition.

- To be effective, a crowdsourcing project also needs:
 - A well-defined scope
 - Comprehensive background information
 - A clear preferred format for submission

Crowdsourcing touches across all social and business interactions. It is changing the way we work, hire, research, make, and market. Just give it a thought.

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How Concentrated Solar Power Could Fuel the Future

AEM Team

4 MINUTES READ

The sunlight refinery might look like a death ray, but it's not

It is an enormous and very accurate magnifying glass. This magnifying glass has a technical name, a sunlight refinery. To use it there is a need for more sunlight and a bunch of mirrors. The mirrors bounce the sunlight into a single spot and can melt anything. It's kind of a death ray-ish.

Manufacturing steel or cement requires a lot of heat and making something super-hot has historically meant burning dinosaurs. The massive carbon footprint that is associated with these industrial applications, and can't be ignored. 20% of global carbon emissions are monitored. This technology is so beneficial that it might just change the entire energy industry. There is a Hard Reset, a series about rebuilding our world from scratch.

In the North of Los Angeles, there is a place called Lancaster, which is very flat and hot, and it is the perfect place to test a takeover of the world's energy supply. Those sequences of glass are called **heliostats**, and the reason this solar refinery works so well is that under these mirrors and shot glasses

are pretty simple motors that they can control remotely. This allows the mirrors to change angles throughout the day, depending on where the sun is.

You need to take each of thousands of mirrors and point them very precisely and accurately to about the 10th or 20th of a degree. At the top of the tower, high-resolution cameras monitor the position of the mirrors below. They are placed above the receiver. So, halogen gets all those mirrors to reflect sunlight into that big target at the top. So, there is above a solar receiver where that concentrated sunlight is focused when the fuel is operating. The cameras know that the mirrors are bouncing into the sun because they are assessing the quality of the sky's blue. They see the reflection of the sky close to the sun. Close to the sun, the sky appears very bright from the scattered sunlight coming through it. And the further away from the sun you look, the darker or less bright that patch of the sky appears to be. So, the cameras look at the color blue and AI (Artificial Intelligence) uses that information to assess the distance from the sun, deduce the orientation of the mirror. After every few seconds, we will get a measurement of where that beam is going and

IMAGE & CONTENT SOURCE : BIG THINK

we can command the heliostat to make small corrections to optimize its tracking. Because now we don't need to rely on the hardware to be so precise. There is software to make it precise. It changes everything about how that plant operates and allows us to reach higher performance at a much lower cost. The software that controls accuracy, not hardware and the more accurate those mirrors can be throughout the day, the fewer of them they need. More importantly, it allows **heliogen** to do something that no other concentrated solar refinery has been able to do, it generates temperature north of 1,000 degrees Celsius. People have done mirror concentration before, but they've achieved 400-500 degrees temperature, but now 1500 degrees have been achieved. That heat is important because solar energy needs to be used immediately or stored somehow. Batteries are expensive and problematic, but do you know what's cheap and safe? The normal rocks. It's a mineral collection. These rocks are heated to 1000 degrees centigrade. The temperature is so high that the metal can't take it, so, the insulation is put inside to protect the steel from that high temperature. If you heat rocks to a 1000 degree centigrade with the photons, they stay hot even after the sun goes down. Those rocks are in an insulated tank like a thermos and they will stay hot for a week. Those rocks act as batteries, storing energy that can be used to generate power 24 hours a day. It allows us to power things that need to run around the clock. And civilization does run around the clock. Haven't we heard this all before, how solar energy is going to revolutionize the world?

Bill Gross (founder of CEO Heliogen) said at his testing farm of

Heliogen:

"The difference here seems to be that everything around Heliogen is built around the scale. To build refineries all over the world, they are betting on small. Make all the mirrors small, so they can be factory produced and make them easy to roll out because we don't need cranes or heavy equipment to deploy them. Our vision was to make this like farming. So, we could cover lots of ground, very inexpensively, almost like a harvester or a tractor planting rows of seeds. That is critical because to power the earth, we need to cover 100 square miles, which is not that much to power the whole planet. But covering hundreds of square miles needs to be done cost-effectively. We essentially designed this to be highly automated, robotic tractors that can carve the trenches, place the heliostat foundations, pour the concrete, and then the drives and the mirrors are set on afterward in a very efficient way. So, the plan is that these refineries go to places that are flat with lots of sunlight, like deserts. Then they take that concentrated sunlight, convert it to electricity, but that electricity through an electrolyzer, and split a water molecule to get hydrogen. Green hydrogen can be put in pipelines and moved thousands of miles or put on ships and moved across oceans. Then the energy can be made where the sun is good and move where the sun isn't. And that's what we need to do to power civilization."

Beating the price of fossil fuels is the only thing that matters because otherwise, people will keep burning fossil fuels if they're cheaper. But if we can be even a fraction of a cent cheaper than fossil fuels, the world will adopt this at a large scale.

What our 10 Billion \$ Time Machine tells us about Your Life



Armughan Munir
Transformation Coach,
Student, Podcaster

4 MINUTES READ

Three decades, 10 Billion dollars & Gazillion failures later, The James Webb Space Telescope was finally launched into its orbit on 25th Dec, 2021.

At the time of it's launch, James Webb had 344 single point failures.

Thankfully, All of those actions were deployed successfully. Now our 10 Billion \$ time machine continues to orbit the sun, peacefully.

One day, As I came back home from my University. My 8 year old brother ran to me, almost shouting. "JAMES WEBB IS A TIME MACHINE" "NASA HAS LAUNCHED IT JUST TWO DAYS AGO"

I tried to calm him down, but he kept speaking at the top of his lungs (like he normally does).

That's the level of excitement we should have. You might be thinking, What does the JWST have to do with ME?

The answer, how about "EVERYTHING"

Human beings are very interesting

creatures. The universe was unfolding pretty much okay until we showed up. With all the gifts of our intelligence, We started asking Questions about Everything.

Whatever humans set their gaze upon, They had to ask "Where did it come from?"

I have a question for you, as you are holding this magazine in your hand. "Where did this moment that you are experiencing come from?"

To make a very long story short.

Everything that you experience in your life, is just the result of an explosion that happened 13.8 billion years ago. I know it's hard for the ego to accept.

When Galileo discovered that the Earth isn't the center of the Universe. He was threatened because this fact was hurting the egotistical beliefs of The Catholic Church at that time.

Science has been very cruel for our egos.

But if you ask any scientist in his senses, This is the "Truth"

Jesus Chirst said,

"Ye shall know the truth, and the truth shall make you free" John (8:32)

The truth is,

It's just a bunch of atomic structures coming into your senses.

Every single thing is that way.

If it wasn't for the big bang, You

wouldn't have been reading this magazine. ALAS I wouldn't have written this article either.

Remember that every moment of your life, every experience that shaped you came from The Big Bang 13.8 Billion years ago.

And The Present moment is what it is because of the forces that caused it to be the way it is (Cause & Effect)

The JWST is of utter importance because it'll help us study the very early years of the big bang. The cause that started it all.

We'll have scientific proof of how the very first stars began to form just millions of years after the big bang. What's special about this telescope is that it'll go on to study the universe in Infrared regions.

Infrared waves occur at frequencies just above microwaves and below visible red light.

Infrared is the only wavelength that is able to make past thick clouds of cosmic dust.

To make it simple enough, JWST has the ability to pick up infrared waves which were released during the formation of the very first stars (back to 13.7 billion years approximately)

The reason why we call it a time machine is because it'll help us look back and study the formation of the very first stars.

JWST is just an instrument which is helping us get closer to the nature of things, which turns out to be extremely impersonal.

After studying the universe with great depths. The conclusion we didn't make it is, "YOU did it"

Were you there when the very first stars started to form? No One was.

Our life is just a small blip as compared to the life of the universe

which keeps unfolding.

Just like our beautiful home, Earth is not even a speck of dust as compared to just our Milky Way Galaxy. Not to mention, There are more than 2 trillion galaxies.

It's just a Pale Blue Dot as Carl Sagan told us.

To Quote from his book of the same name:

The aggregate of our joy and suffering, thousands of confident religions, ideologies, and economic doctrines, every hunter and forager, every hero and coward, every creator and destroyer of civilization, every king and peasant, every young couple in love, every mother and father, hopeful child, inventor and explorer, every teacher of morals, every corrupt politician, every "superstar," every "supreme leader," every saint and sinner in the history of our species lived there--on a mote of dust suspended in a sunbeam.

The Earth is a very small stage in a vast cosmic arena. Think of the rivers of blood spilled by all those generals and emperors so that, in glory and triumph, they could become the momentary masters of a fraction of a dot.

JWST is just another what I like to call "Instrument of Truth". If nothing else, It'll help us realize deeply that what we experience has nothing to do with us. So, Take it lightly

There is nothing in this world to get neurotic about.

Just a bunch of experiences, on a speck of dust.
Take it easy. Breathe.

@ lifethroughlearnereye@gmail.com

PROCRASTINATING! WHY ARE YOU DOING THIS TO YOURSELF?



Ummara Sheraz
Science Geek, e-Journalist,
Culture & Entertainment Writer

4 MINUTES READ

Procrastinating! We're all guilty of this. Some more than others. However, that's not what we should really be concerned with. Wouldn't you want to know why we procrastinate, and maybe crack the code to stop doing it (sometimes, at least).

So how does procrastination work at a psychological level? According to science, it's basically 'failure to self-regulate'. So basically, it's a poor ability to manage emotions. Your desire for temporary comfort and gratification outweighs the rational approach to work on a task in time. So we can liberally say, everyone is a procrastinator to some degree. Some more than others.

As a result people who procrastinate also suffer from higher levels of stress and lower well-being. Then why does our brain allow that to

happen? Whatever happened to our survival instinct kicking in?

Given the seriousness of the issue, as in people losing money and compromising their health, just by procrastinating, there's been some empirical interest in the subject over the past 20 years. One such researcher is APS Fellow Joseph Ferrari, a professor of psychology at DePaul University. According to that guy, only some 20 percent of people may be chronic procrastinators. Meaning people that let this govern their lives. It's really not about poor concepts of time or time management. The issue as mentioned before is rooted in emotional control.

"It really has nothing to do with time-management, ... As I tell people, to tell the chronic procrastinator to just do it would be like saying to a clinically depressed person, cheer up," says Ferrari.

Infact, in a study that he conducted with Tich, Ferrari found that when chronic procrastinators were told a task would be evaluated, they resorted to procrastination. Yet, when the same task was described as fun or meaningless, they behaved no

differently from non-procrastinators. Meaning they didn't procrastinate in that case. This sounds like self-sabotaging.

That's because pro-



IMAGE SOURCE: CLEVELAND

crastinators sabotage future prospects by opting for temporary gratification. According to a study by Sirois and Pychyl published in the February issue of *Social and Personality Psychology Compass*;

“Procrastinators comfort themselves in the present with the false belief that they’ll be more emotionally equipped to handle a task in the future. The future self becomes the beast of burden for procrastination,” says Sirois.

People do so assuming they can ‘handle it later’, without making an effort to be able to handle it later. Like that great idea you want to work on but never get around to making an effort to actualize said idea. “We’re trying to regulate our current mood and thinking our future self will be in a better state. They’ll be better able to handle feelings of insecurity or frustration with the task. That somehow we’ll develop these miraculous coping skills to deal with these emotions that we just can’t deal with right now.”

That’s not all, normally we learn from mistakes and hold on to information regarding things that harm us for future reference. Procrastinators don’t do that. Despite suffering for putting off tasks till the last minute, there is zero take away from them in these situations. So they don’t really learn to avoid such harmful situations in the future. Again, why on Earth does the ‘Savannah instinct’ not kick in? That’s because the consequences of procrastination are not a perceived threat, or harmful situation to be avoided.

It’s merely seen as avoiding an ‘undesirable situation’ until you absolutely have to. Like being turned down by a crush, but your spirit stays strong and you try again. Maybe that

is a false analogy, but this surely gets across the importance of understanding the situation, circumstances, and consequences of our actions. Something we can normally do in most circumstances, but procrastinators just can’t because the mind has not developed that coping mechanism for such circumstances.

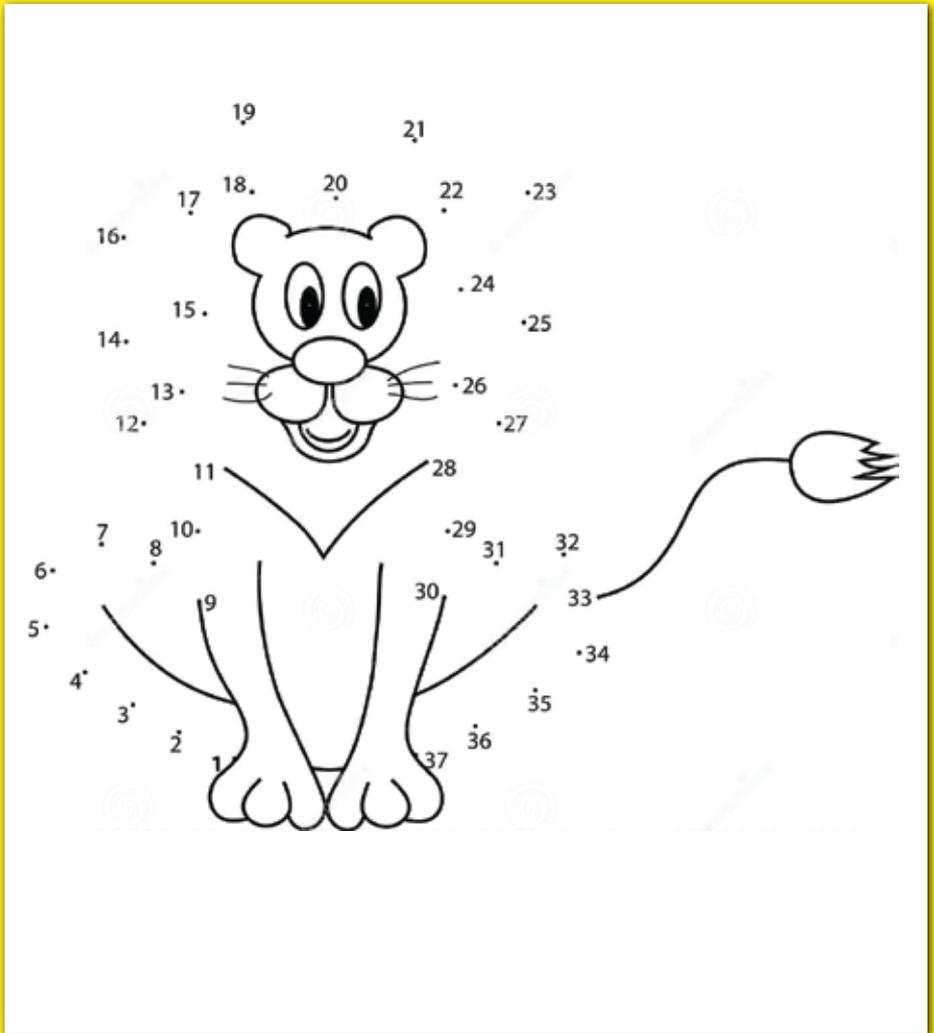
So how do we tackle this behavior based on all that we know now? We self-reflect. Ask yourself, avoidance is comfortable now, but I feel great about this later? Definitely not. However, getting things done on time, or earlier (dare I say that) will definitely make you feel great later.

This is of course easier said than done. Like any behavior fueled by instant gratification without paying a thought to later consequences or other mind matters, it’s hard to shake off these habits. Even when you are self aware, you might tell yourself, maybe next time I’ll make healthier choices. This might put a damper on your spirits, but you need to acknowledge that if you already realized this is a problem, you are already on the right track. Awareness is a positive first step. From there on out, we can take baby steps towards better self regulation.

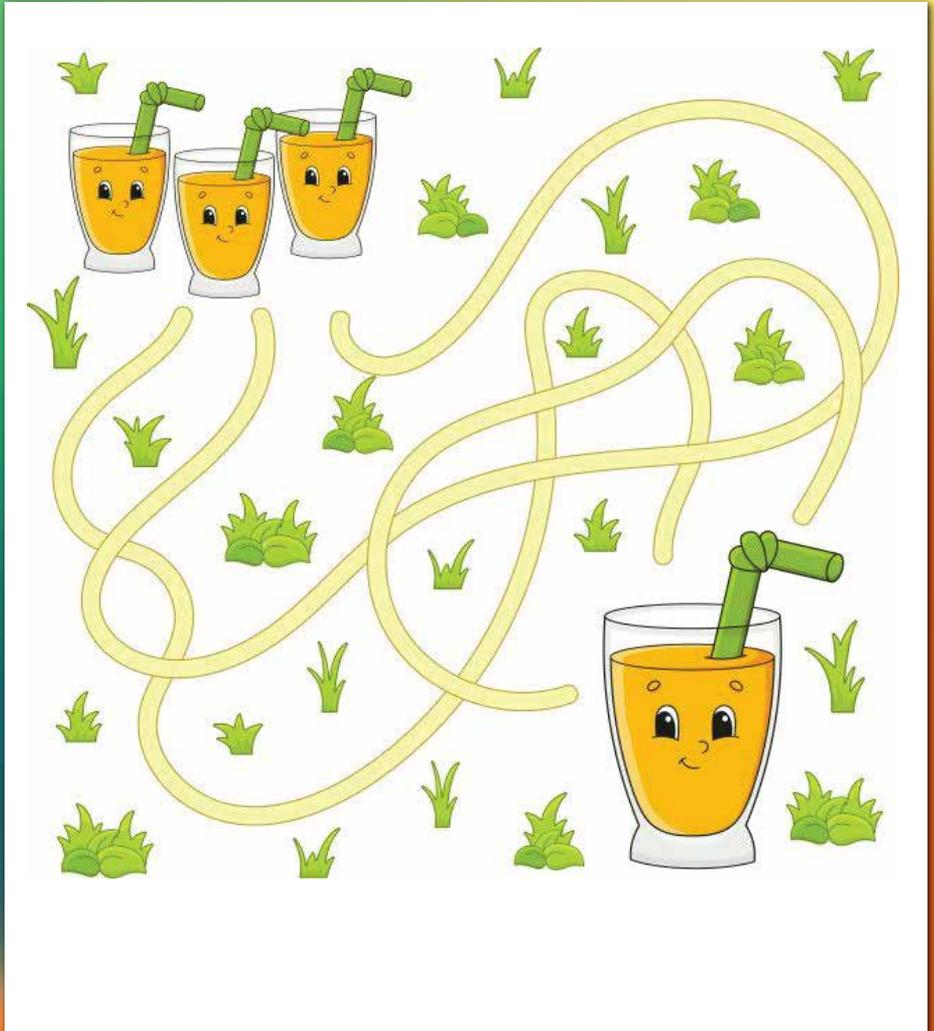
As for those that don’t suffer from procrastination the way many around us do, have a bit of empathy for them. Sometimes they just need the emotional and moral support to break the cycle. Not you trying to work on better ‘time management’.

📧 ummara.work21@gmail.com

CONNECT THE DOTS



WHICH WILL GET TO THE BIGGER GLASS?



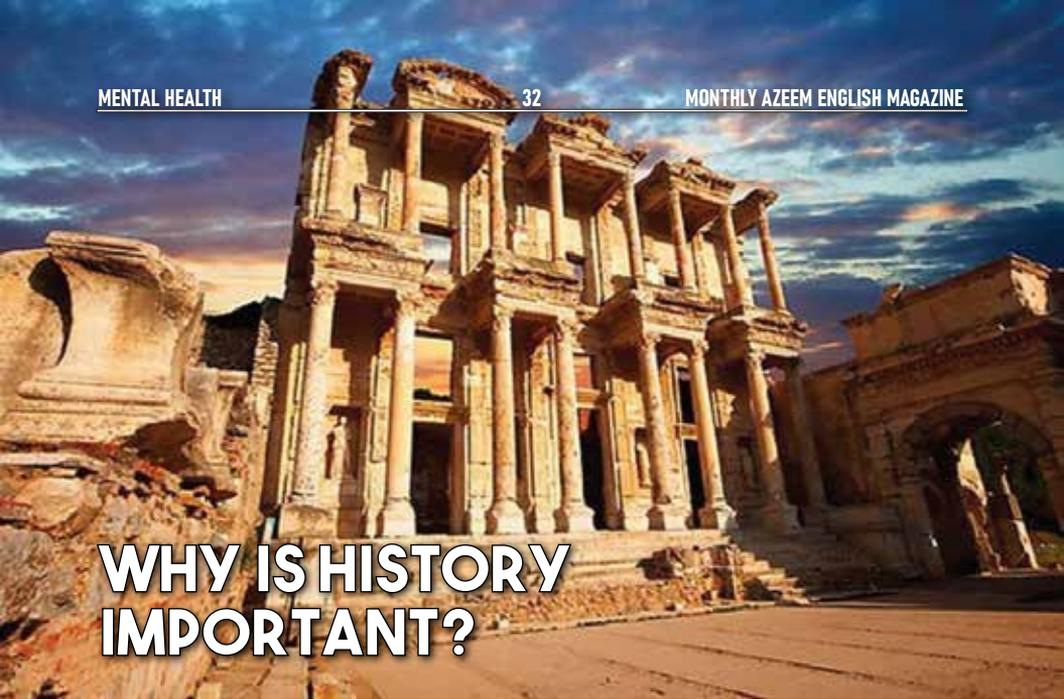
COLOR THE MONSTERS



FIND WORDS

M	O	N	S	T	R	O	P	O	L	I	S	O	S
S	R	S	D	P	L	A	N	I	O	R	L	O	A
L	C	D	E	Y	E	E	N	O	S	S	I	B	S
R	O	Z	Y	K	R	D	D	I	Y	C	D	M	R
S	R	O	B	D	E	R	K	I	E	I	A	R	A
H	C	O	L	M	O	S	L	R	M	E	O	S	N
W	I	I	S	I	W	M	O	O	R	O	H	S	D
R	H	A	W	O	C	O	C	C	L	G	R	O	A
C	O	C	Z	Y	D	E	S	F	U	O	R	N	L
I	D	A	N	E	L	G	E	A	S	S	M	M	L
Y	W	E	W	I	G	R	L	D	I	S	N	E	Y
I	S	K	A	L	A	S	U	L	L	E	Y	R	S
I	W	I	O	C	M	Y	G	P	I	X	A	R	D
O	M	M	S	A	O	S	R	E	T	S	N	O	M

EXPLORE THE MAGAZINE FOR THE KEY



WHY IS HISTORY IMPORTANT?



Saad Rashid
Grade 7 Student

4 MINUTES READ

Why is history important in our lives? Some of us think that history is boring and useless. But before we go into the topic let's first see what history is. It's a branch of knowledge that records and analyses past events. History tells us how people lived centuries ago and how the world began. There were many empires and dynasties which played a huge role in shaping our modern world because the cultures and traditions of their times can still be traced today.

It might look boring and useless but history shows that the latest technologies and modern designs became possible and had a great impact on our world. Every latest model has

better features than the last one. Why? It is because the mistakes are corrected and solutions to more problems are introduced. And in the upcoming years, it would be beneficial to make a better world.

It is hidden with some useful information whether it's of the Stone Age or of the 20th Century. Our ancestors also learned from their mistakes and tried to make a better place for us and we should also learn from our mistakes and try to make an even better world for our upcoming generations.

History is linked with every other subject. Like the history of computers, algebra, history of thought, and many more. If we take a look at the civilizations, we also find hundreds of solutions even two and a half millennia ago. For example, take the Indus River civilization - one of the oldest civilizations in the world. Their

IMAGE SOURCE: PINTEREST

system of drainage, government, and court communication was the best piece for us to improve.

But a question builds in our mind that how we, the common folk, can benefit from history. We can improve our identity to fit in our neighborhood. Also, History gives us a lot of lessons in every field. People have learned from big fires, wars, and other natural disasters that now they can almost prevent any type of damage. Another thing that makes history important is that it can help us provide a sense of identity. This is actually one of the main reasons that history is still taught in schools around the world. Historians have been able to learn how countries, families, and groups were formed, and how they evolved and developed over time.

Traditions and cultures are part of history which are still celebrated. Some things, systems, and cures from history are so good that they are still being used today. Let's take a close look at the Byzantine Emperor, Justinian I. On his name, the word "justice" was founded. For those who don't know Emperor Justinian I, he was the emperor of the Byzantine Empire which was founded after the Roman Empire in present-day Rome, Italy. His justice system still has a great influence in Central Europe. Many of his rules and regulations are still used by a number of countries.

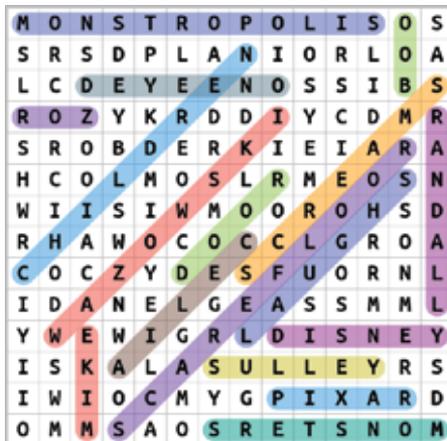
If we take a look at the history of the sub-continent from the Delhi Sultanate and Mughal Empire to the creation of Pakistan, we can understand our present better. Historians found out that before the attack of Britain, the sub-continent was very rich. But now, it isn't considered as one of the richest areas in the world. The history of the sub-continent also

shows us how we changed after the attack of Great Britain and after the formation of Pakistan. We got to drink tea, played cricket, and moved to some of the English men's traditions. It also shows us how we lived before the attack of Great Britain. But the most surprising thing is that we have adopted English traditions and the Mughal Empire and the Delhi Sultanate influence in the present day. We now play cricket every day and it is the most popular sport in all over the sub-continent. We simply can't avoid drinking tea for even 48 hours. These changes have made us different and changed our personalities.

After a century or two, our generation will be reading how we are living in the present day and will be improving the problems of their times and that's how history works.

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KEY TO THE WORD SEARCH!



ADOLESCENT VICTIMS OF BULLYING



Fatima Altaf
Psychologist, Visual Artist

4 MINUTES READ

Bullying is a common, co-occurring and potentially damaging form of violence among children. Not only does bullying harm both its projected victims and the committers, it also may affect the climate of schools and, indirectly, the ability of all students to learn to the best of their abilities. Moreover, the link between bullying and criminal behavior cannot/should not be ignored. Bullying is when a person or a group repeatedly and intentionally uses or abuses their power to intimidate, hurt, oppress or damage someone else (Fiona Baker) Olweus (1993) states. According to the National Center of Health Against Bullying there are different types of bullying: Peer Bullying, Psychological Bullying, Physical Bullying, and Cyber Bullying.

Peers provide the interactive/interpersonal context for bullying. Bullying often occurs within groups of peers and peers can play multiple roles and it occurs when a person or an individual is singled out and tormented by peers who are more powerful than they are. They are typically older, more aggressive and physically large. The phenomenon of bullying deserves special attention by



educators, parents, and children concerned with violence prevention for two significant reasons. The occurrence of bullying and the harm that it causes are seriously undervalued by most of the population. It is dire that any violence prevention strategy works to raise the awareness of children, school staff, and parents regarding the link between bullying and other violent behaviors. It involves provocation by powerful children against children with less power. Studies of bullying suggest that there are short- and long-term consequences for both the perpetrators and victims of bullying. Children who are victims of bullying experience more physical and psychological problems than their peers who are not harassed by other children. Longitudinal studies have found that victims of bullying in early grades also reported being bullied several years later because unconsciously they learn to be submissive and victim. Studies also suggest that chronically victimized children may

IMAGE SOURCE: THE MORNING UK

as adults be at high risk for depression, poor self-esteem, and other mental health problems, including schizophrenia.

The psychosocial consequences of being bullied. A common method of examining mental health issues separates internalizing and externalizing problems (Sigurdson et al., 2015). Internalizing symptoms include problems directed within the individual, such as depression, anxiety, fear, and withdrawal from social contacts. Externalizing symptoms reflect behavior that is typically directed outwards toward others, such as anger, aggression, and conduct problems, including a tendency to engage in risky and impulsive behavior, as well as criminal behavior.

Preventive Measures to be taken if you're being bullied or know someone who is.

1. **Tell a trusted adult.** Like parents, teachers, or coaches, often can deal with bullying without the bully ever learning how they found out about it.
2. **Ignore the bully and walk away.** Bullies like getting a reaction. If you walk away or ignore them, you're telling them that you don't care.
3. **Walk tall and hold your head high.** Using this type of body language sends a message that you're not vulnerable.
4. **Practice confidence.** Practice ways to respond to the bully verbally or through your behavior.
5. **Talk about it.** Talking can be an upright channel for the fears and frustrations that can build when you're being bullied.

What If you are the Bully?

Some people bully to deal with their own feelings of stress, anger, or frustration. Bullies might also have

been bullied and now want to show their power by bullying someone else.

Try talking to someone you trust and let out your anger or frustration that is leading you towards the inappropriate behavior. Try think and have an insight of how the person being bullied feels. Imagine how you would feel if you were the target.

Bullying results from a complex interaction between individuals and their broader social environment, including their families, their peers, their school, and community. The person who is being bullied may find it hard to defend themselves and may feel increasingly powerless against the person bullying them. Children who are bullied may see themselves as being less worthy than others. They may feel like other people are better than they are. They may believe they do not deserve to enjoy the same happiness and success as other children. Help your child be a positive role model. Creating safe and caring places for youth and children involves a comprehensive effort on part of everyone. There are three parties to bullying: the victim, the perpetrator, and the bystander. Even if children are not victims of bullying, they can prevent bullying by being comprehensive, humble and compassionate to their peers. If they witness bullying, they can stick up for the victim, offer support, and/or question bullying behaviors.

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PART - 1

ENCOMPASSING PAKISTANI THEATRE



Wajiha Tareen
Anthropologist, Media Person

4 MINUTES READ

The traditions of theatre in the sub-continent date to ancient times with the advent of great and historic plays Mahabharata and Ramayana and traditions are still going on. India is a rich continent when it comes to its diverse cultures. The group of artists use it well by performing Kathakali and Laila Majnu at the same places. While theatrical activity in Pakistan may be described as intermittent since the country's inception in 1947, it nevertheless resonates with the cultural landscape today. In the 66 years since the country came into being, theatre groups have emerged and disbanded under the varied spectrum of political and social conditions, leaving a mark that has become part of a collective history of inherited traditions. The theatrical

activities in Pakistan have always been in an irregular way from the start. Many theatre groups emerged and scattered because of political and social conditions which has become a fragment of history of inborn traditions. Contemporary theatre in Pakistan started with the dominance of two groups' Tehrik-e-Niswan and Ajoka after General Muhammad Zia-ul-Haque declared Martial Law in 1977. The group Tehrik-e-Niswan (The Women's Movement) in Karachi and Ajoka (Of Today) in Lahore emerged in an environment of protest and in response against Zia-ul-Haque's Anti-Women laws. They struggled a lot against strict measures and censorship laws. However, there is a misconception that these were the only two groups that were the pioneers of political theatre in Pakistan. In the post-partition era, theatre was overlooked as it lacked attention and patronage from the state and the people itself. As Sirhindi states,

IMAGE SOURCE: DAWN

Pakistan was created as an Islamic nation. While the artists were a little concerned with religion, Hindu – Muslim difference was the root of their conflict. The Bengal school paintings of gods and goddesses and its Punjabi version, "Lahore Oriental" tradition so popular before partition became distasteful to Pakistanis. Art in general was not a priority or any point of attention for the masses as well as the state. Lack of infrastructure for theatre i-e halls, open-air theatre, drama academies and institutes, arts 17 councils. Except for a few plays which were shown with a lot of difficulties and hurdles, theatre in post partition Pakistan was considered as an effort which was not good enough for awareness. The roots of Pakistani theatre lay in Indian theatre which includes folk and epic forms. The traditional forms such as tamasha, kathakali and nautanki did not progress much after partition in Pakistan. One of the reasons for this is that Pakistan is based on Islamic ideology which then questions their beliefs, and it was further aggravated by the orthodox middle-class Muslims who refused any shared culture and heritage from India and considered them as taken and therefore not Pakistani. Except for little, theatre did not progress in Pakistan as it did in post-partition India. All this was because of military dictatorship and feudal mind-set that any cultural activity that challenged the system was restrained. Moreover, public interest was also another factor that did not let theatre flourish in the country. It was until the 1970s that we saw substantial activity in Pakistani theatre. Groups like Ajoka and Tehrik-e-Niswan emerged in late 1970s and early 1980s. The Zia regime had banned political gatherings and

power shows while other alternatives to express public sentiments were also dealt with iron handily. General Zia-ul-Haq (1977–1988) followed strict policies of censorship in the visual and performing arts. Every kind of art that referred to any kind of political or social issue was censored. We see groups like Ajoka and Tehrik-e-Niswan emerging in this era but it does not mean that these groups emerged out of nowhere or suddenly. It was a long process. The tradition of theatre in Pakistan evolved through the course of time slowly and gradually. Many theatre groups can be seen operating in different major cities of Pakistan like Karachi and Lahore before the above-mentioned timeline. After partition, all independent theatre groups shared a common objective of producing plays that would motivate and encourage the spirit of national incorporation. Individual and collective efforts were made to set up different theatre institutions. Artists, writers and poets created the Pakistan Arts Council in 1948 producing its first play in 1955.

(to be continued)

This article is an extract from The Censoring Practices in Theatre: A Case Study of The Curtain Raiser by Wajiha Tareen.

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UNPOPULAR OPINION



**SUGAR
COATING
HAS
CAUSED
MORE
DAMAGE
THAN
JEALOUSY**



Reason Behind Locust Attack

AEM Team

4 MINUTES READ

Do you know the reason for the Locust attack?

Why do locusts suddenly attack? Will they destroy our Planet? Or will these attacks stop?

Desert locusts have always been a threat to agriculture in areas spanning Africa to South Asia. In certain climatic conditions – heavy rain followed by high temperatures – the locusts switch from “a solitary phase with low population densities during recessions (periods of calm), to a gregarious phase with high population densities during invasions, then hopper bands and swarms can devastate agriculture”. With climate change, these situations are likely to expand the range of the locusts. It belongs to the grasshopper’s family which is a desert creature. But unlike grasshoppers, locusts exist in two phases. One is a

solitary phase where locusts stay mostly alone, eat leaves, in short, behave like grasshoppers. But when they come in the gregarious phase, then they make a big problem. In this phase, locusts come together in a huge number and they transform everything, habits, behavior, and even appearance. They change their color from green to yellow and black. In the gregarious phase, they become aggressive and attack in this phase. Their diet increases so much that they can eat anything from leaves to flowers to stems and even hard things like tree bark. That is why they destroy everything from where they pass. It has been said that a locust swarm can eat the diet of 35000 people. That’s huge. Isn’t it?

That is why it is big trouble for the farmers. According to the reports, a locust swarm can travel around 150 kms in a day with a speed of 16 to 19 km/h. This was not the first attack. People have faced focused attacks in past too. But the attack in Maharashtra in 1993 in India and in 2019 in

IMAGE SOURCE: INDIAN NEWS

many areas of Pakistan, was the worst attack. "On 25th May, locusts were spotted for the first time when they were about 18 km away from irrigated land in Sindh."

But within days, owing to favorable weather conditions for breeding and hatching, there was a huge growth in their numbers. Desert locusts, swarming short-horned grasshoppers, have been destroying crops in Africa and Asia for centuries. Their ability to move in huge swarms with great speed has earned them notoriety as one of the most devastating agricultural plagues in the world.

From the Red Sea coast of Sudan and Eritrea, the locusts first emerged in January 2019. By February, they had hit Saudi Arabia and Iran before entering Pakistan's south-western Balochistan province in March.

It expanded the whole area and there was nothing left. But researchers said that the main reason for that attack was climate change. Strange? Let me explain how!

We all know that our planet is going through global warming, and the Indian Ocean was affected the most because of global warming which caused frequent unseasonal rains and cyclones. In December 2019, Africa faced a lot of floods, and these floods turned the environmental conditions in favor of the gregarious phase of locust. How? Actually, there is a structure of locust to enter into the Gregorian phase. They enter this phase only when the environmental condition is in their favor like when there is heavy rainfall, the soil is moist, and there is a lot of vegetation around. Due to heavy rain and floods in Africa, even in desert areas, the soil got moist and vegetation increased. And in February 2020, locust's gregarious phase started. So, it all started in

Africa and through Iran and Pakistan then expanded to India. Now till when it will stay and where will they go? It is very hard to predict. But the reason is very clear. Scientists believe that because of climate change, these attacks can be frequent. That's why we might have to live with it. And do you know what the reason is? Nature made the natural defense for these scenarios, sparrow birds. But we don't see these birds like we used to see them earlier. Scientists believe the reason for sparrows disappearing is our mobile radiation. And sparrows being not there, it has become difficult to stop the locust attack. But the good part is there is no such evidence yet that locusts have done any harm to humans. But they indirectly harm us. Because they destroy crops which directly impacts the economy. Locust attack is one of the many effects of global warming. And it is high time we accept that it is a real thing. And we should start working towards making our planets greener. Recycle, reuse and reduce. Let's make these three R's part of our lives and move towards sustainable living. So that we don't have to face more such problems.

"QUOTES CORNER"

*if you don't like something,
change it. If you can't change
it, change your attitude.*

Maya Angelou

Renewable Energy Paradox

SOLAR PANELS AND THEIR TOXIC WASTE

AEM Team

4 MINUTES READ

Around the world, there is a massive push to reduce our reliance on fossil fuels for various reasons – chief among them is the preservation of our home planet. Among the various strategies being developed, one tends to receive the most attention – renewable technologies, like solar panels.

Touted as being completely sustainable, such claims often gloss over – or worse, ignore – the very real damage caused through the production and use of this technology. Just like wind turbines, solar panels may have a darker side to their existence than most truly appreciate.

That's not to say that solar PV panels should be abandoned outright, but that a more honest, and realistic, conversation be had about them.

What materials are used to make solar panels?

Like anything produced, solar panels require raw resources to build them. In the case of solar panels, this includes various materials, but are mostly made of a special kind of **silicon**. Once the silica is extracted, it

needs to be refined into a purer form, such as metallurgical-grade silicon. It is important to note that this material is used for many types of electrical components, but is a major constituent of solar panel production.

Production of this grade of silicon takes place in giant furnaces, which consume a lot of energy to keep them running. In most cases, the energy is provided through the combustion of fossil fuels either directly or from power stations supplying electricity to the grid. It is also reacted with hydrogen to produce intermediary forms of silicon called **polysilicon** and **silicon tetrachloride**, at a ratio of about 1:3. The latter happens to be highly toxic.

What are the environmental impacts of solar panel production?

In order to be useful for the purpose of making a solar panel, some more preparation is needed. First, polysilicon needs to be formed into brick-like ingots and then sliced into thin wafers. The silicon wafers are then “doped” with substances like **gallium, cadmium, arsenic, antimony, bismuth, lithium**, etc., in order to create the solar-cell components

IMAGE & CONTENT SOURCE: INTERESTING ENGINEERING

which are vital for producing the photovoltaic effect. Most of these are, in their own right, potentially very hazardous to the environment. This process also requires the use of **phosphoryl chloride**, which also happens to also be very toxic and highly corrosive.

Not only that, but most of these steps also require the use of more hazardous chemicals – foremost among them **hydrofluoric acid**. This is one of the most powerful acids in the world and is highly dangerous if not handled properly, like some horror stories from China highlight.

Work is currently apace to replace hydrofluoric acid with sodium hydroxide, but this chemical has its own inherent issues, too. However, it is far easier to handle and treat should accidents occur.

Are solar panels hazardous to the environment throughout their lifetime?

While the actual process of converting sunlight into electricity can be considered "green", there are some other problems with solar panel arrays that are not usually considered.

For example, large-scale solar PV arrays need space – a lot of it. If not cited on brownfield sites or in deserts, this may require the clearance of perfectly useful land (or indeed the use of water bodies such as reservoirs) to make room for the panels. This can directly impact local ecosystems in the short term but could also have longer-term effects on the habitats of native plants and animals.

Large-scale land clearance in preparation for a PV installation often results in soil compaction and an alteration of natural drainage

channels. With little to no significant vegetation allowed to grow around the panels (as this would obviously cast shadows over the panels), this can result in a significant increase in soil erosion and surface runoff. Much like deforestation, this can be disastrous for local ecosystems over the long run.

For solar thermal solar panels, there are other potential environmental hazards. Some systems can require some pretty hazardous fluids that are used to transfer heat from the panel. Domestic-scale solar water heating systems, on the other hand, typically use a low-toxicity antifreeze like **propylene glycol**.

With the best will in the world, the pipework, pumps, and other ancillary equipment used to contain these liquids cannot last forever and are prone to rupture over time. This can result in the leak of such liquids into the environment, which is obviously not ideal for plants and animals.

What can be done to deal with the coming solar PV waste problem?

The best method would be to repurpose and install older panels as the environmental cost has already been spent for these units. If incentives can be extended to old panels, or other benefits from installing new panels (warranties, certification, etc.) only then will a healthy market for them be possible.

Until then, governments will likely continue to churn out legislation mandating the need to fully recycle old panels, rather than dump them in a landfill. So long as recycling can be made profitable, this will help significantly reduce the environmental cost of extracting and processing raw materials.



WORLD AUTISM DAY

HISTORY AND A PARENTAL GUIDE

AEM Team

4 MINUTES READ

Autism refers to a broad range of conditions characterized by challenges with social skills, repetitive behaviors, speech and nonverbal communication. Being a part of five pervasive developmental disorders (PDD), autism is characterized by

- difficulty in social interactions;
- keen interest in specific objects;
- highly repetitive behavior;
- specific ways of processing sensory information, and;
- Non-standard ways of learning.

To be precise, autistic children tend to experience the world in a different way.

Autism has a wide range of severity and symptoms that is often used to classify the Autism Spectrum disorders. Each of the syndromes under ASD is different from the other. For example, people with Asperger syndrome have no substantial delay in language development.

Autism itself is often called "autistic disorder", "childhood autism", or "infantile autism". In some individuals autism may be silent or manifest only as a mental disability while in others there are repetitive movements like hand flapping and rocking.

Some autistic individuals may be normal in all factors of life except for being awkward socially. They may have narrowly focused interests, and

verbose, pedantic communication. Boundaries between diagnostic categories are necessarily somewhat arbitrary because of the overlapping and myriad of features.

History

The UN General Assembly had declared April 2 as World Autism Awareness Day so as to "highlight the need to help improve the quality of life of those with autism so they can lead full and meaningful lives as an integral part of society". The resolution was passed November 1, 2007, and was adopted December 18, 2007. World autism awareness day 2022 is an awareness holiday that falls on April 2nd and attempts to raise awareness about autism in communities worldwide. It is a day when member states of the United Nations are encouraged to raise awareness about people living with autistic spectrum disorders including autism and Asperger syndrome.

The UN has had a theme for the celebration of the World Autism Awareness Day every year since 2012. In 2022, the UN has chosen Inclusion in the Workplace: Challenges and Opportunities in a Post-Pandemic World.

World Autism Awareness Day Facts

- In 2018, around one in every 59 children was diagnosed with Autism.

Boys are more likely than girls to be diagnosed with Autism.

- Autism can be diagnosed as young as two years old, and early intervention provides the best potential to support wellbeing.
- Children with autism issues are more likely than normal children to suffer from gastrointestinal disorders, and more than half of children with Autism have persistent sleep disorders.

Signs of autism and parental guide

In each stage of a child's development they inculcate different habits, like communication and social behaviour. These changes need to be monitored for the healthy development of the baby.

Listed below the initial symptoms of autism in kids of different age group-

Below the age of 1 year

- Avoids eye contact
- No facial expression or inappropriate expression
- Doesn't respond to your smile
- Doesn't look at objects which you show
- May not respond to sound
- Sticks to specific toys
- Difficult to comfort and soothe the child

1-2 years of age

- Kids being in its own imaginary world
- Delay in speech
- Doesn't respond when called by name
- Doesn't respond to questions appropriately
- Extra sensitive to loud sounds, unusual smells
- Unresponsive to people
- Repetitive behavior like taping body parts, repeat words or noises

Over the age of 2 years

- Prefers to play alone

- The child will not share things with others
- Difficulty in expressing his/her feelings
- Does not make friends and share things
- Hardly uses gestures or displays appropriate body language
- Tone of their speech can be either low pitched or high pitched
- Sensitive to infections and can fall sick frequently

Parent's guide to autism treatment and support

- Managing the child with autism and giving proper care to them is very crucial. There are many treatments that can help children acquire new skills and overcome a wide variety of developmental challenges. Listed below are the few tips that might help parents to manage kids with autism:
 - Have a fixed schedule as autistic children tend to do best when they have a structured schedule. Be it for meals, therapy, school, playtime and bedtime, set up a schedule and try to minimize disruptions.
 - Reward your child for their good behavior. Never miss an opportunity to identify your child's talent like learning a new skill or responding to your questions.
 - Look for non-verbal cues like the sounds they make, their gestures and facial expressions etc. Use these cues to understand what they want or are willing to communicate.
 - Parents should learn new ways to make their child happy and spare time for a fun activity with them. Playing is a crucial part of learning.
 - Parents are advised to join autism support groups to share their feelings, get information and the desired emotional support when needed.

EMPLOYEES NEED TO BE ADDRESSED



Humaira Riaz

Lawyer, Editor, Writer

4 MINUTES READ

According to Human Rights Watch, despite having one of the largest labour and manpower resources in the world, millions of workers in Pakistan are facing egregious abuse and rights violations, being paid below legal minimum wage whilst forced to work overtime without compensation at risk of losing their livelihood.

Concepts of social security and pension benefits are largely absent from workplaces in Pakistan, decreasing proportionately to the skills required for the profession. The 2012 garment factory fires in Lahore and Karachi, which claimed over 255 lives, should have served as stimulus for reformation of laws pertaining to working conditions.

Regrettably, since then, not even the basic framework for reform has been discussed. The incidents and numerous others and inaction in light thereof calls into question the adequacy and efficaciousness of the existing labour rights regime in Pakistan,

perhaps even fundamental human rights; begging the question: how many more lives have to be lost for reform to be enacted? One cannot help but ask how minuscule must the value of human life in Pakistan must be to warrant this inaction.

Modern labour laws can be derived from the Industrial Revolution of the 19th century, which expanded the relationship between employers and employees from small-scale production houses to large conglomerate companies. Pakistan, which was under the colonial rule of Great Britain, inherited its labour laws from its colonizer. Until the 18th Amendment, labour was a federal subject but after the passing of the amendment in April 2010, the subject has been devolved to provinces. Every province has its own legislative framework in regards to labour, however; the laws are mostly similar to each other. Yet some provinces have been more active in drafting legislation as compared to others.

An interesting aspect to note is that the law on Labour essentially seeks to protect the “workmen” while other labourers are protected through the common principle of master-servant

relation or have contractual rights and obligations under the Contract Law in Pakistan. A direction or judgment encompassing all the limbs of defining the parameters of labour issues by the Honourable Supreme Court has yet to come to light.

The Constitution of Pakistan has a wide range of provisions in regards to labour rights as Articles 11, 17, 18, 25 and 37(e) prohibit all forms of bonded labour, child labour, allow freedom of association, grant rights to unionise, provide citizen with the right to enter any lawful profession or trade without any discrimination and secure humane and reasonable working conditions.

The two main pieces of legislation responsible to safeguard the rights of the workmen are the Industrial and Commercial Employment (Standing Orders) Ordinance 1968 and the Punjab Shops and Establishment Ordinance 1969. These ordinances are supposed to protect all workers engaged in industrial and commercial businesses. The law provides clear guidelines to be followed by all commercial and industrial businesses. Firstly, it states that the terms and conditions of service are to be given on every new appointment, promotion or transfer in writing. Working hours should be published in the workplace, which should be visible to the workmen along with holidays and paydays. Moreover, in an industrial establishment where 50 or more workers are employed, the industry needs to provide a Group Incentive Scheme either in the form of additional wages or extra holidays to the workers in the establishment. In addition to this, the employer is liable to provide compulsory group insurance for permanent workers in relation to unforeseen incidents in

the absence of which, the employer becomes liable to pay the workmen's families in case of their death.

One must wonder in light of all this legislation what the fuss is about but one must be aware that living in Pakistan, this legislation rarely translates into action.

The Baldia Factory incident in Karachi where workers died but no relief was granted to their loved ones is sadly not an isolated incident. Even where relief is provided it is largely inadequate.

Every business that is making a profit is liable to give bonuses to its workers. The Labour Code also provides clear guidelines on the termination of employment, which is widely ignored in Pakistan, especially in the present times where Covid-19 has tormented the people. The employer must give one-month notice before termination to the worker along with one-month wages during termination. The Labour Code clearly provides the grounds on which the employer can terminate the workforce and the above-mentioned Ordinances also provide the employer with the right to terminate work in the event of natural disaster, civil commotion etcetera. However, even under these circumstances the employer cannot terminate the employment of more than 50 per cent of the workforce or close down the business without the prior permission of the Labour Court, thus this provision gives protection to the labour force even in extraordinary situations.

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MORNING SHOWS – ATTACK ON ETHICS!



Saira Batool
Nature Photographer, Blogger,
Media Student

4 MINUTES READ

He who controls the media controls the minds of the public

Noam Chomsky

Morning shows and their content are a famous taboo in our society. What morning shows depict, is what mostly minors adopt. Morning shows in Pakistan have become a strategic step by media elites to change trends in the ethics of our society and are used as a means of agenda-setting via brainwashing and changing priorities. Mostly their target audience is women; housewives and especially children. Pakistani morning shows are the staple of the morning routines of many housewives. Influence in culture, language, relationships, religious practices, and ethics is seen. As the majority of housewives are viewers of these kinds of shows. So, it affects their marital life as hen wives and also turns the wants into needs;

in terms of a lavish and ideal lifestyle. Housewives watch these Morning Shows and are getting influenced by the artist according to their mental understanding. They're promoted as a fun and informative way to start the day and are a popular form of Pakistani women's entertainment, even when they don't live in Pakistan. These shows have molded and de-framed many concepts in our culture and society side by side. Morning show hosts have now attained a status beyond normal humans. They are now motivational speakers, cooks, singers, wedding planners, therapists, make-up artists, social workers- they are one of the most revered personalities on television. Therefore, what they say matters to a lot of people. And usually, they will say things that they think matter to others.

We have seen many topics on morning shows which are useless and have no impact on viewers other than misleading and complicating social

IMAGE SOURCE : FACEBOOK



concepts in society. Some of them include luxurious wedding planning, how to make raita? Where to buy Halal Makeup, personifying celebrities, Fashion tips, dance competitions, cooking, makeup contests, unethical minute-to-win contests, promoting vulgarity in the name of Aurat March, etc. Content of morning shows like Good Morning Pakistan, Jago Pakistan Jago, Utho Jago Pakistan, despite having a huge viewership, revolve around such topics which are neither playing a part in developing mental growth nor building religious concepts among the young generation and especially children. These shows are duly illuminating the harsh realities of life and fantasizing an ideal life where brands are becoming a lifestyle. With all the glamor and beautification complexes that are depicted in morning shows, it is the ultimate truth that media shows hold a mirror to real society and it's the reflection of media.

They watch these shows and perceive them according to their mental levels and then also derive different meanings from those shows. Morning shows are densely watched. It has a massive viewership as compared with other shows. Females of Lahore stand at the age of having idealistic thinking or fantasy about the future.

Another stereotype that morning shows content gracefully broadcasts is "Body shaming". This concept implies that one feels ashamed and dissatisfied with their natural body features and becomes a victim of an inferiority complex. This has majorly affected young girls as they are sensitive about their skin tone, facial features, nose structure, bodyweight, etc. eventually derailing the youth from their fruitful aims.

Rating is important to keep a show running. But it also does shows on subjects which are not appropriate for society and especially women and children in society. For instance, last year, a female host in her Morning show paid no heed to mend her ways of learning a thing or about sensitivity, despite all the criticism she received on Twitter. She called the parents of a 6-years old rape victim girl who was murdered, and were asked questions like "How did you recognize her? Oh, she was wearing the same trouser? How did you realize she had been raped?" were only a few of the insensitive questions she ruthlessly posed, as the mother sobbed and the father struggled to recall the sequence of events and narrate them on national television.

Crossing all boundaries of empathy, the host then turned to two other male guests on the show, wondering aloud how rape victims can be identified after the crime - all in the presence of those parents whom she passed no condolences to, let alone words of comfort, or a physical gesture of support.

This is important to highlight that PEMRA needs strict ethical policies, especially for females who have to play the role of a mother and housewife. Media channels must review their content before broadcasting it. We have past examples of many marvelous and ethical shows like Rising Pakistan by Tauseeq Haider, Tariq Aziz Show (a.k.a Nelaam Ghar), Kasuti, etc. we have to revive such kind of ethical and moral shows which play a part in the moral development of our society and religious practices as well.

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THE COUNTRY THAT BECOMES A RACETRACK

AEM Team

4 MINUTES READ

Each year, a country that's smaller than New York's Central Park, builds a world-class street circuit that spans a third of its length and sees its population grow by more than 500% overnight.

The Monaco Grand Prix is an event that turns an entire country on its head. It's an incredible feat of logistics, engineering, and temporary construction that takes some serious planning and patience. From the resurfacing of roads to the construction of stands, barriers, entire media centers, and the small matter of some 200,000 people arriving in a city that's normally home to 38,000 - it's one of the most impactful sporting events there is.

First held in 1929, the event made its Formula 1 debut in 1950 and has since become a staple of the world championships - appearing on every season's calendar since 1955, apart from 2020 of course when almost everything was cancelled. The overall

layout of Monaco's track has changed very little over years - it's a small country and there's not that much else you could do.

Outside of the Grand Prix, the route is used as a public road - and keeping that up to FIA regulations is a serious job. Prior to each year's racing, about a third of the 3.3-kilometre circuit is planned and resurfaced; removing any deformations that could impact drivers on what is already considered one of F1's most challenging circuits. The Circuit de Monaco runs along some of the country's main thoroughfares, so these works and the line repainting are largely carried out at night, in sections, over a three-week period. With the track established, things start to move up a gear with the construction of the temporary facilities, about six weeks out from the racing. Much of this is prefabricated away from site, reducing the set-up time in Monaco itself.

Relying on a team of highly skilled, full-time engineers to keep on track, some 600 trucks carry grandstands,

IMAGE SOURCE: FT | CONTENT SOURCE: THE B1M

pit garages, barriers, footbridges and more into the country - completely transforming it. While the pit facilities in Monaco are only temporary structures, they are no less high-tech than those provided at the permanent circuits.

Arriving in different 120 sections, these modules are lifted into place by crane and assembled over 14 days; creating 450 square meters of space for each of the 12 teams across three floors, divided into mechanical, technical and hospitality sections.

With limited open space along the circuit, the majority of the seating is located along the waterfront of Port Hercule, with smaller stands located at key positions: like the Monte Carlo Casino and the entrance of the tunnel section near Portier Cove. Of course, boats, rooftops and the terraces of surrounding hotels and restaurants all act as VIP sections for fans.

The circuit's official capacity is 37,000 making it the smallest of any in Formula 1 - but Monaco's unique landscape gives thousands of people views of the track and it has a much larger non-ticketed audience than other Grand Prix events. In a normal year around 200,000 people come into the country for the Grand Prix and 100,000 attend the final Sunday.

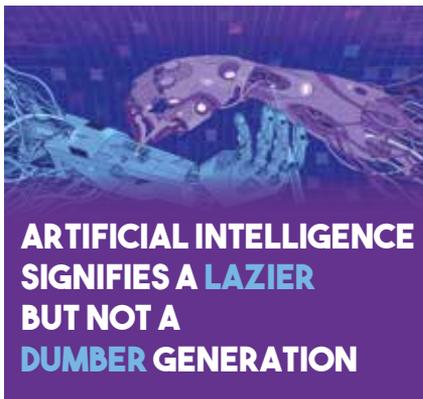
With so many spectators near the track, over 20,000 square meters of safety mesh and more than 21 kilometers of safety railing are installed to protect the public, buildings and drivers. While the pandemic has forced some countries to hold their Grand Prix without spectators, Monaco is allowing 40-50% of ticketed seats to be sold, marking the biggest return to capacity since the disrupted 2020 season.

To keep the country connected while the race is on, a maze of

footbridges and gangways is installed. Then, 670 event marshals are brought in to help coordinate the nearly-3,000-strong team that it takes to pull off the event.

The organizers work hard to minimize disruption as far as is possible and access to the circuit is largely unrestricted. It's only completely closed to pedestrians and traffic between 5:30am and 7:30pm on race days - a major break with other circuits like Singapore and Melbourne which remain closed to traffic for the duration of the event. After the racing, everything is cleared away again and the country returns to its more peaceful self. With its global reach, a place on Formula 1's calendar is a highly sought-after prize - and some emerging markets have managed to edge-out smaller ones over the years.

Despite its size, Monaco's unique blend of history, prestige, and atmosphere has seen it attain near untouchable status in the racing world - all enabled by an incredible team of construction workers and engineers who pull off this amazing transformation, most years.



China's Desert Ulan Buh into a Farm

AEM Team

4 MINUTES READ

The Chinese company created an organic milk farm in the desert. Ulan Buh is one of China's largest deserts stretching over 14,000 km² in Inner Mongolia. The Ulan Buh desert, where both Shengmu Forage's growing fields and the organic dairy farms are located, offers a number of benefits compared to conventional farming environments in China. These benefits include cool and dry weather preferred by dairy cows, limited human activity, and little pollution as well as very low levels of bacteria, viruses, and pests. In addition, according to the F & S Report, there are abundant water resources and rich soil underneath the sandy surface. It has been seen as inhospitable to humanity but started in 2009. Dairy company ShengMu has transformed a landscape into a farm of 80,000 cows. The soft and breathable desert sand

provides comfortable lying ground for the cows to rest and reduce their chances of developing the limping disease. The Ulan Buh desert has an average of almost 3,200 hours of sunlight annually with an average solar radiation intensity of 6,280 square meters, compared to an average of 1,800 to 2,000 hours of sunlight annually with an average solar radiation intensity of 4,250 to 5,000 square meters in central and southern China. The intensity and the long hours of sunlight in the desert help forage crops grow and cows produce higher levels of calcium in their milk. ShenMu planted 97 million trees converting them into the forest of more than 200 km² of the desert. The farm collects the cow's manure and uses it to grow 150 km² of organic pasture. The new vegetation has even created its microclimate reducing wind speeds and increasing rain fourfold. The farm had some help

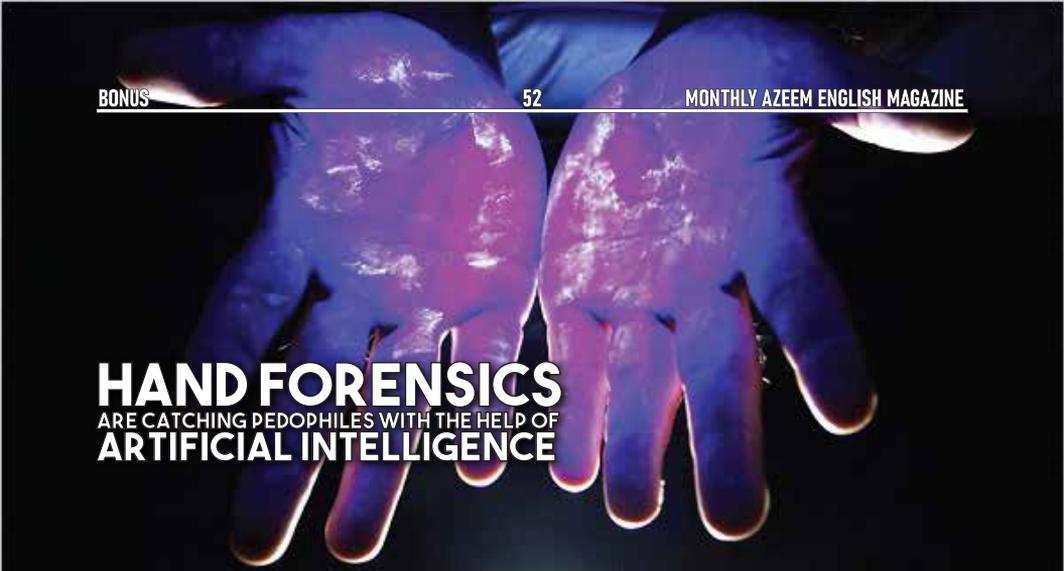
IMAGE SOURCE: CHINA DAILY | CONTENT SOURCE: WORLD ECONOMIC FORUM

from Ulan Buh's hidden reserves. Cows prefer relatively cool temperatures and dry weather. The Ulan Buh desert is located within the latitude zone generally considered ideal for dairy farming and known as the Golden Raw Milk Belt. The temperature range from 0°C to 15°C is a favorable range for dairy cows and the Ulan Buh desert has an annual average temperature of 7.8°C, and annual average precipitation of approximately 103 millimeters. Compared to some cold and humid regions in China, the climatic environment in the Ulan Buh desert is more suitable for dairy farming. In addition, the temperature difference between day and night in the desert helps to improve the quality of forage crops. Unlike other large deserts in China, the Ulan Buh desert is the product of alluviation of the upper reaches of the Yellow River, the second-longest river in Asia, which has formed a thick layer of rich soil under the sand surface of the desert conducive to the plantation. The lateral seepage of the upper reaches of the Yellow River also provides abundant shallow underground water. According to the survey conducted by Inner Mongolia Hetao Irrigation Administration, the desert area has an aquifer holding an aggregate of approximately 5.7 billion cubic meters of water under the sand surface. The water of the upper reaches of the Yellow River is very clean and is purified as it percolates through layers of rock, fine sand, and

gravel to form the desert lakes and aquifers. It's located at the latitude of 40°N, in the world's 'golden dairy belt.' ShenMu employs local nomads and farmers whose traditional way of life was changed by overgrazing and industry. "Seizing business opportunities in China's business transition towards a nature-positive economy" is one of the case studies highlighted in the new report from the World Economic Forum's Nature Economy report series. 65% of China's total GDP is at risk of disruption from natural loss. More than a quarter of its



land area is threatened by desertification. For China to reach its economic and social goals, the country must invest in nature while fighting climate change and biodiversity loss. By marking 15 nature-positive transitions, China could add 1.9 trillion dollars in annual business opportunities and create 88 million resilient jobs by 2030. What are other business opportunities towards a net-zero and nature-positive future?



HAND FORENSICS

ARE CATCHING PEDOPHILES WITH THE HELP OF
ARTIFICIAL INTELLIGENCE

AEM Team

4 MINUTES READ

University of Dundee and Lancaster University researchers are using artificial intelligence (AI) to automate the process of linking suspects to child abuse footage using images of hands.

The current system means scientists must look at footage of child abuse, and use features such as matching blood vessels and movement to compare and match hands with suspected child abuse offenders.

But the process is time-consuming and requires a lot of manpower, with single cases sometimes taking up to two weeks with an 86% success rate.

The researchers are now calling on 5,000 members of the public, which they call 'citizen scientists,' to "contribute images to the world's first searchable database of the anatomy and variations of the human hand".

Algorithms will scan the database to find details that match a pair of hands to those of a suspected criminal. This new database could potentially be used to help identify tens of

thousands of pedophiles daily and with a higher success rate.

The first-of-its-kind technology, called H-Unique, is being developed in a five-year programme with €2.5 million (£2.1 million) in funding from the European Research Council (ERC) under the European Union's Horizon 2020 research and innovation programme.

Sue Black, professor and pro-vice-chancellor for an engagement at Lancaster University, whose previous research project is based on, said, "The hand retains and displays many anatomical differences due to our genetics, development, environment or even accidents so each person's hands are different.

Forensic anthropology is about the study of the human or what remains of the human for identification purposes. So whatever that's working with the police on a body that has been found unexpectedly. It might be a homicide. Whenever a human needs to be identified and linked then this procedure of forensic through artificial intelligence is used. The

IMAGE SOURCE : IGNORING FRICTION

human veins are variable. If we Look at the vein pattern on the back of the right hand, and the vein pattern at the back of the left hand, that will be totally different. And it is also different in identical twins. So, it can be said that the veins patterns can be matched with the suspect. And if they don't match with the suspect then it can be said with 100 percent certainty, it's not the same person because veins don't change. Sue Black said, "We had a case in 2006, there was a young girl who alleged that her father came into her bedroom at night and he sexually abused her. And we had some images of a hand and a forearm coming into a camera view because she left her camera running on her computer. We did the comparison, we could show that the vein pattern between dad and the offender matched perfectly. The evidence was accepted but the jury found the dad not guilty. They just didn't believe the girl because she didn't break down and cry. That set up for us a real determination to say we need to have the underpinning research. We need to be able to say it's a one in a million chance, it's a one in a thousand chance. Sometimes we only have one anatomical feature. Sometimes we will have multiple features. And the more features we have the more confident we can be, both in terms of exclusion, but also in not being able to exclude the suspect and the offender from being the same individual."

To catch a pedophile, you only need to look at their hands.

Now, for the first time, researchers will analyse all the factors that make a hand truly unique so we can understand and use them reliably as evidence to identify individuals. Sometimes like a million images go on to the dark web every day In relation to

child abuse. Hands are a part of the perpetrator that are most frequently found in those abusive images.

Lead researcher on the H-Unique programme, Bryan Williams, told The Telegraph that the project requires "a huge variety of hands".

He said: "We want to be able to identify how to pick out blood vessels on white skin, on Chinese skin, so we need a huge variety of ethnicities and a huge variety of age ranges as well. "We're asking the public to use our app to take pictures on their phones, and then send them into the project." The images will be submitted anonymously through the app, will not be shared with any external agencies, and destroyed once the project has ended.

UNPOPULAR OPINION



**REPLICAS ARE
INTELLECTUAL THEFT,
IF NOT PROPERLY
CREDITED PERIOD**

SMALL CITIES, BIG CHALLENGES

AEM Team

8 MINUTES READ

On a planet that is changing faster than ever before, billions are leaving rural areas and choosing to live in cities. Since 1950, our world's urban population has increased almost six-fold and by 2050 over 68% of us will live in a built-up area. This rapid rate of urbanization is placing heavy pressure on cities, with major economic, environmental, and societal consequences. But beyond the big metropolises that often get news coverage, many small cities are feeling a similar if not greater impact, whether through the rise and fall of industry, demand for housing or the implications of a changing climate. From building in a crowded capital threatened by rising sea levels to creating modern housing alongside historic landmarks, this is how small cities around the world are overcoming some remarkable challenges.

Malé, The Maldives (Population - 105,000)

Malé is one of the world's most densely populated cities and capital of the Maldives - the world's lowest-lying country. The growth of tourism coupled with local people



migrating from surrounding islands and atolls in search of work, health-care, and education - has seen the city's population soar. In response, an artificial island built adjacent to the capital is now being redeveloped, and a community of 240,000 people is set to live in a new master-planned district that will take much of the capital's strain. With its two-meter elevation, Hulhumalé is also designed to withstand rising sea levels - a huge threat to the island chain. The Maldives spends around USD \$10 million a year on coastal protection, and a USD \$60 million seawall - paid for by Japan - now surrounds the capital.

However, the Maldivian building boom has attracted controversy, with critics arguing that rampant construction is damaging fragile reefs around the atolls and with local workers often being overlooked for many of the new jobs created.

Tallinn, Estonia (Population - 435,000)

When Estonia gained independence in 1991, car ownership doubled and placed an extreme strain on the road network - an issue that was acutely felt in the country's capital Tallinn.



IMAGES SOURCE : PINTEREST

The solution was a radical one. In January 2013, Tallinn became the first capital city in the world to offer free public transport to its residents.

The initiative has led to cleaner air and improvements to the mobility and job prospects of unemployed and low-income residents.

However, reducing the dependency on car travel has shifted pressure to public transport infrastructure.

Much of the city's population now relies on the aging tram system, which mostly predates the Soviet era and is in urgent need of upgrading.

Some progress has already been made, including a new route between the airport and main passenger terminal for the future Rail Baltica project, which will link Helsinki and the main Baltic states with Poland and the wider European rail network when it completes in 2026.

Oxford, UK

(Population - 165,000)

Like in Malé, a shortage of suitable land to build on is also an issue in many of the UK's smaller cities.

Historic Oxford has struggled to make enough space available for housing, largely due to long-standing green belt restrictions.

But while the availability of residential land has been a challenge for many years, several sites are now

being redeveloped as much-needed modern housing.

Yurky Cross Architects has been granted planning approval for two new projects: replacing existing housing on Gibbs Crescent with a six-story structure overlooking the River Thames and a 30-home complex on Paradise Street in the city center.

Mike Cross, Managing Director at Yurky Cross Architects explains how the intention for Gibbs Crescent was to create a sustainable mix of homes to suit the needs of the city's population, which is why over half of them have been made affordable and available for social rent.

Positioned in a conservation area on the edge of the city - and with elements of industrial heritage that had to be retained - building a denser new development on this site is far from easy.

The new Gibbs Crescent will merge history with 21st century place-making, taking inspiration from an old marina development nearby with a brick wharf style and curved structure to encourage social interaction between residents.

Cross reveals how they were trying to fit the building into the landscape and keep with the industrial architecture of the local area.

It's a similar story on Paradise Street, a site that presented numerous challenges, bordering the grounds of Oxford Castle.

The scheme proposed here reimagines the historic street frontage and housing patterns, with numerous entrances to both individual homes and the two main circulation cores.

For both of these projects, Yurky Cross had to produce high-quality visual material to give future residents and the wider public a clear



indication of the finished results.

To do this, the team chose to utilize design and information modeling software developed by Vector Works. Christiaan Briggs, Yurky Cross' Senior Architectural Technician points out the advantages of using the company's products on jobs like these, such as being able to build up a model that spans the lifetime of the project, iterating and adding details all the way from the concept stage right up to handing over to the client.

In a city that has struggled to meet the demand for new, affordable housing, these projects gaining approval is welcome news.

Frisco, United States (Population - 190,000)

Located 25 miles north of Dallas, Frisco has been one of the fastest-growing cities in the US over the past two decades, with a 470% increase in its population since the year 2000.

Here, the rapid rise of industry has been the challenge.

The city has profited from copious businesses relocating to the Dallas-Fort Worth area in recent years and many of these firms have chosen to set up base in and around Frisco, bringing swathes of skilled workers and their families to the city. Faced with such an influx, the Texas municipality has undertaken a vast



construction program, at a far quicker pace than most small cities would be capable of delivering.

But the city's leaders have so far risen to the challenge. Transport infrastructure is regularly upgraded, new developments are largely mixed-use to tempt professional buyers and its "\$5 Billion Mile" commercial district is experiencing an explosion in corporate office space.

While other small, fast-growing cities nearby have seen similar success only to fall out of favor later on - Frisco's continued popularity is partly down to aesthetic integrity that has formed a critical part of its development planning.

Nottingham, UK (Population - 330,000)

Over in the East Midlands - now home to one of the UK's fastest-growing economies outside London and the South East - Nottingham College has worked with the city's authorities to regenerate a disused area with a £58M new campus.

With GDP in the East Midlands growing year on year and Nottingham becoming increasingly attractive for professional services firms that rely on young talent, the city's further education sector has been crying out for a new flagship facility to nurture



the next generation.

The College City Hub will serve as a center for students while adding a business center for start-ups, cafés, and theatres to the local community. Though not in a conservation zone, the structure has to integrate with surrounding heritage and its proximity to major transport infrastructure and other regeneration projects made pre-planning essential.

Ares Landscape Architects also had to consider the public realm in and around the site, setting out to create an easily accessible open space. VectorWorks Landmark helped to shorten the time involved in project drafting and data reporting. Ares was able to significantly streamline its workflow with a singular, all-in-one solution. Sam Bailey, a Senior Landscape Architect at Ares says how the software gave them everything they needed to carry out their role on the project, handling complex site models, levels, and topographical features, with useful features for the entire team to use. The Nottingham College City Hub will be the first major project completed as part of the city's £250 million Southern Gateway regeneration.

Whether small or large, as our cities evolve and become ever more heavily populated, the architecture and construction sectors are continuing to devise innovative solutions. Though many of the challenges created by urbanization cannot be easily overcome, technology is proving to be an important enabler, allowing architects and engineers to focus their time and energy on the parts of the job that really matter.



BETTER COMEDY IS HERE GULSHAN IT SOLUTIONS



Pakistan TV industry is experiencing a major shift with each passing day, and there are many ideas associated with them; a majority of the masses feels that it is exploring subjects beyond the threshold, whereas the rest of them reckon that the content is regressing. Having said that, many experiments have been witnessed in regards to the genre of “comedy”, but unfortunately nothing fresh managed to impress us. However, lately, it seems like the audiences have experienced the breath of fresh air with the newly launched rib-tickling sitcom Gulshan IT Solutions on AUR TV Network. Directed by Kashif Bayg and produced by Muhammad Ali Farooqi. Gulshan IT Solutions revolves around three friends Sherry (Sibte Hasan), Mani (Muhammad Qasim) and Qudoos (Ali Farooqi), who hail from different socio-cultural backgrounds. The story takes a comical turn when all three of them plan to initiate a business startup with the assistance of their neighbors, Gulshan (Hadia Ahmed) and Zaitoon (Bushra Yamin). The tides turn when their inspiration, the famous motivational speaker, Joy Ali Shah (Sheheryar Shahid), becomes the part of the chucklesome picture along with the Investor Sameer (Dr Mohammed S. Mohiyuddin) playing the important character. Penned by playwright and standup comedian Saad Sultan Goraya; the series includes some subtle and amusing humor, which is enough to make your day. The comedy which this play exhibits reminds us of the classical era of PTV, as it includes some different and modern puns and punchlines. As far as the performances are concerned, it is so good to see that the show features the young theatre-lot, which multiplies the charm of the show from

acting point-of-view. Sibte Hassan's acting is quite natural and his portrayal will make you appreciate his craft. Muhammad Qasim's character gives us really cool-boy vibe, and his witticism brings lovely colors to the canvas, whereas, Ali Farooqi delivers a hilarious performance; the seedha saada larka characterization coupled with the spontaneous goofy dialogues will give you major laughs.

The best part of the show is the unique and excellent depiction of the female characters. The writer has given us gems like Gulshan and Zaitoon in the truest and raw form, which deserves an applause. Hadia Ahmed's presence is quite dynamic and aptly shows her acting prowess. Bushra Yamin has some wide scope in the serial, and her character is liking yummy scrummy icing on the cake; immensely entertaining. Sheheryar Shahid as Joy Ali Shah makes you stay glued to your screens owing to his “layered” character. He emotes a plethora of emotions at the same time, which explicates his artistic brilliance. The other characters Sunny (Tayyab Khan), Qudoos's father (Abrar Bazmi), Joy's Secretary (Usama Bin Younus) are yet to be explored and hopefully they would bring on our table in the coming episodes.

The content is unique and will grab your eyeballs, as such sort of storytelling has not been seen in the previous years. The pace of the serial is a bit slow, but that seems to have been done intentionally by the director, to make it more impactful. The drama which airs on every Sunday at 6:30 pm, is going to make your weekend, and will give you happy vibes by neutralizing the Monday Blues. It should not be given a miss!

SUBH E AZEEM

A STEP TO EDUCATE THE YOUTH



WITH

DR. MUHAMMAD AZEEM FAROOQI

Subh-e-Azeem is a religious program which intends to speak about the day to day affairs in the light of Holy Quran and Hadith. The team Subh-e-Azeem seems eager enough to feel the pulse of the time and to set the course of its audience accordingly. This program is not the 1st program of the team. It has already worked with PTV and ATV. The host of the program, Mr. Imran Khan, is new in this field and hosting this program for the first time but the way he is tackling the program is really appreciable. He is as smooth in hosting as a poet in singing his verses. The permanent guest of the program Dr. Muhammad Azeem Farooqi is truly a man of learning. He always justifies the topic with his illustrations from Quran-o-Sunnah, the authentic dictionaries, the historical facts and interpretations of other experts and scholars. He relates his interpretations with present day life. Being a practicing Sufi, he never forgets to pay tribute to the teachings, preachings and services of Sufis. More importantly, he beautifully discusses the role of an individual, society and especially of the youth regarding the topic in every episode.

The program always engages the research scholars from different universities, and the well-known religious madaras to speak on the selected topics and smartly covers almost all the important aspects of the selected topic in its limited time. It starts with the recitation of the Holy Quran then Naat e Rasool e Rahmat (SAW) and a selected piece of Arfana Kalam are there to further enhance the charm of the program.

The program provides a chance to the masses especially the youth to learn from the renowned scholars. It is good enough to educate morally, ethically and religiously. It addresses the audience from all age groups. As in this modern era we see many so-called minds have left the teachings of Islam behind while branding them outdated and the liberalism is prevailing in our society day by day. Our traditions and customs are getting affected by western thoughts and culture. In this scenerio Subh-e-Azeem may work to brighten the minds of the masses and may put them on the track to understand the real purpose of life in accordance with Islam.



WHY ARE MILLENNIALS HESITANT TO BUILD A FAMILY?



Sumaira Riaz
Optometrist, Health Care Manager

4 MINUTES READ

I grew up in a traditional household where marriage is considered one of the essentials of life. I knew from the very start that I have to get married but I was unable to convince my mind why should I? there was no good enough answer to that question. Post my graduation in 2016, I spent 5 years waiting and trying to get ready to settle, get married and have a family of my own but I was never ready for it. I interviewed single people who were in their 30s to get to know if they are ready to have a family, but they too were not ready. After waiting for 5 years, I finally took the decision to get married and go with the flow. I chose a suitable mate and decided to go for it without further delay because the

average age of marriage in our society is 24 and I was 4 years late already. Interviewing other people, I came to know that I am not the only millennial, wherever I go and meet other people of my generation, everyone is going through the same. Living alone, more concerned about career than having a family, commitment issues and not ready to settle are few common issues that we are facing. When I dig deeper, a few research articles come out. A new analysis of government data by Pew Research Center shows that Millennials are taking a different path in forming – or not forming – families. Three-in-ten Millennials live with a spouse and child compared with 40% of Gen Xers at a comparable age. Millennials' trail previous generations at the same age across three typical measures of family life: living in a family unit, marriage rates and birth rates.

IMAGE SOURCE: TIMES

Number of millennials living in their own family are much less as compared to gen X at the same age. When I talked to millennials around me, I got to know that everyone had pretty much the same fears and reasons for not building their own family. I categorized them into following:

Awareness

If we look at globalization, we come to know that millennials are more aware than their previous generation. They have got phones, internet and socialize more than others. More education and more awareness make them think about issues our previous generations were not thinking about like climate change, excessive population growth and lack of resources. Millennials actively think and work on these issues and it is one of the reasons that they don't feel that it's safe to bring new life into the world.

Responsibility

We have seen that generation X and baby boomers have produced more children than millennials. As a millennial I don't see it as a responsible move by our ancestors. I feel that I am responsible for a whole new generation. Raising a child is raising a society and I think we millennials take it more seriously. This limits us to grow a new family without planning for their future.

Commitment

Us millennials have commitment issues as compared to our previous generations. Exposure to social media has provided us multiple options and we are keen to explore them. Our generation runs after the best and never wants to stop or settle at a single person or a commitment. This

is one of the reasons that we do not want to settle. Our surroundings are filled with glamour and imagination and in chasing after that glam and artificial perfection, we are left alone. We are waiting for a magical connection to happen when we will get a perfect person in our life and our life will be all set. We don't want to put effort into a relationship.

Career

Millennials are more into career than family. One of the reasons is awareness, more education and materialism. Another major reason is secularism. Millennials of all religions, cast and creed are growing away from their religion and cultural values. Family was considered an important religious and cultural commodity which is fading away these days. Our generation has been outgrown and has become scientific and logical, and competitive as compared to our previous generations. We want to have a promising career, achieve high goals and then think about settling in a family. Material belongings are more important to millennials.

Examples of past generations

It was revealed to me on talking to a few peers that bad relationship experiences of parents have left a mark on children's mind and those mental health issues have developed strong enough that they are affecting current relationships of millennials.

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TREAT ACNE BY FOLLOWING THESE SIMPLE TRICKS AT HOME

AEM Team

2 MINUTES READ

As Ramadan is here, we are going to eat samosas and pakoras and lots of other oily and spicy stuff which is not only going to disturb our stomach but also bring more acne to our faces. If we commit ourselves to not go overboard in eating oily stuff and follow some simple things we can eat as well as enjoy soft and smooth skin. We have brought you a few simple and easy tricks to follow to keep yourself healthy and have beautiful skin.

Drink plenty of water: YES! Water acts as an antioxidant to all these oils we take in and helps in digestion. So before and after we eat spicy and oily food, we need to take as much water as we can. 3 liters of water is considered very good to keep your skin hydrated and beautiful.

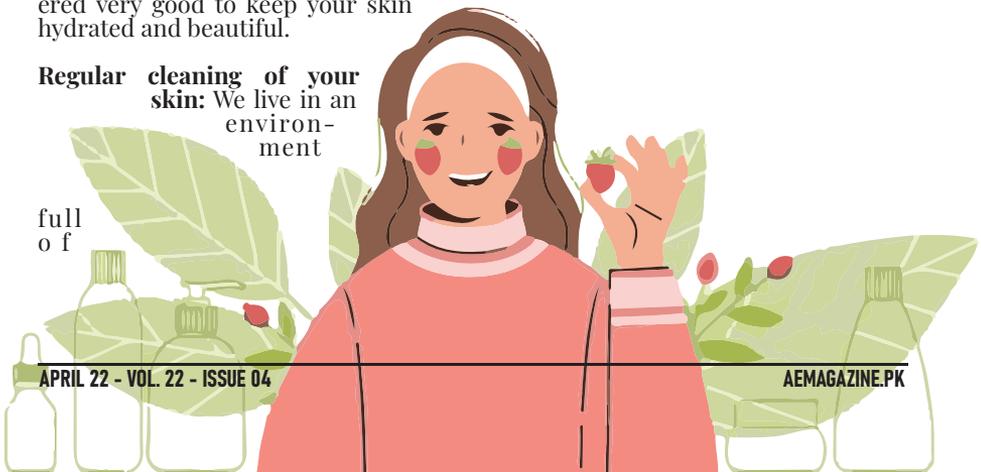
Regular cleaning of your skin: We live in an environment

dust and pollution, it clogs the skin cells and dead skin accumulates on the top along with dust. Cleaning helps clear the dead skin and allows skin to breathe fresh oxygen. We should do cleaning at least 3 times a week. You can use any cleanser that suits your skin.

Treat your skin with aloe vera: if you have aloe vera plant at home, or can get market-based aloe vera gel, it's a life saver. It will protect your skin from burns you are going to face in hot summer, treat inflammation and fade away your acne scars. Use it daily if you can for better results. You can apply a very thin layer of aloe vera before going out in the sun and if you want you can apply makeup over it. It does no harm.

Use a honey-cinnamon mask every night: Pamper your skin with honey and cinnamon powder in it. Use it every night to make your skin glow, tight and acne free. Put 1 teaspoon of cinnamon powder in 2 tablespoons of honey to make a paste. Apply it on your skin and leave it for 10-15 minutes. Wash it after 15 mins. Long term use of this mask will bring youthful glow to your skin and treat acne.

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