

MARCH 2022 – VOL.22 – ISSUE 03



AZEEM ENGLISH MONTHLY MAGAZINE

FAROOQI'S GUIDE TO SUFISM
The interpretation of
Lateefa
(Energy-Point)
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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".

One of the basic objectives of AEC is to encourage the masses to get awareness about several fields including culture, literature, science, mental health etc. through modern ethical practices.


AEC intends to inculcate the values of social awareness, development, constructive journalism, cultural harmony and positivity among the society. AEC works on its mission through different projects comprising monthly Azeem English Magazine, quarterly "The Journal of Cultural Perspectives", mental health workshops, webinars and various training projects.



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EDITOR'S NOTE

March edition is here. We have compiled some really informative content for our AEM family. Let's enjoy these knowledgeable and thoughtful capsules with fading cosy winters. Keep showing us your love.

Happy Reading!

Muhammad Ali Farooqi
Editor-in-Chief



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THE FAKE WEALTH INDUSTRY MAKING INFLUENCERS LOOK RICH

04 MINUTES READ

Becoming a successful influencer isn't a bad way to amass untold wealth. A report earlier this year found that simply having 42,575 followers is enough to earn the average UK salary in sponcon deals and ad revenue, while the influencer marketing industry as whole is projected to be worth over \$15 billion (£11 billion) by 2022. Lil Miquela, a "virtual influencer", is estimated to make over \$10 million (£9 million) a year, and she doesn't even exist.

The problem is: it's not quite as easy as just "becoming a successful influencer". Being funny, hot or "relatable" online is only going to get you so far; if you truly want to become blue tick royalty, you're going to need a massive stroke of luck, a reality TV gig or another kind of helping hand. For some, that means turning to the "fake wealth" industry.

On YouTube, there's a trend of vloggers using Photoshop to edit themselves onto sandy beaches, or on shopping sprees, to dupe viewers into

thinking they're rich and therefore worth watching. The same thought process applies to Instagram: people follow wealthy influencers and celebrities for their daily dose of serotonin-sapping aspirational content. Even if you're not actually rich, if you can at least project that kind of wealth – or so the thinking goes – the followers will follow.

For those who aren't particularly Photoshop-savvy, there are other ways of going about this.

Earlier this year, a now-deleted tweet showing influencers hiring out a Los Angeles photo studio staged to look like the inside of a private jet went viral. For \$64 (£49) an hour, influencers and their friends can pretend they've chartered a plane and live out their dream of writing captions like "catching flights not feelings x" or "head in the clouds" – and, of course, flex that they, unlike you, can afford a private jet in the first place.

In China, there's an even cheaper option. For only 6 Yuan (less than £1),

COURTESY: VICE

you can have a recording of your voice added to stock videos of expensive cars, tropical views and stacks of cash, ready to upload to your IG story. While readymade private jet photo studios and clout-chasing voiceovers aren't widely available in the UK, snapping up empty designer packaging – like boxes or shopping bags – is commonplace.

Search “empty box” or “empty bag” on Depop and you'll find hundreds of results. It used to be that the only people gagging for empty packaging were Year 9s desperate to put their PE kit in an Abercrombie & Fitch bag. These days, wannabe Molly Maes are at it too. In an interview with Input Mag, an anonymous designer reseller, with a mainly influencer clientele, revealed a recent uptick in requests for empty boxes from designer brands – namely Hermes, Pandora and Tiffany. “At first, I thought it was maybe to store some stuff at home, or to recycle it as a gift box for someone,” she told Input. “I didn't know they used it for Instagram shoots.”

On Depop, some sellers have an entire account dedicated to empties; one has posted over 600 empty boxes and bags on their account. The items are repetitive, mainly Chanel, Tiffany, Pandora or Selfridges bags and boxes, or dust bags from Gucci, Louis Vuitton or Dior. The listings are also wildly expensive: a Gucci hat box for £35; a Dior shoe box for £30, four Hermes ribbons for £20; a Louboutin shoe box and gift bag for £55 (this one does come with the original Harrods receipt, to be fair).

While you might think stacking up empty boxes is the definition of an anti-flex, according to the seller in the Input Mag piece, one of the influencers who bought Pandora

boxes from her now has genuine sponsorship deals with luxury brands.

Of course, that's not to say that flaunting fake wealth is a failsafe way to secure those deals, according to Scott Guthrie, an independent influencer marketing consultant. “You can usually spot it – usually something is a little ‘off’ in the image,” he says. “The accessory doesn't quite match the outfit, or there may be too many ostentatious signals of wealth in view.”

Not only is flaunting “fake wealth” very obvious, says Guthrie, it can also hurt the identities of certain luxury brands. “Creators masquerading as brand ambassadors may tarnish that particular brand, rather than promote it,” he explains.

Instead, Guthrie suggests that authenticity is a more realistic route towards those luxury brand deals. “A better way to catapult yourself into becoming an influencer who works with a luxury brand is to tap into the values supporting that brand's positioning,” he says. “So it's more important to be creative and innovative with your content.”

Ultimately, pretending to be rich is obviously much cheaper than chartering a private jet or actually buying expensive jewellery – but it doesn't mean you should do it. The truth is that @ing Gucci in your Instagram Story not only gives your followers second-hand embarrassment, it's more than likely to close the door on those brand deals you were hoping for.



WINNING THE LOTTERY IS THE WORST THING THAT EVER HAPPENED TO ME



Humaira Riaz
Lawyer, Editor, Writer

04 MINUTES READ

Winning the lottery strikes like a stroke of luck, but what about life after lotto? "Does it become a curse?" We have seen many people who won lotteries worth millions. Winning a lottery sounds like a dream come true. Many woes are obliterated instantly, and the future looks bright. Surely, it seems fabulous at first glance, but there's more to winning the lottery than it meets the eye. After winning the lottery, their lives change.

Life after winning the lottery may not stay glamorous forever. Whether they win a million dollars or a billion, eventually about 70 % of lotto winners lose or spend all that money within a timespan of five years or sometimes, even less. When they win the money, they become overwhelmed and start spending money lavishly. They usually don't spend it on any productive activity. Mostly they do not grow due to the fact that their fortune was

not organic enough. They start overspending and go to profligacy. Twist of fate occurs when they don't think before extravagance.

Life after winning the lottery may bring big changes for the winners. Many lottery winners returned to the same fate, as they used to be before. Here are some examples:

A boy named Carroll, aged 26, won \$15 million in a British jackpot back in 2002. He was soon left with nothing after dishing out cash on parties, cocaine, hookers, and cars. He was nicknamed "the lotto lout" and also spent his former fortune on a villa in Spain, quad bikes, demolition-derby cars, and flashy jewelry, the Huffington Post reports.

Carroll was jailed in 2006 following an altercation and was later convicted of drug possession. A man named Whittaker, of West Virginia, was already worth around \$17 million when he won a \$314.9 million multi-state Powerball jackpot in 2002.

After his winnings, Whittaker had hundreds of thousands of dollars in cash stolen from his cars, home, and

office. He pleaded no contest to assaulting and threatening to kill a bar manager. He was arrested twice on drink-n'-drive charges and was accused of groping women at a racetrack.

But that wasn't the worst of it. In 2004, his 17-year-old granddaughter Brandi Bragg was found wrapped in a tarp under a junked van outside her boyfriend's house. State police reported that her body had been there for weeks. She died of a drug overdose. His daughter later died of unknown causes. Both Whittaker and his wife said that they wished they had torn the ticket up.

Billie Bob Harrell Jr. said, "Life was good in June of 1997 when Harrell Jr. and his wife Barbara Jean held the only winning ticket to a Lotto Texas jackpot of \$31 million".

After his big win, the "Houston Press" reported Harrell Jr. purchased a ranch, as well as a half-dozen homes for himself and other family members. He, his wife, and all his kids got new vehicles. He made large contributions to his church. If members of the congregation needed help, Harrell Jr. was there with the cash.

But then his life started unraveling and his spending and lending spiraled out of control.

After splitting with his wife, Harrell Jr. locked himself in his upstairs bedroom, stripped his clothes off, pressed a shotgun barrel against his chest, and pulled the trigger, the investigators said.

According to the Houston Press, shortly before his death, Harrell Jr. confided to a financial adviser: "Winning the lottery is the worst thing that ever happened to me."

By looking into these examples, it is clear that, *when it never rains, it*

pours.

Your desire for shortcuts makes you an easy prey. The road to success is full of temptations. Cutting the corners will get you off track. Shortcuts are just an illusion; there's no quick road to success. It's not the way to get all the comforts in your life. When one thinks to take shortcuts, he has to pay back too and in very little time. By adopting this kind of way, only a short period of life can be made pleasant but it doesn't last forever. People don't grow organically and they go back to the more tragic and unlucky consequences.

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WHY ARE PEOPLE LEAVING HONG KONG?

04 MINUTES READ

Hong Kong's economic and political history has been primarily determined by its geographical location. The territory of Hong Kong comprises two main islands (Hong Kong Island and Lantau Island) and a mainland hinterland. It thus forms a natural geographic port for Guangdong province in Southeast China. In a sense, there is considerable continuity in Hong Kong's position in the international economy since its origins were a commercial entrepot for China's regional and global trade, and this still plays a role till date. From a relatively unpopulated territory at the beginning of the nineteenth century, Hong Kong grew to become one of the most important international financial centers of the world. Hong Kong also underwent a rapid and successful process of industrialization from the 1950s that captured the imagination of economists and historians in the 1980s and 1990s.

Uptin moved out of his Hong Kong apartment last year, and a few months

later that same apartment was listed online for 1500 dollars per month. Instead of the 2100 dollars that he had to pay each month for two years. That's almost a 30% decrease but, don't worry he was not a victim of a greedy landlord. It's just that the rent in Hong Kong keeps falling: this is basic supply and demand. Because of Covid, it has fewer people moving to the city and more people leaving the city which has caused rents to plunge.

Although the article from the South China morning post says they are just plunging 10 to 15 % . Hong Kong has been the most expensive residential real estate market in the world. So, it is likely a highly welcoming change if you live there. But here's the thing, it's not just the pandemic that causes a decline in housing prices. People are leaving quickly, majorly, due to political unrest that started in 2019 in which hundreds of thousands of people protested against Mainland China's tightening grip on Hong Kong as Hong Kong is expected to be fully autonomous till

SOURCE: UPTIN

2047.

During this time, people who normally would have studied in Hong Kong but said they were actively trying to move to the United States, Canada, and United Kingdom. In short, their parents wanted them to go to a place with more certainty. This shows the rising brain drain where some of society's smartest minds leave because of economic or political reasons but there's an interesting twist here. Hong Kong comprises 7.5 million people. An estimated 3 million of them are eligible to apply for a special visa that could guarantee a path to citizenship in The UK. The British Prime Minister predicts that 300,000 people who are eligible will leave Hong Kong and might move to Britain. Canada meanwhile is also a desired location for Hong Kongers leaving their country.

According to the Canadian government, they saw a 30% surge in applications from Hong Kong when it came to residency visas. Even politics aside, remember if you are young, traditionally you go where the jobs are. In 2019, Hong Kong faced its first recession in a decade, before the pandemic. In 2020, its economy shrunk by more than 6%, which is a new record. Exports and imports both fell to 35% and its unemployment is now 6.6%: the highest in 16 years. Imagine all this while also trying to afford paying rent and just live day to day in the world's most expensive city. Perhaps it's not a wonder to get a brain drain.

With 6.3 million emigrants, amounting to over three per cent of the population, Pakistan is one of the top 10 emigration countries in the world (UNDESA, 2019)

Facts

Nobody Asked For



Butterflies often feed from decaying animals, rotten fruits, blood, animal feces, and urine. Flowers alone do not provide enough sodium for butterflies, so they are attracted to salty things. If a butterfly has ever landed on you, it is not because it likes you or because you look particularly like a flower; actually, it is because the butterfly was attracted by the smell of salt in your sweat and blood and it wanted to eat you, but its proboscis was so tiny that you didn't feel it sucking at you.



GROWING CHINESE PROPERTIES IN UNITED STATES

04 MINUTES READ

There was a decade-long tradition in America that whenever The United States President visited New York, he would stay at The Waldorf Astoria Hotel. But in 2014, President Obama refused to stay there citing security reasons. At that time, a Chinese company bought that hotel for about two billion dollars. This is an example of China's extraordinary example of investment in the US.

China invests billions of dollars annually in the US, the clearest examples of which can be found in New York where a sixty-story 28 Liberty Street also known as Winches Plaza in the financial district of Manhattan and Baccarat Hotel is now owned by Chinese Companies or citizens.

Chinese investors also have shares in the General Motors building. New York skyscrapers have a reputation for buildings. In 2014, the Bank of China bought a skyscraper in Central New York for 600 million \$. The most prominent name among investors in the US is a Chinese billionaire woman named Youngz. Her family bought 60% shares of a 14 story Park Avenue

Plaza in 2011.

Whereas in 2013, she bought 40% shares of General Motors Building along with Chinese investors. The HNA Group is the second biggest name of Chinese investment in the US which has invested billions of dollars in real estate in Chicago and other cities in New York and San Francisco. Not only real estate, Chinese investors have invested billions of dollars in other sectors as well.

In 2012, the Chinese Wanda Group bought the American AMC Entertainment Company for 2.6 billion \$. And the world's biggest cinema became China's property. However, this group sold the majority shares of AMC in 2021. Similarly, some Chinese investors also bought the shares of Machemon's filmmaker for 3.5 billion dollars. The highest investment in America by Chinese investors was in 2018 whose volume was 45.6 billion \$.

However, Chinese investment in America has started to decrease since 2000 and it was at a time when the wealth and income of China and its citizens were growing rapidly. But the pace of National Development was slowing down. Chinese investors got

SOURCE - PROFIT

this fear. If this continues, the value of Yuan (¥) could fall and the monetary value of its assets inside China would also decrease, so Chinese investors would start buying assets outside of China. Transfer of money from Chinese bank accounts to real estate and companies abroad increased.

The Chinese government is concerned that this withdrawal of capital from the country's economy will increase pressure on the currency and its value will drop. The Government has also begun encouraging Chinese investors to withdraw their money in addition to taking drastic measures to curb the capital flow. The government focused on major four private business groups, HNA, Onbang Insurance, FOSUN International, and Danyan Wanda Group. In the beginning, we mentioned the word sixty story hotel in New York. It was bought by China's Anbang Group and they spent billions of dollars on purchasing these high level properties around the world.

In 2018, the Chinese government took over the company and arrested their chairman which means the border of the Astoria Hotel is now owned by the Chinese government. Hanian airlines and the HNA group is named after this which started with a small airline in 1993, but now this group is investing heavily in hotel, tourism, and real estate worldwide. HNA was the world's 17th largest company in 2017 and its annual revenue was 50 billion dollars.

In the same year, the HNA group bought 100% shares of Radisson Hotel which were sold to Gemming International Holdings after one year in 2018. In addition, HNA Group bought 245 Park Avenue Plaza in New York for 2.2 billion \$. It was the most expensive office building sale in New York

history. This group bought six and half billion dollars shares in Hilton Hotel and 3% shares of Deutsche Bank.

According to Wall Street Journal's news on August 19, 2018, "China's Anbang Group puts a 5.5 billion dollars luxury hotel portfolio on the block". Similarly, Reuters reported on October 9, 2018, that the HNA group intended to sell the property worth 11 billion dollars. The New York Post's October 9, 2018 publication stated, "Fosun looking to sale stake in 28 Liberty to revalue at 1.6 billion \$". America has also made foreign investment difficult by justifying national security.

When China's Alibaba group tried to buy money through its subsidiary company and finance, the US government stopped the deal. HNA also abandoned the intention to acquire Sky Bridge Capital. American and Chinese investors are also withdrawing due to trade tensions, and China's investment in America reached a level it was ten years ago. Let's see if this investment falls further or the chances of growth come up again.

"QUOTES CORNER"

*You will never be able to
escape from your heart. So it's
better to listen to what it has to
say.*

Paulo Coelho

A photograph of a wolf running through a river, splashing water. The wolf is in the center-right of the frame, moving from left to right. The water is dark and turbulent, with white foam from the splashes. The background shows a rocky riverbank with some green vegetation.

HOW WOLVES CHANGE RIVERS?

04 MINUTES READ

One of the most exciting findings of the past half-century has been the discovery of widespread trophic cascades. A Trophic cascade is an ecological process that starts at the top of the food chain and tumbles all the way down to the bottom. The classic example is what happened in Yellowstone National Park in the United States when wolves were reintroduced in 1995. Now, we all see that wolves kill various species of animals, but perhaps we are less aware that **they give life to many others**. Before the wolves turned up, they'd been absent for 70 years – the numbers of deer because there was nothing to hunt them had built up and built up in the Yellowstone Park and despite efforts of humans to control them, they managed to reduce much of the vegetation there to almost

nothing. They had just grazed it away. But as soon as the wolves had arrived, even though they were few in numbers, they started to have the most remarkable effects. First, of course, they killed some of the deer but that wasn't the major thing. Much more significantly, they changed the behavior of the deer. The deer started avoiding certain parts of the park – the places where they could be trapped most easily – particularly the valleys and gorges and immediately those places started to regenerate. In some areas, the height of the trees quintupled in just six years. Bare valley sides quickly became forests of Aspen, Willow and Cottonwood. And as soon as it happened, the birds started moving in. The number of songbirds and migratory birds started to increase greatly. The number of Beavers started to increase

SOURCE: SUSTAINABLE HUMAN

because Beavers like to eat trees. And Beavers like wolves are ecosystem engineers. They create niches for other species. And the dams they built in the rivers provided habitats for otters, muskrats, ducks, fish, reptiles, and amphibians. The wolves killed coyotes and as a result of that, the number of rabbits and mice began to increase, which meant more hawks, more weasels, more foxes, and more badgers. Ravens and bald eagles came down to feed on the carrions that the wolves had left. Bears fed on it too and their population began to rise as well partly also because there were more berries growing on the regenerating shrubs. And the bears reinforced the impact of wolves by killing some of the calves of the deer. But here's where it gets really interesting. The wolves changed the behavior of the rivers. They began to meander less. There was less erosion. The channels narrowed. More pools formed. More riffle sections. All of which were great for wildlife habitats. The rivers changed in response to the wolves. And the season was that the regenerating forests stabilized the banks so that they collapsed less often, so the rivers became more fixed in their course. Similarly by driving the deer out of some places, and the vegetation recovering on the valley sides, there was less soil erosion because the vegetation stabilized that as well. So the wolves, small in number, transformed not just the ecosystem of Yellowstone National Park, that huge area of land but also, its physical geography.

"QUOTES CORNER"

"The poetry of Earth is never dead"

John Keats

Addicted to Diction

Profligacy

Reckless extravagance or wastefulness in the use of resources

Refute

Prove to be wrong

Metaverse

A virtual reality space in which users can interact with a computer-generated environment

Acclimatize

Become accustomed to a new climate or new conditions

Nefarious

Evil or immoral

Noцент

Harmful or injurious

Synchronous

Occurring in real time

Cloying

Overly sweet

Ruska

The process of leaves turning into different shades of red

Phosphenes

The colors or stars that you see after rubbing your eyes

Felicity

The ability to find appropriate expression for one's thoughts

Eumicrophrenia

The peace of mind that comes from having pleasant dreams

The Martyr Of The Soil



Imran Khan

Playwright, Poet, Fiction Writer,
Teacher of English Literature

04 MINUTES READ

چرخ سے کیوں گِلا کریں
سارا جہاں عدو سہی
اُو مُقابلہ کریں

“Why should we remain annoyed with the world? Why should I complain against God (Ruler of Skies). Let us face stoically the opposing world.”

(Bhagat Singh wrote this verse to his brother Kulltar in his last letter from The Lahore Central Jail in 1913)

The British throughout their 100 years rule (1849-1947) did never enjoy a smooth sail in Punjab. To annex Punjab, Raj had to have two bloody wars and after annexation, the memory of those bloody wars echoed throughout the century in the form of poetic and physical resistance of the

sons of the soil, who never submitted to the foreign tyrannic forces. A long list of the sons of the soil who laid their lives for the cause of freedom can be mentioned. Rai Ahmad kharral, Murad Fatihana, Nizam Lohar---are the few to name.

This March would mark the 91st martyrdom anniversary of Bhagat Singh – the martyr of the soil. He was born on Sep 28, 1907. His father and uncle were also very active in all the revolutionary movements which were fighting for the cause of freedom of the masses. He was just 23 years old when he embraced death for the sake of his motherland on March 23, 1913. At the hands of the British, he breathed for a short period of time but in that short span of life he lived to the fill. He gave way to his lofty ideas of Nationalism, spent a clean and spotless life, and honored his passionate commitment to the cause of freedom from the British Raj. He cherished dauntless courage, unweav-

IMAGE SOURCE - FREEPIK

ing fortitude, and self-sacrificing heroism.

He had a scholarly bent of mind and was a deep thinker, a keen reader of books (someone who had always had a book in his pocket), and a poet. He committed to the cause of freedom for his people since his teens. In 1924, when his father tried to force him to marry, he left home while leaving a letter to his father and explained. "He had devoted his life for the cause of liberation of the Indian masses and had no time for a peaceful married life."

He formed the Naujawan Sabha in Mrch, 1926, along with the Sukhdev, B.C Vohra and Ram Krishan and played a leading role in the formation of the Hindustani Socialist Republican Association in Sep, 1928; took part along with Sukhdev, Rajguru and Chandra Shekhar Azad, in killing of British Police officer, J.P.S saunders on Dec, 17, 1928 and on April 8, 1929 he and Butukeshwar Dutt threw two Bombs in the Central Assembly Hall. In the Second Lahore Conspiracy case, which lasted from July 10, 1929 to Oct 7, 1930, Bhagat Singh and his fellow accused formed, as had been their intention all along, the court room into an arena for trying the crimes of British Imperialism against the Indian people, for propagating their revolutionary programme and rousing the Indian masses to revolt against the alien rulers who had so abused their subjects.

In result of this proceeding the verdict given by the court was a forgone conclusion with Bhagat Singh, Rajguru and Sukhdev receiving the death sentence, while seven others were transported for life and the remaining four never given prison sentences for seven and five years.

Compelled by the paternal feelings,

Bhagat Singh's father Kishen Singh petitioned the Tribunal in a last desperate effort to save his son. On hearing this Bhagat Singh became incandescent with rage and wrote to his father in protest;

"Father, I am quite perplexed. I fear I might overlook the ordinary principle of etiquette and my language may become a little bit harsh while criticizing or censoring this move on your part. Let me candid, I feel as though I have been stabbed in the back. Had any other person done it, I would have considered it to be nothing short of treachery. But in your case let me say that it has been a weakness."

Bhagat Singh seems a staunch adherent to the philosophy that life is not to die rather it is to die with the difference. Napoleon once said, "It is not death but the cause that makes a martyr." Bhagat Singh wanted to die for the cause of freedom because he knew his sacrifice would accelerate the very cause even for the layman.

On the evening of March 23, 1931, with the shouts of "Inquilab Zindabad" and "Down with Imperialism", the three great revolutionaries forced the hangman's noose. They were hanged while singing the following couplet, which has become a symbol of the revolutionary immortality of Bhagat Singh and his comrades.

دل سے نکلے گی نہ مر کے وطن کی الفت
میری مٹی سے بھی خوشبوء وطن آئے گی

"(Love for the motherland will not leave my heart even after death / its fragrance will still be there in my dusty remains.)"

📍 poetic_spurs



24TH ALHAMRA THEATRE FESTIVAL

06 MINUTES READ

Since Covid hit the country, theatre aspirants felt wobbled as there was no theatre and cultural activities around. After a long wait, the 24th Alhambra Theatre Festival was announced. It was postponed twice due to administrative hurdles and strict Covid-19 SoPs. But somehow, Lahore Arts Council managed to pull it off.

The 24th Alhambra Theatre Festival featured 10 dramas from renowned theatre groups at the Lahore Arts Council (Jan 31 and Feb 6), providing the people a chance for entertainment and aesthetic pleasure. The festival kicked off with the one-act romantic drama *Juno* performed by Aks, a parallel theatre group from Lahore. The play is written and directed by Afzal Nabi about the global pandemic. The story revolved around an old-age couple and how their lives changed due to the pandemic.

Salamat Productions staged *Hor Da Hor*. The play was an adaptation of Saadat Hassan Manto's radio play

'*Talawan*' and was translated into Punjabi by Tanveer Syed. *Dastaan Hazrat-i-Insan* was staged by Ghayyur Theatre and Arif Amin Dramatic(group).

Azaad Theatre's play '*Deewana Bakar-e-Khwaish Hoshiyar*' was presented. The play was written by Rafi Pirzada and directed by Nadeem Abbas. In the play, the bitter realities of life were presented in a light-hearted manner of comedy.

The Maas Foundation presented *Parmeshwar Singh*. Its performance is a treat for all those theatre lovers who



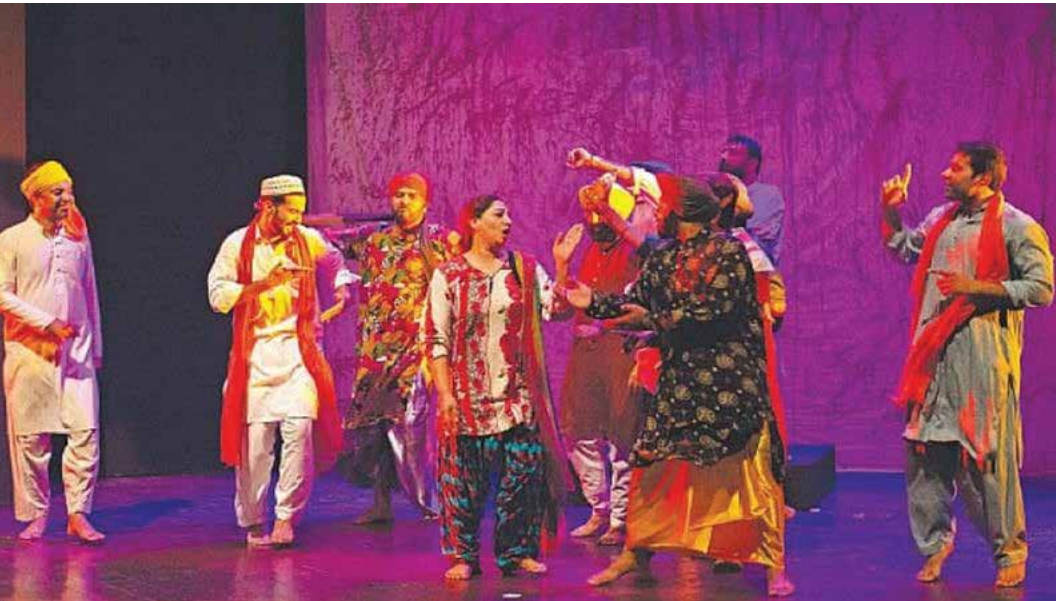
IMAGES : APP/COMP/TK

strongly believe in interfaith and harmony. It is a story of a Muslim boy who gets separated from his mother during the partition of India and Pakistan.

Ajoka Theatre presented the play *Lappar*. The play is about prejudice against girls. Its was performed well in signature *Ajoka* style while addressing serious issues in an artistic and entertaining way, *Lappar* has songs

various interpretations and stage techniques. Apart from that Sanwri play by the Norton Theatre, *Meda Ishq v Tu* by Creators Productions, *Shah Hussain Madho Laal* by Dolphin Communications, and *Ye Bhi Koi Zindagi Hy* by Sangeet Theatre were part of the festival.

All the plays were written, produced, and performed well. Without any doubt, it was a big



and satire to amuse the audience.

Diwana-Bakaar-e-Khesh-Hoshiar was originally written as a radio play by Rafi Peerzada in Urdu, then translated into Punjabi and made into a stage play by his son Imran Peerzada. First performed in 2011, the play was staged thrice at Alhamra in Lahore. It was based on a radio drama, and the script was instrumental in carrying

achievement on the council's behalf on organizing such a successful entertainment - filled drama festival. Hopefully, it won't stop here...



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FAROOQI'S GUIDE TO SUFISM

The Interpretation of *Lateefa* (Energy-Point)

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Dr. Muhammad Azeem Farooqi
Religious Scholar, Academician,
Researcher

10 MINUTES READ

Allama Muhammad Saeed Ahmad Mujaddadi (RA) in his book “Albayy-inaat Sharah e Maktoobaat” has mentioned the ten commandments which are termed as Ten Energy Centers (Latayif e Ashra). Five out of these ten commandments are referred as realm of command (Aalam e Amr) and the other five to realm of creation (Aalam e Khalq); these co-relate to a human’s spiritual and physical existence. If we talk about the ten Energy Points (Latayif e Ashra), a question arises “what is Lateefa?”

Energy Point (Lateefa)

The physical attribute of a person comprises of a very energy point (lateef), “Mahal e Noor”, which could also be termed as rational soul (Nafs e Natiqa).

“And it is a spiritual energy that is matter-free”

(Book of Definitions)

The literal meaning of energy point as per Hazrat Saheb, is ‘Palace of Lights’ (*Mahal e Noor*). The abode to all these energy points lies above the skies, but they have a very phenomenal connection with humans. With the purification of all these energy points, the spiritual seeker evolves in the *Aalam Amr* (Realm of Command)

The home to all this light (*noor*) is Aalam e Amr, but when a person consistently keeps remembering Allah (*zikr*), and gets connected to the heavens above, it gives birth to these

places. These places are always blessed with Allah’s blessings and are called, “*lataayif*”.

We can quote the example of a Cell Phone, where if a person, let’s say from America dials the number of a person from Pakistan, the dialed number rings a bell on the phone number of the person living in Pakistan; and thus, a connection is established.

Lateefa e Qalb(Energy point in Heart)

Each organ of the body has its own functions, but when there’s a message from the Realm of Command, the place where the blessing finds refuge, is called the *energy center* (lateefa), and to a certain extent correlates with the heart. So, the heart indeed is the *core of the energy center*.

There is clear guidance in sayings and deeds of Allah’s Messenger (PBUH) with reference to this point. He (PBUH) made statement in this regard:

“During revelation of the Holy Quran on my heart I would listen: sound of ringing/jingling bells, sometimes blowing of windstorm and buzzing of bees, my forehead would get sweaty and I would be totally under control of some heavenly intuition”.

Hazrat Ali (RA) demonstrated that Hazrat Muhammad (PBUH) was thoroughly influenced physically as well as spiritually during those moments of revelation. He further added: “Once, in company of Allah’s Messenger, my thigh was under Prophet’s knee while sitting that the Holy Quran started revealing/ I observed that the Holy Prophet’s face got red, drops of perspiration appeared on his forehead, and I fold

unbearable burden and load on my strong thigh which seemed to be cracked but the condition suddenly changed as revelation process was completed and I got relief”.

Would the Companions (RA) also get sound of jingling bells etc? “No... Not at all.” They were unable to listen but the face-expression and body-language of the Holy Prophet would explain the descent of Holy Quran & *Wahi* (Allah’s instructions). The Allah’s messenger would get attentive and engrossed immediately and spontaneously to receive and conceive the “Divine Message” and by this he acquired Allah’s words.

Internet and Heart

The example of internet technology can be quoted. A message is sent from the sender’s screen and is received at the receiver’s end. A message can not be delivered, without either, the sender and the receiver. In order to receive the message, it is important to turn your heart’s computer on, and tune into the frequency of the energy center and be focused completely. Practice your Shaykh’s prescribed zikr (remembrance of Allah). The moment frequencies of both the screens get tuned with each other, a connection is formed and blessings are transferred silently.

Take the five energy centers (realm of commands) of a human as a computer, and the body as software, its true residence is above the sky. And when someone gets connected to this system, the data gets in sync with the universal receiver, and on that very instant, the faiz (blessings) get downloaded and the heart feels anxious, and if the faiz lands on the soul, then the soul feels anxious. In the similar way, crown/head is the example of khafi or akhfa (hidden

secret point and the most hidden secret point respectively). The home to these five energy points are the skies above.

The way computers are connected to Hong Kong, Singapore via satellites, the main server is in America, in the similar manner the central point of the realm of commands is in the heavens. In order to grace the Sufi with courage and blessings on his path, or to upgrade their database, Allah’s zikr is recommended to them.

For instance, the data (*faiz* in this case) receiving capacity for the case of a P-IV is limited, if the data is more, then the hard disk and RAM should have more capacity, with that, the processor should have more receiving capacity to cater all the faiz. The more a Sufi keeps at practicing the zikr of Almighty, his capacity to receive and give faiz also enhance, thus his energy centers (*latayif*) also enhance.

Base of Blessings Beyond Heavens

Initially the Sufi is asked to not impure his heart, recite the zikr “Allah” from your gut as you inhale, and exhale “Hoo” and strike it on your heart. Strike it on your soul, then your crown, then khafi, down to akhfa, keep striking all the five energy points at the same time. When all these energy points are awakened, then the Sufi is asked to embrace Allah not from your heart, but from the harnessing point, and strike Hoo at the core of the universe. Strike Hoo at your rooh (soul), then the crown, then khafi, and then at the core of akhfa (the central core of the universe) and deduce faiz from it, afterwards. Sometimes, the faiz occurs to the Sufi, and the other many times, the Sufi has to pave way for it, by handing out his receiving email address and sometimes the access is granted to

the Sufi by his Shaykh. Some are granted access to Naqashbandi, Chishti to some, Qadri to others, and Suharwardi to another, and a password is given. All these connections are connected to Madina, and then to the omnipresent source.

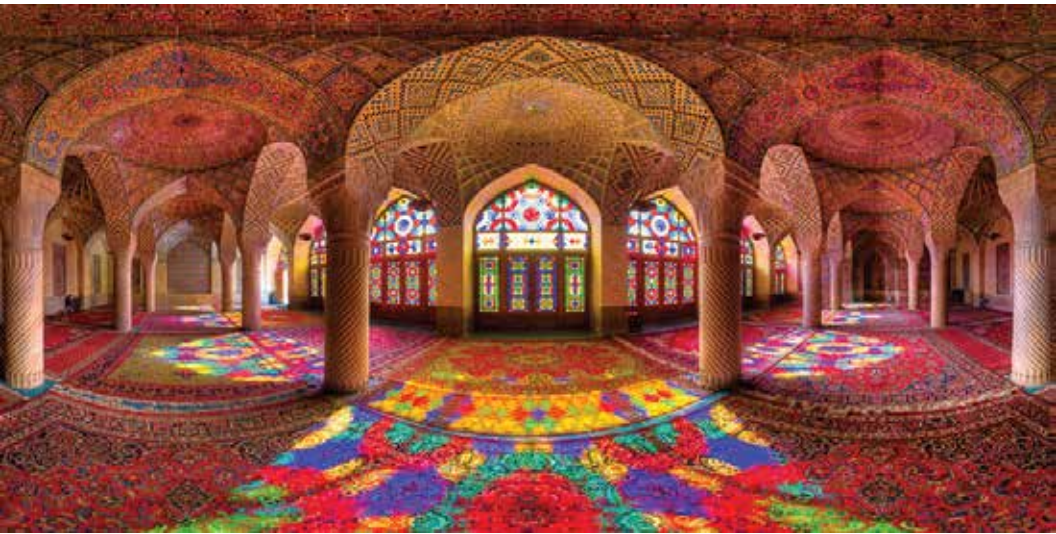
Peer nagar ko jaa kar Nabi nagar ko jaa
Nabi nagar mein beth kar yaar ka
darshan paa

(Seek way to your spiritual guide first
then Prophet's abode and to Allah

any Momin's (Believer) life possession. Keep the spirit alive and the soul could sustain, so that it could get to more people.

Blend of Bodily Existence & Heavenly Abode

These energy centers are the five core points inside the human, which are connected to the central core of the universe. There comes a time when all these energy centers travel



Almighty to attain endless bliss)

Virus and Anti-Virus

When a Sufi meditates, and strikes Hoo at his heart, faiz auto-syncs with the universal core. Keep striking Hoo in order to retrieve the data, so that you can transude your heart from the worldly affairs, and install a firewall protection – an anti-virus against all the material viruses. So that more of faiz can be retrieved, which indeed is

the universe before even the Sufi meditates. And with time, his wisdom would travel as it flows. Then there comes a time, when meditation takes over the human to the point that the Sufi's humanness (*bashreeat*) takes the shape of the vessel (of *faiz*) containing it. And that, is termed as, Fear of Allah (*khasheeat e Ilahi*). The Holy Prophet said:

“Worship God as if you were seeing

Him.”
(Bukhari)

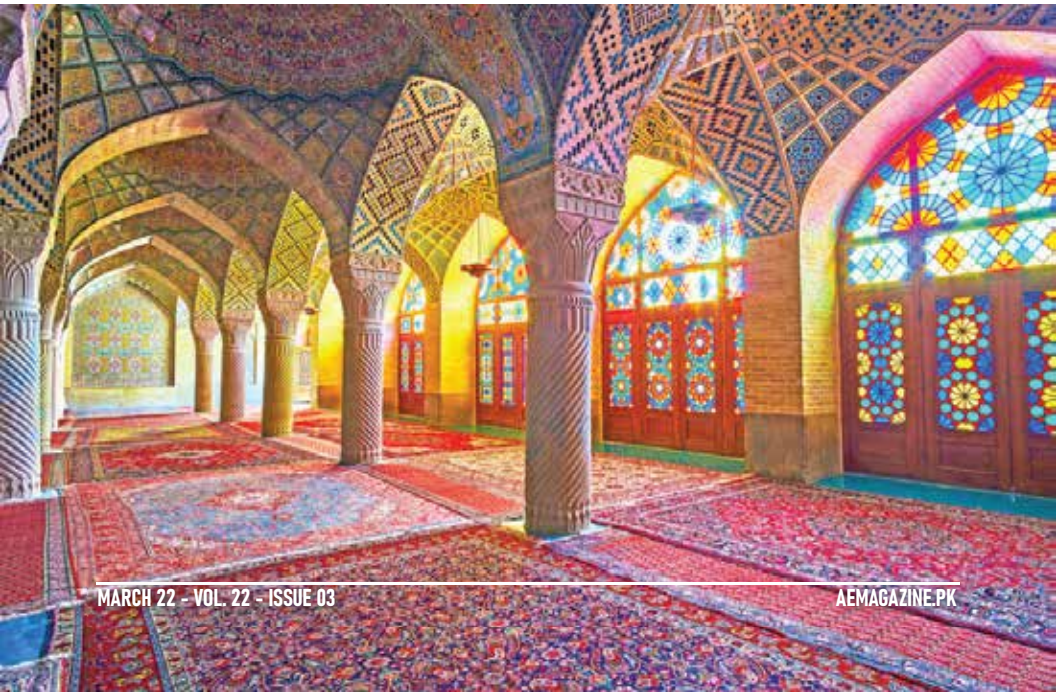
Enjoyment of Allah's Engrossment/Nearness

Humans cannot see, hear, smell or touch God. For He is not seeable, hearable, feeble. The more a person's energy centers awake, the more he gets aligned to his God. The more he is aligned with his God, the more he can observe Allah in the micro-details of the universe. The more his energy centers are connected to the central core of the universe, the more his heart, soul, crown, khafi and akhfa get attached to Him: The Almighty, and even one's wisdom and one's existence.

The Flower from Heaven and The Holy Prophet (PBUH)

It is narrated from a Hadith, once the Prophet (PBUH) was going to offer his prayer. He moved his hand in a

forward direction, hold something, left it, and took his hand backward direction. He repeated the act twice or thrice. After the prayer, his companions asked him, "O Holy Prophet! Today you performed something other than routine". To which The Holy Prophet responded, "I was reciting the Holy Quran, the verses were regarding paradise, I felt heaven in my heart, and I started visioning paradise. I saw the views of Jannah (paradise), after seeing the fruits and (some) other seeds (of paradise), I wanted to eat (those) fruits. I lifted my hand above than the seven skies to hold it. I was about to pick one, (at that moment) it occurred (to me) that Allah has preserved these (fruits as rewards), (they should remain) in disguise, they should remain veiled, and hence I receded. But, then I again wanted, and then again thought the same, and



receded.”

It implies, that these energy centers of a person can get awakened to the point, that we can travel the unknown.

Close Intimation with God & Hazrat Ali

Hazrat Ali said “I cannot bow (in sujud) without seeing Allah”. This level is one step above ilm ul yaqeen and could be termed as haqq ul yaqeen. This whole process initiates by practicing zikr (of Allah) in the realm of command and a connection is a must. When we chant zikr of Allah, we connect with our spiritual guide (murshad), i.e., The Holy Prophet.

How to Get the Password?

Think of this example as, someone gets an admission in a university, for the admission we need to get ourselves registered in the said university, that is the real way of doing it. But if someone says, to not get admission, and being enrolled, and being considered as a regular student at the university, and to be able to enjoy all the privileges of a regular student of the university, which however is not possible. For this, the person has to get registered via admission form, and universities do not give away an admission just like that. They tell you a way out, which is, they send you to an affiliated university, college or institute: to get admission in that institute, they will connect you with us. In this way you can enjoy all the privileges of a regular student.

What is Reference (*waseela*)

In the same way people, who do not believe in the concept of reference (*waseela*) have to wait or find another way of getting somewhere. But people

who do believe in a reference, tend to get easier access, for instance, a person with a reference for the same case of getting admission in a university, will have an easier access to work things out in a better way. So, a person with a reference of his Shaykh will have an easier access to the Holy Prophet.

True Instance of *Murshad*

Once my Shaykh shared this with us, I visited Roza e Rasul once, I meditated, prayed for quite a while, to seek a connection. Waited for an hour but nothing happened. Then I saw a long queue, it felt like the queue started from Madina and extended till Gujranwala. Heard a voice that instructed me to get in the line. He added, erstwhile, a feeling struck my heart, and I referred to Khwajaagan (elders), with their reference I sent the message inside, and within a few moments, all the doors opened, and I met the Prophet (PBUH).

Huzur said (PBUH) to Hazrat Bilal once, “O Bilal! You would enter paradise before me”. Bilal responded, “O Apostle of Allah! Why so?” Replied, “Because you will be forward, holding the halter of my carriage”

In the similar manner, one holding the file, or the bag, i.e., the assistant: goes along with the master.

“O believers! Be mindful of Allah and seek what brings you closer to Him and struggle in His Way, so you may be successful.”

(Al-Maidah: 35)

Dr. Muhammad Azeem Farooqi



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Only “Will” To Surrender



Muhammad Ali
Writer, Sport Enthusiast

04 MINUTES READ

All human beings claim that they own land, house, car, wealth, clothes, mobiles, jobs, kids and so on. A huge long list is there around us that we humans claim “meri” “my” or “mine”. Since childhood the thought that prevails in our mind is to try hard to own some worldly things by using any kind of source. This decides the success or failure of a person in the society. So bringing up or living in this society remains only for materialistic things. Social fabric around us holds the only thought of having a huge list of things for which the words “My”, “Mine”, “Meri” or “Mera” can be used.

There is no nurture of the thought

about the Day of Judgment, to be accountable before Allah SWT and thinking of life beyond the sphere of materialism. Human Internal sweet desires and “Nafs” are becoming the more irresistible thing in life and war against it must be tried to fight till the last breath.

Keeping in view of the man’s greed for the worldly affairs Allah SWT says in Quran,

“Have you seen him who has taken as his ilah (God) his own desire? Would you then be Wakil (a disposer of his affairs or a watcher) over him?”

(25:43)

Or,

“Do you think that most of them hear or understand? They are only like cattle; nay, they are even farther astray from the Path. (i.e even worse than cattle)”.

(25:44)

Even our body and soul are not ours and all the human claim about “*meri*” are the blessings of Allah for the limited time only while one think that it is one’s own forever. The Human’s only claim as its own is the only It’s “own will”, “*marzi*”, “*irada*”. The only thing which can human surrender before Allah SWT is It’s “own will”, “*marzi*”, “*irada*” and can pave the way to develop the association with Allah SWT and that association will become a guiding star in this worldly life and hereafter.

The humans put their utmost efforts in the way of achieving worldly desires only and keep neglecting their ultimate goal ...“*Akhirat*”. Allah SWT says in the Holy Quran,

“Verily! They love the present life of this world, and put behind them a heavy Day”
(76:27)

The increase in the ownership list of worldly things, especially wealth increases the rate of satisfaction and success in the human mind. As Allah SWT says in the Holy Quran,

“And verily, he is violent in the love of wealth”
(100:8)

This Love of wealth never ends but the life ends as Allah SWT says,

“The Mutual rivalry for piling up of worldly things diverts you until you visit the graves (i.e. till you die)”
(102:1&2)

In Toto, The lifestyle of the people is the epitome of untiring efforts of enhancing the ownership of worldly perishable things only keeping aside the way of attaining these.

The Holy Quran is the only book in

which Allah directly explains human nature in a simple and explicit way with examples for the betterment of humanity and to keep continuous improvement towards the right path. Moreover, it emphasizes that the people who embraces Islam and want to understand and feel the “*Eman*” in the the deepest valley of heart and to feel the deep inner essence of “*Eman*” with the core of heart must surrender their “Will”, “*Marzi*” and to the Will and *Marzi* of Allah. So, success or failure is the only success or failure as described by Allah and a person who wants to travel on the motorway of success must be ready to surrender his “Will” only.

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RIGHT TO FREEDOM OF EXPRESSION: A HOAX!



Shajia Saleh Soomro
Law Student at IUI

04 MINUTES READ

The idea of *Freedom of Expression* is not a novel idea for the masses. Starting from what we say in our personal circles to the publishing of this magazine, the expression and rights related to the freedom of it comes into operation. To know the basics, freedom of expression is a right given. It exists prior to the formulation of expression and remains intact after expressed too. Which means before it even the expression is born and it is just an idea in one's head. It has protection of rights and later when it is expressed by any means, in any way of expression, they are protected then too.

The question arises, how much of these rights are available to the citizens of Islamic Republic of Pakistan? Or is it just a hoax!? Do we really have any such rights, can they be claimed? How can they be claimed

and how much of its execution is allowed? Or is it just a mere fancy phrase to keep everyone in a fool's paradise?..

The answer is in our Constitution of Pakistan, 1973. Under the provisions of Article 19, the citizens of Pakistan are given all the rights to Freedom of Expression. The article states that "Every citizen shall have the right to freedom of speech and expression..". If looked into commentary, the definition of freedom of speech and expression vividly suggests all the ideas and opinions of an individual, given the due importance to it's expression without repression.

This article (19) talks about three kinds of freedoms. One is freedom of expression as we discussed, second is freedom of speech and third is freedom of press. This means, the citizens of Pakistan are free to not just express through whatever means they find but also have rights to say what they want through the mode of speech. Along with the third right of press which gives freedom to commu-

nicate with masses on mass level through press. Be it printed or online press. Whatever one writes or expresses and shares it with the masses is their constitutional right.

It is important to know that the freedom of expression and related rights are not absolute. The right to freedom of opinion for instance is the right to hold, have and express the individual opinions without interference from state, state forces or public offices. It cannot be subject to any exception or restriction, but it is important to know that this right is not absolute. It carries with it proper extensions and specific responsibilities, which are special duties. And this right may be restricted on several lawful grounds.

With every general rule and principle of law, there is always an exception. This right also has few exceptions which makes the use of this right unlawful. The restrictions of this right is "time, place, manner". The limitations imposed on the general right to freedom of expression constitutes of these three elements. To safeguard the national interest of the country, legitimate governmental interests, and for the sake of internal matters of security of the country and its citizens, such limitations are imposed.

Freedom of expression has limitations on certain grounds, such as national security, public order, public health, and public morals. When the opinions expressed do not consider the laws and are in contrast with them. When they are a direct threat to matters of national importance, the use is disrupted. For exam-
ple the blasphemy laws. Anything which comes under the "blasphemy" as per the rule of law of the state

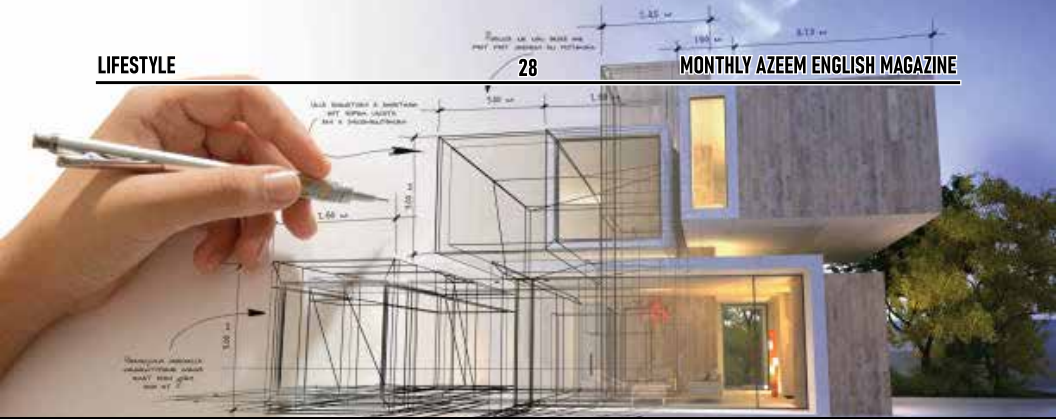
will not be tolerated and such expression is not protected by law under this right to freedom of expression. Similarly, if proved, the defamation by slander or libel against any legal person or institution will also be dealt under the penalties of Pakistan Penal Code.

The aim for this information is to make sure every citizen of Pakistan knows what rights they have when it comes to them having an opinion. What ways do they have to make sure they express these opinions through different means and through different ways of expression. When can your right be subjected to restriction, and when it will be a violation of your right if some arrangement tells you otherwise when you use your right to express. Article 19 of Constitution of Pakistan gives you independence to use this right and when read into the details in the commentary, it would help you understand how you can use this right more profoundly.

It is also a moral duty of every citizen to abide by the law while using the rights. And as we know, every right has few duties associated with it. Using every right while abiding by the responsibilities which comes along with it, to make sure the enjoyment of right is legal and whole. One can always whine about how freedom of expression is just a hoax whereas, it is not!

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Essential Advice From an Architect



Aqib Javed
Co-Founder Archine

04 MINUTES READ

Why hire an architect? A question asked by many who consider building their new home. With the ever-expanding construction industry, architecture has been, for many reasons, an option for the one-percenters. Most people have only a vague notion about who an architect is, or what architects do? Unlike other professionals most people don't interact with an architect on a regular basis, if ever. The idea of hiring an architect to design a home seems like a luxury to many who are unaware of why architecture matters and the value added to a house by hiring an architect.

Few people realize how complicated it is to build until they find themselves lost in the complexities of multiple design options, bye-laws, contractors and so on. Being in the field could be very tricky if you don't have experience but even with tons of experience there is a possibility of

error.

For those with no insight into construction, the most important thing to do is to hire a good architect. It is a very common practice to get suggestions from people around but it is highly unlikely that the end result will be in accordance with your particular needs and choices and in most cases the jumbling of multiple ideas ends up with something even worse than its counterparts. It is very important instead to invest in a good architect you can trust and be comfortable with, and to discuss your particular requirements and choices so that the architect is able to come up with a customized design to cater to the client specifically. It's better to pay a little more and have this guidance than save money and end up with a house you are not happy with.

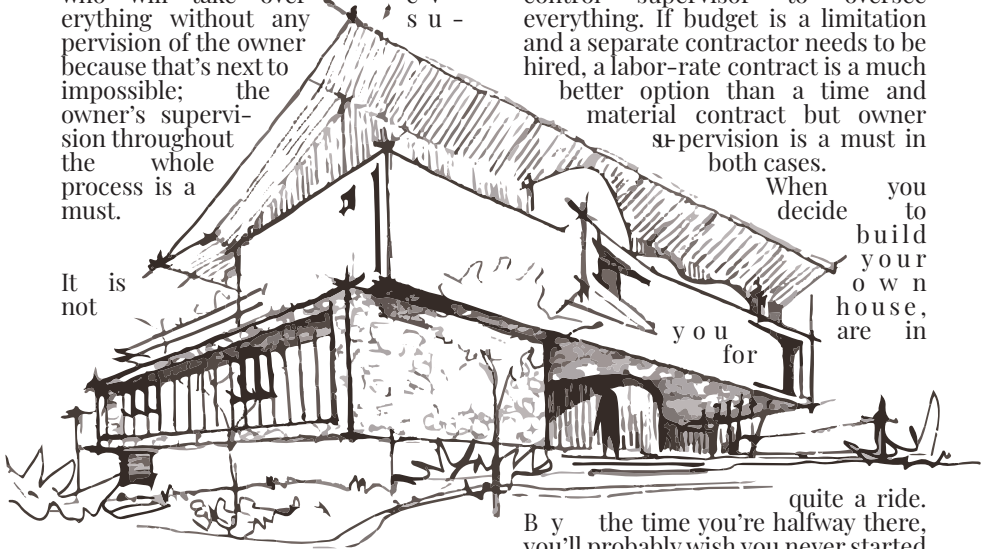
The design of the house will depend largely on your personal requirement but you need to be sure that it is in-fact your requirement rather than someone else's idea of a good design. *Common practice may or may not work* for everyone. Sizes, light quality, kitchen requirements, single

IMAGE SOURCE: I STOCK

unit or double unit, lawn or front view rooms all these requirements vary for different families. It is important to have clarity on these requirements and to discuss these with your architect.

Another very important aspect to consider is to have a good construction team. Once you get hold of a good team it is very important to ensure that they are handled properly, and to let go off the idea of a good contractor who will take over everything without any supervision of the owner because that's next to impossible; the owner's supervision throughout the whole process is a must.

It is not



uncommon, although certainly not advisable, to tweak the initial design on a minor scale once construction starts but it is very important to keep the architect in the loop and balancing the requirements of the builder without involving the builder in the design aspects of the house.

The type of contract needs to be taken into consideration as well. If you are going for a complete turnkey

project contract with an architect, the contract needs to be detailed and the architect needs to be selected very carefully. This contract is helpful when the owner is not available for supervision and budget is not an issue as the overall budget goes higher and the contract to be made needs to be very detailed to avoid any confusion in later stages. Quality control might also be in question, which could be taken care of by hiring a quality control supervisor to oversee everything. If budget is a limitation and a separate contractor needs to be hired, a labor-rate contract is a much better option than a time and material contract but owner supervision is a must in both cases.

When you decide to build your own house, are in

quite a ride. By the time you're halfway there, you'll probably wish you never started in the first place. But when the house is done, all those little details you thought of and debated on in your head for so many nights will be absolutely priceless. It's not a house; it's your house and it was made for you, perfectly shaped to your desires.

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Homemade Energy Drinks



06 MINUTES READ

The season is changing as we know, we need to include some drinks in our daily routine to keep ourselves healthy in the changing season. You need to keep yourself energetic and in good shape. The immunity should be strong enough to fight any disease. These drinks will keep you fit and hydrated throughout the day. So, here are some cozy and healthy drinks. It's like being hugged from the inside.

1 - Golden drink



Ingredients are,

- Milk (500ml)
- Turmeric (½ tsp.)
- Black pepper (½ tsp.)
- Ginger (½ piece)
- Cloves (3 pieces)
- Green Cardamom (3 pieces)
- Cinnamon stick
- Honey or Brown sugar (2 tsp.)

Take 500 ml of milk. Put it in a pan and bring it to a boil. Add ½ teaspoon of turmeric and ¼ tsp of crushed black pepper into it. Whisk it well. Take a tea spice infuser and add some cinnamon sticks, ½ inch piece of ginger, 3 pieces of green cardamom, and 2 pieces of cloves. Close the tea spice infuser, put it into the milk, and cook on low flame for 4-5 minutes. Then turn off the flame and add 2 tsp of honey or brown sugar. Mix it well and it's ready to serve. Put it into glasses and add some chopped almonds for decoration and enjoy the delicious drink. This drink will boost your immunity, be anti-inflammatory, and fight cold and cough, in this season.

2 - Classic Hot Chocolate



Ingredients are,

- Milk (half a liter)
- Sugar (2 & ½ tbsp.)
- Cocoa powder (2 tbsp.)
- Dairy-free dark chocolate(50 gram)
- Ginger and cardamom(2-3 pieces)

Take a half-liter of milk. Put it into a pan and boil it. Add 2 and ½ tablespoons of sugar to it. Then add 2tbs of cocoa powder, 50 grams of dairy-free dark chocolate, and mix it well. Add some fresh pieces of ginger and cardamom into it. Whisk it until combined completely. And cook it on low flame for 4-5 minutes. Strain it and put it into the cups and now it's ready to have. This drink will feel you good and change your mood.

3 - Energy Milk



Ingredients are,

- Desi ghee (1tbsp)
- Chopped Pistachio (2 tbsp.)
- Dry chopped dates
- Cinnamon stick
- Nutmeg (¼ piece)
- Milk (3 cups)
- Brown sugar or honey
- Nuts

Take one tablespoon of Desi ghee, put it into a pan, and let it melt. Add 2 tbsp. of chopped Pistachio, 4-5 dry chopped dates, 10-15 chopped almonds, 2-3 green cardamom, 2

cinnamon sticks, and ¼ piece of nutmeg. Roast them for 4-5 minutes until fragrant. Let it cool. Then add roasted nuts to a blender. Grind them to make a coarse powder. Now take 3 cups of milk and bring it to a boil. Add 2tbs of brown sugar or honey to the milk. Add grounded nuts and spices, mix it well and boil it for 4-5 minutes. It's ready to drink now. Put some chopped pistachio for garnishing and enjoy with your family and friends. This drink is healthy and keeps you hydrated.

4 - Beetroot Latte



Ingredients are,

- Beetroot (5 pieces)
- Milk per requirement
- Medjool dates(2 pieces)
- Vanilla extract (1tbsp.)
- Maple syrup
- Cinnamon

Take some beetroots, peel and cut them into pieces, and boil until they are softened enough. Add 2 cups of unsweetened plant-based milk of your choosing, fully steamed beetroots to the blender as well, two gooey Medjool dates with the pits removed, and finally 1tbs of pure vanilla extract. Then blend this on high until it's nice and creamy. Now just strain the mixture through Sieve before you heat up, just to remove any chunks. You can make it without

straining. Now put the mixture into a pan and heat it on the stove. While heating the mixture continuously stir it so that it may not stick to the pan. Add cinnamon stick while heating the mixture as well. Then add 2tbs of maple syrup if you like your drink a bit sweeter. Now remove it from the stove and add it into the cups. Add some crushed raspberries and enjoy. You can turn it into a latte by adding a shot of espresso. This drink will boost your iron level up.

5 - Mulled Spiced Apple Cider



Ingredients are,

- Apple cider juice
- Oranges
- Ginger(1 piece)
- Cardamom(6 pieces)
- Cranberries (a handful)
- Cloves (3 pieces)

To make this fresh and flavorsome drink, pour 2 liters of apple cider or apple juice into a pot. Take one large orange and thinly sliced it into pieces and add this into the pot as well. The citrusy flavor is gonna slowly seep into the drink. Then add a one-inch piece of ginger by cutting it into slices, 6 cardamom pods partially cracked open in halves. Then all these things into a pot along with 3 whole cloves and four cinnamon sticks. Add

also a handful of fresh cranberries into it as well. Now place the pot on a stove on high flame and bring it to a boil and reduce to a simmer and partially cover with the lid. Let the spices and flavors infuse for about 20-30 minutes. Now it is ready to serve, pour it into the glasses and enjoy. Its deliciously sweet drink and the aroma from this is going to make your entire home smell like holidays. It will improve your digestion and help in weight loss and will keep you hydrated.

UNPOPULAR OPINION



AUTOBIOGRAPHY SHOWS NOT DETERMINISM BUT SELF-OBSESSION WHICH IS NARCISSISM IN INTELLECTUAL TERMS

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PART -II

TINYWOW.COM

Did you know? This website can get tons of conversion tools which can solve many of your problems. A bunch of image and video tools including a video to gif conversion, saving a password and many more.

SHADYURL.COM

Who wants to prank his friends? I would love to. So here's the platform where you can do that. Yes, you just need to type a URL you want to add. It will give you a shaky link and when you click it, it'll redirect you to the link you typed in, you can prank your friends.. or do whatever you want.

MYHERITAGE.COM

So here's a catchy and cool website for you. If you want any photo in an animated version this is the right place. You can also color any black & white photo on this site.

THEUSELESSWEBSITE

This is a bonus, yet a powerful website. When you're tedious or in a dull mood, then it might help... it will redirect you to some different, futile and useless website, each time you click.

LIGHTINGMAPS.ORG

It shows you all the lighting around you right now.

CAMELCAMELCAMEL.COM

It tracks the Amazon price and lets

you know when it's the best deal for you.

MOUNTEVERST3D.COM

It pretty much gives full experience of climbing Mount Everest and Himalayas.

ACCOUNTKILLER.COM

It will show you how to delete any of your own accounts.

AGOODMOVIEWATCH.COM

Wanna watch the best underrated movies, just copy/paste this link.

PHOTOPEA.COM

It is a free version to Photoshop your photos and videos.

LEOLAB.SPACE

Through this app you can track all the satellites in orbit and can see how they are moving. Some of them travel the entire country in like five seconds.

MUSCLEWIKI.COM

You can select any of the muscles and it will show you all the possible exercises to relax your muscles.

ALTERNATIVETO.NET

It will show you a free alternative to any paid service like Netflix, telegram etcetera.

FUTUREME.ORG

It lets you write a letter to your future self.



Think It Business from Anywhere



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

04 MINUTES READ

The internet has made many things possible including online business, work from home, online banking, to name a few. In the recent past online was considered a niche. But the Covid-19 pandemic made it to the mainstream. Now we see many of the businesses shifting to online processes. Thanks to the Metaverse, soon we shall be hanging out with friends, participating in business meetings, attending seminars and doing a host of other unimaginable things in a virtual reality. Online business has provided many opportunities to the youth. It offers to earn passive income without quitting the regular on-site work and also saves us from the confines of an office, saves us from the heft of a boring and dull commute for hours besides many other benefits. We can work from home or from anywhere. We can be digital nomads - working, doing business, making money from any place.

It needs a little investment but a unique idea or doing something differently. Jack Trout has put it more powerfully, he says, 'to survive in this hyper competitive environment, it is not sufficient to excel in low cost, customer oriented or quality which established players can do better than you. You have to differentiate. You have to give your customers a compelling reason to buy your product instead of your competitors'. He summed it up as **"To differentiate or To Die"**.

The first thing you need to do is to generate an idea. The big question is *'where do ideas come from?'* Ideas come from discussion with friends, business people and also looking around and observing deeply *'what is happening?'*

Thinking how you can create something new or how you can re-imagine the old processes e.g. Amazon thought of selling books online, AirBnB thought of hotel reservation online, Uber thought of online taxi-hiring-service. Early on Amazon never stocked books, and just placed the product on its website

and bought from the publishers and sold to its customers. AirBnB did not have any property but used the internet to offer vast choices of home away from home and Uber without having any vehicle used the internet to offer commuting from home to a specific destination. In all these cases, the companies re-imagined the old processes and created something new. Steven Johnson has answered this question in his book "Where good ideas come from - The Natural History of Innovation". He has also proposed seven questions format to develop good ideas.

A bit of planning before beginning your journey is helpful in achieving your desired results. It's just like having at hand Google Maps that shows the path to your destination, a guide that keeps you on the right way. Alex Osterwalder has developed an excellent resource known as **Business Model canvas (BMC)**. The BMC helps you generate your business model and let you know your strengths and weaknesses viz-a-viz competitors. It also lets you know that your business story is good enough for your customers and you are able to make some profit from it.

You have a good idea and you have also created your business model and now comes the hardest part to arrange the necessary finances to get going. Without finance no idea, even the best, can be materialised. Not many entrepreneurs are lucky enough to get the required finance at the right time.

Here, the concept of Bootstrapping helps to solve many early stage financial problems. It is like running a business with zero inventory in a Just-In Time system: it reveals hidden problems and forces the company to solve them. Too much money also has

its problems as one entrepreneur remarked that "if we had more money, we would have made more mistakes." Amar Bhide has excellent advice on **Bootstrapping**. He says, 'improvise at every stage, go for free resources or use resources in a clever way to avoid disruptions'.

Internet is full of many business services with freemium model i-e, offering limited services free and offering full services with subscription. Early on use these **free services** like Google which offers free storage, free Youtube Channel, free email service, free online meeting service, free Office Tools like Docs to write, Sheets to make projections, Slides to make presentations.

At a minimum level all you need is a Laptop, Mobile Phone and most importantly, an idea.. a good idea to do **Business from Anywhere**. Good Luck with that!

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UNPOPULAR OPINION



**THE BIRDS DON'T SING
TO ENTERTAIN YOU,
THEY SING TO
EXPRESS THEMSELVES**

COLOR THE CHARACTERS

FAMILY GUY



FIND WORDS

C	E	P	V	A	I	O	N	S	N	H	R	S	I
T	S	M	E	R	T	N	I	O	J	N	O	E	I
I	R	M	N	T	O	S	S	A	I	S	S	D	N
G	H	C	M	N	E	N	G	S	C	H	R	I	S
E	L	M	W	F	A	R	E	P	D	M	O	R	T
M	S	T	E	W	A	B	R	I	A	N	A	T	O
F	O	S	S	T	S	E	W	R	O	Y	A	M	N
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J	W	C	E	I	N	N	O	B	M	M	I	O	O
N	F	R	A	N	C	I	S	F	E	N	L	R	E
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EXPLORE MAGAZINE FOR THE KEY

Learning from Mistakes

Syed M. Shayan Shah

02 MINUTES READ

Nobody is extraordinary. Everyone makes mistakes. Mistakes are the stepping stones to learning. Making mistakes is a part of life. We learn from our mistakes. Mistakes tend us to learn, grow and move on. Mistakes are committed unintentionally. The only way mistakes can be avoided is to think before you act. Therefore, in my opinion, mistakes are something from which we learn to do better next time. To commit mistakes can be a lesson for us if we take it positively. You will be able to learn from your mistakes and it will also help you improve your skills and your knowledge. Everyone is likely to make mistakes at some point and you need to overcome those mistakes positively as soon as possible. Additionally, learning from mistakes and viewing them as positive experiences can help increase your confidence and free you up from fear of failure. Don't think that highly successful people don't make mistakes as they often make more mistakes than those who are in the process to succeed. They succeed because they learn from every mistake and turn them into stepping stones. Our parents also advise us to never lose hope and these mistakes are part of life.. Here are some steps which you can adopt to learn from mistakes and overcome them.

Acknowledge your mistakes

When you make a mistake, don't hesitate to acknowledge your mistake and try to admit it as soon as you can, and apologize if you think that you have done something wrong with

someone. Making an effort to apologize for a mistake will show that you respect the people who you may have affected with your behavior. Make yourself a responsible person and admit all your acts whether right or wrong. It will lead you towards progress. .

Find lessons

A key step of learning from your mistakes is finding lessons in your mistakes. For example, maybe a mistake taught you something that you didn't know before. A mistake could also show you where you need to improve your skills. Picking out the lessons you've learned from a mistake can help you improve yourself and your work.

Analyze your mistakes

Think about what caused the mistake and how you can resolve it and note the acts that you did well or not. Analyzing and understanding your mistake can help you determine what you need to do differently to ensure that the mistake does not happen again. It will also help you get the solutions for future mistakes.

God has made no one with perfection, but if we try we can make our acts better.. Everyone has the capabilities to do something special but what do we do? We are human beings and it is normal to commit mistakes sometimes unintentionally, so learning from those mistakes can help us to be successful. So why not learn from these mistakes and make our lives better with learning and acceptance.



HOW TO BEAT PROCRASTINATION DO IT TODAY, NOT TOMORROW



Saad Rashid
Grade 7 Student

03 MINUTES READ

It's a little complicated, we think about doing a thousand things and most of us can't even do one. Mostly these include, going to the gym, dieting, going for a walk, etcetera. Every day, we forget to do the things which we have delayed. If you delay work, the burden will get more and eventually you will get tired. In your daily life, you have multiple things to do, and delaying them or forgetting them could be a big mistake. This world is running with a cycle like an animal's cycle. That's why if you delay work, it can produce many effects on your life. It can have long-lasting effects too so completing them in time is necessary. This world is like a race, if you delay your work and rest as the hare did, you will lose the race. But the man who completes his work on time always succeeds. Procrastination is a form of laziness. It's just about your routine if your routine includes everything like study, play, and other things. Now, easy tasks are

given to both children and adults like bringing water from nearby, buying fruits and vegetables. These little tasks make you responsible from childhood. That's why we should do the work at its required time. Don't be just lazy-bones and complete the tasks assigned to you. Building a business or career is hard. It requires you to do difficult, tedious, and unsatisfying tasks. If you want more clients or work, no one is going to hand it to you. You should make a timetable of what you are going to do today. Making a to-do list is a much better idea. Spending your time on these daily tasks rather than wasting your time on televisions, social media and games is a much better idea. It will be for your own good, it will get you everything you want on time, you will get strong both mentally and physically. By doing this, you will also learn many new things and you will also get more respect. You will also get to know how this world keeps running and eventually this will make you more hard-working than laziness. Here are some important point :

CONTINUED ON PAGE 41



Haseeba Abdul Qayyum
A Potter Head, Literati, Writer.

03 MINUTES READ

It was a fine evening when dada jee decided to go out for his daily evening walk. He had diabetes, so Hakeem sahib advised him to walk at least an hour a day. He lived in a remote

asked him to bring firewood, which they used to cook food on. He went further and further, looking for kikar trees and woods.

Kikar branches were feeble, so they were easy to break and lit. Finding and collecting kikar branches, he saw a little goat on his way back. The Goat was white with brown spots on it. It was weak and had big brown ears. Finding a goat in the deepest part of



IMAGE SOURCE: YOUTUBE

DADA JEE & THE LITTLE GOAT

village of Jhang district named Kot Shakir. It was 1968, so you won't find that many houses, especially in a far-flung area of Pakistan where there were just vast deserts, trees, and abysmal woods. Dada jee usually went to the bazaar, an hour away from his house. That day, he thought of going into the woods because dadi amma

the woods had Dada jee amazed because typically, there were just insects in this part of the forest. The Goat couldn't walk correctly and after looking closely at him, dada jee concluded that his forelimb was broken. He was not a physiotherapist, but he was known for mending broken bones. People far across Kot

Shakir came to him to get their broken or dislocated bones in place. So he started treating the Goat. Its forelimb was severely broken and was bleeding. There was no water nearby, so it was challenging for him to clean the wound, so dada jee took off his turban and, with its help, removed blood from the Goat's leg. After an effort of 2 to 3 hours, he managed to free the Goat from pain. Its bone was now mended, and the bleeding had stopped as dada jee tied his turban around its leg. Dada jee wanted to take the goat home, but he thought his mother would be around, so he quit his decision. He looked for drinkable water and finally found a pond. He gave it some water to drink, left it where he saw it and left for home. When he was chopping some wood, he accidentally threw the ax on his foot on his way back. His foot started bleeding, and no one was around to help him. He quickly rushed towards his house to avoid blood loss.

As he walked back home, he heard leaves behind him rustling as if someone was following him. He first thought it was the Goat following him, but whenever he turned, the rustling stopped, and there was no one. When he was about to leave the woods, he was shaken to his bones. Chills ran down his spine as he turned and faced a human-like creature with dada jee's turban tied around his leg. It was white with thick brown hair, and he bowed his head to dada jee as if dada jee had freed him from some excruciating pain. This creature moved his paw-like hand on dada jee's wound, and the bleeding stopped, and his wound disappeared.

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CONTINUED FROM PAGE 39

Less use of Social Media and Screens

Social Media has had a great influence on our lives. It kept us away from our family and work as mosmost-ople are spending half of their day on social media and mobile phones. It has also made us lazy. Tiktok, Instagram, Facebook, Snapchat, and other social media apps had made us impractical which at all is not a good thing. So, turn off your laptop and mobile phones and start being useful.

Completing Routine Works on Time

This is another tip that can help you in many ways. Doing Routine work on time can benefit you and your family. Bringing vegetables for dinner on time will mean that you will have your meal at the right time but delaying them can also delay your meal which could affect your routine and timetable.

These are some of the tips from which you can beat procrastination which will help you succeed in your life. And remember doing things on time is full of advantages!

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KEY TO WORD SEARCH



Light & Dust



Sara Noor
Writer, Novelist, Dramatist

04 MINUTES READ

A conclave of angels in the heavens was keenly observing visions- so starkly opposing to the holiness of their gathering- from a distant galaxy displayed before them in a 3-D form. Chew. Crunch. Swallow. The collective noise of a group of people trillions of light years away, eating voraciously, reverberated in the meeting room. The leader of the angels explained the rudely shocking images of an alien species to the sacred chorus.

“It is a nation fond of eating. They constitute man-eaters, land-eaters, and eaters of everything and anything that grows between the sky and earth. Dozens of them would turn in on a weakling of their own kind and eat him too if there was nothing else to eat.” All the angels gasped at this.

The leader continued, “Even if there were something else to eat, they would still do so merely for a change of taste, and, out of habit,” the leader anticipated the audience’s query and answered beforehand, “No, they are not savages, or cannibals. They,” he paused as dramatically as his station could allow, “are the gluttons.”

A chatter of voices broke. “The gluttons?” “We have not heard of them

before!”

The head angel plunged into a brief history of the hitherto unfamiliar species, “When earth was depleted gradually due to climate change, constant wars and breakdown of Civilization, mankind regressed into a degraded species.” A note of sadness crept into his voice, some yearning for an age gone by, but still remembered endearingly, a shadow of the original Adam alive in his memory, perhaps.

“The earthlings adapted themselves to survive on the meanest resources. Sometimes, these gluttons would even eat part of themselves to hasten death or to pass time or simply because they are bored.” The atmosphere inside the meeting room became stuffy at this.

“Some of them also drink the blood of fellow gluttons,” the leader continued in a sad voice, ignoring the consternation visible on his fellows’ faces. “One may deprive another of his rights, and thus, squeeze life-blood out of him. The powerful mince and slice all those whom they can. Religious ones sacrifice belief on the altar of money. Knowledgeable ones manipulate knowledge for paltry



IMAGE SOURCE - FORBES

returns. Businessmen build empires on living skulls. Such is the fattening diet of this avaricious species.”

There was great unrest among the gathered angels.

“Such depravity!” “Heart breaking.” “Callousness.”

“But why is this being brought to our attention?”

“Yes. What are we supposed to do?”

The leader cleared his throat and continued cautiously, “Our team has been tasked to...” He could not carry on.

“Crush them?” supplied one of them.

“We don’t want anything to do with violence.”

“Besides, our team’s specialty is not combat.”

“Yeah. We’re meant for guiding and assisting the needy.”

“Yes. And this lot looks like it needs the assistance of combat angels, not reformist ones like us!”

The leader flapped his wings and everyone fell silent. “The warring angels have inflicted natural calamities on them, but they haven’t amended their ways. Therefore, our team has been tasked to reform them.”

Suddenly, the meeting room was abuzz with protests and grumbling.

“Reform these...these stains on humanity?”

This time the leader not only had to flap his wings, but also charge sparks of light through the length of his translucent, venous wings to bring the room to order.

“The hearts of mankind are corrupted with greed. That is why they prey upon nature and their fellows. They have ruined the balance of the cosmos. Even so, there is a chance for them. Where punishment has failed to move them, compassion and love may change their hearts. Our mission is to fly down to this ruinous place and

breathe our spirits of light into their clay forms. The result may be a terrific change in behavior”.

“You’ll have us fly there on a ‘may be?’” a young angel retorted smilingly.

“Some hopes are stronger than certainty.”

Skeptical though they were, the team members got ready and flew downwards to perform their duty amidst the hell let loose on earth by its foolish inhabitants.

When light got mixed with dust, a subtle change aroused deep within the breasts of the clay forms. It was not overnight, but it happened. They began to abhor what had been their normal and struggled to find alternatives. First, a group of revolutionary laborers, peasants and students challenged the dietary patterns and switched their diet to vegan and dairy, claiming that they felt guilty and pained by consuming their own kind. Seeing a sizable portion of the population demanding change, large corporations and governments thought it necessary to introduce reforms. And, so they began to transform existing practices of harmful consumption of food. Earth was slowly freeing itself of gluttonous desires and their consequences.

The world did not become a paradise. Neither can it be one. But deep-stirring compassion and sincere efforts of a few humans were enough to light up the globe like stars amidst the dark and somber, silken skies. The host of angels, having done their task so discreetly and swiftly, also, began to marvel at these strange creatures called humans who could descend lower than the lowliest being or soar higher than the highest seraph

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Parenting and Confidence II



Fatima Altaf
Psychologist, Painter

06 MINUTES READ

In the very initial period of life parent's approachability and connection to their babies have an emotional and psychological impact on the development of self-confidence. This contributes significantly to the development of self-esteem and self-confidence. When parental involvement is limited, children usually receive negligible reflection or encouragement. As children mature, the dynamics in the parent-child relationships naturally change. They grow and develop, with growth and development comes their own preferences, views and with these preferences comes refusal, sometimes children refuse or seek to compromise with parental expectations. The parents here need to understand that it is not rebellion or misbehavior, just a whole being presenting

their ideas and views, which need to be accepted by the parents above all. A parent's acceptance of the child's views, ideas and their approach of seeking pleasure at a child's achievements is the platform through which a child endeavors out into the world. The self-esteem and self-confidence of children are highly affected by the over or under-involvement of the parents. It helps the child to know that their parents are there to support and provide them assistance practically and emotionally, parents also need to understand and know when to step back to allow their children to make decisions, struggle, fail and succeed. When parents accept their children's views, give them space to fall and stand with their support; a balance is developed. This balance between providing provision and giving children the freedom to learn their own individual desires, strengths, and weaknesses is the basis of how children develop self-confidence. Parental reflecting through early

IMAGE SOURCE: PINTEREST

childhood, adolescence, and young adulthood communicates acceptance, acknowledgement, and admiration. This contributes significantly to the development of self-confidence.

What is the most psychologically damaging thing you can say to a child?

Karl Ngantcha added that saying nothing at all is the most psychologically damaging thing you can do to a child. He said: "By nothing I mean not talking, communicating or interacting with your child at all"

When do children develop confidence?

Most children develop a sense of self-esteem and self-confidence as early as the age of five.

What destroys a child's confidence?

Emotional abuse by parents happens when parents create fear or guilt in the child. Tempting them to become angry, disrespecting them through decreased words and actions, is emotional abuse. Inducing shame, fear, anger etc. will ruin the child's self-esteem and confidence. Parenting mistakes that crush a child's confidence:

1. Letting them escape responsibility

Doing age-appropriate duties helps them feel a sense of mastery and accomplishment.

2. Preventing them from making mistakes

Preventing them from making mistakes deprives them of the opportunity to learn how to bounce back. Life's a great teacher lets them learn on their own which will help them to build the mental strength they need to do better next time.

3. Protecting them from their emotions

How the parent's react to their children's emotions has a big influence on the development of their emotional intelligence and confidence. Provide your children with a structure that helps them explain how they feel so they'll have an easier time dealing with those emotions in a socially appropriate way.

4. Make allowances for a victim mentality

Neither host pity in-front of your children nor let them play the victim or exaggerate their misfortunes, encouraging them to take positive action; actions which would lead and teach them how to face the misfortunate events in life. Children who recognize their choices in life feel more confident in their ability to create a better future for themselves.

5. Being overprotective

Protecting and keeping your child safe is one the basic duties of the parents, but if you don't let your child go out of the protective bubble, it will do away with their expansion. Parents though, are the protectors, but instead of focusing on being a protector consider themselves as a guide. Give your children the opportunity to gain confidence in their ability.

6. Expecting perfection

When a child views expectations as too high, they might not even bother trying. High expectations are healthy, but expecting too much has its consequences.

7. Punishing, rather than disciplining

There's a huge difference between discipline and punishment. Children indeed need to learn that some actions lead to serious consequences. In other words, discipline gives your child confidence that they can make smarter, healthier choices in the future, while punishment makes them think they're incapable of doing any better.

Why are parenting styles important?

There are many other things that influence a child's development, well above all of them and the most important is the parenting or the parenting style the parents or a parent decide on to adapt. Researchers say it's important to ensure your parenting style is supporting healthy growth and development, because the way you interact with your child and how you discipline has a lifelong impact. Physical, sexual, or emotional abuse may be the most striking and overt causes of low self-esteem & low confidence. Being forced into a physical and emotional position against one's will can make it very hard to like the world, trust themselves or trust others, which profoundly impacts self-esteem and confidence.

Which parenting style is effective?

Authoritarian parenting styles generally lead to children who are obedient and proficient, but they rank lower in happiness, social competence, and self-esteem. Authoritative parenting styles tend to result in children who are happy, capable, and successful. Studies have found that authoritative parents are more likely to raise confident kids who achieve academic success, have better social skills and are more capable at problem-solving. In general, children

tend to develop greater competence and self-confidence when parents have high-but reasonable and consistent- expectations for children's behavior, communicate well with them, are warm and responsive, and use reasoning rather than oppression to guide children's behaviors.

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Poor Relations

A poor relation—is the most irrelevant thing in nature,—a piece of impertinent correspondency,—an odious approximation,—a haunting conscience,—a preposterous shadow, lengthening in the noontide of your prosperity,—an unwelcome remembrancer,—a perpetually recurring mortification,—a drain on your purse,—a more intolerable dun upon your pride,—a drawback upon success,—a rebuke to your rising,—a stain in your blood,—a blot on your scutcheon,—a rent in your garment,—a death's head at your banquet,—Agathocles' pot,—a Mordecai in your gate,—a Lazarus at your door,—a lion in your path,—a frog in your chamber,—a fly in your ointment,—a mote in your eye,—a triumph to your enemy, an apology to your friends,—the one thing not needful,—the hail in harvest,—the ounce of sour in a pound of sweet.



An Extract from "Essays of Elia" by Charles Lamb

Babysteps & Moonshots



Armughan Munir
Transformation Coach,
Student, Podcaster

02 MINUTES READ

Shall a Little kid from India dream of Going to the Moon?

Peter Diamindis, The founder of Xprize, wanted to privatize space travel.

Naveen Jain is an Indian-American Entrepreneur who came to the US to live the "American Dream".

This Indian boy thought, "What if I could do it?"

He gathered a team and made a small company called, "Moon Express"

In their efforts, they failed multiple times and went through a near death experience.

Long story short,

They didn't win the Xprize to Privatize Space Travel. Infact. No one Did.

However, In the process.

Moon Express invented some of the cheapest, fastest ways to land on the moon and NASA bought Moon Express for 2.8 Billion Dollars

Naveen went for a Moonshot, And even though he failed, he landed among the stars.

A Moonshot is a symbolic representation of what a single person can achieve.

The beauty of a Moonshot is that it doesn't matter if you fail or succeed. The only thing that matters is that it makes you GROW.

So many of us, bore God with our little tiny 'realistic' thinking.

What matters more than achieving your goals is the growth that comes in the process.

The problem with a realistic thinking is that,

It doesn't oftenly makes you grow.

I know you might be thinking,

"Okay but how am I supposed to get to my Moonshot?"

The answer is simple, Take Babysteps.

Wanna be New York times Best Seller? Go and write the first paragraph of your book.

Wanna make a million dollar company?

Start by taking the first step in that direction.

All you need to know is the first babystep.

The rest will unfold as you grow.

"When I look into the Future, It's so bright. It burns my eyes" - Oprah Winfrey

What going to be your Moonshot?

📧 lifethroughlearnereye@gmail.com



Azka Durrani
Teacher

04 MINUTES READ

Yesterday, while compiling results for a BS semester I realized that many students kept on reiterating that papers should not be held on campus. Rather should be conducted online. I was bemused and wondered why those students demanded that. These students were able to achieve in their previous semester A, A+, B+s while on campus they managed B, B-, Cs. It was not hard for me to evaluate what

the difficulties faced by students and teachers alike due to the online mechanism of education. However, the emphasis has always been on the technical or administrative issues faced due to circumstantially enforced online pedagogy mechanisms.

My observation lies in the emotions of the students associated with these online platforms of education. I have in my classes three types of students; one group is a staunch advocate of campus learning (the enthusiastic learners), another group loves reminiscing the past and asks for the online system to get back and yet a



IN BED OR IN CLASS ATTENTION SPAN ZERO

they missed about online exams. The demand of average Pakistani students “GPA 3.0 se above rakhna” was becoming easier and more convenient.

This is how it goes on campus: University students have to be on campus for a 1.5 credit hour lecture, sometimes for a combined 3 credits hour—depending on the availability of the venue, free slots and stamina or choice of the lecturer. The same goes for online class hours. Lecturer-student availability should be ensured in the allotted time frame. Educationists, academics, and social workers have reiterated time and again about

majority of students remain quiet and express no concern at all for either online method or on-campus lectures. My interest lies in all of them but I am rather curious about the third. Let me present a rough analysis.

Students who advocated campus learning are either those who desire an ‘eye contact’ with the lecturer, they search for the expression of the teacher or the look on fellow students face when they tackle with a difficult topic or simply, because they want to get up in the morning, catch their bus, hang around in corridors before

IMAGE SOURCE: PINTEREST

arriving late in the class and choosing the back seat to lay back and relax. And then there are those who are, as we say in American lingo: geeks or theetas; they seek recognition and validation and they want to suck in even the invisible aura of knowledge emanating from the lecture room. I believe these people miss the on-campus experience because they associate their functionality with it.

Other students who advocate online learning could be introverts, perhaps. Usually those who despite the disruption in routine were self-disciplined enough to get up in the morning and sit at their study table to listen to the lecture being delivered via zoom or Google classrooms. Another reason can be the comfort that comes with it – avoiding the morning hustle bustle or simply the convenience of less travel time. Students who remain indifferent to the means and medium of lecture strike as worrisome for me. They are the ones who we call as “*khuli ankho ke sath sonay walay*” (sleeping with eyes wide open). They are there in campus, passively sitting in those uncomfortable erect wooden chairs and in online classes, they are those who are half dozing off in beds with micss off and earphones plugged in as the teacher delivers lecture at the other end, half the time feeling as if she is talking to herself. Even if asked to switch on their video call, the lecturer simply cannot trace her eyes on the screen and shake a student up to pay attention (that also when my screen is open for a class of 30-40 students).

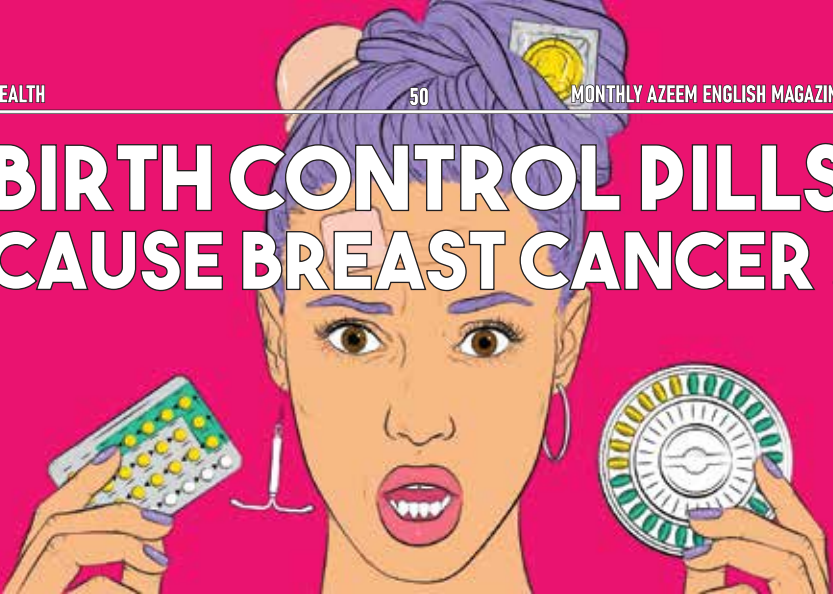
So, the dilemma is not unique to experts of pedagogy: why are some students active and others remain indifferent and passive learners? If psychological evaluations are made we might say that there are factors

like short attention span, adult ADHD, individual will power and self-driven motivation and discipline. Interest in the field, core subject and studying environment also plays a crucial role. However, in online education these factors resurfaced to another level because the student was challenged to adopt a new structure setting aside his/her idiosyncrasies because he/she will go through an exam and will have to pass it eventually. And this is where the sad part comes in: Grading on behalf of the lecturer and cheating on behalf of students.

These two ethics of exam-conduction cannot be merely inculcated by conventional educational methods or dictation in morning assemblies. It comes from the society... the culture... and the primary nurturing unit: family. Why is it normal to cheat/plagiarize during an online exam? Why is it normal to give ‘grace marks’? Why is it normal for lecturers to make a couple of slides, describe and explain it, give a random assignment and call it a day? Why has this been normalized as “pass kardein inko”? These questions and its solutions fall beyond the parameters of internet availability or failure of university administration to conduct classes online. These dilemmas are a directive of something deeper in the collective psyche and practices of our society. From normalizing lecturers not to engage students critically to normalizing corruption in upper echelons of leadership, these students and lecturers alike, need to ask themselves this primary question which ideally should strike to them on an existential level: are they zombies living on autopilot mode of existence or have they lost the will to strive for the truth?

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BIRTH CONTROL PILLS CAUSE BREAST CANCER !



Hussain Khan
Cancer Biologist

04 MINUTES READ

Can birth control pills cause risk of breast cancer? It is a big YES; birth control pills increase the risk of breast cancer in women.

Breast cancer is a cancer that develops from breast tissue. The incidence of breast cancer is rising worldwide; therefore it is of major importance to evaluate the role of modifiable risk factors to better guide future primary prevention strategies. Signs of breast cancer may include a lump in the breast, a change in breast shape, dimpling of the skin, and fluid coming from the nipple, a newly-inverted nipple, or a red or scaly patch of skin. According to the Centers for Disease Control (CDC) source, it has been estimated that roughly 14 percent of women ages 15 to 49 currently use the birth control pill globally and this number is far above in Pakistan.

Pharmacologically, oral contraceptives, or birth control pills, are hormone-containing medications taken to prevent pregnancy. Majorly, there are three types of oral contraceptive pills: estrogen, progesterone and combined. The most commonly prescribed pill is the combined hormonal pill with estrogen and progesterone; however progesterone is primarily responsible for preventing pregnancy.

The main mechanism of action is to inhibit follicular development and prevent ovulation. Another primary mechanism of action is progesterone's ability to inhibit sperm from penetrating through the cervix and upper genital tract by making the cervical mucus unfriendly.

A woman's risk for breast cancer is linked to her reproductive history and with her lifetime hormonal exposure. Among the known risk factors for breast cancer, current research has established a conclusive link between oral contraceptives pills and development of invasive breast cancer.

IMAGE SOURCE: VICE

Given the public health importance of breast cancer and the popularity of hormonal “pills” as contraceptives, the impact of oral contraceptive use on breast cancer risk assumes relevance from both a clinical and a social point of view.

Naturally, estrogen and progesterone stimulate the development and growth of some cancers that express receptors for these hormones, such as breast cancer. Because birth control pills contain synthetic versions of these female hormones, they could potentially also increase cancer risk. Furthermore, the breast is an estrogen sensitive organ. Many females who have been on birth control pills or estrogen replacement have found that the medications result in enlarged breasts which over-stimulate mammary cells and trigger breast cancer. These cells are more susceptible to the carcinogenic effects of hormones from the prenatal period through puberty, until the first full term pregnancy, because the breast has not yet completed cell differentiation.

Through evidence of epidemiological data and years of investigations, it has been found that; there is an association between the exogenous administration of female sex hormones, as contraceptive pills and with a slight increase in the risk of developing breast cancer.

According to a recently published case-control study, it has been observed that for women younger than 35, there is one additional breast cancer cause for every 50,000 women who used hormonal contraceptives for a year.

Research reveals that, in women taking combination birth control pills, the risk of being diagnosed with breast cancer is slightly higher, both

during and up to 10 years after stopping the pill. However, cancer diagnoses in women who had taken birth control pills were less clinically advanced than those who had never taken the pill.

Overall, the available level of evidence, established on epidemiological data, but no functional studies, have demonstrated that the risk of breast cancer is 20% higher in current and recent users of hormonal contraception than in those who had never used the drugs. Furthermore, the risk will be lower when birth control was used for less than one year, compared with longer use.

Given the tendency for women to start using birth control pills at younger ages and to use them for longer intervals prior to first birth, current research is directed to evaluate the clinically significant risk of oral contraceptives for breast cancer from menarche to first pregnancy.

Future work will be required to draw conclusions on the use of oral contraceptives and breast cancer onset by establishing “tailored” risk factors, based on studies focused on “precise” biological mechanisms. I believe that in this era of 4P (predictive, preventive, personalized, participative) medicines, adopting and promoting the “prevention” strategies with the full “participation” of women can enable them to choose healthy styles of life.

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“QUOTES CORNER”

Hope is a waking dream

Aristotle

FRANZ SCHUBERT'S WINTERREISE



Franz Schubert's *Winterreise* (A Classical Music and Contemporary Dance Performance) was organized by Goethe-Institute Pakistan in collaboration with the Pakistan National Council of the Arts (PNCA).

Winterreise, German for Winter Journey is a cycle of 24 songs for male voice and piano composed in 1827 by Austrian composer Franz Schubert, with words by German poet Wilhelm Müller.

The poetry is written in the voice of a young man who, upon seeing his beloved marry another, sets out on foot in the deepest winter to escape memories of her. His heart is broken, and his life is a torment of memories, dreams, and present pain. Schubert's music perfectly captures that torrent of emotion with his exquisite control of the harmonies and melodic flow. The subject matter of a wanderer alone with his sorrows was a popular theme of the Romantic Era.

Andreas Heise's *Winterreise* is a unique interpretation of Schubert's work. Besides the usual duo combination of voice and piano, he is adding the element of dance.

ISLAMABAD GETS A NEW ART GALLERY IN F-9 PARK



An art gallery, established by the Capital Development Authority (CDA), was inaugurated in Islamabad's F-9 Park in February.

CDA Chairman Ameer Ali Ahmed inaugurated the gallery in a ceremony, which was attended by artists as well as the public.

He said that art and culture should be encouraged, adding that "our artist community has a more important role to play in highlighting it, and it is in this spirit that the building has been renovated to promote art and culture," as reported by Dawn.

The building, which had been in a state of disrepair, has now been renovated, and, according to Mr. Ahmed, while there was also a proposal to convert the building into a restaurant, officials decided to develop an art gallery instead. This is indeed welcome news for art lovers as Islamabad's galleries are few and far between; there's the Nomad Center, the Tanzara, and the PNCA- Pakistan National Council of Arts. A new gallery on the block is surely a great addition.

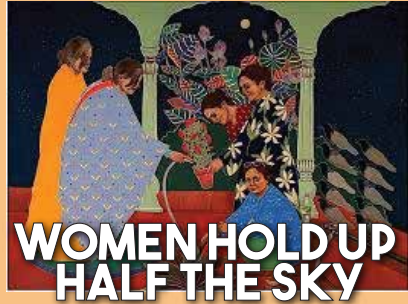
According to Ali Ahmad, the "extension gallery" will also feature the "history about the inception of Islamabad." Artists from the city will be part of a non-official board to run the center.

From Margallas



A fresh survey has been initiated to identify more illegal commercial activities like food restaurants in protected Margalla Hills National Park (MHNP). Pakistan Environmental Protection Agency (Pak-EPA) has formed a committee to conduct a survey and prepare reports about illegal commercial activities in the national park. Various social circles are raising questions that Monal restaurant has been sealed but other restaurants in the area are still doing business in the vicinity of the MHNP. An official said "The survey will identify all the restaurants that are illegally doing business in the national park. We will serve notices and will not allow them to violate the existing laws introduced to protect the national park."

He said that these restaurants are causing damage to the natural environment and forest park and changing the protected buffer zone into a busy picnic spot. A survey conducted some years back also showed that 45 percent of the area in the national park is in a 'bad shape' and eight percent 'partially degraded'. The rest of the area was in relatively 'good condition'.



In Celebration of Women's Day, Satrang Gallery is holding an Art Exhibition Opening of 'Women hold up half the sky' featuring the works of fourteen young graduates from the Prestigious NCA (National College of the Arts).

NCA is the oldest institute of Higher learning in Lahore, Rawalpindi & Islamabad.

"At the National College of Arts (NCA), we imagine a world. Not one world, but many. One for each of us, one from each of us, with these we write the autobiographies of our times, in objects, in lines, in mortar, and in perishable clay. In tracing ourselves, we leave traces. These are the traces that make our cities. Turn us inside out like pillowcases with that remembered smell, like shed skins. These are the traces that populate our nights, and from these traces, we dare to dream again."

Excerpts from NCA teacher - students conversations.

The young artists represent all the different parts of the country, hailing from the four provinces, Azaad Kashmir and Gilgit-Baltistan.

This event is set to take place on Wednesday, 11th March in Satrang Art Gallery, Serena Hotel Lobby between 5:30pm to 7:30pm.



Pakistan At Risk!



Usama Younas
Geophysicist, Digital Content Creator

04 MINUTES READ

Pakistan faces some of the highest disaster risk levels in the world, ranked 18 out of 191 countries. This risk ranking is driven particularly by the nation's exposure to earthquakes and the risks of internal conflict. However, Pakistan also has high exposure to flooding (ranked jointly 8th), including, riverine, flash, and coastal, as well as some exposure to tropical cyclones and their associated hazards (ranked jointly 40th) and drought (ranked jointly 43rd). Disaster risk in Pakistan is also driven by its social vulnerability. Pakistan's vulnerability ranking (37th) is driven by its high rates of multidimensional poverty. Pakistan scores slightly better in terms of its coping capacity (ranked 59th).

Climate Change Impacts Water

While increases in the severity of extreme events of both flood and drought seem likely, there is some uncertainty regarding the long-term outlook for water resources in

Pakistan. Uncertainty surrounds projections of change in annual rainfall, some shifts in seasonality seem likely. In the context of Pakistan's heavy reliance on the Indus Basin for its water resource, the uncertainty around future glacial change is significant. The impact of climate change on the Karakoram glaciers has been the subject of debate, with some studies suggesting glaciers have been increasing in size due to increased winter rainfall. However, a review conducted by UNDP shows shortcomings in these studies, particularly related to the lack of a comprehensive inventory of Upper Indus Basin glaciers. With an uncertain future for glaciers in and neighbouring Pakistan, including temperature rises and changes in the precipitation regime, there is a need for further research and precautionary disaster risk reduction measures. In addition, it suggests that in the shorter-term the climate change impact on water resources in Pakistan may be of lesser significance in comparison with the issues presented by growing human demand for water and other issues including the poor efficiency of Pakistan's irrigation and water storage systems. However, UNDP

emphasizes the strong likelihood that longer-term temperature rise will result in glacial loss, and reductions in the runoff which feed the Indus, as well as changes to its seasonal profile. The extent to which changes in rainfall might offset this loss is uncertain. **D.R. Archer** provided a useful overview of the potential impacts of climate change in the Indus Basin. Issues highlighted include the declining and insufficient capacity of Pakistan's reservoirs to serve its needs under future development and climate change scenarios, and the likely pressure this will place on groundwater.

Land and Soil

Issues of land degradation, desertification and dryland expansion are a major concern in Pakistan. Around 80% of Pakistan's area is arid or semi-arid, processes linked to human development such as overgrazing, over-exploitation of water resources and over-cultivation, and excessive use of fertilisers are combining to degrade land quality and expand drylands. Ministry of Climate change reports on the challenges Pakistan has faced in implementing the *National Action Programme to Combat Desertification*. **Jianping Haug** suggested there is significant potential for climate change to drive an increase in the land categorized as hyper-arid (the driest category) under higher emissions pathways. This phenomenon has already been documented in some regions, as droughts become more frequent in arid and semi-arid areas. Potential impacts of the expansion of drylands and desertification include the sedimentation of reservoirs, generation of dust storms, and loss of biodiversity. Initiatives such as "Clean Green Pakistan" aim to

restore Pakistan's natural environment, including through major tree planting efforts over the period 2016–2021.

Agriculture

Climate change will influence food production via direct and indirect effects on crop growth processes. Direct effects include alterations to carbon dioxide availability, precipitation and temperatures. Indirect effects include impacts on water resource availability and seasonality, soil organic matter transformation, soil erosion, changes in pest and disease profiles, the arrival of invasive species, and decline in arable areas due to the submergence of coastal lands and desertification. On an international level, these impacts are expected to damage key staple crop yields, even on lower emissions pathways. Shifts in the optimal and viable spatial ranges of certain crops are inevitable, though the extent and speed of those shifts remains dependent on the emissions pathway. A further, and perhaps lesser appreciated influence of climate change on agricultural production is through its impact on the health and productivity of the labor force. Work by John P. Dunne, a foreign researcher, suggests that labor productivity during peak months has already dropped by 10% as a result of warming, and that a decline of up to 20% might be expected by 2050 under the highest emissions pathway. In combination, it is highly likely that the above processes will have a considerable impact on national food consumption patterns both through direct impacts on internal agricultural operations, and through impacts on the global supply chain.

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How Solar Plant Solved the Problem of Sheep Farm?



03 MINUTES READ

Solar energy refers to technologies that convert the sun's heat or light to another form of energy for use. It is the most abundant, renewable energy source in the world. It does not emit any greenhouse gas in the energy generation process. However, the cost of solar energy is a barrier to its adoption. Additionally, sunlight varies depending on geographic location, season, and time of the day which all creates limitations on its use. Home solar is a clean, emissions-free, and renewable energy source. Unlike fossil fuels such as coal and natural gas, home solar doesn't release harmful pollutants or greenhouse gas emissions—like carbon dioxide—into the air and water supply. Here's the story of a farmer who used solar panels on his farm, fed his sheep and also earned money from it.

Farmer says, "If I hadn't had transformed any farm to the solar farm, I would have been forced to sell all of my sheep.

Unequivocally!

What do sheep have to do with solar?" Tom Warren has installed 56,000 solar panels on his property.

Farmer: "The sheep we've got here are Merinos. There are about 160 of them. And we believe that if the drought has not broken out here. We could probably put in quite a significant number more."

Central Western NSW has been hit hard by drought in recent years. The panels on Tom's farm helped create green grass for the sheep to eat when there was no rain.

Farmer: "The solar panels warm up during the day and they cool down at night. They create a layer of condensation on the top of the panels which then collects and dribbles off at the end of the panels each night and that is creating a ribbon of green grass right through the drought. It's quite clear that if I didn't have a solar farm during the drought then I would have

SOURCE : THE CLIMATE COUNCIL

had to get rid of the sheep otherwise I would have had to have fed them for in excess of two years.”

Solar panels are not just saving Tom's money on feed, they are now even making him money!

Farmer: “I continue to get the income from my grazing but I also get a significant lease fee which is paid annually from the owner of its facility itself. So, it's a win-win for me. And it actually increased the amount of money that I am getting in return for this land.”

More and more Australian farmers are turning to solar to cut their electricity bills and make extra income.

Farmer: “I think that renewable energy and farming are absolutely fantastic. Clean energy in Australia just makes sense.”

I would love more solar.
YES!

It is quite clear from the above talk that the solar system can be beneficial for energy in Pakistan too. Many benefits can be achieved from installing the solar panels here and energy can be saved.

DO YOU RELATE?

A strange nostalgia you feel when you enter a new phase in your life, like it's not the old times that are gone, it's the old you that are gone too, the feeling when you realize this existence of you in every phase of your life is just temporary

5 Things Children Need

Our Trust

Trust children. Nothing could be more simple, or more difficult. Difficult because to trust children we must learn to trust ourselves, and most of us were taught as children that we should not be trusted – *John Holt*

Our Respect

Adults who are respectful of children are not modeling a skill or behavior, they are meeting the emotional needs of those children, thereby helping to create psychological conditions for children to treat others respectfully – *Alfie Kohn*

Our Guidance

If you can control your behavior when anything around you is out of control, you can model for your children a valuable lesson in patience and understanding and snap an opportunity to shape up character – *Jane Clayton Johnson*

Our Unconditional Love

There are times as a parent when you realize that your job is not to be the parent you always imagined you'd be, the parent you always wished you had. Your job is to be the parent your child needs, given the particulars of his or her own life and nature – *Ayelet Waldman*

Our Fun

Play is the language of childhood. Speaking our children's language may sound like nonsense to us, but it sounds like love to them – *L.R. Knost*



A RUN DOWN REEL OF HIP-HOP



Tahir Inqalab Syed
Poet, Rap-Artist, Writer,
Analyst

06 MINUTES READ

Hip-hop as a medium of art has been in the world since like the past 5-6 decades. Rap music, the sub-domain of Hip-hop, is America's most streamed music genre. Hip-hop occurs to you, it's a lifestyle. It started off in Bronx, New York, and imported, more like imparted to other parts of the world. Hip-hop is a movement, if you feel it, you live it. To be hip-hop, is to be. It's just you in the purest form of you. That's how the charm of hip-hop works. It gives you a chance to embrace and accept you without any exceptions. You feel it.

Hip-hop, however has a growing influence, and the movement goes on, there have been growing movements of hip-hop in the non-other than America parts of the world, which keeps on, for instance, we've got UK hip-hop, there's hip-hop movements in the Persian world, i.e. Iran and Iraq, in European nations like Germany. The movement that came to Pakistan and India combined is

termed as Desi Hip Hop. DesiHipHop emerged from the streets of California, when Bohemia, a Pakistani-American rapper and music producer started doing his thing, in the late 90s he is considered as the pioneer, or as he likes to call himself Raja, of this movement, alongside many of his peers like J-Hind, an Indian-American rapper and music producer.

It took more than a while for the culture to hit the fan. The first wave of this movement started off in the early 2000s. And more people started joining in and that's how the caravan went on. It was more of an exclusive club, just only the people who knew about it, were aware of it, and were often made fun of. You might have seen people rapping at your birthday parties or welcome or farewell parties as well, if you grew up in those times. The people who were hip-hop at that time were usually disregarded or made fun of. Some of them really did good by keeping on their journey, reppin' themselves, as themselves. This is how the second wave of this movement hit the shore, when the people who identified with this movement, waved along, and decided to make something out of it, by just

IMAGES: UNSPLASH

not rapping to someone else's beats, but making a craft out of it, of their own. This movement flourished in the first half of the 2010s decade. We saw many rappers, and producers doing their thing on their own. YouTube and other social media platforms are to be credited for this wave, as it gave a name to the many unheard and unseen artists. The artists appeared, and so did the crowd.

Third wave was the time of confusion, and disbelief, when the artists got recognition from the audience, but were not validated by the mainstream media. The many artists at that time flourished and made a name for themselves, on their own, without any help from the higher-ups, who were found not interested in this movement. But guess what, now everyone's interested. It was probably post Gully Boy, the Indian film, that actually got everyone interested in this artform. It takes us someone from the outer world, to get our eyes focused on something, atleast, it got the people interested, and I'm glad. Before Gully Boy, hip-hop was still made fun of, but who's laughing now?

They-See Battle League is to be credited for their contribution to hip-hop, a label that promotes hip-hop in different many ways, like organizing battle rap events, recognizing artists, and promoting their content on their own channel. Other artists, aka the OGs like Xpolymer Dar and The Rap Engineers, Adil Omar, Ghauri, DJ Abdur, Moji, Sunny Khan Durrani, Young Stunners, Farish Shafi, Talal Qureshi, Anarchy: (a collective of hip-hop dancers), Daranti Group, Gawky Records, BeastBox (beatboxer, who organized international beatboxing competitions) and other many people involved, from

producers to rappers to b-boys/b-girls, beatboxers, battle rappers, graffiti artists who made it cool to express in the most purest form of expression, and now everyone is interested. You see a rapper in almost every commercial, if not the rapper, there must be hip-hop dancers. To go commercial is considered a sin in the orthodox old-school school of hip-hop and among the old-school artists of hip-hop, but it's good that people are getting paid, in such an industry like Pakistan's. At least, we get something out of it.

Now, we are living somewhere in the fourth phase of hip-hop, where everything is clearer, and both, the art, the artist, and the audience, are more flourished than ever. But how did we get here, majorly due to the fact that over the years, people got more interested in this medium of art. One of the primary reasons is the fact that hip-hop, or rap, or b-boying, or dj-ing, or graffiti, is quite inclusive, and is very relatable, for any person. A rapper for instance, raps their heart out, writes the word, and says it over a beat, with a flow, and cadence, tells their story before the world. And it's pretty safe to say that the people are the same, all of us are quite alike, and our problems are pretty much the same, and so are the themes for any track.

Hence, there's a growing influence of hip-hop among the people, particularly the youth of Pakistan. At least the youth is drawn towards some positivity for that matter. A developing nation takes more time to progress, and in the meantime, it is the youth that suffers the most. Due to different factors like inflation, extremism, terrorism, art movements are always a better way to cope and deal with it, as they give a person some room to

express, and more room to relate to, avoiding the negative traits. And of course, there are some aspects to hip-hop that the earlier generations might find hard to catch up with. But that is the thing with culture, it goes on, and is not entirely static.

Recently, a motivational speaker cum preacher's video surfaced on the internet, and went viral, and faced quite backlash as well as endorsement from the netizens. The motivational speaker cum preacher was found preaching against hip-hop and rap, the person believes, more like confuses hip-hop with some sorta satanic rituals, I as a rapper, and part of this hip-hop fam, would most politely ask the person to chill, it's only wrong if you make it look wrong, and a person who is a speaker, and spews all hate, definitely has an impact, and makes it look negative, which, it is not.

Why is it so, that whenever any new progression takes place, you'll find people advocating against it. Well, it could be due to the fact that we the homo sapiens, particularly, from this region are not adaptive to change. No change is good initially, it takes a clock two round circles to call it a day. And a lot happens between those twenty-four hours. Verily, there are many aspects to this artform, which are not likable, for instance, some

people believe that hip-hop paves way for violence and anger. That is right, but that's not all to it, there's more, there's expression, and the violence and hatred aspect only gets channelized in a good expression.

Do not impose, when there are already less ways or mediums of expressions for the youth to voice out their opinions, it would only draw them back towards their shell of angst, anxiety, and depression. And if one is truly worried that their children might sway away from the



culture, then, educate your children to not sway, make them aware of the consequences of any XYZ circumstances. Don't ask them to stop experiencing things, let them experience some experiences, let them express, and let them be. Believe it or not, hip-hop is here to stay, and will only flourish in the coming many years.

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alifnqalab

Why Do Judges Wear Wigs?

02 MINUTES READ

Have you ever wondered? Why do judges wear wigs? Well, the short answer is Colonialism and British Raj. The costumes worn by judges are just about the most distinctive working wardrobe in existence. But that's not altogether surprising; after all, not many uniforms have had seven centuries to evolve..... The judges who decide someone's life and death, if they wear a wig it is very difficult to take them seriously. There was a time when every person used to despair in the crowd with this kind of look. Strange as it might seem now, when judges first started wearing robes and wigs they probably wouldn't have stood out on the street.

The costume of a High Court judge, for example – a long robe, a full hood with a cowl covering the shoulders, and a mantle (or cloak) – was more or less established by the time of Edward III (1327-77) and was based on the correct dress for attending the royal court.

This dress code was considered suitable for the courtroom. In 1660, in the era of Charles II, the first appearance of these wigs was found. The judiciary, however, took some time to convince; portraits of judges from the early 1680s still show judges defiantly sporting their own natural hair, and wigs do not seem to have been adopt-



ed wholesale until 1685. In 1760, the era of George III, the wig fashion started. These wigs are made up of horse hairs. These wigs were not used for beauty but their reason was something else. Because of unhygienic conditions, the people in Britain got lice in their hairs and they had hair loss because of sexually transmitted diseases. To avoid this, they started wearing wigs. The wig style changed till 1780 because judges wanted them to stand out. Judges wore only full-bottomed wigs until the 1780s, when the less formal, and smaller, bob-wig, with frizzed sides rather than curls, and a short tail or queue at the back, was adopted for civil trials.

The full-bottomed wig continued to be used for criminal trials until the 1840s, but is today reserved for ceremonial dress; smaller wigs are used on a day-to-day basis.

That wig trend doesn't have any relation with our religion or culture. This trend started in Britain and prevailed there for a long time. Now, this trend has changed a bit.

SOURCE : THE CLIMATE COUNCIL

7 Why Are There Days a Week?



02 MINUTES READ

Did you know that there's only one thing every single culture, country, and religion in the world agrees on? And it is that there are only seven days a week, not one more not one less. Christians, Muslims, Jews, Europeans, Arabs, Asians, from China to Antarctica, everybody has seven days a week. But why 7? What's so special about that number that every person on the planet agrees on?

Thousands of years ago, people didn't have iPhones or watches to tell the time, so they would look up at the planets and their positions to guess it! They saw 7 planets including the Sun and the Moon. And believed that each had superpowers. So, they started to worship them. One would be the God of justice, the other would be the Goddess of love. And in this way, every planet became a God. They wanted these Gods to watch over them 24/7, so they assigned one God to every hour of the day. And eventually, they even gave a whole day to each. And that's how it ended up with seven days for seven Gods i.e. Moon day, Mars day, Mercury day, Jupiter day, Venus day, Saturn day, Sunday. These people were the Babylonians. Their week system got so popular that it spread to Spain, France, India, Malaysia, and the North Pole, that's how Mars day became Tiws'day after the

Norse God of war tiw. Mercury day was renamed "Wodins day", after the Norse God of Wisdom Wodin or Odin. Jupiter day was called Thor's day, after the Norse God of thunder. The venus day was renamed after the Goddess of love, Frigg or Freya. So, it was called "Freya day". Many cultures tried to change the week like the Egyptians and Romans who had 10 days a week instead of 7 but it never worked out because almost every other country of the world was happy with 7. Actually, the world fell in love with 7. That number became so popular that we started using it everywhere like seven wonders, rainbow, sins, continents, seas, chakras, piano keys, harry potter, it became a lucky number. So lucky that if you hit it 3 times in a slot machine, you'll become mega-rich. It's so popular that even Cristiano Ronaldo picked it up as his jersey number and James Bond uses it as a codename, scientists found out that the reason we love it so much is that we can only remember 7 things at a time in short-term memory anything more than that we would need to write it down. So the next time you feel like your week is too long or you can't wait for the weekend. Just remember it could've been much longer if we had followed the Egyptians.

SOURCE: IAMS DAILY

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