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AZEEM MONTHLY ENGLISH MAGAZINE



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is in the spotlight again!

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TREES IN PAKISTAN
ARE INVADED BY SPIDERS

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

AE Magazine is growing day by day and so does our AEM family. Your immense love and constructive feedback is really helping us to improve smartly. This month we are going to bring more engaging and engrossing content that you surely do not want to miss.

Bonne Lecture!

Muhammad Ali Farooqi
Editor-in-Chief



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Trees in Pakistan are invaded by Spiders

AEM Team

2 MINUTES READ

Spiders took over the trees in Pakistan covering everything in sight with their webs and that way they found an enemy of humanity. It looked like a surreal scene. The trees just looked like they were wrapped in candy floss. Alerting scientists who answered the call to solve the mystery. In 2010, a heavy rainfall flooded the country and reporters traveled there to cover the phenomenon. According to them, nothing really prepared them for what they saw when they reached there. But the buds were only the beginning. To many inhabitants it was a frightening sight and an omen of the worst things to come.

As the water rose, the spiders instinctively climbed the trees, bit by bit, to protect themselves. The floods took so long to recede that the spiders ended up colonizing whole trees. The spider webs which they wove ended up embalming the branches, creating these strange sights. They were just small, harmless spiders, but there were a lot of them!

Each morning thousands of spiders were seen hanging with the trees. Luckily, some respected their space. And a while later they saw the result, the reduction of the population of Malaria carrying mosquitoes. The zone was covered in spider web and an almost negligible presence of mosquitoes between them, the ones



responsible for malaria. But what seems to be a miracle of nature is a normal response by spiders when they are taken to the brink for survival. However no one wakes up one day to an invaded kitchen, in the fridge covered by spider web even on the most humid days. The flood was the reason the spiders had to find a higher ground. The spider web was the only remaining mystery and the answer came from the waters themselves. As they are breeding grounds for millions of mosquitoes. The answer was clear. Thousands of spiders confined to a smaller space and millions of mosquitoes fluttering around as food. The spiders had the feast of their lives discovering easier means of survival. In time, humans had to suffer less because of the mosquitoes as well as less cases of malaria. The spiders won't be able to eradicate the disease but they have become an important agent in the fight. In 2012, the same phenomenon was observed. This time in Australia, the spiders not only covered the trees but complete fields of crops showing the world their frightening power. When they have to do anything to survive.

IMAGE & CONTENT SOURCE : THE KIVI



HOW OIL AND GASOLINE PRICES ACTUALLY WORK?

AEM Team

4 MINUTES READ

Gas prices—and therefore oil prices—wield a tight grip on the American consumer psyche. No other commodity's prices are tracked so closely, advertised so prominently, and hold such significance in the minds of the American people as gas prices. It is also a market few people understand.

When gas prices are low, people are pleased, or at the very least do not complain about gas prices. But when gas prices are high—which everyone immediately knows because they're posted in giant signs at hundreds of thousands of public locations across the country—people get mad, politicians react to that anger, and lots of hemming and hawing is done. Recently, President Biden has taken to blaming oil companies for “padding their profits” by artificially increasing prices. The main point Biden and other folks calling out the oil companies make is that at the peak

of the 2008 oil shock, a barrel of oil was going for about \$132 a barrel and gas prices hit a high of \$4.15 in the U.S., but now oil has peaked at around \$103 a barrel—about \$30 less than in 2008—but gas is going for \$4.41 per gallon, almost 30 cents more than in 2008. Sen. Elizabeth Warren is reviving the idea of a new tax targeting oil profits. A CBS/YouGov poll showed most Americans are willing to accept higher gas prices for the time being, but a vocal minority is blaming Biden.

Politicians getting upset about rising gasoline prices are about as predictable as the sun rising in the east,” R. Tyler Priest, an energy history professor at the University of Iowa, told Motherboard. So too, he added, are consumers getting upset at politicians for rising gasoline prices. What this cycle, repeated decade after decade since the 1970s, typically omits is any kind of rational discussion about how oil prices actually work. Motherboard spoke to two

IMAGE SOURCE: KSCZ/JI CONTENT SOURCE: VICE

energy policy experts and one energy historian to figure that out. And while they disagreed on some matters, there were a few common threads they found frustrating about popular discourse around gas prices. Mainly, all the finger-pointing is completely disconnected from how oil markets work, what can be done to ease the pain at the pump, and how to prevent such shocks from happening in the future.

Kenneth Medlock, the senior director at the Center for Energy Studies at the Baker Institute at Rice University, put it bluntly: “Blaming each other for sudden, unexpected movements in price, especially on the heels of a pandemic recovery and now a war in Ukraine, is just patently false.”

Who controls oil prices?

At some point in their lives, most people learn some version, no matter how rudimentary, of the supply and demand curve. At some later point in their lives, nearly all of those people conclude none of that applies to oil markets, which are, they claim, manipulated by politicians, or a cartel of Western oil companies, or OPEC, the Organization of the Petroleum Exporting Countries, with 13 members mostly from the Middle East and Africa.

But that is a mistake, Clark Williams-Derry, an energy analyst for the Institute for Energy Economics and Financial Analysis, told Motherboard. He said oil markets are much closer to the classic version of Economics 101 with the supply and demand curves than, say, iPhone prices, where Apple decides what an iPhone costs and the market reacts. In contrast, “Oil prices are set, basically, by a bunch of buyers and a bunch of sellers who are

engaged in a nonstop auction for oil,” Williams-Derry said. And the market is volatile and fickle. “Small imbalances between supply and demand, even just a percent or two, can push prices all over the place, because nobody wants to be the refiner that doesn’t have enough oil.”

It is true that OPEC, for example, can still manipulate prices in the oil markets by choosing not to release spare production capacity, Medlock said, which is often, but not always, a matter of diplomacy between OPEC members and the U.S. But this type of dynamic—in which a single or small group of companies have some ability to manipulate prices in their market due to their size—is hardly unique to oil markets, as researcher Matt Stoller has extensively documented in his newsletter about monopoly power in global markets. But the oil market is still sufficiently competitive that “padding profits” in the traditional sense, Medlock said, would be difficult to do.

The upshot, Williams-Derry said, is that “people I think have this idea that oil is the same way [as the iPhone], that there’s some company out there, like some person like in Saudi Arabia, or in Venezuela or in like some office in Houston is saying the price is ‘x.’ But when you look at how it actually works, the price is set surprisingly like in a free market.”

What can presidents and other politicians do to lower gasoline prices?

Essentially nothing. Releasing reserves—about 582 million barrels as of February 22—is a tiny drop in the proverbial bucket that the oil market will barely register, considering global oil demand is about 100 million barrels per day. Leasing more federal

land for drilling has the same issue and also suffers from the lag problem; it takes time to start drilling a place that previously was not being drilled, and by the time that is done, the drilling may not even be needed anymore, a risk oil companies know and will therefore be hesitant to buy the lease for in the first place. The vast majority of drilling in the U.S., Williams-Derry said, is done on private land oil companies already own.

"Politicians take too much credit and are assigned too much blame for things that are happening in oil markets."

Williams-Derry.

Medlock agreed, saying the "false accusations" that oil prices are somehow directly related to short-term political decisions lead to "blame-shifting," but that at the end of the day "it is really all about supply and demand, but that is a boring, apolitical story.

What's a Soulmate?

It's like a best friend but more. It's the one person in the world who knows you better than anyone else. It's the one who makes you a better person. Actually they don't make you a better person, you do it by yourself because they inspire you. A soulmate is someone who you carry with you forever. It's the person who knew you and accepted you and believed in you before anyone else did or when no one else would and no matter what happens, you'll always love them. Nothing can ever change that.

What's Home to Me?

Bisma Saeed

Few days back I had a very strange dream. I woke up mumbling "Muma, muma!" But being not able to open my eyes I felt terrified. Then, when I was just about to fall off from my bunk bed, I realized I was dreaming. All wet, half in sweat and half in tears. It was dark, pitch black in the room and outside too. I called my roommates names just to feel a bit safe and to assure myself that someone was in the room. But because everyone was deep in sleep, no one responded. I calmed myself down, wiped off my tears and changed my side so that I could try sleeping again. But no matter how hard I try, tears keep rolling out of my tightly shut eyes. I had no idea what was keeping me awake after that. Was it homesickness? My fear? Loneliness or Muma? She didn't do anything special back at home when I had bad dreams. Just her presence by my side was more than enough. It's been 2 years since i left home for studies but still that kid i try hard to mature here, craves her mother's warmth and presence. It's scary how time is flying.

I not only missed Muma that day but my 2 classes afterwards also. Because the whole time I couldn't sleep. And when the sun came out to make me feel safe my alarm started ringing. Totally exhausted, I dismissed it, turned off my phone and finally fell asleep. No one was there to wake me up before time, lying saying I'm getting late for class. Because no one here has that much time. It's no one's concern whether i take class or not. Life here is a race. A never ending competition. And I'm still trying to keep up my pace.

Why Algorithms are called Algorithms?

AEM Team

2 MINUTES READ

We think of algorithms as something new, but the term actually dates back about 900 years. The word algorithm came from the name of a Persian mathematical genius, Muhammad Ibn Musa al-Khwarizmi. He was born around 780 AD in the region now known as Uzbekistan. His name suggests he came from Khwarizm. Known as al-Khwarizmi, he was director in the House of Wisdom, an intellectual centre for scholars in 9th century Baghdad. He made innovative contributions to mathematics, astronomy, geography and cartography, and wrote an influential book called "Concerning the Hindu Art of Reckoning". 300 years later, the book was rediscovered and translated into Latin. It introduced Hindu-Arabic numerals to the West, which eventually replaced the unwieldy Roman ones. The Hindu-Arabic number system, along with the decimal point, both described by Al-Khwarizmi in his book, are the basis of the numbers we use throughout the world today. Al-Khwarizmi's name, when translated and Latinised in the title of the book, became algorithmi. And this is the origin of the word algorithm. We also have Al-Khwarizmi to thank for the word algebra, which comes from another of his works. His books revolutionized mathematics in the West, showing how complex problems could be broken down into simpler parts and solved. In medieval Latin,



algorithmus simply meant the decimal number system. By the 13th century, it had become an English word and was used, for example by Chaucer. But it wasn't until the late 19th century that algorithm came to mean a set of step-by-step rules for solving a problem. In the early part of the 20th century, Alan Turing, the British mathematician and scientist, worked out how, in theory, a machine could follow algorithmic instructions and solve complex mathematics. This was the birth of the computer age. During world war II, he built a machine called Bombe, which used an algorithm to crack the Enigma Code. Today, algorithm is a fairly common term, even if sometimes you are not exactly sure what an algorithm does. Algorithms are everywhere now, helping us to get from A to B, driving internet searches, making recommendations of things for us to buy, watch or share, and predicting how we vote or who we fall in love with. This little word that originated in Medieval Persia is gradually transforming our lives.

IMAGE SOURCE : PINTEREST | CONTENT SOURCE : BBC IDEAS

EDITOR'S PICK

Boeing

is in the spotlight again!

AEM Team

6 MINUTES READ

Aircraft maker Boeing is in the spotlight again after its 737 airplane crashed in China Guangxi region killing all 132 on board. It comes as the billion dollar company has faced severe backlash after its two international 737 Max planes crashed in 2018 and 2019 resulting in 346 deaths. But is this the first time Boeing has been on the radar? Here's the rap sheet.

737 Max Settlement

In 2021, Boeing's board agreed to pay \$237.5 million settlement over a lawsuit brought by major institutional shareholders alleging the board's safety oversight of 737 Max aircraft which grounded for 20 months following two fatal crashes that killed 346 people.

787 Dreamliner Defects Expand

In September, 2020 the Federal Aviation Administration (FAA) started investigating manufacturing flaws in the 787 Dreamliner. Boeing was able to resume deliveries in March 2021, but they were halted again in May after the FAA raised concerns about its inspection methods. In July, the FAA said the nose of the planes had manufacturing quality issues and

must be fixed before delivery to customers. In October, Boeing announced it had been improperly manufacturing Dreamliner parts for the past three years and defects included parts that make up the 787's wing, fuselage and tail.

787 Lithium Battery Fires

In 2013, Boeing's 787 Dreamliner caught fire from a lithium-ion battery due to design flaws. US accident investigators said the FAA should never have certified the plane. A federal official accused Boeing of submitting flawed safety test results.

737 Crash

In 2009, a Boeing 737 crashed near Amsterdam's Schiphol Airport killing nine people and injuring many others. Boeing and US officials pressured Dutch investigators to erase or amend initial findings in their investigations that blamed Boeing's 'Design Shortcomings', instead they sought to put the blame on the pilots.

Improper Use of Competitor Information

In 2006, Boeing agreed to pay \$615 million to settle criminal and civil allegations that it improperly used

IMAGE SOURCE: UNSPLASH | CONTENT SOURCE: TRT WORLD

competitors' information to procure contracts for launch services worth billions of dollars from the Air Force and NASA.

Documents Obtained From Competition

In 2003, Boeing was stripped off \$1 billion in potential revenue by the US Air Force after obtaining documents stolen from its rival Lockheed Martin during contract competition for military satellites.

Faulty Pump Wiring

In 2002, the FAA ordered the inspection of more than 1,400 Boeing aircraft for potentially faulty fuel pumps that could cause explosions. Inspections found chafed or misaligned wires in pumps that suddenly stopped working during flights and damaged wires had the potential to cause sparks and explosions.

Defective Helicopter Gears

In 2000, Boeing agreed to pay \$54 million to resolve two whistle-blowers lawsuits which charged the company with placing defective gears in CH-47D Chinook helicopters and selling the aircraft to the US Army.

Fuel Pumps and Valves Faulty

In 1997, the FAA ordered immediate replacements on the fuel pumps of all 747s and in 1998 it grounded over 170 Boeing aircraft. In 1999, more than a year after Boeing had known of the safety defects in the fuel valves of its 757 jets. It failed to inform regulators. The FAA proposed a \$392,000 fine. In 2016, the FAA again ordered checks on fuel valves on a wide range of Boeing aircraft including the 737-757, 767 and 777 jets.

Faulty Fire Extinguishers

In 1989, the FAA had proposed a fine of \$200,000 against Boeing for failing to promptly report that the fire extinguishers on two 757s were faulty.

Japan Air Disaster

In 1985, A Boeing 747 crashed in Japan killing 520 of the 524 people on board. A month after the crash Boeing admitted that it made faulty rear-cabin repairs.

Boeing has experienced catastrophic financial losses in the wake of the evolving 737 MAX situation. Boeing has seen fit to postpone development of at least one critical project. Following the grounding of the 737 MAX, Boeing has suspended all deliveries of the aircraft to customers and slowed its production schedule.

It is clear from the above rap sheet that the companies should be proactive about risk management and conduct broad risk assessments on a regular basis. Such assessments should monitor for threats across strategic and tactical vectors. From broad-based standpoints such as ensuring clear and independent reporting lines, to granular measures such as monitoring high-risk employee communications, risk management efforts must be comprehensive. Finally, it is vital that key stakeholders up and down a company's chain of command "buy in" to the importance of risk management and participate in the process in a transparent and cooperative manner. It is incumbent upon company leadership to ensure that a "culture of risk awareness and management" is present at all levels of the organization.

HOW TO BE AN EFFECTIVE LEADER AT ANY STAGE OF YOUR CAREER

AEM Team
A MINUTES READ

The word “leader” tends to conjure images of that C-suite executive with a corner office and growing team of direct reports. But the truth is, leaders exist at all levels of an organization. You, yourself, can be a leader—no matter the stage of your career.

What is Leadership?

Leadership “is all about influencing people,” Lynde said. “Leadership is something that you don’t actually have to wait until you’re a formal leader with five or 10 direct reports to practice.”

Anyone can exercise influence at work. According to Lynde, you can display leadership by being:

- The go-to person on a certain subject within your organization
- Someone who thinks creatively and frequently shares ideas in meetings
- An active listener and consensus builder
- The colleague who’s good at making everyone feel included and valued on the team
- A person who’s effective at articulating how he or she thinks the organization should move forward

If you aspire to become a leader at work, here are some qualities of effective leaders to consider develop-

ing, and a step-by-step framework to become an effective leader.

Qualities of Effective Leaders

It’s true that anyone can be a leader, but there are certain characteristics that are common among successful leaders. Consider developing these relevant leadership skills and abilities.

1. Communication Skills

Successful leaders almost always have exceptional communication skills. By developing your leadership



communication skills, you’ll be able to better articulate your vision and foster a more collaborative environment. You should

also keep an open line of communication with your team to remain transparent about what you’re doing and what needs to be done.

2. An Innovative Mindset

Simply put, innovation in business refers to generating new ideas and approaches to solve existing business problems and meet organizational objectives. Great leaders foster innovation in the workplace and are always looking for new and improved ways to do things that will help the business overcome organizational change.

3. Decision-Making Capabilities

Effective leaders need to make strategic business decisions under pressure with a limited amount of information, both individually and

IMAGE SOURCE: FREEPK | CONTENT SOURCE: HARVARD BUSINESS REVIEW

with their teams.. Following a specific decision-making process will help you guide your decisions and act in the best interest of your company.

4. Emotional Intelligence

To be an influential leader, you need to possess emotional intelligence, which is the ability to understand your own emotions and influence others'. Emotionally intelligent leaders also master empathy. Research shows that empathetic leaders perform more than 40 percent higher in coaching, engaging others, and decision-making. To help develop these leadership capabilities and become an effective leader, follow the leadership self-development model below.

How to be an Effective Leader?

If you want to become an effective leader, you first need to evaluate who you are as a communicator and collaborator, and be honest with yourself about your strengths and weaknesses. "We all have our behavioral styles and typical approaches that have been baked into us since we were young," Lynde said. "Some of those styles and approaches work well when you become a leader, and some of them can hold you back."

1. Pick a Goal

It's easier to pick one goal than trying to fix multiple areas at once. If you're not sure where to start, turn to your colleagues for guidance. It could be as simple as telling your boss, "I have aspirations of advancing into manager-level roles. Can you tell me what you think are the two or three biggest skill sets I need to develop to get there?" Or, "I want to get better at my role and improve as a team-mate. How do you think I could have a more

positive impact?"

If the goal of leaders is to influence others more effectively, you need to have conversations with other people about how you can do better at contributing to the group and interacting with others.

2. Apprise Others of Your Goal

Once you've settled on a goal, share it with those you work most closely with whom you trust. Not only will the process hold you more accountable to achieving your goals, but it can elevate your professional relationships.

Research by Harvard Business School Professors Alison Wood Brooks and Francesca Gino shows that asking for advice makes a good impression. And the more candid you are about your goals, the more others feel comfortable asking for feedback in return—leading to mutually beneficial relationships that can grow your network.

3. Collect Ideas

Simply sharing your goal isn't enough. You also want to collect ideas on how you can improve. If your colleague is strong in the area you're trying to grow in.

What you want to avoid is putting your co-workers on the spot. Give them time to formulate ideas. You should also avoid asking, "How can I improve?" Not only is the question too broad, but your peers might shy away from providing honest, actionable feedback out of fear they could unintentionally insult you by highlighting an unknown weakness. Once you've collected the ideas, start working toward your goal, chart your progress and achieve it by your hard work.

EDITOR'S PICK



Dear Mom! Don't kill my curiosity



Azka Durrani
Teacher

4 MINUTES READ

Year 1998: I am walking down a rain soaked pavement with my mother in an 18th century built Multan cantonment. Out of nowhere I dropped a disturbing question directed to her in a wondrous child-like manner: "Mama this time . . . what was before this time?" Mama replied: "Only God", I asked again "No, I meant, what was before God?" Mama throws me a look of stun and apprehension but gathers her hesitant expression and replies back "God is eternity, he has been there for an infinite time", she takes a pause and continues: "and also human mind is not capable of understanding and comprehending the infinity of time". I am not satisfied with the first half of her answer but as soon as she iterates that human mind is not capable of understanding or

comprehending this monstrous task, I accept it with an affirmative childlike acceptance of my mother's knowledge as the entire 'truth' and wisdom beholding the sentence human mind is not capable to understand that.

In prehistoric times, the human mind was only capable of hunting and gathering for food (hunter gatherers), igniting a fire to keep him warm (cavemen) and learning the course of defense to protect him from harm (soldiers of ancient armies). Over the course of time, humans started thinking, asking questions, acting upon impulses and created experiments to test the limits of their imagination (Greek mythology is filled with examples of such powers of the likes of Icarus and Deadalus whose curiosity and needs lead them to create powerful inventions). Therefore the history of thinking, mind's eye and prowess to explore those ideas into actions evolved over time to

the extent that today humans are devising a plan to travel to Mars.

The aforementioned (brief) background encapsulating the history of thousands of years indeed cannot do justice to what I am about to proceed with but I want you to have the above short frame of reference in mind.

1998, as a six years old kid, my mind was working in the brackets of abstractionism and sheer curiosity. As a student though, I never asked questions like that again. I repeated in my head: human mind is unable to comprehend that, we do not hold that kind of power. So I deleted my plethora of stinky questions and thwarted them around into my subconscious, to be forgotten for years.

My curiosity and wonder was capped - Capped further into my adolescent years by a set of social orders, directive authorization and molded by religious and moral conventions and norms. The original child or a tabula rasa got scribbled on by external injunctions and education and at times by circumstances and fate. Carl Sagan reflects on human curiosity in his book Broca's Brain reflections on the romance of science: "My deeply held belief is that if a god of anything like the traditional sort exists, our curiosity and intelligence are provided by such a god. We would be unappreciative of those gifts (as well as unable to take such a course of action) if we suppressed our passion to explore the universe and ourselves. On the other hand, if such a traditional god does not exist, our curiosity and our intelligence are the essential tools for managing our survival. In either case, the enterprise of knowledge is consistent with both science and religion, and is essential for the welfare of the human species"

Why is abstractionism important? For people in Pakistan, it is generally restricted to literature, art and music; but is it? A pragmatic person would disagree. It is a mislead notion regarding intelligentsia that, one must be following the hard and fast; stringent rules of present ontology and epistemologies; to frame theories, though without understanding of that knowledge human thinking cannot fully comprehend social or scientific phenomenon, but it is the abstract order of thinking, or disorder-if you will, which finally gives a breakthrough of a theory or a scientific invention. Necessity is the mother of creation; inventions follow experimentations and designs and the objective scientific need is fulfilled. But when it comes to our societies, suppression of curiosity is an impediment to philosophical thinking and a disruption of the way of life.

Murdering of curiosity is annihilation of philosophy, - how? The 'self' loses the curiosity to discover the philosophical understanding behind a phenomenon that leads it to approach and consume subconscious cognitive approach; the approach that orchestrates that effective and meaningful relationship with the available 'subjects' (the outer-world). I wish my mother had said then: "That's a good question, why don't you read up on it and find it out?"

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UNIVERSE 25

EDITOR'S PICK

02 MINUTES READ

The **Universe 25** experiment is one of the most terrifying experiments in the history of science, which, through the behavior of a colony of mice, is an attempt by scientists to explain human societies. The idea of **Universe 25** came from the American scientist John Calhoun, who created an ideal world in which hundreds of mice would live and reproduce. More specifically, Calhoun built the so-called *Paradise of Mice*, a specially designed space where rodents had abundance of food and water, as well as a large living space. In the beginning, he placed four pairs of mice that in a short time began to reproduce, resulting in their population growing rapidly. However, after 315 days their reproduction began to decrease significantly. When the number of rodents reached 600, a hierarchy was formed between them and then the so-called wretches appeared. The larger rodents began to attack the group, with the result that many males began to collapse psychologically. As a result, the females did not protect themselves and in turn became aggressive towards their young. As time went on, the females

showed more and more aggressive behavior, isolation elements and lack of reproductive mood. There was a low birth rate and, at the same time, an increase in mortality in younger rodents. Then, a new class of male rodents appeared, the so-called beautiful mice. They refused to mate with the females or to fight for their space. All they cared about was food and sleep. At one point, beautiful males and isolated females made up the majority of the population. As time went on, juvenile mortality reached 100% and reproduction reached zero.

Among the endangered mice, homosexuality was observed and, at the same time, cannibalism increased, despite the fact that there was plenty of food. Two years after the start of the experiment, the last baby of the colony was born. By 1973, he had killed the last mouse in the Universe 25. John Calhoun repeated the same experiment 25 more times, and each time the result was the same. *(Calhoun's scientific work has been used as a model for interpreting social collapse, and his research serves as a focal point for the study of urban sociology.)*



History of *Lahore*



Wajid Bhatti
Archeologist

2 MINUTES READ

Ancient Hindu sources say the word Lahore connects to Loh the son of Ramchandra the hero of the famous Hindu epic Ramayana. It would be interesting to note that a small temple attributed to Loh still exists near the western extremities of the present brick fort in the northern western side of the old city of Lahore.

In Deshwa Bhaga it is mentioned as Lavapor, which points to its having been founded by Lav, the son of Ramchandra thus corroborating with myth. In the ancient history of Rajputs it appears as Lot kot literally meaning the fort of Loh in all probability ascribing it to the same legendary founder.

The early Arab geographers also make mention of the city in different ways as at different times. Ahmed bin Yahya surnamed Al-Biladuri, the author of the famous 'Futuhul Baladan' believed to be one of the earliest Arab chronicles, calls it by the name of A'lahwer. It is frequently cited in the same way by other ancient Arab geographers.

The great Arab traveler of the ninth century of the present era, Al- Idrisi, mentions it as Lohawar, thus coinciding with the early Hindu legendary accounts. The name has been taken to mean "fort" of loh " as the terminus'



awar' is now taken to be a corruption of Sanskrit word Awarana, meaning fort. It thus also recognizes its identity with the ' Loh Kot' of the Hindu Puranas as the word kot goes in for the same meaning as awar.

In his famous work of the tenth century. Al Kanun, Abu Rehan Al-Biruni also calls it Lahawar. Later French and British writers have, however, read it differently as Lauhaour, Lahaovar, Loharu etc. Hazrat Amir Khusrow calls it Lahanur while referring to it in his famous work, Kiranus- Sa' den, towards the later part of thirteenth century. In the early fourteen century, Rashid-ud-din, in his book Jamiut Tawarikh, mentions this city as Lahur. Although the name Lahore has been written in many different ways throughout history yet one thing comes out very clearly that in all its variations it kept the essence of the legend referring to the mythical Loh, usually taken as its founder.

 Wajid Bhatti



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PAKISTAN'S BEST KEPT SECRET

Bohar Bangla Kalabagh

AEM Team

4 MINUTES READ

This beautiful palace is situated on the banks of the mighty Indus, Kalabagh which is best known for the fearsome Governor of west Pakistan Nawab Ameer Muhammad Khan who ruled west Pakistan from 1961-66 with an iron fist. The 1915 Gazetteer of Mianwali reports the nawab's family being in the area for over two hundred years while their landholdings or jagir extended from Bhangikhel in the north of Indus to Massan in the south east and Isakhel in the west with Kalabagh being the principal seat. The family had vast hunting grounds where the leading generals and politicians of the time would come for a shoot. One such hunting general was Iskander Mirza after whom Iskandarabad is named near Kalabagh. Iskander Mirza was the defense secretary in 1950.

The history of Nawabs of Kalabagh dates back to at least the sixteenth

century when Bandey Ali settled in Kalabagh from the Dinkot Fort nearby, the ruins of which are still a few miles from Kalabagh. Bandey Ali apparently descended from one of the generals of Mahmud Ghaznavi. However, other records mention a local Rajput connection.

The fort is a small museum in itself and has two main portions -- one being the residential quarters of the nawab's family and the other being the open court where guests and visitors are received. The compound displays historical relics ranging from canons to numerous hunting trophies as well as Victorian furniture. The Scotland-manufactured girders supporting the roof are noticeable -- the fort was apparently fully renovated in 1911.

As one enters the building, one is amazed to see the medal conferred to the nawab on the coronation of Queen Elizabeth in 1953 as Pakistan had by then become a Republic and the queen was still head of the state.

IMAGE SOURCE: FLICKR

Nawab Allah Yar Khan's passion for maintaining a large stud of excellent broodmares as well as his love for horse riding. A visit to the stables is a treat to the eyes especially for horse lovers. Nawab Ameer Muhammad Khan, on the other hand, was known for his knowledge of fruits and crops -- Kalabagh used to boast of one of the most modern agriculture farms at one point in time. Praising the Nawab's knowledge of varieties of guavas during luncheon at the Governor's House, Jacqueline Kennedy is said to have quipped about making Nawab the Agriculture Minister for the US.

The Kalabagh building is named as a 'Bohr Bungalow'. Bohr Bungalow is so named because it was constructed under the shades of a huge centuries-old banyan tree. Kalabagh actually got its name from the word 'Kala' meaning black (as the place appears dark due to the huge banyan trees and orchards all around) and 'Bagh' meaning garden.

Bohr Bungalow used to be the rest house where the Nawab entertained important dignitaries including Zulfikar Ali Bhutto and General Ayub Khan. Among the guests was also the former first lady of the US, Eleanor Roosevelt, wife of war-time President Franklin Roosevelt, who visited Pakistan in 1952. Mrs Roosevelt was a state guest and celebrated Air force pilot, Lanky Ahmed served as his aide during the visit and writes in his memoirs "The hectic programme also included a luncheon party, given by the Nawab of Kalabagh at his fort, overlooking the Indus river near Mianwali, although he was not the Governor of the Punjab in those days. He escorted Mrs. Roosevelt inside the house to introduce his family who were in 'parda' and segregation".

The bungalow has many historical artifacts. The Nawab had extensive properties including Bohr Bungalow, Kalabagh Fort, Peepal Bungalow and the hunting ranges as well as bungalows in Lahore and Islamabad. These properties have now been divided among various heirs of the family.

Nawab Ameer Muhammad Khan was a towering figure of his time and actually the title of Nawab of Kalabagh is best associated with him. After the nawab's death in 1967, the title gradually lost its charm. Like all significant people in history, the nawab had his share of contradictions in his life. Despite having studied at Aitchison College and later Oxford, he is known to have sent famous socialist Eqbal Ahmed and his friends back 'by the next bus' or they would be 'skinned alive' when the latter arrived in Kalabagh to teach the poor children of the backward town.

The story of Kalabagh is not complete without a mention of the once famous salt mines. Kalabagh saw significant economic growth brought about by mining - the activity was a boon for the area. But the artisans have probably left now and mining appears to be less significant.

Converting the fort and the historic bungalows into heritage hotels and providing a ferry service as well as a small circuit of narrow gauge railway line may bring Kalabagh back on the tourist map both for domestic and foreign tourists. The gazetteer of Mianwali rightly exclaims

*'Uttay Pahar, thalay paani, Kalabagh
dee aayho nishani'*

meaning 'mountains above and water below, this is what Kalabagh is famous for.

THINK-IT SOLOPRENEUR



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

4 MINUTES READ

The internet has invented many new terms e.g. netizen, Internet of Things (IOT), Telemedicine, Digital Nomad, Gig Economy to name a few. It has also spawned whole new business models e.g. Crowdsourcing, Work from Anywhere (WFA), Dropshipping, On-demand Streaming etc. One such business model is “Solopreneur” as opposed to “Entrepreneur”.

What is the difference between these two business models? Solopreneur is a one person business model as against entrepreneurs who always need a team to run the business. Solopreneur focuses on a single business whereas entrepreneurs build business to scale.

Solopreneur looks to freelancing for his/her temporary business needs whereas an entrepreneur relies on full time employees. Solopreneur needs minimum capital plus his/her expertise as against an entrepreneur

who needs a good amount of capital plus different talents of his /her employees.

Solopreneur business model is good for side gigs. It can even be a full time business activity. There are many examples of successful solopreneurs. Forbes published a list of youtubers with highest earnings and the earnings of the some of the successful podcasters are in millions e.g. MrBeast, the 23 years old, earned US\$54M in 2021, Jack Paul earned US\$45M at No. 2 and Markiplier earned US\$38M at No. 3. In our country we also have some very successful solopreneur although their earnings are not public but they command very high following e.g. Kitchen with Amna is at No. 1, Nadir Ali - P4 Pakao is at No. 2 and Asad Memon - Food Fusion at No. 3. More and more people are joining the community of solopreneur.

The solopreneur community is not limited to youtubers only. There are many solopreneur ideas e.g. Airbnb Host - if you have a spare room in your house then you can offer it for rent on Airbnb, Graphic Designer,

IMAGE SOURCE - SHANE BARKER

Photographer, Freelance Writing, Content Creator, Web Designer - offer your services on freelancing platforms like Upwork, Fiverr, freelancer, flexjobs, 99designs to name a few. The solopreneur is a new emerging model of remote work. According to one survey by McKinsey International 72% of executives say that their organisations have started adopting permanent remote-working models. Similarly, 70% of employees say that being able to work from home for at least part of the week is a top criterion in selecting their next job. Solopreneurship is basically abandoning the 9 to 5 job. It is doing what you love to do at your own convenience.

How to be successful at your solo career is the question? Tim Ferriss has answered it in his book "The 4Hours Work Week". He invented a new term "The New Rich" which is about abandoning the deferred life plan to achieve a luxurious lifestyle - workaholic now and enjoy in the future. He contests that idea and states that people don't want to be millionaires; they want to experience what they think only millionaires can experience. The question, therefore, is how can you achieve the lifestyle of a millionaire, without having millions in your bank account? So, essentially "The 4-Hour Work Week" is not about saving your earnings, or about finding your dream job; it's about how to free up the most time, and automate your income. He lists the following 4 steps to achieving this goal.

Step 1 - D is for Definition

He lists several distinctions between the Deferrer and New Rich. The crux of these is that "The New Rich are defined by a more elusive power than simple cash i-e having unrestricted movement" e.g. Deferrer = I want to buy all the things I want vs.

New Rich = I want to do all the things I want to do, Deferrer = I want to have more vs. New Rich = I want to have more quality and less clutter.

Step 2 - E is for Elimination

He says forget about Time Management. He advises the use of Pareto's 80/20 principle along with Parkinson's Law. The idea is that 80 percent of output will result from 20 percent of input. This can be applied everywhere, being busy is a form of laziness as it prevents you from thinking. Being selective in what you do, and even doing less is the path to being productive. Parkinson's Law states that the perceived importance of a task will increase in correlation with how much time has been allotted for its completion. How does this work in combination with the 80/20 Principle? By first identifying the few critical tasks that create the most income (80/20), and then scheduling them in with very short, clear deadlines (Parkinson's Law).

Step 3 - A is for Automation

An essential facet of being a member of the New Rich is learning how to replace yourself within a system. The idea is to own a business but not to run it. How to do that? The answer is Outsourcing. He suggests following steps to design such a business model.

- Identify an affordable niche market Brainstorm (and don't invest in) products.
- Micro test your product.
- Once you have a product that sells, it's time to automate it. This can be done by outsourcing the components of the products and ensuring that all of your outsourcers communicate with each other to solve problems.
- Assess the value of each customer. Identify those customers who spend the least and yet ask for the most (i.e.,

adhering to the 80/20 rule) and cut them out.

Step 4 - L is for Liberation

Fear prevents people from making the leap. Here are four of the most common fears when thinking about quitting a job, and he rebuffs to each of them:

- Quitting is permanent: This is a lie. It's always possible to start a job with a different company at a later date.

- I won't be able to pay for my expenses: Yes, you will. If you can get a new stream of income before you quit your job, great, if you don't, it isn't hard to eliminate most of your expenses temporarily and live off your savings for a short while.

- In case you have employee health insurance and retirement benefits then these will cease if I quit: This is false. You will not need it in the first place but in case your solo career does not get off to a good start then you will find these in another company.

- It will ruin my resume: False. Just get creative with your CV. Plus, if you quit to do something interesting, this will often make you more attractive to employers in the long run.

It is taking a usual 20-30 year retirement and redistributing it throughout life instead of saving it all for the end?" He suggests that instead of engaging in binge travel (which most people working 40-hour a week jobs do when they get vacation time), that you go on several mini-retirements, which means relocating to another place for six months. By doing so, you will not escape your life as such but will re-examine it.

Don't wait. Just do it. Yes, you can do it.

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CAN ANIMALS UNDERSTAND UNFAIRNESS?

In a famous study in 2003, Scientists gave two monkeys unequal pay for the same task.

They wanted to find out: Do the monkeys know about unfairness?

One monkey was given the cucumber and the other one was given the grapes for the same task. The one who got the cucumber noted that the 1st piece of cucumber she ate was perfectly fine. Then she saw the other one getting the grapes for the same task. The task was to throw a rock outside the cage. Both of them were given the rock and they were throwing them outside and getting the grapes and cucumbers in return. When she noted that the other one was getting grapes, then what she did was surprising! She started throwing the stones outside, yelling, and testing the rock against the wall. She understood that unfairness. So, this is basically the Wall Street protest.



How To Save Money The Japanese Way!

AEM Team
4 MINUTES READ

According to research, the Japanese way to save money is called **kakeibo**. Japanese people use this method in every family and it means “household account book”. It works very simple. No applications, no technology and no complicated Math is required, all you need is a notebook and a pen.

“And I just love this Kakeibo method because it's not intimidating and it's something that any of us could try.” Lisa says.

“I have more control over my money in the sense of my own spending habits” Albert Stephen says.

Before we see how it works? A question comes to mind: why should we trust Japanese people? We know Japan for being a king of innovation and one of the richest countries and one with the highest living standards but what many people don't know is that Japan was one of the poorest countries after World War II. They were one of the biggest debtors of the World Bank. This affected every Japanese household. People were very

poor. And that is when this method was introduced.

While kakeibo is still new-ish in the United States, it's a tradition in Japan. Japanese journalist Hani Motoko wrote about the method in a 1904 women's magazine. The kakeibo accounting system appealed to her readers, Japanese housewives in charge of their household budgets. When writer Fumiko Chiba published the guide “Kakeibo: The Japanese Art of Saving Money” in 2018, the trend took off in the West.

According to Chiba and other experts, kakeibo reflects Japanese cultural beliefs about the importance of saving money. Cash plays a ceremonial role. Children receive money as a holiday gift and they're encouraged to hold onto the cash for purchases that are worth it.

Adults don't take money lightly either. Compared to other countries Japan has a cash-heavy economy; credit cards, which enable frequent, big-ticket spending, aren't swiped nearly as often as they are elsewhere. Since then this simple Japanese

method that makes people 35% richer over time revolves around four questions.

How much money do you have? How much would you like to save? How much do you spend? How can you make things better?

It is so easy but the trick is to track how much you earn and spend in detail and write it down using a pen and paper always consistently no matter what. Track your spendings. The best way to teach people critical thinking, and is to teach them to write, while the hand empowers the pen, the pen empowers the man. Research has proven again and again the benefits of writing your finances by hand. It helps you to be more present and aware. It helps you to become completely honest about your needs and wants. It helps you become more self aware instead of being image-conscious and when Japanese people realize that this actually works. The government made it a priority. The media highly endorsed it. It became a necessity in every household and parents passed it onto their kids at an early age, a part of their culture like a household culture. Because a messy room is like a messy financial situation and when your room is organized and clean, you can easily manage your items and know where everything is.

Takeibo specifies four “pillars” or categories of spending:

Needs: the essentials like housing, groceries, car payments, or student loans.

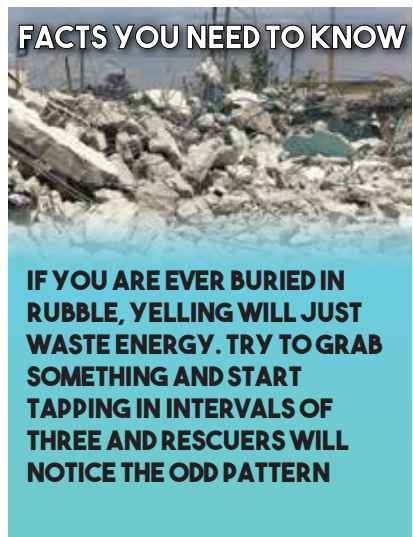
Wants: enjoyable but not totally necessary purchases (takeout food, hobbies, entertainment).

Culture: any spending on cultural

activities — books, museum fees, concert tickets, TV streaming services, etc.

Unexpected: other expenses that crop up, like medical bills or home repairs. Record all your purchases under their appropriate “pillar” and include the purchase amount.

The Takeibo method can make you richer. If we look into this method by Islamic point of view, we come to know that the Quran also puts emphasis on this point and teaches us that everything related with trade or finance should be written down so that all expenditures can be managed easily and Japan is also using that method in the Takeibo scheme. So, pick up a pen and a notebook and track your finances. If you do this everyday, you’ll have much more than money and you will find peace of mind that money cannot buy.



FACTS YOU NEED TO KNOW

IF YOU ARE EVER BURIED IN RUBBLE, YELLING WILL JUST WASTE ENERGY. TRY TO GRAB SOMETHING AND START TAPPING IN INTERVALS OF THREE AND RESCUERS WILL NOTICE THE ODD PATTERN



Ketogenic Diet

A New Trend Everywhere!

AEM Team

4 MINUTES READ

Diet trends circulate the internet as many look for quick fixes to lose weight or look and feel better. One such diet is the ketogenic diet, which has been popular for quite a while. However, the original purpose of this diet was the solution to a medical issue. More than a diet, keto is a dietary therapy that focuses on eating fewer carbohydrates and more fats. Anticonvulsant drugs in the 1920s and 1930s were used to treat people with epilepsy, however, not many responded well to the drugs. To this group, a ketogenic diet was prescribed which helped them manage the condition better. The way keto works is by replacing the traditional amount of carbohydrate intake with fat. This puts the body into a state known as ketosis which makes the body more efficient at burning fat and producing energy. As glucose is primarily used by the body as a source of energy, keto diet induces ketosis to make the body switch to burning fat as fuel. Protein

intake should also be monitored, as a source found that consuming too much protein would lead to glucose conversion, thus slowing down one's progress towards reaching ketosis. Understanding how ketosis works is an important part when starting a keto diet. Ketosis is a process that the body goes through on an everyday basis, regardless of the number of carbs you eat. This is because this process provides us with energy from ketones whenever sugar is not readily available.

In fact, you may have already experienced a very mild level of ketosis if you ever skipped a meal or two, didn't eat many carbs during the day or exercised for longer than an hour. By doing one of these three things, you can initiate the process of ketosis. Whenever the need for energy increases and carbohydrates aren't available to meet that demand, the body starts increasing its ketone levels. If carbs are restricted for a more significant amount of time (i.e., longer than three days), then the body will increase

IMAGE SOURCE: HEALTHLINE

ketone levels even further. These deeper levels of ketosis confer many positive effects throughout the body — effects that are experienced in the safest and healthiest way possible by following the ketogenic diet.

However, most people are rarely in ketosis and never experience its benefits because the body prefers to use sugar as its primary fuel source — especially if plenty of carbs and protein are provided by the diet.

There are several versions of ketogenic diet, including,

Standard ketogenic diet (SKD): This is a very low carb, moderate protein and high fat diet. It typically contains 70% fat, 20% protein, and only 10% carbs.

Cyclical ketogenic diet (CKD): This diet involves periods of higher carb refeeds, such as 5 ketogenic days followed by 2 high carb days.

Targeted ketogenic diet (TKD): This diet allows you to add carbs around workouts.

High protein ketogenic diet: This is similar to a standard ketogenic diet, but includes more protein. The ratio is often 60% fat, 35% protein, and 5% carbs.

However, only the standard and high protein ketogenic diets have been studied extensively. Cyclical or targeted ketogenic diets are more advanced methods and primarily used by body-builders or athletes.

Today, keto diet is a popular route that many are opting for, to reach their weight loss goals. Being a diet that is low fat in nature, the body becomes much more efficient at burning calories using fat as fuel. The emphasis on eating healthy fats also leads to quality nutrition as compared to processed foods. Keto diet has also shown to lower the risk factors for diabetes, heart disease and reduce

insulin levels which play a role in managing polycystic ovary syndrome (PCOS) which is very common nowadays in girls. More than 80% of girls are facing this problem which results in infertility.

Like many other diets, the keto diet has its fair share of pros and cons. When adapting to any new diet, the body goes through adaptation which may take a few days or weeks. People switching to the keto diet may see these changes before the body completely syncs with the diet.

- Unable to push hard during workouts

- Hunger pangs

- Sleep issues

However, a few side effects of the diet itself are as follows:

- Micronutrient deficiency Excess calcium in urine (Hypercalciuria)

- Kidney stones

Keto diet has proven effective for weight loss, diabetes and other diseases. However, like all other diets, consulting a nutritionist is the key as self prescription may do more harm than good. A nutritionist can also guide one to the right way to do the keto diet without compromising on taste or health.



FACTS YOU NEED TO KNOW

DARK CHOCOLATES ARE GOOD FOR BOTH SKIN & HEART SINCE IT CONTAINS ANTITOXIDANTS



THIS ONE HABIT CAN DOUBLE YOUR PRODUCTIVITY

AEM Team
4 MINUTES READ

One habit that can double your productivity, and it's a surprisingly simple habit, one that's easy to overlook and underestimate: *A power hour.*

Set a power hour in your daily life routine. After getting up early in the morning, before doing anything else, find a nice quiet place without phone and without anyone else around and work on the most difficult and impactful project of your life. In a world of shiny new apps and “scientifically-backed” hacks, the power hour looks quite plain, but this very plainness is a virtue. In the Tao Te Ching, a classic book of wisdom, Lao Tzu writes, “Trifles and dainties attract the passing people, while the Tao goes unnoticed. When looked at, there is not much to see”. And he also said, “The great way is very plain, so the proud prefer the bypaths.” The power hour is not much to look at, but out of all the apps, tips and tricks, we try many other things as a student, a

working professional, and an entrepreneur, nothing can be more effective than the power hour. You just need to slice an hour out of each day and make actual progress towards your goals.

Everyone has goals, but how many people actually act on them? Everyone wants to make a great journey, they want to make money, get their dream job, graduate with honors, invent something, create something, and be someone. Everyone wants to arrive at a great destination, but how many people actually want to take a step towards that destination? How many people spend most of their time preparing to make a journey that they never embark on? How many of them look for the right clothes, the right bag, the right level of motivation, the right video, the right song, the right words, the right tools or the right time? Instead of looking for the right time to be productive, the power hour will force you to be productive at the right time.

Do you have a lot of things to think about? Well, you should think about them after the hour is over.

Do you have lots of relationships to maintain? You should deal with them after.

Do you have multiple projects to work on? You should get started with the most important thing to work on during the power hour.

Do you procrastinate? One hour is easy enough to do each day, and you can relax after. Do you get tired in the evenings? You should schedule your power hour first in the morning, when you have the most energy. The power hour solves the greatest obstacle to productivity: inaction. The mind finds clever ways to not take action, and the mind's most clever secret is productive procrastination. It doesn't tell itself that it's being inactive. Rather, it finds things that are pseudo-productive to do and takes pleasure in doing them. The mind wants to clean the house before working or it wants to manage its to-do list or it wants to organize its computer or notion folders. It wants to make templates and spreadsheets. It wants to answer emails. It wants to set up a new app or calendar. It wants to do a little reading before working. It wants to find the right music. It wants to get the desk set up properly with all the right tools. It wants to find a productivity video to watch first. But the mind can create an infinite number of tasks and problems for itself.

How many folders should there be on the desktop? How should those folders be named? How should we organize them within each other? What should each folder contain? How should we tag each folder? And this can go on forever, with anything. The mind loves to productively

procrastinate. It gets the pleasure of working without having to actually do anything. The mind loves to sit around sharpening its axe, but it never wants to hack at the tree. The power hour is a commitment to take the axe as it is and start chopping. The sharpening of the axe, the gathering of other tools, working on other things around the house, can all take place after. But for the first hour, you should do nothing but chop at the tree. You should directly go to the most pressing problem in your life, and you'll find the most difficult, most impactful action that might solve it and you should do that.

Steve Jobs once said, "*focus is about saying no*". The first hour of your day should be sacred, solitary, reverent, unadorned, and above all it's all saying no. There are no incense, or special teas, or meditations, or cold showers, or quick body workouts. No millionaire or billionaire morning routines that never actually amount to anything. No productive distractions. No productive procrastination. Just you, your axe and the tree.





The Lake That Killed Everything

AEM Team

4 MINUTES READ

On August 21, 1986 more than 1700 people and some 3500 livestock were found dead next to Lake Nyos in Cameroon. Any living thing within 25km radius of the lake was killed and the mysterious incident brought with it many tales of folklore. Some said an evil spirit had emerged and taken the lives of all those who lived near the lake. That was until scientists discovered that the deaths were related to carbon dioxide (CO₂) poisoning. Lake Nyos was formed in a volcanic crater and became a high pressure storage unit of CO₂ beneath the water. The CO₂ eventually became so pressurized that it exploded creating a burst of water into the air and causing what scientifically known as a **limnic eruption**.

A limnic eruption is said to be "a rare type of natural disaster in which dissolved carbon dioxide suddenly erupts from deep lake waters,

forming a gas cloud capable of suffocating wildlife, livestock, and humans." Also known as a lake overturn, it can happen quickly, unexpectedly, and with severe consequences to any living things in the surrounding area. Certain factors need to be in place for a limnic eruption to occur. It is thought that these eruptions are generally triggered by seismic activity. Disruptions in the Earth's crust can cause underground shifts, triggering the explosions or releasing pressure in the area. This phenomenon, in turn, is thought to lead to the initial disruption that causes the eruption.

Earthquakes, volcanic activity, and other explosions can cause these triggers. Eruptions do not occur in all lakes, however, the lake has to be already limnically active. It means it contains water that is high in carbon dioxide. The lake must also have a cool lake bottom, as this indicates that the water in the lake does not have

IMAGE SOURCE : CHARISMATIC PLANET CONTENT SOURCE : TRT WORLD

direct connections to a volcano. Direct volcanic interaction would have different results- such as a geyser reaction - and would not become limnic. A limnic lake must also have an upper and lower thermal layer with different carbon dioxide saturation. The sudden mixing of these layers causes the explosion, and the lake must be in proximity (but not directly connected to) seismic or volcanic activity.

Limnic lake environments occur in waters where there is an extremely high level of carbon dioxide. Higher levels of carbon dioxide can be dissolved in water in areas of high pressure. Because of this, deep lakes can contain extreme levels of carbon dioxide in the lake bottom (and have lower levels towards the surface). It is also true in colder water, which again tends to be at the lake's bottom. The carbon dioxide itself is usually from decomposed plant or animal matter on the lake's floor. In these conditions, the lake is stable, but also on the verge of eruption at any time - much like an unopened can of carbonated liquid is stable, but will fizz once open and the pressure released. In the same way, a rise in temperature or a change in pressure can cause the carbon dioxide within the lake to be expelled from the water - usually quickly and violently.

Limnic eruptions are quick, unexpected, and very deadly. Initially, carbon dioxide explodes out of the lake - much like a shaken-up can of carbonated liquid would once it is opened. Then, the dense carbon dioxide cloud forms over the lake and surrounding area. This gas is heavier than air, meaning it is a low-hanging cloud that settles along the Earth's surface. This gas cloud, due to its density, displaces lighter air. In

essence, this means that the carbon dioxide cloud pushes out breathable air and removes oxygen from the areas affected by the cloud. Two major reactions occur in humans and other animals - they are unable to gain oxygen from the air, and they begin to suffocate, and/or the carbon dioxide poisons the body by causing natural body fluids to become too acidic.

An estimated 80 million cubic meters of carbon dioxide were expelled in Lake Nyos explosion, which asphyxiated much of the surrounding town, preventing them from getting any oxygen. But Lake Nyos is not the only such lake. There is a Lake Kivu which is located between Rwanda and the democratic Republic of the Congo. It is 1500 times larger than Lake Nyos. This lake is a tourist attraction but its also a ticking time bomb due to both CO₂ and Methane gas built up underneath. And experts say it could threaten millions living in the region. Engineers built a floating gas plant on the lake to monitor the situation and release the natural gasses to produce electricity. It covers 30% of Rwanda's electricity needs. But researchers are in disagreement over which gas extraction method is correct? Such efforts might disturb the lake and actually cause more danger instead of overcoming it.

FACTS YOU NEED TO KNOW

**IF YOU GET PULLED OUT BY A
REPTILE AT THE BEACH, SWIM
PARALLEL TO THE SHORE AND
SWIM AROUND.**

Mangroves Forests

A BIOLOGICAL WALL

AEM Team
A MINUTES READ

Timer forests in Pakistan are counted among the largest marine forests in the world. It is covered by 990 kilometers of coastal belt. These forests are 90% in Sindh and 10% in Balochistan. It covers 6,000 hectare or 15,000 acres of land. These forests supply oxygen and absorb carbon while fish lay eggs in these forests and other aquatic life species including prawns are found to be the livelihood for fishermen. In addition to hurricanes and tsunami disasters these forests play the role of the 1st front that's why they are called silent soldiers. But the sad thing is that these forests have been facing many dangers for the past one and a half decade. There are very big forests but when you go inside , it is hollow. The Mafia is cutting the forests day and night and extracting land from here. After extracting the land, they apply their own projects on it. The locals don't cut it, the outsiders

are the cause of deforestation. They are doing this damage to micro-organisms. The water used to be filled with fish but now the number is decreased. There is only pollution and garbage left there. The factories are dropping their waste material in the sea and it is causing pollution and damaging the marine species. Mangroves will also be destroyed because of this pollution. Fish will also be finished. It takes five to twenty years to become a full tree. There are common types of timers found all over the world. At times, there were eight types of them in Pakistan but now there are only four types. There is no fresh water in Delta because industrial waste emissions are spreading into the ocean.

Thus, the loss of Mangroves in coastal areas are resulting in:

- A reduced reproduction and procurement of commercially important fish

- Loss of livelihood and declining health of communities (particularly women, children and elders dependent on fish-based products as a primary source of sustenance)
- Increased coastal erosion, damage to coastal villages and agricultural land through salt-water intrusion and contamination
- Reduced availability of wood, loss of faunal and floral biodiversity, and the silting up of navigational channels and ports.

Residential projects, illegal logging, and climate change are major threats to Timer's forests. These forests act as a biological wall because these trees are connected strongly with each other through their roots. By doing it, a network is created which keeps the trees together and develops a wall. There is a large number of shrimps and fish that grows in this natural nursery i.e mangroves. And it is essential to our coast saving and to save mangroves. By saving the mangroves, we are saving ourselves. So, if you want to save yourself then save the mangroves because they are providing us with oxygen and absorbing the carbon from the environment and making it living friendly. If we save a hectare in one year, we will get the benefit of 37,500 dollars in exchange. In the same way, if we talk about mangroves, it was a common tree in the past but now it's worth has increased as we get to know its benefits. These mangroves are not only necessary for timber but also for honey, biological wall and protection of the environment. In the tree plantation plan of the former Prime Minister, timber forests are also included. The Sindh Forest Department has also included a new plantation in their plan.

There is a dire need for integrated

planning and management, based on sound legal principles. Conserving existing mangrove forests is often more effective than planting new forests. There should be proper and careful selection of appropriate sites and species and an ecosystem based approach to mangrove plantation and management, which uses and supports natural regeneration and other natural processes.

Involving local communities, on the other hand, in mangrove management is an effective way of maintaining and enhancing the protection of mangrove forests, while also providing livelihood for local people and contributing to better assessment and governance of natural resources. Assessment of the status of mangrove forests is essential for better conservation planning and management. This also includes the research and economic assessment and valuation.

In the areas of Korangi and Lyari the families faced problems due to deforestation, mostly in the form of eroded soil and the non-salinity of water. Many families also had to relocate/migrate elsewhere, losing their livelihood in the process. In the long run, alternative means of planting and conservation of mangroves will be very important, otherwise detrimental effects will be caused to the environment, as well as humans and animals living off of the benefits of these very important coastal shrubs. The Sindh government should further pursue establishing firm laws and making sure they are implemented, and action is being taken to conserve the Mangrove forests.



THE SCIENCE BEHIND SETTING-GOALS



Syed M Shayan Shah
Grade 8 Student

4 MINUTES READ

We have all gone through different stages of our lives when we set our goals, we follow that for a couple of days and then leave it due to our idleness. Maybe we lose our inspiration, forget about our ambitions, or we simply could not gather the will-power required to accomplish what we set out to do in the first place. We know that achieving anything worthy is always difficult, but remember nothing is impossible. We can do anything if we strive for it. If we train our mind to think about what we want in life and work towards reaching it, the brain automatically refurbishes itself to acquire the ideal self-image and makes it an important part of our identity. Studies reveal that there are numerous concepts and methods you can practice to actually succeed your goals and stay reliable in your performance.

Here are the five of the most important ways you can learn to reach the

next level, whether it's related to your studies, health, relationships or any other aspect of your life.

Develop a can-do boldness, don't hesitate:

As soon as you've affirmed your determined goals, doubt will certainly slink in at some point. People who have a good deal of self-ability are more content in setting striving goals and more likely to attain them. So if you're aiming to take your Mathematics grade from a B to an A, recall the time you improved your grade in another subject, or remember how you managed to master a new skill when everyone said you couldn't. Don't hesitate to set motivated goals. Whether it's creating a great piece of art, or getting an A in your hardest subject, or bringing social change in your community or your country, don't reject your dreams, as these dreams are worth more than anything else.

A scientific tactic to aims:

Everyone recognizes the significance of goal setting, but actual goal

setting is utterly different. The first step is that you need to write down your goals in a journal or a diary, don't keep them in your head. The second thing is that you have to plan at least one action you're going to achieve your goal. If your goal is to achieve higher grades, decide what specific step you need to take to make it happen. It could be jotting down important things in a diary, and working smarter because the toppers don't work hard, they work smartly with wit. Whatever your goal is, be certain and precise in your intentions.

Don't procrastinate in your tasks:

When you overcome the fear inside you and you try to face the world, then you have to face the biggest enemy of your dreams and that is procrastination. You may really want to learn a new lesson, or start exercising daily, or read more books that you planned to, but the very thought of the determination scares you away. So instead of thinking that you need to spend two hours finishing up the work you've been avoiding, decide to only work on it for five minutes. Eventually you will figure it out as fun and try to finish it with joy.

Don't stick with the old ones, find new friends:

If you've been spending time with low-performing students, you've picked up their habits and attitudes. Maybe they waste their time on social media all day or pressurize you to spend your time with them. If your friends are not supporting you in your goals or if they do not have similar goals then it's time to make new friends. You should be wise enough to choose a suitable and hardworking friend instead of making the other

ones. Try to choose those friends who believe in doing something great with their lives, in creating wonderful things and bringing positive changes in the world. Once you start spending time with them, you'll eventually find a habit of good routine.

Develop a progressive approach:

People with the progress approach believe that they can develop their current abilities and learn anything, especially if they put in the effort, pursue out help and creatively test the challenges. Some people's entire focus is not simply on getting somewhere or achieving something, but they value the actual process of endless learning and self-improvement. You should make a habit to read books and listen to audio programs to improve your knowledge, thus staying dedicated to the progress mindset.

Now that you know some of the ways to boost your accomplishment for goals, try and assume at least one of them and stick to it in the next few days. The latest research confirms that it takes almost 66 days to form a new habit. If you can change the things inside you that aren't good for you and try to work harder to achieve something.

Lastly, don't forget that the actual prize is not the accomplishment of our goals but the journey itself, and the things we learn in the process. So remember to stick on to these goals and try to fulfill these no matter what.

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FACTS YOU NEED TO KNOW

**IF YOU HAVE TO PERFORM CPR,
FOLLOW THE BEAT OF STAYIN
ALIVE BY THE BEE GEES.**

FILL COLORS



FIND WORDS

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

EXPLORE THE MAGAZINE FOR THE KEY

CAN YOU HELP SCOOPY MEET HIS FIRENDS?



CONNECT THE DOTS



Prevention of Bullying



Fatima Altaf
Psychologist, Visual Artist

4 MINUTES READ

Starting with prevention

How can I help prevent my child from getting bullied?

The first step to keeping your child safe is making sure they know the issue.

- Educate your children about bullying. Once they know what bullying is, your children will be able to identify it more easily, whether it is happening to them or someone else.
- Talk openly and frequently to your children. The more you talk to your children about bullying, the more comfortable they will be telling you if they see or experience it. Check in with your children daily and ask about their time at school and their activities online, inquiring not only about their classes and activities, but also about their feelings.
- Help build your child's self-confidence. Encourage your child to join

activities they love in your community. This will also help build confidence as well as a group of friends with shared interests.

- Be a role model. Show your child how to treat other children and adults with kindness and respect by doing the same to the people around you, including speaking up when others are being mistreated. Children look to their parents as examples of how to behave, including what to post online.
- Be part of their online experience. Familiarize yourself with the platforms your child uses, explain to your child how the online and the offline world are connected, and warn them about the different risks they'll face online.

Signs you must look for if your child is being bullied?

Look closely. Observe children's emotional state, as some children may not express their concerns verbally. Signs to look out for include:

- Physical marks such as unexplained bruises, scratches, broken bones and healing wounds

- Fear of going to school or joining school events
- Being anxious, nervous or very vigilant
- Having few friends in school or outside of school
- Losing friends suddenly or avoiding social situations
- Clothing, electronics or other personal belongings being lost or destroyed
- Often asking for money
- Low academic performance
- Absenteeism, or calling from school asking to go home
- Trying to stay near adults
- Not sleeping well and may be having nightmares
- Complaining of headaches, stomach aches or other physical ailments
- Regularly distressed
- Becomes unusually secretive
- Being aggressive or having angry outbursts

Talk openly. Talk to your children about what they think is good and bad behavior in school, in the community and online. It is important to have open communication so that your children will feel comfortable telling you about what is happening in their

lives.

Responding to bullying

If you know your child is being bullied, following are the steps to take to help them:

- Listen to your child openly and calmly. Focus on making them feel heard and supported, instead of trying to find the cause of the bullying or trying to solve the problem. Make sure they know that it is not their fault.
- Tell the child that you believe them; that you are glad they told you; that it is not their fault; that you will do your best to find help.
- Talk to the teacher or school. You and your child do not have to face bullying alone. Ask if your school has a bullying policy or code of conduct. This may apply for both in-person bullying and online.

Be a support system. For your child, having a supportive parent is essential to dealing with the effects of bullying. Make sure they know they can talk to you at any time and reassure them that things will get better.

 [astoriedmindd](#)



HOW TO HEAL YOUR PAST TO MAKE YOUR FUTURE BETTER ?

HOW **BAD PARENTING** AFFECTS
CHILD'S PERSONALITY?

PODCAST BY
Imran Khan

 THE CURTAIN RAISER



Fatima Altaf



The Multidimensional Existence of Human Beings



Armughan Munir
Transformation Coach,
Student, Podcaster

4 MINUTES READ

Is truth merely defined as the things you can see with your naked eye? We know that the stars, the atoms, that all of Quantum Physics exist but we don't see it do we? Truth that can't be perceived with the naked eye. Hmph.

If that's the case, How do you know that physical reality is the only truth there is?

When I first heard the word "Meta-Physics" when I was 13 years old. I read every article I could find on the internet. It was mind bending. Concepts like Astral Projection (Out of body experiences), Lucid Dreaming and the Exploration of the Soul were all possible

I searched on google for something like, "How to astral project yourself". Whatever I read in my small research. I laid down on my bed and tried hard

to put all of it to the test. Sadly, it didn't work at that time for me. Later, when I learned the Silva Method (A meditation method by Jose Silva). I began to understand that these 'dimensions' were not only real but accessible by everyone.

Quantum physics tells us that physical reality is just one vibration of the entire electromagnetic spectrum. Nature has done a very clever trick that has gifted human beings with a mind. The mind is a beautiful device which helps us experience this plane of reality. Your 5 senses help you see, touch, feel, taste and hear the world. Let's also take into account how limited the data of your mind is.

Just in this moment, Your mind is only capable of perceiving but a part of the entire spectrum. You can only hear frequencies of sound between 20Hz to 20kHz. Light that is visible to you is just a small part of the electromagnetic Spectrum.

What about the rest of it?

It turns out that in all the ancient cultures and the indigeneous tribes had institutionalized practices which

altered their state of consciousness, helping them access different inner dimensions of reality. An anthropologist at the Ohio State University found out that 90% of the 488 societies under study had practices for altering their states of consciousness.

Your mind has different levels of functioning and all of them have their uses. The logical part of the brain is one part which helps the scientific method. The deeper parts of brainwave functioning aka the states of consciousness are broader in their functioning. Your mind is an energy field and it is capable of vibrating at different levels than just the beta logical thinking level.

The Shamans realized this and used them for communicating with each other in dreams. They took drugs like Ayahuasca to enter into a state of intuition and inspiration. Not only this, They used the alpha level of the brain for physical healing!!

Still skeptical about all of this?

It's because the western society has limited people to just waking rational consciousness and discarded the other states of existence. We live in a monophasic society as polyphasic beings.

While the Eastern societies (to some extent), The yogis, rishis, siddhis, sufis and the darwaish realize this and use these states. They have practices like Breathwork and Meditation which are the easiest modern ways to make use of the dance of consciousness.

These levels of functioning unlock different supernatural powers not available to the rational part. The power of the mind to unlock intuition, inspiration, the states of flow, out of body experiences, physical healing, lucid dreaming, bending reality, and

most of all, the state of unconditional ecstasy and joy in the spiritual path. All of them are accessible by any human being. All it takes is an open mind and a willingness to learn. You too can experience the dance of consciousness.

Practices like Yoga, Meditation, Breathwork can take you into a journey within yourself. One that you will never forget.

You can use them to unlock a state of flow and creativity so rich that it feels like downloading ideas into your brain. You can unlock your intuition and learn to make it a part of your life when your rational mind fails you. You can soar through the astral plane by learning the practice of astral projection. You can heal your emotional traumas, your psychological scars and even your physical body using the deeper levels of functioning. You can even use this knowledge to bend spoons. You can bend spoons but how about bending reality?

The universe has planted within humans the seeds of greatness.

To quote from Steven Kotler's book *The Rise of Superhuman*, "Where—if anywhere—do our actual limits lie"

The real human condition is nothing but greatness.

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FACTS YOU NEED TO KNOW

IF YOUR DRINK RANDOMLY SMELLS LIKE CINNAMON, DON'T DRINK IT. PEOPLE OFTEN USE IT TO COVER UP THE SCENT OF ACTUAL POISON

AEM Team

2 MINUTES READ

What is it with the guys that sit down and just spread their legs like they own the place? All that can be said is this:

Their mothers and fathers didn't have a conversation with them.

Universally, you hear about them, common yet peeves that have to do with body language.

Staring

What staring is called in the United States may not be considered staring in other cultures. For instance, in New York city, people are allowed to stare at each other for about 1.28 sec. That's been measured; it's been well studied but in the Middle East that may be extended to anywhere from 4 to 6 seconds. And so, what you have to realize is culture is very much dominant in how long we can look at each other, and where we can look at each other. We say that in a business setting, you should be looking at the little triangle between the eyes down to the mouth, and in a social setting that you descend all the way down to below the chin, but certainly in a business setting, you are not permitted to go as low as the breast area.

Pacing

Some people are pacers, waiting for the baby to be born, or they are waiting for the next flight, and they are moving back and forth. What happens is the fluid inside our ears, as we move, those little hairs that are inside are sensitive to the movement of that fluid. And this is why we rock a

baby to sleep. That rocking motion is then transferred as adults into walking behaviors, and under stress that helps us to calm down. One of the things that happens when we pace is that we compel the feet to touch a surface over and over again. That in and of itself creates a form of novelty. The gastrocnemius muscle of the legs, the calf muscle, is also known as the second heart. When it squeezes, it's forcing blood up. This is beneficial for thinking because now you have both the real heart and the secondary heart both working together to force that blood upward. So, there are actually some benefits to this, and a lot of creativity to force that blood upward. People find themselves pacing because it contributes to that process.

The Bad Handshake

The weak one, the wet one, the one where the person pulls you forward then pushes you back, the one where they feel they need to twist your hand jiu jitsu style so their hand is on the top because they read this somewhere.

Hold your hands!

Why do humans even shake hands? We shake hands because we are primates. All primates approach each other and touch each other first by reaching out and touching their fingers together. There is a saying of someone,

Oh, we shake hands because we want to demonstrate that we don't have a weapon.

Weapons were so big back then you could see it over the horizon. That's not the reason. We are primates.

DECODING BODY LANGUAGE

ANDRÉ DE SHIELDS' 3 RULES

“

- 1.** Surround yourself with people whose eyes light up when they see you coming.
- 2.** Slowly is the fastest way to get to where you want to be.
- 3.** The top of one mountain is the bottom of the next, so keep climbing.

”



FIVE FILMS NOMINATED FOR VISUAL EFFECTS

AEM Team

4 MINUTES READ

The five films, **Spider-Man: No Way Home**, **Free Guy**, **James Bond: No Time To Die**, **Dune**, **Shang-Chi And The Legend Of The Ten Rings** are nominated for an Academy Award this year for visual effects were each selected for their own unique reasons. But what they all do share in common is that they show technical artistry that is exceptional. And usually they use some new techniques that people haven't actually seen before. Kevin Baillie worked in some of Hollywood's biggest movies. There's some really fun stories about how each of one these films was made. These films break down this year's Oscars VFZ stand-outs. "**Spider Man: No Way Home**" has 2,400 visual effects shots in it, which is pretty much every shot in the entire movie and 12 visual effects studios with thousands of artists all over the world worked to make the film happen. You wonder why the credits are so long in these movies these days? And you might have thought that Tom Holland was wearing a suit throughout all of his Spider-Man action films and you'd be

right. What you probably didn't notice is that the suit was actually replaced in post-production with a suit that had a new design and had to interact with all of the lighting environments with all the action that he was in. A real technical challenge that they pulled off seamlessly. There were fully digital versions of every character in the film that were built. And some of the characters relied much more heavily on visual effects than others. Electro and Sandman are two examples of that. And those two characters are driven by what we in the industry called "effects simulations".

The dust and the lightning, they are natural phenomena that are actually simulated by computers using the laws of physics to make them look real. A lot of people think about the Visual Effects Award as a technical award, but the Academy really considers whether the visual effects were used for a good purpose. Spider-Man deserves to be on this list based on its creative and technical merits and it obviously killed it at the box office. And it's really nice to have such a fun, wholesome film as part of the list of

IMAGE SOURCE: BBR, VARIETY, CINEMA FRIENDS

the nominees.

“No Time To Die” is the latest in the James Bond series of films. It’s actually the first James Bond film nominated for this award since “Moonraker” so it’s been a while what makes this film really stand out amongst the other five is that the visual effects are there to really be invisible and to support the story rather than be the story. A lot of illusions in this film really came as a collaboration between three different teams. The stunts team, the visual effects team, and the special effects team. Special effects and visual effects, they often get used interchangeably, but they’re two very different things. Special effects happen in the real world. Visual effects happen in the computer after the fact. For example, there’s a scene where a fishing trawler is sinking with James Bond trapped inside of it. And in order to do that, when we’re inside the ship, the



special effects team built a giant 50-foot long version of the boat that they could submerge 20 feet into a water tank on a soundstage. And they could rotate it 360 degrees to really enhance the sense of peril. For every shot that was outside though, it was a completely digitally created version of ship made by the visual effects studio DNEG.



EDITOR'S PICK
DOES
ART EDUCATION?
MATTER



Eman Pirzada
Visual Artist, Art Critic

4 MINUTES READ

Being a recent graduate in fine arts, after spending 4 years in an art school, I wonder, Is it really important for someone to get formally trained from an art institute in order to become an artist? There's something of a controversy surrounding this topic. On one hand, self-taught artists wear the label like a badge of honor, while the ones with formal art education may call their work Naïve art. Well you can learn ANY subject you want, either online or through an institute. Here are some pros & cons related to it.

Pros: You may learn best in a traditional way, in an artistic environment & through a proper system to understand dynamics of art world. You'll have an organized, focused curriculum & direct access to professionals, opportunity to explore other media, styles and techniques. Academic recognition shows that you are serious about art. Your Fellows & teachers will become mentors and artistic peers. You develop communication skills and a thick skin. Jealous & vindictive fellows will push you to get better and have a hidden curriculum to weed out artists who can't cope with criticism. You may also get mates who inspire you and your passion. Most people who offer opportunities

usually don't seek out independent artists.

Cons: Institutes often restrict pupils to explore new avenues freely which suppresses originality and creativity. It may force you to fit into a predetermined mold or train your mind for a particular trend. Their environment may not suit you. Instructors may lack experience of creating and marketing their art. There's a great temptation to create pieces in the style, unintentionally, inspired by works of your fellows. Institutes can be cost prohibitive. You learn at your own pace & have the benefit to take as much time as you need to perfect a skill; plan and learn only what's necessary for the art YOU want to create or resist the existing trends & traditions, your approach becomes unique. Spending four years in an art institute and being dictated is, honestly, not an ideal situation for you.

There are certainly many other benefits to both sides of the equation, art school & being self-taught both are viable ways to achieve a successful art career, they each have their own pros & cons to consider. Whichever way you choose to go, it will take substantial amount of work & dedication to develop both your ideas & skill. While there's no BEST WAY to receive an education on, or learn how to create, ART.

Here are some art feature for this month.

Raahima Salaar (Printmaker)

"Children are not things to be moulded but are people to be folded"

– Jess Lair, author

This body of work revolves around a story of a childhood memory that persists till date. The purpose of illustrating that scares me to the core of my heart is to let go of all negative impact it has on me. These illustrations aim to express the process of being harmed followed by silence. Choosing brush strokes rather than words to speak about a distressing memory from my early days was the only way I found confidence to put it out there. Children are mentally innocent. They are so vulnerable to being easily trapped into an adult's intimidating persona that they are unable to point out that what happening to them is not right. These paintings ought to depict the struggle of an innocent girl who failed to perceive what happened to her was wrong.

'Calm Before Storm'



Size: 12x7 inches

Medium: Mixed Media on Montwall

Emaan Pirzada (Miniature Painter)

Moving from place to place, being displaced several times and not being settled anywhere physically or mentally compelled Eman to preserve those places. As each time she had to begin a new *modus operandi* making her contemplate what she could have been. She dealt with this ever changing/evolving statuesque by expressing myself in the form of art as she find her work to be a platform where her mental and emotional attributes meet her cognitive ties whereas, the visuals show those spaces as she affiliate to them, not particularly as they were, forming a mind palace.

'Chaos'



Size: 10.5x11 Inches

Medium: Watercolor, Gouache, Graphite, Pen, Photo Transfer, Tea Wash and Collage on Wasli.

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Emaan Pirzada is an NCA graduate with expertise in miniature painting. She loves to explore mixed media such as graphite, gouache, water color, photo transfer, pen and collage on wasli.



PART - 2

ENCOMPASSING PAKISTANI THEATRE



Wajiha Tareen
Anthropologist, Media Person

4 MINUTES READ

Continued from previous edition.

Karachi established itself as a hub for creative activities, especially theatre. Khawaja Mohayyudin also produced his first ever play, *Lal Qilay Se Lahu Khet Tak* in 1950s to highlight the plight of migrants. In West Pakistan, Shahid Amin, Munir Chaudhary and Ranesh Dasgupta were the early dramatists. In the regime of Ayub Khan, Zulfiqar Ali Bhutto was given the commerce portfolio. There is evidence of state-sponsored theatre in 1963. Pakistan Council for National Integration was formed to inculcate a sense of national unity. The first production under its platform was named *Rishta* in 1965. The play intended to highlight the spirit of brotherhood among the two units of Pakistan. The Ayub regime was followed by Yahya Khan's. Many a

theatre practitioner emerged with their dramas mostly politically motivated i-e Major Ishaq Muhammad who produced his famous Punjabi play, *Mussali*, performed in poverty-hit areas of Punjab. In 1971 Sarmad Sehbai produced a Punjabi play, *Tun Kaun – Mein Kaun*, in Government College Lahore and Shahid Nadeem (Ajoka) debuted with his play *Marya Hoya Khota* in Lahore. Ajoka appeared in a major theatre group in Lahore later. On the other hand, another theatre group, *Tehreek i Niswan* founded by Shima Kirmani, had made headlines due to its provoking plays. The group was inspired by Ali Ahmed's NATAK which was partially funded by Bhutto in the late 1950s. Kirmani and her young team members often acknowledge the fact and mentioned their recollection of watching NATAK's live anti-establishment plays which reflected Ali Ahmed's Marxist approach. Zia's dictatorial regime gave birth to

IMAGE SOURCE: DAWN

political theatre in Pakistan. As mentioned earlier, expression of art was censored and limited rather discouraged in that era, theatre practitioners like Madeeha Gauhar, Shima Kirmani and Shahid Nadeem along with their groups, Ajoka and Tehreek i Niswan respectively produced several anti-establishment plays in Punjab and Sindh. Zia's radicalization and Islamization policies were brutally criticized which resulted in the arrest of many theatre practitioners, writers and poets as well. Tehrik-e-Niswan: It was founded by Sheema Kermani in 1979, emerged in Karachi's low income community areas, an office was set up after few years of voluntary service in community areas in cooperation with trade union groups with which Kermani worked closely after her return from UK in 1972. Kermani was inspired to work with women when the trade union groups showed the need to bring out factory women workers in the movement. The impacts of Islamization came up as the rise of religious extremism and intolerance led to another era of drama and theatre in Pakistan. Sheema Kermani presented a drama sojourn named *Dard kay Faasly* (Distances of Pain, 1981, it is an explanation of the situation being faced by the women of that time, due to religious extremism and intolerance. In 1988 Benazir Bhutto came up as Prime Minister of Pakistan after the mysterious demise of Zia. Benazir could not control the impacts of Islamization policies. At this time parallel theatre continued its work by drawing the political situation. Moreover, the work of Ajoka and *Tehrik-i-Niswan*, the Punjab Lok Raks plays also started to represent the oppressed class by highlighting their problems. In an international

theatre festival of Cairo in 1997, drama *Bandiwan* (Prisoner) was presented by the Punjab Lok Rehas and Ajoka. Growing political tensions between America, Afghanistan and Pakistan affected the theme of theatre in Pakistan. The political incidents like 9/11, Pakistan's backing of Jihadism, killing of Benazir Bhutto and presence of Osama bin Laden and then his assassination by America smashed the international image. At that time art and theatre was on tough side of life but besides all this Ajoka presented Hotel Mohinjodaro in 2008 and Tehrik-e-Niswan performed Anwar Jafri's *Hum Roken Gay*. (We will stop) in 2012 these plays were examples of the impact of the political and religious chaotic situation in Pakistan. Moreover, Fehmida Riaz's play *Jang Ab Nahin Hogi* (There will be no war) in 2003 was presented in the World Lysistrata Project. The *bhands* was also performed at that time and highlighted the culture of Hijras in Pakistan they imitated the political characters of that time. Theatre in the English language is an interesting part of theatrical art in Pakistan. It has introduced different perspectives and techniques in Pakistani theatre. The English musicals, dance and adaptations of on western drama was a challenge to Talibanization in Pakistan. There was a unique English play, Nida Butt's *Chicago* in 2008 which showed the growing tradition of corruption in administrators. The English theatre groups have produced marvelous plays for example, *Phantom of the Opera* by Shah Sharabeel in 2008 and *Moulin Rouge* in 2009, his revision of *Ray* and *Michael Cooney's Tom, Dick and Harry* were premiered in 2005 which was a combination of Punjabi language and culture. On the

contrary, Karachi by Nida Butt in 2011 was also a play to highlight the modern city of Karachi and its environment of looting and brutality of local mafia. Theatre of the present age is growing with innovative ideas even in a country like Pakistan. There are many theatrical groups working in Pakistan and bringing new ideas. The regional theatre in Pakistan is not as rich, there are some small groups in Sindh, and Punjab, but in KPK and Balochistan theatre is not as trendier. Samina Ahmed comments on the current situation of theatre

Pakistani theatre is again going through a phase of transformation and artists are trying to win the audience over by quality performances. Hence, looking forward optimistically, theatre in Pakistan is reviving its content, theme and quality because of growing awareness of the significance of media.

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

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FACTS YOU NEED TO KNOW

DO NOT INFLATE YOUR LIFEJACKET BEFORE EVACUATING THE AIRPLANE. IN WATER LANDINGS, YOUR LIFEJACKET IN A RAPIDLY SUBMERGING AIRPLANE WILL CAUSE YOU TO FLOAT ON THE TOP OF THE CABIN AND NOT BE ABLE TO SWIM OUT



AMARG (Aerospace Maintenance and Regeneration Center) is the largest airplane boneyard in the world. Almost 4000 retired aircraft are stored and repurposed at the 309th aerospace maintenance and regeneration group (AMARG) on Davis- Monthan Air Force Base in Arizona Tucson. The assets in the Boneyard are worth up to 35 billion dollars. 80 different types of planes come to the boneyard from militaries, government agencies, or foreign allies. When an aircraft is turned off for the final time it goes through the preservation process and is placed in its designated section in AMARG. Planes are arranged over 26 acres (10.5 sq. km) of the desert. Deserts are chosen by boneyards since they provide large flat areas and a climate that slows the corrosion of metal parts. A majority of the reserved aircraft belong to the military. There are 13 aerospace vehicles from NASA and the uniformed services. The boneyard has a row of stealth aircraft, too. This is where the Lockheed LC-130s are displayed. Not all aircraft will make it to retirement in one piece. Some of the planes have been dismantled and the bits have been sent around the world to help regenerate other planes. Up to 7000 parts are sent out every year. 800 mechanics work non-stop to retrieve critical parts and repair the planes so they can resume flight. Some of them will be sent back into service in just weeks while others may be stored there for years.

E-PASSPORT AN EASE TO TECHNOLOGY IN PAKISTAN

AEM Team

2 MINUTES READ

E-passport, electronic passport or biometric passport is the international travel document with identity details such as passport number, name, surname, nationality, and date of birth, as well as an electronic micro-processor chip containing data such as fingerprints, photos, and signatures. Biometric passports are scanned through special devices. E-passports, together with the codes developed, are much more effective, against passport fraud, than traditional passports. E-passports, a new biometric passport containing all the information available in traditional passports, are designed to lighten the workload at passport checkpoints. With E-passports, the control system powered by the labour force is aimed to become an autonomous system in the future.

Pakistan's NADRA department has launched an application for E-Passport which is rolled out through the passport office. It has made an ease to people and technology. If we look back in technology, the passports were handwritten, later a machine readable passport was formed which was scanned through the machine. In 2009, the chip based E-passport application was made but due to some issues it couldn't be launched in time. In 2021, it was launched to give easy access to Pakistanis. Pakistan also provided the E-passport services to Kenya to empower it. There is one to one authentication through this passport. All the information of a person is stored in the chip of E-passport. So, it has made authentication very easy and time saving. The



immigration officer doesn't need to match the data from the database. He can directly confirm all the details with the help of an E-passport. The identity of any person will be checked in just a few seconds. Further, if overseas Pakistanis can come through the E-gate with the help of E-passport. They won't need to visit the immigration officer. The NADRA department is also operating its functions online now. Now people have access to its portal and register them to get any services related to identity cards or any other service. The biometric machines are replaced with the Algorithm. And now people can get their fingerprints scanned by using their mobile phone camera and send it for biometric verification with the help of an online portal. The identity cards can be renewed, and family registration certificates and any amendments in any information can be made through an online portal. This is the ease of using the technology. The overseas Pakistanis can also process their power of attorney online. They don't need to go to the embassy. The testing of E-passport was first made in the UK and Canada. The passport can be renewed online through NADRA website.

IMAGE SOURCE : DAWN



Don't Count on Your Efforts Remember the cause that will bring change



Edleena Aamir
Student, Writer

4 MINUTES READ

In our society, where there is goodness all around, at the same time, our society is giving birth to many atrocities. These atrocities are not only born but also are shaped into much more severe forms. As torture is not only in physical form, similarly atrocities can be done on emotions, leading to mental distress, depression, and anxieties. One of the atrocities pertaining to our society is that we humans have considered ourselves as "**The Creator**", rather than the creation of one Creator. With this developed perception, we are having *objections* to the creation of God, and have forgotten that we are also the creation of the same Creator. One of the special creations of our Creator is the category of mentally retarded children, who are not only accepted by our society, but also by their own families.

There exists a normal culture in our society, that a person who is different from the rest of the society, is not only considered a part of this society but also undignified, and sadly this normal culture has now been shaped into a **norm**. This toxic norm forces the victim to think about his existence and why he is even born if he is to be undignified to this extent. *We all need to ponder over why we are doing all this and why we all have made this toxicity a norm of our society which is causing an impediment to our development?* When a mother comes to know about any disability in her yet-to-be-born child, if she is unable to give that special child his rights; then a mother thinks about aborting such a child. At this stage, "**We, the society**", stand against that mother, that she is snatching the right of life from that innocent child, but as soon as that special child is born, this society murders that child mentally, by its daily mental tortures, taunts, and humiliation. These innocent angels suffer a lot without any reason,

IMAGE SOURCE: VID DO

but the question arises *why are they suffering if they didn't commit any crime? Are they filling this penalty just because they are born?*

This penalty is even greater when not only our society but also the families of the special children, don't accept them. But why is it so, even when we know that they are also the creation of the same Creator, who made "us, the so-called normal and healthy society"? *Why is there prejudice, when they are also humans, just like us? Why is there a question about the existence of such people? I often wonder who am I to snatch the smiles of many beautiful and innocent faces? Who gave me this right to do so?* But I am unable to find the answers to all these questions because I am the part of that society who never feels ashamed of doing so. After all, the effort of one individual would not make any difference. We all need to understand that we are the creation, not the Creator. That Creator wholly is ONE, and He has no subordinates. We need to develop this mindset, as without this we would neither be able to live peacefully nor would we let the special children live peacefully and happily.

We, being the "society" should understand that these special children are the special creation of God Almighty and are special humans, as they are free from all sins and are pure souls, who should be respected, rather than undignified. And we, being sinners, should try to ponder over and repent our sins and mistakes, so that we may also be freed from all the sins and prove to be the finest creation of our Creator. We should do deeds, which will make us special humans, that will only make the Lord happy, not society. *If doing all this will exclude us from being a part of this society, then that will be*

cherished in front of our Lord's eyes, never degraded. By doing this on an individual level, every individual will prosper and flourish and a new society of acumen individuals will be formed. Therefore, we should try to include ourselves in the list of "**The Genuine Humans**" by looking into our own selves and by anchoring our souls and morals, the rest of society will change automatically.

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FACTS YOU NEED TO KNOW

IF YOU EVER FEEL LIKE SOME-ONE IS FOLLOWING YOU, YOU TAKE FOUR RIGHT TURNS, AND IF THAT PERSON IS STILL BEHIND YOU, THAT MEANS HE IS FOLLOWING YOU. DO NOT DRIVE HOME, JUST GO TO THE POLICE STATION AND CALL THE POLICE ON YOUR WAY THERE

KEY TO WORD SEARCH



Book Review

Moth Smoke

Lahore's Life amid Nuclear Tests

**Nasir Hussain**Artist, Scientist, Writer, Philosopher
Student at UMT Lahore

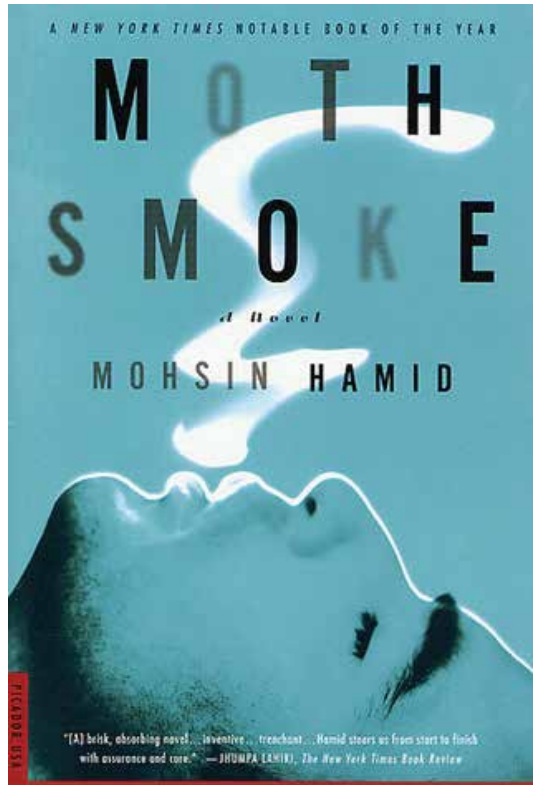
4 MINUTES READ

It's the summer of 1998 in Lahore, metropolitan capital of Punjab. Atmosphere is damp and hot; people are waiting for Monsoon winds to come by city's rescue. The story revolves around DaraShikoh, alumni of Government College Lahore, and drop out student of economics in Punjab University; who has lost his job as a banker and finds his life stuck and going nowhere. Amidst Pakistan's Nuclear Tests, the economy is crashing, and so his Darashikoh's life. With no money at hand, he struggles to maintain his former life style. To make his place in Lahore's late night parties once again, but at a grave cost.

As his life spirals down into nothingness, a series of unintentional happenings take place, he falls in an affair with his best friend's wife. The extramarital affair grows tense and ultimately meets its destitute fate. To make his life even worse, the protagonist slowly moves from his usual hash to the unforgiving

Heroin. To make his life even worse, the protagonist slowly moves from his usual hash to the unforgiving Heroin. The story unravels, events take place and circumstances get worse.

At the end of the novel, the reader (you) finds himself in a courtroom presiding over the case. The gavel weighs heavily in your hand. The actors in the incident sit upright in the final moments, waiting for you to pass the judgment. The accused would accuse those who accuse him. The accused would have you believe



that a crime is in progress in this very courtroom, you are chairing. "The fish is reeling in the fisherman", your conscience whispers slightly. "Enough of this nonsense, Mi Lord. Do Justice!", the prosecutor demands looking at you (the reader). You find yourself in a Dilemma! The crisis that has long lingered within mankind. The dilemma of pardoning a sinner amongst sinners.

Who would you (the reader) pardon? The novel is pretty good and exciting. Mohsin draws a beautiful correlation between the mystic prince Dara-Shikoh of Mughal Empire, and the protagonist also struggling with his kin in 1998. The plot and how it changes seamlessly, is definitely amusing. It sheds light on the lifestyle of Lahore's young elite and upper middle class. You will find wit, poise, profundity and strangeness in it, all at once. For anyone who has lived in Lahore for 2-3 yrs, the references of Barkat Market, LUMS, DHA, Pak-Tea house, Jallo park and old Lahore etc are sure fun and witty.

Mohsin has eloquently exemplified the sophisticated period in every young graduate, who feels his life stuck and going nowhere while his mates soar into the skies of success. The period when you know that your life is getting nowhere. It spirals down day by day, month by month, year after year. However, the author cautions the reader to contemplate and beware in this tragic period of life, to keep hold of his/her senses in such bleak yet brief times of unemployment. He probes through the life of Lahore's everyday working class and their conscience regarding Pakistan's Nuclear Tests and the economic crisis that follows it.

As it is Mohsin Hamid's first novel, his writing style is less mature as

compared to his later work, "The Reluctant Fundamentalist". One finds unnecessary details and flattered exaggeration in the novel. It further contains explicit sexual content that might discomfort some readers. I won't recommend you to give it a read, but I also won't stop you from reading *Moth Smoke*, because it's enigmatic.

Following is the best excerpt from novel, leading the reader across the analogy of Moths, mysticism and uncertainty:

"She circles, forced to keep her distance, afraid of abandoning her husband and even more, her son for too long. But she keeps coming, like a moth to my candle, staying longer than she should, leaving late for dinners and birthday parties, singing (burning) her wings.....

....And I, the moth circling her candle, realize that she's not just a candle. She's a moth as well, circling me. I look at her and see myself reflected, my feelings, my desires. And she, looking at me, must see herself. And which of us is moth and which is candle hardly seems to matter. We're both the same.

That's the secret.

What moths never tell us as they whirl in their dances.

What Manucci (Daru's servant) learned at Pak-Tea House.

What sufis veli in verse.

I turn her around and look into her eyes and see the wonder in them that must be in mine as well....."

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Lens and Perspective – Lets' Grow Spiritually



Saira Batool
Nature Photographer, Blogger,
Media Student

4 MINUTES READ

You don't need a new life, just a new lens through which to view the one you have.

Life is a journey with rugged and smooth gradients. Problems; either complex or simple, can revolve depending on the field of habits that we cultivate in our conscious and subconscious. The way we nurture good habits and the way we negate bad habits. It is often said to keep habit in perspective; it has the potential to make us or break us. It is inherently a double-edged sword. So, it's de rigueur to think about both sides of the coin with the most awakened and suitable Lens. Wait, Lens?

Yes! Lens is not only telescopic, wide, ultra-wide or fish-eyed. Lens is

the angle of our understanding towards certain hidden realities; especially hidden behind anger, fear, agony and envy. Everyone welcomes a sweet smiling cheerful face but we have no tolerance for anger, confusion, difference of opinion or even timidity.

Well, perspectives differ from person to person. And so, our lens. Lens is the way we perceive many realities, happenings around us. We may think of a person being impatient on the road while driving. But we should also think of some tragedy or bad scenario happening with him/her.

The story begins with the lens; the angle, with which we see, think, understand and respond to certain happenings or social realities around us. It's called perspective! We may have built our own perspectives to see and decode things but in reality, they

are not truly how we see and take them into account.

This edge of our tolerance is really extreme but people around us, despite understanding our tiredness of staying strong, continue to blame, criticize and disapprove of our sacrifices. At this point, everything seems falling apart, scattering your inner self.

We sometimes forget that our action has an equal reaction; though it bounces back in the form of failure, grief, discontentment or a foe. And that depicts what we Think subjecting to our angle of perceptions.

We have seen such people who are patient and hold on to their emotions impressively. But there comes a limit where they cannot maintain their threshold and everything which was once contained blows out all of a sudden.

If someone gathers themselves at this edge of seclusion with the power of positive thinking and staying stronger than before. That person is undefeatable. Keeping your energy bright and safe from energy parasites, your own thoughts can make you a successful person without the help or assistance of anybody. Turning our journey towards media marketing, we come up with many tactics through which our consent has been sold. Shocked? Let's dig into the details.

The purpose of clothes is to cover our body humanely and set a decent standard of our personality. But the trend of Branded clothes has not only made our lives complex but also influenced us subconsciously with the fear of "Inferiority Complex".

We have been forced to turn our wants into needs! Something which requires correction for a healthier mind. We collectively are in a dire need to change our lens towards these

perceptions because we collectively make a society. If we help each other grow spiritually and attain a tendency for correctness rather than rigid thoughts. We can have a fortuitously peaceful life. Eventually aiding us towards a better lifestyle and happier, healthier relationships.

Also, positive thinkers live longer, live healthier, have more energy, have more successful careers, make better decisions, are more productive, are less stressed, have healthier relationships, and are much happier than pessimists.

Lastly, confidence and optimism are closely related to each other. Both are extremely contagious. You owe it not only to yourself to be positive, but also to everyone around you. It's not the end of the world and we are deemed to walk besides others with a steady, matchable speed. A little alteration in our mental behavior will lead the world to a better place to live and not just to survive.

You can't control everything. Sometimes you just need to relax and have faith that things will work out. Let go a little and just let life happen.

(Kody Kiplinger)

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FACTS YOU NEED TO KNOW

IF YOU EVER COME FACE TO FACE WITH A MOUNTAIN LION, JUST WALK BACKWARDS FROM THEM. THEY WILL BE WAITING FOR YOU TO TURN AROUND TO ATTACK



HOW TO ACTUALLY GET A JOB ACCORDING TO PEOPLE IN HR

AEM Team 4 MINUTES READ

If you feel like you're having worse luck with job applications than normal, there's a reason: according to a survey by the website Indeed, employers have been ghosting job candidates more since the start of the pandemic. Nearly 77% of job seekers reported being ignored at various stages of the recruitment process.

In some cases, it might just be that the hiring manager is swamped with a deluge of applications. But other times, it could be on you. So, some HR managers are asked about the best ways to catch their attention – here are those methods;

Clean up that resume: say more with less

“The lengthier the resume, the higher the chances you will be ghosted. Ideally, no resume must be more than two pages long at best.” Says Krupal, the hiring manager for a non profit organization. “Unless you have work experience spanning three

decades or so.”

He added that brevity also demonstrates your skills to say more in less words and make an impact without eating too much into someone's time. Ashish Chopra, a hiring manager at a global IT firm, says resumes must also look appealing and have some personality to them. “Your resume doesn't have to be flashy, and the content does matter more. But it doesn't hurt to have some color and character.”

Use keywords but don't overdo it

According to one study, 90% of applicants don't bother reading the job descriptions before applying. This obviously, is dumb -- not least because it helps to tweak your cover letter or resume before applying.

Hiring and talent acquisition managers also frequently use softwares that filters out applicants who don't have any keywords used in the listing, so it's always good to add a few in there. But remember, says Chopra, “you need to have certain proven skills and experience to back

those keywords.”

Consider having multiple resumes

If you have bounced around careers, you’ll want to tailor your resume whatever job it is you are applying for.

Invest in your online job profile

Managers often stumble across profiles on networking sites like LinkedIn during the scouting process. A professional headshot without any distracting background, lots of connections, and an active profile can help you stand out in an extremely crowded market.

Build your network

After a job opening, hiring managers usually rely on in-house referrals, says Rao, which means networking is key.

“Networking” doesn’t mean randomly shooting emails to the employers, “Focus on value creation and building a brand for yourself, as this will actually make people reach out to you.” says Rao.

While some of these connections might not generate immediate returns, they might prove useful when unexpected job openings come your way, particularly for senior positions that are rarely advertised online and often hunted exclusively through in-house referrals.

Practice the art of restraint

Applying for 20 jobs a day might also just mean going through the stress of being ghosted 20 times.

“Many times, people don’t even apply for the relevant job profiles and only want to get noticed by their dream company,” says Rao. “Be authentic to yourself and always know your self-worth. Censor yourself and rein it in. Be judicious about your

applications and do due research about the kind of roles you want.”

“Also, if you magically do get to the interview stage for a job that’s irrelevant to your profile, it will be a fluke and you will be rejected eventually.”

Explain, don’t mention

Simply mentioning all your skills in your resume will not make you stand out, because other applicants might have those skills listed too.

“It’s important that you explain how those skills benefited your previous organizations,” says Krunal.

Did you solve a critical problem? Or help to further the revenue generation of the company?

If you’re ghosted after the interview, you can follow up

With job interviews, everything might seem perfect... until it doesn’t, and you’re left waiting for a clear rejection or approval.

Ask your potential employer for a timeline of when an answer can be expected, and after that timeline has passed, follow up by thanking them for considering you, and then asking for an update, referring to a specific detail or two from your meeting.

If nothing has worked, chances are there’s nothing more you can do. Make sure you leave a review about your experience on an anonymous company review website, like Glassdoor. Maybe someone from the organization will read it and make sure no one else gets ignored the way you did.

1 MAY
INTERNATIONAL
LABOUR DAY



Why 'EW' for Productive Summers 2022!



Syeda Maryam Imtiaz
IR Graduate, Philanthropist

6 MINUTES READ

While many of us will soon be looking up prolific summer programs, my recommendation based on personal experience is that of 'EW'. English for the workforce or commonly known as English Works EW, is a six-month-long program in Pakistan, sponsored by the Regional English Language Office (RELO) which is an initiative of the US Embassy. It aims to connect with the public through various activities and programs for promoting and enhancing inter-cultural understanding and building stronger ties between both nations. The program is administered by the main campus of the National University of Modern Languages located in Islamabad. NUML, an HEC recognized university is renowned for learning languages. However, its scope is not limited to languages as it offers graduate and postgraduate degrees in various academic disciplines like Business administration, Psychology, Education, Mass Communication, International Relations, and many more. Under this program, 100 merit scholarships were given to the young students from Rawalpindi, Islamabad, and neighbouring areas. The intensive 240+ hours of after-school training equips students with technical and employability skills. In the 2021-2022 cohort of the program, students from different colleges and universities enthusiastically participated in this program and various gadgets like tablets, internet devices, headphones, books, etc.. were provided to facilitate

them. A new session is anticipated in July, hence an insight into the program structure is presented to facilitate the candidates.

The course consists of 9 modules, which cover different aspects crucial for thriving in a workplace. From introducing oneself to communicating effectively, teamwork to leadership, and writing resumes and cover letters for interviews, every single part prepares participants for their professional lives. Apart from focusing on corporate grooming, students are also introduced to Entrepreneurship and the skills required to start up their own business. In this manner, touching on both themes has set students for a brighter future. Cultural sensitivity encompassed a greater portion of this course and celebrating different days and learning about cultural values and etiquettes, created awareness. Learning about such differences and similarities makes one tolerant and acceptable toward other cultural values and prepares them to function in a cross-cultural environment effectively. Hence, the course not only helps to enhance professional skills but also supports personal growth.

As the outbreak of Covid-19 led to the suspension of face-to-face learning, the 2021-2022 course was conducted online. Learning took place through different web tools and applications that were fun and challenging at the same time, given that many of these were new to the learners and took some time for them to wrap their heads around. A hands-on experience on following web tools was conducted:

Jam board: An interactive whiteboard offered by Google that allows teachers and learners to collaborate on various discussions and projects. It is free of cost and can be accessed using smartphones, Tablets (through the app), and even web browsers. The board can be shared via other google platforms like Google Meet, Google Classroom, and Google Drive. Using different tools, one can write, draw, erase and paste sticky notes. Interaction in this way becomes exciting and creative.

Flip grid: A video discussion application and website that helps educators and learners to engage and present their views in the form of videos. The teacher creates a classroom where he/she posts a topic or a video and the students have to share their recorded responses. One can record the video as many times as they wish to before finally uploading the one they are satisfied with. Emojis, filters, stickers, music, text, etc. can also be added to make them stand out.

Kahoot: An online learning tool that facilitates learning through game-based multiple-choice quizzes. Users can either download the Kahoot application on their mobiles and tablets or access it via the web browser.

Pear deck: An interactive educational tool that allows teachers to make presentations to aid active learning. They can keep track of students' progress and participation live as the responses and comments are visible on their screens.

Prezi: A web-based tool used to design presentations. However, there are numerous softwares through

which one can make a presentation, but this one, in particular, stands out because of its uniqueness. Instead of adding slide after slide, it offers a single canvas where you can add text, visuals, and other elements. By zooming in and out one can show the various segments on the frame. Two other features offered by it are Prezi Video and Prezi design. With Prezi Video one can change their existing presentations into videos or make new ones using different templates available. Apart from this, another exciting feature is that one can go live and present via apps like Zoom, Web Ex, etc. Through Prezi design, creating posters, info-graphics, icons, maps, and charts are all possible.

StoryBird: As the name signifies, this digital tool lets users create stories using text and images. When a certain word is typed, many suitable images appear that one can use in the story. It's a great application through which you can get your message across in the form of a story and make it visually engaging and pleasing at the same time.

A two-week Tech Camp was also a part of the 2021-2022 EW course in which students got to learn about countless web tools and career options from well-known professionals and professors from the United States of America and Pakistan. A glimpse of the sessions and the trainers is hereby provided. On E-portfolios and Universal Design of Learning, Dr. John Achrazoglou, Director of Education Technology Center, The University of Iowa College of Education, US, and a member of RELO demonstrated students on importance of the universal design of technological learning, elaborating

e-portfolio and google sites. Students got to know about websites to design their own E-portfolios. Professor Muhammad Rashid; an Associate Professor, Vice Principal F-10/4 College, and Mr. Rustam Ali, an Assistant Professor, Department of English, Govt. Degree College Hawelian also guided EW students about Webtools and their growing need in the present digital era. Mr. Shoaib Amin, an Information System Analyst, Project Manager and Entrepreneur discussed Entrepreneurship, its essence, and the skills required to become a successful Entrepreneur. Asif Rasool, Lecturer Department of Management Sciences, NUML, Islamabad explained corporate grooming and suggested techniques to boost confidence and enhance interpersonal skills. Mr. Hisham Sarwar, CEO of Infomist Services, a top Pakistani freelancer and a tech enthusiast gave insight into the world of freelancing and provided step-by-step guidance on pursuing freelancing. Some tips for beginners to attract clients were also shared. Ms. Sabeen Hayat did a marvelous job as our instructor, accompanied by coordinators Faisal Sheheryar and Irum Shahzadi.

The program was well managed and its contents were tailored according to the requirements and trends of 21st-century employment. Teaching students such skills improved their capacity, made them confident, unleashed their potential, and empowered them to turn their lives around and bring about a positive change in the society. This initiative of the US Embassy and RELO is highly recommended for individuals as a life-changing program.

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Addicted to Diction

Aberration: a state or condition markedly different from the norm

Angst: an acute but unspecific feeling of anxiety

Bonhomie: disposition to be friendly and approachable

Bravado: a swaggering show of courage

Anachronistic: chronologically misplaced

Charisma: personal attractiveness that enables you to infer others

Benevolent: showing or motivated by sympathy and understanding

Epitome: a standard or typical example

Facetious: cleverly amusing in tone.

Glib: artfully persuasive in speech

Gregarious: temperamentally seeking and enjoying the company of others

Boisterous: marked by the exuberance and high spirits

Propriety: conformity to conventionally accepted standards, behaviour and morals.



WEBSITES YOU NEED TO KNOW

AEM Team

2 MINUTES READ

Howrare.is

You can get NFTs (Non Fungible Token) for free. Go direct to Howrare.is and click on any website for free and you can create your own wallet and get free NFTs.

Sidehustlestack.co

Who wants to make extra money? Just go to this website. You can choose any work of your own choice and make extra money. Its monthly users are 350,000.

Quotescover.com

You don't even need to pay a penny for it. With the help of the quote generator you can create 100 plus quotes and download it in a few seconds.

Looka.com

Make a beautiful and attractive logo in less than 60 seconds by simply entering your company name. You can make a customized logo.

Copy.ai

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