



# AZEEM ENGLISH MAGAZINE

MONTHLY

**HOW TO PET CATS!** PAGE 68

**SCIENCE BEHIND** PAGE 36  
**WHY GRANDMA WAS RIGHT  
IN SOAKING MANGOES BEFORE EATING**

**RAISING** PAGE 20  
**A DIGITALLY DEPENDENT GENERATION  
ISN'T A BAD THING**

**21 THINGS** PAGE 18  
**YOU SHOULD START DOING  
WHEN YOU'RE 21**

**WHAT HAPPENED TO** PAGE 06  
**THE FOUNDER OF TORRENTS?**

**SELF-HELP GURUS ET AL** PAGE 04  
**DAY DREAMERS : INTRODUCING  
THE STRUGGLERS**





(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.



**AEMAGAZINE.PK**

☎ (051) 88 93 092-3

✉ [contact@aec.org.pk](mailto:contact@aec.org.pk)

🏠 AEC, First Floor, Ras Arcade, Street 124, G-13/4, Islamabad

## DISCLAIMER

The magazine does not endorse any of the ideas, opinions or thoughts proposed in the published articles. The opinions belong to the authors only. We reserve the right to edit letters for reasons of clarity and space.

To get your content published, send your submissions at [submit@aemagazine.pk](mailto:submit@aemagazine.pk)

## EDITORIAL BOARD

Patron-in-Chief

Dr. Muhammad Azeem Farooqi

**Editor-in-Chief**

Muhammad Ali Farooqi

**Associate Editor**

Imran Khan

**Managing Editor**

Humaira Riaz

**Art Director**

Muhammad Raheel Asghar

**Publishing Director**

Nacem Anwar

**Distribution & Social Media Manager**

Fazal Khan

0318 054 9181

## EDITOR'S NOTE

AE Magazine brings its special edition this summers for our esteemed readers. Articles have been picked carefully as we cover many interesting topics. Extra pages have been added so that you may cherish every extra bit of this knowledge capsule. Enjoy reading your copy with a loaded glass of summer drink and don't forget to send us your feedback.

*Bonne Lecture!*

**Muhammad Ali Farooqi**  
Editor-in-Chief



# TABLE OF CONTENTS

## FEATURED

|  |           |
|--|-----------|
| <b>SELF-HELP GURUS ET AL DAY DREAMERS : INTRODUCING THE STRUGGLERS</b> | <b>04</b> |
| AZKA DURRANI   |           |
| <b>WHAT HAPPENED TO THE FOUNDER OF TORRENTS?</b>                       | <b>06</b> |
| <b>HOW DID THE ILLUMINATI CONSPIRACY THEORY START?</b>                 | <b>10</b> |
| <b>THE CURIOUS CASE OF TYPHOID MARY</b>                                | <b>12</b> |

## LIFESTYLE

|  |           |
|--|-----------|
| <b>8 TIPS TO BE A MORE CREATIVE PROBLEM-SOLVER AT WORK</b> | <b>14</b> |
| <b>21 THINGS YOU SHOULD START DOING WHEN YOU'RE 21</b>     | <b>18</b> |

## PARENTING

|   |           |
|---|-----------|
| <b>RAISING A DIGITALLY DEPENDENT GENERATION ISN'T A BAD THING</b> | <b>20</b> |
| UMMARA SHERAZ   |           |

## MENTAL HEALTH

|   |           |
|---|-----------|
| <b>TRAUMA</b>   | <b>24</b> |
| FATIMA ALTAF  |           |
| <b>HOW DOES YOUR CHILDHOOD AFFECT YOUR LOVE LIFE?</b> | <b>26</b> |

## KIDS SECTION

|   |           |
|---|-----------|
| <b>FILL COLORS IN GOKU TO HELP HIM FIGHT!!!</b> | <b>28</b> |
| <b>HOW MANY WORDS CAN YOU FIND?</b>             | <b>29</b> |
| <b>CONNECT THE DOTS</b>                         | <b>30</b> |
| <b>CAN YOU TAKE THE BEE HOME?</b>               | <b>31</b> |
| <b>DIY IDEAS FOR KIDS</b>                       | <b>32</b> |

## SUMMER SPECIAL

|   |           |
|---|-----------|
| <b>SCIENCE BEHIND WHY GRANDMA WAS RIGHT</b> | <b>36</b> |
| <b>IN SOAKING MANGOES BEFORE EATING</b>     |           |

## BUSINESS

|  |           |
|--|-----------|
| <b>CRAZY MILLION DOLLAR IDEA : PET ROCKS</b> | <b>38</b> |
|--|-----------|

|  |           |
|--|-----------|
| <b>THINK IT - FINTECH</b>                                | <b>42</b> |
| MUHAMMAD SAEED BABAR                                     |           |
| <b>EDUCATION AND ITS IMPACT ON THE ECONOMY</b>           | <b>44</b> |
| THE PATWARI  |           |
| <b>ENVIRONMENT</b>                                       |           |
| <b>WHY DON'T YOU HEAR ABOUT THE OZONE LAYER ANYMORE?</b> | <b>46</b> |
| <b>CAN WE STILL SAVE THE WORLD'S WATER?</b>              | <b>49</b> |
| <b>HOW OYSTERS CAN STOP A FLOOD?</b>                     | <b>50</b> |
| <b>SUFISM</b>  |           |
| <b>FAROOQI'S GUIDE TO SUFISM</b>                         | <b>52</b> |
| <b>THE SPIRITUAL ENERGY POINTS (LATA'AEF) IN ISLAM</b>   |           |
| DR. MUHAMMAD AZEEM FAROOQI                               |           |
| <b>CULTURE AND HISTORY</b>                               |           |
| <b>BABA FARID- THE PIONEER OF PUNJABI POETRY</b>         | <b>56</b> |
| IMRAN KHAN   |           |
| <b>QAWWALI, A CLASSICAL MUSIC GENRE OF SUBCONTINENT</b>  | <b>60</b> |
| AQDAS HASHMI   |           |
| <b>THEATRE</b>   |           |
| <b>THEATRE AS A CREATIVE INDUSTRY</b>                    | <b>62</b> |
| WAJIHA TAREEN  |           |
| <b>ONLINE THEATRE'S CHARMS AND IRKS</b>                  | <b>66</b> |
| UZMA SABEEN  |           |
| <b>PETS</b>  |           |
| <b>HOW TO PET CATS!</b>                                  | <b>68</b> |
| SYEDA MARYAM IMTIAZ                                      |           |
| <b>BONUS</b>   |           |
| <b>BRINGING THE EAST &amp; THE WEST TOGETHER</b>         | <b>72</b> |
| ARMUGHAN MUNIR   |           |
| <b>7 SPECIAL DRINKS TO BEAT THE HEAT</b>                 | <b>74</b> |



## SELF-HELP GURUS ET AL DAY DREAMERS INTRODUCING THE STRUGGLERS



**Azka Durrani**  
Teacher

4 MINUTES READ

“I will start working from tomorrow-for real”. This is the rote sentence people have heard and said over and over. I have been saying this for the past fifteen years now and I will continue saying this because I identify as a struggler (noun) Definition: A struggler (not to be confused with a hustler) is a person who constantly struggles between minimum work, procrastination, following self-help content and escaping with day dreaming. Synonym: common man, pun intended.

A couple of years ago, after I faced a lot of productivity loss in my work hours, I got compelled to start reading self-help (not working, only reading—a step 1 to self-improvement journey if you will). My agenda was not result driven. It was more about achieving that magical moment when I will finally know all the rules and I will get to it. It was something like “I

have had so much theory that I am bound to do the practical stuff now”. Wrong! This is how it went: I read over 30+ self-help books, highly recommended by self-help gurus, academics, publishers and avid readers interested in improving their day to day habits and lives. Strugglers like me, want to either read, learn and implement or listen to audio machine’s motivational music playlist and be all high on the videos chanting “there is a lion inside of all of you!” And you don’t believe it because honestly you only relate to the cat inside of you. Still it manages to pump you up. You strike down a power pose or break into a dance step and you say to yourself that you will end up doing stuff, important stuff! VIP stuff! That will make you sit in helicopters and look down upon people waving at you and chanting your name. At this crucial moment when you return from the fiery and blissful agenda, you realize you need to work and you suck at it. You decide to turn your life around....by streaming YouTube.

All books repeat the same mantra: habit construction/deconstruction,

IMAGE SOURCE - AUDIBLE

dopamine release and rat's finding their way out, setting time frames like 5 seconds rule or first 20 hours or 4-hour week and creating a deep work flow and introducing a unique agenda of being a little bit selfish yet altruistic. Strugglers love to learn all about it via YouTube and self-help books. After all, they have to show people they are trying. Some self-help books are like a capitalist market toolkit: you got the motivational spirit to become a corporate slave? You need to gain that rat spirit from these over-achiever influencers on YouTube and some tag-line self-help literature. And also don't forget the mug printed on with your favorite character because Hollywood tried their level best to market it as a symbol of reliable stuff to strugglers like us. It's crucial to note that the merchandise is more important than the actual message of heroism. You also went for the cool red and golden helmet coffee mug rather than following the hard work protagonist placed in building that ironman suit. The struggler does all the setting work first : get the stationary, get the perfect study desk chair, get the best pen, book, paper, stapler, eraser, notebook, highlighter, sticky notes , timer, lo-fi study music ... the only thing which is left is to get to work. By the time all this preparation is done, they are exhausted.

Dreamers love to dream. Reality has to be escaped with a vision of a beautiful utopian world where they are the heroes bringing world order and peace. In a struggler's head her hero works 24/7, reads a lot of books, rides a bike, climbs mountains, takes a catwalk on a Paris runway and then simultaneously she also heads the NATO defense center and somehow ends up becoming Carmen Sandiago

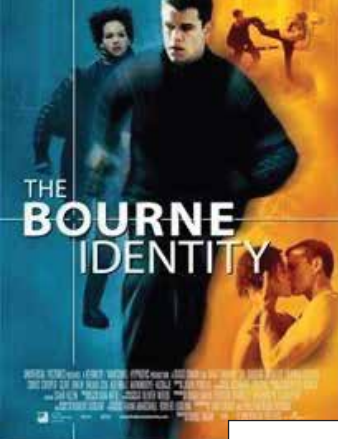
being chased by Interpol all around the world. This part is a motivation for a typical struggle. This is what makes them full of energy and hope. Without this, they will not become ambitious, they will not create goals and creative solutions. Without this day dreaming, they will not escape reality and end up wasting study time imagining the utopian world and getting average grades. In return, those average grades will lead them to wake up one day and work hard. This Daydreamer-Self-help-struggler is a paradox we are all caught in, except maybe Karl Marx, Immanuel Kant and Benjamin Franklin because apparently they were robots sent from the future to guide us for a better future! They were never caught up in this vicious vortex. They were never the strugglers. Thank God.

@azkadurrant@yahoo.com

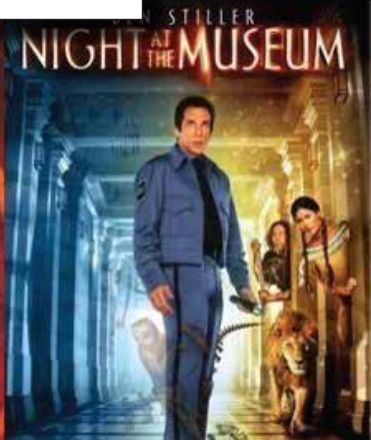
## FACT YOUR NEED TO KNOW



**IF YOU EVER ALMOST DROWN TO THE POINT OF THROWING UP OR PASSING OUT, YOU SHOULD STILL GO TO THE HOSPITAL BECAUSE YOUR LUNGS CAN STILL BE FILLED WITH FLUID OVER THE NEXT FEW HOURS.**



**WHAT HAPPENED To The Founder Of Torrents?**





**AEM Team**

6 MINUTES READ

With the rise of affordable streaming services like Disney+, Netflix, Hulu etc, we have seen a significant reduction in piracy over the past several years. But for those that still engage in piracy, there's no doubt that torrenting is the key that makes it all possible. Torrenting is basically a file distribution system that makes it extremely difficult to shut down piracy. Instead of downloading a file from a central server, with torrent, you download the file from thousands of other people who have already downloaded the file themselves. So the piracy sites like the Pirates Bay and Kickass torrents don't actually have to host the files themselves. They just have to host the torrenting links that connect pirates from around the world. So, if the prosecutors take down a certain piracy website, the hosts of the website just have to upload the links to a new website which is no more than a few gigabytes. This ease of moving websites has made it impossible to shut down the large websites like Pirate Bay as they can just constantly move websites thanks to torrents. Bram Cohen is the founder of torrent. Bram Cohen was born on October 12, 1975 in Manhattan, New York. He had mature interests and excelled at STEM-related competitions. Bram's career throughout the 1990s was not stable enough. It's not



clear that if Bram couldn't qualify for a job at a big Tech company like Microsoft or Cisco or he was trying to hit it big with a startup, but either way, this forced him to constantly switch jobs as each startup he worked for went under. While the startup world wasn't too kind to Bram, it did provide him with unique concepts and ideas and this was especially true with last job at MojoNation. He was trying to create a decentralized method for safely storing and distributing confidential files. The idea was that the encrypted chunks of the original file could be spread across multiple computers. This way, to download the entire file, you would need cooperation from all the computers. So, a hacker couldn't just get access to one of these computers and steal the entire file. It's not clear if this decentralized encryption method ever caught on, but this idea did inspire Bram who thought that it was perfect

for file sharing.

**BitTorrent:**

In April of 2001, Bram went ahead and quit MojoNation determined to bring his file sharing idea to life. Over the next year he programmed the first BitTorrent client which ran on Python. Soon enough, Bram completed a Beta version of the software that worked alright. He worked with his roommate, Len Sassaman, to create a tech conference named Codcon. This presentation allowed Bram to create

IMAGE SOURCE: WIKIPEDIA | CONTENT SOURCE: LOGICALLY ANSWERED

some hype within the tech world, but this was not exactly his target audience.. So, Bram developed a new idea to attract users. In 2002, Bram offered some adult films for free on BitTorrent. This strategy was surprisingly effective, but Bram didn't want to be known as an adult film distributor. After getting recognition he stopped this. By this point though, many BitTorrent users started to realize the true potential of the program. Nowadays we have extremely reliable cloud storage platforms like Google Drive and Mega which allow users to download gigabytes worth of files in a matter of minutes. But, back in the early 2000s, moving around such large files was not only difficult but expensive due to the storage and bandwidth requirements. So, no one wanted to host such files. With BitTorrent though, no single person had to host the files. Instead, hundreds or even thousands of users could host them. And given that average people aren't charged for their bandwidth usage, this was basically free for most hosts. Considering these perks, I don't think you'd be surprised to hear that BitTorrent became the go-to place to share and download large files. BitTorrent was required for movies, games and softwares. And as users started to realize how easily such files could be shared using BitTorrent, the program became the

soul of piracy.

**Stance on piracy:**

Given BitTorrent's major role within piracy, it's not surprising that BitTorrent was a massive target for prosecutors. But the problem is that they couldn't really charge BitTorrent or Bram for copyright infringement. Bram has made it clear that he didn't create BitTorrent for piracy. His main goal was simply to allow users to share and download large files cheaper, faster, and more efficiently than ever before. And it just so happens that the community started using it for illicit activities. So, given that there was no conspiracy to commit copyright infringement, prosecutors can't do anything. It would be like the FBI taking action against Facebook because scammers are using WhatsApp to conduct Bitcoin scams. With that being said though, piracy is a way bigger part of BitTorrent than Bitcoin scams are of whatsapp. So, prosecutors were constantly looking for ways to build a case against BitTorrent. But, Bram was well aware of this and he was sure to play it safe legally. He didn't pirate himself, he didn't encourage others to pirate, and he constantly tried to make BitTorrent more applicable to other user cases as well. So, this was Bram's legal stance on the piracy issue. His moral stance, however, is a lot different. Bram believes that copyright holders need to get a life



**BitTorrent™**

IMAGE SOURCE - WIKIMEDIA COMMONS

and stop going after every medium that inadvertently enables piracy. He argues that if copyrighted content was offered in an affordable and easily accessible way, people would have no reason to pirate content. And this does make sense given what happened to the music industry. Back in the 2000s, it was extremely common to pirate music to put on MP3 players and iPods. But, with the explosive growth of services like YouTube, Spotify, and Apple Music, music piracy has significantly declined. Why would you want to go onto sketchy websites and risk getting a virus when you can legally listen to any song on YouTube or Spotify for free with ads or for a reasonable fee without ads. So, Bram's argument makes quite a bit of sense, but this didn't stop copyright holders from trying to fight back anyway.

### Retaliation:

Since copyright holders couldn't directly shut down or convict BitTorrent, they decided to go after the ones that were sharing the content themselves. Initially, BitTorrent was slightly involved in this given that there were links to copyrighted material on BitTorrent's official website. But, in 2005, Bram made a deal with 7 American studios that he would remove all piracy-related links

from the website. This led to the rise of sites like The Pirate Bay and Kickass Torrents. Seeders are basically the thousands of hosts around the world that are making the content available to pirates. And since copyright holders couldn't take down BitTorrent, they decided to take down seeders. Copyright holders started finding the IP addresses of seeders and contacting their internet service providers to cut their internet. Considering these consequences, you might be wondering why anybody would seed content? Well, within the piracy community, it's common



courtesy to seed for as long as you downloaded. But, even if you don't seed out of free, automatically be seeding as you're downloading the content itself. Copyright holders have actually gotten really good at identifying seeders and cutting their internet which has forced most pirates to start using VPNs which is quite ironic. If you're pirating any amount of substantial content, you're gonna have to get a paid VPN. Express VPN's cheapest option itself costs \$100 per year. Meanwhile Disney+ only costs \$80 per year. So, clearly, there's some sort of disparity going on here if pirates are more willing to pay for a VPN than a streaming service as Bram suggested. Nonetheless, copyright holders have continued to spend a lot of effort in taking down seeders.

# HOW DID THE ILLUMINATI CONSPIRACY THEORY START?

AEM Team

4 MINUTES READ

## Is Jay-Z really in the Illuminati? Is Donald Trump? Is Katy Perry...?

A secret group said to comprise the world's most powerful people seeking to establish a new world order. Even if you have not heard of the illuminati, chances are you've probably seen one of the symbols associated with them, Pentagrams, goats, even the all-seeing eye that's found on US banknotes. References have also cropped up in music videos, such as Rihanna's S&M, which featured a fake newspaper with a headline declaring her... "Princess of the Illuminati".

## So why do musicians and artists like to play around with references to the Illuminati?

"I think quite simply they are just having fun. They're just entertained by these stories like many of us are. I'm reminded of a conspiracy theory from 1966 that Paul McCartney of The Beatles had died in a car crash on the way home after doing some recording and he'd been replaced by a Canadian DJ who looked a lot like him and quickly learned to play the bass

and sing. Paul McCartney has never denied this conspiracy theory. He's always kept quiet about it and I think McCartney, like Jay-Z, Rihanna and others, is just entertained by the story", says David Bramwell, a journalist and author.

So, who are the illuminati? Are they really a shadowy elite who control the world? The Illuminati were, to the best of our knowledge, a Bavarian secret society formed in the 18th century. It opposed superstition, religious influence and state authority. They even created a rule book which stated that,

"The order of the day is to put an end to the machinations of the purveyors of injustice to control them without dominating them."

The Bavarian group eventually faded into irrelevance and has nothing to do with modern concepts of the Illuminati. The conspiracy theory that we know about today stems from the Discordian movement. The story goes that Discordianism began in 1965 in the office of a Texas drug attorney. Two school-mates, Greg Hill and Kerry Thornley used the office photocopier to publish

copies of the Principia Discordia, the movement's founding text. The book promoted the idea that, "*Chaos is as important as order*". Discordianism gathered steam throughout the 60s and 70s with Hill and Thornley actively trying to cause mischief and spread disinformation. Their mission was expanded even further by two other Americans - a writer called Robert Anton Wilson and his friend Robert Shea. "Wilson was editor at Playboy and the two of them decided they would write a novel and they would throw all of the great conspiracy theories into this novel and call it *illuminatus*. And in fact, they enjoyed it so much they turned it into a trilogy. They decided that it would be fun to try and spread a little chaos and misinformation deliberately about the Illuminati and they did this by writing letters to the mainstream press, by writing letters to fanzines - which were popular at the time - but also through the letters page of Playboy itself." They would also write in letters from imaginary readers saying that the Illuminati weren't real at all or were kind of setting on the fence. It didn't really matter, what did matter is that all these people seemed to be generating this conversation about the Illuminati. And the idea was that you, as the reader, were supposed to question that, interrogate it, ask, "Are they really real?" The myth traveled far and wide. Wilson and Shea's *The Illuminatus Trilogy* attributed some of the mysteries of the time, such as, "Who shot John F. Kennedy?" to the Illuminati. Although the multitude of conspiracy theories that appear in

the trilogy are imaginary, they're blended with enough truth to make them seem plausible.

Probably the oddest theory was the suggestion that Adam Weishaupt, the founder of the Bavarian Illuminati, assassinated George Washington and assumed his identity as president of the USA. Believers of this theory point to Washington's portrait on the US one dollar bill which they suggest is actually the face of Weishaupt. Despite its lack of mainstream sales the trilogy became a cult favorite. It was even made into a mammoth



eight-hour stage play in Liverpool, launching the careers of British actors Bill Nighy and Jim Broadbent. The 70s print magazine culture seems distant now from our globalized hyper-connected internet, but Illuminati rumors are still rife on websites such as 4chan and Reddit where believers swap their favorite versions of the conspiracy and champion evidence to prove it's still in existence. Ultimately it's not down to a shadowy elite whether you choose to believe in the Illuminati conspiracy theory or not is up to you!



**THE CURIOUS CASE OF  
TYPHOID  
MARY**

**AEM Team**

2 MINUTES READ

One of history's most famous infectious disease carriers Mary Mallon born in Cookstown, Ireland in 1869. She immigrated to America as a teenager in 1883 to seek her fortunes. Mallon found work in New York as a domestic servant and cooked for some of New York City's wealthiest families. In the summer of 1906 she was hired by Charles Henry Warren, a wealthy banker with a holiday home in Oyster Bay, Long Island. However their holiday quickly turned south when 6 of the 11 members came down with typhoid fever victims. Victims of typhoid could suffer a fever, abdominal cramps, abdominal distension, intestinal hemorrhaging and in 10% cases of death. The source of infection was the water and food contaminated with excrement. Today it's common knowledge to wash your hands after using the bathroom but back then that really wasn't the case. Immunization wouldn't roll out until 1911 and antibiotic treatment wouldn't become readily available until 1948. By 1907, in the New York area alone 3000 people had been diagnosed. It wasn't until the virus hit Oyster Bay where it affected the affluent that it became mainstream news and so George Soper was hired by the Warrens to investigate and his search quickly led him to Marry Mallon. Her unlikely partner in crime was pitched ice-cream. The cold dish merely froze the ice cream with copious amounts of bacteria. Instead of burning them, which would have been the case in hot food as the investigation continued, Soper began snooping around Mary's employment history. He discovered that of the eight families she'd worked for seven of them came down with typhoid.

Soper had a theory, maybe she was the first ever documented carrier of Salmonella Typhi. He would need proof Mary did not play ball constantly denying Soper stall samples. He eventually needed the help of the New York city health department and even the NYPD who didn't worry. She was not arrested, just held on a desolate island in isolation for two years. North brothers to be exact this was a bit of a moral quandary. There was an obligation to Mary's human rights but also the obligation to the general public to keep them infection free. People have been held in quarantine before but only people who had clear signs of sickness Mary appeared perfectly healthy compromises were struck up. Doctors suspected the bacteria were coming from her gallbladder and offered to release her if they removed it. Mary refused that deal but promised she would never work as a cook again. Five years later, she broke that promise and remained at large until 1915. She infected 25 people at the Sloane Maternity Hospital in Manhattan, infecting doctors, patients, and nurses two of whom died. The NYPD took her back to North brothers island again where she'd spend the rest of her life. Upon Mary's death some 20 years later, the doctors seized the opportunity to inspect Mary's gallbladder and what they found was typhoid bacteria living in her remains. The case of Mary is a conundrum that still intrigues us today. Was she the villain or was she the victim? Were the authorities right to violate one woman's individual liberties if it meant protecting the general population and could they have done more to educate Mary on the dangers of what she was doing. She died in 1938. It is estimated she infected 51 people during her lifetime.

**LIFESTYLE**

# 8 TIPS TO BE A MORE CREATIVE PROBLEM-SOLVER AT WORK





6 MINUTES READ

## CREATIVE PROBLEM-SOLVING AND DESIGN THINKING

Design thinking is a solutions-based mentality that encourages innovation and problem-solving. It's guided by an iterative process that Harvard Business School Dean Srikant Datar outlines in four stages in the online course Design Thinking and Innovation:

- **Clarify:** This stage involves researching a problem through empathic observation and insights.
- **Ideate:** This stage focuses on generating ideas and asking open-ended questions based on observations made during the clarification stage.
- **Develop:** The development stage involves exploring possible solutions based on the ideas you generate. Experimentation and prototyping are both encouraged.
- **Implement:** The final stage is a culmination of the previous three. It involves finalizing a solution's development and communicating its value to stakeholders.

## 8 CREATIVE PROBLEM-SOLVING TIPS

### 1. Empathize with Your Audience

A fundamental practice of design thinking's clarify stage is empathy. Understanding your target audience can help you find creative and relevant solutions for their pain points through observing them and asking questions.

Practice empathy by paying attention to others' needs and avoiding personal comparisons. The more you understand your audience, the more effective your solutions will be.

### 2. Reframe Problems as Questions

If a problem is difficult to define, reframe it as a question rather than a statement. For example, instead of saying, "The problem is," try framing around a question like, "How might we?" Think creatively by shifting your focus from the problem to potential solutions.

Consider this hypothetical case study: You're the owner of a local coffee shop trying to fill your tip jar. Approaching the situation with a problem-focused mindset frames this as: "We need to find a way to get customers to tip more." If you reframe this as a question, however, you can explore: "How might we make it easier for customers to tip?" When you shift your focus from the shop to the customer, you empathize with your audience. You can take this train of thought one step further and consider questions such as: "How might we provide a tipping method for customers who don't carry cash?"

Whether you work at a coffee shop, a startup, or a Fortune 500 company, reframing can help surface creative solutions to problems that are difficult to define.

### 3. Defer Judgment of Ideas

If you encounter an idea that seems outlandish or unreasonable, a natural response would be to reject it. This instant judgment impedes creativity. Even if ideas seem implausible, they can play a huge part in ideation. It's important to permit the exploration of original ideas.

While judgment can be perceived as negative, it's crucial to avoid accepting ideas too quickly. If you love an idea, don't immediately pursue it. Give equal consideration to each proposal and build on different concepts instead of acting on them

immediately.

#### 4. Overcome Cognitive Fixedness

Cognitive fixedness is a state of mind that prevents you from recognizing a situation's alternative solutions or interpretations instead of considering every situation through the lens of past experiences.

Although it's efficient in the short-term, cognitive fixedness interferes with creative thinking because it prevents you from approaching situations unbiased. It's important to be aware of this tendency so you can avoid it.

#### 5. Balance Divergent and Convergent Thinking

One of the key principles of creative problem-solving is the balance of divergent and convergent thinking. Divergent thinking is the process of brainstorming multiple ideas without limitation; open-ended creativity is encouraged. It's an effective tool for generating ideas, but not every idea can be explored. Divergent thinking eventually needs to be grounded in reality.

Convergent thinking, on the other hand, is the process of narrowing ideas down into a few options. While converging ideas too quickly stifles creativity, it's an important step that bridges the gap between ideation and development. It's important to strike a healthy balance between both to allow for the ideation and exploration of creative ideas.

#### 6. Use Creative Tools

Using creative tools is another way to foster innovation. Without a clear cause for a problem, such tools can help you avoid cognitive fixedness and abrupt decision-making. Here are several examples:

#### • Problem Stories

Creating a problem story requires identifying undesired phenomena (UDP) and taking note of events that precede and result from them. The goal is to reframe the situations to visualize their cause and effect.

To start, identify a UDP. Then, discover what events led to it. Observe and ask questions of your consumer base to determine the UDP's cause.

Next, identify why the UDP is a problem. What effect does the UDP have that necessitates changing the status quo? It's helpful to visualize each event in boxes adjacent to one another when answering such questions.

The problem story can be extended in either direction, as long as there are additional cause-and-effect relationships. Once complete, focus on breaking the chains connecting two subsequent events by disrupting the cause-and-effect relationship between them.

#### • Alternate Worlds

The alternate worlds tool encourages you to consider how people from different backgrounds would approach similar situations. For instance, how would someone in hospitality versus manufacturing approach the same problem? This tool isn't intended to instantly solve problems but, rather, to encourage idea generation and creativity.

#### 7. Use Positive Language

It's vital to maintain a positive mindset when problem-solving and avoid negative words that interfere with creativity. Positive language prevents quick judgments and overcomes cognitive fixedness. Instead of "no, but," use words like "yes, and."

Positive language makes others feel heard and valued rather than shut down. This practice doesn't necessitate agreeing with every idea but instead approaching each from a positive perspective.

Using "yes, and" as a tool for further idea exploration is also effective. If someone presents an idea, build upon it using "yes, and." What additional features could improve it? How could it benefit consumers beyond its intended purpose?

While it may not seem essential, this small adjustment can make a big difference in encouraging creativity.

### 8. Practice Design Thinking

Practicing design thinking can make you a more creative problem-solver. While commonly associated with the workplace, adopting a design thinking mentality can also improve your everyday life. Here are several ways you can practice design thinking:

- **Learn from others:** There are many examples of design thinking business. Review case studies to learn from others' successes, research problems companies haven't addressed, and consider alternative solutions using the design thinking process.

- **Approach everyday problems with a design thinking mentality:** One of the best ways to practice design thinking is to apply it to your daily life. Approach everyday problems using design thinking's four-stage framework to uncover what solutions it yields.

- **Study design thinking:** While learning design thinking independently is a great place to start, taking an online course can offer more insight and practical experi-

ence. The right course can teach you important skills, increase your marketability, and provide valuable networking opportunities.



A very common clinical misconception about the relationship between knee joint noise (crepitus) and the development of pathology.

The knee is one of the most common areas of concern as the joint behind our kneecap (patellofemoral joint) commonly makes popping and clicking noises.

It is extremely important that people understand that noises from the knee are usually not associated with pathology and may actually be a sign of a healthy, well-lubricated joint. Let's be careful not to make people feel bad about their knee noise as it can negatively influence how they view their body!

So, if your knees are noisy and you don't have pain, don't worry about them. The noise is most likely due to the movement of fluid behind the kneecap and is not an indicator of a developing joint problem.

*Reference: Robertson CJ, et al. People's beliefs about the meaning of crepitus in patellofemoral pain and the impact of these beliefs on their behaviour: A qualitative study. Musculoskelet Sci Pract. 2017.*

# 21 THINGS YOU SHOULD START DOING WHEN YOU'RE 21

3 MINUTES READ

## FIRST THINGS FIRST

**1.** Decide which friends are here to stay. Do you really need to stay on especially good terms with your high school volleyball team captain?

**2.** Get some basic home-maintenance skills. Assembling furniture without screwing a shelf on the wrong way around is so satisfying it might push you toward enlightenment.

**3.** Get to know your parents. Chances are they're way cooler than you think.

**4.** Never let your phone die. Being unreliable is not "mysterious" or "enigmatic", it's annoying. Get another charger, or treat yourself to a battery pack.

## YOU'RE GROWN NOW

**5.** Learn something new. Picking up a new hobby and doing it on your own terms, without being lectured to from a podium.

IMAGE SOURCE: CANVA | CONTENT SOURCE: PROJECT NIGHTFALL

**6.** Do the things you've always wanted to do. Just book that flight.

**7.** Be the coolest uncle or auntie possible. The goal is to make the kid like you more than they like their actual parents, then breeze your way home as soon as they start crying or taking a shit.

**8.** Learn to cook at least one decent meal. Here's how it works: invite friends to your house, open a bottle of wine, cook really flamboyantly in front of them, make, like, a pie or a tagine or guacamole-or an apple crumble.

### DON'T BE A ROTTER

**9.** Save animals or something. Cocaine destroys large swathes of the rainforest. Go volunteer. Donate. You've spent 21 years being a selfish idiot; treat yourself to a new type of happiness that can only be attained through being good.

**10.** Next time someone asks for a bit of change and you have a bit of change, just give them that change.

**11.** Learn how to live with another human. Learn to cooperate with them. Try to share things with others. Try to keep the things clean.

**12.** Look after your body. You know how you're tired all the time? There are vitamins that can help that.

**13.** Do something with your

weekends. Try to explore new things and something adventurous.

### TREAT YOURSELF

**14.** Try to indulge in politics. Give your reviews and make your own statements.

**15.** Get your finances together. A good starting point is actually checking your bank statements.

**16.** Start buying nicer things. If being trendy and buying cheap clothes makes you happy, do you. But slowly building a wardrobe that'll last for years is so much more satisfying.

**17.** Brunch. You're going to get really into brunch. And there's nothing wrong with that.

### FINALLY

**18.** Stop forgetting to call your grandparents. They won't be around forever.

**19.** Seriously stop caring about what other people think. Who would care if someone you barely know or don't even like is judging you?

**20.** Also, stop comparing yourself to other people.

**21.** Invest in your people. Start giving gifts to people you love.

**PARENTING**

A young boy with short brown hair and bright blue eyes is wearing black-rimmed glasses. He has a wide, joyful smile, showing his teeth. He is holding a grey tablet computer in front of his chest. The background is a solid, bright yellow color.

**RAISING  
A DIGITALLY DEPENDENT GENERATION  
ISN'T A BAD THING**



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

6 MINUTES READ

With innovation, societies change. Technology, in particular, has largely contributed to human development over the past years. While technology has affected our lifestyles it's also impacted our attitudes and behavior as well. Since it is clear that technology has influenced society as a whole, obviously, it has influenced the behavior and attitudes of children too.

Children are perhaps the most affected by technology. Especially, given how the children of this age were not introduced to technological innovation like the rest of us but were born into a technological age. In other words, a digitally dependent generation.

When technology has become such an important part of society it has an impact on children's attitudes and behavior. While the rest of us take our time adjusting to new technology, these children view it as the norm and develop accordingly. This adaptation has had a wide range of effects on children's development, much like how children are shaped by institutions such as family, school, society, etc. They learn about social norms, adopt a moral compass, and develop a personality based on what they learn from these institutions.

Technology has also slowly taken on a similar status in children's development. Especially when it comes to personal socialization. It is now the main contributor to most children's physical and cognitive development given its role in lifestyle and education.

According to a study by Zimmerman

et al. children that are exposed to television and visual media between the ages of newborn to three develop attention deficit disorders. Visual media includes television, cinema, digital media, etc but interactive media such as digital platforms have a different effect. Digital interactive media are perceived by children as simulations of human behavior and may assist learning. For example, if a child watches an interactive session on counting via YouTube it will definitely help the child learn to count. Even television shows that are interactive such as "Blues Clues" and "Dora the Explorer" have the same effect.

Content that is more passive is what leads to difficulty in learning. Hence exposure to an interactive medium and interactive content is proven effective in learning. This then raises concerns about the content itself. Based on studies old or new most children pick up violent tendencies from televised and digital content. In such cases regulation is the only employed solution. Although YouTube does have a child-friendly subsidiary, specifically made for children under the age of 12, parent supervision is far more effective.

A more obvious impact of technology on children's behavioral development is the effect it has had on their communication skills. Technology has revolutionized communication but is considered to have negatively impacted interpersonal communication, particularly, in children. Traditionally children would adopt behaviors and develop a personality based on social experiences. Socialization was the key source of personality development in the past but that has changed with social media. As social media has globalized communication

its effects on the socialization skills of digital natives have been interesting. Social media enables easier access to a larger more diverse .

However, the effects are perceived to be negative given how there is no positive impact on personal socialization in the traditional sense. Children who do not interact with others traditionally grow up with social anxiety when effaced with real social scenarios. However, in a digital

the user on the other end? It is argued that the personal socialization in a digital setting implies zero social consequences and an interaction devoid of apathy for others. Then how do we explain canceled culture?

The reason children of the digital age have anxiety when they face these emotions in real life is because they normally experience them through a digital buffer. As a result children of the digital age can be socially retract-



landscape they do socialize and even form **'real bonds'**. This is obvious among gamer groups. It is assumed that a digital social experience allows for a detached less emotionally involved social experience. The argument for that is obviously cyber-bullying. Then would that not go both ways, with the impact of cyber-bullying also being minimal given the emotional detachment of

ed and overwhelmed by in-person interaction. That doesn't necessarily mean their emotional capacity is stunted. In fact maintaining interactions and relationships online requires the same amount of time and energy as traditional interactions.

Much like technology has enabled faster learning among children, particularly through interactive media, perhaps we need to make an





effort for personal socialization too. Interactive media enables simulated acquired learning. Children respond to interactive tutorials as they would to a real learning experience. While using technology for learning most children will find a format and medium that they're comfortable with given the range of content, platforms, and the ease of customization. Maybe we need to do the same when it comes to interpersonal communication rather than shaming computer-mediated relationships.

While social media has its flaws it has also globalized communication. Children can interact with culturally and ethnically diverse communities despite geographical distance. This allows for cultural familiarity and even cultural tolerance in some cases.

The social and behavioral development of children in the digital age might not make sense to us, but not everything we don't understand is bad. Maybe we need a change in attitude.

@ ummara.work21@gmail.com



### FACT YOU NEED TO KNOW

**IF YOU KEEP YOUR  
IPHONE FACE DOWN  
WHEN YOU ARE NOT  
USING IT, IT WILL SAVE  
BATTERY BECAUSE IT  
WONT LIGHT UP FOR  
EVERY NOTIFICATION  
THAT YOU GET.**



**Fatima Altaf**  
Psychologist, Visual Artist

4 MINUTES READ

Trauma is a demonstrative response to a terrible event which could be physical abuse, sexual abuse, bullying, domestic violence, community violence, traumatic grief, medical trauma and terrorism. Instantly after the traumatic event, shock and denial are typical. Longer term reactions include unpredictable emotions, flashbacks, strained relationships, and even physical symptoms like headaches or nausea.

### **Signs and symptoms of emotional & psychological trauma:**

1. Intrusive thoughts of the event that may occur out of the blue.
2. Nightmares.
3. Visual images of the event.
4. Loss of memory and concentration abilities.
5. Disorientation.
6. Confusion.
7. Mood swings.

When we experience trauma, the brain shuts down all supplementary systems and activates the sympathetic nervous system and the mammalian brain. To help us survive the trauma, the brain releases stress hormones and activates the flight or fight response. The body releases two major stress hormones: norepinephrine and cortisol. Norepinephrine boosts heart rate and controls the fight-or-flight response, commonly rising when individuals feel threatened or experience highly emotional reactions.

### **Five stages of trauma:**

Loss, in any capacity, inspires grief



# TRAUMA

and grief is most often experienced in five stages: denial, anger, bargaining, depression, and acceptance. Trauma recovery can involve going through the process of grief in different ways

### Coping with Traumatic Stress:

1. Lean on your loved ones.
2. Identify friends or family members for support.
3. Face your feelings.
4. It's normal to want to avoid thinking about a traumatic event.
5. Prioritize self-care. Do your best to eat nutritious meals, get regular physical activity, and get a good night's sleep.
6. Be patient.

Always remember you are not the problem, your trauma is. Oftenly there's more to peoples' behavior than we think.

### Simple Steps to Heal From Emotional Trauma:

1. Be Willing to Heal.
2. Accept Support From Loved Ones.
3. Seek The Assistance of Trained Professionals.
4. Practice Meditation and Mindfulness.
5. Incorporate Movement Into Your Daily Routine.

### Simple Steps to Heal From Physical Trauma

1. Take Care of Your Body.
2. Remember that you still need to take care of your physical needs.
3. Reduce Your Exposure to the Event.
4. Talk.
5. Stay Connected.
6. Make a Positive Move.
7. Get Back Into Your Routine.
8. Do Something Fun.
9. Do Something Relaxing.

### Simple Steps to Heal From Subcon-

### scious Trauma (Childhood):

Childhood trauma in adults can impact experiences and relationships with others due to experienced feelings of shame, and guilt. Childhood trauma also results in feeling disconnected, and being unable to relate to others.

1. Regain control of your life.
2. Do not become isolated and look for support.
3. Show patience to yourself.
4. Identify the significance of your trauma.
5. Make sure you remain healthy.
6. Introduce good habits and get rid of bad ones.
7. Accept yourself and learn to let go.

Experiencing trauma in childhood can result in a severe and long-lasting effect. When childhood trauma is not resolved, a sense of fear and helplessness carries over into adulthood, setting the stage for further trauma. Memories of pain and trauma are difficult to forget, but there are ways to manage them. Although research is progressing quickly. With some hard work, however, you can find a way to prevent bad memories from continuously popping into your head. Can you recognize yourself or any of your closed ones in these examples? If yes, take a step towards healing.

📍 *aStoriedmindd*





## How Does Your Childhood Affect Your Love Life?

### AEM Team

4 MINUTES READ

Have you ever been called clingy? Or may have been told that you are too unemotional and distant? And if you're single, have you wondered why you are avoiding relationships even though a part of you wants them? Or why no matter how hard you try, it might be because of your attachment style. Some experts named John Bowlby and Mary Ainsworth discovered the attachment theory, which explains that when we were helpless babies and needed our parents to provide for us, we developed attachment styles that influenced how we behave as a children and this attachment style becomes the foundation that we instinctively bring into our adult relationships there are some statements which explains your attachment style or you can check your attachment style with the help of these statements.

1- "I feel comfortable going to my partner when something is wrong, so that we can work together and solve

any problems."

2- "I want to be closer to my partner but I often worry that they don't really love me or want to stay with me"

3- "I am uncomfortable when someone gets too close to me, it's hard to fully trust someone and I rather depend on myself."

4- "It's confusing, I want to get closer to my partner and want their attention, but when we get close, I get scared and wonder if I can really trust them."

**Now which one applies to you the most?**

If you are familiar with the number 1 statement then it means you have a great advantage. This is the secure style. People with this style usually had parents that were there for them as kids and tended to their needs. Secure style people tend to have honest, open and equal relationships where both can go together at a healthy pace. This doesn't mean their relationships are perfect. It just means they know how to move past obstacles with great care and

self-awareness. If this is not you, don't worry. At least half the world doesn't have this style, and the good news is we can all change our attachment styles.

And if you are related with statement number 2, you have the anxious attachment style. People with this style can have a fantasy belief of what love will do for them. They can over analyze the situations and can mistake turbulent relationships for passion. They can struggle with low self-esteem and end up with people they want to save or who they think can save them. Not because they are crazy, but because as kids their primary caregivers were inconsistent. Some days they got a lot of love and attention and other days they were neglected. This unpredictability causes separation anxiety, which makes them feel the need to be very close.

No. 3 is the dismissive, avoidant style. People with this attachment style most likely had caregivers who were emotionally unavailable or were dismissive of their needs. So as kids they learnt how to suppress their emotions. And as adults they end up being very independent in order to protect themselves from getting hurt or even abandoned which is also why they avoid having deep connections. And the last and 4th style is the fearful avoidant style. Just like the anxious style, this is also formed because of inconsistencies from their caregivers at a young age. Sometimes their caregivers were helpful, and other times they could be very hurtful and scary. People with this style show a confusing mix of the anxious and avoidant styles. They face a lot of inner conflict between wanting intimacy and resisting it. And that's why they can end up having many

highs and many lows in their relationships.

But all of these insecure attachment styles can be worked on.

First pay attention to how you react and respond in relationships. Second, speak to a therapist, to your journal or even to your own partner, to work through any past trauma. Talking through things instead of avoiding them will help you get into a place of understanding instead of judgment. And with this kind of self-awareness and the right support, you can go on to have secure and healthy relationships with those who deserve you. You don't need to be a prisoner of your past.

## FACT YOU NEED TO KNOW



**IF A STRANGER GETS IN YOUR CAR AND TELLS YOU TO DRIVE SOMEWHERE, BUMP INTO A LAMP POST, YOU WON'T BE USEFUL TO THEM ANY MORE WITH A DAMAGED CAR AND ATTENTION ON YOUR SCENE.**

# FILL COLORS IN GOKU TO HELP HIM FIGHT!!!

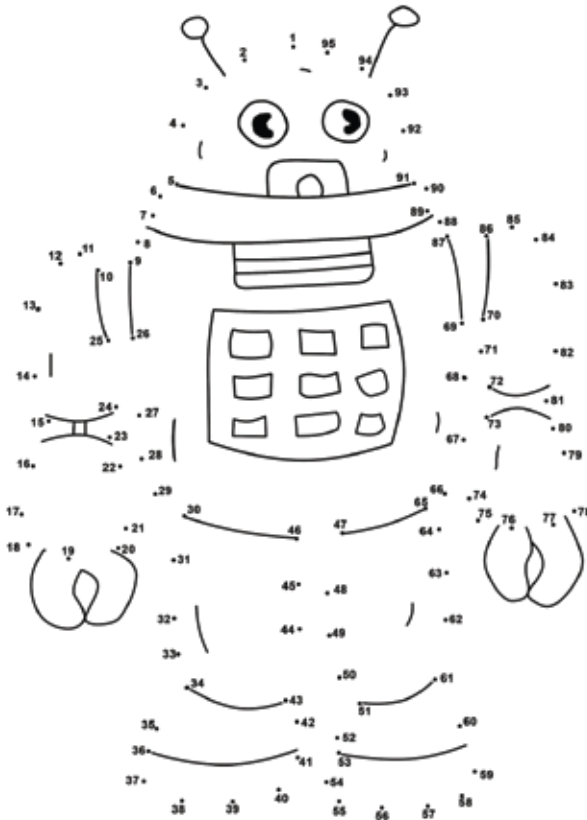


# HOW MANY WORDS CAN YOU FIND?

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

EXPLORE THE MAGAZINE FOR THE KEY

# CONNECT THE DOTS





# CAN YOU TAKE THE BEE HOME?



# DIY IDEAS FOR KIDS

3 MINUTES READ

## 3D PAPER PLANETS IN PAPER CRAFT

Planets is a very important topic and

fold of the circle. Now push this colored circle into the hard stock sheet circle. Make a number of such colored circles and fit them onto the



IMAGE & CONTENT SOURCE: HAPPINESSHOWMAGE

it should be taught to the students early on. What better way can there be than introducing planets in a colorful way of paper crafts. Teachers need to give out clear instructions while making these paper planets. Start with a circle cut from a hard stock sheet. Now cut circles of similar size from a bright colored sheet. Fold the colored circles in half and make a cut in the circle perpendicular to the half

hard stock sheet circle. Stick an outer ring made of pastel colored paper. Punch in this ring and hang the planet from the ceiling. Use colors for planets which can be used to depict them or write the names of the planets on the white stock sheet used in the middle.

## PAPER LANTERNS

Paper lanterns are a staple for festivals. You can help the children at kindergarten to make these beautiful and bright lanterns on festivals and other similar occasions. To make a paper lantern, the students must know how to work with a pair of scissors and supervision of the teacher will be required. Take a bright

colored sheet and fold it in half. Make a marking at the base and sketch perpendicular lines till that mark. Now cut along the perpendicular lines to get adjacent strips of colored paper. Turn the base and the top band around to complete the lantern. Staple it in place. You may decorate the lantern using glitter or sequins.



Step 1



Steps 2-4



Step 5



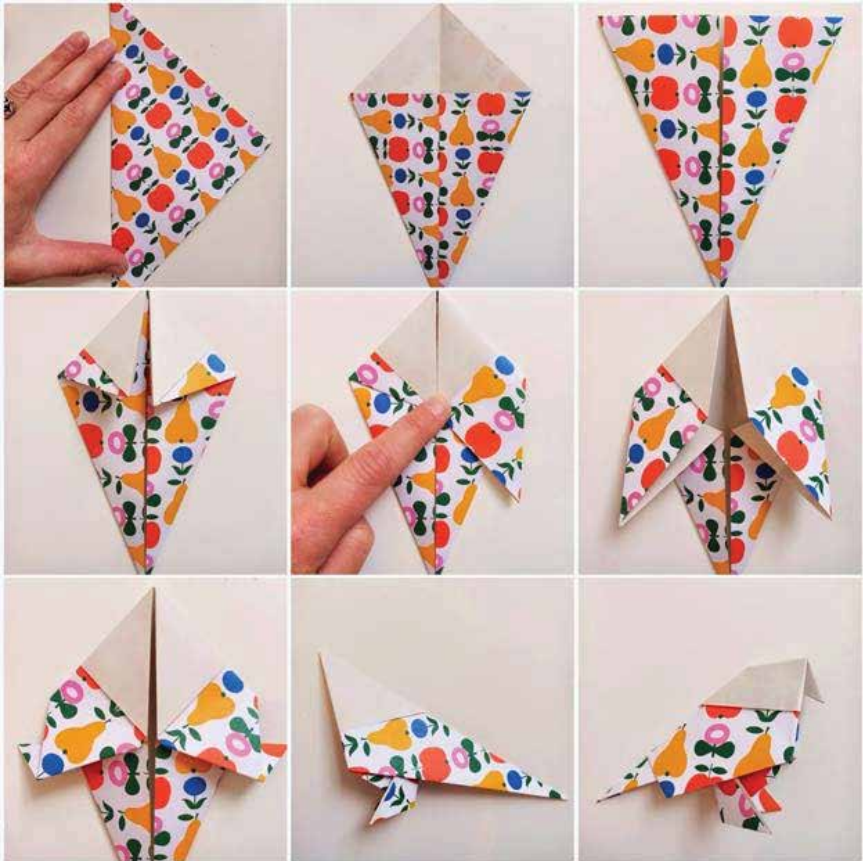
Step 6



Steps 7-8



Finished Lantern



## THE ORIGAMI BIRD CRAFT

Create this exquisite origami bird and teach the interesting craft to children also. Since it often requires both hands working together, this encourages the creation of brain connections on a neurological level and strengthens memory. It also improves eye hand co-ordination. These cute crafts look very beautiful when you

use these to decorate children's room. These also provide educational learning to children. Also when kids learn to create such beautiful things on their own, they imbibe a positive confidence which they carry throughout their life which later helps in work and personal life.

## BIRD WITH PAPER

Children can make these colorful birds in the classroom and play with them. A bird can be made with colorful papers step by step. To make it, kids need colored paper, stencils, a pair of scissors, glue stick and sketch pens. Here are some instructions; Start by cutting out a large circle from a colored paper sheet, cut a smaller one from a different colored paper. Also

cut the beak and the tail for the paper craft bird from the same colored sheet as the smaller circle is cut from. Fold the circles in half, stick the beak and tail on the larger circle. Stick the smaller circle atop the beak and the tail on the larger circle. Add an eye for the bird. You can make variations in design by adding bicolor tail or flapped wings, etc.



## SCIENCE BEHIND WHY GRANDMA WAS RIGHT IN SOAKING MANGOES BEFORE EATING

**AEM Team**

2 MINUTES READ

Soaking mangoes aren't just to clean the dirt and dust from the fruit. Here are six scientific reasons behind the practice.

With the arrival of mango season, people are stocking up on their favorite fruit to try out different recipes or gorge on its rich flavor.

But you might have also noticed the common practice of soaking mangoes in water before eating them to rid them of the dirt as well as the chemicals used on crops. This is just one of the reasons.

Here are a few more reasons why it's best we continue to soak mangoes in water before eating them:

### Getting Rid of Phytic Acid

Phytic acid is one of those nutrients that can be both good and bad for health. Considered an anti-nutrient, phytic acid blocks the absorption of certain minerals like iron, zinc,

calcium and other minerals by the body thereby promoting mineral deficiencies.

According to nutritionists, mangoes contain a natural molecule known as phytic acid which is seen in several fruits, vegetables and even nuts. So, when mangoes are soaked in water for a few hours, it helps in removing the excess phytic acid that generates heat in the body.

### Avoiding Diseases

The practice also helps in preventing several skin issues like acne, pimples and also other health issues like headaches, constipation and other gut-related issues. "Soaking fruits in water will get rid of the heat principle from them. This process is followed so that they do not cause side effects like diarrhoea and skin problems like acne," Dr Ashutosh Gautam, an Ayurveda expert, told NDTV Food.

IMAGES SOURCE: ERUHAJI, THEBTERINDIA





### Washing Away Chemicals

The pesticides and insecticides that are used on crops to protect them, are poisonous and can affect the body causing different side effects like respiratory tract irritation, allergic sensitisation, headache, eye and skin irritation, nausea and so on. Also, by soaking, it removes the milky sap on its stem that contains the phytic acid.

### Keeping It Cool

Mangoes also raise the temperature of the body resulting in the production of thermogenesis. Therefore, soaking mangoes in water for a while would help in reducing their thermogenic property.

### Busting Fat

Mangoes have a lot of phytochemicals. Therefore soaking them reduces their concentration, making them act as 'natural fat busters'.



**BUSINESS**



# **Crazy Million Dollar Idea : Pet Rocks**





**AEM Team**

6 MINUTES READ

Warren Buffet made his fortunes from stock trading and Bill Gates from Microsoft but what about the man who became a millionaire simply by selling rocks. This is the story of a copywriter called Gary Dahl and his stormy journey from rags to riches and his eventual death. This tale will make you understand the sheer power of marketing and why it's so important to you as a graphics designer with the way the design industry is going, learning how to prototype is a no-brainer instead of putting the flat files in front of your team, manager or client. So, this story starts in a bar

after numerous drinks have been consumed. The location was Los Gatos in California and it was the mid 1970s. Gary Dahl was listening to a conversation his friends were having at the bar. They were complaining about their pets and how they would make such a mess, chew their furniture and drain their bank accounts due to veterinary fees. In a mildly drunken manner Gary joked that the perfect pet is obviously a rock. Pet rocks were the way to go.

This somewhat jokingly and random remark would put into motion the journey to millions of dollars for Gary but of course that wasn't obvious to him at that moment.

IMAGE SOURCE: THE NEW YORK TIMES



Gary's random comments gave him a light bulb moment, a million dollar light bulb moment. What if he could sell pet rocks to people equipped with instructions not to look after and take care of those rocks. Maybe the novelty could really take off. He mused over this while counting his drinks and for most of us that is where things would have been stopped. We'd go home to sleep and then just wake up and without ever pursuing this any further but that's what Gary differs from most people. Marketing by and large is just the art or the skill of selling something to somebody, something they don't actually need in their life. You don't need those expensive trainers or anything else but you are persuaded and almost tricked into buying it for whatever reason or reasons. You might need some shoes or a bag but why do you need the expensive brand trainers?

This is how Gary managed to push deadweight rocks onto people. He purchased them for around one each penny in Mexico in large quantities and then set about working on the most crucial aspect of the operation, "the marketing". Now he wanted to convey a cute and rustic approach where buyers would have a notion that the rocks were actually living beings. A neat cardboard home was fashioned with air holes and that was coupled with straw linings on the floor to kind of cushion the rock in its home. Every single rock was delivered with a manual on how to take care of it and also found in the manual with jokes and kind of witty and cute affections linked to that rock. The buyer of course knew these rocks were completely useless and it served no purpose. It was just simply a gimmick and yet it surely gave way to smiles and conversations among

groups of friends. In the words of Gary himself, "you might say we've packaged a sense of humor and that is what you're doing here you're essentially buying emotion wrapped up in a novelty gimmick." So considering each rock cost Gary one penny and the cost of packaging wasn't that either. He sold the pet rocks at 3.95 cents each.

Back in the mid 70s would have been around 18 dollars in today's money factoring in inflation. Gary sold a staggering 1.5 million rocks just in the first few months. After the conception of this idea and this brought on a sudden wealth that made Gary Dahl a millionaire. Now it would be lovely if this was the end of the story and where things just finished and concluded. But that's not the case and things did take a turn for the worse. To ensure Gary's idea and operation did get into full swing. Early on he managed to bring on board two main investors. Now it was that even though Gary had trademarked his product name. Numerous people saw the success of selling literal rocks to people and then subsequent copycats started to appear all over the place. These two investors felt like they were not compensated enough and had lost capital in this situation. So, they filed a lawsuit against Gary which netted them a six-figure amount of money. This was a huge setback to Gary but he wasn't down yet. He still had things to come. That brain of his was overdrive and he attempted some additional ideas for projects. These included, mail-order college degrees for the pet rocks, a sand breeding kit and even the sale of red China dirt. He planned to smuggle it from mainland China and then sell it to Americans back home. Every project and idea he

attempted and put into motion failed. These new novelties failed to take a hold like their initial pet rock idea and considering the number of copycat products out there. It was no viable way to make more millions but Gary was still not finished. He didn't lose all of that money in the lawsuit with his investors. He still had a sizable amount of capital at his disposal. Instead of trying to push something onto someone that was essentially useless, he decided to open up his very own bar in Los Gatos and it was called Carry Nations but this wasn't his crowning achievement. He went on to create an advertising and writing agency that created, produced and wrote commercials for TV and radio. His agency garnered

thousands of projects and it became a very lucrative thing indeed. Gary's know-how of advertising and marketing was obviously way up there. He was able to make millions by selling useless rocks to people and then went on to create a successful advertising agency. On the 23rd of March 2015, Gary Dahl died in Jacksonville Oregon from a major pulmonary disease. He owned two homes and did well for himself in the end and when he did die he was the ripe old age of 75.

So, that's how powerful marketing can be. You can literally sell rocks that serve no purpose to people at all and make a sweet profit on the side. Sometimes in life it does take these out of the box methods where you simply put something like a rock into a box.

IMAGE SOURCE : GEEK ALERTS



# THINK IT – FINTECH



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

4 MINUTES READ

The Internet has changed many things. It has changed our working habits. Now we more and more want to work from anywhere than on-site. We can very happily shop from the comfort of our couch and also can do many of our financial tasks on the go. All this has been made possible by the ubiquitous internet and mobile technologies. Many new terms are being invented e.g. Crowdfunding, DeFi, Crowdsourcing and FinTech to name a few.

One of the latest buzzwords in the realm of finance is FinTech. What is it? FinTech is a fusion of financial services and technology. It uses the latest computer and communication technologies to provide all kinds of financial services e.g. ATMs, CDMs, Virtual Credit Card, Mobile Banking and instant payment amongst others.

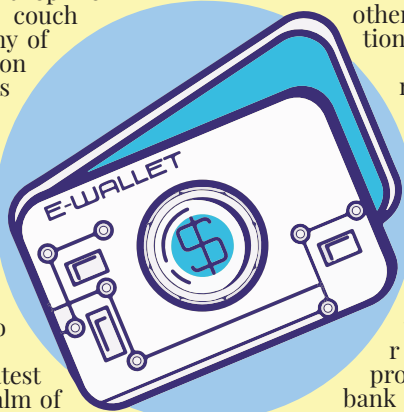
FinTech is relatively a new word but the use of technology to provide financial services dates back decades. ATMs were once considered at the cutting edge of FinTech as was signature verifying technology that was first used in the 1860s. Early on

the name FinTech was attached to Silicon Valley startups that aimed to disrupt the established players but now the very players are adopting FinTech. Businesses have come to rely on FinTech for payments processing, e-commerce transactions, accounting and, more recently, in the wake of the COVID-19 pandemic, they are turning to FinTech to enable features like contactless payments or other tech-fueled transactions.

FinTech ushers in a new era of expediency, it helps expedite processes that once took days, like sending an international money transfer. There's been speculation about how fintech might help expedite traditionally red-tape-bound processes like opening bank accounts, loan processing etc. Fintech also

holds the potential to improve financial inclusion: In some parts of the world, fintech fills needs for the unbanked, where governmental or institutional support is lacking. Because now banks are offering banking services like account opening, money transfers, bill payments through smartphone apps.

Consumers trust FinTech according to an EY report - 68% of respondents show willingness to use financial tools developed by nontraditional (that is, nonfinancial) institutions and 89% of



SME adopters reported being willing to share data with fintech companies. But it is still early to say that this trust is well-founded, or if the benefits outweigh the potential risks. Many FinTech platforms are still unregulated particularly in the area of cryptocurrencies and blockchain. It can lead to unwanted or unexpected threat exposure. Only time will tell but so far so good. It's prudent to approach FinTechs and their lofty promises with a healthy dose of scepticism. Consumers show their wariness: 71% of fintech adopters checked the affirmative for the EY survey question, "I worry about the security of my personal data when dealing with companies online."

Pakistan also aims to adopt FinTech to benefit its growing population of adults. So, in 2015, it published its first National Financial Inclusion Strategy (NFIS) which had a target of including 50 percent of the adult population by 2020. This target was then revised to '65 million digital accounts by 2023' in the updated NFIS in 2018. Alongside this revised target, there has been an increased concentration towards utilizing Digital Financial Services (DFS), recognizing its importance of reaching underserved areas and unserved populations and its accompanying convenience for users. State Bank of Pakistan (SBP) introduced branchless banking licensing in 2008 that served as an impetus for Digital Financial Service Providers (DFSPs) to construct agent networks throughout the country and aggressively move towards branchless banking. EasyPaisa was the first mover in the branchless banking space and swiftly captured a significant market share, given the ease of access and convenience that the platform provided. More than 10 market players eventual-

ly entered the digital finance space, out of which two players (EasyPaisa and JazzCash) currently serve almost 70 percent of the branchless banking users.

SBP has introduced RAAST as an instant payment system that will enable end-to-end digital payments among individuals, businesses and government entities instantaneously. The state-of-the-art Pakistan's Faster Payment System will be used to settle small-value retail payments in real time while at the same time provide a cheap and universal access to all players in the financial industry including commercial banks, micro-finance banks, government entities and fintechs (EMIs & PSPs). Under Raast P2P fund transfers and settlement services, bank customers would be able to send and receive funds in their accounts using their bank's mobile apps, internet banking or over the counter services. To facilitate their customers, banks will also allow them to create a Raast ID by linking their preferred International Bank Account Number (IBAN) with their registered mobile phone number. The customers can then share Raast ID with others to receive funds in their account. Bank customers can use Raast service for sending or receiving funds using their IBANs even if they do not have a Raast ID.

The future holds promising news for FinTech. It is here to stay and flourish. Use your mobile to have a RAAST ID and enjoy FinTech.

@saeedbabarandco@gmail.com



**AEMAGAZINE.PK**



**The Patwari**

4 MINUTES READ

Education is the process of receiving instruction or knowledge to expand our understanding of a certain topic. Practical education teaches us specific skills that allow us to do more productive work.

**How education helps us as individuals**

A higher level of education is correlated with a higher pay<sup>1</sup>. This is because:

- At higher levels of education, an individual becomes uniquely specialized in a certain skill set. Since fewer people have this knowledge base, there is a lower supply of these individuals and a higher demand for them by companies who have requirements for the knowledge. This can result in businesses paying those professionals a relatively higher salary to attract them to the job and since they provide value that is scarce. For example, few people graduate with a PhD in Mathematics each year, so companies like Google who actively look for Mathematicians, are willing to pay relatively higher amounts to

# Education and its Impact on the Economy

hire these individuals than other companies who hire individuals with more common degrees.

- On the other hand, an excess supply of workers is particularly harmful to employees. Some industries have low barriers to entry for new employees — that is those industries with jobs that don't require a degree or specialized training. Since there are more potential employees available than required by businesses, people will be more accepting of relatively lower salaries since their need to work is stronger than their bargaining power since their

gain-  
ing power  
since their



REFERENCES : COLLEGE EDUCATION: INFLUENCE ON HIGHER PAY AND JOB SECURITY. RESEARCH.COM, 2020 | HOW HIGHER EDUCATION CAN ADAPT TO THE FUTURE OF WORK. FARHAM JAHANIAN FOR THE WORLD ECONOMIC FORUM, 2020 | WHY EDUCATION MATTERS FOR ECONOMIC DEVELOPMENT. HARRY PATRINOS FOR THE WORLD BANK BLOGS, 2016.

skill set can be commonly found.

- With innovation playing an increasingly important role in society, higher education is focusing more on preparing students for the future rather than teaching them a static set of skills.<sup>2</sup>

### How education helps the economy

A strong education is vital for any country to grow economically and socially.<sup>3</sup> A country's economy becomes more productive as the proportion of educated workers increases. Education also tends to raise productivity and creativity, as well as stimulate entrepreneurship and technological breakthroughs. All of these factors lead to greater output and economic growth.

Taking a closer look at Pakistan, below is the literacy rate in the country:

- Adult (total) literacy rate: 58%
- Adult (male) literacy rate: 69%
- Adult (female) literacy rate: 46%

(World Bank Data, 2019)

Literacy rate measures the number of people aged 15 and above who are able to read and write. The literacy rate is strongly correlated with a higher GDP per capita (more economic output per person). The graph below shows a range of countries and compares their literacy rate with GDP per capita. As shown on the graph, countries with a higher literacy rate generally tend to have a higher GDP per capita.

thePatwari

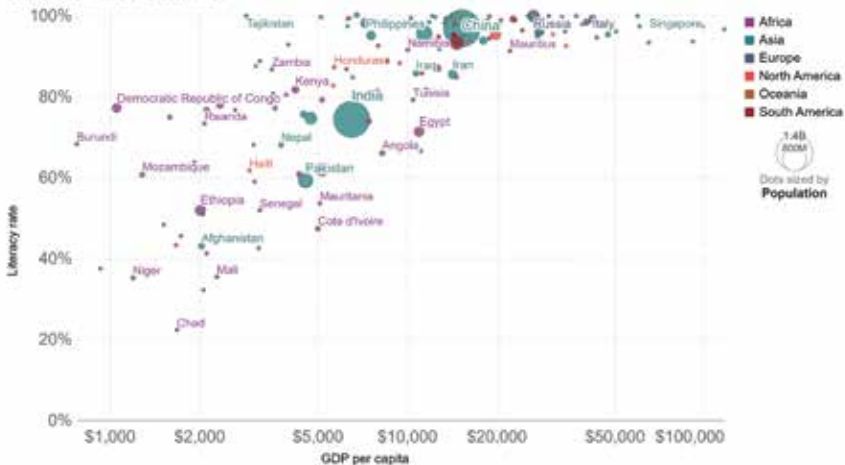


IMAGE: OUR WORLD IN DATA

THE PATWARI IS A NOT-FOR-PROFIT EDUCATION PLATFORM. WE CREATE CONTENT TO HELP PEOPLE LEARN ABOUT MONEY, FINANCE, SAVINGS AND ECONOMICS IN PAKISTAN.

### Literacy rate vs. GDP per capita, 2019

Literacy rate of the population aged 15 and above. GDP per capita is measured in constant international-\$. This means it is adjusted for price differences between countries and adjusted for inflation to allow comparisons between countries and over time.



ENVIRONMENT

# Why Don't You Hear About the Ozone Layer Anymore?



**AEM Team**

4 MINUTES READ

The 80s were all about big hair, neon, MTV and then there was the ozone hole. Some scientists stated that, "Every October a hole appears in the ozone layer over the south pole." "Hole in the ozone shield is the size of the continent United States." "The protective ozone layer is being threatened as never before."

'We are all at risk.'

Scientists warned that humanity was on track to completely destroy the ozone layer by 2050. Without it ecosystems would collapse, skin cancer rates would skyrocket, and life as we knew it would cease to exist. But today, the ozone layer is healing. In an unprecedented act, the world came together to prevent an environmental catastrophe. So how did we do it? And what can we learn from it? The ozone layer is a sort of "belt" around the Earth made up of gaseous molecules. It protects every living thing by absorbing two types of ultraviolet radiation from the Sun. It's a powerful shield, but it's also fragile. In 1985, scientists discovered a massive loss of ozone here: right over Antarctica. 40% of the layer had dissipated, creating a "hole". Scientists realized the hole formed in the spring and every year it got worse. This was a wake up call. Dr. Susan Solomon, an atmospheric chemist says, "It wasn't small and far in the future. It was now way bigger than anybody ever imagined." In 1986, she flew to Antarctica, along with other scientists to investigate the cause of the ozone hole. She says, "You know once you step off the plane in Antarctica, if you've never been there before, your main goal is to get out without getting frostbite. Do you want

to do the next one? But what really our goal was to take measurements, not just of ozone, but also of different chemicals that would help to show why it was going away. Not just of ozone, but also of different chemicals that would help to show why it was going away." While others took measurements on the ground. And they all came to the same conclusion. The biggest problem was chlorine from a man-made compound called Chlorofluorocarbons, or CFCs. On the ground CFCs aren't harmful. But once they float up to the stratosphere, the Sun breaks them down into chlorine. They bind with ozone to make oxygen and chlorine monoxide. Then the loose oxygen atoms bump the chlorine atom out, freeing it to destroy more ozone molecules. And that causes a chain reaction. The long lifetime of the chlorofluorocarbons is a big part of the problem. They live anywhere between 50 and 150 years in our atmosphere. It means that every year that you use what you use the year before is almost entirely still there. So it just builds up and builds up exponentially. And back then we used a lot of. The US had already moved away from CFCs in aerosol cans. But most of the world hadn't yet. And they were still in everything from refrigerators and air conditioners and styrofoam. Dr. Susan Solomon says, "The entire world needed to make a big change quickly or we'd face--catastrophe, unmitigated catastrophe. In 1987, ozone levels had dropped by 50 percent. This growing threat led to some of the fastest collective action on climate we've ever seen.

Dr. Solomon says that there's three P's that when they're met we do very well at addressing environmental problems. It was personal, perceptible and the solutions were practical. If

you've been sunburned, you know that skin cancer is not a good thing. Everybody understands skin cancer. The personal nature of the threat is huge. The perceptible was easy to do with satellite measurements. You can just watch it get completely destroyed and go to zero where there should have been a lot of ozone. And we have practical solutions. It was easy to find substitutes for chlorofluorocarbons in spray cans that took less than a year to do. It was a very straightforward switch, and the main unifying factor in all of that is the public." Scientists like Dr. Solomon held press conferences to inform the public. "I think we will eventually see large scale depletions of the ozone layer in other latitudes." The ozone hole started showing up in TV shows and movies. And all this public awareness puts pressure on leaders around the world to act.

In 1987 Montreal protocol said, "We are here today because we recognize that urgent action is necessary. "And the Montreal Protocol made it official. It recognized that world-wide emissions can significantly deplete the ozone layer. And result in adverse effects on human health and the environment. It listed control measures to reduce ozone depleting substances in a series of steps including help for developing countries who need alternative technology and substituting products. Every single country eventually signed the protocol. Making it the only universal treaty to ever be ratified. And the most successful environmental agreement in human history. Soon after, the world's largest CFC produc-

er began to phase them out. Since the protocol went into effect on January 1st, 1989 the consumption of ozone-depleting substances including CFCs, plummeted.

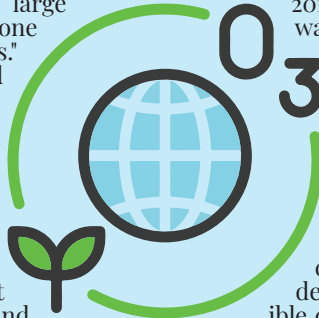
Today, more than thirty years after the Montreal Protocol was signed the ozone hole has stopped growing and is now shrinking. And by 2065 it is expected to have recovered completely. But there's more to be done. After the CFCs ban we began using Hydrofluorocarbons or HFCs. HFCs don't deplete the ozone layer but they are a potent greenhouse gas that contributes to climate change. And it's the

fastest growing one. So in 2016, the Montreal Protocol was amended to include HFCs and now they are being phased out too.

But they are only one part of a larger issue. "Climate change is already happening, right here, right now."

Experts say that we have until 2030 to avoid catastrophe." "Unprecedented and even irreversible changes are happening to

this planet. It is beyond any doubt that human activity is to blame." Climate change, our most challenging environmental problem, is still in need of big solutions. Dr. Solomon says, "I think people in most parts of the world now understand and are concerned about the personal impact. They found it to be perceptible. And we are finding practical solutions. It's not true that we can't do it anymore. We need to keep our eye on the ball on climate change. And if we do, we will get the environment that we demand."



# Can We Still Save the World's Water?

**AEM Team**

2 MINUTES READ

We all know that water is an essential part of life. We need it to live and perform vital functions in the body. Plants need water to grow and in return, we get to eat the plant directly or the organisms which eat the plant. It really is an extremely important substance.

The earth is made mostly of water, approximately 71 percent. Many major cities across the globe are at risk of a water crisis, and water stress is projected to increase in most countries in the coming decades, threatening regional stability and raising the possibility of forced migrations. In addition, the issue of water availability is not just a human problem—our demands on lakes, rivers, and streams can dramatically harm ecosystems and the natural processes that require water.

A few months ago something happened in London. 25,000 homes suddenly became waterless. In fear of Covid-19 people started washing their hands so much that the city was hit by the water shortages. A lot of us don't respect water as if it never ends but it does end.

According to the United Nations, around 5 billion people will lack water by 2050. We talk a lot about global warming. So why don't we talk about the global water crisis? The world is facing water problems. Some people in Mexico get water once a month.

Jakarta is sinking because people are forced to dig wells for water. "Less than half of Jakarta's 10 million population have access to piped water," and a few years in Cape Town you could be chased by police if you washed your car with tap water. Water does end. That's why it shocks us that we live in a world where it takes 1650 liters of water for a quarter pound burger. That is over 1000 of the small bottles we use. You really struggle to take criticism for eating meat. Small things done by many people inspire us to do big things and make us better.

A few years ago, when they declared a water crisis, all citizens changed their habits. In this quite divided city government, industries and millions of people were united for one cause "to not run out of water", and it worked. Because of good habits and progress the taps were not stopped. Unfortunately too often we act only when things get really bad. But we can do better than that. May what happened in London be a reminder that water can end no matter where you are in the world. May the incredible amount of water used for meat be a reminder that reducing is good. Finally, may the example from Cape Town remind us that by having good habits we can save our world from the end! Don't wait for the global water crisis... Respect water now.

IMAGE SOURCE: DLPING | CONTENT SOURCE: PROJECT NIGHTFALL





## HOW OYSTERS CAN STOP A FLOOD?

### AEM Team

4 MINUTES READ

In the last century, 85 percent of the world's oyster reefs have vanished. And we're only recently beginning to understand what that cost us. While they don't look incredibly appealing from the shore, oysters are vital to bays and waterways around the world. A single oyster can filter up to 50 gallons of water every day. And over time, oysters form incredible reef structures that double as habitats for various species of fish, crabs, and other animals. In their absence, our coastlines have suffered.

For example, in New York City, there are so many iconic things that come to mind. But, before the yellow cabs and hot dog stands, New York was known for something else; Oysters. From the 1600s through the 1800s, New York was booming with them. And it was oysters, not hotdogs, sold streetside by the millions. Oyster reefs covered over 220,000 acres along the coastline. The reefs were so large that ships needed to navigate around them. But, of course, this isn't the case today. Oysters were overharvested nearly out of existence, and

just in New York. Experts estimate we've lost 85% of the world's oyster reefs in the last 200 years. Today we're trying to put them back. Because this animal that you often find on a dinner plate might actually be an effective defense against the rising ocean. We are losing our coasts to climate change. As ocean levels rise, the water erodes the shoreline. This pushes the entire coast back, encroaching on homes and destabilizing land. So, enter the oyster. This uncharismatic rock of an animal.

STEPHANIE WESTBY: "Oh come on! You don't think they're charismatic?" Stephanie Westby has been helping to restore oyster reefs in the US's Chesapeake Bay for over 10 years. Westby: Their charisma really lies in their functionality, rather than their form. Oysters obviously don't move around. And that's exactly part of the appeal. Oysters stick together. Baby oysters called "spat" attach to older and even dead oysters in order to grow. Westby: And over generations, all of these oysters reproduce, it builds up the oyster reefs. In some places, that sturdy reef can help defend the coast by dampening the force of incoming

IMAGE & CONTENT SOURCE: VOX

waves.

Westby: "If you have an oyster reef that's "intertidal" -- that sticks up at low tide then it can perform some of that wave energy protection function. Oyster reefs can break up waves by catching the brunt of the force. Part of the wave is deflected back to the ocean, and the rest can more gently reach the shoreline, which slows long-term erosion. On its own, an oyster reef won't stop a hurricane-level storm surge, but it could definitely limit the damage. And the larger they grow, the more protection they can offer: As time goes on, sea levels will rise. Unlike man-made breakwaters, that will need to be rebuilt over time, oyster reefs just keep growing upward. Various organizations around the world are working to restore oyster reefs. But reef restoration isn't as simple as just dumping oysters into a bay. They need something to stick to in order to grow. In New York, one organization puts recycled shells in cages for oyster spat to grow on, and groups in Bangladesh, and around the US, have placed large concrete barriers offshore for oyster spat to grow on. Now, on their own, concrete structures like this are actually effective breakwaters.

So. Why add oysters? To understand, it helps to look at a more familiar type of reef: Seab Corson: "Oyster reefs provide much the same function as coral reefs. They provide the same kind of habitat. They are the underpinning of the ecological systems where they exist, just like coral reefs. Oysters are filtration systems. They eat by pulling in large quantities of water. Algae, nitrogen, and other contaminants are eaten, or harmlessly dumped to the bottom of the bay, and clean water is expelled." A single

oyster can filter up to 50 gallons of water every day. As the water clarity improves, sea grasses start to grow, fish return, and other sea creatures make the crevices in the reef their home. Seab Corson: "They are this aggregating, reef-building, hard structure. And so, if you look at the way we try to deal with reducing erosion right now, as a society, for the most part, we put rocks, big pieces of concrete, for the most part, we put rocks, big pieces of concrete, reduce the wind-driven erosion, that type of thing. Oysters can serve in that capacity in many ways, but bring added advantages. Places like New York city or even the Chesapeake Bay are way too industrialized to bring back the reefs of the 1600s. But that's not really the point. Corson: "I don't think we can put it back just the way it was. I don't think that's necessarily a realistic goal. But I think we've got a great opportunity when we start thinking about multiple benefits, and the different kinds of needs of society, whether it's to reduce wave impacts, or offset nutrient inputs, or generally increasing the health and resilience of the bay. Resiliency against the rising oceans isn't as simple as undoing the mistakes we made in the past. We don't live the way we did 200 years ago, and the world looks very different. But what we can learn from oysters, is that restoring one species from the past can create a chain reaction to a more sustainable future." Corson: "It feels hopeful. And it feels like something that we can achieve."



**AEMAGAZINE.PK**

*Farooqi's Guide to Sufism*

# The Spiritual Energy Points (*Lata'aef*) in Islam



**Dr. Muhammad Azeem Farooqi**  
Religious Scholar, Academician,  
Researcher

8 MINUTES READ

God has created ten energy points in human's body which are linked with the soul and the universe. These ten points are called *Lataif e Ashra* (10 energy points) out of these 10 points five points are linked with *Alam e Amr* (metaphysical world) and five are linked with the *Alam e Khalq* (physical world).

The energy points (*Lata'aef*) of *Alam e Amar* (metaphysical world) are as follows:

- 1- Heart (*Qalb*)
- 2- Soul (*Rooh*)
- 3- Secret (*Sirr*)
- 4- Implicit (*Khafi*)
- 5- Concealment (*Akhfa*)



While the *Lata'aef* of *Alam e Khalq* (physical world) are:

- 1-Fire (*Naar*)
- 2-Soil (*Khaak*)
- 3-Air (*Hawa*)
- 4-Water (*Aab*)
- 5-Desirous self (*Nafs*)

The basic source of all these *Lata'aef* (energy points) is the Holy Quran.

The names of these energy points are present in Quran and are evident by the practices of sufis, saints, the scholars and the spiritual scientists of Islam. They had spent the most precious time of their life in studying the consciousness (*Ahwaal o mawajeed*) of their soul, heart, and the inner self (*Batin*), to reform their soul, to make their heart mature (*Qalb ki baleedgi*), and to purify their desirous self (*Tasfia e batin*). They got

the higher ranks of Allah's recognition by following the teachings of devotees of Allah in the light of Quran and Sunnah.

The experts of spirituality derived all of their knowledge from the Holy Quran. The names of these energy points (*Lata'aef*) are present in the Holy Quran. The sufis have derived their literal names of these energy points (*Lata'aef*) from the Quran which are mentioned in the following Quranic verses.

- 1-Surah Kaaf ayat # 37
- 2-Surah Taha Ayat # 7
- 3-Surah Al-Aaraf ayat # 55
- 4-Surah Al- Shams ayat # 7
- 5-Surah Bani- Israail ayat # 85

### Arguments for what...

Some people get involved in useless arguments and object that these words are not present in the Quran. These words are not of Arabic origin but of Persian. Ask them if a Persian or non Arabic word is taken to make someone understand the Arabic word, what is wrong with it? The people who use the word *namaz* for *Salah* (prayer), and the word *roza* for *Saum* (fast) forget that these words are not present in the Holy Quran and Hadith. These are non Arabic words. "Namaz" is a Persian word which means humbleness. While "Roza" is a non Arabic word which means "day".

### The origin of word *Ishq*

People use the word "*ishq*" (love), frequently and don't have any issue with it but when a sufi uses an Urdu, Persian or some other non Arabic word to teach the meanings of Quran o Sunnah they make a shout and ask from where this word has been taken? We have not read this word in the Quran O Sunnah. They should be told

that this is a translation of a word present in the Holy Quran.

As Quran says,

*"Those who (truly) believe, they love Allah more than all else."*

(Al Baqarah: 165)

For "*Ashad u Hubban*" (intense love), the sufis has used the word *Ishq*.

*Ishq dam e Jibreel, ishq dil e Mustafa*  
(PBUH)

*Ishq khuda ka rasool, ishq khuda ka kalam*

*Ishq fakeer e haram, ishq ameer e junood*  
*Ishq hai ibn al sabeel, is kay hazaron muqaam*

*Ishq kay mizraab sy naghma taar e hayat*  
*Ishq se noor e hayat, ishq sy naar e hayat*

### Translation:

Love is the breath of Gabriel. Love is the heart of the Holy Prophet (PBUH). Love is the messenger of God. Love is the Word of God. Love is the commander of marching troops, Love is a wayfarer with many a way-side abode. Love is the plectrum that brings Music to the string of life. Love is the light of life, Love is the fire of life.

(Baal e Jibreel by Allama Iqbal)

*Sidq e Khalil bhi hai ishq, sabr e Hussain*  
*bhi hai ishq*

*Maarka e wajood myn Badar o Hunain*  
*bhi hai ishq*

*Aqal ayaar hy so bhais bana lyti hay*  
*Ishq bechara na mula, na zahid, na hakeem*

*Aqal ko tanqeed se fursat nahi*  
*Ishq par amal ki bunyad rakh*

### Translation:

The truthfulness of Abraham is but a form of Love, and so is the patience of Husain—And so are Badr and Hunayn in the battle of existence. The mind is

skillful in artful tasks and can assume a hundred masks, poor helpless love that knows no guise ain't mullah, hermit or too wise. Intellect is not free from criticism, establish the foundation of your deeds in love.

The word "*Ashad u Hubban*" is in the Holy Quran. If the sufis have used a non Arabic word for it then what's the problem with it? One can find the word Ishq in Arabic as well. There is an Hadith, Prophet (PBUH) says,

*"Love is a fire which burns everything into ashes except God."*

**(Arabic text)**

It means the word *ishq* is also present in Arabic language. But the common men and some who call themselves Ahl-e- Sunnat or Ahl-e-tareeqat but don't have any connection with the sufis fail to get the original sense of the word.

### **The use of non- Arabic languages:**

We use many English words in our everyday life. For example, school, college, university, hospital etc. All these are English words and no one cares but if a sufi or scholar uses a non-Arabic word if it is there in Quran O Hadith, people at once start criticizing.

Holy Prophet (PBUH) said,  
*"Get the knowledge though you have to travel to China."*

So, Do the Chinese speak Arabic? No, they speak and understand the Chinese language. Whoever will go there, they will understand or teach the Quran O Sunnah in Chinese language. So, this criticism is only for the sake of criticism nothing else is.

### **Lata'aef Ashra (Ten Energy Points) and the Holy Quran:**

The ten energy points (*Lata'aef Ashra*) which the sufis found in the human's body. They did not shoot an

arrow in the dark. They derived all these teachings from the Holy Quran. If anyone says that these teachings are not present in the Quran then he has to say that the Quran is incomplete and defective (*Naaozbillah*). While Quran claims,

*"Nor a grain in the darkness of the earth or anything—green or dry—but is (written) in a perfect Record."*

**(Al-an'am-59)**

On another place Quran says,  
*"We send down the Quran as a healing and mercy for the believers."*

**(Bani Israil-82)**

Holy Prophet PBUH said,  
*"Every disease has a cure."*

**(Al-Hadith)**

### **The names of Lata'aef are proven through the Quran.**

Some mentally retarded people think that this is a baseless belief of Hindus or Sikh's mysticism or an imagination of Christian or Jews. They are foolish and don't know the reality. They don't know that whoever gets the Allah's Holy Quran and Hadiths of the Holy Prophet PBUH doesn't need to go to the non-muslims. Our Holy Quran gives us complete guidance. The sayings of our Prophet PBUH are complete and perfect in every aspect. These are the codes of life in Islam. Because Allah has given the testimony of its perfectness.

He says in Quran;

*"Today I have perfected your faith for you, completed My favour upon you, and chosen Islam as your way."*

**(Al Maidah-3)**

### **The Guideline is only for believers:**

If someone is ignorant and does not get education by reading the Quran, he should go for his treatment of ignorance.

As Quran says,



*“Guidance is for believers.”*

Everyone gets the guideline if he is a believer. If they get the status of a believer, they will be guided about every aspect of their life from the Holy Quran. They will be guided about the demands of body, heart and soul.

Allah claims in the Holy Quran,  
*“This is the Book! There is no doubt about it, a guide for those mindful of Allah.”*  
**(Al-Baqarah-2)**

**The Quran is without a doubt but...**

Although many people doubted the Holy Quran. Christian, Jews and even the whole Quraish e Arab doubted it. They used to say that the Holy Prophet PBUH composed the ayats by himself (*Naoozbillah*). But the Quran says that there is no doubt in it.

The scholars say that Allah claims that the Holy Quran is without any doubt. Allah is announcing the purification of His Holy Quran. If people have any doubts, sordidness and suspicion, this is their heart's fault. If someone has any doubt in his mind, this is his mind's fault. There is no doubt in the Holy Quran. He should fix the fault of his mind. The Holy Quran has not proved that the minds of Christians, Jews and dissenters but it says,

The Holy Quran is pure and doubtless.

*“There is sickness in their hearts.”*  
**(Al Baqarah-10)**

**The example of bat and the Sun**

If a bat doesn't see the Sun, what's the Sun's fault in it? When the Sun rises, bat starts making noise that it is dark, wake up, run, hide somewhere, save your life otherwise you'll be lost in the darkness and will die by hitting

your head in the wall. Someone may tell the mad bat that her eyes are dark not the Sun, because the Sun is shining and everything is lightning. All the creation is saying that it is the fault of the bat's eyes. The Sun is shining with full brightness but she is not ready to admit it.

A famous poet Hidayat ullah says,

*Akhan khol kay vekh tu moorkha oye  
 Jinoo labhna ay tethon door naiyon  
 Chaam chath wangon tu anhan hoyon  
 Ehdyy vich sooraj da koi qusoor naiyon  
 Par da ghaflat da piya Hidayt Ullah  
 Tahion disda enhan noo noor naiyon*

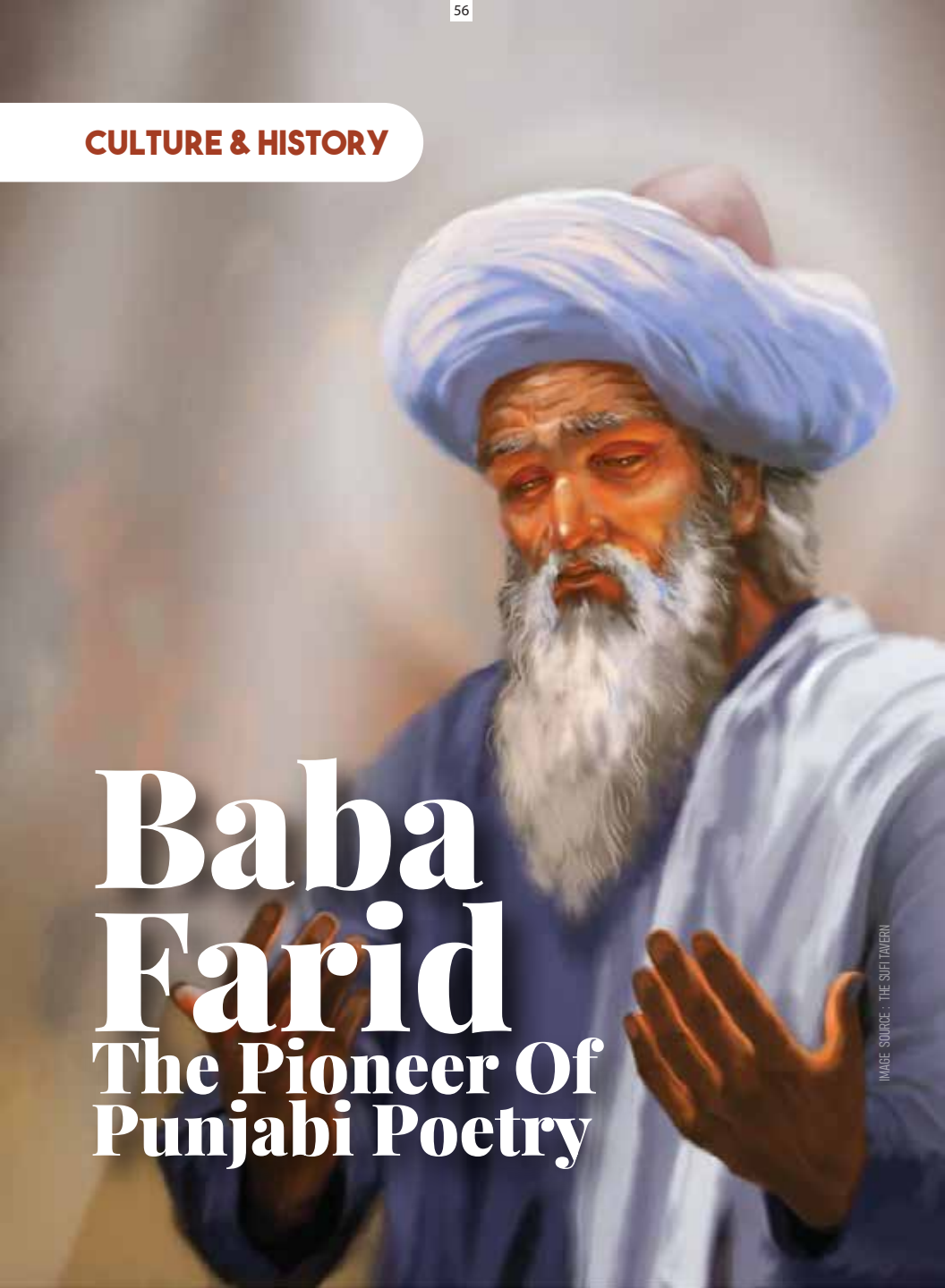
The poet is saying in this poetry, “The light is not far from you. You need to focus and find it. You need to open your eyes and remove the shield of ignorance from your eyes. Then you will see everything clearly.”

Dr. Muhammad Azeem Farooqi 

**KEY TO WORD SEARCH**

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

**CULTURE & HISTORY**



# Baba Farid

## The Pioneer Of Punjabi Poetry

**Imran Khan**

Playwright, Poet, Fiction Writer,  
Teacher of English Literature

6 MINUTES READ

It is a known fact that literature originated in the form of folk literature. Since ages it was transmitted from generation to generation in oral form, that's why the most ancient form of literature was folk poetry. This poetry was not composed by a single poet but by the masses according to the need of the time. Like all other languages in Punjabi we also find folk poetry. This folk poetry was later on replaced by folk stories. About the original Punjabi poetry there are different opinions among the scholars. Most of the scholars agree that Baba Farid is the first authentic poet of modern day Punjabi. People regarding Multani are Saraiki as a Language different from Punjabis claimed that Baba Farid was the founding father of Saraiki poetry. The Chandigarh Punjab University has established a chair in the name of Baba Farid. The prominent Sufis of the Subcontinent including Khawaja Nizamuddin Aulia and Sabir of Klyar had duly recognized the greatness of the Chishti saint.

With all these claims and the big following that the saint has, not a single comprehensive biography of Baba Farid has been produced. His own, '*Favatul-Salekin*' and about him '*Rahat-ul-Qulub*' and '*Israr ul Aulia*' are in Persian and are not easily available. The same was the case with his Punjabi poetry. Whatever he wrote in the twelfth century was recorded by chance in the sixteenth century by Baba Nanak who visited his shrine in the Pak Pattan and had a meeting with custodian of the shrine, Ibrahim

Farid. Baba Nanak acquired the '*dohas*' or '*ashloks*' (couplets) of Baba Farid from Sheikh Ibrahim Farid which were Later on included in the '*Granth Saheb*; the sacred book of the Sikhs. The total number of these couplets is 130. Soviet scholar Serebryakov says: "Of Farid's poetry, one hundred and twenty-three so called Salokas have come down to us i.e, couplets in diverse meters as well as the Nasihatnama, a poem of about forty lines written in Multani – the literary language of the medieval Punjab."

Some scholars are of the view that the 130 couplets in the Granth includes a few by Baba Nanak (four), Guru Arjan (eight), Guru Ram Das (two) and Guru Amar Das (Four). This means that only 112 of Farid's couplets have come down to us through the Grants Saheb.

Another controversy was raised by McAuliffe In his book, "Sikh Religion". He attributes these couplets to one of the descendants of Baba Farid known as Sheikh Ibrahim Farid Sani and with whom Baba Nanak met in Ajodhan (Pakpattan). Macauliffe had no sound arguments in offer and, therefore, except for Lajwanti Rama Krishna none of the non scholars agreed with him. It is beyond doubt that Baba Farid also wrote poetry in Persian.

Local languages have been criminally ignored. This neglect can be traced back to the period when Muslims invaded this part of the subcontinent. Persian was the official language. Therefore, whosoever expressed himself in local dialects or languages was totally blacked out from official records. All Sufi poets, Baba Farid, Shah Hussain, and Ali Haider included suffered accordingly.

Baba Farid was recognized as a great Sufi by Khawaja Nizamuddin

Aulia (“*Rahat ul Quloob*”) and in “*Israr-ul-Aulia*” by Maulana Badar Ishaque. In both these books, no mention is made of his Punjabi poetry. Anyhow, it was recorded in the Granth Saheb in the Gurmukhi script from where it was transliterated into the Persian script and first published when the printing press came to India



late in the 19th century. In pre-partition Punjab, Hindus wanted Hindi in the Dewangari script, the Muslims adopted Urdu in the Persian script and the Sikhs declared Punjabi as their religious Language in the Gurmuki script which thus became sacred.

Fundamental differences between

the Persian and Gurmukhi scripts created some problems and the original texts were often mutilated in the process of transliteration. After independence the Muslims of west Punjab started taking interest in their cultural heritage which included the Punjabi Language. Though the ruling elite and fundamentalist groups tried their best to convince the people that they should sever their centuries old relationship with the soil, they did not entirely succeed and interest in local cultures, languages, literatures and histories increased somewhat. The first-ever history of Punjabi literature in Punjabi (Persian script) was written during his period. Some research work has since been done. Original literary work is also being produced. This interest led to the reproduction of Baba Farid's Punjabi poetry in original as well as its translation in English and Urdu.

Abdul Majeed Bhatti translated Baba Farid into Urdu while Maqbool Elahi translated him into English. Another translation in Sindhi has been attempted by Agha Khaled Saleem.

So far reproduction of Punjabi classics has been the work of three Government-aided bodies -- the Punjabi Adabi Academy, Lok Virsa of Islamabad and Punjabi Adabi Board of Lahore which have published three collections of couplets of Baba Farid which were edited by Dr. Faqir Mohammad, Prof Shareef Kunjahi and Prof Mohammad Asif Khan respectively. There is

nothing special about the Lok Virsa and Academy efforts. But the Boards Book, edited by Mohammad Asif Khan, is most probably the first serious attempt to ascertain the authenticity of and evaluate the Farid couplets in the perspective of history, language and literature. The 140 Page forward of the book and annotation of almost all the couplets encompasses all that has so far been done about Baba Farid's Punjabi poetry. But all that Asif Khan had done is in Persian script. What was needed was that scholars should be able to read Baba Farid's poetry in Persian and Gurmukhi scripts simultaneously. That is the only logical starting point for further historical and linguistic research on Farid's Punjabi poetry and his life.


This much-needed and keenly-awaited work has now been accomplished by Dr. Nazir Ahmad, the former Principal of the Government College, Dr. Nazir, with the help of The Packages Ltd, has already reprinted the Punjabi poetry of Shah Hussain (1539-93), Bulleh Shah and Sultan Bahu. "Kalam-i-Baba Farid" is the fourth in line. The Packages Ltd, have already made a name for themselves in book production. The Book is a magnificent continuation of a proud tradition .

"*Kalam-i-Baba Farid*" , never before printed so beautifully, also carries the couplets in the Gurmukhi. The book has four parts, the first a foreword in Urdu by Dr. Nazir, the second, the couplets in the Nastaliq Persian script, the third carries couplets in the Naskh script and Gurmukhi plus their meanings in Urdu and the fourth includes 76 couplets attributed to Baba Farid but not found in the Granth Saheb. Thus, the book includes 188 couplets, two Shabads (poems ) and eighteen couplets of the

Sikh Gurus.

The Granth Sahib is basically not in the Punjabi language. Its compilers either belonged to the outer eastern belt of East Punjab or to the areas across the Jamuna. Its basic structure is essentially Hindi mixed with Local dialects of western U.P. So, we should not expect any Special linguistic justice to the dohas of Baba Farid, who belonged to the south-western part of the Punjab with the Lehnda dialect of Punjabi language. This created a baffling confusion which Dr. Nazir has tried to remove.

Another difficulty with the language of Baba Farid is that it is almost eight hundred years old. No writing of the pre-Farid period is available for research workers to assess the evolution of Punjabi over the centuries. Between Farid and the next Punjabi poet of note, Shah Hussain (1539-93), there is a gap of four hundred years. That is why Farid is mostly very difficult to follow. The many special historical, poetic and cultural references that Farid makes cannot be deciphered and are thus a virtually insurmountable obstacle to further research. Dr. Nazir has tried his best to unfold every knot. Even where he fails he provides further impetus to the serious reader to apply his knowledge and mind to solve the literary, historical and linguistic riddles Farid's couplets present.

 *poetic\_spurs*





# Qawwali

A Classical Music Genre  
of Subcontinent



**Aqdas Hashmi**  
Sufi & Ghazal Vocalist,  
Lecturer, Researcher

4 MINUTES READ

Qawwali is at its core a celebration of love. The word "**Qawwali**" originated from the Arabic word "**Qaul**" which means "*to speak*" or "*to narrate*". What's special about Qawwali is its linguistic mix of songs across Urdu, Punjabi, Persian, Saraiki, and other languages, encompassing poetry and verses that originate from various cultures, all coalescing under the banner of Sufi tradition. It is at its core, a blend of Indo-Pakistani Sufism with the early Sufism of the Middle East and Persia. Qawwali has historically played a big role in the spread of Islam in the Indian subcontinent, as the experience of Qawwali helps both the performer and the listener to come close to experiencing the ultimate union with the *tawheed* (divine) through the awareness and belief in

the oneness of God.

According to ancient traditions, Sufis' chronicles and historical books, Qawwali has been practiced in Sufi shrines in the region since ancient times. Although it is believed to have originated from Hazrat Amir Khosrow, a revered disciple of Hazrat Nizamuddin Auliya, who was a well-known Sufi and poet of his time as well as an expert in the art of music, *Samaa* ceremonies were common even before that and it was customary for a section of religious scholars to consider music un-Islamic and oppose it. *Mehfil e Sama* is specially mentioned in the memoirs of the Chishti Mashaikhs of the subcontinent.

Bhattacharjee in his article "*The Origin and Journey of Qawwali: From Sacred Ritual to Entertainment*" wrote that Hazrat Khawaja Moinuddin Chishti himself was a good poet and *Samaa* was held in his monastery. His disciple and caliph Hazrat Qutbuddin

IMAGE SOURCE : LUDIA

Bakhtiar Kaki's monastery was in Delhi and he was so fond of Samaa which always put him in an intuitive state "Haal" and once he was in a state of "Haal" for many days and died in this state. Despite the objections by some religious scholars, the Chishti Mashaikhs persisted, and fortunately, they used it strategically in the propagation of Islam because the people here loved music and had lived here harmoniously for thousands of years.

The ancient religious scriptures also have music in the region. Music was used in "Bhajan" here. Tan Sen, one of Akbar's ratan with an astonishing reputation for music in Indian history, was brought up in the monastery of the famous Sufi Hazrat Muhammad Ghaus Gwalior and was taught music by him. Tan Sen's tomb is still by his side today. Such events are enough to prove that the Sufis here had a special fondness for music and they have given a lot to the music of this country, one of which is Qawwali. Its invention and popularity are due to Sufis. Sufis from Central Asia are also particularly interested in music and even before their arrival in India, they had a passion for music. The practice of singing by playing the *Daf* was common in the time of the Prophet Muhammad (PBUH), as mentioned by the hadiths.

Qawwali is a devotional music which is meant to convey a strong message usually conveying a religious meaning through music and

song based on Sufi masters' mystic poetry. The texts usually deal with *ishq* (divine love), *firaq* (separation sorrow), and *visal* (union), with the music symbolically reinforcing and illustrating these concepts. Qawwali incorporates Iranian and Central Asian poetic, philosophical, and musical elements into a North Indian foundation, blending popular music with classical traditions. The texts cover Arabic and Persian in the same way, but the main text body is usually in a simple idiom form of an Indian language: Urdu, Hindi, Purbi, Panjabi and so on.

Though the roots of Qawwali got their place in the sub-continent, yet it has penetrated in other cultures of the West. The art of Qawwali is gaining popularity in India and Pakistan and many Qawwalis have become popular here. Attributed to Hazrat Amir Khosrow from "Chaap Tilak Sab Chhini Re" to "Aey Ri Sikhi Ri More Khawaja Ghar Aaye" and from it to "Bhardo Jholi Meri Ya Muhammad". There are a large number of such Qawwalis whose popularity is beyond the confines of time and space. With the passage of time, Qawwali became so popular that it spread from shrines to the people and was sung in public gatherings. It was no longer

restricted to festivals or melas and shrines, but had become popular among the general public gatherings.



@ aqdashashmi@gmail.com

**THEATRE**

# Theatre as a Creative Industry

IMAGE SOURCE : UNSPLASH







**Wajiha Tareen**  
Anthropologist, Media Person

6 MINUTES READ

The positioning of theatre in the creative industry has a strong game. People who are linked to this industry are earning very well. It is making the human soul and body both happy. The art and theatre industries are making a success story in the UK. Film, television, social media, theatre, games and music is giving £110 billion per year to their country. These industries mostly look for the artistic ones to participate in the rising economy of the globe. Consequently, there is much scope for art and theatre in the economy.

In mature nations there are training institutes that offer training and teaching about the technicalities of performing arts. It is the significant part. A learned and organized theatre makes you form a connection with people and impact their lives by conveying the message in a very subtle way.

The most striking aspect of the course of theatre training is to realize the determination and self-belief that you can do anything you wish. Performing on stage does not always mean that you need to be vocal and heard. Conveying a message to the audience and communicating with them without talking is something which was worth learning during this workshop. It's a common notion that only articulation should be of highest order of importance when you are in the middle of such a setting. On the contrary, the fact is that gesticulation using body language should be effective enough to substantiate your verbosity.

Numerous aspects of theatre experiences are sensory and tactile. The workshops like these may involve development of flexibility, strength control and ability to use the entire body to communicate a role. They also help those students who are not focusing on performance but concentrating on enhancing their kinesthetic abilities. Theatre also develops numerous social skills. What has been observed personally is that people expressed and negotiated the differences in opinions with utmost calm and composure. They have managed to learn from each other, which is contrary to the conventional classroom learning, interesting correlation. Most of the performances were in teams, be it a team of two people or may be in excess of eight. How to synchronize and compliment others in a play and how to time your dialogue delivery so that it has the desired effect on the audience, were some of the key insights for me as a participant.

Theatre also makes all the participants share their ideas and showcase their creativity in whatever aspect possible. Most of the time, it was observed that people who were not expected to be associated with creativity, surprised everyone by their presence of mind.

The theatre workshop is opening in different ways, but it breaks some barriers and inhibitions that we had held on to for so long. The training can make the artists more confident, expressive and comfortable. The processes of preparing for a performance help them to experience and value the perspective of other people participating with them. As students endeavor to learn to act, to be involved in the many aspects of theatre, and to entertain audiences

with the art and craft of theatre, they are gaining understanding of themselves and others. The workshop also gives a unique blend of team activities that show how important it is to have trust within your team if you want to be a high performing team. Without trust you can never realize the true potential of what you as a team can do.

Theatre training has five major points, the first is mindfulness. It is all about becoming aware of your surroundings, your co-performers, and the audience. All these require you to be mindful of whatever is happening in the act. A theatre performance is a beautiful blend of different people from diverse backgrounds coming together. Putting to rest their differences, shedding their inhibitions and performing as one while helping each other. This aspect clearly refers to the diversity.

Making use of the limited resources at your disposal is another learning which could be gathered from this workshop. This refers to sustainability. Theatre also teaches how to put yourself in other shoes and empathize with them. This aspect is

very crucial in a sense that if one cannot really get into the character he is showcasing, then he will not be able to do justice to that performance. Hence compassion plays an indispensable role here. And last but not the least, ethics forms the essence of theatre in a real sense. In addition to the learning that is mentioned above, to be successful in life and in the art, adaptability and flexibility is of

paramount importance. Theatre teaches people to explore more, face new challenges, and have the ability to adapt with the changing situations.



### The Censoring Practices in Theatre

Theatre is an effective way to disseminate the ethical traditions and reason because according to him, live and performing illustrations can leave along-lasting impact into a mind. Theatre is a special field of art. Almost every county has theatrical art that is associated with the definite culture and ideology. Several features of theatre experiences are physical and tactile. Theatre develops numerous community services. Theatre also makes all the contestants share their thoughts and vitrine their imagination in whatever aspect possible. Generally, it

was detected that people who were not likely to be linked with creativity, amazed everyone by their existence of mind. Theatre shows people to discover more, face new experiments, and have the capability to adjust with the moving situations.

The Curtain Raiser, the emerging youth theatre, has performed on various prestigious drama festivals and has earned a good name in the theatre industry. One of its popular dramas is Sarisht. It is a 60 minutes play based on a true story. The play is about a middle-woman who arranges meetings between clients and prostitutes. The story reveals how her family was forcefully put into the prostitution in partition catastrophe through flash back technique.

Theatre in Pakistan is always struggling. One of the key factors in this regard is censorship in theatre. The Pakistani theatre has always been subjected to censorship which has affected its progress and positive growth. Censorship in theatre has been present and being practiced since the inception of creative arts. Currently in Pakistan, Censorship in Pakistan is no exception. I believe that there must be a check and balance on the policies and its implementation in respect of Censorship in Theatre. The writer, Director or the producer of a drama must keep in mind the local traditions and norms. He must respect all of them. Many people call for freedom of expression but it doesn't mean that the producers of the play forget the limitations of this art form and people and audience associated with it. Furthermore the state must provide an adequate environment, facilities and training for the theatre practitioners in order to produce positive content in such a way which is acceptable for all

segments and cultures of society.

There are many insights that could lead to conclusions about the social and cultural side of censorship at different stages of the theatre drama production.

The very first stage of censorship is to appropriate the labels and names that are potent in attracting the audience and masses, often without offending their cultural sensitivities. Next phase of censorship is about dialogues, vernacular, slang and metaphors are important in this regard. These dialogues are conditioned by the context and contextuality is borrowed from the society, however, the willingness of the society to accept the contextuality is conditional.

Thus the representational challenges are frequently faced during the dialogue creation because it may have positional challenges from religious, ethnic, sectarian, gender, or other perspectives. There are performance challenges where appropriate dress and props require social approval. The symbolic significance and representational contest are at play during this stage. Censoring goes a long way as the performance requires audience and audience might be selected or restricted, this junction of censor practice is visible in theatre culture of Islamabad. Most of the theatres sell or distribute the tickets for their performances to certain cadres of the community. Maturity of the audience is judged. Thus it is easy to conclude that censor is omnipresent in the theatre and it is multifaceted, poly vocal and multi directional.

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

@tareenwajiha@gmail.com



**Uzma Sabeen**  
Drama Teacher at NAPA Karachi

4 MINUTES READ

This pandemic has altered our lives in many ways; some are good and some are bad. For instance, now the sense of the importance of any other thing has gone, and only lives matter. The theatre and theatre artists have been affected the most because as a collaborative art theatre is facing the most difficult times.

Theatre has embraced and explored the digital possibilities as quickly as compared to any other form of art. There are a lot of theatre productions that are available online. Especially the National Theatre, UK has kept the fire alive of live theatre through live streaming of more than 18 theatre productions all over the world. In this way, theatre is not restricted to the elite and it charms the masses. It is free of cost or one

can avail of an annual subscription on a nominal fee. It helps the actors to keep their passion alive but the amount gathered by this deal is not enough for the organization and other businesses attached to the theatre such as refreshment and space.

As a theatre practitioner, I still feel that the theatre organizations in countries like Pakistan and India, where the tickets are not very expensive. They were already struggling for their survival before the pandemic; the online performance costs them more than the live performance because they have to buy the equipment and better internet service along with theatre space and team. Although some artists have tried to give theatre a new dimension and created a virtual theatre for a larger audience. But I think it is not theatre because the charm of live performance is not there and the synchronization is difficult to achieve if the artists are not in one place.

The writers and artists are unwill-

IMAGE SOURCE: ETEMAD, FREEPK

ingly kept on working at low rates just to keep updating their professional profile. These digital theatre productions do not gain much popularity due to the cheap access to various portals such as Netflix, Zee Five, YouTube, Tik Tok, etc. From these sites, producers are getting money as compared to Zoom and StreamYard.

In the lockdown, people were watching web series and films more than the normal days. There is a huge spike in the graph of popularity of web series as compared to TV series even. The quality of web series and film production is very high and eye-catching as compared to the theatre online.

The artists are more comfortable and in direct conversation with their viewers through these sites. They gained more followers in their individual capacity rather than performing for a theatre director or a group. The artists are gauged by the number of followers on their Instagram accounts. It will be helpful for them in the future when they work in a theatrical play after the pandemic

because their followers will come to see them live on stage.

As acting coaches, teachers are not comfortable teaching students online. The students are also incapable of doing intense exercises because the reaction is not in time. The online classes are only fruitful for theoretical subjects where discussion is needed,

otherwise these classes are in vain because no one gains anything. So I proposed a hybrid system of classes in which the theoretical classes were online and the practical classes would be conducted at the campus where students would come in small groups on alternate days.

I think the first for togetherness, the charm of liveliness, and the spontaneity of emotions do not satisfy through these digital attempts. For the time being, artists have molded themselves to go with the flow but the theatre practitioners will come back to the theatre's genuine character as soon as all will be normal again.

neity of emotions do not satisfy through these digital attempts. For the time being, artists have molded themselves to go with the flow but the theatre practitioners will come back to the theatre's genuine character as soon as all will be normal again.

@ [sabeen.leo@gmail.com](mailto:sabeen.leo@gmail.com)



PETS

# How to Pet Cats!





**Syeda Maryam Imtiaz**  
IR Graduate, Philanthropist

6 MINUTES READ

Cats are famous for their sass; they have ramp walk named after them; for years Egyptians held them in high regard as divine creatures and even today the most popular of the family musicals in theatre is CATS and loved infinitely in Europe. In reality cats are just adorable fur babies that make great pets and companions. How? Below mentioned are some bits helpful for readers expecting to be cat moms (or dads for that matter). Your cat needs a **'pet passport'** more than you... yes you read it right.

A pet passport is an essential document every owner must have as it is their sole identity. This legal document includes every single detail of your pet such as its date of birth, color, breed, vaccination record, prescribed medicines and other medical records etc. Its purpose, apart from keeping records and description of one's pet, is to facilitate inter state travel. So, without the provision of this passport, it is unlikely that the authorities would allow you to take your pet anywhere with you, even within the country. As far as the passport is concerned, you don't have to go to a specific center, rather it can be obtained from your vet.

### Which vaccinations for yours and cat's safety!

Like humans, cats too are vulnerable to several ailments. So, to ensure they live a healthy life, it is essential to get them vaccinated. These vaccinations are not only for their safety but also for the protection of the whole family given that pets are an integral part of it. A series of injections

prescribed by your vet are given to the pet usually when they reach 6-8 weeks of age. These vaccinations take place at several intervals as it is recommended for effective immunization. Injecting the animal without any break is unhealthy and frankly, quite dangerous.

Initial essential vaccines that your pet will require includes;

- Feline Panleukopenia/Infectious Enteritis (Feline Parvovirus, FPV)
- Feline Rhinotracheitis (Feline Herpesvirus, FHV)
- Feline Calicivirus (FCV)
- Feline Rabies

A combination of the first three vaccines are given to a feline till 16 weeks of age. Later, Rabies vaccination is given once. After this process your pet will get annual vaccination to boost its immunity. Going to a good vet to get all these vaccinations is crucial as quacks will only risk the life of your pet. It is very common for a cat to feel unwell post vaccination process, hence its not something to fret about. During this period, make sure your cat is taken care of and is getting proper nutrition and ample sleep.

### What do fur babies eat and how to treat your cats....fatten em up!!!

Food is a crucial and basic need of living things to aid healthy growth and development. There are numerous options available when it comes to cat food in supermarkets but while buying food for your cat, a few things should be kept in mind. The diet must be a blend of all the essential nutrients like protein, carbohydrates, minerals and vitamins because a balanced diet is beneficial for the pets growth. Dry and wet foods, both are

good options and a combination of both serves the purpose. You can either give them separately or together from time to time depending on the age of your cat. Your vet can also help you in deciding the portion sizes and buying the perfect feed based on your pet's condition and needs. A home cooked diet that is not recommended or formulated by the vet should be avoided as it would lack the nutrients your pet needs and would lead to long term poor health. Royal Canin and Nutra gold dry feed are highly recommended and are available at every supermarket. Similarly, whiskas, Royal Canin and purina have a wide range of wet food with various flavors.

### Where do fur babies poop and pee...Of course inside your house!

Cats need their own litter box so the first step is to buy a comfortable litter box and a scoop for them. Fill it up with clumping unscented litter and don't cover it with a lid. Make sure that it is open and accessible for your cat. Fill it up to 2-3 inches so that they have enough to dig around. The placement of the litter box is also very important as cats prefer privacy so it



should not be in a busy area but rather a quiet one. Once the cat is done with the deed, using the scoop, take it out and throw it away so that the litter remains clean for them to use again. Litter should not be changed every day and if you are scooping the waste put side by side, then it lasts for a week. It has tubes

changed after a week because if not, it puts your cat's health at risk of developing several infections.

### WARNING!

Never use sand as litter as it leads to fleas in your cat!!!

Bathing your cats.....takes literally your patience, blood and sweat,!

If there is one thing that cats hate the most, it is definitely Bathing. They give the owners a tough time while doing so and if one finds it difficult then taking them to your vet is also helpful as they

offer such services.

Ticks and fleas are very common among cats and dogs. They may get it from the outer environment or from coming into contact with an infected cat. Fortunately, there are several oral and topical treatments available to help take your pet out of this agony. During the treatment, a collar must



be placed around their neck to prevent them from licking the poisonous medicine.

### Grooming for pretty paws

Cats are very clean animals and they like to groom themselves. For indoor cats, special nail clippers are available for cutting their nails. Cats with heavy fur need shaving as it gets very hard for them, in summers and it should not be one on your own rather by your vet. The ears should also be taken care of and should be cleaned after every two to three weeks otherwise cats develop ear mites which if left untreated cause further health issues.

### How to monitor the reproductive health of your cats?

Heat is a natural process that cats endure usually when they become an adult. During this period they do act abnormally as they may not use their litter box and pee here and there. I'm sure it's something out of the ordinary but it's not weird at all, they act like this when they are in heat. You can prepare a clean litter box, a comfortable bed and arrange a partner for mating to take care of them. Don't stress your cat out by telling it, rather pet them to calm them down.

### What can set them in a playful mood .....Not vets but vets are a blessing in disguise.

Cats have their own toys that you can either buy from a market, vets clinic or order online. Note that living in the digital era this too has been revolutionized. Online games and videos are present to make them



happy.

Though visits to a vet are a must, visiting a good vet is the essential thing. My personal experience has been great with Dr. Farrukh of the Farrukh's pet clinic in Bahria Town. He is very courteous and always comes up with the right diagnosis while calling your cat 'mera beita'. Within his clinic you can find a variety of things including food, accessories, cages, medicines etc for your cat. A big thumbs up for his services.

@syedamaryamintiaz99@gmail.com

# BRINGING THE EAST & THE WEST TOGETHER



**Armughan Munir**  
Transformation Coach,  
Student, Podcaster

4 MINUTES READ

In the 21st Century, the East and the West seem to be living in two almost opposite worlds. If you go to the western world, You'll see the most beautiful \*external\* environment. Expensive supercars, Tall Buildings, Gucci & Louis Vuitton clothes, Pioneers of technological advancement. However, If you go to the eastern world, You'll see none of what you see in the western world (with some exceptions of course). You'll see homeless people here, wearing torn clothes. People eking out their living. What's really strange is, If you take the time to actually be with these poor people. You'll find out that they are also some of the happiest people on the earth.

As I was driving somewhere one time. I was stuck in traffic. I looked to the car on my right and saw a very young girl, leaning her head on the window with a frown on her face. She seemed very upset.

What happened next was fascinating. Just by chance I tilted my head to

the left. I saw a few children sitting on the footpath. They weren't even wearing proper clothes but guess what? They seemed the most joyful people ever. They were playing around with each other and their faces were lit with pure joy. Joy that's contagious

It really got me thinking, "What is it in life that gives us real joy?"

All our life we have been taught that the answer to that question is in the following manner.

If I get the next thing, I'll finally be joyful.

The next thing can be a new phone, a new car, the amount of zeros in your bank account, getting married, traveling or ticking off everything from your bucket list.

You have been around long enough to know that the next thing never ends.

You get married, then you think if you have a perfect child you'll be happy. Sometime later, you think only if the child moves out of your house you'll be happy (No pun intended) The cycle of the next thing is a trap.

A trap that most of the western society is stuck in. Don't get me wrong here. I am all for the scientific,

technological and economical advancements they have produced in the world. I am a big fan of entrepreneurs and scientists like Elon Musk, Steve Jobs, Neil Degross Tyson, Stephen Hawking. I deeply respect them.

What I want to say here is that if you go to New York, You can go to the economical capital of the world. See some of the most beautiful buildings. Businesses who are at the top of their game.

Also, What you'll see is that most of the people there (again, with exceptions) are stressed. We are living in the most abundant time in the history of humanity. Still, Things like suicide, depression, anxiety and stress continue to grow over the years.

The western society seems to be a master of revolutionizing the world with their innovative ideas. We have entered an era where every year is equivalent to 25 years of innovation and disruption as the previous century.

The thing is, If you go to India. Just as we mentioned, You can find extremely poor people, homeless, barely surviving yet the lit with joy.

This seems like a paradox.

People who are apparently successful aren't fulfilled.

People who are apparently a failure are fulfilled and joyous.

The reason for this is,

Just like there is a science which explains the laws of the physical world. There also happens to be a science which explains the world we carry inside ourselves.

The easterns happen to be a master of this inner science.

For centuries, Ancient Yogis, Rishis, Swamis, Sufis, Buddhist Monks have passed this science onto generations. It turns out that joy is independent of

external circumstances.

Joy is an inner game.

You can have no money and be the happiest person. You can be a billionaire and be the most miserable person

AND

What's most important is,

You can be a billionaire and the happiest person.

What this requires is, You master both the Science of Achievement and the Art of Fulfillment. You learn to bring the east & the west together.

Tony Robbins explains that Achievement is a science, but Fulfillment is an Art. Practicing both is not only possible but rewarding in both the inner and outer worlds.

We are at a stage where this merging of the east and west is very much needed. What if without making any one of the worlds wrong, we bring both of them together and enjoy the fruits of both of them.

The world needs people who are deeply rooted in peace and love within themselves, but who also move out to make the world a much better place. Saints like Yogananda. Peace makers like Mother Teresa, Martin Luther King Jr. and Gandhi. Entrepreneurs like Steve Jobs and Vishen Lakhiani.

This merging of Science and Spirituality, of West and East, of Success and Fulfillment, of Buddha and the Badass is necessary in this day and age.

To quote Martin Luther King Jr.

*"Power without love is reckless and abusive, and love without power is sentimental and anemic. Power at its best is love implementing the demands of justice, and justice at its best is power correcting everything that stands against love."*

@lifethroughlearnereye@gmail.com

# 7 SPECIAL DRINKS TO BEAT THE HEAT

**AEM Team**

4 MINUTES READ

As summers come, temperature begins to soar high leaving everyone fatigued, sweaty and messed up. Staying hydrated is important to keep going in this sweltering heat and maintain good health. Your body tends to lose water faster due to excessive sweating. While water is the utmost important drink to quench thirst, you can try other summery beverages that not only satisfy your thirst but also keep your body cool. As we welcome summers, let us refresh and replenish our body with some of the best summer beverages in order to beat the heat. We suggest a bunch of summer drinks that you must not miss out on.

## Sugarcane Juice

Sugarcane juice is used as a natural remedy to a host of problems and of course it is our national drink. This energy drink helps build up plasma and body fluids to counter dehydration and dullness. It gives the instant energy, helps the liver function, helps to fight cancer, and eases the digestive system.

Adding mint leaves to the juice will

help enhance the taste of your refreshing summer drink.

## Sattu Sharbat

What's better than bringing a desi summer drink to your rescue? Sattu Sharbat is one speciality from Pakistan that keeps the body cool during the hot days. It is made with Sattu flour, sugar, water and ice; that's all it needs. It is energizing and good for stomach. It is full of fibres. It makes you feel good and healthy.

## Lassi

What's better than the thandi lassi? This smooth and creamy yogurt based liquid is considered to be an amazing summer cooler. To make Lassi, you just need yogurt, water and ice. Yogurt contains nearly every nutrient that your body needs. It strengthens the immune system and works best for weight management. Blend the water and ice it in a blender. You can also add salt or sugar whatever and cool yourself. The best part is, you can

IMAGE SOURCE: HEALTHLINE



easily add many variations to it, from classic to mint, strawberry, mango to banana walnut Lassi and more. If you haven't tried any of these yet, try now.

### Lemonade

Now we come to our very own neem paani or lemonade? Lemons are high in vitamin C, fibre, and other plant compounds. It supports heart health, helps control weight, improves the skin and digestive health. It has antioxidant properties. A quick drink to make and amazingly delicious. This drink is prepared using mint leaves, lemons, sugar, salt and water. You can also add spices like cumin, coriander powder, black pepper, et al to make it interestingly tasty. This is the best used drink in summers.

### Watermelon Juice

One of the best summer fruits is watermelon and what's even better is its juice. It is super refreshing and its hydrating properties help keep your body fresh. As watermelon seed contain high amount of crude protein, rich in calcium and vitamin A and D. To make watermelon juice you need to add some water melon in a blender and add some salt or sugar if you want with a little bit of water and blend it. After blending strain it and your drink is ready.

### Imli Aaloo Bukhara Sharbat/ Plum Juice

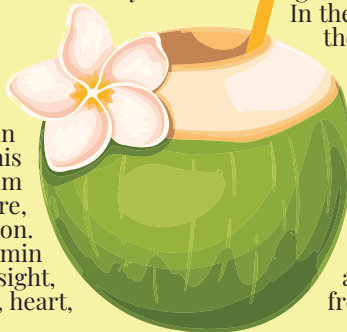
Plum juice is one of the commonly used juices in summers. Mostly people use this drink in summers. Plum contains carbohydrates, fibre, protein and also rich in iron. Plums are a good source of vitamin A which is important for eyesight, immune system, reproduction, heart,

lungs and kidney health. It can be easily made. Take pulp of plum and tamarind and blend it. Now take a pot and add sugar and water and cook for 5 minutes on medium flame with stir. After that add plum and tamarind pulp and mix it well and further cook for 5 minutes on medium to low flame. After that your Imli Aaloo Bukhara Sharbat is ready. Now let it cool down to room temperature. You can preserve it for twenty days. Sharbat making; take a glass and add 2 tbsp sharbat and add water and mix it well and add salt (optional) and mix it well. Your drink is ready.

### Coconut Water

A chilled glass of coconut water can instantly cheer you up. Coconuts are especially high in manganese, which is essential for bone health and the metabolism of carbohydrates, proteins, and cholesterol. They're also rich in copper and iron, which help form red blood cells, as well as selenium, an important antioxidant that protects our cells. The mild sweetness and fresh taste makes it just the perfect drink to keep summer blues at bay. It also makes for a great electrolyte, so every time you feel dehydrated, load up on some coconut water and you are good to go.

In these hot summers, these drinks will help fight the heat and keep yourself fresh. The excessive use of these drinks will keep your body hydrated, boost the metabolism and will prevent from heat stroke.



SAVE **400/-** RUPEES

SUBSCRIBE  
**NOW!**

**SUBSCRIBE TO MONTHLY AZEEM ENGLISH MAGAZINE**

**AEM**

THE VOICE YOUTH TRUSTS

**One Year Subscription Includes 12 Issues worth PKR250 each.  
you save PKR400 by paying only PKR2600 per subscription**

Name : \_\_\_\_\_

Address : \_\_\_\_\_

Nearest Land Mark : \_\_\_\_\_

City/Twon : \_\_\_\_\_ Province : \_\_\_\_\_

Phone : \_\_\_\_\_ Email : \_\_\_\_\_

**CHEQUE ENCLOSED**

Cross your cheques in favour of  
**Muhammad Ali Farooqi, Editor in Chief, AEM**  
Account No. 1586 2418 0348 2  
United Bank Pvt. Ltd.

**EASYPAISA/JAZZCASH**

Transfer your Subscription fee to Account Title  
**Muhammad Ali Farooqi**  
0345 66 00 629

**RATE US**



**GIVE US YOUR FEEDBACK**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

✉ [contact@aemagazine.pk](mailto:contact@aemagazine.pk)

☎ (051) 8892092-3

🌐 [www.aemagazine.pk](http://www.aemagazine.pk)

📍 AEC, First Floor, Ras Arcade, Street 124, G-13/4, Islamabad

# ADVERTISE WITH US!

THE VOICE YOU<sup>U</sup>TH TRUSTS

## AZEEM ENGLISH MAGAZINE

withholds information  
regarding various  
domains of knowledge.

It's readership spreads  
across all age groups  
and is circulated among:

- Public Libraries
- All Universities of Pakistan
- Embassies & Consulates
- Top Government/Private Colleges of Islamabad
- Leading Government Colleges of Punjab
- Distinguished Book Shops/Stalls of  
Islamabad, Lahore, Karachi & Rawalpindi



Azeem English Magazine  
First Floor, RAS Arcade, Street#124, G-13/4, Islamabad  
(051) 8893092-3

**AZEEM** MONTHLY  
**ENGLISH**  
**MAGAZINE**

# THE VOICE YO<sup>U</sup>TH TRUSTS



LOG ON TO

[aemagazine.pk](http://aemagazine.pk)

READ YOUR FAVORITE ARTICLES  
DOWNLOAD YOUR FAVORITE EDITION  
SUBSCRIBE AZEEM ENGLISH MAGAZINE  
SEND YOUR FEEDBACK  
SUBMIT YOUR ARTICLE

**AZEEM** MONTHLY  
**ENGLISH**  
**MAGAZINE**