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AZEEM MONTHLY ENGLISH MAGAZINE



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Due to the ongoing 4th wave of COVID (also termed as Delta wave), and a lockdown in effect in many areas of the country, strict protocols were instructed. Due to strict lockdown and logistic obstacles, AEM's August 2021 edition could not get timely printed.

We stand firm with our fellow countrymen in these distressing times and respect the government's decision and pay tribute to the relevant authorities: the health workers, the law-enforcing institutes, the vendors, the front-liners, and our fellow journalists, in this battle against an unseen, yet contagious enemy, which has affected and changed the course of not only our country, but the world, for worse.

Lockdown is the need of hour, and what needs to be done, should be done timely, and what needs to be addressed, should be said, at the right moment. AEM requests our readers to be safe, and take precautionary measures seriously and strictly, and to get vaccinated as soon as possible, as the Delta strain is more potent than the other previous waves.

We owe our valued readers and our **AEM Family** i.e., our distinguished writers, a justification. With God's bestowed will upon us, and your belief in us, AEM's Editorial Board, and Team AEM mutually agreed to the conclusion, that we should make-up for the half-fulfilled promise, so we decided that a Special Edition should be published for our valued readers, which would serve as AEM's August and September publication.

For your patience, here's a little appreciation gesture by AEM: we have added 8 extra pages in this Special Edition. It is your faith and belief in us that keeps us going. It is indeed your faith in us that we keep pushing our boundaries, to provide you with quality content and to record information about different arenas of life. And we shall continue with our pledge of inculcating social, cultural, and literary values to the society. Thank you for trusting us.

Shamma se shamma jalay!

Team AEM

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EDITOR'S NOTE

AEM kept the promise of delivering quality content which activates ideation among the readers. Get seated on your rocking chair and enjoy this issue as the monsoon pours down your balcony. We have introduced some interesting new features for our readers. If you want to expand your vocabulary, you will fancy the Addicted to Addiction feature, want to find out about Pakistan's Best Kept Secrets, you got it! AEM stands for knowledge, learning and promoting cultural and literary values, and we will continue with our pledge.

Happy Reading!

Muhammad Ali Farooqi
 Editor-in-Chief



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Revival of Unity, Faith, Discipline

04 MINUTES READ

Let me confess at the very outset that the onerous task of writing this piece as an Independence Day feature should not have been shouldered by me because my love for and dedication to my country, although firmly rooted within, still have a long way to go for determining if they would stand the test of time or not. Perhaps, I can be one of those many souls whose services to the state and its citizens are in no need of recognition. Or, maybe I shall be of those who serve the nation in anonymity. In either case, as God is my witness, I, as an individual who owes her national, social and cultural identity to this country, vow to serve my nation in my humble capacities. As the poet says:

*Ishq o azadi bahar e zeesht ka saman hai
Ishq miri zindagi, azadi mira iman hai
Ishq pe kr du fida mai apni sari zindgi
Aur azadi pe mira ishq bhi qurban hai*

(Love and freedom are the resources of a joyful life. Love is my life and freedom is my faith. I can sacrifice all my life for the sake of love. But for the sake of freedom, I can even sacrifice

my love).

This sense of duty is entrenched in the origins of my country on the basis of two-nation theory and a distinct Muslim character of the majority population. Therefore, it is the right time to reflect and analyze if we, Pakistanis, have lived up to our glorious founding Father's motto of **Unity. Faith. Discipline.** or not, if we have embodied the vision of the **Poet of the East**, or not, if we have done justice to our country's basis, or not, for it appears to me that anything founded on such great ideals deserves one's sincerest dedication and life-long labor rather than lackluster attitude and half-hearted efforts.

Upon analysis of the past seventy-four years, I see various incidents of sacrifice, courage, dedication, honesty, hope, brilliance, resilience and dignity. Paradoxically, there are also numerous incidents of depravity, corruption, debauchery, nepotism, injustice, abuse, inefficiency, dishonesty, inanity and, to cap it all, betrayal. In current times, the bad seems to outweigh the good and it is high time we pay heed to the alarm bells of cyclic mistakes in our history and

national character to avoid an irreversible collision into the iceberg of perpetual doom.

Let me draw an analogy here. Think of Pakistan as a living, breathing and evolving soul. Here, I will borrow a reference from the first and major source of law in Islam, that is, the Holy Quran, because the seed of two-nation theory which was sown in the foundation of this nation has yet to be transformed into a fruitful tree through pragmatist and progressive action. In the first ten verses of the 91st **Surah Ash Shams** (The Sun), God mentions that each human soul is endowed with the discernment of right and wrong and human choices and actions have the capacity to determine one's fate. Likewise, the analogic soul of Pakistan is adorned with many bright chapters in our history as well as many wounds on the face of our nation. If we pay attention to what history has taught us about our own national character, then we must mix this useful knowledge with practical action and utilize our indigenous resources appropriately and efficiently to the maximum potential without being lazy and reliant on external help so that success is our fate. But if we are dunces who do not learn from history and fail to adapt to the needs of present times, then we will keep eating away at our roots to our own detriment and destruction. The country has had enough martyrs. Now, it needs *ghazis* in all spheres of public and private life who live meaningful lives for Pakistan.

I see the future of Pakistan as very, very, very bright if and only if our policies and actions are correctly aligned with the true essence of Islam. And for that, we need to remember that Islam is not just a theory. It is a practically lived experience which

started from the word "*Iqra*" (read). The message of Muhammad (P.B.U.H) reformed and overhauled the Meccan society through a bottom-up approach instead of a top-down approach. That message, legal framework and implementation has reverberations for all times to come. Now, we need a cognitive and moral re- structuring of the nation for Pakistan's prosperity. No amount of laws or external rebukes will transform us if we do not have this change from within. This can be done by making realistic policies involving the input of all stakeholders and having smooth and fast inter-institutional communication and deliverance.

This would require unity. We can take a leaf out of history by recalling that the two-nation theory existed long before the Quaid. It was his charismatic personality that revived it through the rallying call of "Unity, Faith, Discipline" for the Muslims of India who were innumerable divided into social, political and religious groups at the time. Today, if we have to move forward then we must revive that spirit to unify our diverse masses, otherwise we may not achieve our goal. Secondly, national unity must be maintained by practicing real democracy which means that the minorities are fully protected, not demonized, and ostracized. Thirdly, discipline should be ingrained in all institutions by improving governance, especially justice.

In short, if we synchronize hope with right action, then there will be resounding reassurance in our joyful cries of "**Long Live Pakistan!**"



LET'S MEET

FT. FAHEEM AZAM

**Writer, Actor, Director
Stand-up Comedian,
Screenwriter**



04 MINUTES READ

How would you introduce yourself?

It gets a bit difficult to confine myself with one artform. Professionally, my focus is to work on narrative-based visual-storytelling. I have a vision to raise the bar. The journey, however, is a bit difficult for our industry's case. I personally do not enjoy screenwriting much, but I am regarded more as a screenplay writer. As an individual I enjoy stand-up comedy more, since I have got much to say, and there's less *khabat* (heft) in it.

When clients reach out to you, what do they usually seek: is it some specific skillset or they ask for more than one?

It's about how you enable it. Well, I am yet to face such an instant where some client has shown interest in any two of my skillsets. I believe all these areas help and influence one another. To wait for a moment or expecting someone to come and save me won't

really save me. One must explore, and not be hesitant in reaching out. For an outsider, the longing might take more than a while. Also, there are so many things to be considerate about. For instance, the right people or resources. After a while anticipation becomes a hassle. Although difficult, but one should be able to **enable** oneself, to bring and showcase their talent under a single roof.

How to keep up with the feel: whenever writing a screenplay?

As I earlier mentioned, I do not enjoy writing, as it is a bit difficult to keep up with *kefiat* (feeling), but music helps... I prefer listening to isochronic/binaural music whenever I write. During the creative process, or ideation or visualization... I listen to some specific *geet* (song), which helps me in embracing and expressing the "feel". For me, music is the foreground, and certainly not the background(chuckles). As it has the potency to elate you, it can take you

somewhere. Music helps me to disconnect with reality for a while. To conclude your question, music helps me in embracing a feel.

How do you differentiate between "Art" and "Craft"?

Craft can be learnt and cultivated; it could be in-built as well, as some people are born craftsmen. Art is more of an expression. The difference lies in the expression. If you're able to express your angle in any way, that is art.

Koi art bikta acha hai, koi art bikta acha nahi hai.

(Some art sells good, some art won't)

Since there's more focus on *dikhna* (see-able) and *bikna* (sell-able), we expect excellence from everyone. Naïve thoughts or innocent desires are not welcomed in this era. We expect everyone to work more... and be the best, but won't ask a person what they want, and all he ever wanted was to water his plants, par nahi... (laughs)

There's a common notion, that: "better artists are born in a suppressed society." Can you please enlighten us?

I personally think a healthy environment is important for *achi cheez* (good stuff) to sustain. Artists are present everywhere and in every era. With reference to the notion, it only appears gloomy to us, especially when we dwell in the past, as we are witnessing similar experiences (a suppressed society). If any society is financially stable and morally sane, only then the

crafted art done would seem like a miracle to the future generations. Only in a suppressed society, resistance (in art) appears more attractive.

What's your take on relatively newer (film) platforms like TikTok or Snack-Video or other platforms?

You see, it (expression) is a beast, which can not be controlled. So, it is not feasible to control some beast which cannot be tamed. There's a process through which this beast is



sanctioned and auctioned. We can choose it as per our will, and not watch it, if someone fancies it, good for them, if someone disapproves of it, just change the channel. Who am I or you to decide for someone, everyone should be able to choose to seek for themselves... The privileged among us want to dominate it and dictate terms.

What would you suggest to the youth: on how to keep yourself motivated?

Well, I am fortunate enough since I did not get to deal with this problem. But if I am to address the youth, I'd say define your goals, and be limitless. People, since their childhood are confined: for instance, to get better grades. In this way, goals are dictated by elders. Which would eventually limit them. They get lost in the feeling. And it takes a while for them to get out of it. Just identify yourself, your purpose of life. The day you learn about contribution. Is the day you find yourself.

Memes are the New Hieroglyphs



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

04 MINUTES READ

There are many ways to communicate, we can either tell people about it by talking, but that'd be a specific case, for instance, there's someone literally in front of you, or is present either physically or you're connected with them via some other way of communication for instance, telecommunication, via phones, or social media. Telekinesis is another way of communication, which I doubt not many people might agree with, but it's still there.

Hieroglyphs are pictures engraved on walls, and can be traced back to

ancient Egyptian, Mayan, Mexican or other archeological sites of historical significance. They contain some message or relevance to a specific incident. Hieroglyphs are denotations of pharaohs, kings, or other ancient gods. So, it could be concluded that hieroglyphs are a form of communication.

Communication is a funny phenomenon. We communicate to tell about our needs, the way we feel, or it could be a random or specific expression. There are many ways to communicate, memes are one. Memes are precise, straight-up, and very concise. Memes are an efficient way to communicate, especially in this era of internet evolution. Memes and hieroglyphs share some common traits.

As per a BBC report, the first meme was published in 1921, in a satirical magazine called **The Judge**. The first meme was on the format "expectations vs reality". The cartoon is being called as the first meme before the advent of social media or internet, as per the report, the first meme floated

IMAGE: MEDIUM



not on the internet but rather on a physically printed magazine.

The term meme was first coined by Richard Dawkins in his 1976 book "The Selfish Gene". Dawkins defines memes as "*ideas that spread from brain to brain*". In contemporary era, memes could be a denotation or a reference which might refer to movies, a situation, any incident, or some historical event. Memes are majorly multimedia (could be pictures, or videos) that indicate or refer to something, with a unique written description of it termed as caption. Which could be different for a different case. If we are to analyze Dawkins' definition of it, memes are just ideas that travel from brain to brain, person to person, with their own understanding and perception of the thought. If anybody can sing, or dance, likewise, anybody can make a meme.

In the modern era of the internet, memes are being used by the nation-states for narrative building and by the corporate sector for marketing their products. Some of the governments have emphasized on the use of memes and utilizing them for their own vested interests, and some of the governments have imposed a ban on memes. The major impact of a meme is psychological. It could spark a movement. People related to the entertainment and showbiz industry also use memes to get viral. As they have the potency to hit the right nerve, and some of the artists deliberately seek attention or validation by using memes as a tool to build a consensus. Propaganda, narrative building, entertainment, and impact are some uses of memes. Chaos theory and butterfly effect theory could be implied in the case of memes, as the impact is majorly

psychological, and could initiate or inspire a thought. Like words, memes can also touch and leave a lasting effect, we even use memes in our daily life conversations too, and to some extent memes have changed the course of our conversations, most of us; particularly the youth of today refer to memes in real life conversations.

If I were to critically analyze memes, I'd describe a meme as a picture, or video, taken out of context. There's subtext, and text added to it, but not context. That's where it could turn dangerous. It could be used for negative purposes. No source of information or entertainment is created for destruction, it is us the humans that make it look bad, or use it for a negative cause, and thus pollute it with our own *idea* as per Richard Dawkins or our understanding on the subject.

Ancient civilizations perished and their remnants remained inscribed on walls. Undoubtedly everything happens for a reason: we can learn and understand about their lives through hieroglyphs, but what if, our globalized civilization washed away, there won't be any hieroglyphs available for the generations to come, to understand our culture and history. This is one of the facts that makes me think and ponder, there's no or very fewer physical proofs that might verify our existence, since everything is available one click away or via cloud service. It's all perception and thought till it *hits the fan*.

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alifnqalab

To Be Sceptic is to Be



Omaer Yaghei
Writer, Poet

04 MINUTES READ

Scepticism is the first step towards development of consciousness. The conscious mind is aware of one's existence and its reason. Nietzschean Zarathustrain "**Thus Spake Zarathustra**" said; "*You have your way. I have my way. As for the right way, the correct way, and the only way, it does not exist.*" Yet the struggle to find out the meaning of the correct way is only possible by profound thoughts of a mind. While to ingrain a profound mind in one's self, scepticism is the master key.

Humans are born in this world with a mind which has the ability to ponder upon and develop consciousness. Disagreeing with the perspective of 'development of consciousness purely on material basis', humans are born with an intellect which is superior to others. To improve this intellect and to further the development of consciousness, scepticism should be the trait of the mind. *Beingness* or '*to exist*' is a question on which all the

great minds have thought upon and no great mind is ever born or evolved without being critical and sceptic. Scepticism enables the mind to let the thought process embrace freedom. The free mind is the only mind which can not be enslaved by material or abstract constraints. As Bertrand Russell said;

"We must be sceptical even of our own scepticism."

The initiation of a sceptic mind is dependent upon the functionality of thought processes of a person. If the thought process of a seeker is based on dwelling into an idea of any kind, in order to achieve a deeper connotation and meaning, there is a high probability for him to broaden the horizons of his knowledge and its utilization. However, on the other hand, scepticism for the sake of scepticism is merely death to the inheritance of gained knowledge. More a person gains knowledge, the more they lose their essence to the cunningness of their distorted scepticism.

For a start, based on historical and biblical accounts, all the prophets were philosophically sceptical in

IMAGE: TED

nature except those who were not born as prophets. Otherwise, the concept of forbidden fruit would not have come forth. It opens another debate about the consequences and ramifications of being sceptic. However, it all goes back to the initial point of intention of 'being sceptic'. It can be well summarized in a quote that is usually affiliated with Buddha; *"What you think, you become."* while the actual and well researched text in Dvedhavitakk Sutta, states that, *"Whatever one frequently thinks and ponders upon, that will become the inclination of his mind."* Regardless of divided perspectives on authenticity, both point towards a similar gist, i.e., objective.

From a religious angle, being a theist, I commend sceptic people. Being sceptic is better than to have blind belief in a belief system. It shows their on-going research on a certain issue and their quest for knowledge. However, there lies a strong tendency in these sceptics to align towards sowing discords in the belief system. Thus, they create an environment of brawl among believers and non believers which leads to a deadend. Therefore, the wrong foundation or objective of being sceptic beats the very purpose of being sceptic.

In general, the dilemma of positive and negative outcomes and inability to keep the balance in scepticism has led many great minds to fall down. Friedrich Nietzsche, one of the key figures of philosophy of existentialism, lost his mental capabilities at the end. Ted Kaczynski, a mathematical prodigy, turned a terrorist in later years of his life. Ernest Hemingway, American novelist and Nobel prize winner, spent his last years in insanity. Bobby Fischer, chess grandmaster, who played move of the century

against Boris Spassky in 1972 went mad after a few years. Nikola Tesla is another name which can be added to this list and the list goes on. In order to avoid such a scenario, there must exist a balance in scepticism. There must be self awareness in a mind about its thought processes and practicality. Based on Yin -Yang theory, life exists in two folds: Light and Dark, and both exist to complete the whole existence of life. Thus, the negatives of scepticism must be balanced out by its positives.

Yet the query still remains; *"Is scepticism good enough to exist in a mind?"* or *"Is there any need to be sceptic as life goes by any way and at the end usually the blind dogmas prevail?"* or *"Is being sceptical worth it?"*

These are a few questions which I will leave for your minds as everyone has their own thought process and ways of transition and transformation. The task is yours to solve that.

"To be sceptic... is to be... or not to be?"

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Theorizing Everyday Life



Arooj Fatima
Blogger, Writer,
Social Scientist

04 MINUTES READ

Humans have been directly influenced by nature ever since this world came into existence. Scientists still try to figure out the reasons and causes for the creation of earth. They are in a constant battle of assuming, predicting and trying to explain the possible logical explanations for the creation of earth. In order to know about what exists and how it came into existence, several theories were proposed to explain why. For instance; the big bang theory. Theorization is a norm. Researchers have classified theories into two classifications. Scientists emphasize more on theories which are experimental in

nature and the social scientists tend to study human behavior and take the world as a laboratory and conduct experiments on human behavior in different ways. The practice of use of previous theories has created room for new ideas and earlier theories get replaced by new ones with changing scenarios and world dynamics. The whole process is an endless series of academia.

A theory is an idea or notion and a systematic way of looking at things in a different way which helps researchers and scientists to conduct further study on every aspect of human history, mind and life. The theory of evolution has strong grounds in history but the social scientists have developed new understandings of the evolving world over time. This makes theorization omnipresent and it took centuries to take this turn. It has been

in practice since ages and today the post-doctoral and even fresh-graduates use different theories as an important part of their academic study.

Humans observe and the pursuit follows. Humans have their own theories of life apart from academic research and history. The theory of doing well and having well has been fed to the minds since a young age. All ideas revolve around different theories that humans follow and abide by. Even psychology and minds and behaviors are explained with theory. We all possess a unique set of traits and a theory that we abide by when we take an action or aim for an agenda. This systematic observation is a common practice of humans and their ideas change with manipulation or setbacks and depends on many external and internal factors. Everyday we face some problem, we deal with the query by interpreting the situation and by implying some theory, and thus we act or react.

Without theories it becomes difficult to organize thoughts and ideas, existing or collected data, analyzing and brainstorming to answer the questions. The relationship between concepts and interpretation of those ideas cannot be understood without a theory. This makes theory more of an educated guess, with reference to the case study being observed on any subject matter and, so, in that context only theories address the question of why and how. Without a theory into practice the decision or observation made could either be flawed or is biased to some extent. A biased decision or calculation is not rational in its approach, whereas a theory provides the best possible solution to a problem which is rational in nature. Without a theoretical framework queries cannot be truly justified to

explain anything whether it's a problem of a daily life crisis or academia when conducting research. Theorists still wonder and dig information about the reality of this world. This makes theories of epistemology and ontology important and ground-breaking that the world is divided into two groups which have different belief systems: one accepts the existence of reality, other questions reality itself. This makes the people think more critically on how to view the reality of life and how not to create room for subjectivity and objective reality. Constructivists also have a similar view and believe that the world is a socially-constructed reality. Even the post-modernists deny the reality of life and tend to emphasize more on the hidden meanings in words and contexts. This makes social theories very different from scientific theories. As the saying goes, *everything is connected and connects at some point*. Social values and science work hand in hand for an improved life where knowledge has no boundaries and the ideas cannot be depreciated. Even the theories of conflict are studied to maintain order and peace, hence humans believe and live a peaceful life.

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DO YOU KNOW

**SNAKES DON'T HAVE
EARS AND CANNOT HEAR,
AND THEY ALSO SMELL
FROM THEIR TONGUE.**



Live, Grow, Transform: *Phases of Success*



Faiz Mahmood

Asst. Professor of English,
Educationist, Social Worker

04 MINUTES READ

There are three stages in the lives of great men or those who changed the face of history and introduced humanity with what was earlier missing in their lives. Be it science, art, architecture, music, artificial intelligence, control of pandemics, or modern communication, there are three phases for success.

- **Presenting ideas**, working on it, impressing upon the people (individual level).
- **Building a team** of like minded people, inspiring them, guiding them, and working together to reach the ultimate goal.
- **Transforming the world** by their ideas, inventions or bringing the change in the common man's life.

Success has always smiled upon those who have chased it through dedication, commitment, devotion, perseverance and steadfastness. Success is the ultimate result of one's struggles and single mindedness with

eyes on the prize and focus on the goal. It is a long tiring walk through forests, oceans, and deserts. The skill of an individual is limited, which would uplift him to a certain extent and a specific degree only. The ecosystem of the cosmos is designed in a way which contributes to the success of an individual but certainly aligned with one's needs, in different spheres of life like expertise, help, assistance, and motivation from around himself and culture, society and specific set of incidents happening in his life.

An individual goes through failures, setbacks, depressions, reversals, weak moments which can prove counterproductive on one's journey to success. A good company: with a good skill set, expertise, assistance from others, is what enhances an individual's productivity to make his hard-earned success permanent, he needs help to keep his pace when he falters and to calm him when he goes through a rough patch. If you truly wish to go fast, go alone, but you will experience the joy and thrill for a moment only, but if you want to go

far, go together, if you seek sustainability, build up a team which can keep your spirits high whenever you feel down, cheer you up, assemble you as you stumble, back you up in the pursuit of a setback.

There are many great leaders whose example can be quoted here that they achieved whatever they aspired for individually, with their intellect, hard work and dedication: M.A. Jinnah, Bill Gates, Mark Zuckerberg, Elon Musk etcetera; it is indeed true, but what they achieved is not the work of a single man. There comes a point where a person can lead an entire generation through his ideas and ideals, but he requires a team to transform the same idea into a reality. So, if you want to go far, go together. The single individuals who left an imprint in the history of development, though, were individuals but there was a whole team of experts and well-wishers who were there to back them up.

There are certain limitations: mental, physical, emotional, and spiritual, that an individual must go through. These limitations can only be overcome by collaborative efforts and joining hands with those who are experts in the field in which one is striving hard or wants to move ahead. Now comes the third stage of transformation. Leaders are always prone to inspire first a few people then the whole world. They use their influence to transform the whole world. The Prophet Muhammad (PBUH) lived his life as an individual for almost forty years. Then he preached and made a team of trusted fellows and followers who worked day in and day out and carried the message of Islam to the far-flung areas of the world and they became a tool to transform the entire human world.

The message is live, groom, train, educate yourself, inspire others with your leadership and make a team, then transform the lives of people with your ingenuity, work, dedication and team efforts.

◻ Faiz Mahmood



Umer Mehr
Businessman, Writer

Human beings are guided by their instincts, instead, they end up craving for more. Since desire is a basic human trait, the quest for a *little bit more* might never end. No constraint can bound a human, we desire so we can achieve more.

Though humans are poles apart from other humans, desire is a shared trait among all. Desire could lead us on the path of enlightenment or on the path of ignorance. Achieving a higher level in spirituality is a better virtue than to burden our hearts with worldly trivia. Different worldviews exist on achieving a little bit more. The intent could be good or bad. But for a person who could see beyond vision, there is a hidden path between needs and wants, and if we cut this link, we might give up desire.

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CHIT CHAT

WITH
UZAIR AZIZ

*Photographer, Traveller,
Influencer*

04 MINUTES READ

1. How was it to grow up in Bahawalpur, and on becoming a photographer, was that well-received by your family?

I belong to a medical background, being a photographer was not much appreciated. I did my bachelors from GIK. Did a job for a year, then I chose photography as full-time career. Parents seemed a little hesitant, for the first two years. It is my life, and I am responsible for it so gradually I made peace with it.

2. Since, you have a vast experience in photography. What type of photography feels like home to you?

There are many variations to my photography, that is true. But I keep learning. I don't want to confine myself to a single category only. I experience one, and when I get bored of it, I switch to another. I like to experience and witness things in a new and different way, and the cycle goes on! **Changes are good.**

3. When in crowded areas, how do



you deal with the crowd?

Back in 2014-15, I used to be very hesitant, and so I got uncomfortable very easily. You face some challenges when you are not in your comfort zone, but then I realized, it doesn't matter. Gradually, I overcame my fear of people, and told myself that I'm here to work. At the most, someone might approach, and ask "*kia kar rahay hou?*" (what are you doing) and I would reply with, "*tasveer khench rahay hain*" (taking pictures) [laughs]. Life gets easier once you get out of your comfort zone.

4. What is the mantra for a photographer, if they want a better reach?

If you just want to reach the people, taking pictures would be enough, but

if you want to connect, you should interact with the audience. People should also know who is behind the camera. It's necessary, if the people can relate and connect with the pictures as well as with the photographer as well. Which is why, a storyline is important, getting into details helps in connecting with the people, and ultimately helps in a better reach.

5. How is it to be a traveler in Pakistan?

Whoever I am today, is because of traveling. It lets you discover more; you get to meet different people from different areas. Overall people in Pakistan are very welcoming, and nice too, you get to learn a lot. Traveling is a wholesome experience as it evolves you into a better person and makes you humble as well and makes you grateful for whatever you're blessed with.

6. What struck as *cultural shock* to you while traveling?

When you travel, you experience different situations at different places. For instance: in many areas, the people still do not have access to a drinking-water source, even the internet will not work. Many remote areas lack proper infrastructure; roads are still unpaved, resources are very limited and again, there's no internet coverage. I wonder how people will get to know about things. There are no basic facilities in most of the remote areas, and **it shocks me.**

7. Tell us about your passion with Jeep Rallies.

In the start, I was very passionate about Jeep Rallies. I had a thing for action: cars flying, dust settling slowly. I've done a few projects all over Pakistan including, Punjab, Sindh, Balochistan. I covered some 20-30 events in some five-six years.

With time, I got bored of it, you know... the jeeps are the same, dust is the same, and so were the people, nothing seemed new anymore.

8. How paid promotions work in the photography business?


I've never sent an email or a message to anyone. Different companies and products approach me for PR and promotions. Products like clothing, electronic devices, photography gear...I think brands are aware, and they strategize their marketing policies accordingly and keep an eye on people: in the context of "*who'd prove to be a better option for their product's promotion*".

9. What would you suggest to the aspiring photographers, on the question "how to sustain in the market as a photographer?"

We are all the same, but everyone is different: everyone's approach to life, or in terms of work ethic, is also different. It's the method or criteria, and to be unique in one's own way, which makes a person stand out. Some people try to imitate other's way. I believe, to be passionate is very important in any field. Just be sure, that your passion is your passion, only then you can survive. To the youth, just be sure, don't get double minded, live your passion, keep on experimenting, learn and discover new things, and don't waste time!

KNOW UZAIR MORE!

 /uzairazizphotography

 /uzair413

 /uzair2128

 /uzair_aziz



Molana Hasrat Mohani

the man who personified revolution



Anam Shehzaddi
Historian

04 MINUTES READ

His parents named him Syed Fazl-ul-Hasan, but he was widely known by his pen name “Hasrat”. He was born in 1881, in a village named ‘Mohan’ in Unnao district of current Uttar Pradesh, India. He got his early education in Mohan and emerged as a promising poet in his young age, his remarkable ghazal ‘*Chupke Chupke Raat Din*’, composed by many contemporary and classical singers. He topped the board exams several times. Later, he got noticed for his brilliance in academics and was called by Aligarh Muslim University.

The political career of Hasrat is quite an adventurous journey. He was an enduring nationalist and criticised liberals and moderates of Indian National Congress. At a time when

everyone had to choose sides, Hasrat refrained, and remained untamed and owned the wholeness of Indian spirit by opposing imperialism. He performed Hajj as a devoted Muslim and visited Mathura as a Hindustani. After completing his education, he became a journalist. He defied oppression in all forms and struggled against British imperialism. He became a part of the Indian National Congress in 1903. He wrote various articles condemning the British and was charged with treason and even got imprisoned in 1909. Since he was unable to pay the fine, police seized his rare book collection. For most of the time during the National Movement, he was in different jails. He started the first Swadeshi Stores along with his wife Nishatunnisa Begum to benefit the cause of the National Movement. He played a crucial role in the *Khilafat* Movement, during which he toured Hyderabad

IMAGE: SIFI NAMA

several times to campaign for *Khilafat* and *Non-Cooperation* movements. He criticized the Non-Violence Movement and believed that it's practical implication lacked wholeness, and even got appreciated by Gandhi. He was one of the founders of Communist Party of India and a vocal supporter of the socialist ideology. The restless soul joined Congress and later Muslim League as well. He was also a member of the Progressive Writers' Association.

Hasrat's all-inclusive views originated from three salient features:

- The future of Muslims in the context of rising communalism during British rule.
- His stringent belief in Democratic principles.

• A concern of labourers and peasants especially the working class Mohani in his address as the chairman of acknowledgment committee of first communist conference of India, defined communism as:

"The Communist movement is the movement of peasants and workers. The people of India generally agree with the principles and aims and objects of the movement, but owing to certain misunderstandings, some weak and nervous people fear the very name of Communism."

On another account he said,

"Some evil, disposed-off people blame Communism as necessarily an anti-religious movement. The fact, however, is that in matters of religion we allow the largest possible latitude and toleration".

Mohani identified himself with the Marxist philosophy and tried to comprehend it in the light of Islamic concepts to bring the Muslim population closer to it. In an Urdu couplet, he identified himself as a Sufi and a Muslim communist.

Darweshi-o-inqilab maslak hai mera

(Asceticism and revolution is my creed)

Sufi momin hun, ishtiraki muslim

(For I am a Sufi believer, and a Communist Muslim)

Hasrat advocated a socialist revolution, and wrote many articles in support of socialism in the journal Urdu-e-Mualla, including:

- "What Does Socialism Want?"
- "The Development of Russia's New Generation"
- "Pandit Nehru and Socialism"
- "Socialism and Maulana Azad"
- "Islam and Socialism"

For Maulana Hasrat Mohani, what some today view as his "contradictory behaviour" was the essence of what he stood for as a Muslim, a communist, an Indian and a human being.

Gandhi ki tarah baith ke kaatenge kyun charkha

(Why should we sit and spin yarn on the charkha like Gandhi)

Lenin ki tarah denge duniya ko hila hum

(Like Lenin we shall shake the world)

Hence, Mohani was the one who fearlessly became the flagbearer of resistance against imperialism. The today's generation might not know his name and what he stood for. But there's no one in the subcontinent who has remained untouched by the timeless slogan he coined, '***Inqilab Zindabad***'.

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Blue Light and the Functioning of Brain



Ashhub Hassan Rana
Doctor, Writer, Researcher,
Mental Health Enthusiast.

04 MINUTES READ

We always quantify the world as percentages of light and darkness but what we may not know is that even light has different spectra. Light waves are photons of energy that constitute, in general, the visible and invisible spectra of light. While we have radio waves, microwaves, infrared, x-rays, ultraviolet light, and gamma rays on the invisible spectrum, we have coloured waves on the visible spectrum. The beauty of the visible spectrum is often manifested when visible light gets dispersed as a rainbow, a phenomenon that captivates millions.

You may remember from basic biology that even though we have Red, Orange, Yellow, Green, Blue, Indigo and Violet waves the human eye has receptors for Red, Green and Blue lights only. These receptors are cells present on the innermost layer of the human eye known as retina and are

called cones. While cones are responsible for detailed and coloured reception there are other cells which are responsible for rapid, black, and white and broader field of vision called rods. Both these cells are responsible for most of the vision and relay signals to the brain where they are perceived. There are yet a few other cells which relay some information to the brain as well. Of all these cells, the neurons that consist of melanopsin are of particular interest since these, along with some influence of rods and cones, control the sleep cycle.

Normally all light spectra enter the eye, but most are filtered and blocked by the other layers of the eye. A few rays however do enter the retina and even though all spectra of light are not perceived by the brain they stimulate the neurons in the retina. Consequently, the retina stimulates the brain and is responsible for alertness, concentration, and functioning. Throughout the day the light rays on the retina relay to the brain and inhibit the production of a neurotransmitter called melatonin which is

responsible for sleep and regulation of mood. During night, it increases in concentrations and is released as part of the circadian rhythm.

The green and red lights are protective for the retina and promote sleep induction through melanopsin. Meanwhile melanopsin is particularly sensitive to blue light and it causes arousal and sleep deprivation. It is also responsible for agitation and aversion to blue light and counteracts the role of melatonin by producing a hormone called corticosterone under the influence of blue light. Furthermore, blue light causes significant damage to the retina by causing breaks in the cellular DNA and slowing down the healing processes. Studies suggest that 2h of exposure to blue light can cause significant damage to the retina.

Approximately 60% of the population spends at least 6 hours on electronic media that utilize blue light. Most of the laptops, televisions, LED, mobile phones, and other smart gadgets emit blue light which is particularly damaging to the eye. What's worse is that even though 30% of the world's population suffers from some form of insomnia, a vast majority use these modalities which exacerbate their conditions. Sleep deprivation in turn causes fatigue, restlessness, hypertension, heart conditions, chemical imbalances, and mental disorders. Poor quality of sleep also impacts memory and impairs an individual's functioning, affecting all domains of life. It is one of the most significant reversible risk factors for Alzheimer's (a disease). Other than causing insomnia blue light causes agitation and stress responses in the human body through production of corticosterone. Corticosterone affects the brain at a cellular level and

is responsible for worsening mental disorders like depression, anxiety, sleep related disorders and stress related disorders. Furthermore, corticosterone shifts the body's natural balance to higher glucocorticoid levels predisposing to hypertension, diabetes, obesity, heart diseases and infections.

While there are companies utilizing the latest research and offering devices with blue light filters and reduced usage of blue lights, it is essential that we make changes in our daily life that may improve our sleep and health. Utilizing sleep hygiene is still the most important step before medications or supplements can be considered for sleep related disorders. A few changes that can be made in daily lives are:

- Reduce exposure to electronic media if possible.
- Turn blue light filters on from 6 pm to 6 am.
- Switch off electronic media 1 hour before sleeping.
- Sleep at 10 pm.
- Do not skip a night meal.
- Do not take caffeine, tea, green tea, or any stimulant after 6 pm.
- Do not drink a lot of water and empty the bladder before going to bed.
- Exercise or stretch for a few minutes before going to bed.
- Take a warm bath.
- Aromatherapy, sound therapy and use of red lamps may help.

Even though lifestyle changes may benefit at an early stage, they may not be sufficient when dysfunction is more and going to a doctor may be essential.

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Who Speaks to Whom: The Characters from the Unconscious?



Sheheryar Shahid
Psychotherapist in Training,
Theatre Artist, Writer

04 MINUTES READ

Have you ever thought of cracking your skull open and checking how your last night's dream or your perspectives, religion or beliefs appear physically? Well, no power on Earth can really stop you to do this but let me needle your bubble: you are not going to find those lovey-dovey, flowery, creamy and rainbow-like thoughts, but a walnut shaped organ, which is mononymously referred to as "brain". Consisting of multiple nexus of nerves, the human brain controls us; Surprise! We control our brains too. Confusing? Isn't it?

Let us narrow down the afore-mentioned point: our mind holds millions of memories, and abundance of information; and that information varies from person to person i.e., highly subjective, as it encompasses exclusive experiences, traumas, moments, and emotions etc. Certain-

ly, this is why every person is an "individual" --- wholly different. Having said that, everyone perceives everything inversely, and looks at the world in a unique way. What if I told you that when I uttered the word "world", each one of you construed it differently, your mind would straight-away paint a picture: maybe somebody's mind came up with the image of the family portrait that he/she has placed beside his/her bed, some might have encountered anger in his head, or some might be smiling at the moment. Our world is the projection of our own mind. It shows us what we have stored, and sometimes, we interact or handle new situations from the place of saved information.

Childhood experiences have a major influence on how we witness our "world" in the present. A child is a clean slate, and is in absorbing mode—it swallows everything from the environment. His relationship with primary caregivers constructs his reality and this way, his process is kicked off: new characters are

introduced in his inner world, not necessarily as same as they appear to be in the external world, for example, if mommy is holding the child with care and love, but suddenly she remembers that she didn't turn off the stove, she just throws the child in hurry, rushes to the kitchen; you know what message has been delivered to the baby? "Mommy doesn't love me", and Ta-Da.... This becomes his inner reality, however in the external world, mommy loves the baby. Did you see the contrast in both the worlds? Same character, but different positions. Taking this example further, the child will establish his bond with mommy on the basis of his inner reality i.e., he might see his mommy as an unsafe place.

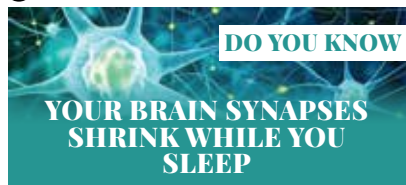
Similarly, if a child has a dismissive father, he would get hurt or rejected, and therefore, the character of an ignorant father will be featured in his mind. Having said that, he is going to see his father through his inner world, and he maybe, would get uncomfortable (unconsciously) around his father's presence. Even when he grows up, and if father becomes responsive and caring, the person still would see him through the same lens. Again, note the contradiction in both the worlds. This is how internalized characters can shape your world in tremendously diverse ways. That's why everything--- every relationship, idea, belief, perspective, emotion is subjective.

The process takes a captivating turn when our internalized characters translate into our external environment as an adult unconsciously. For instance, the boy, who had an ignorant father in his childhood, comes across an ignorant girlfriend; higher are the chances that he would

get uncomfortable with the same intensity as he would get around his father as a child. You know what that means? He sees his father in his girlfriend, and this all happens on a very unconscious level. However, this is just one example, we internalize plenty of characters in our childhood, and we see the world through them. This is why the first question in therapy is asked, "Who does a particular person become for you in a particular situation?". Sometimes, we over-perform to get appreciation from our boss (on the conscious level), but we might be interacting with our "unhappy, demanding parents/caregivers" (unconsciously). Let that sink in! Take a deep breath, and gradually give it a thought, you might be able to figure out the behavioral patterns in your life with other people. You interact with a plethora of people every day, but maybe you interact with the characters that reside in you. It is indispensable to recognize "who speaks to whom"; this can save you from recreating your wounds, and can also help you in breaking the toxic and draining cycle. Be compassionate towards yourself and appreciate yourself for diving into the deep, complex ocean of your "mind". The Psychoanalytic theory "Object Relations" talks about this phenomenon in detail, which can be insightful.

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Soul Healing with Music



Nikita Kumawat
Writer, Yoga Instructor

04 MINUTES READ

Music we listen to, connects us either with our memories, present moments or we visualize our imaginations which may be futuristic or just fantasies.

Music has healing powers. It can take people out of themselves for a few hours. We know many more proverbs and facts which reflect that music has a great impact on our mind, mood, and soul.

Have you ever thought about the mechanism behind the fact that music heals?

When it comes to the specific sound or music, the mechanism works on waves - rhythmic fluctuations of voltage between parts of the brain resulting in the flow of an electric current, the evidence of electrical activity produced by our brain. When a group of neurons sends a burst of electrical pulses to another group of neurons, it creates a wave-like pattern. We can trace these brain waves through EEG, electro-encephalogram is an electrophysiological

monitoring method to record electrical activity in the brain. Our brain waves occur at various frequencies. Some are fast and some are slow. The five classic names of these brain waves are:

Gamma Brainwaves

- Frequency: 32 – 100 Hz
- State: Heightened perception, learning, problem-solving tasks

“Gamma brainwaves have been observed to be much stronger and more regularly observed in very long-term meditators including Buddhist Monks.”

Beta Brainwaves

- Frequency: 13-32 Hz
- State: Alert, normal alert consciousness, active thinking
- Active conversation
- Making decisions
- Solving a problem
- Focusing on a task
- Learning a new concept

It is the state that most brains are listening and thinking during analytical problem solving, judgment, decision making and processing information about the world around us.

Alpha Brainwaves

- Frequency: 8-13 Hz
- State: Physically and mentally

relaxed

They can also often be found during activities such as:

Yoga & meditation

Just before falling asleep

Being creative and artistic

Theta Brainwaves

- Frequency: 4-8 Hz
- State: Creativity, insight, dreams, reduced consciousness

According to research, theta waves indicate deep relaxation and occur more frequently in highly experienced meditation practitioners. It is seen in connection with creativity, intuition, daydreaming, and fantasizing and is a repository for memories,

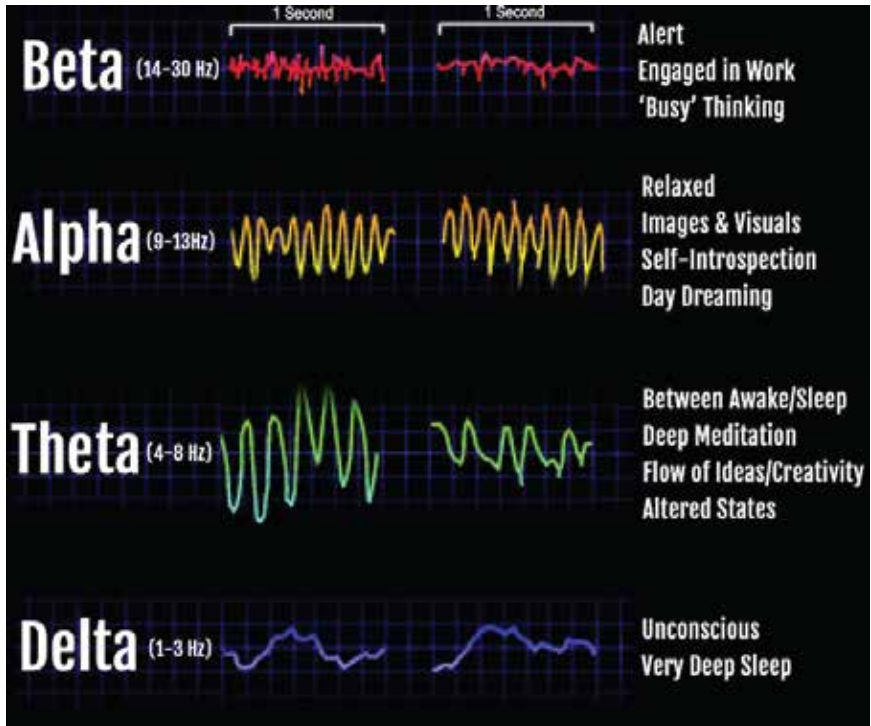
emotions, and sensations. Theta waves are strong during internal focus, meditation, prayer, and spiritual awareness. It reflects the state between wakefulness and sleep and relates to the subconscious mind.

Delta Brainwaves

- Frequency: 0.5-4 Hz
- State: Sleep, dreaming

These are the slowest of all brainwaves and are strongest when we are enjoying restorative sleep in a dreamless state. This is also the state where healing and rejuvenation are stimulated, which is why it is so crucial to get enough sleep each night.

This is the mechanism where when



we are listening to specific soothing varieties of sound or music form with sacred chants, prayers, yoga-meditation, it affects our brain, mood, feelings resulting in a calm composed mind, body & soul.

Have you heard about binaural and isochronic beats & tones used for healings nowadays?

Binaural beats utilize two tones (one played into each ear), isochronic tones use just one tone. These tones repeatedly turn on and off in a pattern (more like pulsating), with the speed depending on the frequencies used. It's believed that syncing your brain waves to a certain frequency might be able to induce various mental states:

Stress or Anxiety Relief -Low beta or alpha frequency tones will help to lower your dominant frequency, reducing feelings of stress or anxiety. Listening to sad songs makes us cry sometimes which relieves us from suppressed depression.

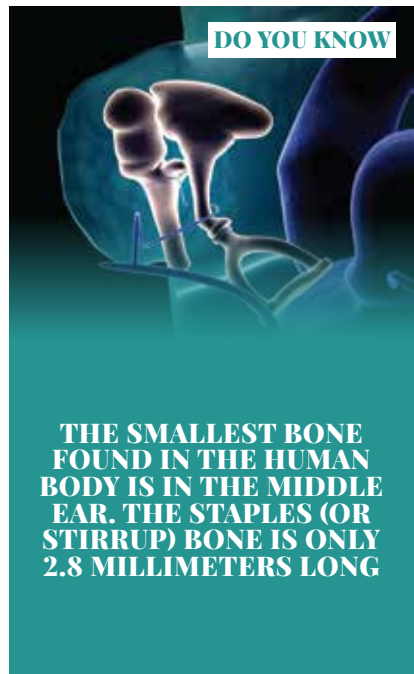
Meditation and Relaxation - Sometimes, it can be hard to relax, and it can be even more difficult to reach a deeper state of meditation, especially for those, who are new to meditation. Using low alpha and theta frequencies tones, light music will help to guide your brain to these deeply relaxing and sometimes enlightening mental states.

Increase Focus, Cognition and Memory - When it's time to study or work, our brain isn't always firing on all cylinders and ready to focus. If you are feeling tired, unmotivated, and distracted, these tones in the beta range will elevate your brainwaves up to a more optimal highly focused state and keep your mind there for a while. Research has shown that Alpha stimulation can also be helpful in improving your ability to memorize and retain information. So, it has become

very popular among students, who listen to it while revising and memorizing information for tests and exams.

Improving Sleep and Power Nap - When you're struggling to sleep, it's very likely that your brain is producing too much beta activity. Brainwave entrainment tones can be used to reduce beta activity and increase more in the low delta frequency range. Helping you get to sleep faster. **Energy and Motivation** - Increasing the amount of higher beta and gamma brainwave activity can help boost your energy levels, and make you feel more alert. It's a great chemical-free alternative to caffeine and alcohol.

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Artists of the Month

Abdaal Bukhari

(Miniature painter, National College of Arts, Rawalpindi)



Artist Statement:

It is the minutest of experiences that define our lives. It is human nature to disregard the insignificant things, forgetting the entirety of the universe where they are as insignificant. My work explains the significance of insignificance; how each diminutive thing has a niche of its own existence.

Shaharyar Naeem

(Miniature painter, National College of Arts, Rawalpindi)



Artist Statement:

The heart of my work is environmental advocacy, exposing the devastating effect of environmental pollution. The intent of my work is to raise awareness regarding the chronic situation, how it has widely spread, how it is destroying nature and causing irreversible damage to it. The work also showcases the effect on self identity. The art work has been created using mix media technique combining gauche and pointillism along with collage work .

DO YOU KNOW

VENUS IS THE ONLY
PLANET TO SPIN
CLOCKWISE

An Index to Life and Services of Imam Bari Sarkar



Dr. Muhammad Azeem Farooqi
Religious Scholar, Academician,
Researcher

6 MINUTES READ

Early Life

Imam Bari Sarkar's birthname was Syed Abdul Lateef Shah Kazmi and the name of his father was Sakhi Mehmood Shah Kazmi. His family tree extends to Hazrat Ali Murtaza (RA) via 32 links. His Kazmi elders migrated from Iraq to the Indian Punjab. His birth took place in the town of Kursaal Shareef, Rawalpindi, in the year 1617 AD (1026 Hijri). He was born in a family which had high regard for religion and mysticism. His lineage has several notable *Ulema* and *Sufis*.

Imam Bari traveled the world to learn more about theology. He traveled to Kashmir (India/Pakistan),

Mashhad (Iran), Badakhshan (Iran), Najaf (Iraq), Karbala (Iraq), Samarqand (Russia/Turkey) and many other cities as well.

Character and Persona

Narm dum guftagu, garm dum e justaju
(Soft spoken, a seeker of consciousness)

Razm ho ya bazm ho, pak dil o pak baaz
(Be it war or peace – pure heart and pious)

Imam Bari's character and persona is harmonious with The Holy Prophet's integrity. Some key points on the life of Imam are given:

- He was a true knowledge seeker and lover.
- He had high knowledge of Islamic teachings (Quran and hadith)
- He always stood for the right cause and was not bothered by emperor's or leader's presence.
- Through his teachings, many embraced Islam in his life and many

still seek spiritual guidance from him even after four centuries.

- Mughal Prince, Aurangzeb waited for hours to see him.
- Though he used to enjoy his solace in solitude, he always helped the seeker whenever they sought his guidance.
- He is still revered for his knowledge and services for Islam. Till date, so many devotees still go to seek his blessings and come with offerings to his last resting place.

Wonders and Manifestations

The wonders of *auliya* and saints are proven by the Quran. For instance, the case of Hazrat Suleman's follower, Asif bin Barkhia: who brought Queen Bilqis' throne within a flash of light. Allah, through his nature, gives signs. If these blessings are being discussed with context to Prophets, then they are called as a *maujiza* (miracle), but if we refer them with respect to any follower of a Prophet, then they are called as *kiraamaat* (wonders), and if they are related with a non-Muslim, then they are termed as *istadraaj* (lure).

Many manifestations of Imam Bari have been told by historians, and many of them were passed onto the next generations by the elders. He was not only known for piety and great persona, but also, was a highly learned entity. In those times, Islam and Islamic knowledge were not focused much. But through his wisdom and the will, granted to him by the Almighty, he became the torchbearer in the era of gloom and despair.

His miracles are not only limited to humans and jinns, but also to other creatures like; herbs, shrubs, animals and the four states of existence (nasood, malakoot, jamarood, lahoot).

For instance, the rejuvenation of a shriveled farm, resurrection of a slaughtered buffalo, gift of an offspring to an infertile couple, a Sikh woman's prayers got answered, regrowth of a dried-up tree, revival of a deceased, an evil spirit turning into a stone etcetera. But his greatest marvel was to reignite the spirit of Islam in the Potohar region.

Mufti Ghulam Sarwar Lahori in his book "*Hadeeqa-tul-Auwliya*" writes about Bari Sarkar:

"Shah Lateef Bari's miracles and manifestations can't be counted. Hazrat was a pious devout, dervish, in an ecstatic state of mind. His many admirers got enlightened by him. He was disciple of Hazrat Hayat Al-Mir, who himself was a grandson of Ghaus-e-Azam."

Once Imam Bari Sarkar was resting under the shade of a dried-up tree. A group of Hindu devotees were headed towards river Ganges to perform rituals. They stopped by the same tree, and Imam Sarkar preached about Islam to them, they imposed a condition to bring life back in the tree. After they left the site, Imam Bari got down on his knees and bowed before Allah and prayed to breathe life back in the dead plant. Before the return of Hindu devotees, the tree was blessed with a new life with the grace of Allah, and devotees accepted Islam.

Historical Significance

Historians have discussed an event of great significance, Shah Jahan and Aurangzeb Alamgir reigned in the era of Imam Sarkar, and their paths crossed. Someone reported to Mughal Emperor Shah Jahan and Prince Aurangzeb Alamgir that the Sufi saint had called for a revolt against their regime. Upon the orders by Shah Jahan his son gathered some

soldiers, who left for Nurpur Shahan, Rawalpindi, but before acting, he decided to cross-check the rumor.

When Aurangzeb reached his court, Imam Bari was teaching his pupils. He was so involved in his lecture that he avoided Aurangzeb. His sermon put the audience in ecstasy, which made the Prince emotional. After his lecture, he specially addressed the prince in his sermon and gave him some important advice:

- The ruler should be a worshipper and follower of Islam.
- He should use his vested powers for services of Islam.
- He should be just towards his subjects.
- He should be extra careful about Non-Muslims, widows, orphans, and the weak.
- He should be a role model for his subjects.

He further said to the Prince, “O Prince, when you assume power, work for the progress of Islam, do not oppress your people.”

Upon his return, Aurangzeb reported to his father that Imam is a Sufi saint and servant of Islam, Shah Jahan seemed satisfied by his son’s interaction with Imam Bari.

The Renunciation of Faith by *Tahurr* Tribe

Dhirkot’s population consisted of idol worshippers majorly. Due to Hazrat’s excellence stone-worship-

pers embraced Islam. When he broadened his sphere of influence, the *Tahurr* tribe declared animosity against him. After a long struggle, the chief of the tribe along with his whole tribe renounced their faith and accepted Islam, and that’s how Islam spread in whole Potohar region.

Hua hai gou tund o taiz, lekin chiragh apna jala raha hai

(At times steady, at times quick, but the lamp remains illuminated)

Wou mard-e-dervish jis ko haq ne diye hain andaaz Khusrwana
(God bestowed his special blessings on the Dervish)

- Allama Iqbal

Annual *Urs* Processions

His *urs* processions are commemorated and last for five days between any Sunday to Thursday (last week of

April and first week of May). Imam Bari in his last ages, devoted his life for the services of Islam. He left this world at the age of 91 (1171 Hijri, 1709 AD).

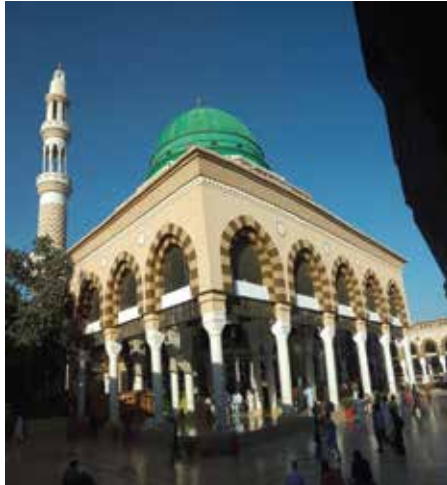
Tamanna dard e dil ki hou tou kar khidmat faqero ki

(If you wish to mend hearts, then devote your life for righteousness)

Nahi milta ye gohar badshahon ke khazee-no main

(You won’t find such gems in any emperor’s trunk)

Dr. Muhammad Azeem Farooqi



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AN ENTREPRENEUR - II



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

03 MINUTES READ

There are certain traits that are common among all successful entrepreneurs. These can be God gifted but not necessarily. These can be practiced and perfected like any other skill e.g. playing cricket or chess etc. Malcolm Gladwell has popularized that it takes 10000 hours practice to become an expert in any field. This is not 100% correct. But it is also true that “practice makes a man perfect” although it is said that only 20% to 25% are perfect. Peter Drucker said that entrepreneurship can be learned through effort and commitment.

What are the common characteristics among successful entrepreneurs? According to *hacktheentrepreneur.com* these are:

Decisiveness - They don't hesitate to take a decision and they digest all the information available and take a calculated risk because any decision involves a risk. A decision can make you or break you but as an entrepreneur you can't ignore to take a decision whether you have a complete



information about the problem or not and usually it is the incomplete information that you have and you as an entrepreneur have to base your decision on it. You must be a thinking man. You should let your gut feeling or intuition play a role in your decision making.

Confidence - It is your confidence that will inspire your team to take very difficult and uncertain decisions in the course of time. What is confidence? It is knowing that you don't know yet you act as you know. It can be learned through practice. We see people acting on the stage, launching a product and presenting ideas to the world and incorrectly assume that they have always been good at it. Many of them were not so confident to speak on the stage, launch a product or write an excellent book.

IMAGE: PINTEREST

They were not born entrepreneurs. They learned it and you can also learn it. Tony Robbins says that you have to have belief in yourself. He has enumerated 11 principles to be confident.

Accountability - The entrepreneurial mindset comes from taking responsibility for your actions and outcomes. You are responsible for everything that happens at work and everything that happens to your business. Your success and failure is all your responsibility. From the moment you decide to be an entrepreneur, you must accept responsibility for everything in your life and hold yourself accountable to it. Nobody cares how little time, money, or external support you have to accomplish for your goals. Your circumstances may not be your fault, but they are your responsibility. There are no more excuses. Accountability is required for entrepreneurs as well as successful employees. Stop passing the buck and blaming others. Why is accountability so important? Because it is your business and even if you are not to blame for any fault but you are responsible to take action to fix the problem.

Resilience - It is the foundation of entrepreneurial mindset. Because over the course of time you will make mistakes, make wrong decisions, you will fall but you have to have courage to stand up again and again no matter what the situation is. It enables you to think, act, and move iteratively - making small, incremental corrections along the way. You need to be resilient to change and keep pushing ahead no matter what may try and knock you off your path. There is no straight line to your destination. It has many ups and downs and more downs than ups in early stages. Then

how to build resilience? Mindtools has some suggestions on this topic. Essentially, it is perseverance.

Humility - It sets you free from pride or arrogance, and hence, keeps you focused and centered. If you want to accomplish big things in life, you need to be willing to learn from others and nourish a growth mindset. To learn from others, you need to understand that you are not the smartest person. You have to let go of your ego. No matter what you are trying to accomplish, someone has already done it before you.

Last words about entrepreneurship success. In this part of the world, there is an idiom that any new business needs three years to succeed viz. First Year (جٹی) i-e Spending to build business, Second Year (ہٹی) i-e People have noticed you, you are known, Third Year (کھٹی) i-e A time has come that you are making money. So it is known as *Chatti Hatti Katti* چٹی، ہٹی، کھٹی۔

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INFORMATION NOBODY SIGNED UP FOR

In 2006, a man in his late 50s managed to steal **\$28 million** worth of **diamonds** from a Belgian bank after spending a year wooing bank manager with chocolate to secure an access card to the vault. He has never been caught, and there is a **\$2 million** reward for tips on his whereabouts.

Good Luck With That!



Uzma Sabeen
Drama Teacher at NAPA Karachi

03 MINUTES READ

In our part of the world, theatre is struggling to acquire even a position of a respected occupation rather than an industry. At the time of partition, we did have theatre goers and doers but they mostly belonged to the Parsi families in Karachi and they were a theatre loving community. Theatre vanished away from Karachi with the

Hasher, Khawaja Moinuddin, Ahmed Ali, Rafi Peer etc. There was a heavy colonial influence on their work. They have mostly adapted or translated European theatre. Although we do have a tradition of *lok mela* in our rural areas but in cities we have a colonised form of theatre. Mostly the elite class was impressed by British tradition of theatre so our theatre culture has been derived from English Theatre. Agha Hasher has translated Shakespearean plays because he was also under the influence of English drama. Theatre which would be representing our

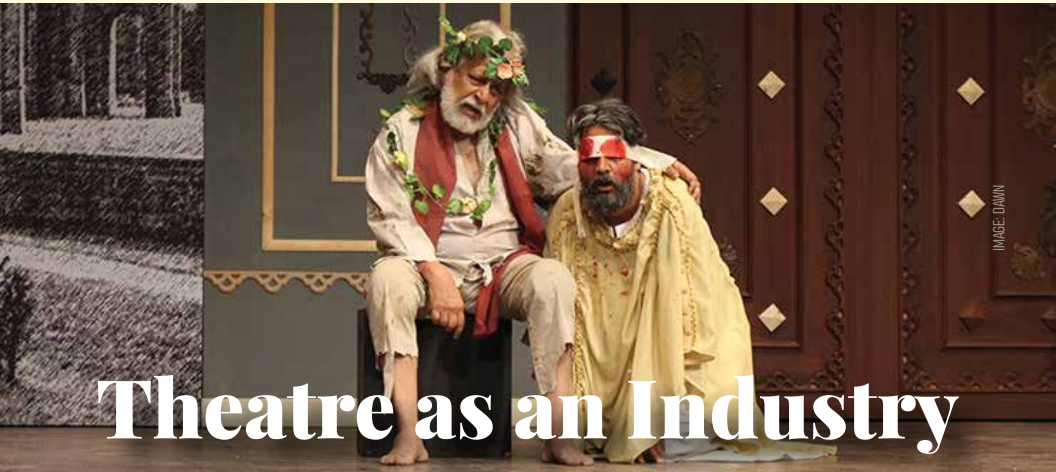


IMAGE: DAWN

Theatre as an Industry

Parsi migration to abroad. In Punjab, we had folk theatre in the form of 'Lok Tamasha' which was performed in Melas in the rural settings. Tufail Niazi and Alam Lohar were the famous names of *Lok Tamasha* tradition.

The Muslims have no proper training in theatre; so rare names have been found in the early days of Pakistani theatre such as Agha

culture and emotions was not developed till date. We were unable to develop any theatrical tradition in Urdu Literature.

Theatre before COVID pandemic was getting paced up and there was a little bit of acceptance of theatre in the society that was developing with the time. The institutes like National Academy of Performing Arts and the Academy of Arts Council Karachi are

contributing on a large scale to train young talent. The students are coming from other cities as well to train themselves. In Lahore, NCA and Ajoka Theatre group are trying to fill the gap. These institutes are trying to develop theatre as an industry by injecting new blood in this field. We need more theatre institutes and auditoriums nationwide especially in all the major cities of Pakistan. We need new directors and writers who would develop content according to our culture and talk about our own issues and crises. There is a huge void of writers in every medium of entertainment in our country. As we know that theatre is the mother medium of film & TV and even radio. But we constantly ignore this fact and our filmmakers want to make a commercially acclaimed blockbuster. I think we have to have several commissioned writers; if we really want to establish theatre as an independent industry because script is the spine of a box office hit.

The Government should create grants for directors to experiment with different genres of theatre. In my point of view, the finest production would only be created by the coordination of a writer and the director. Unfortunately, there are no funds available for the artist community to experiment with their craft or to create new varieties. Whenever a director wants to do a play, he/ she should show a concrete idea about the production. To play it safe, the financier puts his money on the most seasoned horse in the race so there will be no option left for directors. Consequently, the directors are presenting the same foreign dish over and over again; cooked with the local ingredients, decorated with farfetched garnishing. Our audience

has lost their appetite for these already tasted dishes. It has resulted in the decline in the demand of theatre.

We should also develop a group of technicians who could deal with the technical side of theatre such as sound, lighting, set, costume & makeup. By developing these fields related to theatre; we can make theatre an industry which could consume talent and generate job opportunities. Right now we are importing technical equipment from other countries even though our neighbouring country is manufacturing these products. They have bought franchises of state of the art equipment manufacturers. When we would have a home industry for equipment then we would be able to design more events and the cost will reduce on the overall technical assistance.

At the moment, we are practicing theatre which belongs to the 1930s; the old practice of box sets; with no surprising visuals. If we want to establish theatre as an industry, then we have to compete with films and make the whole theatre experience as watching a live film on stage. I think that this is the only way through which we would be able to pull the audience back to theatres and charm the theatre lover with the magic of live performances. It has a potential to become a major attraction for the tourists as well. The Government should invest in this industry not because it could produce a huge impact on the society but it would also help to project a softer image of Pakistan, intentionally.

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HOW INTERNET COULD HARM THE ECOSYSTEM

03 MINUTES READ

Historically, evolution is an undeniable fact. It has ambivalent effects. For instance, the world has changed drastically in the past 15 years. Every change comes with newer challenges. Environmental challenge is the most serious threat faced by the world in the 21st Century. Climatic conditions are changing with each passing year. There are many variables that cause a stir-up or a stir-down in the climate.

Did You Know: “A lot of carbon dioxide is emitted when we use the internet.”

The Internet is a gift, and a curse: not discussing the psychological aspects, but did you know, the internet consumes about 500-terawatt hours electricity per year. About 80% of the power is consumed by YouTube, Netflix, and other streaming services. Our phone and computer deplete Carbon Dioxide.

The Internet is by far the most drastic change. It has shaped up and completely changed the pursuit of

our collective and individual lives. We can save a good sum of power (electricity) by downloading the videos instead of watching them repeatedly. Watching television programs on cable (television) instead of the internet would help the cause. We can save power consumption by streaming the videos at a lower resolution. 90% carbon gas emission can be reduced if we turn our cameras off during video calls and online conferences. One Google search consumes the same amount of energy as five electric bulbs. Carbon emission is one such factor that leads to adverse climate conditions. Deforestation, decomposition, cement production and burning of fossil fuels like; coal, oil, and natural gases, are some other factors that cause carbon emission.

A lot is at stake since the cryptocurrency boom. For its maintenance, or mining; we need unlimited supply of data and power. In order to ensure unlimited power and data, we need a stable source which would not run out of time. A conventional powerhouse

IMAGE: BBC

might not be sufficient to run the operations in cryptocurrency databases. Therefore, power plants are needed for the purpose of mining.

Power Plants are fixed for Bitcoin mining, for instance, a power plant in Siberia was turned into a Bitcoin farm. And a power plant in New York is being used as Bitcoin's server. Bitcoin's worldwide blockchain consumes 110 terawatt hours of electricity which equals Netherlands' annual power consumption.

For climate researcher Jonathan F. Donges, carbon dioxide gas emission from power plants is not only a societal issue, but also a threat to the environment, and its adverse effects are faced by the world. "Cryptocurrency related companies like bitcoin need computing powers to operate and with their expansion, they require more energy consumption which poses a serious threat to the environment" He suggests "world needs less-power consuming alternatives."

70% World's Bitcoin mining takes place in China. Where electricity is produced from cheap coal. As per a report, more carbon gases are emitted by mining in China than Denmark's whole carbon emission. In 2019, China was the biggest emitter of fossil fuel carbon dioxide (CO₂) emissions. With a share of almost 30 percent of the world's total CO₂ emissions that year, this was roughly twice the amount emitted by the second largest emitter the United States.

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QUOTES CORNER

"Not wealth, property, or assets but a good education is the best gift a father can provide to his children."

Prophet Muhammad (PBUH)

"Fight against your ego with the four swords of training. Eat little, sleep little, speak little, and be patient when people harm you. Then the ego will walk the paths of obedience, like a fleeing horseman in the field of battle."

**Abu Zakariya Yahya ibn Mu'adh
al-Razi, 9th Century**

Paradoxical as it may seem, the purposeful life has no content, no point. It hurries on and on, misses everything. Not hurrying, the purposeless life misses nothing, for it is only when there is no goal and no rush that the human senses are fully open to receive the world.

Alan Watts

Out beyond ideas of wrongdoing and rightdoing there is a field. I'll meet you there. When the soul lies down in that grass the world is too full to talk about.

Jalal ud Din Rumi

Think 100 times before you take a decision, But once that decision is taken, stand by it as one man.

M.A. Jinnah





Decoding Irrigation System



Waqar-Ul-Hassan Tareen,
Abdul Hannan Anwar
Lecturer, Agri. Extension
PMAS-UAAR

04 MINUTES READ

Irrigation is the artificial process of applying controlled amounts of water to land to assist in production of crops. Irrigation helps to grow agricultural crops, maintain landscapes, and revegetate disturbed soils in dry areas and during periods of less than average rainfall. In areas where rain doesn't come regularly or when growing water-hungry crops, farmers are forced to get creative.

Importance:

- Proper irrigation systems can secure uninterrupted agriculture.
- The productivity of irrigated land is more than the un-irrigated land. Irrigation is essential for the general growth of the plant.
- Irrigation can play a protective role during the period of drought & famines.
- Irrigation systems deliver water

very precisely to targeted areas, which saves water and money.

Irrigation System of Pakistan

Over 90% of the country's agriculture is dependent on the irrigation system. Unfortunately, the irrigation system of Pakistan is in miserable condition these days. There are multiple factors which constitute the irrigation system of Pakistan for example rivers, canals, barrages, heads, dams, and tube wells.

Irrigation Systems

- **Surface Irrigation:** Surface irrigation is a simple system for watering crops. There must be a water source near the garden or farming area. Once the water is in the pipes, gravity will help the water flow to the growing area below. A huge amount of water is wasted due to evaporation in this technology.
- **Sprinkler System:** Sprinkler (spray irrigation) is the method of applying water in a controlled manner which is like rainfall. The water is distributed through a network that may consist of

pumps, valves, pipes, and sprinklers. Irrigation sprinklers can be used for residential, industrial, and agricultural usage.

• **Drip Irrigation:** Drip irrigation is a type of micro-irrigation system which has the potential to save water and nutrients by allowing water to drip slowly to the roots of plants. The goal is to place water directly into the root zone and minimize evaporation. This technology is very expensive.

• **IOT-Based Smart Irrigation Systems:** The combination of the Internet of Things (IoT) and Artificial Intelligence (AI) technologies allows farmers to analyze real-time data of weather conditions, temperature, soil moisture, and plant health. This enables improved decision-making, reduced water wastage, and increased efficiency at farms.

• **Problems and issues of irrigation system in Pakistan:**

The main problems and issues of the irrigation system in Pakistan are given below.

Financial issues

- Improvement and upgradation
- Salinity and water logging issues
- water pressure issues
- Government policies
- Water losses in field

Pakistan has already been declared as a water stressed country. Therefore, modern ways like adequate use of water resources in agriculture can solve water issues in Pakistan. With the use of smart controllers, and sensors in farms and farming machinery, IoT-based smart irrigation system offers real-time data and analytics, which enables farmers to take corrective actions at the right time. Government research institutes and universities should design cheap-

er precision irrigation systems for small farmers in Pakistan. Currently, PMAS Arid Agriculture University has collaborated with the farm machinery industry in Pakistan to develop highly efficient IoT based irrigation systems for the farming community.



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Pranking Culture

Saadia Zainab

The idea of practical jokes is not new. This form of entertainment has a worldwide audience, especially in the West. Mostly, around Christmas and other holidays, it's viewership increases. April Fool's Day, celebrated on 1st April is an example of appreciation for fun and games.

People pull pranks on their friends or loved ones for fun and enjoy a good laugh. But since the past few years, we have been trying to adopt a pranking culture - which could turn dangerous. Degrading others is against our values. Our culture promotes dignity and valuing other's personal space. Amateur YouTubers and influencers try to pull a prank, and knowingly or unknowingly cross the line. There is a fine line between pranking and humiliating someone and one should be mindful of that. Sometimes, you do not intend to harm, but end up doing it unintentionally. For instance, the case of local YouTubers.

If pranks are not well-planned, it could bring misery and grief for the prankster as well. Therefore, it is important to know your audience. How the victims respond is something one must think about beforehand, or your first prank could be your last.

@MORT_WEAVERZ



Scientists Convert used Plastic Bottles into Vanilla Flavouring

03 MINUTES READ

Production of chemicals could help make recycling more attractive and tackle global plastic pollution. Plastic bottles have been converted into vanilla flavouring using genetically engineered bacteria, the first time a valuable chemical has been brewed from waste plastic.

Upcycling plastic bottles into more lucrative materials could make the recycling process far more attractive and effective. Currently plastics lose about 95% of their value as a material after a single use. Encouraging better collection and use of such waste is key to tackling the global plastic pollution problem.

Researchers have already developed mutant enzymes to break down the polyethylene terephthalate polymer used for drinks bottles into its basic units, terephthalic acid (TA). Scientists have now used bugs to convert TA into vanillin.

Vanillin is used widely in the food and cosmetics industries and is an

important bulk chemical used to make pharmaceuticals, cleaning products and herbicides. Global demand is growing and in 2018 was 37,000 tonnes, far exceeding the supply from natural vanilla beans. About 85% of vanillin is currently synthesised from chemicals derived from fossil fuels.

Joanna Sadler, of the University of Edinburgh, who conducted the new work, said: "This is the first example of using a biological system to upcycle plastic waste into a valuable industrial chemical and it has very exciting implications for the circular economy."

Stephen Wallace, also of the University of Edinburgh, said: "Our work challenges the perception of plastic being a problematic waste and instead demonstrates its use as a new carbon resource from which high value products can be made."

About 1m plastic bottles are sold every minute around the world and just 14% are recycled. Currently even

SOURCE: DAMIAN CARRINGTON | THE GUARDIAN

those bottles that are recycled can only be turned into opaque fibres for clothing or carpets.

The research, published in the journal *Green Chemistry*, used engineered *E. coli* bacteria to transform TA into vanillin. The scientists warmed a microbial broth to 37°C for a day, the same conditions as for brewing beer, Wallace said. This converted 79% of the TA into vanillin. Next the scientists will further tweak the bacteria to increase the conversion rate further, he said: “We think we can do that pretty quickly. We have an amazing roboticised DNA assembly facility here.” They will also work on scaling up the process to convert larger amounts of plastic. Other valuable molecules could also be brewed from TA, such as some used in perfumes.

Ellis Crawford, of the Royal Society of Chemistry, said: “This is a really interesting use of microbial science to improve sustainability. Using microbes to turn waste plastics, which are harmful to the environment, into an important commodity is a beautiful demonstration of green chemistry.”

Recent research showed bottles are the second most common type of plastic pollution in the oceans, after plastic bags. In 2018, scientists accidentally created a mutant enzyme that breaks down plastic bottles, and subsequent work produced a super-enzyme that eats plastic bottles even faster.

ADDICTED TO DICTION

- **Dint(n.):** heavyweight | power | electrical unit
- **Pluviophile(n.):** a lover of rain | someone who finds joy and peace of mind during rainy days
- **Absquatulate(v.):** leave abruptly | to leave without saying goodbye
- **Vicissitudes(n.):** exact opposites | minor adjustments | ups and downs
- **Lexicographer(n.):** a creator of cartoon captions | textbook writer | dictionary editor
- **Tautophonic(adj.):** of phonetic language instruction | composed of repetitive sounds | containing silent consonants.
- **Preponderate(v.):** seize control | influence by insidious means | have greater importance
- **Picaresque(adj.):** relating to episodic fiction about a roguish but appealing hero | Victorian miniature portraits | Ballet jump
- **Opaque(adj.):** not transparent | iridescent | oval-shaped

DO YOU KNOW

DENTISTRY IS THE OLDEST PROFESSION IN THE WORLD



Karachi

From Annals of History



Arsalan Hyder Myrani

Data scientist, History Nerd,
and Trash TV Connoisseur

05 MINUTES READ

History in Pakistan is regularly altered, re-framed, re-written, purposely forgotten and even erased... and nowhere is this more apparent and tragic than the complete erasure of the history of Karachi from our cultural consciousness.

I'm not even speaking in contemporary terms of the erasure of British-ruled Karachi, and the countless contributions of Sindhī Hindus, Parsis, and Christians that have been wiped clean out of the pages of our history books. I'm talking about the middle ages and ancient history: all left to be forgotten.

The legend we repeat over and over again is that Karachi was a small fishing village established by a Baloch fisherwoman named *Mai Kolachi*.

Another lesser-known legend says the name is a tribute to a Hindu woman who jumped into the sea to save her son from a fish.

These myths and stories have some nuggets of truth in them, but they are essentially constructed, and they are constructed to serve specific purposes of narrative-building. Much like how we are fed deliberately constructed history of partition, of ideologies and the purpose of the Pakistani state.

The history of Karachi literally goes back to thousands of years. One of the oldest names for the port of Karachi is *Krokola*, mentioned in ancient Greek texts. Alexander the Great camped to prepare a fleet for Babylonia here after conquering Indus valley. The Greeks called the modern-day Island of Manora as "*Morontobara*". Texts written in mid-3rd century BC mention Karachi and *Manora* as *Krokola* and *Morontobara*, and this pre-dates the *Mai Kolachi* myth by

2000 years.

In the 1st century AD, another port called *Debal* came into being. We must understand that every river delta is unpredictable and is constantly changing, and the floodplain around the delta shifts with rains, floods, and the general flow of the river. We can safely presume that usage of these ports would keep shifting and changing over time, based on environmental conditions, but the people using these ports - mainly Sindhi merchants - remain the same.

As per our best guesses, *Debal* would be situated some 50 kms east of *Manora*. *Debal* became the second capital of Sindh besides *Aror* (modern-day *Rohri*). *Aror* was the main capital because the *Brahmin* kingdom extended much farther north towards Multan, but the main port of Sindh, where all the trade was carried out, was *Debal*.

In 712 AD, *Debal* was invaded by Arabs. Mosques were constructed in place of temples - the remains of this mosque are theorized to be in *Banbhore* (Bhambore), situated a little bit ahead of Port Qasim in modern-day Karachi.

Debal was supposedly destroyed further in an earthquake in 893 AD,

and then completely wiped out of existence because of a massive flood in the Indus in 1226 AD. As we see repeatedly, changes in flood plain cause the port cities to be shifted. In the place of *Debal*, *Lari Bundar* (or *Lahari Bandar*) became the biggest port of Sindh (situated near Thatta). The famous traveler *Ibn-e-Battuta* was fascinated by *Lari Bundar* (which he mistakenly called *Lahori Bundar*), as its stone architecture was likely built from the remains of *Debal*.

Around this time, Karachi existed as a port/harbour distinct from *Debal* and *Lari Bandar*, albeit less active. The Arab navigator Sulaiman al Mahri (born 1511 AD) references Karachi in his book as "**Ras al Karazi**" and "**Ras Karashi**". Ottoman captain, Seydi Ali Reis also mentions Karachi as "**Kaurashi**" in the sixteenth century Turkish treatise *Mirat ul Memalik*. Both describe the location which matches with modern day Karachi.

By the time of Mughal conquest, Sindh was divided into north and south. Mughal emperor Akbar (born 1542 AD) made a deal with the Sindhi rulers and took control of Thatta and *Lari Bandar* as it gave him access to the Arabian Sea.

Akbar's governor Mirza Ghazi Beg



(born 1588 AD) is famous for protecting the port of Karachi, which was attacked by the Portuguese Admiral Fernão Mendes Pinto in an attempt to capture or destroy the Ottoman vessels anchored there. The port was heavily damaged, and a large Mughal force armed with muskets was deployed on the shores to avoid such attacks and landings by the Portuguese.

In 1728, *Lari Bandar* (by that time known as the port of *Kharak*) became silted by heavy rainfall and flooding, and the merchants had to relocate to another nearby port, and the closest

port would be Karachi (Kolachi or Kalachi or *Kolachi-jo-Kun* or *Kolachi-jo-Goth*).

Seth Bhojmal, a rich Sindhi merchant, built a fort in Karachi surrounded by a 16-foot high mud and timber-reinforced wall with mounted guns and two gates called *Kharadar* and *Mithadar*. Today, these are the names of localities around Lyari. The port was run by Bhojmal and his other merchant associates.

Around this time, the Dutch also mention Karachi in their records which is often taught to us as the first time the name "*Karachee*" was coined. This is inaccurate - we know for a fact that the name "Karachi" was used by Arabs and Turks more than two hundred years before this point.

The 1700s were a turbulent century for the subcontinent in general. In Sindh, Baloch tribes started to

expand their dominion into what was traditionally Sindhi territory, such as Talpur Mirs taking over Sindh in 1783. Karachi continued to function as the major port of Sindh. During this time, the British built a factory there, but due to conflicts with the Talpur Mirs, the factory closed. The British eventually annexed Sindh from the Talpurs in 1843 and made Karachi the capital of Sindh under British India.

So, what does this tell us about Karachi? The legend of "*Mai Kolachi*" could be true, honestly, we cannot be sure. There is a tribe in the Makran region called the *Kulachi* tribe. There

is also a tribe called *Kulanch* tribe near Gwadar, with the people called *Kulanchi*. Did these people originate from Karachi? Or did the name *K a r a c h i* originate from these people? I'm inclined to believe the former.

There are a lot of stories and legends we tell to make sense of history, because often history is too complex to understand. But it's important to note who told these stories, and how did they benefit from it, and at the cost of whom? The answer unfortunately might be much more complex than I can fit into this article. But one thing's there for sure, the history of Karachi is as old as civilization in Sindh itself.

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IMAGE: EXPRESS TRIBUNE



Pakistan's Best Kept Secret Fakir Khana Museum

04 MINUTES READ

Fakir Khana Museum is a private museum owned by the Fakir family of Lahore. It is the only private museum in Pakistan, which is recognized by the government of Pakistan, and the largest private museum in South Asia with over 13,000 pieces of art. The Fakir family has a dynasty of preserving antiquities, manuscripts, sculptures, paintings, Persian carpets.

The Fakir family houses the treasures of the Fakir family, who have lived in Lahore since the 18th century. The head of the the family was a fakir (a Muslim devotee) from Bukhara whose three sons achieved prominence in the court of Sikh ruler, Ranjit Singh.

Largely because of their ties with Ranjit Singh, they got many valuable antiquities, as direct or hand-me-down gifts. The exhibit of the museum includes gifts from Queen Victoria and Maharaja Ranjit Singh to Fakir Syed Azizuddin and

Fakir Syed Nooruddin who were ministers in his court.

Later generations preserved these pieces and collected more artifacts during their foreign visits. Currently the museum is managed by the sixth generation of the Fakir family. Fakir Museum is situated near the famous Bhati Gate, an *androon* (central) Lahore area, one of the famous 13 gates of the walled city of Lahore. It is open to the public and visitations are by appointment only.

The museum was opened to the public in the 19th Century. It was later renovated in the 20th century as a mansion housing almost two centuries of history of the eventful life of some of the greatest personalities of the region and period. Fakir Khana Museum is a house turned inside out in the sense that what is 'private' in the house, has been made 'public'. Items include relics of the Prophet Mohammed PBUH (on public display for one day during the Islamic month of Muharram), old collection of

Qurans, and other illuminated manuscripts, miniature paintings, porcelain pieces, old coins, Islamic artwork, carvings, clothes worn by the Mughal emperors, a small armoury of Sikh weapons and carpets from the royal courts. Calligraphy is considered an elevated form of art in Islam. Initially used for writing Quran and Hadith, the earliest form of Islamic Calligraphy was done in *Kufic* script. The oldest work of calligraphy in Fakir Khana is the handwritten Quran written in *Kufic* Script.

A section of the museum is dedicated to the Buddhist Art of the Gandhara civilization. Reaching its peak between the 1st and 5th Centuries, this ancient civilization spread over an area of what is today North West Pakistan and part of Afghanistan. The sculptures of Gandhara bear strong influence of Greek art. Gandhara is also famous for producing the first known representation of Buddha in sculpture and spreading the Mahayana school of Buddhism across South Asia.

The textile collection almost entirely belongs to the 19th century Sikh Period. Highlights include a fine Kashmiri shawl believed to have been owned by Maharani Jinda, the favourite wife of Maharaja Ranjit Singh, ruler of Punjab.

The Hall of Carpets is originally the *Gol Kamra* (sitting room) of Fakir Khana Museum. There are 18 Carpets,

falasies, shawls and other embroideries preserved in the museum. Some of them are exhibited in this hall while others can be seen in the Hall of Miniature Paintings and the room of Calligraphy. There are 16 carpets in the collection - 6 Irani, 8 Shirazi, one Iranian '*gilm*' of floral patterns and one currently displayed in the exhibit. Porus of Paurava's forces clashed with Alexander of Macedonia's forces in the Battle of Hydaspes River. The ring of Porus is preserved in the

museum. Porus is known for his valor and bravery, he lost the battle against Alexander the Great, but later served Alexander as the patron King.

The porcelain collection comprises old Chinese, Japanese, Korean, Russian, French, German, English and Dutch crockery. The most ancient piece of the collection is the Japanese cracklelein of the 18th Century.

The wooden framework present in

Fakir Khana Museum is designed by Bhai Ram Singh, the most influential architect of pre-Partition Punjab. He also designed Aitchison College's interior. History sounds surreal and leaves us wondering, and often takes us in the past as we read about it. But Fakir Khana Museum is about living history, feeling it, a trip down the memory vault, where it might leave a lasting effect on us.



How Not To Get Catcalled



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

06 MINUTES READ

Catcalling, it is like that gum on your shoe you don't want there, but it's there. We've all either done it, seen it, or experienced it.

In case you do not know, (in that case where have you been please do share the location of that idyllic getaway), catcalling is usually a verbal form of street harassment that includes whistling, honking car horns, hollering, making sexual comments and vulgar gestures with the intent of getting a reaction, whether that's fear or anger. In cases where the reaction is not what the catcaller wanted, they may amp up their antics to expose themselves, threats or even battery. (yes, that's what it's called when you try to grab someone)

Men are usually the catcallers, and women are on the receiving end. However, men also do this to other genders including other men. In some instances, women are also the catcallers. So, what is this phenomenon that has gone from 'traditional male behavior' to women, and so forth?

For that we need to understand why stalking happens. According to a research, men who engage in such behavior display 'higher levels of hostile sexism, self-ascribed masculinity, social dominance orientation,



and tolerance of sexual harassment'. So, what's the correlation? We already know how such behavior can escalate to crimes such as battery, assault and sexual violence. So how do we stop this here at 'harmless flirting'?

With understanding of why catcalling happens, can we avoid being catcalled? We can surely give it a try.

Stroke Male Egos

According to William Castello, a professor at St. John's University, low self-esteem is to blame for catcalling. *"There is a competition to be boldest, strongest, most macho, generally driven by rampant lack of self-esteem, disappointment and frustration with life in general, ... It is a sign of a rough and rude upbringing, which lends itself to a competition of sorts among the groups ... kind of a 'oneupsmanship' of who's worse than the rest,"* Castello said.

That's why they feel the need to resort to such behavior in order to assert their dominance. That's also

IMAGE: THE ORION

why the more vulnerable you are the easier it gets for them to target you, underage girls; this one's for you. Now if you just submit and appease their insecurity, we wouldn't have this problem. When's the last time you assured a man of his masculinity? Let men feel like men so that they don't constantly try to prove it in a negative way.

Relinquish Control

The National Organization for Women (NOW) research revealed that street harassment is about control. That's only the case with women though. So, by giving up control you stop the catcalling, easy-peasy ladies.

"In the context of gender, harassment often ends up being a way for men to exert control over women and their bodies, Shouting a crude comment about a woman's appearance suggests entitlement to her body. Groping or stalking or simply standing too close without a woman's permission shows entitlement to her space. Expecting a woman to talk to you while or after you harass her displays entitlement to her time."

So, when you just relinquish control

by allowing men to exert dominance over your space, time and body, you make it easier for everyone. At the end of the day, they are bigger, stronger and better. Why do you have to make them prove it?

Stay Off The Streets

Catcalling is a form of street harassment. So, you can just not put yourself in that situation. Stay off the streets, stay safe. Especially when we've noticed in particular being an easy target like being underaged, smaller, alone, and vulnerable is what brings about the opportunity for someone to take their insecurity out on you.

Be Less Feminine

Now we all know that women are more often targeted in catcalling compared to other genders. According to studies, because the intention is not to pay compliments to women, as some old timers will have you believe, but rather the factors we already discussed above. So why do other genders get catcalled? Yes, they do get catcalled. We just never highlight the issue because it's

IMAGE: A MIGHTY GIRL



somewhat of a minority issue. With women being almost half the population, we can at least study why they get catcalled, but who would want to spend that money on a small minority of other groups? (Remember when we dismissed harassment in the workplace because it was just a small group of women, until everyone started speaking up, and turns out its all women)

So why do other genders get catcalled? Based on what some men

have to say it's because they are 'lady-like'. Men out there need to man up and assert that masculinity. If you act like a girl, you surely will be treated like one. Deviating

from masculine expectations is punished by society, well just traditional men really, but they do speak for all of society, am I right or am I right? Use what God gave you, the law and human rights come second.

Don't Be a Woman

Now that we know why women get targeted, for being smaller and weaker, you can work on the above suggestions. But the best course of

action would be to not be a woman. As a woman no matter how hard you try to appease a man's dominance or masculinity, you need to understand each man is different. Being nice might work with some. Asserting your dominance might work with others.

So, the universal fix would be to just go and become a man. Go ahead and shell out that cash for surgery to transition. Ohh but being a trans-male will get you targeted because you're not 'man enough'. You

could try and keep your mouth shut and play it cool. But when you fail to participate and take pride in heterosexual ritual like casual sexism you will be targeted-

ed for being 'girly'.

So, does that mean all this research was of no use and you can't really avoid being catcalled? Oh well.

(This article must be taken with a heavy dose of sarcasm, otherwise you'll miss the magic)

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IMAGE: HELLO BIGBLES



The Great Question



Sara Noor
Lecturer & Writer

06 MINUTES READ

Paradoxes. Contradictions. Binary opposites. Many faces of reality. Universe: An Enigma.

An Infinite and Sublime, but unseen reality- accepted and denied. Multiple ephemeral beings- bound to change... die. Interplay of eternity and transience. Purpose of life?

Pause. Repeat.

She woke up in the middle of night drenched in sweat. It was the third consecutive night that she had this dream where she was sitting in a blank white boxed examination hall. It was an online exam. The question appeared on the computer screen in the form of a video. The whole text played out in video format repeatedly. She was clueless about the answer and began to panic. A severe anxiety attack gripped her chest. Unknown fears clogged her breathing

and she fell to the ground gasping for breath. That is when she woke up the first night. The second night she woke up after dreaming that her breathing had stopped entirely and her soul had left her body. On the third night, she felt herself being lowered into her grave and that is when she woke up. All through the last moments of life, dying and being buried, her mind was fixated on the confusing question asked in the exam. She kept tossing and turning, but could not regain sleep and after a few hours of this restless attempt at resting, she began her day in a lusterless way.

The day rolled by, like many days before, in miscellaneous activities, random thoughts and erratic emotions. When night descended, she began to dread the living coffin of sleep. But the stealthy claws of intoxicating drowsiness crawled up on her and soon she was dreaming again. The video played out. She fell to the ground struggling to breathe. Her body became lifeless. She was buried. Tonight, she dreamt that her whole life, all her actions and thoughts were

IMAGE: GALLERIST

being presented before her in the form of one gigantic and monolithic 3-D image. She was sifting through various scenes of her life. She was hearing the echo of her own words and feeling the pulse of her own unspoken thoughts. She saw many, many scenes like an unending train going by before her - events long past and erased from memory.

She had been an active politician. She saw how she'd used different tactics to get done whatever was necessary without thinking of long-term consequences. She could hear her rhetoric appealing to the emotions of nationalism, xenophobia, religiosity, gender identity and racism in her voter bank.

She glimpsed at her two sons and remembered the feeling of horror at discovering her due date was in the midst of an election campaign. She remembered being divided as a wife, mother and a public servant.

She also saw her early suitors and lovers, her ex-husband and the current husband. She felt again the fleeting passions of teenage, the romantic fervours of youth, the hasty decision of oncoming middle life resulting in divorce, the pragmatic decision of having a tag-along husband necessary for outward appearances.

She also beheld her ritualistic devotion of arranging grand *Milad* ceremonies, her ostentatious charity spending, her secret prayers in the middle of night for becoming a part of the highest state offices. She also witnessed herself at various festivals, gatherings and parties throughout her life.

Then, all at once, the reel stopped. The images stopped sifting by and she was enveloped by pitch darkness and an eerie silence. In the darkness of

her grave, somebody spoke and she heard the words, not through her ears, but within her heart and mind: So, do you have the answer to the Great Question?

"Which question?" she asked back.

This: Paradoxes. Contradictions. Binary opposites. Many faces of reality. Universe: An Enigma. An Infinite and Sublime, but unseen reality - accepted and denied. Multiple ephemeral beings- bound to change... die. Interplay of eternity and transience. Purpose of life?

That is when the dream ended that night and her eyes opened up in a modicum of peace, unlike the last three nights of extreme anxiety.

The first three nights had riveted her attention to the dream. After the fourth time, her mind was engaged in a thought process. All day long through her office hours and during committee meetings and at home she kept thinking about the way she had consumed the elixir of time. For once, she was unsure of her convictions and the purpose of her life. She was known to be a commanding and determined woman of single-minded focus who could achieve anything. Yet, today she thought if any of it had been worth achieving. She had spent her whole life jumping from one goal to the next, blindly busy competing with others and her own self in acquiring more and accumulating better. She had entangled herself in whirlwinds of short-lived emotions without pausing to think and enjoy and be grateful and generous and content. She realized that she had been investing solely in worldly pursuits without serious regard to having a permanent legacy etched forever in the records of time immortal.

On the fifth night, she went to sleep

with a heavy heart. Video. Dying. Grave. Scenes from her life. Unknown voice asking the question. Tonight, she replied sadly and honestly, “No, I do not have the answer to the Great Question.”

So, she was shown another movie “a pastiche of snippets” from her life. She saw herself as a child bandaging an injured cat. Giving away her Eidi to the maid’s daughter quietly and secretly as a girl. Helping weaker class fellows with difficult subjects as a college student. Seeing her first love, remembering how she’d been more honest and truthful and unconditionally caring than ever in later life. Tending to her grandfather and praying for his recovery. Reading storybooks to her young sons and cooking for them and playing with them long, long before they had even forgotten to miss their mother for being absent from their lives. Sharing blissful moments of complete mental and physical proximity with her husband. Sending for a two month leave and full salary to a servant who fell sick. Spending generously on the education and marriage of her distant but related orphaned nephew and niece. Giving food baskets to the needy in her constituency during Ramadan.

The dream came to an end. She woke up with tears in her eyes. She laid silently until morning. Thinking. Feeling.

Then, she planned to cancel her appointments for a week to visit her grandson in another city who’d been eager to see her. She looked on the other side of the bed where her husband was sound asleep. She decided to accompany him on his next visit to the hospital for his regular check-up. She knew he’d be glad. He was not a demanding

husband and she had ruthlessly used this to her advantage by neglecting small acts of love and kindness within her power. She felt sorry now.

On the sixth night, she answered the unseen examiner in a matter-of-fact tone, “*I know the answer to the Great Question. The only purpose of life is to find the Truth and serve it with sincerity.*”

Voice: *What is your Truth?*

She hesitated at first, then answered in a low tone, “My Truth had always been love for everyone and selfless service of mankind. It got distorted by narcissism, desires and falsehoods along the way.”

Voice: *What is your Truth NOW?*

She kept quiet. Her heart began to beat quicker. Would she pass? Or had she already failed? The dream ended and she woke up with her heart beating faster.

On the seventh night she went to sleep expecting the sequence of images to run till the events of the last night. The video began to play. Her emotional quality while watching the video was no longer perplexed and panicked. She felt prepared and pragmatic. She waited for her breath to become difficult and stop, but she kept breathing normally. Instead of falling to the ground, she kept sitting in her chair. So, she looked around, waiting for the dream to move on to the next scene. Nothing. She looked at the computer screen again. Underneath the first question, a new question had popped up: What is your Truth NOW?

She was confident this time and began to type her answer in earnest.

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Kindness



Hibah Abid
Poet, Writer, Student

02 MINUTES READ

Today I saw love, when a little girl was leaning against the chest of her father, who was the only breadwinner of a family of 10 members. He balances his scooter like his monthly expenses.

Today I saw love, when a man on the footpath took food out of the wrapping and fed the stray cat with his little offering. They shared food, dull skin, unwashed hair, and hunger. Living this generous life is way better than expanding pockets.

Today I saw love, when this little girl, hardly seven years old, grasped the hand of her younger brother and crossed the road. Dear girl, I saw in you, a mother, a father, a dutiful daughter, and a considerate sister. With this spirit, you can even survive the wildest of storms.

Today I saw love, when this little boy made his own breakfast, because

mommy was sick. Love boosts the immune system. No matter what the ailment is, just a little pinch of some chemical called “love”, is the antidote. Today I saw love, when a couple promised to cherish and brighten the world for precious moments, may later be sinking in the whirl of fretting. They tied knots and untied the ones in minds and hearts together, before they got tangled in the threads of misunderstandings and silence.

Today I saw love, when people, despite running late for work, smiled. In the little spaces they find out, they use it to be kind.

Kindness sheds like the moon, even in the dark, crescent would still glow. We idealize women with slim figures and men with guns and glory. We appreciate white faces, but not whiter characters. We want attractive lips but can't speak kindness. We want angular bodies but can't share food with the hungry.

📍 [mind_andromeda](#)

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CAN YOU COLOR US?



FIND FOUR DIFFERENCES



FACTS ABOUT ANIMALS



THE HEART OF A SHRIMP IS IN ITS HEAD.



A CHAMELEON'S TONGUE IS ALMOST AS LONG AS ITS BODY.



A SNAIL CAN SLEEP FOR THREE YEARS.



A SLUG HAS FOUR NOSES.



A MOTH HAS NO STOMACH.



GIRAFFES HAVE NO VOCAL CHORDS.



**ONLY THE MALES ARE CALLED PEACOCKS,
FEMALES ARE CALLED PEAHENS.**



**FLAMINGOS ARE NATURALLY WHITE, THEIR BRINE SHRIMP AND
ALGAE TURNS THEM PINK.**



ANTEATERS DON'T HAVE TEETH.



CATS CAN'T TASTE SUGAR. THEY DON'T HAVE SWEET TASTE BUDS.



ANTS NEVER SLEEP. ALSO, THEY DON'T HAVE LUNGS.

The Magic Tree

02 MINUTES READ

There were two brothers Gilli and Billy, who lived at a forest's edge. The elder brother, Gilli was rude and stubborn and was always unkind to his younger brother. He ate all the food and wore all the good clothes from their shared wardrobe. The younger brother, Billy, however, was nice, humble, and kind. Despite all the harsh behavior he still treated his elder brother nicely.

The Gilli used to go to the forest in search of firewood to sell in the market. While Billy used to stay at home and took care of home and their cattle. One fine day when Billy was preparing the breakfast, Gilli with axe in hand, hurriedly went outside, and told Billy "there's a magical tree in the jungle, and I will get it today, you take care of the house when I return." And slammed the main gate.

Gilli had a big smile on his face as he walked through the forest, he chopped off the branches of every tree, harmed the animals, and destroyed the nests, and then finally he came upon the magical tree.

The magical tree seemed special as it was covered with golden leaves, and its branches were red in color.

Gilli took out his axe and was about to cut the branches, then he heard a voice,

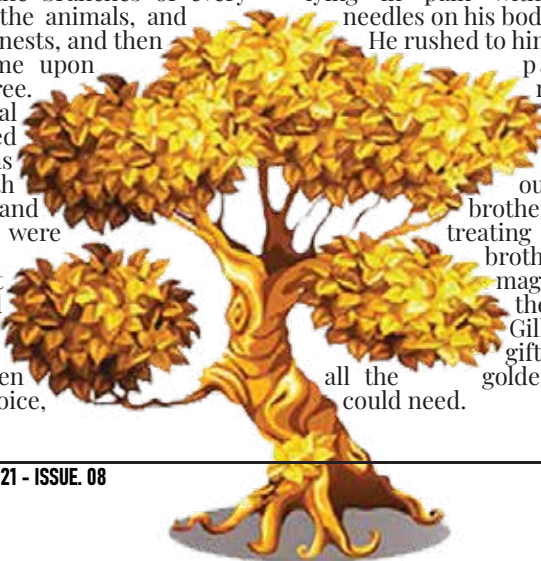
'Oh, kind sir, please spare my branches. Gilli was shocked to see this view and dropped his axe, the tree replied, 'If you spare me, I will provide you with golden apples.'

Gilli agreed, and suddenly a cold wind started blowing and then a few golden apples were lying on the ground. For a moment Gilli got shocked but within a moment felt disappointed as the number of apples the tree gave him. This made Gilli angry as he wanted more apples.

Overcome by greed, the brother threatened to cut the entire tree if it didn't provide him with more apples. But, instead of giving more apples, the tree showered him with hundreds of tiny needles. The brother fell to the ground, crying in pain as the sun began to set.

It was night now, and now Billy got worried and went to search for his older brother. He searched until he found him at the trunk of the tree, lying in pain with hundreds of needles on his body.

He rushed to him and started to painstakingly remove each needle with love. Once the needles were out, the elder brother apologized for treating his younger brother so badly. The magical tree saw the change in Gilli's heart and gifted them with golden apples they all the could need.



The Girl with a Beautiful Heart



Arooba Haq

Student, Self Proclaimed Artist

04 MINUTES READ

Once upon a time there lived a little girl named Shireen in a beautiful village of Hunza. She lived in a small house with her stepmother and a stepsister named Mareena. Since her father's death her stepmother made Shireen do all the housework. She cooked, cleaned, washed, and ironed. One day, Shireen decided to knit herself a sweater with a ball of wool her father had bought her. Winter was just around the corner, so it was the perfect time. She sat on the roof of her house one evening to start knitting but suddenly the ball of wool slipped through her hands and it landed in her neighbor's courtyard.

Shireen ran, knocked on the neighbor's door and asked about the ball of wool. A sad looking old lady answered, "I will give it to you but first, you have to do something for me" Shireen nodded her head in agreement. The old lady took her in and asked her to smash all the dirty plates in her kitchen, cut all the plants in her garden and finally trim her long, tangled hair.

Shireen wondered for a minute at those strange requests and then got to work. Instead of smashing she washed and put away all the plates, watered the plants in the garden and lastly instead of cutting the old lady's hair she braided them nicely.

The old lady who was looking much

happier now returned the ball of wool and told Shireen to go through the back of her house and she will find two pools, one with clear water and other with black water, she must dive in each pool three times only and then she can go home.

Shireen did what the old lady told her and when she reached home her stepmother did not recognize her. She looked much more beautiful. Her stepmother asked her what she did, and Shireen told her about the old lady and the pools.



The stepmother threw a ball of wool in the neighbor's courtyard and sent Mareena to get it. When she got back her mother did not recognize her either because she looked worse than before. The stepmother was furious. She asked Mareena what she did and Mareena told her she did exactly what the old lady asked, she smashed the plates, destroyed the garden, and cut the old lady's hair and then she dived into the pool many times so she could be more beautiful than Shireen. The stepmother asked Shireen what she did differently, and she explained that she listened to the old lady's heart and helped her.

The pools did not make anyone beautiful; they only made everyone look more like they were on the inside. And Shireen listened and understood that sometimes when people are sad, they do not know how to ask for something they need.

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IMAGE: PINTEREST

WHEN ADVERSITY KNOCKS

Mary was a young and feisty girl. She had a major problem in that she got annoyed with everything. She felt bad about everything and just always carried a negative attitude. She would get angry as well and was frightened of everything. One day she felt she was so miserable and requested help from her dad.

She told him that if somehow, she was able to manage and solve a problem, another one followed quickly and so on. Her father consoled her and took her to the kitchen.

He asked Mary to take a potato, an egg and two spoonfuls of tea leaves. Mary was surprised, and asked her father, "What? You want me to cook?" Her father said no and then took three vessels and poured one cup of water in each vessel. Each vessel was placed on the stove. Once the water started to boil, he dropped a potato in a vessel, the egg in the second one and the tea leaves in the third one.

Mary was totally instantly annoyed and asked him why he would do those stupid things? He asked her to wait for a few more minutes with patience. The impatient daughter managed to wait for around 15 minutes.

The Father removed the potato from the pot and placed it on a plate and did the same with eggs. He filtered the tea decoction using a cup. Then, he placed two plates, he put potato in one and an egg in another, and a cup of tea in front of Mary.

He asked Mary, "What do you see?" Annoyed, she said, "A potato, an egg and a cup of tea!"



"No, you are wrong," said the father. "Look at it more closely and answer me." Mary replied the same.

"Now touch them and answer me." The potato was cooked and was so soft, the egg was boiled, and not soft anymore and the tea carried a nice aroma. But Mary couldn't find the correct answer. Her father replied, "Potato was hard and strong before they were boiled; now it has turned soft. Egg was delicate, but after boiling it became hard. The leaves made tea and it is delicious!"

Mary asked, "What does it mean father? I don't understand!"

Her father replied, "That is how you have to be. Each object was put under the same kind of circumstance, faced similar adversity, but reacted differently. The potato, when put in boiling water, became very weak. The brittle egg becomes hard, when we put it in boiling water. And the tea leaves are unique. It changed the water itself, giving it a unique flavor and aroma! It gave something new."

Moral of the Story:

We can choose how we respond to a difficult situation.

Cyber Laws in Pakistan



Shajia Saleh Soomro
Law Student at IUI

04 MINUTES READ

Cyber age is the current age of technology which revolves around the culture of Information Technology, Augmented Reality, Virtual Reality, overall: the world of computers and internet. All aspects of computing and technology; the database storing, protecting, accessing, processing, transmitting etc. With the fast-paced digital world, the use of regulations related to it has emerged immensely, known as the Cyber Laws. This is the branch of law that deals with all the rules, regulations, issues, disputes, rights related to online presence and businesses over the internet.

This law is majorly related to all things using technologies through the medium of internet. Be it online speech, cyber content or anything related to cyberspace. Cyber laws in Pakistan have become an integral part of the emerging cybercrimes. This article will tell you about all the cyber laws in Pakistan and how you can protect yourself using these laws. What should you be aware of and why is there a need to beware?

Pakistan has constituted several

laws and introduced ordinances which regulate cyberspace. It is important to know that cybercrime has penal litigation and is dealt with under the criminal law. Among the cyber laws introduced, we will now discuss major ordinances which provide legislation for cyber spheres in Pakistan.

Electronic Transaction Ordinance (ETO), 2002 particularly deals with all the documentation, information, records, communications, and transactions through electronic medium. All cases associated with malfunctioning or cybercrime are dealt under this ordinance. This protects your online data as aforementioned and gives the victim remedies in case of any incident occurring. All e-commerce is regulated under this Ordinance.

Electronic/Cyber Crime Bill, 2007 or The Prevention of Electronic Crimes or Cyber Crimes Ordinance (PECO) was passed to provide an extension of laws to protect the rights of users over the internet. This Ordinance has laws which cover cyber terrorism, data damage, electronic forgery and fraud, cyberstalking, cyber spoofing/spamming, unauthorized access etc. This Ordinance has

different penalties embedded for the offenders that may go up to six months of imprisonment, fines and in rare cases may include capital punishment. An interesting aspect is that: these laws are applied to every offender who commits such an offence in Pakistan regardless of their nationality or citizenship.

The third set of laws in Pakistan is Prevention of Electronic Crimes Act, 2016 (PECA). PECA is one of the latest law sets introduced in Pakistan for the cyber law's regulation and cyber rights protection. This chunk of legislation is in accordance with PECO, 2007. It particularly deals with internet crimes in Pakistan such as hacking or illegal access of data, electronic forgery and fraud, denial of service attack (DOS Attack), cyber terrorism etcetera.

- All penalties which can be implied under matters related to web-domains or **https** while adding any personal info or while online shopping or browsing.
- Securing online banking by allocating different PIN for all accounts, using trusted devices, and avoiding public devices for internet banking, being extra cautious with passwords and debit info.
- Securing Social Media by using the right security features and using them rightly, turning on notification alerts and not going public unnecessarily with the data.
- Securing Wi-Fi by not using default admin usernames and passwords of the router, a strong password and minimal sharing of it, switching the routers off while they are not in use.
- Securing your browsing by specified user information settings, not trusting free content available online, beware of unknown links, malware, ransomware etc.

Using all preventive measures and knowing how to protect your rights through the laws present in the country is key information every citizen should know. This will lead to your peaceful cyber interactions and will ensure the crimes and offences are in check. But again, rights and responsibilities are a two-way road.

If cybercrime related rights apply and provide protection to citizens then the citizens and internet users, be it public or private/in-person should be mindful of their responsibilities and duties and refrain from any activity which could cause harm or might subject an individual or organization before any cyber law should be mindful about their responsibilities and duties as well. More awareness is needed specially among the students or youth so we can ensure a secure and malware protected future.

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KEY TO FIND WORDS ACTIVITY



Inside the World's Largest Cruise Ship



03 MINUTES READ

Royal Caribbean's Symphony of the Seas is the largest cruise ship that set afloat in November 2018. It has been designed in a way to be nearly perfect for every type of traveler. Symphony of the Seas is 1188 feet long, longer than The Eiffel Tower if it was placed horizontally, or vice-versa, you get the drill, right? It has a total 18 decks and can accommodate 6680 guests at a time. Bring along your friends, family and loved ones as there's a room for everyone.

If you are an aquaphile (someone who loves water) but have watched too many documentaries on the scary side of oceans, then there's plenty of water for you! Altogether, there are 24 pools, waterslides and flowriders; you can surf without the fear of washing away with shores for sure! You can run-down a water slide with your friends as well. "The Ultimate Abyss" world's tallest waterslide at sea and

stands at 10 stories high.

There's an aqua theatre as well. The acrobats dive into the deepest pool at the sea. This unique sort of performing arts will leave you in awe. Familiar with the term wanderlust? You can roam into the wilderness while being afloat, Symphony of the Seas has a Central Park. You can take a walk too, there are more than 20000 lush tropical plants and 52 trees. The serenity of this artificially built nature will make you forget that you're at sea! There are seven neighborhoods in this cruise ship. Imagine, your feet are grounded on soil and eyes are fixed on the deep and soothing ocean waves. Splendid.. Isn't it?

If you want ocean's view from above, there's a zipline, 82 feet across the ship from nine decks high. Finish the adventure with climbing a rock wall that stands at 40 feet high. We heard you got a sweet tooth, stroll along the Boardwalk and visit Sugar Beach,

where they serve 161 different types of candies. But if you're diabetic, you can take your kids with you instead. We are pretty sure they'll love it.

It would be some quest to take them out of Sugar Beach? Not to worry, there's more for their amusement like, there's an arcade, a carousel, and face-painting with live music. Pro-tip: go easy when you scrub their face! Oh, did we tell you about Planet Z? Send them to Planet Z where they can battle each other in a "glow in the dark" format laser tag. Looks like it won't get boring for the kids, wait my friend, there's entertainment for the adults too. Are you a foodie? There are over 22 restaurants to help with your food cravings, and appetite. There's certainly enough time to visit each place.

Lastly, the Symphony of Seas features the Ultimate Family Suite for your perfect little family! There are two portions, move from the upper level to the lower level by taking the giant slide, you're here to relax, embrace the moment. If you get bored, you can play board games like air-hockey, table tennis, mini golf, if you're into arts or keep forgetting what you were about to say, there's a chalkboard wall, note down each memory, preserve it!



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A Stairway to Heaven



Aqse Zara
Journalist, Writer, Activist,
Influencer

04 MINUTES READ

The world is full of beauty. I believe in this fact with all my heart, and that prompted me to visit Gilgit-Baltistan sometime ago. On my way to Hunza, I was a bit nervous and quite excited as well, because I had heard about the place only but was unable to visit.. If you haven't seen a place and only heard about it, you make an image in your mind. I wanted Gilgit-Baltistan to be as beautiful as I imagined it to be. The road to Hunza was never-ending, and the view was breath-taking.

Me and my colleagues reached Gilgit Baltistan after a never-ending road, tired... yet happy. Peace overlaps you as soon as you arrive. Night fell, and our host took us to the **Osho Thang** in **Minapin Nagar**. Minapin is a stunning valley along the Karakoram highway which is also

home to many marvelous mountain ranges. Osho Thang, a hotel known for their hospitality and scenic view as well as traditional architecture and décor. Osho Thang literally means "*royal guest house*" in the **Burushaski** language. The place has several gardens, full of cherry trees. The walls of the corridor have a gallery and history of the hotel as well as the pictures of visitors who stayed there, are on display. There are yurts (a portable, round tent) by the garden, which are delicately trimmed. The dining hall is huge and beautifully adorned in traditional decorations, and relics and paintings on display. They only serve local dishes; each dish is to die for. There's an entire block dedicated to the legendary writer Mustanser Hussain Tarrar. Rooms of the hotel are named after his books. After dinner, we took a little stroll in the stunning garden.

A more dopamine-inducing experience in Nagar is to ride on a four-wheel jeep from Minapin, deep

into the mountains with an amazing view of the surrounding peaks and for a full range of Mount Rakaposhi stretching to an awesome length of about 20 kilometers. Next day, we headed towards Mount Rakaposhi base viewpoint in a jeep. Higher the elevation, more beautiful and scenic our journey got. Ultar Peak (7388m), Ladyfinger Peak (6000m) and other mountains continued to mesmerize us as we went deeper into Hunza.

The sun poured its yellow-ish light upon the valley. Under the sun, the valley reflected shades of gold, ruby and emerald. Throughout the trip, we often mingled with nature, watched, and witnessed the simple lifestyle of the locals: children going to school, adults mending the roof, in the fields too, extracting food.

Burushaski and Shina are spoken by the residents of Nagar. The people are simple, kind and friendly. Main source of living is tourism and farming, despite that, people also love mountaineering, adventure-tourism, transport, and some of them are tour guides. These people value education, art, mining, livestock, and organic food.

After two days, we left for Khunjerab Pass: the world's highest frontier located between the borders between Pakistan and China. On our way there, we came across the beautiful Attabad Lake. Due to a massive landslide Attabad Lake was formed. Several villages vanished forever. It changed the landscape for good.

The peculiar metallic blue color of the lake leaves you in awe. The surface of the lake looked more like a huge mirror and reflected mountains, plains, and your reflection. We took a boat ride and while boating, I pondered upon the tragedy, which resulted in the formation of this beautiful lake and the fact that, how

tragedies can bring about hope. This lake is one of the most important tourist attractions and provides livelihood for many.

After a while we left the lake behind and then came across Passu cones, A dozen narrow peaks positioned side by side as if they were ready to embrace you. Traveling from Passu to Sost is so fulfilling, it feels like Mother Nature wants to connect with you, leaving many questions. If one truly seeks answers, one should submit and surrender before it. Trees, fields, clouds, snow-capped peaks, clear-blue-sky, and tangled twists and turns... few more turns to reach the border. A magnificent snow-capped peak rose over the border. Temperature got lower as we went upwards. Khunjerab is present at a height of more than 15,000 feet and at such high altitude it gets a bit hard to breathe. My colleagues experienced breath-shortness, but I was fine.

We reached there and it snowed; it felt like the movies. The border side is somehow simple with a check post, commemorative stones, and the world's highest ATM. We walked towards the gate that separates Pakistan and China and waved to the Chinese citizens present on the other side.

We stayed there for two hours and went back to Hunza, after that our return to Islamabad was due. It was finally time to say goodbye to this heavenly place. I felt emotional on my way home. The trip preserved so many good memories to cherish for years to come!

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Applied Anthropology : The Forgotten Discipline!



Wajiha Tareen
Anthropologist

02 MINUTES READ

Anthropology is the scientific study of human behavior and society. It is an important discipline of Social Sciences. Anthropology has played a significant role in aiding us to understand human behavior and society for a long time. It has developed into an academic discipline with its own distinctive characteristics and features.

Applied Anthropology is the application of anthropological research to solving practical problems in development, public health, administration, industry etc. In other words, it is the application of anthropological knowledge and research methodologies to practical issues, born out of anthropologists' involvement in administration and development policy. It was initiated in the mid twentieth century.

There is a rise in deploying anthropologists in the social field. Anthropologists have taken a step ahead by getting into practical research. Anthropologists, these days, are being hired by government and non-profit organizations to study and evaluate certain issues. They are serving as policy researchers, evaluators, impact assessors, needs assessor, planners, research analysts, advocates, trainers, culture brokers, expert witness, public participation specialists, administrators/managers, change agent and therapists.

Moreover, working in above mentioned positions has opened vast fields for anthropologists to do

applied studies i.e. preserving cultural heritage, linguistics, medicine, economics, human rights, population, women empowerment, urban development, policy making etc.

It is evident that the applied anthropologists can be very helpful in human problem solving. There are two aspects of anthropology;

- i. solution of theoretical problems (theoretical anthropology)
- ii. solution of social problems (applied anthropology).

Applied anthropologists tend to explore changes and stability in specific cultural systems through provision of data, initiation of direct action and formation of policy. All this is based upon the methodologies that an applied anthropologist applies to draw a relationship between information, policy and action. Information is collected through research to formulate policies in order to initiate an action accordingly. All this process is later evaluated by social impact assessment strategies.

Lastly, it is evident that applied anthropology is a significant discipline which can play an important role for society. Applied anthropology has developed into quite a professional branch after all these years of improvement. It can be pivotal for community development through advocacy and adequate social marketing. Applied anthropology has successfully addressed many issues through its specialized techniques in the fields like child literacy, women empowerment, gender violence, domestic abuse, mass awareness campaign, unemployment etc.

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Top Pakistani Universities to Pursue Your Passion

0.6 MINUTES READ

Public Sector

1. Quaid-i-Azam University, Islamabad



Quaid-e-Azam University, Islamabad produces the most Ph. D scholars among Pakistan's all universities. Quaid-i-Azam University (once named Islamabad University) was established in July 1967 under the Act of National Assembly and started teaching and research programs for PhD and MPhil degrees. With time, it started to offer Master's, graduate, and now undergraduate programs as well. QAU has topped the overall ranking of national universities in the latest ranking of universities released by the Higher Education Commission (HEC).

2. University of Punjab, Lahore



Situated in Lahore, University of Punjab is the oldest public university in Pakistan. It was initiated by the British Government in 1882 and is overall the fourth university which was created by British colonial authorities in the Indian subcontinent. The academic disciplines and courses offered in this public-sphere university are wide-ranging, and including, fine arts, economics, linguistics, overall constitute about 43 academic disciplines and different degree programs.

3. Pakistan Institute of Engineering & Applied Sciences, Islamabad



Pakistan Institute of Engineering & Applied Sciences ranks among Top 400 by QS World University Ranking as per their 2020 list. PIEAS has excellent experimental and computational facilities... located in Islamabad is one of the highly reputed universities of Pakistan. They offer BS, MS and PhD degree programs in engineering, physical sciences, life sciences and formal sciences.

4. National University of Science & Technology, Islamabad

National University of Sciences and technology, commonly referred to as



NUST, is a public research university with a main campus in Islamabad and other subsidiary campuses in different cities of Pakistan. NUST has retained its top position in Engineering & Technology for the last 5 years among universities of Pakistan. It also offers other courses like media, psychology, architecture etcetera, but science and technology and academic disciplines like mechatronics, robotics, appear as the feather in their hat.

5. University of Engineering & Technology, Lahore



University of Engineering and Technology is Pakistan's second best public-sector university which offers engineering and information technology related courses and academic disciplines. UET was established in 1924. UET has its campuses in many major cities of Pakistan.

Private Sector

1. Institute of Business & Administration, Karachi



The Institute of Business and Administration, Karachi has maintained its number one position in Pakistan over the course of its operations, and one of the top-most institutes in the field of business administration and management, mathematics, and statistics. IBA was founded in 1955. The alumni of IBA have served as ministers in the finance department, advisors on finance and economy. IBA is regarded for their courses specially Management Sciences.

2. Lahore University of Management Sciences, Lahore

Lahore University of Management Sciences is Pakistan's best university



for management sciences among the private sector universities. Entrepreneurship is the first impression of LUMS. LUMS is also known for its social sciences faculty. It is said that

LUMS has the best faculty and has an edge over other universities in research. LUMS is also known for its co-curriculars and extra-curricular activities like debating society, drama and music festivals.

3. Ghulam Ishaq Khan Institute of Engineering, Sciences & Technology, Swabi



Ghulam Ishaq Khan Institute of Engineering, Sciences and Technology, located in Topi, KP is a private research university. Best known for engineering, science, and technology, GIK has an amazing campus as well, and is one of the most beautiful campuses from Pakistan. GIK is famous for the versatility and vibrancy of its extra-curricular scenario. All the activities are student-organized. At present, GIK has more than twenty student societies.

4. Habib University, Karachi



The first dedicated Liberal Arts & Sciences university that offers interdisciplinary education with its unique Liberal Core. Habib University has a phenomenal campus as well, which adds up to the overall beauty of it. It is a multidisciplinary university offering undergraduate degrees in science, engineering, arts, humanities and social sciences. It has a strong focus on liberal arts, and requires all its students to take a set of liberal arts courses consisting of sociology, history, philosophy and anthropology.

5. Beaconhouse National University, Lahore



Beaconhouse National University, located in Lahore, and a liberal arts university, offers undergraduate, graduate, and doctoral programs. Media, communication, performing arts, fine arts and to sum it up, all sort-of-arts are offered in Beaconhouse National University.



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