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AZEEM MONTHLY ENGLISH MAGAZINE



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


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


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EDITOR'S NOTE

We had a great 2021, and we really hope to have a great year 2022. Our resolutions are fixed and we are determined more than ever to provide our AEM family with the best reading experience. Reading changes the vision of a reader. To our readers, here's to better experiences, here's to better life choices, here's to prosperity, progress and success, here's to Awareness, Education, and Confidence, here's to having a great 2022. We wish all our readers a very happy and very blessed new year. Don't forget to turn to the next page, we've got some surprises coming your way!

Happy Reading!

Muhammad Ali Farooqi
Editor-in-Chief

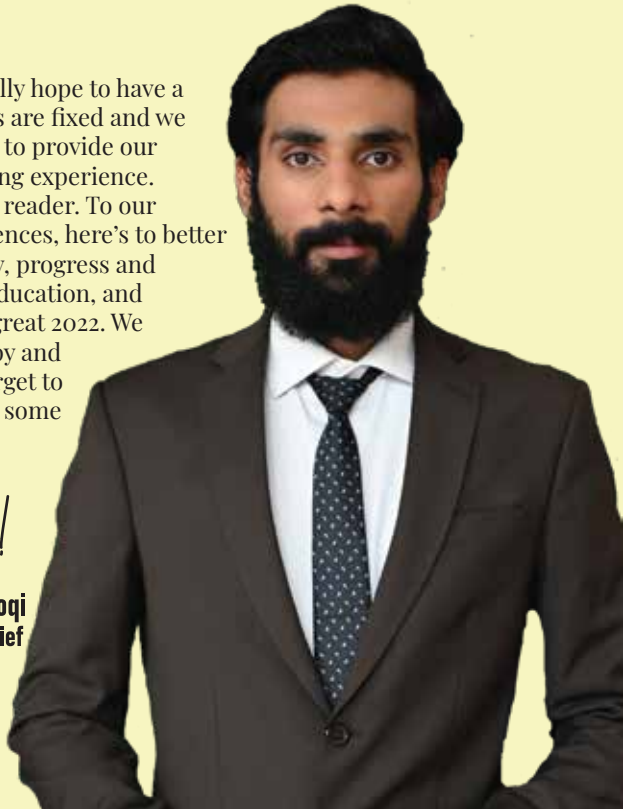


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AZEEM MONTHLY
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MAGAZINE

2022 THE YEAR OF TRANSFORMATIONS



Haadia Ahmad
Teacher. Actor. Writer

04 MINUTES READ

Rise of China

China might be the next superpower by 2030, with its Belt & Road Initiative. Chinese resurgence is softer in its nature, and hence more impactful. As it hands out loans to the world, particularly developing and underdeveloped nation-states: cementing its sphere of influence. Major beneficiaries spread across the globe, from the Strait of Malacca to the Strait of Hormuz, Horn of Africa, back to the Caucasus, and here, in South Asia. China is gathering momentum, and its sphere of influence extends to all over the world. This would come off as a challenge for the developed nations.

Surveillance Capitalism

Surveillance Capitalism could be

defined as marketing strategies in the twenty-first century. This is the age of personalized ads and data-fueled transactions and sponsored social media campaigns. These ad-campaigns might get more mainstream in 2022. All the social media websites including Meta, YouTube, Twitter, Instagram use personalized data sources to sell products. Modern day capitalism would continue to outsource personal information of their products: the people are the products, as well as the consumers.

Hybrid Work

Pandemic paved ways for the people, particularly the employees: it showed the world that work can be done remotely. And that indeed helped the people. Post-pandemic world, and now there's a new concept of working, Hybrid Work. Hybrid work is the combination of working remotely and in a traditional office setting. 2020-2021 were the years where hybrid work had more

leverage, due to the COVID-19 restrictions and protocols. Will the world turn back to a traditional office or remotely? Only time would tell, but given the case of the Omicron variant, a hybrid setting is more likely to follow pursuit.

Artificial Intelligence

As much as Artificial Intelligence fascinates and glows, it can pose serious challenges to the already jobless society in the coming years. Machines might take over, and that will change the nature of course of contracts between employees and employers. Tech-boom will surely help mankind, but that would come with negative impacts on society. The situation could get alarming in the coming years. Which have been alarmed by intelligentsia. It would thus enhance the joblessness in the society. And particularly the underdeveloped and the developing nations. Corporate sector won't take an instant to switch from manpower to a man-powered system.

Cryptocurrency

All the years of trade and doing business: the currency exchange system has evolved from barter trade to selling goods with coins, to paper money. During the evolution phases, ATM and online transactions shocked the world some 15-20 years ago. Critics even argue about the nature of online transactions. That it is a mere construct, only an abstract of it. Currency and exchange rate systems have evolved now to another construct of money: i.e. Cryptocurrency. Cryptocurrency, if simply explained, is data-money. It exists in the form of datum. Cryptocurrency emerged during economic collapse, 2008. And now its popularity has

grown to a larger extent.

Metaverse

An alternate universe, where one can meet people in an alternate reality but as holograms. Metaverse is a virtual world where users can explore using personalized avatars. Its users would be able to carry out their everyday tasks, but in a cyber space. These tasks could relate to; economic and social. The CEO of Facebook/Meta believes that Metaverse is the future of the internet and his trillion-dollar company. It also includes augmented reality that combines aspects of the digital and physical worlds.

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UNPOPULAR OPINION



**DON'T FEEL SORRY FOR
BEING SORRY AS
NOBODY IS SORRY FOR
YOU FOR BEING SORRY.**

THE PHILOSOPHY OF HAPPINESS

existed and will keep looking long after we're gone. The question of happiness is especially important today as it is being impacted by consumerism and capitalist ideas of maximalism. We have so much and still nothing.

What makes us happy?

Aristotle was the first Greek philosopher to do thorough research on happiness and put it into a book. He was fundamentally at odds with Plato and Socrates regarding our knowledge of happiness. For them, the question of self-knowledge is perhaps the most important question that gives us the answer to what will make us happy.

For Plato, happiness is the answer to the most critical intrigue of human life: "Why am I here?" But Aristotle is outraged by the enigmatic nature of Plato's interpretation of happiness. According to him, happiness is all about achievements, wealth, health, friends, knowledge, etc., generally all the things that lead to the improvement of human life.

In Nicomachean Ethics, Aristotle gives the example of an archer aiming at a target. In the same way, any human activity driven by the desire to achieve something is an attempt to hit the target of happiness.

A key component of Aristotle's theory of happiness is the virtue



Arooba Haq

Student, Self Proclaimed Artist

04 MINUTES READ

The Greeks believed that we live to be happy; it is the only purpose of our life. Happiness is what everyone strives for; it is the goal of all our actions and activities. Ultimately, happiness is the *raison d'être* of our existence. The most straightforward answer to the most pressing and complicated question in philosophy is "*what is the purpose of life?*"

But can we ever achieve this goal? Can we ever attain happiness? Where does it come from? How do we reach it? These were the questions Greeks asked centuries ago. All humans had searched for the answers to these questions long before the Greeks ever

factor. He argued that an essential element in the pursuit of happiness is "**absolute virtue**" or, in other words, good moral character. For Aristotle, happiness is only attainable when you make good decisions and do good things. If you decide to do otherwise, you can never be happy.

The Greek obsession with how important it is to be happy is manifested in Hedonism, a school of thought based on the idea that all our actions aim to maximize happiness and avoid pain at all costs. For Christian philosophers, on the other hand, the purpose of life is not the pursuit of happiness, and virtue is necessary but not enough to achieve happiness. Happiness is in the hands of God. It is not controlled or created by humans.

So, how can we ever be happy?

In the modern world, happiness seems way more difficult to achieve than ever before. We must spend a big chunk of our lives studying, and right after we get our degrees, we're expected to get jobs. A huge part of our life then goes to our 9 to 5 jobs and to waiting, the constant waiting, for the weekend, for the next holiday, for retirement, and then for death.

Capitalism and consumer culture force us to attach our happiness to what we can buy. But things are never enough, and we are never satisfied, we always want more, a bigger house, a faster car. So, the first rule of being happy is that we must not seek happiness in the form of material possessions.

Don't seek the praise of others. Don't try to please everyone because it is practically impossible. It doesn't matter how good a life you've led. There'll still be people standing around your death bed ready to welcome the sad event.

Put your focus only on things you have control over. The universe doesn't owe us anything. It doesn't revolve around us. We are nothing but a tiny speck in this vast and wide universe. We can't bend anything to our wish. Nothing will happen just because we want it to happen. The only thing we have control over is our own actions and thoughts.

Want less. Don't let consumerism convince you that having this or that will improve your life and make you happy. Wealth isn't about having more significant possessions; it is about having lesser wants. Wealth can make your life significantly better but...

... know that life isn't all about victories and achievements; it's not about the destination but the journey because death is the only certain destination for all of us. And yes! Always remember death; it's what makes everything meaningful and valuable. This quote from the movie Troy describes it more appropriately, "The gods envy us. They envy us because we're mortal, because any moment may be our last. Everything is more beautiful because we're doomed."

The secret of happiness is not accomplishing everything in life or having a perfect life. Instead, the secret is being resilient in the face of adversity and setbacks.

Always look at life through the favourable lens of perspective and moving continuum of time.

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UNPOPULAR OPINION

CARELESS PEOPLE ARE MORE HAPPY.

POLITICAL THEORY & PRACTICE



Omaer Yaghei
Writer, Poet

04 MINUTES READ

The doctrine of Aristotle who said Man is a political animal could be quintessentially argued upon that Man is not the only political animal. Political thought and its tendencies of implication are embedded in 'non-human animals' too. Only the intellect of man has made him the superior political animal. Therefore, politics, its theoretical framework and ideology and their application is struggling to be perfected by this superior political animal.

The intellectual history of political thought dates back to Aristotle and Plato in pages of history but the existence of Egyptian, Indus and Mesopotamian civilizations show that the political practices and their theories were existent since the first human on earth. The first solution of a dispute given by Adam (A.S), over marriage between Cain and Abel, and their response to this solution of giving sacrifice shows the politico-economic will of early human beings. In Leviathan, Thomas Hobbes has developed his argument by discussing the murder of Cain by



Abel that state of nature was a state of war and the nonexistence of common power resulted in the murder of Cain ("*Cain, Abel and Thomas Hobbes*" by Helen Thornton). It means that political philosophers and peers consider political theory and its practice as old as the birth of the first man.

Every scientific theory is the outcome of an idea/hypothesis that is supported by evidence but political theory is a bit different. It is developed subjectively either as an idea/thought and put to practice or derived directly from a practice. Karl Marx stated in *Das Kapital* that:

**"Practice without theory is blind.
Theory without practice is sterile."**

Therefore, the theory in itself is of no value unless it is practiced. The development of political theory is a subjective and a dependent process. The practices of a sovereign mostly lead to development of a political theory or formation of a new theoretical framework which could develop another political theory, to be applicable and, to replace existing practiced

IMAGE: THE JOURNALIST

models. In Marx' framework, it can be associated with the development of Thesis, Antithesis and Synthesis. To practice a political theory, accumulation of power by a sovereign is necessary and this accumulation of power leads to the foundation of practicing political theory and extinction of morality in practice. As stated by Lord Acton;

“Power tends to corrupt, and absolute power corrupts absolutely.”

In a rational and “Post-Westphalian” world, morality in political theory and action is always subjective and mainly depends upon national interest and public opinion. Political theories are shaped by political practices and vice versa at public/nation/state level and at international level too because major international theories have roots at national level; especially before the postmodern era.

To explore political theory in practice at a general level, political action does not seem to be always aligned with political theory on which it is based. Political theory is intended to be ideal while ground realities, socio-cultural aspects and political behavior and its psychology varies. Therefore, it produces vagueness between a political theory and action. Due to these reasons practical political models based on political theory sometimes fail in the longer run such as the failure of the communism model in agrarian Russia instead of industrial Germany and the presidential system in Pakistan.

The fundamental problem in political theories is that they usually take extreme and ideal positions whose achievement in actuality is quite not possible. If structure of a state and international political structure is confined to such theories then it results in othering and marginalization of powerless and have-nots. As a few examples, Imperialism and Mercantilism based on Realism resulted in colonization of about 80% of the world. The Soviet Union's communism model marginalized critical artists and free thinkers and formed Gulags. Neoliberalism and Neoconservatism based on the Afghan and Iraq

war. This shows that every political theory is a rational theory which prefers self-interest over goodwill of humanity. But political theory and its practice are interdependent. A man cannot omit politics from his life and politics cannot thrive without a man's intellect. The process of development of political

theory is a continuous process and it will end with the end of the world. We, humans, will never reach an ideal political theory but we will struggle to find the best solution possible as it is the trait that differentiate us from other living beings. But we will not attain a perfect and ideal political theory and model/action as nothing will ever be perfect. In Salvador Dali's words;

“Have no fear of perfection—you will never reach it.”



IMAGE: THE JOURNALIST



WHY TIRES ARE BLACK?

04 MINUTES READ

Ever wondered, why tires are black? Tires have two main ingredients, first is rubber in its raw form. Natural rubber is viscous with an almost white milky quality to it. To prepare it for tire production, it's mixed with acids to allow it to solidify and pressed to squeeze out the excess water within. Once the rubber is ready for use, that's when carbon black is added and the color of the rubber turns to its signature black. Carbon black is a fine black powder, or soot, a byproduct of fossil fuels that undergo incomplete combustion. It's blended with silica and other chemicals, such as a reinforcing filler to enhance rubber's strength and durability while also conducting heat away from parts of the tire. But manufacturers today also add a number of other compounds to the mixture. In fact, up to 200 different ingredients go into a tire. Synthetic rubber polymers such as butadiene,

styrene-butadiene and halobutyl rubber are combined with the natural rubber.

As many as 30 different types of synthetic rubber may be used and the properties of the polymers and chemical agents used in a tire can have a significant impact on its overall performance including its impermeability, rolling resistance and traction. All of the ingredients are mixed together to create a black gummy compound. This is cooled and cut into strips. The next step is to build the tire. This is done from the inside out. All of the elements including the rubber, steel reinforcement belts, beads, ply and other components are placed in a tire building machine. The resulting tire is then vulcanized in a curing machine. In this process the tire is heated together with sulfur, an accelerator and an activator and all of the parts of the tire are compressed together. The tire is hardened and given its final shape including its tread pattern and sidewall markings.

These days manufacturers control the properties of their tires so much that they sometimes use as little as 10% of natural rubber in their tire recipes. Instead, they rely mostly on synthetic compounds and fillers to create tires that are strong and built to last. Without carbon black tires would be a lot more brittle, give out much earlier and be more susceptible to damage from sunlight. Aside from that our tires would look very different. They would be white!

But what if you want a tire in a different color? Then you may want to fit your car with BFGoodrich's Scorch-er T/A tires. They featured colored ribs and unique silica-reinforced treads. They supposedly perform about the same as any regular high-quality tire even outperforming them in some areas such as grip. Pirelli: known throughout the Formula 1 circuit also offers some tire options with colored sidewalls in their inventories. But that's about as far as you can go if you want to change up the color of your tires. We can't say they're practical either as they typically don't last as long as their plain black counterparts are more expensive and are quicker to show dirt and wear. That would defeat the whole point of even getting them installed in the first place.

Cars have come a long way since the Model T Engines have gotten beefier, chassis have gotten sturdier and have more safety features. Even steering wheels are starting to change. But despite the leaps forward in tire construction such as the introduction of sidewalls, improved tread construction and innovations in material engineering. As a whole, tires still largely look the same. They are round, and black, just like they've always been throughout the automo-

bile industry's century-long history. But what would future tires look like? Michelin, one of the largest tire manufacturers in the world, has a design that just might be the tire industry's biggest step forward. UPTIS, short for the Unique Puncture-Proof Tire System, could be the 3D-printed airless tire of tomorrow. Michelin firmly believes in the concept, touting it as a truly modular and 'rechargeable' tire. Uptis is principally made of rubber and resin-embedded fiberglass to carry the load of the car and maintain a smooth ride without issues caused by compression. And thanks to its airless design you can say goodbye to flat tires. Instead, you can roll up to a 3D printer, to 'refresh' your treads or even modify them if you're planning to go on a road trip on harsh terrain.

There have been some problems to overcome before airless tires can hit the road at scale. For example, if debris, sand, mud or snow is trapped in the spokes, the airless tires can fail. Problems like this explain why they're still under-development. For now, we can take comfort in our same old reliable tires, as black and circular as they are. But would you prefer to fit your car with airless tires or traditional tires?

UNPOPULAR OPINION

**ROTI CAN BE
ROUND,
TRIANGULAR,
RECTANGULAR,
OR HAVE A BIZARRE
FORMATION.**

Ten Questions for a Woman Who Remembers Every Moment of Her Life

0.6 MINUTES READ

"My first memory is being in a dark place, with a reddish light and my head between my legs."

If you take any book in the Harry

remembers every single moment from her life, in chronological order, with a completely bizarre level of detail. In her particular case, she recalls memories in hyper-realistic



SOURCE: VICE

Potter series, open a page at random and start reading, 29-year-old Rebecca Sharrock will chime in from memory. "There are all kinds of courage," I begin, reading from page four of the Sorcerer's Stone and without hesitation Rebecca retorts: "it takes a great deal of bravery to stand up to our enemies..."

Rebecca can do this because she

flashbacks that include scents, word for word snippets of conversations, and at times even physical pain. This rare skill is known as Highly Superior Autobiographical Memory (HSAM) and Rebecca is one of around only 80 individuals internationally diagnosed with the condition.

Naturally, I wanted to know everything about Rebecca's memo-

ries, her brain, and how living with an encyclopedic knowledge of her own timeline has affected her world. So I called her at her home in Brisbane and asked.

LAURA ON THE DAY SHE WAS BORN, WHICH, OF COURSE, SHE REMEMBERS.

What's the very first thing you remember?

Rebecca Sharrock: I remember being in a dark place, with a reddish light and I had my head between my legs, so I'm assuming that's when I was in the womb but I didn't know my age at the time. That's the earliest I can go back, as my memories are always in chronological order.

Okay, wow, I'm just going to test you a few more times. What do you remember of your second birthday?

It was just before my sister Jessica was born, but I didn't realize my mom was pregnant at the time. I remember sitting at the table and I had a cake with plastic trains on it, but I was more interested in the trains than I was in the candles. Once we had the cake which had tinsel around it, I took the trains off and they were my favorite toys for a few months. At that age, I didn't know I was turning a different age, I just knew that something was a different.

What's your single most vivid memory?

The older my memories are, the more vivid they get. Although my newer memories aren't as deep and intense for me. I remember being three years old and sitting on my bed at my grandparents' house. I asked my mom about what we had for dinner a few weeks earlier. She would

always respond by saying "I don't know Becky, it was a long time ago," to which I always used to say "but someday right now will be a long time ago too." And she always used to say "but by then you won't remember it."

How intense are your memories?

I remember everything. I'm very particular with smells as that's always a vivid part of my memory recollection. If I'm going out somewhere and I want to feel a particular way before I leave, I'll put on a particular scent from a happy memory.

REBECCA NOW WORKS AS AN AUTISM ADVOCATE, PROVIDING TALKS AND SEMINARS FOR LOCAL ORGANIZATIONS AND SCHOOLS.

How is HSAM tested or proven? What was the testing process like?

It was a very long process. My parents started by contacting the McGaugh/Stark lab at the University of California Irvine. This was the lab where HSAM was first discovered in 2006 and it's the only place you can be officially diagnosed. The whole process then took several years. I had to do various tests, I had to have brain scans. They would ask me certain questions at the beginning of the testing process, record it, then ask me two years later what were the exact things I'd said to them. I was really nervous to do the test at first because they said that most people actually fail when asked what day of the week certain events fell on, or what current affairs happened, but I passed.

Was it important to you to be formally diagnosed?

Absolutely. Before I knew about HSAM, my self-esteem was so low because I thought there was

something severely wrong with me. It was good to have an answer. It was the same when I got diagnosed with autism because before that, it was just another unanswered question I had about myself.

I didn't actually hear about HSAM until I was about 21, but I first realized that something was a bit different when I started socializing more as a teenager. I found that I fixated on things more than my friends would. Before being diagnosed, I just put it down to being a part of my OCD, which I also have.

Would you say that HSAM is more of a blessing or a curse?

It's a mix of both. It's a curse because I can't forget bad experiences and I relive all the emotions, which can often ruin my day. But a positive thing is that I do relive happy experiences, such as today where I've been reliving my childhood memories.

Do you have to avoid certain events or scenarios, knowing you'll vividly remember them forever?

I have to definitely take a lot of caution. I have to keep up with current affairs for future memory tests, so I prefer to read the newspaper. If I see something confronting on the television news, it can really stay in my mind and last forever. I take medication to control this anxiety so if it's a day that I know could potentially cause me stress, like going out Christmas shopping, I'll take a Valium as a precaution. My therapist has given me strategies to try and avoid these situations, but yeah, sometimes they're unavoidable.

How do you feel when people try and ask you to prove your condition, or try and test your knowledge?

When people are asking me to prove things, I sometimes feel a bit awkward and embarrassed—like I'm just a show pony. And sometimes people ask me to prove my HSAM in a really skeptical way. I've had people sending me messages saying I'm full of lies.

If there was a complete cure for your condition, would you take it?

I'd take it to get rid of the bad memories in a heartbeat, but I do want to keep all my happy memories. They're still figuring out what part of the brain controls short-term and long-term memories, so they're looking for safe ways to potentially turn on or off different memories.

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Facts Noone Signed Up For

Japanese researchers at Kyoto Prefectural University have created a mask using ostrich cells, which glows when Covid traces are detected. The lead researcher, Yashuhiro Tsukamoto, decided to have a special filter on the mask with ostrich antibodies as they target the virus, based on the previous researchers by scientists.

Across Europe's Borders



Viviana Ferreras
Law Student
Balkan Route Solidarity Network

04 MINUTES READ

Serbia and Croatia are two seemingly rival countries and share a border with other states to form the European Union's eastern borders. A few years ago, Bosnia joined the border regime because refugees found a new route through its mountain ranges moving into the south. Things have been documented by a number of volunteer-run organisations.

State-run camps were created following the destruction of the barracks in Belgrade train station, where a large number of people from the Middle East and North Africa and South Asia lived, and informally organized themselves with the help of the local people.

With the introduction of the so-called Commissariat (KIRS): a coalition of police force and social workers, responsible for camp administration, the situation has become very complex. In particular, NGOs

have become very obedient to government demands. Nevertheless, many refugees decided to move into the forests on their own and outside the system, surviving however they can, but with little freedom.

Right now, things look bleak. Governments are getting more authoritarian and local people are not anymore interested in the situation.

Like the Roma, the refugees are totally excluded from society. Under these conditions, they have no chance to organise and demand basic human

rights, as their whole lives revolve around mere survival.

Over the winter, we have seen police forcibly relocating refugees to inhospitable areas through daily and covered, almost clandestine actions. Sometimes the people are moved to another country, and a game of human ping-pong is played between Balkan and Eastern states: close friends and families are being torn apart in this way. The Corona virus made it politically possible for the government to deploy the army. The area has long been militarised, but



IMAGE: SHUTTERSTOCK



Pakistan's Best Kept Secret RAMKOT FORT

04 MINUTES READ

Located on the summit of a hill, Ramkot Fort is built over the site of an old Hindu Shiva temple. Three sides of this hill top are surrounded by River Jhelum (ancient "Vitasta"). During excavations, relics from 5th & 9th century AD were discovered near one of the surrounding temples. During the 16th-17th centuries, the Muslim rulers of Kashmir in order to secure their boundaries built numerous Forts. Ramkot, sitting atop at the confluence of the river Jhelum & Poonch is one of them. The Sikh Maharaja of Kashmir further fortified Ramkot.

Ramkot Fort is located on the opposite side of the Mirpur town, one has to cross the Mangla Lake by boat to reach there. A 10 minute travel by road from Mirpur leads to Sukhian and nearby army water sports club from where boats are available to

travel to Ramkot Fort. It takes about 45 minutes to reach there.

Though on the verge of collapse, it still offers everything to those who have a thing for past glory, nature, and history. The masterpiece of the glorious architecture of 12th Century AD, the fort was built in 1186 by Sultan of Ghurid clan namely Ghiyath al-Din Muhammad, at top of a hill surrounded by blue waters of river Jhelum and Poonch on three sides. Ramkot Fort presents a beautiful landscape with a blue river in the background and a majestic view from the top. The fort is located on the confluence of two mighty rivers and seems like a crown on a vertical cliff from blue waters. Due to its peculiar architecture, the Ramkot Fort is distinct among fortresses built in the Kashmir region. The architectural characteristics of Ramkot Fort suggest that it was also constructed in the same timeperiod,

when Mangla and Muzaffarabad Forts were built. People, including men, women, children, who reached here to explore history found the fort's location strategically more important than the forts as Lahore Fort (Shahi Qila), Peshawar Fort (Qila Bala Hisar) and Rohtas Fort. It can be reached through a gateway provided in the southeast corner of the fort. It is the only entry/exit point for the whole fortified area. The gateway is strategically designed with canons covering almost every angle.

One can clearly see that the whole complex is slowly turning to ruins and as the times pass, it will continue to be so. The renovation of the fort can be a big attraction for tourists, nature-lovers, hikers, and water sports-lovers and earn huge revenue for the administration, as well as provide a decent livelihood for the locals of Dadyal Tehsil.

Ramkot Fort was built in the middle of blue waters of Jhelum and Poonch rivers and now surrounded by waters of Mangla Dam, the second largest water reservoir of Pakistan and 16th largest in the world, from all four sides. People can reach this site

by using boats mostly from Haveli Bhatthar village of Sayakh area of Dadyal Tehsil of Mirpur district. The other way to approach the fort is via a boat from the water sports club located in Mangla Dam, which, after an almost 10-minute ride, would reach the northern extreme of the dam. Here, one can find a giant fort structure located on the summit of the hill.

A short but steep climb uphill takes you to the fort. This tricky location must have been a strategic plus point for this fort in the past, but these days, it has become the reason for its isolation and wilderness. The structure of Ramkot Fort epitomizes the Muslim military architecture, being filled with war mechanism. There is a water tank at the front against the background of a building on a raised plinth.

UNPOPULAR OPINION

Gold is more overrated than overpriced.





Murad

The Unsung Hero of Punjab



Imran Khan

Playwright, Poet, Fiction Writer,
Teacher of English Literature

08 MINUTES READ

A little is known about the resistant history of the Punjab. People are not familiar with the heroes who raised their voice and arms against the internal as well as external tyranny. In the far-off northern valleys surrounded by snow-clad mountains and in the deep thick jungles on the banks of the rivers many battles had been fought from time immemorial. Many men of true mettle had challenged the might of their own rulers, who became ruthless and flouted the norms of good governance. Most of these worthy men have been forgotten by the people. That is most unfortunate. Anyhow, someone somewhere can still find a clue to the lost chapters of history. One unknown, unsung hero from the plains of Central Punjab is Murad Daleel-da (Murad son of Daleel) who was the trusted lieutenant of Ahmad Khan Kharl, who

rose against the new foreign masters of the Punjab in 1857.

Murad was arrested in October or November of 1857. And when he was being transported from Sahiwal areas to Andaman Island (Kala Pani) he sang:

میراد آکھے: اسانوں تان کھیا ڈھیس، پر بنگلے گو گیرے
توں نہ لیسیں پچھری

لوہے دیاں بیزیاں گھت، حبا بیزیاں وچ چپڑھائے
میراد آکھے: اسیں وگے حبانے ہائیں، کاشر مار

دو پھری خوش و سیں او دیس اسڈیا

Murad says: We have to face whatever is our fate. But you will never again hold your court in Gogera. They were fettered and put aboard the river boats. Murad says: We have killed our enemies in broad-day light. We are happy over that, may you live long and prosper, our country!

Murad Fatiana a Mahini Sial of Garh Fatiana of Toba Tek Singh belonged to the tribe of Saheban, the ill-fated heroine of the popular legend. Ahmad Khan Kharl, the leader of the rebels of 1857, belonged to the tribe of Mirza the hero of the above

mentioned story. When Saheban eloped with Mirza and Mirza was murdered by her brothers, the tribes had a bloody battle in which the Kharls emerged victorious. The town of Mahini Sials – Kheeva – was ransacked and totally destroyed by the Kharls. From that time the two tribes were never on good terms with each other. They came a little closer when in the Sikh period Ahmad Khan Kharl got some Mahini Sials released from the custody of Ranjeet Singh. Rai Ahmad was a respected senior elder of the areas on both sides of the river Ravi. When the Meerut mutiny started and many jails were broken, Shamoo of Dherkey, who had been held in the Agra jail, came to this area and called on Rai Ahmad Khan.

شامووں دھیرے کا آگرے دی جیل توں نکل
اوہ گھر بچھدا رائے نتھو دے احمد خان دا

اس وہیا آن سنا، مارے ہندوستان دے

Shamoo told Rai Ahmad what had happened in Delhi and around after the armed uprising against the Whites. The District Gazetteer of Montgomery says, Emmasaries from Delhi appeared before the end of May to have crossed the river from the direction of Sirsa and Hisoar – news of Meerut mutiny and massacre and of the disarmament of the native troops at Mian Mir reached Gogera via Lahore on the 18th May.

Ahmad was an above average bold and crafty. In 1848 he had induced Dhara Singh of the Gogerra Nakkai to hold Satghar against the English. It was this man who roused the tribes.

And one of the dhola says:

رائے احمد کھل کے ہیرو، ویہنی وال، ماہنی سیال،
بھیلے، ڈو، کھل لیس کول بلا

Rai Ahmad has called the meeting of the elders of the Hairo, Kathia, Vahniwal, Mahini Sial, Baghela,

Wattoo, and Kharl tribes.

Rai Ahmad sought their collaboration and help to fight against the English. But the elders from some tribes were not ready to face the might of the foreigners.

چپڑھدے رائے نوں پرہیں بیاں، بھگیندیاں ہتھ بیالیاں
ایں نال سرکار دے
ایہناں انگریزاں اگے راجے رنجیت سنگھ نوں تختوں لہ لہو
ای

مولراج رنگے دی دھکے گئے، حنزائے لیا نہیں کھوہ انعام دا

They warn Rai Ahmad who is out to face the English. You are challenging the Government. They had dethroned Raja Ranjeet Singh. They have subdued Moolraj (of Multan) by force. They have plundered his coffers.

But Rai Ahmad refused to listen to them and Kathias, Wattoos and some sections of Kharls, and Sials, and Vahnivals, committed their support to him. Murad of Garh Fatiana was one of them.

خان احمد آہندا اے: ایہناں انگریزاں دی ہک ہور
گل دی حباننا ہاں

اگے چھ آنے روپیہ اگھاڑ کے کھادا اے راجے بسواؤ لہن
دا

اوووں تنبو حباٹھو کے ہائیں وچ ملتان دے

ایہناں انگریزاں نوں راجے بسواپور والے من لیا ہئی

بیکانیر والیاں چھ آنا تاربا بس کے وچ ہندوستان دے

Rai Ahmad says: I know more about the British. They had 37% share in the collection of Pir Bahaulhaq Zakarya. They invaded Multan. The Nawab of Bahawalpur has recognized them. In Hindostan, rulers of Bikanir have also given them 37% share And the Gazetteer says:

“The first real precursor of the storm that was brewing occurred on the night of July 26th in the shape of an outbreak in the Gogera jail. This appears to have been in all probability

the work of Ahmad Khan, as he had managed with the connivance of the Darogha to pay an unauthorised visit to the jail during June, when he no doubt conferred with the more turbulent of its inmates. The outbreak in the jail was promptly suppressed, 51 prisoners were wounded and killed”.

Rai Ahmad and many other chiefs were detained in Gogera at an earlier stage of the war of independence. On the banks of river Ravi his followers continued creating trouble. And one day Rai Ahmad again escaped. He crossed the river. Berkely, the Extra Assistant Commissioner, chased him but failed to catch him. In anger he looted and burnt the village Jhamara of Rai Ahmad.

Rai Ahmad with Sarang and Murad tried to win the support of tribes of the right bank of river Ravi. He succeeded in organizing a sizable force to reckon with the English. In the meanwhile, his opponent and a Kharl patronized by the British, Sarfraz Khan of Kamalia, “on the night of September 16 informed Capt.

Elphinstone that all the chiefs of the Ravi tribes who had been called into Kamalia had fled evidently with the intention of rising in their villages”.

To quell the turbulent tribes under the leadership of Rai Ahmad, about 10 different detachments were sent under the command of Col. Paton, Captain Black, Lieutenant Chichester, Capt. Elphinstone, Mr. Berkely, Captain Chamberlain, Lieutenant Neville, Captain Snow and Captain MacAndrew. They all were after the head of Rai Ahmad Khan Kharl. On 21st Sept, “a sharp skirmish took place in which the cavalry had to retreat. They however, rallied and Ahmad together with Sarang, chief of the Begke Kharls was killed”.

Ahmad had refused to attack a Government post in Syedwala (Sheikh-upura) because it was manned by native sepoy. Throughout his armed struggle his targets were the English and that was the motto of all of his lieutenants including Murad Fatiana.

When Ahmad was martyred his head was severed and brought to Gogera jail where it was put on



display. This was an added insult. After three days one of his daredevil companions stole the head and it was buried in his ancestral graveyard.

After the death of Rai Ahmad, Murad Fatiana Sial became desperate. He declared that, come what may, he would kill the well-armed English commander and do the same with his dead body what they had done with the body of Rai Ahmad. Murad continued the struggle launched by Rai Ahmad and Sarang. He declared:

احمد حسان شہید ہوا تاں سر پنجاب دے نوں
برطانیہ حاکم گھنٹا اے جتھ

With the fall of Ahmad, Britain has tried to lower the head of the Punjab

برکلی آکھے: اس راہاں دے دے مونہ کڑیا لے
اتے کیتی چپڑھ سواری
بکناں نوں مار گھنٹا، بکناں دے تک وچ لئی اے گھت
مہاری

بولی پھٹ تلوار اے جیہڑی انگریز برکلی کڈھ دودوں ماری
ایہہ کل سن کے گڈھ آلیا قتیانیاں بھت پنی ذھول تے ماری
آکھے مسراہ قتیان: ساوی تینوں پھیراں نت
کھڑھ کھڑے تے دیواں کھنڈ نہاری
بک واری لے چیل انگریز برکلی تے، میں ویکھاں اس
دی بھئی کالی

ساوی آکھیا: توں کر رسم اللہ دھسر پیر رکابے میں

حساں مار اڈاری

انگریز دا کڈھ گیا ڈھے سنہری

تے مسڑیوں کڈھ برکلی نوں سٹاؤتس

!! جیہیں مت وچوں چھسا لیندا بھول لاری

silk. After hearing this taunt, Fatiana of Garh have sounded the war drum. Murad Fatiana says to (Savi) his mare: I have given you unprecedented service. I have given you the best to eat. Take me once to English Berkely. I want to smash his black baggi into smithereens. Mare says: In the name of Allah mount my back I will fly. And the golden headgear of the English falls, Murad pieces Berkely, he falls from his horse as a dyer loops out a skein from his cauldron.

مارے برکلی دیاں سندن خبراں، سروں لاه کے پٹن
گورے

کھلیاں بانہواں کر کے رونہ ماں میماں

ساڈا مار یا گیا باراں کینہاں دا سردار

جسٹاں لٹ لیا اے گھر سرکار

News of the death of Berkeley is heard in London. They mourn his death and beat their bare heads in sorrow. The English women weep and wail and say: Our commander of twelve companies has been slain. The Jats have plundered the palace.

And thus says the Gazetteer:

“By the 4th November insurrection was over. The leaders were executed or transported and many persons sentenced to other punishments. Over four lakhs of rupees were realized from the insurgent tribes by fine or by confiscation and sale of property”.

Murad says:

مراد آکھے: اسیں راضی وگے جانے بائیں، کافر مار دوپہری
!خوش وسیں او دیس اسادیا

poetic_spurs

UNPOPULAR OPINION

Democracy is a fun way to make the people believe that their choices matter.



Cultural Diffusion must not Guise the True Identity



Hassan Bilal Ahmed
Doctor, Writer

04 MINUTES READ

Culture is such a broad term which contains every aspect from birth to death of a person. Materially and non-materially, it propagates in the cradle of times, tested sporadically, and becomes the building block of a society, nation, and state. Two driving forces exist among the people; religion and culture. If someone turns the archives he will see a battle of legal or illegal hegemony of the then superpowers influenced ideologically by their religions or civilizations. Civilization at a smaller level is manifested as "culture". As water moves from its higher concentration to lower concentration similarly elite cultures make ways to the lower peripheries.

At the times of Ghouri Sultanate, parallel to the Song dynasty & others showed great cultural fluctuations in Southern & Eastern parts of Asia. The journey terminated to the slaves'

dynasty, the Khiljis, and the Tughliqs. Feroz Shah Tughliq ended in the hands of Sad'at and they lost to Lodhis. All the way to the Mughals. Western Cultural diffusion was common at all times, but this acculturation rose to its peak in the Mughal Empire when the East India Company was stationed in Calcutta and ignited unmetten indigenous riots across United India.

After a long 90-year struggle, the inception of Pakistan was a great consequence with multiple ethnicities. Pakistan has seen many different bouts circulating the same center of making us enlightened in the eyes of their Western overlords. We tried to instill modern education, borrowing tools of others, in the brains of our kids and the result is nothing. If a child is taught a curriculum which is not designed at least for the South-Asians; a teacher is supposed to act like those who, perhaps, are miles away from his cognition; a student is asked to speak a foreign language & society is expected to become what is not into its base; all these factors lead to a collective

IMAGE: HUMANSUPPAKISTAN

annihilation of mores, folkways, and eventually stipulated social ethos becomes history.

Ogburn, a sociologist, is right in ascertaining the cultural lag that exists among those who are in a persistent identity crisis. According to him, every society is unique, carrying its own specific culture which is meant for it. Promulgating this concept, Mr. Lundberg also advocates the same theory of promoting & practicing the innate culture and harbinger of the state. John. B. Watson also emphasizes the behavior learned within the circle of a cultural boundary.

A. Gutters moves forward and says education and the media are the only reflecting gadgets of society that reflect the repercussions of allied cultures on the indigenous; and in our case, both are enjoying their carnage in the hands of businessmen or obscurantists.

So, in line with that, if the media pledges to broadcast Pakistani culture in its dramas, and the educationists try to develop a cogent syllabus for our burgeoning generations, all the social-science theories affirm the ultimate societal development of Pakistan.

Globalization, easy mobilization, and surplus usage of the internet have made us all close to each other and this closeness has affected our interpersonal lives. People like to share their very private lives on their social accounts without thinking of its nefarious effects on society. Likewise, meaningful & result-oriented music is a good artistic tool to freshen ourselves, but when melody-lacking-music with a fancy video, it sparks a thought-provoking debate in the society where modesty & knowledge are considered the core values.

Honesty, modesty, equity, truth, social justice, tolerance, alms-giving, backing the poor, chastising the tyrant, maintaining promises, and ameliorating the miseries of people are the objectives of Pakistani culture which are in dire need to be revamped before they are binned and become a past.

We at an individual level should try to reconstruct our culture without causing any blemishes to our societal needs because we may adopt western cultures, but would never be able to make it ours as lends are meant to be returned with interests. It is good to practice moral societal values of others, but if someone thinks of making our culture submissive or down otherwise; this would not happen because souls cannot be robbed of bodies, if so bodies become rubble happily. We need to focus on our cultures to augment the beauty of this world collectively.

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FACTS NOONE SIGNED UP FOR



THE HOLLYWOOD BLOCKBUSTER DUNE AND THE INDIAN BIOGRAPHICAL FILM JAI BHIM ARE THE ONLY TWO FILMS RELEASED IN 2021 TO SECURE THEIR SPOTS IN THE IMDB'S ESTEEMED TOP 250 FILMS OF ALL TIME



Samana Syed
Writer, Blogger

04 MINUTES READ

“*Girah* is an Urdu word which means ‘tangled’, ‘snarled’, jumbled, or ‘muddled.’”

A team of young artists presented a drama, “*Girah*” at Lok Virsa, Islamabad. A bloggable story which revolves around six mentally challenged men, crazed by guilt, and vexed by our society.

Girah is the effort of ‘The Curtain-Raiser Productions’; the play is written by Imran Khan, and directed by Muhammad Ali Farooqi. The caste includes: *Muhammad Ali Farooqi, Imran Khan, Abrar Bazmi, Sheheryar Shahid, Tahir Inqalab Syed, and Zain Tariq Sahi.*

Storyline

The play is set in a mental asylum. Kicks off when one of the patients wakes up in the morning and impels other patients in the ward to get up with him. Assertive in behaviour, he pushes his mates to line-up for the ‘morning assembly’ in a funny manner. Audience goes all gaga at this

moment.

Up and ready, the patients align themselves to sing a national song in chorus. But as being mentally challenged, none of them is fully attentive or capable of staying calm. The comedy transmits the audience to ponder over the facts of society. Lyrics of *Dua* seem ironic because they do not match with the situation of the asylum and even the society at large!

Meanwhile, a youthful nurse enters the ward. Seeing her, all the patients lose track of what they had done. They make the heartbeats stop and time for them ceases. They imagine the nurse to be dancing with one of their comrades...

One of her patients kicks up a fuss about her being rude, and unaware of his feelings for her. He insists on her staying there as he feels lonely without her. Actually, he confuses the nurse with his beloved who had left her. From there, spectators learn that the very guy burnt the whole building for his ladylove.

Other patients also behave more or less the same way in front of the nurse. But as she leaves the ward, they

GIRAH

DIGEST AT YOUR OWN RISK



self-narrate their stories and the knot, unknots.

One amongst them is a revolution-ary. He wanted to bring a *change*. He strived for it but there nothing changed, he learned that and that made him go crazy.

What Girah Portrays

Interestingly, one can draw multiple lessons from the play. For instance, the world is full of madness. Only psychologically challenged people should not be considered crazy. We are all insane in some way or the other. Some people are insane for money, others for fame, some are crazy for love while others are mad for revenge. If you want to learn more about the madmen, watch "Girah".

What other lessons Girah offers are: life is a brutal punishment for many. Human mind, once tangled, can't be out on track. Depression ends up in darkness. Guilt can kill you. Many people die inside every day!

Girah indeed brings six melancholic stories from our society that caused six men to lose their minds and end up dying in anonymity.

Girah Themes

Major themes of Girah include guilt, passion, hatred, social injustice, love, violence, chaos, and of course, *'Sanity in Insanity'*!

The play is full of irony and paradoxes, gloom and gravity. Girah shows how demented people can share the bleak realities of the so-called 'normal society'.

Overall, it is serious, heart-breaking, bleak, and tragic. It uncovers many barbaric realities through 'mad' and psychologically disturbed patients (that we usually laugh on). But the presentation of this play is sugar-coated with songs, rap, several funny punchlines, and slapstick comedy. And guess what, the best

slapstick comedy artist, Sheheryar is one of the insane guys performing in this play.

Wanna know more?

In the drama, the writer has beautifully added several punch lines, paradoxes, metaphors. He has well-played with words and used them brilliantly to describe deeper meanings. For instance, at one place, a character uses the word 'fire' (aag in Urdu) in different ways: the fire of love, the fire of hatred, revenge, jealousy etcetera.

What's NOT GOOD

What I did not like in the play was NOTHING literally. However, there is always room for improvement. So, if I were the writer of Girah, I might not have added too much brutality and violence in this play.

Instead of six different stories, one story could be focused on for more impact. And yes one more thing: the play lacked a 'conclusion'. It would have been great if the play had a definite and less-graver ending.

ADD ONS

Many punchlines, slapstick comedy, and rap. Poetry was used beautifully as metaphors and similes in this play. So, those who are in love with poetry, better watch this play.

I would give this play 8/10. The boys did a great job, their performances were quite mature. We (the audience) actually enjoyed their efforts.

It has a highly nerve-breaking end. Since it is not an ordinary play, only mature spectators can untangle 'girah'. It literally took me two hours to come out of the drama!

CAUTION: DIGEST AT YOUR OWN RISK!

© samana.syed



Airport Loosen Your Seatbelts

04 MINUTES READ

Since the past few weeks, Islamabad has witnessed The Curtain Raiser’s “Girah”, the play, and now “Airport” by *Eleven Productions*. Finally, theatre is back in Islamabad, and it will be back in Pakistan in the coming days, or months and years... a good sign for the thespians and artists too as commercial theatre is back too. *Applause*. Shouts out to Saad Farrukh Khan, the director and writer of “Airport” for his efforts to revive theatre, that too, commercially, with a young lot of actors. Great job guys.

The play features a caste of 22 actors, all aspiring and young actors. There goes so much thought when creating a play, or creating a situation, to make a scene out of it. And so much thought goes inside, when giving a situation to a character, to be able to execute that finely: that’s a heck of a job. I’d have the audacity to critique, i.e. the situations given to the charac-

ters were not the best, so the dialogue and conversations for some characters were not the best, in the sense of writing. But that is only if one is to observe it in detail and view it minutely.

However, that is not the case for the caste. The caste, indeed, did a great job, hats off! The absolute wit in the conversation of the Doctor’s character, or that of the Wife’s character. At times, the characters get very predictable, one is able to predict their next move, or how the character would react to a certain situation, for instance, a very predictable reaction of almost every character was to shut the other character up or cut them off by a mere slap. That gives the audience comic relief, but in my view that is not how a situation should be dealt with, as there’s more action and thrill in it undoubtedly, but that restricts the actor for a better performance, which is possible through only a better response and not

reaction.

Slap brings about the clap, but what happens after that? The situation changes, another character gets up, takes over the situation, and the situation changes entirely. Such quick changes require the audience to condition them with the situation, ideally, the audience should adapt, but the whole emotion/ gets lost, with so many instant changes. One aspect, which should be addressed is the *jumping to conclusions* aspect.

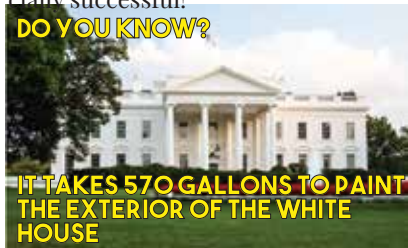
The play is full of surprises: too many to count. There are so many things which are addressed, like the way each character opens up, and that reflects the tale of any community of the society. The play with its progression, at times, it gets really wacky, at times it gets really humorous, at times, there's emotion, there's drama, there's action, and another unique aspect that **Airport** offers, is the inclusion of an actual classical-trained singer. In that manner, all the characters were very well thought of, some of them signified all that is evil within the society, some of them signified the irony of every society. For instance, the way the Transgender character's responds provides a bit of wit and offers humor and satire, but that also represents the wicked trait of the society, the way the other characters treat the Transgender, that is exactly how the society treats them. So, in that manner, it also invites the viewer to self-reflect.

Some of the ironies did not hit like Shawn Michael's finishing maneuver Sweet Chin Music, but were very subtle, and some were very obvious, the behaviorism in the Journalist's character, there were some loopholes in that, but that also signified the beauty of it, in the way that the many

actors handled all those beautifully-constructed ironies. In an exclusive word with **TeamAEM**, the director, Saad Farrukh Khan said "I wanted to feature young actors, and that is what I intend to do" upon asking what was the thought behind the play, he said "Yaar, on our first meeting, I decided that the play would be a comedy show. As it is convenient for the audience, and moreover, I wanted to introduce new actors, and not utilize only established actors. And I had a reason for the play to be loaded with caste, in order to introduce more actors. So, the setting was set, for the play, to be in a waiting lounge in an *airport*".

Overall, the play offers highs, lows, humor, satire, drama, comedy, at times it gets a bit overwhelming, at times, it gets very interesting. But the play is worth it! What is more important is the fact that theatre is happening now, in our city, and is well received by the audience. Shout-out Eleven Productions, and to team Ultimate Signature Theatre, shout-out to the whole crew and particularly the actors, for providing with such good entertainment, for **Airport** – the play, shout-out Saad Farrukh Khan for standing up for thespians, for introducing aspiring and emerging actors before the world, and for not only making it commercial, but making it commercially successful!

DO YOU KNOW?



IT TAKES 570 GALLONS TO PAINT THE EXTERIOR OF THE WHITE HOUSE



The Writer's Curse



Sara Noor
Lecturer & Writer

04 MINUTES READ

Her dark eyes stared at me from the blank page. Gloomily. Angrily. Disappointingly. She was the protagonist of my umpteenth novel. I based her character on my ex-wife's persona: vivacious, dreamy, stubborn and caring. I had also added a few traits like flirtatious nature and haughtiness to her character, myself. Not to my ex-wife's character, mind you. I always had deep respect for women. To the character of the female protagonist, I mean. Readers liked the head-strong, beautiful and independent female heroines I presented. Independent, but within limits, of course. Appealing to my readership, but not offensive to their sensibilities and moralities. It would be hard for them to digest in whole a female character thoroughly in non-conformity with social standards. So, as a writer I had to tread carefully. Had to mince my words. Delineate only part-human and largely-objectified females in my novels. But this girl, this heroine was getting out of my control. She demanded to have her say. Why will she not be subdued? I

put down my pen and took a short break. I'll get back to this story later. In the evening, a reminder email popped up from my ex-wife. Our teen-age daughter was scheduled for her fortnightly visit to me the next day. A few years ago, we were getting along fine. I used to be her hero. Then, her mother brainwashed her against me. We haven't been getting along at all since then. We just put up with each other's presence because a formal arrangement was made at the time of divorce. Trust that woman to stick to paperwork!

My daughter came along the next day. So, I couldn't work on my story. I went out for a smoke. When I came back, she was scrolling through my work on my PC. She hadn't done that in years. Once, she used to love me for what I did. Once, her mother also loved me. But then, both began to revile me in spite of all my efforts and sacrifices for them.

"You like what I've written?"

"No".

"That's rude!"

"That's the truth. You're stuck in your mind to the image of a weakling of a woman you can bend to your wishes." "My wishes? Your mom wished for a divorce. You wished to live with her. I've... I've spent all my life caring for

you two.”

“You’ve spent your life working and socializing while mom felt neglected and lonely and burdened by the unfairness of this marriage. I looked up to you as my hero until I realized you love no one but yourself. She’s the one caring for me and for you until she gave up on you because you’re a lost cause. You’re so filled with your ego and desires for your own comfort that you forgot we’re living beings, not your damn characters!”

“Is this what your mom’s teaching you?”

“Mom could not teach you anything although you needed it pretty bad. I have my own brain and conscience working for me, fine thank you!”

“Get out! Get out of my home and never show me your face again!”

“That’s a relief! I’m glad that mom left you. She deserves better.”

“Wait! What do you mean? Is she... is she seeing someone?”

“That’s none of your business. She’s not your wife any more. You had plenty of over-enthusiastic female fan following. My mom, you used to say, *“was being stupid”* when she tried to tell you to interact with women respectfully and distantly. What is it to you now whether she’s single or not?”

With that, Natasha banged the door and left, leaving me stunned. My... my wife... someone else. No. Not mine. Not anymore. She... she’s a woman. I... I have to accept that. Fully. Not part-human. A whole human.

I went back to my story with a heavy heart. The female protagonist needed to be re-defined.

— A few months later, my new novel’s sales broke all previous records. All these months my daughter’s voice kept eating my insides. A tiny voice

within told me the credit of success went to my daughter. And, to her mom for being a strong woman and raising a terrific daughter. I have a part of my conscience tell me I should apologize and try to make things work with my daughter. Also let her mother know I’m no longer a stinky douche-bag. But... but I’m a lost cause. Will they believe me? Can I... can I be given another chance? I won’t snub their personalities like I dumbed down my characters. I’ll try to be a better dad, a better husband. If only they’ll let me.

I’m forty-five, and I’ve made many mistakes. But, this time, I’ll talk to them honestly. Without making myself a victim. I... I’ll write her an email. I’m good at writing, am I not? I’ve conquered millions of hearts. If only I could make some space inside her heart once again! Just once...

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THE LAW OF UNITY & STRUGGLE OF OPPOSITES



Nikita Kumawat
Writer, Yoga Instructor

04 MINUTES READ

It's easy to be difficult but it's difficult to be easy especially when we desire for something with all our heart & brain, and it doesn't work. We all sail through odd and even phases of life but how do you decide which phase is dark or which one is bright? We live in cocoons of failure, diplomacy, rejection, degradation, and self-complexation with a natural peer pressure of materialistic race where we sometimes get shattered.

With questions like why this is happening to me? This happens when we are sinking into our own fearful, over-thinking bubble of thoughts where we feel uncomfortable while stepping into an unknown phase. When you focus on you, you grow. When you focus on all that's wrong, it

grows. We need to focus on solutions, and not problems.

Is God watching us or not? Have you ever noticed God or divine supreme soul started discrimination based on your life phases whether it's good or bad? NO! We all share the same sun rays, rainwater, and the same air to breathe. When we

think it's not my choice, we deny our own development and growth planned by life. Remember not getting what you want is *Lady Luck's* charm.

Everything comes with a cost to maintain a universal balance. For instance, if you are a pleasure freak; there is no fitness without pain.

Sometimes, naturally by birth we have vice versa personality traits but because of external situation of life we must take that decision or move into a direction where we never want to. Right?

Let's get introduced to **Coincidentia Oppositum**. It is a Latin phrase



IMAGE: CONSCIOUSNESS.GR

which literally means “*coincidence of opposites*”. For example, Michael Maier a German physician and alchemist stresses that the union of opposites is the aim of the alchemical work - process of transformation, creation, or combination.

The law of the unity and struggle of opposites removes the illusion of finality from any organic form of existence in nature and society. It focuses on the transient nature of such forms and their transition to higher and more developed forms through the exhaustion of their potential.

The unity of opposites is not essential to conflict, but without it, there is always a danger that a character might give in or give up without seeing the conflict through, a unity of opposites which **ensures that the characters cannot walk away.**

In laypeople's terms, let's take an example; imagine a few of your favourite dishes you love to eat. You are enjoying your happy meals even on official working weekdays by your choice.

Suddenly on weekend special – Two dishes of bitter melon or gourd (karela) with different combinations served to you without your choice.

Now you are hungry, and no other choices are available now. What would you like to choose?

In conditioned phases, the heart feels low, in pain, the strength to make a decision gets unbalanced, or should we accept things as they are.

But when we focus with calmness our brain would instruct:

Go with one of the dishes with less bitterness.

Means you cannot run away from the situation, but you must choose your own struggle to reboot your

normality.

Mythologically, spiritually universal law is - nothing is constant or permanent, just like phases of life. But what are the few key parameters which make us comfortable to sail conflict phases:

Remember not getting what you want is sometimes a wonderful stroke of luck.

If it's destiny, accept it with courage and faith in divine power. Stay focused, with patience. Life has its own plans for everyone.

Lessons in life will be repeated until they are learned:

Have you ever observed our past failures become keys to our present situations? Hence the phrase – *Failure is the key to success.*

Example: we all went to school, college or for job interviews. In exams or interviews, the majority always get stuck into the sections where we know we are weak. Or with failure we learn about our weaknesses. This cycle keeps repeating until we learn to cross those obstacles. But when you learn from your past and crack those questions you will notice new questions arising where you feel difficulty.

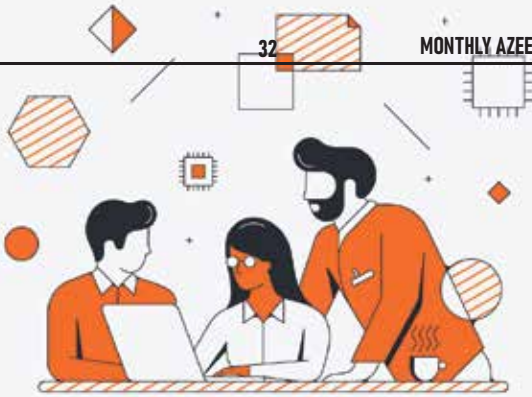
That's the way we can sail in conflict or contradicting phases. Acceptance and learnings through failures is the key.

Trust the timing of your life:

Life is all about timing, if you can't wait for the right time for everything, you may give up soon.

Both good and bad, it will all happen at the right time, for a reason. Your goal is to take the necessary measures to resolve it.

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CLOUD COMPUTING

THE INTERRELATIONSHIP OF SCALABILITY, RELIABILITY, AND AVAILABILITY

06 MINUTES READ

If you're wondering whether your company should move to the cloud, the short answer is "yes." And you have a lot of work to do to catch up with other businesses. In fact, 85% of businesses worldwide are using the cloud. And by 2021, 94% of the internet workload will be processed in the cloud.

While researching reasons to migrate to the cloud, you've probably learned that the benefits include "scalability," "reliability," "availability," and more.

But what, exactly, do those terms mean?

This article focuses on cloud scalability, cloud reliability, and cloud availability. Spoiler alert: You will learn that:

- You need cloud scalability to meet customer demand.
- You need cloud reliability to ensure that your products and services work as expected.
- You need cloud availability to ensure

that customers can access your cloud services whenever they need to and from anywhere in the world.

- You need to bring all three together to achieve true high availability.

What is scalability in cloud computing?

Cloud scalability refers to how well your system can react and adapt to changing demands. As your company grows, you want to be able to seamlessly add resources without losing quality of service or interruptions. As demand on your resources decreases, you want to be able to quickly and efficiently downscale your system so you don't continue to pay for resources you don't need.

However, there is more to scalability in the cloud than simply adding or removing resources as needed. Let's look at some of the different types of scalability in cloud computing.

Cloud elasticity

This refers to how well your cloud

services are able to add and remove resources on demand. Elasticity is important because you want to ensure that your clients and employees have access to the right amount of resources as needed.

Cloud elasticity should be automatic and seamless. People accessing your cloud services should not be able to notice that resources are added or dropped. They should just have the confidence that they can access and use resources without interruptions.

Vertical scaling

Vertical scaling (or “scaling up”) refers to upgrading a single resource. For example, installing more memory or storage capacity to a server. In a physical, on-premises setup, you would need to shut down the server to install the updates.

Horizontal scaling

This term is used to describe “building out” a system with additional components. For example, you can add processing power or more memory to a server by linking it with other servers. Horizontal scaling is a good practice for cloud computing because additional hardware resources can be added to the linked servers with minimal impact. These additional resources can be used to provide redundancy and ensure that your services remain reliable and available.

Auto-scaling

This term refers to a cloud computing feature that lets you automatically manage the different types of scalability in the cloud automatically. Cloud providers such as Amazon Web Services offer auto-scaling to enable consistent performance regardless of the current demand on resources. Implementing and managing a cloud scaling strategy is:

- **Convenient:** You can easily increase or decrease storage capacity as

needed.

- **Flexible and Fast:** You can quickly respond to changing demands to keep customers up and running without delays in service.

- **Cost-effective:** You don’t have to pay for expensive hardware or provide the space to store it.

- **Fault-tolerant:** Resources can automatically be scaled to accommodate redundancies and to facilitate disaster recovery.

- **Time-saving:** Upgrading existing hardware and installing new hardware on-site can be very time-consuming. Cloud computing can take care of the scaling for you. This frees you up to focus on innovation and process improvement rather than troubleshooting errors and other issues.

Cloud computing is so scalable because the cloud service providers have the necessary hardware and software in place. They also use virtual machines (VMs) to scale up or down because:

- You can easily add resources to VMs at any time with minimal impact.

- You can easily move VMs to a different server that has more resources.

- You can host VMs on a server cluster to share resources and balance the load.

What is reliability in cloud computing?

When you access an app or service in the cloud, you can reasonably expect that:

- The app or service is up and running.

- You can access what you need from any device at any time from any location.

- There will be no interruptions or downtime.

- Your connection is secure.

• You will be able to perform the tasks you need to get your job done.

Factors like these measure the reliability of your cloud offerings. In a perfect world, your system would be 100% reliable. But that is probably not an attainable goal. In the real world, things will go wrong. You will see faults from things such as server downtime, software failure, security breaches, user errors, and other unexpected incidents.

Proper planning and cloud visualization can help you address faults quickly so that they don't become huge problems that keep people from accessing your cloud offerings. The cloud makes it easy to build fault-tolerance into your infrastructure. You can easily add extra resources and allocate them for redundancy.

Employing measures that make your cloud system more reliable ensures that:

- Redundant resources kick in automatically when the system experiences a fault.
- There is no downtime and products and services remain available.
- Employees keep doing their jobs without knowing that something went wrong.

Reliability in cloud computing is important for businesses of any size. Buggy software can cause lost productivity, lost revenue, and lost trust in your brand. Before you deploy your applications to the cloud, make sure they are thoroughly tested against a variety of real-world scenarios. This helps to ensure that they are reliable and will meet customer expectations.

What is availability in cloud computing?

High availability is the ultimate goal of moving to the cloud. The idea is to make your products, services, and tools available to your customers

and employees at any time from anywhere using any device with an internet connection.

Cloud availability is related to cloud reliability.

For example, let's say you have an online store that is available 24/7. But sometimes clicking the "checkout" button kicks customers out of the system before they have completed the purchase. So, your store may be available all the time, but if the underlying software is not reliable, your cloud offerings are basically useless.

Bringing it all together

Cloud availability, cloud reliability, and cloud scalability all need to come together to achieve high availability. This means that your products and services are accessible anytime and anywhere, function reliably and that the system can scale up or down as per requirement without any performance loss.

Cloud service providers offer an Infrastructure as a Service (IaaS) model that gives you access to storage, servers, and other resources. IaaS provides automation and scalability on demand so that you can spend your time managing and monitoring your applications, data, and other services.

Because IaaS provides scalability based on a pay-as-you-go model, this saves you money and frees you up to track down and address problems that may come up with the software. Having more time to monitor can help you find areas that need improvement so you can do a better job consistently deploying reliable products and services.



AEMAGAZINE.PK



A Swirling Stampede

02 MINUTES READ

On the remote Arctic Tundra, reindeer were seen spinning what looks like a terrifying dance of death. But Ashanti Davis (historian) suspects that these reindeer are acting in a logical and coordinated way of fighting off a stealthy and cunning enemy. “Large herds of animals often stampede as a form of defense, this large mass makes them harder to target by predators”, said Davis.

Schools of fish are known to form circles to confuse the attackers. Birds circle in the air for the same reason. “Reindeers stay together, so they stampede in a circle, creating almost like a reindeer cyclone”, she added.

But what could be attacking them here, in the high Arctic Tundra? Biologist, Jayde Lovel discovers Vikings one thousand years ago used to encounter these bizarre reindeer cyclones and effective defense against human hunters. “It is possible that their behavior: this formation in circles, may have been an evolved threat-response behavior, to being hunted by Vikings. They would put their vulnerable members in the center of the herd and strong members on the outside and run at this huge speed. You can imagine as a Viking with a sword or spear, it would

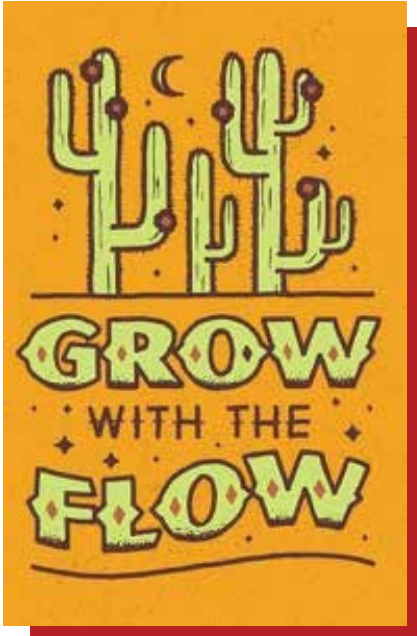
be really difficult to tackle a bunch of strong stampeding reindeer”.

Reindeer weighs up to 660 pounds, it can run 50 miles per hour. During the spring they can mass in super herds of 50000 individuals, so when they feel under-threat, the danger to humans is very real. “Reindeers are like huge creatures, and like any other game in the North, reindeer are big enough to trample a human to death”, said Lovel.

Ashanti Davis added “Imagine being plowed down by a hundred reindeer, all of that power moving through those hooves, would mean you’d be pummeled like a sack of potatoes”.

Forget Bambi, worldwide, deers are a threat to humans. In the US, they are the deadliest animals, killing more people than dogs, bears, sharks, and alligators combined. But there’s no clear logical explanation to these rapidly rotating reindeer. Investigators can only speculate about what is sending them into a spin. Carin Bondar (Biologist) “They may be sensing danger. Something that we humans can’t see or feel”. “Whatever it is, the reindeer are not happy, they are ready to do whatever it takes to protect the herd” believes Kevin Kasky (Entomologist).

SOURCE : PSYCHIC CHANNEL



Haseeba Abdul Qayyum
A Potter Head, Literati, Writer.

04 MINUTES READ

Long ago in the kingdom of Neverland, there was a rabbit and a tortoise. Both of them decided to compete against each other in a marathon. The rabbit is the faster one who slept under a tree, thinking it would still win because the tortoise is too slow. The tortoise moves at its own unique pace and ends up winning. The rabbit cries, the tortoise laughs, and it lives happily ever after. The moral of the story, life is a race, you have to move at your own pace and win!

Now let us have a look at another

story:

Far away in the kingdom of Wonderland, there was an elephant and a mouse. They were best of friends. Both decided never to compete against each other. There was no competition or marathon. They both lived happily ever after by going with the flow. The moral of the story, life is not a race, you must move at your own pace and live happily.

Dear kids, you probably see your elder siblings working and studying all day long without pauses. You probably see them getting bald out of the workload of the projects and assignments. You probably see your parents doing the same, work and work that is all. Unfortunately, some of them are working their fingers to the bone and are under a lot of pressure. The reason behind this is that we millennials were taught to compete on almost every life ground. The society we live in created an unseen race, and like a black hole, this idea of a race engulfed us. No doubt we are a hollow and depressed generation.

Stories like these have made us sure that there's a race going on. This curse was passed on by our ancestors, who thought of life as a marathon. Stories like the former, one trained our minds on the fact that we have to leave others behind to live a happy life. It infused how essential it is to be a part of a race in our minds. It taught us to try to put down anyone who might be better than us on several grounds. No one told us the fact that everyone has a hidden gift. If you look around yourself, you will know how true this is. Everyone is imperfectly perfect in their own special and unique way.

If someone in your class is good at studies, it does not mean they have reached the highest level of perfec-

tion. Indeed, there are flaws in that specific student. Similarly, take a student in your class whom your teachers sadly call or consider dumb. Sit with them for some time, and I can guarantee that they would be creative in writing, painting, sketching, singing, etc.

When I was a kid, my parents used to reward me if I beat my best friend in exams. When I was a teenager, they would ask me to strain my nerves to get into medical college. When I was in my early 20s, they wanted to marry me off with a well-settled and handsome man. By the time I was 26, I had needed a psychiatrist because of too much peer pressure. That is when I broke free of those chains. I am not a part of any race. I am working at my own pace, doing things I like, creating something I love.

The decision was a success, but the damage was already done. If you are one of those kids under the immense pressure of studies, know that there is much more to life than it. Sit your parents down and tell them about your limits, strengths, and weaknesses. If you study 14 hours a day, make it 4 hours a day. Follow your dreams. Do things that unwind your brain. Let some air in. Let those runners run and see how you all are on the same page at the end of the day.

If you go with the flow, wisdom shall follow and accepting what nature got for you. One should catch things life throws at them. Life is not a race, so do not run. Nothing is wrong with walking slowly.

Always remember,

“Happy is not the one who wins the race. Happy is the one who is not in the race.”

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ACTIVITY

STEP 1
GATHER A GROUP OF FOUR CLASSMATES.

STEP 2
TWO OF THEM SHOULD BE A GRADERS AND OTHER TWO SHOULD BE AVERAGE IN STUDIES.

STEP 3
ASK FOUR OF THEM TO WRITE A POEM, OR DRAW A SKETCH OR WRITE A STORY.

STEP 4
YOU WILL GET TO KNOW HOW GIFTED ALL OF THEM ARE.





The Best Superpower



Saad Rashid
Grade 7 Student

04 MINUTES READ

Modern world has a lot of problems. It's correct that no one is perfect. But we can at least try to make ourselves perfect. Since your childhood, it's almost impossible that you never wished to have a superpower such as flying, being strong, laser eyes, being fast. But you all knew that these superpowers are impossible. But now you have to choose the superpower which actually exists in this world. You will be wondering which type of superpowers. You need to think about which type of superpower you will have. This world doesn't accept any person without any power. There are multiple choices of powers but in this case, you need to only listen to your heart, block everything else. Now you will be wondering which superpowers I am talking about. First, you need to know that any profession you

choose in your life, it should be based on your qualities and powers or superpowers, you can say. Now let's look at the superpowers you can achieve.

Knowledge is one of the most important superpowers in this world. You know why we call our times the age of information? Yes, information and knowledge have higher ranks than anything else. It's the most valuable thing in this world. But why? Some of you kids would be asking how it could be more valuable than diamonds, jewels, and gold? Yes, it's more valuable than any of those. Yes, I am serious, not joking. Knowledge can't be bought; it can only be gained. You gain knowledge throughout your life. It never ends. The most important time to build this superpower is when you are a teenager. If you pay good attention to studies, you can gain more than seventy percent of your knowledge from there. Everybody praises the man who has more knowledge than others. That man is considered among the highest ranks of the world.

IMAGE: MEDIUM

Confidence and will-power are important to have because they play an important role in all aspects of life. If you have prepared a speech and your voice is also good, you think that you can win the competition but that's not all that is needed. You will need will-power and confidence to go on stage and speak in front of the audience. Delivering a speech to a big audience, most of you think that it's easy. But it's not, ask debaters or try. Confidence and will-power are used in your daily life like getting up from a warm bed and going to school. Nobody wants to do that but it's necessary. There's nothing one can do about it, most people say. But they are wrong, it's all about will-power. People with this superpower get up quickly and rush to dress. But those who don't have it, take a little time to wake up which eventually makes them late.

Another superpower is patience. How is that? Let's dive into it and you might have to wait and be patient before we dive into it. This superpower is also important like others. You must wait for everything and sometimes for days and months. Like for your Open Day to see what position and grades you get. Everyone knows that but you have to wait for it, which requires patience which most kids don't have. Another best example of this is on the road, waiting for the light to turn green. It's really hard, but that's one of those foundations that makes you a successful person. Sometimes patience can get on your nerves, mine too but you have to be patient and if you think you can't, you never will, but if you think positive the thing or day you are waiting for will come. The best thing to ignore patience is to get yourself busy in another task.

Dreaming and imagination is another superpower also known as "Mental Power". It's not everyone's superpower. Some can explore through their mind, and some can't. Dreaming and Imagination is not accepted much in Pakistan, but with this power you can surprise everyone by succeeding in this otherwise difficult world. Cartoons and books boost your imagination and dreaming. And when it's at a specific level you are even able to write books and scripts. But, the most difficult superpower to develop in our bodies is this one. But it comes to you and gives you some chances which you need to accept but these days most people don't.

An important question builds here, are they naturally in our minds or we would have to work hard for it and then we can finally use them? They are both, it also depends on your thinking, and which subject you like the best. You need to adopt those superpowers from which you can take help in the subject you go. You need to develop these superpowers from your childhood, it takes years to develop them.

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DO YOU KNOW?

**OCTOPUSES
HAVE
THREE
HEARTS**





FIND WORDS

D	I	B	D	R	E	D	N	A	M	R	A	H	C
Y	R	C	G	E	E	H	A	S	E	A	U	Y	S
G	U	B	E	N	R	S	A	D	H	H	N	G	R
A	D	U	O	A	K	A	R	S	U	I	R	G	E
R	M	L	D	D	E	I	G	M	R	S	Y	D	D
Y	U	B	U	O	E	T	W	E	M	Q	Y	A	U
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M	R	S	E	H	M	I	S	T	Y	I	I	K	M
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U	B	R	E	E	G	K	O	E	U	D	U	H	I
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EXPLORE MAGAZINE FOR KEY

POKÉMON

COLOR
US



CHANGE MANAGEMENT

PART - 01



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



06 MINUTES READ

When you closely observe everything around you, you will find that everything changes with passage of time. Day changes into night, summer into winter, young become old, communication techniques have evolved from pigeon carriers to instant messaging, steam engines have been replaced with solar forests. Travelling has also changed from donkey/camel riding to Virgin Classic. These are just a few instances of change. This change phenomenon is not restricted to nature only or evolution of science. It is everywhere.

Business environment is no exception. Production techniques have changed from hand-crafted material to mass production and now we are talking about the fourth industrial revolution. Laws governing business transactions have also been changed. The Income Tax Act of 1922 that was adopted at the time of independence in 1947 was replaced with Income Tax Ordinance 1979 and later it was also updated to Income Tax Ordinance 2001. Over the period of time since 1947, many changes have been made in Import/Export procedures, company formation, labour laws, banking transactions to name a few. Business environment has also changed drastically with cheap imports from China, global oil politics, geopolitics e.g. Afghan war, war on terrorism etc.

Again, if you think carefully of the change around you, you will find that it's gradual. It heralds itself much earlier. Let's look at how day changes into night. Daylight does not instantly dim to pave way for night's darkness, it just gradually fades into darkness. The duration of light and darkness changes on a daily basis but it is not instant. It gives you ample time to

adjust for darkness and for daylight. The duration between summer to fully transform into winter is anywhere from two months to four months and likewise for winter to summer. So, it is also not instant but gradual.

First industrial revolution began with the invention of the steam engine in 1760 and lasted for eighty years till 1840. The Second Industrial revolution began 1850 with mass production of steel and lasted for fifty years. The third industrial revolution started in 1900 with the invention of the radio and now we are at the brink of the fourth industrial revolution with advancements of Artificial Intelligence. A gap of some 250 years between the first and the fourth industrial revolution. All this progress from handicraft to artificial intelligence is gradual, giving us sufficient time along the way to adjust ourselves for the coming change.

As a result of this change around us, we have also changed whether we like it or not. The habits of youngsters have changed drastically from their elders. Now, smartphones are ubiquitous. Youngsters spend more time on it. They use it to socialise with their friends, shop at the luxury of their couch, hear their favourite music on the go. A few years earlier these were unheard of. Life expectancy has doubled since 1900 and now it is approximately 70 years. We have an ageing population, and an ageing workforce. People are migrating towards urban areas. As per the UN, 55 percent of the world's population exists in cities and towns.

All this change in demographics, technology and business environment thus creates business opportunities but at the same time it also raises concern for established businesses

because they are being disrupted by new technologies, entrepreneurial spirit and exposing its obsolescence in this new era. In this ever changing scenario, businesses must reinvent themselves to survive the onslaught of innovation in everything from business processes to technologies to products. *"It is not the strongest or the most intelligent who will survive but those who can best manage change."* -

Leon Megginson

Let's look at two failures who did not adapt to change.

Lotus 1-2-3 was a standalone spreadsheet program launched in 1983. It was the first killer application of the IBM PC and significantly contributed to the success of IBM PC-compatibles. Lotus's solution was marketed as a three-in-one integrated solution: it handled spreadsheet calculations, database functionality, and graphical charts, hence the name "1-2-3". It was so popular that it affected sales of computers that could not run it. "They're looking for 1-2-3. Boy, are they looking for 1-2-3!" InfoWorld wrote. Noting that computer purchasers did not want PC compatibility as much as compatibility with certain PC software, the magazine suggested "let's tell it like it is". Let's not say PC compatible or even MS-DOS compatible. Instead, let's say 1-2-3 compatible. PC clones advertising often prominently stated that products were compatible with 1-2-3. Microsoft developed a competing spreadsheet, and the first version of Excel was released in 1985 for Apple Inc.'s Macintosh Computer. Featuring strong graphics and fast processing, the new application quickly became popular. Lotus 1-2-3 was not available for the Macintosh, which allowed Excel to gain a following among Macintosh users. The next version of Excel,

and the first version to run on Microsoft's new Windows operating system, followed in 1987. With a graphics-heavy interface designed to run on the latest Windows computers, the powerful program became popular. Lotus was slow to release a Windows version of its spreadsheet, allowing Excel to increase its market share and eventually become the dominant spreadsheet application in the mid-1990s. Lotus lost its leadership position because of its inability to adapt to the changing environment. It could not see the forthcoming GUI age. It did not adapt, hence, it did not survive.

In 2002,

Research in Motion - the company unveiled its first phone. In 2006, it added the trackball so users could scroll around the screen.

BlackBerry figured out a way to make its phone indispensable to the wealthy and powerful. And having it really meant something about who you were as a person; it was a status symbol. At one time, BlackBerry controlled 50% of the smartphone market in the US and 20% globally. In the mid-aughts, BlackBerry phones were everywhere. Its demand declined rapidly, and in 2016, BlackBerry stopped manufacturing its own phones. So, what happened? The **iPhone** was launched in 2007 and it brought a cellular revolution by breaking with prevailing mobile phone designs. It eliminated most physical hardware buttons, and

discarded a stylus for its screen-based interface, instead featuring only a few physical buttons and a touch screen. BlackBerry didn't view the iPhone as competition since it didn't cater to the business market. So it carried on its business as usual. But it underestimated how quickly the smartphone market changed. There was a new updated iPhone every year, and other smartphones, like the **Motorola Droid**, began to hit shelves. BlackBerry was slow to change. The phones missed out on a bunch of features that appealed to consumers,

like front and back cameras. These shortcomings ultimately led to its downfall. Its global market share began a downward spiral, going from 20% in 2009 to less than 5% in 2012. By the time it finally released a spec-competitive touch-screen phone in 2013, it was just too late. It did not see the coming of the smartphone era. It did not adapt, hence, it did

not survive.

(TO BE CONTINUED)

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UNPOPULAR OPINION

**NEW YEARS' RESOLUTION
WON'T CHANGE ANYTHING,
YOU WILL.**

CALIFORNIA OF PAKISTAN

02 MINUTES READ

When traveling from Lahore via motorway as soon as you cross the Chenab Bridge and enter Sargodha, a board saying “*Entering the best citrus producing area*” welcomes you. Most of Sargodha's economy is based on agriculture. Sargodha is considered the best citrus-producing area of Pakistan and therefore is also known as the **California of Pakistan**. Sargodha is the largest Kinnow-producing district of the world. It produces oranges that are considered high-quality and supplies them to different parts of the country. These oranges are also exported to other countries. Sargodha produces a large amount of wheat, cotton, rice and vegetables that are transported to other parts of the country and exported to other countries.

University of California in 1935, discovered a new species of oranges, when fusion of *Willow Leaf and King*, two different kinds of citrus were experimented. The newly discovered orange was thus called *Kinnow* and was sent to different parts of the world to further test its yield. In 1960, University of California sent some seeds to Pakistan, and were tested in many areas of the country. Soil of Sargodha embraced the seed more than any other and gave it a unique, sweet taste. Kinnow of Sargodha,

because of its unique taste, and size, became known all over the world.

Sargodha and California share this very unique and special relation, which became the reason, that Sargodha is now regarded as *California of Pakistan*. Located between Chenab and Jhelum River(s), Sargodha is a land of sour-n'-sweet fruits, and still reminds of the glory days of Punjab. Havelis can be seen amid gardens that spread across whole of Sargodha. People lit bonfires in the eve and enjoy a good conversation with a cup of tea in winter. People enjoy good conversations in their verandahs during the day as well but chaye is a must.

As soon as the winter arrives, Sargodha welcomes fruit-vendors from all over Pakistan. One can clearly see trucks in long queues waiting for their turn, to get the fruit of the season. Not only vendors, but locals as well as tourists enjoy the season. With the advancement of civilizations, modernization is seeping through the havelis and making its way to the malls and restaurants. But the lost Punjabi values are still alive in Sargodha. People take care of each other, they stay together, stick together, and be together. That is the beauty of this blissful, fruitful land – Sargodha!

IMAGE: CHEMTRADAGRI

I THINK, THEREFORE, I AM.. Wrong!



Armaghan Munir
Transformation Coach,
Student, Podcaster

04 MINUTES READ

What would happen if your thoughts stopped all of a sudden? Would you cease to Exist? The French Philosopher and Mathematician, Rene Descarte is famously quoted for saying, “Cogito Ergo Sum” (translates to “I think, therefore I am”).

Rene Descarte, wanted to understand with as much probability as possible about the nature of who he truly is. Long story short, He made the conclusion that he thinks, Therefore, He is a *thinking thing!*

One morning as I was taking my Mathematics class. My teacher stopped talking about matrices (boring). And He wrote “**Cogito Ergo Sum**” on the board....

Just as he translated it into English. I was the only person in the class who started laughing at the mistake Descarte made.

One of the most important

questions that we can ask in our lifetime is, “Who is it that I am?” Are YOU your body? Are YOU your thoughts? Or Are YOU a *thinking thing?*

We know that, You can't be your body. The reason being, if you looked in the mirror when you were 8 years old and if you look in the mirror now when you are 28 years old. Is it the same you that's looking? OFCOURSE. Your body changes... But it's the same you..

Are You your thoughts?

I love to do a small thought experiment on this. What if you were to close your eyes right now and imagine a Red square, A Yellow triangle and A Blue Rectangle. My question to you now is,

“Are you the Red Square, The Yellow Triangle or the Blue Rectangle?” Obviously, you are none of that because you are the one who's watching!!!!

You aren't your body, thoughts or your feelings, because they keep changing and YOU experience that change. The question becomes, Who

is it that YOU are?
To be honest, Even I don't know that.
But here's what I do know, you aren't a thinking thing. You are more than that.

Do you know that it's possible to stop the very act of thinking?

It takes practice, but it is possible and there are people who can do it. Experienced Meditators, Zen Monks, Buddhists, Yogis and Sufis... All of them, during their practices... go to a place beyond their thoughts. A place where the mind becomes silent... thoughts settle down and they stop, if you spend a minute in this place, your whole life changes. Does that mean they die (or cease to exist, as per Descarte)?

NO! I love to give a really simple analogy to help explain this. Let's suppose we are living in 2077, and we have this really cool new Virtual Reality completely immersive movie theatre. We go there to watch a movie. While we are watching the movie, It seems so real (Cause it's VR) that we start to live in the movie. We start to run away from the red headed monster who's coming to kill us.

Now just as you are watching the movie, it's getting terrifying... the power goes out and the movie stops. Does that mean YOU aren't in the VR theater anymore? NO. You are there. You just stopped watching.

The Virtual Reality theater is your Mind. The movie is your thoughts.... the one who is watching your thoughts is who YOU actually are. This thought experiment also proves... that when you go to a deeper place in your mind and your thoughts stop. You don't cease to exist, ERGO, Descartes got it wrong.

It's actually the other way around

A much better statement than I

think, therefore, I am would be I am, therefore, I think

The empty mind is a field of limitless possibility, and your thoughts are the Creative energy.

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Becoming Your Own Enemy



Fatima Altaf
Psychologist, Painter

04 MINUTES READ

You become your own worst enemy when you turn your preferences into “shoulds” & “musts”. Psychological distress is often maintained by cognitive processes, “People disturb themselves as a result of the rigid and extreme beliefs they hold about events more than the events themselves.” (Albert Ellis). Our emotions are mainly created from our beliefs, which influence the evaluations and interpretations we make and fuel the reactions we have to life situations. We actively reinforce our self-defeating beliefs through the processes of **auto-suggestion** and self-repetition, and we then behave in ways that are consistent with these beliefs. Hence, it is largely our own repetition of early-indoctrinated irrational beliefs that keeps dysfunctional attitudes alive and operative within us. We have strong tendencies to transform our desires and preferences into dogmatic “shoulds,”

“musts,” “ought’s,” demands, and commands. When we feel disturbed, it is a good idea to look into our hidden dogmatic *musts* and absolutists *should*.

When our preferences are turned into shoulds & musts, we start drawing conclusions without supporting evidence. This includes **catastrophizing**, or thinking of the absolute worst scenario and outcomes for most situations. You convince yourself to think just because you didn’t act in a particular way a “must” or “should” that would have been followed in the process, isn’t followed which led to the undesirable outcome or you start forming conclusions based on an isolated detail of an event while ignoring other information. The significance of the total context is lost somewhere in the process, just because of the irrational pattern you hold on to: disables you to look at the event/scenario otherwise.

When the strong belief held in mind doesn’t take a place in the real world and you fail for even once you start holding those extreme beliefs based on a single incident and apply them inappropriately to dissimilar

IMAGE: CUNTSIGHT

events or settings. If you face difficulty in one situation you will conclude that you are unable to do the task in any situation, just because of the irrational pattern of *demands* and *commands* that you have faith in.

One might start labeling, involving portraying one's identity on the basis of imperfections and mistakes made in the past and allowing them to define one's true identity. If you are not able to live up to all of the expectations (should and musts), you have created for yourself, you might say to yourself, "I'm totally worthless". You might measure your worth by your errors and weaknesses rather than by your successes. You might magnify and minimize by perceiving a case or situation in a greater or lesser light than it truly deserves. You might make this cognitive error by assuming that even minor mistakes could easily create disasters. One might even reach to the extent of personalization i.e. a tendency for individuals to relate external events to themselves, even when there is no basis for making this connection. You might tell yourself, "This situation proves that I really let that client down, and now she may never seek help again."

Blame can be at the core of many emotional disturbances. If we want to become psychologically healthy, we should better stop blaming ourselves and others and learn to accept ourselves fully and unconditionally despite our imperfections, by keeping our life easy with preferences, instead of *shoulds & musts*.

Inflexible "shoulds", "musts", "ought's", 'demands', and 'commands', only make you stuck between a path which leads to nowhere exactly or at least not somewhere you expect yourself to be, leaving you feeling

lonely, stressed, and miserable. Pursuit of excellence is a healthy habit, it is always important to do your best when trying to achieve an important goal. We feel unworthy when we let an inflexible-irrational belief control us and we fully submit to the unhealthy pattern of thinking which we have adopted to the lengths it doesn't seem insalubrious or wrong anyway and we unfortunately end up repressing our emotions, bottling up negative emotions because they're uncomfortable, or because you tell yourself that you are not "allowed" to express them so you *must* not express them. Unfortunately, this doesn't make them go away. Instead, they build up until they're too intense to keep inside and then we explode, usually in a destructive way. You become your own enemy when you ignore the need of learning to understand and communicate your irrational beliefs, because understanding and communicating your irrational thoughts is the first step to learning to manage them. Once, you are able to do that, you can start to change the way you talk to yourself and think about where to go from here.

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TRUTH HURTS ONCE, LIE HURTS FOREVER



Faiz Mahmood

Asst. Professor of English,
Educationist, Social Worker

04 MINUTES READ

The universe was built on the pattern of opposites. We will never have a complete idea of the universe and its beauty, complexity, shades, and depth if we ignore the pattern. One of the patterns although moving in the North-South direction is Truth and Lie. We cannot comprehend truth in its entirety unless we understand what the lie is. As if we have no idea of disorder we can not talk about order or if we are confused about ugliness, we cannot appreciate beauty in its true sense.

Truth is difficult to speak and listen to, so, generally, we prefer to listen to what is not true. Personally, professionally, traditionally, we like to

exaggerate everything, exaggeration is where lie resides. Truth is crisp, short, concise, without any add-ons. Truth demands honesty, straightforwardness, bluntness, not a lot of people fancy that. The person who always speaks the truth will have fewer likes than the person who is prone to tell a lie – favorable to the family, friends, and colleagues. Truth is a surgeon who has to perform a dissection without having any mercy for the patient because if he shows mercy, he cannot save the life of the patient. On the other hand, lying is like a beauty parlor which has to present its skill while covering the flaws in the person and present before others what they are not.

“Truth may hurt for a little while but lying hurts forever”. If you speak the truth, it will become a part of your past but if you lie it becomes a part of your future.” So, the choice is yours –

past or future. Live with a conscience prick while speaking lies or live like a free bird who soars high because of the light weight it has had. Lie is a weight which hinders your flight to the highest skies. Truth becomes past, sooner or later, but lies never leave you unattended, it keeps you haunted, fearing its exposure one goes on creating new ones just to cover the earliest one.

We lie just to please others, pleasing others is a never-ending gyre and then one fine morning you find yourself in the quagmire of lies, and its tentacles have scratched all of your body, spilling blood, and are eating you away like a zombie.

If a person goes on speaking the truth, Allah writes his name in the truthful, and announces his name among the angels then the angels announce his name as a truthful person in the heart of the people so he becomes famous for his truth, people believe in whatever he says or does but if a person becomes habitual of speaking lies, Allah writes his name among the liars and announces his name among the angels as a liar who then declare him as such. People start disbelieving whatever he says or does.

يَا أَيُّهَا الَّذِينَ آمَنُوا اتَّقُوا اللَّهَ وَكُونُوا مَعَ الصَّادِقِينَ

O you who believe! be careful of (your duty to) Allah and be with the true ones.
(Surah Tawbah 9:119)

Truth is a hallmark of great leaders and an attribute whose dividends one can never fathom while lie is a liability which remains hanging over the head and becomes a permanent burden on one's conscience.

The prophets of Allah, great

leaders, who carved a permanent niche in the heart and minds of the posterity followed the righteous path of truth and led the nation to their destinations.

We should strive to speak the truth but the truth which may put a match to hostilities among people may be avoided. In such circumstances "silence is golden" is the best rule to follow. Lying to curry favor or to make people laugh should always be avoided. You cannot always make people happy or have their enduring favor with your habit of lying as these are prone to be exposed and one loses respect forever.

Practicing truth will ultimately, although slowly earn you respect while lying will fetch ephemeral respect and love which fades away as truth is bound to surface soon. So set your eyes on a permanent and lasting goal of telling truth and respect rather instant and fleeting praise earned by telling concocted and bizarre truths.

◻ Faiz Mahmood



Breast Cancer Prevention and Oncology Education



Hussain Khan
Cancer Biologist

04 MINUTES READ

According to global cancer statistics, breast cancer is the most commonly diagnosed cancer among females, with an estimated 2.3 million new cases reported in 2020. Today, science says that there is a conclusive link between prevention and development of invasive breast cancer and lifestyle-based interventions such as healthy diet and lifestyle and physical activity. Minimal amounts of exercise in daily life and adopting recommended healthy diet-set menus reduce the risk of being diagnosed with breast cancer and also mitigate the side effects of cancer treatment.

Adhering to a healthy lifestyle in terms of high-quality food intake influences the risk of breast cancer onset. Fresh fruits and vegetables are natural antioxidants. Adopting the lifestyle with routine consumption of

fresh fruits and vegetables increases the consumer polyphenol level in the body that helps in fighting against tumorigenesis. Nutrition-scientists found that cooking red meat at high temperature; releases carcinogenic compounds like heterocyclic amines, N-nitroso compounds and polycyclic aromatic hydrocarbons, which mediate the onset of breast cancer. Similarly, consuming red wine speeds up the BC onset. Dietary fat consumption and high-saturated-fat diet increases the risk of BC in post-menopausal women. Soy is considered the best alternative of higher-calorie sources of proteins such as meat.

According to the World Cancer Research, regardless of menopausal status, physical activity plays a significant role in reducing the onset of BC and helps the patient in fighting with the disease. The American Cancer Society also started to advocate the inverse relationships between living a physically active lifestyle for the prevention and control of breast cancer and encourage the oncology

IMAGE : SHUTTERSTOCK

clinics to endorse these lifestyle-based interventions at patient level to reduce and prevent breast cancer risk.

In cancer care, it is equally important to increase the involvement of oncology providers regarding the inclusion of exercise and diet both in survivors and the general public as the provision of advanced infrastructure to reduce the breast cancer burden. An oncologist's job is to discuss all non-pharmacological approaches and pay extra attention to diet and exercise during their chemo-sessions for a healthy lifestyle change among the cancer patients. To reassure patients who might be uncertain about the safety or appropriateness of diet menu and exercise or weight loss after treatment, demand comprehensive guidelines from an oncology provider.

It has been suggested that there should be oncology counselor's services to spread awareness about lack of cancer related health education and misinformation from outright sources on the internet or within the community. Oncology education should aim to provide credible and trusted educational materials that help the survivors about the optimal course to take with regard to physical activity and diet. Additionally, provision of knowledge at oncology practice should be clear and readable, attractive, and available in a simple language. For patients, who are out of those care units, there should be recommended web-resources sites where they can obtain an in-house patient education in printed or digital form.

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levels are now above the limit, although this does not affect the white Europeans. The military only targets the immigrants so that they stay away from the border. During Corona they were even locked up behind fences.

Another threat is the persecution of those who speak out about the abuses being done or the lack of necessities and essentials in the camps. The police are more than happy to put critics in jail. As soon as there is space in the prisons, the police find some random people and deposit them there. The harshest punishments are given to those involved in getting people across the border, and no distinction is made between only smuggling and trafficking (with real coercion taking place) - everyone is punished equally. But it's unthinkable to cross the border without a guide who already knows the area well and understands its geography. Many young people take on this type of job guiding groups into the jungle on the way to Croatia and Slovenia and then return. They do this probably because of insufficient money, but also because they know Europe is not an idyllic place either, and want to do something interesting and useful with themselves. These boys unfortunately pay a high price because they won't be able to leave in many years. People are attacked and threatened as punishment for a basic desire to help other people. The UN organisations only make the situation worse by backing the camp system and the border police - both of which are a barrier to people moving freely through the border area and into safety in Europe.

Now, new ways of being and resistance emerge every day. It also explains why this amount of repression happens.

ACROSS EUROPE'S BORDERS - CONTINUED...

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Happy New Year

SAME OLD ME



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

02 MINUTES READ

It's that time of year again, when we rack up enormous lists for New Year's resolutions. Yet, how many of us get around to actually checking any of those resolutions off the list.

Sure the first couple of weeks, months, or so we'll manage to keep up the ruse of being stubborn. Eventually we do fall into old habits. Why is that though? Aren't people supposed to improve with time? Isn't that how evolution works? Well, yeah. But we often forget that it is a painfully slow process.

Then why place a timer on our self improvement and growth? Who came up with this 'New Year's Resolution fad'? This often seems like a bucket list for the year rather than actual self growth at times. Like getting a puppy. While caring for an animal does build a sense of responsibility and will help us connect with and care for people in the long run, is that the kind of responsibility you just take on like a task on a to-do list.

When it comes to self improvement can we really place a timer on things? A better approach would be to look at things you need to get done as long-term and short term choices. Like finishing a pending project is definitely a choice that requires immediate effort.

However, healthier lifestyle choices is a constant long-term effort. That's

why you need to make a decision if that is a long-term commitment you can make. You might force yourself to give up bad influences and choices for a week, a month, a year. What then? You endured. Though is this a change you can stick with? A commitment you can make to yourself, for yourself.

In a way, New Year's resolutions are kind of a loser move. If you don't have small goals and try to do better, be better every day, then New Year's resolutions don't make sense.

If you're not one to avoid littering, can you really rely on yourself to recycle? If you can't stop procrastinating on a day-to-day basis, should you really be starting on that passion project?

I am in no way discouraging self improvement. We humans are constantly changing for better and for worse. Better to make an effort to ensure that change makes us better.

What doesn't make sense is placing an ultimatum on self improvement. Bad habits are like an addiction. Relapse is the norm, it's bound to happen to all of us. What matters is that we believe and occasionally shake off that dark cloud of pessimistic realism on this journey of self improvement. Let the negative voices urge you to do better. At your own pace.

So this year be content with 'New Year, same old me' for a while. You can make more of an effort to improve when you're ready.

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HIGHER THE EXPECTATIONS

02 MINUTES READ

A year went by, and yet again, we had to wait for good music. Is Coke Studio all that we expect from music? In recent years, we have rather observed quite a decline in our music scene. Not only mainstream big-shots like Coke Studio, but independent artists as well. The music has lost its meaning, the only good music we witness, are renditions and renditions only. Is it because we, the listeners, ask the artists to domore? Is it an expectation, or ademand?

The 14th season has already

Coke
Studio™
14

caused a stir in the emotions, and the expectations are higher as Xulfi is the Executive Producer. The rumors have their say, and as per the say 25+ artists and collective(s) are included in the line-up... from greats like Abida Parveen, to fresh artists like Hasan Raheem, we have the Pakistani heartthrob Atif Aslam, there's Eva-B, Justin Bibis, QB, Ali Sethi and Arooj Aftab, I'm legit shaking as I write the latter's name, so finally we here. The complete line-up is given below:

Abdullah Siddiqui
Abida Parveen
Ali Sethi

Ameer Baksh
Arooj Aftab
Asfar Hussain
Atif Aslam
Butt Brothers
Eva B
Faisal Kapadia
Faris Shafi
Hasan Raheem
Justin Bibis
Kaifi Khalil
Karakoram

Lahore Jazz Ensemble
Meesha Shafi
Momina Mustehsan
Nasebo Lal
QB

Shaegill, Soch
Talal Qureshi
Talha Anjum
Wahab Bugti
Young Stunners
Zain Zohaib Qawwals

Three producers are also included in the line-up, there's Abdullah Siddiqui, Talal Qureshi, and Zain Ali. Everyone's excited as far as music is concerned. It would be really exciting to witness Xulfi's take on Coke Studio. It seems that the world is about to witness a paradigm shift, with more contemporary sound than the traditional Sufi and folk music, which became the hallmark of this franchise, and we shall see how time unfolds the whole vibe of it... with the induction of hip-hop, jazz music, and EDM - this one certainly sparks a joy.



QATIL HASEENAON KE NAAM

WORLD OF AUDACIOUS, FEISTY FEMME FATALES



Sheheryar Shahid
Film Critic, Theatre Artist, Writer,
Psychotherapist in Training

06 MINUTES READ

Trapped by norms, our entertainment industry has not explored its best side for ages. Meenu Gaur dares to fetch a maturely cooked series for us, *Qatil Haseenaon Ke Naam*. The quasi-anthology thriller series has been written by Meenu and Farjad Nabi and includes an ensemble cast. It stars Samiya Mumtaz, Mehar Bano, Sanam Saeed, Sarwat Gillani, Beo Rana Zafar and Faiza Gillani in the lead roles, and has various other stars in the supporting cast. It uses fictional space and noirish themes to reflect the stories of feisty women in a dark, eerie and a suspenseful world of gray. The series consists of gripping tales of six women, with one prime plot of

Mai Malki (Samiya Mumtaz), as custodian of a shrine and how she empowers herself by combating against the demons around. All the tales are gorgeously interweaved through mind-blowingly decent connectors.

Mehak

The star-studded opening episode radiates classic retro vibes, and transports you back to the classical era. It has some beautiful poetic dialogues and revolves around Mehak (Sarwat Gillani)'s struggle with abusive husband Aftab (Osman Khalid Butt). Gulab (Ahsan Khan) is hired by someone to kill Aftab, and therefore, he intervenes to save his long-lost love Mehak from her disinterested partner. This story does not have much to offer; although it includes some brilliant artists like Sarwat,

Ahsan etc., the storyline is out-and-out nonsensical. As a matter of fact, predictable yet cheesy twists and run-of-the-mill handling lowers the charm of the series. Sarwat hardly has any dialogue, however, Ahsan Khan delivers a “different” performance. Osman Khalid Butt goes unnoticed in this poorly treated episode. The worst part of the story is the underwhelming climax; in other words, the episode is like a typical TV drama in a neo-noir disguise.

Kanwal

This chapter turns out to be the bandage on the wounds of boredom caused by the previous episode. The best part of the episode is the terrific chemistry of the lead pair Faiza Gillani and Sheheryar Munawar; they both have showcased astonishing performances. Head nurse Kanwal (Faiza Gillani) is on her way to save a patient Bilal (Sheheryar Munawar), who is under police investigation for his criminal activities. Soon, Kanwal forms an intimate bond with him and makes a plan to rescue him from cops and Dr. Nahid (Tara Mehmood). The terrific script couples with dazzling cinematography by Mo Azmi and of course, chilling performances to make it a tremendous piece. Each frame is jaw-dropping, and the highlight of the show is Faiza Gillani; she emotes various emotions so swiftly and the yaha moment is when she shifts the tone of her character from a passionate lover to a strict nurse.

Furthermore, Meenu and Farjad, very eloquently address the society’s obsession with the age of a woman. The notions of dhalti umar and aam shakal have been challenged rightly through Kanwal and icing on the cake is that no victim card has been played.

Interesting, isn’t it? This episode is going to give you plenty of reasons to stay glued to your screens for the further show.

Zuvi

Oozed with grace, mystery and artistic excellence, this episode does not fail to surprise you at any pace. The director has very intelligently placed the events, and many minor elements have been worked on, which eventually makes it appear as an uncanny, goosebumpish thriller. Zuvi (Sanam Saeed) is a fine artist, who makes sculptures and worships “perfectionism”, whereas her “imperfect” husband Joji (Omar Rahim) disbalances their equation in this regard. Joji is non-conformist and is tired of Zuvi’s idea of a perfect life, therefore, he forms an intimate bond with Balam, a hairdresser. Furthermore, the various events unfold and take you through a rollercoaster until your heart begins throbbing out of suspense in the climax. Without any doubt, Sanam Saeed steals the show; her portrayal of an emotionally muddled up elite woman is beyond picture-perfect. She displays hunger for fame, wickedness, her need to hide her flaws takes the show to a next level. Whereas Omar Rahim has also delivered a good performance, his confusion pertaining to his sexuality becomes the reason for the further conflict of the story. Mooroo’s cameo is an immense delight to witness him in the story, whereas Balam and Shamim Hilaly give a reasonable performance. One factor that was an absolute turn off; “the quick pace”. I believe the director could have taken it slowly to make it more impactful.

Massey Ma

The episode is an influential blend of mystery, betrayal and justice. This

episode has nothing to do with the prime plot, however, leaves a brilliant impact on viewers' minds. The story is comprehensive and includes some vibrant performances by the lead cast. Massey Ma (Beo Rana Zafar), is struggling with a life-threatening disease, and she has zero sadness regarding it. She is lively, charming and has a daughter Dolla (Hajra Yamin), who forms a good bond with their family friend Abdullah (Fawad Khan). Soon, Abdullah's estranged wife Natasha (Rubya Chaudhary) finds out about their relationship and is found dead in her room. Post some unsettling events, Massey Ma decides to investigate Natasha's death by considering Abdullah as the prime suspect.

The episode raises the bar and displays some cerebral coherence of the sequences. Beo Rana Zafar is absolutely splendid, she is witty, smart and her commitment to her cause gives us life lessons. However, I feel Beo could have acted better in a couple of scenes; she seems to be expressionless in a few sequences. Hajra Yamin as Dolla is so sweet, and gets into the skin of her character amazingly. Rubya Chaudhary gives you goosebumps whereas Fawad Khan is the showstopper. He will give you many reasons to love him as an actor. One of the best things about the episode is the ambiguity; the writer has left many things open-ended.

Zehra

This story, very subtly connects to the prime plot, which makes the series quite sublime. The episode is set in the past where Zehra (Eman Suleman) elopes with Amar (Kashif Hussain), and soon gets caught. Zehra then approaches Najji Shah (Saleem Miraj), the famous local peer, to save

her from her enraged father. Najji Shah conspires against Amar and marries Zehra without her consent. This breaks Mai Malki (Samiya Mumtaz) and she reminds him how he is using her father's power of custodianship of the shrine. Zehra plans to escape from Najji Shah's kingdom but failed attempts elevate the challenges for her. The episode includes some nail-biting sequences, and without any doubt, the episode belongs to Saleem Miraj for his bewitching characterization. Samiya Mumtaz is astounding as always, whereas, Eman Suleman dominates at certain scenes, especially where she exhibits the complex combo of grief and hatred together. The episode is very dark, and has so many shades which is going to make you immerse fully.

Mai Malki & Anarkali

The powerful episode strikes you with amazement owing to its enchanting direction, and intense performances. This episode carries the true essence of the series altogether. In this episode, Zehra tries to reach out to Amar, so that they could make a plan, whereas Mai Malki discovers a secret room in her house where Anarkali (Mehtar Bano) was captured by Najji Shah. Anarkali was abducted by Najji Shah from a brothel, when she was a young child. Najji Shah exploited her and isolated her from her family by killing one of her family members. Mai Malki plans to take her wealth from Najji Shah and seeks Anarkali's support. This episode undoubtedly belongs to Mehtar Bano and Samiya Mumtaz. Mehtar Bano has given a powerhouse performance; her language, posture and wildness are going to give you hot flashes. Whereas, Samiya Mumtaz has set a benchmark for all the female performers,

especially for the ones who tend to do women-centric projects.

Qatil Haseenaon Ke Naam is going to win your hearts, not only because of some terrific performances but owing to the out-of-the-box cinematography, and compelling editing. It kicks off on a relatively lighter note, and ends on a penetrating, raw and mind-bending note. It encompasses some pleasing songs: the Girhain by Sunny Khan Durrani appears rightly when Anarkali shares her traumatic experiences, which enhances the impact of the story. The title song by Farheen Raza gives a dreamy and rosy feel. A huge shout out to the creative and technical department for creating such an amazing ambience throughout the series. However, the stories could have been spiced up more, especially the first two episodes lacked substance.

The director Meenu Gaur has done her best to explore different dimensions aptly. The dialogues are maturely written, and reflect the hard work that has been put in by the creators. On the other side of the spectrum, there are some loopholes in the series like irregular pace, highly predictable twists (at some points), but the strong performances cover everything up. Undoubtedly, the series belongs to Mehar Bano and Samiya Mumtaz, they both have delivered their career best performances; in fact, in some scenes they cast a spell on viewers through their captivating dialogue delivery and beguiling characterization. The series is a laudable attempt and the aesthetic, audacious and unconventional depiction of women is going to raise the bar for Pakistani Content Creators. A must watch!

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Addicted to Diction

Foxfire

The phosphorescent light emitted by certain fungi on decaying timber

Copy-pasta

Data (such as a block of text) that has been copied and spread widely online

Ontology

The branch of metaphysics dealing with the nature of being

Grammar Nazi

Someone compulsively criticizes or corrects people's grammar and writing errors.

Flabbergasted

Greatly surprised or astonished

Jentacular

Pertaining to breakfast

Xertz

To gulp something down quickly and/or in a greedy fashion

Ulotrichous

Having woolly or crisp hair.

Acumen

The ability to make good judgements and take quick decisions.

Jovial

Full of or showing high-spirited merriment

A Threat to Coastal Climate



Usama Bin Younas
Geo Physicist

04 MINUTES READ

Global warming resulting from rising atmospheric CO₂ has been cited to retain heat through the earth's atmospheric, oceanic, and terrestrial systems. As a result, ocean water would expand and many glaciers on mountains would melt. This process would lead to higher sea levels. Sea level rise (SLR) threatens important environmental and economic assets in the coastal zone. Rising seas will increase the salinity of estuaries, coastal wetlands, and aquifers, disrupting marine life and possibly threatening surface/sub-surface drinking water supplies. Sea level rise also threatens to inundate low-lying land and would intensify the coastal erosion process.

Currently scientific sea level information and data in Pakistan is insufficient to reconstruct any quantitative change. It would be pertinent to use eustatic sea level increase of 2 mm/year and 6 mm/year in order to predict possible scenarios for the Pakistan coast for the next 50 and 100 years. These are used as best estimates for sea level rise assuming

“business as usual” worldwide emissions.

More important than the actual rise in sea level is the possible increase in the frequency and severity of storm surges, which combined with sea level rise, could result in devastating floods in the region. This sea level increase will cause stronger wave action, higher tidal amplitude and greater possibility of surge occurrence that will have significant socio-economic effects on the coastal regions. The combined consequential effects of these coastal processes have been observed in many parts of the Balochistan and Sindh coast.

Pakistan's coastline with the Arabian Sea stretches to over 990 km. It comprises two distinct units in physiographic outline and geological characteristics. The coastal and offshore geology of Pakistan tectonically exhibits both active and passive margin features. The Balochistan coast is active whereas the Sindh coast and Indus deltaic area and offshore Indus basin is geologically passive. The Sindh and Balochistan coasts have differing climatic conditions, geographical location, and socio-economic factors.

The Sindh coastal region is located between the Indian border along Sir Creek on the east to Hub River on the

west (320 km). The Indus River drains into the entire lower plain of Sindh. The Indus delta is the most prominent feature of the Sindh coast. The sediments are subjected to coastal dynamic processes, such as tides, winds, waves, and currents, leading to accretion and erosion of the Indus deltaic coast. The present delta covers an area of about 60,000 hectares and is characterized by 16 major creeks and innumerable minor creeks, mud flats and fringing mangroves. This area is very arid; receiving an average annual rainfall of about 200 mm. 27% of this land is under water in the form of creeks and water courses. These water courses intervene the island, these are calm and protected water, and are flushed daily by tides ranging up to 3 meters.

The coast of Karachi is situated between the Cape Monze, a high cliff projecting into the Arabian Sea and the Korangi creek. The coastline of Karachi metropolitan is about 70 km long. The Lyari and Malir rivers are the seasonal streams which flow during SW monsoon. The rainwater from Karachi and its adjoining area drains in the Arabian Sea. The prominent feature of Karachi coast is shallow lagoons, raised beaches, marine terraces, and dune fields. Four major inlets, Manora Channel (Karachi harbor), Korangi creek, Phitti creek, and Khuddi creek inviginate the coastline. The eastern coast has tidal creeks with mangrove and mud flats. In the region the seabed is generally smooth.

The Balochistan coast extends from the mouth of the Hub River in the east to the middle of Gwadar Bay in the west and stretches over about 670 km. The Balochistan coast has almost entirely desert-like conditions. The entire coastal area is

arid with only 150-mm/year of rainfall. The coast is drained by the small rivers Hingol, Basol, Shadi Khor and Dasht. Despite having large catchment areas, these rivers flow only during the rainy season. Flash floods are frequent and even during scanty rains, there is erosion of topsoil from the uncovered hillsides and muddy banks. The eroded material is deposited along the coast at the mouth of the rivers. The Balochistan coastal region has cliffs, occasionally with rocky headlands, and a number of sandy beaches with shifting sand dunes. The region of creeks and coastal lagoon is marshy with scanty mangroves patches.

The observations and available data of dynamic coastal processes along Pakistan coast clearly indicate that the sea level is rising quite rapidly. This will lead to high investment costs in protective measures. Low-lying deltaic coast of Indus is especially vulnerable to a rising sea level, and to other events such as increased frequency and intensity of storms, increase in precipitation followed by long spells of drought. Inundation, flooding, erosion, and intrusion of seawater are among the likely impacts. Such impacts would affect productivity and seriously compromise economic well-being.

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DO YOU KNOW?

POLAR BEARS HAVE BLACK SKIN. AND ACTUALLY, THEIR FUR ISN'T WHITE—IT'S SEE-THROUGH, SO IT APPEARS WHITE AS IT REFLECTS LIGHT





MOUNTAINS IN THE CHANGING CLIMATE

Punjab Council of Arts and Development Communications network organized a painting competition with “mountains in the changing climate” as the central theme. People from different areas of life attended the art exhibition.

Chief guests Ms. Naheed Manzoor, MPA Seemabia Tahir, Ms. Faiza Shah distributed award certificates among the participants.

Haya Aslam and Arfaa Ilyas stood first in the competition. Upon asking about the thought behind the painting, Arfaa said, “The closest thing to global warming was fire, so I thought it would be a great idea.”

In an exclusive talk with **TeamAEM**, Munir Ahmed, CEO Development Communications said, “Global Warming is a global phenomenon and affects us equally, there is a dire need to spread awareness on grassroots level. As it can cause serious challenges to the environment as well as the society”.

Such events are good for awareness, as art, in any of its forms, is the best way to ponder, particularly painting leaves a lasting impact on the minds of the people. This event was also very interesting, as it not only is an awareness program, but it also provided young painters with an opportunity to put their talent before the world.



Most of us are familiar with the myth of King Midas. As per the myth, Midas was a man with a golden touch, i.e., everything he touched, turned into gold. We’ve all seen statues, they are all still, and can’t move, that’s a prerequisite for a statue to be still. But not all statues are still, some of them breathe like you and me, and are embodied with gold.

Meet Muhammad Ahsan, the Golden Man of Islamabad, he is the hot-talk of the town and making rounds on social media as well. Muhammad Ahsan hails from Karachi, and can be spotted in the streets of Islamabad. A TikTok video inspired Ahsan, he discussed the idea with some of his peers. He gets cramps, and often bruises, “sometimes the paint gets in my eyes”, Ahsan told TeamAEM.

Even the District Commissioner Officer of Islamabad officially let Ahsan conduct his activity. Ahsan is being praised by not only the people of Islamabad, but he is also being approached by different event-management companies as well. TeamAEM requests the readers to support every artist in their endeavors



PAKISTAN'S FIRST-EVER PLASTIC ROAD

Pakistan has inaugurated its first-ever road made from plastic waste. In one of its kind initiatives in the country, Coca-Cola Pakistan in collaboration with the Capital Development Authority and National Incubation Center, constructed the first recarpeted road using plastic waste. The one-kilometer plastic road constructed near Ataturk Avenue, Islamabad, has helped recycle almost 10 tons of plastic waste.

The project aligns with the World Without Waste initiative and also with the UN's Sustainable Development Goals of the future. The Coca-Cola Company in 2018 launched the product packaging policy 'World Without Waste' whereby the Company will lead the industry to collect and recycle every bottle or can, it sells by 2030.

Plastic roads are made either entirely of plastic or of composites of plastic with other materials. Plastic roads are different from standard roads in that standard roads are made from asphalt concrete, which consists of mineral aggregates and asphalt.



HIP HOP NIGHT 2K21

On 18th December 2021, Voice of Twin Cities, Desi Hip Chop and Pakistani-HipHop organized a hip-hop event called **Hip Hop Night 2k21** at Junkyard Café. Where more than 20 underground rap-artists from twin-cities showcased their talent before the audience.

Among the guest performers were Zargham, Rezz, and Hamzee. Zargham is a Jhelum based rapper, while Rezz and Hamzee represent Islamabad and Rawalpindi, respectively. Other non-performing rappers, producers, and artists also showed up to support the cause.

Voice of Twin Cities, is a youth-led initiative to promote performing arts. One of the organizers, when asked by TeamAEM, responded, "We have a vision to organize more such events where artists get to perform, and people get to attend the event and connect with the artist as well".

Mind you, the show was a house full! 5 hours of rap, and *underground kings* performed. Hip-hop heads from twin cities showed up in numbers. Finally, some breathing space for the hip-hop and rap-music fans. Hip-hop is here, where are you?

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