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AZEEM MONTHLY ENGLISH MAGAZINE

FAROOQI'S GUIDE TO SUFISM

Manners of a Devotee

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(REGD)

AZEEM EDUCATIONAL CONFERENCE

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


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


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EDITOR'S NOTE

A newer day comes with newer challenges, and newer ways to address those issues. Last year, we were on a mission to revamp, this year, we are on for some changes, for more challenges, to keep up with the pact with our AEMFam: more exciting features, good happy reads, and above all: inculcating knowledge, for the youth of our nation. We have introduced a new feature for the hopeful youth of today: **Start-Up Corner**; AEMagazine will interview some start-up founders of Pakistan. Join hands with us as you hold a fresh new copy of AEMagazine: the name youth trust!

Happy Reading!

Muhammad Ali Farooqi
Editor-in-Chief

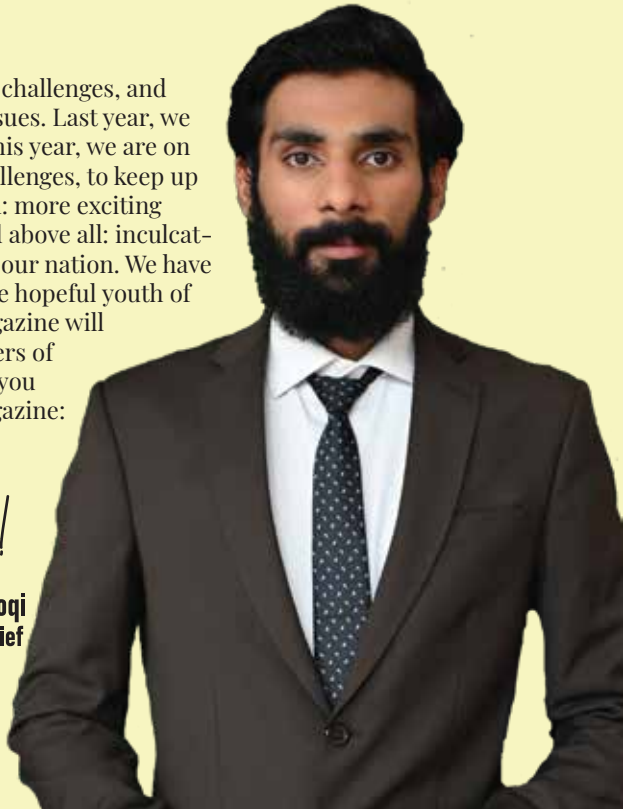


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LET'S MEET

FT. WAHAB SHAH

***Dancer, Choreographer,
Performer, Actor***

04 MINUTES READ

How do you see Wahab Shah in the mirror?

Just like how everybody else sees me (*chuckles*). A man with a beard and long hair. I just look at myself, and I don't see myself, I feel like I'm yet to be discovered. Still trying to find myself. I look at my old pictures and try to recognize *this* person. I see myself in transit. I think all of us are in a phase of finding ourselves.

How did you discover dance?

It's such a strange question, and my answer also keeps on changing. Every person is in motion, I can't remember when I started moving for a conscious reason. I don't remember when I started to *package* or brand it as such. I guess it came from my father, he was a singer, and I was intrigued and always drawn towards performing arts. He had a great influence on me, and I started discovering myself under *that* influence. He



used to tell us (siblings) to seek the best and be honest to yourself. That kinda' guided me in gliding in this world of performing arts. From there onwards a friend took me to Akram Khan's Work in Sydney. And in that process, I found myself dancing to NFAK and Michael Brookes' *Night Song* (an album). Founded a dance company with a friend, we used to work as backup dancers behind different sets of artists, in Australia. Then I came back to Pakistan, in 2006, and then I came up with my own rendition of the things that I had learnt, this blend of modern dance, with spiritual movement, and that became a contemporary Sufi style.

How was this phase of discovery for you, was it painful?

Yes, definitely this discovery (phase) is painful, but it's a *sweet pain*. But it offers a strange satisfaction. It's a combination of pleasure with pain. When you're broken or down or put in a box, you're always misunderstood,

not only as an artist but as a person too, you're constantly going through this threshold that crushes you. It is not only about being an artist, but a human, and the more you realize that whatever your belief system may be, it is correct, and is eventually leading you to your **Creator**, and is constantly helping you in getting aligned and connecting with that (*sublime*) Being. The process: not implying that it must be right, but it could be. And, for that, you should realize that the **opposition** you're getting is also fine. You *must* endorse that as well. When you don't *hurt* anyone and understand yourself, you become a better person, and if you become a better person, you become a better artist.

What do you think of conflict?

My *Ustadji* (Raja Mughal) says that the "*conflict keeps on*". There will always be a conflict, whether it is your white blood cells that fight with your red blood cells, or the regeneration of your hair, the conflict keeps, it is a part of evolution. I believe there are certain parameters or reasons that have been set for conflicts, I guess we need to find *muhubbat* (love) in *these* reasons. Everyone is fighting a battle, and if the reason for that battle is love then it's worth the fight, if it is *for* hate, then it's certainly not **worth** it.

Do you think art should be learned, or it should come from within?

I think learning is important, to get up to date with evolution. Every technology is a part of evolution that was possible only through learning. Anyone who learnt this accumulated knowledge, had a responsibility on them to further **evolve** it. That is the reason for living: to keep evolving. Today, as technology progresses, there are certain threats, but there's

also hope. There's a window of possibility, possibility to learn and evolve.

What is more difficult for you: to learn new moves, or to teach new moves?

They both have their own challenges. Sometimes learning is difficult. When we learn, we unlearn, if you do not have the capacity to unlearn, you can not learn. To teach is to learn also. When you're teaching somebody, you should understand '*what you are teaching*', and how it penetrates. If it is not penetrating the way you want it to, then you must learn to teach in a manner that your pupil is able to benefit more from the *knowledge*. Sometimes you need to adapt, accordingly. You must **submit** when learning.

What type of an artist are you?

I'm a curious artist, I'm curious about life, and I'm curious about life, and I'm curious about life.

Where do you see dance in Pakistan in the coming years?

I'm very hopeful for the future. Generally, we are very receptive to change, in order to catch up with the world we must start **opening up** now. There's a saying in Punjabi, that goes '*dunia chann'd te pohonch gayi ay te putar tu halay tak kamm te vi nahi gaya*' (*laughs*). (The world is already at the moon, and you haven't even gone for work). The world is already at the moon for vacations and exploring space. We need to realize, celebrate, and cherish all these *jamaaliat* (aestheticism) like *raqs* (dance)..... *nacho aur nachnay dou yaar*. (dance and let people dance).



It Shall Be Seen



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

04 MINUTES READ

Whatever happens on earth, stays on earth. Whatever won't, won't. What stays, stays. What remains, are the remains of our horror of existence. There's no end to sorrows, no end to gloom, likewise, no end to happiness, no end to bliss. Nothing is permanent, and nothing is temporary. All that we were blessed or cursed with, this year, or the previous one... or the one before the previous year, is now gone. It might come back, at times, flash like a lightning bolt, filling you up with energy: emotions, feelings, memories, happy, sad, all of this, and all of that. Memories are, all that remain, all that will ever be. One day, we shall transform into another form, another shape, just the abstract of it, and that particular form is, memories. And it shall be seen, we shall see it for ourselves.

Whatever is yet to come, anything, opportunities, chances, choices, confusion... it shall be seen, we shall see to live them all, to live through them all, leaving a sigh, as soon as it gets over, waiting for it to get over, so we can finally *hurl that little hush*, so the air can witness us, as a memory. A loud silence, a loud silence, and that is all our mind could comprehend, at that given time, given the choice, to embrace it. We are just our choices.

I write these words, as I was stuck in a traffic jam, almost crying to Abida Parveen's "*arey logo tumhara kia*", yet I couldn't cry, so now I'm channelizing this void of not being able to cry in these words, as I write them, and let it out, like a gasp, inhaling sharply, exhaling slowly, and mind you, I write with an absence of hope, or despair. While I'm still here, *I gotta be*, and, I shall see. Is that all to me? Perhaps I could be more, more than me, more than this construct, that people think of me, and so I be. Conditioning myself as how **time** demands me to be. So, I am. I think, therefore, I must exist. I think I exist, but is *it* meant to

be?

Thinking occurs to me like breathing, perhaps, that's all of us. You, me, and us, together thus become we. And we have been through much, all our life choices, brought us here, right here, in the now phase. We used to be different, before, but not anymore, not now at least. We could be that, again, maybe tomorrow, maybe forever, maybe ever, maybe never. But at least, we shall see. We have seen whatever happened to us. Or how it should have been, but then, right then, maybe something happened, something unlikely, something we never anticipated, maybe our intuition warned us, but we were too anxious, so we did not see, or maybe we couldn't believe, and since seeing is believing, so we should see, whatever yet is to come, we shall see to believe, to believe in the unknown, and the unknown - *shall be seen*.

They say, life is not a bed of roses, certainly not, and inversely, life is not a bed of thorns either. Pluck not the rose, for the thorns might hurt you, smell it not, for the rose might mind, let it be... let it be, resting, right there, in front of you, take a picture of it, but pluck it not, for if you pluck it, you take a life, and it's not yours for taking. Do not force your will against it, for it will not be, and it shall see, and so shall you.

Last year, for me, was just another year. 365 days, many minutes, less moments, but the momentum never stopped. There were troubles, and issues, and good days, good happy sunny days, and then the clouds hovered, it should've rained, but it did not, and I had to wait, and speaking as of now, I'm still waiting, and holding on to my breath to not let that sigh out, waiting for this to get over, so I can finally unleash the breath that I

hold, unleash into the wilderness of wind. Who knows, by the time you get to read this article, *it* could get over, or maybe not. Is it meant to be? For if it is, then it should be. And I think I'm patient enough to wait for this anticipation, that has put me in this stimulus that I find myself. Anticipation is a curse, and so is knowledge, but not the knowledge, we are forced to believe.

At least for me, this year, I waited yet again, for next year, I'm planning to wait some more, not anymore, maybe. Maybe I need a change, maybe the times demand a change. What if I need to change, and not need a change... for, all things are not meant to be, for, *it is I*, and it is not meant to be, what if *I'm not it*. Either way, I shall see, and so shall you, so shall we. To all the curses this year has to offer us, we shall see. A very very New Year to you, happy or not... we shall see... **IT SHALL BE SEEN!**

*Raah roki tou bhi, raah dikhayi tou bhi
Dekh lein gey, dekhi jaye gi*

-Inqalab

Shamma se shamma jalay!

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📷 [alifinqalab](#)

"QUOTES CORNER"

No man is free who cannot control himself.

Pythagoras



Fake Socialite

Student lives in Beijing for

Free

for

21 Days

04 MINUTES READ

A student spent 21 days in Beijing for free, by pretending to be a 'socialite'. Wearing a fake Hermes bag, a fake ring, and fake necklaces. She slept in the halls of extravagant hotels, tried on jade bracelets at auctions, and ate and drank for free.

"I met a security guard at an auction who asked for my contact info. Maybe he thought I was rich. He was eager to help me. He helped me take photos and offered me drinks several times."

Zou Yaqi was a final year student at the Central Academy of Fine Arts. She recorded her 21-day experience as her graduation project, which caused quite a sensation online.

"In my experience, it's interesting how excess in society is distributed. It is

usually given to people who look like they already have sufficient wealth in life – they can sleep in extravagant hotel lobbies for free, shower in the airport and use hotel benches for free. So I pretended to be one such person and lived off this 'surplus'."

Zou visited many venues which she thought might offer freebies and accommodation. To look like a socialite, she did a lot of research online, to dress, behave and look like them. Her new look: a fake Hermes bag, fake ring, delicate make-up and fancy clothes.

"I made sure my hair was smooth, fresh, and pretty, because according to my research, socialites keep their hair in good condition."

Zou started her trip on May 1. Her first stop was a bar. She performed in

a cosplay show to help the bar's owner and was allowed to sleep there and got a free flight ticket. She spent the next 5 days in an airport by forging fake VIP entry passes. Zou enjoyed the free food and drinks in the VIP lounge and stuffed the rest into her **'Hermes'** bag.

When her freebies got too heavy to carry in one bag, she walked into a Gucci shop and got a free paper bag. She cleaned herself in the restroom and slept in the nursery at Starbucks, and on sofas in the lounge. After finishing her experiment in the airport, she took it to the next level, and went to different venues over the next few days. She slept in an extravagant hotel lobby, enjoyed free drinks at bars, tried on jewelry worth millions of yuan, slept in Ikea and enjoyed the hotel's gym and sauna. Gradually, it became second nature for Zou to pose as a socialite. She said it was like playing different roles on different occasions.

"I was in the hall of a hotel on May 20, which is Chinese Valentine's Day. I pretended to be a wife who was trying to catch her cheating husband and slept in the lobby."

During the entire 21 days, Zou was questioned only once, when she made up a fake name in a hotel. She explained that she had just checked out and was allowed in again. Zou presented her 21-day experiment as a video at the academy with collections of objects gathered during the project. The project received mixed reactions online, prompting heated debate about class, privilege, and wealth inequality which have surfaced as major concerns in recent years.

Some also questioned Zou's real

identity. Zou said she grew up in a small city and was not a socialite and her intention was not to examine wealth inequality.

"My work is not perfect, but it leads to discussion. Many people expressed their appreciation, saying I healed them and inspired them. They said many touching words. I think as long as my project inspires people to think about and discuss these topics, then it was worth it."

Zou has signed a contract with an art agency and has become a professional artist. A Chinese magazine commented on Zou's project: **"We can say with confidence that she lived freely for 21 days in the metropolis, relying on the tolerance and kindness of our commercial society"**

UNPOPULAR OPINION



**PRICES OF THE
PRODUCT AT
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ARE THE ACTUAL
PRICE OF THE
PRODUCTS**

WHAT IF *Dinosaurs* Never Went Extinct

04 MINUTES READ

How cool would it be to see a real life T-Rex? If only that one fatal asteroid never hit the earth. Would dinosaurs still be alive today? Would they have evolved? Would humans have survived this long? Could we ever learn to coexist? This is what would have happened, if dinosaurs

would
have never
went

Earth. Intelligent, adaptable, and sometimes weighing as much as two jet planes, it's hard to believe that it only took one rock to wipe them all out.

Of course, this was no ordinary rock. The asteroid that took out the dinosaurs was 9 miles wide; that is 15 kilometers, and precisely 158 football fields. And hit earth with the destructive force of 10 billion Hiroshima bombs. The radioactive shockwave obliterated everything for hundreds of miles in every direction. 75% of all species went extinct. If that asteroid had hit just a little earlier, a little later, or even a few miles off course, we would be living in a very different world today.

The rock that killed the dinosaurs struck the shallow waters of Mexico's Yucatan Peninsula. Had it landed a little farther off the coast, in a deeper part of the ocean, the water might have absorbed some of the blast along with its devastating effects on the atmosphere. But even if the asteroid had missed earth, dinosaurs would've had to survive several significant global events in order to make it to the present day.

55 million

years ago, temperatures rose, the climate was 8C hotter than it is today. Rainforests sprouted, and vegetation flourished. Herbivores would have adapted and thrived, but they'd have started to look a little different. The plants of this period were less nutritious and easier to digest, meaning dinosaurs would likely to shrink in size, since their new diet wouldn't have as much energy.

Roughly, 34 million years after that,

extinct. Until 66 million years ago, dinosaurs of all shapes and sizes roamed the

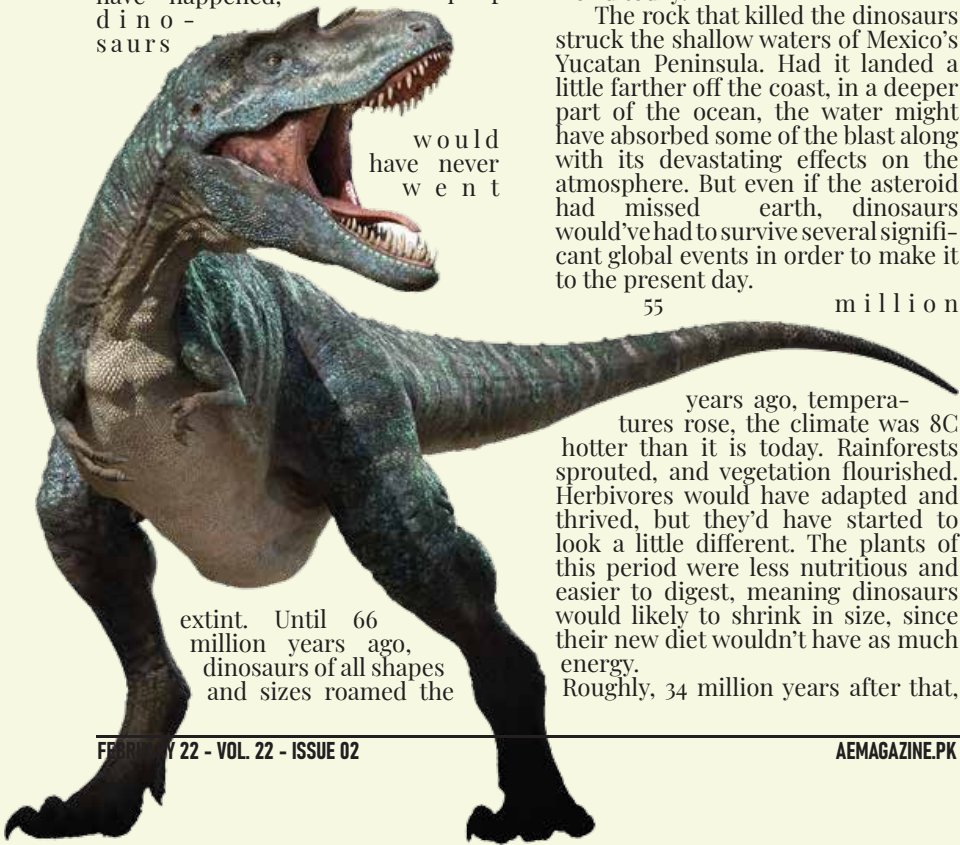


IMAGE: PINTEREST, SOURCE: WHATIF

South America and Antarctica split, creating a cooler and drier world climate. During this period, long-legged, fast-moving dinosaurs would have evolved to travel the huge grasslands stretching out across the globe. Compared with mammals of this period, dinosaurs held significant advantages, such as having more teeth and better eyesight. Considering that dinosaurs were already so advanced, scientists wonder whether mammals would have evolved at all if dinosaurs hadn't gone extinct.

It's likely that the big animals we know today would've been prey to dinosaurs, but remember, humans evolved alongside woolly mammoths and Saber-toothed cats! While those species didn't survive the ice ages of 2.6 million years ago, given the evolutionary traits of some dinosaurs,

there's a chance they might have persisted. But what about us? Could we handle

freezing temperatures, and huge, terrifyingly vicious predators? They say running keeps the warm, also better.

In an universe-

body but that might make you taste

alternate, if we did live alongside

these prehistoric beasts, it's possible we could see a real live T-Rex in a protected reserve, not unlike Jurassic Park. Human population growth and excessive hunting would've likely driven larger dinosaurs to near extinction. Today they would most certainly be an endangered species. But those that shrank and adapted over millions of years could coexist peacefully among us. In fact, some actually do.

Where do you think pigeons came from? It's hard to believe that birds were once the size of biplanes, but then again, it's hard to believe that with a slight twist of fate, we might've walked with dinosaurs, or we might have become dinosaur chow, and not have evolved at all. Possibilities are infinite. We could have evolved into another form; other than how we appear today. Maybe their extinction

helped humans in their survival. Maybe the extinction of dinosaurs paved the way for human's survival, and maybe that became a reason for this article to be articulated. One's loss is another's gain.





Birth is a Tragedy!



Arooba Haq

Student, Self Proclaimed Artist

04 MINUTES READ

When we meet a newborn baby wrapped tightly in a blanket, we naturally get mesmerized by the beauty and perfection of this tiny package. We observe these little wizards closely shut eyes and wonder what exotic worlds it might be adorning its imagination.

The tiny human appears to know nothing and everything simultaneously, the small facial features already resembling those of its ancestors seem to have in the centuries of wisdom, and it gives the sense of being tragically young and incredibly old at the same time. In just a few months, a set of dispersed atoms came from stars exploding at the

beginning of the universe. From a world of slumbering souls, it *woketh* and was *brungst* into this world as if by some other worldly power.

All this mesmerization does not last long as we, the older ones, aka **the elders**; understand that the young one has entered a world engulfing and ravaging everyone it has encountered. The world in which its wants and needs will not always be fulfilled or entertained, in which it will be told to stop with self-pity and get over it, he will have to compete and fight to prove himself. In this world love and kindness will not always be returned. The world will be ruthless and unkind; the protected calm and peaceful existence experienced in the early days of life will never be felt again.

The valiant young soldier will have a brave heart that will be ridiculed and neglected, and he will wish to be dead when the going gets more challeng-

SOURCE: ISTOCK

ing; he will want to scream with joy and agony and be lonely and feel abandoned. He will fear the future, and the past mistakes will haunt him. He will form friendships and relationships that will hurt him and leave him. He will knock doors permanently closed and will miss the ones wide open. He won't be able to speak his mind in front of his own family. He will make mistakes that will never be forgiven. His childhood will leave a lasting imprint on his mind. He will get jobs he hates, get in arguments with partners.

Parents will always wish to keep him protected. But outside the comfort of their home, the child will face the world alone, and the parents will have little to no control over what fate holds for him. For a few years, they can put dinner on the table, pay the bills, pay for education, clothes, and other necessities. Make their favorite meals and bring their favorite fruits after every grocery store visit. But eventually, the child will be left alone to see and experience the world on his own.

We can find many classical Christian paintings in which baby Jesus is sitting in the lap of Mary, but the picture gives a sense of sadness. In all these paintings, the expression on Mary's face is mournful and melancholic. As if she knows the baby in her lap will see the world and its inhabitants turn on him and put him through terrible pain and suffering. The child's suffering is also his mother's suffering. The paintings do a great job of depicting that. As Mary holds the baby in her arms, she has no illusions of what life holds for him. She understands life is both a treasure to be cherished and an awful tragedy at the same time.

Not all of us are headed towards a

tragic death outside of Jerusalem. Still, as the Christian story shows, we will all suffer in ways that are unjust or out of proportion, leaving any loving parent worried and scared at what they had done to us by giving birth. We have done nothing particularly wrong except for the fact that we were born, and yet that will be enough to bring us sufficiently horrible punishment.

The ancient Greek historian Herodotus praised the Thracian citizens for their custom of rejoicing in burials and, on the other hand, grieving at childbirth. We could have the bravery to imitate these grim realists in their prophetic rantings if we were more clear-eyed or simply less taken in by the smiles of children.

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UNPOPULAR OPINION



**WINTERS ARE COLD,
PEOPLE
ARE
COLDER**



THEATRE & POLITICS



Uzma Sabeen
Drama Teacher at NAPA Karachi

04 MINUTES READ

Theatre is the best medium to communicate difficult issues on a mass level. We could use it to shape the political issues of society. The politically active artists can present stories which could help their audience to formulate opinions. Theatre can raise questions and challenge public logic against political events. This quality of theatre is now being used by politicians and they use theatrical presentation. The counter-narrative of the masses is rather *unseen* from the **scene**.

There is a long history of theatre being used for opinion making. Over time, protagonists evolved from monarchs to *common man's perspec-*

tive: the playwrights started writing about life of *people* and general-life challenges. Then, they tried to incorporate political issues, which a common man faces and his views about the political scenario.

America, Russia, India and other nations have been using film, television, and theatre for propaganda against rival political parties and nations as well as for the betterment of their own nations. They incorporate many theories as suggested by writers and other artists. But theatre under the influence of an *elitist regime* has been rather neglected in our society. It was done through a planned process and now, talk shows and press conferences have taken over the theatre-industry.

These days politicians act more like professional actors, *than* professional actors. There is a very interesting similarity between theatre and politics. It shares the same elements as we see the six elements of drama

IMAGE - ORISAPUST

prescribed by the Greek philosopher Aristotle in his famous book, **POETICS**. He suggested plot, character, thought, diction, music, and spectacle are some main ingredients for a *successful* play.

A politician first sets a plot and thus controls the narrative. Leads campaigns to win the hearts of his people. Rallies and riots are his play, He sells an idea for the *betterment* of the people. Politicians are good at acting.

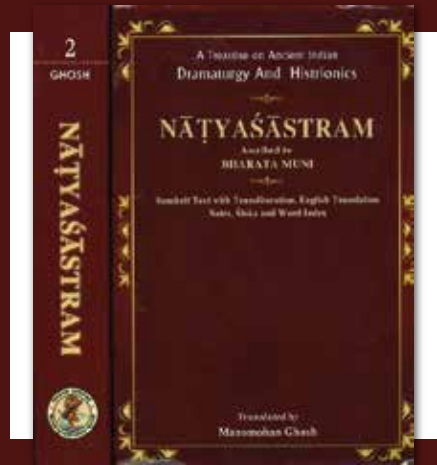
He motivates his voters through speeches and convinces them to vote for him and ensures a *better future*, but he enforces them with full confidence and enthusiasm. He makes them believe that he is the **ultimate savior**. His choice of words and slogans should be appropriate and appealing. Political parties tend to use *anthems* to attract and inspire.

The last element is the **spectacle** which to quite a few extent is the *whole play*. They build huge stages and put on a power-show which usually is judged by the massiveness of their *audience*. The only dissimilarity in theatre is that the audience buys tickets to watch the show (a one-time transaction), whereas, crowd at political gatherings pay slowly over time in consequences.

Theatre in our country will never flourish until **freedom of expression** is exercised. The space and facilities are equally important but for the case of our theatre; a more important aspect is to facilitate the artist and to pave the way for a friendly environment for any art to sustain.

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natya shastra



Guess who was the first to do it? Theatre... performing arts... music... inscriptions, not the Greeks, or the Romans, but *us*: the **“this side of the world”**. There’s a guide to performing arts: the **Natya Shastra** is a Sanskrit treatise on the performing arts. The text is attributed to sage **Bharata Muni**, and its first complete compilation is dated to between 200 BCE and 200 CE but estimates vary between 500 BCE and 500 CE.

The text consists of 36 chapters with a cumulative total of 6000 poetic verses describing performance arts. The subjects covered by the treatise include dramatic composition, structure of a play and the construction of a stage to host it, genres of acting, body movements, makeup and costumes, role and goals of an art director, the musical scales, musical instruments and the integration of music with art performance.



Ode to Viruses



Wajiha Imtiaz

PhD Scholar, Learner, Dreamer

08 MINUTES READ

I am writing an ode to viruses because they meritoriously deserve one. Also, because I want to highlight how we as creatures of habit, cannot refrain from negatively stereotyping things. For instance, just a year ago, I observed the impact of consumer bias against a beverage named ‘Corona’; just because the beverage’s name was horrifically synonymous with the prevalent virus pandemic. People blacklisting anything mildly symmetrical to *corona*, due to the fear of corona viruses was shocking. Thirdly, I applaud viruses because my Virology Professor graded my paper as a **B**, keeping me from scoring a distinction and immensely humbling me in the

process; so now I seek goodness even in nooks and crannies.

When Viral ecologist Marilyn J. Roossinck from Penn State University was asked about “What would a virus free world look like?” She said, “There wouldn’t be a world. I think that viruses are probably remnants of the original life form. It’s high time they get their due credit.” Viruses are the most abundant entity found everywhere on planet earth. We are familiar with only a small fraction of the existing viruses and this knowledge is expanding with the discovery of new virus-like genetic sequences. Viruses can be classified based on their shape (helical, spherical, and polyhedral), their choice of host (animals, plants, bacteria) or the type of genetic material (DNA or RNA) they carry. In Greek phagein means to devour, hence the term phage is used particularly for the viruses that infect

bacteria. Viruses can be characterized as i) Parasitic viruses (virus harms host) e.g. tomato bushy stunt virus that deforms eggplant. ii) Commensals (no effect on host) e.g., viruses infecting humans causing no problem to host. iii) Mutualistic (virus helps host) e.g. bacteriophages that help cholera virus to make necessary toxins. iv) Symbiogenetic (viral genes help host) e.g., viral genetic material that allows formation of placenta in mammals.

Viruses need hosts to replicate

Viruses cannot replicate without host cells. They are known to adeptly invade human tissues in mouth, gut, respiratory tract, blood and urine; surprisingly some bystander viruses are recently found in organs which are considered sterile such as cerebrospinal fluid, blood plasma, joint fluids, breast milk. Previously only rare viruses (such as herpes virus) were known to invade cerebrospinal fluid but recent researchers are establishing central nervous system colonization by a diverse viral community.

Viruses and human hosts

Viruses inhabit every corner of the human body. From head to toe in human anatomy they have been located in the nervous system, mouth, respiratory tract, mammary glands, gastrointestinal tract, urinary tract, genitals, and in joint fluids, blood and skin surface. Among 100 known Herpes virus species, only nine infect humans, mainly Herpes simplex type 1 (causing cold sores), Herpes simplex type 2 (genital herpes), Varicella zoster (chickenpox, shingles), Epstein-Barr (lupus, cancer), Cytomegalovirus (pneumoniae).

The u in humans is followed by v in viruses

Scientists are emphasizing how the human body is a medium of coexisting cells, bacteria, fungi and most abundantly viruses. We are not just human cells, in entirety; and the human microflora is not just a percentage of biological matter in the human body. The estimated 380 trillion viruses living inside the human body is 10 times the number of bacteria. Hence the virome of the human body which is being mapped for a decade; is somewhat like a partnership that influences human function in both good and bad ways. The challenge is on us to tap into the good aspect of the viruses and viral determinants residing in the human body.

The story of virome begins...

The presence of viruses in any infant gut indicates their earliest acquisition from the mother's body i.e. birth canal, later from breast milk and years on a virome keeps building from the surrounding air, water, food and humans. Interestingly adult viromes are very stable, as anello viruses are very common among the human population. When we talk about the active and changing microbiome in humans, the most dynamic players indeed are viruses! The virome of the human body differs in different organs. The viruses in the stomach are different from those of the mouth. Researchers can now tell which part of the body is under scrutiny by looking at its virome profile. As a naturally occurring entity in the environment, viruses are routinely picked up by individuals from their surroundings. Hence people living together tend to share 25% of the

viruses in their virome which might be exchanged or transmitted by casual contact, utensils, food, furniture and toilets. Viromes of people can vary based on gender and population distribution. Oral viromes of men and women vary, and people in Western nations have less diverse viromes as compared to people in the other side of the world. Viruses living upon bacteria inside

kidney but perish upon crossing into the nervous system where no host bacteria are available.

You have got crAssphage so do I!

crAssphage has a universal prevalence, though found in the human population worldwide, it is not linked to any disease and researchers are rather uncertain about its influence on the human hosts. Since it



humans; “Phages”

The viruses inside human body target bacterial and human cells alike. Those living inside bacterial cells within the human body are called bacteriophages or simply phages. They are present everywhere, in the air, the human body, and even in acid mines, hot springs and arctic glaciers. Phages are known to cross mucosal membranes of intestine, lungs, liver,

can control the bacterial population of bacteroides in the human gut, it can be exploited for improving gastrointestinal conditions in humans.

What keeps viruses at bay

A very small fraction of viruses in our virome can infect human cells; but under normal conditions those viruses are kept in check hence, at bay and suppressed by our immune

system. In case our immunity gets compromised; then eradication of pathogenic viruses becomes a challenge.

Benevolence of Viruses

- Viruses can protect against human pathogens

An example of viruses protecting against human pathogens is that of GB virus C, a common bloodborne human virus that is an antagonist to the HIV virus and fatal Ebola virus. GB virus C slows the progression of AIDS upon HIV infection.

-VDEPT

Viruses used as enzyme factories for virus directed enzyme prodrug therapy (VDEPT). In cures for cancers where a drug is required to target specific human tissues and not others; the inactive prodrug is systemically administered along with virus encoding enzyme within the targeted tissues. An example is the administration of ganciclovir along with thymidine kinase expressing adenovirus; in the treatment of HIV infection.

-Phage therapy

Phages previously isolated from local water bodies, dirt, air, sewage and patient body fluids were purified and used for treatment of dysentery, sepsis and skin infections. In current times phages are genetically engineered against target bacteria (those resistant to antibiotics) and can be stored individually as purified strains or as bacteriophage stocks (cocktail mixture of different viral strains). Rockefeller University researchers are using phage enzymes to fight MRSA infections (methicillin resistant Staphylococcus). Similarly, in 2016 at U.C San Diego doctors used phages to treat the multiorgan failure

condition of a patient due to drug resistant bacteria (Acinetobacter). Phage therapy has its limitations since effective viruses are hard to find; even if phages are lab grown and cultured in bacteria; the purification of phages from bacteria requires sophisticated methods.

-Viruses as de facto immune systems; by trapping bacteria.

How exactly viruses act as a de facto immune system has not yet been proven but researchers in Finland have established a strong association of viruses present in mucus with eradication of a particular bacterium only in pigs and rainbow trout.

-Viruses are the major recyclers in the oceanic environments

They are also known to kill the winner thus maintaining a balance in the ecosystem. They can also act as symbionts for fungi that allow grass to grow upon desert soils. Viruses have gained fair share of notoriety over the years, starting from the 1918 influenza epidemic costing 50 to 100 million lives, followed by 20th century smallpox invasion with approximately 200 million deaths and most recently 21st century Covid-19 pandemic is just another blow in the series of unfortunate events. However, wishing for a virus free world would be a mistake with repercussions deadlier than a deadly virus. As Tony Goldberg said "All the essential things they do in the world far outweigh the bad things". Viruses may appear as a mystery to us but they are an integral truth. And we need to make peace with the fact that they are keeping us alive and sustaining the planet rather than killing us!

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Sexual and Reproductive Health in Pakistan



Sumaira Riaz
Optometrist, Health Care Manager

04 MINUTES READ

Talking about sexual and reproductive health in Pakistan is considered a taboo which resulted into doubling the population size in last 30 years. Increased population growth is not the only issue that we face right now. Child and maternal mortality, unintended pregnancies, STIs and hygiene issues that lead to health risks are some issues that arise due to lack of awareness about sexual and reproductive health.

Let's talk about sexual and reproductive health in teenagers and the problems that they face. 23% of the total population of Pakistan comprises of adolescents. Situation analysis of reproductive health in adolescents and youth in Pakistan conducted by UNFPA shows that two-third ratio of teenage girls in Pakistan did not have any prior knowledge about menstruation and how to take care of that, if it happens. There is no formal education channel to help teenage girls and boys about puberty related changes and how to go through them safely. Awareness

comes from family, in case of girls and from friends in case of boys, majorly. Lack of awareness causes following issues among the teenagers:

- Menstrual hygiene management issues
- Puberty related health issues
- Psychological effects of puberty on life
- Early marriages and lack of knowledge about contraception
- Lack of reproductive health rights
- Gender based violence (child abuse)

Let me explain a few of these problems and their solutions.

Puberty Related Health Issues:

1. Girls face vaginal discharge, menstrual issues include pain in abdomen and legs, weakness. There are also psychological issues related to it like there's a certain shame associated with menstruation.
2. Boys face concerns about nocturnal emissions, masturbation-related issues, urinary tract infections and sexually transmitted diseases. They also have concerns about their appearances in case of delay in secondary sexual characteristics.

Effects of Puberty on Life:

1. Girls in Pakistan face mobility restrictions, responsibility of domes-

tic/household chores, discomfort that comes with menstruation, absence from school and hygiene management challenges. They might have to take veil or other sorts of *pardah* like *chaadar* as they reach puberty level.

2. Boys face different circumstances on reaching puberty. Their mobility and freedom becomes easier, but they face economic responsibilities; their propensity to masturbation increases, so does their ratio to consume pornography; in some cases, they get involved in unsafe sex including paid sex.

Early marriages and lack of knowledge about contraception:

Median age of first marriage in Pakistan is 20 years. Awareness of reproductive rights and contraception among youth is wider but access to contraception and safe health practices and trained antenatal care is limited. This is more prevalent in rural areas where one-third deliveries are conducted without a trained birth-attendant. This is unsafe for both the mother's as well as the child's health, also a burden to the country's economy on a broader level.

Recommendations:

- Reach out to young people through the health system.
- Girls should be counseled on menstrual hygiene management, period-tracking, and pain relief.
- Young adolescent boys need to be counseled in advance about nocturnal emissions, the urge to masturbate and how to avoid urinary tract infections.
- Male health care providers should inform, counsel, and treat teenage boys in friendly, pragmatic, and an open manner.
- Out of school children require

special attention. Homebound girls can be reached out through lady health workers.

- Medical camps can be arranged to educate street children and adolescents.
- Transgender community need special attention. They should be educated regarding safe sexual practices and hygiene management.
- Young couples should be provided pre-marriage counseling, awareness regarding family planning, its benefits, safe pregnancy gap between children, and other aspects of sexual and reproductive health.
- Health services should be provided to gender-based violence survivors through trained health care providers and it should be according to existing protocols such as clinical handbook for healthcare provision to gender based survivors (GBV) in Pakistan
- Safe spaces should be created at community level where adolescents can discuss their issues with their peers. Healthy activities should be organized such as sports and social activity clubs at tehsil and district level(s).
- Develop a locally acceptable model of life skills-based education for adolescents of age: 10-19 years; this model should include formal sexual and reproductive health information; this model should also cover themes regarding gender-based violence.
- Life skills-based education should include stakeholders from all communities like family, healthcare specialists, and religious seminaries so that it could be made as locally acceptable solution to youth's problems.

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1857 The War of Independence and the Forgotten Warriors of Punjab



Imran Khan
Playwright, Poet, Fiction Writer,
Teacher of English Literature

06 MINUTES READ

کافر مارد و پھریں
خوش و سیرا دے سا ساڈیا

“We have killed the kafirs (the British) in broad day light. We are happy over that end on being sent to Kala Pani (transportation for life) Happiness be your fate our country!”

This was the last song of the freedom fighters of Neeli Bar, head on the banks of river Ravi in 1857. Their’s was the last post that fell in October 1857. No help reached them from anywhere. They fought all alone on both sides of the Ravi. Their first encounter with the British, who had taken over from the Sikhs, was in June 1857 when the war of independence broke out in Meerut cantonment. The *Mujahids* in uniform were led to Delhi. The revolt engulfed almost all cantonments in the Punjab (the NWFP was

then part of this province). Neeli bar and the Murree hills were the only civil areas where people, especially the Muslims, rose against the well-armed British.

Forgotten hero

Neeli Bar in Sahiwal district and Sandal Bar in Faisalabad, Toba Tek Singh, Sheikhupura and Gujranwala districts, were the areas where rebel Rajput tribes of the Kharls, the Wattoos, the Sials, and the Bhattis were settled. Sandal bar produced Dullah Bhatti, a rebel who followed the footsteps of Porus and Jasrat Khokhar and had a direct clash with Emperor Akbar. The same Sandal Bar in 1857 threw up another forgotten hero of the Punjab. Rai Ahmad Khan Kharl who led the 1857 war in this part of the country. He fired his first shot on the British in June-July and kept them on their toes till September, when he was saying his prayers in the battlefield Gulab Rai Bedi, a collaborator of the British shot him dead.

Many songs were composed by unknown poets about the war fought during the six months in the two bars (jungles). The unknown bars paid rich

tributes to these heroes in the Punjabi language. But the foreign educational experts deprived the Punjabi language of its rightful status which it had enjoyed since the days of Shahjehan. Therefore, the Punjabis at large forgot the long-drawn out wars between the East India Company and the Punjabis. They just forgot their proud contribution to the 1857 effort. They were forced to remember only the part played by a few hand-picked men (Muslims, Hindus and the Sikhs) were made 'Chiefs of the Punjab'. The real chiefs of the Punjab like Ahmad Khan Khari, Nadir Qureshi, Sarang, Mamed, Nathu Kathia, Wali Dad Mardana, Baba Nigahi, Amanat Ali Chishti, Shuja Bhadroo, Jalla Tarhana, Mokha Vahniwal and many others were forgotten by all but the unknown poets who composed 'dholas' in which they recorded almost all the events of that turbulent period. These songs are still heard on both banks of the Ravi, in the close vicinity of Harappa, the remnant of the oldest civilization of the land of five rivers. No serious attempt has ever been made to collect this poetic record of a glorious chapter in our history. The only reason is that this would have lowered the status of the "Punjab Chiefs" who were the creation of the British. Who among the Kharls could give supporting voice to Ahmad Khan Khari who said to Mr. Berkely:

اگے وی نال حکومت دے اولیندا مورجے
 اوس توں ول اگے لنگھ جاندا
 راجہ نہر نہایت سنگھ نماں
 ایہناں کھرلاں اگے وی مرزے خان دا اجالیا منی
 سیالان توں چکے ہانیں وگہہ رانے
 ایہناں کھرلاں اگے جنگا اکبر یاد شاہ نال وی کیتا منی
 مدانوں کدی نہ اوہ ڈولانے

احمد آہندای: مہراں لٹیاں ہن سلطان سکندر دیاں
 اوتھوں دے مال ساہاں

"The Kharls have been doing battle with the previous governments. Ranjeet Singh avoided confrontation with them. He used to bypass their areas. Their tribal leader, Mirza – hero of a Punjabi love story Mirza Saheban – was murdered by the Sials (the tribe of the heroine of the story). The Kharls cleared their accounts with the Sials. They attacked the Sial territory and destroyed them. They also engaged Akbar the King. And they never wavered in the battlefield. They snatched the wealth of Alexander the Great and never surrendered it back".

Unchallenged

This chivalrous tradition of the Kharls had produced Ahmad Khan Khari of Jhamara (a village in district Toba Tek Singh), who was the popular leader of the areas on both sides of the Ravi. In 1857, he was in his seventies. He was a terror in his youth. Ranjeet Singh never challenged his autonomy. The Maharaja once took some Khari prisoners. Immediately Ahmad Khan Khari went to the Maharaja and secured their release.

The British wanted to subdue these "trouble-making" tribes. They asked the tribal chiefs to provide them with horses and recruits. This was resented by these chiefs including Ahmad Khan Khari:

انگریز ہر کلمی آہندای: رائے احمد دیویں گھوڑیاں
 تیری لندنوں لکھلیا دساں نیک نامی
 رائے احمد آہندای: دناں، بھوئیں، تے گھوڑیاں ونڈ
 کسے نہ تیاں
 ہونڈیاں بتدے وچ سالہ سلامی
 احمد تے سازنگی چٹے حساب دے کے جہامرے نور

گھوڑیاں دھر روڑ گئے نی

The Englishman Berkely says 'Provide me with horses and men, Rai Ahmad and I will secure a citation for you from London. Rai Ahmad says: No one in his life ever shares wives, land and mares with others. Ahmad and Sarang refused pointblank and went back to their village Jhamara.

That annoyed the White rulers. They gave them chase. But both Ahmad and Sarang were on a mission to muster support for a massive attack on their foreign adversaries. They were not in Jhamara. Capt. Elphinstone and Berkely (EAC) jointly crossed the Ravi and put Jhamara to the torch. An unknown poet says:

کدھی دزیاوی دے اتے، انگریز جھگے جپیا دے بھوک
مواتے مین بالے

اگانہلانی اگہ مستان فقیر نوں، جھگڑے اوہدے دی
چامیس ساڑے
آکے: اگ جھامرے دی لاونی نالے چھڈنے ڈما چبار

'The British have burnt down tenements on both banks of the Ravi. Then came the dwelling of a faqir which was also set on fire. They say: "we have to burn down Jhamara and bulldoze the town".

Jhamara, residence of Ahmad Khan earned the wrath of the 'masters' but he stood his ground.

In Gazetteer

A British compiler of the District Gazetteer says: "Ahmad was a man above the average - bold and crafty. It was this man who roused the tribes. All the important tribes of Ravi rose. 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 District jail (now in Sahiwal district). This appear to have been in all probability the work of Ahmad Khan. Reliable information was received to the effect that Ahmad with a large body of Wattoos had retreated into the jungle near Gashkori, some six miles south of Gogera. Capt. Black was sent with a detachment of cavalry to destroy them. He was joined by Lt. Chiches-ter. A sharp skirmish took place in which the cavalry had to retreat. They were however, rallied and Ahmad together with Sarang, chief of the Begka Kharls, was killed.”

ہن کھولیا کر کے خدا نون، دھریاے لتز کایے بہڑے

لڑلگام دے

آکھے: تنسیں ڈھڑوں تھڑولو

زائے احمد بیا آکھے جھونپ تلواریں مریساں

چنواں مرداں دے بتے جاسن لگجھ میدان دے

اوس دیہاڑے بھیڑیاں بیاں ہن فوجاں انگریز دیاں

کنگھراں آکے کلردے کولوں ہاتھیں انگریز دیاں چک

لگھانیاں

پکے نویں کھلے ہین اونشان دے

نماز پڑھدے زائے احمد نون، گلاب زائے بیدی ماریاے

گولی اگنہ موی دے ہین، سنگا مامار دے

‘In the name of God the Kharl rides his horse. Says Rai Ahmad: nobody must waver. Draw your swords and advance. This is the real test for real men. That day the British army was mauled. Rebels have shown their mettle. The British army was forced to retreat through barren lands. There are traces of their retreat which can be seen. But Gulab Rai Bedi fired at Rai Ahmad when he was offering prayer. Rai Ahmad has joined the Imam.’

That which could not be done by the foe was done by a traitor to the motherland and today almost all

Punjabis have forgotten the great struggle their forefathers put up against the invaders from the East as well as the West.

poetic_spurs

FACTS

NO ONE ASKED FOR



Aadaab Arz Hai is the most secular salutation / greeting normalized by the Nawabs of Awadh to salute or greet anyone, regardless of their class, creed, community, titles: which even motivated UNESCO to acknowledge it. *Aadaab Arz Hai* was even used in Mughal courtrooms during mushairas after the shamma was brought to the shaayar: and the shaayar would start with a couplet, asking for the *mehfil's* consent, with *Aadaab Arz Hai*.

SCARFACE



Syed M Shayan Shah
Grade 8 Student

02 MINUTES READ

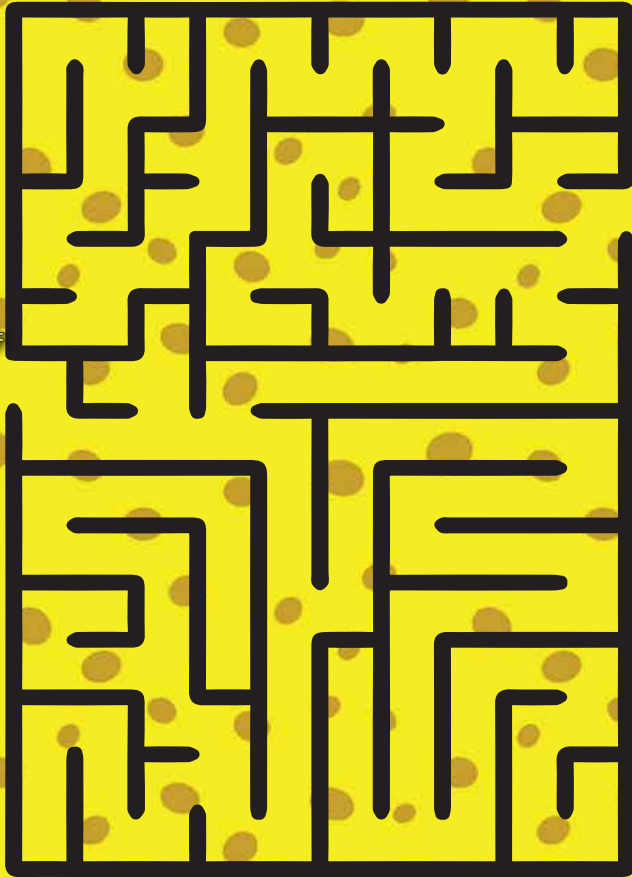
Once upon a time, there lived a man whose name was Fergus. He lived in a city named Kampala in Africa. Everybody called him scarface because he had a big scar on his face. He was disrespected and disliked by everyone just because he had a scar on his face. One day he was going somewhere when he spotted a gang of people kidnapping a kid from the store. He was astonished to see that. Fergus quickly hid himself behind a tree, he noticed that the kid was tightly packed with the rope all around him. Fergus followed them and reached an unknown place. One of the men of the gang felt that someone was following him so he sent one of his men to figure out who he was. Fergus quickly hid behind the bushes. There was a house there. It was a kind of a warehouse. All of them entered there except Fergus. Fergus moved ahead to figure out a way of getting in. He saw a window on the extreme left of the house. He started finding something so that he could reach the window. As Fergus was smart and clever, He figured out a cunning plan. He gathered all tree branches and placed them in a straight line upward. He climbed up and sneaked through the window. He saw that the man was calling someone. Fergus thought that they



might be calling the kid's parents. Now guess what he did. He jumped from the window and fell. He was badly hurt but he didn't lose hope. He fought with the people bravely and fearlessly. One man came up with a weapon. As the man shot.

The bullet hit Fergus's shoulder and was injured He then quickly grabbed the gun and shot everyone down. He opened the kid's rope and asked the boy "What is your name?" There was no reply as the boy's condition didn't seem well and he couldn't talk. Fergus quickly took him to the hospital. After an hour or two, the boy's condition was good enough that he could talk. Then Fergus tried to ask the boy all the information, he then quickly contacted his parents. His parents quickly reached the hospital without wasting any time. The boy's father was a great wealthy man and was the mayor of the city. He thanked Fergus very much and gave him money as a reward. Fergus was optimistic, so was the boy and his parents. Fergus remained in hospital for two weeks until his shoulder was recovered. From that day nobody made fun of his scar and everybody cared for him and treated him equally and Fergus lived a happy life ever again.

CAN YOU FIND THE RIGHT PATH?

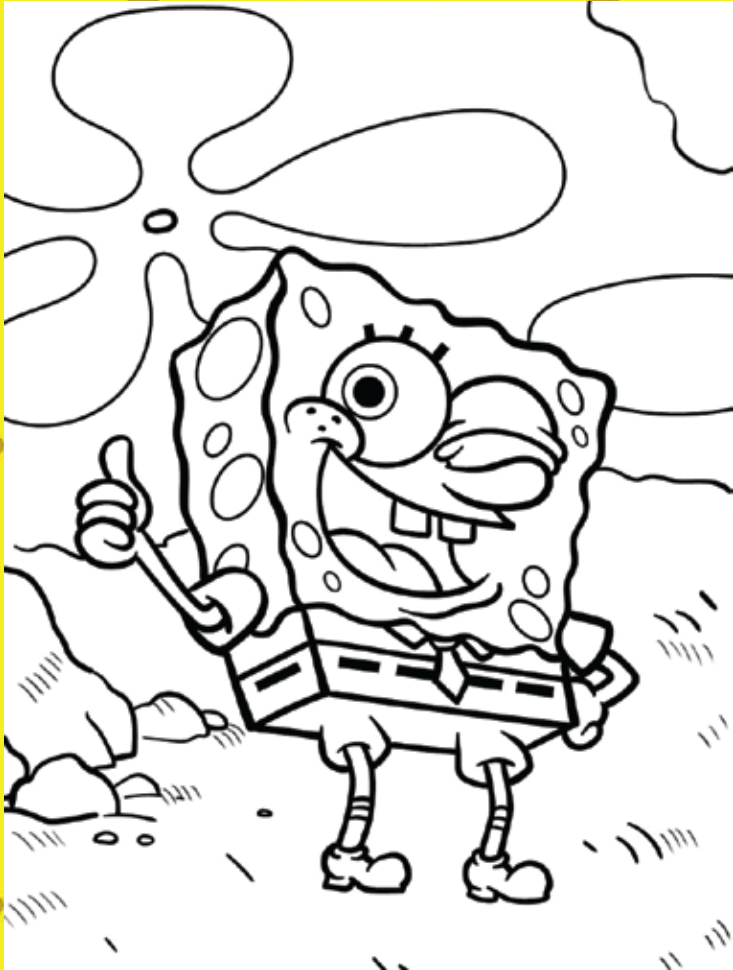


FIND WORDS

A	A	B	T	T	S	B	A	R	K	R	M	R	R
N	P	N	A	E	C	O	T	I	D	C	S	S	S
T	B	D	B	N	Y	D	N	A	S	B	T	M	P
E	G	K	R	A	B	B	Y	P	A	T	T	Y	O
O	K	C	I	R	T	A	P	O	E	R	R	D	N
B	I	K	I	N	I	B	O	T	T	O	M	L	G
N	O	T	K	N	A	L	P	K	O	P	O	K	E
D	C	O	G	N	L	R	A	C	P	I	S	O	B
E	B	L	I	A	N	S	B	O	A	T	L	D	O
E	N	W	E	G	C	L	A	R	I	N	E	T	B
W	B	I	P	I	N	E	A	P	P	L	E	Y	B
A	S	T	A	R	F	I	S	H	I	R	R	I	L
E	S	Q	U	I	D	W	A	R	D	A	I	D	M
S	A	Y	O	C	M	N	A	K	G	Q	P	A	G

EXPLORE MAGAZINE FOR HINTS

FILL COLORS





Saad Rashid
Grade 7 Student

03 MINUTES READ

Confidence is one of those things that you can't ignore and is one of the basic abilities of a good human being. You can be shy and nervous but you cannot stay like this forever. If you don't have the ability to stand up, bullies, enemies will take you down and you will have no importance in anyone's life. You will be like a full stop in a letter and your friends and enemies will make it to big **headlines**.

This *spinning* world is just like a game. If you can't stand on your own feet, you are out of this game. If you stand up against the challenges you know you can win but cannot accept due to *fear of losing*, then this world has the word coward for it. Some people think that they can escape in the times where they need to be confident like making a speech in front of an audience. But you can escape only for some time, not forever. I don't believe in the words; *nervous* and *shy*. This world accepts a person who has all the specific abilities of a good person. And you cannot complete yourself if you don't have any confidence in yourself. Secondly, confidence and fear are generated by your brain, it's mental, not physical. This is not hard once you work on your confidence. You should have the confidence of speaking in front of a big audience. If you can't, you might become the victim of bullying. You will become the one to be laughed at. Some people try to escape the reading assignments and to read anything

in front of an audience or even in front of a single person. Some people have such a low confidence level, that they forget what they have to say. Once, our teacher was taking an oral test. The kid in front of me was a position-holder student and he prepared for the test better than anyone else. But his confidence level was so low that when his turn to read came, he forgot everything as he saw the teacher and failed the test. There are thousands of examples of the lack of confidence. And yes, you don't only get to be the one to be laughed at, but it also can cause a big loss. I hope now you understand the importance of

CONFIDENCE



SOURCE: BRITISH BQ

this ability in the modern world.

Now, we take a glance at how we can build it or boost it. But first, let me tell you that this is a mental problem which is created by other people. You wouldn't believe it, but confidence is mostly decreased by other people like bullies, or after you lose a match, rude comments can be the reason for your low confidence level but you have to get over it if you want to succeed in this cruel world. You can boost your confidence by spending some time with your relatives who appreciate your performance and encourage you to do much better in life. Such people are also important and try to be a better person in life who helps and supports people in their confidence. Do not be a bully. I don't think of those people as friends who just waste your time and always laugh at you after your bad performances. You can also boost your confidence by taking part in speech contests and by taking part in public activities.

Overconfident people who say that no one can beat them also fail in life. Being overconfident can also be dangerous and you could have a big loss there too as God has made no one perfect. So, Confidence is a big ability which you should have to live a successful life. If your confidence level is low, have faith in yourself and don't try to be a perfectionist, as being a perfectionist also affects your mental health in a bad way, and you work more and more to look better, this helps in confidence, but it harms your mental capability to do things, this is not right. These are some of the tips that I have in my mind and that might help in raising your confidence level.

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Addicted to Diction

Staycation: A holiday in your home country rather than abroad

Augmented Reality: A technology that places a computer-generated image on a user's view of the real world.

Pop up: To appear or happen, especially suddenly or unexpectedly

Gig Worker: A person who works temporary jobs typically in the service sector as an independent contractor or freelancer

Supposably: As may be assumed, imagined, or supposed

Hygge: A cozy quality that makes a person feel content and comfortable.

A-Game: One's highest level of performance

Athleisure: Casual, comfortable clothing or footwear designed to be suitable for both exercise and everyday wear

Coulrophobia: Extreme or irrational fear of clowns

Onboarding: The action or process of integrating a new employee into an organization, team, etc

Pronoid: A person who is convinced of the goodwill of others towards himself or herself

Nomophobia: Fear or worry at the idea of being without your phone or unable to use it.



02 MINUTES READ

1. [synthesia.io](#)

On this website you will be able to generate AI videos. Type your script and it will generate the video. You can also change the language and pick any avatar.

2. [2050.earth](#)

You can see predictions for different cities.

3. [Google Driving Simulator](#)

Search for 'Google driving simulator' and click on the first link. You can drive a car with your keyboard, based on Google Maps.

4. [unscreen.com](#)

You can remove the background of any video and add any background on this website.

5. [vo.codes](#)

Select a character, type in anything, it will say it in that character's voice.

6. [netflix-codes.com](#)

It will show you the secret codes for all the Netflix categories

7. [myemulator.online](#)

MyEmulatorOnline let's you play all the retro games completely free.

8. [playphrase.me](#)

Type in any sentence, and they will find movie scenes/dialogs for you.

9. [Nvidia Gaugan Beta](#)

Search for nvidia gaugan on Google and click on the first link; you can draw something very simple, and they can turn into a painting.

10. [amazon.com/outlet](#)

You can find all the overstock at a great discount: usually between 20-25% off.

11. [tailornova.com](#)

Design your own clothing on tailornova, digital clothing is a thing now!

12. [isthereanydeal.com](#)

This one finds you the most discounted deals on games. If you're a gamer, you'll thank us!

13. [importyeti.com](#)

Search for any company, and they will give you, their suppliers.

14. [vocalremover.org](#)

Upload any audio, and it will separate the music from the vocals.

01 MINUTES READ

Gamers Galaxy: Pakistan's first ever e-sports festival was held at Pak-China Expo Center, Islamabad on 9th and 10th January 2022. The two-day festival included activities, tournaments, meet n' greets and panels with the country's most popular content creators, entertainment and much more. Mooroo and Junaid Akram were spotted at the event, including other content creators and people from the gaming community.

E-sports featured Valorant, HER Galaxy (first ever female dedicated esports tournament), Valorant Spike Rush 2v2, FIFA 22, and Tekken tournament, with the prize money of PKR 2 crores, and we can't even count the zeroes. Gamers Galaxy was broadcasted live on TenSports. The finals commenced on the second day and Team Exploit Storm took the title of Mountain Dew's Valorant champion with Rs 2,500,000, while Salman Haider Syed and Arslan Ash were crowned FIFA 22 and Tekken champions. The former won a cash prize of Rs500,000 while the latter walked away with Rs600,000.

As many as 16 teams of PUBG Mobile Gamers Galaxy were awarded with Rs200,000 each for their participation. The E-sports action was on display in the HER Galaxy Valorant Spike Rush 2v2 tournament. Team Joon-He took home Pakistan's first-ever female E-sports tournament champion title with a cash prize of Rs250,000.



**GAMERS
GALAXY**



Ningyo

Art & Beauty of Japanese Dolls

01 MINUTES READ

An exhibition titled "NINGYO: Art & Beauty of Japanese Dolls" started here at PNCA as part of 70th anniversary celebrations of the establishment of diplomatic relations between Pakistan and Japan. Ningyo, which means human shape in the Japanese language.

This popular Japanese doll traveling exhibition was inaugurated on Tuesday, 11th January by WADA Mitsuhiro, the Ambassador of Japan to Pakistan, together with the distinguished guests, Hon. Andleeb Abbas, member of the National Assembly of Pakistan and Federal Parliamentary Secretary for Foreign Affairs, was present on the occasion.

In the exhibition, a total of 67 carefully selected dolls divided under four sections 'Ningyo to pray for children's growth', 'Ningyo as fine art', 'Ningyo as folk art', and 'Spread of Ningyo culture' have been displayed by exhibiting the diversity of the Japanese dolls.

"The purpose of showing this exhibition is to give the visitors a close glimpse of the versatility and individuality of the traditional and cultural life of Japanese people", said the Ambassador.



Farooqi's Guide to Sufism

Manners of a Devotee



Dr. Muhammad Azeem Farooqi
Religious Scholar, Academician,
Researcher

04 MINUTES READ

A code of conduct is a prerequisite for any traveler and any seeker on his journey, it makes the journey easier for the devotee. Any person who goes against those rules and code of conduct has to face many hurdles. Sometimes he gets distracted, and sometimes, gets looted by the robbers.

The case, however, is the same for the Seekers of Sublime intervention. Sufi devout who resists from the values roams in the same maze eternally and, sometimes, loses the wealth of (good) deeds and faith because of ego and evil. Better to be cautious when following the *virtues*, and presets set by the previous Seekers and Sufi Devout(s). This is the reason why Companions of the Holy Prophet (PBUH) were asked to abide by the presets, and were commanded:

“O believers! Do not raise your voices above the voice of the Prophet, nor speak loudly to him as you do to one another, or your deeds will become void while you are unaware.”

(Al-Hujraat:2)

Seeker of Truth must abide by these commandments on the path of Truth:

1. *Saalik* (Sufi Devout) must abstain from a bad company and worldly connections and find refuge in Allah's *zikr*. It's asceticism (*rahbaniyat*) but inwardly engaged with the Lord but outwardly busy in social activities.
2. If the seeker avoids social gatherings, then he must, but with the intent of not impacting the people with his bad attributes. And never admire himself to be possessing ideal traits and characters, and not think low of others, that would make the seeker hollow.
3. The seeker must seek Allah's pleasure (*razaa*) with the sole intent of seeking Allah's pleasure (*razaa*): if the

seeker seeks with the intent of being labeled or pose as a master (*Shaykh*), than he commits polytheism (*shirk*), and the deed is condemned.

4. *Saalik*, when fails to achieve success earlier on his path, must not feel low or inferior, and rather patient and humble. Quran declares:

“Indeed, Allah is with those who are patient(s).”

(Al-Baqarah: 153)

5. If the *Saalik* has more (wealth) than his need, he should give it away to those who are in need and pave way for the hereafter (*Aakhirah*).

“And do not keep your hand tied to your neck”

(Al-Bani Israel: 29)

6. In the same manner, the seeker should avoid hearty meals and fun and games and play, and instead, seek pleasure in remembrance of Allah (*zikr*).

7. He must not get overwhelmed by success, and must not get underwhelmed by failure, but be satisfied with Allah’s will.

8. The seeker should not look down upon his possessions, predecessors, and ancestors.

9. *Saalik* should not embrace pride upon appraisal but look upon it as a testament.

10. The seeker must think of himself as low from other beings, as he is not aware of their hidden virtues.

11. If the seeker commits sin, then he must punish his *self*. For instance, stop at once from thinking about it, and put his *self* in a position of discomfort. The way of Moosa (PBUH) is mentioned in the Quran as:

“My Lord! I have definitely wronged my

soul, so forgive me.”

(Al-Qasas: 16)

12. The seeker should avoid developing a know-how about news circulation, as it could pave the way for an inner conflict, and the heart might get detracted from the *path of truth*.

“Indeed, those who love to see indecency spread among the believers will suffer a painful punishment in this life and the Hereafter.”

(An-Nur: 19)

13. The seeker should seek solace in humility and fulfillment of self by deconstructing ego.

14. If someone wrongs the seeker, the seeker should not seek revenge, in turn, leave the matter to Allah’s court and be patient. The Holy Prophet wished well for the non-believers even when pelted stones at.

“And Allah does not like the wrong doers.”

(Al-Aal’e Imran: 57)

15. The seeker should eat when hungry, and sleep when there’s a need to: avoid excessive eating and excessive sleeping.

16. The seeker must practice the *zikr* of Allah excessively and avoid ego trap(s). As Allah commanded:

“O believers! Always remember Allah often.”

(Al-Ahzaab: 41)

17. The seeker must not praise himself for his prayers and devotion, but instead should let go of *likeness* in his heart.

18. Seekers must not seek rewards. If a blessing occurs, then he must hide them as his shortcomings and think

of it as a trial.

19. *Saalik* should avoid worldly connections and must accompany seers and sages (*fuqraa*).

20. The seeker should always remember death, which in turn helps in forgetting about worldly affairs.

“Visit graveyards to remember the Hereafter.”

(Al-Hadith: Bukhari)

21. The seeker should acquire knowledge about compulsions in *deen* and keep a distance from the unaware and the ignorant.

22. The devotee should avoid gazing at anyone other than his companion with lust or desire.

“O Prophet! Tell the believing men to lower their gaze.”

(Al-Nur: 30)

23. The seeker should try to adopt winsome manners (*ikhlaq e hameeda*) as routine. That is why The Holy Prophet said:

“The most beloved to me amongst you is the one who has the best character and manners.”

(Al-Hadith: Bukhari)

24. The devotee must comply by earning honest bread (*halal*) and truthfulness (*sidq-e-maqaal*) upon him.

“O humanity! Eat from what is lawful and good on the earth”

(Al-Baqarah: 168)

It is narrated from Hazrat Jabir (R.A)

“Flesh which has grown out of what is unlawful will not enter paradise”

(Al-Hadith)

25. A devout must not let his sorrows and discomfort before the world, not even with his loyal friends.

“They give ‘the emigrants’ preference over themselves even though they may be in need.”

(Al-Hashr: 9)

26. *Saalik* should abstain from dishonesty, hypocrisy. Be a friend of Allah, in his appearance, and a foe, in disappearance. It is mentioned in the Quran:

“Surely Allah does not like those who betray.”

(Al-Anfal: 58)

27. The devotee must not be an admirer of his good deeds, and a critic to other’s shortcomings.

“And do not spy”

(Al-Hujrat: 12)

Meditating Remarks

In the light of the above-mentioned *manners of Sufism*, it is evident that Sufism is one of the basic aspects of *deen*, that lets a person closer to *shariah*. He offers *salaat* with his body, and with his heart gets connected to his Lord. The devotee embodies Sufi mannerism and virtues by practicing *Soum* (fasting), *Hajj* (pilgrimage), *Zakaat* (alms), and *Huqooq ul Ibaad* (public rights).

Dr. Muhammad Azeem Farooqi



AEMAGAZINE.PK



Kaswer Hafeez
Writer. Stoic. Capitalist

03 MINUTES READ

Reality has influenced us through evolution and taken us across paths neverthoughtimaginable. Fundamentally God has designed us in the image of Himself and through it, He has blessed us with the greatest of His acts: the act of creation and destruction. Bestowed to no other, except the human.

points worth mentioning within the novel, one of its points is the runaway imagination of science itself and the reaction of mankind. We have nearly forgotten that lesson. Frankenstein's monster was created from the mere curiosity of man but it lit up horror within the mind of mankind and his creation was a rejection of reality itself. It could be interpreted as an attempt to shape reality as man saw fit. What we desire rather than what we have. Today Frankenstein lives and the lessons of his monster are forgotten.

This has one unfortunate

EVOLUTION, ENVIRONMENT AND US



SOURCE: PINTEREST

This has directly led to our current predicament. The fundamentally impossible stand of humans against reality itself. We have forged this world and changed its landscape as we continue in our conquest of understanding. We may not understand all things that we are tampering with but we are continuing full speed ahead anyways.

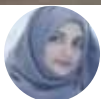
Perhaps we have forgotten one of the great classics written in the English language; Frankenstein or alternatively The Modern Prometheus by Mary Shelley. Though there are many

consequence. Our shaping of reality also means that all that reality has shaped on earth is shaped in turn. i.e., we affect evolutionary patterns of ALL species. We are affecting the evolutionary patterns of humans themselves. This is perhaps not as recognized as it should be. We ourselves are slowly weeding out the weak and frail. Those that cannot survive with the new diseases, the new environmental disasters that we create ourselves are going to bring forth the next stage of our own evolution.

CONTINUED ON PAGE 47

Smog in Lahore

A B R E A T H T A K I N G I S S U E



Mahnoor Balouch
Environmental Chemist,
Activist

04 MINUTES READ

Lahore with its 13 million citizens is the most polluted city in the world. Being completely under the control of smog, air of Lahore contains 44 times higher concentration of fine particulate than the recommended value by World Health Organization.

Smog is a combination of smoke and fog. The word smog was coined at the beginning of the twentieth century to describe the thick gray haze that covered cities like London, Glasgow, and Edinburgh. Investigations revealed that this industrial smog is the result of mixing of smoke from factories and moisture in air. It turned yellowish in color with a certain chemical order. Later on, chemists identified two leading causative agents named volatile organic compounds (VCOs) and nitrogen

oxides. Sources of those VOCs in the environment are animals (remains) and man-made things like solvents, glass, paints, and petroleum. On the other side, combustion of gas in motor vehicles fills the environment with nitrogen oxides. VOCs also react with sunlight to produce secondary pollutants called PANs and ground-level ozone O₃.

Now the answer to the question, why this smog targets some specific cities, is quite clear. The extra usage of motor vehicles, electrical appliances, low quality fuels, and uncontrolled release of gasses and fumes from factories and small level industries welcome the formation of such debris in air. Photochemical smog is strongest in urban areas with dry urban weather. Ultraviolet radiations from sunlight provide the necessary energy to break down the molecules that contribute to smog. Additionally, temperature inversion in which cold air is trapped beneath warm air,

SOURCE: AL-JAZEERA, DAWN

creating a pocket of stagnated air close to Earth's surface, makes it harder to breathe.

Smog is a public health emergency with a silver line and a great challenge for society to have a blue planet where they can inhale blue air. Thousands of people die every year due to air pollution. According to a recent report, there is a decline in the average lifespan of people who live in such an environment.

Medically, leading causative agents of smog are eye irritation and thus damage lung tissues which causes respiratory issues like asthma and respiratory infection bronchitis. It also affects the nose, and throat. It's more dangerous for young kids, old age community, and pregnant women. It causes birth defects in newborns. Moreover, secondary pollutants can damage and weaken our crops making them more prone to insects.

The problem is ***brehtaking***. Despite the plans to stop its reoccurrence in the coming years, we cannot ignore the threat of smog this year. To contribute to building a clear green environment with blue air, we should adopt a lifestyle and policies which reduce the hazards that contribute to

smog formation.

We should avoid or reduce the usage of appliances and automobiles which promote VOCs formation in air. Scented candles should be banned or controlled because these candles can shoot the particle concentrations up quite a lot indoors. Encourage cycling to recycle the environment. We should promote plantations and greenery to control climate changes and disturbances in any natural phenomena. Additionally, we should avoid its exposure as much as possible. Eat a healthy diet, including fresh fruits and green vegetables to maintain your body's antioxidant reserves which can reduce the effects of any kind of pollution we are exposed to. Try to avoid routes where pollution level due to vehicles is less on roads and avoid mobility in busy hours.

Being part of this nation and country it's our first and foremost duty to save our environment and surrounding where we live and breathe as much as we can. As we are the first generation to witness climate change and the last to do something about it.

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LET'S DITCH THIS REALM FOR THE METAVERSE ALREADY



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

04 MINUTES READ

When we think of how life has been *'virtual'* over the past two years, many of us were really inconvenienced by the drastic change in lifestyles. From not being able to do day-to-day things like going to work, to doing a grocery run. On the other hand, for those of us living the digital hermit life, nothing changed for us.

We still socialized online. Whether that was gaming buddies, or in chat rooms like Discord. We worked remotely. We even ordered groceries and supplies online. So, when the rest of the world was struggling to get a hang of living in the digital realm we were already comfortably dwelling there. Maybe that's the new normal

we should be exploring.

Is that even possible? After all we as humans do tend to crave real human connection. Like how online dating just refers to the means to meet people, to then meet people in real life. Is there a way to shift that aspect of our lives online too?

Potentially yes. That's what *'Metaverse'* seems like. So yeah, the people who invented social media networking, Facebook, now go by *'Meta'*. What is this sorcery you ask? Meta is an immersive virtual reality world. Apparently founder Mark Zuckerberg wants people to become fully digital hermits and join its version of the metaverse by the end of the 2020s. The company committed some \$10 billion last year alone to make that a reality.

When a corporate giant is putting that much money into something, you know they've weighed the odds of

SOURCE: BERNARD MARR

whether that'll work or not. So, how many can get on board with the idea of ditching this physical plane and fully moving into a virtual world. To blur that line between reality and virtual reality. When announcing the rebranding, Zuckerberg described migrating to the Metaverse as;

"In this future, you will be able to teleport instantly as a hologram to be at the office without a commute, at a concert with friends, or in your parents' living room to catch up."

Is this a glimpse into **the** future? Much like how we first discovered the **Internet of things**. At some point we did expect to interact with each other in the digital realm as close to real life interactions as we can. However, some are still uncomfortable with the thought.

If such a state, interaction, and lifestyle produced the same chemical responses in our brain as they do in the real life then what's the problem? Can we even argue that it's not real. With technology like virtual reality goggles and the blockchain we're practically there already.

All that we're missing now is haptic technology, to even feel touch virtually. According to Cathy Hackl of Futures Intelligence Group consultancy, it's like our digital lives are just catching up with our physical lives.

"There are many different technologies that enable this greater vision of the metaverse as a convergence of physical and digital – or our digital lifestyles catching up to our physical lives."

We already heavily rely on our devices and have so much of our lives integrated with the digital realm. From saving everything on cloud to

the dependence on AI assistants. Then why the apprehensiveness when it comes to making this transition fully.

Is this just a prejudice for this technological shift? A fear of going in deep after knowing that we've already got our toes wet. After all, even when it comes to reality there's the idea of created reality. Our perception and idea of reality is **just that**. The way we see it. There are multiples views on the same things because we all see things differently, process information differently, and think differently.

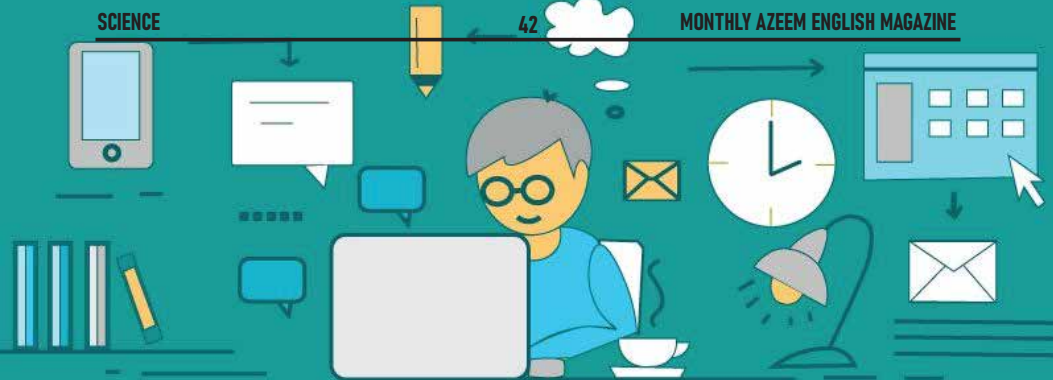
Wouldn't it be more interesting to even have that real interaction with our AI assistants. They have empathetic responses too. Such as responding better to please and thank you. So, why not amp that up.

Do we really want this? If not, then why not?

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UNPOPULAR OPINION





FREELANCING WAVE?



Syed Zurriyat Adil
Tech Junkie

02 MINUTES READ

Asian Development Bank's report shows us that they expected Pakistan to grow only by 2% in 2021 but we grew by 4%, almost doubled than the predicted rate. I am willing to argue that much growth was made possible only because of the new freelancing wave in Pakistan. This wave doesn't come out of a happy place, it comes from despair, it comes from calculating the average human salary in Pakistan and realizing there's no way one can rent a house with one job that is offered to graduates. Though, mostly would argue that the whole world is stuck in the same despair but when did Pakistan listen to the world or try to take the world's perspective in the first place?

Freelancing Wave?

If you talk to any teen or millennial, they will either have some form of 'call center' experience, writing experience, social media experience or

graphics/development experience. The reason is the willingness to take inflation aka the bull by the horns and defeat it. It was taken as a joke by parents that the internet can earn money but thanks to work-from-home sanctions put on by **The Virus**, every desi is able to understand the true power of the internet. Uncles, who used to poke fun at online universities had to take and give lectures online and *halalify* their online earning that was previously declared *haram* by some individuals. Students on the other hand got to pass without a test and we were able to identify how much money laundering every government/university did in the name of online learning systems because everything crashed every single time.

While every *boomer-run* organization kept on failing, the only industry that thrived and saw progress was and is the online industry. eCommerce, call centers, writing, website development, you name it, it grew. Everything grew. Almost 5 million people switched from traditional jobs to freelance. And all for the better, we would witness more growth in these

segments as we further progress.

This comes at peak time when the world is changing from web 2.0 to web 3.0 i.e. NFTs, Facebook changing into Meta and Waqar Zaka crossing millions in Crypto revenue. This is putting Pakistanis on track to maximize their potential and make their place early in web 3.0 as it is the future.

As more people realize the true potential of the Internet and how much one can earn from the gig economy/services industry, we are seeing more people join the freelancing platforms and start to make a comfortable living. The negligence of the authorities is commendable for two cases:

- 1 - Sustaining worth of Pakistani Rupee.
- 2 - Making life better for the common man.

The Pakistani rupee has dropped to the extent that even prices of 1995 model cars are back to 2002 price points. Land prices are so high that nobody at any government grade can get their self-loan approved for a house in Islamabad. Price control that was supposedly artificial, is nowhere to be found and each day gets you more stranded in despair, and more inflated.

As this misery continues, and you open your laptop and see a 3-day long freelance project posted for \$300 which is triple the minimum monthly wage, you get some hope. That hope is what caused a 4% spike in growth despite 15% inflation and 0% government level help during and after the Covid-19 crisis. The only help Pakistanis got was an Upwork account that helped them earn a few bucks on the side while they prayed that the government would show mercy and lay off some electric bill or any gas

bills, but *nah*. But this is good, while your *apney* try to aim to shoot for your leg, a *gora* sends you a 50\$ tip for each task, because he knows life is hard, particularly during Covid. This wave has helped me realize that freelancing might be the best thing to happen to Pakistan.

For people who can speak a *bit* of English, for people who can use a computer, this is probably the only chance we have at a good, comfortable living. We have seen these old paper methodologies fail and we will continue to see those old methodologies fail more in the coming days because the world has changed, it's high time we all do too.

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UNPOPULAR OPINION



**NOBODY CARES
ABOUT THE
ENVIRONMENT,
EVERYONE
WANTS
TO MAKE
A DIME OUT OF IT.**



The Ultimate State of Human Existence



Armughan Munir
Transformation Coach,
Student, Podcaster

04 MINUTES READ

The single Most Important Question you can ask yourself over the course of your lifetime is, “What is it that I want?” You are put on this Planet, spinning in the middle of empty space, participating in the dance you call “Life”. What is it that you want? Infact, what is it that everyone wants? You might be thinking to yourself, I want to accomplish all of my dreams, I want a new car, or a new phone, or a new relationship, or more zeros at the end of my bank balance.

I hate to break it to you but all of that is a lie! You don't want to accomplish your dreams. You want to feel the way you think accomplishing your dreams will make you feel. You think that if I get into a new relationship, I will feel loved. You think that if I get more zeros at the end of my bank account, I'll finally feel enough.

All your dreams are a means to an end. That end is joyfulness or whole-

ness. A few years ago, I really wanted to be successful (whatever that meant), I was so obsessed with success that every single day was scheduled. I was “*hustling*”, thinking that if I achieved all my dreams, I'll finally be happy.

The problem was, whenever something would happen that wasn't in my schedule. I would get so frustrated that I couldn't even follow my schedule most days! Soon enough, it got so stressful that I decided to completely give up everything and go to the complete opposite, at first, it felt **GREAT!** No schedule, no goals, no worries

Just living my life, the way it happened. And then, life became boring... even though it wasn't stressful. Life didn't feel complete. Ever get a feeling that life is supposed to be something more? That's how I felt. I knew that real joy is supposed to be something more, so I kept asking myself this one question constantly, “What does it take to live a meaningful life?”

These are two ways we are taught to be eternally happy:

1. Work so hard that you get successful and then you'll be happy.

Most people work on a goal for a big part of their lives. They work so hard to attain it, and when it finally happens. They ask themselves, "Is this all there is?" The first 3 astronauts who went to the moon were so excited. After coming back, they shook the President's hand and guess what? All 3 of them became *depressed*.

If you go to the West, you'll see all this external abundance. Huge skyscrapers and buildings. But most of the people there live in a constant state of worry. Always trying to get somewhere or to achieve something!

2. Don't work for success at all. Just Be Happy

People who follow this rule are the complete opposite of the first type. If you travel to the East, such as Pakistan or India. You'll see that there's not much external abundance. You'll see people who don't even have proper clothes on, but if you take the time to actually be with these people, you'll feel as if they are the happiest people on the entire planet!

Yet, Not working for anything and going to a cave, meditating for 15 years isn't very practical in the 21st century. So what's the answer I found? It's *The Yin-Yang of Life*

You have to learn to live in the **Ultimate State of Human Existence**, i.e:

1. Happiness in the **NOW**
2. Vision for the future.

It's like bringing the East & West together, without making anyone seem wrong.. Vishen Lakhiani, CEO of Mindvalley explains this state as, "It almost feels as if The Universe has your back and Magic is moving you

forward"

After Practicing the Yin Yang of life, now, I work less but achieve more. Life feels more meaningful yet effortless. As you start to practice the Yin Yang of Life. Life starts to flow through you. It starts to become not only meaningful but easy!

A very simple way to integrate the Yin Yang of life in your life is this: have goals and dreams for yourself, but don't wait for them to happen for you to be happy. "You must have goals. But your happiness can't be tied to these goals. You must be happy before you attain them" - Sandra Anne Taylor, Quantum Success

Practice Happiness no matter what. happiness is a skill, and just like any other skill. You can master it. Be happy in the NOW and have a Vision for the Future. Here is a small graph from Vishen Lakhiani's book, **The Code of the Extraordinary Mind** which explains the Yin Yang of life: Learn to live your life from a place of joyfulness. Be happy about the small things in life because one day.. You might look back and realize, they were the big things.

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"QUOTES CORNER"

It isn't enough to talk about peace. One must believe in it. And it isn't enough to believe in it. One must work at it.

Bacha Khan



Don't Look Up

NOT TO BE LOOKED DOWN UPON

04 MINUTES READ

The film *“Don't Look Up”* got released right before New Year's, initially the movie was written just before the pandemic, and we have been hearing mixed reviews about it, from the critics as well as the people. Critics did not seem amused, but the public liked it. The plot is set in a setting, where two scientists discover a comet headed towards earth, and predict the exact time of its impact with the world. They tell the authorities about it, who do not at all seem interested. I am not sure if that seems like a spoiler alert, but voila, that's the summary of the whole movie. Of course, there's a lot that still is missing in this one paragraph.

Don't Look Up is not your average, everyday comedy, where everyone would laugh off to goofy jokes. The humor lies underneath: the layers. That's subtle humor for you, but not at all suitable for everyone. Overall, the plot, dialog, script, and the characterization was critically on point. As it

tells you about human behaviorism, and the world's seriousness on issues like environmental hazards and climate threats. Our planet right now seems like a dying planet, and the relevant authorities are not really doing anything about the situation. The film is a satire and a **punch on your face**, that would most definitely hit you, if you have a *taste* for it.

Coming to the performances, the film casts many A-listers: Leonardo DiCaprio, Jennifer Lawrence, Meryl Streep, Jonah Hill, Rob Morgan, Ariana Grande, Kid Cudi, Mark Rylance. Leo yet again nails it through his performance. Even Jennifer Lawrence, Meryl Streep and others were phenomenal in their performances. But the two characters who stood out for me were Jonah Hill and Mark Rylance. Rylance, as an evil corporate, was just the right man for the right job. Lotsa' scenes in the film were entirely improv: Jonah Hill's character *Jason Orleans* was **improv** for most of the play. Won't reveal much from the play, *look for yourself*.

IMAGE: NETFLIX

Another aspect of the film, apart from the fact, that the film is a reality based satire, on the authorities and the people: the makers seem to have a *thing* for conspiracy theories. The *truthers* would believe anything they see on the internet and believe it. The more *rational* people are not more likely to, and it has elucidated the two demarcations finely in the film, as there are people who believe the protagonists, and there are people who do not. Then, there are the third *kinda'* folks, who would try making the best out of the situation, and exploit it for their own purpose, aka: the elites. Corporate sector and government work in collaboration in the best interest of *opportunism*, not for the betterment of people, but themselves. While the masses are easily manipulated by both: the state, and the corporates; through propaganda, and using media for projection.

The fourth *kinda'* folks are the whistle-blowers, whose whistle is silenced, just for the fact that their sound is so shrill, but honest. They keep warning the world about it, but the authorities, again via media and propaganda or in the age of internet, via memes, make fun of them to the point that they make them look like a joke. No one believes them, not until the end, till the point of no return, and it gets too late, till it hits the fan. If this review by now has made you feel sad. Then that's the whole point of the film, to me at least, truth is out there, and misperceived. It will make you laugh, but only for a moment, but if one further dwells into it, truth is more haunting, but you'd look at it smiling.

Adam McKay did a phenomenal job with direction and the story. Well-executed, well presented and beautifully

done. McKay did justice with his job as the director and writer. The cinematography is beautiful, there have been many stock footage used in the film, but they did it with quite grace. The editors are to be thanked for it. The way montages were presented are just a great way to look at it. I would conclude with the remarks Don't Look Up is not to be looked down upon. 8.3/10 for me.

CONTINUED FROM PAGE 37

I may not speak about this enough. Nietzsche was right, again and again his foresight astounds me. Our shaping of the patterns of evolution is us literally shaping the world in our image. Fundamentally altering the pathways decided by reality. At our current stage reversion is possible but it is nigh impossible. The speed at which we keep on altering our environment is not something that recognition alone will stop.

Capitalism itself plays a role here. It's exploitation of all that it sees, the all-consuming might of adaptive change comes into full force here. It too weeds weakness out. We have chosen our evolution. We have chosen our path. For good or for ill, we will overcome climate change and all other incoming disasters.

Humanity will emerge triumphant once more. Shaped by the very cities, temples, institutions, and landscape that we crafted from our own hands. We will shape ourselves from the very roots of humanity. There is no choice, there is only fate. *Amor fati* my friends.

@ kaswer.h@gmail.com



EMAIL ETIQUETTE ELUCIDATED

04 MINUTES READ

1. Always compose an email in a formal tone, unless you are really frank with some friend etc. ‘*Thank You*’ is formal, ‘*thanks*’ is not. Instead of ‘*please*’ use ‘*pls*’. ‘*Hi*’ is not formal, ‘*Hello*’ or ‘*Asalamu Alaikum*’ is.

2. In the ‘*Subject*’ column, briefly describe the intent of the mail in the precise most words possible; not all professionals read all emails, some of them get the gist of it by going through the subject column. If your subject is not precise then brother you might be in for some bother.

3. Start with either, dear or respected or use the words as per the recipient’s status and relation of that person with you.

4. If you want to send mail to several people use ‘*CC*’ (**carbon copy**) and enter names there instead of entering in the ‘*to*’ column. If you want to send a mail to many without letting them know that you also sent the mail to

others, then use ‘*BCC*’ (**blind carbon copy**) and mention all the recipient’s email addresses in it.

5. After ‘*dear*’ or ‘*respected*’, use ‘*Sir*’ or ‘*Madam*’. If you are not familiar either with the name or the gender of the recipient, then it is preferable that you enter only their designation or name, that way it looks more professional and presentable. As it is not professional to be gender-biased in writing.

6. It is a lot better if you keep it formal, i.e. the tone of the mail. Check and re-check to avoid spelling errors or grammatical ones, and try to keep the structure of the write-up very composed, i.e. in a neat manner; try using small paras or use pointers, bullet-points etc.

7. Try ending the text with ‘*Thank You*’ or if you are making a request, about something or anything, then you may write: ‘*Thanking in advance*’ followed by a ‘*Regards*’, instead.

8. At the very base of the email, write your full name, and designation: only if you deem it necessary, but a more professional way is to keep a **mail signature** and set it to default at the base of the mail.

(Google 'how to add social media link in signature of your mail' and paste only your LinkedIn link, as it is the most professional-media website, NO FACEBOOK LINKS PLEASE)

(Use format that includes your full name, phone number and LinkedIn address, remember, a LinkedIn link is not necessary as well)

9. Use the '*Undo Mail Timer*' option, always... Gmail has it, just to make sure if you send an incomplete or wrong mail mistakenly, you can undo it within the first 30 seconds.

10. Always try to **attach** the documents beforehand, so as to avoid sending mail without any attachments. (For the case, that there is no **UNDO** option in your mail server)

11. Sender's email address should be very professional, the definition of a good address is a one which has your full name or at least first name and is precise as possible, avoid long and hefty numbers for instance: **sohaib_niazio374**, an '*underscore*' even is not required, if a shorter address of the sender is available. If you have to add a number, make it **precise**, and add a short one instead, '**sohaibniazi01**', for example.

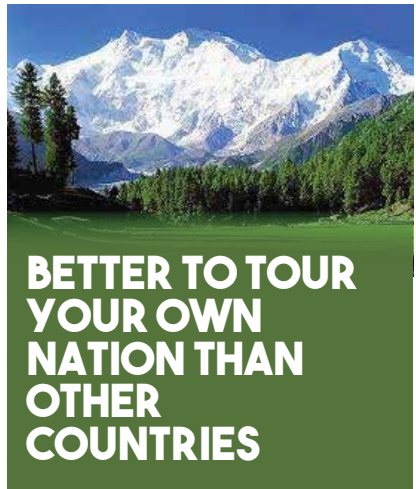
12. Also, avoid using unprofessional usernames for instance, **Pisces_321** or **sweetangel** or **badboy420** etc. I can quote a case of a person who got

rejected for the job position of a professional accountant with a handsome pay package in the final stages because of their e-mail address, the e-mail address was '**sweetangel@yahoo.com**'. Come on, it is not meant for your hunky-dory folklore or fairy tales.

13. A better solution to avoid such inconveniences, is to keep two email addresses: one for professional use, and the other one for an informal interaction and a more personal usage, and just for linking up with social media etcetera.

14. Be mindful, to avoid flashy lines in passive voice which appear to be crammed or ripped off, like files are attached herewith, just be natural and mention 'I have attached my *assignment in MS Word format* to this email', or something in that manner, which sounds at least real.

UNPOPULAR OPINION



Line

04 MINUTES READ

I stood on a line, not where I wanted to be. Underneath my feet on the sole of my *kherriyān* there are particles of sand, that's it; that's my worth. My feet are an inch above the ground and six feet under lie all my dreams that I sowed with my fingers painted with *henna*. I traded all my dreams for the *sindur* in my hair.

There is an archive in the core of my chest, or a chest? Where all my dark desires and deep secrets lie, veiled by the sacred *mangal sutra*. It is pumping blood the color of my past, the past I will never forget, the past they will never let me forget. The blood flowing fast and then faster, like my pulse when I see him, he still lives here rent free.

Don't ask me why heart is inside my throat, how everything resides like an immobile lump causing me no physical pain, but it's weight pulling me closer and closer to the ground, ruining my image.

I feel so low, even my eyes can't meet his anymore, keeping aside the lips.

"This is a matter of our pride, our *izzat!*"

Beti mil jai khak mai, magar izzat...

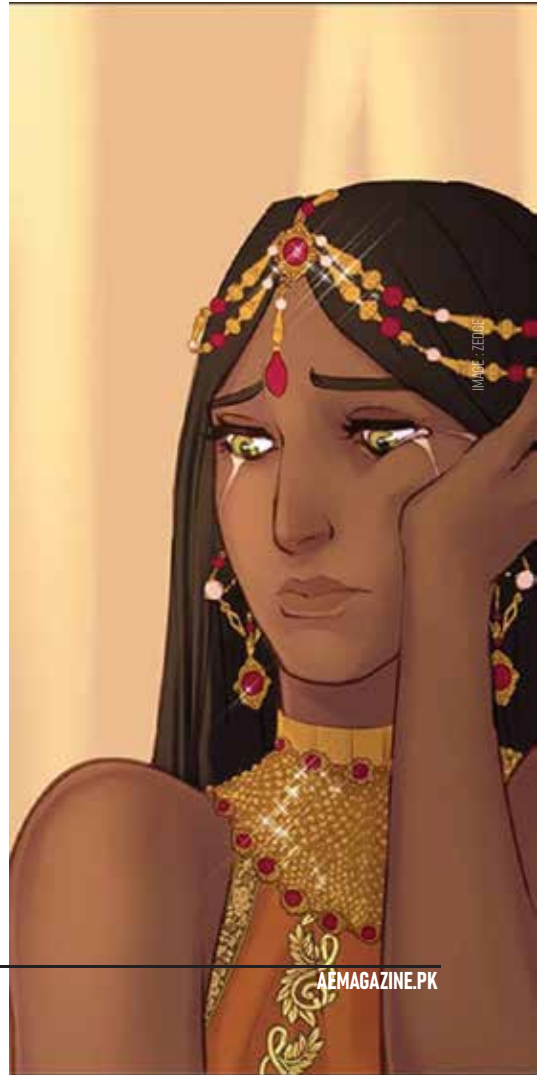
I buried my emotions again, deep in my closet. All the skeletons, there is a graveyard in my closet.

In the silence of the midnight, you will hear them rattle and tell you tales that are honest. I am afraid if I let you see my skeletons, my honor will slip away like the childhood garment on my 12th *salgirah*.



Hibah Abid
Poet, Writer, Student

You will grind my bones like chili powder.



And will get high on my faults and secrets that are spicy. Sprinkle them on my wounds and the whole neighborhood will feast on it. Enough gossip to feed the *chakki* all year long.

Then in a cage, a rough skull. Rusty thoughts and tangled webs of memories are swinging.

"What could be done?"

"This shouldn't be done!"

Another person on my mind, spinning more webs. The rent is high here.

A mop, cleansing the thoughts.

Procuring all flaws.

Disturbing networks.

Strangling me!

I am hanging from the webs yet, I *stand on the line*. A tug of war, my feet are swaying. My breath flickering like the *laltain* in *verandah*.

But, I am stable, physically and mentally, or at least I pretend to be.

The heart doesn't let me go behind and the mind doesn't let me make a move.

So, I stood online, on the line, in line with others, aligning all my thoughts, before I was told to get out *of the line* or reminded to stay *in line*.

I wished...

for a miracle to happen,
for a passing by person to sweep in,
for a disappearing cloak,
cause maybe this time,
my luck will leave a stroke.

But...nothing happens.

Submerged in ruins of my self-respect,

I bury the remains of my image,

Dusting the dirt off my shirt and creases off my forehead,

Wiping the '*almost*' wet eyes and the

sadness of my lips,

I started to build a home again, learning to pull thread through his loose buttons, eating all the pies the dirt baked that day and taunts of my past, served fresh from the oven.

And then a gust of wind blows.

I saw him peddle his cycle in the *kachi gali*, while I was taking care of my *kachay rishtay*, long before I rose from the ruins of my past.

When can I say his name, and his name only, not what we have left behind.

Having understood each other, why heed the storm over names such as *Raheem* and *Ram*.

📍 *mind_andromeda*

UNPOPULAR OPINION



**IF YOU WANT TO
LISTEN TO
BIRD SONGS,
DON'T
BUY CAGES,
PLANT
MORE TREES!**

Life and Love An Open Letter to My Love

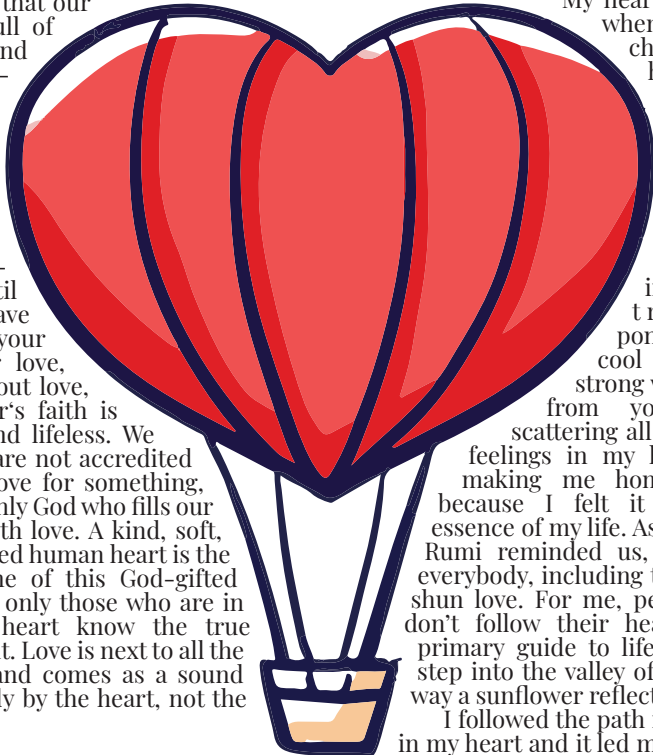


Hussain Khan
Cancer Biologist

04 MINUTES READ

My beloved *Zindagi*, It is the first rule that "how we see our God is a direct reflection of how we see ourselves." If God brings to mind mostly fear and blame, it means there's too much fear and blame welling inside of us. Similarly, it reflects love in our hearts if we see that our God is full of love and compassion. For me, the sense of the word faith in Allah is incomplete until you have room in your heart for love, and without love, a believer's faith is flaccid and lifeless. We humans are not accredited to have love for something, but it is only God who fills our hearts with love. A kind, soft, and blessed human heart is the true home of this God-gifted love, and only those who are in love by heart know the true worth of it. Love is next to all the feelings and comes as a sound heard only by the heart, not the ears.

Dear *Zindagi*, as I am used to asking God even about the ink of my pen, I started to pray to God consciously and continuously since the day I saw you with both eyes closed and instead of a third eye in the heart—the eye that can see the inner realm and can differentiate between the outer and inner appearance. I believe we are mirror images of each other, and I considered you as my righteous companion, the greatest blessing!



My heart saw you when I was a child, and I heard your love as if it were a stone thrown from somewhere into the tranquil pond of life. A cool and strong wind blew from your side, scattering all the other feelings in my heart and making me home inside because I felt it was the essence of my life. As the great Rumi reminded us, love hits everybody, including those who shun love. For me, people who don't follow their hearts as a primary guide to life, couldn't step into the valley of love—the way a sunflower reflects the sun. I followed the path immersed in my heart and it led me into the

garden of your life. I didn't come accidentally or as a visitor, but as a lover, as guardian, and as a gardener, and I didn't select solely the pretty flowers and leaves of this garden out of the thorns, herbs, and shrubs, not because I needed to take the rough with the smooth, but because I needed to accept my love in its entirety. My heart found you as an impossible combination: full of revolutionary ideas, unbridled courage, and creativity, but fragile as a crystal flower.

It's not just that I call you Mr. Edhi (hats-off), you are a pure philanthropist and have an immense love for life around you.

I have read you as a book, especially the chapters on feelings, emotions, and knowing your world of likes and dislikes. I have read the pits and peaks of your thoughts. I love the way you think; that helped me to see the green valley of your mind and beautiful heart as a watercourse in the mountains, where the water of love flows in and out to purify your heart, just as abstinence and fasting purifies the body.

I've peered deeply into the window of your heart, and I've seen the most beautiful eyes in the universe. I wish to keep this world so beautiful for the un-vexed and smiling expression of these eyes. And, I must tell you that whenever I get angry with someone, I replace the face of that person in my mind with the face of yours to start love with him.

Dear *Zindagi*, your love has turned me into a soft-hearted human because your love has swapped all signs of arrogance and haughtiness from this heart and brought me closer to God. I have a gift of your calligraphy, written in Allah with a straight *alif*, and books about life and Rumi readings.

Do you know it has been almost three years since we met? Do you know how important your presence has become to me in completing my PhD?

*Main tumhein dhoondnay yaadon ki khuli
raaho par*

*Khushk paton ki tarah roz bikhar jata
hoon*

I miss your presence around. I mean physically, to walk a distance with you, to narrate how a complete stranger; Hussain, very remote to your family and relatives, shared a vision and dreams about life with you and how he aims high to make your dreams come true. You know my possessiveness, my companionship, and my wish to keep talking with you. There is a never-ending quest of walking and talking with you about aboriginal art, romantic novels, bird-watching, gardening, and most importantly, investing our time for our mutual goals. You can imagine my happiness score and pleasant feelings while writing this piece of paper-expressing my love for the way you are.

If I know the meaning of love and love my existence, it's because of you *Zindagi!*

I can't end the narration of love and wishes for you because it is even larger than a life, but I would like to end by saying, I believe each day of my remaining life would be a better and lucky day if you let me look into your beautiful eyes to live the life as '*Zindagi Gulzar Hai*' with you, and as I said before, you are irreplaceable for me, so please may we last forever!

📧 nazeerkhan@bs.qau.edu.pk

Do you Bottle it up?



Samana Syed
Writer, Blogger

04 MINUTES READ

Rukhsaar’s in-laws never allowed her to take market trips alone. The soft-natured 29-year-old ‘*bahu*’ never objected to it. However one day after around 8 months of her marriage, she asked her mother-in-law to go out: “Ami g, May I visit the tailor’s shop?” “Better take Sarah with you,” her mother-in-law replied.

Suddenly, her face turned red and the usually calm-faced Rukhsaar started yelling, “I am not a child. Don’t think that I do not know the location. I can go alone. If Sarah, Aliya, and Asma can go out, why do you stop me?”

Her response that day was weird. Because she shocked everyone with that. She was thought to be a cool, and composed person. That day, she gave an entirely unexpected response due to bottling up.

Did you know what truly aches? Having so much inside you and not having the slightest clue of how to let it out.

Rukhsaar’s response seems relatable for many of us. It happens with many of us (at many times in life) when we do not let things out. In layperson’s terms, the reaction she gave to her mother-in-law was an emotional explosion or like a blast that occurred due to pent up anger.

Is Pent-up real?

Hiding true emotions is very common. According to psychologists,

bottling your emotions up is harmful. Though it feels safe to keep quiet all the time (when actually, we are just angry from inside); but it is not the ideal way to live a life. This attitude prevents us from discussing our problems and connecting with others. Over and over, not giving vent to negative emotions can backfire unexpectedly which is not good for our physical as well as mental health.



SOURCE: QUDRA

Why do we bottle emotions up?

In life, we usually bottle emotions up to make relationships work. Sometimes, the intention can also be to just pass the time and deal with the negative emotions later.

Suppressing emotions offers a pseudo sense of safety. Safety from being misjudged, mocked, rebuked, or abandoned. Sometimes, people also suppress their emotions if they fear hearing a **no** from others.

Mostly, it is rooted in our childhood. Children learn to subdue their emotions if their parents/guardians are not understanding or cooperative.

How does it backfire?

Though, it feels good to hide our true feelings; however, doing it for a long time makes us prone to emotion-

al explosion. Some other effects that it can cause are here:

- **Destroys mental well being**

Long-term dismissal of emotions decreases self-confidence and integrity. Such people start thinking that others do not care about them. And they do not have a say in their circle (house, school, among peers and friends).

Moreover, chronic suppression of feelings makes us frustrated, anxious, stressed out and depressed. It also builds up anger, and contempt for others.

- **Take a toll on physical health**

Pent-up emotions can also affect physical health. It raises stress levels and higher stress raises risks of developing chronic diseases like diabetes, and heart problems. Besides, it also impacts our memory and sleep cycle.

In fact, a 2013 Harvard School of Public Health and the University of Rochester research revealed people who bottled up their feelings augmented their risk of premature death by more than 30%, and their cancer risks also glided by 70%.

- **Impairs social relationships**

At our core, we are social beings. We cannot live alone for a long time. But keeping things to ourselves (abnormally), increases gaps in relationships. It creates more misunderstandings and develops more grudges.

Alarming Signs of Bottling Up

Know that there is a big difference between being introverted and being a person who suppresses their feelings. The latter is harmful, while the former, not!

- If you often feel that others do not understand you
- When you shut down the attempts

to small talks more often

- When you do not understand what you extract/get from time you spent in your circle/relationships
- When you often complain headaches, upset stomach, tension and racing heart
- If you are often angry at others and disappointed with the world
- When your frustration rises
- When you feel bitterness more often
- If you experience road rage (it is also a sign of bottling up)

How to Tackle this Issue

Some people are good at expressing themselves naturally. However, others need practice and experience to learn how to express their true feelings. It is something that one can improve with time.

- Make it a habit to appreciate others
- Try to say no without being harsh
- Practice presenting your point of view even if others do not like it. Start with some positive sentences for such a conversation. Then, present your point of view in the end. Keep it short and crisp
- Keep your tone low and polite even with a child
- Enjoy small talk with strangers

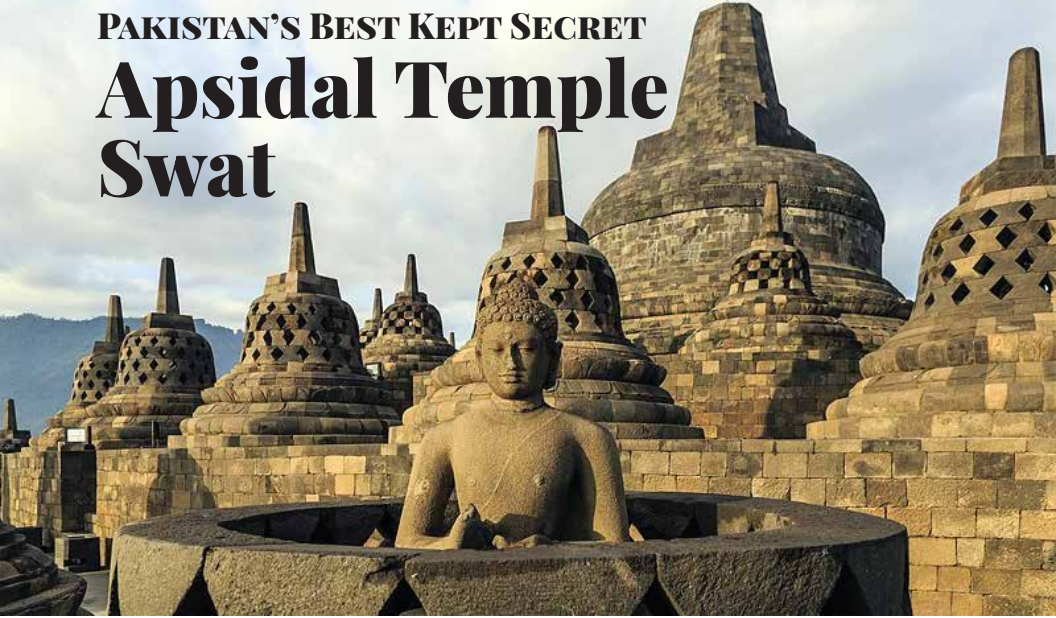
Bottom line

Often, we conceal our feelings because we feel comfortable doing it. This habit gradually bubbles up and causes an explosion one day. It destroys emotional, mental, physical, and social well-being. So, it is a good idea to unlearn bottling up and make it a habit to express your true feelings without harming anyone.

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PAKISTAN'S BEST KEPT SECRET

Apsidal Temple Swat



04 MINUTES READ

Archeologists have discovered an Apsidal temple from the Buddhist period in the Bazira area of Barikot Tehsil, Swat. According to reports, the well-preserved four-meter-high temple is 2300 years old and is from the Buddhist period. Ca' Foscari University and the Italian Archeological Mission in collaboration with the provincial department of archeology and museums discovered the ancient site and the project is being called **The Italian Mission**.

Andreas Ferrarese, Italian Ambassador to Pakistan, told Dawn that he was excited that the discovery was also made by Italian archeologists. He said, "it is so impressive to find something common between the

archeology of Pakistan and that of Italy. It is something that shows that even in antiquity we have a kind of globalization where people had an exchange of certain techniques and ideas of culture and religions which is astonishing. The more we search for the past, the more we find that we have a future together."

According to Prof Luca M Olivieri, head of the Italian Mission, the Buddhist sacred structure's foundation may be traced back to the Mauryan period, most likely to the 3rd century BC. Which was then followed up by major reconstruction in the 2nd century, BC. This was followed by a major reconstruction undertaken in the 2nd century BC. When the Greeks arrived and refortified the city of Bazira, known to them from the times

SOURCE: DAILY EXCELSIOR

of Alexander the Great, they found an existing structure constructed during the Mauryan period at the time of Ashoka.

Since then, after the rule of King Menander in the mid-second century, the monument was enhanced and kept in function for centuries till the third and fourth century when it was eventually abandoned, as the Kushan city of Bazira was razed by an earthquake. "This is an astonishingly important discovery as it attests a new architectural shape of Buddhist structure in Gandhara. We only have one other example of apsidal temple in a city at Sirkap, Taxila."

The region, once part of Gandhara, is famous for playing a critical role in the spread of Buddhism across Central Asia as well as the germination of Buddhist art and iconography. Not only do the ruins demonstrate that Bazira hosted the Indo-Greeks since at least Menander I Soter (165/155 BCE-130 BCE), who was most famous for his support of Buddhism, but also that Buddhists had been influential here since the 3rd century BCE. This seems to have been the period in which Bazira entered a true Buddhist golden age.

Interestingly, archeologists have also discovered coins, an onyx-made seal, and many other pots and plates with ancient inscriptions on them. "We have found coins, among which a silver specimen issued by King Menander, an onyx-made seal decorated with a Hellenistic intaglio depicting the image of a youth in Greek attire with a Kharosthi inscription, a monumental Kharosthi epigraph, many other Kharosthi inscriptions on pots, and potsherds belonging to the Indo-Greek cultural horizon such as fish plates and polished black pottery that imitates

Attic models," said Dr Michele Minardi, another Italian archeologist. The site has been plundered by illegal excavators between 2008 and 2010. If it was not plundered, the scientific output would have been even more important, said the archeologists.

Dr Abdul Samad Khan, Director Archeology, said that the new discovery was important in different ways, especially in connection with religious harmony, tolerance, and multiculturalism in the Gandhara period. "The entire province and Swat are extremely rich in archeological treasure. So far, archeologists have only explored about five per cent sites and the remaining 95 per cent are still unexplored," he said.

Imagine, if only 5 per cent has been unearthed, and 95 per cent has not, as of yet, imagine the possibilities of what is yet to come, and the curiosity that keeps us at bay. This can surely and verily enhance the attention towards tourism and particularly for the people around the world who have a thing for history and fancy archeology.

Zara nam hou tou mitti bohoh zarkheiz hai saqi!



Entrepreneurship Series

PART - II

Change Management



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

04 MINUTES READ

Since change is gradual and we have sufficient time to adjust for the coming change yet many fail to adapt to the change. What's wrong? Why can't we adapt? The foremost reason is that we don't see it coming. We have a myopia fallacy. We don't see the coming change and ignore the early signs until it's too late to adapt. Another reason is that to change is very difficult. We are fearful of the change because the future is an unknown entity who knows whether the anticipated change is temporary or long enough to warrant a change. The third reason is that any change requires a disciplined approach and very often we pay little attention to that and fail to change.

Peter Drucker in 1999 said that you should revisit your every process and every product every three years to see what has changed over the period and what changes do we expect in the

coming days. Since 1999, a lot has changed. The pace of disruption is too fast for a three year period of revision. Now, we should not only revisit our business quite often and also develop a sensor for anticipating signals of coming change. Early on these signals are weak enough to deceive us that nothing is going to change. Whereas the only thing that is constant, it is change.

How to sense a weak signal? One of the prerequisites of a leader is that he should be observant to even the weakest signals. As Allama Iqbal said that a leader should be "جان پرسوز" i-e should be sensitive. That attribute can be honed through observing everything with a keen eye. One always has to have a searching mind, observing the nuances, interpreting the meanings, connecting different signals in an attempt to rectify, what causes what? It's an ongoing process. It can be enhanced through reading - newspapers, industry publications, literature and it can also be attained by attending different circles - business meetings, intellectual gatherings, chatting with friends from

different fields etc. Also revisiting your entire process, product range at regular intervals and looking for signs of changes like a new process, raw material substitute, new product substitute, new distribution channel, new customer segment etc.

“Old habits die hard” is a truth. But to change, the very first prerequisite is that we must critically analyze our routine to come up with what we need to forego and what we need to get and then plan for a change, one step at a time. To borrow from Marshall Goldsmith’s great book, what got you here—to the success and accomplishments you have achieved up until now—is not going to get you there. (Where you want to go in the future.). Professor Vijay Govindarajan offers (three box solution) to come up with what you need to abandon and what you need to get to succeed in the future.

Three Box Solution - Think about all the projects that your organization is executing and put them in three boxes.

Box 1 is about managing the present. It’s all about improving the efficiency of the current business models as they are today. It’s all about optimizing the system as it exists today.

Box 2 is selectively forgetting the past.

Box 3 is creating the future.

He says that the future cannot be predicted; nobody can predict what would happen tomorrow then, how can we predict what will happen ten years from now? That is where the concept of weak signals comes in. It is all about imagining the future. This can be done by developing hypothe-

ses about non-linear shifts. Then test these hypotheses and drop those that are no longer valid. Hypotheses can never be developed in a vacuum. You always develop them based on weak signals. We don’t know whether these are real signals or just some noise but that is what **hypothesis testing** is all about. It will let us know about noise or real signals. We Know One Thing - The World Will Change.

- Non-consumers will become consumers
- Non-traditional competitors will enter your industry
- New technology will open up new possibilities

You must have

- Capabilities
- Performance Metrics
- Processes
- Culture

To continue to excel in Box 1. But you must embed / create New Organizational Logic in Box 2 and/or Box 3. If you want to become a leader in the future, you have to engage in Box 3 innovation. It is very important. That is non-linear innovation. That does not mean Box 1 is unimportant. Box 1 is terribly important. It is your foundation. You have to strengthen it with linear innovation i-e continuous improvement. Innovation is needed in Box 1 and Box 3. Box 1 is linear innovation and Box 3 is non-linear innovation. If you want to move to non-linear innovation, you have an intermediary step called Box 2. You have to somehow selectively forget the dominant logic i-e current business model as you execute Box 3 innovation.

@saeedbabarandco@gmail.com



STARTUP CORNER

MEET SHAHRUKH & AMMAR

NearPeer Founders

06 MINUTES READ

Q1: What was the inspiration behind this startup? (Ammar)

At the time of our graduation, we (I and Shahrugh) imagined a world where a student from Khuzdar, Baluchistan and a student from DHA Lahore, had the same opportunities to get quality education - A world where distance doesn't translate to a drop in the quality of Education. A world, where students have control of their learning methods, and they are evolving to become self-learners. Alhamdulillah, in our 6-year journey, we have made this dream come true. If we look at the data, Pakistan stands 2nd last in the list of Education index of the world. Half of the student population gets dropped at the secondary level and half again at the inter level. If we want to change the future of our generation and our people, we must work and improve our education system. These statistics are sufficient to motivate any sensible citizen to gear up and

start working to improve it. I believe there are only 3 solutions to the worlds' problems: Education, Education and Education.

Q2: Why did you choose education as a profession, especially in Pakistan... (Shahrugh)

The answer lies in data and the motivation of working in the education sector. If we look at the population of Pakistan, we are one of the youngest nations in the world with more than 100 million people below the age of 25. Most of them are students and learners. Given all the challenges we face as a nation, most of them can be solved by improving education. Good education creates a critical mind, and that critical mind generates employment opportunities and helps the nation grow and excel. Similarly, given the plight of the education system of Pakistan, it becomes a lucrative opportunity for the entrepreneurs to solve it.

Q3: What do you value more, educa-

SOURCE: FREEPIK

tion or knowledge? (Ammar)

I believe education is a formal process of enlightenment while knowledge is enlightenment gathered through experience and observations. I usually see them helping each other in order. You educate someone through formal means to help them amplify their observation which results in better experiences and hence it gets translated into knowledge. If I had to pick one, I'd consider knowledge more valuable than education. The destination is always more valuable than the journey. One can use any medium of education to reach the right level of knowledge.



Q4: Education on digital forum, how do you see the future of it in Pakistan? (Shahrukh)

Given the fourth revolution, everything is slowly heading towards digitalization. Being digital is not good to have anymore, in fact, I believe it is a must-have now. Especially after this pandemic, the digital world has been accelerated by a very decent factor and that is the reason we are looking at a completely new way of life where people are working from homes, currencies are not being controlled or governed by a central body, and intellectual properties and rights are part of the digital domain now.

Having said that, I see a very bright future of digital education in

Pakistan, because only ed-tech has the right recipe to bring down the cost and increase the quality of education simultaneously. We cannot rely on a 200-year-old education system anymore where a single human being (teacher) is responsible to understand and guide 100s of students sitting in front of a Machine learning and Artificial Intelligence backed by big data will help us in identifying the weaknesses of students and help them learn better. Physical education (and systems) will always be there, and they'll be complemented by the digital platforms.

Q5: What were some of the primary challenges that you faced? (Shahrukh)

Initially convincing people on something which was not done in Pakistan before. A video-lecture model, where people would pay to learn. It was hard to convince them to pay to learn and seek, as video-lectures were already present on YouTube or other mediums. People were hesitant in paying for a video lecture. As soon as we started generating quality education, it was the people who were running after us. The second challenge that we faced was the payment gateways, as JazzCash or EasyPaisa were not really active during those days, and online payment was not really a thing back then. We solved this challenge with an innovative yet old solution and

reintroduced scratch cards. Third challenge is, lack of talent, or tech-resources. We still face this challenge. But we shall overcome this soon.

Q6: Youth of Pakistan are mostly just hesitant, how to break this pattern? (Ammar)

I believe, in order to break the pattern of hesitancy, you need to have some inspiration. And if you are to achieve something in life, then you need to inspire, you must get inspired. It comes from the place where you learn, and you follow their example, for instance, the example of the Prophet (PBUH). He inspired many people through his wisdom and knowledge, and there are countless local examples as well. A simple teacher who wanted to help his students, created a multibillion-dollar business out of it.

Q7: How did you deal with demotivational factors? (Shahrukh)

I believe here comes the role of a co-founder. One of the reasons that most entrepreneurial ventures and businesses are co-founded and comprise teams. It's impossible for a person to do everything single-handedly. That is one reason that helped since the initial days, if one of us is down, and struggling, the other person will cheer him up. I believe this is the formula which is universal, irrespective of business, or life in general, if you get a right partner, then it becomes easier for you.

Q8: Where do you see NearPeer in ten years from now? (Ammar)

We want to see NearPeer as a household brand in the next ten years. Students from Pakistan, and Middle East studying from this portal and taking control of their learning by

becoming self-learners. Once they get a know-how of NearPeer, they can learn more from it. Secondly, we see NearPeer as an idea, back in 2016 when we first started off, we had an idea to initiate this start-up so that more people could follow. Ten years from now, we are hopeful to see a lot more EdTech startups that bring more competition and more quality education. And on the brighter side, it will surely help the students. Business will compete in prices, and quality education. At the end of the day, students will make the most out of it.

Q9: Lastly, a message to the youth. (Shahrukh)

Always believe in yourself, always think big, always channelize these positive energies, and see the brighter side of things. These three things are very essential. There is a couplet by Allama Iqbal that goes:

*Gulzar e haai o bood na begana vaar
dekh
Hai ye dekhnay ki cheez, tu isay baar
baar dekh*

Always be curious. Without curiosity, you cannot accomplish certain things. The difference between man and animals is that we have the intellectual capacity to be curious, and to ask questions. Allah helps the mind that is curious. And because of that it helps humanity overall.

“QUOTES CORNER”

*We are all migrants through
time.*

Mohsin Hamid

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Inqalab, *Signing* Off

AEMFam: our readers, **TeamAEM:** my fellow colleagues, Editorial Board, my seniors, my *hummansab*, and dear self. It's been a while since I got here. I still remember my first day here, as the Editor, or as the *Manna'ejing Adeetor*; to be specific. I started drowning in the sofa I sat on, I'm the anxious kind, a slow learner. Like sand in hand, it slips away, as the pendulum swings. It feels good, to be a part of something big, no matter how you see it, initially, I got really stressed, maybe I was young for this responsibility, but to impart knowledge, on this level, it hits you differently, whatever content you produce, it's you, you're not a *part of the process*, but the process itself. So, there's a lot at your end, I'm proud of myself, and I think I was fair and honest, but, it's you... the people... who decide... big shoutout to my Editor-in-Chief, Ali Bhayi, and Associate Editor, Imran Bhayi - the man, **THE MAN**, for backing me and giving confidence. And to my bros, Fazal, Usama, Raheel, and Qaisar, for being there. It was a good time here, this edition serves as my final edition as the *Manna'ejing Adeetor* of AEMagazine, you'd be seeing me though, with AEM, as a writer, or in my other worldly endeavors, like music, or *shayari*, and if you already at it, I thank you with an open heart, what tomorrow could bring to us, manifest a better change.. I stand here with the absence of hope or despair, standing here for the sake of it, there's certain fun, in standing, or being seated, just making the most out of it, try making the most out of it, and I don't care what tomorrow could bring for me, I smile at this moment, at this very instant, not flying, rather gliding.... skeptic and hopeful about my future, like the hopeless romantic.. the **Tahir the Tired Shayar**... that I am, met great people honestly, great hand of writers, a big big thank you to you too, for getting along with my rather thoughtless spectrum, and the deadlines: God bless y'all, now I pass on the torch to my successor, and I'm pretty hopeful, with time and grace she'd make the best out of it, everything would fall into place for better, as long as y'all aka our **AEMFam** stay put, believe in the process, since you are the process, and so am I, and so is this universe: *meant to be*, hope y'all get over whatever bothers you, possibility or an uncertainty: *dekh lein gey!* **BELIEVE.**

*Zulmat ke tareek saayo taley
Shamma se shamma jaley!*



Main,
Inqalab

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