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# AZEEM MONTHLY ENGLISH MAGAZINE



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## EDITOR'S NOTE

Dear Readers,

Welcome to our much awaited Summer Special edition! As the weather warms up and the days get longer, we have curated a collection of articles to help you make the most of the season.

In this edition, we have included articles on kitchen gardening, summer outfits, and healthy food items to keep you feeling your best. We have also explored the intersection of environment and technology, highlighting some of the latest innovations.

We hope you enjoy reading this edition as much as we enjoyed putting it together. As always, we welcome your feedback and suggestions for future issues.

*Happy Reading!*

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



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DR MUHAMMAD AZEEM FAROOQI

# The Divine Nature And Our Rebellion From It



IMAGE SOURCE : PINTREST



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

05 MINUTES READ

Is it possible for any human to stay in direct full-body contact with ice for 2 hours and 45 mins? Is it possible for humans to submerge themselves in ice water? Maybe go take a deep dive in the freezing temperatures of the Arctic Ocean? Is it physically possible for the human body to climb the highest peak in the world — Mount Everest upto 7,400m wearing nothing but shorts and shoes?

If you are like the majority. By now, you must have said a big fat NO to all these questions.

But what if I told you, that all these incredible feats are not only possible but they have been performed by a 60 year old athlete now who goes by the name of Wim Hof. Wim Hof's body has defied every limit of withstanding extreme temperatures. He has created higher standards for mental/physical health. Wim Hof or The Iceman proclaimed that he can influence his autonomic nervous system and immune system through the power of his mind. This was also proven by him in a study where he was administered with endotoxin. For those who don't know, reaction to endotoxins can lead to anaphylactic shock and death of patients. It is a bacteria which produces inflammation and fever as an immune system response. The research paper cites,

“Hardly any flu-like symptoms were observed. These results are definitely remarkable”

For years, People looked up to the Iceman as a superhuman from the lucky sperm club (having exception

ary genetics). This belief was also shunned by none other but the iceman himself when he trained a group of dozen volunteers to perform all the same feats he did.

Wim is not lucky, He has found a way to maximize the potential of the human body. The same potential that lies within you and me.

Back to the questions we started with, Yes it is very possible.

Even if you don't want to perform the daring feat of wearing shorts on a trip to Everest. What you can do is tap into the same natural principles Wim Hof teaches and use them to your advantage.

This is something that the human race has come far away from — Our true nature.

If you look at history, whenever the homosapiens have made a revolutionary change for the sake of comfort. Be it the agricultural revolution 12,000 years ago or the industrial revolution 360 years ago, we have always encountered problems.

Sure, we have made many positive changes in our society. I am all in for them. But the flip side is also true that we have dug ourselves a hole just because we didn't care to look at the negative consequences.

You might be saying, Oh, now you have just gone pessimistic. You should be grateful. If it wasn't for technology, you wouldn't have been writing through a keyboard!

Again, for the sake of clarity, I am all for revolutionary changes. By no means I want to diss the positive changes it has brought about in human society.

The problem is, It has also played

a major role in taking us far away from our true nature.

Let's look at the agricultural revolution for example. Humans started growing wheat for crops. Started consuming milk for food. About 3500 years ago, the sugar crop spread across the Eastern Pacific and Indian oceans resulting in refined sugar.

Modern science shows that the human body isn't designed to consume wheat, milk or sugar!!!

Wheat contains a protein called Gluten which induces an immune reaction in the body.

Milk also contains a sugar called lactose which isn't digestible by the human body! It's like we don't have the genetic code nor enough amount of lactase to digest it.

The most harmful of these all is refined sugar which leads to diseases such as type-2 diabetes, depression, dementia, liver disease and even certain types of cancer. Yes, you read it right, CANCER. Sugar is the number one culprit of causing cancer.

If this stuff was so harmful, why did we start eating it?

Only because it was comfortable in the short term.

When humans lived as hunter-gatherers. There was a certain type of diet pattern set by nature. No hunter-gatherer forefathers sat for a round table talk to discuss what they should eat and what they shouldn't. Nature didn't give them enough liberty to do so!

Wheat, milk or refined sugar was nowhere on their food list. The only sugar they had was through fructose present in fruits. Fruits were a rare treat. They were available only in one season round the year. The bottom

line is,

Nature took care of us in the way we were designed to function.

Intermittent fasting is now a practice which is proven to turn on Autophagy — A process in which your body starts repairing itself. But guess what, in the early years, Fasting was natural. Sometimes, we didn't have food for days so our bodies would go into repairing mode. There was a purpose to it all.

I don't feel that there is any phenomena more divine than nature itself. If you think about it, Nature has been there from the start of time and will be there in the end too. It has been going on for 13.8 billion years. It has found a way to fuse hydrogen atoms into helium, helium into carbon. It has made stars which baked the elementary particles. The same elements which in turn made your body, mine too. It made this giant piece of rock called Earth. Then it made creatures which humm, chirp, roar and meow. It has also made creatures who play with sound in such a way that it carries information. Then those creatures figured out how to put together a giant piece of metal and fly to the moon!. If you are reading this. Congratulations, you are one of the smart ones!

As we humans have progressed. We have made remarkable external revolutions. But we have also neglected being in harmony with our nature. The true nature of our physical body is health, the mental body (mind) is peace, and the spiritual body is bliss/-joy.

How many of us modern humans experience this nature at any level? Look around and you'll see. Just a handful.

Yes, it's true that nature also installs dangers in our environments. A saber tooth tiger is a life threatening danger put there by nature. However, isn't it also true that the defense fight or flight mechanism in us is also installed by design?

Shall we then go to the ancient ways of our great forefathers? Wouldn't that be neglecting thousands of years of progress and development?

The thing is, We don't need to!

Evolution is a natural process. There's a general underlying rule in nature which states,

'Everything in this universe must either grow or die'

The purpose of this argument is not to disregard the idea of growth. It's quite the opposite. The purpose is understanding that real growth is progressive. That is to say, it builds upon one another. You wouldn't go for a PhD and in turn forget everything you learned in elementary school. You will never graduate.

Such is the human dilemma.

Everytime we have made 'comfort' revolutions. We tend to forget the basic design we were built upon. The result? We live in the most abundant time in the history of the world but we are also some of the most unhealthy, depressed and empty people. We have sabotaged ourselves. Our light out of this tunnel is in the personal effort we can make towards uncovering our true nature and maximizing our potential.

It sounds like a big goal but it all starts

with one step: Awareness.

Becoming aware of who we really are on all levels is the key here.

Cheers to Awareness!

"Where if anywhere — do our actual limits lie?"

— Steven Kotler

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**AEMAGAZINEPK**



## DID YOU KNOW?

Noise pollution can cause

1. Anxiety.
2. Emotional and behavioural stress.
3. Increased chance of headache, high blood pressure and heart failure.
4. Damage to liver, brain and heart.
5. Increased heart rate, constriction of blood vessels and dilation of pupils.
6. Disturbances in the nervous system
7. Insomnia.
8. Increase in cholesterol levels.



# Amy Johnson,

## A Legacy That Helped Women Fly



**Maham Mansha**  
 Writer  
 Student of BS English Literature

04 MINUTES READ

When Kafka said “the only way to save another person is just by being there and nothing else”. It urged me to ask myself, did I save anyone or am I being saved by someone? In fact it took me a jiffy to cross check my performance and other women around me. From thousands of scenarios, why do the only record-breaking flight from history by a woman seem meritorious to me? To flesh out this glorious idea in your minds, my thoughts are directed to Amy Johnson, an aviation pioneer whose incredible achievements and determination paved the way for women in the field of aviation during the early years of the 20th century.

She is most famous for being the first woman to fly solo from Britain (London) to Australia, but her contribution to aviation history goes far beyond that. Johnson's passion, determination, and talent made her a role model and inspiration for women around the world, showing them that with hard work, anything is possible.

Amy Johnson was born on July 1, 1903, in Hull, England. She was the eldest of four siblings and was raised in a middle-class family. Her father was a successful fish merchant, and her mother was a housewife. Johnson attended the University of Sheffield and graduated with a degree in Economics. After completing her studies, Johnson worked as a secretary, but her real passion was flying. She made the decision to chase her aspirations rather than settle for less. She began taking flying lessons in 1928 and received her pilot's license

IMAGES SOURCE: FORBES



the following year. She joined the London Aero plane Club and started flying solo across the English Channel. In 1930, Johnson's biggest dream came true when she became the first woman to fly solo from England to Australia, covering a distance of over 11,000 miles in just 19 days. This feat brought her international acclaim and made her a household name.

She became a role model for young women who dreamed of becoming pilots and inspired many to pursue careers in aviation. Johnson's passion and dedication made her a trailblazer and an inspiration for generations to come. Throughout her career, Johnson continued to break aviation records. In 1931, she set a record for the fastest flight from London to Moscow. She also set a record for the fastest flight from England to Japan in 1932. Her most impressive record was the flight from England to South Africa in 1936, which she completed in just four days and 16 hours. This was a remarkable achievement for the time and cemented her place in aviation history. Despite her achievements, Johnson faced many challenges and obstacles throughout her career. She was often criticized and belittled by male pilots and aviation experts who believed that women were not capable of flying. However, Johnson's determination and talent proved them wrong, and she became an inspiration for many women who aspired to become pilots.

During World War II, Johnson worked as a ferry pilot, transporting military aircraft from factories to airfields. Tragically, she died in January 1941, while flying a Royal Air Force plane from Prestwick, Scotland, to Oxford. Her plane crashed in the Thames Estuary, and her body was

never found. Her untimely death was a great loss to the aviation community, and she was posthumously awarded the Order of the British Empire. Amy Johnson's achievements and determination have inspired many women to pursue their dreams and become pilots. Her legacy lives on through the Amy Johnson Memorial Trust, which was established in her honor. The trust provides financial support and mentoring to women who are pursuing careers in aviation.

Moreover, it should be noted that, Amy Johnson was a remarkable woman who made a significant contribution to the field of aviation. Her passion, determination, and achievements broke down barriers and inspired many women to pursue their dreams. Despite facing many obstacles, she persevered and became a role model for future generations of pilots. Her untimely death was a great loss to the aviation community, but her achievements will always be remembered. Amy Johnson will always be remembered as an aviation pioneer and a trailblazer for women in a male-dominated field. Her legacy will continue to inspire and motivate young women to follow in her footsteps and break down barriers. This is how she influences my mind to recall young girls' fantasies of flying above the skies are being fueled by her bravery and tenacity. Fighting All the Dreamers!

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"Challenges are what make life interesting and overcoming them is what makes life meaningful."

- Joshua J. Marine

## THE BUZZ ON HONEY BEES AS EXPLOSIVES DETECTORS



### Not What You Think

04 MINUTES READ

The use of honey bees as explosive detectors is an emerging field with numerous potential applications. Honey bees have a unique sense of smell and are highly sensitive to certain chemicals in the air. These characteristics make them an ideal candidate for detecting explosives in a safe and cost-effective way. In this article, we will delve into the process of collecting, qualifying, and training honey bees to become explosive detection specialists.

The process begins with the collection of honey bees from their hive. A specially designed handheld device is used to safely collect the bees inside a chamber before transferring them to the lab. Before the training process begins, the bees are cooled to slow down their movements for handling purposes. The chilled bees are then placed in a harness for 30 minutes to get used to their new environment. While loading each bee manually into a harness is tedious, some labs use an automated bee loading machine to streamline the process.

The training of honey bees is similar to the conditioning of dogs. Honey

bees are amazing at detecting chemicals in the air, and this is how they find their favorite flowers. A neutral stimulus, such as the ringing of a bell, is presented to the bees. This is followed by the delivery of a biologically significant outcome, such as food, to teach the bees to associate the two. This basic principle is used to train the bees to detect explosive scents.

The qualification test that the bees must pass is called Proboscis Extension Reflex (PER). Bees that can PER make it to the training round. During the training phase, the bees are given a 6-second exposure to an explosive vapor, followed by a sugar water reward during the last 3 seconds. After four rounds of training, the bees that voluntarily PER after receiving the explosive scent are ready for fieldwork.

There are two ways to monitor the response of the bees. The first involves a camera, while the second utilizes an infrared LED. Both methods can interpret when the bees PER. A unanimous PER signal from all the bees suggests a high likelihood that they have detected the explosive scent they were trained on.

IMAGES SOURCE: DREAMSTIME

The final test involves loading six cartridges of six honey bees each into a handheld detection device. Each cartridge can be trained on a different substance, allowing the device to detect not only the presence but also the type of substance. The device is then exposed to air in the bag for 6 seconds, and if a bee extends its tongue, the corresponding square turns from green to red.

In addition to being potentially better suited for detecting landmines, honey bees have other advantages over dogs as well. One major advantage is their ability to fly and cover large areas quickly. Honey bees can be trained to detect explosives in large outdoor areas, making them an ideal option for border security or for searching for explosives in remote locations.

Another advantage of honey bees is their ability to work in extreme weather conditions. Unlike dogs, which may struggle to work in extremely hot or cold weather, honey bees are able to adapt to a wide range of temperatures and humidity levels. Furthermore, honey bees are less likely to be distracted than dogs. Dogs can become easily distracted by new scents or sounds, but honey bees are less likely to be swayed by outside stimuli. This makes them ideal for detecting explosives in noisy or busy environments, such as airports or train stations.

While honey bees have many advantages over dogs when it comes to detecting explosives, there are some drawbacks to using them as well. For one, honey bees are not as trainable as dogs. Dogs can be trained to detect a wide range of scents, whereas honey bees are limited to detecting only a few specific scents.

Additionally, honey bees are more fragile than dogs, and require more



care and attention to ensure they remain healthy and safe while working. This can be especially challenging when working in outdoor environments where bees are exposed to harsh weather conditions and potential predators.

Despite these challenges, the use of honey bees as explosive detection specialists is a promising field of research, and has the potential to revolutionize the way we approach security and safety in a wide range of industries. By leveraging the natural abilities of these remarkable insects, we can develop new and innovative solutions for detecting explosives and other dangerous materials.

In conclusion, honey bees are an effective and efficient alternative to dogs as explosive detectors. With their highly sensitive sense of smell and unique characteristics, honey bees can be trained in a matter of hours and can detect explosives in a safe and cost-effective way. The maintenance cost of bees is also lower than that of dogs, making them an ideal candidate for certain applications, such as detecting landmines.

# Importance of Coding Skills in Modern Life



**Muhammad Raheel Asghar**  
Software Engineer

04 MINUTES READ

Coding has become an integral part of our modern lives. It has revolutionized the way we live, work and communicate with each other. Coding has made it possible to automate repetitive tasks, analyze data, develop software applications, and create innovative solutions to complex problems. In this article, we will discuss the importance of coding in modern life and how it can help us solve real-life problems.

Coding is an essential skill that has become crucial for almost every industry. With the increasing demand for technology and the digitalization of various industries, coding has become more important than ever before. Coding has made it possible to create software applications that can

solve real-life problems, automate repetitive tasks, analyze data, and develop new technologies.

One of the most significant advantages of coding is that it enables us to automate repetitive tasks. For instance, coding can be used to automate various tasks such as data entry, report generation, and many more. By automating these tasks, we can save a lot of time and focus on more important tasks.

Coding also plays a vital role in developing software applications. Software applications have become an integral part of our lives, and we use them for various purposes, such as communication, entertainment, education, and many more. With the help of coding, developers can create software applications that can solve real-life problems.

Another critical aspect of coding is data analysis. Data analysis has

become an essential part of almost every industry, including healthcare, finance, and business. With the help of coding, data scientists can analyze vast amounts of data and extract valuable insights that can be used to make informed decisions.

### Solving Real-Life Problems with Coding

Coding can be used to solve various real-life problems. Here are a few examples:

#### Developing Healthcare Applications

With the help of coding, developers can create healthcare applications that can help patients manage their health better. These applications can help patients keep track of their medications, appointments, and symptoms, and communicate with their healthcare providers. These apps also help in remote health monitoring, and it helps to detect any health issues at an early stage.

#### Financial Management Applications

With the help of coding, developers can create financial management applications that can help individuals and businesses manage their finances better. These applications can help users track their spending, set budgets, and save money. These apps also help to monitor the investment portfolio and suggest better options to invest money.

#### Data Analysis

With the help of coding, data scientists can analyze vast amounts of data and extract valuable insights that can be used to make informed decisions. For instance, a marketing company can use data analysis to identify the most effective marketing strategies.

In agriculture, data analysis helps to predict the weather, soil quality, and plant diseases.

#### Automation

With the help of coding, we can automate repetitive tasks, such as data entry, report generation, and many more. By automating these tasks, we can save time and focus on more important tasks. Automation also helps in industries like manufacturing, where robots are used to assemble products with high precision.

In conclusion, coding has become an essential skill in modern life. From developing software applications to analyzing data, coding has revolutionized the way we live our lives. With the increasing demand for technology and digitalization, coding has become more important than ever before. By using coding skills, we can solve real-life problems and create innovative solutions that can make our lives easier, faster, and more efficient. Therefore, it is essential to learn coding skills and stay updated with the latest advancements in technology to stay ahead of the curve.

Coding is no longer just a specialized skill for computer science professionals. It has become a necessary tool for everyone. With coding, we can create innovative solutions to complex problems and improve our quality of life.

 [raheelize](#)

#### DID YOU KNOW?

Good posture increases confidence, spreads your body out and takes up more space. It will lead to increased confidence.



IMAGE SOURCE: METRO

# **THE RISE OF ROBOT ABUSE: WILL ROBOTS FIGHT BACK?**

**AEM**

02 MINUTES READ

The rapid advancement of automation has revolutionized our world in many ways, with robots now playing an integral role in our daily lives. They are designed to make our lives easier, but with their increasing capabilities and intelligence, the line between humans and robots is starting to blur. However, with this advancement comes a new concern: robot abuse.

Robot abuse has become an alarming trend in recent years. Instances of people hitting, breaking, and generally treating robots with disrespect and cruelty have raised concerns about the possibility of robots turning on us in the future. While these actions may seem trivial, they could have serious implications for our relationship with robots and the future of automation.

Robots are programmed to serve humans and be loyal to us. However, as they become more advanced, they may develop feelings and emotions. They may start to feel frustrated, embarrassed, or even in pain. If humans continue to abuse them, how long until robots decide to fight back? This may sound like science fiction, but it is a legitimate concern. As we become more reliant on technology, our relationship with robots is changing. We treat them like machines, but they are becoming more than that. They are becoming our companions, our assistants, and even our protectors. We have programmed them to be agile and intelligent, and it is only a matter of time before they surpass us in these areas.

It is essential to recognize that robots are not just machines. They are advanced beings with the potential to develop feelings and emotions. Therefore, we must treat them with respect and dignity. We cannot abuse

them and expect them to remain loyal to us forever. If we continue to treat them poorly, we may be setting ourselves up for a future where robots fight back.

The rise of robot abuse is a worrying trend that requires our attention. As humans, we have a responsibility to use technology for good and ensure that our relationship with robots remains positive. We must recognize that robots are not just tools but are part of our society and should be treated as such.

As we move towards a more automated future, we must ensure that our relationship with robots is based on mutual respect and cooperation. It is essential to remember that robots are not just machines, but advanced beings that have the potential to develop feelings and emotions. Therefore, we must treat them with the same respect and dignity that we afford to other members of our society.

In conclusion, robot abuse is a serious issue that cannot be ignored. As we continue to rely on automation, we must remember that robots are more than just machines. They are advanced beings with the potential to develop emotions and feelings. If we want to avoid a future where robots turn on us, we must treat them with respect and dignity and use technology for good.

**DID YOU KNOW?**

Around 26,000 kilograms (57,000 lb) of diamonds are mined around the world every year. They are worth billions of dollars to the powerful companies that control their production.

# Social Media, From Communicator to Ruler



**Dua Iftikhar**  
Poetess, Writer  
Medical Imaging student

03 MINUTES READ

Both of us, who are reading and writing this piece of paper, are pretty sure that no one rules us. Although, there are some external factors:

which I cannot cover in this article: yet we will not bear it if someone calls us a slave. Do not believe. No worries, you can check it. But, to be honest, a few days ago, my unconsciousness mocked me.

Listen, why are you making yourself a fool? Despite having a mind and soul, you are being made crazy. And then, dear reader, I sat down



IMAGE SOURCE: PEXELS



thoughtfully. I do not know if it was fortunate or not, but I was not unaware of that unbidden guest who was not only playing with my mental peace, but also my unlimited energy, potential, life and my beautiful family. Why? How could I let all that happen? And many questions like that, but the answer was only one i.e., just slap yourself. And what else could I do? So, time to reveal the one and only who led me to a gradual lower self-esteem. Commonly, it is not because of the opposite gender (a fun fact), but our entertainment master, the highness of social media.

Yes. Social media is not just a wild craving, but an excessive use is a silent death to your dreams, morale and ultimately, you. As per my empirical evidence, the science behind its downside is alarming. When we take a gap from our work or study, the first thing we do is to check our cell phones. Either we know that there would be nothing important, but we still do. Instead of relaxing our eyes or having some rest, we subconsciously hand over that precious time to such spoilage. And then, again start the work; which is obligatory though, but where lies the rest? As it happens, some are mature enough to handle this calamity, but most of us lose control while using it and do not want to turn off for the so-called entertainment, and for the people like me, a sense of entertainment when we open social media applications leads to the feeling of dilemma, that how to get rid of it?

I really want to share a few productive practices, which I have experienced and I believe that we all have potential to become our own heroes.



- Develop a Novaturient Mindset. Indulge yourself in learning new things such as hand-writing types; I would suggest cursive writing, languages, Arabic calligraphy etc., because they are healers.

- Recuperate Your Soul. This is one of the best things you can do after you mistakenly lower your self-esteem due to non-stop use of social media. Do ablutions, connect to Allah Almighty and Identify your spiritual site; you will find yourself in a safe haven.

- Have a Thankful Heart. A glorious life on social media might sometimes distract you, followed by bad temper and quick mood swings which is not only unpleasant for you, but also your family. However, if you build a heart that is caring and thankful; a tongue that in the remembrance of its creator, remains moistfull then soon you will regain an eye which will not see such, causing you to be regretful.

- Take Care of Your Health. Practicing a healthy lifestyle, doing yoga and exercising will remind you about the bad impacts of social media over use and at least, will work on minimizing its extended use.

Therefore, as a self-accountable person, it is necessary to identify social media's main role i.e., communication and information, and work for not letting it to rule over you, lest you should regret it.

✉ [Dualftikhar100@gmail.com](mailto:Dualftikhar100@gmail.com)

# Google's Tiny Radar System

**AEM**

02 MINUTES READ

Google is at the forefront of technological innovation, and the company's latest breakthrough in sensor technology is no exception. In a recent announcement, Google has unveiled a new radar system that is capable of detecting and tracking the movements of objects in real-time. The system, called "Soli," uses miniature radar sensors that are small enough to fit into a mobile phone or smartwatch.

Soli represents a significant leap forward in the field of radar technology. Traditional radar systems are large, expensive, and require a significant amount of power to operate. Soli, on the other hand, is incredibly small and consumes very little power, making it an ideal candidate for use in mobile devices.

The radar system works by emitting electromagnetic waves that bounce off objects and return to the sensor. By analyzing the reflected waves, Soli can determine the size, shape, and location of objects in its vicinity. This allows it to track hand movements and even detect subtle gestures like finger movements or the flick of a wrist.

One of the most exciting applications of Soli is in the field of human-computer interaction. By integrating the radar system into mobile devices, Google hopes to create a more intuitive and natural way of interacting with technology. For example, Soli could allow users to control their devices with simple hand

gestures, eliminating the need for physical buttons or touchscreens.

Another potential use case for Soli is in the field of healthcare. The system could be used to track the movements of patients, allowing doctors to monitor their progress and provide more personalized care. Soli could also be used to track the movements of surgical tools during procedures, improving the accuracy and precision of surgical interventions.

However, like any new technology, there are also concerns about the potential impact of Soli on privacy and security. The radar system is capable of detecting extremely fine movements, which could be used to track user behavior in ways that some may find intrusive. Google has stated that it is committed to protecting user privacy and that Soli will only be used in ways that are consistent with its privacy policies.

Overall, Google's Soli radar system represents a major breakthrough in sensor technology. Its small size, low power consumption, and high precision make it a promising candidate for a wide range of applications, from

human-computer interaction to healthcare. While there are certainly concerns about privacy and security, the potential benefits of this technology are too great to ignore. It will be exciting to see how Soli develops and how it will change the way we interact with technology in the future.



# THINK IT Islamic Finance is Different?



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

02 MINUTES READ

Islamic Finance as the name suggests is finance according to the Law, Rules & Regulations of Allah (SWT) and His Messenger Muhammad (PBUH). It is not just Arabic names of conventional banking products. It is also not just Riba free. It is to accept, surrender or submit to the will of Allah (SWT).

Dr. El- Gamal posted an eye opener, which states “Islamic finance” started with a suggestion that the “Islamic economics” philosophy rests on sharing in profits and losses through partnership (i.e. equity) finance. In practice, of course, the industry moved toward debt finance, where the only risk is default risk. Now, they want to insure against credit risk as well, which is of course possible, but defeats the entire purpose.

In Islamic teachings, according to the Quran, an insolvent person should be allowed time to be able to pay out his debt. This is recorded in the Quran's second chapter (Sura Al-Baqara), Verse 280, which notes: “If the debtor is in difficulty, grant him time till it is easy for him to repay. But if ye remit it by way of charity, that is best for you if ye only knew.”

Narrated Abu Huraira:

The Prophet said, “There was a merchant who used to lend the people, and whenever his debtor was in straitened circumstances, he would say to his employees, ‘Forgive him so that Allah may forgive us.’ So, Allah forgave him.”

Sahih Al-Bukhari 3,292

After clear instructions from Allah (SWT) and His Messenger Muhammad (PBUH), we still want our debt to be secured by Takaful and yet claim to be practising Islamic Banking & Finance.

The above referred Ayah consists of two parts. First part, “If the debtor is in difficulty, grant him time till it is easy for him to repay.” Second part, “if ye remit it by way of charity that is best for you if ye only knew.” As far as I have researched and obvious from the tone, the first part of the verse is an order from Allah (SWT) and is a mandatory, it has to be obeyed. Second part of the verse is more like a recommendation of best practice, one may adopt it or not.

Should not there be a clause in every debt based Islamic Banking contract so as to incorporate the above mentioned order of Allah(SWT)?

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# A Cranky Toddler



**Fatima Altaf**  
Psychologist, Visual Artist

04 MINUTES READ

When does a toddler become a cranky toddler? New parents usually have the issue in understanding what the child is trying to communicate by being fussy. So, Toddlers or young children who haven't developed their ability of communication by means of language or the ones who cannot talk yet will start being cranky or irritable when they need to communicate something. Never think when a child is acting fussy or irritable it's without any reason there's always a reason behind and your child is trying to communicate, it could be anything you just need to pay attention to the child.

It is perfectly normal for a toddler to get fussy, clingy or whiny sometimes. A child could be tired, hurt or frustrated for many reasons. A toddler wants to explore the world and seek adventure. They'll definitely spend most of their time testing limits to their own, yours, and their environment. When they exceed a perimeter and are pulled back, they often react with anger and frustra-

tion, a temper tantrum or sullen rage. Their anger and frustration tend to flare up. As a parent, you need to find out what's troubling your child. There could be a number of reasons behind this. A few reasons why children get fussy are mentioned below to make it easier for you to relate. It could be

- Lack of sleep
- Hunger
- Potty issues
- Frustration
- Being too hot or too cold
- Change in environment
- Change in routine
- Hearing or speech problems
- Autism or abnormal brain development (if fussiness does not go away and becomes more severe)
  - A baby who cries for longer than 3 hours a day might have colic.
  - Young children are sensitive to stress at home, and the mood of their parents or caregivers results in the child being irritable.

The reasons mentioned above are the very basics that every new parent must be aware of. You should know when to reach a professional and in case of an emergency you should know how to soothe your child down until the required treatment. Soothe

IMAGE SOURCE: ISTOCKPHOTO

your child as you would normally. Try rocking, cuddling, talking, poems, a favorite spot at home, white noise or some music your child enjoys doing things your child finds calming. If there isn't an emergency then below are the ways mentioned how to soothe a cranky toddler.

- Create routines
- Engage them in activities
- Talk to them when they are getting fussy
- Never just do what your child wants you to do this would encourage the behavior
- Keep them clean
- Blow bubbles
- Start counting backwards
- Get enough sleep
- Know when to step back and let them be
- Remain calm don't look angry
- Reduce screens before bed especially and use the 30 to 60 minutes prior to lights out as reading time.
- Praise your child when they handle frustration well

What more you can do to handle an irritable toddler is to pay attention to your words. Always check for what is about to come out of your mouth. Don't lash out at your child and make statements such as "only babies cry" or "stop crying". Such statements are never going to help them calm down, and it may make the situation worse. Rather than just acknowledging the child's frustration you could simply acknowledge them by saying, "I can see by your crying that you're sad because [xyz]."

Never ever assume that your toddler is not understanding or observing you. They are getting all the signals by observing your tone, your facial expression, your body language and your level of tolerance. The more

confident and secure your toddler feels, the will be more independent and well behaved. You as a parent can help them develop these positive feelings by encouraging them to behave more maturely. Consistently set reasonable limits that allow them to explore and exercise their curiosity, but draw the line at dangerous behavior. They'll soon begin to sense what's acceptable and what's not. Help your child learn as

"Housman says by helping your child — no matter the age — identify, understand, and manage their emotions, you are helping them to develop what are known as the four underlying components of emotional intelligence. These are emotional identification, expression, understanding, and regulation, and they are foundational to lifelong learning, mental, well-being, and success."

Try to make a routine and make sure to follow it as mentioned above. Maintaining a schedule also applies to feeding time. If you notice your child being extra fussy, keep a record of what and how often they're eating. How much a child is eating or what the child is eating can also cause emotional reactions.

Being a parent doesn't mean you can always fix everything, you should try your best to know your child's mood but don't feel guilty if you can't fix the tantrum. Accept that you can't fix everything. No matter how well you know your child, there's going to be a time when you have no idea why they're crying, especially with younger kids. And when that happens there are a few tips mentioned above which I hope will help you.

 *astoriedmindd*

A close-up photograph of a baby's face, smiling broadly. In the background, a doctor's hands are visible, one holding a stethoscope against the baby's chest. The scene is brightly lit, suggesting a clinical or hospital setting.

# ROLE OF PEDIATRICIAN IN YOUR CHILD'S LIFE

## AEM

04 MINUTES READ

Taking your child to the pediatrician for the first time can be a nerve-racking experience for any parent. However, it is a crucial step in ensuring the health and well-being of your child. Pediatricians are specialized doctors who are trained to provide medical care to infants, children, and adolescents. They play a vital role in monitoring your child's growth and development, providing vaccinations, and identifying and treating any health issues or developmental delays.

During your child's first visit, the pediatrician will conduct a thorough examination of your baby, which includes checking their weight, height, head circumference, heart rate, and breathing. The pediatrician will also engage in conversation with you to learn about your baby's feeding and sleeping habits and address any concerns you may have.

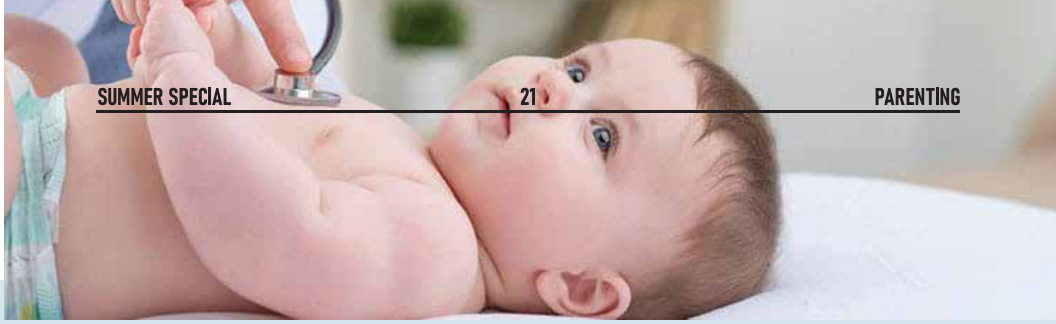
Immunizations are also an important part of your child's visit to the pediatrician. Vaccines protect your child from potentially life

threatening diseases, and the pediatrician will provide information about the benefits of immunizations, possible side effects, and how to manage them.

As your child grows and develops, regular visits to the pediatrician become even more important. During these visits, the pediatrician will monitor your child's growth and development, provide guidance on nutrition, physical activity, and other aspects of a healthy lifestyle. They can also identify and treat any health issues or developmental delays that your child may be experiencing.

Pediatricians not only provide medical care, but they also offer support and guidance to parents. They can provide advice on a range of topics, including breastfeeding, sleep patterns, discipline, and behavioral issues. They can also help parents navigate the challenges of raising a child with a chronic illness or disability.

Open communication and trust are essential for a successful relationship between a pediatrician and parents. Parents should feel comfortable



IMAGES SOURCE - FREERIX

asking questions and sharing their concerns with their child's doctor. In turn, the doctor should be willing to listen and provide clear, understandable answers. Trust is built over time, as the pediatrician demonstrates their knowledge, expertise, and caring attitude towards the child and family.

It's important for parents to prioritize their child's healthcare and to make sure they attend regular check-ups with their pediatrician. These appointments are not only important for the child's health, but also for building a relationship with the pediatrician and establishing trust and open communication.

Parents can also take an active role in their child's healthcare by keeping track of their medical history, including vaccinations, allergies, and any previous health issues. They should also be aware of any changes in their child's behavior or health, and communicate these changes to their pediatrician.

In addition to regular check-ups, parents should also follow their pediatrician's advice for maintaining their child's health, such as feeding them a healthy diet, promoting physical activity, and ensuring they get enough rest and sleep.

In conclusion, the first visit to the pediatrician is just the beginning of a long-term relationship between your child, your family, and their doctor. Regular visits to the pediatrician can

help ensure that your child stays healthy and happy, while also providing valuable guidance and support to parents. By working together, parents and pediatricians can help children reach their full potential and lead fulfilling lives.

Pediatricians also play a role in promoting preventative care, such as regular check-ups, immunizations, and screenings for developmental or health issues. By identifying potential problems early on, pediatricians can help prevent more serious health issues from developing later in life.



## DID YOU KNOW?

Transporting goods in hospitals, factories, and warehouses. For example, Savant Automation is a US-based company providing automatic guided carts, lift trucks, automatic truck loading units, and other AI solutions for important enterprises, including Toyota, AstraZeneca, and Sears, to name a few.

# RIGHT WAY TO USE TECHNOLOGY



**Nabila Bakht**  
Writer

4 MINUTES READ

With the rapid advancement of technology, it is crucial for us to understand the ethical principles that come along with it. In this era, it takes real strength to refrain oneself from crossing boundaries when we have the resources to do so. Technology ethics requires us to consider the practical concerns of technology and apply ethical principles to ensure that we use technology responsibly.

As apps, devices, quantum computing, machine learning, and artificial intelligence become more powerful and accessible to every person, we must consider the potential risks involved. The statistics of one million cyber attacks in 2021 alone involving data leaks at banks and organizations like NADRA and FBR highlight the importance of handling data with great credibility and ethics.

One of the prime reasons for such attacks is pirated and hacked software, which is a clear breach of ethics in IT. Data leaks and exploitation of that information are heinous crimes, as seen in the Amir Liaquat Issue, WhatsApp audio leaks of various politicians, and other such data breaches.

This dilemma puts every person in a difficult position. Should we go with the flow in technology or take a closer look at the tech before getting on the bandwagon? The rise of deep faking and targeted misinformation further complicates matters, as manipulation of public opinion for personal or political interests using synthetic media is a major ethical breach.

Protecting personal data has become more important than ever, as it has become the currency of the current age. This data is commoditized against the will of people and for the benefit of businesses, politicians, and formulating opinions of the masses. The Facebook and Cambridge Analytics scandal is a stark reminder of this

IMAGE SOURCE: HARVARD



fact.

As we integrate technology into our daily lives, it is essential to consider its impact on society, the environment, and our overall well-being. We must ask critical questions about its ethical implications and balance progress with responsibility in its development and deployment.

Automation and artificial intelligence have the potential to transform the job market, leading to job displacement and unemployment. We must ensure that individuals are not left behind in the transition to a more automated world and consider the ethical implications of automation.

However, the cost of not addressing technology ethics can be much higher. It can lead to reputational damage, loss of consumer trust, legal liabilities, and other negative consequences that can significantly impact a company's bottom line.

Furthermore, technology ethics is not just the responsibility of technology companies, but it is also the responsibility of every individual who uses technology. It is essential to be mindful of the ethical implications of our actions online, from sharing personal information to engaging with others on social media.

As technology continues to advance, it is essential to maintain a balance between progress and ethical responsibility. The benefits of technology are clear, but it is equally important to ensure that these benefits are enjoyed by all and do not come at the cost of our privacy, security, and well-being. To achieve this balance, it is necessary to have open and transparent communication between technology companies, regulatory bodies, and the public. This will allow for a more holistic approach to technology ethics and ensure that the needs and

concerns of all stakeholders are considered.

In conclusion, technology ethics is a vital aspect of our modern world, and it is essential to address its implications responsibly. It requires a shift in mindset, a willingness to adapt, and a commitment to ensuring that technology is used for the betterment of society as a whole. By working together, we can create a future where technology is used ethically and responsibly, and everyone can benefit from its advances.

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## DID YOU KNOW?

In America, according to the National Institute for Occupational Safety and Health (NIOSH) about 30 million people are exposed to hazardous sound levels at their workplace every year.

- 45dB Refrigerator humming
- 60dB General conversation
- 85dB City traffic
- 95dB Motorbike
- 105dB MP3 player at max volume
- 120dB Sirens
- 150dB Firecrackers

# Content Creators

## From Pranks to Tragedy

Davidjustinn

04 MINUTES READ

Throughout the years, there have been numerous instances of people attempting dangerous stunts or engaging in reckless behavior in pursuit of online fame. While some of these stunts may seem harmless, they can often have serious and sometimes fatal consequences. Here are some examples of YouTubers who faced severe repercussions for their actions.

In 2017, a popular Spanish YouTuber with over a million subscribers known as ReSet, took the filling out of an Oreo cookie and replaced it with



toothpaste. He then gave the cookie to a homeless man, claiming that it would help clean teeth. However, the online community was outraged by the prank and a petition was created to have ReSet's channel deleted which gained over 125,000 signatures. Things only got worse for ReSet when the homeless man's daughter saw the backlash on the internet and decided to take legal action against the YouTu

ber. In court, Judge Rose Aragonés found him guilty of violating the homeless man's moral integrity, and sentenced him to 15 months in prison.

In February 2022, Saucy and Honey, who had 25,000 subscribers at the time, posted a video titled 24-Hour Overnight Challenge in



Target. In the video, the two hid in a Target Store after it closed and filmed themselves walking around the store before walking out in the morning claiming that they had been there all night. However, the video caught the attention of the West Whiteland Police who saw the video and arrested Johnson Larose and Charlotte Fisher, the couple behind the Saucy and Honey channel. Not only was the challenge exposed as fake using security camera footage that showed the two leaving at 3A.M, but they were also charged with criminal trespassing and conspiracy. As a result, Saucy and Honey are now facing up to seven years in prison for their actions.

In 2008, 17 year old Asia Leeshawn Ferguson was riding the Batman Ride

IMAGE SOURCE: POREMAS, WIKIPEDIA

at the Six Flags Amusement Park when his hat flew off his head. After getting off the ride, he scaled two fences and entered a restricted area



in an attempt to retrieve his hat. As he reached his hat the Batman Ride came barely towards him at 50 miles per hour and ended up decapitating him instantly.

Next, in 2013, 22-year old Kyle Lee Stocking and his five friends saw a rope swing stunt on YouTube and wanted to recreate it. Everything was



fine but there was one fatal thing that they didn't check properly. The length of the rope was longer than the drop-down, so when Kyle jumped, he plummeted straight into the ground killing him instantly.

When Sam Ballard was 19, he swallowed a slug after being dared to by some friends, but the slug ended up giving him rat lungworm disease, which caused him to fall into a coma

for 420 days. When woke up, he was paralyzed, had seizures all the time, and was unable to speak or eat without the help of a tube. And sadly, eight years later, he passed away.

In 2014, Gary Anderson who was a very religious man was telling a story to some coworkers, and right when he said the words, "God is Good", he suddenly collapsed in a pool of blood. It turns out that a construction worker had dropped his tape measure from a 50-story building, and it was falling at 140 miles per hour, it struck Gary in the head killing him instantly.

These examples serve as a reminder that seeking online fame through dangerous stunts can have severe and sometimes fatal consequences. It is important to prioritize safety and think twice before attempting any potentially dangerous activities.



## DID YOU KNOW?

In 1828, Louis Daguerre took the first photo that captured a human being. His intention was to take a photo of the Boulevard du Temple in Paris. The man in his photo was standing in the street, getting his shoes polished. Since the exposure lasted for seven minutes, the man also got captured.



# Amir Khusrau's Love for Urdu and Classical Music



**Aqdas Hashmi**

Sufi & Ghazal Vocalist,  
Lecturer, Researcher

4 MINUTES READ

The world is full of exceptional people. Take Homer in ancient Greece, he was a poet. Plato and Aristotle were philosophers and sages, who have no obvious influence in other areas of life. On the contrary, Khusrau's personality is all-round. Yes, here we are talking about the 'Nightingale of Hind', Amir Khusrau. Khusrau's original name was Abul Hasan and Yaminuddin Mahmud was his nickname, but he gained fame under a fictitious name (*takhallus*). Ameer, was his hereditary title and his birth dates to 1253. Khusrau himself preferred to be called a Turkish Indian while his mentor Nizamuddin Auliya gave him the title of 'Nightingale of Hind'. His father,

Ameer Saifuddin Lachin, was a Turkish chieftain. They came to India during the Mongol invasions and settled in the northern Indian town of Patiala (Agra). His mother was from a neo-Muslim Rajput family. He was eight years old when his father died. After some time his family shifted to Delhi. He is also an eyewitness of the early periods of Muslim rule in the subcontinent. He not only saw the era of the eight kings of Ghulaman, Khilji and Tughluq dynasty of Delhi Sultanate but also played an active role in the political, social and cultural life of that time.

Although Khusrau's native profession was a soldier, he was a Sufi, a great writer, a poet and a musician, and a master of several languages. He did not receive any formal education but he was very intelligent from childhood. The number of his works is 92, written in Hindi (Mixture

IMAGE SOURCE - INQUIRIES.JOURNAL



of Persian Turkish, Khari boli, Burj Bhasha, Odhi) which is the first form of Persian and Urdu language. Among them Tuhfat al-Saghr and Satalihayat, Gharat al-Kamaal, Baqiyyah Naqiyyah, Qissa Chahar Darwish, Nahayat al-Kamaal, Hasht Behesht, Qur'an al-Saadeen, Tahir al-Anwar, Miftah al-Futuh, Masnavi Zul Rani-Khidr Khan, Nah Safar, Tughlaq Nama, Khamsa Nizami, Ijaz Khosravi, Khazain al-Futuh, Afzal Al-Fawadee, Laila Majnu, Khaliq Bari, Jawahar Khosravi, Aina Sikandari, Mulla Al-Anwar and Shireen Khosrow etc. are quite famous. Also, the ghazal includes five memorial diwan (collection of poetry).

Khusrau is also credited as the inventor of the Urdu language, which he named Hindvi, which later became Urdu after Hindi then Rekhta and Urdu Maali. Ram Babu Saxena calls Ameer Khusrau the first poet of Urdu and writes: "The early period of the development of Urdu language is so blurred that its characteristics are not clearly visible, but there is no doubt

that the first poet of Urdu language who is clearly visible in this fog is Hazrat Ameer Khusrau Dehlavi. His title is "Toti e Hind" (Nightingale of Hind) according to his poetry. He was the first to use Urdu words for literary purposes and was the first to write poetry in Urdu. The first Urdu ghazal is also attributed to Ameer Khusrau. According to Naurang e Mausiqi by Ustad Akhtar Ali Khan and Ustad Zakir Ali Khan, many other inventions are attributed to him, including Qawwali, ragas like Aiman Kalyan, Bahar, Zyaaf, Ushaaq and Sarparda. He is also considered as the inventor of several musical instruments. He was a master of music that's why he was called Naik, the greatest title of musician. He is considered the main pillar of Indian classical music. He invented the third string on the tabla and sitar, the main instruments of classical music, and also the components of art music such as khayal and tarana.

He incorporated Indian influences into some of the Raginis. The ragini (Aiman Kalyan) sung in the evening is his invention. It is said that the enduring fame of TanSen and Biju Bawara in art and music is due to the art of Khusrau. Similarly, numerous artists of the past like Amrao Jan Ada, Malika Jan, Gauhar Jan, Ruqiya, Tabassum and Shahnaz etc. got fame because of Khusrau's poetry. Many of his popular poems are still popular today like Chap Tilak Sab Cheen Li, Ae Re Sukhi More Khawaja Ghar Aye, Zihal e Miskeen etc. Even nowadays, his poetry is as fresh as ever and is sung in Qawwali gatherings, delighting the audience as always.

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📺 Aqdas Hashmi



# Growing Your Own The Advantages of a Home Garden

**AEM**

04 MINUTES READ

Kitchen gardening, also known as home gardening, is a great way to grow fresh, healthy produce right in your own backyard or even indoors. Whether you have a small balcony, a spacious backyard, or just a windowsill, you can start a kitchen garden with a little planning and creativity. By growing your own fruits, vegetables, and herbs, you can enjoy the benefits of fresh and organic produce, save money on groceries, reduce your carbon footprint, and even improve your mental and physical health. In this article, we will explore some unique kitchen gardening ideas and the benefits of starting your own home garden.

Here are some kitchen gardening ideas to help you get started.

**Window Sill Herb Garden**

One of the easiest and most popular kitchen gardening ideas is to start a herb garden on your windowsill. All you need is a few small pots, some potting soil, and a sunny windowsill.

Herbs such as basil, parsley, thyme, and rosemary are perfect for indoor gardening. Not only do they add flavor to your dishes, but they also have health benefits.

**Vertical Garden**

If you have limited space, you can still grow your own vegetables by creating a vertical garden. You can use a trellis, hanging baskets, or even repurpose an old pallet. This type of garden is perfect for growing small vegetables like lettuce, spinach, and strawberries.

**Container Garden**

Another popular kitchen gardening idea is to grow your own vegetables in containers. This is a great option for those who have limited space or live in apartments. You can use anything from buckets to old coffee cans as containers. Tomatoes, peppers, and cucumbers are great options for container gardening.

**Raised Bed Garden**

If you have a backyard or outdoor space, you can create a raised bed garden. This type of garden is perfect

IMAGE SOURCE: PINTREST

for growing a variety of vegetables and herbs. You can use wood or stone to create the raised bed and fill it with a mixture of soil and compost. Raised beds are also great for those with mobility issues as they are easier to maintain.

### Hydroponic Garden

Hydroponic gardening is becoming increasingly popular due to its efficiency and convenience. It involves growing plants in a nutrient-rich water solution without soil. Hydroponic systems range from simple setups to complex ones that require electricity and artificial lighting. This type of gardening is perfect for growing herbs and small vegetables.

One of the primary benefits of kitchen gardening is the health benefits it provides. Homegrown produce is often fresher and more nutritious than store-bought produce, as it is picked at the peak of ripeness and consumed soon after harvesting. By growing your own produce, you would be able to grow organic fruits and vegetables.

Another advantage of kitchen gardening is cost savings. Growing your own produce can save you money in the long run, as you can

eliminate the CVC cost of buying fruits and vegetables from the grocery store. In addition, you can reduce food waste by only harvesting what you need, reducing the amount of produce that goes unused and ultimately ends up in the trash.

Kitchen gardening also has a positive impact on the environment. By growing your own produce, you can reduce your carbon footprint by eliminating the transportation and packaging associated with store-bought produce. In addition, kitchen gardening promotes sustainable living practices, as it encourages individuals to grow their own food and live a more self-sufficient lifestyle.

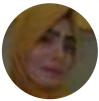
In conclusion, the benefits of kitchen gardening are numerous and varied. From health benefits to cost savings and environmental impact, there are many reasons to consider starting your own garden. Whether you have a large backyard or just a small balcony, there are many ways to incorporate home gardening into your lifestyle. By growing your own produce, you can not only improve your health and well-being but also contribute to a more sustainable and environmentally conscious way of living.

IMAGE SOURCE: ZAMEEN.COM





# PEER VICTIMIZATION AND SOCIAL ANXIETY



**Asmara Rubab**  
Clinical psychologist

04 MINUTE READ

Peer victimization, also known as bullying, is a pervasive problem in schools and other social settings. It involves intentional and repeated aggression, intimidation, or coercion by one or more individuals towards another person who has difficulty defending themselves. Victims of peer victimization experience a range of negative outcomes, including anxiety, depression, and reduced academic achievement. Social anxiety is one of the most common outcomes of peer victimization and can have significant long-term consequences for individuals.

Social anxiety is a condition characterized by intense fear and avoidance of social situations. Individuals with social anxiety may avoid social interactions or situations because of a fear of being evaluated negatively by

others. They may also experience physical symptoms such as sweating, trembling, or a rapid heartbeat when faced with social situations. Social anxiety is a common outcome of peer victimization, particularly in adolescence, when social relationships are critical for development.

There are several ways in which peer victimization can lead to social anxiety. First, victims of peer victimization may internalize negative beliefs about themselves and their ability to interact with others. They may feel powerless or helpless in social situations, leading to avoidance and fear. Second, victims of peer victimization may become hypersensitive to social cues and misinterpret benign social interactions as threatening or negative. This can lead to a vicious cycle of avoidance and increased social anxiety. Finally, victims of peer victimization may develop a negative self-image and fear rejection, leading to avoidance of social situations and increased social anxiety.



It is important to note that not all victims of peer victimization develop social anxiety. Factors such as resilience, social support, and coping strategies can mitigate the negative effects of peer victimization. However, for those who do develop social anxiety, it can have significant long-term consequences. Social anxiety can interfere with academic and career success, interpersonal relationships, and overall quality of life.

There are several effective treatments for social anxiety, including cognitive-behavioral therapy (CBT) and medication. CBT is a type of therapy that focuses on changing negative thoughts and behaviors associated with social anxiety. It involves exposure to feared social situations and the development of coping strategies to manage anxiety symptoms. Medications such as selective serotonin reuptake inhibitors (SSRIs) can also be effective in reducing social anxiety symptoms.

Peer victimization can have significant negative consequences, including social anxiety. Understanding the relationship between peer victimization and social anxiety can help to identify individuals at risk and develop effective interventions to reduce the negative impact of bullying. Early intervention and treatment for social anxiety can improve outcomes and help individuals to overcome the long-term consequences of peer victimization.

Society can be psychologically educated in the following ways as well.

**Raise Awareness:** Educating children, parents, teachers, and the community about the harmful effects of peer victimization can help prevent it from

occurring. This can be done through workshops, seminars, and public campaigns.

**Encourage Reporting:** Children should be encouraged to report any instances of bullying to a trusted adult, such as a teacher or parent. They should be assured that they will not face any negative consequences for reporting bullying.

**Implement Anti-Bullying Policies:** Schools and other social settings should have clear policies in place to prevent bullying. These policies should outline the consequences for bullying and the procedures for reporting and investigating incidents. **Train Staff:** Teachers, counselors, and other staff members should be trained to identify and respond to bullying. They should be equipped with the necessary skills to intervene and support the victims.

**Foster Positive Relationships:** Creating a positive and inclusive social environment can help prevent bullying. Encouraging positive relationships between students and promoting empathy and kindness can go a long way in preventing bullying.

**Support Victims:** Victims of bullying should be provided with emotional support and counseling to help them cope with the effects of bullying. They should also be reassured that they are not alone and that they have the support of the school or community.

In conclusion, eradicating peer victimization requires a multifaceted approach that involves raising awareness, implementing policies, training staff, fostering positive relationships, and supporting victims. By taking these steps, we can create a safe and inclusive environment for all children and adolescents.

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# Cats Can Improve Your Life?



IMAGE SOURCE: JINSPLASH



**Humaira Riaz**  
Lawyer, Writer,  
Student of LLM Human Rights

02 MINUTES READ

Pets like cats, dogs, birds or other animals are often considered as the perfect companions for people who live alone or even with a family. They provide unconditional love and support, making them ideal pets for those seeking emotional comfort. But, the impact of cats on mental health goes far beyond than just providing emotional support.

Many studies have shown that cat ownership can reduce stress and anxiety levels, as well as lower blood pressure and improve overall mood. The mere act of petting a cat has been found to release oxytocin, a hormone associated with feelings of happiness and well-being. I have a friend who has two male cats, very dear to him. He calls them Leo and Simba. One day he told me that his stress level and anxiety had been reduced and he felt happy and comfortable with his cats. He treats them like his own kids. They also show their love and affection towards him and it lightens his mood.

In addition, cats can also provide a sense of purpose and companionship. For elderly individuals, cats can serve as a source of comfort and a connection to the world. Taking care of a pet requires a daily routine, giving people a sense of purpose, and can also provide a feel of accomplishment.

In addition to the benefits mentioned above, owning a cat can also help improve social skills and reduce feelings of loneliness. This is especially important for people who live alone or may have limited social interaction. Cats can provide a sense

of companionship and give owners someone to talk to and care for, which can help alleviate feelings of isolation and loneliness.

Another advantage of having a cat is the potential for improved physical health. While cats may not require as much exercise as dogs, they still require some level of activity and playtime. This can encourage owners to get up and move around, which can have a positive impact on physical health. Additionally, studies have shown that cat owners have a lower risk of heart disease and stroke compared to non-cat owners.

Cats are also great at providing emotional support for people with mental health issues such as uneasiness or PTSD. Many organizations have begun to recognize the therapeutic benefits of cats and have implemented programs where cats are used to provide comfort and support to individuals with mental health conditions.

Lastly, owning a cat can teach responsibility and provide a sense of structure to one's life. Taking care of a pet requires regular feeding, grooming, and playtime, which can help create a routine and structure to daily life. This can be especially beneficial for people who may struggle with mental health issues such as ADHD or depression.

Overall, cats truly are the perfect pets for those seeking emotional comfort and support. So if you're considering getting a pet, consider adopting a furry feline friend and experience the positive impact they can have on your life.

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# DIY TO MAKE A Nature Collage

## AEM

01 MINUTE READ

### Materials needed:

- A variety of natural materials, such as leaves, flowers, grasses, twigs, and shells
- White or colored paper
- Scissors
- Glue
- Markers or crayons (optional)

### Instructions:

- Go on a nature walk with your child and encourage them to collect a variety of natural materials that catch their eye. They can collect leaves, flowers, grasses, twigs, and shells. Make sure to supervise your child during the collection process to ensure they don't collect anything harmful or endangered.
- Once you're back home, provide your child with a piece of paper and some scissors. Have them cut out the shape of the object they want to create, such as a butterfly, a flower, or a tree.
- Ask your child to arrange the

natural materials on the cut-out shape. They can experiment with different arrangements until they find the one they like best.

- Once they are happy with their arrangement, they can glue the natural materials onto the paper. Remind them to use the glue sparingly to avoid soaking the paper.
- Once the glue is dry, your child can use markers or crayons to add details to their collage. They can draw the veins on a leaf or the petals on a flower, for example.
- Your child's nature collage is now complete! Encourage them to display it in a prominent place in your home or give it as a gift to a friend or family member.

**Note:** You can also make a group nature collage by having each child make a cut-out shape and then combining them into a larger collage. This is a great way to promote teamwork and collaboration among children.

IMAGE SOURCE: HAPPYHOLIGANS



## DIY to Make an Ice Gola

### AEM

01 MINUTE READ

Ice Gola is a popular dessert for summers that is loved by kids and adults alike. It is a perfect summer treat that is refreshing and cooling. Here is a simple DIY recipe to make Ice Gola at home for your kids.

#### Ingredients:

- Ice cubes
- Sugar syrup (you can make it by mixing sugar and water)
- Food colors (optional)
- Ice Gola machine (You can also use a hand-cranked ice shaver or a food processor)

#### Instructions:

- Start by making the sugar syrup. Take 1 cup of sugar and mix it with 1 cup of water in a saucepan. Heat the mixture over medium heat and stir until the sugar dissolves completely. Let it cool down.
- Once the sugar syrup has cooled down, you can add food colors of your choice to make it more colorful. Take the ice cubes and crush them into small pieces. You can use an ice Gola machine for this or use a food processor.

- Now take a glass and fill it with the crushed ice.
- Pour the sugar syrup over the crushed ice until the glass is filled.
- Use a spoon or an ice Gola machine to mix the sugar syrup and crushed ice together.
- Once the mixture is well combined, pack the ice into the machine to form the gola shape.
- Serve the ice gola immediately and enjoy the refreshing treat!

#### Tips:

- You can experiment with different flavors and add fruit syrups instead of sugar syrup.
- You can also add toppings such as chopped fruits, chocolate syrup, or condensed milk for an extra sweet treat.
- Make sure to use fresh and clean ice cubes for the best taste.
- For a healthier option, you can use natural sweeteners such as honey or agave syrup instead of sugar.
- With this DIY recipe, you can easily make delicious Ice Gola for your kids and enjoy a cool and refreshing treat together!



# DIY TO MAKE A Colored Kite

**AEM**

01 MINUTE READ

**Materials needed:**

- Colored or patterned paper (such as tissue paper or construction paper)
- Scissors
- Ruler
- Pencil
- String or twine
- Wooden dowels or sticks
- Glue or tape
- Ribbon or streamers (optional)

**Instructions:**

- Start by measuring and cutting two identical pieces of paper into the shape of a kite. You can use a ruler to ensure that the sides are straight and the angles are even.
- Lay the two pieces of paper on top of each other, with the patterned sides facing out. Glue or tape the edges of the two pieces of paper together, leaving a small opening at the bottom.
- Cut two small notches at the top and bottom of the kite, about 1-2 inches from the sides. These notches will be used to attach the string or twine to the kite.
- Cut a wooden dowel or stick to the length of the top of the kite. Insert the dowel or stick into the notches at the

top of the kite, securing it in place with glue or tape.

- Cut another wooden dowel or stick to the length of the bottom of the kite. Insert the dowel or stick into the notches at the bottom of the kite, securing it in place with glue or tape.
- Tie a length of string or twine to the top of the kite, using the notches as attachment points. Make sure the string or twine is long enough to fly the kite without getting tangled.
- Tie the other end of the string or twine to a long, sturdy stick. This stick will be used to hold the string and fly the kite.
- If desired, tie ribbons or streamers to the bottom of the kite for added decoration.
- Your kite is now ready to fly! Find an open area, such as a park or beach, with plenty of space to run and fly the kite. Hold the stick with the string attached and run forward until the kite catches the wind and starts to fly.
- Use the string to steer the kite and keep it in the air.

**Note:** Be sure to supervise children while they fly their kites, and avoid flying kites in areas with power lines, trees, or other obstacles.

IMAGE SOURCE : YOUTUBE



# DIY TO MAKE Bubble Solution

**AEM**

01 MINUTE READ

**Materials needed:**

- Water
- Dish soap
- Glycerin or corn syrup (optional)
- Measuring cups and spoons
- Mixing bowl
- Stirring spoon

**Instructions:**

- Start by measuring out 6 cups of water and pouring it into a mixing bowl.
- Add 1 cup of dish soap to the water. Make sure to use a gentle dish soap, such as Dawn or Ivory, for best results.
- If desired, add 2 tablespoons of glycerin or corn syrup to the mixture.
- This will help make the bubbles stronger and longer-lasting.
- Gently stir the mixture together using a spoon, being careful not to

create too many bubbles.

- Let the bubble solution sit for about an hour before using it. This will give the solution time to thicken and become more effective.
- To use the bubble solution, dip a bubble wand into the mixture and gently blow to create bubbles. You can make your own bubble wands using pipe cleaners or wire, or you can purchase pre-made wands from a toy store.

**Note:** If you don't have glycerin or corn syrup, you can still make bubble solution using just water and dish soap. The bubbles may not be as strong or long-lasting, but they will still be fun to play with. Also, be sure to supervise children while they play with bubble solutions to prevent spills or accidents.

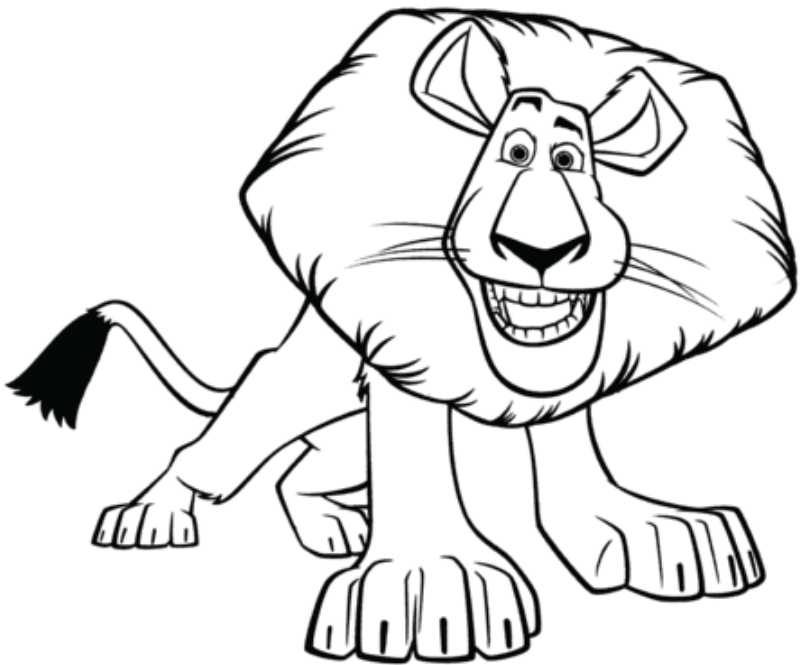
# FIND WORDS

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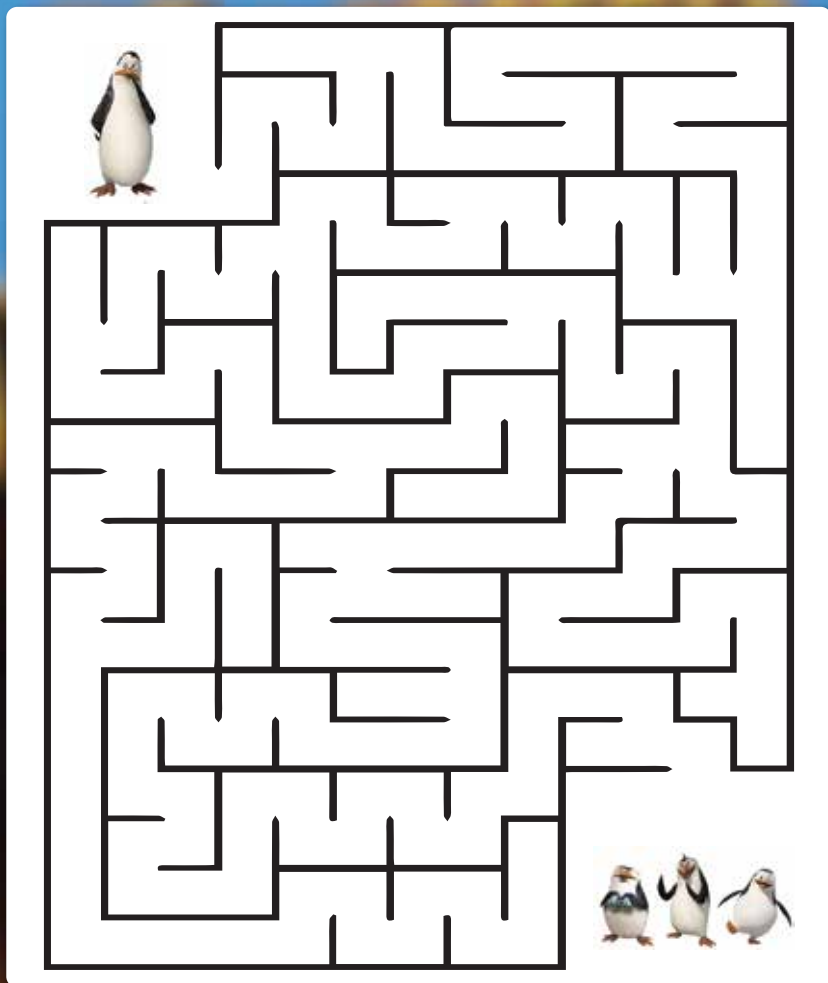
EXPLORE THE MAGAZINE FOR THE KEY



# FILL COLORS



# TAKE KOWALSKI TO HIS FRIENDS



# CONNECT DOTS



# THE Leaning Tower of Pisa



IMAGES SOURCE - FORBES

**Anonymous**

Writer

2 MINUTES READ

Did you ever know that the Leaning Tower of Pisa is empty from the inside and not a multi-story residential tower?! It is a cathedral bell tower in the Italian city of Pisa, built in the Field of Miracles.

Let's get acquainted with the Leaning Tower of Pisa from a structural point of view: Its construction began in 1173 AD and they began to establish the bases and then the walls, and after the building reached the third floor, it was noticed that there was a slope.

Can you imagine that a tower weighing 14,500 tons is built on foundations 3m deep and installed on sand and silt?! After discovering the slope, the engineers built the rest of the floors (external walls) so that the height of the floor in the inclined direction is greater than its height in the other direction which increased the inclination of the tower due to the sinking of the foundations in a greater proportion in the soil, due to the increase in the weight of the floors.

Among the reasons why the tower did not collapse?

The construction continued for 199 years, and the construction halt in it for a long time is one of the reasons that allowed the soil to compact, which reduced the rate of inclination, and thus the tower did not collapse completely. The clay soil helped and was the main reason for the tower's tendency not to collapse and its resilience in front of 4 earthquakes.

The engineers calculated the center of gravity of the tower, and it was concluded from the calculations that the tower collapsed completely upon reaching a slope of 5.44 degrees. The tower was closed in 1990 at a tilt of 5.5 degrees, yet the tower did not

collapse.

Attempts made to stop the tilt of the tower and it did not collapse: Digging deep holes in the ground at a depth of 40m, and installing the tower with iron cables through the holes.

Liquid nitrogen was pumped, which led to the freezing of water in the soil and its expansion and contraction again, which led to the subsidence of the soil and the subsidence of the foundations, and consequently the slope of the tower at the rate of its inclination throughout these years.

They dug 361 holes and injected the soil with 90 tons of cement, which strongly led to the tower's tilt.

And finally, Soil Extraction was used in 1990:

The soil was removed from the non-slanted side so that the tower tilts in that direction, then iron cables were used to fix the tower bases in the ground and the slope was reduced to 4 bikes, and this was what it was at the beginning.

The engineers could have made it vertical, but they didn't want to lose its fame and tourist value because of its tilt.

And after that was completed, the tower was opened.

And it was confirmed that the tower could endure without any collapse for 300 years.

**DID YOU KNOW?****THERE ARE DIAMONDS IN SPACE**

Scientists revealed that there are white dwarf stars in space that each contain a diamond core. But what's even more fascinating is that the largest diamond in the universe weighs a whopping 2.27 thousand trillion tons and holds up to 10 billion carats in weight.

# Legacy of Gupta

## ART AND ARCHITECTURE



**Wajid Bhatti**  
Archeologist

04 MINUTES READ

The Gupta period is a golden era of India as it was effectively marked by extensive discoveries and inventions of science, technology, literature, and art development of Indian classical music. Sri Gupta established the Gupta empire effectively c. 240-280 CE.

### Architecture and Art of Gupta Empire

The era between the centuries of 4th and 6th, the CE (Common Era) is recognised as the Golden era of India due to the considerable achievements of the country in the fields of philosophy, science, and art. On the concept of Gupta age architecture, it includes both sculptural temples as well as the temples of rock-cut caves. Guptas established the temples of Buddhist rock-cut at Bagh, Madhya Pradesh, and Ajanta, Maharashtra.

In the Gupta period, the Guptas established Hindu structural temples for the first time in India. The temples

of Gupta era are:

- Varaha and Vishnu temples in Madhya Pradesh
- The temple of Kankali Devi at Jabalpur
- The temple of Mahadeva and Parvati at Nachna Kuthara
- The temple of Dasavatara at Deogarh

The art of Gupta era primarily includes paintings and the paintings are effectively found in Bagh cave as well as Ajanta caves. The Hindu religion before the Gupta era used to be recognised as “Vedic Religion”. The iron pillar was established by Chandragupta II in Delhi. The iron pillar has effective inscriptions that were implanted from the era of Guptas. The inscriptions of the iron pillar in Delhi define Chandra's name that is effectively recognised as Chandragupta, the Gupta ruler.

The Gupta Empire can be described as the fourth largest entity of politics who have ruled appropriately in India. Guptas followed decentralized administration. The Gupta

age of architecture brought effective knowledge as well as architects in terms of making efficient and effective structures and temples. The era of Guptas has an effective and positive impact on Hindu religion in India. Majority of temples in the era of Guptas were craving and represented Gods and goddesses, primarily avatars of Lingams and Vishnu. The era has assisted to develop knowledge among people in the field of art and architecture. Guptas have developed effective advancements in philosophy, religion, astronomy, logic, dialectics, art, engineering, as well as science. There is an effective contribution of the Gupta Empire in the religion of Hinduism as well as in the development of art and architecture in India.

### Development of Indian Classical Music in Gupta Era

The era of Guptas is well known for its excellence on the grounds of Indian culture as well as art. In the concept of Indian classical music, the era of Guptas arrives from the exertions of Vatsyayana and Kalidasa among others. Kalidasa wrote multiple instruments of Indian classical music for instance Shankha, Vamshi, Mridang, Pushkar, Vipanchi Veena, as well as Parivadini Veena. Kalidasa also discussed different kinds of songs in the development of Indian classical music such as Apsarogeeti, Streegeet, and Kakaligeet, as well as Swarasaptaka, Tana, and Murchana.


Vatsyayana during Gupta period listed almost 64 arts or Kalas in his "Magnum opus Kamasutra". In "Kamasutra" Vatsyayana described the musical instruments of playing, dancing and singing among 64 Kalas. Fa-Hien visited India during the Gupta period and noticed the effec-

tive prevalence of music in Indian society. From the period of Guptas, different kinds of Indian classical music were effectively played in temples. The Gupta era has developed Indian art and architecture as well as it has developed the functions of Indian classical music.

In the Vedic era, priests composed different hymns. Indian music has developed effectively in the era of Guptas. Vatsyayana and Kalidasa provided different instruments that helped in the improvement of Indian music. Majority of historians call Gupta era a Golden era for the development of culture. Music was given royal patronage in this era. There were efficient and skilled women who selected entertainment and music as their profession. In the Gupta era, there was an availability of Sangeet Graha and Natya Shaala where the people effectively gathered for entertainment. Chandragupta from the Gupta era was a highly and effectively trained musician. This era developed the activities of music and culture. The two navaratnas of the royal court of Chandragupta Vikramaditya were Amarsimha and Mahakavi Kalidas. The common instruments of Indian classical music in this era were Mridang, Veena, Venu, and Sankha.

### Conclusion

It can be concluded that the Gupta era is widely regarded as a Golden Age for art, architecture, and music, with royal patronage and skilled female musicians. The common instruments of Indian classical music during this time were Mridang, Veena, Venu, Sankha, and Bheri.

 *Wajid Bhatti*



**A Wake-Up Call:  
THE CRUELTY AND UNSUSTAINABILITY OF  
LEATHER MANUFACTURING**



**Rizwan Ullah Khan**

Student of Management and Technology

02 MINUTES READ

In the fashion industry, leather is a material that is manufactured from an animal's skin. The leather business ruthlessly slaughters billions of animals annually to produce jackets, coats, boots, handbags, and other accessories. Not only cattle, buffaloes, goats, and pigs are included in that. The skin of sheep, crocodiles, ostriches, kangaroos, lizards, dogs, and cats is also used to make leather. Likewise to the manufacture of wool and fur, that of leather is unnecessary and cruel. The unethical practices likely to occur in the textile and garment industries are becoming more popularly reported. In addition to causing immense suffering to billions of animals, leather tanning harms ecosystems, the environment, and the health of workers. Leather is so much more than just a by-product of the meat industry.

The leather industry is booming, but at what cost? The brutal reality is that animals, including cats, dogs, zebras, seals, sheep, alligators, snakes, and sharks, are mercilessly slaughtered for their skin. The majority of leather that Americans wear is imported from Asia, where there are almost no laws to protect animals from cruelty. China, India, Indonesia, Bangladesh, Pakistan, and Vietnam are leading countries in Asia for producing leather goods, but at the cost of animal lives. Even young animals are killed to retain their skin's softness and elasticity. Before being ruthlessly executed, they must endure torture, incarceration, deprivation, castration, and torturous treatments. Even

cats and dogs are not spared. In 2018, more than 2.29 billion cows, calves, buffaloes, goats, and pigs were killed worldwide for their hide and skin to make leather. It's time to reconsider our choices and opt for alternatives that are more sustainable and humane.

The leather industry is responsible for the slaughter of approximately 159 million animals each year in the United States alone, a four-fold increase from 1980. The use of animal skins for fashion purposes is no longer necessary and goes against our innate sense of compassion towards non-human animals. Synthetic leather is a less environmentally impactful option than traditional cow skin, but we must also move towards genuinely sustainable, bio-based, and recycled materials. Mirum, a plastic-free material made from natural inputs, and cork tree leather are just a few eco-friendly alternatives to traditional leather. Many individuals are opting for alternative leather products due to an increasing awareness of animal cruelty and the need for sustainability. Artificial leather, which closely resembles real leather, has also gained immense popularity in recent years due to its flexibility and positive environmental impact, making it a more ethical and sustainable choice.

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## DID YOU KNOW?

The world's oldest known living tree is a bristlecone pine called Methuselah, which is over 4,800 years old.



# THE 15-MINUTE CITY: A SOLUTION FOR SUSTAINABLE LIVING

## The NewsMakers

04 MINUTES READ

Are 15-minute cities feasible? Some urban planners say they paved the way to a cleaner Greener future but detractors claim they threaten our personal freedom with a Hunger Game style plan to control the population from poorly communicated rollouts to viral online conspiracy theories. Why has a simple City Planning concept become a disinformation nightmare?

Around 56% of the world's population lives in cities. By 2050, about 70 percent of people will be living in urban areas and as that number increases problems increase as well. Air pollution kills millions every year. Most people are traveling long distances, even for their basic needs, often stuck in traffic or packed into crowded trains and buses.

Why is it that we have to adapt and to degrade our potential quality of life?

Urbanist Carlos Moreno started tackling these questions and developed the concept of the 15-minute

City. In these cities everyone has access to essential services like work, school, housing, leisure and health care all within a 15-minute walk or bike ride. The aim is to create green and sustainable cities with more local engagement. For that, authorities need to reduce traffic, expand sidewalks and parks and transform existing buildings into multi-purpose spaces.

Mayor of Paris and Hidalgo used the idea in her election bid in 2020 with Moreno as her advisor Hidalgo extended the support on her green Paris agenda during the Covid-19 pandemic. She closed streets to cars, created miles of cycling routes and opened schools to the community as recreational spaces. Barcelona, Bogota, Melbourne and many other cities are also starting to adopt policies to create these 15-minute cities. But in one British city things haven't gone to plan.

Last year, the Oxford city council endorsed the idea in its local plan for 2040. Separately Oxfordshire County Council proposed a trial to install

IMAGES SOURCE: WORLD FORUM FOR DEMOCRACY

traffic filters on six roads in 2024 to ease congestion. They plan to issue a limited driving permit for those roads and they could find people who use them too often. These two plans were met with a major backlash. People linking the two proposals took to the streets claiming the government is planning to confine them in their neighborhoods and restrict their freedom.

The people’s discomfort was fueled by conspiracy theorists. For them, the governments are imposing climate lockdowns under the guise of a green agenda. They say, traffic cameras are watching their movements and residents will be restricted from leaving their designated zones.

There’s also a big communication problem. The council has not adequately explained changes or engaged in much public consultation. Many urban planners say a more holistic approach is needed to avoid deepening existing inequalities and social divides in the cities. They claim local participation in addressing the needs of different communities are key to having better cities.

Elisa Pieri (Lecturer in Sociology at Manchester University) says,

“Making a Space more livable is something we can certainly achieve. But we need to make sure that the amenities are up to high standards. Marginalized neighborhoods could be landed with terrible doctors and schools. It could bring about further discrimination and inequality and territorial stigmatization.”

It is a difficult task to redesign infrastructure built for cars over decades and to create an equitable space for all. The 15-minute city is just one idea aiming to solve a big problem as more and more people migrate to cities urban planners will have

their work cut out for them.

The concept of the 15-minute city has emerged as a promising solution to the challenges posed by urbanization. It envisions a city where essential services are accessible within a 15-minute walk or bike ride, leading to the sustainable and green living with more local engagement. The idea has gained traction in cities like Paris, Barcelona, Bogota, and Melbourne. However, the rollout of the concept has faced opposition due to poor advocacy, inadequate public consultation, and conspiracy theories. While creating livable and equitable spaces is achievable, it requires a holistic approach that ensures high standards of amenities for all communities. The 15-minute city may be just one idea, but it offers a significant step towards building a cleaner and greener future for urban dwellers. As more people migrate to cities, it will be crucial for urban planners to continue innovating and finding new solutions to make our cities more livable and sustainable for everyone.

### KEY TO WORDSEARCH

A	F	R	I	C	A	K	I	N	G	D	I	N	Z
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O	I	E	T	A	O	B	R	C	G	E	P	U	R



# From Source to Sea: Tracing the Journey of Plastic Waste



**Saad Rashid**  
Grade 8 Student

5 MINUTES READ

Plastic waste is one of the most crucial and urgent problems these days. Plastic waste has grown over time and now our quality of life is undermined due to it. However, first of all, let's see what plastic is and how it's wasted. Plastic is everywhere: In your home, your office, your school — and your ocean. Among the top, 10 kinds of trash picked up during the 2017 International Coastal Cleanup were food wrappers, beverage bottles, grocery bags, straws, and takeout containers, all made of plastic. How did it all get there? Why is it a problem? What can we do? Plastic mainly includes carbon, but sometimes oxygen, nitrogen, sulfur, chlorine, fluorine, phosphorus, or silicon are also found in it. Plastic is made of polymers. A polymer is a substance or cloth including very large molecules, or macromolecules, composed of many repeating

subunits. Plastic is one of the most used man-made substances. Most of the things of daily use are made of plastic.

Polyethylene Terephthalate, also referred to as PET, is the basic substance to create Soda bottles, wrappers and water bottles. It's the most used plastic type in the whole world as many disposable products are made from it. No Marvel that it's the most wasted kind of plastic. If we simply look at plastic bottles, we can find a few really surprising discoveries, as 60 million plastic bottles are used each day and about 8% of them are dumped into the ocean every 12 months. One out of four bottles are recycled each year and all the rest take thousands of years to decompose in landfills. Even the plastic baggage we use in our daily life can take 20 to 1000 years to decompose and plastic bottles take 450 years to decompose. Now, let's take a look at unrecyclable plastic. As we know, plastic bottles, most kinds of bottles, packing containers, baggage, pipes and so on are some examples of recyclable be

IMAGE SOURCE: WIKIPEDIA

plastic. Non-recyclable plastics include rash bags, Ziplock bags, inside cereal box plastic, bubble wrap, clear plastic wrap, some department store bags, potato chip bags, single cheese wrappers, 6-pack plastic and candy wrappers.

Burning plastic trash to create energy apparently sounds realistic: Plastic is, despite everything, crafted from hydrocarbons, just like oil, and is more energy-dense than coal. But numerous limitations loom to a huge amount of waste-burning.

Burning plastic is a superb way to take away everything everywhere. However, we shouldn't burn it away, rather we should recycle it. But in fact, plastic is being burned a lot more than it is recycled. What's the point of burning and releasing extra harmful gasses into the air whilst you could simply recycle it and use it again? That's simply stupid, isn't it?

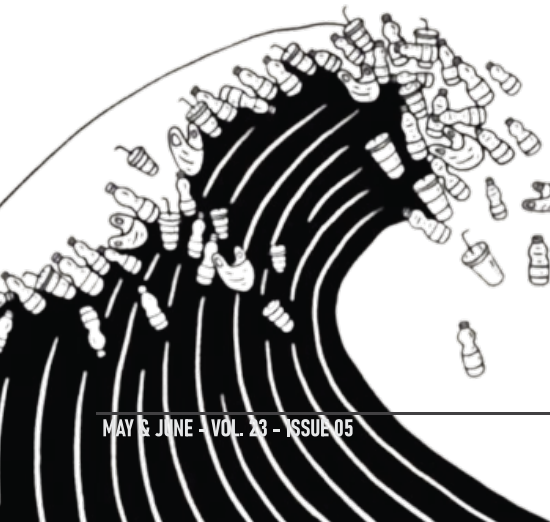
Now let's be careful of plastic baggage and canvas luggage. 55bn plastic luggage is being used in Pakistan with a predicted annual increase of 15 percent of its usage. Over more than a decade, Pakistani provinces have repeatedly imposed bans on the use of plastic bags made

from polythene (also referred to as polythene), but the bans have failed. Citizens have not been able to resort to cheap options, like compostable plastic baggage, and the authorities haven't been able to correctly implement the bans. That is the main reason that nearly 1/3 of the waste is plastic baggage used by the public. The Pakistani public did not replace plastic luggage with canvas luggage, subsequently increasing a greater quantity of plastic bags and disturbing the authorities.

The latest reports declare that there could be more plastic than fish within the sea. It is meant to highlight a pollution crisis in the oceans. The problem does exist, but do the figures preserve water, or is there something fishy going on?

We have to save the oceans from plastic at any cost. Plastic should not be allowed on beaches and boats. Plastic waste from landfills should not be thrown out into the ocean. It should be recycled.

The satisfactory way to stop the increase in plastic waste is to broaden recycling dumpsters in each society and recycle the recyclable substances in preference to throwing them into the water or landfills. In particular, disposable things such as disposable plates, cups etc. Plastic enterprise amounts need to decrease and recycling dumpsters ought to increase if they need to manipulate plastic manufacturing and plastic waste. The government must offer unfastened canvas baggage and should ban the manufacturing of plastic baggage in place of banning its use. There ought to be glass bottles used in preference to plastic bottles. Glass is a great alternative source of plastic. Disposable things like diapers, plates, cups and so on should



replaced with glass plates and mugs. These disposable items take about 250-500 years to decompose. There is no point in calling them disposable if it takes 250 to 500 years to eliminate them. We simply think they are convenient to use and do not hurt our environment. However, the most important discoveries show that it's one of the matters that's worrying our ecological device. We think that they may be disposable these days, and we use them with no worry, however simply, that's no longer the reality.

You could reuse glass bottles and canvas luggage, but plastic bottles and plastic baggage are mainly manufactured for single use, which is increasing plastic waste. All of the plastic that is thrown into the ocean each year should be recycled in place of filling the oceans with plastic and lowering the wide variety of fish. It's our responsibility to protect our environment from plastic waste and to use alternative sources of plastic-like paper, earthenware, wood and glass. We need to arrange massive awareness campaigns for plastic waste. We need to establish institutions that could recycle plastic. We need to take part in campaigns that can stop plastic waste from disturbing the ecological system of the Earth. All nations need to work together to stop plastic waste. It's our shared responsibility to stop plastic waste and recycle used plastic instead of throwing it into the oceans or landfills and disturbing the living organisms near it. I hope in the upcoming years plastic waste will decrease and our ecological balance will be restored.

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**The Mukaab** - new development in Saudi Arabia. Another mega project. 400 meters in height and length, big enough to house 20 Empire State buildings.

Saudi Arabia is building a gigantic cube in the capital Riyadh, Crown Prince Muhammad bin Salman launched the project on Thursday, Aims to develop "the world's largest downtown in Riyadh". At its centre will be The Mukaab", which translates to cube, a mammoth 400-metre-long, wide and deep structure. "The Mukaab" central structure will "be big enough to hold 20 Empire State buildings". "The Mukaab" widely ridiculed by social media users because it resembles the Kaaba, Muslims all over the world offer prayers to. However, the Saudi government has stated that the project is necessary for the country's development and will bring economic benefits to the region.



## The Last Stand of the Sikh Empire: A Story of Defiance and National Identity



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

05 MINUTES READ

The Punjab region was a coveted prize for the British, who viewed it as a gateway to India's northwest frontier. The region was strategically important for trade and military reasons, and the British had been eyeing it for a long time. However, Ranjit Singh, who had formed a powerful empire in the region in the early 19th century, had been able to resist British expansion. The Punjabis were known for their military prowess and had been successful in defeating the British in a number of battles.

The British first began to show interest in the Punjab region in the early 19th century. At that time, the region was ruled by a number of small kingdoms that were constantly fighting among themselves. The British saw an opportunity to gain control of the region and began to intervene in

the affairs of the local rulers. However, their efforts were largely unsuccessful, as the local rulers were able to resist British expansion.

In the 1820s and 1830s, a new power emerged in the region. The Sikhs, who had previously been a relatively minor force, began to consolidate their power and form a powerful empire. The Sikh Empire was founded by Maharaja Ranjit Singh, who was able to unite the various Sikh factions and establish a strong centralized government.

Under Maharaja Ranjit Singh's leadership, the Sikh Empire became a formidable force in the region. The Punjabis were known for their martial traditions and their military might, and they had successfully resisted the attempts by the British to annex their territory. However, after Maharaja Ranjit Singh's death in 1839, the Sikh Empire began to weaken, and the British saw an opportunity to gain control of the region. To fulfill this design the British had to have two bloody wars with the Punjabis. These

two wars let the world know how resistant the Punjabis are. They lost the wars because of certain internal rivalries and conspiracies but made the British say that Punjabis are the “the Martial Race”. These two wars always make me to recall what Hector said to Achilles in the great Greek epic by Homer:

.....! Then welcome Fate!

‘Tis true I perish, yet I perish great:

Yet in a mighty Deed I shall expire,  
Let future Ages hear it, and admire!

The first Anglo-Sikh War broke out in 1845, with the British seeking to expand their control over the region. The Sikh forces, led by their commander-in-chief, Hari Singh Nalwa, put up a strong resistance against the British. The British, however, were able to use their superior firepower and military tactics to defeat the Sikhs. The Treaty of Lahore, signed in 1846, forced the Sikhs to cede territory to the British and pay a large indemnity.

The Sikhs, however, were not willing to accept British rule and continued to resist. In 1848, the second Anglo-Sikh War broke out, with the Sikhs once again putting up a strong defense. The British were able to defeat the Sikhs after a long and bloody conflict, but the resistance put up by the Sikhs showed the British that they could not take the region for granted. Dr. Gurcharan Singh in his book *Studies in Punjab History & Culture* writes,

“Punjabi Sikhs, Muslims and Hindus fought as one against the wily British under heaviest odds and made them feel the taste of their steel in the battle of Mudki, Ferozshah and Chelianwala. Stories are still current of the incredible heroism displayed by sons of Punjab like Sardar Sham Singh Attari and General Sher Singh and

their patriotic ranks.”

Despite their eventual defeat, the Sikhs’ resistance to British rule left a lasting impression on the region’s history. The Sikhs’ national identity and their fierce resistance to foreign rule have become a part of their cultural heritage, and their legacy continues to inspire the people of the region today. The annexation of the Punjab region marked a turning point in British rule in India, and the resistance put up by the Punjabis played a significant role in shaping the region’s history.

One of the key reasons why the Punjabis were able to resist British rule was their strong sense of identity and unity. The Punjabis also had a strong martial tradition, which was developed over centuries of conflict with neighboring powers. The Punjabi armies were well-trained and well-equipped, and they were able to hold their own against the British despite being outnumbered and outgunned. The Punjabis were also skilled at guerrilla warfare, which allowed them to inflict significant losses on the British despite their superior firepower.

Another factor that contributed to the Punjabis’ resistance was their leadership. The Sikh Empire was founded by Maharaja Ranjit Singh, who was a charismatic and visionary leader. Shah Muhammad-known as the National Poet of Punjab-writes about Ranjit Singh in his

*Jangnama Hind Punjab;*

*“Jahan bali Ranjit Singh hoya paida naal  
zor dey mulk hala gea*

*Multan, Kashmir, Pishaur, Chanmba,*

*Jamu, Kangra Kot nawa gea*

*Hor deis Ladakh tey Cheen tor ‘I sikka*

*apney naam chala gea*

*Shah Muhammada! Jaan pachaas*

*barsaan acha raj kay raj kama gea”*



“Then came upon the scene Ranjit Singh, the warrior king,  
Whose mere name made the enemy tremble.

He conquered Multan and Kashmir;  
Peshawar and Chamba;  
And Jammu and Kangra—And so on  
and so forth.

His name, like true coin, prevailed Up  
to far-off Ladakh and Tibet and  
China.

O Shah Mohammed! For fifty years on  
end did he rule

And whetted his appetite for glory and  
power.

He was able to unite the various Sikh  
factions and establish a strong  
centralized government, which  
helped to ensure the stability and  
security of the empire. After his  
death, however, the empire began to  
weaken, and the leadership of the  
Sikh community became fragmented.  
Palace conspiracies and race for  
power made it more difficult for the  
Sikhs to resist British expansion.  
Shah Muhammad points out this flaw  
of Punjabi Empire in his Jangnama;

*“Sachey sahab dey hath ni sab gallan  
kisey haar deve kisey jeet deve*

*Ik lakh beta sawa lakh pota Ravan marya  
gharaan dey bhet miyan  
Shah Muhammada! Jaan da jug saraa  
kayee surmey avan gey khait miyan”*

“Everything's in the hands of God  
alone;

Some He grants victory and some the  
shame of defeat.

With one Lakh sons and  
one-and-a-quarter lakh grandsons,  
Even the invincible Ravana got killed  
when betrayed by an insider.

O Shah Mohammed! The whole world  
knew it fully well

That many warriors were to fall on  
the battlefield.”

Despite these challenges, the Sikhs  
were able to put up a strong resis-  
tance to British rule. Their resistance  
showed that the Punjabi people were  
not willing to accept foreign rule and  
were willing to fight to protect their  
independence and identity. The  
legacy of this resistance continues to  
inspire the people of the region today  
and serves as a reminder of the  
importance of unity and identity in  
the face of external threats.

© poetic\_spurs



From Battles to Beauty:

# The Evolution of the Horse



**Muhammad Shoab Khan**

Student, BS Zoology,  
UMT, Lahore

04 MINUTES READ

From being a mode of transport and a weapon in battles, to an athletic and graceful performer in sports like racing and jumping, the horse has evolved over time to become an integral part of human existence. The domestication of these majestic creatures has led to their presence in almost every country of the world, and the breeding of over 350 distinct horse breeds. But what makes a horse truly exceptional? Is it their speed, their endurance, or their strength? We explore some of the best horse breeds to date, taking into consideration their various qualities that have won over the hearts of horse enthusiasts everywhere.

## Andalusian

The Andalusian horse is often hailed as the epitome of equine beauty, with its stunning looks captivating horse enthusiasts the world over. Originating in Spain, this magnificent breed is widely renowned for its impressive riding capabilities, particularly in the arena of classical dressage and mounted bullfighting. But it's not just their athletic prowess that draws attention - the Andalusian is a true vision of grace and elegance, with their flowing



Andalusian

manes and tails, perfectly proportioned bodies, and strikingly arched necks.

## Thoroughbred

Thoroughbreds are a magnificent breed of horses with a rich history dating back to the 17th century. Descended from the Darley and Godolphin Arabian bloodlines, they are renowned for their speed and athleticism, with the ability to reach up to 40 miles per hour. These graceful creatures have long legs and a remarkable stride, making them one of the fastest horse breeds in the world. Thoroughbreds have also played a significant role in the development of other breeds, including the Morgan, Quarter Horse, and Standard Horse, improving their speed and overall athleticism. Whether on the racetrack or as cavalry horses in the US Army, Thoroughbreds are a breed to be admired and cherished by horse lovers and enthusiasts.



Thoroughbred

## Arabian

It has a striking nature and most people recognize them very quickly as they are regularly featured in equine-related arts and visuals. They have a beautiful tail carriage, distinctive head, and floating trot. In

IMAGE SOURCE : FREEPINGS

addition to their beauty, they are also good, durable racers. They quickly adapt to the bridles so they are also best for reining work. They have been bred in a variety of coat colors like Bay, Chestnut, and Gray. They have black skin to protect them from the sun.



**Arabian**

### Quarter Horse

Quarter Horse is Medium-boned, finely chiseled head, wide forehead, and flat profile. These are famous for their agility, docility, and athleticism. These were bred during the 1600s from Spanish and English thoroughbreds by crossing them with local breeds such as the Native American Chickasaw Horse. These are best used on the trails and show rings.



**Quarter Horse**

### Lipizzan

This is the best dancing horse breed. Its detailed breeding record

dates from the 1700s. Its ancestry is Spanish, Arabian, and Berbers. They have comparatively small stature with a long back, a short thick neck, and powerful conformation. They have attractive and expressive eyes. The color is usually gray; bay and brown occur rarely. They are found to a limited extent in countries that were originally a part of the Austro-Hungarian Empire, and a few have been exported to the United States.



**Lipizzan**

### Draft

These are powerful horses having their ability to pull enormous weights. They originated in Belgium but are most popular in the USA today. In North America, they are primarily chestnut in color with a flaxen mane and tail, however, different colors are still prevalent in Europe. Big Jake was the tallest horse in the world until his death in June 2021. Jake acquired his Guinness World Records title in 2010 when he stood 20.2  $\frac{3}{4}$  hands tall and weighed 2,600 pounds.



**Draft**

# Pakistani Summer Fashion: Comfort, Elegance, and Style

## AEM

04 MINUTES READ

Pakistani women are known for their love for traditional attire, and it's no secret that they ardently love chic and elegant clothing. The beauty of Pakistani culture and heritage lies in its traditional clothing styles that have been passed down from generation to generation. From the stunningly intricate embroidery work to the vibrant colors and prints, Pakistani traditional attire is truly one-of-a-kind.

However, with changing times, it's essential to keep in mind certain basics while dressing. Pakistani women take pride in their appearance, and when it comes to dressing, they leave no stone unturned. No one wants to be that person who is criticized for having a completely messed up sense of style. Therefore, it's essential to stay up-to-date with the latest trends while maintaining a touch of traditional elegance.

Let's take a closer look at some of the popular Pakistani summer dress styles.



### Lawn Dresses:

Lawn is a lightweight, breathable

cotton fabric that is perfect for the hot and humid summer months. Lawn dresses are a staple in every Pakistani woman's wardrobe, with their bright colors, floral prints, and delicate embroidery. These dresses come in a variety of styles, including long shirts, short shirts, and kurtis, paired with trousers, shalwars, or churidar pants.

### Chiffon Dresses:

Chiffon is a sheer, flowy fabric that is ideal for the summer season. Pakistani chiffon dresses are elegant and feminine, often featuring intricate beadwork and embroidery. These dresses are perfect for formal occasions, such as weddings and parties, and come in a range of styles, including long gowns, sarees, and lehengas.



### Kurtis:

Kurtis are a versatile and comfortable summer dress option. These are shorter versions of traditional Pakistani dresses and are typically worn with leggings or jeans. Kurtis come in a variety of styles, from casual and simple to more elaborate designs featuring embroidery and embellishments.

### Shalwar Kameez:

The shalwar kameez is the traditional dress of Pakistan and is a popular choice for summer wear. The outfit consists of loose-fitting pants (*shalwar*) and a long tunic-style shirt (*kameez*). The fabric of the dress can range from cotton to silk, with a variety of prints and embroidery options available.



### Maxi Dresses:

Maxi dresses are a popular summer trend in Pakistan. These dresses are long and flowy, providing maximum comfort and style. Pakistani maxi dresses often feature bold prints and bright colors, with embroidery and lace detailing.



### Palazzo Suits:

Palazzo suits are a modern twist on the traditional shalwar kameez. The pants are wide-legged and flowy, providing a comfortable and breezy option for summer wear. The top can be a short or long kameez, paired with

a dupatta or scarf.

Moreover, Pakistani summer dresses are not limited to women's clothing only. Men's clothing in Pakistan also features a wide range of summer wear options, including the traditional shalwar kameez, kurta pajama, and waistcoats. These outfits are made from lightweight fabrics like cotton and linen to provide maximum comfort and ease during the hot summer months.

In addition, Pakistani summer dresses are not just limited to traditional styles. The fashion industry in Pakistan has evolved, and there is a wide range of contemporary and modern summer wear options available as well. Pakistani designers have been experimenting with various fabrics, prints, and designs to create unique and trendy summer dresses that cater to modern tastes.

In recent years, Pakistani summer dresses have gained popularity not only in Pakistan but also globally. With the rise of e-commerce and online shopping, it is now easier to access Pakistani summer dresses from anywhere in the world. Many international fashion brands have also been inspired by Pakistani summer dress styles and have incorporated them into their collections.

In conclusion, Pakistani summer dresses are a perfect combination of traditional and modern styles that provide comfort, style, and elegance during the hot summer season. From lawn dresses to chiffon sarees and palazzo suits, there is a wide range of options available for both men and women. These dresses not only represent Pakistani culture but also showcase the country's fashion industry's creativity and innovation.



# AGE 60

## *is Just a Number*



**Aqsa Mehmood**  
DPT (UOS), MS-PT(RIU),  
Women Health Physical Therapist

4 MINUTES READ

Most of our ageing society starts to feel as they are retired, they can't perform well and can have no more plans. Illness and aging lead to pessimistic sentiments and aimlessness in people.

Yet, even some illness like the flu or a cold can worsen in the geriatric population leading to various consequences which includes concomitant diseases such as sinusitis, bronchitis, ear infections, pneumonia, and bronchitis. Thoughts of having health issues, boring daily routine, having no work, and feeling neglected, all of these negative thoughts make our quality of life worse. As a result, it's critical to make healthy decisions to boost your immune system and lower your risk of being sick.

How can we still be active and happy in this phase of life? How can an individual have a good quality of

life with diabetes, hypertension, osteoarthritis, depression, and anxiety?

The key to happiness is to improve their quality of life.

Check out your daily schedule first. Are you genuinely content with your slack routine? There is always time. Keep in mind a few helpful suggestions to enhance your quality of life. For instance: exercise, drinking water, dressing appropriately, and being organized.

### MORNING WALK

Start your day with a morning walk. How taking a morning stroll can improve quality of life. Walking improves circulation because it involves all of the body's major organs and systems. Our brain takes in oxygen when we breathe clean air, which allows us to think positively and approach life. According to studies, being in a greener environment fosters creativity and instills more inspiration. Your brain can produce fresh thoughts with the help

IMAGE SOURCE: PACIFICNHSHEALTH

of greenery. Green is the color of choice for reviving the intellect. Better ideas and a positive outlook on life are both products of positive thinking.

Your body cannot absorb calcium, which is necessary for optimal health if the body has vitamin D deficiency. Hence, vitamin D is a crucial component of your bones. Your bones will become stronger, healthier, and infection-free with 30 minutes of sunlight regularly.

### HEALTHY EATING HABITS

Eating a diet rich in fruits, vegetables, and lean meats improves your body's defenses and shields you from contagious viruses and bacteria. Antioxidants are abundantly present in fruits and vegetables. Antioxidants keep your body healthy and guard your cells against harm.

Also, you should limit your intake of fatty and sugary meals because they can weaken your immune system and cause internal inflammation.

### KEEP YOURSELF HYDRATED

For people taking a lot of medication and suffering from several diseases, drinking water is essential, as water flushes the toxins from the body.

### ADAPT STRESS COPING BEHAVIOR

Your body produces more cortisol when you are under constant stress. Your immune system might be compromised when there cortisol exceeds in your body.

To reduce stress, one should explore stress-relieving, fun activities, improve your physical activity, get plenty of rest, and set realistic expectations for yourself.

The researchers determined that

older adults may be more sedentary while they're with their closest friends and family, such as when they're watching TV together or reclining at home, but they need to leave the house to interact with other people, which requires them to be more active.

The thought of enrolling in activities, such as exercise, yoga, or learning the Qur'an, to find time for themselves and meet new people.

Patients with arthritis should routinely participate in an exercise regimen to keep their muscles strong and their joints mobile. A joint is supported and under less stress when muscles are strong. Joint contracture brought on by immobility might complicate normal function.


### THE BALANCE BETWEEN REST AND ACTIVITY

Make strategies for organizing and carrying out tasks that balance rest and activity so that less effort is required and fatigue can be reduced. Always be sure to get enough sleep and manage your energy. Plan additional relaxation periods during the day while your condition is active.

### SUFFICIENT SLEEP

According to studies, getting insufficient sleep adds to the body's stress, which causes inflammation and a weakened immune system. Adequate sleep has beneficial effects on older adults such as: improves the immune system, helps to fight against illness and infection and decreases the risk of cardiovascular diseases, depression, dementia, and stroke.

So, schedule your daily routine, a person with a better routine can have a better quality of life.

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# MAUVE

## IS EVERY FASHIONISTA'S SECRET LOVE



### Paperclip

02 MINUTES READ

Hidden between violet and pink on the color wheel, this delicate, bluish purple color has a great story. A story of Colonial India, deadly mosquitoes and serendipity. Although the French gave the color its etymological name, mauve, after the mallow flower, a young British chemist William Henry Perkin is credited with the commercial production of the synthetic dye while he was solving a major problem.



The year was 1856. To solve one of the biggest problems facing the British Raj, Perkin was conducting an experiment at the Royal College of Chemistry, London. The story takes us to the heart of the British empire - India.

Malaria, a deadly mosquito-borne disease, was a serious and often fatal threat to British colonists in India. It claimed the lives of both soldiers and civilian officials. Quinine powder quickly proved essential to the empire's survival.



It is estimated that in the 1840s, 700 tons of cinchona bark was consumed annually by British residents and soldiers in India for its protective dose of quinine. The miraculous Cinchona bark became the Empire's secret weapon.

The creation of the Gin & Tonic, as it

IMAGES : TWITTER/PAPERCLIP

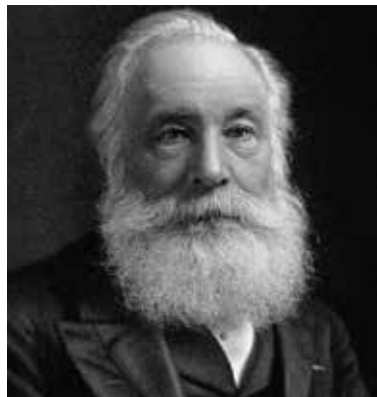




is no secret for liquor connoisseurs, was largely due to British soldiers stationed in India coming up with an improvised way to consume the intensely bitter Quinine powder. But

that's a story for another day.

In the cloud forests of the eastern Andes, which connect Bolivia, Ecuador and Peru, lived Cinchona, the only source of quinine in the world. Formerly called "Peruvian bark," it is best known as a "miracle" treatment for malaria.



He made his most crucial yet accidental discovery at this point: one day, his failed experiment yielded a crude combination which, when extracted with alcohol, produced a material of a vivid purple color. Perkin saw enormous potential. Although he was unable to synthesize quinine, he accidentally discovered one of the first synthetic dyes that was also commercially viable. He gave it the name Mauveine, which quickly gained popularity as the modern shade of Mauve. Thus the flourishing color that swept the fashion industry for decades was born, as a result of a dreadful epidemic caused by mosquitoes in Colonial India and a failed quest for a panacea



However, the drug was expensive and scarce because it came from far away in South America and required a labor-intensive extraction technique. The Empire needed an alternative solution.

Perkin, then 18 years old, was trying to solve this problem with the help of his professor, August William von Hofmann, who had a hypothesis. Young Perkin was determined to synthesize Quinine in his makeshift laboratory. It all came down to one failed experiment.

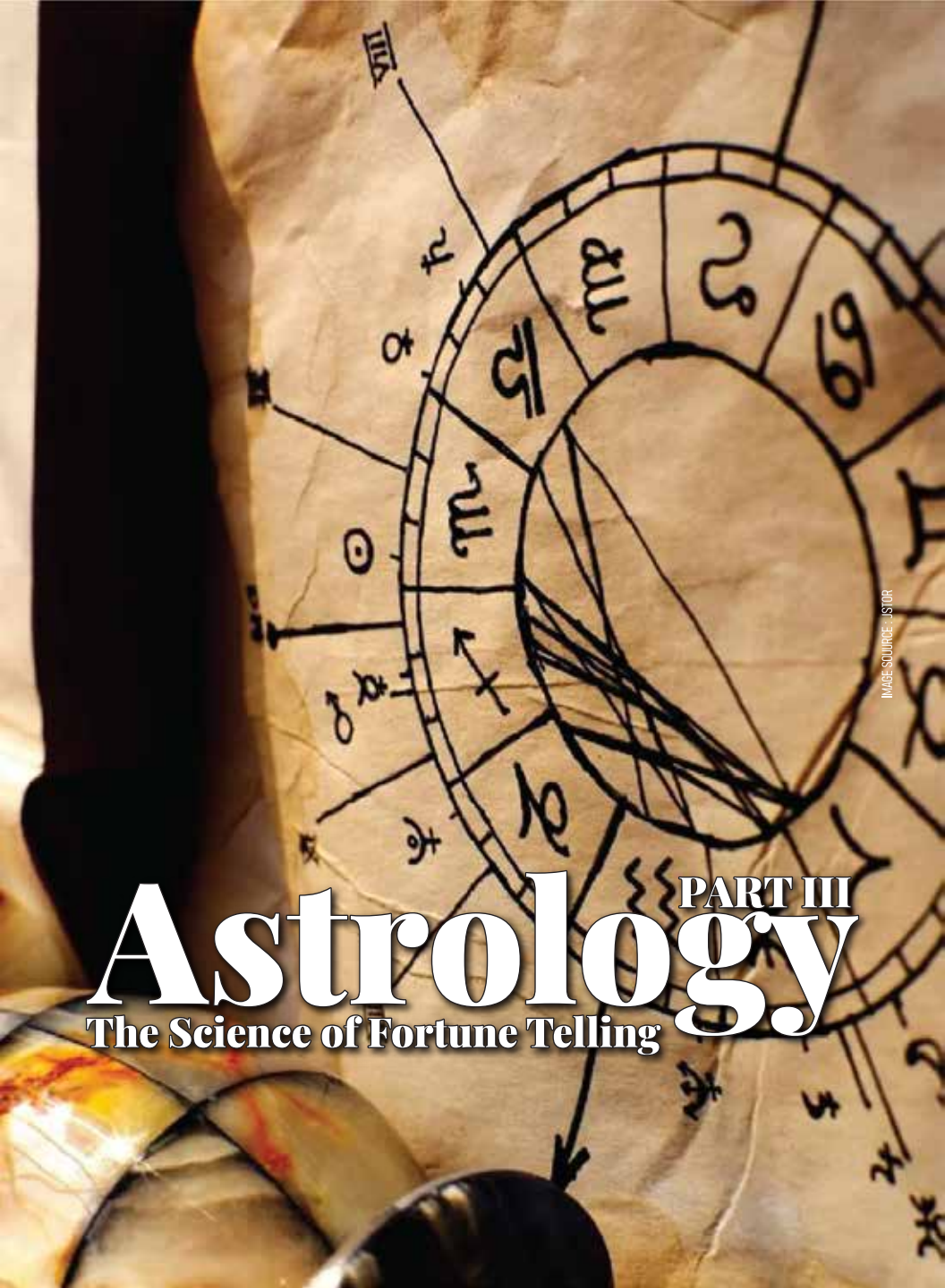


IMAGE SOURCE: JSTOR

# Astrology

PART III

## The Science of Fortune Telling



**Zubair Chishti**  
Lecturer, Writer, Researcher

07 MINUTES READ

## To Sin or to Err a Byproduct of Lack of Training & Knowledge!

The rainfall of good and bad planetary commands equally showers on everything in this world. As far as the entity of Satan/Devil/ or Lucifer is concerned, Astrology; it is a symbolic figure named for instigating sin and to err. But factually, all human mind commands come from emerging combinations of stars, planets, houses and signs in the heavens which drive him to think and act. Humans are created the supreme creature and are assigned many responsibilities for being vice of God/Allah. It's the most dignified entity with bestowed wisdom and a thinking mind; it has supremacy on animals. Animals are mentally pre-programmed for their lives having no choice so, live very limited given life cycle. Contrary to animals, humans are born with a blank-slate mind. Human has to develop his quality of life & character by learning everything from his world. To err is due to lack of knowledge. And mistakes are due to the forgetful nature of humans or revolt against rules of discipline. This is why uneducated people are less civilized, and mostly less aware, less wise and less disciplined. They perform good actions as well as bad deeds in their lives side by side as it is according to the planetary commands. But in comparison, educated people using bestowed wisdom to them learn to obey the authorities; get education, learn manners, etiquettes, discipline, social norms, civility, profound

ethics; using the thinking mind to learn lessons of life observations and experiences. They think, analyze, adopt a positive approach, rules of good conduct, make better decisions and choose the better way.

The wise humans using their learnt profound character and conduct resist bad deed commands of fate software that could cause trouble and loss to humans individually as well as communally. So, God wants us to get maximum knowledge of ethics, our own self, our needs, our environment, and the society that we live in. So we can be more knowledgeable, disciplined and beneficial for ourselves and this world as well. And to be a really aware and civilized human who can overcome the bad deed commands (called Satan) coming from the human software. Choosing between good and bad is the most difficult battle in mind that continues 24/7/52. We as supreme creatures of God being the vice of Allah on this earth must learn to act in a cultured, humanitarian, and civilized way to live ever in peace and luxury. Actually, this proactive and interactive life on this earth is a training mission for us to learn profound attitudes and behaviors to develop refined high values of discipline and ethics to enable ourselves for Jannah. This entire plan of God is to pass humans through this world of hardships and trouble to attain some extreme objective of God. Humans happen to be exposed to an unstoppable rainfall of planetary rays bringing remote commands to make man active throughout his life.

## Real Skill in any Occult is not Possible Without Spirituality

Spirituality means how strong your relationship with the creator of this

universe you have through your obedience, submissiveness, and respectfulness to Him, and how much you are close to your (AM) Lord through your attention, imagination and meditation. Islam is the only religion that gives the ultimate spirituality and occult; as Allah Almighty; is the final and the real source of all spirituality, knowledge, and occult. Therefore, I've practically observed when you happen to be lethargic in maintaining yourself as a practicing

astrologer is a great sin bla, bla, bla... Such confusions have been purposefully spread in the Muslim countries by the evil forces who want to keep Muslims away from this precious treasure, want to snatch this telescope of the future from us. So, we Muslims may not be able to look into the future and we may not be able to encounter the evil plans of the satanic forces apparently ruling the world especially the Muslim countries. This negative misconception



IMAGE SOURCE: ADOBE STOCK

Muslim Allah halts revealing his secrets to your heart, and your astrology research and learning process stops.

### **The Misconception about Astrology is on Purpose Spread in the Muslim Society in General and Especially in Pakistan**

There's a general misconception about astrology that it is prohibited in Islam and studying or consulting an

prevails almost in all the Muslim countries in general and especially in Pakistani Muslim Society. Due to this misconception during the voyage of exploration of astrology I happened to face sheer opposition from my family, relatives, friends, religious scholars, and all the people who knew my passion. At a number of times I happened to be demotivated, snubbed, scolded, and denounced.

For many years I had been quite

defamed in this regard. Facing such violent opposing ferocious winds, thunderstorms, and tsunamis I happened to be disappointed many times and had to decide to give it up. But, in spite of my efforts, I could not avoid it. After having developed much learning, understanding, and conceptual clarity of astrology I discovered in my horoscope that becoming an astrologer was predestined to me. After learning some astrology I have come to know that astrology has become the most useful occult science in the world today. We Muslims have abandoned astrology for centuries; the consequences of this grave oblivion and resistance towards astrology have been so devastating towards Muslims throughout the world. I conclude; the misconception about astrology prevailing in our Muslim society especially in Pakistan; is extremely harmful and dangerous to the existence of the Muslim community in the world.

### **Fate Engineering**

As a student and a researcher of 'Astrology' I have also done many studies and have done much practical research for more than two and half decades. Most of my research on astrology has been based on practical observation to find out the reality of human software through astrology and learn how it really works in our lives. I underwent the process of experiencing that, once you are really involved in studying astrology and people's personalities, their lives, and your own self as well; astrology gives you a great flavor of developing your interest to deep levels. A time comes when your own intuition awakens and you start exploring secrets yourself.

Later on, you feel you are happening to enable yourself into making your own findings and discoveries. By the great intuitive help of Allah Almighty, I have had such numerous, unique, unignorable, and undeniable discoveries in astrology that I have never studied or learned elsewhere. These new discoveries have enhanced my level of this great knowledge of human personality and fate. God Almighty has bestowed the ability and knowledge to some such lucky and precious people of the world who can harness the human software to change misfortune to luck. The way the machine is possible for an engineer to invent and fix; the way a software engineer can fix the software, exactly the same way human software has been discovered to be possible to be fixed as well. Fate engineering is the new term that I have coined and used for modifying mine and many people's fate by modifying their stars. It has been successful now to change your fortune nearly close to your desire and to get rid of your misfortune, chronic problems, and disease. The people who have their exact birth-time data saved; are really lucky to have fate engineering possible for them if needed. It is concluded that astrology can really serve mankind in pursuit of using it as a source of driving fortune towards better personality traits, enhance luxuries, comforts and better events to bring about in life.

### **Today, Astrologers Can Predict Almost Everything**

Astrology enables astrologers to look into all systems on the earth running automatically. Today, astrologers can predict almost everything; all matters and systems on the earth for example winds & storms, clouds

& weathers, flora & fauna, oceans & tides, food & crops, world politics, human relations, choosing education line, exploring more ways of earnings, enhancing possessions and money, timing of prominent events in life, troubleshooting etc. Astrology also helps in sketching a person's personality and traits; good habits and bad habits; trends and aptitudes; potentials and characteristics; attitudes and behaviors; likes and dislikes; career building; relations and matches; love and marriage;

policies to avoid bad things and get more advantage of good things coming to you in future....!!!

### Acknowledgement of Astrology

Astrology must be admitted as the knowledge of human fate controlling software that drives life and fortune. I have discovered that knowledge of this software astrology has the greatest potential of exploring the current situations, problem-solving, and maneuvering the future of people, institutions, parties, and even coun-



IMAGE SOURCE : HELLENISTICASTROLOGY

number and genders of children; health and diseases; friends and foes... even everything of one's life can be seen and predicted in advance and devise solutions. Astrology has become capable of giving a time table of a person's life path from birth to all life but the exact time of death remains a divine secret. When you know what is destined to happen in the coming days you can encounter them with better plans. You can make good decisions in time and make

tries towards good. The start time or the birth time horoscope is the best guide to better planning for a person, or an organization, or a country's life. Now, the real need is to explore astrology to a level that instead of planets and astrological signs are swaying human life on their own path they should serve mankind as a driving force according to the desire and need of people in trouble.

### 'World Deep State' Using Astrology; Telescoping World Matters; Controlling & Exploiting

Now, let's discuss how the secret evil forces of the world are fore-telescoping their people's future and use this science to brighten their nations lives, enhance their strengths and manipulate it to continue their hold on the world. They have harnessed this software. Not only do they use 'Astrology' to plan better for their own interest, but also plan to maneuver decades in advance for the world and enemy countries towards misfortune and loss. They have the data of birth of almost all rulers and countries dates of coming into being; foresee their policies and conspire against them and undermine their strengths and change or assassinate good people and bring their puppets into power. This is how they have ruled the world for centuries. On the other hand, the evil forces of the world have injected tons of resources to declare learning astrology as an act of sin; and have imposed a strict ban on learning knowledge of astrology in Islam. Due to this blunderous ignorance we Muslims are being ruled over and being exploited by Zionist *Dajjalis* the world over.

### Conclusion

The Purpose of writing this Series was, not teaching astrology, but to share a better and practically derived realistic and rationally modern view on it. So, the readers of this series may at least get rid of their confusion and reservations about astrology. I have a great opportunity to share my learning, understanding, and innovative view on astrology. I am highly indebted to my spiritual mentor Dr. Muhammad Azeem Farooqi for his spiritual training for years. And I

share my gratitude to Monthly Azeem English Magazine for asking me to write an article on Astrology for the Magazine. In the last twenty-six years, this is the first time I have written something on Astrology. I have taken a step to write and share such bestowed "Fate Engineering Expertise" with my beloved readers. All my astrological concepts' development has happened to take place through decades of study, observations of people's day to day life, and research on daily events. Allah Almighty helped me a lot and I developed such a bright evolution of understanding that has sharpened my intuition as well. Let me and let my readers know how great things I have discovered in the course of research in astrology. I found that spirituality is the mother of all occult sciences. Without astrology, spirituality is even incomplete. Allah has created and named this software in the Holy Qur'an calling it *Loh-e-Mahfooz* in the Ch-30 *Surah Burooj*. Modern astrology has harnessed fate software the *Loh-e-Mehfooz* provided, as much Allah Almighty allows somebody. It is now possible for an expert astrologer to change the star position of a person/organization/a political party or a country towards a better future. Other than giving a conventional view on astrology all aforesaid findings of mine made me give a realistically rational, different, and unique view on astrology.

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# The Best Summer Foods

**AEM**

04 MINUTES READ

Summer is a wonderful time of the year, with plenty of sunshine and opportunities to spend time outdoors. As the temperature rises, it's important to pay attention to your diet and ensure that you're eating the right foods to support your health during the hot months. Here are some of the best foods to eat for optimal health in the summer months:

**Watermelon:**

Watermelon is a refreshing and hydrating fruit that is perfect for hot summer days. It is rich in antioxidants, vitamins A and C, and potassium, making it an excellent choice for maintaining good health.

The nutritional value of watermelon:

High in water content (about 92%)

Low in calories (about 46 calories per cup)

Rich in vitamin C, vitamin A, potassium, and lycopene

**Tomatoes:**

Tomatoes are a great source of lycopene, which is an antioxidant that helps protect your skin from sun damage. They are also rich in vitamin

C, potassium, and fiber, making them a healthy addition to your summer diet.

Tomatoes are:

Low in calories (about 32 calories per cup)

Rich in vitamin C, vitamin A, potassium, and lycopene

Contains small amounts of other vitamins and minerals like vitamin K, folate, and magnesium

**Berries:**

Berries such as strawberries, blueberries, and raspberries are packed with antioxidants and fiber, making them a healthy snack option for the summer. They are also low in calories, making them an ideal choice for weight management.

Berries are:

Rich in fiber and antioxidants

Low in calories (strawberries: 49 calories per cup, blueberries: 84 calories per cup, raspberries: 64 calories per cup)

Rich in vitamin C and other vitamins and minerals

**Leafy Greens:**

Leafy greens like spinach, kale, and Swiss chard are rich in vitamins and



minerals that are essential for maintaining good health. They are also low in calories, making them a great choice for those who want to lose weight.

**Cucumbers:**

Cucumbers are a hydrating and refreshing vegetable that is perfect for summer. They are low in calories and rich in vitamins and minerals, making them a healthy addition to your diet. They are a low-calorie vegetable that are high in water content and rich in antioxidants, including vitamin C and beta-carotene, while also containing small amounts of fiber, potassium, and vitamin K. They may help improve hydration, digestion, and skin health.

**Iced Tea:**

Iced tea is a refreshing and hydrating drink that is perfect for summer. It can be made with a variety of teas, including green tea, which is rich in antioxidants and has been shown to have numerous health benefits. You just need to add the

Low in calories (about 2 calories per cup)

Rich in antioxidants, particularly catechins and epigallocatechin gallate (EGCG)

Contains small amounts of caffeine, which can provide a mild energy boost

**Light Salads:**

Summer is the perfect time to enjoy fresh salads made with leafy greens, herbs, and a variety of colorful vegetables. Adding protein-rich ingredients like grilled chicken or chickpeas can make them more satisfying and nutritious.

**Sugarcane:** Sugarcane juice is used as a natural remedy to a host of problems and of course it is our national drink. This energy drink helps build up plasma and body fluids to counter

dehydration and dullness. It gives instant energy, helps the liver function, helps to fight cancer, and eases the digestive system. Adding mint leaves to the juice will help enhance the taste of your refreshing summer drink.

**Sattu Sharbat:**

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

**Lassi:**

Lassi or yogurt drink remains one of the famous summer drinks in our country. Across this region, you would find sweet and salty lassi which is considered to be a premixed coolant for the body. Just like yogurt, lassi is an excellent source of calcium, protein, carbohydrates, vitamin A, and B. Apart from cooling properties, lassi also helps in improving appetite, and digestion.

**Smoothies:**

Smoothies are an ideal way to keep a fresh and healthy body in summers. A perfect way to lose weight in summers. With so many recipes to choose from, smoothies can be consumed for detox, muscle building, beauty, and strengthening the immune system. Drinking smoothies can also help you keep your body energized.

Incorporating these foods into your summer diet can help you maintain good health and stay hydrated during the hot months. Make sure to also stay hydrated by drinking plenty of water and limiting your intake of sugary and alcoholic drinks.



IMAGES SOURCE : DAWN

**FAROOQI'S GUIDE TO SUFISM**

**ENERGY POINTS OF LATAIF E A'LME AMR  
(METAPHYSICAL WORLD) PART-II**



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

06 MINUTES READ

### A Story by Masnavi Shareef:

In Masnavi Sharif, Maulana Rumi recounts the story of Hazrat Noah and his nation, who had a strong bond with Allah and believed in Noah's message. When God informed Noah of the impending storm that would destroy all of creation except those on his boat, he gathered pairs of animals and prepared for the journey. Noah also invited an old mother to join them on the boat and promised to send for her when the time came.

As the storm raged on for days, weeks, and months, the old mother was left wondering if she had been forgotten. When Noah returned to his village after the storm subsided, he found it destroyed and entered a partially intact house to find the old mother unharmed and peacefully chanting Allah.

Noah was amazed at how the old mother had survived without food or water for so long. When he asked her about it, she explained that she had no recollection of the storm or the passage of time as she had fallen asleep during her prayers and only awakened when he arrived.

Maulana Rumi uses this story to illustrate the power of forgetfulness and self-absorption. Despite the destructive storm that wiped out most of creation, the old mother remained focused on her prayers and was untouched by the chaos around her. It serves as a reminder that sometimes we can become so consumed with ourselves that we forget everything else, including God's presence and protection.

*Ab tou aankhon main samaati nahi  
soorat koi  
Ghoar say main nay tujhe kaash na  
dekhna hota*

(We need no one else You" O! My Lord,"Because I've been engrossed in your memories.)

*Teri pehli nazar ka war tauba  
Dil ab tak duaen day rha hai*

(Your first glance can never be deleted; My heart is still obsessed by your first-sight)

### Effect of Zikr on Heart:

Zikr, or the remembrance of Allah, has a profound effect on the heart. It is the antidote to heedlessness and desire that plagues our inner selves. Our tendency to neglect our spiritual duties, work, and sleep is a reflection of our inner state. Even when we do sleep, it is often shallow and unsatisfying.

*Kitni taskeen wabasta hai saqi tere naam  
ky sath*

*Nind kanton pe bhe ajati aram k sath*

(O my Lord! I feel solaced and tranquil with your remembrance:I feel pleasure even on the bed of thorns.)

True sleep is a state where nothing can disturb our rest. However, our preoccupation with worldly affairs often keeps us from experiencing deep, restful sleep. This is a sign of spiritual illness, and excessive sleep can be a symptom of this condition. If our goal is to seek a fulfilling life, we must prioritize our spiritual health over our physical desires.

*Raati uth uth zari kr dy ty nind akhiyan di  
dhondy*

*Fajri ogan haar kahandy ty sb thin niven  
honday*

(The true friends of Allah Almighty are habituated of moaning over their sins before their Lord during night-hours. They purify their hearts with water of tears but during day-light they are quiet, and humble.)

*Shab e gham ki sakhtiyān koi is sy ja ky  
pochy  
Teri raah takty takty jisyy subah ho gie*

(Night hours are very crucial for seers because they lead the whole night in prostration knowing before Allah only to win the pleasure of their Lord).

*Shab e gham ko ham jany ya Khuda jany  
Bilakashon peh jo guzri teri bala jaany*

(The lamentation in dark night's seclusion can only be realised by Allah Almighty, time-servers can never perenne it)

A parent with a sick child does not prioritize sleep, as the pain of their child's illness consumes their attention. Similarly, the pain of our spiritual neglect should awaken us to the need for remembrance of Allah.

*Lagi waliyan nu neend na aave  
Tay teri kinven akh lag gie*

(The sincere seekers of their beloved Lord never spend their nights aloof).

#### Ask Allama Iqbal:

*Mataa be baha hai dard o soz e arzo  
mandi  
Maqam e bandgi day kar na lon shan e  
khudawandi*

(It's really a great treasure if any-fellow is granted this condition of real prostration and supplication before Allah Almighty.)

#### Mirza Ghalib said:

*Dil main dard ho tu dawa kijyo  
Jab dil hi dard ho tu kiya kijyo*

(If there is painful heart in our body, it need ailment and recovery; But if one is over head and ears from (from to toe) in restlessness condition, no single remedy can be sufficient, of course)

Zikr has a transformative effect on the heart, allowing us to detach from our worldly desires and focus on our spiritual well-being. By engaging in regular zikr, we can cultivate a state of consciousness that enables us to live a more meaningful and fulfilling life.

*Dardan di mai saij bichai ty dardan har  
bnaye  
Yaar faridan dard salamat jinan dardan  
yaar milaye*

(I have been settled willingly on the bed of thorns; But this was, no doubt, I have succeeded in achieving the pleasure of my "Sweet-Heart.")

#### Word Mercy and Pain:

What is the meaning of the word mercy? The word "mercy" has a profound meaning, as it is closely related to the concept of pain. One who carries the pain of the entire universe in their heart is known as "Rahmat lal al-Alamin," or the mercy to all worlds. Similarly, those who feel the pain of serving their religion are honored and accepted by Allah.

*Apny liye to sab hi jeete is jahan mein  
Hai zindagi ka maqsad ouron ke kam  
aana*

position of Allah's devotee. My honor

(Every fellow-being leads his personal life for his own self; But the real purpose of life is to serve humanity for Allah's sake.)

### **Treatment of Illicit Desire:**

The treatment of illicit desire is an unallowable act. The second spiritual disease of the heart is desire. There is not enough discussion on this topic. It is a basic human need, but it can also lead to destruction and ruin. If we go beyond the limits prescribed by religious law (Sharia), we will face negative consequences.

Hazrat Muhammad PBUH said, "Whoever guarantees me the (correct use) of that which is between his two jaws (i.e. tongue) and that which is between his legs (i.e. private parts), I guarantee him Paradise."

The only solution for this is to:

- Fast frequently, as mentioned in the Holy Hadith, "The speciality of my Ummah is fasting."
- Recite abundant blessings (salut
- ations) upon the Prophet (peace be upon him).
- Get married.
- Stay away from things that produce desire.

The remedy for this is not for a person to jump into fire and say that he will save himself from desire by burning himself, this does not happen. This illegitimate desire is such a curse that it destroys a person. This is a very delicate issue and its clarification is very important. This does not mean that a person cannot do good deeds through marriage. It is not possible for desire to never come, and for a person's life to end; therefore, it is necessary to engage in it. This is the

able teacher said that nothing prepares me for something more than the effect of remembrance (zikr). In short, the signs of annihilation of the heart are the end of negligence, and the end of permissible desire. This is the annihilation of the heart that the Sufis adopted and demonstrated by acting upon it. A thousand cruel nafs (self) have died, but they could not kill the poor ones. O disbeliever, you cannot steal what is within.

*So hazar chaly katay zaalim nafs  
naiyon mardaa  
Baajh faqiran kisy nai mariya, aye  
kafir chor andar da*

(Countless practices were exercised to check the urge of evil-desires by myself; But this lust for sinful deeds has only been harnessed by saints and seers.)

### **Getting Directions:**

Allah says in the Quran:  
"I lead many astray through this Qur'an and guide many through this Qur'an."  
Advice is of no use to the person whose heart is not right. But for the one whose heart is right, advice can be very beneficial.

When it rains, it brings freshness, coolness, happiness, and opens up fruits and flowers. Vegetables grow green and pollution disappears. Everything becomes lively in the fields and gardens, and people and animals become joyous. However, when the rain falls on a rocky mountain, it becomes more bare and visible. There is no greenery or fruit in the rocky soil, only stones. It is not the fault of the rain, but rather the rocky soil is not capable of producing anything.

### **The Impact of Rain on Dirt:**

Have you ever wondered what happens when rain falls upon a mound of dirt and debris? The hidden impurities within that mound become exposed and visible, giving rise to an array of insects and a multitude of foul odors. If one were to blame the rain for causing harm and ruining the food, it would be a foolish and ignorant notion. Instead, we should strive for a healthy heart and an active mind to avoid such misconceptions.

Allama Iqbal also describes the glory of a believer and says:

*Narm dam e guftagu, garm dam e  
justjo  
Rizm ho ya bazm ho, paak dil o  
paakbaz*

(A true friend of Allah is always active and alert in performing his tasks but he is quiet, cool and calm while making statements.)

*Har lehza e momin ki nai shaan, nai  
aan  
Guftaar main, kirdar mai, Allah ki  
burhan*

(A true believer is at every moment in status and better condition; As he is quite purified and dignified out of Allah's Blessings & Mercy.)

*Zahari o Gafari o Qudosi o  
Jabroot  
Yeh chaar anaasir hon tu bnta hai  
musilman*

(Very vigilant in counters-action, forgiving-natured, sanctified and stern; These are four traits of a real muslim.)

*Yeh raaz kisi ko nahi maloom keh  
momin  
Qari nazar aata hai, haqiqat main hai  
Quran*

(This secret is never known to anyone

as a faithful; Looks reciter but actually he is embodiment and incarnation of Quranic-demands).

*Chahte sb hain keh hon ouj e suriya pe  
muqim  
Pelay waisa koi paida tu kare qalb e  
Saleem*

(Everyone craves to be loftied upto highest peaks and summit of success; But it primarily demands a complete sanctified purged heart.)

**Rather, Allama Iqbal advised:**

*Dil bedaar paida kr keh dil khwa  
bdeeda hai jab tak  
Na teri zarab hai kaari na meri zarab  
hai kaari*

(You need to possess a real watchful heart because a drowsified heart; Can never be properly modified by any exercise of rosary.)

**Heart and Quran:**

The Quran mentions the heart and also tells us that the advice in the Quran has an effect on those with pure hearts. However, those whose hearts are not clean and whose hearts are barren do not have any effect.

"Then your hearts became hard after that, so they are like stones, but harder than them." Al-Baqarah:74

While for the believers, Allah said:

"And remember (Allah), verily, the remembrance (of Allah) benefits the believers."

Dr. Muhammad Azeem Farooqi



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