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AZEEM ENGLISH MAGAZINE

MONTHLY

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EDITOR'S NOTE

Welcome to the July edition of AE Magazine! As we enter the heart of summer, we bring you a diverse collection of captivating articles and features that will surely enrich your reading experience.

In our lifestyle section, we explore ways to enhance your well-being and find balance in a fast-paced world. Our wellness experts share valuable advice on managing stress, maintaining healthy habits, and fostering meaningful connections.

Technology enthusiasts will be delighted to find our comprehensive coverage of the latest innovations and emerging trends. In our History and Culture section, we have covered a range of customs, traditions, and personalities. Additionally, we have provided a comprehensive admission guide for undergraduate students.

As always, we are committed to delivering high-quality content that informs, entertains, and inspires. We hope this edition of AE Magazine provides you with moments of joy, encourages you to explore new horizons, and fosters your personal growth.

We look forward to your feedback.

Happy Reading!

Muhammad Ali Farooqi
Editor-in-Chief



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THE FAULT IN THE STARS



Sara Noor

Writer, Dramatist, Lecturer

04 MINUTES READ

There are two kinds of relatives: those you're glad to have in your life and those who make you curse your life. The former celebrates your existence; the latter makes you wish you weren't born at all. I'm sure you have many relatives. Let us suppose Uncle Z is a relative of yours. It is entirely up to you to either thank your stars or curse them for making him part of your family. Let me introduce you to Uncle Z!

Uncle Z became famous in the whole village as soon as he was born, which is, seven months after his parents' wedding. His mother and father thanked God profusely for their premature baby's life and health. When the villagers gave free reign to their imagination, the couple referred to *Khuda ki marzi* in giving them a premature son. Uncle Z's grandfather sacrificed four black goats to ward off the evil spirits from his grandson and express the family's acceptance of their qismet and the male heir. With the grand *aqiqa* feast held for the whole village, everyone became convinced that it had indeed been a fault in the stars that a miscalculation occurred in the timing of birth.

When Uncle Z grew up, he exhibited his grandfather's extraordinary skill at narrating bawdy stories and his

father's amazing talent at carrying them out. He loved to be the centre of attention and entertained his audience with anecdotes of his youthful days. The family remembers that when Uncle Z was in the twelfth grade, his principal sent a warning letter home on disciplinary charges. The actual charges have been forgotten over the years, but the moral lesson deduced from that warning letter lives on in the memory of all living relatives: Partying and drinking do not make a good combination (within college premises). When his mother, Chachchi Shabbiran, reprimanded him, the young Uncle Z had only one reply up his sleeve, "Ami Ji, it was the fault in my stars that I got caught. I wonder how Abba Ji never gets caught."

From that day to the end of his miserable, lonely life, the poor Chachcha Shabbir kept scolding his stars for bestowing him with a filthy-mouthed son. The rest of the family has learnt to be careful not to let either fate or Uncle Z intervene in their private matters for fear of him spilling the beans on anyone as he has been doing so since his birth!

Uncle Z has probably inherited this shifting of responsibility from himself to any other terrestrial or celestial being from his elders. His father kept pestering him with only one demand throughout his college life: Son, get into the armed forces. One day, Uncle Z asked his father, "Why exactly do

you want me to go into the armed forces?" Chachcha Shabbir's reply could go down in history books, "Son! By getting into the army you may even become the president of the country!" Fueled by this Icarian ambition, Uncle Z did get into the army but to this day he laments the fact that he couldn't be the one to hold the prestigious office of a president. In fact, he keeps telling everyone the reason behind his retirement as a major was "the fault in his stars."

After years of working and family pestering, Uncle Z finally decided to tie the knot. By now he had given up all hope of securing the presidency. Feeling naughty at forty, he thought he might as well secure the hand of a lady. One evening, driving back from a social gathering, he confided to a friend, "I've lost my heart." His friend asked him, "To whom?" Uncle Z told his friend the name of the venerable lady. "What?" The friend was thunderstruck. "She's already taken, man! Back off!" With this the friend hoped to dash the seductive spirits of Uncle Z, but his blood roused at this challenge and he replied, "It's always fun to score a goal where there's a goal-keeper already!" At this, his friend's blood boiled, "Well, I am that goal-keeper!" Within a matter of days, Uncle Z was forced to call his lady-love his 'bhabhi' and confess to himself, "Just my rotten luck!"

His rotten luck forced him to apply to his mother's assistance in search of a "good wife". Uncle finally got married through the desi arranged marriage system. His mother had got her heart's wish fulfilled to wed a daughter-in-law who observed shara'i purdah and who could guide her wayward son on the path of righteousness. Uncle's tremendous hopes to go abroad on his honeymoon

were soon shattered. His wife quickly became the darling of the whole family including her mother-in-law. Women wanted tips from her to reform their husbands. Auntie Fareeda was the apple of everyone's eyes except her husband's. Poor Uncle Z had only one refuge: he started praying bajamaat namaz five times a day, including tahajjud, repenting to God, "I know that I am a bad, bad man. But is this a test or a favour to have a nun for a wife?"

The thought of sadqa e jaaria (continuous reward) later compelled the couple to break the ice. Twenty-seven years and three kids later, Uncle Z has accepted the reality that his stars have not destined him to get married four times. However, he flagrantly declares, "If I had gotten the chance to become the president, the first thing I would have done would be to abolish monogamy legally." At this, Auntie tells him curtly, "I'm sure that's the only thing you would have done, but taxpayers don't pay for your fantasies." "To hell with tax! The only hell is the one I live in!"

Speaking of hell, it has been years since uncle's father passed away. Once, he appeared in a relative's dream, complaining about the shoddy treatment he was receiving at the other end. When the old man is interrogated about his responsibilities as a father, a husband, a responsible human, unfortunately, he can't get away with saying, "But, it was all in my stars!"

It is believed that the accountability board on the other side will have you and only you responsible. Uncle Z has begun to display signs of silent contemplation these days. It looks like he is taking this accountability drive quite seriously!

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HOW 'NOT' TO SEEK TRUTH



Armughan Munir
Transformation Coach,
Student, Podcaster

05 MINUTES READ

Can you guess What could possibly be the most astonishing yet peculiar phenomena to have ever happened in the history of the universe? The answer is surprisingly simple, YOU are! (assuming 'YOU' is a human, ofcourse!). Humans are one of the most astonishing phenomena in the history of the universe.

Why humans, you might ask? It's pretty straight forward:

I don't see any other creature sitting around asking questions like, "What is the purpose of life?". Only humans have done such weird stuff.

Human history shows that we have had a long-standing obsession with knowing.

A Homo sapien wandering through the jungles once glanced up at the sky. To his bewilderment, He asked himself, "What is this? Where did it come from? Why is it the way it is?"

This questioning spirit is the root of human intelligence. That's what we call "The Wonder Element"

You see, a bird or an amoeba doesn't have the wonder element. A bird flies in the sky everyday and goes "Meh ". That's not to say there's no intelligence in birds or other living creatures. There is one, and far more unique & superior than human intelligence, but that's for another day.

Let's go back to The Wonder Element. We can trace all of human knowledge including language, science, philosophy, mathematics to this single element. The very reason I, a homosapien, am able to communicate in a 'language' with you is because a few homosapiens came together in

IMAGES SOURCE: RSCC

wonder to create a way to manipulate sounds so that it carries meaning. That's far out!!

The real question is, Can the wonder element give us answers to questions which are rather philosophical in nature. Questions like what is my purpose? Or where did I come from? Let's see...

Like all good things in life, The Wonder Element comes with a limitation.

The limitation isn't in the element itself. It's how we use the element to understand the world around us.

Allow me to explain,

Imagine you are a caveman living with your family of four kids and one wife. Yes, the kids and wife part hasn't changed that much (That was a joke). Your job is to protect and provide for your family. Everyday when it is bright outside, you hunt for food.

One day as you go out to complete your task. Something amazing happens. A cloud comes in front of the sun and blocks it.

I don't have to explain the terror on your face because you're running back thinking it's nighttime. Just as you get closer to your cave, the cloud passes by. Voila, It's bright again.

All this drama fascinates you. Finally, you look up and see a bright round bulb in the sky. You don't know what it is or whether you call it the sun. You just experience the tremendous power of it.

What happens next?

You want to know what this thing up in the sky is, but since you don't know. You come up with an explanation that sounds good to you, or good enough at least.

Since it provides you with light and food, you start to worship the sun as all powerful. The sun turns into a Sun God. By now you might say "You're

just making it all up. I would never do that"

But see, Mr. Caveman, Your track record shows that you did do that. Not only you did that with the sun but with the rain, fire, mountain, lighting, desert, storm, and many more.....

Herein lies one of the fundamental principles we must understand,

"When humans don't know about anything. Instead of going the full way to explore and understand it, they'll settle for half-knowledge"

This half knowledge is what is called a belief (not faith)... and don't be embarrassed, we all have beliefs.

"But isn't it necessary to have certain beliefs?" You may be thinking.

Tell me something, Is it necessary for you to believe in gravity for it to work? Or Is it necessary that you believe that atoms are made up of electrons, protons and neutrons?

The only time you need a belief is when you don't know about something fully.

I don't have to make you believe that you're a human being and you have a name.

It's because you KNOW that you're a human being with a name.

A belief is a comfort zone. It's when you say that I don't know so I'll come up with something and pretend it is the truth. It is a hindrance to true knowing.

Most importantly, a belief is the opposite of faith. Faith is when you DO know.

For example, everytime you take a breath in, you let it go out because you have faith that it'll come back. You have an innate knowledge about that. 'Believing' in this context would be the attitude that if everytime you take a breath you hold it in forever. You cling to that breath saying "Oh I got it now!"

Faith is when you try to find out the way things are. A belief is when you try to make you the way things should be.

It brings us back once more to our question.

Can the wonder element lead us to the truth about philosophical questions?

The answer is, Of course it can! As long as certain beliefs don't stop you. You see, It's our laziness of not exploring that causes us to have certain beliefs. These beliefs can be personal, scientific, religious, social, or cultural.

Our beliefs are the very thing that stops us from seeking the truth about our nature and the nature of reality. We believe that the world is a certain way and negate every other understanding of the world.

The truth of the matter is,

Even if you believe in something that is true, It's much better to know it for yourself.

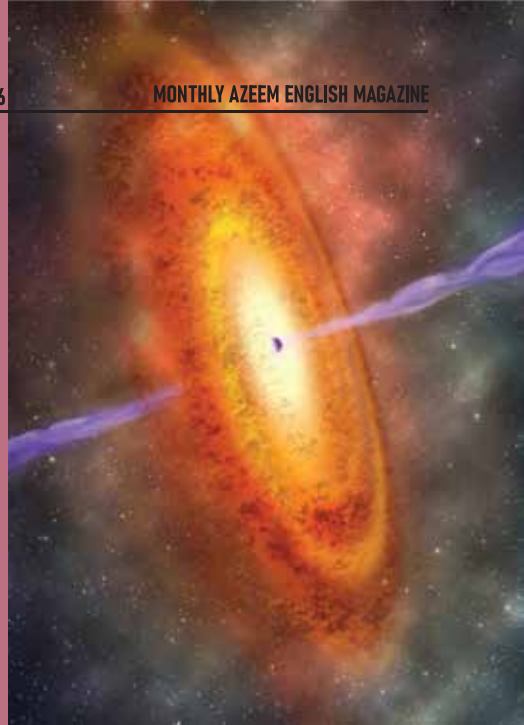
How good would it be if you believe that mountains exist but you haven't seen one for yourself?

If you really know something to be true, that is to say that you've been to the mountains, you don't need to believe it anymore. You just KNOW!

Now if you really want to know the truth. Truth about yourself, reality, God, or anything. The easy way is to find solace in comforting beliefs. The correct way is to become an open-minded skeptic. Stay open-minded about everything you hear but don't just believe it. Be a skeptic about it too, put it to the test. See for yourself....

When you see, you will see.

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What Is The Thing That Most Of Us Don't Know About The Universe That We Should?

It's the greatest gift that modern astrophysics has given civilization. In 1957 a research paper was published including a leading female scientist who is celebrated. Maybe one day, we will get a good biographer. But they published a paper demonstrating that the atoms in your body, the nitrogen, the iron, the carbon, that all of this are traceable to cosmic crucibles deep in the centers of stars. It makes them by thermonuclear fusion. The star explodes, scattering that enrichment into gas clouds that make the next generation of star systems such as we live in the universe. Don't feel small. The universe is alive within you and you should feel large.

WHY ELDERLY JAPANESE ARE TRYING TO END UP IN PRISON?

Sunday Roast

02 MINUTES READ

Japan is aging rapidly. This triggers strange side effects in society. The elderly want to go to jail on purpose. They commit more shoplifting crimes than teenagers. Retirees now make up 20% of all Japanese arrests.

What's going on ?

Japan is facing a demographic crisis. The country's population has been shrinking since 2010. In 2021, it counted 125.7 million. Two years later, it's down to 125.4 million. Japan's population is likely to fall below 100 million by 2050. But it's not the only thing to worry about. Low birth rates lead to an aging population. Today, Japan has the highest senior population share in the world. 29.1% of Japanese are over 65 years old. This drains the job market and puts a strain on the welfare system. But in recent years, Japan has faced another side effect. Japanese retirees are committing petty crimes in record numbers. They deliberately choose to spend the rest of their days in jail. Over the last 20 years, the elderly crime rate in Japan has quadrupled. Retirees make up 20% of all arrests. In 9 out of 10 cases, they commit shoplifting. It's punishable as theft by up to 10 years imprisonment.

Toshio Takata is 72 years old. He committed his first offense when he was 62. Takata's parents were dead. His two elder brothers stopped answering his calls. He had fallen out of touch with his ex-wives and three children.

He said, "If they had been around to support me, I wouldn't have done this."

But it wasn't just about the funding company in jail. Takata ran out of money. Unable to pay the rent, he decided he would be better off behind bars. His plan was simple. He stole a bicycle and rode to a police station. Takata told the policeman, "Look, I took this." He was sentenced to one year in prison. After he was released, he committed another crime. Takata threatened a group of women with a knife. One woman called the police. All in all, Takata spent 4 years in jail. He described his time there as "not that painful". Like Takata, over 1/3 of elderly lawbreakers have been previously convicted.

Mrs. Yamada, of the same age as Toshio Takata, intentionally went to jail in 2018 due to financial struggles. Unable to pay her bills, she stole a bag valued at \$260. Imprisoned for one year, she encountered numerous elderly inmates, including those in their 80s and 90s, with mobility and health issues. The presence of senior prisoners raises the already high annual cost of \$20,000 per inmate, essentially turning prison officers into caregivers. Japan aims to address senior crime by improving its welfare system, but this desperate practice will persist for some time.

Japan's high senior population share stems from a demographic crisis caused by a shrinking population and low birth rates. Retirees resort to petty crimes due to strains on the job market and welfare system. The government's efforts to tackle this issue will take time, highlighting the necessity for a long-term solution.

THE SECRET WHICH MADE CHINA SUPERPOWER



Ma Li
CEO of an Investment &
Consulting Company in China

03 MINUTES READ

China's secret strategy surpassed the United States to become the world's largest economy GDP in terms of purchasing power parity, GDP-PPP in 2014 according to the International Monetary Fund (IMF)!

Firstly, all land in China belongs to the state! Why is there no private land in China?

Urban land is owned by the state, while rural land is nominally collectively owned. The land in the country belongs to the state and collective (another form of state), and individuals do not have ownership of the land, only the right to use it.

Legal basis: The Civil Code of the People's Republic of China

Article 249: Urban land belongs to the state. According to the law, rural and suburban land that belongs to the state.

Article 250: Natural resources such as forests, mountains, grasslands, and

mudflat etc... are all owned by the state, except those that are owned by collectives according to law.

Secondly, private ownership of land in China is not allowed. This unique land system endows China with many advantages, especially economic development advantages!

For example, what many people do not know is that when China (1949) and India (1947) were first established, India's economic strength was actually much stronger than China. At that time, India had an industrial system left behind by Britain and a good foundation of heavy industry; Secondly, in terms of external assistance, the Soviet Union and America's assistance to India was much greater than its assistance to China; In addition, both has almost the same population. But now by 2023, everyone knows that China's economy is much stronger than India, so why is China developing much faster than India?

One of the secret strategies is that all land in China is state-owned, and individuals only have the right to use

IMAGES SOURCE - XINHUA/NET

it, not the right to own it. India is different, as most of its land is privately owned and only a small portion is state-owned. This has resulted in one of the most fundamental tasks of economic development, "land acquisition," which is easy to complete in China and difficult to complete in India.

For example, if China wants to build railways along the coast to connect all coastal ports, or establish a large-scale special economic zone, it will need to acquire land first. As the land is state-owned, it is easy for state to ask local residents to relocate according to law, and the compensation for relocation given to local people will not be too expensive;

But it is difficult for India to complete this process. This land is privately owned, and if private individuals are unwilling to sell it during land acquisition by the state, the state has no legal solution, especially if compensation cannot satisfy the land owner, then the government cannot complete the land acquisition.

Because when the government is unable to complete land acquisition for highway and railway factories at all or on time, how to build factories to produce products for sale or how to low-cost and timely transport products that have already been produced to the consumers?

Therefore, Today China's economy is much stronger than India's.

In addition, according to data from the International Monetary Fund (IMF), in 2022, China's total economic output (GDP) reached 18 trillion US dollars, second only to the United States and second in the world, while India only had 3.39 trillion US dollars; According to the calculation method of purchasing power parity (PPP), China's economic size (GDP-PPP)

had already surpassed the United States in 2014, becoming the world's largest economy. The IMF adjusted GDP according to PPP (GDP-PPP), and the results showed that in 2014, the US economy was \$17.4 trillion US dollars, while China's economy was \$17.6 trillion US dollars.

In summary, the national ownership of all land is one of the secret strategies to China's economic takeoff and allowing India to only see its taillights, surpassing the United States in 2014.

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DID YOU KNOW?

DRONE GUN HAS NO BULLETS

This gun shoots no bullets or nets, but how it can bring down a drone is not what you think!

The handheld tactical drone can disrupt radio frequencies on multiple bands at the same time using universal systems from Europe, the US, Russia and China. By just pointing to Drongun and holding the trigger, a signal jam is released that interrupts the video feed, which forces the drone to enter vertical safe-landing mode.

In addition to that, the blaster can make the target drone return to its starting point, allowing its operator to be tracked down.

But how much do these things cost?

The Ukrainian firm Kvertus Technologies developed these drone guns at a price of \$12,000 to defend against Russian military drones. Or if you are on a budget, you could just use an eagle!

An Introspection About METAMORPHOSIS OF THE OTHER w.r.t Pakistan



Mawara Manzoor
Writer

4 MINUTES READ

This article sets the essential groundwork for scrutinizing the placement of women in political reformation, nationalist agendas or power relation scenarios within Pakistani postcolonial setting. Women's movements in Pakistan have largely been backlashed by extremists or hegemonic culture because of their shift from silent-bearers to fighters. In Pakistan, feminism has two fold views as historical and other one is the manmade ideologies about it. Gender discrimination, not only in the third-world but in the first world as well, has already been experienced by the oppressed or silenced section of the society that is a rising issue in every patriarchal society. The universal idea about feminism prescribed by first world feminism as center is highly objectified and creates a binary approach towards its mere ideology in first world feminism as marginal. The colonial discourse creates hype regarding binary terminologies of feminism that envision the socio-political and cultural distortion in both contexts either sexual assault or historical connotation of word representation regarding female position in home or work place i.e. discrimination in wages or ranks between man and woman.

The Internet is the main shareholder

to overcome or resist the challenging socio-political constraints on women in Pakistan these days. Patriarchal hegemony and gender discrimination are deep rooted in Pakistan's homeland, truth to be told, women are subjugated by privileged gender type and labeled as bleak and weak so that overrated masculinity can become the voice of women rather than giving voice to voiceless Other (female) of society. Discussion host Uzma al-Karim in a conversation with BBC Urdu News in 2019 reported about a panel debate on feminism that was conducted under recast title "Understanding Feminism" from "Feminism: The Other Perspective". She was of the view that gender inequality or to dismantle patriarchy oppression can only be investigated through live experiences of the 'subject'. But all-male discussion panel except her was obviously to manipulate their universal significant position in order to reinforce their own ideas about feminism in the audience. Furthermore, she takes the edge of male hegemonic society to convey the essence of the feminist ideology that we wanted to register their perception because they were in a position to influence public opinion. And that's why we called it 'the other perspective'.

The reinvention of feminism in Pakistan started a few decades back and now it is the case that every women's movement is following what Mohanty says that "we are all sisters

in struggle". According to Adichie in a YouTube video on feminism, "feminism is not about women rather it is about equality between both men and women." She talks about the humanistic approach of feminism that is about equality between men and women, which is not only overlooked in the third world but in the first world as well. In Pakistan, women resist every constraint by articulating their uncanny tremendously off the beat actions that can surprise or shake the rigid patriarch mindsets. And it is parallel to what a Black

distort the marginal or center categorization of first and third world. The deconstruction of this mere idea about marginal/center, powerless/powerful, agency/dispirt and third world/first world feminism can pave ways for third world females to direct her gaze away in an agentive manner from the so called center to re-scrutinize the universal beliefs. The retrograde and unschooled areas of Pakistan still face forced marriages and the innate idea of never lashing back at your husband creates such a direction in which unprivileged



feminist speaker Audre Lorde says in her essay, "The Master's Tool Will Never Dismantle Master's House that now we hear that it is the task of black and third world women to educate white women in the face of tremendous resistance, as to our existence, our differences, and our relative roles in our joint survival." She considers male education as priority regarding female agency and strength to radically describe their existence and needs. The binaristic understanding regarding feminism is defined by multiple third world feminists to

women silently bear the violence from their in-laws knowing the fact that they can't worry or burden their deprived parents. In Audre's view, feminism is more to do with "an engagement in men, of men about men" in order to educate them. By trying to get and engage with boys and men collectively, a side-by-side transformation can be experienced in a societal pattern without any discrimination on any level.

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Essence of Sharing in Friendships



Aqsa Zahoor
Sociologist

02 MINUTES READ

To understand life, one must have belief in two practicalities of its occurrence; life and death. Every single existence of this planet is based on these two realities. I know I might sound stupid by saying things that are quite obvious to anyone. But everything has a history that can be traced back, explored, documented, discussed and most frequently relatable on different occasions. In similar patterns, humans are counted seldom when they are alive and after they are dead.

Life is a wave having crusts and troughs depending on a “being” to operate it according to his/her will or just adopt the policy of going with the flow. You have heard of this saying “Friends are life”. Have you ever thought about it? Or you just take it as a beautiful saying, suits with your lips, tastes like candy and smells like a delicious binge of your own choice? I am not going to discuss every single relation of intimacy humans have with other humans. I am interested to discuss with friends “the beautiful creatures” you choose for yourselves. Here comes yourself, among

yourselves. You have a different and most interesting self when you are with your friends.

You share your daily, weekly, and monthly routines with your friends. This sharing is full of gossip about you people (friends). Sometimes minor and sometimes this sharing is too deep enough that the other person feels like whatever has happened, happened with him/her. Friends might be the only creatures that have the ability to understand up to the level you want them to reach.

The purpose of all this debate is to make you feel how essential it is to share yourself with your friends. Share yourself so that you may feel that your whole existence is in the air. You are discussed and normalize being discussed. This practice is as cheerful as we know we always feel light when with our friends. It is your friendship that makes you live at full pace and alive after being physically absent from their eyes. And trust me, it will give you an understanding about your own existence and the reality of life and death seems to be beautiful in front of you. Make your own reality. Make a rosary of colorful beliefs in which your whole existence is resilient to whoever enters in your world.

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CHAMPIONS ARE MADE, NOT BORN! REALLY?



Muhammad Shoab Khan
Student, BS Zoology,
UMT, Lahore
[05 MINUTES READ](#)

IMAGES SOURCE: FREEMK

"Champions are not born. They are made"

This famous quote is associated with so many great leaders like Mahatma Gandhi and Muhammad Ali Jinnah. The apparent meanings of these words tell that victory is not God-gifted. It's the vision, hard work, dedication, and so many other factors that

make sure the success of an individual. But the essence of these lines tends to raise their eyebrows when we see these in the fields of athletics.

Because in sports, the physical qualities that an athlete has by birth play a significant amount of role in his victories on the field. Let's find out how far we disagree with this quote in athletics!

Genetics has always played an important role in determining an athlete's physical abilities, as well as their predisposition to certain injuries and illnesses. While training, diet, and other factors can certainly impact athletic performance, genetics can often set the foundation for an athlete's abilities and potential.

One area where genetics plays a significant role in athletics is in determining an individual's muscle fiber type. There are two main types of muscle fibers: slow-twitch (Type I) and fast-twitch (Type II). Slow-twitch fibers are better suited for endurance activities like long-distance running, while fast-twitch fibers are better suited for explosive movements like sprinting or weightlifting. Research has shown that an individual's muscle fiber type is largely determined by genetics, with some people being genetically predisposed to having a higher percentage of one type of

muscle fiber over the other.

Studies have found that the genes that are linked with athletic performance include ACTN3 and ACE. These genes make up the muscle fiber and are associated with strength and endurance. ACTN3 makes proteins that are mostly found in fast-twitch muscle fibers. The variant of this gene is R577X, when it is present in both copies of a gene that is 577XX, the individual will have an increased proportion of slow-twitch muscle fibers. The 577RR genotype is also associated with fast-twitch muscle fibers. The ACE gene codes a protein Angiotensin Converting Enzyme, which makes Angiotensin II that helps control blood pressure and is also recognized to influence skeletal muscle function. Some other genes are associated with athletic performance. These function in skeletal muscles, production of energy for cells, communication between nerve cells, and other processes at the cellular level.

Another area where genetics can impact athletic performance is in determining an individual's body type. Endomorph body types tend to have higher levels of body fat and are often better suited for sports that require power and strength, like football or weightlifting. Ectomorphic body types tend to have lower levels of body fat and are often better suited for endurance sports like long-distance running. Mesomorphic body types are a combination of the two and are often well-suited for a variety of sports. Again, genetics can play a significant role in determining an individual's body type.

Some other genetically determined traits that are necessary for athletes include aerobic capacity, which is the maximum quantity of oxygen that the

body can deliver to its tissues, muscle mass, height, flexibility, coordination, intellectual ability, and personality.

Genetics can also impact an athlete's risk of injury or susceptibility to certain diseases. For example, some individuals may be genetically predisposed to having weaker joints or connective tissue, which could increase their risk of injury. Others may be genetically predisposed to certain illnesses or medical conditions that could impact their ability to train and compete at a high level.

Here are a few examples of athletes who have been noted for having exceptional genetics:



Serena Williams is a professional tennis player who has won numerous Grand Slam titles and Olympic gold medals. Williams has been noted for her exceptional athleticism and physical prowess, which is thought to be at least partially due to her genetic make-up.



Usain Bolt is widely regarded as one

of the greatest sprinters of all time, having won eight Olympic gold medals and setting numerous world records. Bolt's success can be attributed in part to his genetic makeup, as he has been noted for having a high proportion of fast-twitch muscle fibers, which are well-suited for explosive movements like sprinting.



Michael Phelps is one of the most successful Olympians of all time, having won 23 gold medals and setting numerous world records in swimming. Phelps has been noted for having a wingspan that is longer than his height, which is thought to give him a biomechanical advantage in the water.



Shaquille O'Neal is a former NBA basketball player who was known for his incredible size and strength. O'Neal's success can be attributed in part to his genetic makeup, as he has been noted for having a larger-than-average frame and a

higher-than-average percentage of fast-twitch muscle fibers, which are well-suited for the demands of basketball.

It's important to note that while genetics can play a role in an athlete's success, it's not the only factor, and many other factors can contribute to an athlete's success, including work-out, training, nutrition, and mental toughness. Additionally, genetics is a complex and multifaceted topic, and it's difficult to attribute an athlete's success solely to their genetic makeup. Certain environmental factors also contribute to excellent athletic performance, the amount of support an athlete receives from family, coaches, and spectators. The age of an athlete concerning his competitors also matters. It means if there are two athletes with similar genetic makeup, the one with better training, support, nutrition, and effective age will surpass the other one. Additionally, many athletes have achieved great success without having the same genetic advantages as these individuals, demonstrating that hard work and determination can overcome even genetic predispositions.

Genetics plays a significant role in determining an athlete's physical abilities, body type, and susceptibility to certain injuries and diseases. However, it's important to remember that genetics is just one piece of the puzzle when it comes to athletic success. With the right training, nutrition, and mindset, any athlete can achieve their goals, regardless of their genetic makeup. So, in athletics too, a champion is not always born, but it is also made.

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WHAT MAKES IRON DOME SO SPECIAL?

Sunday Roast

04 MINUTES READ

With tensions rising between Israel and Hamas, the effectiveness of the Iron Dome air defense system has once again come under the spotlight. On April 6, 2023, 34 rockets were fired at Israel from Lebanon, with 25 of them being intercepted by Iron Dome. Israel has blamed Hamas for the attack and responded with airstrikes against targets in Gaza the following day.

But what is Iron Dome and why is it considered unique?

Developed by two Israeli firms with support from the U.S., Iron Dome is often touted as the world's strongest air defense system. However, its effectiveness depends on how one defines "air defense."

An air defense system is a network of technologies and strategies that are

designed to detect, track, and intercept incoming enemy aircraft or missiles. These systems are critical for protecting military bases, cities, and other strategic targets from airborne attacks. They can include a range of components, such as radar systems, anti-aircraft guns, surface-to-air missiles, and command and control centers. The goal of an air defense system is to deny the enemy's ability to successfully deliver an airborne attack and to protect friendly forces and civilian populations.

The system only protects against rockets and mortar shells. It's not meant to intercept missiles or larger aircraft. However, rocket shelling is the most persistent threat in Israel. No other country has a comparable system in place. But Iron Dome has its limitations. The system consists of three parts. One is a radar that

IMAGE SOURCE: TTTI

detects incoming rockets. Then there is a command-and-control system. It determines the threat level. Finally, an interceptor seeks to destroy the incoming rockets before it strikes. According to Israeli officials, Iron Dome is 90% effective. In May 2022, terrorists fired more than 4,300 rockets from Gaza into Israel. More than 1,500 of them targeted heavily populated areas. Iron Dome shot down 90% of those rockets. The system can hit missiles up to 43 miles away. It was initially deployed in 2011.

What makes Iron Dome so useful is its tracking capability?

Rockets are typically fired in barrages. Intercepting every rocket in an artillery barrage is impossible. But Iron Dome maps the trajectory of each incoming target. Then it determines if it's heading toward an urban area. Only then will it attempt to intercept it. It's not just a matter of prioritizing. The system is prohibitively expensive. Each interceptor missile costs between \$40,000 to \$50,000. The rockets designed to destroy cost about \$800 a pop. Thus Iron Dome is only effective in terms of intercepting rates. Financially, it's so inefficient that Israel is constantly looking for ways to replace it.

One of the prospective replacements is Iron Beam. That system will use lasers - if it ever materializes, that is. Iron Dome makes sense for a tiny country like Israel. It has been reportedly sold to a few foreign customers. But so far, it hasn't been delivered, let alone deployed. It will take years to build even a single Iron Dome. Moreover, it's unclear where else it could be handy. Some suggest Ukraine. Indeed, the Ukrainians asked for Iron Dome at some point. But it would

have been entirely useless. Maybe Israel doesn't want anyone to know that.

The system's expensiveness has been criticized at home. Some argue that simpler systems would be more efficient. In tests, Iron Dome has proved ineffective against short distance saturation strikes. It's basically an ultra-expensive safety umbrella built for a specific place. Israel responds to every rocket barrage with an airstrike the next day. But the Russians have surface-to-air missiles. The Ukrainian Air Force is also a lot less advanced than the Israeli one. So even if Ukraine had an Iron Dome, it could only protect a mid-size town for about three hours. Ukraine's defense minister Oleksii Reznikov said so himself. After visiting Israel in 2022, Reznikov said: "Iron Dome was built against slow, low-altitude, low-impact missiles that were basically made in garages. It does not protect against cruise and ballistic missiles."

It can be said that Iron Dome is an impressive air defense system that has protected Israel from rocket attacks for over a decade. Its tracking capability and intercepting rates are unmatched, but its limitations are clear. It's prohibitively expensive, and its usefulness is limited to protecting against rockets and mortar shells. Israel is constantly looking for ways to replace it, but for now, Iron Dome remains a crucial component of the country's defense system.

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GASLIGHTING: IT IS THEM, NOT YOU



Hafsa Shahzada
Trainee Clinical Psychologist
UMT, Freelancer

04 MINUTES READ

“Tum pagal ho! Aisay kabhi nahi howa!” “Are you sure? You tend to have a bad memory”. “It’s all in your head”.

Gaslighting. A term once loosely heard of but is now one that has rapidly picked up steam over the past few years. Growing awareness and open discussion on mental health have led netizens to share observations, stories, and tweet threads of their personal anecdotes, as well as tag professional advice columns to solicit support for the survivor’s harrowing tales.

A quick crash course on its roots: The term Gaslighting was coined from the name of the 1938 play and 1944 movie Gaslight. In each of the cinematic pieces, the male protagonist convinces his wife she’s imagining things that are actually happening—including the dimming of the house’s gas lights—with the result of making her believe she has gone insane.

In its elementary form, Gaslighting is a form of psychological and emotional abuse. It is manipulation that hinges on creating self-doubt. Insidious at its core, the abuser seeks to exert psychological control over their victim by deliberately and systematically feeding them false information that leads them to question what they know to be true, often about them

IMAGE SOURCE: MERRIAM WEBSTER

selves. An imbalance of power is established between the abuser and victim, as abusers typically exploit stereotypes or vulnerabilities linked to gender, class, race, sexuality, and/or nationality.

Now a disclaimer: While gaslighting is most common in romantic relationships, it can also occur within family or workplace relationships.

Andrew D. Spear, Associate Professor of Philosophy at Grand Valley State University in Allendale, Michigan, pens down, "The most distinctive feature of gaslighting is that it's not enough for the gaslighter simply to control his victim or have things go his way: It's essential to him that the victim herself actually come to agree with him," in his 2019 paper on gaslighting in Inquiry.

Signs to Watch Out For:

The "Twilight Zone" Effect: Victims frequently report a sense of derealization, as if the situation is occurring in a different realm from the rest of their life.

Language labeling you or your behavior as insane, unreasonable, or overemotional

Being told you're exaggerating.

Feeling confused and powerless after ending a conversation

Isolation: Several gaslighters attempt to alienate their victims from their friends, family, and other support networks.

Tone Policing: Your gaslighter may criticize your tone of voice if you defy them on something. This is a strategy meant to turn the tables and push you to feel like you are the one to blame, rather than your abuser.

Cycle of warm-cold behavior: to throw the victim off balance, the abuser alternates between praise and

verbal abuse, often in the same conversation.

Some Techniques a Gaslighter Typically Uses:

Countering: The abuser questions the victim's memory of events, even when the victim accurately remembers them.

Withholding: The abusive partner pretends not to understand or refuses to listen.

Blocking/ Diverting: The abuser changes the topic and/or questions the victim's thoughts.

Trivializing: Abuser makes the victim's needs or feelings appear insignificant.

Forgetting/ Denial: Abuser pretends to have forgotten what actually happened or denies commitments, like promises made to the victim.

Anyone who believes they are experiencing abuse of such kind should seek support.

Gradually, emotional abuse may escalate into physical violence. Even if the abuse does not become physical, gaslighting and similar behaviors can significantly undermine a person's self-esteem and mental health.

To address the mental impact of gaslighting, a person may find it helpful to talk confidently to a therapist who has experience helping people in abusive relationships, or to their support circle. At most, a survivor can contact a domestic abuse organization for advice and help with creating a safety plan.

Remember: You can always recover from the trauma of gaslighting. It does not define you. Only you define your story.

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MICRO HABITS FOR A HAPPIER HEALTHIER LIFE



Iqra Zafar
Writer, Student, Researcher

04 MINUTES READ

“Making a choice that 1% better or 1% worse is insignificant at the moment”
- Anonymous

In this fast-paced life, where everyone is occupied in their own heads, if you ask someone what they want, the answer is always them wanting to be happier. The health aspect obviously comes along.

But how does one do that? Are happiness and health truly that hard to find?

Thankfully, happiness is a lot simpler than a lot of people think. Now, making massive changes hardly works, and aiming for a huge step to fix it all is never a good idea.

The best way is to follow a great system of digestible, small habits that fit your attitude and personality right. That is where the micro-habits come

to play. By doing that you can focus on repeatable behaviors that deliver results.

It is said that a small action every day is way better and more impactful than a massive change that cannot be sustained.

So, where to begin?

1. Start Your Day With Light Exposure

A little Sun doesn't hurt anyone, right?

Instead of just using your phone as soon as you wake up, a better idea is to get Sun exposure as much as you can. This is greatly helpful with the circadian rhythm.

The bright light that comes in the morning indicates that it is time to wake up and gets the body ready for all other processes that are controlled by the circadian rhythm at work.

It also aids in the improvement of the circadian rhythm at night which improves your sleep quality immensely. So, as soon as you wake

up, it is best to get some light as soon as possible. Start with opening your curtains, sitting by the window or just taking a small walk outside. Light exposure not only impacts the circadian rhythm but sleep and mood as well.

If the Sun isn't up yet, it is best to turn on a bright overhead light to help you out.

2. Hydrate Yourself After Waking Up

HYDRATE! HYDRATE! HYDRATE!

Hydrate yourself as soon as you wake up. Do not start your day dehydrated. The first thing that you should do after waking up is drink a large glass of water.

The best way is to aim for drinking at least 16 ounces of water a day. If you want some of the added benefits, it is always a great idea to add Himalayan salt or sea salt to get those electrolytes replenished.

A glass of water in the morning also helps kick-start the metabolism and keeps the body hydrated throughout the day, as a lot of people don't drink enough water already.

3. Rest And Recharge

You must be familiar with the "sharpen your saw" story. If you are not, once a woodcutter was cutting a tree and was taking no breaks in between. A man, noticing, asked him, "Why don't you just sharpen your saw?" To which the woodcutter said that "This will waste my time". The man replied, "Taking a break to sharpen the saw will give you more energy to work and you will be capable of doing so later on."

Just like that, taking breaks and resting must also be opted as a micro habit.

Even taking small breaks to get some fresh air or taking a quick nap can make a huge difference and are some of the best practices for recharging

yourself.

4. Practice Breathing Techniques

All of us are aware that breathing through our mouths can activate the flight or fight system in the body that keeps it in a state of stress. But breathing through your nose has some added benefits as a lot of breathing exercises already help with stress and anxiety.

Breathing is a very powerful tool that works great with the management of stress. So, making it a part of your everyday routine and taking out 10 minutes of your day to practice can make a huge difference in your mental and physical health.

Try and incorporate nasal breathing into your routine. Obviously, it does take time. Exercise at a pace where you feel comfortable. You can for sure increase the intensity with time without having to open your mouth.

5. Say Bye-Bye to Social Media Before Sleep

A lot of us these days scroll through social media when we struggle to sleep, however, it is best to read a few pages of a book instead. Indulge yourself in stuff that has nothing to do with work or with any responsibility.

Try and give a read to something that is relaxing to your mind and eases sleep. This is also a very helpful way to wind down and relax without having to rely too much on technology and screens before going to bed.

One Step at a Time Goes a Long Way!

To develop micro habits, there is no need to study and understand psychology or human behavior. Remember, micro habits only need consistency and perseverance from your side. And once you start to form these, there is no going back. So, here's to a more healthy, and happy life!

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REGRET AFTER RAGE: A WEIRD CASE



Duaa Iftikhar
Poetess, Writer
Medical Imaging Student

02 MINUTES READ

IMAGE SOURCE: PEXELS

We should not hope this but it is a fact that regret after rage combo is not rare among us. So, let us start. How many of you have questioned that why we regret after flying into rage and if so, then why rage? Well, I also found this chemistry a few days back during Eid holidays when I suffered intense rage, twice a week. Then what, it became a falling apple on my head and after getting senses from rage, I worked on it. Quite interesting it seemed to me, but I understood that for some, it would be disrupting, disappointing or might be nothing. That is why, it is a weird case. So, why do not we intervene into their bonding and check what is the reason behind their hands together. After all, it is the matter of our health and other one's heart. But, it will not be a secret again if I tell you. Hence, there are no secrets, only the bad words.

The words, which seem nothing when spoken out during rage, but when you cool down, they become heavy weighted. The vocals, which provoke you to lower your standards, up to the level of other one's and to utter more unnecessary in response. I am not talking about the other person who teases you at random or does not consider your contribution. It is all about you because your health matters. Last year, I remember, one of my friends yelled at me for not completing my part of assignment. Her task was to edit and compile. The problem was the table which I created with the help of shapes in the word file because it was not getting added

with the two clicks of copy and paste. And then, I did it for a maximum of five minutes. The girl remained my friend but her tone lasted for three months. The purpose is when someone squabbles or disagrees with you, forbidden to respond immediately. Take some time to analyze the situation and respond in a few minutes or a day, not three months like I did. In this way, you can save yourself from regret.

People say that if you want to know someone, observe him in a state of anger. That sounds cool to impress others but do not worry, with a conscious effort to remain calm; soon you will be your own hero. Where in some places anger is valuable such as when you see injustice around you or within you. At many places it becomes harmful in a way when you inappropriately respond. Anger itself is natural but your reaction determines how much it is going to cause damage. Once, a person asked a dervish "what anger is?"

He said smiling, "punishing oneself for the guilt of others".

So, if there is a problem with others, negotiate with them. And if a problem lies in you then what to do. Take a paper and pencil, think and write each and every aspect of a recent bad anger moment; solutions will rain upon you. Hurry up, it is your task. And remember, this world is only for once, and we all have to face death. You will not be happy if you leave this world without working on yourself. Identify the cause why Allah Almighty has sent you in this world, and then you will not bother such trivial things.

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LOVE TRAUMA



Fatima Altaf
Psychologist, Visual Artist

05 MINUTES READ

They have hollows you didn't create and darkness you don't deserve.

Toxic relationships are usually addictive in nature and even when they end you feel incomplete or restless till your toxic patterns are replaced with healthy patterns. The foundation of our attachment styles which we carry throughout our life is usually set by our primary caregiver. If our caregivers succeed in providing us the love, attention, security and care we need as a child, we feel secured and attached to them. Our primary sense of security and safety is reached which further helps us to develop safe and secure attachment styles with our romantic partners.

On the contrary if our primary needs of security, love, attention and care are not met, we might end up being insecure and anxious, and with this the probability of getting into a toxic relationship increases.

Now what influence does the secure and insecure brought up have on our adult relationships and how important it is, which mostly in Asian households is highly neglected to provide

your child with a secure and nontoxic environment. More to accept the after effects of how the childhood traumas dominate the adult life of the individual. Starting from our nervous system, whatever kind of attachment we are provided as a child either secure or insecure are non as our initial attachments they play their part as norms in our life and become addictive and only known patterns to us. So if we are/were raised in accepting, acknowledging, validating and loving environments, we will never accept the toxicity or abuse in our further relationships which we develop as adults but to know the abusive and toxic relationships it is very important to know and experience healthy relationship because if you have known toxic and chaos all your life you would hardly know the difference, you will choose toxicity over and over again but it will drain you mentally along with creating great disturbances physically. You will unconsciously and anxiously attached to this type of bond.

Toxicity, uncertainty, and insecurity create a negative spiral in the mind, leading to depression and a continuous cycle of negative thoughts, feelings, and actions. Carrying the burden of a toxic relationship can

leave you feeling exhausted, avoiding social interactions, and isolating yourself. In a negative environment filled with stress and emotional abuse, you build walls to protect yourself from further harm.

Being treated poorly confuses your brain and damages your self-perception. Confidence in your abilities, dreams, and instincts diminishes without even realizing it. Good mental and emotional health provide inner strength, shielding you from constant distress. If any relationship puts your inner strength and security at risk, it's time to let go. Being in a toxic relationship drains your energy and perpetuates anxiety rather than rejuvenating you.

Studies have shown that toxic relationships increase anxiety and stress disorders, while healthy relationships decrease them. It's crucial to prioritize your well-being and distance yourself from toxic dynamics to foster a healthier and more balanced life.

Study found that toxic relationships increased anxiety and stress disorders, while health relationships decreased anxiety and stress disorders.

Now how toxic relationships are addictive?

When in love, the brain's reward pathway is highly activated, similar to the brain activity seen in addiction. The release of dopamine triggers the brain's reward circuit, signaling pleasure and the desire for repetition. This explains why being in love can feel addictive, whether it's for a person, situation, or event.

In healthy relationships, craving and validation are part of a normal cycle because our partners provide the emotional fulfillment we need. During low moments, they are there to ease our stress. When our partners

consistently meet our needs, we do not constantly crave validation. However, in toxic relationships, validation is scarce. Instead, we may experience silent treatment, convenience-based attention, and adherence to the toxic partner's terms and conditions. As the relationship continues, we crave more validation to recapture the emotional high. Unpredictability, red flags, and feeling disconnected are all signs of a toxic relationship that can drive us towards increasingly unhealthy means of seeking validation.

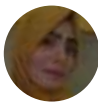
Being attracted to toxic people or being in a toxic relationship does not mean we are bad or insignificant individuals. Rather, it suggests that our unmet needs and unresolved issues from the past are influencing our choices. Our mental health should always be a priority, and we must pay attention to the factors that take a toll on it. Toxic people and relationships are among the main contributors to negative mental health impacts.

Toxicity and negativity reinforce each other, often leading to the erosion of our healthier habits. Feeling bad due to a toxic person in our lives can cause us to neglect self-care routines, sleep patterns, workout schedules, and even personal hygiene. Therefore, we must prioritize our mental, emotional, and physical well-being above all else. We need to be cautious about whom we invest our love, emotions, and time in. Let us never allow our deepest feelings or love to become our deepest wounds, and instead nurture ourselves in positive, supportive environments. By doing so, we can protect our mental health and cultivate a healthier, happier life.

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A Thin Line Between Complacency and Contentment



Asmara Rubab
Clinical psychologist

03 MINUTE READ

Life is all about striking a balance between different aspects of our lives. This balance involves various components, such as work and personal life, and most importantly, between complacency and contentment. These two concepts may sound similar, but they are not the same, and it is essential to understand the difference between them. Contentment is a positive state of mind that allows us to be grateful for what we have and not take things for granted. On the other hand, complacency is a state of mind that occurs when we become too comfortable with our current situation, leading to a lack of motivation to improve or grow.

Contentment is a positive state of mind that everyone should strive to achieve. When we are content with what we have, we are grateful for everything that we possess, and we tend to take a more positive outlook

towards life. This state of mind allows us to enjoy the present moment and appreciate the good things in our lives. Contentment can also lead to a sense of peace, tranquility, and reduced stress levels, which are all essential components of a happy and healthy life.

Complacency, on the other hand, is a dangerous state of mind that can lead to stagnation and missed opportunities. When we become too comfortable with our current situation, we tend to stop striving for more or challenging ourselves. This lack of motivation can lead to missed opportunities for growth and development, which can ultimately impact our personal and professional lives.

It is essential to understand the fine line between contentment and complacency. While contentment is a positive state of mind that should be encouraged, it is important to avoid becoming too comfortable with our current situation. Striving for more is an important part of personal and professional growth, and it is important to maintain the motivation to

IMAGE SOURCE : THRIVE GLOBAL

pursue new experiences and challenges.

Here are some tips for finding the balance between contentment and complacency:

1- Be Grateful for What You Have

Gratitude is a powerful tool that can help us find contentment in our lives. Instead of focusing on what we don't have, it's important to be grateful for what we do have. Take some time each day to reflect on the good things in your life and appreciate them.

2- Set Realistic Goals

Setting realistic goals is an important part of personal and professional growth. Goals provide us with a sense of direction and purpose, motivating us to strive for improvement and progress. They act as a roadmap that guides us towards the future we envision for ourselves.

When setting goals, it is crucial to ensure they are realistic and attainable. Realistic goals are those that are within our reach and aligned with our abilities, resources, and circumstances. Setting goals that are too lofty or unrealistic can lead to frustration, disappointment, and a sense of failure if we are unable to achieve them. On the other hand, setting achievable goals allows us to experience a sense of accomplishment and satisfaction as we make steady progress.

3- Embrace New Experiences

Embracing new experiences is a powerful catalyst for personal and professional growth. When we step out of our comfort zones and try new things, we open ourselves up to a world of possibilities and opportunities for learning and development.

Trying new hobbies or activities allows us to discover new passions, talents, and interests. It broadens our perspectives and helps us explore

different facets of our personalities. Engaging in activities outside of our usual routines stimulates creativity, enhances problem-solving skills, and fosters a sense of curiosity and adaptability.

Moreover, embracing new experiences can lead to valuable insights and self-discovery. When we challenge ourselves and venture into unfamiliar territory, we gain a deeper understanding of our strengths, weaknesses, and areas for improvement. We may uncover hidden talents or discover untapped potential that can propel us towards new career paths or personal goals.

4- Stay Motivated

Maintaining motivation is essential for personal and professional growth. Find what motivates you and use that to push yourself towards new experiences and challenges. Whether it's the desire for success or the love of learning, staying motivated can help you avoid becoming too comfortable with your current situation.

5- Appreciate the Present Moment

While it's important to strive for more, it's also important to appreciate the present moment. Take time to enjoy the good things in your life and be grateful for them. This can help you find contentment and avoid becoming too focused on what you don't have.

In conclusion, finding the balance between complacency and contentment is a delicate process that requires awareness and effort. While contentment is a positive state of mind that should be encouraged, it's important to avoid becoming too comfortable with our current situation. Striving for more is an important part of personal and professional growth.

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Think-it ORGANISATIONAL TURNAROUND



Muhammad Saeed Babar
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04 MINUTES READ

Organisation turnaround is a challenging task. During the life of an organisation, times come when it becomes necessary to navigate through a period of crisis or uncertainty, and make the necessary changes to improve its performance and get back on track. These changes may include reorganisation, restructuring, cost-cutting, product innovation, and other measures to restore the company's financial health and competitiveness.

Many factors are responsible for such turnarounds, such as changes in the market, economic downturns, leadership failures, and internal operational issues. Regardless of the cause, it is essential to take immediate and decisive action to address the problems and create a plan for recovery.

One critical step in a turnaround is to identify the root causes of the organisation's problems. This requires a

thorough analysis of the company's financial and operational data, as well as an assessment of the external factors that may be affecting its performance. Once the causes have been identified, a comprehensive plan can be developed to address them.

The first priority in a turnaround plan is often to stabilise the company's financial position. This may involve negotiating with creditors, restructuring debt, and improving cash flow management. It is also essential to evaluate the company's cost structure and identify areas where costs can be reduced without negatively impacting the company's ability to deliver products or services. This step was so vividly captured by the quote from Lou Gerstner - CEO of IBM. He was asked by a reporter about the company strategy at the time when IBM was losing one Million US\$ a day. He replied "the last thing IBM needs right now is a vision, the first step is to stop the bleeding".

Another critical aspect of a turnaround is to focus on product innovation and customer experience.

IMAGES SOURCE - FREEPIK

This requires a deep understanding of the customer's needs and preferences and a willingness to invest in research and development to create new and better products. It also involves building a customer-centric culture that values feedback and continually strives to improve the customer experience. This is what Apple Inc. did under the leadership of Steve Jobs. It developed the iPod that turned around the fortunes of Apple. Leadership is also critical in a corporate turnaround. A company's leaders must be willing to make tough decisions, take responsibility for the company's problems, and communicate openly and transparently with employees and stakeholders. They must also inspire and motivate employees to support the turnaround plan and work together to achieve the company's goals. Allama Iqbal has captured the very essence of leadership in the following couplet.

Nigah Buland, Sukhan Dil Nawaz,

Jaan Pursouz

Yehi Hai Rakht-e-Safar Mir-e-Karwan Ke Liye

(High ambition, winsome speech, a passionate soul—This is all the luggage for a leader of the Caravan)

1. He must be visionary.
2. He must be able to sell his plan to his team.
3. He must be sensitive to changes all around.

It is not an easy task for the visionary

to sell his plan because what he sees nobody can see. That is where his character shows the way forward. Is he an upright person or an opportunist?

Finally, it is essential to measure the organisation's progress and adjust the turnaround plan as necessary. This requires ongoing monitoring of key performance indicators, such as revenue growth, profitability, customer satisfaction, and employee engagement. Regular updates and communication with employees and stakeholders can help ensure everyone is aligned and working toward the same goals.

In conclusion, organisational turnarounds are challenging but are necessary processes for organisations facing financial and operational difficulties. To achieve a successful turnaround, organisations must identify the root causes of their problems, develop a comprehensive plan, stabilise their financial position, focus on innovation and customer experience, have strong leadership, and measure their progress continually. With the right strategy, leadership, and execution, a company can emerge stronger and more competitive than ever before.

Have a nice day and get your head down to identify root causes to your problems.

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DIY Dream Catcher

02 MINUTES READ

Materials:

- A small embroidery hoop
- String or yarn
- Feathers
- Beads
- Scissors

Instructions:

1. Take the embroidery hoop and tie a knot around the top of the hoop using the string or yarn.
2. Start wrapping the string or yarn around the hoop, making sure to keep the strands close together.
3. Continue wrapping until the entire hoop is covered. Tie a knot when you reach the end and cut off any excess string or yarn.
4. Cut another length of string or yarn, around 2-3 feet long. Tie one end to the top of the hoop where you tied the first knot.
5. Start making a web by tying the

string or yarn to the hoop in a loose knot. Bring the string across the center of the hoop and tie it to the opposite side. Repeat this process, making sure to space out the knots evenly around the hoop.

6. Once you have made it all the way around the hoop, tie the string or yarn to the top of the hoop to secure it in place.
7. Take the feathers and beads and tie them to the bottom of the dream catcher using string or yarn.
8. Hang your dream catcher in a place where you can enjoy it!

Kids can customize their dream catcher with different colors, patterns, and decorations. It's a great activity to encourage creativity and fine motor skills. Plus, they'll have a beautiful decoration to hang in their room!

IMAGE SOURCE: DOOS.DIY



Tin Can Wind Chime DIY

02 MINUTES READ

A wind chime is a great way to add some charm and melody to your garden or porch. Instead of buying a wind chime, you can make your own with recycled materials. This Tin Can Wind Chime DIY is an easy and fun project that kids can make with just a few materials.

Materials needed:

- Tin cans (at least 3)
- Nail and hammer
- Paint (optional)
- String or twine
- Beads, shells, or other decorative objects
- Scissors

Instructions:

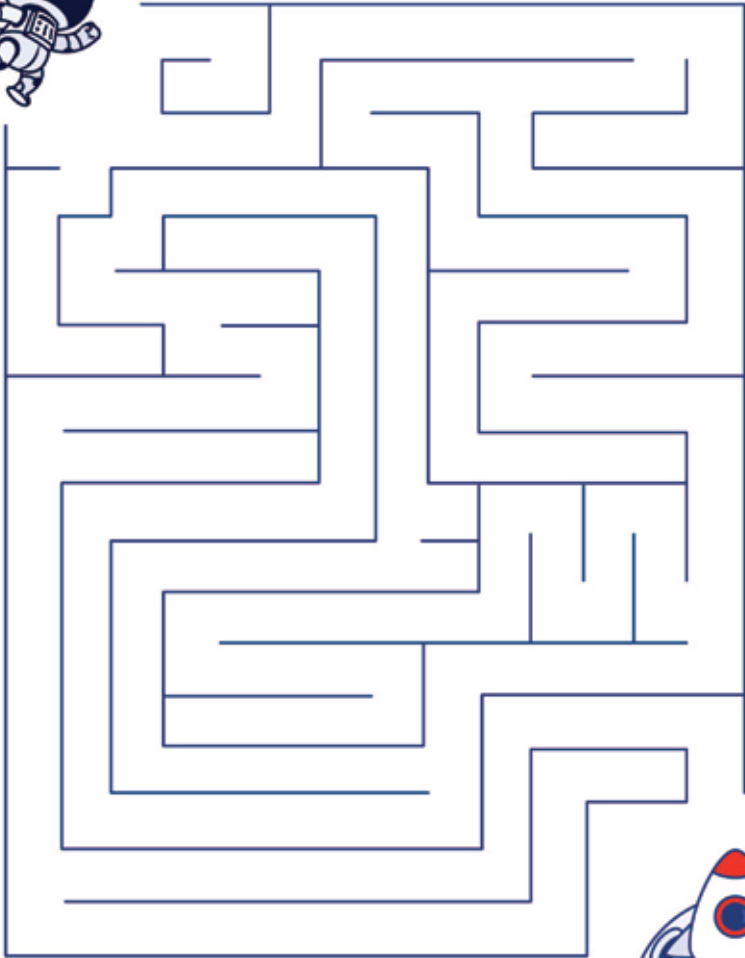
1. Clean the tin cans and remove any labels or glue residue.
2. Fill the tin cans with water and freeze overnight. This will make it easier to punch holes in the can without denting it.
3. Use the hammer and nail to punch holes around the bottom edge of the tin can. You can

create any pattern you like, but make sure the holes are evenly spaced.

4. Optional: Paint the tin cans in your preferred colors and let them dry completely.
5. Tie a knot at the end of the string or twine and thread it through one of the holes in the bottom of a tin can. Add a bead or shell to the string and tie a knot to secure it in place. Repeat with the other tin cans, making sure to tie them at different lengths to create a cascading effect.
6. Once you have all your tin cans and decorative objects attached to the string or twine, tie the ends to a branch or a metal ring.
7. Hang your Tin Can Wind Chime in a sunny spot and listen to the soothing sounds it makes in the breeze.

This DIY project is not only fun for kids but also a great way to upcycle tin cans and turn them into a beautiful and functional decoration.

ASTRONAUT... TO THE ROCKET



EXPLORE THE MAGAZINE FOR THE KEY

FIND HIDDEN WORDS AND DRAW AN ELLIPSE AROUND IT.

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

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Syeda Nimra Fatima
Writer, Researcher,
M.phil (IR-QAU)

02 MINUTES READ

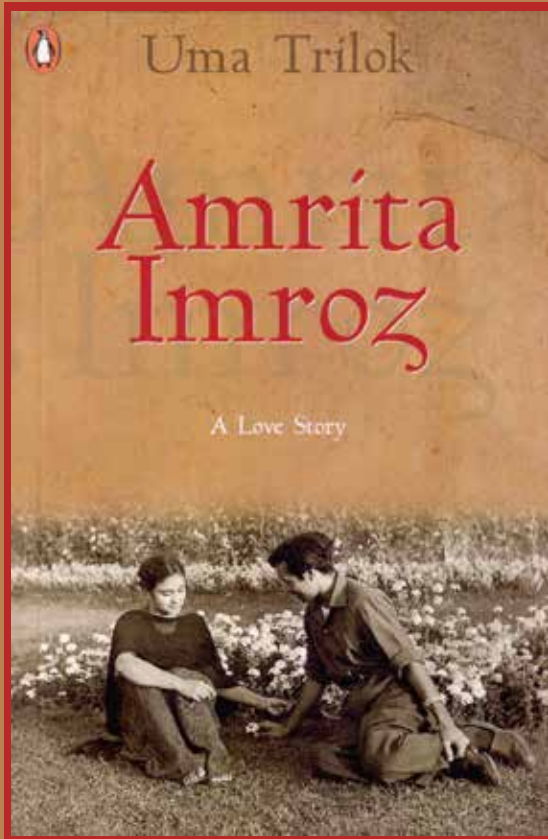


IMAGE SOURCE: GOOGLE BOOKS

Book Review:

“Amrita Imroz: A Love Story”

by Uma Trilok

Uma Trilok's "Amrita Imroz: A Love Story" is a poignant and heartfelt memoir that tells the story of two legendary Indian artists, Amrita Pritam and Imroz, and their enduring love for each other. Trilok masterfully weaves together Amrita's letters to Imroz, along with her own reflections and memories, to create a powerful and moving portrait of a relationship that transcends time and space.

Amrita Pritam was a renowned poet, novelist, and essayist, who is widely regarded as one of the most significant voices in contemporary Indian literature. Imroz, on the other hand, was an artist, who was known for his exquisite paintings and illustrations. They met in the early 1960s, and soon fell deeply in love with each other.

Trilok's book is a tribute to their love, and to the power of art to transcend boundaries and connect souls. In the book, Amrita's letters to Imroz are the heart and soul of the narrative. Through these letters, we get a glimpse into the depth and intensity of their love, and the struggles they faced as artists and individuals.

Amrita's letters to Imroz are lyrical and evocative, filled with vivid descriptions of her daily life, her thoughts and feelings, and her love for Imroz. In one letter, she writes, "I cannot think of you as separate from me. You are the very air I breathe, the water I drink, the food I eat. You are in every beat of my heart, every thought that passes through my mind."

These lines capture the essence of their relationship – a love that is all-encompassing and unconditional, that transcends the boundaries of time and space. Amrita's letters are a testament to her deep and abiding love for Imroz, and to the power of love to transform lives.

Imroz's love for Amrita is equally

powerful and transformative. As an artist, he was deeply inspired by Amrita's poetry, and her words often found their way into his paintings and illustrations. He was her confidant, her muse, and her companion, and he stood by her through all the trials and tribulations of her life.

One of the most striking aspects of Imroz's love for Amrita is its selflessness. He never asked for anything in return, and was content to simply be by her side, offering her his love and support.

In one letter, Amrita writes, "I know that you love me unconditionally, without any expectations or demands. I am blessed to have you in my life, and I cherish every moment we spend together."

These lines capture the essence of Imroz's love – a love that is pure and selfless, that exists solely for the sake of the beloved. Through his art and his life, Imroz embodied the spirit of unconditional love, and his devotion to Amrita remains an inspiration to all who read this book.

Trilok's book is not just a love story – it is a tribute to the power of art and creativity to transform lives. Amrita and Imroz were both artists in their own right, and their love for each other was deeply intertwined with their artistic visions. They found solace and inspiration in each other's work, and their love for each other gave them the strength to pursue their dreams and create art that has touched millions of lives.

In the end, "Amrita Imroz: A Love Story" is a celebration of life, love, and art. Through the words of Amrita's letters and the images of Imroz's art, Trilok has created a masterpiece that will touch the hearts

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LIQUID 3



LIQUID TREES: THE INNOVATIVE SOLUTION TO COMBAT AIR POLLUTION

Pubity

07 MINUTES READ

The issue of air pollution has been a growing concern in many cities around the world. It is a major contributor to respiratory illnesses, climate change, and a host of other environmental problems. In recent years, scientists have come up with various solutions to combat air pollution, one of which is the "liquid tree". A liquid tree is a unique invention that has been designed to remove carbon dioxide from the air and replace it with oxygen. In this article, we will explore the concept of liquid trees, their benefits, and potential drawbacks.

A liquid tree is essentially a tank that is filled with water and microalgae. The microalgae in the tank act like real trees, absorbing carbon dioxide from the air and releasing oxygen through photosynthesis. Each liquid tree is capable of removing as much carbon as two 10-year-old trees. The idea was created by a group of scientists in Belgrade, Serbia, who wanted to find a solution to the high levels of air pollution in urban areas.

One of the significant advantages of liquid trees is their versatility. Unlike real trees, which require a lot of space and specific conditions to grow, liquid trees can be installed in any urban environment. They are especially useful in areas where there is little to no space for trees. For example, they could be installed on building rooftops, along busy highways, or in crowded city centers.

Furthermore, liquid trees are a sustainable solution to air pollution. They require minimal maintenance and can be easily installed, making them an affordable and eco-friendly option. The microalgae used in the

tanks are also highly efficient at absorbing carbon dioxide, making them a highly effective solution to air pollution.

However, despite the potential benefits of liquid trees, there are some concerns about their use. One issue is the potential for the tanks to become a breeding ground for insects, such as mosquitoes. Additionally, some experts argue that liquid trees cannot replace real trees. Real trees provide multiple benefits such as shade, wildlife habitats, and aesthetic value that cannot be replicated by liquid trees. Therefore, the use of liquid trees should not be seen as a replacement for real trees but as a complementary solution.

Despite the criticisms, the use of liquid trees is gaining popularity around the world. In 2020, China installed over 4,000 liquid trees in a park in Beijing, and the country is planning to add more in the future. Additionally, the technology is being tested in various locations including India, Mexico, and Italy.

We can say that liquid trees are a unique and innovative solution to air pollution. They are highly effective at removing carbon dioxide from the air and producing oxygen. While they are not a replacement for real trees, they can provide a complementary solution in areas where there is little space for planting trees. Liquid trees have the potential to make a significant impact on the environment and improve the air quality in urban areas.



AEMAGAZINE.PK

Dr. Muhammad Azeem Farooqi
Religious Scholar, Academician,
Researcher
06 MINUTES READ



FAROOQI'S GUIDE TO SUFISM
ENERGY POINTS OF LATAIF E A'LME AMR
(METAPHYSICAL WORLD)
ENERGY POINT OF SOUL - PART I

II- The Position, Colour and Conditions of *Latifa e Rooh* (Energy Point of Soul) - Part I

According to the wisdom of Sufism and philosophical understanding, the concept of the *Latifa e Rooh* (Energy Point of Soul) can be explored in a more profound manner. By delving into its essence, we discover that it manifests itself tangibly as the heart, yet in a metaphysical realm, it assumes a position slightly to the left, equivalent to two fingers' width at one inch to ribs from right-teat in a corporeal sense.

Just as the heart occupies the left side of the human body, positioned two fingers away, the spiritual soul of an individual resides at precisely one inch distance on the right side. Within the realm of philosophy, this specific location represents the dwelling place of the human spiritual soul. It serves as the sacred axis, where Allah bestows His divine light (*Noor*), a manifestation of His transcendent illumination (*Tajalli*), upon human-kind.

Humans' Feelings, Connection with Brain and Body Organs

According to both psychologists and philosophers, our feelings (like desires and emotions) are the first things that arise in our hearts. These feelings then connect directly to our brains, which tell our bodies what actions to perform. It's similar to when you really want to drink a bottle of Pepsi. Your brain thinks about how to get it, and if you have money, it tells you to go to a shop. So, your brain makes a plan, you get the money from your pocket, buy the Pepsi, and happily drink it.

In Sufism, the heart is closely connected to our actions. It is where God's divine presence is revealed/conceived and it reflects

God's actions in the world. That's why the heart is closer to our physical bodies than the soul, which is to explain at a further stage. The qualities we nurture in our hearts have a greater impact on our souls than just the things we do outwardly. So, it's important to focus on cultivating positive qualities in our hearts.

Iqbal Says:

*Qahhari-o-Ghaffari-o-Quddu-
si-o-Jabroot
Ye char anasir hon to banta hai
musalman*

(The traits of totality of "the Persecutor, the Pardoner, the Self-Purificator and the Arrogant" make a muslim Real and ideal.)

Every individual possesses a set of qualities, and when someone harbors negative qualities, it naturally leads to undesirable desires. When the mind nurtures unwholesome thoughts, the body tends to engage in negative actions. On the other hand, when the mind embraces virtuous qualities, it gives rise to fruitful desires. As a consequence, the human body is inclined to perform good deeds when the mind is filled with positive thinking.

Fana (the Annihilation) of Soul

The process of spiritual remembrance, particularly during meditation, leads to the enrichment of the soul. It deepens the connection with divine presence, evokes feelings of divine manifestation, equality, and Allah's affection. Worldly attachments diminish, focus and clarity of mind increase, and inner peace and insight are experienced. These varied dimensions represent the diverse flavors of spiritual remembrance.

Allah says:

"Those who believe, and whose hearts

find satisfaction in the remembrance of Allah".
(Surah Ar-Ra'd 13, 28)

4) What is the Meaning of Annihilation?

The concept of the annihilation of Latifa e Rooh (Fana of the soul) does not imply the complete disappearance of the soul. Rather, it refers to a state where the soul becomes absorbed in the sweetness of remembrance of Allah. In this state, the soul's desires and thoughts are solely focused on love and obedience towards Allah and His Messenger ﷺ, with no inclination towards anything else. This deepens the impact of remembrance (zikr), leading to a moderation of anger and rage, a transformation of one's nature, and the emergence of inner peace. The color and light associated with this state is red.

When a person displays signs of snarling, staring, and anger, it indicates that their soul is impure, corrupted, and in need of attention. Such individuals should engage more in the spiritual practice of Latifah, emphasizing the remembrance of Allah.

An Incident Illustrates this Point: A person approached the Holy Prophet (peace be upon him) seeking advice. The Prophet (peace be upon him) advised him not to be angry, and when asked again, he reiterated the same advice. Even on the third request, the Prophet (peace be upon him) emphasized the importance of controlling anger. This highlights the significance of taming the soul and avoiding anger as a vital spiritual counsel.

"Do not get angry." (Bukhari & Muslim)

The Prophet Muhammad (peace be

upon him) understood that anger is his sickness.

Hafeez Jalandhri says:

*Kabhi ghora agy brahany pay jhagra
Kabhi pani peeny pilany py jhagra
Yun hi hoti rehti thi taqraar un mein
Yun hi chalti rehti thi talwaar un mein*

(Referring to the quarrelsome nature of "Badhooz" rustic Arale tribal and tradition and some well-known evil incidents of long tribal fights;)

(They would start fighting only due to horse race competition and fetching water from well animals.)

(They carried on fighting a blood-shed war and their swords would find no sort over trifle matters.)

The Root Causes and Effects of Anger:

The prevalence of quarrelsomeness and ill-natured behavior stems from constant fighting and hostility, perpetuating a state of war and conflict even within families. Such individuals engage in frequent arguments, harboring an evil and destructive spirit. Their souls become disheveled, impure, and devoid of divine grace. In certain communities, a prevalent disposition of hostility and anger is observed.

When the Holy Prophet (peace be upon him) was asked how to deal with anger, he advised,

"Drink water, change your position. If you are standing, sit down. If you are sitting, lie down. If you are in one room, go to another room."

(Sunan Abi Dawud 4782, Book 43, Hadith 10)

In other words, divert your attention and engage in a different activity, as anger impairs one's intellect. A

person becomes mentally weak, leading to utterance of foolish and ignorant words that cannot be taken back. Many individuals in such a state lack comprehension and seek guidance from scholars, asking for ways to rectify their impulsive actions, such as divorcing their spouse in a fit of anger. Scholars respond that nothing can be done at that point, questioning why they didn't consider the consequences before. It becomes evident that anger can drive a person to temporary or even semi-madness, resulting in a loss of intellect. It is during these moments that irreversible mistakes with severe consequences occur, including instances of violence and even loss of life.

Anger gives birth to countless problems, creating an array of negative repercussions that are difficult to quantify. It is the root cause of numerous diseases and leads to a cascade of negative outcomes. Therefore, it is crucial for individuals to exercise control over their anger. The Holy Prophet ﷺ emphasized the importance of managing anger, understanding its potential destructive nature and the need for self-restraint.

"A strong man is not one who knocks down someone in the arena, but is the one who can control himself in the face of anger"

(Al-Bukhari and Al-Muslim)

The Suppression of Anger in the Realm of Spiritual Remembrance and Hazrat Ali (R.A)

An indication of the soul's engagement in sincere remembrance (zikr) is that the seeker does not lose control in fits of anger. In one of his battles, Hazrat Ali (may Allah be

pleased with him) knocked down one of his opponents, overpowering him and mounting his chest. However, as the opponent, in his moment of defeat, spat on Hazrat Ali's face, the anger within him surged. Hazrat Ali recognized the negative influence of anger and reminded himself that it is not a virtuous state. He made a firm resolution to deal with the opponent only when he could regain control of his emotions.

He realized that it would be unbecoming of a servant of Allah to continue slaughtering an enemy out of anger. Hazrat Ali (R.A) fought for the sake of Allah's pleasure, not to satisfy his personal anger. This incident demonstrates the profound wisdom behind the saying of the Prophet Muhammad (peace be upon him):

"Let your love be for Allah and let your hatred be for Allah." (Al-Muslim)

It signifies that the love of the people of Allah is solely for the sake of Allah, as is their anger. Witnessing this magnanimous display of character, the opponent recognized the greatness and truth of Islam and embraced the faith.

In this story, we find a profound lesson about channeling our emotions and aligning them with the will of Allah. It teaches us to differentiate between acting out of personal anger and acting in accordance with the love and obedience of Allah. By embodying this principle, we can elevate ourselves spiritually and attract others towards the path of righteousness.

To be continued....





IMAGE SOURCE: INDEPENDENTPRESS.CO

The Medieval Roots of Robotics: The Ingenious of Al-Jazari

Pakistan Bulletin

03 MINUTES READ

Today, most of the modern world is familiar with robots. Part of this global development in the field of robots revolves around the concept of automation. This, in turn, began with the mechanization of manufacturing during the Industrial Revolution in the 18th century.

And while robotics is considered a relatively new field of science, with the public's consensus that it is the creation of 20th-century scientists, it would be surprising to know that the field has its roots in the medieval era nearly a millennium ago.

One of the most important medieval figures within the field was Badi-az-Zaman al Jazari. Al-Jazari, a Muslim scholar, mathematician, engineer, and, above all, an innovator was born in Jazaria (in modern-day Turkey)

during the Artuqid Dynasty, he was famous for creating ingenious pre-modern robots controlled by various hydraulic-gear systems. He invented many devices that were precursors to today's robots, and his knowledge of automation in the 12th century inspired several generations of scientists to come.

The Book of Knowledge of Ingenious Mechanical Devices or simply "Al-Jazari's Automata". The book was written in 1206 and is considered to be one of the earliest and most important treatises on mechanical devices and automation.

In "Al-Jazari's Automata", Al-Jazari described various mechanical devices and machines, including automatic doors, clocks, and fountains. He also described several humanoid and animal automata, some of which were capable of performing simple tasks

such as serving food and drinks, playing music, and shooting arrows. One of the most famous automata in the book is the "Elephant Clock", which was a sophisticated water-powered clock that featured several moving parts, including a moving elephant trunk and a rotating globe.

Within his various books, Al-Jazari gave step-by-step instructions about building many of these machines and devices. His books contain an invaluable store of knowledge about early Muslim engineering. Unlike other peers of his time, they were unique because he had meticulously described each detail of his machines. Moreover, these instructions were so well organized that many future craftsmen were able to build upon his mechanical creations without much difficulty.

In 1206, he gave the world a catalog of his "matchless machines," which is known today as The Book of Knowledge of Ingenious Mechanical Devices. The book is the only source of biographical information that exists on al-Jazari, and it exalts him as Badi al-Zaman (unique and unrivaled) and al-Shaykh (learned and worthy). Al-Jazari drew on science and wisdom from ancient Greek, Indian, Persian, Chinese, and other cultures.

In addition to Al-Jazari's contributions, there have been numerous advancements in robotics throughout history. In the 20th century, the field of robotics began to expand rapidly,

particularly in the areas of industrial automation and space exploration.

One notable example of a modern-day robot is NASA's Mars Rover, which has been exploring the Red Planet since 2012. The rover is equipped with various instruments that allow it to collect and analyze soil and rock samples, as well as take photographs and videos of the Martian landscape.

Robots have also become increasingly common in everyday life, particularly in industries such as healthcare and manufacturing. Surgical robots, for example, are used to perform minimally invasive surgeries with greater

precision and accuracy than traditional methods. In manufacturing, robots are used to perform repetitive tasks such as welding and assembly, freeing up human workers to focus on more complex, laborious and creative tasks.



As the field of robotics continues to evolve, there is no doubt that we will see even more groundbreaking advancements in the years to come. From self-driving cars to household robots that can perform a variety of tasks, the possibilities are endless.

Overall, the field of robotics is constantly evolving and advancing, with new breakthroughs and innovations happening all the time. As robots become more sophisticated and capable, they are likely to play an increasingly important role in our daily lives, revolutionizing industries and changing the way we think about technology.

AESTHETICS OF NAWAB WAJID ALI SHAH



Aqdas Hashmi

Sufi & Ghazal Vocalist,
Lecturer, Researcher

4 MINUTES READ

Wajid Ali Shah Akhtar, the last ruler of Awadh (capital of Lucknow), had a complex personality and this complexity of personality made him controversial. If, on the one hand, the British took every effort to destroy his character by declaring him an incompetent and sybaritic ruler for the purpose of occupying Awadh. Only one thing can be said for sure about Wajid Ali Shah and that is even if he had not been a ruler, history would have remembered him for his patronage of literature and arts and his practical involvement in them. If he was not a writer and an artist but only a ruler, there would not have been more than a few lines for him in the pages of history. Wajid Ali Shah's name was Mirza Muhammad Wajid Ali and literary name was Akhtar which he also used as "Akhtar Piya" in his Thumris (Classical Music Genre).

Born on July 30, 1822, Wajid Ali Shah was educated under the tutelage of Amin-ud-Daula Imdad Hasan, who also gave his name to the famous market of Lucknow, Aminabad. He

developed his skills in various disciplines during his studies and later through personal exploration. His passion for poetry started at 18, and he authored three Masnavis and his first Dewan during his reign. Despite having an elder brother, Mir Mustafa Haider, Wajid Ali was nominated as the crown prince in 1842 after his father, Amjad Ali's, ascension to the throne.

Wajid Ali's literary and cultural life began at a time when there seemed no possibility of him becoming a king. Long before he became a king, he had become a writer and musician. Beauty was in his nature and he had a natural affinity with dance and music. He was innovative which is prominent in his poems, plays and constructions. Wajid Ali was married at the age of 15 to the daughter of Nawab Yusuf Ali Khan Bahadur Samsam Jang.

During the reign of the Crown Prince, the service of the royal treasury was entrusted to him and his work was to read the petitions of the beggars, enforce the royal decrees, keep an eye on the news of the city and other places and find out the prices of grain and other commodities. The rest of the time he spent in

private pursuits. However, he kept himself away from politics. After the death of his father in 1847, he became the king and adopted the title of Abu-ul-Muzaffar Nasiruddin Sikan-dar Jah Badshah Adil Qaiser Zaman Sultan Alam. As a king, Wajid Ali Shah acted with justice and did not take any step that would spread fear and terror among his dependents.

Contrary to the general constitution, he retained most of the officials of his father's time in their posts, but increased their salaries and privileges and tried to be closer to the subjects. It was only two years into his reign that he fell seriously ill and it took him ten months to recover. The physicians urged him to abandon the preoccupations of managing the empire and spend more of his time in sightseeing. Thus, he handed over the affairs of the kingdom to Nawab Ali Naqi, the father of his new wife, Roshan Ara Begum, and engaged in the patronage of literature, poetry, composition and art. And so engaged that time has made them what they are famous or infamous for.

His contemporary Abdul Halim Sharar writes, "Wajid Ali's scholarly humor was very pure and of a high level. In fact, he had two tastes. One was for literature and poetry and the other for music. He was not a scholar of Arabic, but he was proficient in Persian and used to write prose of two or four stanzas. He was so fluent in writings that he wrote hundreds of eulogies and salutations and wrote so many books in prose and poetry that even today no one can count them". Wajid Ali Shah was deposed in 1856 and spent his last 31 years in Matia-Burj until his death in 1887. Despite being an "extinct person," this period proved creatively fruitful. He wrote about a hundred books on various

topics, including two magazines on poetry meters. He invented sixty-one new poetry meters and named them, showcasing his literary genius.

Kundanlal Sehgal is renowned for composing numerous songs and traditional rhymes that made classical music accessible and popular. He is credited with popularizing Lucknowi thumri and Bhairvi, and his Bhirwin Thamri "*Babul Mora Nehar Chhuto Hi Jaye*" is a timeless classic. He elevated the art of Natak, which was once considered lowly, from the streets to the palaces, and is credited with introducing Urdu drama to the country. His play Radha-Kanhiya, written during his reign, is considered the first play in Urdu. Sehgal's influence on Indian music and theater is undeniable, and his contributions have left a lasting impact on the country's cultural heritage.

Wajid Ali Shah, a philanthropist and writer, prepared several plays including "Afsana e Ishq," "Darya e Tashuq," and "Behr e Ulfat," for which he constructed Qaisar Bagh, Rehs Manzil, and other buildings. His autobiography, Parikhana, details events from his youth to age 26, including love and expatriation. During his reign, Wajid Ali Shah also expanded the royal library and composed poetry while imprisoned in Kolkata, one of which was recited by Johnnie Walker in the movie Choo Mantar.

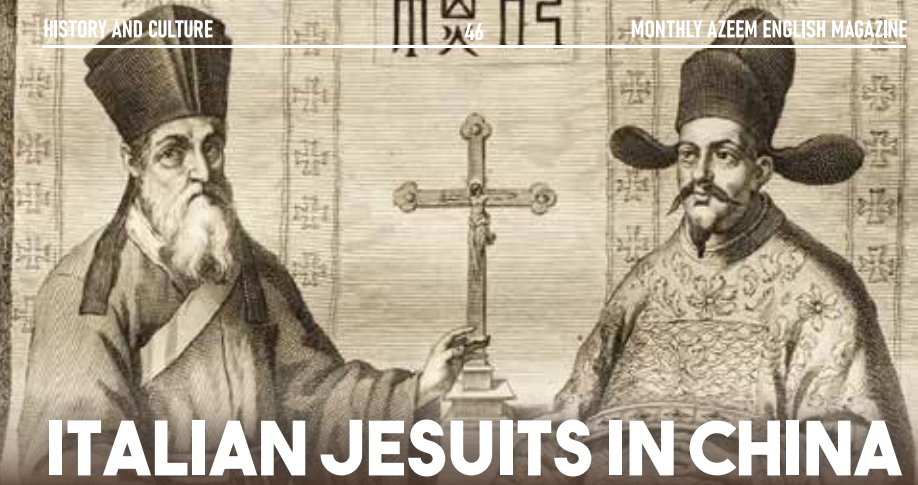
در و دیوار پہ حسرت سے نظر کرتے ہیں
خوش رہو اہل وطن ہم تو سفر کرتے ہیں

(They look at the door and the wall with regret
Be happy countrymen, we are traveling)

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Aqdas Hashmi



ITALIAN JESUITS IN CHINA



Wajid Bhatti
Archeologist

04 MINUTES READ

During the early interactions between Westerners and Chinese, the role played by missionaries was extremely important in a time when little was known in the West about China. I shared previously the role played by Matteo Ricci 利玛窦 (October 6, 1552 – May 11, 1610), an Italian Jesuit who introduced Christian teaching and science to the Chinese empire in the 16th century. While the Western world focuses universally on the significance of his missionary work to spread Christianity, most Chinese treatment of his life and legacy, however, emphasizes his contribution to China's development by systematically introducing Western scientific and technological learnings to Chinese society for the first time. He lived in China for nearly 30 years and was a pioneer in the attempt at mutual comprehension between China and the West. By adopting the language and culture of the country,

he gained entrance to the interior of China, which was normally closed to foreigners. Ricci's knowledge of astronomy, mathematics, calendars, and maps was a source of fascination and invaluable to Chinese scholars who deeply respected him.

By the time of his death, Matteo Ricci had facilitated an unprecedented meeting of East and West and formulated an entirely new framework by which to communicate Christianity to a culture utterly unlike his own. The effects are still felt today.

About a hundred years after the death of Matteo Ricci, another Italian Jesuit and missionary to China, Giuseppe Castiglione 郎世宁 (July 19, 1688 – July 17, 1766), first introduced European style of oil painting to China and created a unique style that is a fusion of European and Chinese compositional sensibility, technique and themes. He adjusted the European style he was trained in to suit Chinese taste. During his fifty years of stay in China, he served as a royal artist at the imperial court of three Qing

IMAGE SOURCE: WIKIPEDIA

emperors. Just like the challenges Matteo Ricci faced at mutual comprehension between China and the West by introducing western scientific and technological learnings into China, Giuseppe Castiglione attempted the same approach through art exchanges. He was in a field never explored before with no experience and precedent. He admirably negotiated two entirely different modes of cultural practice and has long been celebrated for his remarkable melding of European and Chinese media and styles.

In preparation for the Old Summer Palace project, Emperor Qianlong elevated Castiglione to the post of Chief Minister at the Imperial Parks Administration. The artist responded with a variety of elegant, but not overbearing, late Baroque buildings and gardens. Among Castiglione's array of novel structures was the Haiyantang, Hall of Calm Seas 海晏堂, fronted by an elaborate zodiacal water-clock engineered by his French Jesuit colleague Michel Benoist. In designing the twelve spouts, each with a bronze zodiacal animal-head mounted on the marble body of a human official, cast and carved by Chinese craftsmen in the imperial workshops, Castiglione followed a long-standing Chinese visual convention, his imagination impressively balancing the two worlds that he straddled.


Unfortunately in 1860, the Second Opium War triggered the invasion of China by the British and French army with modern weaponry that China did not have the means to stop. A force of 11,000 British and Indian soldiers led by Elgin, son of the famous Elgin who took the famous

Marbles from the Greek Parthenon, joined by more than 6,000 French troops, marched on Beijing. The end result was the complete destruction and plundering of the Old Summer Palace.

The bronze-cast heads of the stone statues were among the treasures looted during the destruction of the plundering by British and French forces. Since then, they have been among the most visible examples of attempts to repatriate Chinese art and cultural artifacts. Seven of the twelve animals have been acquired by various Chinese museums so far. There is also a set of replicas at the museum near the original sites.

In some way, The current geopolitical situation faced by an increasingly complex world is not too different from that of a few hundred years ago. There are still very different visions for societies between China and the West. The situation is exacerbated by mutual misunderstanding of diplomatic codes, second guessing, and a general suspicion of treachery by both sides. We need leadership to create vision, to create an environment for mutual understanding, and to make rational decisions focusing on common or shared interests in economic development.

I will end with some words of wisdom shared by Anson Burlingame, US Ambassador to China sent by President Abraham Lincoln in 1861 shortly after the destruction of the Old Summer Palace. We need a "cooperative policy... substituted for the old doctrine of violence one of fair diplomatic action."

 *Wajid Bhatti*

Sokushinbutsu: THE BUDDHIST ART OF MUMMIFYING YOURSELF



IMAGE SOURCE: WORDPRESS.COM

Mrballen

03 MINUTES READ

Sokushinbutsu is a brutal ritual that was created in 835 AD. Since then countless monks have tried to do it. However, only 24 have ever actually been successful.

There are three phases.

Phase one is called MOKUJIKI GYO, which roughly means "tree eating training". Monks will only eat byproducts of trees, things like seeds, nuts, tree bark, tree roots, and they will collect all this food on their own. At the end of the 1000th day of phase one, if the monk has survived, they are ready to move on to phase two.

Phase two is significantly more challenging.

Phase two is called NYUJO. And it roughly translates to deep meditation. These monks need to enter into a sort of trance-like state, almost like an out of body experience, because what they are going to go through in this phase is so physically uncomfortable. For phase two, you basically just sit alone by yourself for 100 days while simultaneously drinking a poisonous tea that causes a massive allergic reaction inside of your throat and stomach that causes an intense

itching sensation inside of you that you cannot physically itch. Also, this poisonous tea gives you explosive poo and it makes you vomit alot. If you somehow manage to survive all 100 days of phase two, and unfortunately many monks don't, you automatically move on to phase three. Phase three is either the easiest or the hardest part of the Sokushinbutsu ritual depending on how you look at it. The phase-three monk has a small pine box that has no windows, built just for them. It needs to be big enough that they can sit inside of it in the lotus pose.

The monk climbs into this box. They put a lid over the top of it. But they put a bamboo shoot, like a bamboo pole through the cover of this box so there is a breathing tube for this monk inside of this box. And then they lower the monk inside of the small pine box 10 feet into this hole in the ground. And once they ensure the bamboo pole is going to be above ground so they can breathe, they fill the hole in with charcoal. Phase one, tree-eating training, serves two purposes. The first is it's kind of like a big gut check. It really shows who wants to do this ritual and who doesn't.

The second purpose of phase one is to literally shrink the monk. The tree-eating diet removes all of their body fat and a lot of their muscle. And so they are incredibly lean by the end of phase one. And this will be significant when we talk about the end of phase three.

Phase two, "Deep Meditation Phase", serves two purposes, as well. The first purpose is that it puts the monk into that trance-like state. And then the second purpose it serves is that the toxin inside of this poisonous tea kills off all the naturally occurring bacteria and parasites inside of the monk.

Again, that will become significant when we get to the end of phase three. For several days, the third phase monk will sit in total darkness and meditate constantly. And each day, they have a bell down there with them, they ring the bell. That's the only thing they have to do besides meditate. And above ground, there is a team of monks that are supporting this ritual and they are listening for that bell. And the first day they don't hear the bell, it means the monk in the box has completed the ritual and now it is time to see if they have attained Nirvana.

In Buddhism, someone whose body does not decay, a.k.a. A mummy is someone who has cheated death and to cheat death is to remove yourself from the vicious human life cycle of birth, suffering, death, repeat, meaning becoming a mummy is a way to attain Nirvana.

Sokushinbutsu is a self-mummification ritual.

Phase one Shrinks monk's body, removes fat, muscle, moisture and nutrients, killing bacteria and parasites that aid in decomposition. Phase two, poisonous tea, which toxin

that they are drinking, that kills off the remainder of the bacteria and parasites that did not die during phase one. Also all the vomit and poo completely dehydrates them, which aids in slowing down degeneration after death.

In the final phase of Sokushinbutsu, the monk is buried alive in a tomb with a bamboo breathing pole and rings a bell each day to signify they're still alive. When the bell stops, the crew removes the pole and lets the body sit underground for another 1,000 days. If there are little to no signs of degeneration, the self-mummification ritual is considered successful, and they are revered as holy beings. However, if the body is degenerated, they are just buried again and not worshipped. This practice was made illegal in Japan in the 19th century, but some monks continued it into the 20th century, and there are rumors that it might still be practiced in secret today. Sokushinbutsu is a fascinating but controversial ritual that raises ethical and moral concerns, making it a subject of intrigue for many.

KEY TO WORDSEARCH





IMAGE SOURCE - POPULAR MECHANICS

THE DEATH-DEFYING MECHANICS OF FIGHTER JET EJECTIONS

Insider Tech

04 MINUTES READ

Ejecting from a fighter jet may seem like a straightforward procedure, but in reality, it is a complicated and dangerous process that leaves most pilots with severe injuries. The ejection seat is the most critical piece of equipment within a fighter jet, and it is what often makes the difference between life and death. When the pilot pulls the handle, it sends an electrical impulse to the aircraft, which releases the bolts holding the cockpit's canopy in place. Small rockets in the front push the canopy up and out of the pilot's way, and an explosive cartridge underneath the seat catapults the pilot out of the cockpit.

This initiates the seat's rocket boosters, which propel the pilot upward, and sensors within the seat measure the plane's speed and the ambient air

pressure to determine whether the pilot is at a low altitude and the parachute needs to be deployed immediately or whether they're at a higher altitude, and the parachute needs to be delayed until they reach thicker air. In the latter case, the seat will still deploy a smaller shot known as a drag, which helps lower the pilot's rate of descent and stabilize the seat from careening into a deadly spin.

Once the main parachute is deployed, a motor automatically fires, finally releasing the pilot from the seat. This entire process exerts 14 to 16 times the force of gravity on fighter pilots' bodies. If pilots have time to prepare, the best thing to do is to try and make themselves skinny, stiff, and straight. Because this thing's going to go off the rails as a catapult and it's going to fire the pilot up about 50 G's (Ground Speed) per second, and then the rocket's going to go off, and depend

ing on where they are and what's around them, it's 5 to 20 G's (Ground Speed) going up those rails, and within two to four seconds, depending on what mode of flight they're in, they're going to have a full parachute. Once the pilot is in a full chute, the game's not over yet. There are still things that come into the survival piece. It's a deadly process, and even if it's slow, it's still extremely violent. Lieutenant Colonel Pete Smith, an Air Force veteran who spent his 28th year military career as a fighter pilot and has experienced an injection firsthand, shared his experience of ejecting from his jet. He waited till about 2,000 feet which is where he pulled the pull handle and had less than a second left to live.

In 2007, Smith had a harrowing experience while practicing a high-risk flight maneuver during training off the coast of Florida. Essentially, he was low and high speed with spatially disoriented, fighting over the water at night, and he had rolled his plane inverted and didn't even notice from the visual cues outside that that's what happened. Passing 6,000 feet, he made the decision to continue, but he should have gotten out of there out of control at 6,000 feet. But he decided to hang with it, and he's trying to slow down because he was already going 600 knots, which is equivalent to 690 miles per hour.

Smith waited till about 2,000 feet to eject, and he had less than a second left to live. He went out around 500 miles an hour, and he said that any ejection, no matter how slow or fast, was extremely violent. To this day, he remembers his body position when he went out because it snapped him back to the right. It was taking the air out of his lungs. It was like falling out of a tree and getting the wind knocked out

of you. The whole thing was less than nine seconds from recognition to being in the water, and Smith had injuries, but he didn't let them stop him from flying again. He underwent physical therapy and eventually returned to flying status.

Ejecting from a fighter jet is not only physically traumatic but also emotionally challenging. Pilots invest years of training and dedication to become a fighter pilot, and when they eject, they are forced to abandon their aircraft and their mission. It takes immense courage and discipline to make the split-second decision to eject from a plane, and even then, there is no guarantee of survival. In the event of an ejection, pilots must remain calm and focused, relying on their training and equipment to survive.

Ejecting from a fighter jet is a complex and perilous procedure that can have devastating physical and emotional consequences. Fighter pilots invest significant amounts of time and effort into their training and their aircraft, making it difficult to abandon them in an emergency. Despite this, pilots must remain composed and rely on their training and equipment to survive. The ejection seat is a crucial piece of equipment that can make the difference between life and death, and the entire process of ejection is a test of a pilot's courage and discipline. Nonetheless, fighter pilots continue to fly and test the limits of aviation, confident that the ejection seat is always there to save their lives in an emergency.



AEMAGAZINE.PK

IS ARTIFICIAL INTELLIGENCE GOOD OR EVIL?



Saad Rashid
Grade 9 Student

4 MINUTES READ

Artificial Intelligence (AI) has long been a dream of humans, a possibility that seemed too good to be true and was only seen in science-fiction films. However, with the advent of self-driving cars and apps like SIRI, this far-fetched fantasy has become a reality.

In 1950, John McCarthy coined the term "Artificial Intelligence," proposing that machines can be made to mimic every aspect of learning and intelligence. The goal of AI has been to develop a strong AI (or general AI) that can outperform humans in various activities, including everyday ones like solving equations or playing chess.

Today, AI is designed to complete more limited functions such as driving a car, performing internet searches, facial recognition, etc. While AI is often portrayed in movies as robots with human qualities, it can range from Google's search

algorithms to IBM's Watson to automated weapons.

However, AI also comes with risks, including unsustainability, unemployment, misuse leading to threats, data discrimination, and making humans lazy. These risks must be carefully considered and addressed as AI continues to develop.

Ethics in AI is about continually asking questions, investigating, and doubting the technologies rapidly introduced into human existence. The scale of this problem is exacerbated by the computational power and data required by AI systems, which are growing to be huge. As AI's presence in society increases, many elements of the technology, especially its deep learning form, elude even expert practitioners' comprehension. Ultimately, it's up to us to ensure that AI is developed and used in a responsible, ethical way that benefits humanity.

Artificial intelligence (AI) is a highly debated topic, with some people viewing it as a potential path to success, while others see it as leading humanity down a dangerous path. To

evaluate these arguments, it is important to consider the benefits and risks of AI.

Benefits of AI include:

1. **Reduction in Human Error:** Computers can be programmed to evaluate information and make decisions without making errors.
2. **High Accuracy:** AI-powered computers can perform complex calculations and operations with greater precision than humans.
3. **Available 24/7:** Machines can work around the clock without error, making them ideal for repetitive tasks.
4. **Training and Operation Cost Reduction:** AI machines can learn quickly and improve continuously, reducing training costs.
5. **Improved Processes:** AI machines can collect and analyze vast amounts of data to provide insights into procedures, allowing for improvements.
6. **Helping in Repetitive Jobs:** AI can automate repetitive tasks, freeing up people to be more creative.
7. **Digital Assistance:** AI-powered digital assistants can communicate with customers and offer assistance.
8. **Speed up decision-making:** AI can make decisions and provide outcomes much faster than humans.
9. **Daily Applications:** Voice commands and AI are becoming more common in day-to-day tasks. However, there are also risks associated with AI, including ethical concerns regarding authorship of AI-generated works of art and the use of AI for military surveillance and killing. It is important to weigh the benefits and risks of AI carefully to determine its role in our future.

AI has several risks associated with it, including:

1. **Unsustainability:** AI-based machines require a lot of computing power and rare earth metals, such as selenium, which puts a massive strain on the environment.
2. **Unemployment:** Machines taking over human jobs can lead to unemployment and other economic issues.
3. **Misuse Leading to Threats:** Autonomous vehicles and weapons could fall into the wrong hands, leading to devastating consequences.
4. **Data Discrimination:** AI-powered devices can gather and store user data without consent, leading to discrimination.
5. **Making Humans Lazy:** AI can eliminate the need for physical labor and lead to addiction to technology.
6. **No Emotions:** Machines lack the ability to form relationships with people, which is a crucial component of team management.

Lacking out-of-box thinking: Anything outside the machine's capabilities could cause it to fail.

1. **Future Threat to Humanity:** The possibility of machines achieving sentience and rebelling against humans is a significant concern.

AI can be dangerous if machines are programmed to do something devastating for achieving their goals. Despite these risks, many people believe that AI can help solve some of society's most pressing issues, such as climate change. The risks and benefits of AI depend on the decisions made while coding, deploying, and utilizing AI. Strong ethical rules and regulations are necessary to reduce the risks associated with AI.

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Dear Younger Self



Maham Mansha

Writer

Student of BS English Literature

03 MINUTES READ

Dear Younger Self!

I hope this letter finds you well, and that you are enjoying your youth and all the promise that lies ahead of you. I am writing to you now, many years in the future, with some words of advice and guidance that I hope will help you along your journey.

First and foremost, I want you to know that you are enough. You are worthy of love and respect, just as you are. Don't ever let anyone make you feel otherwise. You may encounter people who try to tear you down, but always remember that their words and actions say more about them than they do about you. Don't get down on yourself. Losing a loved one is inevitable; you shouldn't be angry with yourself for feeling this way. Everything is going exactly as expected.

Secondly, don't be afraid to take risks. Life is full of opportunities, but they often come disguised as challenges.

Don't shy away from the unknown - embrace it. Take that job offer, go on that adventure, ask that person out. The worst that can happen is that you'll fail, but even failure is a learning experience. Do not be alarmed if a stranger makes a remark, and do not be disheartened if people laugh at you for saying that touring the world is your ultimate goal.

Thirdly, cultivate your relationships. The people in your life are your greatest source of joy and support, so don't take them for granted. Tell your family and friends how much you love them, and make time for them whenever you can. You never know when someone might need your help or support, so be there for them as much as you can. Do not let a setback in your relationship prevent you from spending more time with your grandparents. They presently exist, but their stay is temporary. Don't believe the hype that graveyards are terrifying just because someone says so. Go pay a visit to your loved ones who now call that place home. It will help you maintain perspective and appreciate your connections with others more.

ONLY TWO FILMS ON IMDB WITH 9+ RATING

Jist

04 MINUTES READ

When it comes to rating movies, IMDb is one of the most popular sources to rely on. With millions of ratings from users around the world, the platform has become a go-to for movie enthusiasts. But did you know that only two films on IMDb have a rating above 9?

The first movie is "The Shawshank

performances by Robbins and Freeman are outstanding, and the film was nominated for seven Oscars. If you haven't seen it yet, you can watch it on Amazon Prime.

The second movie with a rating above 9 on IMDb is "The Godfather," released in 1972. Directed by Francis Ford Coppola, the film stars Marlon Brando and Al Pacino and tells the story of the Corleone family, a powerful mafia clan in New York City.



IMAGE SOURCE: BEHANCE

"Redemption," released in 1994. Directed by Frank Darabont, the film stars Tim Robbins as Andy Dufresne, a banker who is sent to prison for the murder of his wife and her lover. The story follows Andy's life in prison, his friendship with another inmate, Red (played by Morgan Freeman), and his quest for justice.

"The Shawshank Redemption" is not your typical prison drama. It's a slow-burn thriller that shows the harsh reality of the prison system and the struggles of the inmates. The

"The Godfather" is a masterpiece that set the standard for gangster movies. The film's portrayal of mobsters and its shades of grey characters make it a timeless classic. The performances by Brando and Pacino are iconic, and the film won three Oscars. You can watch "The Godfather" and its two sequels on Netflix.

While there are many movies on IMDb with a rating of 9, including "The Dark Knight," "Lord of the Rings," and "Schindler's List," only "The Shawshank Redemption" and "The

Godfather" have achieved a rating above 9. These films are a testament to the power of storytelling and the impact of great performances.

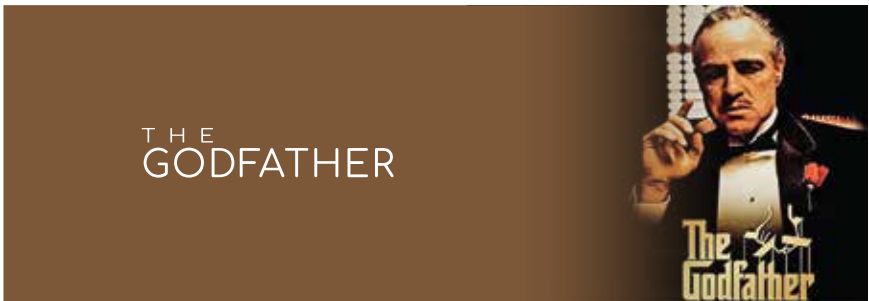
Both *The Shawshank Redemption* and *The Godfather* are movies that have stood the test of time and have become cinematic classics. They have earned their spots as two of the greatest movies of all time, with their storytelling, acting, and direction being some of the best in the history of cinema.

The Shawshank Redemption, directed by Frank Darabont, has a slow-burn quality that allows the audience to immerse themselves in

ble characters and performances, particularly Marlon Brando's portrayal of the patriarch of the family, Vito Corleone. *The Godfather* has been praised for its complex themes, such as power, loyalty, and family, and its nuanced depiction of the mafia.

Both of these films have earned their high ratings on IMDb due to their lasting impact on cinema and their ability to captivate audiences. If you haven't seen them yet, they are must-watch movies that will leave a lasting impression.

While there are many great movies out there, only two films on IMDb have ratings above 9 - *The Shawshank*



the story of Andy Dufresne, played by Tim Robbins, and his experiences in the Shawshank State Penitentiary. His friendship with Red, played by Morgan Freeman, and his eventual escape from prison are portrayed in a way that feels realistic and engaging. The film is an emotional journey that explores themes of hope, friendship, and justice.

The Godfather, directed by Francis Ford Coppola, is a film that redefined the gangster genre. It tells the story of the Corleone family and their involvement in the mafia in New York City. The film is filled with memora

Redemption and *The Godfather*. These movies have withstood the test of time and continue to be considered classics in their respective genres. *The Shawshank Redemption* offers a compelling story of hope and perseverance in the face of injustice, while *The Godfather* presents a gritty and nuanced portrayal of the mafia. Both films boast incredible performances from their casts and have received critical acclaim, including several Oscar wins. If you haven't seen these movies yet, they are definitely worth adding to your watchlist.



A ROADMAP TO ADMISSION IN TOP PAKISTANI UNIVERSITIES

AEM

04 MINUTES READ

Congratulations on successfully completing your intermediate education! As you enter the next phase of your academic journey, it's imperative to understand the admission process for top Pakistani universities. This comprehensive guide will walk you through the step-by-step process, helping you navigate the path to securing admission in your desired institution.

Research and Identify Your Target Universities

Begin by researching and identifying the top universities in Pakistan that offer programs in your field of interest. Consider factors such as academic reputation, faculty expertise, facilities, and location. Notable universities include Quaid-i-Azam University, Lahore University of Management Sciences (LUMS), National University of Sciences and Technology (NUST), University of the Punjab, and many others.

Understand the Admission Requirements

Each university has specific admis-

sion requirements that vary based on the program you wish to pursue. Visit the official websites of your desired universities and carefully review their admission criteria. Take note of minimum academic qualifications, entrance tests (if applicable), and submission deadlines. Understanding these requirements is crucial to ensure your eligibility for admission.

Prepare for Entrance Exams (if Required)

Many universities in Pakistan require prospective students to take entrance exams, such as the SAT, NAT, or university-specific tests. Research the specific tests required by your chosen universities and start preparing accordingly. Join preparatory classes, utilize online resources, and practice with sample tests to enhance your knowledge and improve your test-taking skills.

Complete the Application Process

Once you have identified your target universities and understood their admission requirements, it's time to complete the application process. Most universities provide online application portals where you can fill

out the necessary forms and submit the required documents. Pay attention to details, double-check the information provided, and ensure all supporting documents are attached as per the guidelines.

Common documents required for the application process include:

- a. Filled application form
- b. Copies of your intermediate mark sheet and certificates
- c. Copies of your matriculation mark sheet and certificates
- d. Entrance test scores (if applicable)
- e. Character certificate from your previous institution
- f. National Identity Card (CNIC) (or B-Form)
- g. Passport-size photographs

Submit the Application and Pay Fees

After completing the application form and attaching the required documents, submit your application online through the university's designated portal. Pay the application fee as specified by the university. Keep a record of the payment confirmation and any reference numbers provided.

Prepare for Interviews (if Applicable)

Some universities may require interviews as part of their selection process. If you are shortlisted, prepare for interviews by researching common interview questions and practicing your responses. Focus on showcasing your passion for your chosen field of study, academic achievements, and future goals.

Await Admission Offers

After submitting your application, patiently await the evaluation of your application by the universities. Admission results are typically announced within a specified period. Stay updated by regularly checking the university's website or communication channels for any updates regarding the admission process.

Accepting Admission and Enrolling

Upon receiving admission offers from the universities you have applied to, carefully evaluate your options based on program reputation, financial aid opportunities, and location. Once you have made your decision, accept the admission offer by following the instructions provided by the university. Pay any required enrollment fees to secure your place.

Prepare for University Life

Congratulations on securing admission to a top Pakistani university! Now, it's time to prepare for the next chapter of your academic journey. Stay in touch with the university for further instructions, including orientation programs, course registration, and housing arrangements. Familiarize yourself with campus facilities and resources to ensure a smooth transition to university life.

Remember to stay organized, maintain a proactive approach, and seek guidance from your teachers, mentors, or career counsellors throughout the admission process. Good luck with your endeavours to secure admission in a top Pakistani university, and may this be the first step towards a successful and fulfilling academic journey!

What's The Thing That Most Of Us Don't Know About The Universe That We Should?

In 1957, a female scientist published a research paper showing that the atoms in our bodies are created in the centers of stars through thermonuclear fusion. When stars explode, they scatter this enrichment into gas clouds, forming new star systems. This is the greatest gift that modern astrophysics has given civilization, reminding us that we are all connected to the cosmos.



MELTING FUTURE: THE IMPACT OF CLIMATE CHANGE ON POLAR BEARS



Rizwan Ullah Khan
Student, Bs Zoology
UMT, Lahore

04 MINUTES READ

According to WWF, the polar bear is the world's largest bear and lives in extreme cold environments such as ice-covered water of the arctic. The life of a polar bear depends on the sea ice. The polar bear does not live in one place; they are in distributed form in different regions of the arctic. Polar bears do not occur in large numbers. In 2006 the total number of polar bears in the arctic was between 20,000 to 25,000. Males reach sexual maturity at eight to ten years old, while females do so at four to five. The female bears can have one to three cubs, but the infant mortality rate is high. The rate is high and can go above 70%. Just one-third of cubs live to the age of two. Consequently, there are extremely few individuals who can be replaced in the population, and the rate of population growth is incredibly low.

A polar bear's lifespan of 20 to 30 es

years helps to make up for its low reproductive efficiency. Polar bears inhabit the nearshore annual sea ice over the continental shelf, where their primary prey, ringed seal and bearded seal, is abundant, even though they are scarce in the far north up to the North Pole. The sea ice serves as a platform for the bears' movement, mating, and hunting. Most polar bear populations' females give birth to their cubs in snow dens on land, although all polar bears are virtually entirely dependent on the environment but for their food they depend on marine ice. However, the polar bears' very habitat and with it their survival is under threat due to significant decreases in sea ice in the Arctic over the past few decades as a result of climate change.

In some regions, bears already experience lower nutrition and have worse physical health. This has an effect on their survival and cubbing. The IUCN Polar Bear Specialist Group (PBSG) identified climate change as the biggest threat to polar bear conservation in 2009. 19 bear populations are

present. Eight populations were in decline, three populations were stable, one population was growing, and there was insufficient data on the remaining seven populations to assess their status.

The World Conservation Union (the IUCN) also listed polar bears as "Threatened" in 2008. As a result of their extensive generation times and the present, the global warming gains a great momentum as the Arctic continues to warm, it appears unlikely that polar bears will be able to adapt. Within a century, most of the polar bears' range could be lost to extinction due to climate change (IUCN 2009).

The Arctic sea ice has been significantly impacted by a change in temperature caused by changes in the climate in the 20th century. Normally, the area covered by sea ice fluctuates from 7 million square kilometers in September to around 14 million square kilometers in March. However, from 1979 to 2006, there was a 3.2% per decade decline in the annual sea ice area. These scientists predicted the number of bears that could starve to death as a result of additional climate change using data gathered from this region and mathematical models. In some areas, sea ice chang-

are having an impact on how female polar bears mate. Polar bears that are expecting give birth in the middle of the winter and raise their cubs in the den until early spring. Most bears build dens on land. It is evident from the explanation above that polar bears are already in trouble due to changes in sea ice brought on by climate change, and that their future is in danger.

The sea ice serves as the polar bears' habitat. Using this information, a research team from the United States Geological Survey came to the 2007 conclusion that, if greenhouse gas emissions continue at their current rate, two thirds of the world's polar bear population might disappear by 2050. However, if we are able to reduce greenhouse gas emissions, there is more hope for the polar bears. A paper released in 2010, it was demonstrated through the use of mathematical models that, if greenhouse gas emissions are reduced, a significant amount more Arctic sea ice would be retained, and polar bear populations could continue to increase throughout this century compared to what was predicted under the business as usual scenario.

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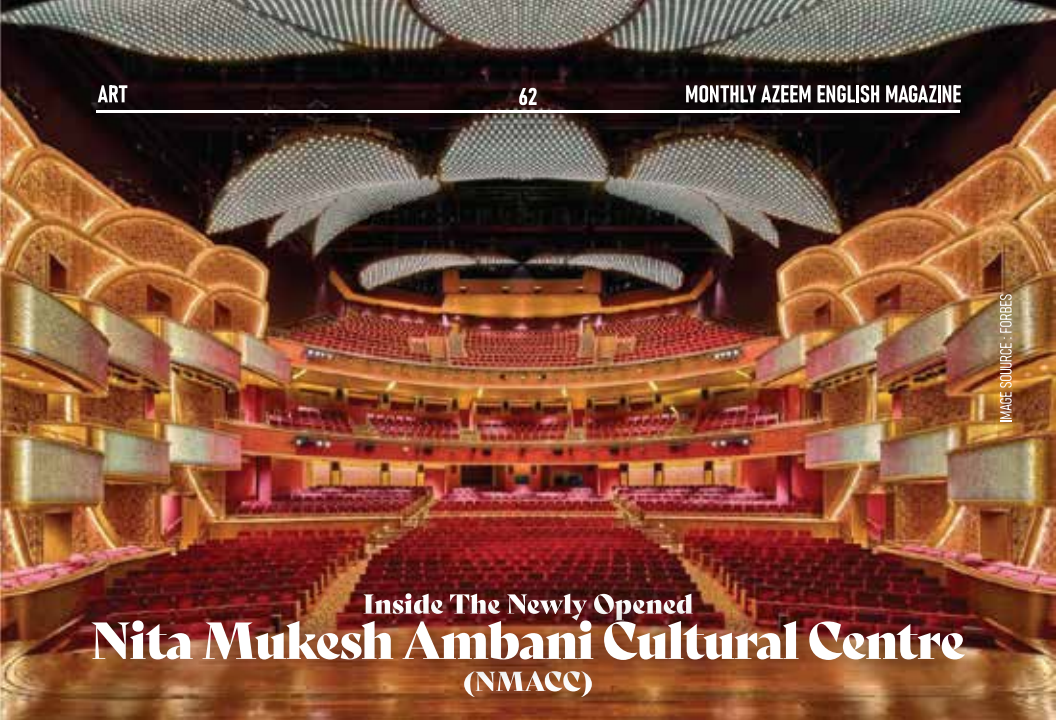


IMAGE SOURCE: FORBES

Inside The Newly Opened Nita Mukesh Ambani Cultural Centre (NMACC)

AEM

04 MINUTES READ

India has always been known for its rich cultural heritage, and now, it has a new center to showcase the best of its traditions. The Nita Mukesh Ambani Cultural Facility (NMACC), located in Mumbai, is a first-of-its-kind center that offers a glimpse into India's finest offerings in music, theatre, fine arts, and crafts.

The center is a tribute to India's glorious legacy traditions and heritage, and it houses three performing arts spaces. The best of these is The Grand Theater, which can seat up to 2,000 people. The theater has 18 VIP diamond boxes that offer butler service, making it a truly luxurious experience. However, the most striking feature of the theater is its LED ceiling, which is adorned with 8,400 Swarovski crystals that change color

according to the mood of the show, giving the theater an opera-like feeling.

The Grand Theatre at the Nita Mukesh Ambani Cultural Centre is India's premier venue for cultural events, boasting advanced technology and luxurious amenities. Overlooking the stunning Fountain of Joy is The Art House, a dedicated space for visual arts. The center features the Arts Café, a new restaurant by the prestigious Oberoi group, and Indian Accent, one of India's most awarded restaurants. With a well-equipped library offering an extensive collection of books on Indian art, culture, and history, visitors can attend book readings and discussions. Additionally, the center serves as a hub for social events and corporate gatherings with banquet halls and conference rooms accommodating up to 500 people. The

NMACC has become a must-visit destination for tourists and locals, thanks to its unique architecture and world-class facilities.

The first event to catch the audience's attention was The Great Indian Musical: "Civilization to Nation", a musical production that narrated India's journey through dance, drama, music, and art. The show featured 350 artists, including a 55-piece live orchestra led by the Budapest Scoring Orchestra, choreographers like Ajay-Atul, Vaibhavi Merchant, and Mayuri Upadhy.

"India in Fashion" was another fascinating exhibition, curated by Hamish Bowles, that explored the influence of traditional Indian dress, textiles, and craft on the international fashion market since the 18th century. The exhibit featured an array of attire, from the varied draperies of the sari and dhoti to the botchs of Kashmir's shawls. It also highlighted the evolution of the contemporary Indian fashion community.

The opening of the Art Space was marked by an exhibition called "Sangam / Confluence", showcasing artworks by Bharti Kher, Bhupen Khakhar, Anselm Kiefer, Cecily Brown, Ranjani Shettar, Francesco Clemente, and more. The exhibit was organized by American curator Jeffrey Deitch and India's leading cultural theorist Ranjit Hoskote.

Classical music enthusiasts enjoyed a two-hour-long live show by Padma Shree-awardee Aruna Sairam, a renowned vocalist accompanied by an array of instruments like the tabla, ghatam, mridangam, and violin.

Another highlight was the play reading of "Kaifi Aur Main", directed by Ramesh Talwar and featuring veteran actors Shabana Azmi and Kanwaljit Singh.

The official Indian adaptation of "Every Brilliant Thing", written by playwright Duncan Macmillan and directed by Quasar Thakore Padamsee, encouraged the audience to interact with one another and with the performer. Through an uplifting story about love, life, family, mental health, and more, the play showcased the principles of interactive theatre.

Other events that took place at the NMACC included "Kuch Bhi Ho Sakta Hai" with Anupam Kher, a production about the actor's life, and Ismat Apa Ke Naam, featuring three of author Ismat Chughtai's powerful stories on society, religion, and female sexuality. The Naseeruddin Shah-directed play with music by Vishal Bharadwaj, featuring powerhouse actors Naseeruddin Shah, Ratna Pathak Shah, and Heeba Shah, was a must-see.

Finally, "Voctronica", India's first all-vocal ensemble, brought their signature sound to the NMACC stage, featuring a harmonious blend of beatboxing, Indian Classical pop, blues, and rock.

In fact NMACC is a remarkable addition to India's cultural landscape. The center celebrates India's rich cultural heritage and offers visitors an opportunity to experience the best of Indian music, theatre, fine arts, and crafts. The center is not only a cultural hub but also a social and corporate event venue. It is a testament to Nita Mukesh Ambani's vision and commitment to promoting Indian art and culture.



AEMAGAZINEPK

Unlocking the Power of AI: How Freelancers Can Benefit From OpenAI's ChatGPT



Almas Khan

Founder Mission Possible PK

02 MINUTES READ

Artificial Intelligence (AI) has been around for decades, and with recent advancements, it has become an essential part of modern technology. Simply put, AI is a system or program that can perform tasks that typically require human intelligence, such as problem-solving, learning, and decision-making.

One of the leading organizations in the field of AI is OpenAI, a research company co-founded by Elon Musk, among others. OpenAI aims to create and promote friendly AI for the betterment of humanity.

One of the projects developed by OpenAI is ChatGPT, a language model based on the GPT-3 architecture. ChatGPT is a large language model trained on a vast dataset of human language, allowing it to understand and respond to natural language input.

Freelancers in content creation can take advantage of ChatGPT by using it to generate ideas, brainstorm headlines, and even draft articles. With its ability to understand and generate human language, ChatGPT can assist content creators in improving their productivity and efficiency.

To use ChatGPT, freelancers can input a prompt or question, and ChatGPT will generate a response based on its training data. For example, a freelancer could input "What are some tips for writing compelling headlines?" and ChatGPT might

respond with "Some tips for writing compelling headlines include using action verbs, creating curiosity, and making it specific."

Try these prompts and see amazing results, just do not forget to customize them as per your work or business needs:

"What are the benefits of using AI in business?"

"Can you suggest some strategies for improving content marketing?"

"What are some ways to increase website traffic?"

"Can you provide some tips for writing effective email subject lines?"

"What are the best practices for SEO optimization?"

"What are some common mistakes to avoid when starting a business?"

"What are the key elements of a successful social media campaign?"

"Can you recommend some tools for tracking website analytics?"

"What are the current trends in digital marketing?"

"Can you suggest some ways to improve customer engagement on social media?"

In conclusion, AI is a rapidly growing field that has become an essential part of modern technology. OpenAI is a leading organization in AI research, and ChatGPT is a language model developed by OpenAI that freelancers in content creation can use to improve their productivity and efficiency. By utilizing ChatGPT, freelancers can take advantage of its ability to generate natural language responses, assisting them in their content creation efforts.

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