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AZEEM MONTHLY ENGLISH MAGAZINE

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EDITOR'S NOTE

Greetings, extraordinary readers!

As the summer sun makes way for autumn's embrace, we present a captivating array of diverse experiences and thought-provoking tales. Join us on a journey of introspection and artistic expression, where we explore the wonders of nature, contemplate life's cycles, and unveil the mysteries of science.

Discover enchanting villages, balance tourism with sustainability, and navigate the joys and challenges of new motherhood. From literary legends to the allure of the silver screen, we dive into worlds beyond our own.

Embrace change, find resilience in adversity, and cherish the essence of meaningful connections. Let this edition be a guiding light on your path to personal growth and well-being.

Thank you for trusting us with your voice. Enjoy the voyage!

Happy Reading!

Muhammad Ali Farooqi
Editor-in-Chief



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THEATRE ACROSS BORDERS*

"THE ART OF LISTENING"



Shifa Zoya

Student, Lover of Words

04 MINUTES READ

Ittefaq brought theatre to Muhammad Ali Farooqi in the form of a college project. Those three minutes on stage as a chimney sweep were so unforgettable that he couldn't help but join the Quadian Dramatics Club (QDC) at Quaid-i-Azam University, Islamabad, Pakistan where he is completing his PhD in Pakistani student theatre! Sacrificing a career in football, his deep passion for the arts and a strong sense of responsibility to his fellow theatre artists is what has kept the twenty-four year old going for the past four years. Not to mention though, out in the theatre field he has had to face a few obstacles. "Who doesn't," you ask? Let's take a look at Farooqi's counterpart, for instance, the music society president who was failed by a teacher in a bid to discourage him from pursuing his musical interests. Or why not turn to a female member in Farooqi's team? When one of QDC's plays was covered in The Tribune newspaper, the picture of a scene from it showed Farooqi and a girl, after which she never came back. Needless to say, the obstacles are many. With constant criticism and backlash from authorities as well as endangered marriage prospects, these young theatre enthusiasts remain dedicated solely due to the izzat (respect) they receive on stage. Now I'm sure we've all heard at some point "What future does Theatre even have?"

"Theatre? You mean you'll be showing skin on stage?" Whaddup age old Social Stigma!

Social stigma surrounding the performing arts is a major problem for students though because it prevents the widespread acceptance of theatre. According to Farooqi, Mujra, an art form popular in Lahore which is considered vulgar, immoral and against Islamic values is often compared to commercial theatre. This means young theatre artists are discouraged or not allowed to join the theatre world by their families and teachers who look down upon it. But this does nothing to stop them and they take the derogatory term "stage dramatist" and "kanjar" in their stride, challenging the misconceptions surrounding theatre by stressing that they are "pure theatre" and nothing less.

Dealing with derogatory terms? Check. Facing backlash from society? Check. Having difficulty finding safe performance spaces? Check. Check. Check.

Although there are many more contemporary art spaces now, Farooqi is worried about the lack of safe spaces for performances, which could mean only one thing: a breeding ground for frustration, both for the artist and the audience. But Farooqi has realized that if the state wishes, it supports plays, gives space and gets things done and so the new challenge of a theatre artist is to get the state to believe in their work.

Our friend Farooqi, here seems to have a really cool way of going about this. Check it out for yourselves.

* THIS INTERVIEW WAS FEATURED IN THE SPONS ANNUAL BLOG ON THE EVE OF PAKISTAN - INDIA INDEPENDENCE DAY. THE SPONS IS THE BIGGEST YOUTH THEATRE ORGANISATION BASED IN MUMBAI, INDIA.

QDC had been performing one of their original Urdu plays Sarisht, based on a true story that addressed the issue of forced prostitution and the social stigma surrounding it. They won several awards at a university-level competition. A different team from a different university adapted the same play and were disqualified. Wait what? Turns out, presentation is key. The way content and language are dealt with is imperative. This highlights the care that needs to be taken by script writers and artists so that they address “soft points” that don’t hurt anyone’s sentiments but are not so careful that they forget the message they are trying to convey in the process. “Bura lage bhi toh usko kuch andaaza na ho”, Farooqi laughs. Although “khule azadi se nahi keh sakte hai ” it. So while they do perform controversial plays, they keep

in mind the national narrative. In these divisive times, it is theatre that can bring societies together as it creates a safe space for discussion and development when the outside world sometimes rejects this, feels Farooqi.

It is important to understand your audience, says Farooqi, because this determines everything from the context, content, and language the play is performed in, to the costumes and props that are used. During one

of their performances in interior Sindh, Farooqi’s fellow women theatre artists had to change their costumes from jeans to a salwar kameez with dupattas over their heads at the last minute. They have never experienced this in Lahore and Karachi as these are more liberal spaces, representing the dynamism of boundaries between the acceptable and what is not. In doing so you’re showing them that you’re listening to them, that you understand their culture.

Theatre, according to Farooqi, breaks down the superficial borders not just between the artist and the audience but unifies the inner and outer part of the artists themselves. He has watched as students have transformed and changed under his guidance, so much so that a girl, who had never left Islamabad, went to another city, acted without her headscarf and even

used a cigarette on stage to get into character! The human to human interaction is best to remove misunderstandings and political boundaries through the lived experience of a performance. “Even if you take a breath they [the audience] are paying attention”, says Farooqi proudly. “Go ahead! channelize your frustration, talk coexistence and hear both sides of the debate because freedom is not just about expressing but listening.”

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CONNECT THE DOTS



Aqsa Zahoor
Sociologist

04 MINUTES READ

A friendly reminder: Make this fall a blessing for you and other beings. The question of humanness is way simpler to answer. It makes you think and act with kindness to the universe. What makes you think of the universe? May I help you in this sort? Let me explain it to you. The universe is what makes you share your energies with. It's your effort to sooth your mind, and body in general and energies, desires, and dreams in particular. As a consequence of this sort of sharing, you receive rewards. Yes, the rewards from universe which you have created, and shared your kindness with. It is like magic. I often question random people and my friends "*jaadu aata hai?*" can you do magic or do you know magic? And they laugh and sometimes answer me with a lot of queries about this question of mine regarding magic. What is my purpose of doing all this? What is the aim of getting in a conversation with people you do not know? That's

the very first step of sharing your energies and creating a universe. And yes "*jaadu tou sabko aata hai*".

As I initiated with the question of humanness, humans are not the only one on this planet. The question of nature, the matter, water, soil, sun, moon, stars, air, seasons, the mountains, the rivers, and a lot more that makes humans, mother nature and animal's existence possible is also easy to answer. As you can see around you, the earth is shaped and changed by humans. Some changes are justified by defining the technology and modernizations and other terminologies like these. There are huge buildings all around the world. There is technology. The water has changed its flow (sometimes by its own and sometimes done by humans). Climate is totally changed. I personally do not like comparisons but in the case of life, it is essential to connect the dots in order to understand why things have changed and what are their effects on us and life on earth.

The thing to add on this is: we have lost the dots to connect and make our life defined on kindness and human

ness. Whenever we spend time with our generation's older counterparts, we used to listen about exciting things that aren't meant to show up in contemporary times. Don't you think that everything is messed up? Actually, the essence which is meant to be missing in our life is sharing. Yes, the sharing that is between nature, humans and every single thing on this planet. The kind of sharing that makes the universe a good place to live. That sort of sharing ensures the transfer of energies among different natures. Nature is used here for the nature of things, humans, animals, earth and every single thing that defines earth as earth.

There are ways we can express our humanness.

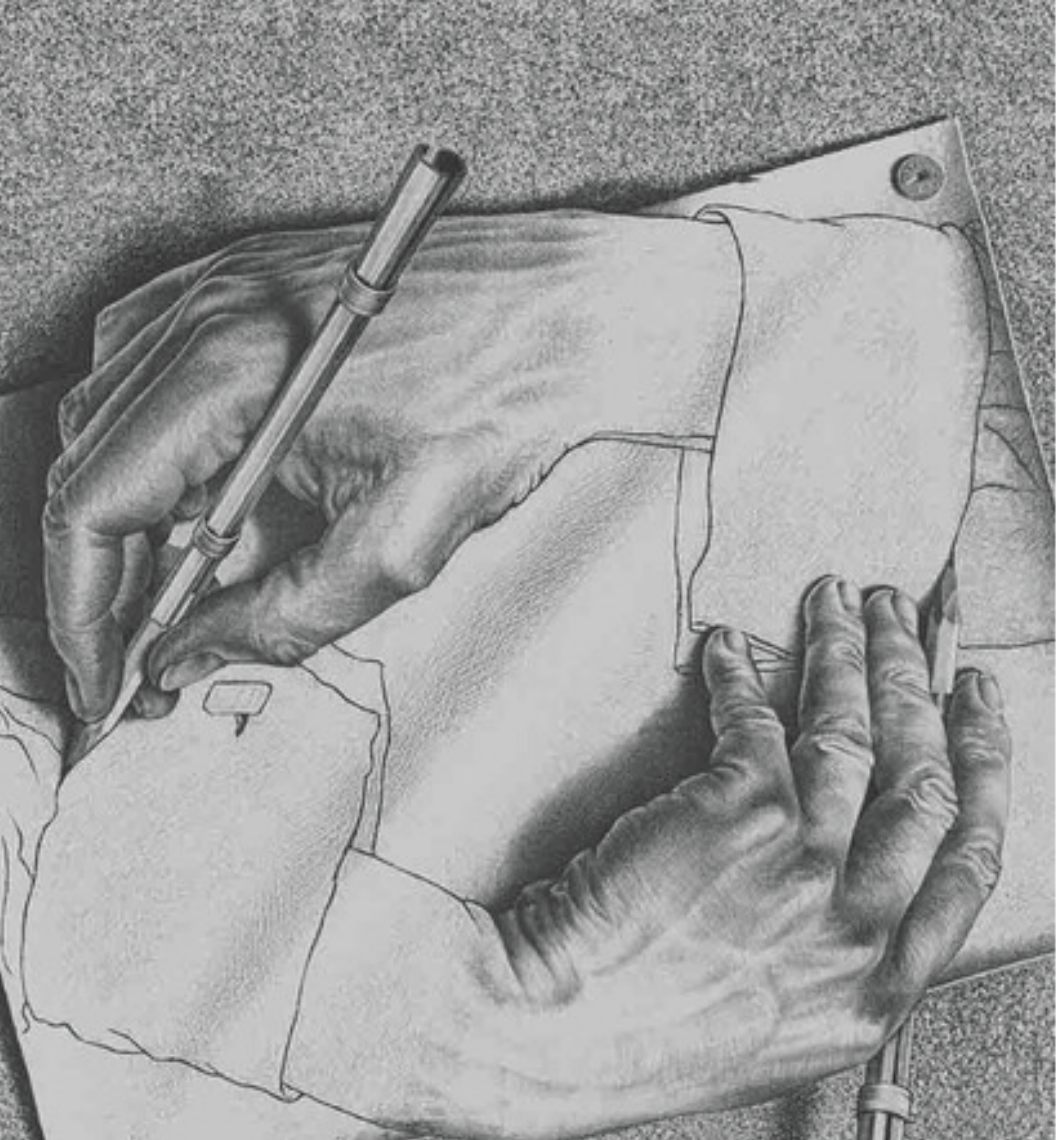


For instance, share yourself with not only humans but with your surroundings like air, trees, birds, animals, plants, sky, stars, water, nearby mountain or a far off one, the little ant moving with tiny legs near you, the sun and the moon. Talk to these and you will feel that you are not the only one happy or depressed. But sharing will heal you. And, as a human you do have a soul. And your soul needs to connect to the energies it inhales to talk. Souls need to talk. Therefore, you and the souls of yours and the other beings will heal the one you've shared yourselves with. Try to make a habit of feeding the beings around you. Those beings could be anything, material or soulful.

Feeding might be in material terms as well as non-material basis. Talk to the dogs in your streets scrolling around the universe of your existence. Talk to the birds_ the crows in the evening. Feed them with food. Let me share with you a beautiful habit of Didi (a dear friend of mine and my soul). She used to feed the crows in the evening with food she eats and she makes a share of the food for the crows before eating. It has made me realize that sharing the food, not as a leftover thing but with the same respect to other beings, makes you feel a lot. It makes you feel a lot about a lot. And as a result of this sharing she has made the crows her friends. And the most beautiful thing is that she has discovered intricate and i n -

timating habits of the crows. And she has discovered the ancient times of the companionship of humans and the crows. You, yes you the young fellow of mine, whom I am writing for: make it a friendly reminder that you are a human and it is not meant to bind you for any act of yours towards kindness. Through these acts of kindness, you will be able to connect the dots, the dots that make everything bearable on beautiful terms. That makes everything of your universe help you to mark it a place for sharing through diversities of existence.

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Manifesto of The Timeless Artist:

Part I



Armughan Munir
Transformation Coach,
Student, Podcaster

04 MINUTES READ

Imagine you're sitting in front of your screen. A blank document stares right at you. Taking another sip of your drink. You muster up all your creative courage giving it another go as your fingers strike the keyboard.

Yet, The right words don't come out. The right sentences don't flow. The ideas are jammed.

What most people do at this point is, they accept defeat. They call it 'Writer's Block' and move on to something else. What happens next is, 2 weeks down the line, you're still blocked.

Who knows when the block will remove itself.

There's a long standing belief in the artist community: You can't force good art to happen.

It's "Divine Inspiration". Hence it's up to the divine.

If the divine ain't giving you inspiration. Whom can you blame? But what if there was a better way? A way in which no matter when you sit to write, paint, or sing. Words flowed like a clear stream of water. Colors interpolated like the dance of flashing light. Musical notes played like happy children in the mud.

Is it possible to break up with 'artist's block' once and for all?

In my 2 years of writing, speaking, and creating through different mediums.

There has not been a single time when I experienced a block. And I am no Mozart, Da Vinci, or Iqbal. I am an ordinary creative person doing my work.

Yet, I have a firm belief that divine inspiration is always available. Always. 24 hours a day. 7 days a week.

365 days a year. You can tap into it anytime you want.

When you're experiencing a block. It's not that divine inspiration has ceased. Not that you tap into it is under-developed.

The good news is, you can develop your ability to tap into it. Exactly like you learn calculus, cricket or cello.

But before we get into that. Let's talk about why divine inspiration never stops. I asked a great writer once, "Where do you get inspiration from?" She looked at me from across her desk with a look of glee and wonderment,

"How can you not get inspiration, beta?. It's everywhere" In her loving tone. She continued,

"The reason people don't get inspired is because they don't observe. They see."

The reason why divine inspiration can't stop is because it's everywhere around you. Have you ever looked at an oak tree and wondered,

It was a simple acorn once. Only about the size of your inner palm. Someone most likely planted it over a thousand years ago.

How exquisite is the process of creation. There it was in all its tiny innocence. Now it triumphs for a 1000 years.

How many travelers did it give shelter to?

How many birds did it give a home to?

How many lovers sat underneath it?

How many raindrops did it drink? ... and how much healthy oxygen is breathed out?

Talk about inspiration? Only from ONE oak tree.

The reason you don't feel inspired every second of your day is because you have become habitual. You lack inspiration because of habit. Diminishing returns occur when something

becomes ordinary. All you witness is the product of 13.8 billion years, where stars die, are reborn, collide, explode, and merge. These events shaped your home, the pale blue dot. Stars created every atom, including oxygen, hydrogen, carbon, calcium, and more. Multiple stars from various places formed these atoms. Atoms were propelled through black space at near light speed, crafting your beautiful eyes. They shaped a living organism capable of observing life and perpetuating it. This journey from star to human signifies the universe reflecting upon itself. Each one of us embodies the entire universe.

How can inspiration not touch you?

There's inspiration everywhere all the time. Only if you have the eye to look for it. Channeling it into some piece of art is a completely different process. One where most artists get stuck. But before you get into that. As an artist, you must develop an eye for beauty. Challenge yourself to see beauty in everything. Expand your frame of reference by saying "Extraordinary" everywhere you look. When it comes to channeling. There's a science and an art to it. A good nuclear scientist knows the art of channeling. He taps into the fundamental nuclear forces of creation using the tools he has. Then he channels the energy which he uses for creative or destructive purposes. Same is the case with an artist. Every artist is a channeler of divine inspiration. The artist didn't create the inspiration, like the scientist didn't create the nuclear forces. The artist can't control the inspiration, like the scientist can't control the nuclear forces. He/She can tap into the force using the tools they have. Every artist has a different set of tools. There are no good or bad tools when it comes to

art.

Shakespeare didn't have better tools than you. He used the same ones, Words.

Da Vinci didn't have a better paint brush and color than you. I would even argue he had non-optimal tools compared to the ones you have!

But then why is it that Da Vinci painted the Mona Lisa, while I can't draw a straight line? (I actually can't)

To understand, let's talk about the example of coffee or chai. How many ways are there to make a cup of black coffee?

Only a handful.

Then, why does it taste different when you make it vs. when your friend does. Even though you followed the same recipe? By now, you know where I am headed. Both good cooks and artists add their unique flair to their creations despite starting with the same basic ingredients or tools. As they continue to create, they add their own touch and flair to it. It springs by itself. The discovery of the flair happens in the heaven-field of creation. You can't come by it before you get your hands dirty in the process. But if you commit to the process. The flair emerges. Your own flair is what makes you unique. It's your unique genetic code. It's in-built. It shows itself in your work. So far, The process is very simple. Here it is:

1. Develop the eye of wonderment.

2. Channel it in your own medium.

This is the start. There are far more advanced practices every artist can use to tap into inspiration at will. I am afraid I can't list them all in a single article. My editor won't appreciate this at all. Until we meet again in part two of this guide.

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WONDER WORLD OF ANTS AND HONEYBEES



Saira Batool

Nature Photographer, Blogger,
Media Student

02 MINUTES READ

Ever been curious about the world of insects? How do bees make honey? How do ants carry food? How much do you know about these insects and their world? Let's have a close insight! In the world of ants and honeybees, there are two species that are the most important to humans. The first is the honeybee, which is responsible for pollinating a huge number of plants. They do this by carrying pollen from one flower to another. Honeybees also help us produce food by making honey, which can then be used to make other things like jam or syrup. The second is the ant colony, which lives in large colonies with thousands of individuals. Ants are helpful because they protect plants from other insects and make sure that their seeds aren't eaten by birds before they sprout into new plants. Ants also keep pests away from crops, so they're especially important when it comes to growing food! They're also pretty damn fascinating. They're not just your average pesky insects, though. Ants are actually one of the most successful groups of organisms on Earth, and they're responsible for a whole lot of amazing things. The first thing you should know about ants is that they don't actually live in colonies—they live in a "superorganism." That means that when an ant dies, it's no longer part of the colony but rather its own individual ant. This is what allows them to survive so

well—if an ant dies, it can be replaced by another ant! Ants are also able to communicate with each other through chemical signals called pheromones. These pheromones act like an alarm system for the colony: if one ant is attacked or killed by something or someone else, then all of the other ants will know about it immediately and go out to defend themselves!

Hidden fact: Ants hold the record for the fastest movement in the animal kingdom are the longest living insects. As for bees, they make the honey we eat! There are three kinds of bees: worker bee, drone, and queen bee. The drones are the bee's father. They mate with the queen bee and then die. The queen bee is the bee's mother. Her body is big and she gives birth to larvae. There are about 1,000 different bee species. Of those, around 300 are considered stingless, as in they don't have a stinger. Among the stinging bee species, some can sting over and over again; for others, their first sting will be their last. For those bees, the stinger, or ovipositor, is barbed at the end, so when the bee flies away after stinging, it gets stuck in your skin, tearing away part of the bee's abdomen. Soon after, the bee dies. And you thought a bee sting was bad for you!

Hidden Fact: To produce a kilogram of honey, bees fly the equivalent of three times around the world in air miles. These were some of the amazing hidden facts about bees and ants. So next time, before anyone tries to kill them, count their blessings upon mankind.

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LIFE AS A CYCLE OF CONTINUOUS REBIRTH



Mawara Manzoor
Writer

3 MINUTES READ

Life often confuses us with its forms. It is a single life to say, but it's a thousand lives to be. People always talk about staying for love, waiting for the right moment, sticking to the right people and things like that.

But behind this science of staying lies the art of leaving that we don't usually talk about. Leaving is usually considered negative as it shows inconsistency. But there is a different side of this story that we tend to overlook. A decision of leaving a person, a place, a time frame or a thing behind needs strength. More than the knowledge of words it needs the understanding of timing. We can always blame someone or even ourselves for being at the losing end but good or bad is not the decision, it's always the intention. You can love someone immensely and still make a decision to leave because you understand what the situation needs. So is true for someone who left.

I am not talking about those who mindlessly make choices and then

blame time for everything. I'm talking about those who know how precious connections yet choose to shift. And more often than not, time flips sides and we are in the places of those who once left and we never forgave them. If leaving someone or being left behind makes you realize your worth, trust me it's needed. No matter how tough it gets or how rough it feels. You will always move forward when you leave a place or a person. Leaving might hurt for some time, but it's a much-needed lesson. You can be right about leaving if you think what happens when you stay would be wrong.

You are different. You don't understand the concept of finding lovers online because you are old school and you'd rather write letters than swipe left or right. It is okay, it doesn't make you uncool, it makes you... you. It is okay if you don't necessarily enjoy the same things that most people do. It is okay if you like pineapple on your pizza and prefer cozy evenings in the comfort of your room over clubbing with your friends. You don't have to change your dressing style because others think that yellow doesn't

IMAGES SOURCE: DIVALCATION

match your skin tone or floral tees make you look weird. You wear clothes that you feel comfortable in. You should not change yourself to make people love you. You don't have to sit through a three-hour long movie or go out every day to prove to your friends that you can also have 'fun'. It is okay if your definition of fun doesn't match theirs.

The most amazing thing about you is that there is nobody else like you. You are one of a kind to this whole world. Because we all are different. We all have our own stories of love and heartbreak, success and failure, joy and sadness, and trust me, if we all were the same, our lives would've been devoid of excitement and madness. When you're comfortable in your own skin, you don't have to worry about fitting in with everyone else. There is no longer any need to pretend to be someone you're not. Instead, you can be who you really are without fear of judgement.

Being yourself is a bold act of self-love and self-acceptance in a world where we are constantly bombarded with messages about what we should look like, behave like, and think like. It's about letting go of the notion that one way of being is superior to any other and instead celebrating the vast range of human variation.

So, embrace your uniqueness. Embrace the ongoing cycle of death and rebirth because when you leave behind what is problematic, you discover something remarkable about yourself. Celebrate what makes you different, and don't be afraid to show it off to the world. You are a one-of-a-kind masterpiece, and there is no one else quite like you. So go on and fall in love with your uniqueness.

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HAVE YOU EVER STOPPED TO PONDER THE VASTNESS OF THE UNIVERSE?

AEM

It's a question that has puzzled scientists and philosophers alike for centuries. But modern astrophysics has given us the greatest gift of all - the knowledge that the universe is alive within us.

In 1957, a research paper was published by a leading female scientist, who to this day, is celebrated for her contributions to the field. The paper demonstrated that the atoms in our bodies - nitrogen, iron, carbon, and more - can all be traced back to cosmic crucibles deep in the centers of stars. These elements were manufactured through thermonuclear fusion, and when the star explodes, it scatters its enrichment into gas clouds that eventually form the next generation of star systems - including our own.

So, what does this mean for us? It means that the universe is not something separate from us, but rather a part of us. We are made up of the same stuff as the stars, and our bodies are a testament to the incredible cosmic processes that have been unfolding for billions of years.

In light of this knowledge, we should never feel small or insignificant. We should feel large, and embrace the fact that the universe is alive within us. It's a humbling and awe-inspiring realization, and one that should fill you with a sense of wonder and curiosity. So let us never forget the incredible gift that modern astrophysics has given us, and the role that we play in the grand cosmic drama of the universe.

WHY PAKISTANI BODYBUILDERS ARE DYING?

AEM

04 MINUTES READ

Pakistan is a country known for producing some of the world's finest bodybuilders. However, in recent years, the country has been making headlines for a very different reason: the alarming number of deaths among its bodybuilding community. This trend has raised concerns about the health risks associated with the sport and the lack of regulation and awareness in the industry.

The causes of death among Pakistani bodybuilders are varied, but many are linked to the use of performance-enhancing drugs, such as steroids. These drugs are often used by bodybuilders to build muscle mass quickly, but they can have serious side effects, including heart attacks, liver damage, and kidney failure. The lack

of regulation and monitoring of the use of these drugs is a major concern, and many bodybuilders in Pakistan are taking them without the guidance of a medical professional.

In addition to the use of performance-enhancing drugs, many bodybuilders in Pakistan are also pushing their bodies to the extreme in pursuit of the perfect physique. This can lead to overtraining, which can cause a variety of health problems, including muscle damage, joint problems, and even death. Overtraining can also lead to psychological problems such as depression, anxiety, and body dysmorphia, which can exacerbate the physical health problems.

Another contributing factor to the deaths of Pakistani bodybuilders is the lack of awareness and education about safe training practices and



IMAGES SOURCE: MEN'S XP

proper nutrition. Many bodybuilders in the country do not have access to qualified trainers and nutritionists, and as a result, they are often following unsafe and unhealthy practices that can have serious consequences. Without proper guidance, bodybuilders may not be aware of the dangers of overtraining or the importance of proper nutrition, which can exacerbate the health risks associated with the sport.

The culture of bodybuilding in Pakistan also plays a role in the high number of deaths. Many bodybuilders in the country are driven by a desire for fame and recognition, and as a result, they may be willing to take risks that compromise their health. The lack of support for bodybuilders, both financially and socially, also contributes to the problem. Without proper support, many bodybuilders may feel they have no choice but to take shortcuts that compromise their health.

There have been several instances of bodybuilders in Pakistan who have died due to health complications related to the sport. One of the most well-known cases is that of Pakistani bodybuilder Humayun Khurram, who died in 2019 at the age of 47 due to a heart attack. Khurram was a well-known bodybuilder in the country and had won several national titles. His death highlighted the risks associated with the use of performance-enhancing drugs and the need for greater regulation in the industry.

Another example is that of Salman Ahmed, a 21-year-old bodybuilder who died in 2017 due to liver failure. Ahmed had been taking steroids to build muscle mass and had been training excessively in the months leading up to his death. His case

highlighted the dangers of overtraining and the need for greater awareness about safe training practices.

There have been several other cases of bodybuilders in Pakistan who have died due to health complications related to the sport, including heart attacks and kidney failure. These cases underscore the need for greater regulation and education in the industry to ensure the health and safety of those pursuing bodybuilding in Pakistan.

The high number of deaths among Pakistani bodybuilders is a complex issue that requires a multifaceted approach. Addressing the problem will require greater regulation and monitoring of the use of performance-enhancing drugs, as well as increased education and awareness about safe training practices and proper nutrition. It is also important to address the culture of bodybuilding in the country and to provide greater support for those who are pursuing the sport.

Only by taking a comprehensive approach, Can we hope to reduce the number of deaths and create a safer and healthier environment for Pakistani bodybuilders?

FACT YOU NEED TO KNOW

The strongest muscle in the human body is the masseter: The masseter muscle is located in the jaw and is responsible for chewing. It exerts the most force of any muscle in the body, allowing us to bite down with tremendous strength.



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Interlinked: PHYSICAL AND MENTAL WELL-BEING



IQRA ALI
Freelancer

03 MINUTES READ

Health and wellness are a lifelong commitment. The World Health Organization introduced the concept of health and wellness in 1948 and 2006, respectively;

“Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.” (WHO, 1948).

“Wellness is the optimal state of health of individuals and groups. There are two focal concerns: the realization of the fullest potential of an individual physically, psychologically, socially, spiritually, and economically, and the fulfillment of one’s roles and expectations in the family, community, place of worship, and other settings.” (WHO, 2006).

Research has proven that deterioration in physical health leads to an increase in mental stress, which

subsequently contributes to deterioration in physical health, creating a vicious cycle. The factor contributing to this cascade other than physical health is hormones; which are released as a result of physical activity. Three happy hormones released as a result of exercise are; Serotonin, Endorphins and Dopamine.

Serotonin:

Goes with the nickname “the mood stabilizer”. Having a healthy level of serotonin makes you feel alert, relaxed, happy, and less anxious. It also enhances feelings of well-being and happiness. However, a low level of serotonin in the body can cause depression. This release of serotonin also occurs during exercise which improves the mood of a person.

Dopamine:

Goes with the nickname “the reward chemical”. Dopamine regulates attention and memory. It can also promote reward and motivation-oriented behavior. Dopamine

encourages us to want, desire, seek over and search. It induces greater arousal and increases our goal-directed behavior, which prevents a person from feeling hopeless, deserted and being depressed. Exercise is recommended for improving endorphin levels and mood.

Endorphins:

Goes by the nickname "the pain killer". Regular physical activity can boost your self-esteem. Exercise releases chemicals called endorphins in your body that interact with your brain to reduce your perception of pain. When the endorphins in the body are released, the body experiences a positive high, similar to morphine. The feeling after a run is often described as "euphoric." This feeling often occurs with a positive outlook on life.

If these hormones are imbalanced it can result in severe psychological responses that can further result in physical deterioration of health.

As it is said "Exercise is the magic pill," says Michael R. Bracko, EdD, FACSM, chairman of the American College of Sports Medicine's Consumer Information Committee.

The self-commitment to maintain daily physical activity is rather difficult, but can be achieved if done in a healthy, happy way.

Do not force yourself into doing exercise rather make it pleasurable and alluring for yourself and it can be done by just five simple steps:

- Start slowly and gradually.
- Take a break in between if you have to.
- Be creative by improvising the activity you are doing, so that it's a fun time for you.
- Don't push yourself too hard, pain can be a demotivation on the next day.
- Don't call it off, take a two-day rest if

you aren't feeling up to exercising.

Keep monitoring your progress and you will see happy improvements. If you start losing the motivation, find your new goal change by changing your exercise; if your aim was to complete a 500-meter race before, you can change it to 10-high jumps. Or you can also join a fitness group. Group activities have proved to be very promising in terms of fitness improvement. Starting exercise is a good decision but be mindful of not exerting yourself to the level of injury, plan carefully and go on gradually.

Happy Exercising!

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4 AMAZING FACTS ABOUT HEALTH

The human nose can remember 50,000 different scents: Our sense of smell is incredibly powerful and can distinguish between thousands of different odors, making it one of our most remarkable sensory abilities.

Your feet contain a quarter of all the bones in your body: Each foot has 26 bones, which means that together they account for 52 out of the 206 bones in the human body.

The human brain generates enough electrical impulses to power a light bulb: Although the brain's electrical activity is relatively low in voltage, it produces enough energy to power a small LED light bulb.

Your tongue print is unique: Just like fingerprints, each person has a unique tongue print. This distinct pattern can be used for identification purposes, similar to how fingerprints are used.

UNVEILING THE MYSTERIES OF QUANTUM PHYSICS- PART I



Saad Rashid
Grade 9 Student

04 MINUTES READ

This world is traveling fast with new discoveries and inventions coming every single day. In a world full of mysteries, Quantum physics has recently gained a lot of recognition and importance. Even though it is considered as one of the most complicated topics in science, we still take a look at it and try to understand what quantum physics is?

Quantum physics is a fascinating field of physics that explores the behavior of tiny particles as small as electrons and photons. So, the world in this article is going to get smaller as we understand how one of the smallest particles to make this world behaves. There is always a story behind every mystery so let's find the story behind quantum physics. Quantum physics states that electrons and photons can behave like particles as well as waves at the same time. Isn't this confusing? Like If I say that I am present in two

rooms at once, will you believe me? No, but quantum physics is all about this. It states that electrons and photons can be in two or more places at once and can be in two or more states at once. This duality is illustrated by the famous double-slit experiment, where particles passing through two slits create an interference pattern like waves.

As I said before, particles can be in more than one state at one time. So, let's understand it with another example: if I give you a ball which is red and blue at the same time, will you believe it? Obviously, no. But, that's how a particle behaves according to Quantum physics.

Well, I don't know if you absorbed the previous bomb I dropped on you, but here's another one. Quantum physics has a very interesting part named "Quantum Entanglement" Well, what is this? You would have seen or read about teleportation or a special type of communication which is done without speaking or by behaving in sci-fi books or movies.

Let's suppose I give you two magi

cal coins. If one coin is on head, the other one will always be tails even if it's far apart. If you flip the first coin and now it is tails then the other one will be heads. They communicate with each other secretly even though they are miles apart. Quantum Entanglement takes place when they are linked with each other in some way or another even though they are far apart from each other.

Another important principle of Quantum physics is the Uncertainty Principle. It tells us the limits to measure certain properties of particles. It's like trying to know both the exact position and exact speed of a car at the same time - it's hard to get both measurements perfectly right.

Quantum physics might seem complicated and I might seem like a wizard to know all of this but this mystery is the reason we have smartphones, lasers and medical scanners. Computers are no magic, doing so complicated and multiple jobs in microseconds.

However, this is not the end. There are still many unanswered questions in quantum physics which scientists are trying to figure out. And thanks to this field, in the future there could be advanced technologies like super-fast computers and a much more secure communication system. It indeed is tricky but it is the way to success, from the wave-particle duality to quantum entanglement, these concepts challenge our brain and open doors to technological breakthroughs. While this article offers a simplified overview of quantum physics, it is a testament to the vastness of this field of study. As our knowledge expands, so does our ability to harness the extraordinary properties of the quantum world, paving the way for groundbreaking

innovations that will shape the future of science and technology.

However, this is not the end. There are still many unanswered questions in quantum physics which scientists are trying to figure out. And thanks to this field, in the future there could be advanced technologies like super-fast computers and a much more secure communication system. It indeed is tricky but it is the way to success, from the wave-particle duality to quantum entanglement, these concepts challenge our brain and open doors to technological breakthroughs. While this article offers a simplified overview of quantum physics, it is a testament to the vastness of this field of study and we will take a look at it one by one. As our knowledge expands, so does our ability to harness the extraordinary properties of the quantum world, paving the way for groundbreaking innovations that will shape the future of science and technology and let us study it together...

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FACT YOU NEED TO KNOW

The universe is vast beyond comprehension. Current estimates suggest that the observable universe has a diameter of about 93 billion light-years. However, the entire universe may be much larger, possibly infinite, as we can only observe a limited portion due to the finite speed of light.



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Muhammad Shoab Khan
Student, BS Zoology,
UMT, Lahore
02 MINUTES READ

LLAMAS: COUSIN SPECIES OF CAMELS



Almost all of us are well acquainted with Camels, a tall, hardworking and strong animal. It's well known for its endurance to carry heavy weights and tolerance to not eat and drink for days but still it's able to survive and carry out its duties for humans. Camels are also notorious for holding grudges and taking revenge from humans and other animals even after years. Camels are famous among other animals for having hump on their back. Camel hump stores a lot of fat, which enables them to go for extended periods of time without eating or drinking since their body turns the fat into energy. The size of the hump varies according to how much food the camel eats and can hold up to 80 pounds of fat. Camels belong to the family; Camelids.

The camelids found in Pakistan and the desert areas of other countries like North Africa and Middle East contain a single hump only. They are *Camelus dromedarius*. These camels also have a brother species from the same genus. These are *Camelus bactrianus*, which contain two humps on their back. The Gobi Desert in China and the Bactrian steppes of Mongolia are home to these native Bactrian camels. But, we have a lot to tell you about other camelids too. You will be amazed to learn that there also exist camelids which do not contain the hump at all. They are called Lamas.

Llama, a genus of South American Camelids, comprises four species: Guanaco, Alpaca, and Llama. Genetic studies indicate that llamas descended from guanacos, while alpacas originated from vicunas. Llamas, the largest lamoid species, have been utilized as beasts of burden in South America for over 6,500 years, similar to camels.

Both *Camelus* and *Lama* have evolved from the genus *Pliuchenia*. Lamas migrated to South America while camels became native in the old world. Llamas became extinct in North America during the last ice age but were introduced later. There are almost 200,000 llamas present in the United States today and tens of millions of them are found in South America. Camels are larger and have hump while llamas are smaller and have long hair, but they share the same basic structure.

Llamas are Southern American native animals. Its herds are primarily in Bolivia, Peru, Colombia, Ecuador, Chile, and Argentina. It is a pack animal and used to carry goods and supplies but it is also used as a source of food, wool, hides, tallow for candles, dried dung for fuel. As a pack animal they can carry 25-30% of their body weight to a distance of about 8-13 km. They are social animals which have slender bodies with long legs and long necks. Their head is small and they have short tails and long pointed ears. They do not have hump like camels. They eat grass and other herbs and shrubs. They can learn many simple tasks when they are made to do those tasks over and over again.

In Pakistan, you can get to see llamas in the Safari Park of Karachi where it is also being bred. A couple of Llamas there produced a baby llama in 2017, a year after a llama present in the Lahore Zoo died in 2016. If single humped camels and double humped camels are brother species, then a little more difference but significant similarities suggest that llamas are surely their cousin species.

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DID YOUR TRAUMA MAKE YOU STRONGER?



Maham Mansha
Writer
Student of BS English Literature

04 MINUTES READ

Your Trauma Made You Stronger?

No, my trauma has left me traumatized, gave me vulnerable, unforgettable sleepless nights filled with emotions I've never sought. Made me susceptible to the point that I stopped loving myself and began seeking validation from others.

Trauma is a sneaky guest that leaves a permanent mark on the fabric of our lives as it weaves its complex web through our experiences. It has far-reaching impacts on the mind, influencing how we see the world, how we feel about ourselves, and the very trajectory of our lives. When trauma's threads wrap around us, we're forced to fight tooth and nail to free ourselves, meanwhile bearing

the crushing weight of its effects. Disruption to our mental and emotional health is one of the most glaring aftermaths of trauma. The mind becomes a battleground, where upsetting memories and flashbacks constantly remind the sufferer of the traumatic incident. Sleep is disrupted by nightmares, making us feel exhausted and irritable. The effects of anxiety include intense arousal and a pervasive feeling of threat. Depression can create a long show, smothering our ability to find happiness and drive. It's possible that we'll experience extreme mood swings and a pervasive sense of loneliness in the middle of a crowd.

The physical body is likewise affected by trauma. The effects of trauma are felt in the body, which is deeply connected to the mind. Sleep disturbances and chronic fatigue can become unwelcome companions. As

IMAGES SOURCE: SELE.COM

the body carries the burden of unprocessed emotions, physical pain and tension can develop. Our defenses can go on halt, leaving us more vulnerable to sickness. Issues like an upset digestion system, always throwing up after little inconvenience and, sometimes, a loss of appetite are very usual. Trauma creates a lasting imprint on our bodies, affecting our sense of vitality and well-being.

The impacts of trauma are not confined to the individual, but permeate all aspects of one's life and interactions with others. Once broken, trust is gone forever. For fear of being hurt again, it can be difficult for us to open up and trust others. It can be challenging to open up emotionally because of the pain we've experienced. As our heightened sensitivity prompts us to react defensively or push others away, hyper-arousal and hypervigilance can put a burden on our relationships. As we try to make sense of a world that is at once complex and dangerous, we often retreat into our own company.

Our beliefs and worldviews can be altered by trauma as well. It colors our view of the world differently, usually with a tinge of negativity, skeptical thinking, or hopelessness. When we absorb the guilt and humiliation that come with a traumatic experience, our perception of who we are might be distorted. Sometimes we have trouble accepting ourselves and may even question our own worth. A sense of existential uncertainty and disillusionment may replace faith in a just and compassionate universe.

Despite all, there is light and optimism even in the depths of dark night and sorrow. Healing doesn't mean the damage never existed. It means the damage no longer controls our lives. Healing is a process that

calls for strength, time, and commonality. Trauma-specific interventions, such as therapy, can offer a safe place to talk about feelings, learn more about what happened, and figure out how to move forward. Finding others who understand what you're going through and connecting with them can do wonders for your self-esteem. Mindfulness, physical activity, and the expression of one's creative side are all examples of self-care practices that can benefit one's entire being. The web of self-blame can be untangled and a renewed feeling of self-worth can be cultivated via the practice of self-compassion and forgiveness. While trauma impacts are clearly significant, they don't need to become who we are. We can overcome our suffering and develop resilience with time, insight, and company.

You and I have the ability to rewrite our stories, regain our agency, and create a future defined by personal growth, kindness, and an abiding respect for the tenacity of the human spirit.

So let us honor those who bear the weight,

For they are warriors, courageous and great.

And may we extend our empathy hand,

To help them find solace, in a broken yet resilient land.

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Fact you need to know!

In 1859, a man named Thomas Austin released 24 rabbits into the wild for sport hunting in Australia. In 70 years, the rabbit population grew to 200 million.

MAGIC HAPPENS OUT OF YOUR COMFORT SHELL



Fatima Altaf
Psychologist, Visual Artist

04 MINUTES READ

“Every time you choose to do the easy thing, instead of the right thing, you are shaping your identity”, writes Elrod.

The world, whether you like it or not, is always quick to tell us who to be and what we should want, mostly setting an involuntary and unnecessary course of actions for what defines accomplishment. The culture of these unintentionally created external forces may conflict with what we believe, creating a havoc of thoughts. What becomes your shield here is your strong sense of self. When you have a strong sense of self, most of the time you save yourself from these destructive external forces and pay less attention to what they have to say.

What is your sense of self exactly? People often confuse personal identity with a sense of self. Whereas the perception of you, how you perceive yourself is your personal identity. Sense of self is established on your power of making decisions, what you believe, how you create your boundaries that serve you, it's more like your internal compass. Now if you have a strong sense of self you would always want to be a challenge for yourself rather than being ruled by

your comfort bubble, which means you would most likely choose the right thing over easy. Making the right thing easy would be an irrational approach because you are still not ready to leave your comfort zone, try to make your comfort in doing the right thing.

Now here are a few tips to strengthen and challenge your sense of self.

- Make Independent decisions, here is when you accept yourself and your unique identity.
- Self-Awareness, it comes with admitting your flaws and always being open to newness.
- Boundaries are essential and keep you away from pleasing people.
- Flexibility being open to newness is important because change can be unsettling.

Points mentioned above help you to recognize your sense of sense better and brace it.

Now if you have a frail sense of self and you are hardly aware of your essentials, you would more likely go for easy over right, because easy is within our comfort zone. Easy doesn't bring newness, it is easy because we already know what to do. It is easy to stop learning. We are not challenged when we choose the easy way.

Life is not a piece of cake and through the course we need to decide first, decide what kind of person you want to be? Ask yourself because when you are well aware of what kind of person you want to be you don't just settle and act per convenience or accessibility, you strive to identify your Whys. Define your values. You want to do it because of how it will make you feel. Know your why and the how will follow.

To begin to do right over easy here are a few tips.

- By removing the temptation, now what happens is when you remove the temptation altogether you are getting it out of your reach, when you intentionally keep things distant from you, your sense of self toughens and stops you from simply acting on your nerves. Sometimes you do things just because they are accessible.

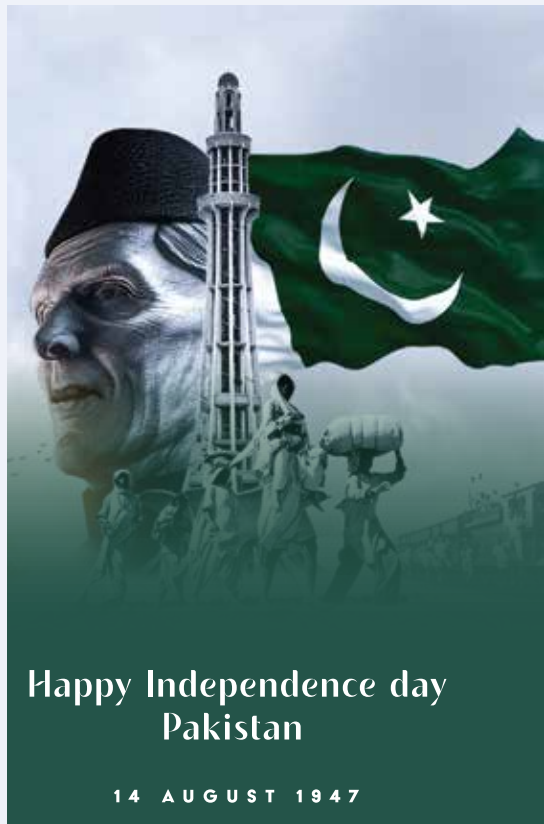
- Make it hard to procrastinate. Don't free your mind enough to reconsider the decision of doing easy over right.

Life is constantly transforming you as you grow and learn. So holding the concept of sense of self can be difficult to clutch when you are constantly transforming. But keeping a check and balance between who you are and who you want to become. Understanding the factors affecting your sense of self is a vital task, so is setting healthy boundaries. Setting healthy boundaries is not always easy but you need to come out of your comfort zone, you need to choose right over easy, you need to choose it to protect your internal compass. The key to setting healthy boundaries is starting small and focusing on what you want as clearly as possible. Become an observer of your own life, connect to and explore yourself first, explore how these boundaries impact your life, make it comfortable for

yourself and people around you, inspire them to explore their sense of self and strengthen it. Setting healthy boundaries effectively takes time, be patient and welcome the newness.

So sit with yourself and ask, what choices are you making right now that you know are bad, but you make them anyway because it's more convenient? How could you twist things so the right choice becomes more convenient?

 [astoriedmindd](#)



Happy Independence day
Pakistan

14 AUGUST 1947

Lost in Limbo: THE GHOSTING THREAT TO SOCIAL RELATIONSHIPS



Hafsa Shahzada
Trainee Clinical Psychologist
UMT, Freelancer

04 MINUTES READ

“Hey dude, how come you never texted back? Is everything okay?”

“Kia karon yaar? Things are somehow getting to the next level and I just can’t handle it. Better to simply stop answering his calls. He’ll take the hint”.

“We met during an office meeting and instantly hit it off. But I don’t know why she isn’t responding to me anymore. She even ignores me at the workplace. I don’t understand what I did wrong”.

Ghosting. The new normal of social interactions. A modern-day disappearing act like the French mustached magician at your childhood birthday parties, who left his cell phone behind. To put it simply, to ghost is to cut off all communication with someone, and without an explanation. Instead, like a ghost, they just vanish. To add salt to the mirch masala, all attempts by the other party to reach out and communicate are ignored. The phenomenon is common on social media and dating sites, but with the isolation brought on by the COVID-19 pandemic – forcing more people together online – it is prevalent now more than ever.

Note: While ghosting is a concept

typically associated with romantic relationships, it has also now extended to describe disappearances by family members, in friendships, and in the workplace.

For a Ghoster, the aim is to make a quick exit from a relationship and leave the other person haunted by questions, wondering what went wrong, and struggling to pick up the pieces. You are left in limbo; neither sure if something has happened to your associate nor if ties have been severed at all.

Interestingly, you may wonder how our very own flesh and blood could ever ghost us. Remember those mythical tales about the Papa who went out for a pack of cigarettes and never returned? That was ghosting. The sibling who will not respond to DMs or emails, or answer the phone when you call, is ghosting you.

With jobs, it is just as widespread. Employees never show up to work and only static is audible at the end of the call when employers contact them for the reason why they left.

A study of 1,300 people, published in the Journal of Social and Personal Relationships in 2018, found that around a quarter of the participants had been ghosted by a partner. And, apparently, ghosting can be a two-way street. One-fifth of the participants admitted that they had



ghosted someone themselves. The research also identified ghosting in friendships to be fairly normal, with 31.7% of survey respondents having ghosted a friend. Also, 38.6% had themselves been ghosted by a friend. In other words, a chain reaction that goes on to infinite. People respond to being ghosted in many ways, from feeling indifferent to deeply betrayed. Some believe that ghosting is inseparably intertwined with modern electronic communication, and the practice is a way to cope with the decision fatigue that can accompany dating. Others believe that ghosting is emotionally troubling given that it offers no sense of closure.

Why Do They Do It?

“Very often people ghost because they want to avoid having a confrontation and hurting the ghostee’s feelings,” Vinita Mehta, Ph.D., a clinical psychologist and relationship expert explained. Five main reasons were cited as to why people ghost:

1. Convenience
2. Having had a negative interaction with a dating partner
3. Loss of interest
4. Change in the relationship state (for ex. a change in how close you are with the person)
5. Personal or emotional safety

While it is logical that someone would consider ghosting if they felt their safety was at risk, the other reasons could sensibly be chalked up to lacking empathy or just not demonstrating care about the other party in the bond. However, that may not really be the case.

For some, it is a matter of placing their own emotional needs first.

How to Move on?

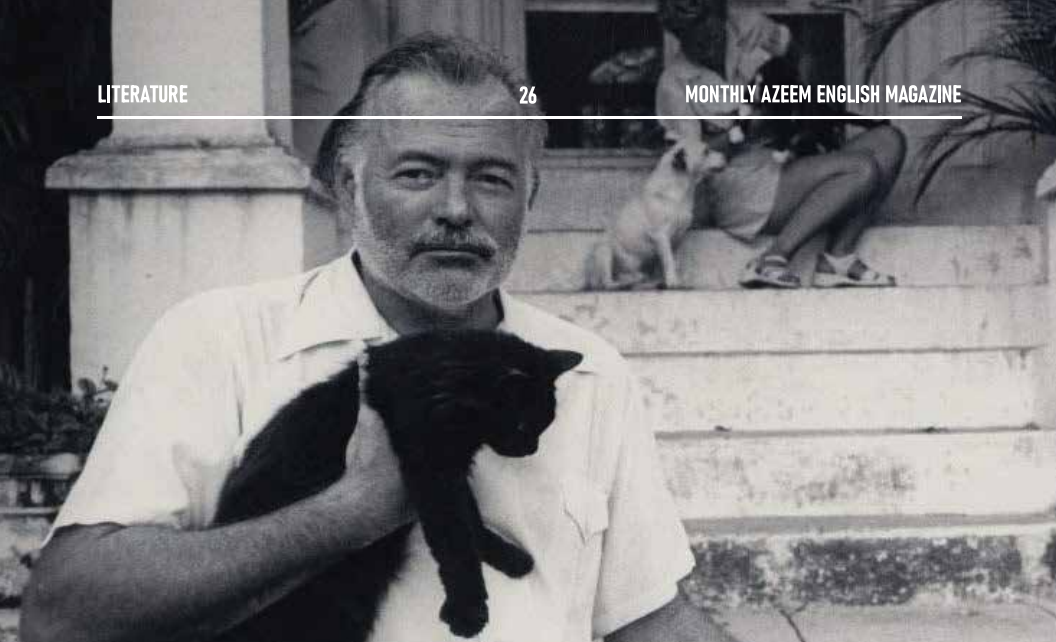
Being left in the lurch is confusing and devastating. You feel the

long-term ramifications of hurt, and self-doubt creep up, and the spike in anxiety in the face of uncertainty and lack of closure is even more hurtful.

To heal from being ghosted, psychologists recommend the following:

- Know that ghosting is essentially a sign of emotional immaturity.
 - Recognise that it is not you, it is them. Healthy relationships require healthy communication skills. Having had a ghosting episode means at least you avoided an extended relationship with someone who lacks the ability to properly communicate or does not particularly care about your feelings.
 - **Remember:** No one can make you feel low self-worth unless you allow it. While you cannot control someone else’s behavior, you can control your own reaction to it and take ownership of your own behavior.
 - **It is Okay to Grieve:** In fact, it is natural to mourn a broken relationship. However, extended periods of raw feelings may not be warranted, especially if the time spent with the ghoster was not extended itself.
 - **Practice Further Self-care:** eat right, sleep right, stay physically active, and be with your loved ones.
 - **Focus on the Future:** Be open to a better relationship with a person willing to do the hard work of staying. What to do instead of Ghosting Simply communicate straightforwardly and firmly with the next person. End the contact with a firm and direct statement that conveys you are not interested to see that person again. It can be short and sweet, like “Thank you for taking the time to meet. I just think we both want different things. So I hope everything works out well for you. Bye”.
- It does not have to be so hard.

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ERNEST HEMINGWAY: BATTLING DEATH AND INNER DEMONS

Historic Vids

03 MINUTES READ

Ernest Hemingway, one of the most celebrated American writers of the 20th century, led a life filled with remarkable adventures and harrowing encounters. Throughout his 61 years, Hemingway seemed to defy death on numerous occasions, surviving grave injuries and perilous situations. However, it was the battle with his own mental health that ultimately proved to be his most formidable opponent.

In 1918, during World War I, Hemingway served as an ambulance driver on the front lines in Italy. It was there that he faced the brutality of war firsthand. In one particular instance, a mortar shell exploded near him, showering him with shrapnel and leaving him severely wounded.

Despite sustaining injuries to his legs, he managed to carry a fellow soldier to safety before collapsing. This experience would later serve as inspiration for his novel "A Farewell to Arms," showcasing his ability to draw upon personal trauma to create powerful literary works.

Decades later, in 1954, Hemingway once again found himself confronting mortality. While on a trip to Africa, his plane crashed near the Ugandan jungle. The crash left him with a fractured skull, internal injuries, and a ruptured liver. Hemingway's indomitable spirit, however, prevailed, and he valiantly fought to survive. Despite being in excruciating pain and enduring a lengthy recovery, he refused to let the incident dampen his adventurous spirit.

While Hemingway's physical

IMAGES SOURCE: TWITTER / HISTORIC VIDS

resilience was undoubtedly remarkable, it was his mental health struggles that eventually took their toll. In the latter part of his life, those close to him observed a decline in his mental well-being. He became increasingly isolated, displaying signs of paranoia and growing suspicious of others. To his friends' astonishment, it turned out that Hemingway's fear of being monitored by the FBI was not unfounded - he was indeed under surveillance.

In the months leading up to his tragic demise, Hemingway sought treatment for his deteriorating mental state. He was admitted to the renowned Mayo Clinic twice for depression. Unfortunately, these efforts proved insufficient in salvaging his fragile mental health. Hemingway's downward spiral persisted, leading to the unimaginable tragedy that unfolded on July 2, 1961.

On that fateful day, Hemingway, battling with depression and haunted by personal demons, succumbed to his despair. He took his own life, forever silencing the voice of a literary giant. Hemingway's death shocked the world and served as a poignant reminder of the unseen battles individuals may face, regardless of their external triumphs or achievements.

Ernest Hemingway's life was a testament to the strength of the human spirit in the face of adversity. His experiences in war, his escapades in far-flung corners of the globe, and his unyielding determination to defy death painted a picture of a man who lived life to the fullest. However, it was the darkness within that ultimately overshadowed his remarkable feats.

Hemingway's legacy as an exceptional writer lives on, and his works continue to captivate readers with their raw

emotion and unflinching portrayal of the human condition. While his life was marked by both triumph and tragedy, his contributions to literature remain a testament to the enduring power of words and the complexities of the human psyche. Ernest Hemingway's ability to escape death time and again may be legendary, but it is his struggle with mental illness that serves as a somber reminder of the fragility that lies within us all.

9 Little Known Facts about Ernest Hemingway

Fact-1 He survived back-to-back plane crashes one day apart.

Fact-2 He dedicated a book to each of his four wives.

Fact-3 An expert fisherman, he set a world record in 1938 when he caught seven marlins in one day.

Fact-4 He rewrote the last page of *A Farewell to Arms*, about his experiences in World War I, 39 times.

Fact-5 Gertrude Stein was Hemingway's son Jack's godmother.

Fact-6 One of Hemingway's best works came about because of some misplaced luggage.

Fact-7 Ernest Hemingway was allegedly a KGB spy—but he wasn't very good at it.

Fact-8 Ernest Hemingway earned the Italian Silver Medal of Valor and a Bronze Star.

Fact-9 Ernest Hemingway was also accused—and cleared—of war crimes.



WHY I HATE MY ASTHMA?



Ezzah Aftab
Grade 6 Student

02 MINUTES READ

Before I move on, why do I hate my asthma? I would love to share what asthma is.

Asthma is a chronic disease that affects the lungs and makes it hard to breathe. When people with asthma come in contact with things like exercise, allergens, or irritants, their airways become swollen and produce too much mucus, making it hard to breathe and causing coughing.

I hate my asthma because it makes it difficult for me to do things I enjoy. Physical activities, like sports or exercise make my asthma symptoms worse, so I have to be careful when I do them.

Even in the winter, which is my favorite season, I can't enjoy the cold air because it makes it hard for me to breathe. Sometimes even opening the

freezer can be a challenge for me. I have to take off from school so many times. At times I go to school, but due to severe coughing and wheezing the teachers call my mom and send me home.

Stress is also a thing to avoid if you have asthma because feeling stressed or having strong emotions can also make my asthma worse, so I have to try to stay calm and avoid getting too upset.

In the end, I would say that living with asthma is hard for me. I always have to carry my medications, like my nebulizer, and be careful about my symptoms. I miss out on many activities that I really want to do, like sports and karate. But I know that with the right treatment and support, people with asthma can still achieve their goals and live fulfilling lives. I really want to achieve my goals one day without my asthma interrupting it.

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IMAGES SOURCE: BOSTON UNIVERSITY



DIY WATER BALLOON PINATAS GAME

AEM

02 MINUTES READ

Materials needed:

- Small balloons
- Water source
- Clothesline or sturdy rope
- String or twine
- Blindfold
- Stick or bat
- Safety goggles (optional)
- Towels or extra clothes (to dry you off)

Instructions:

Playing the DIY Water Balloon Piñatas game is a fun way to beat the heat during a summer gathering. Follow these steps to set up and enjoy the game:

Fill the balloons with water: Use a hose or faucet to fill small balloons with water, making sure not to overfill them.

Tie the balloons securely: Tie the ends of the balloons tightly to prevent leakage, double knotting for extra security.

Prepare the clothesline: Find an open area and stretch a clothesline or sturdy rope between two points at a reachable height.

Hang the water balloons: Tie a string or twine around each balloon's end and attach the other end to the clothesline, spacing them out.

Blindfold the participants: Blindfold each participant securely with a scarf or blindfold.

Provide a stick or bat: Give each participant a stick or lightweight bat, such as a wooden dowel or plastic bat. **Safety precautions:** Optionally, provide safety goggles and clear the play area of hazards.

Swing at the water balloons: Spin each blindfolded participant, then guide them toward the hanging balloons. Encourage them to swing the stick and break the balloons for a splash.

Rotate turns: Allow each participant a turn while others cheer them on. Ensure adult supervision and safety.

Dry off and have fun: After the balloons are broken, provide towels or extra clothes for drying off. Capture the memories with photos or videos.

Remember to prioritize safety and supervise the game. Enjoy the laughter and splashes as you play the DIY Water Balloon Piñatas game!

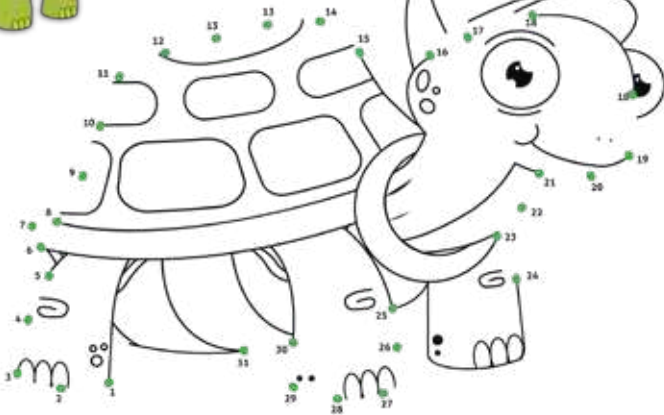
HELP THE STUDENTS TO REACH THE SCHOOL



COLOR ME!



DOT TO DOT





NEW MOM, NEW LIFE: NAVIGATING POSTPARTUM CARE



Sumaira Riaz
Optometrist, Health Care Manager

04 MINUTES READ

The postpartum or postnatal period is a significant phase that commences immediately after childbirth and typically extends for six weeks, though in some cases, it may last up to six months. This period holds paramount importance for both the physical and emotional well-being of a mother. It is a time of great transformation as the mother establishes a bond with her newborn, while her body undergoes healing and hormonal adjustments. Emotionally, the postpartum period can be a roller-coaster as the mother adapts to her new role. It is essential to recognize that approximately 20% of mothers experience postpartum depression, necessitating professional support and understanding. During this time, the presence and support of family and friends become invaluable. They can take care of both the mother and the baby, aid in the healing process, provide respite with the baby, and contribute by preparing nourishing foods and offering soothing massages

for the mother's well-being. By offering a nurturing environment and support, loved ones can play a pivotal role in fostering a positive and healthy postpartum experience for the mother.

The Importance of Postpartum Care
Bringing a new life into this world is an incredible feat, but it's important not to forget about the care that new moms need after giving birth. The post-partum period can be a challenging time both physically and emotionally, which is why it's crucial to prioritize self-care during this time.

Postpartum care involves taking care of your body, getting enough rest, eating well, and seeking support when needed. It's also important to address any emotional challenges that may arise this time, such as postpartum depression and anxiety. By prioritizing postpartum care, new moms can set themselves up for a healthier and happier future.

Emotional Well-being

The transition to motherhood can be both exciting and overwhelming. While it's normal to experience a range of emotions during this time, some new moms may find themselves

IMAGES SOURCE: BABY CHICK

struggling with postpartum depression or anxiety. It's important to remember that these conditions are common and treatable, and seeking help is a sign of strength.

If you're experiencing symptoms of postpartum depression or anxiety, there are many resources available to help. Talk to your healthcare provider, who can provide a referral to a mental health professional. Remember, you don't have to go through this alone.

Breastfeeding and Lactation

Breastfeeding is an important and natural way to provide nourishment for your baby. It contains all the necessary nutrients and antibodies that your baby needs to grow and develop. In addition to the benefits for your baby, breastfeeding can also have positive effects on the mother's health. It can help reduce the risk of breast and ovarian cancer and may also lead to a faster recovery after childbirth.

Latching can be a challenge for the mother and the baby as both baby and mother are learning to latch. Proper latching and feeding can take time so mother should be patient and give maximum time to baby so that baby can learn fast. It can be exhausting but this process can be eased by taking small breaks in between to relax and using different sitting and lying techniques to hold and feed the baby.

Bonding with Your Baby

Bonding with your baby is an essential part of the postpartum period. It helps establish a strong emotional connection between you and your child, which can have long-lasting benefits for both of you. Research has shown that babies who bond well with their parents are more likely to be emotionally secure, have better


mental health, and form healthy relationships in the future.

There are many practical ways to bond with your baby, such as skin-to-skin contact, talking and singing to your baby, and playing together. You can also try baby massage, which has been shown to improve sleep, reduce stress, and enhance bonding. Remember, every parent-baby relationship is unique, so find what works best for you and your little one.

Support Systems

The postpartum period can be overwhelming and exhausting, which is why it's important to have a support system in place. Whether it's your partner, family members, friends, or healthcare professionals, having people who can offer emotional and practical support can make all the difference in your recovery.

Connecting with other parents can also be incredibly helpful. Joining a new moms' group or attending parenting classes can provide a sense of community and help you feel less isolated. Additionally, there are many online resources available, such as forums and support groups, where you can connect with other new moms and share experiences and advice.

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FACT YOU NEED TO KNOW

The human brain is the most complex organ in the known universe. It contains about 86 billion neurons, and each neuron can form connections with thousands of others, resulting in a mind-boggling number of possible brain connections.



SCARY TRUTH: WHAT'S HURTING OUR CHILDREN?



Maimoona Rehan
Freelancer Writer

04 MINUTES READ

Little ones are very sensitive. Simply loving them, supporting them, and listening to them without passing judgment is all they ask of their parents. A child can feel safe and accepted for who they are in this supportive environment, which will lead to their overall emotional well-being and self-confidence. Additionally, it will foster a strong parent-child bond built on trust and understanding.

Even in the 21st century, Pakistan ignores the emotional counselling of children despite global progress in recognising and addressing youth mental health, as youth's success relies on their mental well-being. Consequently, Pakistan has been left

behind in the march of civilization. Children spend the majority of their time with their parents, so how their parents interact with them has a direct impact on their psychological well-being.

These days, a lot of parents still see smacking as an acceptable form of punishment. As a result, this creates an environment in which the child feels unvalued and scared to make mistakes. The United States examined over 50 years of research involving over 160,000 children and concluded that smacking children causes more harm than good. The researchers found smacking often "does the opposite" of what parents want and rarely results in increased immediate compliance by children. It was also shown that children who are smacked are more likely to exhibit higher levels of aggression and mental health problems as they grow up. The study

IMAGES SOURCE: FIRST CRY PARENTING

appears in the Journal of Family Psychology.

Pakistani parents often resort to hitting children for not achieving desired grades, causing them to feel guilty and ashamed. This undermines their self-confidence, hindering their ability to interact with family and friends. Instead, parents should focus on identifying hidden talents and directing them towards related fields. They should be patient, supportive, and patient with their children's grades, as grades do not define their potential for achieving goals. For example, Jon Snow, a successful TV journalist in the UK, struggled academically, failing English subjects at A level. However, he remained smart and turned his talent into a profession, showcasing that success doesn't always come from hard work and good grades.

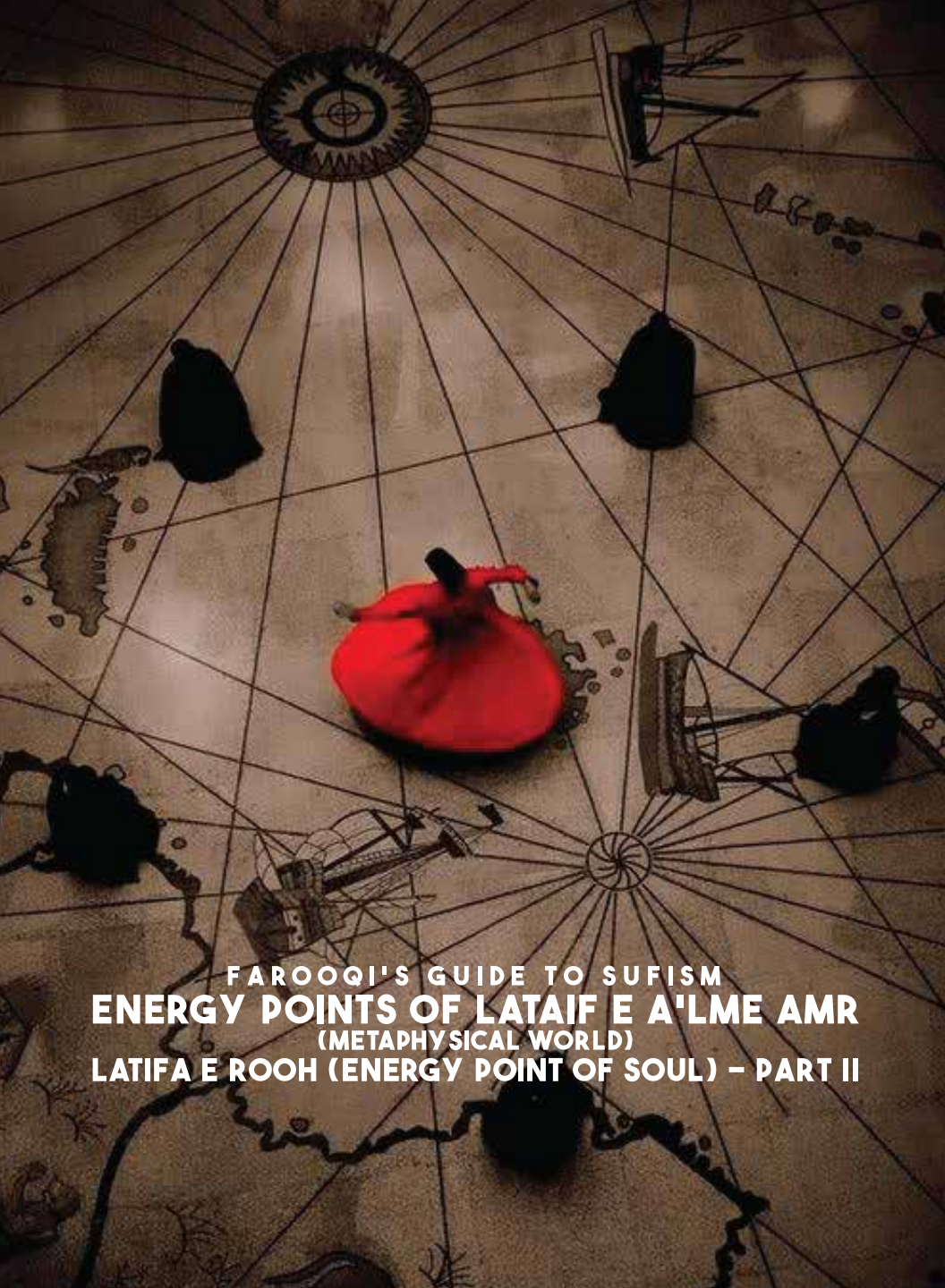
Parents should avoid comparing their children to others, as great achievements require time. Instead, provide space and support for children to develop their unique talents and abilities, regardless of academic performance or societal expectations. Form a friendly bond with children, encourage open communication, and teach them to live an exemplary life. Encourage acceptance

In second place, corporal punishment at schools, which is seen as an effective way to discipline a student in educational settings, leads to detrimental effects such as increased aggression, Hatred, resentment, and an overall disregard for authority. Interactions between teachers and students have an indirect effect on a child's mental health. If a teacher mistreats a student by punishing him for something that he did not understand but that other students did, it is not the student's fault; rather, it is the

teacher's fault because he or she was unable to adequately explain the concept. The result may be that the student feels helpless, uneasy, and unworthy, but Pakistan's educational system allows teachers to physically discipline students who do not turn in their homework. This practice of corporal punishment needs to be eliminated and replaced with positive reinforcement, as this can result in healthier, more loving learning environments for students, improved academic achievement, improved social behavior, and an overall sense of security for students. Teachers should use more positive reinforcement strategies, such as rewards and recognition for good academic performance, making learning fun, and providing students with constructive feedback, rather than focusing solely on punishment and discouragement. The Pakistani government should set up a helpline for youth and adults of all ages to call and report instances of physical or emotional abuse in the classroom, and every school should have a counsellor who can counsel that child in order for him or her to become emotionally and mentally stable. Moreover, teachers should be properly trained in using different kinds of classroom management strategies and appropriate methods of dealing with student behavior.

All adults must understand that children have rights and that we cannot publicly insult them because they are naughty and outgoing. The more you restrict them, the more they will rebel against you, but the friendlier you are, the less they rebel, so understand your kids and give them space to live their lives.

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FAROOQI'S GUIDE TO SUFISM
ENERGY POINTS OF LATAIF E A'LME AMR
(METAPHYSICAL WORLD)
LATIFA E ROOH (ENERGY POINT OF SOUL) – PART II



Dr. Muhammad Azeem Farooqi
Religious Scholar, Academician,
Researcher

06 MINUTES READ

The Fury of Hazrat Hassan

Hazrat Imam Hassan bin Imam Hazrat Ali (May Allah be pleased with hath of them) had a servant whom he sent to buy a precious item. On his way back, the servant carelessly skipped and fell, losing the valuable item. Hazrat Imam Hassan (May Allah be pleased with him) became very angry, considering the servant ignorant and foolish for wasting something so valuable. However, the servant, displaying wisdom, recited a verse from the Qur'an:

“And they control the anger” (Al-Imran: 133)

He reminded Hazrat Hassan (may Allah be pleased with him) that the sign of servants of Allah is to show their ability to control their anger. He advised Hazrat Hassan to remain silent and then continued reciting the following part of the verse:

“And also forgive people” (Al-Imran: 134)

Upon hearing this, Hazrat Hassan (May Allah be pleased with him) smiled and exclaimed, "What a wise man! Go, I have forgiven you." The servant went on to read the next part of the verse:

“And whoever do good deeds are loved by Allah” (Aal Imran: 134)

Imam Hassan (May Allah be pleased with him) smiled brightly and said, "Go, I have set you free."

Imam of Prophets(A.S.) and Anger

Hazrat Anas bin Malik narrates that he served the Holy Prophet Muhammad (peace and blessings of Allah be upon him) for about twelve years. Throughout this period, despite numerous mistakes on his part, the Prophet (peace and blessings of Allah be upon him) never expressed any annoyance or anger towards him. This gentle behavior is a manifestation of subtlety within the soul. Indeed, this perfect man (S.A.W) possessed honor, but not anger. There is a distinction between honor and anger. Honor is a separate quality. When the honor of faith was challenged, the Holy Prophet (Peace and blessings of Allah be upon him) would take up his sword and engage in battles, participating in approximately twenty-four Ghazwas(War for sake of Allah). This demonstrates honor and integrity. Conversely, losing control over personal grudges or trivial matters without valid reasons is a manifestation of "illegitimate fury."

These anecdotes highlight the importance of controlling anger and forgiving others, as exemplified by the great personalities of Hazrat Imam Hassan bin Ali (May Allah be pleased with them) and the Holy Prophet Muhammad (peace and blessings of Allah be upon him). It teaches us the value of maintaining composure and responding with wisdom, kindness, and forgiveness, traits that elevate one's character and are beloved to Allah.

The Oppression of Ahl Taif and Self-Restraint of Allah's Messenger(S.A.W)

There were few individuals possessed of such self-control and of restraining their anger as the Holy Prophet

Muhammad (Peace be upon him) did. Not once in twelve years did he (S.A.W.) utter a word of annoyance or anger towards his slave. His self-restraint was so profound that even when the people of Taif inflicted harm upon him, pelting him with stones, fasting and fighting, he did not respond with anger. The angel offered to destroy the town and its inhabitants, but the Prophet (Peace be upon him) responded that he had come to shower blessings and prayers, not to bring harm upon them.

An incident came to the attention of the Holy Prophet (Peace be upon him) regarding an old woman who used to insult and harm him daily, yet he did not become angry. Additionally, the case of the murderer Ghiyasa, in Pakistan criminal history who had taken the lives of twenty individuals in a fit of anger, who was sentenced to death could also be discussed. These instances highlight how some individuals allow anger to dominate them, making them slaves to their own selves and to Satan.

Self-Restraint and Sufism

Hence, a Sufi who lacks self-control can never become a Wali (friend) of Allah or a true dervish(sage). The first lesson of the Sufi path is to suppress the desires of the self and to obey the commandments of Allah and His Messenger rather than the whims of the self.

The Holy Prophet (Peace be upon him) endured persecution unlike any of the approximately 1,24,000 messengers who came before him, yet he did not seek revenge. The incident of the conquest of Makkah exemplifies his forgiveness, as he pardoned even the greatest tyrants who had caused great harm to him and his

followers.

The Incident of Hinda, Wife of Abu Sufyan (Later embraced Islam)

On the day of the conquest of Makkah, Hinda, the wife of Abu Sufyan, approached the Prophet (Peace be upon him) to insult him. She was known as one of his worst enemies. This incident serves as a testament to the Holy Prophet's (Peace be upon him) mastery over his anger. Despite having a victorious army of 10,000 soldiers at his disposal, he calmly endured her verbal abuse. She understood that her response could have led to severe consequences, including the mutilation of her body. He patiently listened until she grew tired, and then he forgave her. This act of forgiveness astonished her, and she recognized the greatness of his character. From that moment onward, she held the Prophet (Peace be upon him) dearer to her than anyone else in the universe. She pledged her children to fight for the cause of Allah and forbade them from living in the houses till the end of life. She committed herself to fighting on every front for the sake of the Prophet's (PBUH) religion.

These stories reflect the immense self-restraint and forgiveness displayed by the Holy Prophet Muhammad (Peace be upon him) and highlight the power of overcoming anger and responding with kindness and forgiveness. Such exemplary behavior is a source of inspiration for people striving to improve their own character and follow the path of righteousness.

*Kuch unke khulq ny kuch unky payar
ny kar li*

*Musakhar sari duniya sayed ul abrar
(SAWW) ny kr li*

(His character and his love achieved remarkable feats, The entire world, perhaps the greatest of the righteous, acknowledged it.)

Latifah Rooh is the Result of Zikr

The recitation of Latifah within the soul leads to the attainment of qualities such as patience and endurance. It creates a state of moderation, balance, peace, and reformation in one's nature. It is observed that individuals who engage in more zikr (zikr fil-rooh) tend to receive greater benefits. The light (noor) associated with Latifah is characterized as red, which can also be seen as a sign of anger.

*Khoon phir khoon hai Girta hai to jam
jata hai
Zulm phir zulm hai barhta hai to mit
jata hai*

(Blood is still blood, when it flows, it coagulates, Injustice is still injustice, when it increases, it diminishes.)

From the above discussion, it becomes evident that reciting Latifah within the soul enables Sufis to develop the highest qualities of self-control, known as unisom features, and attain the perfections of elevated traits.

Energy Point of Secret (Latifah e Sir)

Latifah e Sir is positioned approximately one inch from the left side of the chest towards the middle. By measuring one inch towards the chest, the specific location of Latifah e Sir can be identified.

Fana (the Annihilation) of Latifa e Sir (Energy Point of Secret:

The manifestation of Latifah e Sir entails the appearance of Allah's "Shivnat-o-Aitbaarat" on it. Its symbol represents the continuous practice of zikr and the development of qualities associated with zikr,

similar to the previous Latifahs. It should be noted that this is a place of observation and vision. Its effectiveness is demonstrated through the eradication of greed, a spiritual disease, as well as the awakening of emotions related to spending money and concerns for the hereafter. The light (Noor) associated with Latifah e Sir is radiant white.

Difference Between Attribute and Glory

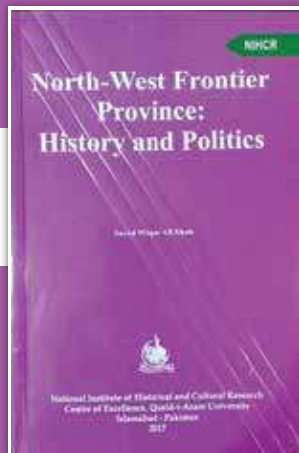
Every attribute of Allah Kareem has its own unique glory. For example, Allah Ta'ala's attribute is "Aleem" (All-Knowing). Its glory lies in the fact that He revealed His knowledge in the form of the Quran. Thus, the Quran became the manifestation of Allah's attribute of knowledge and His divine speech. Similarly, Allah Ta'ala's attribute is "Qadeer" (All-Powerful). Its glory lies in His demonstration of power by creating the seven heavens, the seven earths, and the entire universe. The entire cosmos became the manifestation of His attribute.

Likewise, if you are a doctor, it becomes your attribute. If you treat a severe and long standing illness and demonstrate it, the treatment of that illness becomes the glory of your attribute. It becomes a sign, a symbol, and a testament to your credibility. Similarly, if you are a skilled painter, it becomes your attribute. When you paint a masterpiece, it becomes the embodiment of your artistic attribute, the glory of that attribute. It means to explain and become a showcase of that attribute.

Dr. Muhammad Azeem Farooqi



Book Review: "NORTH-WEST FRONTIER PROVINCE: HISTORY AND POLITICS"



Muhammad Ali Farooqi
Ph.D. Scholar, Historian, Critic
Imran Khan
Playwright, Poet, Fiction Writer

04 MINUTES READ

Sayed Wiqar Ali Shah, an esteemed historian and expert on the history and politics of the North-West Frontier Province (NWFP), presents a comprehensive collection of his articles in his book titled "North-West Frontier Province: History and Politics." With an impressive background in history and academia, Shah has authored numerous books in English, Urdu, and Pashto, focusing on themes such as Pashtun nationalism and the Pashtun diaspora in NWFP and Afghanistan. This book delves into the rich historical and political landscape of the NWFP, providing valuable insights into its past and present.

The book is divided into eight chapters, each exploring a specific aspect of NWFP's history and politics. The first chapter, "Origin of Afghans,"

delves into the various theories regarding the origin of the Pashtun people. Shah presents the debate surrounding their ancestry, including claims of being descendants of Israelites, Armenians, and Aryans. He concludes that the Pashtuns are a mixed race with influences from various cultures over time, a theory grounded in logic and scientific analysis.

In the second chapter, "Redefining Constitutional Politics: the NWFP and the Raj, 1901-1932," Shah delves into the constitutional developments in the NWFP during the British Raj. Given its strategic location, the province served as a buffer zone against the Russians, leading the British to administer it strictly. The chapter explores the struggle for constitutional reforms and the eventual granting of full-fledged governorship status to NWFP, mirroring other provinces in British India.

The third chapter, "NWFP and the Khilafat & Hijrat Movement," examines the impact of the Khilafat and

Hijrat movements on the province. The Khilafat movement, born out of concern for the Ottoman Empire during World War I, led to significant Muslim political activism in India. Shah explores the offshoot Hijrat movement, where Muslims migrated to Afghanistan, and the role of the NWFP in this historical event.

Chapter four, "Abdul Ghaffar Khan," offers a detailed account of the life and contributions of Khan Abdul Ghaffar Khan, popularly known as Bacha Khan. A revered Pashtun leader and social worker, Khan played a pivotal role in Pashtun nationalism and non-violent activism. His establishment of Anjuman-i-Islah-ul-Afaghana and Khudai Khidmatgar Organization, and his close association with the Indian National Congress, are extensively discussed in this chapter.

Mian Akbar Shah, another significant freedom fighter from NWFP, takes center stage in the fifth chapter, "Mian Akbar Shah." Shah explores Shah's radical political journey from seeking Bolshevik help to his involvement with Khudai Khidmatgar and assisting Subhas Chandra Bose's escape from British India.

The sixth chapter, "Women and Politics in the North-West Frontier Province (1930-1947)," highlights the role of women in NWFP politics. Despite being a male-dominated society, women in NWFP participated in political activities, contributing to movements such as Khudai Khidmatgar and the Frontier chapter of the Muslim League. Shah sheds light on the challenges faced by women, who, despite their political involvement, faced severe socio-cultural restrictions.

The seventh chapter, "The Making of Pakistan and the NWFP:

Quaid-i-Azam – Pir of Manki Sharif Unpublished Correspondence November 1945–November 1946," uncovers the unpublished correspondence between Jinnah and Pir of Manki Sharif. This exchange highlights the efforts to garner Muslim League support in the NWFP, where Khudai Khidmatgar held significant sway.

The final chapter, "Jinnah's Frontier Visits (1936 and 1945) and their impact on the Provincial Politics of the NWFP," delves into Jinnah's visits to the Frontier province, particularly his second visit in November 1945. This chapter analyzes how his interactions and support from various political actors influenced NWFP's local and national politics.

Shah's book starts with an engaging introduction to NWFP's history, geography, and people, setting the stage for the subsequent chapters. Each chapter is well-researched and based on primary sources, making it an academic treasure for history students. The book's language is accessible, making it suitable for readers of all backgrounds.

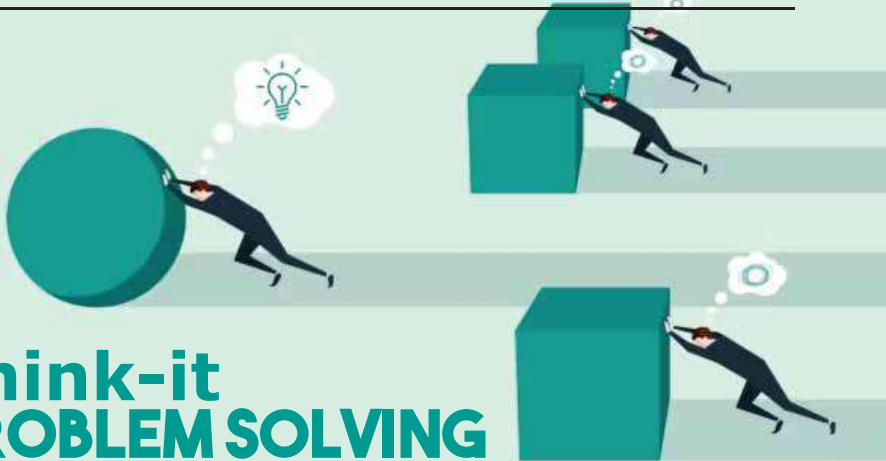
In conclusion, "North-West Frontier Province: History and Politics" is a compelling read, offering valuable insights into NWFP's historical and political development. Shah's objective approach and extensive research make it an essential resource for researchers, students, and history enthusiasts seeking to understand the complexities of the region.

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poetic_spurs



AEMAGAZINEPK



Think-it PROBLEM SOLVING



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

03 MINUTES READ

As long as one lives, problems will never cease to occur. The only way to get rid of it is to solve them. If you don't tackle them these will only multiply and make your life miserable. Charles Conn and Robert McLean of McKinsey say that with the help of 6 mutually reinforcing mindsets one can solve even the most inscrutable problems.

What are these?

Be Ever-Curious:

Don't stop asking questions. Why is this thing so? Why is it not so? That means one should be inquisitive about all the elements related to the problem. There are human biases in decision making, which are confirmation (pre-existing views), availability (readily available information), and anchoring (relying on first infor-

mation). These often cause us to stop searching for a range of better and more creative solutions too early. We can overcome this by being curious about the broader range of potential answers.

Tolerate Ambiguity and Stay Humble:

We need not to be a mastermind who knows what he/she is doing to approach the problem. The element of uncertainty is inherent in a problem. When dealing with uncertainty, it is a matter of trial and error. This requires tolerance for uncertainty. Only a humble person can tolerate uncertainty because guesses based on gut instinct can be utterly wrong.

Take a Dragonfly-Eye View:

Dragonfly vision is thought to be like slow motion for humans. Dragonflies see faster than we do; they see around 200 images per second. Dragonfly can see in all 360 degrees around it and nearly 80 percent of the insect's brain is dedicated to its sight. Dragonfly-eye view symbolizes widening the aperture on a problem or viewing it through multiple lenses i-e seeing

IMAGES SOURCE : PREDESIGNS

from many perspectives. The purpose is to see beyond the familiar pattern into which our pattern-recognizing brains want to assemble perceptions. By widening the aperture, we can identify threats or opportunities beyond the periphery of vision.

Pursue Occurrent Behaviour:

Occurrent behaviour is what actually happens in a time and place, it is having an unexpected feel in a time and place. Complex problems can't be solved easily. It needs a different way of thinking, something new, something untested. Problem solvers should be searching whether evidence on the face of a solution can be observed, or running experiments to test hypotheses. You can think of this approach as generating new insights rather than just looking for what we already know. This means being a restless experimenter.

Tap into the Collective Intelligence and Wisdom of the Crowd:

Chris Bradley, a co-author of *Strategy Beyond the Hockey Stick*, observed that "it's a mistake to think that on your team you have the smartest people in the room. They aren't there. They're invariably somewhere else." What is that? Crowdsourcing is the answer. In a ubiquitous internet world crowdsourcing invites the smartest people in the world to work with you. The aim is to draw on diverse experiences and expertise other than your own. Start with brainstorming sessions that engage people from outside your team. Try broader crowdsourcing competitions to generate ideas.

Show and Tell to Drive Action:

Endlessly thinking and debating does not solve any problem. It is action on a solution that solves the problem. In order to solve a problem elegantly, the solution must be obvious. Present

your solution emotionally as well as logically, and show why the preferred action offers a fine balance between risks and rewards. Also spell out the risks of inaction, which often have a higher cost than imperfect actions have.

So problem solving is not that difficult. Everyone of us has little or more of all the above abilities. All we need to do is use these. Start by questioning.

That translates to ACTION.

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BIGGEST LIE

The biggest Lie is to be independent, be self sufficient, you don't need anyone, you will be fine, and you got this. That's not how you designed it..

When you take a new baby, if they are not co-dependent on anybody, that baby will literally die. Human beings are designed biochemically for connection. They are designed to be codependent. They are designed to love each other. They are designed to be in tribes. Never in history have people not lived in tribes? It takes 5-6 people to raise a child . Because that's how much emotional connection they are required to have. We now live in a hyper independent society that is totally individualistic and teaches everybody you will be fine, you got this, self improvement, self esteem and nothing to do with a group affiliation so what happens is don't feel great. You feel like you have lost that life. Whereas when we had groups, settings, it was like if one person is not doing great the other group or family is doing great. But now we don't have that resilience because we are totally encouraged to be solo.

Beyond mainstream

The New Era of Gaming and Variety Streamers



Ayesha Mustafa Malik
Literature Student

04 MINUTES READ

In this digitalized world, we have grown up with diverse forms of entertainment; such as cinema, animated shows, social media and more. However, another widespread yet unacknowledged form of entertainment has entered the market! With millions of passionate viewers and dedicated content creators, this industry has far surpassed its prede-

cessors, popularly known as Twitch during the mid-2010s. Later on, many social media platforms such as Youtube and Facebook caught on with the trends and adapted it as one of their channels of entertainment. **Building Connections in the Digital Realm:**

Their popularity skyrocketed during the pandemic when the world needed a distraction from the reality around them. People sought out solace and companionship from behind the screens of their devices and streaming had become an outlet for many.



cessors in recent times and has become a cultural phenomenon. Although it has yet to secure a position of prominence in the Pakistani population, it is a sensationalized genre of entertainment around the globe.

Gaming and Variety streaming initially started on a live streaming

platform. Content creators on these platforms formed communities that transcended all national, linguistic and racial bounds known to man. This unbroken camaraderie amongst the streamers and their audience forged an insoluble connection in this entertainment community. It had successfully broken the 4th wall, by providing real

IMAGES SOURCE: VIXIX

human connectivity which no longer existed in the digital landscape.

Mainstream Trends of Streaming:

People who had been trapped indoors for months on end got their dose of adrenaline from watching skilled and competitive individuals excelling in what they loved and admired. Whether it be political and sports commentary, or competitive gaming; everything had a place on this platform. Streamers like Tarik, Ninja, Pokimane, Faker, Shroud, xQc entertained their communities through a variety of competitive gameplay, while internet personalities such as HasanAbi, Ludwig, Mizkif provided an uncensored commentary on world and media politics.

Another emergent form of streaming is adopting the lifestyle of a Vtuber. In simpler terms, it is a form of content creation in which a virtually generated avatar or character becomes an individual's online persona. Many use real-time motion capture technology and voice modulation, which is recognized as a real turn of the century invention. Their admirable dedication to the craft blurs the boundary between reality and digital animation. The collaborative spirit of the streaming community solidified their place in the entertainment industry. Content creators on these platforms organized events, conventions, charities, gaming competitions, podcasts to strengthen their alliances and help their communities mingle with each other. The rising popularity of E-sports as a professional career is one of the changes these efforts have brought to our world, as we know it. The immersive content and engaging



gameplay far exceeded the limitations of traditional entertainment.

How Did I Discover It?

As a young adult in her early 20's, the pandemic had completely brought my life to a halt. I had completely exhausted my other sources of entertainment and online classes had taken the joy out of being chronically online. I had always enjoyed keeping up with my favourite internet personalities and had stumbled upon a group of streamers by mistake. They were actively streaming the much-popularized game called Among Us, every night for their viewers. The group better known as OfflineTV curated a huge fandom in the span of mere months. I discovered other

content creators through them and became part of various communities around the web. Although I am in my mid 20's now, I still manage to take out time to enjoy a bit of gaming and relax in the virtual hemisphere.

What's Next?

From a niche to a mainstream form of entertainment, gaming and variety streaming has successfully revolutionized what it means to be entertaining. People have successfully monetized their hobbies and passions and curated a living out of digital engagement. The future of this interactive medium of entertainment is completely dependent on its ability to harmonize a sense of community, disregarding diverse backgrounds of its participants. If any of you have a working pc and a decent internet connection, you can too join this world of impossibilities and share your uniqueness to the world.

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CHINA'S BOX OFFICE IS THE BIGGEST



Ma Li
CEO of an Investment &
Consulting Company in China
06 MINUTES READ

China is the World's Largest Film Market!

Pakistani films have never been seen in Chinese cinemas, although this situation is regrettable, it is also an opportunity for the Pakistani film industry.

The National Film Administration of China released data on January 1, 2022:

In 2021, the total box office of Chinese films reached 47.258 billion yuan;

The total number of screens reached 82248 yuan;

The total box office and total number of screens for the year continue to maintain the world's first place!

The following is an introduction to the types of movies that Chinese audiences love, hoping to be helpful to Pakistani film directors.

Top Ten Domestically Produced Films With the Highest Box Office in China:

First Place: Chosin Reservoir Grossed 5.77534 Billion Yuan

Director: Chen Kaige, Tsui Hark, and Lin Chaoxian

Cast: Wu Jing, Yiyang Qianxi, Duan Yihong, Zhu Yawen, Li Chen, Hu Jun, Elvis Han

Release date: September 30, 2021

Plot: The first large-scale war in the history of the US military that ended in failure.

"Chosin Reservoir" is a film shot against the real historical background of the central eastern battlefield of the Second Phase Offensive. It tells

the story of the heroic "Seventh Company" and its brother's troops fighting tenaciously throughout the campaign. The great People's Volunteer Army, with its iron will and brave fighting spirit of not fearing sacrifice and resolutely completing the task, reversed the battlefield situation and made important contributions to the victory of the Battle of Chosin Reservoir.

Second Place: "Wolf of War 2" is 5.694.54 Billion Yuan

Director: Wu Jing

Cast: Wu Jing, Wu Gang, Zhang Han, Lu Shanshan

Release date: July 27, 2017

Plot: Due to the violent beating and bullying of the family members of his comrades, Leng Feng took off his beloved military uniform and went to Africa alone to search for his missing girlfriend Long Xiaoyun. However, he was suddenly caught up in the internal turmoil of a certain country in Africa. In order to rescue his fellow countrymen besieged by the rebels, he resolutely returned to the occupied area, where he could have safely evacuated. In the factory, a trio of three fought against the rebels to the death, and ultimately successfully led his compatriots to embark on the evacuation ship.

Wolf Warrior 2 has changed some forms of Chinese cinema. Chinese war themed movies can also be made internationally, and tough and masculine characters can also bring high box office profits. American screen heroes have Captain America, and now Chinese screen heroes have Wolf Warriors.

Third Place: "Hello Li Huan Ying" RMB 5.41308 Billion

Director: Jia Ling

Cast: Jia Ling, Shen Teng, Chen He, Zhang Xiaofei

Release date: February 12, 2021

Plot: The film is adapted based on Jia Ling's personal experience, and Li Huanying in the film is Jia Ling's deceased mother. The movie tells the story of Jia Xiaoling's journey back to the past, returning to her parents when she was young, and experiencing the sadness of "her son wanting filial piety but not being loved". As a

emotional core between mother and daughter touches the softest part of the audience's heart and touches thousands of viewers.

Fourth Place "Nezha's Demon Child Comes to Earth" RMB 5.03569 Billion

Director: Dumplings, Chen Hao

Cast: Lv Yanting, Ji Sen Sifu

Release date: July 26, 2019

Plot: Yuanshi Tianzun refined Hunyuan beads into spirit beads and magic pills, and the spirit beads were reincarnated into human beings to uphold justice; And the magic pill will give birth to a demon king, causing



result, a series of fun things happen. Facing a group of popular comedians, he walked into the cinema. At first, he had a good laugh, but slowly tears rolled around. The film presents a delicate and selfless maternal love in a warm and sincere way, which tears people down. It is precisely because the simple, pure, and sincere

harm to the world. Before the Primitive Heavenly Master handed over the Spirit Beads and Magic Pills to the Taiyi Immortal, he activated the Heavenly Robbery Spell. Two years later, the Heavenly Thunder will come and destroy the Magic Pills. Taiyi Immortal was transferred by Shen Gongbao during his reincarnation of

the mixed Tianzhu, but Nezha, who was supposed to be a hero of the Lingzhu, became the mixed world demon king. After identity swapping, Nezha and the third prince of the Dragon Clan, Ao Bing, staged a wonderful mythical story of mutual pity and having to fight.

This anime is definitely a milestone work in the Chinese anime industry, and it has brought positive impacts to the development of domestic anime in China and its global dissemination. It has promoted the development of China's domestic animation film market, improved the quality of domestic animation films, and also promoted the global dissemination of Chinese culture.

Fifth Place: "Wandering Earth" With 4.68735 Billion Yuan

Director: Guo Fan

Cast: Wu Jing, Qu Chuxiao, Li Guangjie, Ng Man-tat, Zhao Jinmai

Release date: February 5, 2019

Plot: With the rapid aging and expansion of the sun, the entire solar system, including Earth, will be engulfed by the sun in a short period of time. For the sake of self seeking, humanity has implemented a bold "Wandering Earth" plan, which involves building tens of thousands of engines and turning engines on the Earth's surface with global efforts, pushing the Earth away from the solar system and towards another habitat.

This film is the culmination of domestic science fiction films, and the scenes produced are no less than many Hollywood science fiction films. The significance of "Wandering Earth" is not only to remind people to pay attention to the environment, unite to save the earth, but also to stimulate people's thinking about science, technology, life, and family relation

ships.

Sixth Place: "Man Jiazhong" : 4.54438 Billion Yuan

Director: Zhang Yimou

Cast: Shen Teng, Yiyang Qianxi, Zhang Yi, Lei Jiayin

Release date: January 22, 2023

Plot: In this historical suspense film is set during the Southern Song Dynasty, General Qin Hui leads troops to hold talks with the Jin Dynasty after Yue Fei's death. However, when the envoy of the Jin Kingdom dies at the prime minister's residence, a secret letter crucial to Qin Hui's loyalty disappears. A small soldier and the deputy commander find themselves entangled in a vast conspiracy, ordered by Qin Hui to uncover the truth behind the murder.

"Man Jiazhong" artfully blends history, suspense, and comedy, with a plot full of unexpected twists. The film culminates in an impassioned rendition of "Man Jiazhong," evoking a profound sense of patriotism. As the audience is drawn into the touching story of an ordinary individual, the director's skillful portrayal of national culture leaves a lasting impact, emphasizing that some things are worth more than life itself.

Seventh Place: "Chinatown Detective 3" 4.52341 Billion Yuan

Director: Chen Sicheng

Cast: Wang Baoqiang, Liu Haoran

Release date: February 21, 2021

Plot: In this thrilling sequel, detectives Tang Ren and Qin Feng are called to Tokyo for a major case, drawing the world's finest detective experts, including the enigmatic top-ranked "Q." As the investigation unfolds, laughter and suspense intertwine, leading to a battle of wits among the world's strongest detectives.

"Chinatown Detective 3" is a delightful New Year celebration with its classic humor and entertaining action. With hilarious fighting scenes, clever dialogue, and heartwarming reunions, the film captures the essence of a perfect New Year suspense that the whole family can enjoy. Despite varied word-of-mouth, the movie proves to be an unmissable delight for audiences.

Eighth Place: "Watergate Bridge of Chosin Reservoir" RMB 4.0673.2 Billion

Director: Chen Kaige, Tsui Hark, Lin Chaoxian

Cast: Wu Jing, Yiyang Qianxi, Duan Yihong, Zhu Yawen, Li Chen, Hu Jun, Elvis Han

Release date: February 1, 2022

Plot: As a sequel to the film Chosin Reservoir, "Watergate Bridge of Chosin Reservoir" continues the previous main story, and continues to tell the heroic story of the soldiers of the Seventh Company of Heroes who blew up the Watergate Bridge in order to prevent the retreat of the First Division of the U.S. Army. At this time, the task became even more arduous, and the battle scenes became even more intense and cruel. A huge sacrifice was made to win the victory.

Ninth Place: "Wandering Earth 2" with 4.02882 Billion Yuan

Director: Guo Fan

Cast: Wu Jing, Andy Lau, Ning Li, Wang Zhi, Zhu Yan Manzi

Release date: January 22, 2023

Plot: In this prequel to "Wandering Earth," adapted from Liu Cixin's novel, the sun faces imminent destruction, threatening Earth's existence. To save the planet, a massive propeller is built on Earth's surface, offering a path to the universe. In a race against time, young people from the era of wander

ing the Earth rally for a life and death battle to leave the solar system and find a new home.

"Wandering Earth 2" presents a thought-provoking worldview, delving into future technology, human survival, environmental protection, and artificial intelligence. Beyond a science fiction film, it serves as a contemplation of humanity's future. This inspiring and cautionary tale urges us to be mindful of our living environment and future progress.

Tenth Place: "Red Sea Action" with 3.65228 Billion Yuan

Director: Lin Chaoxian

Cast: Zhang Yi, Huang Jingyu, Hai Qing, Du Jiang, Jiang Lu

Release date: February 16, 2018

Plot: In this gripping military film, the 8-member "Jiaolong Assault Team" of the Chinese Navy embarks on a daring evacuation mission. Divided into two routes, they face a tragic ambush that results in casualties. The film unravels a shocking conspiracy to crush rebel armed leaders, showcasing the unwavering heroism and tenacity of Chinese soldiers, elevating Chinese military-themed films to new heights.

Unflinching, the movie portrays the cruelty and sacrifice of war while highlighting the Chinese government's commitment to safeguarding national interests and protecting citizens overseas. It showcases the development and strength of the Chinese military, along with the heroic and humanitarian spirit of soldiers who love peace and are unafraid of sacrifice. "Jiaolong Assault Team" embodies the essence of China's national interests, spirit, image, and glory.

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TEN STEPS TO YOUR EMOTIONAL SELF-CARE



Wajiha Saleh Soomro
Media Student, Content Writer

03 MINUTES READ

Self-care is an essential part of our being that encourages us to become our most content and grounded selves. It comes in multiple different forms and various steps of self-care may affect each individual in a different manner. Something that is beneficial to one person may have a negative impact on the other. This means that it is extremely important to find the appropriate ways for self-care that are helpful for you.

One of the most vital facets of your self-care is Emotional Self-care. In simple words, emotional self-care means identifying your emotions, understanding that your feelings are valid, and honoring them and yourself in a satisfactory manner. A lack of proper emotional self-care may lead to a feeling of frustration, anxiety, and burn-out.

Following are some ways to address your emotional needs and providing yourself with adequate emotional care:

1. Be more expressive about your emotions. Do not bottle them up inside yourself for long, in case you end up exploding like a pressure cooker.

2. Develop a sense of self-interest. It is a subtle key to take care of yourself first before sharing the burdens of others. How can a twig handle a melon's weight until it nourishes its strength enough to do so?

3. Build boundaries for yourself and limits for others. Start avoiding people who do not respect your boundaries. Learn to say "NO!". In the words of Anna Taylor, "Love yourself enough to set boundaries. Your time and energy are precious. You get to choose how to use them. You teach people how to treat you by deciding what you will and won't accept".

4. Ask for help when you require it. Being self-sufficient is good but trying to do everything on your own might become overwhelming. Even an enormous and efficient animal - the elephant - needs help to wash its own feet!

5. Give yourself some grace. Making mistakes is human nature and most times things don't go as planned. Don't pressurize yourself. Learn from your mistakes and move on. Wayne Dyer said, "It makes no sense to worry about things you have no control over because there's nothing you can do about them, and why worry about things you do control? The activity of worrying keeps you immobilized."

6. Be more appreciative of yourself. Compliment yourself on all the huge achievements and small tasks that you accomplish, even when no one else does. As BTS's Kim Seokjin sang, "I'm the one I should love, In this world / Shining me, the precious soul of mine / Not so perfect, but so beautiful" - Epiphany

7. Gratitude is a virtue. Try to be more



grateful for all the things that you have in life rather than lamenting the things that you don't. Everyone is blessed in one way or another. Gratitude is a way through which we can give back to Nature for what it has bestowed upon us.

8. Form a balance between giving and receiving. Never receive more than you can give nor give more than you receive. What you have inside you is what you can reciprocate.

9. Forgiveness is healing. Forgiving others destroys that negative energy that you hold within yourself. Try to forgive yourself for the mistakes you made and the bad things that you did. The fact that you realize your mistakes is enough. And when it comes to forgiving others, do what makes your heart feel at peace.

10. Learn to embrace your true self. Don't negate yourself in order to seek validation from others. Create a life that reflects who you are, flaws and all, and live that life authentically.

Taking these baby steps little by little, in the long run, will result in such emotional freedom for you as you have never experienced before. You will find your head clear of intrusive thoughts and confusions. Caring for your emotional self will help you take up every opportunity and fight every obstacle in life with new-found confidence and self-esteem. Always remember that if you have the ability to care, care for yourself first. If you have the ability to love, love yourself first. If you have the ability to forgive, forgive yourself first. Put yourself first. Every time. That's the first rule to emotional peace. And when you gain that peace, start giving out to others.

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Addiction to Diction

Abnegation: Denial; renunciation of a doctrine or belief

Athleisure: Comfortable and casual footwear & clothing designed for exercise and rigorous activity

Broigus: Angry or irritated

Blert: A cowardly person, someone who is weak

Cringe: To feel ashamed or embarrassed

Efface: To remove, typically by erasing or rubbing

Freegan: A sophisticated version of dumpster diving

Sentient: To be conscious

Scrimp: to spend as little money as possible

Aurora: The dawn in the early morning

Felicity: Happiness

Abrogate: To revoke.

Anachronism: Something out of place for the time period.

Arrant: Entirely and completely.

Artless: Without deception.

Asperity: Harsh in tone.

Belie: To convey a misleading impression of; to distort.

Byzantine: Convoluted and complicated.

Fatuous: Devoid of intelligence.

Gratuitous: Unwarranted or uncalled for.



CLIMATE CHANGE AND URBAN DEVELOPMENT: CHALLENGES AND OPPORTUNITIES



Syed M Shayan Shah
Grade 9 Student

4 MINUTES READ

Cities are dealing with a rising number of climate change-related concerns as the world continues to urbanise quickly. Urbanisation and climate change are closely related because cities contribute significantly to greenhouse gas emissions and are particularly vulnerable to the effects of climate change. But there are also chances for cities to lead the way in reducing and adjusting to climate change.

Global Warming and Urbanisation

Given that cities produce 70% of the world's greenhouse gas emissions, urbanisation is a major contributor to climate change. Urban areas are hubs of commerce, transportation, and consumption, all of which add to the production of greenhouse gasses. Cities also consume a lot of energy for transportation, lighting, heating, and cooling, which contributes to emis-

sion.

Furthermore, urbanization can exacerbate the impacts of climate change. Urban areas are often located in low-lying coastal areas, which are particularly vulnerable to sea level rise and flooding. Additionally, urban areas can experience higher temperatures due to the urban heat island effect, which can lead to increased energy consumption for cooling and health risks for vulnerable populations.

Challenges For Cities

Climate change presents significant challenges for cities, including the need to reduce greenhouse gas emissions, adapt to changing climatic conditions, and manage the risks of climate-related hazards.

Reducing greenhouse gas emissions is essential to mitigating the impacts of climate change. Cities can take a range of actions to reduce emissions, including increasing the use of renewable energy, promoting energy efficiency in buildings, encouraging low-carbon transportation options,

and reducing waste. However, reducing emissions requires significant investments in infrastructure and changes in behavior, which can be challenging for cities with limited resources and competing priorities. Adapting to changing climatic conditions is also essential for cities to manage the risks of climate change. This can include measures such as improving drainage systems to manage flooding, building sea walls to protect against sea level rise, and increasing green spaces to mitigate the urban heat island effect. However, adapting to climate change can also be challenging for cities, particularly those with limited resources or those located in areas with high exposure to climate-related hazards.

Opportunities for Cities

Despite the challenges presented by climate change, there are also opportunities for cities to take a leadership role in addressing climate change. Cities can leverage their economic power, political influence, and innovation capacity to drive the transition to a low-carbon and climate-resilient future.

One opportunity is to promote the use of renewable energy. Cities can set ambitious targets for renewable energy use and implement policies to encourage the development of renewable energy infrastructure, such as solar panels and wind turbines. This can

not only reduce greenhouse gas emissions but also create new economic opportunities and jobs.

Another opportunity is to promote sustainable transportation options. Cities can encourage the use of public transportation, walking, and cycling, which can reduce emissions and improve air quality. Cities can also invest in electric vehicle infrastructure and promote the use of shared mobility options, such as car-sharing and bike-sharing.

Finally, cities can invest in green infrastructure, such as green roofs, parks, and urban forests, which can help to mitigate the urban heat island effect and reduce the risk of flooding.

Green infrastructure can also provide a range of other benefits, such as improving air

and water quality,

enhancing biodiversity, and improving quality of life for residents.

Climate change and urbanization are two of the biggest challenges facing the world today.

However, there are also opportunities for cities to take a leadership role in addressing these challenges.

By reducing greenhouse gas emissions, adapting to changing climatic conditions, and promoting sustainable and resilient development, cities can help to create a more sustainable and livable future for all.

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BALANCING TOURISM AND SUSTAINABILITY IN JAPAN

Viceworldnews

04 MINUTES READ

If you have not already been to Japan, it is probably on your bucket list. Japan is the most popular destination for international tourists. Travellers are great news for Japan's tourism industry. Japan's tourism industry is facing a significant problem with over-tourism as the country sees a surge in international visitors. While this is good news for the industry that suffered a significant setback during the pandemic, it has resulted in many issues for local businesses and residents.

The pandemic travel curbs resulted in a massive loss of revenue for the industry, falling from \$215 billion in 2019 to \$11.4 billion in 2020. However, two years later, foot traffic is gradually returning to normal, with 1.82 million visitors in March 2022, 34% lower than in March 2019.

Despite the gradual recovery of the

industry, the excessive influx of tourists has created numerous concerns for local businesses and residents. There are widespread labour shortages, with many restaurants and hotels struggling to keep up with the unrelenting demand from tourists. The pandemic has also made the situation worse, as many foreign workers have left the country, leaving many businesses with a shortage of staff.

Some local officials are taking action to address the issue. According to Japanese research companies, 77.8% of surveyed inns and hotels didn't have enough full-time employees, making it difficult to provide adequate service.

The over-tourism has also started to affect locals' daily lives, causing problems such as crowding on public transportation and increased noise levels. In response, Kyoto, a popular tourist destination, released a "Code of Conduct for Sustainable Tourism"

IMAGES SOURCE: BLOOMBERG.COM

in November 2020. It provides guidelines for visitors to respect the local culture and environment and avoid overstepping boundaries.

As the world slowly recovers from the pandemic, it is likely that tourism will continue to grow, and the issue of over-tourism will remain a challenge. However, with the right policies and practices in place, it is possible to promote sustainable tourism that benefits both visitors and the local community.

To manage the situation, the Japanese government is taking measures to promote sustainable tourism. They are working on developing alternative tourist destinations outside of the main cities and implementing measures to reduce the impact of tourism on local communities. One initiative is to promote tourism to lesser-known regions, such as Tohoku and Kyushu, which are off the beaten path for most tourists. The government is also encouraging tourists to visit Japan during the off-peak season to ease the pressure on popular destinations.

In addition, the government is also promoting the use of technology to manage tourism. They have launched

a smartphone app that provides real-time information about popular tourist destinations and crowds, allowing visitors to plan their trips more efficiently and avoid crowded areas.

However, despite these measures, Japan aims to attract 60 million tourists by 2030. This target has raised concerns about the sustainability of the industry and its impact on the environment and local communities.

Overall, the Japanese government is striving to balance the benefits of tourism with the needs of local communities. While it is still a work in progress, their efforts to promote sustainable tourism show promise in addressing the issue of over-tourism. Tourists can also help by being mindful of their impact on the environment and local communities, and making an effort to travel responsibly.

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IMAGES SOURCE : THEIMAGES.CO.UK



EXPLORING THE WORLD'S MOST ENCHANTING VILLAGES

AEM

04 MINUTES READ

Hidden in remote corners of our planet are beautiful villages that are like precious gems. These villages are nestled in peaceful and picturesque surroundings that capture the hearts of travelers. They have breathtaking landscapes, fascinating histories, and offer special cultural experiences. Let's embark on a journey to explore some of the most stunning villages in the world. In these places, it feels like time has stopped, and there are amazing natural wonders to discover.

Aitoliko, Greece:

Aitoliko is a beautiful village located on the western coast of Greece. It has a wonderful mix of natural beauty and impressive architecture. The streets are ancient and filled with colorful flowers and charming houses, making it a picture-perfect place. The village is surrounded by the peaceful Lake Trichonida, offering a serene getaway where you can immerse yourself in nature.

As you wander through the cobblestone streets of Aitoliko in Greece, the

melodies of Greek music fill the air, inviting you to join in the lively festivities.

Civita di Bagnoregio, Italy:

Civita di Bagnoregio is a true marvel in central Italy. This ancient village is accessible only by a pedestrian bridge, adding an air of exclusivity to its charm. With its narrow streets, ancient stone buildings, and panoramic views of the surrounding countryside, Civita di Bagnoregio transports visitors to a bygone era.

You will find yourself transported to a realm of old-world enchantment. Wind your way through narrow alleyways, where time seems to stand still, and marvel at the architectural marvels that have withstood the test of time. From the hilltop vantage point, you can gaze upon a sweeping panorama that captures the heart and soul of Italy.

Kandovan, Iran:

This special village is famous for its one-of-a-kind rock formations that look like beehives. People have carved their homes into these volcanic rocks, creating a truly extraordinary sight. You'll get a glimpse into a way of life



IMAGES SOURCE: TRAVEL EARTH

that's unlike anything you've seen before. The people of Kandovan are incredibly friendly and welcoming, making the whole experience even more enchanting.

Tjornuvík, Faroe Islands:

Tjornuvík is a captivating coastal village on the remote Faroe Islands. Its stunning cliffs and rugged coastline create a breathtaking setting. The village is known for its traditional grass-roofed houses, which add a timeless charm to the surroundings. When you visit Tjornuvík, you can feel the mist from the crashing waves and experience the peacefulness of nature. Explore the lush green landscapes, dotted with charming houses, and embrace the tranquility of this untouched village.

Yoshino, Japan:

Delve into the rich cultural heritage of Japan in the enchanting village of Yoshino. Famous for its breathtaking cherry blossom trees, Yoshino transforms into a floral wonderland during springtime. It offers a poetic escape. As the delicate cherry blossoms dance in the breeze, you'll find yourself immersed in the artistry and tranquility of Japan's cultural heritage. As you wander through its ancient streets, adorned with traditional wooden houses and temples, you'll feel a sense of serenity and appreciation for Japan's timeless beauty.

Visit ancient temples, participate in traditional tea ceremonies, and embrace the harmonious balance of nature and human craftsmanship.

Ushguli, Georgia:

Nestled in the beautiful Caucasus Mountains, Ushguli is a village that seems stuck in the past. Its old stone towers, built long ago, still stand tall. It stands as a testament to the resilience of its people. The village is

surrounded by untouched mountain scenery with snowy peaks. Marvel at the medieval stone towers that have guarded this mountainous haven for centuries.

When you visit Ushguli, you get to experience the traditional way of life in the rugged Svaneti region. It feels like stepping into a whole different world. Breathe in the crisp mountain air and let the towering peaks inspire a sense of awe and reverence.

Staithes, England:

You step into a picture-perfect English coastal village as you visit Staithes. This charming fishing village, with its winding alleys, colorful cottages, and a bustling harbor, exudes a timeless appeal. Surrounded by stunning cliffs and embraced by the North Sea, Staithes captures the essence of quintessential British charm.

Staithes, nestled on the coast of North Yorkshire in the United Kingdom, evokes a sense of nostalgia and wonder. Wander through its charming streets, past vibrant fishing boats bobbing in the harbor. Let the coastal breeze invigorate your spirit as you explore the rugged cliffs and marvel at the artistic heritage that has drawn creatives to this coastal haven for generations.

These villages, scattered across the globe, are testaments to the indomitable spirit of humanity and the raw beauty of nature. Each one offers a unique experience, a chance to escape the bustling cities and immerse oneself in a world untouched by time. So, venture off the beaten path, discover these hidden treasures, and allow yourself to be captivated by the sheer beauty of the world's most enchanting villages.



The Valiant Resistance of Dulla Bhatti: Defending Punjab Against the Mughal Empire



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

04 MINUTES READ

Punjab, known for its fearless sons, has a long and illustrious history of resistance against foreign invaders and unjust local rulers. During the reign of the mighty Mughal Empire, one figure stood out for his unwavering courage and indomitable spirit: Dulha Bhatti. He emerged as a symbol of resistance in Punjab, particularly during the era of Emperor Akbar. In this article, we would delve into the captivating tale of Dulha Bhatti and his valiant stand against the Mughals, shedding light on the bravery and resilience of Punjab's brave hearts. To fully comprehend the significance of Dulha Bhatti's resistance, it is essential to understand the historical backdrop of Punjab during the Mughal rule. The Mughal Empire, led by Emperor Akbar, sought to expand its dominion throughout the Indian

subcontinent, including Punjab. Punjab held strategic importance for the Mughals, who aimed to exert control over the region through administrative reforms and cultural assimilation.

Dulha Bhatti, belonging to the revered Bhatti Rajput clan, personified the spirit of Punjab's resistance against the Mughals. The Bhatti Rajputs, renowned for their warrior lineage and unwavering commitment to their land and people, contributed significantly to Punjab's history. Dulha Bhatti's actions during the Mughal era left an indelible mark, shaping the narrative of Punjab's defiance.

Dulha Bhatti emerged as a staunch advocate for the local population, who suffered under the yoke of Mughal exploitation. In the face of unjust taxation and land confiscation, he organized campaigns to safeguard the rights of farmers and peasants. His relentless efforts aimed to shield the vulnerable from the heavy burdens imposed by the Mughal authorities.

IMAGES SOURCE: PREHEIN.PH

Through his courage and determination, he became a beacon of hope for the oppressed.

Dulha Bhatti's resistance extended beyond protecting local interests; he fearlessly confronted the Mughal administration, refusing to bow down to their authority. In the face of violence and coercion from Mughal tax collectors, Dulha Bhatti stood firm, inspiring others to rise against the oppressive rule. His audacity and unwavering spirit became a source of inspiration and courage for those yearning for freedom and justice.

Dulha Bhatti's defiance reached its zenith during the reign of Emperor Akbar. Recognizing the threat posed by the Mughal attempts to centralize power in Punjab, he led a rebellion against the empire. With strategic precision, he targeted Mughal military installations, disrupting their expansion efforts and instilling fear in the hearts of their forces. Dulha Bhatti's rebellion galvanized the people of Punjab, igniting the flame of resistance and inspiring them to rise against the imperial might.

The valorous actions of Dulha Bhatti have been meticulously documented in various historical accounts. "Tarikh-i-Dulla Bhatti" (The History of Dulha Bhatti) by Muhammad Raza Kazmi provides vivid insights into his life and struggles. This historical record highlights Dulha Bhatti's unwavering determination, his role in protecting the rights of the people, and his rebellion against the Mughal oppressors. Additionally, the "Akbar-nama," the official biography of Emperor Akbar, acknowledges the challenges posed by Dulha Bhatti's uprising, recognizing his significant impact on Punjab's resistance.

Dulha Bhatti's unwavering resistance against the Mughal Empire left an

indelible mark on Punjab's history and its collective memory. His courage and determination continue to inspire generations, reminding them of the rich heritage of defiance and resilience that runs through the veins of Punjab.

Dulha Bhatti's legacy goes beyond his acts of resistance. He became a symbol of hope and empowerment for the marginalized and oppressed. His unwavering stand against injustice served as a rallying cry for those yearning for freedom and equality. Dulha Bhatti inspired the people of Punjab to reclaim their identity and preserve their cultural heritage in the face of external domination.

Even today, the tales of Dulha Bhatti resonate within the hearts of Punjabis, reminding them of the strength and courage that lies within their heritage. His story serves as a reminder that the brave sons and daughters of Punjab have always resisted foreign rule and fought for justice.

Dulha Bhatti's resistance was not limited to defending Punjab against the Mughal Empire; it was a manifestation of the indomitable spirit of Punjab itself. It reflected the deep-rooted sense of pride, honor, and resilience that characterizes Punjab's history and its people.

Thus, the valiant resistance of Dulha Bhatti against the Mughals, particularly during the reign of Emperor Akbar, stands as a testament to the unwavering spirit of Punjab's brave hearts. His unwavering defense of local interests, defiance against imperial authority, and rebellion against injustice continue to inspire and evoke a sense of pride among Punjabis.

📍 *poetic_spurs*

The Journey of the Sarangi: From Popularity to Nullity



Ustad Nabi Bakhsh Khan



Ustad Allah Rakha Khan



Ustad Nathu Khan



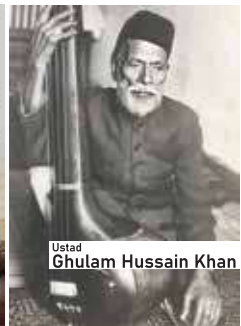
Ustad Ghulam Muhammad Khan



Ustad Nabi Bakhsh Khan



Ustad Haider Bakhsh Malwe Khan



Ustad Ghulam Hussain Khan



Aqdas Hashmi

Sufi & Ghazal Vocalist,
Lecturer, Researcher

04 MINUTES READ

The Sarangi is a short-necked instrument, but this small instrument, when played skillfully, mesmerizes the listeners. Sarangi is actually an instrument of East and South Asia. It is very popular in Nepal, Pakistan and India and many Indian and Pakistani sarangi players have gained international fame and much respect. The sarangi consists of strings that are rubbed with the fingers to create different types of music. According to the legal expert and linguist Ahmad Deen, 'Sarangi' is related to its originator "Mian Sarang", Sarang was a famous singer associated with the royal court of Muhammad Shah Rangeela. But the opinion of Maulvi Syed Ahmad Dehlvi, the author of Farhang Asafia, is somewhat different in this regard. According to Syed Ahmad Dehlvi, 'Sarangi is a baja in India whose response has not been invented in any country. It was invented by Hakeem Saranga of Ujjain. Its origin is that the idea arose in the heart of Hakeem Saranga that as nature has created all kinds of music from the throat of a man, a similar instrument should be invented. So he invented an instrument in the form of a half torso to throat and named it 'Sarangi' meaning portion of body.

Pakistan is fortunate in that many eminent and talented Sarangi players



were born here, including Ustad Nabi Bakhsh Khan, Ustad Nathu Khan, Ustad Ghulam Muhammad Khan, Ustad Nazim Ali Khan, Ustad Haider Bakhsh Malwe Khan, Ustad Sharafuddin Khan and Ustad Ghulam Hussain Khan. The names of Ustad Faqir Hussain and Ustad Ghulam Hussain are the most prominent. Ustad Pheru Khan, Ustad Allah Rakha Khan, (who continued to play the Sarangi on Radio Pakistan), Ustad Bandu Khan and the aforementioned Sarangi players made a name for themselves as experts in this art. All these Sarangi

players also accompanied the Queen of music, Roshan Ara Begum. Renowned Sarangi played along with Ustad Nazakat Ali Khan and Ustad Salamat Ali Khan also created the magic of Sarangi. Music experts describe Ustad Faqir Hussain as a very sophisticated and advanced Sarangi player. Ustad Faqir Hussain was trained by Ustad Ghulam Shabbir. He was a master of many ragas. Ustad Faqir

Hussain's father was also a Sarangi player. His name was Khair Din. Ustad Khair Din's father was also a Sarangi Nawaz. Ustad Faqir Din has also performed his art in foreign countries. He has also participated in programs in China, Singapore, Japan and Malaysia and won accolades.

So all the instruments are sweet and attractive but Sarangi is different, you must have heard that when a musician adds the sound of sarangi to his style, it becomes more attractive. Once upon a time, Sarangi Nawaz Bismillah Khan of India was famous

IMAGES SOURCE: THE MET

throughout the ages. He was a native of Banaras and the people of Banaras were proud of him. He performed Sarangi playing and got appreciation all over the world. When he died, he was mourned all over India. A strike was held in Banaras for three days. Both Muslims and Hindus participated in his burial. Other sarangi players who made a name for themselves in India include Ustad Bare Saghir Ud Din Khan (of Calcutta), Ustad Shakur Khan, Pandit Ram Narayan, Ustad Sultan, Pandit Gopal Misra of Banaras, Ustad Ghulam Sabir Khan of Kanpur, Ustad Bare Sabri Khan of Anbala, and Ustad Sultan Khan also made a lot of repute in this field. Ustad Sultan Khan also played Sarangi in films. The sound of his Sarangi is heard in the songs of composer Khayyam's film "Amrao Jaan Aadaa". The greatness of Ustad Sultan Ali Khan can be estimated from the fact that personalities like Prince Charles, George Michael, Goldie Hawn and George Harrison are his admirers. Famous Hollywood singers also benefited from the art of these eminent Sarangi players. Apart from Madonna, few other famous Hollywood singers and musicians also worked with these people.

According to one tradition, the Sarangi is an instrument of India, according to Hindu belief, the Sarangi was invented during the time of "Ravan". On the contrary, Muslims say that the Sarangi is their invention and the Sarangi was discovered in Iran. Sarangi was also used in other Islamic countries. In the beginning it was called the Teacher's Teacher. There was a time when classical music concerts were considered incomplete without the Sarangi, but now this instrument is fast disappearing. Ustad Mazhar Amrao Bundu Khan,

who is the grandson of Ustad Bundu Khan, has been practicing this art for 40 years and has also played Sarangi tunes on Radio Pakistan. Ustad Zohaib Hassan is also a well known Sarangi player of Pakistan who belongs to "Amritsari Gharana" of Sarangi. According to him, Sarangi is a very difficult instrument that requires a lot of practice, cultural institutions should take steps for the survival of this instrument. A Sarangi school was established for music lovers in Lohari Gate, inner city of Lahore, but unfortunately the number of Sarangi learners could not increase. There are only five Sarangi players in Pakistan's population of around twenty two crores, out of which two are in Lahore, one in Islamabad and two in Karachi. This instrument is now gradually becoming silent.

Music critics say that the closest sound to human grief comes from the Sarangi, it is the only instrument on which every word of the language and perceptive can not only be played, but the listener can understand its demonstration letter by letter. Unfortunately, Sarangi players are dying out one by one in our country. If steps are not taken to preserve it, this instrument will be seen in the museum but there will be no one to play it in Pakistan.

اس کی اک آواز سے شرمایا سنگیت
سازنگی کا سوز کیا، کیا سیتار کا ساز

(Embarrassed by its voice, the song revealed the pain of the sarangi, the melody of the sitar.)

Ustad Sultan Khan

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KULA AND POTLATCH: ANCIENT GIFT-GIVING TRADITIONS



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02 MINUTES READ

Kula and Potlatch are two different economic systems Trobriand Islanders and Indigenous people of the Pacific Northwest Coast of North America respectively fall under the reciprocity and redistribution economic transactions.



Kula is a ceremonial exchange of necklace and hand bands. People travel thousands of miles through a dangerous voyage to exchange these gifts. It makes people develop long relations. Such a partnership involves strong mutual obligations such as hospitality, protection and assistance. Kula souvenirs cannot remain with one individual for a long period. They must be passed to another in order to expand the partnership and brotherhoods among the Kula family.

Kula Ring serves three functions in Trobriand society (Papua New Guinea). First, it serves to establish friendly relations among the inhabitants of different islands and maintain a pattern of peaceful contact and communication over great distances with trading partners who might or might not speak the same language. It provides the occasion for the

inter-island exchange of utilitarian items. These utilitarian items are shipped back and forth in the course of Kula expeditions. Finally, they reinforce status, since the hereditary chiefs own the most important shell valuables and it is their responsibility for directing ocean voyages.



Potlatch is a gift-giving tradition followed by people of the Pacific Northwest Coast of North America. Potlatch involves giving away or destroying any wealth and valuable things for a leader in order to demonstrate his wealth. Potlatches are also focused on the reaffirmation of family, clan, and international connections, and the human connection with the supernatural world.

Potlatches also set their own faith and rules of property, etc and enforce them, within their circles. It primarily functions to redistribute wealth, confer status and rank upon individuals, kin groups and clans, and to establish claims to names, powers and rights to hunting and fishing territories. On a ceremonial dugout canoe, made from a single cedar log, dancers wearing regalia announce a potlatch.

These economic systems also contributed to the concept of gift giving as well.

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Tips for Effective Writing and Reviewing the Draft

AEM

02 MINUTES READ

The power of the pen is greater than the sword. Through writing one can conquer minds, change the course of history. The modern world roots its emergence from many intellectual movements; renaissance, enlightenment, scientific revolution and so on. These movements were inspired from writings of the Philosophers.

Here are some tips to help you improve your writing style. Your written drafts need to be reviewed first. The methods are also suggested. Regarding certain common questions—who are you writing for? Determine the audience first or whom are you addressing to. This will help you develop an appropriate writing style. Watch out for the following common problems with the content of your writing to make your task easier.

These methods are:

- Drifting from the topic
- Difficulties with the correct format for experimental data.
- Writing at the wrong level is either too basic or complex.
- inconsistencies in findings.

Some questions to ask yourself when reviewing your drafts:

An effective writing does not only mean to write with strong lexicon words or using difficult vocabulary but it requires many things as well. An effective piece of writing is based upon the principle of 7C's of communication that is; i. Clarity, ii. Conciseness, iii. Concreteness, iv. Correct-

ness, v. Coherence, vi. Completeness and vii. Courtesy. One draft is never the final one. It needs to be reviewed again and again. In order to revise your drafts, one must keep these things in mind.

- Does the content match the title?
- Are important points emphasized enough?
- Is the content within each section appropriate?
- Is there a logical sequence?
 - Is the information given true?
 - Is the conclusion related to the objectives?
 - Are the requirements or significance of the writing justified?
 - Is the meaning of the sentence clear?
 - Can long sentences be broken down?
 - Is there coherence within the ideas expressed?
 - Are paragraphs concrete and comprehensive?

Additionally, focus on the clarity of sentence meanings, and consider breaking down long sentences for better comprehension. Ensure coherence within the ideas expressed and strive to make paragraphs concrete and comprehensive.

By diligently reviewing and revising your drafts with these tips in mind, you can elevate your writing to a new level of excellence, effectively engaging and inspiring your readers. The journey of crafting compelling content may be challenging, but it is through these iterations that your ideas will shine brightest on the page. So, wield the power of the pen, and let your words shape the world around you.





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