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AZEEM ENGLISH MAGAZINE

MONTHLY

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EDITOR'S NOTE

Dear Readers,

Welcome to the winter special edition of Azeem English Magazine, a delightful blend of winter indulgence and intellectual exploration. Dive into the pages as we unravel the secrets of winter skincare and spa retreats, offering tips to keep you glowing during the colder months. Explore the joys of kitchen gardening and cultivate a green oasis within your home.

Venture into the realms of science and technology with articles on Quantum Physics and the Robotic Revolution, providing a glimpse into the future. Additionally, let your wanderlust soar as we take you on a visual tour of some of the world's most beautiful places.

We invite you to savor the diverse offerings in this edition, aiming to bring warmth, knowledge, and inspiration to your winter days.

Happy Reading!

Muhammad Ali Farooqi
Editor-in-Chief



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OUR MORALS ARE EVIL



Armughan Munir
Podcast Host, Writer

06 MINUTES READ

Ordinary people living in the 21st century are evil. There is a good chance that most people you know, including yourself, are evil and selfish. If you don't question the way society functions. You are breeding the devil.

Before you think I have lost my mind. Give me a few words... or paragraphs to explain this further.

Let's say. One fine morning as you wake up. You see a text from your boss, "MEETING AT 10AM SHARP. BE THERE"

You spring out of your warm bed. It's already 9am. You find the best office shirt you can put on. All suited, you leave your home.

As you're pacing down the red-brick street. You pass by a shallow pond. Taking a peek into the pond. Your face is overshadowed with horror. There is an infant in the water crying for help.

Would you sacrifice your nice 'meeting' clothes and jump into the pond to save the infant's life? "Ofcourse", most people would say.

But let's say you didn't save the child. The reason why is because the price of getting your clothes wet was too high of a luxury to sacrifice. A paper published in 1972 argues that this is exactly what most people do.

If you walk to the meeting and tell everyone about why you didn't save the child. They would regard you as a cold-blooded person

In 1971, Peter Singer published his essay on "Famine, Affluence and Morality" which argues that affluent people are far more morally obligated to donate to humanitarian causes

IMAGE SOURCE: Skills Converged

than it is considered normal in western cultures.

Think about it for a sec...

When you see some tech giant entrepreneur donating to a charity. You regard him as a higher moral being. You regard his action as a noble one.

As a society, we regard the action as supererogatory.

Supererogatory means an act which you don't necessarily have to do BUT if you do it. It is considered good. Paying for the cup of coffee of the person standing next to you in line is supererogatory.

On the contrary, Obligatory is something you have to do. There is an OBLIGATION.

If you are a barista in a coffee shop. It is your job to serve coffee to customers.

In his paper, Peter Singer argues that donating to charity (or famine relief) is not something supererogatory. It is an obligation of affluent people.

You might say,

"Wait a minute, Mr. Peter. It's my hard-sweat and tears-earned money. Who are you to tell me about the obligations of where to spend it?"

I thought the exact same thing. Yet, when you actually listen to what Peter Singer has to say. You become convinced to change your mind.

Here is the argument he puts forth,

1. If it is in our power to prevent something very bad from happening without thereby sacrificing anything of moral significance, then we must, morally, do it.
2. Hunger, disease, and other sources of suffering, disability & death are very bad.
3. The luxuries on which we spend money are not of moral significance.
4. By donating money to famine-relief

agencies, we could prevent hunger, disease, and other sources of suffering disabilities and death.

Therefore, we must, morally, donate the money that we spend on luxuries to relief agencies.

The conclusion then becomes the following:

Ordinary People are Evil

Since this essay was published in 1972. It has been a topic of debate. It has also sparked a lot of controversies.

If you follow along all the four premises put forth. If you agree to all of them. Then, logically, you must agree to the deduced conclusion.

Let's come back to the drowning child example.

Just like you would sacrifice the luxury of looking good to save the child. You regard the luxury of looking good as insignificant.

Why wouldn't you do the same to sacrifice the luxury of buying new trendy clothes?

When it comes to shiny cars, or trendy clothes, or even newer models of electronic devices. We think we can spend as much money as we want. Even though our old clothes, although a little out of fashion, are just about fine. The new clothes, car, or phone simply have a higher significance.

However, If you spend more on luxuries than you spend on donating to world problems like famine relief.

And,

You accept the arguments put forth in this essay.

It's exactly the same as you not saving the child because the luxury of looking good was too important for you. In other words, You, infact we all are, just as cold-blooded as the person who doesn't save the child.

You can put forth the case that the

drowning child example doesn't necessarily relate to world problems. The reason why is because the child is drowning right in front of me. The famine, however, is in a remote part of the world far away from me.

The answer to this argument is also given by Peter in his essay. He states that proximity could have been a problem in previous centuries. In the 21st century. You are connected the same to a famine-infected remote part of the world as you're to your local neighborhood. So, proximity isn't a problem.

One more case you can put forth is that in the example of the child. You assume that there is only me (a single person) standing there to save the child. In the real world. There are a lot of people who can and most probably will save the child.

Why does the responsibility fall on my shoulders?

You see, the presence of other people only proves official if they do something.

In that case it's a very good thing.

But let's assume that they didn't do anything. They just stood there and watched.

Everybody cared too much about their Gucci clothes and Prada Glasses.

Is that an excuse to escape your moral responsibility of saving the child? If you walked to the meeting

room telling everyone,

"I didn't save the child because no one else didn't either!"

How would that sound to the moral minds of your co-workers?

In other words, if no one else sacrificed their luxuries to save people's lives, would you do the same?

This isn't an attempt to make you feel bad about the luxuries we choose for ourselves. The paper, and this interpretation of it is just an attempt to make us more conscious about the choices we make.

Because the choices we make, albeit how small, have a ripple effect. If you sacrifice buying the latest model of the iPhone. Donate some of the money to a charitable organization. It could end up saving the life of a kid somewhere.

The kid would grow to be healthy. There is a good chance that the kid you save would have children. In turn, his children would have more children... and so on.

As a result, You didn't just save one life. You saved an entire life tree. You saved a generation.

With this context in mind. I leave you with the following question,

"Would you as an inexperienced swimmer jump in the river to save a child from drowning?"

Think.





TEN OLDEST CITIES IN THE WORLD

Sunday Roast

06 MINUTES READ

1. Annaba, Algeria

Age: 3200 years

The city was founded by the Numidians in the 12th century BC. It was called Hippo Regius. Hippo Regius was a center of early Western Christianity. Today Annaba has a population of 257,000.



Annaba, Algeria

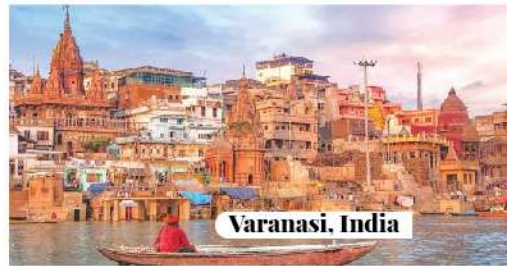
2. Varanasi, India

Age: 3200 years

In Hindu mythology, Varanasi was founded by Shiva himself. Some

artifacts discovered by archeologists date back to 1800 BC. Varanasi is undoubtedly the oldest inhabited city in India. Around 528 AD, Buddha gave his first sermon nearby. The city has remained a cultural center for millenia.

IMAGE SOURCE: Google Image



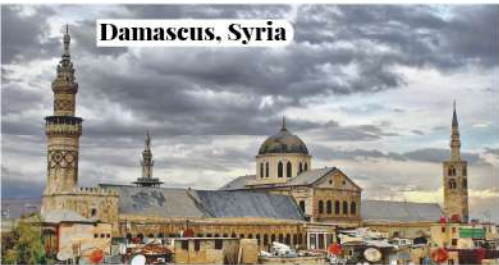
Varanasi, India

3- Damascus, Syria

Age: 4000 years

The earliest humans settled here around 10000 BC. But the city itself is much younger. Damascus emerged around the 2nd millennium BC. It was an important center for the Levant

and the entire Arab world. It served as a capital of the Umayyad Caliphate from 661 to 750. Sadly, the city has been damaged in the Syrian Civil War.



Damascus, Syria

4- Luxor, Egypt

Age: 5200 years

Luxor was known as Thebes in ancient times. It was the great capital of Upper Egypt during the New Kingdom. Thebes attracted Babylonians, Hittites, Minoans, and others. It was truly a nexus of ancient civilizations. It's still famous for its monuments and temples. Luxor is now a huge city of 1.3 million people.



Luxor, Egypt

5- Taxila, Pakistan

Age: 5380 years

Taxila was an important city of Ancient India. One of the world's first universities was established there. Owing to its strategic location, Taxila has changed hands many times. It was reduced to ruins by the nomadic

Hunas in the 5th century. Today it's the center of a larger area with a population of 667,000.



Taxila, Pakistan

6- Genoa, Italy

Age: 6000 years

In the 5th century BC the first town was founded on Castello Hill. A port city by birth, Genoa soon grew into a republic. In the 11th century AD, it was one of the maritime superpowers. It's still the busiest port in Italy. The metro area has more than 1.5 million inhabitants.



Genoa, Italy

7- Athens, Greece

Age: 6400 years

The Greek capital's recorded history spans over 3400 years. But it was already thousands of years old when records began. During Athens' age, it was home to Greek thinkers and writers. It was a center for the arts, learning, and philosophy. Athens has both Plato's Academy and Aristotle's Lyceum. It's widely recorded as the

cradle of Western civilization.



Athens, Greece

8- Argos, Greece

Age: 7000 years

Argos was a natural hub in Ancient Greece. It was one of the cities that had classical democracy. Argos continued to prosper under Roman rule. It's the oldest continually inhabited city in Europe.



Argos, Greece

9- Byblos, Lebanon

Age: 8000 years

Byblos was first occupied around 8000 BC. This Levantine city was mentioned in Egyptian texts. Papyrus was one of the city's main trade items. The Greeks took the name of the city as their word for "book", "Bible" and "bibliography" also stem from the same word.



Byblos, Lebanon

10- Jericho, Palestine

Age: 8800 years

Traces of habitation at Jericho date back to 9000 BC. But the city's birth is usually traced to its famous walls. The Walls of Jericho were built around 6800 BC. This makes it the oldest walled city in the world. Incredibly, Jericho has remained inhabited throughout history. Jericho is located below sea level. So it's also the lowest permanently inhabited site on Earth.



Jericho, Palestine



The Chaos Within:

TORTUROUS GUILT VS CRIPPLING SHAME



HAFSA SHAHZADA

Trainee Clinical Psychologist,
Writer, Social Activist

04 MINUTES READ

Afsoos (Regret). Sharmindagi (repentant). Mera qasoor (my grievance). It is always my fault.

I hurt them deeply with my behavior. Can I never get anything right?

Guilt.

Shame.

Two words.. Both synonymous with the pain shrewd through a human soul. So similar in their sounds, and powerfully intense in their core. Ambiguous since they are often used interchangeably.

In a Brief

Guilt and shame are both negative emotional states that each of us will experience on various occasions throughout our lives.

According to researchers Tangney and Dearing (2003), both guilt and shame are self-conscious emotions, symbolizing self-evaluation and self-reflection. Classified as the basic moral experiences of an individual,

guilt and shame, are the negative self-evaluations and feelings of despair induced by one's perceived failures or transgressions. The two affective states are seen to strongly correlate with each other. They also often coexist in the same situation, however, their manifestations differ.

Guilt

Brief: In this affective state, what you feel is a nagging remorse over an action or inaction. It is the responsibility you feel for a harmful attitude or behavior.

How you feel: That sudden, sharp sour taste of regret on your tongue; the building of a knot in your throat; the heaviness on your chest.

Neural context: Activity in the amygdala and frontal lobes, but less activity in both brain hemispheres. Linked to a conflict with your conscience over a misdeed to harm others.

While some individuals may harbor guilty feelings after they make an error or hurt others, it is also likely for a person to carry guilt over things outside their control.

For example, divulging a friend's

secret without their consent can build feelings of guilt, particularly while knowing the hurt the friend felt, and the harm such an action caused for the relationship.

Shame:

Brief: We feel shame when we violate the social standards we believe in. At such moments we feel humiliated, vulnerable, and small; with an inability to look another person straight in the eye.

How you feel: You yearn for nothing more than to sink into the hard ground underneath your feet and disappear. You wish for yourself and others to forget the feeling and memory altogether.

Neural context: High activity in the right hemisphere but less in the amygdala. Linked to self-despair over one's own defects.

Research suggests women and adolescents are more prone to shame's negative effects, like low self-esteem and depression (Gilbert & Irons, 2008).

For example, feeling shame for not being present at the death of a loved one, and the pain of the self-critique leading to constant belittlement and self-destructive behavior, such as self-harm or emotional outbursts.

Guilt:

- An external state to how things are in the real world
- You feel sorrow and responsibility for something you have done wrong or perceive you did wrong.
- Links to a specific action or event, such as making a mistake, committing an offense, or even hurting somebody (intentionally or unintentionally)
- Encourage us to take corrective action to make up for the fault
- Can lead to positive change and harness deeper relationship bonds.
- Short-lived & and teaches us valuable

lessons.

Shame

- An internal state about the “self”.
- Drowns you in a feeling that you are wrong, unworthy.
- Is the basis for ongoing mental and substance abuse problems.
- It teaches us that we are bad, undeserving of good, and hurts our relationships.

One way to understand both of these affective states in a single scenario is like this:

Guilt: “I am sorry. I made a mistake.”

Shame: “I am sorry. I am a mistake.”

Strategies for moving past and letting go

For Guilt

- Analyse your thoughts
- Apologies go a long way.
- Apologize with kindness to yourself, then free yourself from the experience.
- Reflect on gratitude and what you came out learning from this experience
- Focus on the “present” moment

For Shame

- Recognize shame as it arises in your life: cultivate self-awareness
- Understand the origins of your shame
- Daily check-ins to build self-compassion
- Acknowledge the different parts of yourself that are “present”.
- Write yourself a self-compassionate letter
- Share in the context of a trusted social circle.

Yet, we must not neglect that shame and guilt are essential in leading a prosocial life (Guilt and Shame, 2023). They offer insight into feelings, opinions, and assessments, acting as a force bringing people together.

Lasting note: We are not our mistakes. We are not our flaws. We are real, present, and capable of good, always.



BEWARE OF THE DECEPTIVE LOVE



MAWARA MANZOOR

Writer

04 MINUTES READ

Have you heard about a clan in some random suburban area that has built such an ideal empire that nobody can touch it?

Well, yes, I have seen it, swollen it, and gotten bruises all over my body while in an attempt to touch it. You'd be mesmerized to know the so-called pillars of morality of that clan on which the 'ideal' empire stands. Just to calm your exciting nerves, let's open up a little more. It is not your typical thousand-year-old tale of love about any person from that 'ideal' clan; it's a tale of 'revenge'. You, too, find it unbelievable? Because I can see raised eyebrows there. Burst your bubble, little one, because yes, this world stands this emotion as well. People take pride in it. This is their identity. Just like empathy and kindness are your forte, being 'vengeful' is what they're good at. Trust me, don't get me wrong—this happens. This is a fact. So run when you see a shadow of insecurity lurking through someone's love language.

Oh yes, all I'm talking about is

that powerful, highly self-obsessed clan, which is a paradoxical blend of an apparently tight-knit family unit that holds love and togetherness, but deep inside they're crusaders. It was their favorite hobby to portray warmth, love, and traditional family values. In fact, they successfully bamboozled the whole world, including their kids, and I was their easy target to prey on. To me, just like others, they were the epitome of familial harmony—a family I wished I had mine—such a caring sister, loving parents and brother... Ugh, I wish I could have one like him. Yeah, literally, those were my thoughts. Ridiculous, isn't it?

However, beneath this veneer, a darker reality unfolds. They place undue emphasis on social status, their wealth, and their outward appearances, believing that these factors define their self-worth. But a lie can't be your best friend for too long. Someone has to unmask the so-called castles built upon weak foundations with shallow personalities. The real tragedies happen behind closed doors, in the darkness of night, and in silent backstabbing. I get it; just like you, a normal human cannot dare to do all this. Only the heart with years

IMAGE SOURCE: Pxfuel

of hate, a man with excessive-obsessive thoughts, or a long-satisfied ego can hold the courage to withstand the emotion of 'revenge, even at minor ignorance towards him/her. Absolutely yes; it takes just a little pinch to lure the most rational minds down a treacherous path. Not just one or two, but everybody there is consumed by festering anger and an insatiable need to avenge a perceived injustice.

Here, the psychological labyrinth of 'Revenge Theory' comes into play. According to this, revenge is often a way for an individual to regain their lost sense of power and control. The act of seeking revenge becomes a twisted means of restoring their wounded ego, a desperate attempt to assert dominance in a situation that once left them feeling powerless. You must be wondering how it can be born without any reason. You would be shocked to hear this, just like me: nothing major happened that could offend the superiors of that family. Just an innocent wish of a child to keep his favorite toy gifted by his friend!

It doesn't make any sense, right? But trust me, it happens, it's a bitter reality.

When does it really escalate? According to revenge theory, what's particularly troubling about the path of revenge is that a small act of relief from the other person fails to satisfy his wounded ego, and the person becomes more fixated. He becomes more desperate to inflict greater harm on the perceived wrongdoers, i.e., that child and his friend in this story. The desire for revenge in that so-called high-authority member of the clan took a toll on him. His mind became a battleground of conflicting emotions. He was consumed by the fire of revenge, blurring the lines between rationality and madness. The

one clear distinction between right and wrong became muddled, and the thirst for revenge distorted his moral compass. This is where the true danger comes.

You and I can imagine the long-term childhood trauma coming in the way of that kid who's been witnessing this harrowing journey since the moment he opened his eyes in this world, expecting that 'empire' to be his safest place. The instability of one's mental health and the thirst for revenge on that ten-year-old dreamer, a little cute and rebellious, unravel the intensity of destruction it may cause on his connection to the wider world. Friendships crumble, family bonds fracture, and the pursuit of revenge becomes a toxic echo chamber that reinforces their increasingly distorted worldview.

But even within this grim narrative, there is a glimmer of hope. As with any story of human emotion, there is the potential for change and redemption. For that little child, do not fall into the fleeting trap of taking revenge on your superior, who caused you immense pain. Because the rush of momentary satisfaction that revenge may bring is often replaced by a deeper emptiness and regret. Instead of taking the path of revenge, go for the alternative that you always choose: empathy over enmity, forgiveness over fury. You know it brings solace and peace. You and I know it takes immense strength to rise above the urge for revenge and break free from the cycle of negativity and retribution. Yet, within this narrative of darkness, there lies a beacon of hope. You and I know you can do this. Be the light that channels energies towards healing rather than harming. As the world is full of hate, break the cycle of revenge and safeguard your mental well-being.



TEN REAL PLACES ON EARTH THAT SEEM SCIENTIFICALLY UNREAL

MIND BOGLER

09 MINUTES READ

There is a certain enjoyment in being completely confused. It's a reason some of us travel, to be baffled, to be surprised, to be shocked, to look around at our foreign surroundings and have absolutely no idea what's going on. This weirdness that you notice while on the road comes in different guises. It can be quirks of culture, or it can be unique attractions. It can be natural, or it can be man-made. In some cases, it can be a complete mystery, to even those who claim it as their own. These places are really weird, and they're definitely worth seeing for yourself.

1. Mount Roraima

If we summarize this whole place in short, it's a completely different world, like that of a popular Hollywood movie, "Journey to the Mysterious

Island." It has got everything to be called so. Besides the enormous flat-top mountain, it has a unique ecosystem, which includes various unusual species of plants and animals, along with waterfalls that are counted amongst the highest of their kinds in the world. Moreover, the mountain is considered to be around 2 billion years old. This beautiful landscape of Mount Roraima has also inspired movies and novels. The 2009 Pixar film "Up" and 1912 Conan Doyle's novel "The Lost World" are popular names amongst them. Indeed, one of the most mysterious spots for the daring.

IMAGE SOURCE: Google Image



Mount Roraima

2. Rama's Bridge (Adam's Bridge)

Rama's Bridge is a causeway created across the sea, connecting Pamban Island in Tamil Nadu to Mannar Island in Sri Lanka. Scientific studies have determined that the Palk Strait is a natural bridge formed by limestone shoals. However, according to Hindu mythology, it was built by Lord Rama with the help of the Vanara monkey army. He had to construct this bridge to reach Sri Lanka, as his wife Sita was kidnapped and imprisoned there. Surprisingly, the time of Ramayana (5000 BCE) and carbon dating analysis of the bridge sync properly. This causeway is visible from an aerial view even to this day. The whole issue of Rama's Bridge is mysterious, and that makes us talk about it even more. It is said that Rama's Bridge was above sea level. Even some historical records suggest that it was walkable until the 15th century. Even the estimated depth is around 3 to 30 feet in the area of this causeway. Even though Rama's Bridge is inside the water, ships cannot sail on it. The water here is shallow, with the level of depth varying at certain points. Hence, ships from India have to take another roundabout route to reach Sri Lanka. Ramayana mentions that the setu (bridge) was constructed with floating stones. Surprisingly, such floating stones are scattered across Rama's Swaram even to this day. What do you guys think? Is it man-made, or is it really constructed by Lord Rama and his monkey army? And if it's man-made, then how do you explain the floating stones?

Rama's Bridge



3. Moving Mountain (Mountains of Sand)

Mountains aren't supposed to move, but a towering mountain of sand is doing just that, traveling at a pace of 20 meters (66 feet) each year. It's not just the massive dunes that move either. According to Tanzania's former President Jakaya Kikwete, a handful of the mountain's sand continued to move even after he transferred it to his car. Standing 10 meters (33 feet) tall by 100 meters (330 feet) wide, the crescent-shaped mountain of sand changes shape and direction every decade, at once even split in two and traveled in different directions. It's believed to be the product of a volcanic eruption. The Ngorongoro Conservation Area Authority uses beacons to track and predict the mountain's movements.



Moving Mountain

4. Magnetic Hill

Whether you are an avid traveler or a hardcore rider who loves to explore new trails on a bike, Ladakh in India is the name you will be familiar with. And since this tourist destination has a distinct hype amongst travelers, you must have also heard about the Magnetic Hills known to pull the vehicles. This magnificent hill lies on the way from Srinagar to Leh highway. Believe it or not, this small stretch of Magnetic Hill perfectly defines the phenomenon of gravity. To confirm the

fact, you can turn off your car and, while on neutral, you will realize that your car is moving without your efforts at the speed of 12.5 miles per hour. However, there are many stories related to Magnetic Hill, some are superstitious. Interesting, isn't it?



5. Sea Splits Into Two (Corolla's Sea Split)

Faced a really tough time this year as the city witnessed the heaviest rains, which almost submerged the entire city underwater, taking the lives of thousands of people and making them homeless. After the water from the recent floods receded, something amusing happened in one of the cities of Kerala, which took everyone by surprise. The locals of Punani in Kerala's Malappuram witnessed a new island-like structure surfacing along their beach. The narrow sand strip, which is well over half a kilometer long, has literally split the sea into two. This is indeed a natural phenomenon, and everyone was surprised to see it. This has really gained a lot of attraction among the locals as well as the tourists, and people actually visit here to take a long walk on the sand strip, while tourists continue to flock to catch a glimpse of it. Authorities have warned that the sand strip could be washed away in the case of a high tide. Even though it was not immediately clear what was behind the formation of the

unusual structure, people are still wondering how it happened. Well, till the mystery unveils, people are enjoying a walk on this, making it a memorable experience.



6. Blood Falls

Imagine a snowy mountain having a blood bath in between. Sounds like something unnatural, right? Well, here you have the blood-red waterfall staining the white Taylor Glacier, the Blood Falls of Antarctica. This may have been a mystery for quite a while, but it's not anymore, thanks to the researchers and glaciologists who said that this occurrence was due to iron oxide, basically rust, which was present in the water. Water which flows from the lake creates this red hue, making it look as if blood is flowing out into the water.



7. Kelimutu, Indonesia

In the island of Flores in Indonesia, Mount Kelimutu is the set of three pristine lakes in the national park of the same name. These lakes are the result of volcanic eruption and all are different colors: blue, turquoise, and even black. Well, if you are thinking that this is the mystery of the place, then you should hold on. These are one of those colors in which you can expect to see these lakes. Sometimes the color even changes to white or red because of the proximity of each lake to the underlying volcano. However, the change of their hue is unpredictable. Tourists have also seen one of these lakes in dark brown color. Unbelievable, right?



8. Floating Islands (Phumdis)

Loch Tok Lake is not only the largest freshwater lake in Northeast India but is also home to unique floating islands called Phumdis. These circular land masses are made of vegetation, soil, and organic matter that have been thickened into a solid form. The islands have a spongy surface that feels like a trampoline. Like an iceberg, most of the mass of the Phumdis lies below the water surface. During the dry season, when the water levels drop off, the living roots of the island can reach the lake bed and absorb nutrients. Speckled across this

Loktak Lake, the several thousand Phumdis and its surrounding waters are vital for irrigation, drinking water, and food supplies. Thus, the lake has been referred to as the lifeline of Manipur State. Thousands of fishermen make their livelihood in the waters, catching about 1,500 tons (6.6 million pounds) of fish every year. Children and illiterate adults also attend a school located on one of the floating islands.



9. Superstition Mountain

Some places have long been thought to be simply no good, cursed, blighted, tainted, whatever you want to call it. Out in the remote Badlands of the US state of Arizona, just to the east of the Phoenix metropolitan area, lies a desolate, dried-up, arid moonscape of twisted peaks and sprawling, expansive Badlands called the Superstition Mountains. At one time, called the Sierra de la Espuma by Spanish settlers, legend of this place has it that a man named Jacob Waltz discovered a giant gold mine in these mountains back in the 19th century. He took the secret location with him to his grave, although there's speculation he may have told one other person on his deathbed. Since then, many expeditions to find the Lost Dutchman's Gold Mine have been launched, but all have proven deadly. Explorers have gone in and never come back out.

to be continued on page # 73



LOVE against ALL ODDS

Makkiruru
05 MINUTES READ

In a world where stories of love often weave intricate webs of human emotions, there exists a remarkable narrative that transcends the boundaries of species and challenges, the very essence of devotion. In the year 2017, two white storks wrote a new chapter in long distance love. Their story was hailed by global media as the greatest love story of the 21st century. The whole world anticipated their reunion and even the president modified laws for them. That male white stork named Klepetan crossed the equator multiple times over 18 years traveling back and forth for 16000 kilometers all to keep his promise to his partner.

In a small Croatian town in 1993, a legendary tale unfolded. Vic, an elderly resident, rescued an injured white stork, Marlena, nursing her back to health despite a broken wing from a gunshot. Unable to fly long distances, Vic built Marlena a nest on his roof and became her caretaker.

Their bond deepened over eight years, with Marlena becoming like a daughter to Vic. In 2001, a male stork named Keleptan entered Marlena's life, bringing a long-lost love. Despite Marlena's injured wing, Keleptan insisted on daily fishing, gradually winning her heart. Vic, recognizing their love, built a larger nest for the stork couple. Their union bore fruit, and Keleptan dutifully fished for Marlena and their offspring. Yet, their happiness shattered when Keleptan disappeared after a trip, leaving Marlena alone on the roof. The unexpected turn of events marked a poignant chapter in this extraordinary love story.

In her longing for Keleptan's return, Marlena's days were spent gazing at the distant sky. The old man, initially trusting Keleptan's reliability, was shattered by the stork's unexpected departure. Witnessing Marlena's decline, he felt a heavy heart and resorted to force-feeding her, daily walks, and unwavering care. Despite the old man's efforts, Marlena's

IMAGE SOURCE: Unsplash

radiant smile vanished with Keleptan's absence. Come March of the following year, a miraculous sight unfolded: Keleptan reappeared in the sky, having traveled 1600 kilometers from South Africa to Europe. Their unique long-distance relationship, with Keleptan always the last to leave and the first to return, endured 15 faithful years, marked by the raising of 66 children. Although the grown-up offspring ventured far, the enduring love between Keleptan and Marlena stood as a testament to the resilience of love across vast distances.

In the realm of monogamous species, the white stork stands as a paragon of loyalty, surpassing even the bounds of life and death. Until the silent spring of 2017, all white storks had returned, yet Keleptan's absence left his daughter waiting day and night. Anxious, the old man delved into the migratory roots of white storks, discovering Lebanon as a crucial stopover. Recognizing the peril of rampant bird hunting in the country, he composed a heartfelt letter to Lebanon's president, sharing Marlena and Keleptan's love story and pleading to protect migratory birds. The president's compassionate response, modifying laws, garnered global attention, hailing their love as the greatest of the 21st century.



Despite Keleptan's absence, the media, through live broadcasts, united people worldwide in fervent prayers for his safe return. As the days passed, hope waned, speculations arose, and some mourned, until the miraculous moment when Keleptan, battered but alive, reappeared, reaffirming their extraordinary tale of love against all odds.

When everyone's hope was about to shatter, that familiar figure suddenly appeared on the screen.

Keleptan had finally returned. At that moment, the square erupted in thunder.

A p p l a u s e embraced each other, tears of excitement filled their eyes and people around the world rejoiced at their reunion. The love that transcended life and death stirred people's hearts and couldn't be calmed for a long time because it was the best proof that

"Love Never Dies". The returning Keleptan was covered in wounds and no one knew what he had experienced to fly back to Marlena's side.

It turns out there really is a kind of love in the world that can cross mountains and seas and come rushing to you in 18 years. He proved to the whole world that when love is strong enough any obstacle can be overcome, love can bridge the distance of a thousand miles and both mountains and seas can be leveled.



Embrace the Green Haven: INDOOR GARDENING FOR WINTER SEASON

AEM
4 MINUTES READ

As the chill of winter descends upon us, our hearts long for warmth and greenery. While the outdoors may be frosty and barren, your home can transform into a vibrant oasis with the magic of indoor gardening. In this feature, we invite you to explore the world of indoor gardening projects, perfectly suited for Pakistan's winter season and rich cultural tapestry.

Why Indoor Gardening?

Indoor gardening is more than just a hobby; it's a way to reconnect with nature, even when the weather outside is less than inviting. In Pakistan, where the winter season can be a bit harsh, indoor gardening brings a touch of green and serenity to your living space. Additionally, it allows you to nurture and appreciate the beauty of plants without venturing out in the cold.

Succulent Terrariums: Miniature Worlds of Wonder

Succulents are ideal for indoor

gardening in Pakistan's winter because they thrive in dry conditions and require minimal maintenance. Creating a succulent terrarium is a delightful project that brings a touch of desert beauty to your home. What You'll Need:

- A glass container or vase with a lid or open top.
- Succulent plants of your choice (e.g., echeveria, aloe, or sedum).
- Cactus or succulent potting mix.
- Decorative pebbles or sand.
- Activated charcoal (optional).
- Small gardening tools.

Instructions:

- Begin with a clean, dry glass container.
- Add a layer of activated charcoal (optional) to help with drainage and prevent odors.
- Add a layer of small decorative pebbles or sand for both aesthetics and drainage.
- Layer the succulent potting mix on top, leaving space for your plants.
- Carefully transplant your selected succulents into the soil.
- Add more pebbles or sand for a

IMAGE SOURCE: Google Image

polished look.

- Place your terrarium in a well-lit spot with indirect sunlight.

Herb Gardens: A Flavorful Winter Treat

Our culinary culture thrives on fresh herbs, making indoor herb gardens a perfect addition to our winter home. Not only do they provide fresh flavors for the dishes, but they also fill the space with delightful aromas.

What You Will Need:

- Small pots or containers.
- Herb seeds or starter plants (e.g., basil, mint, cilantro, or rosemary).

Potting soil.

- A sunny window-sill or artificial grow lights.

Instructions:

- Choose your herb varieties and pots with proper drainage.
- Fill each pot with potting soil, leaving about an inch from the top.
- Plant your herb seeds or starter plants according to package instructions.
- Place your pots on a sunny windowsill where they can receive at least 6-8 hours of indirect sunlight daily.
- Water your herbs as needed, ensuring the soil stays slightly moist but not waterlogged.
- Harvest your herbs regularly to encourage growth and enjoy fresh flavors in your cooking.

Tips for Indoor Gardening in Winter:

Monitor Indoor Temperatures: Keep in mind that indoor tempera-

tures can fluctuate during the winter. Be mindful of drafts and avoid placing your plants near radiators or heaters.

Water Carefully: Overwatering can be a common mistake in indoor gardening. Succulents and herbs prefer slightly drier conditions, so let the soil dry out between watering sessions.

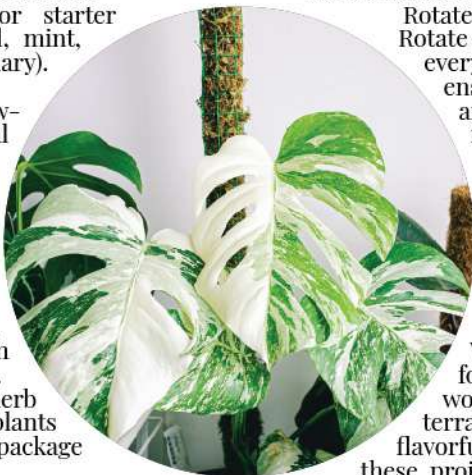
Pest Control: Keep an eye out for common indoor plant pests like aphids and spider mites. Regularly inspect your plants and take appropriate measures if needed.

Rotate Your Plants:

Rotate your potted plants every few weeks to ensure even growth and prevent them from leaning toward the light source.

Indoor gardening during winters is a rewarding and culturally enriching experience.

Whether you opt for the charming world of succulent terrariums or the flavorful herb gardens, these projects will not only bring a touch of nature into your home but also serve as a source of comfort and joy during the colder months. So, embark on this green journey and create your own winter haven indoors.



HAPPY GARDENING

DO YOU IDENTIFY YOURSELF AS AN ALPHA MALE OR A SIGMA MALE?



Muhammad Shoab Khan
Life Sciences Reseacher,
Writer

04 MINUTES READ

In this age of entertainment every day we see a lot of new characters on TV, Netflix, and Social Media. They show their characteristic personality types from which the viewers are attracted and impressed. While some girls follow strong and macho characters. Like in so many other countries of the world, a large portion of the population of Pakistani young girls are attracted to Korean Pop Music popularly known as K-pop, which performs songs, dances, and talks which enchants girls. The fan girls like their soft and cool personalities to which most of the Pakistani guys do not get impressed. What Pakistani boys go after are the characters that show Alpha and Sigma males?

Only a few boys like beta, omega, gamma, and delta personality types, and most of them appreciate Alpha and

Sigma male characters. Every day on social media apps, you come to see boys sharing different quotations associated with Sigma males as Sigma rule number 67, 78, and so on. Most of the time, these same guys are seen to be sharing some content related to Alpha males, as if this is their ideal personality type. These rocky boys identify themselves too with these personality types but always appear to be confused between Alpha and Sigma.

In this article, I am going to mention some of the basic personality characteristics of Sigma and Alpha males so that it might get easier for fanboys to understand whom they are following, is your character an Alpha male or a Sigma male, and what they identify themselves to.

The Alpha and Sigma males appear very similar at the first look and most of the people cannot separate the two initially. Both of them are confident, strong, and powerful. They attract attention and are trendsetters. They possess excellent natural qualities of

IMAGE SOURCE: Pinterest

leadership. They both are protective of others and equally popular with women. However, there are quite significant differences between them. Alpha males are dominant and assertive. They like to take charge of the top positions in the social hierarchies and like to be acknowledged and praised. The term "Alpha" has been in use since the 20th century and is thought to have originated from the dominant socio-sexual hierarchies that we see in animals like the "Alpha Wolf". The Alpha males commonly have access to power, money, and partners mainly due to their leadership skills and strong physical prowess.

The Sigma males are strong but have a very special personality. Some people consider that Sigma males are those who have the qualities of both Alpha and Beta males. Some think that Sigma and Alpha are equal but the Sigma likes to sit outside the socio-sexual hierarchies by his own choice. He likes to be independent. According to the writer Theodore Robert Beale, who coined the term in 2010, the Sigma males are "lone wolves" who exist outside these hierarchies and these are introverted Alpha males. These are the breakers of stereotypes and do not comply with social expectations yet these are successful and popular with women.

The Alpha males like to compete with their likes and achieve and enjoy the highest position but the Sigma male only competes with himself and improves to become a better version of himself.

Both Alpha and Sigma are ambitious but their goals and their definition of success are entirely different. The Alpha wants to reach the top and dominate the environment but the Sigma wants to be successful by getting near to some personal goals that do not include competing with others.

The Alpha considers him a failure as he does not get to the top socio-sexual hierarchical position but he is already not competing with anyone neither Alpha nor anyone else. He is happy away from this system and he always tries to improve himself. He does not need anyone's approval which Alpha always needs.

The leadership style of the Sigma male is also different from the Alpha male. The latter is assertive, and bossy and does not listen to the ideas of his inferiors but the Sigma is more collaborative to get the job done and always open to suggestions no matter who is telling. This is also because the Sigma male is a champion of equality. Even if he is at the top of the hierarchy, he does not care and brags about it. He considers people equal and by no means asserts any authority over others. He is capable of working collaboratively when he needs to do so but he enjoys working independently in which he enjoys more. The Alpha always needs a team and a group of subordinates to get the work done and get the acknowledgment of that work. He also prefers the traditional values and likes the hierarchies in which he can dominate the others and stay in the position of power. He tries to maintain the status quo but the Sigma male rebels against these norms.

It will be the case with the followers of these characters too. If the person who naturally identifies, as an Alpha, will see the Alpha character as ideal and successful people but independent and happy with themselves people will cherish the Sigma characters, they see in the entertainment media.

So, knowing these traits of the Alpha and Sigma male personality types, who is your favorite Sigma and Alpha Character? And what do you identify yourself as?

REVOLUTIONIZING FOOD: UNVEILING THE FUTURE OF LAB-GROWN MEAT



Rizwan Ullah Khan
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04 MINUTES READ

In recent years, the concept of lab-grown meat has captured the attention of scientists, environmentalists, and food enthusiasts alike. This innovative method, also known as cultured or cell-based meat, involves creating meat products in a lab by cultivating animal cells rather than breeding and slaughtering animals. Lab-grown meat has great promise for addressing a number of major global issues, such as animal welfare problems, environmental sustainability, and the rising demand for meat. This article explores the fascinating realm of lab-grown meat, looking at its advantages, difficulties, and potential future effects.

Animal stem cells are isolated and raised in a controlled environment to make lab-grown meat. Then, a nutrient-rich culture media is given to these cells, enabling them to develop, differentiate, and produce muscle tissue that closely matches that seen in regular meat. This method eliminates the need to raise and kill entire animals in order to produce a significant amount of meat from a small sample of animal cells. The finished product presents a possible alternative to conventional cattle production and is biologically identical to conventional beef.

Cultured meat, often known as lab-grown meat, has many advantages over conventional meat production. By using fewer resources and

producing fewer greenhouse gas emissions, it encourages environmental sustainability. Additionally, it improves animal welfare by freeing animals from the cruel practices of industrial farming. By offering an affordable option that can be produced independent of regional restrictions, lab-grown meat helps to ensure global food security. By producing meat in a controlled environment, it improves food safety and makes meat products healthier and more nourishing. Additionally, it helps conserve biodiversity by reducing the pressure on natural habitats caused by traditional livestock farming. Overall, lab-grown meat represents a promising and ethical alternative to conventional meat production.

Lab-grown meat faces several challenges on its path to widespread adoption. One key challenge is the high production cost, attributed to expensive culture media, cell lines, and bioreactors. However, as technology advances and economies of scale are achieved, production costs are expected to decrease. Another hurdle lies in developing regulatory frameworks that ensure safety, quality, and clear labeling of lab-grown meat products. Additionally, public perception and acceptance play a crucial role in the success of lab-grown meat, requiring efforts to overcome the "yuck factor" and educate consumers about its benefits. Despite these challenges, with continued innovation, cost reduction, and improved regulatory frameworks, lab-grown meat holds immense potential to

revolutionize the food industry and offer a sustainable and ethical alternative to conventional meat production.

The taste of lab-grown meat is a subject of ongoing research and development, and it can vary based on factors such as the type of meat being cultured, the specific cell lines used, the growth medium, and the methods of preparation. Initially, lab-grown meat may have subtle differences in taste compared to conventionally produced meat due to variations in texture and flavor profiles.

However, researchers and companies in the lab-grown meat industry are actively working to optimize the taste and texture of cultured meat to make it more similar to traditional meat. By refining the production process, mimicking the composition of natural meat more closely, and using techniques to encourage muscle development and fat distribution, efforts are being made to create lab-grown meat that is indistinguishable from conventionally farmed meat in terms of taste and mouthfeel.

As technology advances and more is understood about the complexities of meat flavor and texture, it is possible that lab-grown meat will become increasingly comparable to traditional meat in terms of sensory qualities. Consumer acceptance and preference will play a significant role in determining the success of lab-grown meat in the market, so achieving a taste that aligns with consumer expectations will be a critical factor in its adoption.

A revolutionary advancement in the field of food production is lab-grown meat. It has the ability to address issues with the environment, animal welfare, and food security. Lab-grown meat could become a workable and sustainable alternative to address the rising worldwide demand for meat as technology improves, costs decrease, and regulatory frameworks change. We have an opportunity to transform our food system, decrease our impact on the environment, and build a more moral and sustainable future for everyone by adopting this innovation.

When was the first lab-grown burger created?

The first lab-grown burger, also known as a cultured or in vitro burger, was created by a team of researchers led by Dr. Mark Post at Maastricht University in the Netherlands. The burger was unveiled and cooked in a public taste test event on August 5, 2013. The burger was grown from cow muscle cells in a laboratory setting, representing a significant milestone in the development of lab-grown meat technology.

The project aimed to demonstrate the feasibility of producing meat without the need for traditional animal farming, with the potential to address environmental and ethical concerns associated with conventional meat production. While the taste and texture of this early lab-grown burger were reportedly not identical to conventional beef, the event marked an important step forward in the research and development of cultured meat.

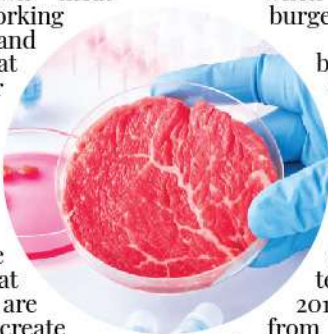


IMAGE SOURCE: Google Image

How Was Einstein's Brain Different?

ZEM TV

04 MINUTES READ

We all know that Einstein was a genius. So much so that his brain would work more than a thousand scientists. Things which we never thought of, let alone understand, Einstein worked on those things and made it easy for the whole world.

Albert Einstein was a physicist who published the theory of special relativity, $E=mc^2$, and formulated the photoelectric laws, leaving the world surprised. Therefore, he was awarded the Nobel Prize.

Seeing his extraordinary thinking and understanding power, people believe that Einstein had an extraordinary brain, which was quite different from an ordinary human. Einstein too knew this, and therefore he didn't want his body to be researched upon after his demise. Rather, he had instructed his body to be cremated.

But the same thing happened that Einstein was afraid of. On April 13, 1955, when Einstein died in Princeton Hospital, the doctor came to perform the autopsy, stole Einstein's brain secretly because he was curious to know what's inside the brain of this genius.

The doctor who stole Einstein's brain was Dr. Thomas Harvey, who was more interested in

studying his brain than facing the consequences. When Princeton Hospital found out about this incident, they fired him. But Dr. Harvey was successful in persuading Hans Albert to give him permission to research his father's brain and let the world know about it.

From that day, a long journey started for that brain. Dr. Harvey was a pathologist who knew only about post-mortems, and that's why he believed he would be able to research this genius's brain. But the situation was that Dr. Harvey lost his job at Princeton Hospital and also his designation as a pathologist.

Dr. Harvey took Einstein's brain to Philadelphia, Pennsylvania, where he took a lot of photos of the brain and cut them into 240 small pieces. Preserving every piece in separate jars, he hid all of them in his basement, leading to arguments with his wife, who threatened to throw the brain outside, ultimately resulting in divorce.

Dr. Harvey went to Wichita, Kansas, with the brain, where he started working as a medical supervisor. In his free

time, he tried to study Einstein's brain. However,

even after many years, Dr. Harvey

couldn't do any solid research on Einstein's

brain. Instead, his

medical license was canceled, and

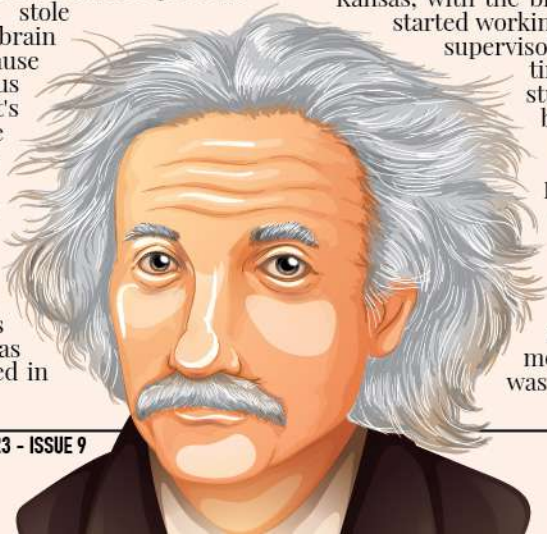


IMAGE SOURCE: Vecteezy

he had to start working in a plastics factory.

At that time, he made a good decision to send different pieces of the brain to the best neurologists in the world for detailed research, which he did. Thirty years after the brain was stolen, in 1985, a study was published on Einstein's brain. For the next 28 years, many neurologists published several studies on this genius's brain.

In these studies, it was found that Einstein's brain was quite different from the ordinary human brain, with the biggest difference found in the Corpus callosum part. The human brain is divided into two parts, and the Corpus callosum connects both halves. Einstein's Corpus callosum was larger than that of ordinary humans, indicating a strong connection between his left and right brain.

Apart from the difference in the Corpus callosum, Einstein's brain's pattern was also quite different from others, and researchers believe that this was the reason for a good neuron flow. Good flow of neurons means that he had great power for mathematical calculations. Einstein had the power of solving complex mathematical problems in his head without using pen and paper.

According to a research paper, another reason for having a high number of neurons was that when Einstein's brain was weighed, it was 1230 grams, whereas it is 1400 grams for normal human beings. Researchers believe that his brain's lining was quite thin, which allowed it to contain more neurons.

But the biggest question was whether Einstein was born with such a special brain or if there were changes afterward. After researching, it was found that when Einstein was born,

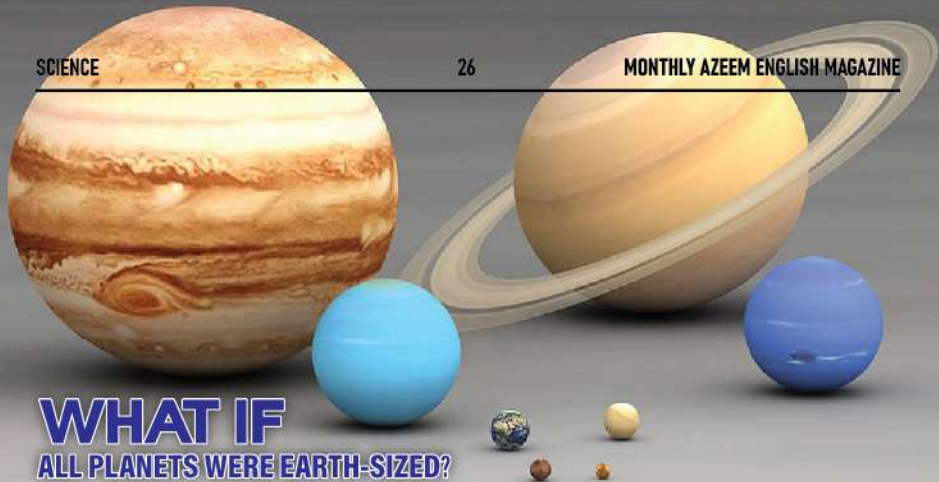
he started speaking after the age of 5, whereas other children started speaking at the age of 2 or 3.

Even after he started speaking, he didn't like to speak much and remained lost in his own thoughts. He had less memorizing power and found it difficult to memorize simple multiplication tables. Instead, he excelled in processing math and numbers in logical ways, rather than memorizing them. In school, although he failed in other subjects, he excelled in mathematics and science.

When Albert Einstein was 12 years old, a family teacher left his geometry book in Einstein's house. Surprisingly, Einstein read that book in one day and cleared his geometric concepts. He became a master of integral and differential calculus at the age of 14. His grip on math and science was so strong that professors would become nervous when he raised his hand to ask questions, as his questions were often difficult for even teachers to understand.

From a very young age, Einstein wanted to encapsulate the laws of the universe in a small equation, and this became his life's mission. At the age of 26, Einstein published four research papers that astonished the world, leading to him being awarded a PhD degree and the Nobel Prize for his outstanding contributions to humanity. Without Einstein's theses, science would be incomplete.

Many doctors and scientists came to the conclusion that Einstein's brain became special after his birth, as he developed his brain from a young age while seeking answers to his questions. Today, Einstein's brain is kept in America's The Mütter Museum, preserved with great care in microscopic slides.



WHAT IF ALL PLANETS WERE EARTH-SIZED?

BRIGHT SIDE

04 MINUTES READ

Have you ever wondered what it would be like if every planet in our solar system was the size of Earth? Well, it's time to dive into this mind-boggling scenario. Let's imagine what each planet's world looks like if they were as big as our beloved blue planet, with the barren red landscape of Mars suddenly becoming a lush green oasis and the massive swirling gas giant Jupiter just disappearing, and how it affects our solar system as a whole. Are we all doomed? Buckle up, and let's find out.

The first planet on our list is Mercury, the smallest planet in our solar system. But now, forget about the moon-like Mercury; instead, picture yourself on the surface of a super dynamic incandescent inferno. There are a lot of craters and active volcanoes around you, and right in front of you is a huge, blinding bright Sun. What a nightmare! But let's break these changes down.

Along with the size of Mercury, both its mass and gravity would increase. It's possible that Mercury would have a more substantial

atmosphere. Temperatures on Mercury are extreme not only because it's very close to the Sun but also because of its very thin atmosphere. So during the day, the temperatures there reach 800 degrees Fahrenheit, and at night it becomes terrifyingly cold, down to negative 290 degrees Fahrenheit. But now, with stronger gravity, Mercury could have a denser atmosphere, distributing heat better. Additionally, its internal heating due to gravitational compression could increase tectonic activity, resulting in more interesting landscapes, more mountains, and more active volcanoes.

Congratulations, you have turned Mercury into Venus 2.0 for us. All these changes, however, wouldn't be very pleasant. It would become much harder to send spacecraft there. Basically, it's better for Mercury to stay as it is—small, calm, and boring.

Next up is Venus, and if it were Earth-sized, not much would change. Venus is already nearly the size of Earth, often called Earth's twin. However, in reality, the two couldn't be more different. Venus is known as The Morning Star because it's bright and visible in the sky. But don't let its beauty fool you; it's one of the most

IMAGE SOURCE: Pinterest

inhospitable places in our solar system, with surface temperatures around 900 degrees Fahrenheit and a thick, corrosive atmosphere of sulfuric acid. You wouldn't be planning any trips there anytime soon.

Now, let's move on to a planet that, unlike Venus, could potentially become a new home for us—Mars. Picture yourself standing on Mars' surface, watching the blue sunset and breathing in a refreshing breeze of air. Yes, you need that right air. Moreover, you could be surrounded by planets, animals, and basically feel like you're on Earth. But how is that possible?

A bigger Mars would have a stronger magnetic field and gravity, leading to a richer, denser atmosphere with a wider range of gases, including oxygen. That would make Mars much warmer and cozier, with potentially stabilized liquid water on its surface. However, it would also have a more volcanic personality, with increased internal heating and pressure leading to more frequent and more intense volcanic eruptions.

In general, the planet could become greener and lusher, but not necessarily safer. Nevertheless, it would be fascinating to witness such changes on another planet. But now, it's time to move on to the giants of our solar system. If we're enlarging the planets, let's squeeze them really hard.

If Jupiter became 11 times smaller, the first thing we'd notice is a change in gravity. Jupiter's strong gravity attracts large asteroids, protecting us from potential collisions. However, with reduced size, Jupiter would no longer provide this protection. Its thick swirling atmosphere would also

have trouble staying put, potentially escaping into space, leaving behind a thinner atmosphere composed mainly of nitrogen and oxygen.

Farewell to Saturn's iconic rings, made up of small particles of ice and rock. With Earth's gravity, these rings would either fall onto the planet or scatter into space. Saturn's dense hydrogen and helium atmosphere would be compressed, changing its overall size and shape. In extreme cases, Saturn could even become a brown dwarf, emitting heat and light but no longer a planet.

Now, let's compress Uranus. Its surface gravity would be much weaker, and its atmosphere might change, becoming thinner with different gases. While it might warm up slightly due to the reduced volume-to-surface-area ratio, it would still be far colder than Earth's coldest spots.

Finally, there's Neptune. If we shrunk it, it could potentially become more Earth-like. With a thinner, less dense atmosphere, it would no longer be a gas giant. Its gravity would be similar to Earth's, making it easier to move around on its surface. The temperature would likely be much warmer than the freezing conditions of the original Neptune.

But what would happen to the entire solar system if we made all the planets smaller? It's hard to predict, but their gravity and orbits could change significantly. Collisions with asteroids might become more frequent, and some orbits could become unstable. Our solar system would be a very different place.

Of course, all this is purely speculation, but it's still a fascinating thought experiment that makes you appreciate the uniqueness of our solar system.



WHAT WILL HAPPEN IN THE NEXT 1,000,000,000 YEARS?

Mind Boggler

05 MINUTES READ

What's the future of the human race and our beloved planet Earth? Humanity has been around for about 200,000 years and has experienced a massive amount of change already. The Bering Land Bridge that once connected Asia and North America has long since been submerged beneath the ocean. So, if humanity exists for another billion years, then what additional changes or events can we reasonably expect to happen? Humans are not fortune tellers, but they have looked deep into the rocky record of our planet's history to find the most surprising things that will happen to Earth in the next billion years. Let's go through this journey together.

Give or take in the next 1,000 years from now, all current man-made structures are expected to disappear. Yes, even the Statue of Liberty will have ceased to exist. Spoiler alert for all you original Planet of the Apes fans out there: due to a rapid evolution of languages, no single present-day word will have survived from then. Future languages

will only contain one out of every 100 core vocabulary words of their present-day counterparts. Essentially, no modern language will be recognizable by this point.

Two thousand years from now, ice sheets will have completely melted, with extreme global warming of eight degrees Celsius. Greenland's ice will be melted, and sea levels will be six meters higher, which means "water, water everywhere."

Did you know that 5125 is the year of the end of the Mayan calendar? According to the Mayans, it's a doomsday. Again, if we survive 5125, then in 20,000 years, Chernobyl will finally be safe.

About 10,000 years into the future, we will encounter the "Year 10,000 Problem." Software that encodes the AD calendar year as a four-digit decimal will no longer be able to encode dates starting at 10,000 AD. It will be a real Y10K.

In addition, if current trends of globalization continue, then human genetic variation will no longer be regionalized by this point, meaning that all human genetic traits like skin color and hair color will be evenly distributed across the world.

IMAGE SOURCE: Mythcreants

Fifty thousand years from now, Niagara Falls disappears. The remaining 32 kilometers to Lake Erie erodes away, and the waterfall ceases to exist.

One hundred thousand years from now, the titanium in your MacBook starts to corrode. Either a supervolcano or a large climate-altering asteroid will likely have affected the Earth. The stars in the heavens will look completely different due to the Earth's movement through the galaxy. This is also the estimated amount of time it would take to fully terraform Mars into a habitable planet similar to Earth.

In 500,000 years, the Earth will have likely been struck by an asteroid measuring one kilometer in diameter, unless humanity artificially prevents it. Additionally, Badlands National Park in South Dakota will have completely eroded away by this point.

In 950,000 years, the meteor crater in Arizona, considered the best-preserved meteorite impact crater on Earth, will have completely eroded away.

In 1 million years, all glasses created today will have finally degraded. Massive stone structures like the Pyramids at Giza or sculptures at Mount Rushmore may still exist. Everything else will be gone.

In 2 million years, the Grand Canyon will have eroded even more significantly, slightly deepening but mostly widening out into a large

valley.

If humanity has colonized two different planets in the solar system and the universe by this point, and the populations on each planet have remained separate from one another, then humanity will have likely evolved into various different species. These different species will be adapted to their different planets and may not be aware of the other human species located in the rest of the universe.

Some have proposed that in 5 million years, the Y chromosome could die out, making men impossible.

In 50 million years, Africa will have collided with Eurasia, sealing the Mediterranean Basin and creating a mountain range similar to the Himalayas. Antarctica's ice migrates north and melts, rising sea levels by 75 meters. Don't worry; the entire galaxy could be colonized by that time.

In 60 million years, the Earth's orbit will become unpredictable.

In 250 million years, the continents will start moving and creating a new supercontinent.

In 800 million years from now, photosynthesis is no longer possible, destroying all multicellular life.

In 1 billion years, a large part of East Africa will split off from the rest of the continent. A new ocean basin will form between the two sides, and Africa will be divided into two separate land masses. What do you guys think will happen in the next 1 billion years?

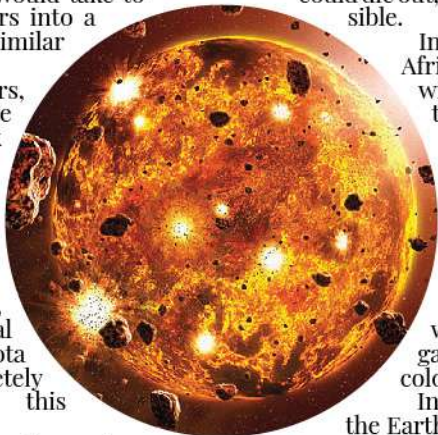


IMAGE SOURCE: Pinterest



Unveiling the Mysteries of QUANTUM PHYSICS PART II



Saad Rashid
9th Grade Student

10 MINUTES READ

Quantum Teleportation: From Fiction to Reality

In the realm of imagination, the fantastical concepts envisioned by fiction writers find surprising validation within Quantum Physics, with some of these ideas pushing the boundaries of even our wildest thoughts. One of these weirdest thoughts includes teleportation which has been used for centuries by fiction writers. This concept was restricted to movies and fairy tales but Quantum Physics is here to change that. In this article, we discover how this fascinating branch of Physics has turned Teleportation from science fiction into reality.

Teleportation, while indeed a reality, still does not confer the ability to move objects physically, akin to the telekinesis seen in Star Wars. But, teleportation in reality is a little different from movies and books. In reality, properties change and this

process is restricted to just particles, not physical objects as a whole in film. Another aspect to consider is that the objects do not physically swap places or alter their locations. Instead, it's more akin to one object adopting the characteristics of the other. In essence, they exchange properties. However, before delving into this subject, we must acquaint ourselves with certain intricate yet enthralling principles in Quantum Physics.

Visualize a scenario where you possess a set of headphones, and your friend possesses an identical pair, so when you play a song, your friend's headphones start playing the same song too even if your friend is present in another galaxy. They are connected with each other no matter the distance. This phenomenon is known as Quantum Entanglement.

Isn't this amazing? Scientists say that all the particles in the universe are interconnected, just like how all the social media platforms are interconnected to the internet. Now suppose you have a red marble while your friend has a green marble and

IMAGE SOURCE: VALE NEWS

both are interconnected to each other. Now you inform your friend that when you start spinning the marble clockwise that means "I am coming to your house". So when you start spinning your red marble, the green marble also starts spinning clockwise and your friend sees it and now knows that you are going to pay a visit to his house.

Well, you must be pondering how this can occur; surely, there must be an elucidation for this phenomenon. First of all, this happens only in

Suppose you have a red apple and your friend has one red apple too. Now they are interconnected with each other and you take a paintbrush and paint the apple green while your friend paints his apple blue simultaneously. So what will happen is that your apple will be blue while your friend's apple will turn green because they switched their properties.

While quantum teleportation is mind-boggling, turning it into reality isn't easy. It needs extremely controlled environments to protect



IMAGE SOURCE: FREEPIK

particles but in the future scientists might be able to reproduce this in bigger objects. This happens because a particle transfers its properties to the other particle. And a person will think they switched places like in teleportation. I gave the example of a marble spinning clockwise so it transfers its properties to the other marble. When your friend spins it, your friend's marble will transfer its properties to yours.

Nevertheless, This is complex so let's learn it by another example.

the delicate quantum properties. Any interference or loss of information can mess up the teleportation process. However, scientists are making progress. In 2020, researchers from China teleported a tiny particle from Earth to a satellite in space, over 1,400 kilometers away. This was a significant step in proving that quantum teleportation can work over long distances.

You'll be delighted to discover that teleportation becoming a reality offers the tantalizing prospect of

effortlessly moving from one place to another, saving valuable time, energy, and resources in the process. This concept is not just reduced to science fiction or fun experiments but has real-life applications that can shape the future.

But as I said before, it's not that easy, and quantum teleportation requires certain conditions like temperature and pressure. Quantum Teleportation can only take place if the temperature is at the freezing point of water or low, same with the pressure. It can happen in areas with or less pressure than the atmospheric pressure.

Quantum Physics can create ultra-secure communication as no one will be able to intercept your message or eavesdrop. Just like the marble sending messages to your friend which no one will be able to guess what it says. But this is not the only benefit, this can help us create futuristic computers with quantum properties. Quantum teleportation might help transfer information between different parts of a quantum computer. But this is not all, Quantum Quantum teleportation, formerly a subject mostly consigned to the realms of science fiction, is now progressively manifesting as a genuine prospect. As our grasp of quantum mechanics deepens and our technological capabilities burgeon, the practical applications for this teleportation can also help us create unhackable encryption keys, making our data safer.

While personal translocation to remote celestial bodies may not be imminent, the pragmatic implications of quantum teleportation in fields like communication, computing, and cryptography are undeniably exhilarating. The transition from

science fiction to reality is still ongoing, but the potential of quantum teleportation appears boundless.

The Role of Quantum Physics in Understanding the Nature of Time

Expanding upon our previous discussions concerning the imaginative realms of fiction writers and the profound inquiries of philosophers, let us embark on a deeper exploration into the fascinating world of quantum physics. Within this realm, we shall unveil the potential of quantum physics to shed light on the strange nature of time, while also contemplating its possible malleability. Time, a fundamental concept has led to our existence and will lead us to our end, it has captivated our collective curiosity for generations. Its ever-present flow influences not only our lives but also the very essence of all living beings on this planet.

But before we go into the technicalities and study time scientifically through the mysterious world of quantum, let us first view how time was viewed and termed by philosophers classically. In classical physics, time is termed as the unchangeable fourth dimension. It flows independently and uniformly with all events occurring according to it. Even Sir Isaac Newton formed the basis of classic mechanics which led this world to where it is today. This theory as an independent dimension is still widely accepted by scientists and philosophers to this date, but is quantum physics going to change it? Let's find out.

In the 20th century, the unimaginable world of quantum shattered the classic laws of physics such as the famous Heisenberg Uncertainty Principle informs us that we cannot simultaneously know the precise

position and momentum of a particle. This inherent uncertainty challenges the idea of a deterministic universe governed by classical laws.

Quantum physics also introduced the concept of superpositions, which states that a particle can be in multiple states at once. This also denies the classical physical laws. This is the reason why many people, even scientists that quantum physics is made up, is fiction to be precise.

In the quantum realm, time is a different character where time

the most renowned thought experiments known as Schrödinger's Cat. Imagine a box with a cat inside. In the box, there's a special atom, a device that checks for radiation, a container of poison gas, and a hammer. If the radiation device detects anything, it breaks the container, releasing the poison and harming the cat. If there's no radiation, the cat stays safe.

In classical terms, the cat will be alive or dead but in the realm of quantum, the cat exists in the superposition of both states, meaning it is



IMAGE SOURCE: SPACE.COM

becomes entangled with the quantum states of a particle. To make it easy, you can say that time becomes a state of a particle. So for now withhold any doubts about Quantum Physics at this point, as its unconventional nature might seem puzzling to those less familiar with it. Nonetheless, it is essential to acknowledge that these phenomena have been well-established in the realm of quantum physics research.

Let's make it easy and learn this mind-blowing concept from one of

alive as well as dead until the box is opened and observed. This experiment highlights the connection between the states of quantum and the flow and perception of time, as time's passage seems to depend on the act of observation.

This is just like rest and motion. For a person on Earth, the Earth is at rest while for a person observing from a satellite near Earth over the passage of time will observe that our planet is moving. So it depends on the observer, and how it observes.

Another important concept while discussing time is the "Arrow of Time", what is this? It refers to the unidirectional flow of time from past to future. Classical physics doesn't have any answer for this while quantum physics does have something to say on this.

To explain why time moves uniformly and in the same direction, we will need to take a look at Quantum decoherence. It is a system which is a very tiny and weird world. This system starts to lose its special properties when it starts to interact with the normal world. This helps time to create a one-way flow and things happen in a certain order.

This idea is further explored through the Wheeler-DeWitt equation, a central component of quantum cosmology. This equation attempts to describe the quantum state of the entire universe, treating it as a closed quantum system. But we won't go into detail about it.

But one question remains: how is quantum even connected with space and time? But it in reality is more related than you think. There's a point which connects both of these, known as "Quantum Gravity". General relativity, Einstein's theory of gravity describes that space and time are smooth, but in quantum, it is the opposite. You should ask me why everything is the opposite in quantum physics. A question which I or even scientists can't even answer.

So, am I trying to prove Einstein's theory wrong? Well, no but quantum physics is doing it. Scientists are trying to find a way to mix quantum rules with the way space and time work. Some theories, like loop quantum gravity and string theory, suggest that space and time are made up of tiny, tangled pieces at the

smallest levels. This makes space and time seem like they're connected and always changing.

Time Travel, a fictional concept which was denied by classical physics and some major physicians is proved wrong by quantum and has opened doors to time travel. So we are once again going against classical mechanics and Einstein.

One of the proposals by quantum researchers is "closed timelike curves. This is even in Einstein's field equations. These curves suggest that under specific conditions, it might be possible to loop back in time. However, the validity and practicality of such scenarios remain subjects of debate and investigation.

Not only this, scientists state that quantum entanglement is also related to time and where the state of one particle could influence the state of another particle not only in space but also in time. However, this is debatable and not experimentally proven but theoretically, it is correct.

Quantum physics has revolutionized our understanding of the universe, challenging classical notions of time and reality. It has introduced uncertainty, entanglement, and the blurring of boundaries between quantum and classical domains. While many questions remain unanswered, the interplay between quantum physics and the nature of time continues to captivate scientists and philosophers alike. As our knowledge of time through quantum and quantum teleportation deepens, we may inch closer to unraveling the mysteries of time itself.





EMBRACE WINTER BLISS

DIY SPA AND SELF-CARE DELIGHTS



AEM

05 MINUTES READ

Winter has arrived with its chilly winds and frosty mornings, but it's also the perfect season to treat yourself to some self-care and relaxation. Instead of braving the cold outdoors, why not create your own spa experience at home? In this guide, we'll explore the world of DIY spa and self-care products that will not only warm your heart but also pamper your skin during the winter months. Get ready to transform your winter blues into a cozy, blissful escape.

Why DIY Spa and Self-Care?

Before we dive into the recipes, let's take a moment to appreciate why DIY spa and self-care products are the perfect solution for winter. The cold weather can be harsh on your skin, leaving it dry, dull, and in need of extra care. By creating your own products, you have control over the ingredients, ensuring they're natural and tailored to your skin's needs. Plus, the act of crafting these items can be a soothing and satisfying experience in itself.

Homemade Bath Bombs:

Bath time during winter can be a sanctuary of warmth and relaxation, and homemade bath bombs take it to the next level.

Ingredients:

- 1 cup baking soda
- 1/2 cup citric acid
- 1/2 cup Epsom salt
- 1/2 cup cornstarch
- 2 1/2 tablespoons coconut oil
- 2 teaspoons essential oil (e.g., lavender, eucalyptus)
- A few drops of food coloring (optional)
- Dried flowers or herbs (optional)

Instructions:

In a bowl, mix the dry ingredients (baking soda, citric acid, Epsom salt, and cornstarch) thoroughly. In a separate container, melt the coconut oil, then add the essential oil and food coloring (if using). Slowly add the liquid mixture to the dry ingredients while stirring continuously until it reaches a consistency similar to wet sand. Pack the mixture into a bath bomb mold or your hands, pressing firmly to shape. Let the bath bombs dry for at least 24 hours.

Sugar Scrubs: Exfoliation

Say goodbye to dry, flaky skin with a homemade sugar scrub.

Ingredients:

- 1 cup granulated sugar (white or brown)
- 1/2 cup coconut oil or olive oil
- 10-15 drops of essential oil (e.g., coconut, olive)
- Optional: zest from citrus fruit (e.g., lemon, orange)

Instructions:

In a bowl, combine the sugar and coconut oil or olive oil. Add the essential oil and citrus zest (if using) and mix until well combined. Transfer the scrub to an airtight container. To use, simply scoop out a small amount and gently massage it onto damp skin in circular motions. Rinse thoroughly, and you'll reveal soft, rejuvenated skin that's ready to face the winter cold.

Nourishing Face Masks: A Winter Glow-Up

Bring back your skin's natural radiance with a homemade face mask.

Hydrating Avocado Mask:

- Mash half an avocado.
- Mix in 1 tablespoon of honey.

- Apply the mixture to your clean face and leave it on for 15-20 minutes before rinsing.

Exfoliating Oatmeal Mask:

- Combine 2 tablespoons of ground oatmeal with 1 tablespoon of yogurt.
- Apply to your face and leave it on for 10-15 minutes before rinsing.

There are other some essential self-care practices to consider during this season:

Hydration is Key: The dry winter air can leave your skin feeling parched. Stay hydrated by drinking plenty of water and incorporating hydrating foods like cucumbers, oranges, and watermelon into your diet.

Warm Baths and Showers: In addition to using your homemade bath bombs, take warm baths or showers to relax your muscles and soothe your senses.

Moisturize: After bathing, apply a nourishing body lotion or cream to lock in moisture. Don't forget to use a rich, hydrating facial moisturizer to combat dryness.

Healthy Comfort Food: Winter is the perfect time to indulge in warming, nutritious meals. Opt for dishes rich in vitamins, minerals, and antioxidants, such as soups, stews, and roasted vegetables.

Practice Mindfulness: Set aside time for mindfulness and relaxation. Whether it's through meditation, deep breathing exercises, or simply unwinding with a good book, taking moments for yourself can reduce stress and improve your mood.

Stay Active: Exercise is essential for maintaining physical and mental well-being. Find winter-friendly activities like indoor yoga, dance workouts, or home-based strength training routines.

Get Enough Sleep: Ensure you are getting adequate rest. The longer nights of winter provide an opportunity for more sleep, which is crucial for overall health and rejuvenation.

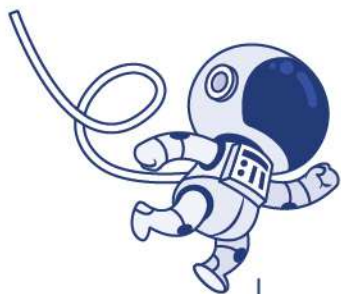
Set Goals: Winter is a great time to set personal goals and work on self-improvement projects. Whether it's learning a new skill, pursuing a hobby, or setting fitness targets, having goals can give you a sense of purpose.

Remember that self-care is a continuous practice, and it's essential to listen to your body and mind. Tailor your self-care routine to your unique needs and preferences, and don't hesitate to seek professional help if you're struggling with seasonal affective disorder (SAD) or any mental health concerns. Incorporating DIY spa and self-care products into your winter routine, along with these self-care tips, can help you make the most of the season while keeping your mind and body in balance. So, embrace the magic of winter and prioritize your well-being—it's the perfect way to welcome the colder months with warmth and grace.

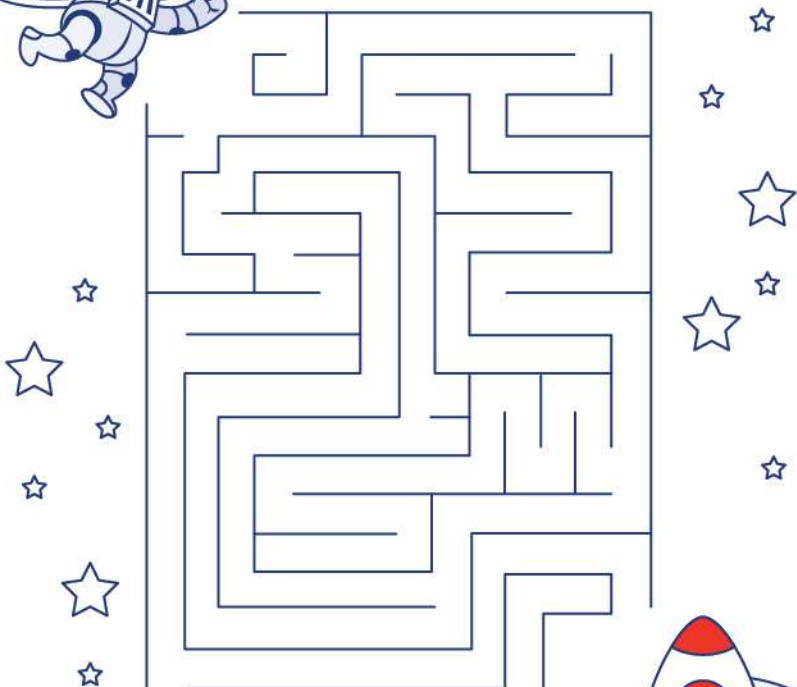
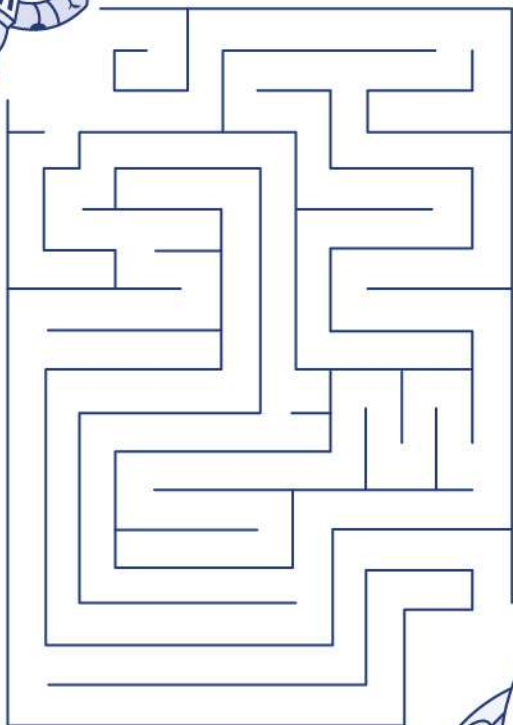
HOW TO FIGHT WITH FLU IN WINTERS?

Garlic acts as an antibacterial, antiviral, and antifungal. It kills antibiotic resistant bacteria by ingestion for flu and cold relief. For ear aches, place 1 drop of warm garlic oil in each ear, or place a small garlic clove in the ear and let it sit for 20 to 30 minutes. The ear is a very delicate organ close to your brain, if you're not used to doing this please consult a professional, first.

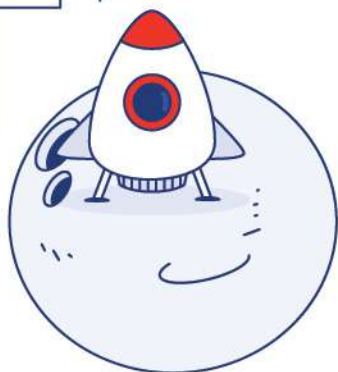




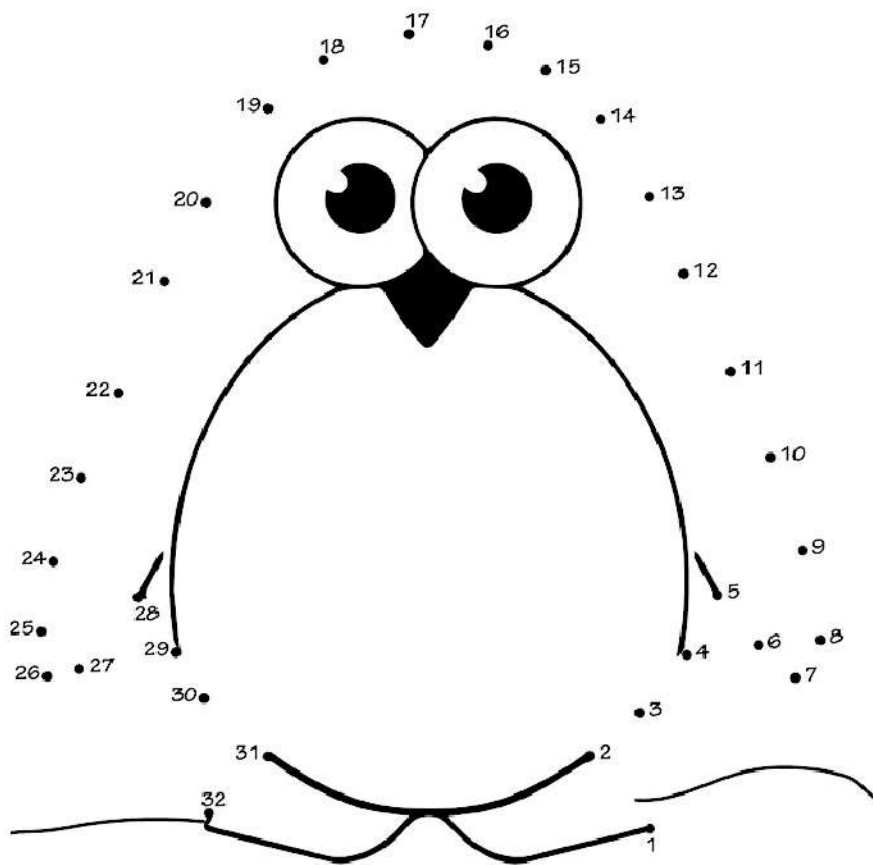
← HELP THE ASTRONAUT



GET BACK TO HIS SHIP →



CONNECT THE DOTS



MASTERING HAPPINESS

DARE TO DO MOTIVATION

4 MINUTES READ

Once upon a time in a small village, there lived a wise old monk. He was known far and wide for his wisdom and sense of humor.

One day, a young and eager student named Sam approached the master and said, "Master, I want to learn the secret to happiness and success. Please teach me."

Master Sito looked at Sam with a twinkle in his eye and said, "Very well, young one. But first, you must complete a simple task. Go to the market and buy the biggest, juiciest watermelon you can find. Then, carry it on your head and walk through the village without dropping it."

Sam was puzzled but determined. He went to the market and found a massive watermelon. Balancing it on his head, he walked through the village with utmost concentration. As he passed by, people couldn't help but laugh and cheer him on. Some even joined in clapping and making funny faces.

Finally, after a bumpy journey, Sam reached Master Sito's hut. The watermelon was intact, and Sam was relieved. He

looked at Master Sito, expecting to be praised for his accomplishment. But Master Sito burst into laughter.

"Well then, young one," he exclaimed, wiping tears of mirth from his eyes, "You see, the secret to happiness and success is simple. Just like carrying that watermelon, life can be full of challenges and unexpected twists. But if you face them with a light heart and a sense of humor, you will find joy even in the toughest moments."

Sam couldn't help but laugh too, realizing the wisdom in Master Sito's words. From that day on, he approached life with a smile, facing challenges with the same determination he used to carry that watermelon. And whenever he felt overwhelmed, he would remember the funny watermelon lesson and find the strength to keep going.

You see, in your life, embrace challenges with a sense of humor, and you will find that life's journey becomes a joyful adventure filled with laughter and success. Be determined, but don't take yourself so seriously. Whenever you feel down or defeated, remember something funny that once happened to you.

IMAGE SOURCE: Youtube.com



The Secret to Success

DARE TO DO MOTIVATION

4 MINUTES READ

Once upon a time, there was a young man who worked at a factory. His mentor, an old technician, taught him to talk less, do more, and never stop developing his skills in every aspect of the factory's operations.

Ten years later, the old man retired, and the young man became a technician himself. He continued to do his work with the same dedication and diligence as he was taught.

One day he visited his mentor. The old man saw that he seemed unhappy and asked what was troubling him. The young man sighed and poured his heart out.

"I have been following your instructions exactly all these years. No matter what I work on, I keep quiet and focus on the job. I know I have done good work at the factory, and I have learned all the skills that can be learned there. What I don't understand is that the guys who don't have my experience or capabilities have all been promoted, while I am still making as little as I did before when I was your apprentice."

The old man asked, "Are you positive that you have become indispensable to the factory?" The young man nodded.

"Yes," the old man paced back and forth to think. After a while, he turned to the young man.

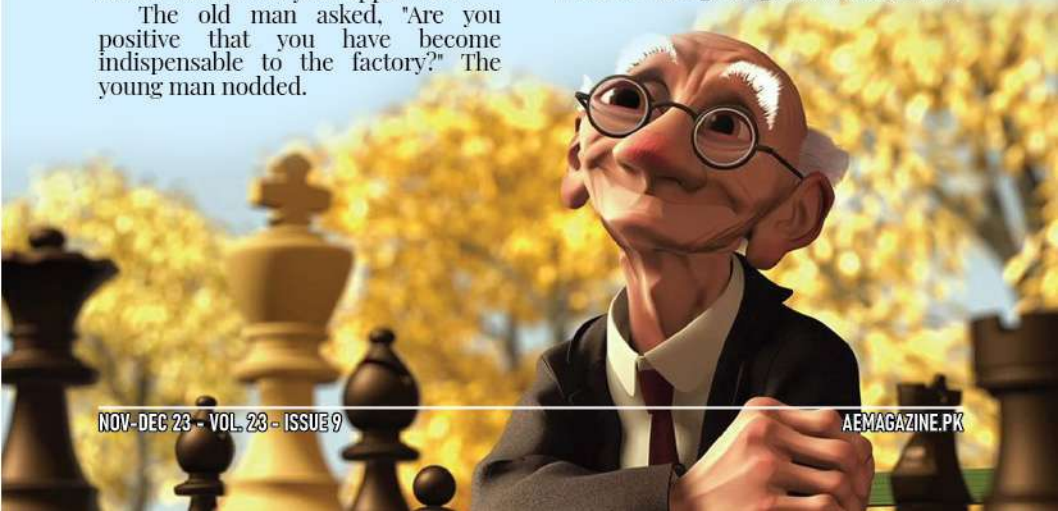
"Request the day off using whatever reason you like. It is time for you to give yourself a break."

The young man was surprised by this advice, but the more he thought about it, the more it made sense. He thanked his teacher and left quickly to make a time-off request.

When he returned to work after his day off, the manager called him into the office to tell him that things did not go well at the factory while he was gone. Others encountered many problems that normally would be handled by him, and they had no idea how to solve them. Realizing his importance, the manager decided to promote him to the position of senior technician to thank him and encourage him to keep up the good work.

The young man was grateful for his mentor's wisdom. Surely, he thought, this was the secret to success. From that point on, whenever the young man felt like he deserved more than what he was getting, he would take a

IMAGE SOURCE: Youtube.com



day off. When he came back the next day, the situation would improve to his satisfaction.

This pattern continued for months. One day, the young man found that he was blocked from going into the factory. Much to his shock, he found out that his employment was terminated. He could not believe it. Not knowing what else to do, he went back to see his mentor to try to figure out how things had gone so wrong.

"Why did I lose my job?" he asked with wounded pride.

the young man that perhaps he made a big mistake.

"What was the second half?" The mentor spoke slowly to make his point.

"The second half, more important than the first, is the realization that if a light bulb goes off frequently, then sooner or later, it will be replaced with one that is more reliable. Who wants a light bulb that no one can count on to provide illumination?"

You see, in life, do you have friends and family members that you take for granted? They're always there for you.



"Did I not do everything as you instructed?"

"Actually, you did not because you heard only half the lesson," the old man shook his head.

"You understood right away that no one pays any attention to a light bulb that is always on. It is only when it goes off that people suddenly take notice and realize they've been taking it for granted. You were so eager to apply this understanding that you left before hearing the second half."

"Second half?" It began to dawn on

What happens if one day they are no longer there? Do not wait for such a day to suddenly realize how important they are. Give thanks today for the good fortune of having them in your life.

Also, don't let yourself be taken for granted. But at the same time, do your work, and don't stop everything you do just because it doesn't go the way you want it to go. Find the balance in life, and life will reward you with giving you the balance back.

Paper Plate Winter Animals DIY

Materials

- Paper plates
- Paint (white, black, brown, and other colors as needed)
- Construction paper (various colors)
- Googly eyes
- Glue
- Paintbrushes
- Scissors

INSTRUCTIONS:

Gather Materials:

• Collect all the materials needed for the Paper Plate Winter Animals DIY. Make sure you have enough paper plates for each animal, a variety of paint colors, googly eyes, and construction paper.

Choose Winter Animals:

• Decide which winter animals you want to create. Popular choices include penguins, polar bears, and snow owls, but feel free to get creative and choose any winter animal that inspires you.

Prepare Workspace:

• Set up a crafting area with a large, flat surface. Cover the surface with newspaper or a plastic tablecloth to protect it from paint.

Paint the Paper Plates:

- Take the paper plates and paint them using the chosen colors for your winter animals. For example:
- Penguins: Paint the paper plate black for the body and white for the face.
- Polar Bears: Paint the paper plate white.
- Snow Owls: Paint the paper plate a light color like white or beige.

Let the Paint Dry:

• Allow the painted paper plates to dry completely before moving on to the next steps. This ensures that the colors won't mix and smear during assembly.

Add Facial Features:

Once the paint is dry, use construction paper to cut out facial features for your winter animals. For example:

- Penguins: Cut out a black oval for the penguin's body, an orange triangle for the beak, and white ovals for the eyes.
- Polar Bears: Cut out black ovals for the eyes and nose.
- Snow Owls: Cut out large yellow circles for the eyes and small orange triangles for the beak.

Attach Googly Eyes:

• Glue googly eyes to the eye shapes you cut out or directly onto the paper plate, depending on the design of your winter animal.

Assemble the Animals:

• Attach the construction paper facial features to the painted paper plates using glue. Experiment with different expressions to give each winter animal its own personality.

Optional Additions:

• Get creative by adding additional elements to your winter animals, such as earmuffs, scarves, or accessories that match the theme.

Let Dry Completely:

• Allow the glue to dry completely before handling the finished Paper Plate Winter Animals. This ensures that all the components are securely attached.

Display Your Winter Animals:

• Once everything is dry and secure, proudly display your Paper Plate Winter Animals in your home. You can create a winter-themed wall display or place them on shelves for everyone to enjoy.

This Paper Plate Winter Animals DIY is a fun and imaginative craft that allows kids to explore their creativity while learning about different winter animals. It's a delightful addition to winter decorations and provides an opportunity for kids to showcase their artistic skills.

SNOWMAN DOOR DECORATION DIY

Materials

- White construction paper
- Colored construction paper (for eyes, nose, and buttons)
- Scissors
- Tape

INSTRUCTIONS:

Gather Materials:

- Collect all the materials needed for the Snowman Door Decoration. Ensure you have enough white construction paper for the snowman base and colored construction paper for the details.

Prepare Workspace:

- Lay out a clean and spacious workspace, making sure there's enough room for cutting and assembling the snowman shapes.

Cut Out Snowman Shapes:

- Take the white construction paper and cut out three circles of decreasing sizes. These will be the body parts of your snowman (head, torso, and base). You can use a pencil to lightly draw the circles before cutting if needed.

Add Facial Features:

- Use colored construction paper to cut out eyes, a nose, and buttons for your snowman. Be creative with the shapes and colors! You can also cut out a hat or a scarf for added personality.

Assemble the Snowman:

- Arrange the three circles (head, torso, and base) in a vertical line to form the snowman. Overlap them slightly and tape them together. This creates the basic structure of your

snowman.

Attach Facial Features:

- Take the facial features you cut out (eyes, nose, and buttons) and attach them to the appropriate places on the snowman's head using tape. Experiment with different expressions to give your snowman character.

Optional Accessories:

- If you cut out a hat or scarf, attach these accessories to your snowman using tape. You can also add mittens or a pipe for extra flair.

Tape to the Back of the Front Door:

- Once your snowman is fully assembled and decorated, carefully open the front door. Tape the snowman to the back of the door, positioning it at the center or to your preference.

Create a Winter Welcome:

- Stand back and admire your Snowman Door Decoration! It's a welcoming and festive addition to your home, creating a cheerful atmosphere for the winter season.

Personalize and Share:

- Encourage the kids to personalize their snowmen by adding their names, additional decorations, or even a winter message. This is a great opportunity to showcase their creativity.

This DIY Snowman Door Decoration is a simple and delightful craft that adds a touch of winter charm to your home. It's a wonderful activity for kids to express their creativity and contribute to the seasonal decor.



From Goth to Gore Traversing the Horror Genre in Entertainment



Ayesha Mustafa
Writer, Researcher

04 MINUTES READ

With the arrival of fall, the world around us embraces more vibrant shades of red, orange, and yellow and the summertime air develops a more raw and invigorating appeal. Many people associate this climate with the embrace of cozy sweaters, frequent chai intervals, and foggy cold mornings, as the natural world starts to decelerate, preparing for the long-awaited slumber of winter. However, beneath the gorgeous veneer of autumn's splendour; there lies something darker, something uncanny that penetrates the mood.

The end of the world brings with it a multimillion-dollar industry that takes pride in petrifying the old and young around the world. The versatility of this genre is unmistakable, as there is a stock of thrilling and blood-curdling content in every mode of entertainment. I will be divulging into some of these sources of horror that will make you scared witless.

Screams on Screens

I am sure you have spent many tantalizing hours watching the *Conjuring* or *The Final Destination* franchise, so I will present something new and unique to fuel your nightmares.

Hollywood has provided many delectable works of fiction, such as *The Haunting of Hill House*, *Locke and Key*, *Midnight Mass* being worthy series to binge on late at night. If you are more of a movie enthusiast, then some of these psychotically exhilarat-

ing movies might be your best bet. *A Quiet Place*, *Bird Box* and *The Pope's Exorcist* have recently graced the cinemas with reverting reviews from its wide audience. Even the foreign box-office has not failed to provide a terror filled atmosphere for cozy fall nights. Korean industry have always guaranteed a satisfying dose of dystopian sci-fi in its movie; for instances, *#Alive* and *Train to Busan* with its zombie-esque obsession. However, if you seek some comfort in jinns and ghouls; you might relish the bone chilling cinematics of *Bulbbul* and *Kaali Khuhi* from across the border.

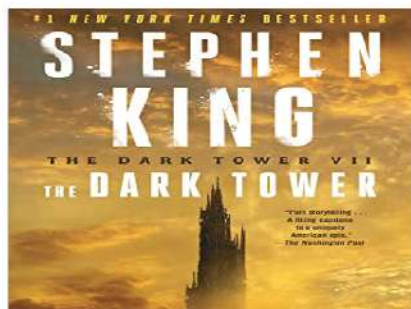


Tales From the Shadow

A good book can make the world around you fade away. What if it makes you feel a haunting presence within the dark crevices of your mind?

From ancient folklores, to the gothic genre of the modern age, the horror genre reveals the darker facets of the human psyche. Some classic works such as Mary Shelley's *'Frankenstein'* and Bram Stoker's *'Dracula'* have not only terrified but also

captivated its readers for centuries. In our contemporary times, the gruelling works of Stephen King have tempted many sinners to dedicate themselves to the craft. Some of his most prominent works include, IT, The Shining, Salem's Lot and The Dark Tower Multiverse. Confronting the darkest aspects of humanity, novels such as The Silent Patient by Alex Michaelides and The Girl on the Train by Paula Hawkins are a testament of the monster within.



Paranormal Picks

For the individuals who want to peek behind the curtains and explore the origins of the paranormal and the unnerving, your best bet is to indulge in the realm of paranormal investigation and true crime documentaries. You can have your pick of some of the most nerve-racking footage of paranormal activity on YouTube channels, such as Sam and Colby and Buzzfeed Unsolved.

True Crime Podcasts have had sensational success around the world, as they reveal the intricacies of criminal minds and humanize those affected by tragedies. I would personally recommend True Crime Daily and MissMangoButt for a healthy dose of mental satisfaction of seeing criminals

behind bars.

The horror genre is here to stay and eager to engulf us in realms of dread, thrill, and dark wonder. The never-ending display of macabre in every medium of entertainment has entranced the world into the fascination with the unknown. Terror no longer occupies the shadows, but the eerie glow of our screens and the crevices of our favourite books.



DO YOU KNOW

CoComelon has about 165M subscribers on youtube and is one of the most addictive series of nursery rhymes. Any screaming toddler is shown a video of cocomelon to quiet down.

But excessive screen time for toddlers come with a number of issues:-

1. Delayed development
2. Speech delay
3. Attention span reduces
4. Behavioral problems
5. Less interaction with other toddlers

Opt for non-stimulating nursery rhymes or TV shows which are educational.

Do not let your children get addicted to these kinds of rhymes.

The Fascinating World of Melody



Aqdas Ali Hashmi
Lecturer, PhD Scholar, Researcher
Ghazal and Sufi Vocalist,

04 MINUTES READ

Many believe that music is love that is looking for words to express itself. Just as music is language that has no color, no number, and no religion. It can give a different color for everyone's spiritual satisfaction. Music is just music, but music that soothes the soul is the only music that has melody and harmony. There are some traits that are unique for humans, such as laughter. While there are some properties which are found in animals and they appear to be the same in every living thing like breathing etc. One of these properties is "Tone"(A musical or vocal sound with reference to its pitch, quality, and strength.) which has an effect on every living being that has the ability to hear.

The Bedouins of ancient Arabia used to sing a special melody while traveling in the desert, which caused such emotional arousal in the camels that they would have continued to walk many miles at a time or travel without difficulty even in the dark nights. Similarly, a special kind of whistle is also played for watering the animals and feeding the chickens, which makes them inclined to drink and eat. The snake charmer is also called pungi in front of the snake, which makes the snake stand still. Shepherds sing a special tune for milking buffaloes, goats, cows and camels, by which the milk flows into their udders. Hunters for catching pheasants and quails sing something that makes them stand still. It is common practice in villages for

mothers to lull their children to sleep by singing a special ragni called 'lori' in the local language, which lulls the children to sleep. The effects of music are everyday experiences that cannot be denied. It has a special impact on everyone. In this regard, there is an example of the well-known Sufi sage of the subcontinent, Hazrat Qutbud-din Bakhtiar Kaki, who was affected by a poem during the Mehfil e Sama in such a way that he was in an intuitive state. He died after staying in that intuitive state for three days.

It is mentioned in Jewish history about Prophet Dawood A.S, that when he recited the Psalms, animals and birds would also gather. In India this art is called "Sangeet". According to them, it is a branch of rhetoric. Music is also called "Ghandhru Veda". Apart from these four Vedas i.e. Rig Veda, Sama Veda, Yajar Veda and Athar Veda, this is the fifth Ghandhru Veda. It is also called "Gaaen Vidya" meaning the art of singing. It is often considered a part of the Sama Veda. A saying is very popular among Hindus that "He who does not know the knowledge of rhetoric, music and words is an animal".

Since ancient times, songs and instruments have been used in places of worship and during prayers and glorification of the deity. So, keeping this principle in mind, since the beginning, music experts have arranged the ragas in such a way that each raga has a certain quality and feeling associated with it. Christians and Sikhs alike use these ragas and musical instruments during worship in their places of worship. Hindus also use these ragas in their specific area while singing aarti and bhajans. Muslims recite the Holy Quran and

sing in specific styles during recitation of Naat. The purpose of all of them is to be humble, compassionate, God's intercession, to repent of sins and present oneself in the presence of God and seek his grace and turn to God from the depths of the heart.

Allama Sheristani writes that Hakeem Fisa Ghorus (Pythagoras) was the son of Hakeem Nesaar who passed away in the 6th century BC. His disciple Kalanus e Hindi became very famous. His philosophy found practice in India and Egypt. He believed that the whole universe is made up of various spiritual chords. That is why the soul is affected by chords. He was of the opinion that as many feelings as there are in the physical world, such as color, pleasure and joy, bitterness and sweetness, etc., all these feelings and conditions are treasure in the world of spirits which in this world of bodies are found in the form of feelings and emotions in a human body. According to the scholars, he is the first person who arranged songs and melodies based on the principles of the movements of the stars and planets and invented the science of music and arranged the strings of the sitar based on the same astronomical melodies and established the principles of melodies and after that he taught it regularly to his students.

Kalanus e Hindi can be credited as one of the earliest pioneers in the arrangement of songs and melodies. Following in his footsteps, Hakeem Niqo M a k h o s ,

renowned for his work "Kitab al-Naghm," made significant contributions to this art form. Later, Hakeem Aqleedas, also known as Euclid, authored "Talif Al-Lahoon," further enriching the musical landscape. Ptolemy and Aristotle, in their own ways, added to the discourse. Not to be forgotten is Abu Nasr al-Farabi, celebrated for "Al-Musayqi, Kitab al-Iqaat." The legacy continued with Abu Ali Ibn Sina's "Daneshnama dar ilm-i Musiqi." Yaqub Ibn Ishaq Al-Kundi's "Rasalat e Musiqi" also left its mark, as did Naseeruddin Tusi's "Fun-e-Musiqi," a valuable addition to the library of Paris, among others. These luminaries collectively shaped the foundations of musical knowledge and theory.

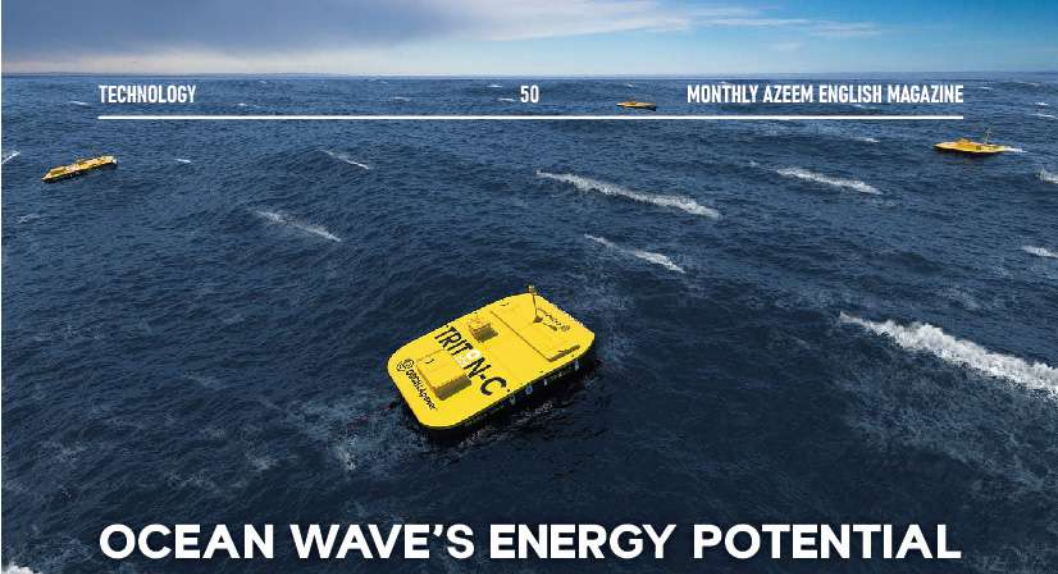
It is mentioned in the Shastras that after hearing the sounds of the rotation of the seven tones, Mahadev established the seven tones (Swars) which are Sa, Re, Ga, Ma, Pa, Dha, Ni, then these tones (Swars) were adjusted to the twelve constellations to form twelve tones (Swars) and then each tone (Swar) is given a different name. The combination of all these tones is called Sargam.

سے تال ہے کیسی میر سرگم لے لہا ابتر ہے دم
دھپک اس سن میں اس راگ کو کیسے گا جائیں اے راگ ہے



(How do you play this tune without rhythm, without undulation, in a slow tempo? The melody in my heart is like a deep raga, how can I bring it to life?)

IMAGE SOURCE: FREEPIK



OCEAN WAVE'S ENERGY POTENTIAL

INTERESTING ENGINEERING

04 MINUTES READ

We have discovered all possible renewable energy sources in the world. Haven't we?? We are building massive wind turbines and vast solar panels to decrease the amount of carbon that's polluting our atmosphere day by day. But there is one power source we missed. Its potential is truly unmatched. It may be able to produce energy enough to power half of the United States needs in a single year. This power source is the small wave. Yes, it sounds bizarre but it has its similarities with how dams generate their powers. When a dam opens its gateways and lets the water out, its drops spin the turbines fast enough to generate Gigawatts of raw power. Just the motion of water can power up the whole city and you don't need to drop it down. The secret is that the kinetic energy is stored in waves, which you can extract to get the raw power for your house. To understand the scale of potential, here's a simple fact about US coasts. If we managed to make powers from

their waves, it is entirely possible. To generate as much as 2.64 trillion Kilowatt hours enough energy to power up about 64% of total US usage in 2021. Mind you, the most fruitful chunk of energy would be generated in cold waters because waves tend to increase this time of the year. Waves are by definition, the infinite source of energy, this startup has already harnessed! Meet the waveline magnet, a waveline energy converter that's been in production for over 10 years to make the most out of wave energy opportunities. This serpent looking innovation basically attaches itself to the ocean's surface and moves with it in one motion, minimizing the wearing and tearing. Its unique design features four important components that make the system work. The first one is the important one. Although it looks easy, it serves an important role to hold all the components together and help them function properly just like our spine does!

The second component which connects to the surface of the

IMAGE SOURCE: Google Image

waveline. The third component is the levers that connect the platforms to the spine.

Now for the final, most functional part of this system.

It pumps up seawater and pressurizes it ! This pressurized seawater is how the waveline magnet harnesses and extracts the raw power of the wave. This process is repeated to make as much energy possible.

The amount of wave power also

might think. Indeed wave energy has huge potential and an untapped market to try yourself out.

It all comes down to the nature of seawater. To be more precise, it's corrosive nature. Seawater consists of moisture, oxygen and salt, a combination so powerful, it can damage metals far worse than rust. Seawater just eats out metal five times faster than freshwater. Its humid air causes metal to corrode 10 times faster than



depends on how large the waves are just like how wind turbines depend on high winds !

Of course, the larger the wave, the more energy it generates. This was proven by conducting a test, operating the invention off the coast of Scotland where waves were 10 feet tall, generating over 140 gigawatts annually. It may be the Ultima tool to harness another source of renewable energy. But it's not as easy as you

air with normal humidity and doesn't get us started on the bacteria that inhabit the ocean. They can easily eat out metal and polish it with rust as well.

However, the idea has not been abandoned. But this will need a lot of effort to make this work, considering the amount of issues these startups face.

AEMAGAZINE.PK

Juggling Priorities as a Team Facilitator



Almas Khan
 Founder of AWFVS, Slap Tape
 Creator, Top-rated Upwork Pro

04 MINUTES READ

As a team facilitator, the role is not just about overseeing tasks, but also about managing diverse priorities. Successfully managing these priorities without compromising quality, efficiency, and satisfaction requires a delicate balance. In this article, we'll delve into effective strategies for team facilitators to master the art of juggling priorities.

Introduction

Team facilitation is an intricate task that involves guiding a group of individuals towards achieving common goals. The challenge lies in managing multiple priorities, ensuring tasks are completed efficiently, maintaining high-quality outcomes, and ensuring team satisfaction.

Understanding the Role of a Team Facilitator

A team facilitator plays a pivotal role in orchestrating the efforts of team members. They need to under-

stand the overall objectives and how each task contributes to the larger mission. This understanding helps in prioritizing tasks effectively.

Identifying Key Priorities

Prioritization begins with identifying key tasks that align with the team's objectives. It's crucial to differentiate between urgent and important tasks and focus on the latter, even amid pressing deadlines.

Setting Clear Goals and Expectations

Clearly defined goals and expectations provide a roadmap for the team. When everyone knows what's expected, decisions become easier, and priorities fall into place naturally.

Effective Communication as a Priority Management Tool

Communication is the cornerstone of successful priority management. Regular updates, transparent discussions, and active listening ensure that everyone is on the same page, minimizing misunderstandings and conflicts.



IMAGE SOURCE: Freepik

Utilizing Technology for Efficiency

In the digital age, technology offers an array of tools to streamline processes. Project management software, communication platforms, and automation can enhance efficiency without compromising quality.

Delegation: Empowering Team Members

Team facilitators don't have to shoulder every task themselves. Delegation empowers team members, fosters skill development, and distributes tasks according to individual strengths.

Time Management and Prioritization Techniques

Time management techniques like the Eisenhower Matrix help in categorizing tasks based on urgency and importance. This method prevents overwhelming workloads and aids in balanced prioritization.

Managing Conflicts and Challenges

Conflicts can disrupt priority management. Addressing conflicts promptly, understanding different perspectives, and seeking common ground contribute to a harmonious work environment.

Flexibility: Adapting to Dynamic Priorities

Change is inevitable, and priorities can shift unexpectedly. A flexible mindset allows team facilitators to adapt quickly while still maintaining a focus on quality.

Regular Check-ins and Feedback Loops

Regular check-ins provide opportunities to assess progress and realign priorities if needed. Construc-

tive feedback loops ensure that the team stays on track and improvements are made where necessary.

Self-Care for Sustainable Facilitation

Team facilitators often dedicate themselves to the team's success, neglecting their well-being. Prioritizing self-care ensures longevity and the ability to lead effectively.

Celebrating Achievements and Milestones

Acknowledging achievements, even small ones, boosts morale and motivates the team. Celebration acts as a reminder of the progress made and encourages continued dedication.

Balancing Workload and Preventing Burnout

An overloaded schedule can lead to burnout and reduced efficiency. Striking a balance between work and rest is crucial for maintaining consistent performance.

Conclusion

In the complex role of a team facilitator, juggling priorities while upholding quality, efficiency, and satisfaction is a skill that can be developed. By understanding the nuances of the role, embracing effective communication, leveraging technology, and nurturing a well-rounded approach, facilitators can master the art of balanced priority management.

Quote You Need to Know

If you look at what you have in life, you'll always have more. If you look at what you don't have in life, you'll never have enough.

-Oprah Winfrey

A TINY ROBOT

that Can Reforest the Planet

INTERESTING ENGINEERING

04 MINUTES READ

A tiny robot may be our only chance to save the ecosystem. It sounds crazy, but this little innovation can reforest the whole planet, saving thousands of endangered species and replenishing our natural resources.

So what is this wonder robot that will change the face of the Earth?

Here's how it works.

All you need is to place it on the ground and it will slowly start buying itself. If you attach a seed to it, the robot plants it deep underground. It behaves just like a Hygromorph, a natural structure that changes shape in response to the environment and its conditions, like humidity. Morphing matter lab, a team of researchers behind the innovation, came up with a simple yet genius design that has three anchor points that prevent the structure from flipping over or falling down. It always faces downwards at a specific angle to penetrate the ground and plant itself. The secret is in the number of coils. More coils will soften

the structure, but having too few of these coils wouldn't have enough thrust force actuation effect. By drilling the seed deep enough, the structure keeps it safe underground from natural threats, like fires, rains or animals. When the robot comes in contact with moisture, the wood expands, but the inner layer cells do it faster than the outer layer, causing it to coil. When it dries, it changes speed again with inner layer cells pushing the seed deeper into the soil. The choice of material for these robots became oakwood, one of the strongest and most accessible. Back in the lab, they run a series of chemical processes to make tiny pieces of wood pliable and keep its strength. Then they introduce mechanical molding to produce an intricate structure.

It's a unique design of a robot because it doesn't require any more materials to be made from. No synthetic or plastics are involved, which are already damaging our planet. Wood is biodegradable, so it wouldn't become a waste in forests.

IMAGE SOURCE: yourstory.com

One of the most important tests they conducted was airdropping multiple seeds from drones. As a result, such cases maintained a success rate of 90%. What's more convenient is that robots can be implanted with symbiotic species, like fungi and nematodes that help to increase the survival rate of plants in a natural environment.

Maybe a "robot" is not the right name for it. Instead let's call it a "copy of the Erodium plant". This plant produces seeds with a hydromorphic tail-like structure that helps the seed to propel itself into the ground. It then coils and uncoils, trying to drill the seed further into the soil. This plant was an inspiration to the team, but it had its downside that needed to be fixed due to its low success rate. Erodium seeds have a hard time drilling themselves into the ground, and harder terrains bring their chances to zero. So that's why these engineers took a stance and improved the design to make it work all the

time!

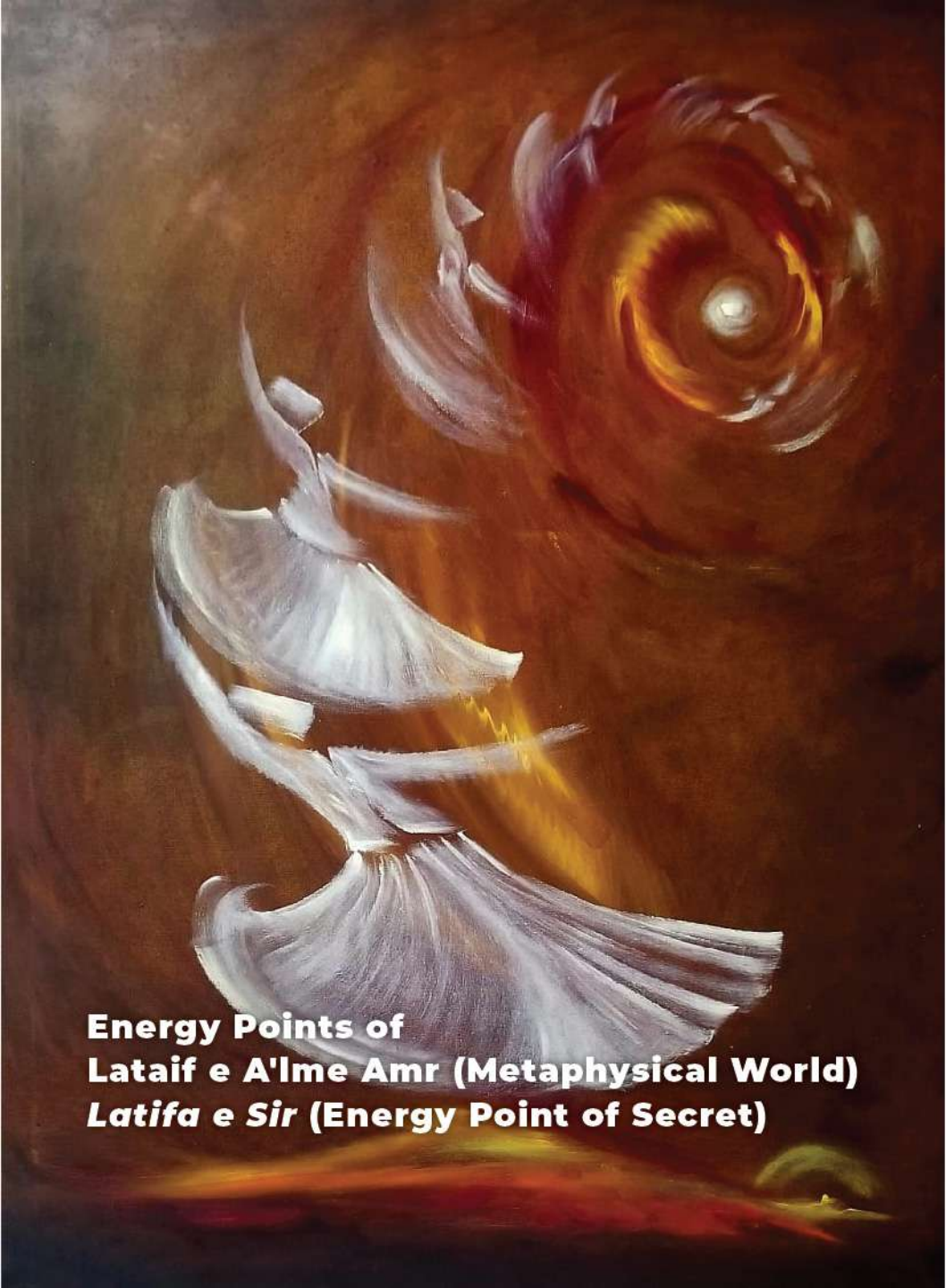
What's more fascinating is that the robot can hold various seeds and plant every wood type, enabling the responsibility of reforesting all terrains on the planet. With innovations like this, it's only a matter of years before the world will start recovering to its original look.

As we witness the dawn of innovations like these, the trajectory toward a greener, more sustainable Earth seems inevitable. With each wood-coiled robot, we inch closer to the day when the scars on our planet start healing, and nature reclaims its original splendor. The tiny robot, a beacon of hope, signals that our future can indeed be a thriving, balanced ecosystem.

In the years to come, as these robots continue their silent work, we may witness the resurgence of our planet, a testament to the resilience of human ingenuity when aligned with nature's wisdom.

IMAGE SOURCE: 3dnatives





**Energy Points of
Lataif e A'lme Amr (Metaphysical World)
Latifa e Sir (Energy Point of Secret)**



Dr. Muhammad Azeem Farooqi
Religious scholar, Academician,
Researcher

10 MINUTES READ

Latifa e Sir: The Source of Shivrta

Latifa e Sir serves as the energy point of the Secret. It is where the attributes, glories, and credibility of Allah Ta'ala manifest. *Latifa* allows one to receive the grace of Allah's attributes, just as you have the ability to absorb when you are inclined towards it. It is like putting a bottle to your mouth and absorbing the entire contents of Pepsi. Who made the device for absorbing Pepsi and Fanta? "The mouth." Indeed, it goes into the stomach, but it doesn't mean that you inserted a pipe into your ear and pulled it into the stomach, or placed a pipe in your nose, or held a pipe to your eye socket and pulled it from your eye into the stomach. That cannot happen.

Similarly, when the glories of Allah's attributes appear, they do not manifest on the head, eyes, heart, or soul. Instead, it exists in every way. If you want to benefit from the grace of Allah's attributes, then *Latifa e Sir* should be mentioned in the head.

Hadith

تَحَلَّقُوا بِأَخْلَاقِ اللَّهِ

"Adorn yourself with the morals of Allah."

What is the Ethics of Ahliya?

Adopt Allah's morals or in other words, be like Allah, adopt Allah's like habits and those attributes which are essentially the attributes of Allah. When these things appear on the heart of the believer, on the soul, on the head, on the head, on the negation and on them, then by taking their grace, the servant is characterized by

the grace of these attributes, he is created, and with his character, the glory of these attributes appears. The attribute of Allah is life. He expressed his attribute as if there is a chick inside the egg, he gave it life. Raised the dead from the dead, raised the dead from the living. Humans are not born from mountains, animals are not born, Allah created camels from mountains. The camel of Hazrat Saleh (PBUH) was born from the mountain. When Allah showered the bounty of His attribute of creation, the bounty of life on the mountain, the mountain absorbed this bounty and a camel was born contrary to it.

These attributes and these glories are expressed by some saints, elders of the religion of Ahl-ul-Allah. You understand very well that you don't talk to a human being, but when the Imam of the Prophets ﷺ pointed to the pebbles in his hand, he started reciting *La ilaha illa Allah Muhammad Rasuluh*. Prophet ﷺ called a tree and it came walking without steps. The glories of Allah's attributes are also being demonstrated by the Holy Prophet. After absorbing this blessing, Prophet ﷺ's witty head was characterized by this grace and demonstrated and expressed it in practice. The sun went down, the Holy Prophet brought it back, the moon broke into two pieces, these are all the attributes of Allah, but by absorbing the grace of these names and attributes of Allah, the jokes of the Prophet ﷺ are demonstrating these perfections, the perfection of Allah. are, the attribute is of Allah, everything given belongs to Allah, but the attributes of Allah are being demonstrated by this special servant of Allah. His grace in the attributes of time and vision was given to our hearing and vision, so we also started to see and hear.

Allama Iqbal said that:

*Hath hai Allah ka banda-e-momin ka
hath
Ghalib o kar aafreen kar kusha o
karsaz*

The Difference Between Power, Miracle, Dignity and *istadraj*:

Now, these are all the attributes of Allah: "Having difficulty, being a bearer of need, being a bearer of calamity, being victorious." Faiz becomes visible. This is the expression of it in the attributes of the Prophets. All the miracles of the Prophets and saints are the manifestation of the attributes of Allah's Names and Attributes. When the power of Allah is directly manifested then it is called the evidence of Allah. When the same work is revealed by the Prophet (Bazin Allah), it is a miracle, and if it is from a guardian of Allah, then it is called Karamat, and if it is revealed by a Satan, it is called sorcery, knowledge. It is called subversive action, satanic act and *istadraj*. When this kind of Faiz Banda is on the head of a believer's joke, it is a sign that like the other two jokes, mention will be made in this joke. It should be remembered that this observation and It is the place of seeing. It is a practical demonstration and not the place of speech, but the place of the present. This is the reason why the saints do not only claim verbally, but show it by observing in blunt words. Allama Iqbal is also convinced of this:

*Na poch in kharqa poshon ki iradat ho
to dekh inko
Yad e baiza liye bethy hain apni
aasteno mein
(Baang-e-dara)*

Example of *Yad e Bayza*

Hazrat Musa would put his hand in his armpit, when he would take his

hand out, it would start shining like the moon of the fourteenth night. Allama Iqbal is saying that do not test the people of Allah. If you start sitting near them with devotion and love, they are sitting with many *Yed e Bayza* (shining hands) at their feet.

*Hazar chashma teri sang e raah sy
photy
Khud me doob kar zarb e kaleem paida
kar*

Musa Kaleemullah (peace be upon him) had not established his position, then twelve springs were released from the stone which the Holy Quran has mentioned in these words:

"So twelve springs flowed and each group recognized its own fountain and its ghat."

Allama Iqbal says that when a believer, a Sufi, a *dervish*, a *fakir* strikes the rod of remembrance on his heart, strikes "*Hoo*", instead of twelve springs, a thousand springs appear.

Latifah Sir vs Greed

What is the effect of *dhikr* in *Latifah Sir*? How do you know that such and such a person's joke has gone viral and he has been assigned the position of "*Sir*"? He has been molded into the mold of the love and pleasure of Allah and His Messenger ﷺ? Or understand what the disease with *Latifah Sir* is, if it ends then *Latifah Sir* comes back to its original healthy condition? Its effectiveness is shown by the elimination of greed, spending wealth freely in religious affairs and awareness of the Hereafter.

Mian Muhammad Bakhsh says about greed:

*Tenu harf tamay dy yaro
Ty tenu e nuktyo khali
Khali nal pehnawa mera*

*Mein v reh gaya khali***Example of the Greedy Dog**

Covetousness is that lust arises in a person, lust arises in him and that should forget the distinction between *halal* and *haram* for the satisfaction of greed. He wants his wish to be fulfilled no matter what. Just like the proverb about the lazy dog, children are often told in small classes that the dog stole a piece of meat, and then thought where to eat it, so that no other dog would see it. While passing through the bridge, he looked down and saw his shadow. Some other dog is standing with a whole leg (Leg Piece) in its mouth. Greed said that first take away from him and then eat heartily. Barking angrily, he jumped into the canal. When he went and touched the water, the dog was also missing. His piece of meat (Leg Piece), also disappeared but the water was very fast, he tried hard but could not swim and drowned in the depth of the canal.

The Worst Case of Greed

It is like that a person wants that such and such thing should be with me only and no one should have it. One of its worst situations is when a person says, "Come on, I can't get it, so-and-so doesn't get it either."

This is such a dangerous disease that the Holy Prophet ﷺ says in one place:

*"The root of every evil and disease is worldly lust and greed."
(Mishkat)*

Different Forms of Greed

Covetousness also means having hopes. As the Jews used to say, I wish we could live a thousand years and eat well and collect money and keep counting and making waves and eating wealth.

Allah said that if you get a

thousand years of life, will you be saved from death?

*Aa jaogy halat ki zad mein jo kisi din
Ho jayega maloom khuda hai k nahi
hai*

Greedy and Tempting Eyes

The Holy Prophet ﷺ says that even if a greedy person is given a valley full of gold, he will not be satisfied. He would like another valley to be found, this one is small. If he is given two valleys full of gold, then he will say no, one valley and many more should. Holy Prophet ﷺ says that even if all the valleys of the whole universe are filled with gold, still the fire of his greed and lust will not cool down. Greedy people pay attention to their pockets and look at wealth with longing eyes, so we were taught to pray to Allah, O Allah! I seek refuge from the envy of the envious, from the evil of the wicked, for greedy and envious eyes cause harm.

Catch Evil Eye

My Shaykh Tariqat once advised me to give up sweets. I asked the Master! Why? He said that very greedy eyes fall on these *Ras-Goals* (Sweets), on these *Ras-Malais*, on the *Berfis*, on the *Gulab-jamans*, *jalebis*, on the *pakoras*. The malice of these eyes is very dangerous for spirituality. Do not eat food from the market, because people who come and go will cast greedy eyes. It is called a bad sight. The child is cute and if the eyes of the beholder fall on the child, the child gets hurt, blood comes out. These greedy eyes are very bad. May Allah protect us all from the evil eyes Ameen.

The Wisdom of Reading *Mu'awzitin* (Surat al-Falaq and Surat al-Nas)

The reason for this is that the Holy

Prophet ﷺ said to recite the *Mu'awiztin* (Surat al-Falaq and Surat al-Nas). These are the surahs of refuge. Man is protected from greedy and dirty eyes. Just as some people are greedy for legitimate things, some are greedy for wealth, some are greedy for immorality, some are greedy for politics, and some are greedy for violence and murder. The real basis of all these actions is greed. If you ask thieves, and robbers why you do these things, they will say that other people had great wealth, great money, and my heart also wished that I should also have these things. When I used to work legally, I used to get one and a half. It was difficult to get two meals a day. I wanted to become a *ḥāgirdar* (Landlord), I wanted to buy a car, I wanted to build a luxurious house. Only this greed forced them to rob, kill people or take a bribe from a rich man.

Greed and Lust are Lethal Diseases

Greed and lust is the most deadly disease and the real disease is greed. The greatest wealth in this world is contentment after faith. Greek rulers like Plato and Aristotle also held the same position that the content is the greatest rich.

*Mera tareeq ameeri nahi faqeer ki hai
Khudi na bech garibi mein naam paida
kar
Pani Pani kar gyi mujhko qalandar ki ye
baat
Tu jhuka jab ghair ke aage na man tera
na tan
Muhammad's Contentment and
Poverty*

The greatest curse is not complacency. And the greatest wealth is contentment. Gratitude means being happy with what Allah Ta'ala has given and with one's resources. Don't look

with these eyes, don't cook resins here and there with tempted eyes. This is very bad.

Prophet ﷺ said;

"My Poverty is a source of pride for me.

(Al Hadith)

I have been hungry for forty days, so there is no question, no request, and no pledge. If there is no bread cooked for 40 days, no one raised a question before anyone that I died of hunger. Contentment is the condition to get rid of greed. Things are recognized by their names.

"When you make a firm intention, put your trust in Allah."

(Aal e Imran: 159)

One should put one's best effort in every work, then perform contentment and leave the results to Allah.

The Companion's Camel and Trust

A companion came to the service of the Holy Prophet. He asked how you came here. I have come by the ride of a camel. The Holy Prophet (PBUH) asked where the camel was. I had left it with me on the trust of Allah, He said. Replied it is not trust. First tie the camel's leg or both legs then leave it to Allah, its trust.

The Reason for Poverty

One should strive in every endeavor. It shouldn't be that one becomes lethargic, constantly seeking handouts, and then claims that God has made them poor. So the question is, has your becoming poor added to God's grandeur? Or will God be any less wealthy because of your being rich? If you were to receive four blessings, what harm would it cause to God? Or if your becoming impoverished leads to Him being assigned a greater responsibility?

God Almighty Himself states in the Holy Quran:

"And there is no creature on earth but that upon Allah is its provision." (Hood - 11:6)

The Glory of the Best Provider

There are so many creatures. Have you ever seen a dog or an animal that puts a loaf of bread around its neck and then goes around throwing its hands, looking for a meal, whether it be lunch, dinner, or breakfast? How many birds fly in the skies? Far more animals than humans, creatures residing on the earth. According to a cautious estimate, the number of rats on land equals the number of humans. But this man, this species, who is blessed with intelligence, even he loses his balance, falls prey to greed and extravagance, leaves the path of moderation, and falls into the trap of greed and lust. So muster your courage. Utilize the means God has provided. If a person is himself foolish, a thief, he steals, he writes falsehood, he talks foolishly, he becomes evidently humiliated and disgraced. There's a famous saying: "The deed matters, not the appearance."

The Path of Moderation

To avoid excess and extravagance, one should tread the path of moderation. Never exceed the limits. Just as many Sufi elders are accustomed to asserting, it is dangerous for a *faqir* (spiritual seeker) to make claims. Claiming is for prophets. Prophets are commanded to proclaim that they are prophets, that they can do anything. However, the command for a *wali* (saint) is not to make claims. Allah's *awliya* (friends) are directed to hide their perfections, hide their miracles, just like a woman hides her soiled

clothes, hides her menstruation garments, so that her imperfections are not apparent to anyone.

The Example of Penicillin

Alexander Fleming discovered penicillin, which is a remedy for numerous diseases. People said, "Doctor, you have limited yourself." But he said, "I did nothing. This was a coincidence. I had the curiosity to experiment. It just happened to be discovered through trial and error. This is a manifestation of wonder and humility. He didn't even put this great discovery in his account."

Claiming Poverty is Not Elegant

Claiming is perilous for a *faqir* because claims are made by prophets. Prophets are commanded to claim, "I am a prophet, I can do everything." While a *wali* is not commanded to make claims. Allah's friends are instructed to hide their perfections, their miracles. They say, "I am nothing. Our excellence comes from that essence." Even though numerous miracles are apparent in them, they still say, "I am a sinner. The miracles are from Him." This is showing favor from that Master. But certainly, if someone specifically associated with you seeks blessings, makes a gesture, saying something that encourages their steadfastness, boosts their morale—well, that's different. But making a claim is perilous. Hazrat Saab used to say that a *faqir* is killed by claims, and a scholar is killed by greed. It is crucial to avoid them.

Quote You Need to Know

If you set your goals ridiculously high and it's a failure, you will fail above everyone else's success.

-James Cameron



THE ADDICTION OF THEATRE



Uzma Sabeen
Writer, Artist, Director

04 MINUTES READ

Yes, theatre is an addiction, it is for both; performer and the audience. I had an inexplicable idea about theatre when I entered the National Academy of Performing Arts (NAPA) in 2005. I had no experience of theatre before; just a few performances at the school and college level. I had never seen a theater play before as you know that in the 80s and 90s there were no decent theatres in Karachi for family entertainment. I had a fear that what kind of theatre training they were offering but there were some great names of showbiz such as Mr. Zia Mohyeddin, Mr. Arshad Mahmud, Mr. Rahat Kazmi, Mr. Talat Hussain, Mr. Anjum Ayaz etc. attached with NAPA. These are the names who guarantee quality work.

My first performance was a ten minute scene from the novel named

'Pride and Prejudice' by Jane Austen. It was my first shot and then I became a full time theatre addict. As you climb on the stage, you feel butterflies in your stomach and as you appear in the spotlight it all vanishes and you feel that you are on cloud nine. After the performance, you feel evanescent feelings which are unmatched. Your adrenal level is on a higher side and you feel an immense pleasure when you hear the whistling and clapping at the end (if you have done something credible). But this pleasure is short-lived and you are urged for more and more. You want to do your best every time.

Although this glee is a tiny part of the bigger picture, addiction still causes intense craving for more. After three months, we were ready to do another performance. This cycle never ends. You happily go through all the agony and hardships of rehearsals just for the pleasure and applause in the end which is the final performance and

being on the stage in front of your audience. At that time, it was a bit difficult to please the audience as the audience included the great artists of theatre but we always felt more happiness and pleasure when we got their appreciation at the end of the performance.

Near the end of my three years Diploma program in Theatre Arts, I tried direction. It is a more painstaking task than acting. In acting you have to



think only about your particular character but in direction you have to think about all the characters mentioned in the script and about the actors who are doing those characters because they also have their distinctive characters (Lol). Apart from jokes, you have to take care of the whole production which includes set, lighting, costume, sound, and marketing etc. I would say that direction is an intense drug. It doesn't let you sleep, you cannot think about anything else, you go over and over



again about every scene in your head just to figure out how to fix it. It is like wanting to crawl out of your skin.

As an audience, it is also as addictive as for those on stage. The magic of theatre is so mesmerizing that it pulls them again and again. From the moment the lights go dim and the audience falls silent, a sense of excitement and suspense fills the air. The thrill of witnessing a unique performance each night compels the audience to watch one more time because every night the performances are not the same. One of the attributes of theatre is the 'suspension of disbelief' which provides theatre goers an escape from reality; an escape from all the institutions of life.

As any other addiction, theatre ensnares its doers and audience in a web of anticipation, emotion, and shared experiences. From the magic of live performances to the suspense and creativity, theatre offers a unique and addictive escape from reality. The theatre practitioners create a unique world on stage for the theatre goers. With every show, audiences delve deeper into the realm of theatrical addiction along with actors and directors, constantly craving the next hit of exhilaration and connection. So, the next time you find yourself captivated by a theatre performance, embrace the addiction and let yourself succumb to the allure of this extraordinary art form.





THINK IT: TURN YOUR PASSION INTO BUSINESS



04 MINUTES READ

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

Many of us, if not all, think that they are misfit in their current profession. They think about quitting but for some reasons can't. One such reason is that they don't know what they really want to do in this life. They want to do many things but are not sure what is perfect for them. Neoline Kirbo was one such and she delved into this question. She is now running an NGO in Uganda to help school, college dropouts with misfit dilemmas.

She says when you feel that there is a misalignment between the things you do on a daily basis and things you deeply care about then you are a misfit and should quit and pursue your passion. But you need to answer two questions: first, what do I care about, second is how to turn that passion into a business.

According to Miss Neoline Kirbo, to answer the first question, ask yourself "If you had all the time and

money in the world, what would you spend your time doing?". Second question to answer is "what makes you happy or gives you the deepest sense of fulfilment?". Answering these questions straightforwardly is not easy as many don't know what makes them happy because they are too busy in their daily routine work. Kathy Caprino has elaborated these questions into 11 easy questions to answer and act upon.

Once you have identified your passion, it needs further refinement as how to turn your passion into a profitable business. It needs the right set of skills and positioning. There must be some market niche to pay for your passion to turn into a profitable business - that is positioning and with it essential skills are needed to accomplish business objectives e.g. management, production, staffing etc.

There are many platforms offering free to paid courses of a variety of nature e.g Edex, Coursera, Udeme etc. Carefully browse through and choose what skills you need for

IMAGE SOURCE: LinkedIn

turning your passion into business. Passion alone cannot guarantee success. It has to be coupled with skills and some market niche. There should be people ready to pay for your products. In this context, it means reaching out to your targeted customers. Social media marketing is here to help you e.g. facebook page, instagram, blogging etc.

Many youngsters are passionate about travelling to exotic locations. If you are one of them and like to turn your passion into business. It is quite easy. There are plenty of guides on the net and youtube is full of videos of travellers. You can build a youtube channel and share your experience with eye-catching videos & stills and monetize it.

Another interesting area is product review websites. Let your passion for window shopping turn into a business by providing product reviews. Many people on the web do that. Start by visiting different shops and with their permission do their online marketing by providing reviews of their products at site. There are many such youtube channels and websites devoted to this type of activity. You can also dive in and start your own website or youtube channel. The possibilities are endless. Henry Ford was the founder of Ford Motor Company. He was largely responsible for

the development of the assembly line technique of mass production, and as a result Ford Motor Company was the first to bring a revolutionary yet affordable car to the masses. He was passionate about machinery and automation. This led him to invent the assembly line. The lesson is to commit to something you're passionate about. Another entrepreneurial genius is Elon Musk. He has founded several successful companies, including SpaceX and Tesla. One of the lessons from his life's struggle that resonates with our topic is:

"Be passionate and committed to your vision: Elon Musk is known for his passion and commitment to his vision of advancing space travel and electric vehicles. He has consistently worked towards these goals with determination and dedication and has inspired others to pursue their own passions and dreams."

So what is your passion?



IMAGE SOURCE: Freepik



The Chinese Like It Big! Cars Too!



04 MINUTES READ

Ma Li
CEO of a Chinese Investment
& Management Company,
Writer, Traveller

In the Chinese lifestyle, people like many big things. If the house is big and the car is big, being big means being dignified. The saying 'Chinese people like to buy large cars, but they don't like A0 level small cars and micro cars' has been circulating for many years in the Chinese car market. Because of this, many manufacturers modify cars to cater to the Chinese lifestyle, like competitions, gradually making them bigger and longer.

In China, when foreign brand cars introduced by joint ventures are domestically produced, they usually add an "L" at the tail, which is actually an extended version. Extended cars are highly favored by users, making it a common practice for joint venture car companies to introduce domestically produced cars. Local Chinese brands, at the beginning of their design, pursue the user preference of "beauty based on big size" and often

have larger preferences than joint venture brand competitors.

The Chinese people's consumption of cars with the concept of 'beauty in the big' cannot be separated from the habit of using cars by the whole family. Unlike western families, Chinese families stay together, very often 3 or 4 generations of people stay in one household. If the whole family has one car, they definitely need to buy a spacious car to fit the whole family. It is more convenient and practical for the whole family to travel, and they can fit as many people as they need.

China's car industry is also very big!

China is the Largest Car Producing Country:

In 2021, China produced 26082220 cars, including 21407962 private cars and 4674258 commercial cars, accounting for almost one-third of the world's total production, but lower than the record of 29015434 cars in 2017. And other countries are far behind China. The second place is the United States, with a total of 9167214 cars; Japan

IMAGE SOURCE: ksamratry.com

ranks third with 7846955 cars produced in 2021. The combined production of the United States and Japan is not as good as that of China.

China is the Largest Car Consumer Market:

In 2022, China's automobile

Manufacturers, as of April 2023, the total number of Chinese automobile exports this year has reached 1.37 million, including 348000 alternative fuel vehicles, accounting for 25.4%. If we focus on the first quarter of this year, China's automobile export volume was 1.07 million, according to



production and sales reached 27.021 million and 26.864 million units respectively, ranking first in the world for 14 consecutive years.

China is the Largest Exporter of Car:

According to the statistics of the China Association of Automobile

the data released by the Japan Automobile Manufacturers Association, for 2023. Japan's automobile export volume in the same period was only 954000. In other words, in the first quarter of 2023, China has officially surpassed Japan as the world's largest automobile exporter.

IMAGE SOURCE: Yicat Global

ANXIETY: MORE THAN JUST WORRY

TED

04 MINUTES READ

We live in a culture that doesn't take mental health issues seriously. There's a lot of stigma. Some people tell you to just suck it up, or get it together, or to stop worrying, or that it's all in your head. But you need to know that anxiety disorders, they're as real as diabetes. There are a lot of patients who often describe some classic symptoms of an anxiety disorder. Constant worry, trouble sleeping, tense muscles and struggle with concentrating. But they aren't getting treatment.

There's a lot of issues with mental-health care in our country. Some people don't have insurance that would cover it. Some have been dismissed or minimized in the past, and don't think seeking help will do any good. Some worry about the stigma and whether it could affect future jobs or relationships. But severe anxiety isn't a moral or personal failing.

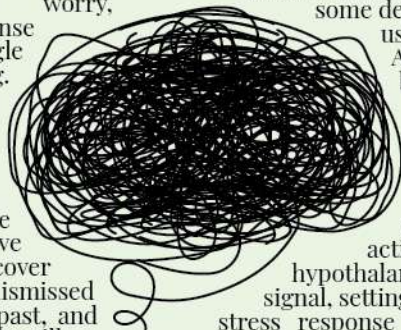
It's a health problem, just like strep throat or diabetes. It needs to be treated with the same

kind of seriousness.

Before we can talk about anxiety disorders, let's talk about anxiety itself. Anxiety is the very real and normal emotion we feel in a stressful situation.

It's related to fear. But while fear is a response to an immediate threat that quickly subsides, anxiety is a response to more uncertain threats that tends to last much longer. It's all part of the threat detection system, which all animals have to some degree, to help protect us from predators.

Anxiety starts in the brain's amygdala, a pair of almond-sized nerve bundles that alert other areas of the brain to be ready for defensive action. Next, the hypothalamus relays the signal, setting off what we call the stress response in our body. Our muscles tense, our breathing and heart rate increase and our blood pressure rises. Areas in the brain stem kick in and put you in a state of high alertness. This is the fight-or-flight response. There are ways the



fight-or-flight response is kept somewhat in check, with an area of higher-level thinking called the ventromedial prefrontal cortex. It works like this. If a person sees something they think is dangerous, like a tiger, that sends a signal to the amygdala, saying "it's time to run." The ventromedial prefrontal cortex can say to the amygdala, "Hey, look. The tiger's in a cage."

You know what a cage is? They can't escape from a cage. It's OK to calm down." It's a feedback loop that can help keep the response in check. The hippocampus is also involved. It provides context, saying things like, "Hey, we've seen tigers in cages before. We're in a zoo. You are extra safe." With anxiety, these threat-detection systems and mechanisms that reduce or inhibit them are functioning incorrectly

and cause us to worry about the future and our safety in it. But for many people, it goes into overdrive. They experience persistent pervasive anxiety that disrupts work, school and relationships and leads them to avoid situations that may trigger symptoms. Anxiety disorders are not at all uncommon. Based on data from the World Mental Health Survey, researchers estimate that about 16 percent of individuals currently have or have had an anxiety disorder. These include social anxiety disorder, panic disorder, agoraphobia and phobias. Studies have shown that people with anxiety disorders don't just have a different way of reacting to stress. There may be actual differences in how their brain is working. One model describes possible mix-ups in the connections between the amygdala and other parts of the brain. The pathways that signal anxiety become stronger. And the more anxiety you

have, the stronger the pathways become, and it becomes a vicious cycle. The good news is there's treatment for anxiety, and that you don't have to suffer. Remember, this isn't about weakness. It's about changing brain patterns, and research shows that our brains have the ability to reorganize and form new connections all throughout our lives. A good first step is to do the basics. Eat a balanced diet, exercise regularly and get plenty of sleep, as your mind is part of your body. It might also help to try meditation. Instead of our heart rate rising and our body tensing, with mindfulness and breathing, we can slow down the fight-or-flight response and improve how we feel in the moment. Cognitive behavioral therapy, a form of talk therapy, can also be fantastic. In it, you learn to identify upsetting thoughts and determine whether they're realistic. Over time, cognitive behavioral therapy can rebuild those neural pathways that tamp down the anxiety response. Medication can also give relief, in both the short-term and the long-term. In the short-term, anti-anxiety drugs can down-regulate the threat-detection mechanisms that are going into overdrive. Studies have shown that both long-term medications and cognitive behavioral therapy can reduce that overactivity of the amygdala we see as anxiety disorders. High blood pressure and diabetes, they can be treated or managed over time. And the same is true for an anxiety disorder too.

YOU NEED TO KNOW

If you are neutral in situations of injustice, you have chosen the side of the oppressor. If an elephant has its foot on the tail of a mouse and you say that you are neutral, the mouse will not appreciate your neutrality.

Desmond Tutu

ECHOES OF SOLITUDE: FINDING MY HEALING PARTNER



Maham Mansha
Writer

04 MINUTES READ

Thinking about how Dostoyevsky wrote “I want to talk about everything with at least one person as I talk about things with myself?” Dostoyevsky’s words ring true for anybody who has felt the suffocating weight of isolation. It reveals the hidden desire we all have to have our ideas and feelings acknowledged and respected. The core of genuine human contact

might be lost in this age of constant connectivity, where notifications flood screens and digital personalities abound. The need to communicate, however, is a constant that penetrates Dostoyevsky’s writing on all levels, from generation to generation to continent to continent.

Put yourself in a position where you have to decide whether to say anything or keep it to yourself during a conversation. The quote from Dostoyevsky illustrates the intersection between our inner monologues and the desire to share them with another person. The act of putting one’s thoughts into words is deeply therapeutic-

IMAGE SOURCE: Vecteezy.com



tic, as though giving meaning and substance to otherwise intermittent ideas. Putting our inner monologues into words that other people can understand is a lot like composing a symphony.

As I reflect on Dostoyevsky's quote, I'm reminded of my own moments of solitude. Walking through city streets, surrounded by people but feeling alone; scrolling through endless timelines, yearning for a true exchange of ideas; and gazing at starlit skies, pondering the mysteries of existence, talking to the moon, telling little birds about things that bring me heartache. Each of these instances resonates with the universal desire to share, to communicate, and to be understood.

When we talk to ourselves, we engage in a process of self-reflection, self-questioning, and self-analysis. This introspection can lead to personal growth, as it allows us to dissect our feelings, confront our fears, and gain insights into our subconscious motivations. Similarly, sharing these inner dialogues with another person can lead to a cathartic release of emotions, further reinforcing the idea that meaningful conversations act as a balm for the soul. Social media, messaging apps, and virtual platforms offer an abundance of opportunities to connect with others. However, this connectivity can sometimes be shallow, lacking the depth and authenticity that come from genuine conversations.

At the end of the day, it's always me who will go through 'it' all, experiencing every feeling and thought no matter how confusing and hurting it is. And again I realized that it's always best to prioritize myself first before anything or anyone else. When Maya Angelou said "Develop enough

courage so that you can stand up for yourself and then stand up for somebody else," this changed the whole narrative. One life is all we get. This one life where you get to pick your path, activities, and identity. Your frame of mind is entirely up to you. Your behavior. How you reacted. You are in charge of your outlook and interpretations. What you say, do, and think are all decisions you make on your own? You are in charge every day.

And I pray you listen to your gut, make some bold decisions, and go down the road that makes you feel the most love, freedom, and pleasure. Take the plunge; it could be a great opportunity. Those dreams. Those visions. Things that cause your conscience to mutter "right" are just that. I pray that you learn to follow your intuition and let go of other people's rules and stories about how you're supposed to live. And I pray that you put your faith in your heart above all else. If there's anything you do, please respect your emotions.

And if there's one thing you hold on to no matter what, it's the knowing that courses through your veins and mingles with your bones to leave you feeling complete. I hope you'll listen to your gut if it tells you this is what you should be doing and that it's the best choice for me. Respect it. Give it a try, at the very least.

You will be someone's best thing; but until then, be the best for yourself ♥

QUOTE YOU NEED TO KNOW

Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma – which is living with the results of other people's thinking.

—Steve Jobs

GOOD COMMUNICATION SKILLS & MENTAL WELL BEING



04 MINUTES READ

Ainny Aftab
Educationist/writer,
MSc Psychology

In essence, the word "communication" may seem simple, but its implications for mental health are profound. Communication is the act of simply transferring information from one place, person or group to another, but what's this got to do with mental health?

Let's see what communication requires;

Sender - message - recipient.

Look how simple it appears but actually it is not. Communication can be affected by a huge range of things which include our emotions, the cultural situation, the medium used to communicate and even our location. Good communication is extremely important for mental health.

So, why is good communication essential for mental health? Let's break it down:

EXPRESSION OF EMOTIONS

When proper communication is lacking people will not be able to



IMAGE SOURCE: Freepik

express their feelings and emotions. This will result in frustration, aggression and many other psychological problems. Communication allows individuals to express their feelings and emotions, helping to release stress and reduce internal conflicts. Being able to communicate openly about your thoughts and emotions can promote self awareness and self reflection, leading to improved mental well being.

BUILDING HEALTHIER RELATIONSHIPS

Open and transparent communication is the foundation of healthier relationships. It helps build trust, enhances understanding and foster positive connections, which can positively impact one's mental health.

PROBLEM SOLVING AND CONFLICT RESOLUTION

Good communication skills enable individuals to effectively resolve conflicts and solve problems. When people can express themselves and actively listen to others, misunderstandings can be avoided and issues can be addressed constructively. Effective problem solving and conflict resolution skills can significantly reduce stress and promote better mental health.

SEEKING SUPPORT

When facing mental health challenges, it is crucial to seek support from others. Good communication skills facilitate the process of seeking help or professionals.

Sharing your struggles with someone can provide you with comfort, guidance and professional expertise, all of which will contribute to your better mental health.

REDUCTION OF STIGMA

Open and effective communication contributes to breaking down the stigma associated with mental health. Feel free to openly discuss your mental health concerns and normalize mental health conversation.

In conclusion, good communication is not just a fundamental aspect of our daily lives; it's a cornerstone of mental health. It enables us to express our emotions, build healthier relationships, enhance problem-solving skills, seek vital support, and reduce the stigma associated with mental health. Each of these elements contributes to improved mental well-being and a more compassionate and empathetic society. So, let's continue to foster open, honest, and supportive communication to enrich our lives and the lives of those around us.

Continued from page 15

Some Native Americans also believe the mountain holds the entrance to hell.

10. Turkmenistan Gates of Hell (Darvaza Crater)

The Darvaza Crater in Turkmenistan, better known as the Gates of Hell, is this eerie cavern in the Karakum Desert that has been on fire for more than 40 years. It was discovered in 1971 by Soviet geologists when the ground beneath their drilling rigs suddenly collapsed, leaving a 230-foot wide hole. As the huge crater was filled with potentially poisonous natural gas, the decision was made to set it alight. Scientists expected it to burn itself out within a few days, but it didn't. It's been more than 40 years ago, and the fire is still as fierce today as it ever was.



IS ARTIFICIAL INTELLIGENCE A THREAT TO PRIVACY RIGHTS IN PAKISTAN?



RIDA BATOOL
LLM Human Rights Student, IIUI

04 MINUTES READ

Do you recognize the “right to privacy” a fundamental right? In the past decades there has been a debate on different platforms. Is there any law in Pakistan regarding the privacy of individuals or not? If there is then why is there no proper implementation of these laws?

Before digging into the Privacy rights, first of all we should know what actually privacy is, the word privacy has broadened meaning and can be used in different dimensions the simplest meaning of the word privacy is,

“a state in which one is not observed or disturbed by other people”

Article 14 of constitution of Pakistan states that

“The dignity of man and, subject to law, the privacy of home, shall be

inviolable”

Article 12 of UDHR states that,

“No one shall be subjected to arbitrary interference with his privacy, family, home or correspondence, nor to attacks upon his honour and reputation”

Currently PECA (The Prevention of Electronic Crimes Act, 2016) ordinance is the only domestic law which acts as a data protection law in Pakistan but sadly it has certain loopholes, and not filling the need of current scenarios of Artificial intelligence. As the world is becoming a global village instantly so is the use of artificial-intelligence. Artificial intelligence is basically a software generated by the computer or machine to perform human functions or to learn from human behaviors. There are certain benefits of artificial-intelligence but it is also a threat to the privacy rights of the individuals in Pakistan. Artificial intelligence is

IMAGE SOURCE: AI Generated

invading the privacy of the individuals and they are not even aware of that. AI is collecting personal data and information of the people e.g. name, phone numbers, pictures without their consent and sometimes uses this information against that specific individual without his knowledge. From The above article it is evident that the privacy of a person should not be violated in any of the forms. However in the modern era AI significantly collects data from the user's search history and tracks his /her activities and therefore learns from the user to generate data. Which raises a question whether a person's web history/ watch history or any other activity is protected or not.

Further the modern AI programs raise the question of liability. When a program violates a law, who will be held liable? the programmer? The one who made the hardware or the one who uses the program.

If the programs are held liable for a certain violation and they are punished for the violations by imposing fines or sanctions, will they be able in any way to compensate for the loss occurred to the human and even if the machine is held liable and punished, whether the Punishment will effect the machine with regards to dignity and other concerns or will it face any pecuniary losses, even if the machine is fined or punished it doesn't get affected in a way a human will be because there is a difference between a biologically natural and artificial person. Therefore it raises concerns on a legal point of view that whether a natural person has to be held liable for a violation done by a program or not?

Or whether an artificial person can be criminally charged. It seems a question of concern that even if a machine does something, how can a

machine or a program be liable even if it's liable. How can we punish the machine, Due to its artificiality? It raises further concerns that if the machine automatically learns something from its users then how can it be stopped? And if the programmer is unable to stop the Machine at a certain point will that be a point of concern? Because how much is the learning capability of a machine? However in conclusion there are no certain answers to all these questions.

Which makes it a point of ponder for the programmers and legal representatives to think before taking any further steps in the field and to derive its consequences from the powers it has been granted through technology and innovation.

Legal representatives need to introduce AI machines and programmers' liability into the field of law.

So as a whole I can say there is dire need to amend the previous domestic laws and a new legislation on the data protection to avoid the privacy threats in the future.

HOW TO KEEP YOURSELF HEALTHY

- Measure and Watch Your Weight
- Limit Unhealthy Foods and Eat Healthy Meals
- Take Multivitamin Supplements
- Drink Water and Stay Hydrated, and Limit Sugary Beverages
- Exercise Regularly and Be Physically Active
- Reduce Sitting and Screen Time
- Get Enough Good Sleep
- Go Easy on Alcohol and Stay Sober
- Find Ways to Manage Your Emotions
- Use an App to Keep Track of Your Movement, Sleep, and Heart Rate

THE MAYAN CALENDAR AND 2012 PROPHECY



ZAINAB MALIK
Anthropology Student

04 MINUTES READ

The Maya civilization, located in the region known as Mesoamerica, thrived from ancient times through the early modern period. Mesoamerica refers to the geographic area in present-day Mexico and Central America where several ancient civilizations flourished. They are known for the development of one of the most advanced civilizations in the Americas. They developed a written language of hieroglyphs and invented the mathematical concept of zero. With their expertise in astronomy and mathematics, the Maya developed a complex and accurate calendar system. Today, Mayan communities inhabit regions including Guatemala, Belize, Honduras, El Salvador, and parts of Mexico, where they uphold unique traditions influenced by both ancient and modern cultures.

Among the captivating aspects of Mayan culture, it's the Mayan calendar system and the famous 2012 prediction that have sparked global interest. In this article, we'll look into the Mayan calendar system, its cultural significance, and the misconceptions surrounding the 2012 prophecy.

The Mayan Calendar:

The Mayans, known for their expertise in astronomy and mathematics, possessed a calendar system dating back to the 5th century. Some Mayan communities still use it today. Although the Mayans contributed to its development, they did not create it. This calendar system was employed by many pre-Columbian Central American cultures.

At its core, the Mayan calendar consists of three main parts: the Long Count, the Tzolkin (divine calendar), and the Haab (civil calendar).

The Tzolkin, often called the "divine calendar," is a 260-day cycle

IMAGE SOURCE: Freepik

crucial in Mayan spirituality, rituals, and daily life. It combines 20 named days with 13 numbers, creating a unique combination for each day. The Tzolkin was used for divination, selecting lucky dates for events, and guiding various aspects of Mayan culture.

Alongside the Tzolkin, the Mayans used the Haab', a solar calendar with 365 days divided into 18 months, each with 20 days. An extra five-day period called "Wayeb'" completed this calendar. The Haab' was vital for agriculture, helping the Mayans plan when to plant and harvest crops according to the solar year.

The Long Count calendar measured longer periods of time. It used a system of cycles, beginning with days (kin) and advancing to uinals (20 days), tuns (360 days, about a year), katuns (7,200 days, or around 20 years), and baktuns (144,000 days, approximately 394 years). The 13th baktun, marked as 13.0.0.0.0, became famous due to the misunderstood 2012 prediction.

The 2012 Prophecy:

The Mayan Long Count calendar, with its cyclical nature, would reset after a set period called a "baktun." The 13th baktun, specifically 13.0.0.0.0, was the focus of the 2012 prediction. Sadly, it was widely misinterpreted as a prediction of the world's end, causing global anxiety and speculation.

Contrary to popular belief, the Mayans did not foresee global disasters in 2012. Instead, the shift from the 12th to the 13th baktun symbolized renewal and celebration, not apocalypse. The Mayans themselves did not associate this transition with worldwide catastrophe.

Cultural Significance and the legacy of Mayan Culture

Beyond its timekeeping function, the Mayan calendar held profound cultural and spiritual significance. It guided Mayan rituals, ceremonies, and governance, shaping their daily lives. Each day's unique combination of energies influenced rituals and decision-making, while the calendar's solar component, the Haab', was indispensable for agricultural planning. It also played a role in governance, legitimizing rulers' authority through ceremonial alignment. The interplay between the Tzolkin and Haab' calendars played a central role in Mayan cosmology, connecting them to the celestial realm and offering insight into their place in the universe.

Today, the Mayan calendar system remains of interest to scholars, historians, and enthusiasts of ancient cultures. Indigenous Mesoamerican communities still incorporate elements of this calendar into their traditions, emphasizing its enduring impact.

In Conclusion the Mayan calendar system is a testament to the Mayan civilization's wisdom, revealing a profound understanding of time, the cosmos, and spirituality. While the 2012 prediction continues to capture imaginations, it's crucial to appreciate the Mayan calendar beyond its misconceptions, recognizing its lasting cultural and historical significance. In doing so, we gain a deeper understanding of the ancient Mayans' quest to decipher the mysteries of time and their enduring legacy in human history.



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SULTAN BAHOO; THE POET OF THE HOOK*



Imran Khan
Teacher, Writer, Actor/Playwrite,
Poet, Program Host, Historian

05 MINUTES READ

Punjabi Sufi poetry, a mesmerizing tapestry of spiritual expression, reflects the intricate interplay between culture, society, and politics. Within this vast tradition, Sultan Bahoo shines as a poet of resistance, daring to challenge the shackles of unjust authority. He questions the established religious norms, and confronts the societal ills that plagued his time. He censures the so called religious scholars of this time in these words;

*You memorize the Quran but the
"veils" were not lifted—Hoo
You became a scholar even then you
seek riches—Hoo
You studied thousands of books but the
tyrant "Nafs" did not perish—Hoo
Nobody could kill this inner thief
Bahoo, except the "Faqeer"—Hoo*

*Hook means the sigh of pain and agony.

Sultan Bahoo, born in 1630, emerged as a spiritual luminary and a prolific poet. His early life was touched by a profound spiritual awakening. Inspired by his spiritual mentor's teachings, Sultan Bahoo embarked on a poetic journey that would forever challenge the established norms of his time.

One of the paramount themes running through Sultan Bahoo's verses was the resistance against unjust authority. During his era, the Mughal Empire cast a long shadow over the Punjab region, and its rulers often imposed tyranny and oppression upon the people. Sultan Bahoo's poetry emerged as a potent voice of dissent, calling for justice and equality in the face of ruthless imperial power. His verses were a clarion call to resist the unjust authority of the time, offering solace and courage to the oppressed. He says,

The insolent or ignorant about respect;

IMAGE SOURCE: sultan-bahoo.com

*so they have gone astray from the
court-Hoo*
*The earthen wares cannot become glass
wares-Hoo,*
*Those who are disloyal by nature can
never become ranjhe (lover)-Hoo*
*Whose heart has no feelings for Huzoor
, Bahoo, will remain empty in both the
worlds-Hoo*

Yet, Sultan Bahoo's resistance was not limited to temporal power alone. He dared to confront religious orthodoxy, including the clergy, mullahs, qazis, and faqeers, who often wielded considerable influence within society. His central argument was that many religious leaders had deviated from the core teachings of Islam, becoming preoccupied with empty rituals rather than the spiritual essence of the faith. In his poetry, Sultan Bahoo fearlessly challenged their hypocrisy, urging a return to the true spirit of Sufism, which emphasized inner spirituality over ostentatious displays of piety. He criticizes even the so called sufis,

*They themselves are not truth seeker
but they motivate others-Hoo*
*Like laborers, they demand reward for
toil, they fear not the wrath of
Lord-Hoo*
*They profane proclamation is a
slippery game, such pseudo lovers step
clumsily-Hoo*
*On the day of judgment Bahoo, they
will feel ashamed of themselves-Hoo*

Then he says,

*If moving beads of rosary does not
move heart, what is the use of it-Hoo*
*If acquisition of knowledge does not
include respect, what is the use of such
knowledge-Hoo*
If going into hermit(Chilla-forty days)

*does not help get anything, what is the
point of this solitude-Hoo*
*The milk can't turn into butter without
a litter ferment(curd) even if you boil it
red-Hoo*

Where he criticizes the fake faqeers, he also tells us the quality of the true faqeers as well,

*Follow the mentor who gives happiness
for both worlds-Hoo*
*Firstly eradicates the fear of poverty
then guides to Rabb(Lord)'s path-Hoo*
*He turns the saline patch into pure
silver-Hoo*
*Mentor who did nothing here Bahoo,
makes false promises-Hoo*

Sultan Bahoo's sharp critique of religious orthodoxy was a testament to his unwavering commitment to a purer, more compassionate form of Islam. He believed that faith should be a guiding light for the human soul, fostering empathy, kindness, and social justice. By calling out the deviations within religious practices, he aimed to steer society back towards a path of genuine spiritual awakening, free from the trappings of hollow rituals. He says,

*With study of alphabets, many scholars
couldn't learn about Reality-Hoo*
*Many who studied Reality, couldn't
attain excellence-Hoo*
*Fourteen realms are illuminated but
blinds couldn't see-Hoo*
*Without unification with Allah, Bahoo,
rests are tales and stories-Hoo*

At another place he says,
*Arrogance increased by knowledge,
though intellect turned out to be
dull-Hoo*
*Neither knowledge nor logic were
profitable; so the Real way was*

lost-Hoo

Beyond his critique of religious authorities, Sultan Bahoo's poetry delved into the heart of societal ills. He was deeply concerned about the pervasive inequalities and injustices that afflicted his society. His verses acted as a mirror, reflecting the plight of the marginalized, the downtrodden, and the impoverished. Sultan Bahoo's poetry was an impassioned plea for compassion, for a society that embraced brotherhood and community, transcending divisions and prejudices.

*I am neither "Sunni" nor "Shia", my
heart is disgusted with both of
them-Hoo*

*As I entered the ocean of Oneness all
the journey came to an end-Hoo
My swimmers were exhausted, hardly
few of them reached the bank-Hoo
Safely reached the destination, Bahoo,
those who followed mentor-Hoo*

In the grand tapestry of Punjabi Sufi poetry, Sultan Bahoo's influence was profound and enduring. His poetic style was characterized by its simplicity and directness, making it accessible to a wide audience. His message of resistance, spirituality, and social justice resonated deeply with the masses, transcending linguistic and cultural boundaries. His verses, which possessed a timeless quality, were recited and sung by generations, echoing through the annals of history.

Sultan Bahoo's impact extended far beyond his own era. His emphasis on the inner journey, the profound love of the Divine, and the rejection of materialism became recurring motifs in Punjabi Sufi poetry. The subse-

quent poets of Punjab, followed in his footsteps, adopting his approach of using poetry as a tool of resistance and social commentary. Sultan Bahoo's legacy lived on through their verses, a testament to his enduring influence. He is always critical towards any hypocrisy running in society. He says,

*Blackened face is better than a
darkened heart, if anyone understands
it-Hoo
Pure heart despite dark face, will
recognize Friend-Hoo*

Even in contemporary times, Sultan Bahoo's poetry retains its relevance. In an era marked by political turbulence, economic disparities, and social injustices, his words continue to inspire individuals and movements advocating for social justice and resistance against unjust authority. His verses serve as a source of solace and strength, a reminder that the power of words can challenge the status quo and ignite change. For him, piety is the name of the constant goodness. When someone loves Allah, nothing else than Allah matters for him.

He says,

*A moment of negligence is a moment of
heresy, the perfect guide told me
this-Hoo
I was enlightened with his saying and I
concentrated my whole attention upon
Lord-Hoo
I surrendered self to creator, such is my
love-Hoo
We died before death Bahoo, only then
attained the objective-Hoo*

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