

JANUARY 2021 - VOL. 21 - ISSUE 01

# AZEEM ENGLISH MAGAZINE

MONTHLY

## LET'S MEET

THE IDEA OF TIME TRAVEL  
& UNDERSTANDING TIME

## INTERNATIONAL EDUCATION DAY

## ARE YOU A PERFECTIONIST?

## SILVER-LINING

ANTI-HARASSMENT LAW

HOW CAN  
WE LIVE IN  
WORLD FREE OF

## NOISE POLLUTION

MOVING INTO

# 2021

UNDER THE SUPERVISION OF AZEEM EDUCATIONAL CONFERENCE REGD.




AZEEM EDUCATIONAL CONFERENCE

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

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

AEC inculcates the values of social awareness, development, constructive journalism, cultural harmony and positivity among the society. AEC works on its mission via different projects running under it, including monthly Azeem English Magazine, quarterly recognized "The Journal of Cultural Perspectives", mental health workshops, webinars and various training projects.

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# DISCLAIMER

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## EDITOR'S NOTE

It's not a secret that Azeem English Magazine has a long history of cultivating and promoting moral, cultural and literary values among the masses. Now, the magazine has raised the bar with the remodeled version, which chronicles fresh and diverse content from different writers. Besides, this issue features some thought-provoking and comprehensive essays which would enlighten the audience about various aspects of life. Overall, it is going to be a wholesome experience.

*Happy Reading!*

Mummad Ali Farooqi  
Editor-in-Chief



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# JINNAH'S

## MESSAGE TO THE YOUTH

We all are aware of what exactly happened on 25th December. Yes, we do cherish this day as “Quaid’s Day”, we do observe this day with utmost dignity but have we ever wondered about its core significance? We all know Jinnah as the founder of our beloved homeland, and we do decorate our buildings, museums and offices with his portraits but have we ever tried to study his character or teachings? Maybe yes, or maybe no? Let’s learn the essence of “Quaid’s Day” through one of the Jinnah’s speeches chronicled below,

“In addressing you, I am not here speaking to you as Head of the State, but as a friend, and as one who has always held you in affection. Many of you have today got your diplomas and degrees and I congratulate you. Just as you have won the laurels in your University and qualified yourselves, so I wish you all success in the wider and larger world that you will enter. Many of you have come to the end of your scholastic career and stand at the threshold of life. My young friends, I would, therefore, like to tell you a few points about which you should be vigilant and beware.

- Unlike your predecessors, you fortunately leave this University to enter life under a sovereign, Independent State of your own. It is necessary that you and your other fellow students fully understand the implications of the revolutionary change that took place on the birth of Pakistan. We have broken the shackles of slavery, we are now a free people. Our State is our own State.
- Freedom, however, does not mean license. It does not mean that you can now behave just as you please and do what you like, irrespective of the interests of other people or of the State.
- A great responsibility rests on you and, on the contrary, now more than ever, it is necessary for us to work as a united and disciplined nation. What is now required of us all is constructive spirit and not the militant spirit of the days when we were fighting for our freedom. It is far more difficult to construct than to have a militant spirit for the attainment of freedom.
- Beware of the fifth columnists among ourselves and guard against and weed out selfish people who only wish to exploit you so that they may swim.
- Learn to judge who are really true and really honest and unselfish servants of the State who wish to serve the people with heart and soul and support them.”

**An extract from Jinnah’s Speech at Dhaka University Convocation on 24th March, 1948.**



**Dr. Muhammad Azeem Farooqi** is a scholar, historian, philanthropist, writer and pioneer of Azeem Educational Conference, who is currently helming as Patron-In-Chief (honorary) of AEC. Let us have a quick glance at his professional journey and find out about his visions, inspirations and motivations through an interview session.

### **What thought served as the stepping-stone towards the foundation of AEC?**

First of all, I am deeply humbled to share my thoughts and journey with you. Well, I am somebody who has inherited the passion for literature and education from my father. I was very fond of studying, and one day I pondered how I could share my vision to the maximum number of people. That was the point when my inspiration Sir Syed Ahmad Khan came into the arena. I think he is one of the most influential personalities in history who did a lot for the welfare of Muslims precisely when we talk about the "Muhammadan Educational Conference". The way he integrated science, literature and technology through the magazine "*Tehzeeb Al Ikhlaq*" was laudable. He gathered renowned writers who

would write essays for the guidance and training of Muslims. Therefore, following his footsteps one day Azeem Educational Conference was founded.

### **You have worked very hard; it is not easy to live with so many responsibilities on the shoulders. In your journey, did you ever face hurdles?**

Of course, hurdles and hindrances are inevitable. The major hindrance that we faced, back in the time of launching of Azeem English Magazine was that the audience then and even now love sensational and crispy content. Whereas, our magazine entailed out-and-out thoughtful and serious content such as literature, religion and education etc. So, it was a bit challenging but anyhow, our magazine got a tremendous response from the students. Our magazine was actually very "student-friendly", as it guided students in different areas of education such as CSS subject selection, interviewing skills and various other guidelines. Apart from this, we had financial constraints, but Allah Almighty was with us all the time. We really never cared for the financial outcomes, rather our focus was more on ethical grooming and guidance of the students.

### **In the pool of duties and responsibilities, how did you manage to take out time for yourself?**

Many people wonder about it, and

# LET'S MEET

FEATURING

## **DR. MUHAMMAD AZEEM FAROOQI**

some even ask me how it is possible to stay healthy and composed even with this much load of work? I always answer that I am in touch with my God constantly. I have always vested my faith in Him and He has made my work smooth and easy for me. See, I have done 21 Masters in many diverse subjects, and still don't wear glasses, I am healthy enough and even my cheekbones are not prominent (laughs). Most importantly, when I see my work getting out of hand, I never chase to catch it, I just let it flow and seek help from Allah, and trust me when I am "absorbed" in meditation, things settle down rapidly.

### **You have been associated with the education field for the last 35 years. Being an educationist, what are your thoughts on the current education system? Where is it going? Do you see any loopholes?**

I feel this question is very important. It's like "Who will bell the cat?" Honestly, I feel mega changes are required in our education system. We would not be able to strengthen the basic ideology of Pakistan, unless we don't realize our responsibilities. Furthermore, I think we must incorporate the modern tools and mechanisms for imparting knowledge. We can't impose anything on students, and even if we do, there is no use of crammed material, it is not education, it is merely a burden. These days the educational system has become business points, where humans

carry tons of books on their shoulders and no character-development, visionary expansion or skill development is seen. People are running after degrees, no one talks about learning and new ideas. I think, the role of teachers come into play here. Teachers have a pivotal role in the progress of a nation and, unfortunately our teachers lack training and vision. I think there must be training forums, workshops, academies and courses for professional and ethical grooming of teachers, if we want our nation to grow.

### Please throw some light on the future goals of AEC.

The whole infrastructure of AEC is getting revamped. We are digitalizing our platforms so that they could be reached to the masses according to the

latest trends. Our monthly Azeem English Magazine has been revamped and it covers various diverse topics of life. Besides, we have a recognized research journal, "The Journal of Cultural Perspectives", which entails research papers pertaining to social sciences, and a research journal for other disciplines is also under-development. Furthermore, we are planning to launch a university for higher studies, a training institute, and a series of webinars, training programs and workshops related to

mental health, culture, literature, education and creative writing.

### Any message or suggestion you would like to give to the students of our nation?

Two things I would like to talk about: Faith in yourself and faith in Allah. Do not depend on anyone, create your own ways. Have a firm belief in yourself, determine your passion and stick to it, work hard for it. There is no big achievement than self-reliance; focus on yourself and you will do wonders.

### DID YOU KNOW?

In the 1980s, Robert Crandall, head of American Airlines, removed just one olive from every single salad served to their customers. Nobody noticed and they saved \$40,000 a year.

## WHY PLANES ARE PAINTED WHITE?

Almost every day, we are fascinated to see airplanes flying in the sky, especially when we are with kids. Furthermore, whenever we would get a chance to visit the airport, we would always try to watch the airplanes standing next to one another on the ramp. Have we ever wondered why most planes are painted white? Why don't the manufacturers paint them with different colors, it would make the airplane ramp look vibrant, won't it? To clarify our confusions, let's explore the reasons to it

It may sound strange but white planes are more efficient than the

dark planes. Airplanes are exposed to a heavy amount of sunlight, and white color reflects sunlight, protecting the plane from getting damaged. It also maintains the temperature of the plane by keeping the crew and passengers cool and safe. Now, just imagine this with the darker airplanes. Dark colors have thermal effects, and therefore, the temperature of the plane won't be maintained. I hope you would never like to travel in a hot atmosphere, would you?

White color allows the repairers to see the damage occurred on the body of the airplanes. With white color, dents, rust spots or cracks are easily identified than that of the darker colors. It saves time and cost in the care and maintenance of the planes.

White paint reduces the probability of the plane getting hit with the birds. Although hitting a bird may seem quite ordinary to some people but it can cause a great havoc during flight, so to ensure the safety of the plane, lighter paints are used. Lighter paint enhances the background between flying birds and the plane, so the chances of hitting birds are

minimized. However, dark paint may not be favorable in this regard, it can cause difficulty for both the pilot and the birds.

Dark paint is heavier than the white paint as it has more pigments in it. Moreover, darker airplanes need a heavy amount when it comes to their cleaning and maintenance, so we can say that it is not budget-friendly. Darker airplanes have to be repainted more frequently whereas, white airplanes stay white for a long time. To sum up, we can clearly say that, although it becomes boring for us to see different airplanes of the same light colors, but it is cost-effective and safe, not only for the airline companies, but for the passengers as well.

## MOVING INTO



The year 2020 will be defined forever as the year of the pandemic. It's true that the world has collectively suffered from this disease physically, emotionally and financially. But is the pandemic all that has impacted us in 2020? Let us not make 2020 a prophet of doom, rather see the silver lining in the cloud.

2020 has also brought family members closer. It has also witnessed the world coming together in prayers and hopes for much-needed health-care, environmental, economic and other kinds of reforms. Present anxiety may outweigh future hopes, but some practical steps at individual level can go a long way in making 2021 better and brighter.

First and foremost, practice empathy. A hadith says,

**Do unto others what you want others to do unto you.**

**(Muhammad)**

The pandemic has reflected the deep divide between the haves and have nots. So, try to give of whatever you possess. Some charity to the needy, a good piece of advice to the seeker, a kind word to heal a broken heart, a smile to congratulate someone, time to your parents, care for a sick one, devotion to a relation-



**Sara Noor**  
Writer, Dramatist,  
Teacher, Public Speaker

ship, hard-work to a noble cause... just give! Give whatever you can give. Be empathetic.

Another thing to do in 2021 is to embrace your limitations. Find out your weaknesses. If you already know them, accept them as an important part of your existence. There is no need to be ashamed of, or embarrassed at your personal flaws or lesser social ranking or a host of other issues ranging from one end of the spectrum to the other like obesity or skinny frame, poor memory,



mood swings, arrogance etc. We all are essentially weak. We grow strong over time and then regress again. While it's important to work on your shortcomings, know that there is no such thing as a "perfect" human being. Once you have accepted a certain flaw as a part of your personality, you can dig out the reasons and understand yourself better. It's important to "see yourself whole". Then, you start to make yourself better, one step at a time. Be very patient. Nature has its own pace. Don't fret too much about things.

Next, invest in building yourself. Go for your dream job! Achieve your ideal figure! Live to

your utmost! And most significantly, be thankful. Be serene! Plan, but also be ready to mould and adapt to situations. You are not in control of anything except your own reactions to things, so, react with optimism.

The year 2021 can also be used in some really constructive hobbies. You can polish your old skills and learn interesting new things. If you're a good reader, challenge yourself to read more in less time and under unfamiliar circumstances. You can also re-visit older texts and learn new lessons from them. Learning a new sport or playing a new musical instrument can also be fun. Cooking new recipes or perfecting old ones is always useful and worth appreciation. Hobbies like planting trees and home-gardening can increase your interaction with nature and make you environment friendly. Running your blog regarding something that really excites you can be a source of income as well as a good time-pass. Building a community network with friends, colleagues and organizations to raise awareness about social issues can also be very meaningful.

Last but not the least, welcome 2021 cheerfully. Accept whatever is past with grace and patience. Learn, unlearn and relearn. Keep learning! In the words of Hagrid from Harry Potter, "What's comin' will come an' we'll face it when it does". A very happy New Year to all of you!

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# PRIVACY MATTERS!

**Personal space or privacy can be** said as the cocoon built by the individuals according to their comfort and desire. Acknowledgement and respect for the personal boundary defined by individuals is important, as it gives us the freedom to live and is vital for our mental and physical well-being. How many kids do I have? This question might not offend me but it might offend the other person who is either infertile or impotent, thus our simple questions can either emotionally or mentally hurt others. It reminds me of a famous proverb, think before you speak!

Unfortunately, in our everyday routine we do read about the importance of respecting an individual's personal space but seldom have we practiced. No matter how intimate two individuals are, respecting and accepting the differences and boundaries is of core importance, despite a strong intimacy there are many things which we are reluctant to share and as a matter of fact it is not possible to continuously stay in the limelight. So, privacy matters! Just like we do not like if someone either knowingly or unknowingly breaches our personal space, we should feel the same disgust while invading the privacy of others. There can be instances where your partner is not feeling likely to talk to you or may be going out for a leisure time without you, it doesn't mean that he or she is having any second thoughts about you but perhaps they want to rejuvenate themselves by staying in their

own cocoon for some time. This can only be understood when we place ourselves in others' shoes.

As Qura'an says,

**'Do not enter any houses except your own homes unless you are sure of their occupants' consent' (24:27)**

**'Do not spy on one another' (49:12)**

So, the importance of an individual's personal space is evident from these commandments. Thus, it is not something stressed upon only by philosophers; it is something to which religion Islam gives paramount importance. It is the right of every being to define their comfort zone and exercise "self-controlled freedom" within it; though "uncontrolled freedom" too can be detrimental for not just ourselves but for others too. For instance, cheating on your partner or ignoring them for long spells in the name of personal space or privacy can be inhumane and traumatizing. Therefore, it is important to



Ali Ahmed  
Media Student, Artist,  
Anchor, Writer

practice "empathy" for yourself and others; with compassion we can make the world a bliss for ourselves and for others too.

**"Empathy is about standing in someone else's shoes, feeling with his or her heart, seeing with his or her eyes. Not only is empathy hard to outsource and automate, but it makes the world a better place"**  
(Daniel H. Pink)

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## LET'S LEARN TABLE MANNERS

It is important for us to know and be aware of etiquettes and manners of eating. Eating plays a large part in our lives and can have a massive effect on our lifestyle, and overall appearance too. So let us see what are the table manners, we need to learn?

- Always recite Bismillah before you start eating. Umm e Kalthoom narrates that Prophet Muhammad said,

"When any one of you eats, let him mention the name of Allah."

- Always use your right hand for eating.

- Close your mouth while eating.

- Do not serve yourself more than

what you can eat.

- Sharing and offering others what you have is a good habit.

- Do not be wasteful with the food.

- Do not express your disapproval or dislike of certain foods. Abu Huraira reported,

"Prophet Muhammad never expressed his dislike of a food, if he liked it, he would eat it, otherwise he would set it aside"

Let us promise to follow the above-mentioned rules from today and see the positive changes in our lives.

## A PHYSICIAN'S GUIDE TO GERD



Dr. Amdad A. Faruqi  
Pulmonologist

**Have you ever felt as if food is stuck in your throat? Or maybe a burp jammed somewhere in the food pipe with the prominent discomfort arising in the stomach and as well as in the throat? Well, in this case you are most likely to have GERD, and this is the exact time when you need to see a doctor.**

**GERD (Gastro-Esophageal Reflux Disease)** is a chronic digestive disease which occurs when acid from the stomach flows back to the esophagus. This acid reflux can cause irritation in the esophagus (food pipe) eventually leading you to have problems in eating and swallowing.

### What causes GERD?

#### DID YOU KNOW?

Peppermint can give you a Heartburn. Generally, peppermint tea is considered as a cooling relief for belly-pain, and yes it does soothe an upset stomach. However, it must be avoided if you have heartburn issues.

The sphincter (round band of muscle), covering the lower end of the esophagus, relaxes in order to pass food or liquid to the stomach whenever anything is swallowed, and after swallowing the sphincter closes. However, if the

sphincter closes or relaxes abnormally, acid reflux occurs which can lead to the inflammation of the esophagus.

It is indispensable to note that everybody experiences acid reflux and heartburn at some point of life, but experiencing this state more than twice a week is an explicit indication of having a GERD.

### Symptoms

Different people are affected differently by GERD. However, the most common symptoms include,

- Heartburn--- A burning sensation in the chest. The sensation usually occurs after having food and intensifies at night.
- A strong discomfort in the food pipe as if food is stuck in it.
- Regurgitation--- the action of stomach acid or food coming back into your mouth from the esophagus.
- Swallowing problems.
- Vomiting episodes.
- Severe chest pain.
- Chronic cough and lumpy sensation in throat.

### Prevention & Treatment

It is important to consult a doctor before GERD worsens your body condition. You are likely to be recommended a proper treatment plan after a detailed examination. Moreover, a few lifestyle changes can help you in your battle with

#### DID YOU KNOW?

Your way of sleeping also impacts Heartburn. Research shows that flipping from your right side to the left side reduces the likelihood of having a heartburn during night. Sleep with your elevated head and don't eat anything for at least three hours before bedtime.

GERD.

- Maintain a healthy weight.
- Quit smoking.
- Take a walk after having a meal and don't lie down immediately.
- Chew your food properly
- Avoid certain types of food e.g. fried food, alcohol, chocolate, garlic and caffeine etc. as they could trigger your acid-reflux

GERD is absolutely curable, the only thing that matters is you consult a doctor on proper time. Since, stomach is one of the important organs of the body, its disturbance can affect your overall health in bad ways. As it is said,

**"Health is like money, we never have a true idea of its value until we lose it."  
(Josh Billings)**

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**We have been hearing a lot of** myths regarding witches and ghosts for a long time, and interestingly these myths have always managed to grab our attention, almost at every age. However, in the good book of myths, there exists an idea of "Self-love" and it is really hurtful to see it; still a mythical construct in our society.

Self-love is a fundamental notion of mental health and encompasses all beautiful gestures of appreciating yourself, patting yourself, viewing yourself positively, and even praising yourself. To be more precise, self-love is process of making healthy rules for yourself, which can be,

**I have a right to ask for what I want**

No power on earth can stop you from asking for things you want. Don't be shy, go ahead. It's your basic right.

**I have a right to say NO!**

You can say no to the requests or demands you cannot meet. Although helping others is itself a wonderful job, there is always room for saying no. Take it easy!

**I have a right to express my feelings**

Your emotions are significant, exclusive, and extremely irrational. These emotions have a strong source-point and they can arise anytime. Suppressing your emotions might not help, as they would give birth

to various other anxieties, so you must own them bravely. Even, you can feel sad at your birthday party. Don't judge yourself.

**I have a right to make mistakes**

Nobody is perfect in this planet, therefore, just be authentic and go with the flow, mistakes aren't something to be ashamed of. Mistakes always serve as an opportunity for learning and grooming. Just be empathic and merciful towards yourself for

**SELF-LOVING MYTH TO REALITY**



**Sheheryar Shahid**  
Writer, Performing Artist,  
Mental Health Enthusiast

making mistakes.

**I have a right to be myself**

No need to follow anyone. Your inimitable features make you a different human being. This is the beauty of the Creator; He has made everyone so unique and exceptionally incomparable.

**I have a right to be vulnerable**

You can feel scared. You can have an emotional breakdown. Don't question yourself if you need to cry. You are a human being, not a robot.

**I have a right to change and grow**

You can change your company, you can go for the options in life which support your personal growth.

Just paste these rights on your wake-up wall in order to replenish your faith in you. Do not hesitate in owning yourself and acknowledging yourself, because a person who doesn't love himself cannot love any other creature in the entire world.

**Let us pledge to practice self-rights and soon "self-love" will no longer be a myth in this world.**

**CHOOSE WISELY!**

We choose what to think,  
What to eat,  
What to say,  
How to spend our time,  
And at times, the choices we make

Seem insignificant, "So what if I didn't eat well today?" "So what if I wasted some time today?" "I'll do better tomorrow."

But without realizing, we're forming permanent habits,

We're shaping ourselves, And in turn, our lives, So make a choice, Is this the life you want to live?

Can you do better?  
Can you strive harder?  
Can you be kinder?  
Choose. But choose wisely.

**Aruba Ali**

/idhrudhrkibatein



**Zainab Farrukh**  
Mental Health Practitioner,  
Activist, Researcher, Writer

## ARE YOU A PERFECTIONIST?

**Perfectionists thrive on precision.** For a perfectionist, the world exists in black and white – it is either all or nothing! Being a perfectionist may also mean that you have a sharp inner critic, and possibly low self-esteem as a result of never being “up to the mark”; you stall doing your work till you are in a frame of mind for doing things “flawlessly”. Living with this trait can become a curse as it makes you counter-productive and hinders your pathway towards growth.

Here are a few tips to help you overcome your perfectionist tendencies.

### 1. Use Your Ideals As Guides Rather Than Absolute

Nothing is Absolute – everything you wish to achieve, is relative to your situation. Use your ideals as a guide to

help you grow and get out of your comfort zone – however, don't make your ideals into something you need to achieve at any cost.

### 2. Set Realistic Goals

Setting goals for yourself that are beyond your current capability can decrease your sense of worth. It will make you overlook all your achievements and hard work, and make you reflect about the things you have not been able to achieve.

### 3. Foster Happiness Rather Than Perfection

The ultimate goal of perfection is being happy and successful. Conversely, being a perfectionist makes you worry constantly about whether you have done a task right. It eats away all the joy of what you have achieved.

### 4. Learn To Delegate

Perfectionists tend to do everything themselves, as they don't trust anyone to do the task up to the mark. If you learn to delegate the responsibility to other people; it would save you a lot of time, worry and energy.

### 5. Restructure Your Perception Of Failure

Perfectionists are actually terrified of failure. Reconstructing perceptions about failure can help you understand that failure is not necessarily bad. It is merely a hurdle that teaches you to jump just a little higher, or to try a different route, to reach to the other side.

It is essential to understand that perfection is only an illusion. Being able to accept one's flaws and imperfections is what enables one to live life fully.

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## ★ LET'S TRAVEL! ★

I always wanted to go on a road trip. It had been on my bucket list for so long. To go on a road trip is something special. There's a sense of adventure that comes to mind as soon as you say the word or think about it. No other form of transit really compares when it comes to the freedom you get from taking to the open road. You get to see so much in a short amount of time, and there's always something random happening that you get to laugh at later on.

So, just a week before 2020 ends I finally got my chance. You know, a journey is best measured in friends, rather than miles. Who you travel with is more important than the destination and I'm so blessed to have this little gang of travelling friends. We were so

pumped up and freaking excited. Let's face it, we all live busy lives but traveling kind of brings you back together. *Kher*, a few days into our trip and the old gum wrappers were joined by new food wrappers and the glove box started overflowing with hotel receipts and toll taxes. But the best part was that we got to see the sun rise and set in a different city every day.

We had so much to talk and laugh about that there was no sleeping early. From taking pictures of ridiculous poses, to acting weird in hotel room, I believe traveling with friends brings out the real and wild person in you. Spending whole day by the beach and the entire night walking in the food streets. I can't even begin to explain the cosy feeling you get when you're enjoying the good things in life with your friends. I guess life is meant for good friends and great adventures. From eating roadside food to

having *dhabay wali chaye*, I swear I miss every little thing. And now looking at these pictures from the trip, I see hope, togetherness and truth. And that is enough to make me excited every now and then.

Hangover is serious, man!

**P.s. Adventure, yeah. I guess that's what you call it when everybody comes back alive.**



**Mariah Zainab**  
Writer, Poetess

/amindlesspoeticminnion

**USE INCOGNITO MODE WHILE SEARCHING FOR FLIGHTS FARES** because most of the airline search engines use cookies to take a record of your history and show you elevated fare everytime you visit them.

# HOW CAN WE LIVE IN A WORLD FREE OF NOISE POLLUTION

Imagine waking up to a world free of noise pollution, no horns in the morning, no loud music, no machinery sounds, ASTOUND!

The world we live in today is full of artificial noises, though natural sounds are also there. Natural sounds are less than 70 dB which is not considered noise pollution. Any sound above 70dB is considered to be a part of noise pollution like human-made machines, vehicles, and social events.

## CAUSES OF NOISE POLLUTION

### Traffic Noise:

The most important thing that causes noise pollution is vehicles. The horns in the vehicles produce a sound of more than 90dB. Everywhere nowadays we see cars, bikes, trucks blowing horns without realizing the sound pollution they produce.

### Effects of Noise Pollution:

Noise pollution affects the human body psychologically. It disturbs the whole sleeping patterns and leads to anxiety, stress, and depression. Noise also affects the ability to focus, which brings low performance.

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### Construction Sites:

As the population and living standard increases, people need more space to live and to shop. They started building more homes and more malls, buildings, cars, parks and construction of pavements are very noisy. We use heavy machinery to make these buildings and the sound is deafening.

### Suggestions:

To live in a world free of noise pollution every one of us has to play a key role. We need to aware people of how noise pollution can be controlled by following these three simple SOPs.

1. We should avoid noisy leisure activities.
2. Use a bicycle as a means of transport that is healthy and sound free.
3. Use material in homes that are noise

### Catering and nightlife:

The bars, restaurants, and clubs that have high music and people chattering get higher than 60dB and cause noise pollution.



**Simmat Mansha**  
Technical SEO Content writer,  
Teacher, Freelancer

absorbing, and educate people in the surrounding.

A step towards a healthy life today can affect many generations!

Be the first one to start!!

## DEFORESTATION

Deforestation is the process of cutting, clearing and removal of trees on a large-scale. It can be done deliberately or be caused by a natural catastrophe.

### Effects

Deforestation is massively discouraged by the environmentalists and is very dangerous for the world we live in. Let us study the effects of deforestation,

1. Deforested lands emit more greenhouse gases (Carbon, Methane, Nitrous Oxide, Fluorinated

Gases), which contribute negatively by increasing the likelihood of smog to occur. This also gives birth to respiratory diseases.

2. Trees regulate the water cycle, by controlling the water level in the atmosphere. Due to lack of trees, less water is emitted by the trees in the atmosphere and the soil. Therefore, it causes soil to dry leading to less or no crops-production.
3. Trees store a large amount of water through their roots. Cutting down trees disrupts the flow of water and leads to floods in some areas.
4. The most dangerous effect of

deforestation is the loss of habitat of different species of animals and plants. Studies show that 72 % of land animals and plants live in forests, and chopping off trees can cause them to become extinct.

Trees play a vital role in our daily lives, so we need to take steps to protect forests, which are;

- Planting more trees is an antidote to deforestation.

- There must be laws and regulations on governmental level in order to protect forests.

- Designing educational campaigns to highlight the significance of trees in our lives.

## HEALTH ASPECTS OF COFFEE & CAFFEINE

Oh, we do love to start our day off with a perfectly brewed coffee, don't we? From the light roast to an absolute black, and everything in-between, the satisfaction of our hunger is a worthy pursuit. So, the dilemma, whether it has health benefits or not? We might add here, excess of everything is bad.

Caffeine was first extracted from cocoa beans into its purest form, a white powder, in the 1820s by a German Scientist named Ferdinand Runge. It belongs to a group of medicines called central nervous system (CNS) stimulants. Today, it has taken many new shapes and forms, and is consumed on a daily basis by billions of people all over the world.

Studies have pointed out that an overdose of caffeine can be troubling

for people suffering from hypertension, diabetes or osteoporosis. High intake of boiled, unfiltered coffee has also been associated with moderate increase in cholesterol levels. It can also cause insomnia, anxiety and heartburn if taken along certain medications. While past research suggested that coffee might have a dark side, latest research is of the view that it may actually have some health benefits. Coffee may offer some protection against:

- Parkinson's disease.
- Type 2 Diabetes.
- Liver disease, including Liver Cancer.
- Heart attack and stroke.

Caffeine is also used in some medicines as it treats conditions like tiredness and drowsiness.

To sum it  
u p ,

it's up to you, what you want to be on the receiving end of. But remember if you are trying to cut back on your caffeine consumption you need to do it bit by bit. A sudden withdrawal can have its own side effects. And don't forget: Your favorite beverage and chocolate bar may also contain caffeine.

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Khizra Tariq  
Teacher, Writer, Artist

### DID YOU KNOW?

Coffee was discovered by a goat herder Kaldi in Ethiopia in the 1500s. He saw his goats eating coffee cherries. Afterwards, he observed a change in their behavior; they gained a high amount of energy and they didn't sleep at night. The herder shared his findings with local monks. After they made their own drink from coffee beans, they realized they could stay up all night and pray.



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

**He was sitting with his father at the base** of a mountain, the very mountain he had to mount next day. It was one of the most idolized desires of his father. While looking towards the pointed peak of the mountain he spoke in a confident voice, "Father, I can recall the promise I made last year of winning this hill for you" he turned his eyes towards his father and continued, "you are the eye witness of the effort I have made throughout the year to fulfill this promise" he refocused his eyes at the top of the mountain and boasted off, "Let me say again tomorrow's champion will be your son".

His father closed his eyes with an ease of mind and spoke in a lost tone as he was recalling something. I too was the prime option for the whole flock to fly the highest hill of this mountain in seconds..... but.....ahhh.....with the sigh of desperation he said, "perhaps, we are not the master of our desires". He became silent.

He patted his father's back and said, mother told me that you had lost one of your feathers a day before the competition. The loss of the feather marred your win but father that loss made you a hero. You sacrificed your feather and indirectly your win to save a young bird's life. Finally, that hill would have to be captured by someone else but the honor you got in losing it would keep you alive in the hearts of the flock forever.

Hmmmmnnnnn you are right.

I'll get that hill for you father. He gave a determined gesture. Yes, I know. The father showed his confidence over him.

Let's go home father.

No, we'll spend the night here. My father used to do the same. Then I'll follow the tradition father, he said.

He awakened with the cool kisses of the new morning air. He looked around for his father and found him standing right at the base of the mountain, looking towards the top with resolute eyes.

He went to him. His father looked at him with pride in his eyes and a meaningful smile on his lips and spoke, "My son I believe in you more than myself. Go and make history". Yes father. He replied with respect in eyes and courage in voice.

They went to the place of competition. The whole crowd was waiting for them. The contestants came forward. Koghan, with his father's permission, joined the flying flock. With a sound, the competition was started. Everybody was witnessing as expected, Koghan was leading the flying squad. Seagull was happy to see his son near the success. Koghan was really close to kiss the highest hill of the mountain, the

rest of the birds were far behind. Everyone was close to clap for Koghan, but to their surprise, he stopped in the air right before the top.

No one knew what made him to stop. He then dove rapidly a bit below the top and disappeared.

Koghan was near the hill and was happy to get that hill for his father. He raised a cry of joy and with a dive he approached the hill. Meanwhile he had to stop in the air. He had seen something unavoidable. A big snake was having a fight with a bird of his flock. He failed to recognize the bird but whoever he was he was in a need of help. He could help him but he would miss the hill. To help that bird was meant to lose the sure win and to sacrifice his father's desire. The conflict of what to choose and what to neglect put him into trouble. For a moment he stood near the hill and reflected. His father lost the hill to save a life. He closed his eyes, asked his heart if his father had been here what he would have chosen? The life: His heart echoed. He saw the hill last time with tears in eyes. Turned his face towards the bird in need.

A wave of surprise and wonder swept through the audience. They

were still and silent. Koghan was out of scene. Ghoghan; another young bird of the clan had reached the top of the hill. In shock not even a single hand clapped for Ghoghan's win. Because the whole crowd of audience knew that Koghan was the best and he had worked a lot for the whole year to win this competition. Then what made him cheat his father's most cherished desire? In this moment of shock there was only one being who was quite normal without any wrinkle on his forehead. He was the Seagul, the father of Koghan. He was quite confident that if Koghan was not at the top, there would be some serious reason behind.

Meanwhile the crowd had seen Koghan. He was alighting towards the audience. To their surprise, he had something in his claws. What is this? They looked at him with a wonder. When he

came closer to the audience, the thing in his claws was visible. It was a wounded and bleeding bird of the enemy clan. Different questions were arising in their minds. What happened to him? How did Koghan reach him? Why did Koghan save his enemy? They wanted to know the answers of these questions. Kogan landed near his father. He unclenched the wounded bird from his grip. Some birds hurriedly came forward to assist that bird. Kogan reached his father with a stooped head.

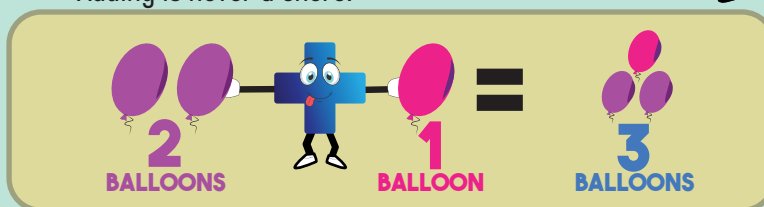
Seagull asked his son, "Raise your head my son. I can believe there would be some unavoidable reason that marred your flight otherwise everyone here knows that it was your top today".

Kogan with a heavy heart and tears in his eyes. Father I could win your dream for you but for

that I had to overlook someone who was in dire need of my help otherwise he could have lost his life. Sorry father I am not the winner of the day, sorry... He started weeping. Everyone was waiting for Seagul's response. Seagull moved forward, embraced his son warmly, patted his back and spoke in a strong voice. My dear son! I'm really proud of you. You have proved that you are the true son of your father. If you had let him die you would have lost your father's love and appreciation. He sat near that wounded bird, patted his head kindly and said, "Life matters more than any victory. He rose up, embraced his son tightly again and said, "I'm proud of you my son you are the real Winner of the eve".

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Hello I am Addition. People call me PLUS as well.  
I am a generous young man, giving to others whenever I can!  
I'll show you how many that you have IN ALL  
When I come around your SUM will grow tall!  
I ADD numbers TOGETHER  
so that you will have MORE!  
Adding is never a chore!





# THE IDEA OF TIME TRAVEL & UNDERSTANDING TIME

No matter how fortunate and privileged we are, we all look back and think about what we could have done differently. Maybe that's where the idea of time travel was conceived. After all, often when movie plots seem to be running dry, time travel is an interesting addition, allowing for fewer probable outcomes to be achieved. Yet how scientifically feasible is the idea really? Based on Albert Einstein's 'Theory of Special Relativity', time is malleable by gravity and relative based on speed. That's why clocks in aircrafts and satellites move at a different rate than those on earth. The speed of light is the fast measure of time that we know. To Einstein time was the 'fourth dimension'. So, what about the idea of travelling forward and

backward in time. According to NASA, in theory it is actually possible, just very difficult. Just probable is that we could bend space-time so far that time lines turn back on themselves to form a loop, technically known as a 'closed time-like curve'. One theory even suggests that a time machine would have to be made of an exotic form of matter with so-called 'negative energy density'. This exotic matter would move in the opposite direction of normal matter. According to theoretical physicist Amos Ori, at the Technion-Israel Institute of Technology in Haifa, they could just use a "doughnut shaped hole in normal matter". Using a gravitational field, they could bend space-time upon itself creating a 'closed time-like curve' inside this



Ummara Sheraz  
Best Emerging e-Journalist  
Award 2019.

doughnut-shaped vacuum. To go back in time, a traveler would race around inside the doughnut, going further back into the past with each lap.

"If we were to create an area with a warp like this in space that would enable time lines to close on themselves, it might enable future generations to return to visit our time."

Of course, all of these theoretical possibilities have their own list of obstacles. So, in the end all we really have is 'what ifs'. Isn't that how we end up missing out on the time we already have.

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**Briefly, python is easy-to-learn** high level programming language, which is useful for almost any kind of task. Python was released in the late 80s in the Netherlands as a successor of ABC Programming Language. Programmers mostly fall in love with Python and move on to working with it because python interpretation is fast, it supports multiple functionalities for which other programming languages may require external modules support. From the basic levels of structured programming to complex neural network models, python is quite helpful and of course provides you with a vast range of built-in libraries to assist your code.

But the question arises: what do we get after learning Python? Answer to this is pretty basic, do

not learn it as a specific programming language term. It could be employed in your daily routine tasks. There are various coding-sources on the internet that could be supportive in designing your code. Let's say, in a cold weather, you're lazy enough to get out of your bed to turn off the light before sleep, it is perfectly fine as Python got your back, you can design an application of your own for that. Want to trace prices of airline tickets from the web to get the cheapest one? Python gives you 'scrapy' for this. Or maybe you want to test some application your friend just developed? Use 'selenium' and automatic testing procedures. And if you are creative enough to design digital graphics, you can use 'Python Graphics Library'.



Raheel Asghar  
Google's Certified Computer Scientist,  
A Pythoner with cool vibes.

There are so many resources for each of the tasks. Python can be utilized for optimizing tasks by reducing human effort. In this way it would result in a helpful manner as well as you'll learn something worthy.

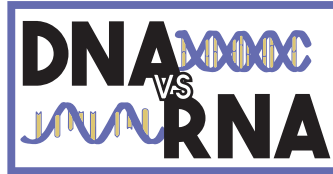
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### DID YOU KNOW?

The language's name isn't about snakes, but about the popular British comedy troupe Monty Python (from the 1970s).

**Twisted leader with attractive colors** is the structure everyone can recall from their early school years, maybe not by name, but surely can recollect the picture in their science books. Talking about the DNA, sometimes it feels that DNA takes all the credit, yes, it's very important: it codes for your traits. However, sometimes what gets left out is how important RNA is. Without RNA, you actually couldn't get that genetic message out of your cell so that they can produce proteins. RNA is a biomolecule just as significant as DNA. DNA stands for deoxyribonucleic acid. Deoxyribose is a sugar, and nucleic acid is the type of biomolecule. DNA is double stranded and is in a double helix shape also known as twisted ladder. Moving on to the DNA bases, which are certainly important for the codes in your traits are adenine, thymine, cytosine and

guanine. While studying them, I would use a specific learning technique to memorize them i.e., Apples(adenine) in the tree(thymine) and car(cytosine) in the garage(guanine). DNA is found in the nucleus.



RNA stands for "Ribonucleic Acid". The "ribo" is actually the part of ribose which is a sugar, as DNA has "deoxyribose" RNA has "ribose" and they both contain sugar. Moreover, RNA also has four bases A, T, C, G just like DNA. RNA also has the same bases except the T(thymine), there is no T in RNA, rather it contains U (uracil). So, the learning technique for RNA would be different i.e.



Zil-e-Huma Junjua  
Psychologist,  
Content developer,Writer

apples (adenine) under (uracil) the tree and car (cytosine) in the garage(guanine). Like DNA, RNA begins inside the nucleus but it travels out of it and majorly helps deliver the message. There are three types of RNA. First is messenger RNA i.e., mRNA and its job is to carry a message based on the DNA. Second type is called the transfer RNA i.e., tRNA and its job is to transfer the message, then we have rRNA stands for ribosomal RNA and is a component of the ribosome which yields protein.

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“

**THE INK OF THE SCHOLAR IS MORE HOLY  
THAN THE BLOOD OF THE MARTYR**

**PROPHET MUHAMMAD**

”

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# SILVER-LINING ANTI-HARASSMENT LAW



Tehreem Shah  
Socio Political Content Analyst

**Harassment includes** any non-consensual physical or verbal behavior that offends, intimidates or humiliates the other. Coping-up with the upshot of harassment has become an integral part of our thought process, as it has been taking a devastating toll on an individual's wellbeing ranging from mental, emotional at times physical health. Keeping in view the current scenario without a doubt one can say it is no more gender specific. In the wake of overwhelming circumstances, one needs to be aware of litigation associated with harassment. Harassment and modesty both vary from culture to culture. It's a multifaceted menace that requires organizational structure to counter its traumatic ramifications.

Over the recent decade, the rampant of harassment gave rise to new laws and amendments in already existing laws, for example "Protection against Harassment of women at the Workplace Act, 2010". Earlier it had compensatory provisions like it creates civil liability, which at maximum suggests the accused to be removed from employment but amendment in that (Section 509) creates criminal liability.

There are glad tidings for folks of Pakistan; keep your chin up, we are equipped with various provisions under the umbrella of Pakistan Penal Code (PPC) and Ombudspersons at the provincial & federal level. If you are in any public place, Section 509 provides the facility to punish the perpetrator with imprisonment with a maximum limit of three years or they can be fined up to PKR 500,000 (5

Lac) or both.

**Are You Aware?** If you sense any indecent and vulgar/derogatory thing e.g., sounds, gestures including a song with vulgar lyrics, it is no more dream to get the persecutor punished! Yes, you are there, he shall be liable under section 354A of the PPC (1860) and shall be imprisoned for three months or may be given a fine or be ordered to do both. If a person assaults a woman or uses physical force against her, shall be liable under section 354A of PPC (1860). The accused may be given a death sentence or imprisoned for life.

**Have We Made Any Progress?**

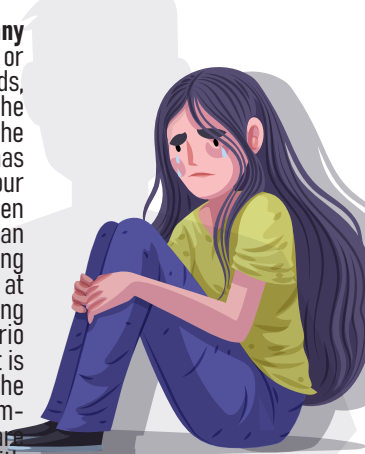
Yes, we have in terms of having laws. The point to ponder is how to vigilantly implement them. Certainly, on the path to get justice, there have been stumbling blocks but again only we can make them real by using them as tools. To project one side of the story has never been justified, so to maintain the equilibrium we have Section 496C.

For instance, what had

happened with Brain Banks (American Foot-baller) was unfortunate, he got imprisoned for six years after being falsely accused of physical assault, however, to avoid this kind of catastrophe, under PPC we have Section 496C; "Punishment for false accusation of fornication. Whoever brings or levels or gives evidence of false charge of fornication against any person, shall be punished with imprisonment for a term which may extend to five years and shall also be liable to fine not exceeding ten thousand rupees". The person who is falsely accused can use Section 496C to punish the persecutor. It's time to take a practical leap as there needs to be a psychological underpinning for the public through media tools. Research is needed to identify personality traits, Psychopathy Machiavellianism and Narcissism.

Structural patriarchy in lower courts and police stations needs to be dismantled as to prevent harassment before giving a proof that one had been harassed. Mentality that women should bear the consequence of liberty (women comes out from their homes to work) in the form of harassment needs to be changed.

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# "SACRIFICE"



**Aaima Ayub**  
Aspiring Writer,  
Biotechnology Student

"I guess one last flight won't kill anyone." She struggled to take control of the craft. It was speeding up, faster than she had ever gone. Her heart pounded. Well she guessed anyone would be scared. Especially if increasing speed meant that end was nearing.

"Control room to fallen tears. Can you hear me?"

A voice came from the radio. Static interrupted it, but the message was heard perfectly.

"Fallen tears to control room. Mission in progress."

She reported. "Why so serious. It doesn't suit you."

The commander replied. She flicked controls, stopping short of ending the call. Her fingers trembled at the edge of button. "By the way Sir. Did I ever tell my husband how much I loved it? His gift?" She asked him. Her voice did not waver, not even once. Nor did it betray the tears that wet her cheeks. "No." A strangled reply came from the other side. "You never said one word when he played it. He had poured his heart in it and you had stayed silent." She chuckled. "I wonder why I did that. I guess I was just shocked, it was so unlike him to be that sweet." "Hilarious." "I wish" she continued, "I had told him just how much it meant to me. How every moment with him shined brighter than these stars." The midnight sky grew deeper and deeper. She took an unstable breath and located her target. "Please." Her hand stilled at the weak plea. "I wish. I wish this moment never had to pass. I wish I were still home with my family more than anything. But I am a soldier before anyone else. So just...tell me I'm

doing right." There was a short pause before the commander responded. "You are doing amazing so do not fear the end." She fumbled with her pockets and then took a final glance at the wedding ring. "Tell my husband something. Tell him He can cry from time to time, but he must be strong for our baby. And tell Hazel her momma loves her more than anyone in this entire universe." She put on her mask. "Fallen tears reporting her last mission. Have faith. May God bless us all." A faint sound floated through the connection. Her husband stifled a sob. It was his melody, being played in a craft miles away from him. Asterea said her final prayer. A loud crash erupted before silence fell. Below, people rejoiced. Teary eyes thanked the brave hero who stopped the missile from targeting innocents. Some cursed the enemy. Few of them prayed for the kind angel. The control room was silent. Everyone saluted the mighty martyr who earned their admiration. In front of them was one man who had stayed strong for too long. Who neither praised nor celebrated. At last he fell, realizing what he lost. Then he broke. He screamed and cried like a lost child. Clutching the crumbled picture of his wife. "Mission successful. Fallen tears. You will be remembered." Commander sobbed out, unable to take in his wife's final moments. A shrill laugh pierced the room and the commander straightened at once. He made his way to the locked window, where his infant giggled, delighted at her mother's picture on the monitor. Extending her arms towards it. Demanding to feel her mother's warm hold. He gently picked her up, wiping

her sudden tears. Hazel borrowed her face in her father's embrace. Then the commander finally whispered his answer. "Do not worry My dearest wife. We will make through it, both of us. I promise."

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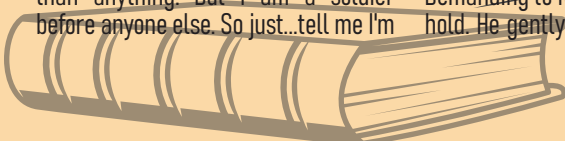
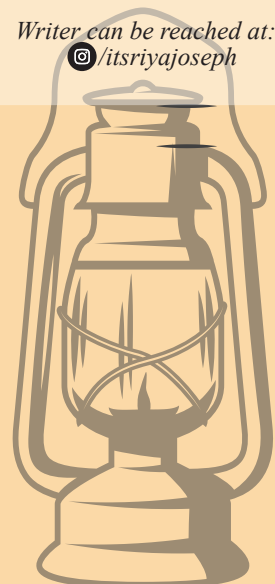
**Riya Joseph**  
Writer, Poet

## CHANGES

The pain is healed, the mending is done  
The heart survived all the burns.  
But what remained remains still;  
The love of her lover  
The chaos of her parents  
The bond with her sister  
And the constant desire.

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## CULTURE: AN ENDORSEMENT

**Socially agreed, constructs take** years to get culturally sanctioned and are eventually made a norm. Each thought that exists, can be classified into: 'how it is' or 'how it ought to be'.

People make things look like a 'thing'. Narratives, perceptions and doubts make it worth-something. The 'how it is' aspect to it, determines how things are, for instance: how marriages happen in South Asian or Pakistani context. Social constructs like a marriage should last a lifetime, or the bride should lower her gaze, smile less, and clench her toes whenever the groom arrives, an ideal 'bride' candidate should be home-bound and have no friends at all, or some. Well, that's only because someone a hundred or a thousand years ago defined an ideal bride by a mere thought. And a mere thought was sanctioned and imposed and eventually made a culture. In the case of an ideal groom, he should earn for his wife, and provide her with shelter. It won't matter if he is, or isn't, interested in household and domestic issues and affairs.

This also defines the 'how it ought to be' aspect to it. Culture is ever growing, as well as never growing. Culture defines what we should or shouldn't wear. Culture is merely a thought and a perception. Like, we aren't supposed to wear a funky dress on a funeral, that would obviously

seem odd. People would stare at us. The problem in my opinion is not in the dress, but in the perception. Culture has made us think in one way, and not the other, that's how perception works.

Culture keeps evolving with time: changes are made according to a specific era, so culture is ever-growing and evolving. But a culture cannot completely be canceled, there are constraints and limits to culture. So, reciprocally it is never-growing. Supposedly, if a culture is to be canceled, it would take an eternity and would start as a thought, where a thinker would suggest a new thought, and would define 'how it ought to be' aspect and with that being 'thought', would come new perceptions, understanding and doubts.

However, culture should not entirely be blamed for misrepresentation/representation of a society. It's the interpretation which makes it seemingly odd. A culture is no one's fault, and simultaneously, everyone's. The human mind is vague, with its fragile ego, doubts and opinions. The search for a fresher truth keeps us going. Constructs are not entirely agreed upon principles, but there are some slight errors: which could be termed as loopholes. To fill the spaces in the evident loopholes, a new thought spawns out of the wild which becomes the basis of a newer thought or in a broader



Tahir Inqalab Syed  
Observer, Poet, Rap-artist,  
Writer, Analyst.

context; a new culture. So, culture should be defined as a constant cycle of time, evolution, ideas and thought which could or couldn't be endorsed by the masses.

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### اے اجنبی

جا میں نے اب یہ تجھے سوچا  
سوچ کر بتا  
کیا تیرا کوئی کام کہیں ادھورا تو نہیں  
تجھے کہیں کسی سے ملنا تو نہیں  
تو کہیں کسی کو اب تک یاد تو نہیں  
تجھے ابھی کسی کا انتظار تو نہیں  
کہیں وہ روپ میرا تو نہیں  
جو مجھے بے چین کئے ہوئے ہے  
وہ کسی کا کوئی پیغام تو نہیں  
جو خود میرے علم میں نہیں  
وہ کسی کا راز تو نہیں  
ایک بار جھجھوڑ تو سہی مجھے  
ایک بار تو نظر ملا مجھ سے  
شاید کہ وہ روپ میرا بدل جائے  
تجھ سے تیرا کوئی تجھے مل جائے  
اور مجھے  
تیرے حصار سے آزادی مل جائے

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Qudsia Amir  
Poet, Writer



## QUOTES CORNER

“

*The Divine is found by those with pure and true heart.*

*(Bulleh Shah)*

*No nation can rise to the height of glory  
unless your women are side by side with you*

*(Fatima Jinnah)*

*If you wish to know how civilized a culture is,  
look at how they treat its women.*

*(Bacha Khan)*

”

## "POET'S DEMISE"

**Hence, drawn are the lines of  
fall and rise**

Vitória Death-Sun; a wise  
demise  
Pages torn, awry words and  
broken nibs  
By passé hands, wilted face,  
dried breath and the lips

But, Oh Poet! For what...Have  
given you up?  
To whom you owe such a doom?  
Forgotten joy and exotic youth  
Last dark days, alone, in quiet  
room

Colors are ashen but not black  
and the white

Blurred hopes, yet odious with  
fading sight  
Gone is life; from ever dimming  
eyes  
And those bade farewells and  
unsaid byes

Yet, Ah Poet! What of byes; good  
or bad?  
The hearts you broke; saintly  
teared?  
In hope of hope; for hopeless  
delight  
All sins played and was none  
spared

All the credos; creeping in  
walls; cracked

Hollow thoughts and petty  
beliefs bared  
Union in unity, enmity in unity  
Lost in surreal transcendent  
reality

Thence, Aye Poet! A bliss is  
senility  
Souvenir of memories; an evil  
pain  
Better you are, to loose  
conscience  
More such you live, the more in  
vain

**(Omaer Yaghei)**





# طباقت

شائستہ حنیف  
افسانہ نگار



سلسلہ روز و شب نقش گر حادثات  
سلسلہ روز و شب اصل حیات و ممات  
مجھ کو پرکھتا ہے یہ، تجھ کو پرکھتا ہے یہ  
سلسلہ روز و شب صیرفیء کائنات

چکی ہوں۔ دہشت و وحشت کے اس احتزاج نے کچھ لمحوں کے لئے مجھے بھی بے دست و پا کر دیا۔ مجھے ادراک ہوا کہ "میں بہادر ہوں مگر ہارے ہوئے لشکر میں ہوں۔" آکولوجسٹ کے ساتھ میرا پہلا کاؤنسلنگ سیشن ہوا۔ اس نے تمام بے رحم حقائق میرے سامنے رکھ دیئے۔ زندگی اور موت کے اس کھیل میں ہار اور جیت کا تناسب بھی بتا دیا۔ یہ بھی بتا دیا کہ کمیوتھراپی رگوں میں زہر اٹھانے کا عمل ہے۔ یہ زہر آپ کے سرطان کے جراثیموں کے ساتھ تمام حیات بخش جراثیموں کو بھی ہلاک کر دیتا ہے۔ موت کا ڈر اور تیش کی کمی حیات بخش جراثیموں میں پنچہ آزمائی کی طاقت نہیں رہنے دیتی۔

بس یہیں سے "ظلمات سے نور" کی طرف کا سفر شروع ہوا۔ ہر منزل آسان سے آسان تر ہوتی گئی۔ ایم آر آئی کے لئے جب قبر نما مشین کے اندر دھکیل دیا جاتا تھا تو اُس قبر میں کوئی دھیرے دھیرے سرگوشیاں کرتا رہتا تھا

لا تحون، لا تحزن  
(ڈرنا مت، ڈرنا مت)

جب معالج میرے جسم میں موجود "ناسور" کی کمین گاہ پر خنجر آزمائی کر چکے، زخم کی رفوگری ہو گئی اور درد کی ایک منزل طے ہو چکی تو

ایک اور دریا کا سامنا تھا میرے مجھ کو  
میں آک دریا کے پار اترا تو میں نے دیکھا

حقیقتوں کے ادراک کے بعد میں رپورٹس کو طاق نساں پر رکھ کر تیش کی ذرہ پنپنے، توکل کی کشمیر بے نیام تھامے

"لا یكلف الله نفس الا وسعها"

کی تسبیح کرتے میدان جنگ میں اتر گئی۔ والدین، بہن بھائی ہر قدم پر "محبت کی تازہ پہنچانے لگے۔ دوست احباب شاگردوں نے اپنے دعاؤں کے حصار میں لے لیا۔ میں نے کب سوچا تھا کہ زندگی "محبوبوں کے نئے نصاب" لکھے گی۔ میں "محبوبوں کے معجزے" کی بھلا کب قائل تھی؟؟؟ مگر محبوبوں کا آب حیات جب قطرہ قطرہ بن کر جسم و جاں ول پر کو مہرکانے لگا تو رات کی تنہائیوں میں، شب کی آخری ساعتوں میں جب رب ذوالجلال آسمان ا جلوہ افروز ہوتا تو میں چپکے سے سرگوشیاں کرنے لگتی تھی۔

جڑے ہوئے ہیں کئی لوگ میری ذات کے  
ساتھ  
میرے خدا تو مجھے ٹوٹنے نہ دینا

ہر کمیوتھراپی کے پہلے دن میری ماں سارا دن میرے سرہانے بیٹھے نہ جانے خدا سے

ہسٹوپیتھولوجی رپورٹ آئی۔ رپورٹ کیا تھی گویا "طبل جنگ" بج اٹھا تھا۔ "میری اور کینسر کی جنگ"۔ جس طرح کانٹا چھلکی کو لکھنچ لیتا ہے۔ اسی طرح "رسولی" کے ناخواندہ، بے مصرف بے رحم لو تھڑے نے مجھے ہسپتال کے بستر پر ال چٹا تھا۔ میری ہنستی گائی، دوڑتی بھاگتی زندگی "کینسر وارڈ" کے چرچراتے دیوہیلک دروازے کے باہر رہ گئی تھی۔ وارڈ کے استقبالیہ پر ایک بورڈ آویزاں تھا جس پر ایک "مکروہ کیڑے" کی تصویر تھی۔ وہ "ہیکڈا" ایک ہرکارے کی طرح وارڈ میں "موت کی چٹھیاں" بانٹتا پھرتا تھا۔

کینسر کے کیڑے" کو انسانوں سے بڑی محبت ہے۔ ایک بار کوئی اس کی گرفت میں آجائے تو یہ اسے چھوڑتا نہیں۔ جب تک ایک ایک رگ سے زندگی کا امرت پھوڑ نہ لے۔ "کینسر" بے سمت کا لے سفر کی کھٹا ہے۔ میں دزدیدہ نگاہوں سے اردگرد کا جائزہ لینے لگی۔

سفر کی صعوبتوں سے نڈھال صنف نازک، سحر کی دلدل میں دھنسی بے خواب آنکھیں، آنکھوں میں پھیلے وحشت کے پاتال، رخساروں سے ابھرتے ہڈیوں کے مینار، تنگن آلودہ لپچے جیسے صدیوں سے دشت ظلمت میں چل چل کر بے دم ہو

وہ پچھلے برس کی شب عاشور تھی۔ گلی کو بچے روانے سیاہ اوڑھے نوحہ بلب تھے۔ شب کی آخری ساعتوں میں میرے وجود سے درد کی ایک لہر اٹھی جیسے جلتی ہوئی موم آہستہ آہستہ پھیل کر زخموں پر گر رہی ہو۔ کچھ دنوں سے درد کی ہلکی ٹیسیں مجھے کسی "انہونی" کی خبر تو دے رہی تھیں۔ ہواؤں پر کوئی تحریر لکھی ہوئی تو تھی۔ بے حروف لفظوں کی بے صوت صدائیں میری ساعتوں سے ٹکرا تو رہی تھیں مگر میں انہیں طوق تو ہم میں جکڑی صدائیں سمجھ کر جھٹک رہی تھی۔ ہنگامہ خیز زندگی اور تمناؤں کے شہر افسوں کی فیصلوں اور درپہلوں سے جھانکتی پریاں ہر روز اپنی جانب کھینچ کر مجھے "میری ذات" سے بے خبر کر دیتی تھیں۔

میں آدم زادی ہوں۔ نسیان و خطا میری سرشت میں ہے۔ میں بھول گئی تھی جب آپ رکتے نہیں تو روک دیئے جاتے ہیں۔ گرتے نہیں تو گرا دیئے جاتے ہیں۔ سو مجھے بھی روک دیا گیا، گرا دیا گیا۔ درد سے تڑپتی حالت میں جب مجھے ہسپتال پہنچا گیا تو او۔ پی۔ ڈی کی بلند و بانگ مہارت کی پیشانی پر جلی حروف میں ایک عبارت لکھی تھی

واذا مرضت فهو يشفين

اور جب میں بیمار ہوتا ہوں تو اللہ تعالیٰ ہی مجھے شفا دیتا ہے۔

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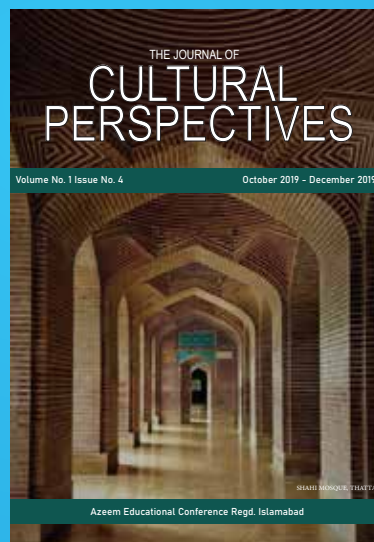
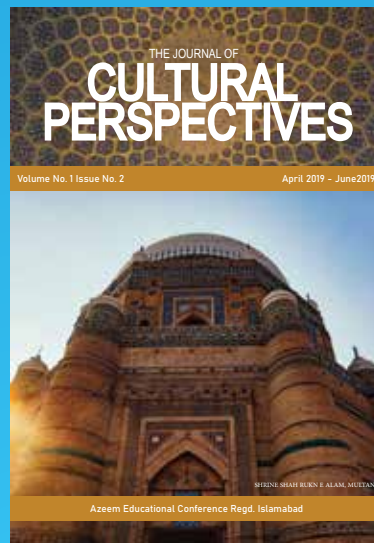
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