

MARCH 2021 – VOL. 21 – ISSUE 03

# AZEEM MONTHLY ENGLISH MAGAZINE



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# WOMEN

ARE THEY RIGHTLY LEFT-OUT?

23<sup>RD</sup> MARCH – PAKISTAN RESOLUTION DAY

UNDER THE SUPERVISION OF AZEEM EDUCATIONAL CONFERENCE (REGD.)

PKR 175



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".

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

AEC intends to inculcate the values of social awareness, development, constructive journalism, cultural harmony and positivity among the society. AEC works on its mission through different projects comprising monthly Azeem English Magazine, quarterly "The Journal of Cultural Perspectives", mental health workshops, webinars and various training projects.

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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 remodeled itself with fresh and diverse content from talented writers. This issue features some exclusive educational essays by scholars, which is going to be an insightful and stimulating experience.

*Happy Reading!*

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



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23<sup>rd</sup> March  
**PAKISTAN  
RESOLUTION  
DAY**

**23rd March 1940**, 70 years ago people gathered at Minto Park with passion, determination, the dream of making their land and of living life freely. They gathered there, standing side by side as a strength for another, to decide their future under the great leadership of the All-India Muslim League. 23rd March has remarkable significance in the history of Pakistan. It is the day when our great leaders signed the Lahore Resolution which became the bedrock, containing pillars of struggle and determination of Pakistani people.

The Legacy of our founders is marked by a significant structure that stands on a stone where our founders once stood 70 years ago, Minar-e-Pakistan. The start of the Pakistan movement from 1940 onwards, is marked in the form of two tree crescents, a five-pointed star, and a blooming flower. This all shows that after all the hard work Muslims finally achieved their nation through untiring efforts.

This 23rd March calls for the reawakening of passion and love for our country. We need to recall all those people, our great grandfathers, who sacrificed their lives for us to live in a peaceful environment. We need to stand firm and united to make this country progress and prosper.



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# LET'S MEET

## TAUSEEQ HAIDER

*Veteran TV Artist,  
Host & Presenter*

### What made you join the media fraternity?

Well, I think “poverty”, *ghurbat* has been the major drive for me to join the media. See, my father was not a rich man and I was just a teenager, when I joined Radio Pakistan to make my both ends meet. I used to get a small amount of money by reading news, and being a student, it was sufficient for me. If my father were rich, I would not have joined the media, instead, I would have run any business after studies. When I was 17 years old, I, of course, needed money. At that point in my life, I realized that I can speak well, and can try in radio. Therefore, I got auditioned and was fortunate enough to get selected. I would get a satisfactory amount, and I remember, none of my fellows were working or

earning, so I would feel really blessed. This is how it all started, so you can say it was my “need” to work initially, but with the passage of time, I actually fell in love with the microphone.

### What were your goals when you were young? Were you ambitious?

To be very honest; I had no goals. I was never ambitious, and even still I am not. I am not future-oriented, and if you ask me about my future plans now, I would say I don't know, maybe because I live in the present. Very much in the present (smiles). When I was a teenager, I would just focus on my daily tasks, and would hardly think about the future. Precisely, I had never thought to be what I am today, trust me, I had never thought to be somebody famous. You can say, I just go with the flow of time.

**You have been working for the past 34 years; tell us how the Media Industry looked like then?**

As you know that I joined Radio in 1987, which was an amazing journey. Afterwards, I worked with PTV for 10 years; and it was a great learning experience for me. Till this time, I had an established career, then in 2002, I entered the private media sector. Honestly, I consider myself lucky that I have seen this industry emerging; from the "Radio FM" to "only TV era", and from "private media" to "digital media", I have worked in every medium. I feel immensely content and blissful to be a part of the generation who has witnessed multiplicity in media; and can integrate my experiences to come up with useful and diverse content. I think I have enjoyed working in every medium, although I am very less active on social media, but it really fascinates me. Well, I would say, even in today's world of social media, I still have beautiful elements of old PTV and Radio's *sadaakari* in me.

**Life becomes hectic and strenuous sometimes, how do you cope with the challenges that come your way?**

Honestly, I have never faced any "acutely stressful" situation in my life, touchwood. I consider myself blessed for that, but, if anyone is going through some difficult time, I would highly recommend connecting to nature; plants, animals, mountains etc. It surely brings positivity and peace in one's life. If you talk about me, I rejuvenate my energies through

nature.

**If you are given a magic-stick, what change would you like to bring in the TV industry?**

Now this is what I call an interesting question (laughs). I really wish to see regional languages growing. I feel people especially youngsters, these days, feel shame in owning their mother tongues and they feel proud of "not knowing" their language. I don't say that foreign languages should not be used; I just say that whatever you speak, you should have sound knowledge about that particular language. At least we can try to promote our regional languages by owning them and speaking them correctly. It really hurts me to see people taking pride in not being able to speak Urdu. I keenly wish to change this culture.

**Being a veteran Media personality, what message would you like to give to our young media enthusiasts?**

The only thing I want to say is that young people should be very careful while using social media. For the sake of a few likes or followers, you should not do "everything". Some things should be done with supreme care and thoughtful consideration. Young people should learn that "what not to do" on social media is of paramount significance. Instead of dos of digital media, they should focus on don'ts more to make social media experience pleasant for all of us.



**W**omen have been objectified, overruled, and denied in every aspect of life. Most of the women in Pakistani, and more broadly in, South Asian and Arab culture, are still barred from their choices. From art to culture to literature to education, women have been confined to only two classification - *'humnawa, humsheera, humdum'* representing the ideal traits of women, whereas, *'badzubaan, badkaar, badchalan'* being the wicked traits.

If we look at the population ratio, women have outnumbered men since the last few centuries. But less women appeared as heroic figures or prominent figures or their due credit has always been, owing to the deeply embedded patriarchy at grassroot level.

Think about it, by heroic women, the first thought that strikes us is a woman who can do a man's job - a woman who's more masculine in her traits. Why not normalize accepting women as who they really are, other than to get married which, quite systematically is the last resort for every woman.

A common observation,



**Tahir Inaqalab Syed**  
Observer, Poet, Rap-Artist,  
Writer, Analyst

that women are less opinionated in other-than-household or domestic chores, and thus are less influential in policy and decision making, reasons being less female representation in different areas of life. Most women are confined to *"ghar, grehsti and gunbad"* only. Looking at the men-to-women ratio in terms of population, we need more women in the working sphere, in policy and decision making, I believe it's the need of the hour. Not advocating the liberal school of thought or not denying Marx's take on societal roles, but definitely negating the conventional/orthodox regime. Today, we need more working women, with dreams and ambitions, and choices and options for the economy to sustain rightly.

In the contemporary era, television, entertainment industry and social media tell us and compels us, to think in either way: the behavioral patterns, the school of thoughts, objectification and perception. There's a bunch of *"bechari abla nari"* typos. There's a bunch of *"churail makaar badkaari"*



typos. In this regard, things are more black and white, with less room for the grey matter to exist, so vision remains unclear, as women are type casted, in two major classifications. In my opinion, women; other than two mentioned type(s) should be represented as-well-as others too. In this way a newer way to live, think, perceive and believe can be achieved. Even our cuss words, and abuses, are more women-centric. Objectification is just the bi-product, while patriarchy and misogyny work as catalysts. It represents the collective mindset and thought process. What seems normal for the spider, is chaos for the fly, the knitted web is the condition(s). Observe this case study, as: women, patriarchy/misogyny and society(projection).

Another rhetorical question, which, to some extent, resonates with the title of the article, "do women even want to be liberated?" I guess, no one asked for their consent, in the first place, ever. Consent, still is an alien concept, and the norm that has compelled women to stop existing or believing or thinking: "women don't behave like that" or "an ideal woman candidate should not tell her choice." Talking about our thoughts and virtues, an important question arises: Are our thoughts and virtues are projection of our society, or are they really our thoughts?

Women give life to life literally, then why settle for less? If someone wishfully wants to get married, it is totally their call; if someone wishfully wants to get a job, their call. This is the right time to address these issues, and

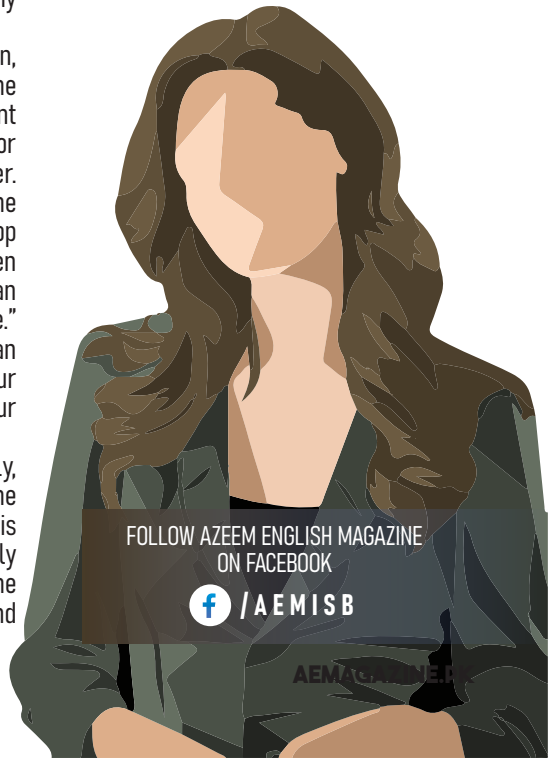
rethink our morals giving more space to women: to choose, to seek, to think, to exist, to believe, and to be, but of course, with their due consent and choice; remember, choice is an option, compulsion is not. And this is what International Women's Day is about: to let them seek for themselves. A commemoration that women shouldn't be neglected, denied their choices and opinion(s). That women aren't to be left-out: rightly or unrightly.

**Happy Women's Day!**

**"Y'all Appreciated!"**

Tupac Shakur

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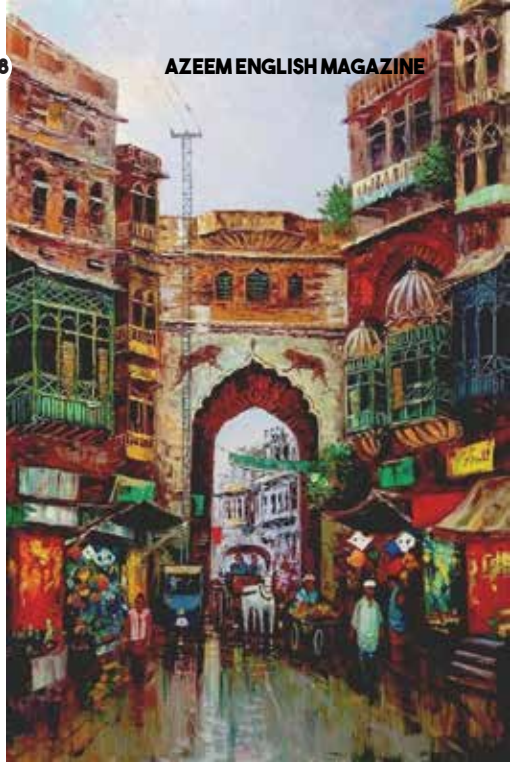
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# The Cultural Profile of Pakistan

A culture is a set of shared values, emotions, attitudes, symbols and modes of thinking and evaluation that characterize people. Usually, the culture of people is expressed in a language and its dialects in oral and written forms. Sometimes, even the script used by the people comes to be associated with their cultural identity. The roots of culture are varied but a mixture of fact and fiction, history and folklore, song and music, romantic and heroic epics, the art of oral storytelling and fiction writing, and standards of beauty and aesthetics can broadly be described as the culture of people.

A culture takes a long time to evolve and, in the process, acquires distinctive traits; it is nearly always changing but may appear to be still and static to insiders as well as to casual observers. Moreover, notwithstanding its palpable presence in the lives of people, culture is nebulous and vague. Within a culture there are several sub-cultures and within them are different social classes and ethnic minorities. Nevertheless, there are some constant variables in a culture which define its peculiar traits and characteristics. Most centrally it is language which is considered the



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core factor in the identification, demarcation and classification of cultures. However, some writers may take an ideological stand on this issue and assert that religion is, and should be, the key determinant of culture.

It can be argued that intellectuals and the intelligentsia of a society enjoy great advantage in shaping and expressing the national culture associated with the modern state. The state and its institutions ensure that cultural

production conforms to the official national identity and ideology. The entertainment industry which includes cinema and television channels is expected and advised to reflect a distinctive national culture.

However, beyond the purview of the state is folk culture of the masses which often contains a richer and more diverse collective historical memories. It is the vast reservoir in which customs and traditions handed down from the past generations can still be found in pristine, unadulterated form despite ongoing changes taking place because of rapid social mobility and urbanization.

One can argue that in Pakistan, there is a state-based official culture strongly emphasizing common religion and the Urdu language as the hallmarks of Pakistani identity. It is disseminated through government institutions, the educational system and the mass media. A host of other symbols and practices are cultivated to project the distinctive national cultural identity of Pakistan.

On the other hand, in the four provinces of Pakistan cultural identity is expressed spontaneously in the spoken form in the vernacular languages and their dialects in day-to-day life. Equally, the Urdu-speaking migrants who left India to settle in Pakistan represent another cultural variant. While Punjabi-speaking Pakistanis are rarely literate in written Punjabi, among Sindhis, a great literature is produced in the Sindhi language. Rates of literacy in Pashto, Balochi and Brauhi are not high

but there is no doubt that the vast majority of Pakistanis converse with one another in their native languages. One can add that tribal, neo-feudal and urban types of cultural forms co-exist in Pakistan.

It means that beyond the state-level cultural identity, Pakistanis represent many other cultural identities. In one sense, such diversity has been given constitutional recognition by declaring Pakistan to be a federation. The federating units are not merely administrative entities but represent linguistic differences and the concomitant cultural diversity. Under the circumstances, the practical approach to appreciating Pakistani culture is to acknowledge that it is multifaceted and let people freely express their emotions and thoughts freely in whatever language and dialect they are comfortable in, while the state maintains channels for inducting them in the political community by conferring on them equal political rights to vote and contest public office. In other words, the state-based cultural identity must provide scope for people freely to enjoy their other cultural identities on the individual and community levels.

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#### DID YOU KNOW

**The lighter was invented before the match.** In 1823, a German chemist created the world's first lighter, Döbereiner's Lamp, which was used in industrial settings. It wasn't until 3 years later that an English chemist made the friction match.

# Chronicling the Education System in Pakistan



The present education system in Pakistan is the outcome of pre and post-1947 policies and discourses. After the creation of Pakistan, the system of education which was implemented in the



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Historian, Social Scientist

Pakistan took a number of steps. On the instruction of Quaid-i-Azam, a conference



IMAGE SOURCE : THEGUARDIAN.COM

country mostly got the flavor of the policies introduced by the British government in the subcontinent. The same policies are generally utilized in our country with minor changes to suit the indigenous environment. In this process, various parallel systems of education started operating in Pakistan. To develop a coherent educational policy after independence, the government of

on education was organized by the ministry of education on November 27, 1947. Though he did not personally participate in the conference but sent his message in which he presented certain proposals regarding education system. At the end, a number of resolutions were passed on the basis of which a national education policy was devised. An import-

ant point of the policy was that it was laid down that the base of the system should be Islamic in nature.

Afterwards, in 1951, another conference was arranged by the Federal Ministry of Education. On the recommendation of these conferences, a six-year educational policy was chalked out from 1952 to 1958 by the Ministry of Education to guide the state in the field of education. In 1959 these efforts were institutionalized by Ayub Khan's government through establishing the National Commission on Education.

During Yahya Khan's rule, the Ministry of Education was entrusted to Air Marshal Noor Khan. The Ministry, under his guidance, prepared a document in 1969 which was called "Recommendations for New Educational Policy". It recommended that the system of education should be Islamic, and made the subject of Islamic-Studies compulsory up-to matriculation. He institutionalized the religious madrasa system by establishing a proper national board for them. It also recommended debarring Pakistani Muslim students from getting education in missionary institutions. Then the government of Zulfikar Ali Bhutto embarked on a new education policy in 1975, therefore, the Ministry of Education prepared a four-year national education policy from 1976 to 1980. Through this new system of education, Z. A. Bhutto wanted to integrate different ethnic groups into a bond of Pakistani nationalism. He retained the subject of Islamic-Studies as compulsory up-to secondary level.

The Government of President Zia-ul-Haq organized a conference in 1977

on education, and brought about major changes in the system. He established the system on the basis of Islamic Ideology and made Urdu as the medium of instruction and the official language. Those materials which were contrary to the ideology of the state were deleted from the text books of schools and colleges. All the textbooks were thoroughly redrafted and basic Islamic provisions were inserted in all the subjects. It was thought to the students that being a part of the Muslim Umma, they should prepare themselves for the welfare of Muslims in all over the world. Afterwards, the successive governments of the PPP and PML (N) published their own recommendations regarding education. Despite all these policies and recommendations, the subsequent governments could not provide a coherent education system to meet the desired objectives.

In the light of the aforesaid discussion, it might be concluded that research regarding the education system of Pakistan is essential in order to perceive the pros and cons of the system. Instead of building on preceding policies, introduction of every new policy reflects a state of transition from one way of thinking to another. However, there is a dire need to conduct research on the history of education in Pakistan in the post-1947 era and relate it with various socio-political factors. Resultantly, we could diagnose the problems and issues in the way of a coherent system of education on the one hand, and could prescribe the remedies of the problems being faced in this regard on the other.

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# Taking the Coastal Land of Balochistan

A narrative is brewing lately in the Think Tanks of Islamabad concerning the coastal belt of Balochistan. In no time, its impact will be seen in the policy circles, and coastal communities of Lasbela and Gwadar will fall victim to such interventions as primary stakeholders. The Think Tanks are trying to activate strategic instruments to counter the sub-nationalist narrative of *Sahil-o-Wasail* (control over land and coastal resources) of Baloch leadership seeking roots in the coastal region after the China Pakistan Economic Corridor (CPEC). *Sahil-o-Wasail*, in addition to mainstream Baloch movements, highlights the marginalization of the Med fisherfolk of Gwadar, and armed resistance is being presented as a solution. The Think Tanks suggest delimitation of the entire coastal belt (1001km) of Pakistan to make it a federal province.



**Tuba Azeem**

Doctoral candidate at  
Victoria University of Wellington

My two-year stay at the Institute of Policy Studies (2018-2020) was involved in perceptions mapping coastal communities of Balochistan. I was part of the discussions about CPEC-related development in the region. And delimitation of the coastal belt was suggested as a solution to various socio-economic issues of the locals. The Think Tanks put up arguments like creating the Balochistan Agency and how it was illegally colonized by the British in 1877. They squeeze in references that, first of all, Gwadaris, Makranis, and Lasbelis have nothing to do with mainstream Baloch secessionist ideology. Khan of Kalat had lost political control

outside Kalat State in 1847. Balochistan had five units at the time of partition, and Oman ruled Gwadar. There were the British Chief Commissioner's Balochistan, Princely State of Kharan, Princely State of Lasbela, Princely State of Makran, and the Princely State of Kalat. They insist that in-land Baloch nationalists from Kalat, like Akhtar Mengal, are on a solo ride to prove that Balochistan never acceded to Pakistan.

For Islamabad, Balochistan is anything but one sub-national entity. It is a place of difference and several identities, especially the coastal region, which thrives on non-tribal structure. With ethnicities and people from different backgrounds, the people are united by their functionality in earning livelihood and dependence on unique coastal habitat. Think Tanks persists in the fact that the people of the coastal belt of Balochistan have alienated themselves from mainstream Baloch hierarchies and groups, and remained the most vulnerable and detached among the broader Baloch landscape and sub-nationalism. Most of them identify themselves as Med – fisherfolk, and do not always belong to one ethnicity. A large proportion of the fisherfolk population has African origins. Besides the Ghulam and the Darzada, the Med fisherfolk never accepted as racial Baloch. Hafeez Jamali is an anthropologist and Head of CPEC Cell in Islamabad. He responded to my query on the History of Med that “it goes back to pre-Muslim times- perhaps before Baloch arrival in Makran when Med and Jat tribes dominat-

ed the Arabian sea coast in Sindh and Balochistan and the Indus river delta. For instance, medieval Arab sources tell us that Med/Jat pirates had looted the Arab trading vessel bound to Basra, which Hajjaj bin Yousuf used as a pretext to send Bin Qasim's campaign to Sindh in 711 AD. Interestingly, Sindhi ruler Raja Dahir reply to Hajjaj's warning that the pirates were too powerful for him to control and that he should not be held responsible for crimes taking place on the high seas. Having said that, the modern legal and traditional economy of fishermen along the Mekran coast developed in the wake of successive Portuguese and Omani encounters. Local economy and society in major harbour towns such as Sonmiani, Ormara, Pasni, Gwadar, and Chahbahar had a cosmopolitan character comprising Arab/Baloch rulers, Hindu financiers, and harbor contractors, Ismaili (Khoja) traders, and working-class Baloch sailors and fishermen”.

It is true that, historically, Lasbela has been a feudatory of the Khanate of Kalat. However, it was always ruled by the Jams of Lasbela domestically. Even today, the electoral politics in Lasbela is predominated by Jam of Lasbela with a safe seat, PB-50, in the Provincial Assembly. Their political relations remained tense for the larger part of the history with Khanate. In 1947, Lasbela categorically rejected Kalat's claims of suzerainty and demanded immediate accession to Pakistan. Only when the Balochistan Province was formed in 1970, Lasbela was placed into

the Kalat division. Earlier it was a separate district and made a part of the Karachi division in 1960. Lasbela is inhabited mostly by Lasi speaking tribes, a dialect close to Sindhi. The fisheries of Somniani and Gadani in Lasbela had their markets in Karachi rather than Kalat. The people of Lasbela and Karachi districts thrived on strong common socio-economic linkages away from any affinity or affiliation with the historical and sociopolitical structure of Kalat state.

On the other hand, Gwadar has been part of Makran and locally ruled by different families. In the latter part of the 18th century, it was annexed into the Khanate of Kalat by Mir Nasir Khan Noori. The local chiefs of Makran belonging to the Gichki family showed formidable resistance. They also had to give up their faith in Zikrism. Noori allowed an exiled Omani prince to reside in Gwadar and granted him a part of the area's revenue

for his expenses. He retained control over Gwadar upon his return to Oman. When Makran demanded accession to Pakistan, Gwadar remained a part of Oman. It continued to do so until 1958, when the wife of former Prime Minister of Pakistan Feroz Noon Khan, Viqar-un-Nisa, led a fierce campaign to take Gwadar from Oman. Gwadar was immediately made a tehsil of Makran district upon accession.

Growing militancy and subaltern situation of coastal communities "motivated" Think Tanks in Islamabad to recommend delimitation of the coastal belt. Already corruption in the fisheries department is crippling the economy, while trawlers operating illegally within the territorial sea of Balochistan are harming the local fisherfolk. Besides, large-scale land acquisitions by the "individuals" create fear among the Med fisherfolk of losing their ancestral lands and the sea. They argue that coastal

PICTURE COURTESY: SHAYKH BALOCH





people along the coast of Lasbela (178km) and Gwadar (600km) districts of Balochistan with a significant presence on the Sindh coast form a distinct yet heterogeneous group. Their habitat, livelihood, culture, traditions, hopes, fears, and challenges are mostly the same. Delimitation is indispensable to reunite and integrate the coastal belt and bring under the federal government's direct control to plan, manage, and govern the coast and the maritime zones of Pakistan. With defining roles for relevant authorities on social, environmental, political, strategic, and economic aspects. While in reality, the federal government wants to rely upon the strengths of coastal and marine resources of Balochistan and Sindh.

It reminds me of a review of Declan Walsh's book: "The Nine Lives of Pakistan: Dispatches From a Precarious State": that urban sophisticates from Karachi have a habit of rolling their eyes when you mention Islamabad and regard it as being in the middle of nowhere. This irritation is rooted in the Muhajir (Urdu-speaking community, who migrated from India) or, more precisely, Pakistan's ethnic controversies. When Muhajir felt betrayed as they contributed more to Pakistan's making, Punjabis institutionalized their monopoly and even held a larger share in the federal government and influenced the masses to move Karachi's capital Islamabad, which is almost inaccessible to people of the coast. Many are concerned that delimitation would feel like fueling the identity politics dating back to the partition. The

people of the coast would share the fate of Biharis, who never had the opportunity to take part in state affairs. In comparison, Punjabi would have taken hold of the federal establishment and interfered in provincial matters, ridiculing the 18th amendment.

Gwadar and Lasbela districts together now form a single NA constituency NA-272 Lasbela-cum-Gwadar replacing Gwadar-Kech (Turbat). The population of Gwadar is mainly fisherfolk, and unlike the Lasbela district, there is no large-scale agriculture or industrial activity. Both adhere to different cultures, geography, and language. Arid, with mining and excavation underway, Lasbela is more industrial. The people of Gwadar stands in a clear minority to Lasbela. They call themselves Makrani, speak Balochi, and Lasbela has always been a separate entity to them. According to a recent study conducted at the Institute of Policy Studies, Islamabad, 46% of members of coastal communities showed confidence in the delimitation of the coastal belt of Balochistan. It is because a dam in Turbat was constructed in 2006 to facilitate Gwadar, and the people of Turbat resisted the construction. The people with agricultural lands could not afford water shortage. However, it deprived Gwadaris of their due share. Another reason was the election of MNA Aslam Bhoonani from Lasbela, who now represents Gwadar-cum-Lasbela. He addressed the concerns of the fisherfolk of Gwadar on the illegal intrusion of Sindh trawlers in the territorial waters of Balochistan. A

request was previously ignored by Mir Hamal Kalmati, who is a member of the Provincial Assembly from Gwadar. The remaining 54% express dissatisfaction over delimitation as they feel closer to Kech because of linguistic and cultural similarities.

Such descriptions and events point out the pieces of a massive puzzle. However, the "center" has put into action its plan to gradually "control" the sea resources and the coast. The President has promulgated the Island Ordinance 2020. Allegedly it will put under control the islands near the coast and offshore under the federal government's authority. When already the internal and territorial waters are the jurisdiction of the provinces. It is indeed a brazen violation of the 18th amendment.

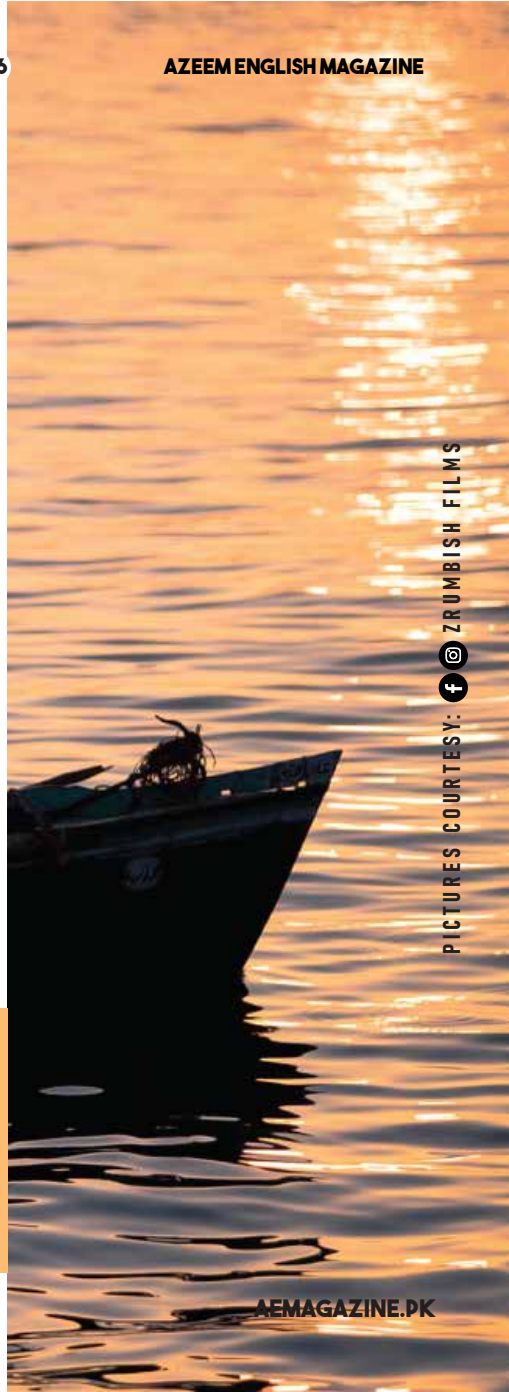
The center will mold the constitution for national interests. However, it must showcase sincere efforts and opportunities for coastal communities and particularly the fisherfolk. To make them part of the power-sharing arrangements and value their collective identity.

 [azeem\\_tuba](#)

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### DID YOU KNOW

A famous sport of the people of Baluchistan is called **Bazuki** which is also the national sport of **Afghanistan** and it is played by the Pashtuns. In game there are two teams and all the players are on horseback trying to snatch a goat carcass from the opponent team





# LIFE DOESN'T END AT 25

**A**re you also someone who is 25 or 25+ years of age, or someone who has just entered into their early twenties and are feeling lost? Feeling lost with being continuously made to feel the pressure of being in a race which is coming to an end? No worries. This is what each and every one of us in our society has gone through or are going through.

Life is not at all about numbers and age. Life is about exploring, learning and growing at our own pace. It's completely okay if you haven't been able to figure out your life-purpose yet.

Since childhood, I was told to study hard in order to become successful, but as soon as I ended school, college and then university, every time the aunts would come to me with the same old thing '*Shaadi Krlo Ub Warna Umer Nikal Jaye Gi*'. Yes, I have been hearing this since I was 15.

It's irrelevant whether you are a girl or a boy. What's important is that you have a fire inside of you to change your life. The world is your playground. Go travel! Be crazy. Be whatever you want to be. Because this life is only a one-time chance. Live it today and live it well, so that by the end of this life you would not have any regrets.

Furthermore, never ever compare



**Sidra Waseem**

Content Writer, Digital Marketer

your success and growth with others around you since we all have different circumstances. Maybe you have 2 academic degrees with minor career experience whereas someone else your age might have a handsome career experience but no academic degree. But you both are no less than one another. With time you will gain work experience and the other person an academic degree. In short, you both have your success, skills and life experiences which makes you unique and special in your own ways.

So, all those of you reading this, whatever age or phase of life you are in. Please stop worrying about the future as it has yet to happen and also the past as that's left behind in time and can't be undone. Whereas, you have the present, make the most of it. Live it to the fullest as it's a present. As everything else will make find you when the time is right. It's your life, not a marathon that you have to win. Take it slow while cherishing every single moment.

**Happy Adventures!**

 [cydra\\_wasim](#)

# JOHARI WINDOW ASTOUNDING SELF-DISCOVERY AND EMOTIONAL INTELLIGENCE

“Man is a social animal”, the most common phrase known to every human on this planet. Due to its commonality, it might have lost its worth to human ears. Yet it contains the crux of human existence. Human beings are so dependent on each other that they cannot survive all alone. To socialize, communication is a basic tool that holds the human race together. Effective communication has become one of the most important parameters to define efficacy of any type of relationship that person acquires. Relationships are built around people and an environment of mutual understanding, where trust fosters good interpersonal relationships and can be linked to the improved personality of every individual and enhance their performance in any scenario. Knowing one’s own strengths and weaknesses leads a person to the path of self-acceptance. This acceptance engages individuals to the activities that help them in personal growth, while working on their personality and addressing their shortcomings. This process results in



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Psychologist,  
Content developer,Writer

self-confidence and this effective communicator not only in personal relationships but also in organizational one.



The Johari window is also a communication model which is an amalgam of many unique qualities with reference to its relevance, emphasis, influence, soft skills, behavior, empathy, cooperation, intergroup development, and interpersonal development. There are four quadrants

of the Johari window. Each area contains the information and represents feelings, and motivation in terms of whether the information is known or unknown to the person and whether the information is known or unknown to others in the team. First is “Open Area” (things known to self and others), is our conscious self that



IMAGE SOURCE : FREEPK.COM

includes our behavior, attitudes, motivation, values, and ways of life which we are aware of and which is known to others.

Second one is "Blind Spot" (things known to others but unknown to self), in the context of information, others may interpret your personality differently than you might have expected. Through efficient communication, this area must be reduced. One way to do it is through feedback that you get from others and by using it constructively for personal development without resistance. This acceptance of feedback enhances communication and personal development.

Third one is "Hidden / Facade" (things known to self but unknown to others), the reason for hidden information might be personal reluctance or lack of supportive element, fear of judgement to share. This includes fears, objectionable desires, feelings, etc. If the risk of disclosure is not taken, the opportunity to learn could dissipate. While maintaining sensitivity and discretion, one should move this information to an open area through self-disclosure and exposure process. This will ensure personal development of an individual.

Last one is "Unknown Area" (things not known to either self or others), consisting of information, hidden abilities, feelings, aptitudes, experiences, and so on that are not known to the person himself and others as well. This area is more prevalent in younger people and people who lack sportive spirit and confidence.

By creating an environment

which promotes the process of constructive observation and exchange of feedback among persons, instills a spirit of self-discovery. Two main ideas of Johari window help to develop smooth relationships;

1. Trust can be acquired by revealing information about you to others and
2. Learning yourselves from their feedbacks.

It is very important to understand that the more passionate we are about our self-awareness, and the more we trust "our" others, the more we can expand our Open windows.

Through this model, the self-awareness leads to develop a congruent and emotionally intelligent personality. One can be more productive and successful at what she/he does and help others to be more productive and successful. Having such a balanced personality can reduce stress for individuals and others, by decreasing conflict, improving relationships, understanding, increasing stability, continuity, and harmony. One should not forget that your blind spots are the white elephant in your life. You know it is in the room, but you prefer not to confront or talk about it. Self-awareness is a never-ending journey.

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"Until you make the unconscious conscious, it will direct your life and you will call it fate."

**Carl Jung**

# LAW OF ATTRACTION

The Universe is governed by some rules which are also called laws of nature. Knowledge about these laws was given in the religious texts that were revealed from time to time, whether it was Geeta, Hebrew Bible, Bible or Quran. Moreover, some philosophers, thinkers thought about these laws and wrote about them based on their understanding of these laws. Some of their writings were based on empirical evidence of their times. Even scientists agree that there is a pattern in the universe and there is a higher force or a system that governs life and phases of life.

Scientific laws of gravity, inertia which were discovered, documented and explained during the last 200 years. Whether we know about these laws or not, the law is at work, for example everything on the planet earth is pulled towards it by the force of gravity, but Newton reflected and discovered the gravitational force.

Similarly, there is a very important law known as "Law of Attraction", this means that we get what we attract, just like a magnet would attract metal. During the last century this concept was explained with the help of many movies, books, novels and courses. Some of these courses are very expensive and there is an increased commercialization. The basic philosophy behind this literature and courses is the idea that we can get what we want, but it would require effort



**Muneer Ahmed**

in understanding these laws and using our human faculties to have a quality life.

The journey from a non-believer to a believer about this law requires evidence and reflection on our past. We are conditioned by our society, education, experiences either consciously or subconsciously. Several experiments and researches are available which prove that our thoughts, feelings and vibration shapes our reality and the outcome is dependent on the quality of thoughts. For instance, a person fearing that he would get infected with COVID-19 is likely to get it, because these thoughts are going to weaken his or her immune system. A person thinking that the task would be difficult is likely to face obstacles because that's what he thought about. A person who decides to remain happy and composed is likely to get what he wants, because this is the message that he or she is sending to the universe.

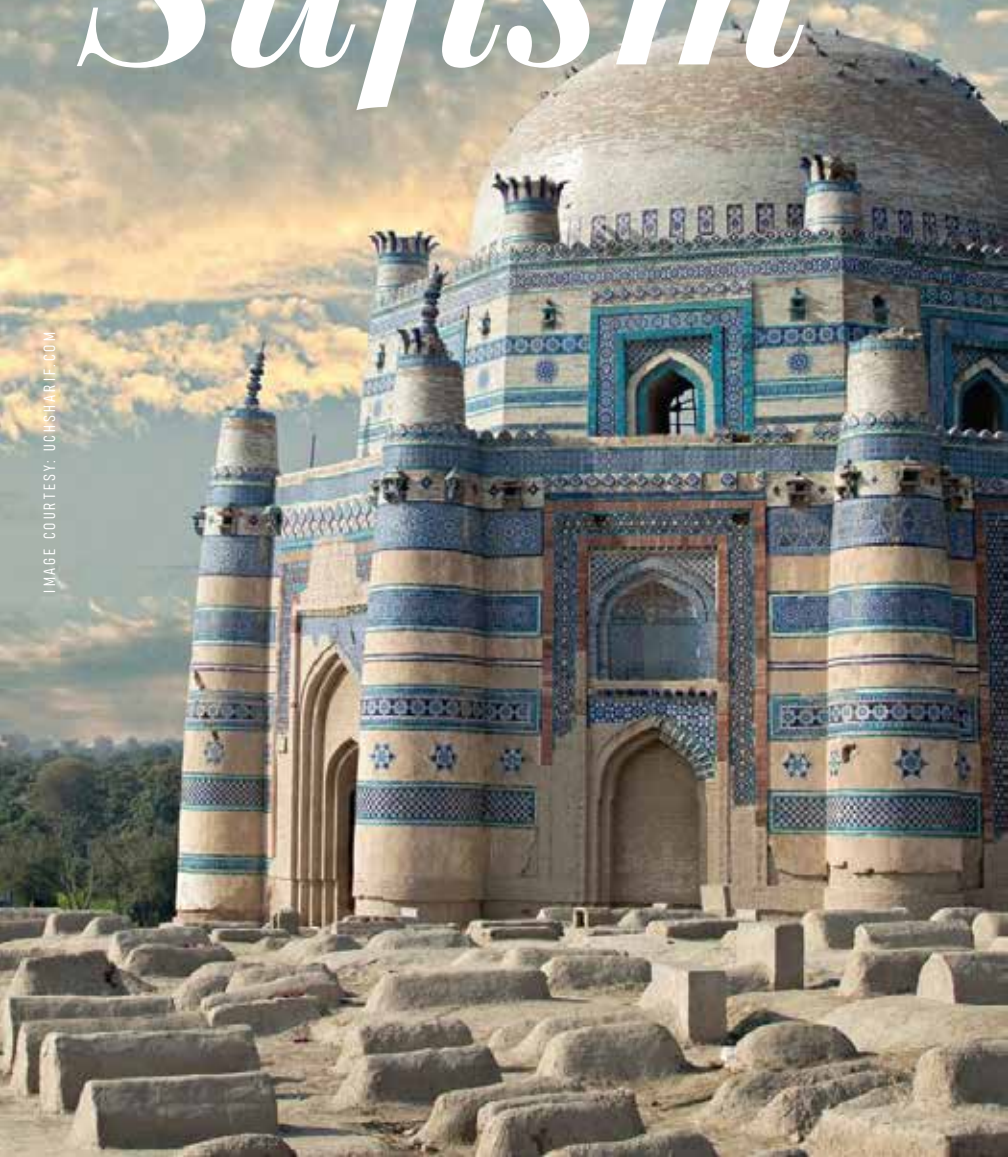
*The writer is a Harvard graduate and teaches Foreign Policy, Public Administration and Mind Sciences at Quaid I Azam University, Islamabad.*

## FUN FACT

You have a "second brain" in your gut, called the Enteric Nervous System. This is where the "gut feeling" comes from.

INDEX TO  
*Sufism*

IMAGE COURTESY: UCHSHARIF.COM



The word 'Tasawuf' has different meanings and interpretations. Different dictionaries and scholars interpreted the word differently. The most accepted meaning and interpretation is the following:

The root word of Tasawuf and Sufi is 'Safa', which means to clarify and purify. The term "*Tazkiya-e-Nafs*" (the purification of the desirous self and soul) and *Tasfiya-e-Batan* (Internal purgation) are also used to explain Tasawuf. Certain researchers are of the view that the root word for Tasawuf is 'Sauf' which means wool. They think, in ancient times the Sufis used to wear simple clothes of wool to show their disinterest towards the luxuries of the world. Because of this reason the word Sufi came into fashion to address these pious people. Some other people think the root word for Sufi is 'Suffah'. 'Suffah' means ground or a small elevation of ground.

In Hadith 'Suffah' is the name of a mount near the Prophet's masjid. A group of the companions of the Prophet Muhammad (PBUH) used to sit there to be taught by the Prophet (PBUH) This group of the companions seems to follow the Prophet's (PBUH) this diction.

*"I feel proud in faqar"*

*(Al-Hadith)*

They were not the seekers of the luxuries of the world and their sole purpose was just to learn and teach Quran-o-Sunnah. They used to spend their time with the Prophet (PBUH) and did not have the responsibilities of matrimonial life. They were true to



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Religious Scholar, Academician,  
Researcher

the spirit of this verse.

*"And devote thyself to Him  
whole-heartedly"*

*(Al-Quran 73:8)*

Among these blessed companions, the most considerable are Abu Zar Ghaffari, Sohaib Rumi, Salman Farsi, Abdullah Bin Masud and Abu Huraira. On the pattern of these companions. all those pious people who spent their lives only for the sake of Allah's will were branded as Sufis.

In various books of Tasawuf, three kinds of Sufis are mentioned; Sufi, Mutsawuf, Mastasawuf:

'Sufi' is that who passes through his mortal being and becomes the part of truth and becomes immortal. Mutsawuf is the one who in his desire aims to become a true Sufi, passes through trials and troubles, and follows the tradition of the earlier Sufis only apparently and surfacely. Mastasawuf is the one who copies the Sufis to earn the wealth and luxuries of the mortal world. He apparently behaves like Sufis, quotes him frequently but inwardly seeks only for the mortal riches. This kind of Sufi is ridiculed by the Sufis in these words

"Al-Mastasawuf according to the Sufis is like a damned fly and for the masses he is



like the wolf or like Hyna (Bijju)"

The common perception of the people about Tasawuf and Faqar (Sufism) is poverty and misery but the true meaning of Faqar (Sufism) is quite the opposite. Faqar is the name of generosity and indifference. The true Faqar means to get rid of the desirous self. Faqar is the name of man's sublimity in which his heart becomes free from all kinds of lusts. His heart and mind live only with the remembrance of Allah Almighty. He conquers the both realms of his heart and mind, and rules them without sharing them with anyone else.

Allama Iqbal used to ask for Allah Almighty's protection from the faqar which means poverty. The difference between faqar and kingdom is really meager. Kingdom is all about the art of sword and faqar is all about the art of fore-sightedness. The splendor and grandeur of the worldly kingdom depends upon the material sources but the kingdom of faqar is based on the indifference.

Ali Hajvairi in *Kashf-ul-Mahjoob* quotes "A Sufi is not the one who is penniless, but the one whose heart is ruled by Allah's commandments."  
"The Darvesh (Faqir) needs only his Creator's will."

The basic source of faqar is the Islamic education; 'Quran-e-Hakeem and the life of the Prophet (PBUH)'. It is quite obvious that Islam negates the Christian

monastic life. The life of the Prophet (PBUH) is a beautiful blend of worldly and spiritual life and the best role model for us. We get a lesson from the life of the Prophet (PBUH) that we must fulfill the duties of life and also maintain the spiritual affairs as well. In this way, for a Sufi, faqar does not mean the absence of material sources but the absence of desire for these sources.

'A Faqir (sage) must take care of his faqar as a rich man takes care of his wealth'.

The history of Islam shows that as long as the Muslim rulers remained away from the palaces and the royal life and spent the tough and hard life like a sufi, they remained successful, and conquered the world.

In short, the faqar is true when it is according to the will of Allah Almighty and the Prophet (PBUH). It must be according to the teachings of the Holy Quran and the Sunnah. There is nothing new practice in religion on part of Sufis, neither against the book of Allah nor the example of the Messenger (PBUH).

The person who is not well literate with Quran-o-Sunnah, he has no footing in sufism and no one is bound to follow him because our knowledge and practices are enriched by Kitab-o-Sunnah.

Dr. Muhammad Azeem Farooqi



# 10 MIRACULOUS WAYS TO BEAT STRESS AND ANXIETY

**S**tress and anxiety are the normal reactions to unusual changes in our lives. Especially since the last year, after the outbreak of COVID-19, stress levels are generally high because people are concerned about their health, health of their loved ones, unemployment, finances and much more.

Stress is the feeling of frustration and nervousness whereas; anxiety could be a reaction towards stress. Anxiety is the feeling of fear and unease. Stress and anxiety when prolonged; can severely hamper your goals and eventually your life.

## YOUR ACTION PLAN!

### 1. EXERCISE DAILY

Start your day with a walk or some exercise. Just some light exercise or a little walk will definitely help. Exercising relieves stress by increasing the blood circulation. Reasons to consider exercise a great way to cope with stress and anxiety are:

1 - Exercising releases 'endorphins' which are also known as 'happy hormones'. So, this for sure will be a good start of the day, relieving your stress and allowing you to concentrate well throughout the day.

2 - Exercising boosts confidence, as your body feels replenished, you too will feel more competent.



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

3 - You will sleep well after exercise and this will automatically let go of your stress.

### 2. DEEP BREATHING

Deep breathing helps to relieve stress and anxiety effectively. Sit in a relaxed position and consciously breathe for about 5 minutes. You can try this method:

1 - Inhale the air slowly from one nostril and fill your lungs completely with fresh air. Then remain as such for a few seconds.

2 - Exhale the air from another nostril.

3 - Practice it until you start feeling good. Deep breathing really helps to cope with anxiety effectively.

### 3. EAT WELL BALANCED DIET

Maintaining a well-balanced diet can greatly reduce anxiety. Try adding foods which contain carbohydrates, Vitamin B and Omega-3s.

1 - Consumption of Vitamin B leads to good mental health. Vitamin B is found in fish, eggs, meat and dairy products.

2 - Omega-3s helps to reduce depression and anxiety. Nuts and seeds are a good source of omega-3s.

3 - Carbohydrates help regulate the production of neurotransmitter 'serotonin' which helps us remain calm.

#### 4. HAVE GOOD SLEEP

Good sleep is essential for a fresh mind and body. If you find it difficult to sleep, aromatherapy (relaxing technique which involves using aromatic materials like essential oils etc.) works wonders! According to research, lavender oil helps to slow down heart rate and relaxes muscles –thus promoting restful sleep.

#### 5. TALK TO SOMEONE

Reach out to a friend or family member whom you trust and you feel comfortable to talk to. Talk through the problems gnawing at you. Even if you are feeling anxious for no specific reason, share your feelings. Speaking your heart out is a wonderful way for feeling lighter.

#### 6. MEDITATION

Meditation literally rewires your brain and helps you de-stress. Meditation increases the grey-matter of the brain. Simply sit with your eyes closed and concentrate on your thought pattern, or your breathing pattern, just noticing what is going on inside you.

#### 7. SELF-CARE

Take a break from your daily routine, and do something different. Nurture yourself by doing something that makes you happy, which could be as simple as spending some time observing the nature.

#### 8. PRACTICE LAUGHTER THERAPY


Take a break to laugh and giggle! Laughing for some time produces happy hormones in the body. Try watching some funny videos or recall funny incidents you had with friends and family.

#### 9. LIVE IN THE PRESENT

Don't stress yourself thinking about future plans or what happened in the past. Focus on your present. "What is"; rather than "what was", or "what might be".

#### 10. BE GRATEFUL

Saying 'Thank you' will make you focus on the positive. Be thankful to your Creator and His creations. This will wash out the negative vibes and help you attain a positive outlook towards life!

 [thrive.now.counseling](https://www.facebook.com/thrive.now.counseling)

#### DID YOU KNOW?

"It's no wonder that children born into environments filled with stress and chaos seek similar environments as adults. When we exist in a state of fear our body is altered on a molecular, neurochemical and physiological level. The feeling we get from the release of stress hormones and our nervous system response can become addictive if we were conditioned to associate them with the experience of love"

**Dr. Nicole LePera**

## IT'S NOT ABOUT CONTROLLING ANGER; IT'S ABOUT EXPRESSING IT DIFFERENTLY!

"I can't control my anger. Something inside me boils up in a few seconds and it erupts."

"I want to break everything." "I feel like I lose all my senses at that time." We experience this kind of stuff after an episode of anger. And we regret it big time. We hurt ourselves and others in the process. It creates negative thoughts in us. "Everything happened because of me", we start blaming ourselves.

But the real questions are: **"What can we do to control our anger? What are the coping strategies? The management skills? Any method that can help us not regretting things in life?"**

Everything starts with having an insight. In case of anger, person should know what these emotions are about. Why is he experiencing certain emotions? Is it because of the present situation or something from the past? When was the last time he experienced such emotions; & what was the reason back then?

When a person has answered all these questions, that's when he would move to another step i.e., "how he would control anger or express it..... differently."

Remember, this is not a one time process. You need lots of practice until you master it. Certain techniques that one can use in their lives to control anger are:

### Think, Then Speak!

While in an argument, you should not plunge onto others. Instead, stop & consider thinking for a second. Take a deep breath, if needed. And then speak **WITH CLEAR MIND**.

Yeah! You should express your anger. Do it!! Tell them, what made you angry. But! In a more



**Asma Abbasi**  
Psychologist

polite way.

### Inverse Relationship between Exercise and Anger

Several researches have shown that exercise releases happy hormones. Even a 30 minutes long walk or jogging will do miracles. You don't trust me? Okay, do it for 30 minutes each day.

Can't take out the time? Okay, then do it when you are angry or under a lot of stress. You'll feel much better.

AND! If you can't go for a walk or exercise then the next tip is for you!

### Meditation/ Yoga

"Feel the nature. Not at its best. But, at your best!"

Meditation doesn't require you to go anywhere. Do it at your most enjoyable place and in your most comfortable clothes. It makes your head clear from all the negative thoughts and allows you to take logical decisions against external and internal conflicts at hand.

### Practice Forgiveness

One of the most difficult tasks is to forgive; be it forgiving yourself or others. But believe me! It's worth it. When you literally start forgiving others for their wrongdoings, your mind would automatically feel at ease. Why? Because you just plucked off the root cause of your anger.



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# Health Care for Eyes

COURTESY: THE FRED HOLLOWAY FOUNDATION

**E**yes are one of the major organs of our body, and help us in viewing the colors of the world. However, they also happen to be the most vulnerable part, and can get affected easily by different diseases and illnesses. For instance, diabetes can cause a lot of complications for almost all the organs of the body, but eyes, of course, are on the top of the list.

Diabetic retinopathy is a complication of diabetes that affects the back of the eye. When someone has high and varying blood sugar levels, the blood vessels in the retina can become irreversibly damaged. This can lead to loss of vision and eventually blindness. It commonly occurs in both eyes and most often starts with no visual symptoms. In the early stages, the walls of the blood vessels in the retina weaken. This can cause fluid and blood to leak into the eye (called the non-proliferative stage), which sometimes results in blurred vision. It can progress, with fragile new blood vessels growing within the retina (the proliferative stage), which can rupture easily and bleed. This can cause a catastrophic drop in vision.

**Developing diabetic retinopathy depends on a number of factors:**

**The duration of diabetes:** the longer someone has had diabetes, the more likely they are to get diabetic retinopathy.

**Blood sugar levels:** when blood sugar levels are consistently high, the chances of diabetic retinopathy developing are high. Once diabetic retinopathy starts, tight control of blood sugars can slow down its progression to vision loss.

**Controlling other risk factors:** monitoring cholesterol and blood pressure is also important in delaying the progression of diabetic retinopathy. Behavioural change through lifestyle choices – access to and eating healthy food, weight control, regular exercise and quitting smoking – helps control these risk factors.

Most people with diabetic retinopathy do not have to go blind, however for early detection and treatment to be successful, regular screening for diabetic retinopathy must be integrated into diabetes care, where timely detection, management and referral of diabetic retinopathy are facilitated.

We need to make eye health part of the comprehensive care received by every person with diabetes.

# A PUBLIC SERVICE MESSAGE

Chicken raised on natural feed weigh upto **1500 grams (1.5 kg)** are healthy to eat. Whereas, the chicken (broiler) which weigh more than 1.5 kgs are injected with **antibiotics, hormones and synthetic suppliments** to increase their weight. They contain toxic elements which can cause severe health problems. SO, BE AWARE OF THE BROILER YOU ARE BUYING OR EATING, DON'T EAT THE OVERWEIGHT ONE.

Let us take this seriously, and start educating people by making them aware of its health hazards.



**ITTEHAD FEED MILLS (Pvt) LTD**

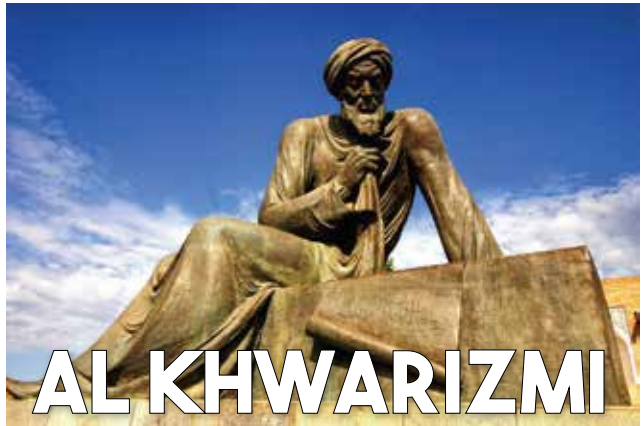
**M**uhammad ibn Musa al-Khwarizmi, born in c. 780, was a Persian mathematician, astronomer, astrologer, geographer and a scholar in the House of Wisdom in Baghdad. The House of Wisdom was a scientific research and teaching center.

Al-Khwarizmi developed the concept of the algorithm in mathematics, which is a reason for his being called the grandfather of computer science by some people.

Al-Khwarizmi's algebra is regarded as the foundation and cornerstone of the sciences. To al-Khwarizmi, we owe the world "algebra," from the title of his greatest mathematical work, *Hisab al-Jabr wa'al-Muqabala*.

His most recognized work is the mathematical concept Algorithm. The modern meaning of the word relates to a specific practice for solving a particular problem. Today, people use algorithms to do addition and long division, principles that are found in Al-Khwarizmi's text written about 1200 years ago. Al-Khwarizmi was also responsible for introducing the Arabic numbers to the West, setting in motion a process that led to the use of the nine Arabic numerals, together with the zero sign.

He systematized and corrected Ptolemy's research in geography, using his own original findings that are entitled as *Surat al-Ard* (The Shape of the Earth). The text exists in a manuscript; the maps have unfortunately not been preserved, although modern scholars have been able to reconstruct them from al-Khwarizmi's descriptions. He supervised



**Muhammad Nabeel Asghar**  
8<sup>th</sup> Grade Student, Science Geek

the work of 70 geographers to create a map of the "known world". When his work became known in Europe through Latin translations, his influence made a permanent mark on the development of science in the West.

While his major contributions were the result of original research, he also did much to synthesize the existing knowledge in these fields from Greek, Indian, and other sources. A number of minor works were written by al-Khwarizmi on topics such as the astrolabe, on which he wrote on the Jewish calendar. He also wrote a political history containing horoscopes of prominent persons.

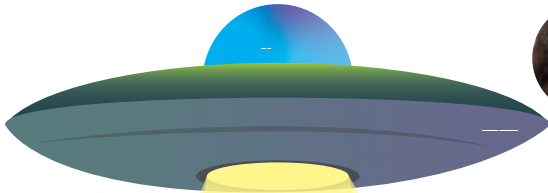
Muhammad ibn Musa al-Khwarizmi died in c. 850 being remembered as one of the most seminal scientific minds of early Islamic culture.



*nabeelghauri\_official*

ILLUSTRATION: FREEPIK.COM

# STILL THINK UFOs AREN'T REAL?



**Ummara Sheraz**  
Science Geek, e-journalist,  
Culture & Entertainment Writer

**T**here has been so much chatter surrounding UFOs lately ever since a Pakistan International Airlines (PIA) pilot thought he encountered one mid-flight. That later turned out to be a lenticular cloud, basically just a circular cloud. With that UFO sighting having been debunked, what do you think about the mystery surrounding these flying objects and sagas of extraterrestrials?

UFO sightings go as far back as World War II and the 1947 Cold War era. However, back in March 1, 1639, John Winthrop, the governor of the Massachusetts Bay Colony penned a diary entry of a 'close encounter between his fellow English immigrants and a UFO.

"Earlier in the year James Everell, a sober, discreet man, and two others had been rowing a boat in the Muddy River, which flowed through swampland and emptied into a tidal basin in the Charles River, when they saw a great light in the night sky, ... When it stood still, it flamed up, and was about three yards square, ... When it ran, it was contracted into the figure of a swine."

The word UFO itself just means, unidentified flying object, and can be anything. Initially many UFOs sighted in the United States turned out to be weather

balloons. However, over the years, UFO sightings have gradually come to be associated with alien life-forms or extraterrestrials. So, is all this hype around UFOs just a fad?

Not really, since there have been assertions from authorities on the matter. Modes of transportation from outside this planet have indeed made their way to little ole Earth.

The most recent evidence would be the UFO videos released by the Pentagon. In April of 2020, the American defense body released three unclassified videos taken by pilots of the US Navy from within their cockpits as UFOs within their range of sight defy the laws of aerodynamics as we Earthlings know it to be. The American defense body even created a task force to investigate these 'unidentified phenomena'. These assertions from the Pentagon itself brought up former stories of an American defense project having recovered remarkable metal alloys from these 'unidentified phenomena', and working out the mechanics of the flying machines.

In that regard, the most important testimony is that of former defense researcher and prodigal physicist Bob Lazar. Some 30 years ago,



the physicist had revealed that the US government was studying alien technology in Nevada's Area 51. Additionally, he came forth with how he was one of the scientists, fortunate enough to be a part of the project and the material/metal alloy used for one such UFO was not of this Earth. Bob Lazar later even released a rough sketch of the UFO based on his recollection of the machine while he had been studying its mechanics. According to an excerpt from the documentary, 'Bob Lazar, Area 51, and Flying Saucers';

"The craft that I worked on, that when it's going to travel a long distance, that is how it operates. It puts its belly to the target and then brings all of the amplifiers to power, and you know it shoots off in that direction. It doesn't fly as it would in a science-fiction movie. It flies with the belly, the bottom, forward," Lazar said.

Bob Lazar said he worked at a secret defense research facility near Groom Lake. The objective of the project was to reverse-engineer the alien technology (UFO) in their possession. So basically, the scientist attempted to take apart the machine in order to figure out how it worked and try and duplicate that for the Pentagon.

The reason the Pentagon even verified that the videos of UFOs as seen by naval aviators is to encourage people to come forth with this kind of information. In the past, people were dismissed whenever someone tried to come forth with claims of seeing a UFO. Verifying at

just three UFO sightings encourages people to provide more information to the Pentagon. Which is ultimately why the defense body exhibited the change of heart to begin with. So how will you approach a UFO sighting near you, now that you know?

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## INTERESTING FACT



New Zealand is not the part of the world's recognized seven continent and is in fact situated upon the submerged continent of Zealandia.



# CHANGE OF SEASONS

If we look and observe, we are surrounded by several phenomena. None of these phenomena is constant; they keep on changing and evolving, and this is the beauty of this world; it keeps on breaking the monotony. Similarly, the change in the Seasons is not a mythical tale but actually it involves a whole physics in it. It is a process of rotation of the Earth exposed to sun at a certain angle that tends to change the seasons. Let's talk about the science of seasons change in this anecdote.

Basically the Earth's tilted axis causes the seasons to change in a simple



**Arooj Fatima**  
Blogger, Writer,  
Social Scientist

manner. To understand this, one must comprehend the rotation of earth first. The earth not just revolves around the sun but also spins on its own axis. The axis of the Earth is actually vertical which means it cannot be measured through the imaginary lines that extends from South Pole to the North. This tilt can be measured vertically at angle of  $23.5^\circ$ . planet Earth tends to tilt in the same direction every time it orbits around the

sun. Since the Sun directs its radiations at planet Earth, the rays do not fall upon the entire planet but a certain part of it. For example, when North pole is exposed to the sun rays with Earth's tilt, Northern Hemisphere experiences the change of season as summer. Similarly, When South pole tilts towards the Sun; it is then winter in the Northern Hemisphere as shown in the figure given below:

As long as a certain part of Earth is exposed to sun rays, the certain season is prolonged. This is the fact why some countries tend to have long summers and winters when compared to others. For example, from March till September, the Northern Hemisphere is tilted towards the sun, so this occurs and the northern half of the Earth experiences spring and summer. During the same time period, the Southern Hemisphere experiences change of seasons as autumn and winter. On planet Earth, seasons usually last between 90 to 93 days. Just like planet Earth, the other planets also experience the change in seasons and the length and intensity of each season varies from planet to planet.

You might have observed, the

change in the seasons tend to occur more tentatively from past few years now and this is alarming. This is due to many reasons; the earth is becoming hotter and hotter because it is exposed to UV radiations more with the depletion of Ozone layer. Ozone is depleting owing to the rapid carbon combustion, deforestation etc. giving rise to global warming which today has become a problem worldwide. In order to avoid alarming situations like these, we must quit the use of fossil fuels and carbon combustion, pollution and must go for forestation to save the planet earth from the abrupt changes in the environment for a peaceful sustainable ecosystem.

 *Socratic\_girl*



“ Do not waste water even if you were at a running stream “

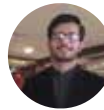
**( Prophet Muhammad )**

22 MARCH  
WORLD WATER DAY

# ETHICAL HACKING



As technology is advancing, organizations incorporate more and more IT systems into their business to assist and simplify their operations and processes, and it becomes necessary to test the safety and security of these IT systems. Small and medium enterprises also known as SMEs, are at high risk of cyber-attacks. According to the 2020 Cyber Security Breaches Survey, 68% of all central businesses in the United Kingdom have experienced at least one security breach or attack in the last 12 months. This is partly because many SMEs do not see themselves as targeted and therefore many do not do enough to protect themselves, but even those who are aware of the risk often do not have



**Muhammad Raheel Asghar**  
Google's Certified Computer Scientist  
A Pythoneer with Cool Vibe

enough resources to protect themselves. The study also revealed that 75% of large businesses are also affected. Behavioural hacking or login testing, allows organizations to identify and correct weaknesses and errors in the security of their computer systems, networks, and data. While malicious hackers or black hat hackers get into the information and IT programs of malicious and self-serving organizations, whereas, organized criminals or white hackers are hired by the company owner and are given access to the network and comput-

IMAGE SOURCE : FREEPIK.COM

ers using the same tools and criminal information but to weaken the system of the programs and networks. Their work is carried out in a formal manner and through this, they can then recommend preventive and remedial measures to prevent cyber-attacks. Moral hackers use many methods to detect danger. They use port scanning tools such as Mmap, Wireshark, or Nessus to scan company plans, analyse open ports, study the harbours of each port and take corrective measures. They also carefully monitor patch installation processes to ensure that no new risks are introduced to use software updates and exploit them. Using the right tools, they also do traffic network analysis. Behavioural hackers rely on social engineering techniques to deceive end users and get information about the organization's computer system. Like black hat hackers, reputable criminals who monitor social media or GitHub, engage employers in criminal attacks by stealing sensitive information via email, or roam the premises with a notice board to exploit threats to physical security. However, ethical hackers are given limitations on their social engineering strategies such as making physical threats to employers or other types of efforts to add access to information or information to keep their hacking legitimate.



# Seasons of Love



**Ashhub Hassan Rana**  
 Doctor, Writer, Researcher,  
 Mental Health Enthusiast.

*From the melting glaciers  
 to the high tide  
 to the wondrous sun  
 to the porous hide  
 Melting my heart  
 raises my blood  
 my breath, my heart beat  
 brings me love  
 The rusile that surrounds  
 broken heaps and mounds  
 shattered, barren all  
 the time of fall  
 My tears tear a glance  
 my heart stops a dance  
 lonely I await  
 broken I abate  
 The silenced land  
 here comes the cold  
 to make a seize  
 Comes now the winter breeze  
 Leaving what was before  
 melancholia, ado  
 delivers that back  
 frozen now the crack  
 Changes that make life  
 passes all in time  
 are there seasons four  
 or shall the winter prime  
 The scent of morning love  
 freshness starts a grove,  
 thrushes back to hope  
 the river, the honey and the dew  
 The elating summer warmth,  
 Alas the autumn sting,  
 the cold harsh winter,  
 welcome the blossomy spring*



**Saira Batool**  
Nature Photographer, Blogger,  
Media Student

# MIRACLES OF YOGA

**"Yoga is like music: the rhythm of the body, the melody of the mind, and the harmony of the soul create the symphony of life."**

Health is wealth, though it maybe mental, physical or spiritual. To maintain a sound health, one must keep her/his mind and body in synchronization and peace by practicing Yoga. Yes, Yoga!

A 5,000 years ancient practice in the history of Indian Philosophy, Yoga is the name of keeping mind and body in harmony while controlling our emotions. It is a fantastic exercise for both mental and physical health for people dealing with anxiety and depression problems. Studies show that it decreases the secretion of cortisol, the primary stress hormone. Furthermore, it can increase your lifespan and also can help change your thoughts, perceptions eventually leading you to a point where you change how you see the world. Following are some miracles that can happen through Yoga;

**1. Makes You More Productive:** Research shows that yoga is an effective cure for fighting off your afternoon fatigue (or laziness) and boosts your energy levels; refreshing your mind at the worksite results in productive outcomes.

**2. Increases Focus:** Breath, focus, attention on the present moment are the key pillars of yoga and meditation. You'll be able to do more in less time, make better decisions, solve problems more efficiently.

**3. Reduces Your Emotion-**


**al Reactivity.** It's our natural response to a negative stimulus. Yoga is the right point to tap your hammer.

**4. Boosts Your Mood:** Everyone likes a jolly good fellow! Yoga is the best practice to stay cheerful. Yoga also seems to produce a positive and immediate effect on mood and psychosocial well-being, gifting attractive looks as a bonus!

**5. Wards Off Blues:** Yoga increases self-esteem, a sense of empowerment, and energy levels much greater compared to power poses reducing stress level and anxiety issues.

Yoga is not only a practice; it's a way of life. Adopting yoga as a lifestyle is a commitment to ourselves, understanding where humans stand in the ethos of the world and our relationships, interaction with others. It also moulds our daily lives into a calmer mind and melodious body resonating with our vibes.

Woman, a delicate graceful creature of nature, needs to keep many balls in the air ensuring that not a single one of them falls at any time. Yoga seems as a blessing for women. Yoga is the name of achieving sanity and serenity. Breathing practices help women calm down and handle their multiple responsibilities with proficiency and poise. To deal with diverse challenges of life, the secret for women is to make yoga a part of their life - as much as breathing.

 [syr\\_shots](#)

**G**oing through this time of pandemic has become quite encumbrance on the Pakistani educational system. The system which was already struggling to stand on its feet is on the verge of its last gasps now. I remember my university days when I was told by my teachers that education means to bring about positive changes in the behaviour of a person. I, being an educationist, find myself struggling to see it crumpled under our feet. No doubt, we have not been successful in rejuvenating our educational system and bringing it at par with the international standards. Simultaneously, we have failed to inculcate pleasant and healthy attitude in our students. Today, teachers are struggling to teach online because they were never trained to conduct classes through online platforms. Second, we failed to equip our teachers with modern gadgets such as laptops, etc. at university level and what to talk about college and school levels. Moreover, no extra online teaching allowance was given to them. They had to manage online data on their own. Third, our universities and colleges did not set up LMS (learning management system) and those who did so, did not have the capacity to bear the load once thousands of teachers and students came online for taking classes and conducting the exam. Moreover, the attitude of the teachers and students have been quite pitiful. Some teachers are not interested in teaching online,



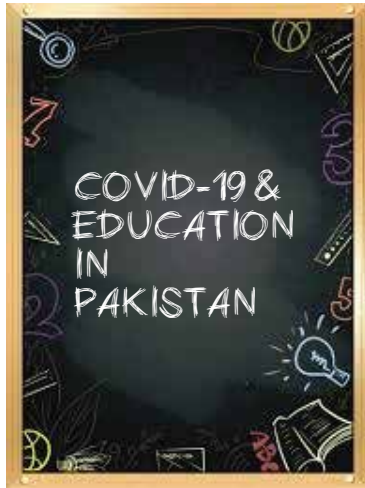
**Dr Khurram Shahzad**  
Teacher, Researcher

and some students do not want to learn online. In a country like Pakistan, having a stressful economic system, could not build up the infrastructure to cope with and work under this strained time. Today, students are on roads, protesting against the decision of the universities to take exams on campus and insisting to sit on exams online. They know it well that universities have no mechanisms to catch them cheating during online exams. They should realize that by indulging themselves in such meaningless activities, they are actually playing with their future.

There is a dire need to amend ourselves and then the systems we are running in our beloved country. We need to take concrete steps such as equipping our teachers and the universities with

modern gadgets. We need to train our teachers to teach online. We must build the infrastructure of our universities to cope with situations such as pandemics and emergencies. Last but not least, students need to understand that their job is to study and pay full head to it because their parents have paid for it. They have to invest their time in educational activities so that they may prosper in life.

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# RIGHT OF EXPRESSION

## ARTICLE 19, 19(A)

**T**he freedom of expression has been intrinsically contributing for an individual's healthy functioning in society whether it is emotional, social or intellectual well-being. Freedom of expression is paramount to achieve other human rights e.g., human dignity, fair administration of the judicial system, rights of the oppressed genders or minorities etc. Ever since man has appeared in this universe, his instinct to be a part of expression (in any form) cannot be ignored. One can gauge the worth of freedom by analyzing the standard punishment for the accused and convicted people, i.e., to get them in prison e.g., solitary confinement, detention center or penitentiary etc. Right of expression is one of the **fundamental rights of human rights in International law**.

Freedom to expression is recognized



**Tehreem Shah**

Mental Health Enthusiast,  
 Socia-political Content Analyst

by Universal Declaration of Human Rights (**UDHR**), the International Covenant on Civil & Political Rights (**ICCPR**), the European Convention on Human Rights, the American Convention on Human rights (**ACHR**), the Arab Charter on Human Rights (**Arab Charter**) and African's Charter on Human and People's rights (**ACHPR**).

In relevance to protect the basic human right 1973 constitution of Pakistan there is a provision in the form of Article 19 to preserve right of expression. *“Every citizen shall have the right to speech and expression, there shall be freedom of the press, subject to any reasonable restrictions imposed by law in the interest of the glory of the Islam, the integrity, security or defense of Pakistan or any part thereof,*

IMAGE SOURCE : THE TELEGRAPH



*friendly relations with the foreign states, public order, decency or morality or in relation to contempt to court, commission of or incitement to an offence.”*

Article 19 (A) provides the right to information “Every citizen shall have the right to have access to information in all matters of public importance subject to regulation and reasonable restriction imposed by law”. Freedom of expression broadly encompasses a collection of rights that includes right of opinion, press, speech, association, information, thoughts, beliefs and religion. Contemporary issues related to right of expression are hate speech, commercial speech, religion, terrorism. Currently, the internet has transformed the communication, but it has enabled national and international surveillance which has the tendency to threaten freedom of expression.

**Does freedom of speech give us the right to offend?** Absolutely not, but there is other side of the coin to think about; generally, freedom of expression is subjective (apart from subject to reasonable restrictions imposed by law); it is hard to maintain the equilibrium each time for instance, people sometimes identify themselves with their beliefs so they might get offended, there may be groups or individuals who are offended by some source (gender, position of power). For centuries, poets, socialists, activists, politicians, humanitarians have been struggling to broaden the horizon for right of expression, but there is no ultimate ending due to the fact of consistently evolving cultures. However, concerns on right of expression are

emerging with the breakthrough of technology majorly via artificial intelligence and digital media.

**Have people made a difference?** In recent years our world has moved to a rather different form of bigotry. We are predominantly moving away from tolerance. The most prevalent issue since the past decade till date is internet associated issues like privacy breach, cyber-crime (digital media), terrorism (main stream media) etc. In every society, people want to be politically correct but don't want to hurt others' sentiments. Can I ask how sure are you, that what you express won't offend anyone? Yes! Offending someone seems kind of inevitable, but right of expression is pivotal to achieving societal progress. Discussion and dialogue are the soul of societal growth, which can be only achieved through expression of speech. Martin Luther King Jr said;

**“Our lives begin to end, the day we become silent about things that matter”**

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### 21<sup>ST</sup> MARCH - INTERNATIONAL DAY FOR THE ELIMINATION OF RACIAL DISCRIMINATION

“No one is born hating another person because of the color of his skin, or his background, or his religion. People must learn to hate, and if they can learn to hate, they can be taught to love, for love comes more naturally to the human heart than its opposite”

**NELSON MANDELA**

**F**or the love of humanity, to put a smile on the face of a fellow human could be the most alluring virtue an individual can ever get. Although man was born alone and so was the woman, yet they were destined to make family-community-society in the world. Humanity thrives in society as the beauty of existing alone is the trait of God only.

The existence of an individual in a society is not possible without communication with fellow humans and developing relationships to have families. These relationships and communication prosper more when the aura around them is filled up with fun, gossip, entertainment and recreation. However, for humans, there has always existed a certain code of ethics, either religious or man-made, which has been transforming every aspect of communication and behavioral patterns. To fill up the environment with a lot of fun, unfortunately, people forget to take care of ethical aspects regarding gossiping and having fun.

The problem of gossiping and its ethical dilemma has its foundation in "Talking More". In Shakespeare's play, King Lear, there is a poetic conversation between Lear and Fool, in Act-1, Scene-4, which sums up morality and code of ethics while specifically mentioning 'talking less' in first couplet of conversation;



**Omaer Yaghei**  
Writer, Poet

**"Have more than thou showest.  
Speak less than thou knowest,"**

In order to have better time, negative aspects of 'talking more' are mostly forgotten. The traits of 'talking more' in people breed multiple ethical dilemmas such as backbiting, abuses, using foul mouth, slandering, wastage of



time, disrespect towards elders and taunts etc. To talk more is to get exposed more. Even though time is abstract, it has remained a witness to humans' breach of ethical code in conversation as well as in practice. The more modern the man, the more is the commonality of ethical code-breach. The normalization of backbiting and foul language by elders is disastrous with long-term effects on youngsters and their way of gossiping

thus suffers from multiple ethical dilemmas. In the 21st century, the increasing materialism has made people ignore ethical conundrums and the importance of fellow human's existence and dignity.

There is a clear verse in surah chapter Al-Hujarat of Quran which says that;

**"O you who believe! Avoid much suspicion, in deeds some suspicions are sins. And spy not neither backbite one another. Would one of you like to eat the flesh of his dead brother? You would hate it (so hate backbiting). And fear Allah, verily, Allah is the One who accepts repentance, Most Merciful."  
(49:12)**

In order to counter these issues, the emphasis on morality and ethics is more required within the family systems rather than society. For example; to teach ethics (*Adab*): before teaching anything, it is important to not use foul language, taunt, disrespect in front of children, and to show them the value and equality of a fellow human. It is not a problem of governance (except the role of the media) but an individualistic and communal one which needs reformation through self-improvement and upbringing of youth within the family according to moral and ethical code of life. The only way to avoid above-mentioned dilemmas in fun is to maintain this very ethical and moral code of humanity and abide by it. It

is only possible by focusing on religious values, ethics and the abstract side of humanity in the world rather than the materialistic and entertainment side.

Let's see who had fun today;  
- Did you use foul language today?  
- Did you talk about someone behind her/his back?  
- Did you taunt anyone?  
- Did you disrespect anyone?  
- Did you hurt someone's heart by your tongue?

If you did, no worries, you can start working on yourself from the very moment, but if you did not have "fun", then congratulations! You are an angel and a human cannot be possibly an angel.

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### **"On Loving One's Enemies"**

Love is more than an elixir. The latter is supposed to turn baser metals into gold; the former turns all the baser passions into itself. Christ and Buddha were absolutely correct in their perception of the nature of love; but in their passion for ethical idealism they ignored the facts of life. It is too much to expect of man to love his enemies. Some extra-ordinary individuals may have realised this maxim in their life; but as a principle of national morality, the maxim clearly falls down. The results of the Russo-Japanese war would have been different if the Japanese had acted on the principles of morality associated with their religion  
**An Extract from Allama Iqbal's Personal Notebook, "Stray Reflections".**

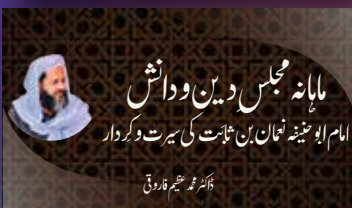
# DR. MUHAMMAD AZEEM FAROOQI

Religious Scholar, Academician, Researcher, Influencer



A man of struggle and acclaimed achievements. Farooqi is a religious scholar. He has done PhD in Islamic Culture, History and Thought and specializes in 21 subjects including Law, History & Oriental Languages. He has authored books on Naqshbandi Sufis, Quran & Hadith and many more. He has also published several academic papers.

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# CAN YOU GUESS?

EXPLORE THE MAGAZINE FOR ANSWERS

SOURCE: FREEPIK.COM, RIDDLE.COM

- 1** If there are four sheep, two dogs and one herds-men, how many feet are there?
- 2** You answer me, although I never ask you questions. What am I?
- 3** I am wet when drying. What am I?
- 4** What word is always pronounced wrong?
- 5** What is the noblest musical instrument?
- 6** What are three things that have eyes, yet can't see?
- 7** What instrument plays from the heart?
- 8** What is at the end of a rainbow?
- 9** The leaves are on the fruit, the fruits is on the leaves. What is it?
- 10** The one who has it does not keep it. It is large and small. It is any shape.



# Clownfish Maze



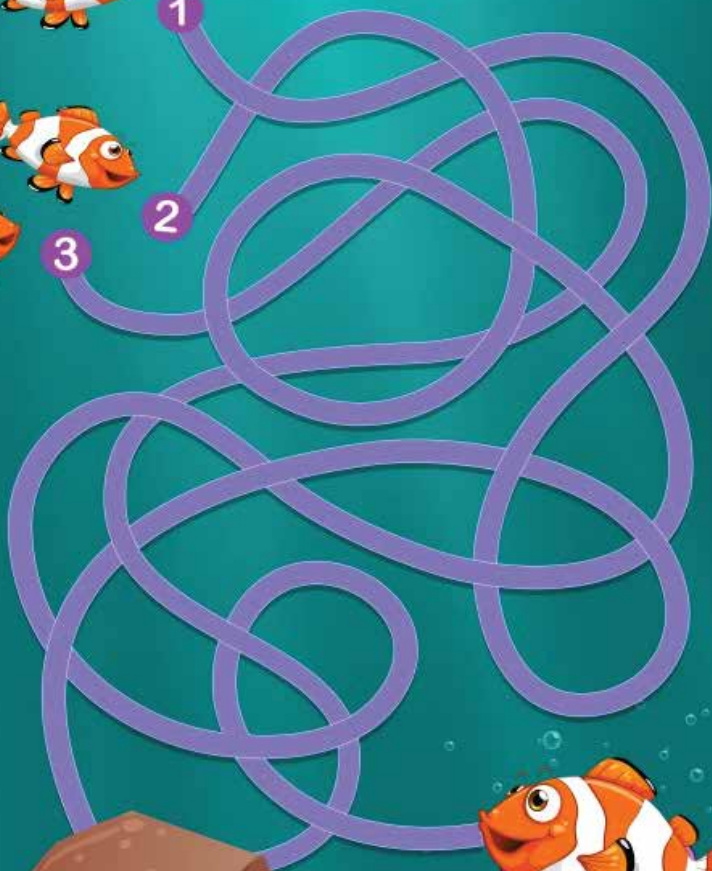
1



2



3



MAKE THE DOODLES COLORFUL







K	B	L	O	S	S	O	M	Y	A	I	U	P	X
K	B	U	B	B	L	E	S	N	N	A	C	O	B
O	H	E	M	F	T	C	U	N	R	B	E	K	U
O	S	N	M	F	E	H	A	U	S	E	N	E	I
J	N	E	U	U	T	E	S	B	B	O	A	Y	I
O	I	R	L	R	O	M	U	R	A	M	E	O	K
J	K	G	L	Y	W	I	D	M	E	A	K	A	P
O	P	N	E	D	N	C	E	S	A	R	S	K	R
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HAVE  
YOU  
WATCHED  
THIS  
SHOW?

EXPLORE THE MAGAZINE FOR ANSWERS

LET'S SEE IF  
YOU CAN FIND  
WORDS BASED  
ON  
POWERPUFF GIRLS



# SELF-REFLECTION: CONTENTMENT

I was once given a piece of advice by my father that I should always look at those who have been given less than me, and see how I can help them, rather than looking up and wishing I had more.

It's the best piece of advice I've ever received because this way I can actually appreciate all the things I do have. Also, when I say all the things I don't have, I'm not talking about basic human necessities and I'm thankful to God for having the privilege to be able to say this.

To take clean drinking water, food on your table and a roof over your head for granted is something we usually do but do you know there's a massive number of people who don't have access to any of this. So, take a moment and be thankful for what you have rather than thinking about what you don't, it makes everything better.

Next thing, there's a difference between 'needs' and 'wants' and we often end up thinking we need something but in actual, we just want it like when you have ice cream and put sprinkles and a cherry on top. Do we need that? No, the ice cream is fine without it as well but we want to have the extra things to feel good. I'm not saying it's bad to want something but excess of



**Shyza Babar**

Writer, Photographer, Humorist

everything is bad and makes you lose perspective of the important things.

Being content isn't always in terms of wealth or material, it's also in other things like skills and knowledge. Now, we need to work hard and acquire these things but sometimes we try to rush it and get frustrated. It's because we are often comparing ourselves to others who we admire and are inspired by. While being inspired by others is good, comparing yourself to them is not. You see their work but not the whole process and even if you do see the process, it doesn't mean it's going to be the same for you. So, work at your own pace and compare yourself to yourself like a year ago or two years ago rather than with others. This approach can actually save us from feeling negative and help in having a healthy mental health.

 *shyzaababar*



**WORLD  
WILDLIFE DAY**  
3 MARCH



# LET'S SPICE UP YOUR CVs

IMAGE SOURCE: FREEPIK.COM

**E**ver thought how you can present yourself in an attractive way through a piece of paper? Challenging! Isn't it? Making a Resume/CV is a technical job to do, and it literally can make or break your image once it lands on the table of the jury.

Dropping a CV somewhere means that people can only judge you by what you put on your CV. You have to make sure that it's all very professional and updated. Unless you have a reference, then of course you won't need a CV, but for the folks like me, here is what we should do. The key features of a CV must include some of these convincing aspects;

Start off by writing only the necessary personal details and avoid giving too much information. I know the need to fill up the space on the paper is clinching but trust me it is not worth it.

Mention your work experience and your roles in detail. Write your qualification along with the name of the institutions and completion year. Add facts and figures. Add your achievements, voluntary work and all possible skills or interests to gain more attention and texture.

The minute you start mention-



**Khizra Tariq**

Teacher, Writer, Artist

ing cliches like "hardworking" or "team player", you have lost it already. Instead, try to mention the roles you can relate to, from your previous jobs. Add some colors and related icons with each heading so your CV stands out and doesn't look like words thrown on a paper.

Be mindful of the font size and lining. Also, add a personal statement and no! Do not copy it from the internet, I know it is very tempting but the more creative you are, the better.

Confidence is the key. Be confident in your CV. Don't ramble on with pointless information and lies. Stick to the facts and be sure of yourself. Remember, it is always a pleasure to see someone with more and more experience and exposure.

Companies always prefer people who have some background knowledge about the position in question. So, work to obtain more content for your CV. Keep in mind that no job is small and you are constantly learning something.

@[khizratariq@gmail.com](mailto:khizratariq@gmail.com)

## THE EMERGING CONCEPT OF FLIPPED CLASSROOMS

In recent times, classroom teaching practices have undergone a dramatic change. Most of the change can be attributed to the use of computer-assisted teaching practices and an ever-growing realization among educationists that teacher-centered traditional classroom settings should be replaced with the student-centered approaches. Under the influence of such changes in pedagogical theory and practices, a new approach of teaching, i.e., flipped classroom approach is gaining more acceptability among academicians. Flipped classrooms are a form of blended learning where learners get more autonomy and the control of their process of learning. In this teaching approach, the learner is assigned the tasks for those homework assignments which are generally considered appropriate for the classroom teaching.

The rationale behind this type of swapping is to provide an opportunity to the learners to actively become involved in the process of learning. With the advances in the domain of computer-based technologies, the flipping of the traditional classroom teaching has become more promising and effective. In a flipped classroom approach, the learners are assigned home tasks related to the topics to which the learners have



**Riaz Gohar**  
Teacher, Phd Scholar

not been exposed before.

Flipped classroom approach is also known for the use of technology for creating opportunities for the learners to collaborate with their peers, teachers and other social groups to achieve the learning objectives.

Flipped classroom learning has also been found useful in promoting autonomous and self-regulated learning.

Furthermore, flipped classroom approach can assist learners to adjust their process of learning and learning styles in a more self-reliant manner. Another benefit associated with flipped classroom learning is that it improves the motivation levels of the learners as they find learning enjoyable and interesting. The phenomenon is unique, effective and more steps are being taken to make it more innovative and interactive for the students and as well as the teachers.

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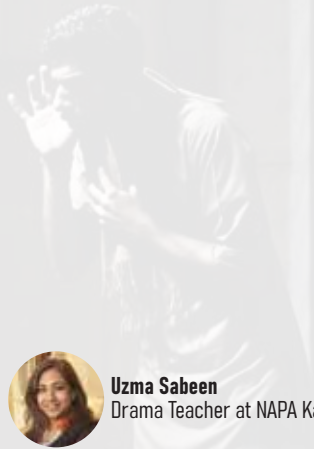


# Theatre is Dying?

Whenever someone questions me, "Is the Art of Theatre dying?" I always answer, "It would be a major need in the future because we know that this age of digital progression is making us more isolated from our surroundings and especially from our society".

In general, we are lacking tolerance and patience towards each other. We are more indulged in surfing and chatting online rather than talking to real people around us. We even do not want to listen to each other's point of views, because in our virtual world everything is according to our wishes; and what we don't like, we just do not bother to go into it. In contrast, whenever we encounter real people, we have conflicts of ideas. Theatre is a collaborative activity and involves major human interaction. It injects a sense of tolerance in its practitioners and audience.

I have noticed that the quality of improvisation is lacking the emotional input. The human experience of the latest generation is very limited, as they are more comfortable in interacting through online platforms. For instance, they could not imagine certain scenarios and the human reaction in some particular situations. However, we all agree that action is the ultimate way of communication. When we lack linguistic expression, we use actions. Theatre is purely action;



**Uzma Sabeen**

Drama Teacher at NAPA Karachi

therefore, it is the sole means of communication between cultures. Through theatre, we can reach people globally because emotions are received and absorbed with a great enthusiasm by people regardless of their region or culture.

Cumulatively, I believe that theatre would never die in future, but it would exhale and grow with the power of wings of new technology. Theatre, which has an immense history of five thousand years, can't be challenged in any way. I have confidence that theatre is an essential element of humans and it is there with them from the beginning and it will last till the end of time.

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# RA'RAK

**Girl:** Please, for God sake don't go, I won't live without you. She helplessly falls down. He wanted to lift her up but was reluctant to expose his weakness as well. The best option right now was to ignore her. He moves ahead. Deep inside, something gets broken, it might be the heart, he thought but it was just a flow of single thought. Whatever it was, to consider it was meant to be weak. And weakness for him was the worst thing ever. To him the purpose of the journey was more essential than the people he was leaving behind. And more than this he was going to this odious mission for the sake of these very people. So, there was nothing to remorse.

**Boy:** I'll have to leave for the best of us.

**Girl:** We don't need this best at the risk of your life.

**Boy:** Don't be emotional! You know very well that we need money and power to survive in this village. We have to get our land back.

**Girl:** I need you more than anything.

**Boy:** But I need many things for you.

**Girl:** In your company the rest of the world becomes meaningless for me.

**Boy:** But when I am in your company everything becomes meaningful for me. Then I desire to get all the luxuries for you my dear.

**Girl:** Your presence is the most luxuriant thing for me. Please don't go away.

**Boy:** I won't be away. You will always find



**Imran Khan**

Playwright, Poet, Fiction Writer,  
Teacher of English Literature

me next to you. And now let me go, the other young men are waiting for me. And remember I am going only to be capable enough to give you a pleasant life. Without money and power, we stand nowhere. And this is the direct way to get the both.

**Girl:** Won't you meet the father before leaving?

**Boy:** He is in the city. He bid me farewell last night and told me not to wait for him because he might get late.

**Girl:** It means you won't stop. With tears in her eyes she says, "Goodbye and come soon. Life won't be life without you."

**Boy:** Just take care of yourself for me. He



SOURCE: PINTEREST.COM

moves ahead with a heavy heart. The girl runs after him grips his wrist. The boy feels the warmth of love, looks in her eyes, the dark eyes were loaded with tears and a few were kissing her cheeks. He softly picks the rolling tears like the pearls and releases his wrist with a jerk. *Rab Raakha!* The only sentence he could utter and went out. She took a hasty jump towards the outer door and had his sight for the last time. He was at the corner of the street. *Rab Rakha*, the last words came on her lips.

Time was hard enough to spend. With him, her vigor had gone. Now the meaning of life for her was to wait and pray for his safe return which seemed her impossible. Hours had spent since he had left and she was sitting in the same posture beside the door as silent as a stone. Meanwhile she heard a very slow voice as some soft bell was ringing somewhere far away. And the next moment that slow voice became louder enough and she realized it was a hard knock at door. Someone was calling her name loudly and beating the door violently. She summoned up all of her courage and opened the gate. *Chachi Sughraan*-a distant relative of her father- entered the house followed by a noisy crowd of village people. A few had lifted a cot on their shoulders. She couldn't get the situation and before this she would try to guess, *Chachi Sughraan* embraced her tightly and in broken words told her about the sad demise of her father. She fell down near the cot without saying a word. It seemed words had lost the importance

for her. Water was streaming out of her eyes in silence. Someone was narrating how her father met to a sudden death. He was coming home from the city. She knew where her father had been. He went to see the local landlord *Lala Raamnaath Lahoriya* to beg for some time to pay back his loan. *Raamnaath* warned them a few months earlier to pay the debt otherwise he threatened them to grab their land. This land was their sole source of living and was very dear to them. They didn't want to lose it. It was the same reason for which her fiancé and cousin went to the war on German front. He wanted to earn enough money to get their land back from the landlord. Her father had already told her his fears of the loss of the land. He knew *Lala* won't accept his request this time. The noisy crowd became silent to listen to the story of her father's death. The man told them what he had seen. He told them, "I was standing at the bridge of the village canal, when her father crossed me. I tried to talk to him but he passed as he hadn't listened to me. Soon what I saw he climbed the bridge's fence and threw himself into the canal." The man said I knew he didn't know how to swim. So, he hurriedly dived to save him but it was late. When he gripped him to swim towards the brink of the canal, he felt he was no more in this world. The man was wondering that what made him to commit suicide. Only she knew what might be the reason. The reason might be the final threat to evacuate the land by *Lala Raamnaath*, the landlord. A wave of utmost desperation flew through her body

and she lost her senses. She didn't know when she regained her senses. 'How long I remained unconscious' was the first question when she came to consciousness? *Chaachi Sughraan* and another distant relative of her mother were with her. They told her, "You remained unconscious for a day and half". The village people had performed the last rituals of her father and he was buried beside her mother's grave at the village graveyard. *Chaachi Sughraan* was advising her to be brave. Because now she had to live on her own. She had no one in this world now to look after her except her fiancé and cousin who had gone for the war. With these words a face

appeared before her eyes, the serious, grave and confident face of her beloved. She implored him for returning back. She hysterically shrieked and tears rolled down her cheeks. *Chaachi Sughraan* embraced her compassionately and tried to soothe her. Oh, my poor child! Please don't weep. While saying this *Chaachi Sughraan*, herself couldn't control her tears.

It was the second month; he was fiercely fighting against the Germans at the front. Much had been changed since then. Almost half of his friends had become the victim of the fire of the war. And the last night proved a nightmare for him as his childhood friend *Jaggu* had had

SOURCE: SIKH24



Enlarged  
be  
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his last breath in his lap. He was shot during a fierce fight with Germans a few days earlier. He was a strong nerved guy and didn't lose hope till the last breath but he couldn't defeat the dreadful death. He could recall the sweet dreams his friend had seen for his future life. Now the thought of uncertainty of his own unfulfilled dreams started haunting him. The two eyes with tears were the only refuge he had now. While sleeping or waking, in the trench or on the front, in fire and in peace these were the only eyes which made him to believe that he had to live. But somehow his heart had lost the hope to see those eyes again with a smile in them. Desperation and disillusionment were quite visible in his hopeless eyes. Early in this morning he had a dream. In that dream he was after a golden deer. The absolute wish was to grasp her and he did his best but the deer got an escape and he too had lost the way. He was standing at the edge of a rock and there was a deep pit ahead. He got scared and turned back to have an escape but there was no way to go back. In fear he woke up suddenly.

Two months had passed rapidly. She was living like the dead. The sole reason to live was the wait of her beloved. She was told by the landlord to exit the house as soon as possible. She didn't know what to do. *Chaachi Sughraan* asked her to shift in her house. But she knew it wasn't the genuine option for her. There wasn't any doubt about her sincerity but her son *Akku* wasn't reliable. He was after her right from the day her

fiancé had left for the war and her father died. To shift in her house was meant to step into a field of trapping. Days and nights were passed sleeplessly. The constant fear of loneliness couldn't let her sleep. After a series of sleepless nights and days on one night the fear gripped her heart and head through a mysterious voice coming from the corridor. Someone was telling the others, "There is no need to fear, she is alone at home. Just hold on your nerves and follow as I direct you". The voice seemed familiar to her familiar. Then with a sudden spark of recollection she recognized the voice. It was *Akku's* voice. She could foresee the impending danger and was about to faint out of fear and despair. But soon she recollected her vigor because it was the time to save the honor, the honor of the family and the honor of the self. She felt a light pressure on the door. Someone was trying to open it forcefully. The pressure on the door was increasing and the vice versa was the pressure on her nerves. She thought for a second and fixed her eyes on the closed window at the rear wall. In no time she dragged the cot near the wall, put the wooden small stool on it and tried to reach the wall. Soon she was climbing the window. The moment she jumped into the back street of her house, she heard the breaking sound of the door and the mad voice of *Akku*, "what the hell. She has fled through the window, just going and catching her. She may not run away." In this mad noise, she headed towards the house of her friend that was at the eastern side of the village. After a

while she felt that someone was following her. The chasers were getting closer. She realized that she might not be able to reach the safe heaven. She paused, thought for a second and resonantly turned her face towards a near refuge. After a minute's span she approached the village water well, climbed the well's wall and stood at the edge with a resolution. Her eyes were shining with the light of determination as a soldier is going to sacrifice his life for the sake of eternal honor. Right now, her determined eyes could outshine the resolute eyes of Hector who said before death, 'Then welcome fate! 'Tis true I perish, yet I perish great', the chasers now reached the well. One of them put his hand on her shoulder. She felt a hostile grip and with a strange smile, murmuring eternal adieu to the departed memories of her martial beloved, jumped into the well. The chaser could only get her stole in his hand with a sigh of desperation he yelled, ' what a brave girl she was!'

In the middle of the fire and shots he was moving ahead like a rock. The order was to break the mesh of the German wire and to destroy Germany's front line attack trenches, and clear the way for Allied troops to advance forward. While proceeding towards the enemy lines, they found themselves snared in wire and facing fully operational machine guns of the Germans. Above this each man carried sixty pounds of supplies that were to be used during the expected fighting in the German trenches. And further in the trenches a bitter


hand-to-hand combat with pistols, grenades, knives, bayonets, and bare hands was waiting for those who would be lucky enough to reach the German trenches alive. The moment, the fire and guns, made him to stop, the memory of the departed brave soldiers of Lahore Division of British Army, who had lost their lives to serve their English masters, worked as a catalyst and added pace to his move. He had witnessed a strange feeling in the morning. It was neither out of the wet, cold, and filthy trench nor out of the stench of the dead soldier's bodies which were being eaten by the large black rats. He thought it might be because of the present, ever-present rather eternally present misery around. But again, he renounced this thought because he had spent two months in this stinking world of sticky, trickling earth ceilinged by a strip of threatening sky. Where the threat of enemy fire was constant and almost 7,000 men were killed or wounded daily. So, after seeing the furious and fiercing hell around this feeling must not be the outcome of the fear of the death. It was because of something else. And then like a flash of lightning an innocent face half veiled by the corner of a flying stole appeared before his eyes. With a long sigh of grief on his lips he lowered his head and murmured, "I am sorry dear, I am afraid I wouldn't fulfill my promise", and then a thick tear fell on the ground, he sat down, picked the wet mud-where the drop of tear fell down- in his hand and with a muffled cry uttered, " I fear I would die while keeping in heart, this *Ra'rak* of

separation." *'Rab Rakha'* Mohan Singh, one of his division's stout and revered guys uttered these words and crumbled on the ground. Mohannn could only say these words, looked at him for a moment and then ran fiercely. They had crossed the iron lines; the German trench was a few yards away. With a jerk he felt as fire had entered into his chest. Blood came out like a fountain. The sight was horrible but a smile was playing on his lips. At least, I am near to fulfill one promise, thank God. He with all his might jumped into the trench, looked around, and threw the grenades on the stock of explosives. With a blast, fire spread all around and in cries of enemies he fell on ground. Few moments later, *Hari Singh*, another guy of the division came to him. We have done our task successfully. It's all because of you. *Subedar sahib* would be very happy. On hearing these words, he closed his eyes and murmured, "at least I did for what I came here." He gripped Hari Singh's hands and said, "Neither side had won, nor could win, the War had won, and would go on winning." With dying breaths and a smile on lips he said, *Rab Rakha* to *Hari Singh* and a beautiful image standing far away in the corner of the trench. And in his last breath, he had nothing to worry except the one and only the *Ra'rak* of separation.

**Yet in a mighty Deed I shall expire,  
Let future Ages hear it, and admire!  
(Hector in Iliad)**

(A tribute to the memory of 1.3 million

Indian soldiers who served in WW1 on British side and more than 74,000 of them lost their lives. Almost half of these soldiers were Punjabi. They all went to the Great War with some expectations but half of them died away with keeping the *Ra'rak* of those expectations into heart.)

 poetic\_spurs

**DID YOU KNOW?**

A sloth can hold their breath longer than dolphins. Dolphins need air after 10 minutes, but a swimming sloth can hold its breath for up to 40 minutes by slowing its heart rate as well



**ANSWERS TO THE RIDDLES**

1. Two. Sheep have hooves; dogs have paws; only people have feet.
2. A telephone.
3. A towel.
4. Wrong!
5. An upright piano.
6. Needle, storm, and potato.
7. The lungs.
8. w.
9. A pineapple.
10. A gift.

**How many did you get right?**

## LIVE AND LET LIVE



**Zeenat Iqbal Hussain**  
Writer, Poet

You took her out to the  
Cosy restaurant for dinner,

I was vociferous in-my appeal,  
For you as sinner.

Social taboos should never erect  
A wall between us,

Otherwise our relationship  
Will take a turn for the disastrous,

My catty instincts  
Were aroused by your-

Blast of voice  
If only I could have told myself

Never mind, it's his choice.  
The norm of the day is

Follow a strict diet  
A pound here or there will not

A tremendous impact  
Make on the weight

Live and let live,  
Take and learn to give.

@zeenat.hakimjee@gmail.com

## EMBRACE THE DARKNESS



**Aruba Ali**  
Content Creator, Artist,  
Mental Health Enthusiast

We are all so closed-off,  
Hiding our real selves,

Our wounds, our pains,  
Embracing not our darkness

But only momentarily happiness,  
Why does it have to be like this?

Why do most heads turn away at the  
sight of an honest conversation?

Why must we live in the world of  
fantasies and humor to shield  
ourselves from talking about the  
dark reality?

@idharudharkibatein

## HOW MUCH DID YOU FIND?





Think a hundred times before you take a decision, but once that decision is taken, stand by it as one man.

*Muhammad Ali Jinnah*

Do not rejoice at the death of your enemy because your friends too have to die, The afternoon sun is soon going to set.

*Mian Muhammad Baksh*

The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart.

*Hellen Keller*

Great doubt will eventually lead to a great awakening.

*Rabia Basri*

Be kind to all creature. This is true religion.

*Budhha*

How can the heart travel to God, when it is chained by its desires?

*Ibn 'Arbi*



# Love Will Return In A Different Way

When he was 40, the renowned Bohemian novelist and short story writer FRANZ KAFKA (1883–1924), who never married and had no children, was strolling through Steglitz Park in Berlin, when he chanced upon a young girl crying her eyes out because she had lost her favorite doll. She and Kafka looked for the doll without success. Kafka told her to meet him there the next day and they would look again.

The next day, when they still had not found the doll, Kafka gave the girl a letter "written" by the doll that said, "Please do not cry. I have gone on a trip to see the world. I'm going to write to you about my adventures."

Thus began a story that continued to the end of Kafka's life.

When they would meet, Kafka read aloud his carefully composed letters of adventures and conversations about the beloved doll, which the girl found enchanting. Finally, Kafka read her a letter of the story that brought the doll back to Berlin, and he then gave her a doll he had purchased. "This does not look at all like my doll," she said. Kafka handed her another letter that explained, "My trips, they have changed me." The girl hugged the new doll and took it home with her. A year later, Kafka died.



Many years later, the now grown-up girl found a letter tucked into an unnoticed crevice in the doll. The tiny letter, signed by Kafka, said, "Everything you love is very likely to be lost, but in the end, love will return in a different way."

## اے میرے ہمدم

قدسیہ عامر  
شاعرہ، لیکھاری



تیری آنکھوں کی گہرائی میں  
مجھے اپنا عکس دکھتا ہے  
تیرے سلونے نفوش میں  
مجھے اپنا عکس دکھتا ہے  
میں  
کیسے روکوں اپنے آپ کو  
تیرے ساتھ چلنے پر  
میں کیوں تماموں اپنے قدموں کو  
تیرا ہمدم ہونے پر  
مجھے تیرے رنگ میں  
اپنا رنگ دکھتا ہے  
جب کبھی سوچا۔۔۔ جب بھی چاہا  
کہ جھٹک دوں اپنا خیال  
تجھے تصور کرنے سے  
تو ایک انجانا سا احساس  
میرے اور تیرے گرد  
تند تانتا ہے  
اور میں بے بس  
ننگے پیروں  
تیری ہمدم ہو جاتی ہوں

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آپ نے ہی مجھے منع کیا تھا۔" ایک بار پھر سوچ لو،  
ظ! اب وقت آ گیا ہے کہ میں حمنہ سے بات کرنے کی  
ہمت کروں۔" امی سے بات کرنے کے بعد اس نے ارادہ  
باندھا۔

حمنہ: آج کافی خاموش ہو۔

ظ: وہ۔۔۔ دراصل میں تم سے ایک بات کرنا چاہ رہا  
ہوں۔

حمنہ: ہاں! بتاؤ۔

ظ: حمنہ! میں تمہیں کیسا لگتا ہوں؟"

آگے ایک منٹ کی خاموشی چھا گئی۔ "آف! مجھے یہ  
سوال نہیں کرنا چاہیے تھا۔" ظ نے خود کو کوسا۔

حمنہ: تم ایک صاف گو، محنتی اور مخلص انسان ہو۔ کبھی  
کبھار اپنے آپ سے غیر مطمئن ہو جاتے ہو لیکن مجموعی  
طور پر ایک بڑے ضرر آدمی ہو۔

ظ: لیکن میں تمہیں لگتا کیسا ہوں؟

حمنہ: تم کیوں پوچھ رہے ہو؟

ظ: کیا ہم دونوں اچھے دوستوں سے زیادہ ایک مضبوط  
تعلق میں بندھ سکتے ہیں؟ مجھے تم میں وہ مضبوط جذباتی  
اور ذہنی سہارا نظر آتا کر سکتا ہوں۔ اگر۔۔۔ اگر تمہیں  
بھی مجھ میں کوئی دلچسپی ہو تو۔۔۔ تو میں اپنے والدین  
کو تمہارے گھر رشتے کے لیے بھیجنا چاہوں گا۔

بالآخر اس نے سب کہہ دیا تھا۔

حمنہ: مجھے اچھا لگتا ہے جب تم مشکل میں کسی بھی  
دوست سے پہلے مجھ سے شئیرنگ کرتے ہو۔ مجھے اچھا  
لگتا ہے جب تم میری کامیابی پر اپنی کامیابی سے بڑھ کر  
خوش ہوتے ہو۔ تم جب چاہے اپنے والدین کو بھیج سکتے  
ہو۔

حمنہ کے جواب سے اسے لگا کہ ایک پرسکون زندگی  
اس کے انتظار میں ہے

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میں فون اٹھایا اور آہستہ آہستہ سب کچھ حمنہ سے شنیر کر لیا۔ اسے حمنہ کی یہ عادت بہت پسند تھی کہ وہ بالکل بھی جج نہیں کرتی تھی۔ وہ اس سے کوئی بھی واہمہ، پریشانی، دکھ، سکھ سب شنیر کر سکتا تھا۔ کچھ عرصے سے وہ حمنہ کے متعلق ایک دوست سے کچھ زیادہ کے جذبات محسوس کرنے لگا تھا۔ "کیا مجھے اس سے بات کرنی چاہیے؟ کہیں وہ برا نہ مان جائے؟" اسے ایک اندیشہ لاحق ہوا: کیا حمنہ مجھے قبول کر لے گی؟ وہ طے کے مقابلے میں امیر والدین کی اکلوتی بیٹی تھی۔ "میں اس سے یہ بات کرتے ہوئے کیوں جھجک رہا ہوں؟ اس نے تو ہمیشہ مجھے جذباتی طور پر سپورٹ کیا ہے۔" اس نے فی الحال اپنی ہمت جمع کرنے کی کوشش نہیں کی۔

کچھ دنوں بعد امی نے اسے نازش کے پروپوزل کے بارے میں بتایا۔ وہ اس کی خالہ زاد بہن تھی۔ "امی! آپ اپنی اس بہن کے گھر میں میرا رشتہ کرنا چاہتی ہیں جو لڑکے کے امیر نہ ہونے کی وجہ سے پہلے بھی بیٹی کی دو منگنیاں توڑ چکی ہیں؟" "میری بہن ہے وہ۔ نازش کے لیے فکر مند ہے۔ ویسے بھی اب ان لوگوں نے فیصلہ کیا ہے کہ وہ خود کھاتے پیتے لوگ ہیں تو وہ اپنے اکلوتے داماد کو خود سپورٹ کریں گے۔" "کیا سپورٹ دیں گے؟" طے نے طنز سے پوچھا۔ "اپنی بیٹی کو گاڑی اور گھر وغیرہ دیں گے۔ جو لوگ انفرڈ کر سکتے ہیں ان کے لیے یہ نارمل بات ہے۔" "امی! نازش اچھی لڑکی ہے۔ پڑھی لکھی، خوبصورت اور اچھی فیملی سے ہے۔ مگر مجھے اس کی چیزوں میں دلچسپی نہیں ہے۔" "بیٹا، اس بات سے انکار ممکن نہیں ہے کہ زیادہ پیسوں سے زندگی سہولت سے گزرتی ہے۔" "امی! مجھے ایک پر سکون زندگی چاہیے۔ پیسہ آنی جانی چیز ہے۔ پیسہ آنے پر میں خوش ہوں گا لیکن اپنی ذات کا سودا کرنے سے

کرتی تھی۔ وہ ان لڑکیوں میں سے تھی جن کے لیے عزت اور ستائش دل سے نکلتی تھی۔ گریجویشن کے بعد وہ بھی جاب کر رہی تھی۔ باتوں باتوں میں دونوں کیرئرز پراسپیکٹس ڈسکس کرنے لگے۔ طے کو اسی سے ایک نئے پرائیکٹ کا پتہ چلا جس میں معمولی انویسٹمنٹ کے بعد کافی پرائفٹ کے امکانات تھے۔ وہ آگے بڑھنا چاہ رہا تھا لہذا پارٹ ٹائم اس پرائیکٹ سے منسلک ہو گیا۔ کبھی کبھار حمنہ سے بات ہو جاتی تھی۔ وہ اکثر ہی اس سے مشورہ لینے لگا۔ اس پر چھائی ہوئی قنوطیت "پرائگریسوس" میں تبدیل ہونے لگی۔

ایک روز طے دوستوں کے ساتھ شام کے کھانے پر باہر تھا۔ دوست سب ادھر ادھر اپنے اپنے کاموں میں مصروف ہوا کرتے تھے۔ کچھ دوست شادی شدہ اور کچھ غیر شادی شدہ تھے۔ کافی عرصے بعد سب مصروفیات سے فرصت نکال کر ملنے کے لیے اکٹھے ہوئے تھے۔ "مزل کی شادی پر کون کون جا رہا ہے؟" "مزل کا بس چلے تو وہ خود بھی نہ جائے،" جواد کے مذاق پر سب کا قبضہ بلند ہوا۔ مزل نے جواد کو میز کی دوسری طرف سے مارنے کا اشارہ کیا۔ فرقان نے بچ بچاؤ کراتے ہوئے کہا، "جواد تیری شاپنگ مالز میں پریڈ کرانی ہو گی بھابھی نے، اسی لیے تو اوروں کو ڈرا رہا ہے۔" پھر کچھ دیر سیاست زیر بحث رہی، پھر کرکٹ، پھر کھانا، اور پھر اپنے اپنے گھر روانہ۔۔۔

واپسی پر طے کو اپنے پیسے جوڑ کر خریدی گئی سینکڑ بیٹڈ کار بہت چھوٹی لگنے لگی۔ گاڑی پورج میں لگائی تو کرائے کے مکان پر احساس کمتری کا شکار ہونے لگا۔ اپنی نوکری بڑی بے وقعت لگنے لگی۔ "مجھے ان سے ملنے ہی نہیں جانا چاہیے تھا۔" اس نے خود سے کہا۔ موبائل کی بیل بجی۔ سکرین پر حمنہ کا نام تھا۔ اس نے بے دلی انداز



# فیصلہ



سارہ نور  
افسانہ نگار، ڈرامہ نویس

کے پاس والی کرسی پر بیٹھ گئیں۔ ادھر ادھر کی باتوں کے بیچ میں امی اس سے یہ بھی کہ گئیں، "میرے چاند! دنیا کے ہجوم میں کبھی اپنی ذات کو مت کھونا۔ تم میرا جگر گوشہ ہو لیکن لوگوں کے رویے، ان کی زبانیں کھارا کلیجہ پھیریں گی۔ سر چھپانے کے لیے ہمیشہ ماں کی آغوش نہیں رہے گی۔ تب کوئی ہمدرد اور مخلص ساتھی ہو تو اس کی قدر کرنا۔ نہ ہو تو اپنے ذہن کو آہنی بنا لینا اور کسی کو بھی اپنی خود اعتمادی کبھی مت توڑنے دینا۔" امی اس کے کمرے سے چلی گئیں اور طلہ ان کی باتوں کو تھوڑا تھوڑا سمجھتے ہوئے سونے کی تیاری کرنے لگا۔

پھر یوں ہوا کہ زندگی میں ایک دم بہت ساری تبدیلیاں آتی چلی گئیں۔ شہزاد بھائی کی یو۔اے۔ای کے بعد اگلی پوسٹنگ یورپ کی آگئی۔ ثانیہ کی ڈگری مکمل ہونے کے بعد شادی ہو گئی۔ ساڑھ کو دوسرے شہر میں یونیورسٹی میں داخلہ ملنے پر ہاسٹل میں منتقل ہونا پڑا۔ طلہ کو سالانہ انکریمنٹ بونس کے طور پر ملا۔ ایوبیسٹن پر چلے گئے اور امی طلہ کے لیے دلہن کا انتخاب کرنے لگیں۔ طلہ کو اپنی جاب ہاتھ پر ہاتھ دھر کر بیٹھے رہنے کے مترادف لگنے لگی۔ موجودہ نوکری کے ساتھ وہ مزید تعلیم کے لیے وقت نہیں نکال سکتا تھا۔ پاکستان میں رہ کر اگلے بیس سال میں بھی وہ نوکری میں اتنی ترقی نہیں کر سکتا تھا کہ ایک پر آسائش زندگی گزار پاتا۔ اسے اپنا آپ جادہ محسوس ہونے لگا۔ نامحسوس انداز میں چڑچڑاہٹ اس کے مزاج کا حصہ بنتی چلی گئی۔

کام کے سلسلے میں مختلف کمپنیوں کی ایک میٹنگ میں اس کی ملاقات اپنی پرانی کلاس فیلو جنہ سے ہوئی۔ وہ اس کی کلاس کی ڈین ترین لڑکی تھی۔ مزاجاً خاموش لڑکی تھی مگر جب بات کرتی تو بہت خوبصورت بات

آج طلہ کا جاب پر پہلا دن تھا۔ وہ ایک انجینئرنگ گریجویٹ تھا۔ میرٹ کے بل بوتے پر اسے اس نئی کمپنی میں ملازمت ملی تھی۔ اس کی پہلی تنخواہ پچپن ہزار روپے اس کے ہاتھ میں آئی تو مہینے بھر کی جسمانی، جذباتی اور ذہنی سکلت میں کمی محسوس کی۔ گھر جاتے ہوئے مٹھائی کا ڈبہ اور چکن سکنے لے کر گیا۔ امی، ابو اور اس کی دونوں بہنوں نے اس کے ساتھ مل کر اس خوشی کو منایا۔ کھانے کے آخر میں ابو کے منہ سے نکل گیا، "یاد ہے شہزاد اپنی پہلی سیلری کے بعد ہم سب کو ہوٹل لے کر گیا تھا۔" ساڑھ بھی بے دھیانی میں کہہ اٹھی، "ہاں! کتنا مزہ آیا تھا۔ شہزاد بھائی کی کال آئی آپ کو طلہ بھائی؟" "انہوں نے کال کر کے مبارکباد دی تھی،" طلہ نے مختصر جواب دیا۔ امی اس کے مدہم لہجے اور جبری مسکراہٹ کی تہہ تک پہنچ گئیں۔ "میرے طلہ کی کامیابی اور خوشی میرے لیے سب سے بڑی ہے۔" ثانیہ نے بھی ماں کی ہاں میں ہاں ملائی، "طلہ، اللہ تمہیں

مزید ترقی اور برکت دے۔" سب نے مل کر آمین کہا۔ رات کو سونے سے پہلے امی اس کے کمرے میں آئیں۔ تب وہ سٹیڈی فیل پر بیٹھا پڑھ رہا تھا۔ امی اس

# SATISFACTORY READERS

Really loved reading the whole magazine, especially the space science section. I am really looking forward to newer scientific topics in the upcoming editions.

**"Naima Kokab"**

Azeem English Magazine, once again helped me in coping my anxiety through the mental health articles.

**"Shumaila Tauqeer"**

I have really liked the new size of the magazine. It is very handy and portable.

**"Sultan Janjua"**

My kids have just loved the kids' section. The charming poems, interesting leopard adventure stories and puns made their month really cheerful. Hats off.

**"Usama Riaz"**

AEM dared to talk about intolerance in our society, and trust me, the Ethics corner of the magazine has to be the best section of the magazine. Just Wow!

**"Erum Akhtar"**

Azeem Educational Conference is doing a great job; they are literally touching every aspect of the modern world. Commendable.

**"Rafay Anjum"**

The color scheme used by AEM is so refreshing. I mean, every section has its own color, which adds to its charm effortlessly.

**"Ghosia Nazeer"**

Just read the whole magazine, and its quite informative. It has given me a lot to reflect as an individual of the society and as a human being.

**"Zulqurnain Ayub"**

I really admire how this magazine serves as a platform for everybody to share their experiences with us. It is a huge learning. Thankyou Azeem English Magazine.

**"Faris Hameed"**

The addition of humorous essays is icing on the cake. The satire is quite decent and has so many dimensions to be explored. The reality has wonderfully been depicted.

**"Feeha Qalb-e-Zahra"**

Don't forget to give your feedback through the feedback card in the magazine.ipsum





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