

AZEEM ENGLISH MAGAZINE



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Scan Me

UNDER THE SUPERVISION OF AZEEM EDUCATIONAL CONFERENCE (REGD.)

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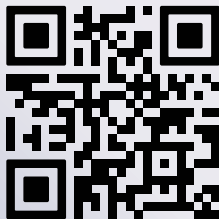


AZEEM EDUCATIONAL CONFERENCE

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

One of the prime objectives of Azeem English Magazine has always been to illuminate the minds of our readers by opening windows of knowledge, enlightenment and awareness. This issue is enriched with some exceptional articles by profound authors; from dream analysis to Yogis of Tilla Jogian and the world of robotics to gender equality. This much multiplicity is going to make it an enthralling experience for you. Our promise fulfilled once again!

Happy Reading!

Muhammad Ali Farooqi

Editor-in-Chief



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Beauty Is Nothing Before Dexterity



Hassan Bilal Ahmed
Doctor, Writer

The construction of this world has been cemented with the bricks of knowledge, redolent abilities, and productive theories. A trek to development was started with the wisdom of humans and moved them from caves to palaces. Dexterity is a unique long-lasting quality of living organisms that makes them distinctive, powerful, resistant, and prolific unlike the beauty of the same organisms. Beauty is a temporary reflection of someone's genetics that keeps rendering and vanishes as an individual dies, but the work composed by the person shines even after its decaying. The joyous moments of us would have been a wet blanket if the discoveries of wheel, engine, and electricity had not taken place.

A person is redundant even if it is extremely elegant, remarkably beautiful, and enormously fascinating, but has no intellectual work to do, no creativity in its thoughts, and lives in the sedation of its inherited appealing beauty. During this pandemic, all the beautiful people set languish while the knowledge gave the world a vaccine to curb the infection.

Let us not go back into archives, take a few recent examples of the shining stars who internationally upheld the name of our country, but got the least attention from the public because of their thoughtful work in the fields of knowledge. Dr. Zubaida Sirang wrote a book on ophthalmology which has been credited as the best book by the ophthalmologists ever written in the field, Zara Naeem who won 1st

position in ACCA Global Exam, Nabeel Haider who has claimed to have designed an application similar to WhatsApp with better features, Umair Masood who appeared as a young scientist after being relegated as a dumb student by a university here in Pakistan, Aqsa Amjad who invented the sewing machine for the visually-impaired, Muhammad Ali Sadpara who lost his life in the struggle to mount the apex mountain, and Dr. Mubashir Hussain's work let him raise in the list of World's top 1% Computer Science Researchers.

This is our social behavior that we neither do creative things nor we advocate those who are in the race to provide the world with amazing discoveries. There is a need to indoctrinate the sense of development in the youth based on their skills, and not on the ostensible hot-looks which is a no-yardstick to measure someone's credibility. It is high time when we should invest our all energies to do something useful rather than putting the vitality in trifle doings. It is incumbent on the parents, the youth itself, and the universities to produce an environment where the individual skills of everybody can be improved. The government must assume its responsibility to remove the obstacles that halt the process of inventions and should promote competition among the brains to make our country a better place to live.

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LET'S MEET

FT. TAMKENAT MANSOOR

**Aesthetic Physician &
Digital Content Creator**

Apart from being an MBBS doctor, when did you decide that you are going to be a comedian and a digital content creator?

First of all, much gratitude for considering me for this interview. Secondly, I don't like when people refer to me as a comedian because I don't want a certain label. However, I always wanted to do something in performing arts since my childhood, and now, I don't miss any chance to pursue my passion (smiles).

You have plenty of videos in which you have portrayed your talent in a very dynamic way. I would like to know who has been your inspiration?

Well, my answer to this question, at least to me, is quite funny. Right from my childhood, I had been a huge fan of the performer Michael Jackson, although, he has nothing to do with what I do, but still he has always inspired me. His larger-than-life and charismatic personality has always awestruck me. He was a phenomenon, and his charm stayed with me. At that time, I was not aware what



exactly I wanted to do, yet, I knew that I wanted to be on heights of fame just like Michael Jackson was.

Being a social media star, are you satisfied with the trends and benchmarks set by your contemporaries?

See, if the audience is following social media trends and showcasing their love to the content by digital producers, then I am in no authority to criticize anyone. I feel masses formulate the standards by exhibiting their interests to a certain type of content, and these days, experimenting with the content is a bit challenging. People may or may not like it, but still, you will attract a peculiar crowd. Basically, I want to say, "to each his own"; different content for different viewers. However, I don't really appreciate harmful content.

4 MINUTES READ

Cyber Bullying (trolling), unfortunately, is getting normalized these days. People like you, who make realistic content fall prey to it. So, how do you manage hate that comes your way?

I am somebody who encounters hateful comments and disgusting messages abundantly. Initially, I used to get really affected by it, and would try to justify my views to the hate-mongers. Trust me, it was really a frustrating experience. However, a year back I consulted one of my friends Shoaib, and I expressed how this online hatred makes me anxious and sad. What I learnt from him has really helped me, and now I don't interact with the trolls anymore. Someone who uses derogatory remarks, I simply delete and reside to the block option (laughs). Furthermore, as per my research, trolls troll just to get attention and we should not favor them by responding to their jibes and insults.

You are a multitasker, you are a doctor, a mother of two and content creator as well. Do you get overwhelmed by life? How do you manage yourself?

Firstly, I have no shame in admitting that I keep a track of my mental health. I have a therapist and for my own emotional regulation, I follow his advice strictly. I am very well aware of my issues and therefore, I take medicines for it. Secondly, I would say, being busy is really a blessing for me, as I don't get time to let negativity enter my head. I have patients to see,

furthermore, I love to knit and cook, *men gol rotiyan bhee bana leti hun* (chuckles). Thirdly, I have two kids and spending time with them is a therapy for me. Last but not the least, my chosen family, "my friends" are the prime source of motivation and support to me.

How do you see "lack of empathy" in our society?

I think it is the biggest disease of our society. It is very saddening to see people not being able to feel others' pain. To be more precise, it is a wakeup call for all of us, as we dwell in a space where we don't allow ourselves to step into other person's shoes to sense their grief and pain. I think empathy makes us "human", and this is what we are called "*Ashraf-ul-Makhlooqat*" for.

What message would you like to give to the younger lot, who want to be a content creator?

In this field, you are going to get a lot of rejections. There will be a group of people who may not like your work and criticize you. Be consistent and work very hard. Be true to your content, do not run after "fame".

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Drama Triangle: Saves the Dance

What if I tell you that in our lives, we all have some positions, or in simple words we all are part of a 'drama triangle'. The term attracts many as they would think to get a major role in the drama and become famous celebrities, but they are unaware of the fact that they are already in it. Being the rookie to this term we must understand it, as we all are part of this triangular drama series.

Almost 40 years ago this "drama triangle" was developed by Stephen Karpman and is just as new to people as it was 40 years ago. It is a dynamic model of social interaction and conflict. Victim, rescuer and persecutor are the roles people unconsciously play, or try to manipulate other people to play. One must understand that these three roles of the drama triangle archetypal and easily recognizable in their extreme versions in order to "save the dance".

By now you must be presumptuous about the term, but don't... keep on reading to understand it. The three referred roles are played unconsciously.

Victim: "poor me!"
As the term refers, they are the people who see themselves as victimized, oppressed, powerless, helpless, hopeless, dejected,



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

ashamed, and come across as "super-sensitive"; wanting kid-glove treatment from others. Additionally, they can deny any responsibility for their adverse circumstances and deny possession of the power to change those circumstances.

Rescuer: "Let me help you!"

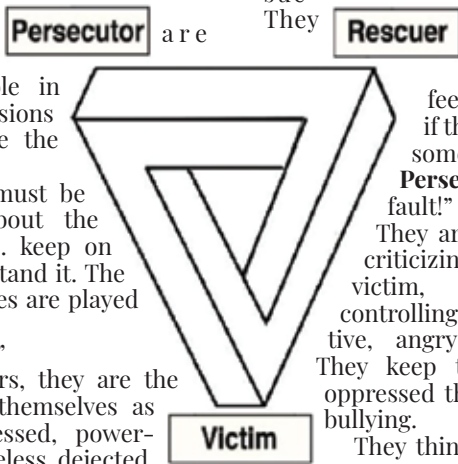
They are the people who work hard to help other people to feel good about themselves, while neglecting their own needs or not taking responsibility for meeting their own needs.

But the twist in this role is that rescuers are co-dependent and enablers. They need victims to help and often can't allow the victim to succeed or get better. They can use guilt to keep their victims dependent and feel guilty themselves if they are not rescuing somebody.

Persecutor: "It's all your fault!"

They are characterized by criticizing and blaming the victim, they can be controlling, rigid, authoritative, angry and unpleasant. They keep the victim feeling oppressed through threats and bullying.

They think of themselves as



4 MINUTES READ

IMAGE SOURCE: MADRIELLA.ORG

can't be flexible, can't be vulnerable, can't be human; they fear the risk of being a victim themselves. Persecutors yell and criticize but they don't actually solve any problem or help anyone else solve the problem.

By now you must be able to recognize quite few of your encounters with many of these three types of people in your routine life. They can exist in your home, family workplace anywhere and everywhere.

Simple conversation between Mr. X and Mrs. Y can help you more.

Mr.X: I am so unhappy at work. I had another argument with A today. I just feel that it's never going to work out.

Mrs.Y: Why don't you speak to your supervisor? He could help.

Mr.X: Yeah, but it's not his problem, is it?

Mrs.Y: OK, well you could try.

Mr.X: Yeah, you can see me doing that...he's one of the problems.

Mrs.Y: How about writing to the MD? I'm sure he'd like to know what's going on in the workplace.

Mr.X: You don't get it, do you? If I did that, my supervisor would make my life a misery.

Mrs.Y: Well, why the hell are you talking to me about it then? You're obviously not in the slightest bit interested in actually solving the issue. You just want me to make all the concessions. You're always moaning.

Mr.X: You just don't pull your weight around here. You've never worked in all our years together. I don't know why I even bother talking to you about my problems.

Mrs.Y: That's not my fault. You know how difficult things have been for me

since my mother died.

Mr.X: Sorry, I didn't mean to upset you... let's...

Oh go to hell. I cannot stand the way you always criticize me

Taking responsibilities as an adult and providing "Passive responses" like, "you may be right" or "I'm sorry you're..." are the only practical ways to remove yourself from this triangle. Pay particular attention to your own roles and behaviour and see how you can begin to use the 'passive' response to avoid playing this exhausting and, ultimately, fruitless game.

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Light of Lie



Abeerah Jillani
Teacher, Poet, Writer

*I stoop up and contemplated
Once again, I was interrogated
Thoughts were ought to be jaded
Seems like my dare was manipulated
Was it all worth it?
I whispered with a voice under sedative
Come on!
This gimmick is outdated
Why don't you commend
This all has been fated.*

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Why Muslims Do Not Produce Scientists Anymore?

6 MINUTES READ

In the modern age of science, we constantly hear about new inventions of machines and gadgets but have we ever wondered why haven't we heard any Muslim scientist's name associated with them?

Till date, there are only 12 Muslim names who have been awarded with the noble prizes. However, with the exclusion of literature and peace, only three names are left i.e., **Ahmad Zewail (Egypt)**, **Azecz Sankar (Turkey)** and **Dr. Abdus Salam (Pakistan)**, who have been awarded for their noticeable contribution in the field of chemistry and physics respectively. Well, the constitution of Pakistan does not consider Dr Abdus Salam as Muslim so technically, there are only 2 names in 120 years who have been acknowledged for their work in science.

This fact is no less than a slap on the face of Muslim nation that we have always been extremely superstitious.



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

Moreover, we have always been resistant to change and therefore, today, we are far away from the scientific world.

There was a time when Muslims had displayed their prowess in diverse fields of science, whereas the West was underdeveloped. That golden age of Muslim gave birth to the names like **Ibn ul Khayyam**, **Al Beruni**, **Al Khwarizmi** and **Jaber bin Hayyan**. Undoubtedly, it was the time when Muslim scientists were celebrated.

Since the 13th century, Muslims have witnessed a downfall in science and modernization. What could be the possible reasons? Why have we stopped following the footsteps of our ancestors? Why don't we get tired of bragging about them? We bluntly

IMAGE SOURCE: TAPPEPSIA.COM

claim that west has adapted methods of Muslim scientists and researchers for knowledge and technological advancement, but why can't we put an effort to do the same?

One of the major reasons for this downfall is the regressive attitude of Muslims. Science prevails in those societies who believe in experimentations and observations. But Muslims have projected all this responsibility to God. No one bothers to research about anything beyond their understanding, and leave it by simply stating it as a miracle of God.

If this is all that He wanted why would He be so generous to bless us with heart, brain, ability to think and particularly the free will.

Even God tells us through his words that we are here to discover the underlying mysteries of nature to find traces of his tremendous creations.

“And He is the one who spread out the earth and placed firm mountains and rivers upon it and created fruits of every kind in pairs. He covers the day with night. Surely, in this are signs for those who reflect.”

(3:13)

And in Surah Al-Jathiyah, the thirteenth verse, the God says.

“And He has subjected to you whatever is in Heaven and whatever is on the Earth all from Him. Indeed,

in that are signs for a people who give thought”

These verses make it clear that God is asking us to think, observe and explore everything and its functioning.

Everything includes science, whether it is creation of the universe, growth of the trees and crops, change of weather, birth of a child or fragrance of a flower. Every natural phenomenon includes a scientific reason behind that we don't bother to

inspect anymore by naming it

as “Allah ki Qudrat” or “Allah ki Karni” and

move on. This fading curiosity and discouraging ability to

question among the

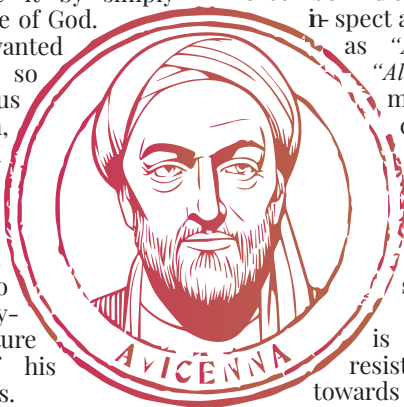
Muslims is serving as a major reason for their regression in science.

Another cause of this

is the unnecessary resistance of the Muslims

towards the change. With the passage of time, nature evolves, and we must go with it. But unfortunately, we are stuck to the old traditions and customs.

We do not like the idea of exposure to new thoughts and ideologies. One who questions is considered as a mutant by the orthodox Muslims. The modern concepts of science are always declined by the radicals of respective times. The procedure of surgery and making cuts to the body was sentenced as witchcraft by the *mullahs* of the time of the Persian



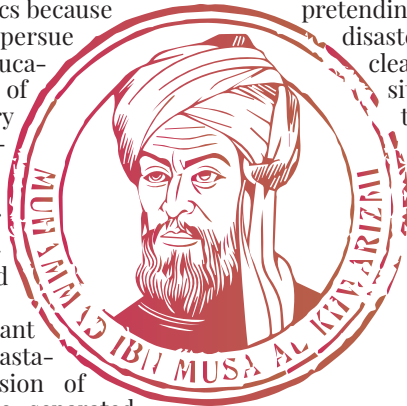
physician **Ibn-e-Sina**. Even the ill king of that time was cured by his surgery. His book **“The Canon of Medicine”** was translated to English and French, and still, western physicians consider that book as a roadway towards the treatment of contagions and many surgical procedures. But Muslims could not get any of that light only because of their unadabability. Not looking so far back, the time of Sir Sayyed Ahmad Khan, a positivist, faced severe criticism from fanatics because he urged Muslims to persue modern scientific education to meet the pace of world. History ensurethatunacceptance and abnegation of Muslims towards evolution of scienceandtechnology has always held them behind.

The third important reason of Muslim devastation is the dispersion of knowledge. We have separated science and religion. The golden age of Muslims had *madrassas* where students were educated in various fields of science through religious perspectives and by the examples and signs in the Holy Book. The statements from the Book were acknowledged, understood and then experimented. They knew that everything evolving in modern science could be verified and the help could be sought through the Book.

Gradually, this practice vanished,

and religion was handed over to the *mullahs* as if it only belongs to them. And over the course time, we preferred to memorize the words exclusive of their meaning behind the verses. The perspective changed, and the Muslims got stuck in tussle of *“Deeni aur Duniyavi”* that the modern languages and science are wordly knowledge they do not need, but only the religious one which will help them in *aakhirat*.

And, alas, we no longer have any of them. We have put on a blind fold pretending we can't see our disasterous future, but it is clear if we, Muslims, kept sitting on our hands then surely we are doomed.



“Pakistan used to have an advanced scientific establishment, Nobel Prize laureats. Now science has virually disappeared from the educational system of Pakistan. Pakistan has no future if it is going to live in a world of religious superstitions.”

- Noam Chomsky

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📷 [raheelize](#)

Are you stuck in a rut? For some people the daily 9 to 5 grind; a bank balance that doubles as a safety net, and a fixed routine are all that is needed to stay happy and content. As for me – I don't entirely agree, but that may be because I have the luxury of actual thinking about what makes me happy.

For most people – life revolves around making enough money to support their families, making sure their child gets the best education possible, and so on. Despite all this – I feel that taking out time for your “passion” is necessary to thrive in life.

As the saying goes “Your happiness lies in doing what you love.” Subsequently, doing what you love is vastly dependent on where your passion lies. Most people when faced with the question about what their passion is, they can't point out anything specific.

How to Find Your Passion?

Finding your passion is like making a Venn diagram in your head – identifying your strengths, knowing which of them strengths and talents make you happy and having the ideal circumstances. If we were to break it down into more comprehensive and practical phases, it would look like a step-by-step guide:

1. Know What You Are Good at

Obviously, to do something well, you have to be good at it. It is impractical



Zainab Farrukh
Mental Health Practitioner,
Activist, Researcher, Writer

to assume your passion lies in sketching when you can't even draw a perfect circle.

2. Gauge Your Options with Confidence

When you don't have faith in yourself and your abilities, others won't harbor it either. Hence, it is essential for you to believe that you are good at something, that you love.

3. Make Do With What You Have

More often than not, the circumstances a woman needs to pursue her passion are not ideal. In some cultures – women may not be encouraged to go after their dreams or pursue their passions. For example – I know people who think my education and freedom is getting to my head. Either way, it is important to work around your situation till you can mold it to benefit you.

4. Be Consciously Aware of the Insignificance of Other People

What other people think of you or your passions should be the least of your concerns. Stopping yourself from broadening your horizon simply because it doesn't seem to fit into your society's norms, is a hurdle

Continued on page 45...

**5 STEPS TO DISCOVER
YOUR PASSION
& LIVE YOUR DREAM**

3 MINUTES READ



Smart Decisions Empower Life

4 MINUTES READ

Career planning is a word unknown to us, as we are a nation who is in the habit of making uninformed decisions. These decisions are made carelessly, haphazardly and without knowing what the market requirements are, and without working on individual likings, ambitions and aptitudes.

Every individual is unique, having exclusive proclivities, ambitions, plans and aptitude so should be dealt with as such. The hackneyed approach to judge each according to the set parameters and yardstick does not serve the purpose of building a modern society, and preparing individuals with independent approach and analytical mind.

Career choice is a very important thing in one's life. Whatever career path one chooses, will impact one's life greatly. Choice of a career has always been a problem for our youth, who find little or no help in choosing



Faiz Mahmood

Asst. Professor of English,
Educationist, Social Worker

careers and making smart decisions. Our stereotypical education system gives a little scope to think and choose out of the box practical fields which can land our children in the world of technology, science or arts.

The ever changing, fast track, break-neck speed transformation in technology where automation, outsourcing, downsizing and global competitiveness has already diminished the job market; making the right choice has become an indispensable factor. Smarter decisions in education, preparing oneself for the responsibilities and challenges of the ever-changing world can help sail smooth in the world.

Learn and discover yourself

"To be like other will waste your own abilities"

ILLUSTRATION: FEREPIK

Before deciding the career, take a deep breath, delve deep inside you and find out what do you want in life, where do you like to be in the next five years, recollect your aptitude, interests and liking before deciding about any career. Think hard about your worries, fears and demands from your own self and from the system you are living in. Discuss with your parents, teachers and friends and ask them about their opinions.

Worries, interests, fears, and desires are all what make you and if you ignore them, you may not be able to decide and plan your career. By establishing a therapeutic relationship with your own self, you will be able to decide and can seek guidance from others.

Set Goals

Discover your area of interest, liking and disliking and then look for the occupations matching your interest. Seek advice from your seniors, parents and teachers to make an informed decision.

Acquire the requisite education and skill for the job you thought to get in future. Make sure to be excellent in the field as far as education, skill and knowledge for that job is concerned.

Understand the market requirements

New technology brings forth new disciplines in education which require specialized education.

Is your education in alignment with the market requirement?

Are there enough opportunities matching your education?

If the answers to these questions are negative then change of plan will be the right option for you.

If the answer is in the affirmative then you are on the right path.

Be careful to distinguish between your ambition and market requirement. If you want to make your ambition your career then prepare yourself to brace the initial impact of the failures and depressions. Following an ambition is not an easy task, it may take years of untiring efforts, before your work gets recognition.

Reality Check

Last but not the least, prepare yourself for the failures and setbacks in your chosen profession. Slow and steady wins the race is not only the proverb but the actual reality which should guide you. Every success which lands on you suddenly can prove effervescent, only that last which you achieve through continuous struggle, hard work, consistency and perseverance.

 Faiz Mahmood

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DO YOU KNOW?

It is forbidden to be buried in **Longyearbyen, Norway**. The town's only cemetery closed over **70 years** ago because it is so cold that bodies previously buried there have never decomposed, and some still carry traces of an **influenza virus** that caused an epidemic in **1918**.

Women Directors & Pakistani Theatre

The Pakistani woman is now accelerating in almost every field in Pakistan. But in performing arts, it is a bit different scenario, since opting out for performing art as a career for girls is unacceptable. First, they have to fight against the social norms and family traditions to choose performing arts. If they cope up with all these hurdles, then they have to prove themselves.

As a theatre director, I feel that one has to face disapproval from the chauvinist society. Here people do not consider you autonomous. I, as a director, have faced a lot of rejections in the beginning, and had to fight a lot

4 MINUTES READ



Uzma Sabeen

Drama Teacher at NAPA Karachi

to pursue my passion. People did not take me seriously and made me feel that I was not worthy enough to be a director. Women are acceptable more as actors who are mostly like puppets in the hands of the directors. As a woman director, people doubt your understanding capabilities and the portraying of characters in their true sense. We are very few names of women directors in Pakistani theatre and the ones who are working; they are helping on their own.

I have worked in almost every genre



of theatre for instance; I have directed comedies, tragedies, and plays for children. But my male colleagues always refer to me as a director for children's plays because they don't want me to stand beside them. They think that to direct the plays for adults is the real creativity rather than directing plays for children. They look down upon to children's plays and to them it is not a big deal to make content for children. On the other hand, I think that to develop new content for children is the most challenging thing to do. In order to grab the attention of the young audience is an adamant effort to do as a director.

The major dilemma in the art field is the generalized belief i.e. creativity is also the legacy of men; women are not capable of any creativity. Despite all these hurdles, I think that women directors are more sensitive and conscious about their creativity. Women directors have a more comprehensive vision of relationships between man and woman. To me, women directors are more expressive in portraying the subtle emotions. Their creative choices are different and they have given a whole new angle to the subject of love and marriage. Their choices of color palate regarding set designing, costume & makeup lighting, etc. are diverse and distinctive.

I am not in favor of saying that women are better than men. I am just asking to give equal space or platform to women to express themselves. Women directors are discouraged to put their plays frequently. First of all,

there are very limited opportunities to do theatre, and whenever there is a choice to hire a male or female director, the vote goes to male director easily. In this way their profiles reduce to just a profile of an amateur artist. This is the major setback for women directors that they could not project impressive profiles. Having said that, even sponsors do not take them seriously. They are more interested to invest in a production led by a male director rather than a female director.

On the whole, women are conquering the world; so as a society it is our responsibility to provide them enough space where they could spread their wings and fly high. Let us experience their imagination and share the creative land with them. I firmly believe that in this way we could be a better society where everyone can exercise the freedom of expression.

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ENTREPRENEURSHIP SERIES

Idea Matters



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

2 MINUTE READ

Current economic scenario is worrisome for youngsters more than the other strata of population for a number of reasons e.g. rightsizing, downsizing and now in the wake of Covid-19 layoffs and furloughs to name just a few. These are besides the dangers of political uncertainty, protectionism etc. For budding managers, fresh graduates and at the threshold level students the future looks bleak. The job market everywhere is showing a downward trend and because of Covid-19, it would surely go down further. Competition for a given job is increasing day by day and chances of getting a good job for fresh graduates are becoming less and less. But there is a silver lining on the horizon in the guise of entrepreneurship.



Entrepreneurship is starting a business to earn an income. It is not a complex quantum physics, a rocket science that one cannot learn easily. It is just a mindset. All one has to do is to convince himself that **GET UP AND BE YOUR OWN BOSS**. Richard Branson, the famous entrepreneur, said the same in his words **"Screw it, let's do it."** The ideal time to start a business is when you just dropped out of university either by passing your exam or other way around. At that time you have very little responsibility

to feed the family, pay the bills etc. All you have to do is to come up with some ideas.

What is an idea? An idea is doing something that has not been done before or doing something differently than is currently done. Take the case of amazon.com, before amazon.com came on to the scene books were sold in the shops. Amazon just did it online. Likewise before Uber, one has to go to the taxi stand to hire one, Uber brought a taxi stand to your mobile phone. There never existed a paying guest mechanism for your stay outside your home while travelling. AirBnB did that. These are just a few examples of ideas. But where the good ideas come from???

Steven Johnson has answered this question in his book "Where good ideas come from - The Natural History of Innovation". There are plenty of links to this book on the internet, click and read it. Succinctly, he says that ideas don't come from inside your head, not from thoughts, not from looking forward or back. But good ideas come from conversation with colleagues, by looking at stuff - any great idea is a combination of an idea or mutation of an idea, from looking left and right - to what is adjacent to us. He has also proposed seven questions format to develop good ideas.

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ILLUSTRATION: FREEPIK

Key to Cure

Breast Cancer

is Early Detection



Nazeer Hussain
Cancer Biologist

Pakistan has the highest incidence rate of breast cancer among the Asian countries: one in every 9 women is at the risk of being diagnosed with breast cancer during her lifetime. Leading cause of this high burden of breast cancer is the delay in early diagnosis due to both patient and system level constraints.

Patient-Level Socioeconomic Constraints

Pakistani women lack the knowledge about breast cancer etiology that leads to the high prevalence. Women conceal breast lumps from family members, and refer to religious peers for spiritual advice and support. Women consider the breast as a secret organ, and are more likely to avoid being seen by male doctors. According to a study, 40.7% of Pakistani women wasted their time using alternative medicines, 17.1% ignored painless lumps and 10.6% presented late.

System-Level Constraints

Cancer care in Pakistan is not developed yet. There are still a lot of restrictions in terms of both trained manpower and infrastructure. Presently, apart from a few cancer centers, government hospitals face a shortage of adequate medical facilities like mammography, supply of oncologists and nursing specialists as well. Furthermore, the country also lacks

comprehensive registries/databases to document breast cancer death rates, accurate annual occurrence or the number of new cases regarding early management. Although Pakistan has charity hospitals like Shaukat Khanum Cancer Hospital and many non-government organizations to support poor cancer patients, owing to the low awareness and knowledge about walk-in clinics, the majority of patients struggle with health-care needs at local-level care facilities.

In order to eradicate the urgency of breast cancer, and to make the knowledge of breast cancer acceptable in Pakistan women, ensure that all Pakistanis are educated that cancer is not a communicable disease or one that is transmitted by personal contact, there is a need to start culturally sensitive educative programs at basic community level with primary care. Provision of affordable and approachable facilities for diagnosis and treatment may lead to early detection. Government should prioritize investing in cost-effective early breast cancer detection strategies to ensure the availability of accessible specialized hospitals for breast cancer, trained lady oncologists, nursing staff, genetic counseling and awareness chapters in course books.

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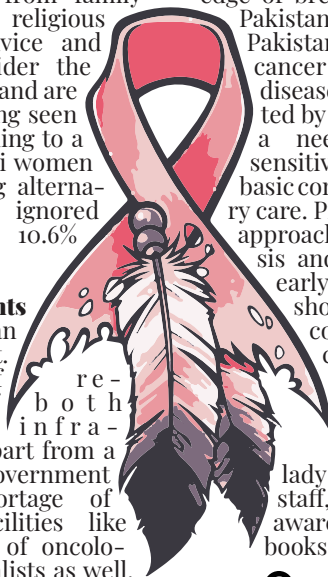


ILLUSTRATION: PINTEREST

2 MINUTES READ



Permissive Parenting

DREAM PARENTS EVERYONE DESIRE OF!

4 MINUTES READ

Parenting style is a vital determinant of children's coping styles, and a child's behavior towards adults varies according to different parenting styles. As primary caregivers, parents, put forth a substantial influence on the development of their child's present and future emotional health, personality, character, well-being, social and cognitive development, and academic performance.

Three specific parenting styles are defined:

(1) Authoritative: (high control, low warmth)

(2) Authoritarian: (high warmth,



Fatima Altaf
Psychologist, Painter

high control)

(3) Permissive: (high warmth, low control)

Children in a permissive household are "co-owners" of the house as far as rules go but have no responsibility.

Permissive parents demand very few hassles of their children, parents provide few to no commands or limits to behavior, and often spoil and pamper the child. These parents hardly ever discipline their children because

IMAGE SOURCE: PARENTING FOR BRAIN

they have comparatively low expectations of maturity and self-control. This was one of the three original parenting styles developed by *D. Baumrind*. According to Baumrind, permissive parents "are more responsive than they are demanding. They are nontraditional and lenient, do not require mature behavior, allow considerable self-regulation, and avoid confrontation."

They have very few rules and standards of behavior. When there are rules, they are not consistently enforced.

- Treat their kids more like peers or friends than children.

- Permissive parents want their children to see them as friends rather than authority figures.

- They prefer children's freedom over responsibility

- Permissive parents place very little responsibility, such as chores or homework, on their children.

- Let children make major decisions generally reserved for adult guardians without guidance. Children raised in this parenting style can exhibit insecure behaviors, lack social skills like sharing, demanding, lack self-discipline and more possibly be likely to use alcohol or drugs.

Worse academic performance

Permissive parents also do not

demand their children to perform or set a goal for their children to strive for.

More impulsive and aggressive

Permissive parents do not control or regulate their children's behavior. So their children are less aware of the limits of acceptable behavior. They also exhibit worse impulse control and have more behavioral problems. When facing stressful situations, they are more likely to resort to using aggression.

More prone to delinquency, substance abuse and alcohol abuse

Children of permissive parents are more likely to be associated with crimes, substance abuse and alcohol-related issues because they have worse impulse control.

Less able to self-regulate

Emotional regulation is not something we are born with. It is a learned skill. Because children of permissive parents are left to regulate their own activities, behavior and emotions at a young age, they tend to have more difficulties self-regulating.

Are You A Permissive Parent?

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What Do the Dreams Say?

Dreams are the royal road to the unconscious.

Sigmund Freud



Farah Rehman

UK Certified Psychotherapist & Tutor

4 MINUTES READ

If we observe, every bit of this world speaks; in astoundingly unique ways and languages. Sometimes, silence of fall speaks volumes, and sometimes loud roars of monsoon fail to convey the true meanings. Mother Nature has its own language and so does our soul. Soul expresses majorly through two important channels; one is the gut feeling, and the other is dreams. We all see dreams, but many of us cannot recall what we were dreaming last night. Insomnia is considered a disease. Similarly, not dreaming is also seen as something abnormal going on in our heads. Dreams are of many kinds; few are abstract, others are very sequential whereas, a few of them appear to be repetitive and vivid.

Psychology emphasizes on dreams and says that they are the symbolic representation of our psyche, majorly unconscious. There is plenty of research work done by Freud to interpret dreams. Similarly,

another renowned psychologist Carl Jung is known for its amazing dream analysis. He felt that people should analyze their own dreams, think about them and meditate on them in order to get something out of them. He says that dreams exhibit our internalized characters and feelings and are a raw picture of our mind. Therefore, we can say that a dream is an involuntary and spontaneous product of the unconscious mind and is usually obscure and difficult to understand because it is made up of symbols and pictures.

In our society dreams are given a paramount status. According to research, women remember their dreams more than men do. Being a mental health practitioner, I believe that dreaming is a higher level of consciousness and it shows how connected a person is with his inner self.

Discussing it in depth, dreams are of



ILLUSTRATION: FREEPIK

two kinds: one which we see on daily basis errands or chores we do in the day, it includes things on our mind, anxiety about certain tasks and plans etc. Second kind of dreams are those which are really deep meaningful ones, and include material from the closets of the unconscious. It is generally accepted by dream analysts now; if a dream comes in a repetitive manner then your unconscious mind is trying to tell you something.

I personally believe that dreams have compensatory nature, feelings we suppress do play out in our dreams. People who are claustrophobic might see dreams as if someone is after them. Some people who experience sadness may dream of falling into a deep black pit of darkness. What role do dreams play in our lives? Do we really understand what they are trying to tell us?

Allowing your own self to experience those visions without interpreting them can help understand dreams better. The fear of exploring the abstract broken parts of dreams is one thing which holds us back from looking into our unconscious. How many of us can dare to sit back and look at what messages our dreams are bringing from the unconscious? By avoiding and ignoring our dreams we miss-out the royal road to our inner self.

Self-exploration itself is an act of courage and not considering our dreams would make our journey very

much unexplored and limited. People with strong imaginations usually see vivid dreams. There is a thin line between dreams with messages and hallucinations. To understand what do the dreams say, following steps need to be followed,

Allow your-self to dream without giving any interpretations or judgments.

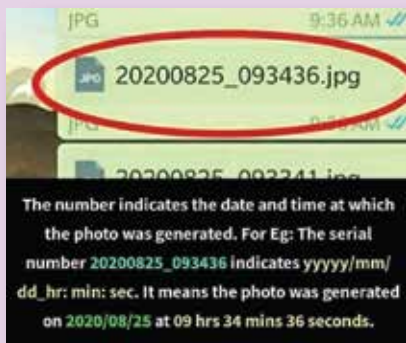
Write them down as it is, and as much as your memory permits. Connecting the dots and patterns of recurring vivid dreams with your real life.

We all day dream but very few of us allow ourselves to dream in real terms, which I reckon, requires loads of courage and strength.

☯ healingsouls.co.uk

📷 [farah.healingsouls](https://www.instagram.com/farah.healingsouls)

DO YOU KNOW?





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CAFÉ

Family
Deal

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Are Humans Good or Bad by Birth?

AN ETHICAL DILEMMA

Honestly speaking, this is a very debatable topic to talk about. Are humans good or bad by birth? People come up with different opinions. Ages ago, philosophers argued a lot about this very question. They had set two conditions. They said that human beings have a good nature that is further exploited by society. The other condition says that human beings are born evil but they are not exposed in front of society. The philosopher's approach had not satisfied humans to consider them either bad or good inherently.

But psychology has helped a bit to solve this mystery. **Psychologists** discuss that

“to evaluate people on the criteria of good and bad nature. First of all, look at babies. They exhibit good examples of human nature by showcasing their innocence.”

So, the ambiguity is somehow resolved. The reason behind this is related to their minimum interaction with society. They have an unbiased approach to society. Humans are born good. It's the society that alters human nature from good to evil and vice versa.

Here I will add the perspective of **post-structuralists**. They propose that:

“Behaviour is executed by collectivity.”

This rule is implied in the human's nature as well. When people grow and have interaction with others, they are strongly influenced by the bad side of society. So, this factor supports the



Sidra Abbas

Linguist, Writer, Social Worker,
Sports Enthusiast

philosopher's point of view as well. They believe that society plays a vital role in structuring either a good or bad nature of a human being. But again, they had another side of the picture. Aristotle is of the view that:

“morality is learned, and that we are born as 'amoral creatures'”

This is again creating confusion to have a final decision about humans as being good and bad by birth. So, the endpoint is that there is no such final result to conclude, since this narrative is highly subjective.

From all the philosophers and physiologists' viewpoints, Islam has a different criterion for evaluating human nature. Islam says that,

“Every human being is born on sound nature”

In this way, Islam gives a person authority to develop a better nature as well as a better human being. It is up to the person who has to choose the path of good or bad behaviour. Therefore, we cannot say that there is a determined parameter to count people having good nature and bad by birth. Every person is exposed to different circumstances. Having said that, human nature is developed in a different way. However, at the same time, we cannot deny the impact of society on the individual's nature.

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2 MINUTES READ

Human Nature and Equality

The art of acceptance is not new. It has always been part and parcel of human nature. It is entirely based on human instinct to be accepted by the way they look, think and communicate; their ideas, perspectives and beliefs should be accepted with pride. Humans tend to associate the notion of acceptance with their dignity and cannot therefore deal with societal differences, depreciation and disapproval. The acknowledgement, applause and appraisal are the desires of almost all of mankind.

The notion of acceptance is not limited to one gender in particular, and must not be linked to it. Talking about gender, one cannot claim that it is a manly characteristic to be approved of all ideas that pop up in one's mind which is actually the societal problem linked to patriarchy we are still dealing with even today. One must not refuse to accept the fact that gender equality also promotes acceptance of the human values, norms and ideas in every society. In Pakistan, the idea of acceptance is often associated with the decisions made by men. These decisions are considered the absolute in all conservative families, and those decisions made by women being part of those families are often regarded as obsolete. Since the power structure tends to control everything that comes across. This is the reason why women fail to play their roles in society. They say where the women cannot contribute their part in the

3 MINUTES READ



Arooj Fatima
Blogger, Writer,
Social Scientist

society; the society cannot flourish to its best. This gender inequality has created a vacuum for social and economic prosperity because the tolerance level of men, when it comes to women, goes down the graph in the majority of cases.


A sway of hope in democratic states have started to take action on these issues of acceptance with gender equality linkage. Today women's role in society eventually can be seen evidently. The ideas are shaping and reshaping in respect to women's exclusive role in modern society backed by rapid empowerment and opportunities. In the context of gender equality and acceptance, today transgenderism is considered equally important and is given opportunities to make society a better place. This aspect of value and acceptance in society has gradually developed



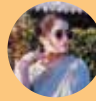
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improving every day. It takes decades for ideas to gradually evolve and develop over time, and like the European enlightenment ages, after a round of dark ages, the wave of prosperity and peace was observed and so is expected for the developing countries like Pakistan where things are gradually shifting to a positive notion of acceptance, credibility and equality. Today, the Aurat March is supported by not just women for their space in society and strive for rights, but also the idea of feminism is supported by men who tend to stand up for equality and rights of their women.

Art of acceptance is all required for a happy living in today's world. One must have the serenity to accept the things the way they are and those cannot change. One must appreciate and believe in themselves first when going to be accepted by others. The acceptance from inside is the best approval over all the good things in the world. Not every person can fall to the expectations of others, the element of compromise and letting go of the small things should be adopted. It must be understood that not everybody out there is there to like you, accept you or want you to be the way you are, choose yourself like you chose others. This can be done by coming to terms with what you have and what others don't. Be kind and stay grounded and wait for your time to come. Good things take time to come.

 [socraticgirl](#)

Recursive



Ambreen Khurshid
Student, Writer, Poetess

Living in the light of lie

Where no feathers can still make you fly

*Where bleeding heart is the element of
strength*

And shelter means to have no tent

*Where lovers hate each other but still are
together*

*Where being a loner, a psychopath is far
more better*

*Where pretending normal is always must
Even when your mind, your heart is about
to burst*

Where care lies in only words

*And a bond of two will always has it's third
Where speaking the truth will cause you a
damage*

*Cause they prefer to stay wounded without
a bandage*

Once I wanted to live in the 'Truth'

All I was thinking of an imaginary fruit

Alas! I belong here, to live till die

Yes, I'm living in the light of lie

 [poetry_hive](#)

A CRIME FOR FUN

Cyberbullying

"Pulling people down will not help you reach the top"

We all know that; with the beginning of the 21st century, technology has become more advanced and so has its access. The tools for operation of technology have also become fast, and therefore it has entered within the range of children. Internet is a blessing as well as a curse. All we need is the awareness of how to use it. Internet has shifted the trend of electronic gadgets from computers to mobile phones, notebooks and tablets. This shift has turned people to become more social from one – to –one interaction to one-to-many interaction. Social media is proved to be the most effective, easy to access and time saving platform for connectivity among people. As social media unleashes its glory, it also has setbacks, the biggest one in the form of Cyberbullying.

4 MINUTES READ

What is Cyberbullying? Anything unethical intended to harm the privacy of the victim via hate speech, defamation, harassing and damaging the dignity of another person. What is worse than humiliating any minor or someone already going through a crisis? There's a saying, "Be nice to people for no reason. We don't know which battle they are fighting". We all are in extreme need to know the



Saira Batool

Nature Photographer, Blogger,
Media Student

difference between joking and bullying. Internet allows people to spread these hurtful messages, rumors, and photographs all over the world. Many of these things are cached permanently on the Internet, which means the negative effect may never end. Most people find satisfaction and pleasure in disgracing others. This adversely affects the personality of the victim and turns them out to act more negatively towards their family and relationships.

Trolling is a sister of cyber bullying. Trolling a person is actually the act of upsetting him/her by making deroga-

ILLUSTRATION: CHESAPEAKEFAMILY



tory jokes and hate speech on their attributes in an online community; causing shame to them. The content in trolls says something controversial in order to get a rise out of other users for that particular person especially celebrities and social media influencers.

We have many instances of how celebrities become victim of cyberbullying and trolling, such as

- When actress Yasra Rizvi was called out haters for marrying a younger man
- Influencer Areeka Haq trolled out by bullies for having mediocre acting skills
- Online community trolled actors Yasir Hussain and Iqra Aziz for being quite open about their life.
- People trolled over Shehroz Sabzwari divorcing Syra Yousef and marrying Sadaf Kanwal.
- Ayesha Omer very softly responded to bullying and hate speech over her dress on Instagram. This absolutely shows how people can stoop so low to hurt others.
- When singer Annie Khalid spoke up about society belittling women for second marriage

Cyber stalking and cyber harassment are branches of cyber bullying, and are in trend as teens are actively participating on social media platforms like Instagram, Twitter, tiktok, Facebook, Whatsapp groups, online gaming community, emails etc. This harmful act also breaches the victim's privacy tending to share or upload personal content of them causing humiliation. As per Centers for Disease Control and Prevention


report, an estimated **15.7%** of high school students were electronically bullied in the 12 months prior to the survey (2019). Cyberbullying can do more damage to a person's reputation. It can cause depression and anxiety, and lead to suicide, especially in young people such as teenagers.

Cyberbullying is a slow poison which abandons the victim and exploits its self-confidence. Individuals who are bullied — and the bullies themselves — are at a higher risk for suicidal thoughts, attempts, and completed suicides.

How to respond to cyberbullying?

- Bullies foremost aim is your direct reaction. Never react quickly. The best way to avoid bullying is to disengage immediately
- Make backup of the evidence for record before the bullies erase their evidence.
- Report bullying to the site or network on which it occurs
- Get involved in the "real world" and see real friends.
- Stay calm and encourage kids to be aware of their thoughts and feelings before moving to action.
- Block/delete/ban the bullies.

I believe it is the high time that we start learning the damages about cyberbullying and normalize being sensitive about others' sentiments. We can start from ourselves, furthermore, it is important to add up these values in the school curriculums so that maximum young people can learn that joking is not fun at all.

 *syr_shots*

Internet from Space

Along with all the other jawdrop-
being technologies spearheaded by Elon Musk, from Tesla to SpaceX, he is keeping his promise to deliver high-speed broadband internet to the entire world through Starlink, a "constellation" of orbiting satellites.

Having undergone years of development at SpaceX, project Starlink secured \$885.5 million in grant from FCC in 2020.

More than 1300 Starlink satellites are in orbit serving more than 10,000 customers already. The name Starlink was inspired by John Green's book "The Fault in Our Stars" following Elon Musk's statement. Starlink is fast, very fast! With a latency of 20 to 40 milliseconds depending on location. There are companies like ViaSat, HughesNet and many more that have been providing satellite internet to many customers. Starlink delivers 300% speed gain over all others.

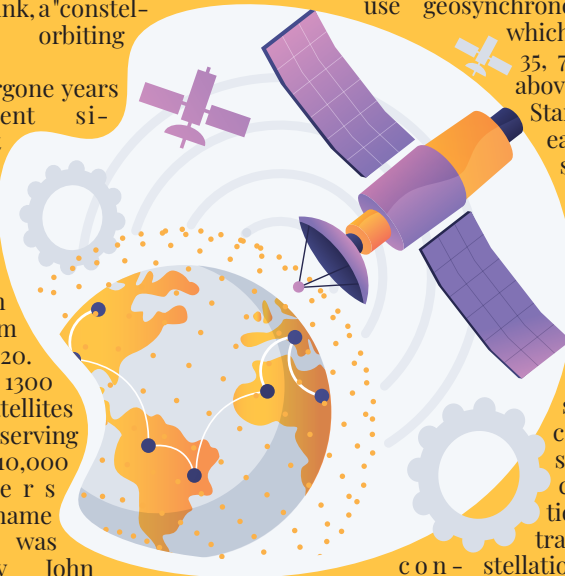


Mohammad Iftikhar Yezdani
Science Journalist,
Co-Founder of RaheQamar

How does Starlink do it? The other internet service providers from space use geosynchronous satellites which are around 35,786 kilometers above Earth.

Starlink uses low earth orbit satellites placed in orbit at 550 kilometers above Earth. For a wide-scale coverage, Starlink satellites continuously swarms the communication signals and traffic across the constellation.

To soup it up, cloudy or snowy days result in no service at all for others while Starlink's phased array antenna uses Ku and Ka band so no loss of connection. For gamers, high speed internet and low latency are two important factors. A latency of 100 ms is enough for online gamers so Starlink becomes the ideal choice. SpaceX uses the Linux operating



4 MINUTES READ

ILLUSTRATION: FREEPIK

system in its satellites as well as its rockets. Every launch of 60 satellites comprises of more than 4,000 Linux computers. There are more than 30,000 Linux nodes (and more than 6,000 microcontrollers) in the constellation in space. A staggering 5 trillion bytes of data per day is being generated by Starlink.

The cost of internet from space has dropped because SpaceX uses reusable rockets' first stage and cones. As a space company, they are designing, building and launching their own satellites for the constellation unlike the competitors which are only operators.

Another competitor to soon enter the arena of space internet is the Kuiper system by Jeff Bezos. Comprising of 3,236 satellites, Amazon has said that it is going to invest \$10 billion dollars into the program. That said, they have yet to launch any satellite in space!

Market analysts forecast billions of dollars in revenue from satellite internet service. Companies are eyeing on using it not just for browsing or gaming but also remote education, self-driving cars, data centers and much more. Starlink constellation could also be used as an alternative to GPS for global navigation. A startup company named Omnispace LLC are prepping up to provide 5G from space using a 2 Ghz S-band spectrum.

China is also planning on launching 10,000 satellites as StarNet in an attempt to participate in space internet.

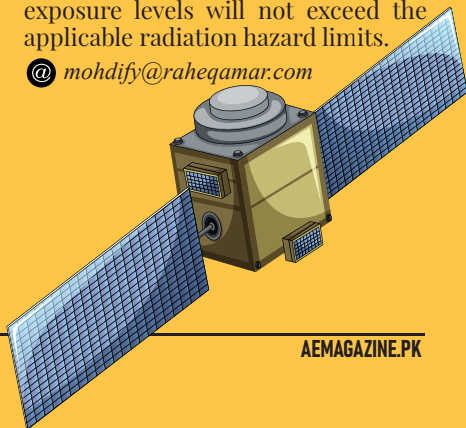
Bad news for astronomers, the Starlink satellites are expected to cause Light Pollution. Although Space

X states that it is taking all kinds of measures in this regard, it is unclear how they will do it. The satellites reflect enough sunlight at night to be seen clearly with the naked eye. And their brightness is only accentuated by the long trains they are arranged in showing up as glowing beads on a celestial string. DarkSat and VisorSat have developed dimming techniques such as black sunshades but that may not suffice.

Another extremely important matter of concern is space debris. Space debris put things to risk and can also cause flights and spaceflight to be more challenging. ESA states that there are about 130 million debris objects in space and over 900,000 bits are considered dangerous.

Last but not the least, with the increase in mega-constellations, Starlink just like 5G, transmits microwaves in highly directional beams in the 20 GHz region. This means that we (and all living things) are going to be irradiated. Many scientists are deeply concerned about the long-term effects of this ever increasing dose of radiation. SpaceX has submitted a radiation hazard analysis report saying it is compliant and exposure levels will not exceed the applicable radiation hazard limits.

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Robust Robotics

Robotics has always remained a fascinating term that can draw anyone's attention, and engineers & scientists have put a lot of effort into making this world a smart & trouble-free place to live in. Since the development of the first robot in the 1950s by George C. Devol, robotics has evolved immensely and has a great presence in every aspect of our lives. From the automated transportation systems to performing critical medical surgeries, robotics has redefined the art of living in recent times and has been proved to be a crucial helping hand to humanity and its saviors. Furthermore, robots are associated with higher productivity, and the technological advancements made in the systems of robotics have given a new pace and boost to the economic development of numerous countries in the Western world—particularly the European countries. According to a report published by the Centre of Economic Business Research (CEBR), investment in robotics results in a more positive impact on the economy than Information Technology (IT). The Republic of Korea (or South Korea) is predicted to have the world's



Ahmad Hassan Nadeem
8th Grade Student, Writer

highest robot density: there are almost 631 robots per 10,000 human workers, which is indeed an astonishing as well as an awe-inspiring number. Moreover, BostonDynamics is a technological company which is excelling in the production of efficient robots.

Albeit there is a big demand for robotics in almost every field, the automotive industry is the biggest consumer. Almost all the work that involves repetition and no creativity is performed by the robots, especially in the industries. Robots have given new standards to the security systems by having a high-grade algorithms; coupled with Artificial Intelligence: the new facial recognition systems are almost completely effective. Even in the field of medicine, robots have got their presence and are certainly the best workforce—fast, reliable & accurate—that any industry can have. Additionally, robots have helped put humans away from unnecessary risks and perils, and of course, have saved a

4 MINUTES READ

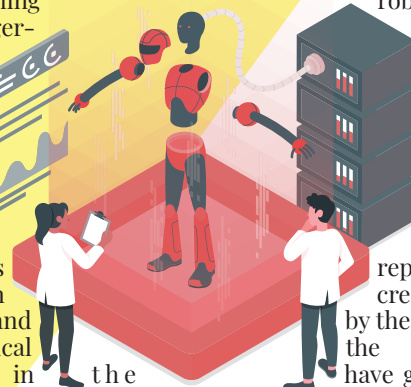


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lot of time.

Even after having a long list of advantages, robotics is always debated for its possible disadvantages; the biggest being people losing jobs by leaps and bounds. Naturally, every industry wants to have a higher productivity rate in order to reduce its costs; and, nothing serves this wish better than the robots in these applications. This resulted in workers losing their jobs to these artificial muscles (or complex & sophisticated machines). Apart from this, the initial cost for installing a robotic machine is incredibly high, coupled with the maintenance which is also very costly. Many small industries are, however, unable to afford these investments, and therefore, there is no way they can compete with the work efficiency to those of the large-scale robotic factories, which have fast and accurate productivity.

Automation is seen in a relatively broader sense nowadays. Automation being integrated into many fields of lives is now moving towards its next step, that is developing Robotics. Human abilities are limited, and to overcome this incompleteness; Robotics is introduced. Though they can also bring some adverse effects in society if overpopulated, they are also supportive in many aspects. Robotics is replacing humanity, maybe or maybe not. Humanity is affected by this ever-developing automation, and many people have shown grave

concern about it. Though it depends on the perspective through which we are observing the phenomenon.

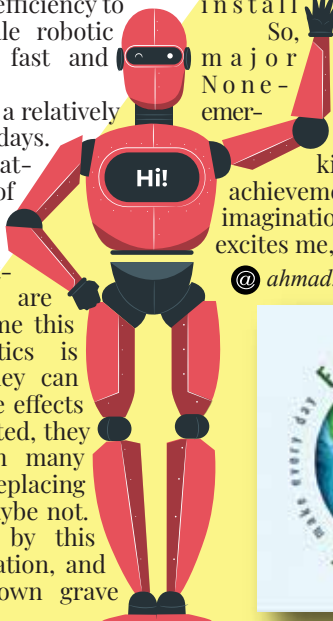
Limitations

Robotics has led to many advantages and disadvantages, but before that, there are some limitations of Robotics that needs to be focussed,

- a. They require a constant power supply.
- b. Specific robots are predominant in particular tasks. However, experts are working on developing multi-skilled robots.
- c. They are machines; they have no emotions, and they also impact human interactions.
- d. They cannot be set up effortlessly—expertise is needed to run and install them.

So, there were some of the major limitations of robots. Nonetheless, with the emergence and aid of such technologies, human-kind is on its way to achievement far beyond its basic imagination—and that surely excites me, and perhaps you as well.

@ ahmad.h.nadeem@gmail.com



RAMADAN

LET THIS BE THE MONTH FOR YOU

Take out your fancy prayer mats and your favorite tasbeeh because the month of blessings is just around the corner. You guessed it right, the Holy month of Ramadan, the ninth month of the Islamic lunar calendar is upon us and the first fast is expected to be around 12th of April.

Ramadan is a month where Allah S.W.T puts a jackpot on our rewards over good deeds. It's that time of the year where you get a chance to really get close to your Lord and repent for your sins. Along with this incentive, the imprisonment of the Shiyatin is another motivating factor.

Let's make a pact that this Ramadan we will focus solely on collecting the ginormous rewards along with completing and understanding the Quran rather than wasting our time in useless activities and sleeping. As for iftar, as necessary as it may seem to have a variety of dishes to break your fast one must not forget that the sole purpose of fasting is to practice self-discipline, self-control, sacrifice, and empathy for the less fortunate ones.

Getting kids excited about the Holy



Khizra Tariq
Teacher, Writer, Artist

month is really wondrous as they will never forget this experience and carry it on with them. You need to put in some special effort into making this time of the year their favorite one.

Specify one of the corners in your house for the daily Ibadah. Get your kids to help you put up some fairy lights and keep a basket for the Islamic books or other things you might need while praying. You can also get a small jar for depositing daily sadaqah, zakat and charity.

Let this month be your guide to make you a better person and improve your relationship with others and contribute to your community.

ATTEMPT TO

Eat Less.
Feed More.
Sleep Less.
Seek More.

@khizratariq@gmail.com

2 MINUTES READ



ILLUSTRATION: FREEPIK



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.



Introduction to
114 Surahs of Quran



Quran Course for Beginners
نورانی قاعدہ | نماز | تجوید | قرأت

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Muhammad Azeem Farooqi



Dr. Muhammad Azeem Farooqi



Prof. Dr. Muhammad Azeem Farooqi

SACRED MOUNTAIN OF YOGIS

Tilla Jogian

6 MINUTES READ

Punjab is a land of mystics. Tilla Jogian is a narrow ridge, which is about 20 miles west of Jhelum. On the Southern side, the ridge joins the Salt Range and on the northern, merges into highlands. Fair-weather road branches off from Grand Trunk Road (this Grand Trunk Road was first built by Raja Vikramaditya in the first century BCE and subsequently renovated by Sher Shah after he had deposed Hamayun- the second Mughal king) near Dina, to left, when traveling from Lahore to Rawalpindi.

The visitors over there may either choose the traditional route or the Jeep track. The traditional route starts from a village at the base of the mountain and winds steeply up its side. The ascent through the undergrowth, rock, and brambles requires climbing skills and a good deal of stamina. Another route that is



Wajid Bhatti
Archeologist, Teacher at
FC College

connected across the Kaghan river, where the road disappears and the bed must be negotiated. From another bank, the road leads towards the Rohtas fort, built by Sher Shah Suri during his short but most productive reign, following his overthrow of the Mughal emperor Nasir al-Din Humayun. Through this one, majestic portal and the other at the far end, the road ascends 3,200 ft., and terminates at the summit of the isolated peak on which the monastery stands.

The mountain of Tilla Jogian

This mountain is sacred for the Hindus and Sikhs and the hill is known as Tilla Jogian. Tilla in the Punjabi language is known for

IMAGE SOURCE: FREEPIK

mountains and Jogian is a word used for the Yogis in Punjabi. This mountain is also known as *Gorakhnath* mountain. *Gorakhnath*, *Gorakh* or *Goraksa* in *Sanskrit*, the Nath/masters in several traditions apart from the Punjabi, from medieval times onwards. The Naths are masters of Yogic and power; and as renouncers, they are celibate ascetics whose tradition must be passed on through recruitment and through the guru-disciple transmission. “*Nathism*” has been recognized by some as a separate strand of popular Indian religions representing, perhaps, an ancient religious tradition alongside “*Vaishnavism*” and “*Shaivism*”.

Sacred Mountain of Yogis Tilla Jogian

However, in more recent times, at least, *Gorakh Nath* has been identified with *Shiva* and since the sixteenth century, the Nath tradition (together with *Shaivism*) has become partially eclipsed in the north, the texts and the legends that they have left behind, but also within the religious communities. Sen characterizes the *Nath* cult as “an esoteric yoga cult based on austere self-negation and complete control over the vital, mental and emotional functions.” But as *Nath* teachings spread within popular Hinduism,

both their content and mode of transmission changed, from secret instructions imparted by guru adept to select disciple, *Nath* ideas passed into folklore.

These teachings, over there, are strongly associated with the “perfection of the body” (*kaya Sindhi*) and the quest for immortality. The members of the *Gorakhnath* are known as *Kanphatas* (those with pierced ears). *Kanphatta* Jogi ascetics were the disciples of the *Gorakhnath*. They pierced their ears and wore large size wooden rings. They used to claim that they were the followers of Lord Shiva and their temples were known as *Shivlas*. According to Ibbetson and Denzil, they bury their dead.

According to the tradition, crown Prince Bharthri of Ujjan turned ascetic and abdicated the throne in favor of his younger brother *Vikramaditya*. He became the disciple of *Gorakhnath* and spent his whole life at Tilla Jogian. The oldest Smadh on the hill is known to be that of Raja Bharthri. Another popular tradition is also associated with this mountain is of famous folktale, Heer Ranjha; when Ranjha failed and disheartened he turned ascetic. He wandered from place to place until he reached the monastery at Tilla Jogian. He got his ear pierced and wore wooden rings. Sher

Shah and Mughal emperors like Jehangir and Akbar used to visit Tilla Jogian. Emperor Akbar had given the right of revenue collection of a village Naugiran Kotla to the Jogis, so as to enable them to maintain the monastery at Tilla.

Tilla Jogian was devastated by Shah Shujah Durrani in 1748. All the buildings were ransacked, when Maharaja Ranjit Singh

occupied Punjab in 1799, he tranquilly restored Tilla Jogian. The famous festival of Baisakhi was also held at this place of Tilla

Jogian which takes place in April, the place was used to give a festive look, but after the partition of the sub-continent, the Tilla was fully abandoned and the Jogis left this place and migrated towards India. Tilla Jogian is now lying deserted. There, a conspicuous shrine on the rocky pinnacle to the west commentaries a visit to the Tilla by Baba Guru Nanak, the founder of the Sikh religion. There are few Buddhist remains also noticed



which clearly shows that this Tilla dates to the remote past.

Talking about the recent condition of Tilla Jogian, I was surprised when I saw some magical circles on the floor, even women's dupattas were lying on the floor, a few mysterious things were also felt, and I was shocked when I saw Vandalism everywhere, looters have done a great

deal of damage to this archaeological site and yet Punjab Archaeology department is sleeping.

Proper stairs are needed to be built there. No one is taking proper care of this ancient archaeological site. I request all the archaeologists to please raise their voices and save these archaeological remains. I also urge UNESCO to include Tilla Jogian in World Heritage Sites, because this site has a great impact on Punjabis and the ancient history of Punjab.

in *Wajid Bhatti*

IMAGE SOURCE: FREEPIK

How Far the Lego Fandom?

Go in Pakistan

Most of us tend to outgrow things in life from settings, to places and toys. Yet there are some toys that grow with us, such as Lego. For those of us that grew up playing with Legos, we know these toys create a playtime that involves flexing your brain as much as using your hands.

In fact advanced Lego sets are used for building by professionals in engineering and robotics. If it's good enough for the professionals, you best believe it's great for your child.

All benefits aside, how many of us adults make an effort to keep a childhood passion alive? Well one Pakistani Lego enthusiast, Hassan Javed went the extra mile to keep his childhood passion for Lego alive. With Lego's advanced technic sets his hobby has only grown with him over the years.

In fact, he is the sole owner of a complete set of 'Lego Technic Cars'. Lego Technic are highly advanced building sets with fully functional parts, highly complex gears, motors, pneumatic elements, and a lot of smart engineering involved.

Technic Cars is a very popular sub-set among these Lego sets. Lego 'Technic Cars' create functional models of motor-vehicles.

Hassan Javed has the full set of these 'Technic Cars' including Land Rover Defender, Mercedes-Benz Arocs, Bucket Wheel Excavator, Lamborghini Sian, Bugatti Chiron, Porsche GT RS, and the Bat Tumbler. The Bucket Wheel Excavator is really



Ummara Sheraz

Science Geek, e-journalist,
Culture & Entertainment Writer

a model since it's a machine not a car.

Not surprisingly an engineer by profession, Hassan has even introduced this constructive hobby to his son. (pun intended). As the man says;

"Lego touches a very inherent human quality, the builder."

At just 5-years-old Hassan's son is helping him build the biggest Lego technic sets released till date. The engineer himself built his first set at 4-years-old with his father. By 7-years-old he built his own police car. His little builder will be finishing his own Lego sets in no time.

Lego sets offer more than play-time where parents can get involved; it pushes a child to build themselves as they construct these sets. Maybe we need to create more space for Lego enthusiasts like Hassan Javed and the Lego sub-culture in Pakistan.

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2 MINUTES READ

1. WHAT HAS HANDS, BUT CAN'T CLAP?

2. WHAT HAS LOTS OF EYES, BUT CAN'T SEE?

3. WHAT TASTES BETTER THAN IT SMELLS?

4. WHAT HAS 13 HEARTS, BUT NO OTHER ORGANS?

5. WHAT KIND OF COAT IS BEST PUT ON WET?

CAN YOU GUESS THESE

6. WHAT HAS A BOTTOM AT THE TOP?

7. WHAT HAS FOUR WHEELS AND FLIES?

8. WHAT HAS A THUMB AND FOUR FINGERS, BUT IS NOT A HAND?

9. WHAT CAN TRAVEL ALL AROUND THE WORLD WITHOUT LEAVING ITS CORNER?

10. WHAT RUNS ALL AROUND A BACKYARD, YET NEVER MOVES?



ILLUSTRATION: FREEPIK, RIDDLE SOURCE: PARADE.COM

HI FRIENDS COLOR ME



CAN YOU FIND THEM WAY TO SCHOOL?



CAN YOU FIND TYPES OF FOOD?

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

EXPLORE THE MAGAZINE FOR ANSWERS

Go to Sleep **Your Future Depends Upon Your Dreams**

Sleep is a state of unconsciousness in which eyes are fast shut, body is mostly motionless, where an individual recovers oneself from fatigue. Recent research indicates that sleep is crucial for development, growth, and survival at any stage of life. Especially the sleep at night charges the mind, soothes the emotions, restores the body and strengthens nearly every system of the body. Sleep makes the human body energized, and refreshed. Moreover, the tissues and damaged cells repair at night when the person is fast asleep.

3 MINUTES READ

We spend almost one third of time sleeping. What matters is to achieve the targeted duration of sleep time. As many researchs have proved that less than 7 hours of sleep per 24 hours of period is not good for health. It is also important to consider sleep as necessary as food and water. "Sleep is not a luxury but a necessity for optimal functioning of the brain and other vital organs", says Dr. James O'Brien, medical director of the Boston Sleep Care Center in Waltham, Mass.

As for the duration of sleep, surprisingly, there is no specific period. It varies from person to person. For



Sedra Sadaf Dawood
Influencer, Content Writer

example, an obese person may require one or two hours more than the skinny person. Similarly, a farmer working in the field may require more sleep duration to recover from the physical exertion than the person doing desk job. In contrast, newborn babies require 16 to 17 hours of sleep per 24 hours period. This is essential for babies to develop their organs fully. This also varies according to age, as school going children need 9.5 hours of sleep, adults need 7 to 8



ILLUSTRATION: FREEPIK

hours but after the age of 60, sleep times tend to be shorter and interrupted by several awakenings. When we sleep, we undergo 4 to 6 sleep cycles which ensures that the sleep is not uniform. In the 1st cycle the heartbeat, respiration and eyes movement begins to slow down. In the 2nd stage our body systems continue to relax. In the 3rd and the 4th stage of the cycle we encounter the deep sleep in which the heartbeat and the brain waves are at their slowest motion. This whole cycle will only be completed when we take proper hours of sleep. Sleep is not only important for the proper functioning of the brain, but it is also important for maintaining a good and healthy lifestyle.

The human brain is only capable of 16 hours of wakefulness. When people push this limit, they have difficulty concentrating, remaining alert and performing basic tasks. Although the mind and body adjust to reduced hours of sleep, the overall performance of affected people continues to plummet. The causes of sleep deprivation are excess of work, time consumed in commuting to and from work and some bad habits which we learn while growing up like, for instance, when we ignored our mom's advice early in our teens and went to sleep late at night or over slept in the mornings on weekends. Use of social media is another trend these days that keeps us busy. For starters, one should switch off the TV half-an-hour before going to sleep and try to find time for a mid-day siesta. According to experts, the best time for siesta is

between noon and 3 pm for 30 to 60 minutes. Experts say that one cannot make up for sleep deprivation at a later date such as in the mornings on a weekend. This disrupts the sleep rhythm, making it even harder later to get a full night's rest.

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D r e a m s



Aiman Tasneem Syed
Litrature Student, Writer, Poet

*They set your goals
You achieve those dreams.
No questions asked.
Your arms, legs
Lungs and heart.
All given,
From the start.
But what about you,
Where do you hide?
Lost between
Black and white lines.
Poison candy in teeth,
You smile.
Stringless marionette,
Running miles.
You do because you're
Told to.
And eat because you must.
Then,
What do you see
When you sleep?
The last thing that's
Yours to keep.
If you dream their dreams
Then,
Where are yours?*

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Thinking of traveling and have no idea where to start? No worries. Here are some awesome travel hacks to save you money, time and pack right.

Book your flight early

This is an important first step. Booking a flight in advance helps us to save money & plan for the trip well, whereas booking a flight just a day before is costly. Search your flight through multiple apps available, be flexible while choosing a date and time and save money.

Pack Light

Don't put unnecessary possessions instead, stick to absolute essentials. Make a list of things you will need to take along, and keep it as short as possible. Start by adding the items that are completely necessary and subtract the ones that are not. Then tick the ones off the list while packing.

Roll your Clothes

Pack as minimum as you can. Choose fabrics that are wrinkle free and don't need ironing such as wool and chiffon. Select colors that you can mix and match and instead of folding, roll them into small tubes. This will create space in your luggage. Put your belts inside the shirt collars, then put them in the bag too.

TRAVELLING HACKS



The lighter your luggage, the lesser you will have to worry about moving it around and happier you will be.

In-Car Necessities

Pack the small but necessary "must-haves" in a small travel bag, the one with multiple pockets. Put your small essentials, like charger, brush, adopter and lotion in it so you can keep it when your suit case is sealed up.

Documents

Don't forget to take important documents with you. Take photos of



Aqsa-e-Zahra

Journalist, Writer, Activist, Influencer

your documents like passport and ID card and send them to yourself on the phone.

Book your Hotel

Booking a place to stay can be a daunting task, especially when the prices are sky-rocketing. Book cost-efficient hotels through different applications like booking.com, airbnb and choose from multiple low priced options that suits you best and is budget friendly.

Maps

Maps will be your best friend and

ultimate guide, when traveling to a new place. Check for the place beforehand through google maps to have a general idea about the city. Download the offline version of maps to be at ease.

Get Familiar with the Place

Know about the place before you travel to it. Google it and have an understanding about the place, its food places, currency and about its local population. List down the things you want to try out there.

ATMs

Use an ATM at the airport for local currency. The rates will surprise you.

These traveling tips will save you lots of bucks and help you enjoy the journey.



Have a happy travel!

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aqseyy

Continued from Page 11...
which will get you nowhere!

5. Trial and Error

You are not going to land on your dream job that helps you cultivate your passion into something better. Life is tough; there are trials and errors. Therefore, "If you never try, you will never know, just what your worth is."

One thing is pretty sure – nothing ever comes easy in this life, especially the good stuff. Your passions, how strongly you feel about something; help you become the person you are. Stripping yourself out of self-doubt is the most important thing in knowing your passion. It could be something as gender stereotypical as "knitting" for a woman or something as untraditional as learning "karate". What others think of you and your passions mean absolutely nothing. Simply do what makes you happy and aim for a life that enables you to do everything passionately – because lukewarm is boring!

 thrive.now.counseling

ANSWER TO RIDDLES

- | | |
|--------------------|--------------------|
| 1. A clock | 2. A potato |
| 3. Your tongue | 4. A deck of cards |
| 5. A coat of paint | 6. Your legs |
| 7. A garbage truck | 8. A glove |
| 9. A stamp | 10. A fence |

A Foreign City Familiar to My Imagination

4 MINUTES READ

I am reminded of the first time I traveled out of the country about sixteen years ago. I was working as a trainee for an accountancy program in a firm based in Islamabad. One January evening, while I was on holiday in my hometown, Dera Ismail Khan, I received a phone call from the office and was told that a flight ticket to Abu Dhabi was waiting for me. Even though I had been asked to get a passport made and provide its details a while ago, it wasn't quite certain that it would actually translate into my first ever foreign travel. And when the news came, I was least expecting it.

I had little time until my flight, so my preparation consisted of buying my first ever suit and a few ties, because I was going to work in the Abu Dhabi branch of the firm for three months, and wearing suits to the office was the norm there. Always keen to make a different choice, I went for a lighter coloured beige suit instead of the standard black or grey.

I remember it was mid-afternoon when I arrived at Abu Dhabi airport, which was so much nicer than the one in Islamabad where I had embarked the



Shueyb Gandapur
Traveller

flight. I recognised the airport because I had seen its photos in the family albums of my childhood friend, but more on that later. I found a man holding a card with my name waiting in the arrivals area. He led me to the taxi and our journey started towards the centre of the city.

The weather was quite pleasant unlike the bone-chilling cold of Islamabad. I looked at the smooth road, shiny cars, and date palms, along with occasional pictures of the founding father of the United Arab Emirates, Sheikh Zayed bin Sultan Al Nahyan, who had passed away just a few months ago, and of his son, the incumbent monarch. Rumour had it that his death had been kept secret for weeks in order to enable a smooth transition.

A few minutes later the skyline of downtown Abu Dhabi appeared. Sixteen years ago, it wasn't as full of skyscrapers as it is today, but I was awestruck by the countless number of tall buildings that appeared in clusters

PICTURE: SHUEYB GANDAPUR

without an end in sight.

When I spoke to my colleague and friend, Nauman from Islamabad, a few weeks later, I told him Abu Dhabi looked so much more developed than any city in Pakistan. He asked me how many buildings the size of Saudi-Pak Tower (the tallest building in Islamabad at the time) were there in Abu Dhabi. I thought about it for a moment, caring not to underplay or exaggerate the number and then replied, "Perhaps a thousand". Nauman was wowed and seemed to agree for the first time that my amazement with the city I was visiting was justified.

It was serendipitous that the first foreign city I would travel to happened to be Abu Dhabi, for it occupied a primary place in my imagination of foreign destinations since I was five. The first friend I made at school was Ali whose house was right next to the school. One day, instead of waiting for my father to pick me up at the school gate after the classes were over, I joined Ali to go to his house. My father kept looking for me until he found me an hour later after asking around. I started visiting Ali regularly. His mother would receive me warmly. Ali's father used to work in Abu Dhabi and they used to spend their holidays with him every year.

Ali would show me photo albums from their previous holidays and from all the future ones in the years to come. Living in the dusty farfung town of Dera Ismail Khan, the sights of Abu Dhabi were always full of wonder for me. Their parks had colourful rides in the shapes of snakes and dinosaurs, their markets were full of shiny shops and their houses appeared to be very sophisticated. Abu Dhabi came to define that image of modernity in the mind of a child from a poor and remote city that I was.

Fast forward twenty years from the

first intro to the city, I found myself in Abu Dhabi. What's more interesting is, Ali's parents were in Abu Dhabi at the time, and I surprised them with my unannounced arrival! Ali's mother had always been very fond of me, and the next few months that I worked in Abu Dhabi, I had the best time with Ali's parents pampering me when I would be free during the weekends and showing me around their city and the neighbouring emirates.

Now that I have travelled to a lot more countries than that child of five could have ever imagined, Abu Dhabi continues to hold a special place in my heart, not only for it being the first place outside Pakistan that I visited, but for what it represents - a foreign city too familiar to my consciousness.

Shueyb loves to hit the road and cross borders at every opportunity thanks to his vagabond spirit. He has visited 85 countries on his Pakistani passport. He is a chartered accountant by profession and a photographer, writer and painter by passion. He grew up in the remote dusty town of Dera Ismail Khan in northwest Pakistan and is currently based in London.

📍 shueybgandapur



Sufism & Its Practical Approach in Perspective of Sheikh Ahmad Sirhindi's Services



Dr. Muhammad Azeem Farooqi
Religious Scholar, Academician,
Researcher

Sheikh Ahmad Sirhindi's services for the unity of Muslim Ummah is an example for the preachers, revivers and reformers of all ages. Sirhindi's motto was the unity of Muslim Ummah under a single flag of Quran-o-Sunnah. He was a harbinger of unity. He was iconoclast against all forces of evils and sins. His age was an era of decline for Islamic values and traditions. Jalal-udin-Akbar had distorted and mis-shaped the face of Islam.

His "*Deen-e-Ilahi*" (Akbar's school of thought) had finished all barriers between the Muslims and the non-Muslims. His concept of one nationhood for all the Indians and one universal religion for all the followers were great dangers for Muslim Ummah. Sirhindi adopted a wise, adequate, apt and applicable policy and strategy to achieve his target of Muslim unity and revival of pure Islamic values.

Sirhindi prosed that there were three main groups of selected people who could exercise great impact on the common herd and society, and without their repairment and reformation no real revolution could be envisaged. These three groups are as follows.

1. Aristocratic nobles of the royal court.
2. Ulemas/scholars/leaders of religious affairs.
3. Saints/Mystics: spiritual guides and leaders.

Sheikh Ahmed Sirhindi adopted a realistic policy and strategy for this purpose. He addressed and focused the rulers for real reformation and change in Indian society in spite of common herd.

- He targeted philosophical & practical reformation of spiritual guides and so called raw-minded mystics.

- He made an ideological stand against materialistic minded religious leaders to create a real Islamic atmosphere sincerely.

- His preaching of the concept of *Wahda-tul-Shahood* in spite of *Wahda-tul-Wajood* was actually part of his struggle to falsify the propaganda of *Bhaghti* movement of the *Hindus*.

- He adopted policy of peace & order in spite of plundering/ disorder or massacre as it was the right decision to sane his energies and utilize them for positive measures.

- Sirhindi focused on personalities as well as concept/ ideology.

- He also focused on reformation of faiths as a basic theme.

Sirhindi is a historical personality. His teachings can unite the Muslim Ummah quite successfully. He wrote hundreds of epistles and treatises which is a milestone for his predecessor and followers.

Pakistan and other parts of the world are facing problems like terrorism, ignorance, poverty, humanrights violation, socio-polit-

ical and other problems these days. These problems can be solved under the guiding principles of Sirhindi.

Sheikh Ahmad was a great scholar, saint, philosopher of Islamic sciences, matchless-writer, successful preacher, undaunted leader, dynamic & versatile spiritual guide and reviver of Islam for the second millennium.

Sheikh Ahmad Sirhindi opened his eyes when India was a country of many nations, religions, sects and different schools of thought. They all were at war against one another. He did not add fuel to fire. His mission was versatile and comprehensive. He put all his efforts to extinguish the fire of hatred, anxiety, restlessness and disorder. He did not waste his energies in useless practices and unfruitful duels and clashes. His strategy was clear and peace-giving. He said,

"The head of a nation is the servant to them".

Sirhindi did not start fighting against the Hindus and the non-Muslims but gave the lesson of piety, harmony and modesty. He emphasized the Muslims to prepare themselves for the Hereafter and lead a simple and pious life. This is a solution to all troubles.

In his books and epistles, he showed a very clear path to salvation in this world and the Hereafter. He preached Muslims to lead a complete Islamic life taking in view the example of Prophet Muhammad (PBUH).

In short, his teachings paved a way to real happiness for all the nations and for all generations to a

peaceful life. His efforts became fruitful and Shah Jahan and Aurangzeb became a practical example of his teachings.

The Holy Prophet (P.B.U.H) said:

"All actions are attached with intentions of heart and everyone will be rewarded according to his intentions".

The life of Prophet (P.B.U.H) comprises two types of features; secular and religious. As Allah demands complete submission i.e. outer and inner as well. As Allah demands in another verse of Holy Quran:

"Say (to them) if they love Almighty Allah, follow my complete life (As a result), Allah will endear you".

(Al Quran, 3:31)

So, Shariah beautifies the outer actions of a Muslim and flourishes his intentions also. Sirhindi, while differentiating real difference between Shariah and *Tareeqat* (spiritualism) says that Shariat is real *deen*, whereas *Tareeqat* is only Shariah's maid-servant and foot-lady. Without Shariat, there is no *Tareeqat* except disbelief and devilish practices.

Jahanghir was forced by circumstances and he apologized to Sirhindi for his misunderstandings. At this point, after his release from jail, he decided to stay with the Mughal army and purify their anti-Islamic beliefs. When Jahanghir came under complete training and influence of Sirhindi, he was completely reformed. He abolished all anti-Islamic decrees issued by Akbar and paved a new way for the Muslims of India.

Dr. Muhammad Azeem Farooqi



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NEGLECTED THAN DENIED

4 MINUTES READ

Does it feel embarrassing to go to the crowded Outfitters' counter and ask for exchanging the T-shirt, you bought days ago saving your pennies? Have you ever regretted entering a Charcoal or Nike outlet just because you don't feel like buying anything and have fled the outlet out of the pressure exerted by sale's representatives who constantly follow your shadow-- or maybe your purse's? if you have, then let me confess that I have too, for umpteen times. Fault lies neither on our (consumers') side nor on their (sellers') side; rather on one unbeknownst to one's rights and duties bounded by constitution. Consumer is the queen/king of the market, and rest in it constitutes his/her services and goods.

Though the market is always profit-driven, there are certain constitutional rights of consumers which cannot be exploited. There are two conditions when a consumer can be exploited: 1). If he /she is unaware of his/her rights, 2). If he/she is too lazy to pursue them--third condition would be nothing, but an excuse. Here, one might wonder that 'what are the rights of consumers and who care about theirs when they themselves do not?'. Answer to the latter is 'Islamic Republic of Pakistan'



Sufyan Ahmed Jalbani
Writer, Translator

- I see jaws dropping; whereas the answer to the former is monosyllabic: Many.

The first and foremost right of the consumers is their 'right to knowledge'. Price tags or price lists, ingredients used in edible and drinkable stuff, dates of manufacturing and expiry, and usage precautions regarding technological and electrical items are sum total of the knowledge which is mandatory to be made public to the consumers prior to their shopping. Besides, good quality product as advertised by seller, non-discriminatory pricing which hit more car-holding consumers and less cd-70 holding ones when the shop at vendors, and free choice to buy any of the displayed products or not to buy at all are the birthright of the consumers.

There are instances when students are denied their library and hostel security fees by their institutions and hostel-owners respectively. There are instances too when a courier company misplaces your precious parcel or you are delivered a product other than what you order on 'Dhokebaaz.pk' - - which is definitely not synonymous to Daraz.pk. All these illegal activities, performed by various good

and service providers, have a legal solution: lodging a complaint. In real time, the process of doing so may get lengthy and tiresome, but it is worth making efforts, if not for the demandable compensation, let it be for the lawful and ethical consumer-seller relationship to prevail.

The real authorities to lodge complaints are Consumer Court, functional at district level across the country, and Deputy Commissioner (DC). To the readers' astonishment almost 90,000 complaints have been lodged since 2009, and that too alone in Punjab, with almost 77,000 cases resolved and 80 million rupees of compensation made to the affected complainants. If you ever feel that your aforementioned rights are being exploited, don't hesitate, follow the procedure, which is as follows, for lodging the complaint.

- 1) Send a written notice to the opposite party (seller / service provider) and ask him to make the required compensation within 15 days.
- 2) If he does not respond in 15 days, the consumer has another 15 days to write an application to the Consumer Court or DC along with the copy of notice sent to the seller, copy of CNIC, copy of receipt and copy of agreement between the consumer and seller, if any.
- 3) The consumer can hire a lawyer too, whose fee can also be demanded from the opposite party, and the court will make sure that the consumer is compensated for all the damages, be it capital (related to money), physical or psychological, inflicted upon him/her.
- 4) Court will wind up the matter

within the duration of 180 days.

P.S. The consumer can claim the rights in the concerned office within the time span of 30 days; day one corresponds to the time when the transaction was made.

The Consumer's Protection Act is of no use when consumers themselves are unwilling to act. Protection from all sorts of fraudulent activities is the consumers' right, but to pursue, it is the duty of them too. There are plenty of laws in the country safeguarding its very citizens, what lacks is 'rule of law'; and the first step towards it is claiming your right before law and legal authority. Therefore, act, before you are acted upon, fraudulently.

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Be Comfortable Being You



Aruba Ali
Content Creator, Artist,
Mental Health Enthusiast

I used to bend and break myself just so the people I love won't leave my life. I used to strip off my individuality so that I could agree with them and make them comfortable.

I am so glad I don't do that anymore! I am so glad that I've become okay with people leaving. You see, I've realized and observed that your people will still stick around even if they don't agree with your life choices. And while the ones not meant for you will not be satisfied even if you do things to make them happy.

So today's lesson, keep doing you without worrying about pleasing others. You'll find your people on the way and they'll stay even if you don't reserve a seat for them!



[idharudharkibatein](https://www.instagram.com/idharudharkibatein)

Hounding Hunger

The last member of my family starved to death yesterday. There has been a horrible famine in the village for six months now. Ammu, Baba, my elder sister Saira and now little Ruhi have joined the countless dead in their graves. The Minister for Food and Health, Karam Nawaz, is a native of our village, but I have never seen him bring food to us. I saw him at the wedding yesterday, folds of laughter convulsing his huge tummy, arm in arm with the industrialist Mr. Rashid, who has a factory in the Big City. One plant of the factory operates in the village too. Karam Nawaz had assured us last year that each vote mattered, even the poor's. But his party nailed the opposition, he shifted to the Big City. Forgetful of us. I wonder if God, too, is forgetful of us. All my family has gone to Him to seek an answer to this question.

4 MINUTES READ



Sara Noor

Writer, Novelist, Dramatist

The factory owner Mr. Rashid is also the minister's party member. At the famine's breakout both promised us food packages, but last night when I went to his sister's wedding, the guard wouldn't let me in. So, I tip-toed to the back kitchens and nicked pieces of nan that were thrown out to the stray cats. While I was hiding in the shadows gathering tidbits, stuffing lumps into my mouth, munching down so forcefully that my jaws hurt and also saving larger, softer pieces of nan for Ruhi, I saw some servants carrying leftover food items in packets to Karam Nawaz's and Mr. Rashid's sleek black cars. I wish they could have spared me one. I had been hungry for a week and so was Ruhi. For the last three days, she had even stopped crying and lay limp in her cradle all day long.

I have reached our hut only to find out that her limp body is now further defined by the adjective 'lifeless'. Now that Ruhi is dead because of me, I feel like vomiting up the little nan I ate which had made me late. Perhaps, I should take these remaining tidbits to my neighbour Walid. I'm sure he's hungry too. Walid buried his paralyzed brother last week, so maybe he would advise me on how to deal with the death of one's last surviving family members.

A skeleton of protruding ribs and dark skin wobbled to his feet and



ILLUSTRATION: FREEPIK

shuffled out of his hovel to a neighbouring shack. "Walid bhai?" He called out at his neighbour's squalid entrance.

"Esa?" Sound waves, heavy with the speaker's weariness, resounded in the dark. "Come. Take this glass of milk to your little girl," a note of humanitarian concern and positive happiness crept in on the crest of the wave, "I was about to come with this for Ruhi, but the little devil showed up himself," white teeth, flanked by a playful smile, gleamed at Esa in the dark.

The little devil flew in and hugged the man around his navel. This older man was his confidante, his friend from the good, old times. "Walid bhai!" he sobbed into his shirt, "Little Ruhi has joined Ammu and Baba and Saira," he lifted his head to look up into Walid's pained eyes and whispered, "and your brother and father".

Walid patted the young boy, sad and infuriated at the hypocrisy of his leaders who shouted slogans of equality by daylight and practised stark injustices by night. He and a couple of other labourers who were working at Mr. Rashid's plant, had gone to talk to their elected representative at the wedding last night, but all the minister said was, "I have talked to the authorities but they can't manufacture food. We are doing our best to help you, but the most we all can do is pray". As he said this, he swallowed a large gulp of white wine to wash down the taste of roast mutton.

"Pray about what? That it rains food and water over our heads while you sit and feast here?" one young man, who'd buried his child the other day, burst aloud in anger.

Clenching his fists, Walid pulled

Daniyal back. The latter released his left arm from care of restraint and strode fuming outside.

The circle of arms around him reconnected Walid with his present. "What am I to do now, bhai?" Esa's quivering voice brought him out of his reveries. After last night's betrayal of trust, a handful of young workers had hatched a plan. They were to set fire to the minister's native home to send a message to the authorities to do something more than just pray. The repercussions of their action could result in either detainment by police or death in an encounter.

"I have nowhere to turn to," came a sorry whisper from the child clinging to his midriff.

In that instant, the older man reached a decision. "Here, drink this milk," he handed the glass to the young boy, sat down on his haunches and lifted the boy's chin with a finger. "You have me, don't you? I'll find myself a job in the city. We'll get out of this sorry little village and go to the big cities in the north. Oh, Esa, you and I, we have a world before us!"

The child's eyes lit up. He swallowed the milk in two gulps. Walid stood up and held up the eight-year old in his arms. He was glad for the child's sake. If he set out on the suicide mission tonight, a young bud would wither in the heat and famine of the village. The village was dying, he knew it, and the most he could do for survival was to pin his hopes elsewhere. Home had become an illusion in the uncertain world and poverty and injustice the only unchanging things. The instigators would burn the status quo tonight, but he had to tend to his little charge whose innocence could yet be preserved.

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Melkita' Ulamun

My mother was an amazing and a brilliant musician. Music was her only ally in the long pitifully sad and abandoned evenings. She used to sing and play music to ease her weary mind and calm her aching heart. Music had been the only thing that helped her overcome the melancholic days when my father passed away. It was her stronghold, a tether to the light when everything seemed dark and scary.

I remember her chestnut-colored violin that had been made by my grandfather. I remember, exactly, the way she used to hold her violin, balanced under her chin waited. The way she touched the strings, the bow held just so above the strings. The way she would effortlessly yet passionately coax a sweet melody, infiltrating the air with sweet notes. And how her melodies would envelope the listeners in a warm veil of awe and wonder. In her melodies there was a sweet sort of playfulness that would cast a spell of equanimity in the air. When I was a kid my mother used to tell me, Darling Nat! You shouldn't worry about the future too much. Take risks while you are young and alive. Breathe the air that smells so sweet. Smell the scent from an unseen eutopia, lingering, waiting to be consumed by your gasping lungs. View the stars and the moon every night with pure amazement. As if it's

4 MINUTES READ



Mariah Zainab
Writer, Poetess

your first time seeing them. Imagine what it would be like slow dancing with the moon and getting lost in constellations.

What she forgot to tell me was that not every fairy tale has a happy ending. The grand symphony of war had erupted. The air was no longer filled with my mother's sweet and lovely melodies. Instead, the air was now filled with trepidation. A hauntingly cold melody was embedded within it. The sound of sirens, bombings and German fighter jets filled the air with notes of despair and agony.

Since the war began, times had been really tough for everyone. Jobs were difficult to come by and easy to lose. Last night, when I was out trying to earn a few shillings to put food on our table, German bombs turned the whole town into graves. When I came back, my heart twinged at the sight of rubble and grey dust that covered every inch of the ground. My legs wouldn't move. I dragged myself to look for my mother amidst the debris and wreckage. Not a single living being was in sight.

It was painstakingly difficult for me to gather all my strength and look for the remains of the place. I once called Home. I missed it. I missed the smell



ILLUSTRATION: FREEPIK

when I walked through the front door, the familiar creaks and groans, the paintings and family pictures on the walls. My mother's plant. The quirks of my room, the peaceful calm around every corner, and the warmth that emitted from every room. The sounds of the town, the oddities and familiar faces. The comfort of knowing where everything was. It was all gone. I no longer recognize anything. The wind howled and groaned, lamenting at my loss.

I couldn't stop my tears. Swollen cheeks, bloodshot eyes, wet wear and dumb-pale face. Some goodbyes can be so devastating I never knew. I shut my eyes and held my violin close to me. I wished I had been at home, too. My whole body was aching. I wanted to get rid of this burdensome weight. I thought of the desperate attempt to quell the never ending and relentless pain. But I suddenly recalled something that my mother had told me.

She always told me, Natalie, you have a mellifluous voice that gives hope to others. After failing an audition, when I would come home shattered, deprived of self-esteem and confidence. She would cheer me up and tell me that I am her brave and strong hearted daughter. Melkita' Ulamun, she would call me.

I told her,

Mom, sometimes when I look up, I think as if I were a piece of sky in my past life. In my eyes you can see galaxies and universes. There are parts of me which are as bright and radiant as the sun and then there are parts of me as dark as the nights without the moon. Cloudy, sad and about to cry.

She smiled, pressed my hand softly

and said, Darling Nat! Life can be really hard sometimes. But honey! No matter what, in heart everyone likes to live. There is this quirky charm of life no one can deny.

I did not understand what she meant then, but I did now. I knew what she meant. I adjusted my mother's violin on my back and kept walking till I saw some houses. I knocked at almost every door begging to stay the night and in return I would play music for them. But everyone was too afraid of the Nazi soldiers. They were taking away the musicians. I knew some cafes on the other street that I hadn't begged for a job yet.

It had started raining when I reached the café. I went to the barkeeper who was busy in his barkeeper tasks.

Would you let me play for the evening? I asked in a broken voice. Maybe it was my wet wear, pale face or the despair in my eyes that the barkeeper agreed. He gave me a warm cup of coffee and a loaf of bread. Eat first. I looked at him with tear-streaked eyes. I wanted to tell him how grateful I felt but words wouldn't come out of my mouth.

After a while, I balanced my violin just like my mother used to. With trembling hands, I managed to coax a melancholic melody from the strings. The tune tugged at my heartstrings. I was the child prodigy who got her education from her mother.

*Rain here is so different
Unrelenting
Falls incessantly
Like a lullaby at night
Its rhythm engulfs me
Drowning out all other voices*

© amindlesspoeticminnion

Agony



Imran Khan

Playwright, Poet, Fiction Writer,
Teacher of English Literature

6 MINUTES READ

Where is she now? The window was ajar and she could mirror her reflection through it. The twittering and chirping of the birds, the soul-stirring fragrance of the blooming flowers, the passing, glowing morning and more than these the truth like cherishing innocent face saying some unfamiliar words in rotten tone. She strives to make the sense but the words get dissolved into whispers, and the whispers are not more than the sound of the air passing through the dry grass. How could she understand the sound; perhaps it was not the combination of alphabetic words? The problem is she feels something...but what? The quest to catch the essence of the rattling sound is stimulating in her the element of restlessness and uneasiness. The very next thought is devastating, and shockingly she let herself free to be ruled by this wild idea. A few second's reflection, and she throws herself out of the window to get an access to a disappeared naïve face.

The early sun rays of the autumn are kissing the hills of Sawat. The luxury car is on its way to Malam-Jabba. The back seat is captured by an emerald-green eyed beauty, having hair rich with shade of mahogany. A straight nose with full lips was enough to brand her as the picture of perfection. At once the car stops with a jerk.

Something falls with the noise of

“*Dhup*”. A grey-haired stocky skivvy of the family runs towards the bedroom of her “*Wara Bibi*” with a shout *Oh! “Khudaya”*, not again. *Wara Bibi, Wara Bibi*. What does she see? Her *Wara Bibi* is not in bed again. She is on the floor in an unconscious effort to catch something. She cries, approaches her, puts her head to her breast and pats her back lovingly. Then she uses all her energies, lifts her *Wara Bibi* and lays her on the bed. Her *Wara Bibi* is a bit pacified now.

Girl: Where that child is?

Maid: Which one *Wara Bibi*?

Girl: That shining and innocent faced child, who had a smile in his eyes.

Maid: Which one and where *Wara Bibi*? Please gain your senses. You are at home in your bed.

Girl: Hmmmnnn..... (She opened her eyes and looked around) “*Oh! My Goodness! It's awful; I could not get rid of it.*”

Maid: *Wara Bibi*, are you all right? It's the third time till yesterday that you have cried like this and in an unconscious stance hysterically have tried to catch something. *Khan Saeb* and *Mashara Bibi* are really worried. They are making a plan to call for Dr. *Saeb*.

Girl: Oh! No, there is no need to call for Dr. Uncle. I am all right. Where are *Pillar* and *More*?

Maid: Jee, they are there in the TV lounge with Cap. *Saeb*.

(She goes upstairs. She does not want to meet anyone. Why? She

doesn't know but one thing she knows very well that something is constantly irritating her and she has a strong desire to recollect her yesterday's journey to Malam Jabba).

The car stops suddenly. The girl on the back seat inquires;

Girl: What's the problem?

Driver: *Gull Bibi*, there is someone in the middle of the road.

(She at once opened the door and to her shock, there was more than a beautiful face sunned in blood right in the middle of the road. The sight was enough to make her unconscious and she was about to collapse when she heard a rattling sound. The small blood-sunned lips were asking for something. She tried to know what the sound was, but failed. She says to her driver, 'Akram please try to listen what the injured angel wants to say.' Akram moves forward, stoops down, sits on haunch and puts the blood-sunned head in his lap, tries to connect his ear to his lips. The murmurings are dying now. Akram gathered all his spirit to conceive the sense of the words)

Driver: *Gull Bibi*..... (Akram succeeds a bit to gather the idea. The boy is repeatedly saying my Sister, my sister.....The murmur is suddenly stopped. Akram feels the pulse and lowers his head) 'He is dead *Gull Bibi*.'

Girl: (She was now curious to follow the words my sister.....my sister.....) She cried, Akram searches for his sister. He leaves the boy lying there on the road and starts to search for the girl. To his surprise, a few yards down the main road, an innocent girl of six is lying unconscious. Akram lifted her up but he had to put her down

again because a shower of blood flew right from her breast. Akram could see the half-crunched "*Khanjar*" (knife) in her breast. He tried to feel her pulse but couldn't) "Sorry *Gull Bibi* she is dead too." (But she was not ready to listen to this heart-rending news. She had fallen down on the road unconsciously) Oh *Khudaya Paka!* (He tries to resuscitate her. She regains her senses and tells him to investigate what has happened.)

Akram follows the footsteps and reaches the nearby top of a small hill. There was a beautiful little bungalow. The main gate of the bungalow was wide opened. He entered the bungalow and could not stop his shrieks.

The shrieks, she moves towards the window of her room. The sight of the deep valley from her window was not as pleasant as it used to be. She could feel the whole valley lost in melancholy. The haunting scene of blood-stained bodies on the road was not leaving her alone. A continuous feeling of horror and pathos was roaming around. She wanted to sleep but sleep was far away from her eyes. Since yesterday night every time she has been in the bed, she awakes with a hysteric shout. Every time she chases someone in sleep but cannot recall to whom she chases after getting up. She closes her eyes and strives to recognize the face. A flash and she lose herself again.

Akram could not bear the sight. The body of a woman almost of thirties was lying on the porch. A knife was stabbed in her belly and the reddish maroon clotted blood was presenting a horrendous picture. Akram restored himself, covered

the body with a cloth and came back to his *Gull Bibi*. She was lacking the strength to stand. She was sitting beside the car and her yellow pale complexion was enough to show that she was extremely horrified.

Girl: Did you get any information about the children, who they were?

Driver: Their house was on that top but now there is no one alive in that house.

Girl: What do you mean?

Driver: I mean the house is empty and a woman's dead body is lying there in the porch.

Girl: *Wai Khudaya!* She cried again. The cry brought her to the room again. She failed to recognize the face. She rushed downstairs to her parents. Captain *Sharjeel* was telling her parents that yesterday the terrorists in retaliation killed a family living on the mountains. The family consisted of husband and wife and two children. The act of killing was ruthlessly terrifying. A boy of ten tried to escape along with his younger sister of six. But he was approached by the cruel killers. They stabbed him in the belly. He pushed his sister downward the valley with a hope that she might slip out of the range of the cruel brutes, but at the bottom of the mountain she was taken by the killers and they stabbed her in the chest.

Ah! The barbaric act of killing the innocent will bring a disaster for them. She stopped at the stairs, turned back, reached the room, locked the door and sat on the bed. The word "Ah" was visible on her face with all gloom. Now she was getting an approach to the face; the very face calling her in dreams again and again. The face murmur-

ing something; it was of that boy lying on the road sunned in blood and crying not for his life but the life of his sister. How many brothers might be vulnerable to death for saving their sisters? And how many of those brothers would pass through the same traumatic agony? Who shall put it to an end?

📍 poetic_spurs

Love: On a lighter note!



Tehreem Shah

Mental Health Enthusiast,
Socia-political Content Analyst

Well, folks, love is overestimating the difference between one individual & the other. Socially on surface level, love is craving for the other person emotionally. However, science says it is the suppression and expression of certain chemicals in the bloodstream. The aspects often associated with love; attraction doesn't mean it's a divine call for soul-mate, in the scientific world it is dopamine, nicotine & cocaine, triggers chemical in the body .e.g. adrenaline serotonin (mood hormone). Attachment is experienced by oxytocin which amazingly promotes monogamy.

I discerned love as a blend of intimacy, passion, commitment, healthy boundaries, secure attachment & urge to give unconditionally. Love is an invisible, intangible, costless entity yet its capability to drive healings, behaviors, businesses, and relations, (indeed) is phenomenal.

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Self-Reflection: In the Heart of Nature

We are living in a technological age and while we can use it to our advantage by connecting and gaining knowledge from all over the world but sometimes being too connected online makes us disconnected with our surroundings.

This may seem normal but in actual, our mental health is being affected largely. Mostly the content on social media is not controlled and positive so we come across all sorts of news. We think we have read or seen something negative and moved past it, but it stays in our subconscious and eventually gets to us by damaging our mental health.

So, it started getting to me. Not too long ago, all the negativity and tragedy that is on social media, it started making me feel low and hopeless. It not only affected me mentally but also my overall health was compromised and that's when I thought I needed a break. I'm not saying I threw my phone away and deleted all socials and went into the wild (although that would be awesome), I just shifted my focus to growing plants in the comfort of my own home. Since we couldn't go out in quarantine anyway, this was a great option.



Shyza Babar
Writer, Photographer, Humorist

From sowing seeds with your own hands and watching a plant grow and even provide fruit in some cases, it satisfies you deeply! We humans need to have tasks and goals in order to keep moving forward. Especially if you are struggling with bigger life goals, it's such a great opportunity to start with something easily achievable. It also teaches us patience, I mean, you try keeping a plant alive which dies if you water it either a little too much or too little and you will get what I mean.

So, connect to the nature present around you. You don't need to live in a forest or in the mountains to do this, although that's sublime, but you can literally grow a little plant, start feeding a stray animal or bird and feel the positive difference.

"Where flowers bloom, so does hope"

- Lady Bind Johnson

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**WORLD
AUTISM
DAY**

**2
APRIL**

2 MINUTES READ

Infantile



Sophia Arandia
Educationist, Writer,
Fitness & Pilates Trainer

The most unforgettable pain, there is, the absence of a mother's love. More painful, if the mother was present choosing to be emotionally absent. A father can cause the same pain, however, a mother's womb is a child's first shelter. First sensation, feelings, and emotions. The pain is incomparable.

Neglected children from maternal love, suffer. The rejection etches like a second skin. It affects one's self-worth, self-love, reality, and wellbeing. Forming unhealthy relationships, forming fear to get too close, forming doubts in their ability to conquer the world — how can they not when the rejection of the mother sends a subconscious message that "they aren't good enough".

And even when the child has grown into an adult, the longing will still remain buried inside. Even when he/she has become successful, found a loving relationship, found awakening — found healing.

For the healing will never stop, the healing will

come and go, the wound will continue to reopen, no matter how many bandages you have placed on it. It will still bleed occasionally. The trauma does not really leave the body, it preserves it as a memory. A memory of survival, a memory of awareness, a memory of becoming your own parent, a memory of lifetime pain. Permanent healing can only occur when the mother herself acknowledges her child's pain. Nurtures the wound she afflicted on her child, with words and love.

For a child no matter how they have journeyed far from what was — they will still wish heaven exists at their mother's feet.

*Your womb was my shelter
where my heart rested with yours
your emotions, my emotions
As I breathed out of your world
abandoned, when I was just learning
how to crawl*

*how can you not love
me
your birth, your
blood
a miracle in
God's eyes.*

📷 [s.arandia](#)

2 MINUTES READ



ILLUSTRATION: FREEPIK

Déjà vu

A Mystic Intervention

As society, we see and witness things, things - universal truth(s). But as individuals, we experience experiences only we could see, and observe. Often it takes some time for an individual to realize something uneven, and unlikely happened. Something - an occurrence, occurred which already took place, but at the same pace, with go through the same feel and emotion. Often, for a person, some random passerby would ask for directions to some address, and as the person tells the other directions, and as soon as the other gets it, say thanks, and leaves, the person is left in an awe, as if something bizarre and uneven happened. So, the person ponders, and rethinks, and realizes, the very occurrence had occurred before.

That is how déjà vu works. Another case study could be, when you meet someone for the first time. You think you know or have seen them before. It's either an act, or situation, or the way that certain person acts, it's in the behavioral pattern. This feeling is unmatched, this feeling just like a dream, is quite vivid, yet vague. What is to be noted here is how it leaves one with a strange feeling, like manifest-

ing desires, or like getting a washed bill from an old pair of jeans. Leaves one in an awe, excitement, and confusion.

However, that's not all to déjà vu , science believes it's not at all a spiritual experience, but a condition, a condition that everyone experiences at least once in their life. However, research has been inefficient to describe the 'why' aspect to it. As this phenomenon can't be predicted, it's a bit difficult to conduct a thorough research on it.

However, there are people who relate déjà vu to spiritualism or mysticism. They connect this unmatched feeling to the likely occurrences that go with them, and call it signs. Thus, they start concluding newer realities, keeping one experience in their mind. And so, they get what they seek. Remember déjà vu is an unpredictable occurrence, so the spirit folks could be right too.

Déjà vu could be or couldn't be, scientific or mystic in its nature. It entirely depends on how one perceives it. Some people ignore it, and go on about their lives, some call it a sign, and make it something in their head, and keep thinking about it till the day, it starts happening in a certain manner. As per the law of attraction, or the manifestation theory, things shape up. Belief is all that remains: scientific or mystic. It shapes up collective and individual life(s). This feeling, as exciting it sounds, could cause panic to some, depending on how one experiences and programs it.

✉ tsyed1735@gmail.com

2 MINUTES READ

Anthropology

A DISCIPLINE ABOUT HUMANS



Dr Rao Nadeem

Anthropologist, Asst. Professor at QAU

4 MINUTES READ

Anthropology is one of the several disciplines under the auspices of social sciences. The subject matter of anthropology is 'human', the Greek term anthropos means human being, that is the most fascinating of all creations. Anthropology differs from her sister subjects like sociology or psychology because it tries to understand the human being in a holistic manner; that is to understand the humans from the beginning of the time to date and probably their future, and that too, for all the diversity they represent – yet maintaining the commonalities. Anthropology tries to understand the nature and nurture of humans across time and space.

Anthropology, to achieve the holistic perspective, is divided into four major branches

including archaeology, linguistics, physical or biological anthropology and socio-cultural anthropology.

Archeology is the study of materials, – often include artifacts, skeletons and mummies (human remains), architectural remains or structures, features and ecofacts (biological artifacts) or the organic materials that were not disturbed by the humans, – that decodes the specific age to provide an understanding of temporal effects and contexts. It provides a reconstructed history of the human past.

Physical or biological anthropology attempts to answer the questions pertaining to human evolution. It tries to provide answers from a biological perspective. One of the many subdisciplines of physical anthropology is anthropome-

IMAGE SOURCE: FREEPIK

try; i.e., the study about measurements and proportions of human body. Primatology is one important subdiscipline, that studies the primates (e.g., chimpanzees, orangutans and apes), that helps to understand the links of primates to the primitive forms of human (hominins & homoerectus).

Linguistics is the study of language, culture is inculcated and promoted through language. Therefore, anthropologists study linguistics as part of cultural inquiry. Language cannot be fossilized, albeit, there is a possibility of establishing logical connections between languages and evolution of language. It is frequently debated that cognition and language are interdependent.

Socio-cultural anthropologists are eager to learn and describe culture through ethnography, firsthand personal study of a cultural group, to familiarize the culture of a specific group to others. Margaret Mead, one of the famous anthropologists talked about ethnographic fieldwork, “**The way to do fieldwork is never to come up for air until it is all over**”. This practice is highly

potent to minimize the alterity that often prevails and makes groups ethnocentric. Anthropology is transforming from her historical cultural knowledge base to more applied contributions to resolve contemporary pressing social issues; her research merits are legit to help understand the social and cultural realm in contextual and relative terms. Thus, traditional ethnographic fieldwork is often replaced with relatively fast-paced participatory research methods that enhance the applicability of anthropological knowledge to a great variety of social applications. Anthropology is playing a central role when it comes to any inter-disciplinary research.

Anthropologists are helping the world to understand diversity, and cultures to reduce stereotyping and ethnocentrism. Therefore, anthropology is nothing but ‘an attempt to make the world a better place’.

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Carve Your Destiny

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Commemorating Iqbal on his Death Anniversary
April 21, 1938

SATISFACTORY READERS

Azeem magazine has young writers who provide a wealth of information by virtue of their articles. There's fiction as well as health, science, poetry and diversified topics. So readers have a wide choice.

Zeenat Iqbal

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Noshewan Akbar

My kids literally wait for AEM, so that they can do coloring and play games in the kids section. It's really helping them in sharpening their skills.

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Shakirullah

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