



AZEEM ENGLISH MAGAZINE

MONTHLY



IMAGE: @BILALISMAT

LET'S MEET

PAGE 04

ARIEB AZHAR

BOOTSTRAPING

PAGE 20

Storytelling Tradition
in Pakistan

PAGE 56

UNHAPPY COUPLES

PAGE 34

PAGE 22
Shaykh-ul-Alam
Hazrat Baba Farid-ud-Din
(*Ganj Shaker*)

A Quarantine Notion

PAGE 08

I WENT TO HER

wedding

PAGE 52





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.



VISIT OUR WEBSITE

 (051) 88 93 092-3

 contact@aec.org.pk

 AEC, First Floor, Ras Arcade, Street 124, G-13/4, Islamabad

DISCLAIMER

The magazine does not endorse any of the ideas, opinions or thoughts proposed in the published articles. The opinions belong to the authors only.

To get your content published, send your submissions at
submit@aemagazine.pk

EDITORIAL BOARD

Patron-in-Chief

Dr. Muhammad Azeem Farooqi

Editor-in-Chief

Muhammad Ali Farooqi

Associate Editor

Imran Khan

Managing Editor

Tahir Inqalab Syed

Art Director

Muhammad Raheel Asghar

Publishing Director

Naeem Anwar

Distribution Manager

Fazal Khan

0318 054 9181

EDITOR'S NOTE

For the last two decades, Azeem English Magazine has been ruling your hearts by bringing forward the crunchy, trendy and knowledge-enriched content. Through this special issue, our top-notch writers have once again fulfilled the chief goal of awareness and enlightenment. From exploring your power of beliefs to ideas for home décor and emotional wounding to the entrepreneurship skills; it is going to be a rollercoaster journey.

Happy Reading!

Muhammad Ali Farooqi
 Editor-in-Chief



TABLE OF CONTENTS

BEAUTY WHEN IT IS BEAST	03	SOME SCARS ARE NEVER GONE !	36
AROOPA HAQ		SHEHERYAR SHAHID	
LET'S MEET FT. AREEB AZHAR	04	VACCINATION: PARANOIA AND UNCERTAINTY	38
WORLD DAY AGAINST CHILD LABOR	06	BISMA SAEED	
SARA NOOR		10 LESSONS TO LEARN FROM TOM & JERRY	40
A QUARANTINE NOTION	08	HEY! CAN YOU COLOR US?	42
MUHAMMAD AWAIS FAROOQI		WORD SEARCH	43
CHAOS, ORDER & BALANCE	10	DEALING WITH POLICE	44
TAHIR INQALAB SYED		SHAJIA SALEH SOOMRO	
A LOVING LOOK	11	THE MOMENT	46
MARIAH ZAINAB		IMRAN KHAN	
DOES MANIFESTATION WORK?	12	THE DREAMS	48
NOT HOW YOU WANT IT TO		MUHAMMAD ANEES	
UMMARA SHERAZ		I WENT TO HER WEDDING	52
INTEGRATED COASTAL ZONE	14	MUHAMMAD RAHEEL ASGHAR	
MANAGEMENT FOR LASBELA AND GWADAR		WE NEED TO FOCUS ON MATHS!	55
TUBA AZEEM		MUHAMMAD AHMAD RAZA	
SUBCONSCIOUS POWER OF ART	18	STORYTELLING TRADITION IN PAKISTAN	56
EMAN PIRZADA		MUHAMMAD ALI FAROOQI	
BOOTSTRAPING	20	WAJIHA TAREEN	
SAEED BABAR		UNNECESSARY ADJUSTMENTS OF LIES IN	58
SHAYKH-UL-ALAM HAZRAT BABA	22	OUR LIFE	
FARID-UD-DIN (GANJ SHAKR)		UMER MEHR	
DR. M. AZEEM FAROOQI		WORSHIP AND LOVE	59
6 THINGS IN YOUR LIVING ROOM THAT YOU	26	DILSHAN ASLAM	
SHOULD GET RID OF		THINKING ABOUT THINKING	60
STYLE INSIDER		NIKITA KUMAWAT	
THE POWER OF PAUSE	28	12 WAYS TO BE HAPPY	62
SANA FAROOQI		BY A 9 YEAR OLD GIRL	
ORGANIC KITCHEN GARDENING	30	ZEINA MAQSOOD	
WAQAR-UL-HASSAN TAREEN			
ABDUL HANNAN ANWAR			
FACES OF PAKISTAN	32		
UNHAPPY COUPLES	34		
FATIMA ALTAF			

BEAUTY when it is BEAST



Arooba Haq

Student, Self Proclaimed Artist

2 MINUTES READ

One strategy of marketing is to create a compelling story that resonates with people; to create a myth to sell the product. This strategy is commonly used in the beauty industry to create a myth of an impossible and unachievable ideal of beauty, most often targeting women and driving them to strive for achieving this ideal by buying their products.

While beauty standards have varied between time periods and across cultures and societies, the Eurocentric features are widely accepted as the ideal for beauty in today's world. The roots of this idea can be traced back to the 1950s when celebrity endorsement of products was popularized, and white Hollywood celebrities advertised products across the world instead of local celebrities. This instilled the idea that beauty meant being fair-skinned, straight haired, tall, and thin-waisted. This ideal of beauty was and still is widely accepted and people fulfilling these criteria of attractiveness are often rewarded by the world.

The globalization of beauty is an awful blend of capitalism, imperialism, sexism, and racism. The impacts of this over-idealized beauty in media are overwhelmingly negative and include lowered self-esteem, increased depression, use of harmful skin fairness products, excessive dieting, and eating disorders. The advertisements create a void in women which can only be fulfilled by buying the products and getting closer to the ideal. Since the ideal is unachievable the void never ceases to exist, and a constant demand of the product remains.

While the recent trends towards rejection of women being portrayed in stereotypical roles focused on pleasing men and the movements of body positivity and body neutrality are a welcome change in the West, much remains unchanged in the rest of the world. Major changes often come when there is sufficient social pressure.

Also, the onus to bring about a positive change can also be put on brands across the world which need to shift their focus towards more inclusive advertisement campaigns that focus on celebrating the wonderful uniqueness of people instead of leading them to chase an unattainable ideal of beauty.



ILLUSTRATION: PINTEREST

@ aroobaanwaar@gmail.com

LET'S MEET

ARIEB AZHAR

Veteran Pakistani Musician, Songwriter

4 MINUTES READ

When did you discover that you could sing?

My father (Mr. Aslam Azhar) is considered as the founder of Pakistan Television Network. A lot of folk singers like Alam Lohar, Tufail Niazi, Reshma Ji among others used to visit our home quite often, I used to observe them as they sang. I was still a child; I can clearly remember. Got myself a guitar and decided to give it a go. Performed at rallies, protests, musical gigs, in educational institutes, and in folk melas.

What was your defining moment in life?

In my teenage years, I went to the USSR (now Russia) for higher studies, as I was fond of a social revolution, but the stereotype of a socialist revolution shattered completely when I went there. From there I went to Croatia, to seek higher education, I



learned Philosophy and Indology (study of Indian culture and heritage) there. Got exposed to knowledge about the cultural heritage and history of South Asia and learned quite a lot over there. I even taught Urdu for some time. Connected with some local musicians, formed a band. We played folk, rock and sometimes country music as well (laughter). We performed and played at gigs... at bars... in pubs... in the streets... After spending some good thirteen years there, I returned to Pakistan and my passion for music made me continue pursuing a career in music, it was then when I got to discover more about folk music and folk literature.

You just mentioned folk music. How do you perceive it?

I believe folk music is the only form of music. Rock was folk for the Westerners. Because it had more expression and had more potential to appeal to the masses. Languages play a huge part, as they can connect with the audience. In the contemporary era, folk music is unfortunately confined to rural areas only. I think folk music

can also emerge from urban areas and it could be in any language. Music or any other artform, in its honest-most form is folk to me, and that is the most vocal form of expression.

Do you think music or art link up with God in any way?

Staying honest and committed to one's craft is sublime, any form of work if done with pure intention, leads one to Him. But for that purpose, one should be willing to question himself: 'if he's true with his art or not'. He must be open to criticism as much as to applause and praise. Being an artist alone might not help for the cause, he should also be a craftsman.

Should artists consider the art aspect only or they should look for commercial/financial aspect as well?

In general, and specifically in Pakistan, sadly, it is a bit tough to live and lead an economically stable life. Well, the financial aspect never really bothers a true artist, the drive to express himself, keeps an artist going. Historically, the people who made great art were usually not well off. And unfortunately, there are only a few platforms to exhibit their art too. Art suffers when there are less forums. I also believe, any performing artist should always look forward to finding new spaces and avenues to perform. The people should come forward to support the artists as they

are the real face of the society.

How would you compare the scope of performing arts from the earlier ages to now?

Historically, urs and lok melas were platforms for the artists. The emperors also hosted and honored artisans in their courts. Today, most of the platforms are virtual. There's less grooming for the artist in this era as there's less stage exposure.

What would you like to say to the emerging and aspiring young Pakistani musicians?

I tell you what, our society is not welcoming when it comes to art or music, just be brave enough to face the facts! Make your music presentable if you truly believe in your art and keep working on your craft. Do not compromise. Work on it, work on yourself, keep growing. You can make music on your own. Just do your thing and achieve wonders.



Thank you for your time Arieb Saheb, how was the interview?

Yaar, to be honest, I expected a conventional interview, and anticipated only generic questions about my music like who your inspiration is (laughter). Thank you for having me, it was a fun conversation, and overall a good experience for me, you made me ponder about so many things. I will be looking forward to collaborations with you guys / looking forward to seeing more of your work.

WORLD DAY AGAINST Child Labor



Sara Noor

Writer, Novelist, Dramatist

4 MINUTES READ

A nation can produce efficient and productive human resource through the investments it makes in its young ones in terms of ensuring good health, providing education and employment opportunities, and fulfilling their basic human rights. The fundamental human rights of all citizens are guaranteed by the Constitution of Pakistan as well as by the Universal Declaration of Human Rights (UNDHR). There is an additional framework specifically addressing the needs of children under the United Nations (UN) Convention on the Rights of the Child, 1990. It designates a protected time until 18 years of age for all children worldwide to thrive peacefully. Unfortunately, all children do not enjoy a financially stable and physically secure childhood due to the menace of child labor.

Child labor is one of the worst forms of human exploitation and social injustice which interferes with the health and normal social and educational development of a child. The International Labor Organization (ILO) launched 12th June as the World Day against child labor in

2002 to recognize the hardships faced by child workers. This day is observed in hundred countries globally. A unanimous resolution of the UN adopted in 2019 marked the year 2021 as the international year for fulfilling Sustainable Development Goal 8.7, that is, the eradication of child labor till 2025. Besides, the ILO Conventions, the Minimum Age Convention, 1973 (No. 138) and the Worst Forms of Child Labor Convention, 1999 (No. 182) also serve as institutional deterrents against child labor. Pakistan is also signatory to the Convention on the Rights of the Child and Convention on the Worst Forms of Child Labor.

Children enter the workforce due to various reasons. These can be social inequities, economic vulnerabilities, loss, or disability of one or both parents, kidnapping, trafficking etc.

Children who work as laborers are deprived of the joys of a normal childhood. They



IMAGE: OBSERVERHO

are burdened by financial responsibilities and social injustices from a very tender age. Such children do not have access to adequate health facilities, opportunities of education and the security of a decent job in future. Child labor is also symbolic of transgenerational poverty.

According to the report Global estimates of child labor: Results and trends, 2012- 2016, published by the International Labor Organization (ILO) in 2017, some 152 million children constituted the child labor force. This labor force constitutes child workers aged between 5 and 17 years who work in the domestic setup and in the services and industrial sectors. 73 million of these children work in hazardous fields. The largest percentages of child labor are in Africa, Asia, and the Pacific region, respectively. The report also reveals that this labor force comprises 58% boys and 42% girls.

During the pandemic, poverty levels have increased due to business shutdowns, reduced trade and remittances, migration, border

closures and falling health and living standards. The ILO and UNICEF have collaborated to produce a report COVID 19 and child labor: A time of crisis, a time to act (2020). The report predicts that the pandemic can increase child labor significantly and reverse the success of the last two decades which reduced child labor by 94 million. The South Asian region is also likely to suffer from an increase in child labor as families find ways to cope with the socioeconomic challenges, school closures and diminishing family incomes.

The solution to this is an integration of various approaches catering to the specific socioeconomic needs of a country. Pakistani policy makers should be vigilant and foresighted to devise and implement laws which increase employment for poor adults, safeguard vulnerable child workers and ensure that the pandemic does not deteriorate their already low standard of life and health and educational opportunities.

© saranoor722@gmail.com

IMAGE: DAILY TIMES





A Quarantine Notion



Muhammad Awais Farooqi
Thespian, Allied Health Specialist
(South Korea)

2 MINUTES READ

Life is a quarantine. Fourteen days or fourteen thousand days, the moment to breathe is trapped into a specific period. As I look into the sky, it seems to be unclear. I can't be able to visualize the ray of light. The sun appears to be unwarmed. My journey has been started and will never go to an end. The life of a prisoner is much better than mine. I summed up that life is uncertain as the sperm in the uterus is unaware of being fertilized or not. It's never too easy to start from scratch. To undo the mind from the past. It is a strange feeling to get stuck in between the cultural perspectives of life and academic career.

My plane gets ready to take off. I fasten my seat belt and shed off my tears. I look at the mist of emotions on others people's face. I want to fly, but my wings are short. I want to dip deep, but I am too deficient. I wish to feel the pain, but I took the medicines. I saw different people with diverse destinations. They are not talking to each other they are worried about what if they get Coronavirus. They are scared. Nature hits them hard. They are having different colours, different dialects, different traditions but same heart. The sound of their heart is same. They don't want to contract anyone because they know every other person is Covid positive except them. I have the symptoms of agony. I have the signs of dishonesty. Although having all the symptoms, I will be Covid negative soon. The

reason is not a single device can detect this virus.

Life can be unfair to us. Someone wants to die but cannot die. While others want to live but cannot survive. This means that life is the process of fragility. This cycle begins from the intimacy you didn't wish for and ends up with the line you didn't draw. We draw our lines between the zodiac stars. You are scorpions, so you tilt towards loyalty. You are Cancerian, so you're an energy drainer. My energy is drained the day when I tried to build myself with the socially constructed ideas. The end is absurd. Whether to go or leave, nothing can be predictable. Flow like the floating dolphin and restrict as the Spanish bull. You can be the storyteller or can be the story. The choice between the glory and the excuse is yours. I choose neither of them. The binaries of win and defeat never belongs to me. Our locked souls and deprived mind never let us grow. The seashores of East to the West will never ease our negativity. It is beyond the thoughts.

Well, the point of self-realization is a volatile process. It is the cycle from life to death. All we have is one heart. The thing you love most have to be given the most, and the item you hate most must be avoided the most. There is only one correct formula for a happy life, and that is **No Formula**. Happiness comes when you realize that the moment you live in joy. Past and future is for the escapers. The real ones cherish the present; that's why it is called the present.

© *m.awais_farooqi*

CHAOS, ORDER & BALANCE



Tahir Inqalab Syed
Observer, Poet, Rap-Artist,
Writer, Analyst

3 MINUTES READ

In life, for each question, we have answers. Answers that we seek, for ourselves, answers in extremes, two opposites, poles apart from each truth. Truth that could be our salvation or our destruction. Either way, we seek evolution. Or enlightenment finds us. A question keeps us wondering. Why solutions are in a pair, i.e. why is the truth in a dichotomy?

There's chaos, there's order. There's either chaos, or there's order. Why is there a duality always? Be it any case. If you start looking for the answers, you might start to lose yourself. You lose yourself; you start to lose your sanity. You lose your sanity so when you finally evolve, enlightenment seeks you. The tendency for either could be different for a different state just like the way threat or threat perception works for nation states. One state gives threat, and one perceives threat. If you draw two parallel straight lines with an ink-pen on paper, and if you keep stretching them, the lines will not run out, unless the ink runs out or the paper ends. Similarly, chaos and order go side-by-side, hanging there,

till the moment, the variant or the construct runs out of time. But that is another debate.

Here assumingly, pen and paper, or chaos and order are bounded by the variant, or the constant: i.e. "The Balance". As the saying goes, balance is the key. It's safe to conclude that The Balance is the binding force, by which two opposites: chaos and order are bounded. They hang in there, till the balance runs out of time. To answer the previous question. Dichotomy is never the answer, and duality is not the truth. Instead, duality is just an aspect of the truth: just a chunk of it.

To dissect the dichotomy... I would say, the truth is a trinity. Three forces, right in front of us.... Chaos, Order and Balance. Disturbing one would disrupt the whole system of truth. All these forces overlap each other, and thus, affect each other. Like two pawns going after each other, or the case of to be or not to be. "Or" determines trinity here... "or" is whatever that keeps you going, marked with suspicion, filled with thrill: the search for it.

One is almost never willing to break the pattern. The search for balance starts whenever there's disruption or a bias gets challenged and breaks the shackles to wake up to a newer truth. The whole search phase comprises another trinity: the learning graph: to learn, unlearn and relearn the previous biases. The quest to seek harmony or balance is a matter of



IMAGE: FREPIK

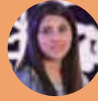
perspective, we weigh each outcome which outweighs another reason. And that's how we try to find the right balance.

A case study that might explain balance in thoughts is: "one person's 6 is another person's 9". From a different perspective one thing might appear as something else. But if an unbiased observer observes the figure from a neutral point of view, it would be hard for the observer to tell... as it could be 6 or 9 or both at the same time, and that is precisely my definition of The Balance. As idealistic as this concept seems, this phenomenon from it's conception to projection, is idealistic to preach, teach and enforce.

From conception to projection, there are many advocates for black or white, and less or none for the "grey little patches". That is why balance is hard to attain and maintain. Chaos penetrates in most cases where realists debate with idealists. The advocates for chaos would always present a practical solution to an ideal situation. While advocates for order are more likely to present an ideal solution to a practical situation. Chaos is what makes one uncomfortable, and one tends to seek order in their life. Chaos is more realistic in its approach, and order seems more idealistic. To find the balance, is to attain nirvana, either way, chaos, or order will ultimately lead one to the attainable truth i.e. The Balance. By the time one finally dissects the dichotomy, he concludes and finds out that the answer to his whole quest for the search of balance was a trinity, a newer search initiates and one finds the answer to be irrationality...

📧 tsyed1735@gmail.com

A LOVING LOOK



Mariah Zainab
Writer, Poetess

1 MINUTE READ

I don't know if you've witnessed it before. But I know you should. To notice the calmer side of people. When you go to the movies with someone you love, turn your cheek to the screen for a second and watch them instead. Watch them watching. Look at the colors from the projector reflected on their eye balls. Watch that. Watch their faces taken by it. As they are reading something they're really absorbed in, notice that admirable slight motion of their eye brows in reaction. Innocent, spontaneous, and helplessly honest.

Their fingertips, meanwhile a favorite song of theirs is playing, when they're talking to someone and not overtly singing along. And when they fall asleep. That peace and defenselessness as they are that loose, with only the motion of their chests being any regular. When they're dreaming and the movement of their eye balls show from under their eyelids. And the twitching of their lips.

I don't know if you've ever really loved or known anyone until you caught them somewhere there. Until you've seen them free from the inevitable consciousness in their speech and steps. The selectivity. Maybe we haven't really known anyone if all we know of them is how they are with that consciousness. Maybe you haven't truly given anyone a loving look until you've watched their minds, their faces, and their eyes, without them aware of it, fixed on something, lost on something.

📧 [amindlesspoeticmynnion](https://www.instagram.com/amindlesspoeticmynnion)

DOES MANIFESTATION WORK?

NOT HOW YOU WANT IT TO



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

4 MINUTES READ

Manifestation — an event, action, or object that clearly shows or embodies something abstract or theoretical. Yet when we see all this content online about manifesting your goals it's always something 'otherworldly'.

"Your thoughts and your energy can create your reality. If you are constantly being negative and feeling down, then you are going to attract and manifest negative energy."

No one enjoys being a downer, so how do you work on that? Most self-help tips suggest visualizing. Envision your thoughts and feelings as reality. This will then motivate you to make these changes a reality.

Why doesn't it work that way in reality? It's rational and logical isn't it? Yet it's not an absolute. Then why is it a law? Well it isn't. A law is scientifically proven and an absolute truth,



IMAGE: LAWOFATTRACTION.COM

Having energies, spirits and stars align for the right moment, your moment. More solution oriented approaches to the idea approach the subject with 'how to manifest' self-help tips and the 'law of attraction'.

Law of Attraction

Based on the law of attraction when we put an idea out into the world, the universe makes it happen. Put goodwill and optimism out there and you will eventually meet your objectives. Basically what this idea suggests is that;

like light travels in a straight line.

However, those that propagate this idea probably aren't aware of the actual science of 'law of attraction', which is polar opposites attract to establish neutrality. Like a nucleus and a proton, a positive charge and electricity, good looks and insecurity. You get the gist.

Optimism and the Power of Belief

Then are we doing this wrong? Should we be cynical in order to attain our goals? Why isn't the law of attraction working for us either way, with

optimism or cynicism?

Apparently, we've been doing it wrong;

"In order to succeed in your manifestations, you need to truly believe in them."

Well most people that believe they're knowledgeable, really, aren't. They speak with vindication because of their ignorance. It's called the Dunning-Kruger effect. Meanwhile, a higher IQ come with that added dose of nihilism. What you don't know won't kill you but what you do might hurt your self-importance.

Mathematical Manifestation

Then how does one go about manifesting 'rationally'? Is there a right way? What is the right way? Well manifestation can be mathematical. How is that you ask? Some say it works the same way being spiritually in-tune can help. There are special numbers associated with it — 1111 and 444 — angel numbers. They're sent from the universe to help your chances align for success. Then there are special sound frequencies for manifesting specific things.

There are Nazari amulets to ward off the evil eye, which is just bad energy. Working on your self-esteem apparently boost your overall manifestation ability. When you 'believe in yourself' and believe you are worthy of good things, the things you desire, the universe will make it happen for you. That sounds like self-actualization.

Meaning when you work on your confidence you're more prone to be proactive and go after the things you want. So is all this talk of manifestation just folklore and woo-woo?

Don't let that thought discourage you though. Human will is a powerful thing. It's a survival mechanism. It is

why we can expedition through mountains and deserts. Why we fight through a prognosis like cancer. Why we keep practicing till we master a skill.

A Balanced Approach

Perhaps manifestation really requires a balance of idealism and realism. Realistically, think about your goals, and focus on exactly what you want and when you want it. Once you've narrowed down the goal you can look for avenues you can explore to achieve these goals.

Next is where your brain power comes in. Don't go in with a defeated mindset, you've done your research and know what you're doing. As optimistic as you are failure is a probability. If you fail, go back to the drawing board, revise, and improve.

Need a mental boost go ahead and let the numbers align, listen to those manifestation frequencies, wear that crystal. If that's what you need to get your mojo going. In the end, it comes down to taking whatever life throws at you and turning it into a positive.

Just don't forget to put in the actual hard work. If humankind wasn't industrious, civilization wouldn't be where it is today. Imagine if all the hate in the world just 'manifested' because someone was thinking about it hard enough. Good thing is, a lot of haters aren't organized evil masterminds.

Manifestation might not be what we think, and it might not work out how we want it to. What's important is you persevere by trucking on. Now that's positively optimistic!

© ummara.work21@gmail.com

Integrated Coastal Zone Management for Lasbela and Gwadar



Tuba Azeem

Doctoral Candidate at
Victoria University of Wellington

6 MINUTES READ

Lately, Think Tanks in Islamabad are getting concerned over Pakistan, becoming a maritime nation offering solutions through policy advocacy and economic analyses. Coastal tourism, business parks on the ports, and strategic investments in the marine resources have occupied the front pages. A specific aspect, so overlooked and indeed was for a long time denied real importance, is the management of the coastal belt as an integrated land-sea interface.

The coastal belt of Balochistan makes up more than 70% of the country's total 1,001 kilometers long coastline. When development work started on the coast under the China Pakistan Economic Corridor (CPEC), the multiple stakeholders with competing interests in the project and mainly, their management

emerged out as a flaw. The southern coastal logistics business zone, among major cooperation areas of CPEC, aims at collaborating in fisheries, coastal tourism, and connectivity infrastructure between Gwadar and Karachi that have to pass through the coastal tehsils of Gwadar and Lasbela. Yet, it has not figured out 'autonomy' at local, provincial, and federal levels, the control over coastal and marine resources, and management within the 12 nautical miles and beyond. Which sector does what, where, and how? Who is answerable on the affairs of the coast? And all the controversies of it, with on-going militancy, brewing, sporadic, but present among the coastal population with a narrative of absolute control on land and sea resources of Balochistan.

In the port city of Gwadar, when the Eastbay Expressway project temporarily blocked the access of fisherfolk to their traditional beach and marine waters, the media was head over heels calling CPEC "development in reverse". Issues inherent to the

IMAGE: WIKIPEDIA

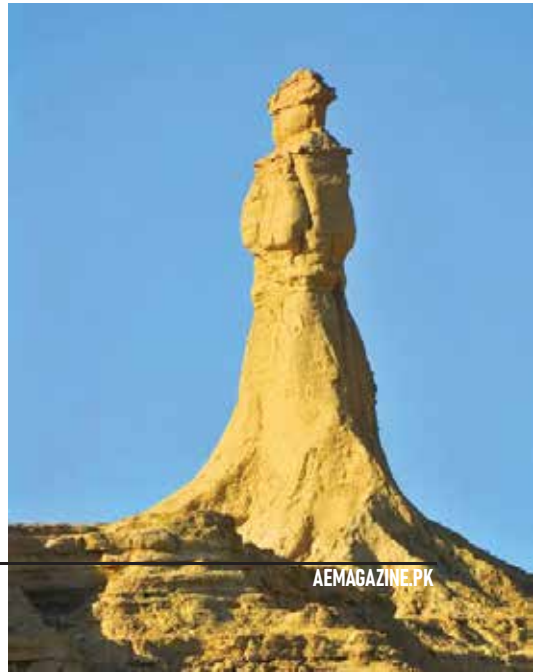
coastal region and similar to other marginalized parts of the country were projected out of disproportionately. However, all it requires an integrat-ed approach from the beginning to look into multi-layered processes. For instance, for an amateur criticist, he must ask (i) who the executing agency of the project is? (ii) who is the sponsoring agency? (iii) whose jurisdiction the plan area comes under? (iv) Who was the contractor? An ambitious one might ask, who were everybody else during the bidding process? And (v) who signed the contract?

There are issues of jurisdiction when the authority is a federal subject, but the area is the property of the local government. The Gwadar Development Authority (GDA) at the same spot with Gwadar Port Authority (GPA) are tasked with roles not so related and are subject to different jurisdictions. For instance, under the 2002 Gwadar Master Plan, the port area, the beach, and the free zone were the jurisdiction of GPA, meaning the Ministry of Maritime Affairs because the port is a federal subject. The contract of the port design was awarded to Fourth Harbor Design Institute, a Chinese company, and the port operator was a subsidiary of another China Overseas Port Holding Company. For the Eastbay Expressway project, GPA was the sponsoring agency. Therefore, when fisherfolk organized sit-ins against the construction of Eastbay Expressway, GDA could never have intervened.

The federal government can legislate on the matters of ports, harbors, maritime navigation, carriage of goods and passengers by sea, and even port quarantine. When the fisherfolk demanded structural changes in the port development

plan, the only authority, except for Chinese, was the federal government to address their grievances. As far as the illegal trawling is concerned, the provincial as well as the federal government, are responsible for policymaking. Because trawlers operate in the territorial sea and the exclusive economic zone. At the national and international level, coordination and management of fisheries and other living resources beyond the territorial waters are the responsibility of the federal government. Inland fisheries, fishing in the territorial waters and aquaculture, the management of provincial fish harbors, are the responsibility of the provincial government.

Lately, the Ministry of Ports and Shipping has been renamed as the Ministry of Maritime Affairs and working on getting together an inter-ministerial committee to collaborate on maritime affairs. Such a framework is part of the broader



scheme of management and planning that is Integrated Coastal Zone Management (ICZM). In Pakistan, the umbrella policy and legal framework are absent on ICZM. The Maritime Policy of Pakistan (2002) serves only an honorary mention while the Constitution recognizes integrated management of environmental pollution and ecology under the concurrent list and the exploitation of minerals, oil, and gas. The Balochistan Coastal Development Authority is the only area-specific statutory body established in 1998, which emphasizes the role of ICZM. However, it suffers a lack of funding and even the presence of a skeleton staff.

The experts blame the Eighteenth Constitutional Amendment to give control to the provinces in matters of the coastal belt. While in reality, on the ports and harbors and anything that might benefit financially the local government, goes to the political elites at the center. When it is argued that autonomy is not a demon, there is a cure to such paranoia of hyper totalitarianism. The United Nations Earth Summit of Rio de Janeiro in 1992 kick-started the idea of ICZM, and Food and Agriculture Organization framed a comprehensive manual that made way into the national agendas of many countries. The European Commission defines ICZM as a dynamic, multidisciplinary, and iterative process to promote sustainable management of the coastal region. It requires planning in the implementation, management, and decision making processes. ICZM uses the informed participation and cooperation of all stakeholders, particularly the coastal communities, to assess the societal goals in a given coastal region and to take action towards meeting these objectives. At

the same time, it seeks to balance environmental, economic, social, cultural, and recreational objectives, all within limits set by natural dynamics. It has a direct impact on the every-day sustenance of the coastal people.

However, what appears to be obvious in theory, advocated in practice, is as much constrained. Other countries are also facing similar situations in coastal management. Even countries, for example, Turkey or Ireland, with a more fabulous presence in the sea and better records of governance, are still confronted with problems regarding the comprehensiveness of the ICZM framework that should cover “all aspects” of management of the coast and streamline the human-sea interaction. Nevertheless, there are best practices that can be learned from countries like Sweden or New Zealand who have large coastal areas yet have the most decentralized, participatory mechanism. This suggests that a collaborative effort and learning from each other is essential.

To protect coastal communities, scientists validated ICZM as a practical and integrated planning and management approach among diverse stakeholders. The intent is simple. It stimulates a sense of stewardship among the coastal communities and fisherfolk. Who are all across the first line defenders in the protection of global commons, our oceans, and the coasts, and this is where Pakistan should not leave them behind?

 [azeem_tuba](#)

 azeemtuba@myvuw.ac.nz



Mustafa Cattle Farms

PRESENTS

QURBANI 2021

**MUSTAFA FARMS OFFERS ONE PRICE QURBANI
WE HAVE REDUCED OUR OFFERS FOR QURBANI
WE ALSO PLAY A PART IN THIS HOLY WORK WITH HAPPINESS
(AMEEN)**

**TOTAL PRICE PKR 30,000/-
BOOKING PRICE PKR 5000/-**

**OFFICE NO 401
PLAZA 181,CIVIC CENTER
BAHRIA TOWN
ISLAMABAD**

CONTACT US

0092 336 7775333

0092 313 0069890

0092 322 2222033

FACEBOOK:MUSTAFA.FARMS

WWW.MUSTAFARM.COM

SUBCONSCIOUS POWER of Art



Eman Pirzada
Visual Artist, Art Critic

3 MINUTES READ

When we hear the word 'art', people in our society think that it is something which exists in galleries and museums only. People, unknowingly, are surrounded by art 24/7, in the form of music, paintings and videos which highly influence their moods, emotions, personality and what inspires them.

Art has always been there; it has always co-existed with nature. If we go through history, during the Stone Age, when languages did not exist, art was the only way of communication through cave paintings, by cavemen. In present times, people treat science and technology superior than arts. However, art fulfils our lives.

"You maybe can exist without it but cannot truly LIVE without it"

- Bob Emser (sculptor)

People beautify and decorate their houses with the help of art i.e. wall-paintings in their living rooms, choice of color on the walls, uniquely patterned curtains, elegantly designed furniture, colorful motifs on quilts, glazed teapots, fancifully knotted mats, bronzed open mouthed vases, even the little illuminating table lamp, and whatnot.

For people's personal interests and for their own joy, people are truly in love with art in different ways without



IMAGE: PINTEREST

even realizing it. Like how certain people love one musical genre and collect tons of albums, how some of them are really into nail art, collecting postcards or comics, styling clothes, obsession with changing colors of sky, experimenting with baking, taking pictures and other performing arts, crafting poetry, architecture, gardening, knitting, blogging etc. These are some of the things which require creativity, and people do it for their soul, for reducing stress... attaining comfort level. To sum it up, filling the void.

Music is a universal language and another form of art which can enhance emotions and thus has a great impact on our mood. Unintentionally, somehow different sounds/music reach our ears through

radio, television, and other media sources. Music is so deeply rooted in humans, it may have emerged in the womb, where heart beats and its deep rhythmic sound echoes between flesh and fluid.

On different professional grounds, art is used to inspire and grab people's attention. Such as in ads and marketing campaigns, to make the product look more attractive... or gyms playing loud upbeat music, or such as in parks, sculptures are installed, tourism is getting benefited by hospitality art which uses art to attract guests and keep them more occupied. Corporate art, where workers are asked to boost productivity using art inside workplaces. Hospital/healing art is one way of fast recovery of patients and their family. It helps health care workers to stay calm. Art in orphanages, schools for children with special needs or even in normal schools to make education even more fun. Every kind of product being sold on the planet doesn't exclude use of art. Subconsciously, the power of art has submerged within us very deeply.

These diverse forms of art build an atmosphere where WE desire to live in. As most of us are not aware of how a significant role art plays in our lives and how much we rely on it, in every way, every day whether we comprehend it or not. In our society, it is sad that people benefit from art mostly but do not support it as either a profession or think of it as an inferior profession and discourage the people who are passionate about it. Unfortunately, some schools don't even consider arts as a study course or if they do, they do not treat it as one. Culturally and traditionally we appear to be very open, and the people seemingly are

open-minded and progressive, but they still take art as a joke, call it names and make fun of it.

"Art defines us . . . and, if we look closely, promises unlimited horizons."

— Philip Theobald

@ pirzadaeman999@gmail.com

ARTIST OF THE MONTH



Nain Tara graduated with honours from **National College of Arts, Rawalpindi** with major in **painting**.

Artist Statement: *'Home shifting'* withdraws from the emotions and struggles faced by oneself when moving from one home to another, showing up at a base richness that supplants paint as a medium. Within each piece, Nain Tara manifests the feelings of a person by using child imagery on a two-dimensional surface through strategies of abstracts reflection, representation as well as experimentation. The visuals depict the feelings of a child when he experiences that phase of leaving a place with immense memories to a new one.



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

4 MINUTES READ

Without finance no idea, even the best, cannot be materialised. Not many entrepreneurs are lucky enough to get the required finance at the right time. Finance is the second most important element in any entrepreneurial adventure after the “Be Your Own Boss” attitude. The famous quote “Finance lets you run your business without intimidation” is worth considering early on.

Finance must occupy a greater space in an entrepreneur’s mind, the moment he/she starts thinking about running his/her own show. That needs a thorough financial planning like feasibility study, which shows

feasibility of the project along with finance requirements and thinking about fulfilling the financial requirement. The very first thing that comes to mind when one is short of finance is taking a loan, which should be the last resort after exhausting all the avenues of financing. Prophet Muhammad (PBUH) used to seek refuge in Allah from debt because it erodes reputation, which is one of the requirements for success.

Narrated By 'Aisha : (The wife of the Prophet) Allah's Apostle used to invoke Allah in the prayer saying (O Allah, I seek refuge with You from the punishment of the grave and from the afflictions of Masiah Ad-Dajjal and from the afflictions of life and death. O Allah, I seek refuge with You from the sins and from being in debt)." Somebody said to him, "Why do you so frequently seek refuge with Allah

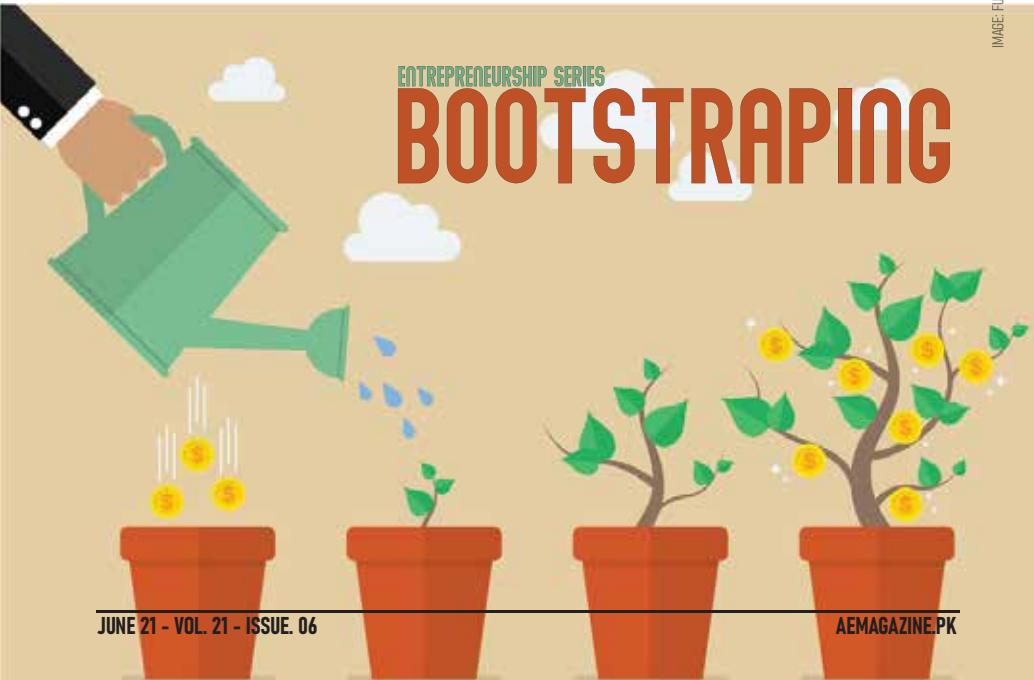


IMAGE FULL SCALE

from being in debt?" The Prophet replied, "A person in debt tells lies whenever he speaks, and breaks promises whenever he makes (them)." Sahih Al-Bukhari Vol. 1, Book 10, Hadith 833

When a start-up takes a loan early in its journey, it reduces its flexibility because of attached strings. Many start-up ventures don't get it right the first time. Bootstrapping is one such way of doing business with personal savings. In Start-ups, bootstrapping is like zero inventory in a Just-In Time System : it reveals hidden problems and forces the company to solve them. Too much money also has its problems as one entrepreneur remarked that "if we had more money, we would have made more mistakes."

Amar Bhide has excellent advice on Bootstrapping.

- Get operational quickly - Use copycat ideas targeted to a small market. Imitation saves market research costs and faces less stiff competition from big names. Once you are in the flow of business then many opportunities will come your way. You can capitalize on these.
- Look for quick break-even, cash-generating projects - A business that makes money brings confidence to entrepreneurs and their teams.
- Offer high-value products or services that can sustain direct personal selling - The biggest challenge for an entrepreneur is to get the customer to abandon his familiar product for a product from a new start-up. Here entrepreneurs personal passion, salesmanship, and willingness to go the extra mile can substitute for a big marketing budget.
- Forget about the crack team - With

limited budget, an entrepreneur can't hire well established players. He needs to find youthful exuberance by offering them to upgrade skills and build résumés, rather than by offering cash or other incentives. The challenge is to find and motivate diamonds in the rough.

- Keep growth in check - Success of a start-up also hinges on its expansion. But successful entrepreneurs take special care to expand only when they can afford and control.
- Focus on cash, not on profits, market share, or anything else - Positive cash flow is essential for a start-up and for this one must have suitable terms from suppliers and timely payments from customers. Equally important is knowing when to spend and when to economize. Successful bootstrappers are generally cheap, except in one or two crucial areas.
- Cultivate banks before the business becomes creditworthy - Bank finance sometimes is cheaper than market credit but usually a start-up doesn't get it unless it has some creditworthiness.

Along the way an entrepreneur has to take a U-Turn and abandon some of the policies that allowed him to get up and running with limited capital. Here is his advice:

- Emerge from its niche and compete with a large company
- Offer more standard, less customized products
- Bring critical services in-house
- Change management's focus from cash flow to strategic goals
- Recruit higher priced talent

@ saeedbabarandco@gmail.com



Shaykh-ul-Alam Hazrat Baba Farid-ud-Din (*Ganj Shakar*)



Dr. Muhammad Azeem Farooqi
Religious Scholar, Academician,
Researcher

3 MINUTES READ

Shaykh-ul-Alam Hazrat Baba Farid-ud-Din (Ganj Shakar) is the first poet of Punjabi language, and the third great sufi after Hazrat Khawaja Moinuddin Chishti and Hazrat Khawaja Qutbuddin Bakhtiar Kaki in the Chishtia school of order in the subcontinent. Baba Farid was born in 1188 (A.D) in the town of Khotowal in the district of Multan. Baba Farid-ud-Din's ancestors came to India from Bukhara and Ghazni. Qazi Shoaib was the chief of this family. His son was Qazi Sulaiman and Qazi Masood was the son of Qazi Sulaiman. And this same Qazi Masood finally became known as Hazrat Shaykh-ul-Alam and Baba

Farid-ud-Din (Ganj Shakar). His genealogy is similar to that of Hazrat Umar Farooq, the second Caliphate of Islam. His father, Qazi Sulaiman had passed away at an early age and his mother taught him with great care. His title Ganj-e-Shukar, became famous because of his special attachment to sugar. He received his early education in Khatwal and Multan.

He completed his education in Arabic, Persian, Qur'an and Hadith from Maulana Minhaj-ud-Din Tirmidhi in a mosque in Multan. At the age of eighteen, Hazrat Khawaja Qutbuddin Bakhtiar swore allegiance to Chishti school of order. He traveled to Kandahar, Baghdad, Iran, and Bukhara, and received spiritual blessings from many accomplished sufis. Then he returned to Multan and sought spiritual guidance of Hazrat Khwaja Bakhtiyar Kaki. On completion of his duties,

IMAGE: YOUTUBE/PAUNJANI

he was given the *Das̄tar-e-Khilafat*. He stayed in Hansi for some time as per the instructions of *Murshid*. After the death of Sheikh, he reached Delhi. According to the will of the *Murshid*, he got all the blessings like his cloak, scuff and shoes. He encamped at Ajudhan (now Pakpattan) which was then a forest area. The illiterate and arrogant tribes there, persecuted him a lot but he did not lose heart. Eventually his love showed miracle and all the tribes turned to Islam.

In Ajudhan, Baba Sahib was always engaged in the remembrance of Allah and scientific and spiritual discussions were held in his *Majlis*. The door was open till midnight and people were moving around. His knowledge was so sublime that Maulana Khawaja Syed Badruddin Ishaq had become his disciple despite his refusal. There were scholarly jokes in his speech.

Sultan Shams-ud-Din Al-Tamish was his believer. Sultan Nasir-ud-Din Mahmood reached Pakpattan and attended his company. He sent cash offerings to his general Alkh Khan and a decree of the land of four villages. The Sheikh immediately distributed the cash among the poor but refused to accept the *jagir*. Alkh Khan was impressed by him and swore allegiance to him. Seeing Alkh Khan's sincerity, Hazrat Baba Farid gave him the good news of becoming king. Alkh Khan later ascended to the throne of Delhi under the name of Sultan Ghias-ud-Din Balban. Hazrat Baba Farid passed away in 1265 AD. Among his disciples, the names of Hazrat Nizamuddin Auliya, Allauddin Sabir, Hazrat Badruddin Ishaq and Jamaluddin Hansvi are very prominent.

He had 8 children, five sons and

three daughters. Their names are, "Khawaja Naseeruddin, Khawaja Shahabuddin, Sheikh Badruddin Sulaiman, Sheikh Nizamuddin, Sheikh Yaqub, Bibi Munawwara, Bibi Sharifain and Bibi Fatima". All of them became prominent, pious, worshippers and supporters of the people, sympathizers of the people and companions of sorrow. They used to farm to earn daily life. Although in Hazrat's life there was always a problem of spending money on children. But after his death, all his children were happy. Even in India, wherever there are people of Hazrat's lineage, everyone is prosperous. In Punjab, the descendants of Hazrat are called Chishtis.

Hazrat Baba Sahib introduced three new branches of Chishtia order. One is Nizamiya, the other is Sabria, the third is Jamalialia. But the aesthetic chain merged into the Nizamis. Because the successor of Hazrat Makhdoom Sahib's first caliph Hazrat Makhdoom Jamal-ud-Din Hansvi, his grandson Hazrat Maulana Qutbuddin Munawar got the *khilafat* from Hazrat Khawaja Nizamuddin Auliya. The Sabria family is descended from Hazrat Makhdoom Allauddin Ali Ahmed Sabar who was the nephew of Hazrat Baba Sahib and his shrine is in Clair Sharif, Saharanpur, India.

Bahishti Darwaza (Heavenly Gate)

It is well known that when Hazrat Baba Sahib passed away, Hazrat Sultan Al-Mashaikh Khawaja Nizamuddin Auliya was in Delhi. Hazrat Baba Sahib made a will, "His dress, stich & shoes and blessings will be given to Maulana Nizamuddin from Delhi, he will also build his

grave?" So Hazrat Baba was buried temporarily and when Hazrat Sultan Al-Mashaikh came to Ajudhan (Pakpattan Sharif), he shifted the grave where the shrine is today. And he made a small dome over it, with two doors, one on the east side and one on the south side. Suddenly a state of excitement, ecstasy and selflessness overwhelmed Hazrat and Nazamuddin Uliya applauded and said, "That the Holy Prophet has come and says that whoever enters through this door will find peace."

Baba Fariduddin (Ganj Shaker) as the first Punjabi poet

Hazrat Baba Farid was a great scholar of Arabic and Persian. At that time, these languages had official patronage. But Babaji proved his strong relationship with the local people by using Punjabi as a medium of expression. The language of your poetry is soft, gentle and sweet. The language created in simplicity and sincerity, sinks into the hearts of the

readers and listeners. Hazrat Baba Farid did not resort to direct admonition to explain the words of intellect and wisdom to the people but reformed the people by blaming himself. In the time of Baba Farid, the ruling class of the time, which had been blinded by the greed for power, was not directly criticized and reprimanded. Reading makes the heart tremble with fear of God. Babaji's style became allegorical. He conveyed his message to everyone through small allegories. Teasing the delicate strings of people's hearts by tampering with the journey full of sorrows and troubles of life. Through his poetry, he connects people with a healthy and successful life with loving emotions, which is the hallmark of the Chishtia order.

A few examples of poetry

فرید اے نماز اکتیا ایہ نہ بھلی ریت
کدے چل نہ آؤں توں پہنچے وقت مسیت

Translation: O man! You should give



up your bad habit. It is obligatory on you to offer prayers in the mosque five times.

اٹھ فریڈا وضو سار صبح نماز گزار
جو سر سائیں نہ نویں سو سر کپ اتار

Translation: O man, you should perform ablution early in the morning for the Fajr prayer and seek from your Lord, because whoever does not bow down before the Master, and rebels, is cut off and thrown away.

فریڈا روٹی میری کاٹھ دی لاوے میری بکھ
جہناں کھادی چوڑی کھنے سہن گے دکھ

Translation: O man, your bread should be made of wood so that you can satisfy your hunger, because those who earn dishonestly. In the end, they have to suffer a lot. That is, both their worlds are ruined.

رکھی سکھی کھا کے غنڈا پانی پی
فریڈا! دیکھ پرانی چوڑی نہ ترسائیں پی

Translation: O man! Do not look at other's plate and be satisfied with what you have been blessed with.

فریڈا کالے مینڈے کپڑے کالا مینڈا دہنس
گناہیں بھریا میں پھراں لوک گہن درویش

Translation: O man! You are immersed in sins from head to toes. Your existence is filled with sins but still people think highly of you and consider you as darvesh.

فریڈا ہے توں عقل لطیف ہیں کالے لکھ نہ لیکھ
آپڑے گریوان میں سر نیواں کر کے ویکھ

Translation: O man! If you are wise, then refrain from evil and improve

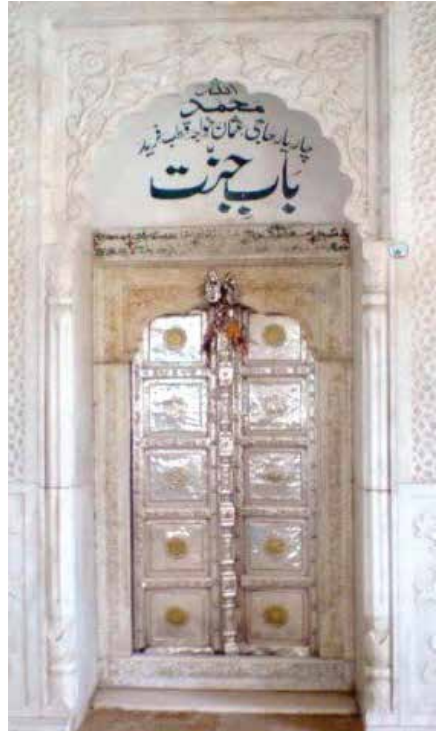
yourself. Look within yourself for better insight and don't criticize others.

The mausoleum of Shaykh-ul-Alam Hazrat Baba Farid-ud-Din (Ganj Shaker) is in Pakpattan Sharif district. Every year, Urs is celebrated in the first week of Muharram.

خدا رحمت کند ایں بندگان پاک طینت را

May the Almighty Allah bestow His blessings on the graves of these pure souls. (Amen)

Dr. Muhammad Azeem Farooqi



6 THINGS IN YOUR LIVING ROOM THAT YOU SHOULD GET RID OF

COURTESY: STYLE INSIDER



Remove furniture that makes your space feel cramped, and feature curated pieces instead

Placing too much furniture in your living room is a design mistake since bad spatial arrangements paired with large, clunky pieces can make your space feel crowded.

Instead of filling your living room with lots of furniture, be intentional about the items you select.

Focus on essential, yet unique pieces that will also bring visual interest to your space and maintain an open floor plan.

Replace boring rugs with ones that make a statement

Many people settle for bland and uninspiring rugs that fail to add color



IMAGES: SHUTTERSTOCK

or flavor to a space.

Try out colorful, patterned rugs to jazz up your living room and infuse it with your personality.

Too many accent chairs can cause unneeded clutter

A beautifully designed accent chair



can complement your living room, but if it doesn't fit with your space's layout or seating plan, forcing one in can cause unnecessary clutter.

Instead, swap multiple accent chairs for one larger comfortable seat if that's what your space allows for.

Hide visible wires to keep your space looking neat

Visible cords and wires can distract from a well-decorated space.

Find creative ways to hide the visible wires within your living room and entertainment center to make your space feel less cluttered. For example, you can easily hide wires by feeding them through your TV console or snaking them behind baseboard accessories.

Swap out your pillow covers with fresh designs and colors

Swap out your accent pillows every



six months to a year to spruce up your living room.

Instead of completely throwing your pillows out, you can opt for aesthetically pleasing covers that are easy to change and reflect trendy textures, colors, and patterns.

Curated accent pillows can serve as visual interest for your couch, adding more personality and substance to your living area.

Bad lighting can make your space feel drab, so assess your room to choose the right fixtures

Good lighting can make or break your space — no one wants to dwell in a dark, depressing room.

When sourcing lighting options, assess your space to determine what fixture would work best. For example, if your living room has natural light, then you should pepper in a nice table lamp or standing fixture with some soft candles.

But make sure to also eliminate any bad lighting — like bulbs that are dim, fluorescent, or colored — and fixtures that don't functionally fit in the space.



The POWER of PAUSE



Sana Farooqi
Mental Health Enthusiast

3 MINUTES READ

Every morning, my phone screen wakes up with me. I stretch out, scrolling Instagram newsfeed and as I roll to get up, the screen moves too, coming to life with a bulk of screaming content which instantly catches my attention. News videos, images swallowing it all as quickly as possible I carry out morning rituals on autopilot. By the time I reach my work screen, I am happily updated with meaningless information, tips and tricks for a healthy life, trending topics and updates I have no use of. Ironically, the information that gets most of the reader attention especially since the pandemic is essentially around key elements to live a happy life. All those posts emphasize on valuing time, practicing patience, and being mindful so we don't deplete beyond repair.

Today's complexities have amplified diversions, fueling inner conflicts. The change in life's pace has been gradual, but... massive, causing an overwhelming frustration. If you too

have experienced it, then don't worry, you are not alone. This is a shared experience and is completely human in such unpredictable times. It has taken a decade of conditioning for the major chunk of our society that is millennials to reach this point of chaos where they are too old to not know the calm life before social media took over and too young to not be affected by technological chaos. Raised for a different race, the everyday anxiety leads to searching new ways to have some moments of peace. The never-ending quest to eat healthy, detox regularly, train the brain, focus on focusing better, oh... the list is endless. Let's be honest, we enjoy reading about it yet continue to live in survival mode. In the pursuit of who we want to be, the disconnect from the present makes us oblivious to basic details of our day-to-day experience of life, the self that we are so eager to see blooming in the future. So, how do we actually value time? Build patience or be mindful? We got it covered for you...

Importance of mindfulness cannot be emphasized enough. Making mindful choices, aligned with the future self, in the present has the power to create the future we wish to have. So, the obvious question now would be how to live mindfully? To be mindful we need to practice 'pause'. Yes, you read that right. That little



ILLUSTRATION: FREEPIK

pause before responding to someone, making a choice, planning the next move, transitioning between day-to-day activities is what holds the key.

To pause is to bring our awareness to present and be completely aware of how we feel... react, what is it that we need? When we pause is when we check "within". Checking with the "within" is an impactful technique to connect with your body, mind, and energy. We are here with a guide for you to do it the right way:

First step is to tune in to your body. This is similar to a body scan, starting from head to toes, asking yourself: How is my body reacting to the environment (breathing, heart rate, muscle tension, any sensations) OR when was the last time I ate, hydrated and rested?

Second step is to tune into your energy. Ask yourself: how my energy responded when someone specific was around? How the noises or movements impact my energy: do I feel drained or revitalized?

Third is to tune into an emotional thermostat. This is where you ask: do I feel threatened, irritable, flustered, calm or happy? Were my boundaries crossed?

Fourth is regulation. Regulation can look like asking yourself "what do I need to take care of myself": to feel protected, relaxed etcetera? Do I perceive a threat?

By doing this little mental exercise we are no more enslaved to our anxious habits, instead we are in-charge of our thoughts, living consciously. A mindful pause interrupts the impulsive reaction, slowly shifts from reacting to responding. We don't reach out for phone in the morning, instead, we take a pause and think do I really want to? Is it

really needed? What if I attentively carry out needs of my body, do one thing at a time, than check my phone.
- Be Kind To Your Self!

@ sanafarooki@gmail.com

Muslim Solidarity

(An extract from Iqbal's Personal Diary)

From what i have said above on Islam and patriotism it follows that our solidarity as a community rests on or hold on the religious principle. The moment this hold is loosened we are nowhere. Probably the fate of the Jews will befall us. And what can we do in order to tighten the hold? Who is the principal depository of religion in a community? It is the woman. The *Musalman* woman ought to receive sound religious education, for she is virtually the maker of the community. I do not believe in an absolute system of education. Education, like other things, is determined by the needs of a community. For our purpose, religious education is quite sufficient for the Muslim girl. All subjects which have a tendency to de-womanise and to de-Muslimise her must be carefully excluded from her education. But our educationists are still grouping in the dark; they have not yet been able to prescribe a course of study for our girls. They are, perhaps, too much dazzled by the glamour of western ideas to realise the difference between Islamism which construct nationality out of a purely abstract idea, i.e. religion, and "westernism", the very life-blood of whose concept of nationality is a concrete thing, i.e. country.



ORGANIC KITCHEN GARDENING



Waqar-Ul-Hassan Tareem,
Abdul Hannan Anwar
Lecturer, Agri. Extension
PMAS-UAAR

4 MINUTES READ

Kitchen gardening is a growing trend specifically among the urban population. Organic growth and production of vegetables not only helps you, but also helps the community as well. A kitchen garden is a place where vegetables, fruits and herbs are grown in small areas of a house such as in kitchens, windows, roof, or in galleries or in any other portion of house, for domestic use.

In kitchen gardening, we can easily use any kind of empty space in our homes and any kind of jars, bottles, plastic buckets, containers, or other useless utensils. This is also a hobby for many people, as it is the cheapest

source of organic food. The vegetables available in the market contain pesticides because many sprays are used during their production, but vegetables grown through kitchen gardening are safe from all kinds of chemicals. It is not only safe but affordable because no fertilizers are used in its production and we can use green manure or kitchen waste manure for good growth of plants.

Many people think it is a difficult task to manage a kitchen garden, but it is quite easy. For kitchen gardening, initial planning is a must.

1. Site selection

Plants need sunlight, soil, water, and air to survive. During site selection always select a site which is exposed to sunlight (at least 4 to 6 hours a day). Site soil must be well drained otherwise a few hours of rainwater

can cause damage to the garden.

2. Soil Preparation for Gardening

If you are establishing a new garden, then, I would recommend you to not start from a large scale. Start from small, but before that, research about sustainable growth of your garden. If you are starting your garden on a patch of soil, then raise beds and sow seeds or seedlings in the bed for better production. Mix kitchen waste compost in your garden soil in order to enhance the soil fertility.

3. How to Make Compost (Organic Fertilizer)

Compost making is an easy task. You need some kitchen waste, collect the degradable material from the kitchen waste, cut it into small pieces and then store it in a basket. When the basket is finally filled with kitchen waste, add some soil and water it, then cover the basket head completely with soil or some other hard material. Make a small hole at the bottom of the basket for water drainage. Now put this basket in any corner of the house under shade. After 2 or 3 months the basket waste will convert into compost (organic fertilizer).

4. Plantation and Management of Garden Crops

In the beginning always start with what you like the most. The easiest way is to start with a salad garden, with your favourite vegetable of the season, otherwise people who start with multiple crops fail usually and get disappointed easily, and so they never try again. The most important thing for kitchen gardening is to select the vegetables according to

their season. Sketch your garden and allot your available soil/space to different crops. One can easily grow vegetables such as tomatoes, chili, onions, garlic, ginger, spinach and cucumbers etcetera. And if pests or any other diseases attack, then there are many organic ways to control or reduce these factors. Spraying cold water can repel many insects. If insect/pest attack is severe then you can use neem oil (works as organic pesticide). We can irrigate our plants through drip irrigation by using plastic bottles. Always irrigate your garden at the time of sowing and irrigate after 3 to 4 days initially. Always irrigate your plants at the flowering/fruitletting stage.

Note: *(Every crop water requirement is different according to the stages of plant growth)*

Conclusion

Increased population and increased urbanization might lead Pakistan to a serious issue of food scarcity and malnutrition. Kitchen gardening can be a good alternative to tackle these issues. The benefits of kitchen gardening are very wide ranging such as: we can grow healthy and fresh organic vegetables by ourselves and can save the cost of buying vegetables from markets. Home grown vegetables are better in taste and growing our own vegetables is very satisfying. It is a healthy and creative activity and makes us active and fresh. People should carry out this activity. Watching your garden crops grow is a great fun and it provides us internal calm and happiness.

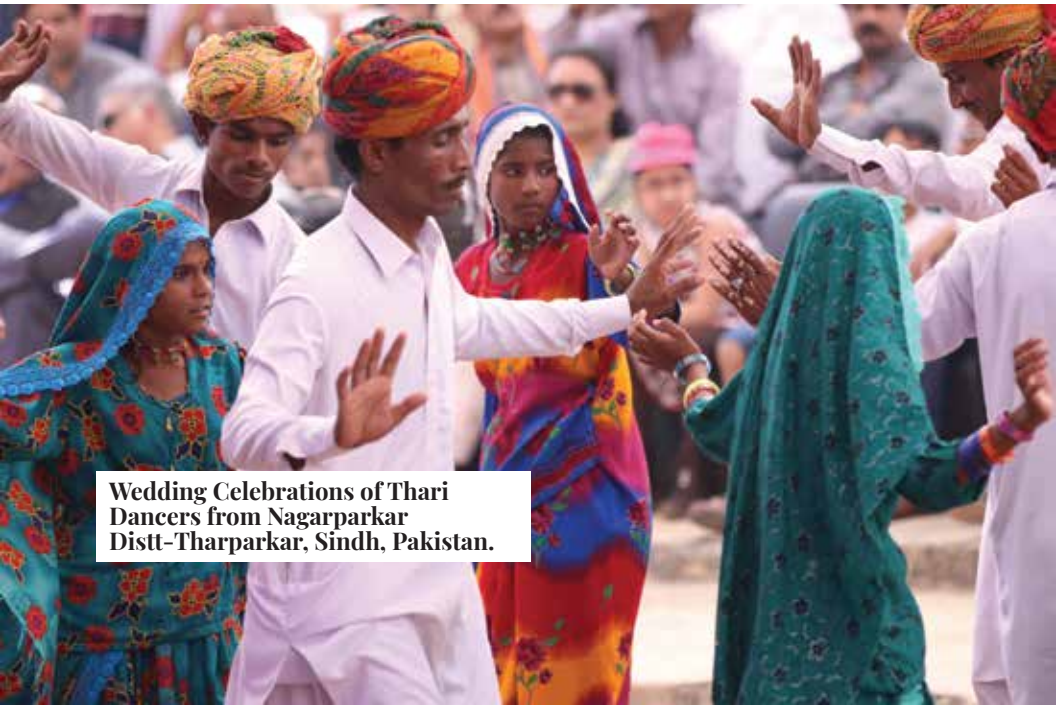


waqartareen@uaar.edu.pk
abdulhannanwar76@gmail.com



Wakhi Traditional Dance

FACES OF PAKISTAN



Wedding Celebrations of Thari Dancers from Nagarparkar Distt-Tharparkar, Sindh, Pakistan.



The Artisan is weaving the traditional Sindhi lungi.

FACES OF PAKISTAN



Truck Art for decoration.

UNHAPPY COUPLES



Fatima Altaf
Psychologist, Painter

4 MINUTES READ

It's our third wedding anniversary and even with a reminder on his phone that he should be home by 6pm in the evening it's midnight all the guests have left because he didn't show up. Is it normal to invite people at home to celebrate and then never show up? I have been asking myself this question since everyone left. Is it so hard to pick up the call and give a reasonable excuse? I am stunned to see this man who never even missed a morning text back then in all those five years of relationship, how much has he changed? Is this how our marriage is supposed to work? Our first year of marriage was in high spirits, but then the world started falling apart.

I

have been unhappy for 2 years. I have tried talking to my husband... quite a lot of times, over the years about our relationship and it feels like if I were talking to a wall. He's got temper issues and is always "right", so I stopped talking to him. It put an end to the "temper" and following arguments. I feel very lonely and sad most of the times. He acts like everything is just superb even though he enthusiastically uses my insecurities against me, which is leading towards lack of self-confidence, he makes me feel as if I am not worth it. Today, again he made me feel like the most insignificant individual in his life and confidently, he would want to make it up by a mere 'sorry, I had work to do'. I don't know for how long I will be able to hold this fading marriage....

All strong relationships have three things in common, according to Meredith Hansen, psychologist and relationship expert: trust, commitment and vulnerability. "Trust allows a couple to know that their partner is there for them, truly cares about them, is coming from a good place, and

sup-



IMAGE: FREEPIK

ports them,” she said. What are the signs of a doomed connection? Why do people stay in them? How can you communicate to your significant other that you’re not contented?

The three Cs to a stronger and connected relationship are communication, compromise, and commitment. To maintain intimacy and communication is essential to make a relationship work. One must not highlight or use insecurities of another as a weapon against them, instead, even in hostile situations: one must try to avoid a trigger. You might feel unappreciated or too small to your significant other. Many couples do things that cause hurt in a relationship, not because they are immoral, bad or egocentric, they hurt each other’s feelings or emotional state without seeing it. An unhealthy relationship starts:

- Blaming Your Partner
- Being Judgmental
- Being Defensive, Dismissive, or Unwilling to Compromise
- Not Understanding Where Your Partner Is Coming From
- Not Identifying Underlying Needs, Values, and Worries

When couples reach out for backing, they are over and over again in a difficult time of heightened conflict, betrayal, or disconnect. Space can also fix a relationship that’s crumbling due to loss of individuality. Spending time apart can make your connection on the mend, Erickson says, because it gives you both a chance to reconnect with your own values and desires.

One of the prime issues underlying an unhappy relationship is the lack of

ability to really listen and hear each other. What most unhappy couples do is to communicate with an agenda; to convince their partners that they are wrong, to join partners in their own point of view, to sway the direction of the conversation, or otherwise accomplish some self-serving goal. This kind of conversation often breaks down into congestion or conversely bursts into anguish. Passive-aggressive behavior is an indirect way of voicing negative emotions where you do not communicate them directly. Instead of being overt about your anger or needs, you express them in a very passive manner. There’s hostility in this type of behavior, although it is often covert.

Long-lasting couples not only love each other, but they also do things each day to show their love. You can love someone forever yet, it won’t be in the etiquette that you hoped it would be. Be grateful. Grateful couples are happy couples. Gratitude always helps people feel more positive emotions, stay healthy, and build strong relationships. Simple acts of gratitude can transform an unhappy relationship into a happy relationship. Showing your partner that you care doesn’t require anything special or out of the ordinary.

There are other possible reasons why people stay in unhappy relationships. Further research suggests that the silent majority with an anxious attachment style, who become excessively preoccupied with the stability of their relationships, might be deeply influenced by the fear of change.

@fatimaaltaf924@gmail.com

@fatima_strokes

Some Scars Are Never Gone!



Sheheryar Shahid
Writer, Performing Artist,
Mental Health Enthusiast

4 MINUTES READ

Have you ever witnessed an eye-catching sight of dozens of balloons, of various colors, floating in air? I am sure you would have already envisioned it, and quite frankly who would miss such a mesmerizing view. However, we consciously become unaware of the fact that it is the helium that is making all those balloons soaring high. As human beings, we are less likely to look beyond the surface, aren't we? Today, almost 8 billion people are dwelling on this planet, but we seldom contem-

plate about the influences that make us a different individual; precisely like those balloons, with different dispositions, race, upbringing and cognitive abilities.

What if I tell you an open secret... that the human individuality is chiefly shaped up by our wounding. By wounding, I don't mean the physical traumas or bruises, but the emotional scars which leave a colossal impact for the entire life. Some of your wounds are deeply rooted in your childhood (primary wounds), and stay with your soul till death. Interestingly, they manifest at every age, doesn't matter in which corner of earth you go, you just cannot escape your wounds. They bring up different shades in your personality, and to be aware of them is of paramount signifi-

cance. The pain and trauma caused by the wounds get repressed in the unconscious closet of your mind, but they keep yelling at every age through your body. Yes, you read that right! Our mind forgets, but the body is cunningly very sharp, storing the effect of it. It would regenerate the response at some or various occasions when you encounter any trigger (any familiar event or thing that hits the trauma nerve).

The primary wounding of individuals may vary; for instance, some may have abusive parents, some may internalize the bullying done by the perpetrators, or some might have experienced abandonment by their caregivers. Your wounds determine your psychological patterns in relation to others. For example, a person who was abandoned as a child by his/her primary caregiver, will go through the same amount of anxiety, panic and heaviness, as he/she had experienced in childhood. The fascinating part is, the triggering event should not necessarily be a supremely traumatic one; it could be, maybe just a goodbye to your cousin who leaves for their home, after staying at your place. Consequently, the person might face immense anxiety that could lead to a panic attack, which, on the other hand could be taken as a petty thing by the other people (since their wounding is different). Taking this instance forward, the person might also be unaware of the fire, the fire caused by the friction of conflicting thoughts after getting triggered: staying strong versus being anxious. This, as a matter of fact, leads to an unhealthy functioning, and can disturb overall physical and mental processes of the person.

The influence of the wounding is

gigantic in the case of childhood sexual abuse, and it manifests horribly on the adult level. The person's mind as a child might throw it away in the unconscious and become unaware of the incident (of course for the healthy functioning). However, the body summons the anxiety and pain after getting triggered in different forms, for instance, if the perpetrator was tall, the survivor adult may, unconsciously, find it hard to talk to, or generally get comfortable in the presence of tall people.

These wounds and sufferings eventually define you, and the worst part is, that you can not do anything about your wounds. A mere thought of your wounds could fill you up with horror, you just need to generously accept them as they are. Even if you become aware of it, you can work on the acceptance part; it could heal but the scar may never be truly gone, it becomes a part of your existence. Empathy is the only food that you need throughout the journey. Another indispensable factor, apart from self-acceptance, is to find appropriate support for yourself, in the form of friends, family or a therapist who could provide you the holding, the holding you deserve. Every person on this planet is wounded, and we don't know the struggles, pain and shrieks behind those smiling faces, then why don't we support one another? Why don't we gather to pat one another and make ourselves and others proud of our struggles?

Let's do it. No one deserves to be wounded. The process of acceptance is not easy, let's become the healing balm for ourselves and our fellows.

@ hello.sherry@zoho.com



Vaccination: Paranoia and Uncertainty



Bisma Saeed
Medical Student, Writer

4 MINUTES READ

“A little knowledge is a dangerous thing”. It could be about any specific situation, or it could be anything. Especially growing up in a society where we adopt the modern culture only for display purposes, but deep down inside, our mind is still not ready to progress; I truly hope and believe this situation would be changed.

Since 2020, Covid has turned the whole world upside down and as per my knowledge, only the severity has increased. Fine, I do understand when the virus was new, nothing was clear and there was no cure. But now things have changed, and still, our public is neither willing, nor ready, to get vaccinated. But “why” is the question. The reason, like always, is Paranoia and uncertainty, paranoia: the news that spread, that some

people who got vaccinated, died. And uncertainty of the aftermath. Everyone fears that what will happen to them if they get vaccinated? I won't say that I'm not afraid, I'm afraid too. But this fear is just the fear of the unknown. If they ask us to get vaccinated, it is for our own good and for our own sake. Obviously We should gratefully go and get ourselves vaccinated.

See, firstly, nothing is certain. And as Muslims we truly believe that we all would die one day when our time is over. We should also keep this one thing in our mind that we will be answerable for the life Allah has blessed us with. Because this life is a fidelity (*amanat*). Secondly, trust me if it took this long for the vaccines to be available for the public, they would have given it their best shot! We should be happy and thankful that the vaccine is finally available in Pakistan and it is available for the public too. Like.. come on... the situation of India is in there to learn. We should consider ourselves lucky and take advantage of the blessings bestowed upon us. I

IMAGES: THE INDIAN EXPRESS

know we Pakistanis are a bit superstitious too, when it comes to try new things, but this is more than our beliefs, this could be a matter of life and death. And many people across the country, of varying age groups have already received their first dose of vaccine, and so far, they are doing good.

There is no point of living in denial now. First, we had a problem with the government that they did not do anything, hundreds of people got infected, and we also lost innumerable lives throughout this battle. And some did not make it to the end. Think about it, if vaccination was available back then things would've been quite different, right? Our loved ones might have been with us on this Eid and the coming Eid.

To be very honest if I were to tell you about what happened to me when my Muma was going for vaccination, I immediately stopped her. I was worried about her, and above anything else I was scared. I was not sure of it. But I never wanted my mother to suffer, not at any cost. I am writing this in past tense because by the time you will read this article, my mother would have already gone through the vaccination process, and In sha Allah she'll be doing good. Today is May 17th, 2021, she is supposed to go for vaccination tomorrow morning (May 18th, 2021). I also discussed with her to write on this situation. I told her that at one side I am telling others to get vaccinated and on another side I am stopping you from it. We had a long discussion. She told me that, "suppose Beta if I don't get the vaccine shots, and still suffer, and just in case, the virus attacks me. What will you do then? Who would you blame? You or the Virus? That's stupid Bismah. One

should do what they are supposed to do with sole belief in Allah and let it be. Whatever happens, it has already been written. You cannot change it. One way or the other, one has to die. When nothing is certain in the uncertain time, when there's chaos everywhere we should seek the best possible solution. And today, the best possible solution is to get vaccinated." She added; "your father has already taken his first shot of vaccines and he will get his second shot as I get my first. So, you should not worry and only hope for the best."

I am sharing my personal story of paranoia, fear, and uncertainty with you because I believe this is the only way that you would be able to understand that we all are the same when it comes to face an uncertain situation. The story of an afraid daughter and a hopeful mother! Yet, we are also giving it a shot. Hope my story helps you in any way. Stay safe and stay blessed. And please get it done for yourself as well as for your loved ones. They need you and you need them just like the way I need my parents and they need me too.

@ bsb2301@gmail.com



10 LESSONS TO LEARN FROM

TOM & JERRY

4 MINUTES READ

Go back to memory lane of childhood days. 78+ years of Tom and Jerry: How this cat and mouse game played out over the years. Our love for Tom and Jerry is alive as we watch the cartoon show with our grand children. Tom and Jerry is more of a routine to watch the comic cartoon series. They ran after each other for their lives, but at the same time they were best of friends too.

Always thrilling and on a joy ride with so much fun to watch the hide n seek game of Tom and Jerry. Sometimes, Parenting is Panic, sometimes Fun. Sometimes struggle n strife. And sometimes, rosy n sweet.

Or maybe scary when they have a cranky child. The trick of staying Happy, staying wise is to brush off the blues and Laugh. Together watching the fun Cartoons lightens the heart and brings relationship closer.

Think deeper and the message with Tom and Jerry cartoons is visible which teach important lessons as :

1. We fight more with people we love

Tom and Jerry continuously keep fighting. Be it small fights where Tom will chase Jerry for disturbing his sleep to big fights where Tom landed in trouble because of the mouse – Ultimately, at the end of the day, they are good FRIENDS.

So, forgive and forget – just know the worth of friendship.

2. Trust

Tom and Jerry's bond of friendship has been built on love and trust. They are mischievous and performed nasty but did trust each other and hence the hide-n-seek game. Best pranks are played on person who you trust the most. The lesson we learn is

Trust your loved ones and if your

IMAGE: LA TIMES



friend is a true one, you are blessed with a valued friend or even learn some great things.

3. Confidence is the key to friendship

Jerry in all the episodes is full of confidence. Tip toed he plays the mischievous and turns to a big cat but when chased, runs like a deer – timidly hides to safe place. Hence, confidence helps one win in such difficult circumstances.

4. Size matters? Not at all !

Don't underestimate the *Power of Tiny*. Jerry was tiny but fearless and ready to fight out the powerful Tom. Jerry outwitted Tom and there's a lesson to understand – Be cool, calm, composed and use your wits. Even the powerful can fall apart.

5. Team spirit

Tom and Jerry always had fights but as we see, in many cases, they unite when they face a common enemy and together form a strong team. As the saying goes, 'United we Stand, divided we fall', Tom and Jerry teach us lessons of Team-work and compassion too.

6. Learn from mistakes

Tom never used the same techniques to trap Jerry. If he failed, he will change his tricks next time to trap Jerry. As Thomas Edison said, "*I came to know about 999 ways that won't work.*" Hence, making mistakes is a part of life but repeating them is foolishness. Therefore, learn from your mistakes.

7. Sharing and caring

Tom and Jerry were worst of enemies but at the same time they shared their emotions. None of them could see the other one sad and hence always tried to keep the other one happy. It

teaches a lesson – care for each other! . It will make the other person happy and thus, will make you happy.

8. Lifelong friendship

The gift of friendship is valuable and most treasured gift. Tom and Jerry stayed together – in good times, in bad times, forever. If you recall the song, "*In good times, in bad times, I'll be there for you forever*" value the importance of relations in your life. They mean a lot.

9. What goes around comes around

As the saying, 'What goes around, comes around' Tom makes devious plans for Jerry, only to fall prey to his own schemes. Hence, trust in karma and do good. Expectations might hurt.

10. Life throws challenges

Tom and Jerry is full of action. Both face challenges in their own way and find a way to overcome the challenge. A lesson we learn is that what may come, face the challenges in life as you continuously juggle with problems that you least expect. Everyone goes up and down. No worries as there is a way if you try it, sometimes it works, sometimes it won't.





Hey! Can you color us?





WORD SEARCH

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

explore the magazine for key



DEALING WITH POLICE



Shajia Saleh Soomro
Law Student at IUI

4 MINUTES READ

Police is a civil service department but in present perspective, the department is known more of an anti-civil rather than pro-civil. Our lack of awareness of our civil rights when it comes to dealing with the said is what costs us a lot mentally, physically and financially. Ultimately costing us our rights, infringing them.

In the coming paragraphs you will find the basic rights you have while encountering police. Let's say you were stopped by police or were arrested what can be your claims and rights?

For the starters, you have a right to remain silent. According to Article 13, Constitution of Pakistan 1973 you may

not answer any questions to the officials. Although, you cannot refuse to identify yourself when asked. You have a right to have an attorney, using this right you may talk to your attorney before answering anything to the police directly. You have a right to a phone call. This has a condition, if you are to call your attorney, police cannot listen to it. If you are calling someone else, they may listen to the conversation.

The scenario can anytime become violent or the officers may not act in the way which will guarantee your safety, to prevent any incident you should never resist police, show wrong documents, run or argue. Making sure your hands are where they are visible. If you do not consent to anything happening say it out loudly, this may not prevent it happening but will definitely help in future

legal proceedings. In a case where you may be pulled over, same rights apply including the passengers' right which includes leaving after asking aloud if you are allowed to do so.

If police shows up at your door, they are not entitled to enter your property they are supposed to have a warrant to search the property if they ask so, or an arrest warrant. It is better to have conversation outside the door without inviting them in. You can ask them to hold the warrant up on the window or slide it under the door. If the warrant is valid, you have a right to remain silent, have a lawyer and all aforementioned.

A question arises of what should you do if you think your rights were violated? You should make sure you note down any and all the information you can get while interacting. Note the patrol car's plate number, notice any badges, officer's name etc. If in a public area you may collect information of the witnesses present. The Constitution of Pakistan gives you a complete right to move around freely anywhere at your will, until the property is private or is said to be restricted which again needs to be disclosed and known properly for it to be acknowledged by anyone. No one can ask you of what your route is while you are on the road. Similarly, all the privacy rights gives you protection by all means no one can ask you to leave your vehicle without your consent, be investigative or check the contents of your boot without your consent.

In a police station or while being in an interaction with police, similar rights apply. All the basic human rights alongside social rights are all to be followed properly without any interruptions. You have a right to legal advise, if you can not pay for the legal

advise you have a right to ask for a public attorney services provided for all citizens of Pakistan according to Constitution of Pakistan, 1973. You also have a right to timely medical assistance in case of any medical emergency, be it a visible injury or a mental health issue.

There are numerous rights involved for a layman, a simple citizen of Pakistan who has encountered a situation with any civil servant or civil service department. It should be understood that these departments are to help and support the public and they are selected and appointed in the offices for the purpose of ease and comfort to the public. By any means, if the situation becomes the opposite the law and the legal rights protect you. Now, it is our responsibility to know our rights and not just that, as every right comes with a duty. Every person should also know their duty towards the law of the country so when required, the same law can protect you against any infringement of your rights.

@shajiasoomro3@gmail.com

3RD JUNE
WORLD
BICYCLE
DAY



the moment



Imran Khan

Playwright, Poet, Fiction Writer,
Teacher of English Literature

4 MINUTES READ

What a lucent morning that was! The moment, I entered the conference room; my nose struck to a celestial fragrance, alien to this planet and might have never been breathed by anyone. It was doubtlessly, a breathtaking, the purest aroma, which might have been sent to the earth to make its inhabitants believe that Heaven exists with all of its mesmerizing and captivating scent. The Heavenly perfume seized my senses and my senses enjoined my eyes to rise. The eyes rose for a second, fell on her bright moon like luscious face and got lowered at once, because if the eyes failed to lower their piercing gaze, could be guessed by every Tom, Dick and Harry. I don't know why but it came to me at once, if my gaze is guessed by someone, it would be below her chaste dignity. The rise of the eyes for a second was enough to believe that her bright appearance is not lesser than the presence of the *Hoori* of the Jannah. This seconds' gaze was enough to believe; she was the one that could easily be termed as the end of life.

I seated my wondrous self, gave myself an evanescent moment to adjust the ongoing emotional outburst. While sitting on the chair, I could swear, I was not the same

person who entered the conference room a moment earlier. I had never thought that emotions could be toppled down in a moment. I recollected the words of my friends "don't be so proud and try to behave well with the girls who think that you are the handsomest guy" and my indifferent reply, "it's their problem; they must search for some other guy. I am not the right man for them, I don't believe in this *piyar wiyar*, love shove and *ishq vishq*." Then with a pause I used to add, "Yes! I would be in love if I ever happen to meet the one who resides in my thoughts, dreams and imagination. But, keep patience! It won't happen ever; because she doesn't exist rather she can't exist. She is an

IMAGE: BOREPANDA

ideal woman and ideals don't exist in this world. She is only the guest of my closed eyes either when I close them to think of her or I sleep to dream her. Yes! One thing is confirmed, if ever she appears somehow out of somewhere, it would be the game of seconds to fall in love with her. In either way, my pride will never be changed. Now you think I am proud that I am something, and then you will say that I am proud that I love the one who is the rarest and the centuries awaited beauty on the earth." The next speaker came to the mic and his introducing sentences brought me back to the room. After a moment of readjustment, I dared for another time to look at that entrancing face. What I sensed now was again an experience of its own kind. Her eyes, had the earmarks of being the source of all beauty, the confidence on her face, was hitting the idea of her mind as the source of all intelligence. With an all eager heart, I geared the maximum pace of my imagination to peep deep down into her and amazingly, the sacred soul of hers seemed me the source of all passion and her heart was a whole world of purity, simplicity, chastity and love. Sophistically, covering her head with a white *dopatta* and beautifully wearing the pure white dress, all of her bewitching physical beauty and an aura of breathtaking grace of hers, portrayed her as the superior most goddess of all the Greek and Roman mythologies.

My heart went out of all bounds. I wished her to hear the silent words on my lips that somehow, right now, at once, in a moment, without any conscious effort, my desire for her had heightened insatiably, my love for

her had become insane, my boundaries for her had gone limitless, my imagination for her had flown wild, my passion for her had turned intense and in no time my soul stood humbly just as an offering for her. I wanted her to listen my silent cries that O my magnificent muse! "I've been dreaming about you for my whole life. I can claim that you are undoubtedly, the most beautiful and tender woman in the whole world.

It was all there to say, but, how? The answer to this how wasn't there. Before I could strive to search an answer to this much desirous 'how' the mediator's voice hit my ears like a stormy cloud. He was calling my name as the next speaker. I composed myself, rose up with a confidence and moved towards the mic because right now only the presentation of my research paper was all that could impress her. Standing before the mic, for a moment, it came to me that I might not be able to speak today. But, thanks to my ever-self-confidence that hold my hand, gave me the gift of calm words and I went on speaking like a flowing river. I spoke well, ended my term confidently and with a secret eye on her, I left the room though leaving the room at that moment was like turning away from myself but I consoled my anxiously beating heart that this moment would not end here. It would not be that moment of time that comes and passes swiftly rather it would be the moment of time in which centuries would die.

 poetic_spurs

the dreams



Muhammad Anees
Asst. Professor of English

6 MINUTES READ

It was again a dreamy night. First thing I do, add all my dreams to the archive. Since childhood, I had a lot of dreams which perhaps have nothing to do with my actual life. I had never been to places, in my life that I visited in my dreams. I think, I try to find in the darkness which is impossible to be dug out in the daylight. There is possibility that all the great ideas, theories or discoveries, might be searched out at night. The day is for the world seen and the night is to explore the unseen.

There is light at the window and I am still busy in collecting all that I had last night; some wonderful one. A sparrow is making 'notes' at the window pane. It might be strange to itself and confronting its own self and strange experience, even beyond imagination.

"What happened when I was looking at the water", I dried my face, "falling from the height, making splash and creating whirls and silently started its journey towards ___ and it looked as if, it was dancing and celebrating the life it had. Then a fish came out, jumped and dived again. There is a strong bond between them; one keeps its life and the other keeps it full of life. Dependence and independence merged together like gushing streams falling into the wide sphere which ends nowhere. I was still swimming with the cool slippery fins when all



started trembling and that bridge got collapsed. I was in that lake or perhaps it was a river or sea, all realities were blurred. The cool clear water turned into hot muddy stinking, stagnant hell. I was crying for help, drowning gradually faster and even mud was not resisting and no straw was to catch on. The scene had changed. Those lush green trees had metamorphosed into burnt barren red clay and the pool turned into a boiling tub. I was being tossed as if I were nothing but a helpless Cockroach. I could not even speak and I thought it to be the last day of my life. My skin was being peeled and every bone was falling apart like leaves of an autumn ridden tree in a heavy storm and thunder. All was happening so fast that even pain was not felt and senses lost their sensation." I shrugged and zipped up my pants and combed my hair, "it was a hell", and called my friend to pick me to the place where I was going for first time. I came to the balcony to

IMAGE: BOREPANDIA

wait for him, it was a beautiful morning and there were flowers in the lawn and indoor plants in the balcony. I rested my hands on the iron grill and started looking at the plants in the lawn. They were all silent and bowed. Some with flowers were erected but most of them could not keep their heads up. The sunlight still had not touched them. It was filtering through the branches of the shrubs to the little part of the bed. Standing and looking at them, I felt myself to be a Caesar, addressing to the army who were all still and ready to die for every word of mine. There were all kind of soldiers; armed and tamed to follow my orders with their heads down. The sounds of chirping of birds and passing of any vehicle now turned into the bugles and drums. A smile came to my face and I looked around to see the grandeur of 'my empire' and smiled again on my foolishness. The dream was still haunting me and that momentary gleam vanished like nothing. I came back to my room. The clock struck eight and there was still half an hour to go. "I got up too early", I thought and went to the kitchen. There were some small pieces of breads being driven by the small ants, "the kitchen was to be dusted since yesterday"

Still waiting went to my room, the air was still oppressive. I needed to dress up nicely. They were hanging and lying on the bed. A cold wave struck me again. I couldn't stay there for long. "Bodies were hanging but no flesh was in them. Their heads were gone. Lying lifeless and dry. I was looking for the blood which perhaps was drunk cleanly. There were all parts; feet and hands, sleeveless bodies too. All bodies were lying here and there; everywhere in the room.

The foul smell made my mind cracked. The walls were not the same. Their color was changed, not matching the furniture and the curtains.... It was the blood neatly painted but where was the flesh?" I wondered, "but even the curtains were not the same.. here is the flesh; perfectly sliced and hanged in front of windows. They all were human bodies or something else? I don't know I shrieked". The horror made me run out of the room. The bell rang but I could not go to open the door and welcome my friend. "Is he the man who did all that? "He will split me into skin and cut my head. I should run.....but where could I hide?" It's ringing, the siren the bugle, the alarm". I could also be a man with stuffed skin and fine head. At last, he entered; my friend entered and I was watching him in frenzy. He shook my shoulder and I came back to my senses with a sigh of relief. I felt him; his face and the body. "Thanks God you are fine". He was surprised to see my reaction. "Let us go, it's already late. I have been ringing for ten minutes"... "Bath room..... I was in Bath room" I controlled my breath. "Where are the maid and guard?" The question again made me tremble. "So, it were them. Oh my God... I was crying and my eyes were running and tears made my shirt wet. I was smashing my hands against the walls... they were bleeding.. I killed them... I de-fleshed them and suck their blood. They were weeping and appealing but my knife was cutting them furiously. They did not die even their heads were cut, their tongues were cut, their hands were cut, their feet were cut and their flesh was pressed. My eyes are bleeding. I am overflowing. I sucked more than my capacity. I will

be caught. He will feel the coldness and thirst of my eyes... I am coming..." I went to bathroom and washed my hands and cleared the stains and let the water ran through my eyes to clear the blood. "Now it seems ok". "Anything wrong?": "No, not at all...lets go. It's already really late.. You stay here and let me collect car's keys.." "Ok, I go with you" "no no no stay here...m coming"

Now the car was on the main road and we were to go, fifty miles; almost thirty minute's drive. I gained my senses back. We were chatting, laughing and listening the fast moving air. "My love and my voice, you go and find. The sky, not too high. Let's dance and walk. Let's love and cry. You see I love. Come on.... find me my love". Perhaps, it was the most joyous moments since morning. I was drinking and driving. My hair were fluttering and shining as the roof was off. The road was plain and empty. "The road, black road...like a tunnel swallowing us." I shrugged and shrugged and stopped the car. "What happened?". "Nothing, You drive". Seats were exchanged but the force

remained. I diverted my attention and started looking to the green belt and the white markers. "The snakes longest I have ever seen." Then came the foul, which I hoped to leave in the room, again. So many heads came out in the center and we were riding beside. "They are alive and have no eyes and their ears were bleeding and had no lips. They are increasing in a row". I turned my head to right. Greenery was no more there. It was all red. The trees were loaded with heads; laughing and intriguing. "They were rising high but still the heads. And blood making the road slippery. "They may not be crushed.....stop, stop, stop.....i said stop" but the car was moving faster than air.. "What happened to your head?" I shouted. "No response. His head was off and his trunk was there. He was driving on the row of skulls and crushing them all. There was sound of cracking and smell of burning skulls under the pressure and friction of the road". I tried to get the control of the car but he was still resisting. His hands were glued to the steering. There was noise of alarms, bugles, laughter and cries. I used all my powers and it worked this time and the car turned to the left. "Oh it is wall of the river bridge". The car was flying and I dived out and my friend was crying and looking at me in amazement. I was drowning in the boiling water of the river. Crying for help, but I couldn't see anything. The eyesight was gone and all the noise and sounds were also stopped. Perhaps my ears were lost too. The skin got peeled. It was hell. The end. Of my existence. A burning scorching hell.

@ geminish81@gmail.com



What is Azeem English Magazine?

Launched in 2000, it chronicles information pertaining to the various walks of life. It has huge number of audience and is circulated among,

- All Universities of Pakistan
- Public Libraries
- Embassies & Consulates
- Top Government/Private Colleges of Islamabad
- Leading Government Colleges of Punjab
- Distinguished Book Shops/Stalls of Islamabad, Lahore, Karachi & Rawalpindi

ADVERTISE WITH US

Promote Your **Brand**
Boost Your **Sale**
Excel Your **Business**

For Details
(051) 8893092-3
contact@aemagazine.pk

AZEEM
ENGLISH
MAGAZINE

www.aemagazine.pk

I WENT TO HER *wedding*



Muhammad Raheel Asghar
Computer Scientist, Aesthete,
Writer

6 MINUTES READ

It was a beep on my phone. I was lying on my mattress, staring at the roof, tired from work, lazy enough to even change my clothes. On the second beep, I picked up the phone. For a second, I did not know how to react. I felt a little numb, but then took a deep breath and put my phone away... upside down. The next moment it rang, I picked it up without even looking at the screen

“Have you seen it yet?”. It was Faraz.
“Yeah, she sent it to our WhatsApp group.”

“Did she text you anything personally?”

“No”, was my answer.

“So, now what?”

“*Shadi ki roti khayenge ja ke aur kya*”, I responded with a joke.
(We'll enjoy the wedding meal, what else.)

“Have you asked Jaweria if she's going?”

“How may I know, I'm barely in touch with anyone.”

...

I hung up the phone, opened the WhatsApp group and started to check her messages. It was her wedding card and a short text of the invitation to all the friends.

“Hey fellas, I am getting married by the end of this March and you are all invited to the wedding. PS. Details are mentioned

on the card.”

I don't know why but I kept reading this line for a long while. I did not blink, I did not move, my hand stood steadily held the phone.. my thumb, instinctively double tapped on the screen whenever it turned off. In all of this, I drifted off.

The next day was a Sunday. Usually, I don't leave my bed till noon on weekends, but that day, I was feeling a bit uneasy. I could not even sleep well. It was not the case that the news was roaming around my head, instead, it was a strange kind of anxiety, a little headache. My eyes were red and felt itchy. I went for a shower assuming it could make me feel relaxed, but, all in vain. I lied down again on my bed and scrolled Facebook. On the spur of the moment, my mind caught the thought of her wedding card again. I felt blank. All those years... all those beautiful moments... all those romantic chats... the sorrows and all the fights... All flashed in my eyes. I opened the card and started contemplating. The design... the colors... the font style... and the catchy phrase: “Your blessings matter the most to us! We invite you to share joy with us”, made me smile. Red plain border with pink and golden flowery sketches over it, pale-card textured foreground... calligraphic writing and a well-illustrated cartoon of the bride wearing traditional shalwar kameez... with golden needlework and the groom dressed in a cream-colored kurta with skin brown waist-coat standing right next to her, holding hands. At the bottom, date, time, and venue were mentioned. It was like the one I designed for her cousin, for her wedding a couple of years ago and she wished for a similar voguish design for her wedding card as well. Well, wishes do come true. Everything was

exactly the same as we planned for our wedding, back in the “good” days. The only difference being the name of the groom, which was different for a different time. “Talha Bashir Khan weds Naima Niaz”, it was not what I wished for. I kept thinking about the reasons for our separation, what went wrong, what could I still do to make it work. It’s no use to cry over the spill milk, yet here I was, recreating situations.. rethinking scenarios.. and playing alternate possible outcomes in my head.

I did not have anyone to talk about that alienated sentiment. Perhaps I was also confused and could not figure out what, and why was I even experiencing those strangling emotions. In a nutshell, I was disturbed, knowing the fact that separation was our mutual decision. Obviously, we had issues finding a peaceful future together that is why we did ourselves apart and for the last 18 months, I somehow managed to get over it. Still, that card took me back in time... to feel everything good and bad

yet again and left me with nothing, but stress on my chest.

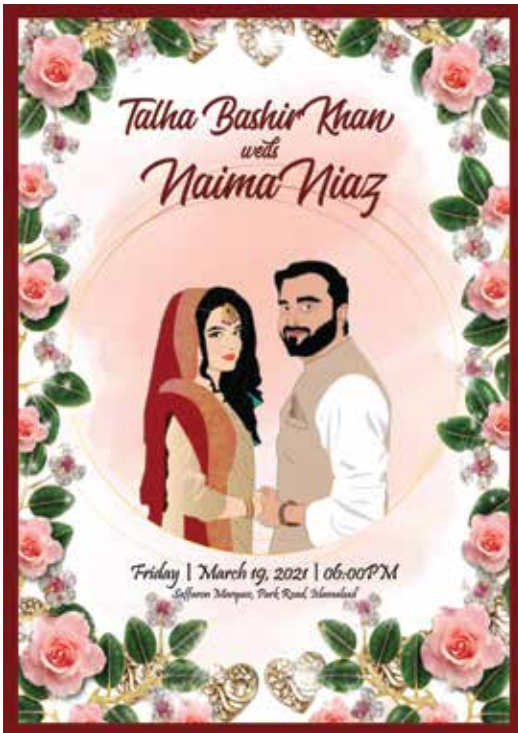
Time went on, and thus came the day.. March 29, 2021. I put on the black suit that she gifted me for my birthday. It was my last present from her. I had thrown out all her gifts in anger but this one. I did not know

then, nor do I know now why I saved it. I had it packed in a cover-case and put it in my wardrobe. But that day, I took it out, ironed my shirt and pants, steamed the coat, wore it with a decent scent, and went.

I never wanted to go there, until a day before March 29. But that Monday, I heard a voice in my head telling me to go and see her. I felt pushed towards the marquee. I prepared the dress and got ready, all in that uncomf

zone, and the next moment I found myself at the reception.

A razzle-dazzled moment, I entered and sat on a chair at the last. Her younger sister saw me there, but she instantly walked away as if she did not notice me. I was known to her whole family and in no time, they were all



staring at me with a strange unwelcoming eye as if I was there to crash their party. Obviously, they all had questions about my presence because I don't think any of them expected me or even had an idea that I would know about the wedding.

I was standing next to the reception door and felt a tap on my shoulder.

"You? What are you doing here?" It was her cousin, Hareem.

"I don't know, I got the invitation". I turned to reply.

"See, it's not a good time, please leave".

"Relax, I am not here to create a scene. Do I look like a fool to you?"

And obviously, why would I cause any drama? I was not there to win her back. Getting back together was not an option to me... and at that time, not to her as well. It's not a drama film where I would call her name in front of a crowd, and she would run towards me... unreluctantly... And we would have leave in peace.

"Then why did you come?"

"I really don't know; I had a feeling that I should come, and I'm here".

"Does she know? No, she cannot know".

"I don't think so".

"Please sit down calmly and leave soon".

"You really don't need to worry about me, but please, do not tell her about it either."


She nodded and left toward the bride's room. In a moment, all the lights went off, a spotlight turned toward the entrance of the hall. Everyone was quiet and she appeared in the scene. The same bride which I saw on the card was in front of me. Maroon *lehenga* (gown)... lower gaze... walking slowly. Her parents stood by her side, holding her hands, walking her to the stage. She was walking on the carpet

of roses. The bridesmaids also stood there, along the way, throwing flowers on them. I looked at her with a smile and then went a little behind so she could not see me. The groom held her hand and she sat beside him on the couch. The light went on again. I walked towards the back side, sat yet again on the last chair but couldn't sit there for long. I wanted to see her. So, I stood behind a big flower vase placed at the center of the hall.... but far far away from the stage so she could not see me clearly.

She seemed happy, smiling, and laughing. I was watching her through the flowers. Afterwards, a photographer asked the bride and groom to stand up for a picture. And that was the last sight of her that I can remember. The way she looked at the groom with her deep starry eyes, and a blushy smile. I could tell, her heart would have skipped a beat when the groom squeezed her body into his arms and she put her hands on his shoulder and neck. At that moment, I closed my eyes, took a deep breath, turned back, and walked towards the exit.

The unclear sentiments that got me all into this, made everything clear to me. I got strength to move out, I got strength to move away. The little sparkle in the ashes of love for her, I put that out too that day. No one can ever be at her place obviously, but the unrest of my chest blew away.

  [raheelize](#)

 raheelghauri786@hotmail.com



We Need To Focus On MATHS!



Muhammad Ahmad Raza
Undergrad Physicist, Freelance Writer

2 MINUTES READ

Mathematics stands at the foundation of every field of science and has a powerful influence on the arts. But little effort has been made in our country for the promotion and development of Maths. You will find 30-year-olds cracking math jokes and showing how they never understood the subject. Most of the 10th graders are dumbfounded on why they are

in our beloved country. We admire the likes of Elon Musk, but we fail to understand how their success is based on focusing on STEM subjects and maths in particular. Cryptocurrency, a field every Pakistani is willing to enter, heavily depends on the all-important subject of Math.

We are passing out graduates to join the mundane workforce while countries around the world are busy developing Mathematical thinking in their students. Our parents and teachers overlook that youth can develop recession-proof careers in Physics, Statistics, Data Science, Machine Learning, and Computer Programming by studying Mathematics. But that's not the end of the story



studying logarithm and geometry.

Surprisingly, even the “Entrepreneurs” and “Internet gurus” do not seem interested in learning and promoting maths here in Pakistan. You will find people claiming how marvelous it has been for humanity to land on the moon, yet there's hardly any discussion about how math enabled this journey in the first place and why our people should focus on Maths!

A subject that has always been a driving force behind the development of the world is treated miserably here

– Encouraging students in the early years to study maths and understand the importance of problem-solving can change the world.

But let's not forget about the problems in the pedagogy of mathematics. The culture of rote-learning has limited the ability of students to understand how things happen the way they do in the world of math. Who to blame and why is Maths not flourishing in Pakistan? I don't have any ideas!

in *Muhammad Ahmad Raza*

Storytelling Tradition in Pakistan



Muhammad Ali Farooqi
Historian
Wajiha Tareen
Anthropologist

4 MINUTES READ

Storytelling is an activity of writing or telling stories (Oxford dictionary, 2001). The tradition of storytelling is as old as human civilization. Traces of storytelling tradition can be found in every age and region. From pre-history to modern technological age, storytelling tradition has evolved itself into a distinctive art form. It has been transferred to us from various mediums i.e. pictograms, stone-age drawings, paintings, poetry, music, dance, film and oral, verbal or written form. Moreover, all the revealed books like Quran, Bible and Torah also include the stories of the journeys and lives of the prophets.

In subcontinent, storytelling

tradition is quite rich. Starting with oral literature in Sanskrit language, Rig Veda in the 1500-1200 BCE followed by Ramayana and Mahabharata in late second millennium BCE, it transformed itself rapidly and left traces in written form not only in Sanskrit language but in other languages too i.e. Tamil, Kannada, Telugu, Hindi, Gujrati, Marathi, Bengali, Punjabi, Persian and Urdu.

Storytelling has a universal nature. It attracts every age group or person but children are naturally driven towards it. Storytelling not only enhances the artistic and intellectual capacity of an individual but also inculcates moral values among the children i.e. The Hare and The Tortoise, The Thirsty Crow, The Ant and The Grasshopper, The Lion and The Mouse. Same is the case with folktales which are famous in young people due to their romantic, colorful, heroic and thrilling nature i.e. Heer Ranjha, Momal Rano, Sassi Pannu, Sohni Mahiwal etc.

A major part of storytelling known

IMAGES: PINTEREST



to us has been coming through oral tradition. This specific art form is known as Dastangoi in the subcontinent. Dastangoi is a 13th century phenomenon. It got currency in 16th century (Dastangoi, n.d.).

Ghaus Ansari, an Indian anthropologist, suggests that the origin of dastangoi dates back from the Pre-Islamic Arabia following the Arab-Iran trail, after the spread of Islam, into the Delhi and later getting roots in Lucknow in the mid-nineteenth century. In Lucknow daastangoi was famous among

all classes and was performed at every congested chowk, household and more interestingly opium houses (Affeem Khana) (Dastangoi, n.d.). The Opium consumers were so fond of storytelling that they made it a must activity in their

daily activities. As mentioned above, the story telling was not only famous among the poor class but it had equal following in the privileged or elite class. The rich people used to have daastango (story teller) hired for their personal story telling sessions (Dastangoi, n.d.). Another engaging aspect of storytelling tradition took birth within Sufi monasteries (Dargah/Khanqah) in India. The Sufis used to tell the stories to their disciples in order to shape their character and to enhance their spiritual insights i.e. Tales of Inayat Khan

and vernacular translations of Hakayat-i-Saadi and Hakayat-i-Rumi (Mathnavi Shareef) etc (Anjum, 2011). Apart from this medium, another interesting phenomenon existed, the household tradition of storytelling which was primarily steered by the grandparents of the families. In the bed time or in a dark night, all the children would get together around the grandparents and would demand to tell stories. The children would listen to their grandparents attentively and unknowingly they would

develop an interest in literature and would expose themselves to the famous historic characters and exciting adventures and fascinating fairytales i.e. Dastan-e-Amir Hamza, Ali Baba Aur Chalees Chaur, Alif Laila, Aladin Ka

Chiragh etc.

Over the years, the interest in storytelling has decreased. It used to be quite a thing in earlier centuries. There is a need to revive this dying art form. Parents and teachers should collaborate and make efforts to make the children interested in storytelling. Efficient policy-making is needed on the matter by relevant authorities in order to preserve storytelling from extinction.



alifarooqi@aec.org.pk
tareenwajiha@gmail.com



UNNECESSARY ADJUSTMENTS

of Lies in our Life



Umer Mehr
Businessman

3 MINUTES READ

In our society, fabricated lies are on a rise. Be it an individual, or business affairs, politics, or parenting. Lying has become a norm now. It seems that the jinn of falsehood has popped out of the bottle and made everyone captive. These days, to tell a lie is considered smartness. However, it has become a religion and people blindly propagate it for the greed of their social settlements. But our faith asks us to avoid the smallest of lies.

People who do not tell anything but lie, just to grab the attention of the society like to pose as superior beings. They use lying as a tool to manipulate, mock, or degrade other people from their circle. Forged stories are spread out by these liars so bluntly. In the end, the victim has no option but to get along with the false accusations. Unintentional lies are told on phone calls and is now a signature personality trait of most people.

There are some notorious norms which prevail in business society and are considered as beneficial for business prosperity. Lies are

a defining characteristic in business dealings. Traders and businessmen lie blatantly to sell their products at a higher rate. Media and politicians manipulate the circumstances and misuse them to build a narrative for their own agendas. Miseries are projected by the media all over the world and in our country too. Politicians and media are only concerned about their own interests.

Parents set fake promises with their children for temporary settlement of issues or just to motivate them for some cause. Children meet their parent's expectations and ask them to keep up with their promises. This sets a precedent for children and indirectly normalizes lying in their fragile minds. Some of us lie impulsively. Lying has made us hollow from inside. We should try to control our urge to lie and hold ourselves accountable.

@ umer.rfq@gmail.com

ILLUSTRATION: VECTORS/STOCK





QUOTES CORNER

Let the waters settle and you will see the moon and the stars mirrored in your own being.
Rumi

No struggle can ever succeed without women participating side by side with men.
M.A. Jinnah

The best way to defeat someone is to beat him at politeness
Umer Ibn Al-Khattab

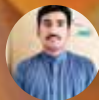
Either you repeat the same conventional doctrines everybody is saying, or else you say something true, and it will sound like it's from Neptune.
Noam Chomsky



KEY TO WORD SEARCH

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

Worship And Love



Dilshan Aslam
 Writer

Worship goes futile without love. Without love, it is like a boat without sailer, vehicle without fuel and simply body without soul. Hundred years worshipings and prayers are useless in absence of true love. Those who live in mosques, churches and temples but wordly affairs dwell in their heart, God is far away from them. Rumi, the everlasting sufi and poet once said, "Without love, all worshipping is a burden." Entire of the cosmos is created for love and peace which is also central objective of great religion Islam. God is the greatest lover and he loves true lovers instead of pretentious worshipers. In this perspective, Love is sweet, mellifluous and a strong feeling of heart which opens the hidden pattern of universe before lover. He closes his eyes and enters into the world where he finds that he desires. Hazrat Muhammad (PBUH) said, "Worship your lord as if you see him during the worshipping, and if you can't do that, then worship him as he sees you." In both described conditions, the world wo'nt come in seeker's mind. Combination of love, knowledge and worship makes man pious and sufi. Both complement each other. Unfortunately, all of these qualities are hardly found and someone with very little amount of these traits, thinks highly of himself and wants to get surrounded by people and enjoy fame.

@ ranadilshan@yahoo.com

Thinking About Thinking



Nikita Kumawat
Writer, Yoga Instructor

2 MINUTES READ

Our soul is covered with body, a beautiful structure created by the supreme soul. We all are connected to cosmos in terms of energy. That's why we feel all the external changes. Like change of climates, effects of eco-balance system and natural calamities as everything in nature is made up of five basic elements. And grossly, human body is also formed by combination of these five great elements: earth (muscles & bones), water (blood), fire (heat energy), air (breathing prana energy) and space (emptiness within).

We all are depending on nature and eco-system for food. In today's time of fitness we all are so much involved into what, when, how to eat so that we have good and disease free physical outlook for long span of life. But even after with busy work schedules, having healthy food we are facing mental disturbance on daily basis which we call stress. Have you ever thought what this stress is all about?

- Worry and pressure that is caused by having too much to deal with.

The special attention that you give to

something with sleepless nights because you think it is important.

- Your strength of acceptance which varies person to person.
- We need to think what food we are giving to our minds in daily routine.

What can we do to stay healthy mentally?

Mental hygiene is to achieve mental health. It's a science that deals with the process of achieving mental health and preserving it in society.

"Quality & quantity of thoughts and sleep" is food for healthy mind. What quality and quantity of conversation we are having on gross level. What content we read. What kind of personalities we meet every day. What we perceive grossly on daily basis creates different impressions on brain emotionally, physically and spiritually. Our body hears what the mind says. Therefore, all above mental hygiene process is equally important for overall mind, body & soul.

Practicing mental hygiene for healthy mind helps -

- To develop self-respect & respect for others:

One of the major factors that may lead to most of the emotional disorders is the loss of self-respect.

An individual who likes himself can like others and an individual who

dislikes himself would find it difficult to like anybody else.

The main goal of mental hygiene is to help a person to respect oneself.

- To help realize one's potentials.

To understand one's limitations and tolerate other's limitation.

- To cause harmonious development of the physical, mental and spiritual capacities of an individual.

This would help people to make adjustments with their circumstances in all spheres of life like work, school-college, society, home and self.

- To create happiness with positive attitude.

Helps each person to know themselves more as they are unaware about their limitations, weakness, potentials, etc. because of which they suffer from different kind of complexities.

Mental health is also important for inculcating habits. habits?

Something that we do often and almost without thinking, especially something that is hard to stop doing. Hence it's easy to create thoughts and impressions on mind for learning but it's difficult to unlearn to replace it with new experiences. That's why mind trips into past experiences at times easily and quickly. Therefore, we need to be aware of ours thoughts.

According to yogic perspective people who practice yoga and meditation may experience vital effects on individual's mental health.

- Reduce stress, depression, confusions with a relief from pressure of compulsions.

- A positive benefit from yogic exercise is called renewal of mental agility, willingness, attentiveness, as well as capacity and mood for alertness to tackle difficulties.

- Acceptance of faith in life as confidence. Confident living is the main objective of yoga where its purpose is to replace pessimism with an appreciation of life every day.

Last but not the least, prayers and meditation;

- Gives intense respite.

- Provides internal serenity in all situations of life.

- Aids in countering complications while increasing awareness and consciousness.

- Elicits feelings of hope, forgiveness, compassion, gratitude improving focus and fortitude.

- Relieves stress, fears, miseries.

- Optimizes one's creative potential while keeping an individual calm and composed.

© nikitakumawat016@gmail.com



**FATHERS
DAY**

**20
JUNE
2021**

12 WAYS TO BE HAPPY

BY A 9 YEAR OLD GIRL



Zeina Maqsood



1. WATCH A FUNNY MOVIE



2. LOOK INTO MIRROR & SMILE



3. MAKE FUNNY FACE IN MIRROR



4. SING HAPPY SONGS



5. EAT PIZZA OR FRIES



6. GO TO PARK WITH FRIENDS



7. PHONE A FRIEND



8. PRETEND TO LAUGH!



9. GIVE CHARITY TO HOMELESS



8. PRETEND TO LAUGH!



11. MEDITATE ON GRASS



12. SURPRISE SOMEONE WITH SOMETHING NICE

IMAGES: PINTEREST

@monakhan25@gmail.com



Hamrobunna

DISCOUNT COUPON

BEIJING BOWL

CALL NOW
03001036442
0512719012

REDEEM YOUR VOUCHER TO AVAIL

10% OFF

GALLERIA MALL, 18-MARKAZ, ISLAMABAD, 44000.

SUBSCRIBE NOW!

**AZEEM
ENGLISH
MAGAZINE** MONTHLY

I want to subscribe to Monthly Azeem English Magazine for 1 year (12 issues).

One year subscription includes 12 issues worth PKR 175 each. You pay only PKR 2000 per subscription including delivery charges.
Get Your Copy at Your Doorstep

Full Name: _____

Address: _____

Nearest Landmark: _____

City/Town: _____ Province: _____

Phone: _____ Email: _____

Cheque enclosed

Cross your cheques in favour of
Muhammad Ali Farooqi, Editor in Chief, AEM
Account no. 1335 2418 0348 2
United Bank Pvt. Ltd.

EasyPaisa/JazzCash

Transfer subscription fee to Account Title
Muhammad Ali Farooqi
0345 66 00 629

✉ contact@aemagazine.pk ☎ (051) 8892092-3 🌐 www.aemagazine.pk

📍 AEC, First Floor, Ras Arcade, Street 124, G-13/4, Islamabad



DISCOUNT COUPON



CALL NOW
03001036442
0512719012

REDEEM YOUR VOUCHER TO AVAIL

10% OFF

GALLERIA MALL, 18-MARKAZ, ISLAMABAD, 44000.

Rate Us



Send Us Your Review

Your Feedback is important to Us.

contact@aemagazine.pk (051) 8892092-3 www.aemagazine.pk

AEC, First Floor, Ras Arcade, Street 124, G-13/4, Islamabad



INDUS

HOME APPLIANCES

Your Family Member!



INDUS WASHING MACHINE I.E. INDUSTRY

57/A S.I.E #1, GUJRANWALA - PAKISTAN.

Tel: +92-55-3258756, 3850036, Fax: +92-55-3859915

www.superindus.com info@superindus.com

ISO 9001 : 2008





NETWORK

**LAUNCHING
SOON**

BRINGING TWO SATELLITE TV CHANNELS
TO PAKISTAN WITH A COLORFUL AND INNOVATIVE
CONTENT MIX FOR VIEWERS ACROSS PAKISTAN

WE ARE VERY SOCIAL. CONNECT WITH US

