

# AZEEM ENGLISH MAGAZINE



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FAROOQI'S GUIDE TO SUFISM

WHAT IS PLEDGE OF ALLEGIANCE?

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## EDITOR'S NOTE

Hi folks ! I feel proud everytime to bring new content for you that may educate you, inspire you and excite you to think. Your enormous love would mushroom our efforts to revive the reading culture in Pakistan. I hope you are enjoying reading. AEM. Hearts . . .

*Bonne Lecture!*

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



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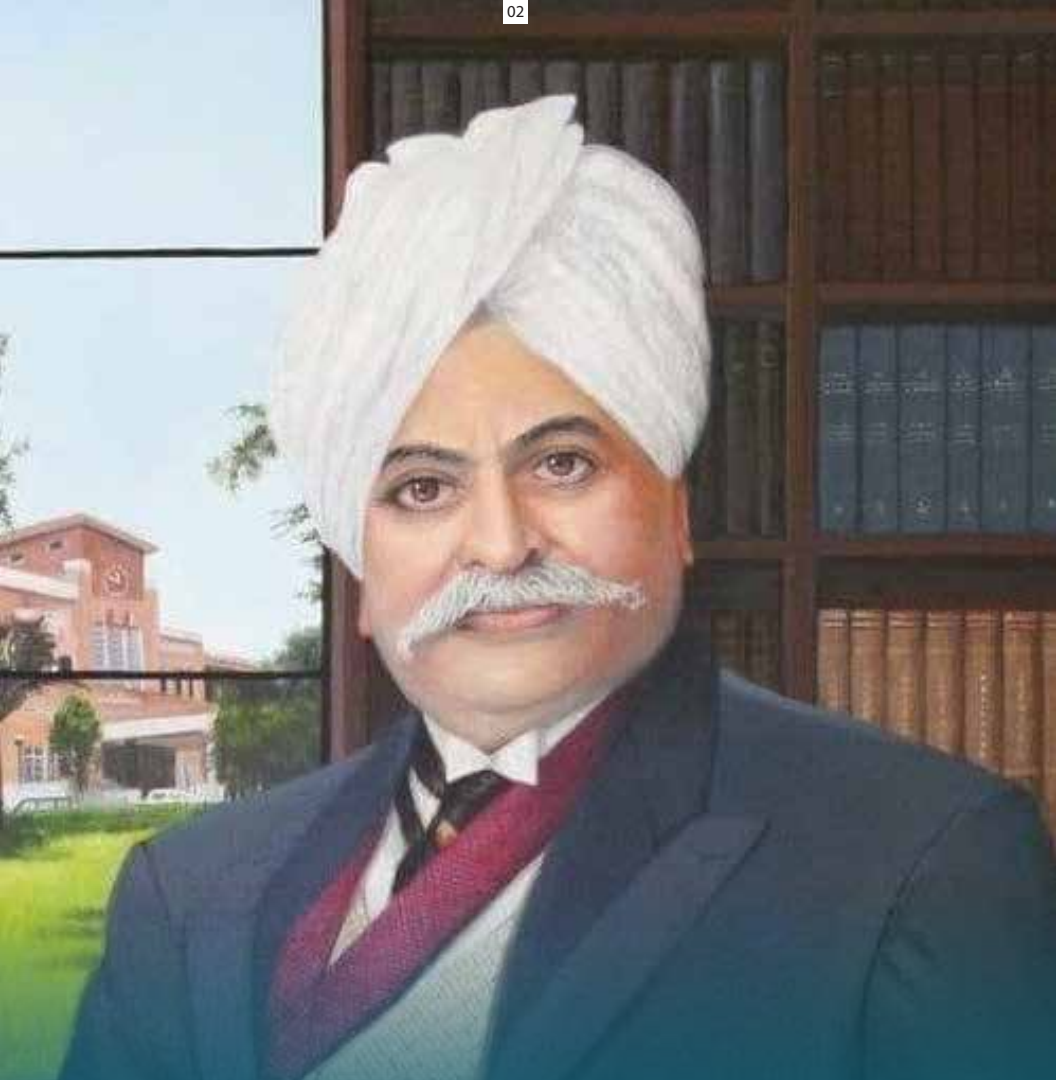
**THE ART AND SCIENCE OF REMEMBERING**

**EVERYTHING**

AQSA ZAHOOR

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# Ganga Ram

*The Father Of Modern Lahore*

## AEM Team

4 MINUTES READ

The story of Ganga Ram is the story of Lahore. Lahore would not have been the city it became but for this man. His 12 years as the executive engineer of the city are called 'The Ganga Ram Period of Architecture'.

Ganga Ram planned the construction of National College of Arts, Lahore's first Sanitation System and Water Works, the High Court, Lahore Cathedral, the General Post Office, the Aitchison College, Chemistry Department of Govt College and the Albert Victor Wing of Mayo Hospital. He was also a philanthropist. He funded and built Sir Ganga Ram Free Hospital, the Hailey College of Commerce, Lady Maclagan Girls' High School, Ravi Road House of the Disabled, Sir Ganga Ram Trust Building on Mall, Hindu and Sikh Widows' Home and Hindu Students Career Society.

Baroness Shreela Flather, who is Sir Ganga Ram's great grand-daughter, has revealed that Ganga Ram had also built the luxurious Model Town outside the city. In fact he helped Advocate Diwan Khem Chand in fulfilling his dream of establishing a corporate housing society.

Though Ganga Ram was an engineer, he also became one of the biggest agriculturists in British India. After his premature retirement in 1903, he was given 20 squares of land in recognition of his services in Faisalabad, only 2 miles from the railway station. During service, he had prepared the water supply and drainage system of Peshawar, which was later duplicated in Ambala, Karnal and Gujranwala. He converted 50000 acres of barren land into fertile land by designing an innovative lift

irrigation system, constructing Hydel Power Station, and providing a unique horse train to this land known after him as "Gangapur". The new village that came up was complete with its central square and shops built with Ganga Ram's patented rivet-bricks. Gangapur still exists, with its railway track intact, in today's Faisalabad.

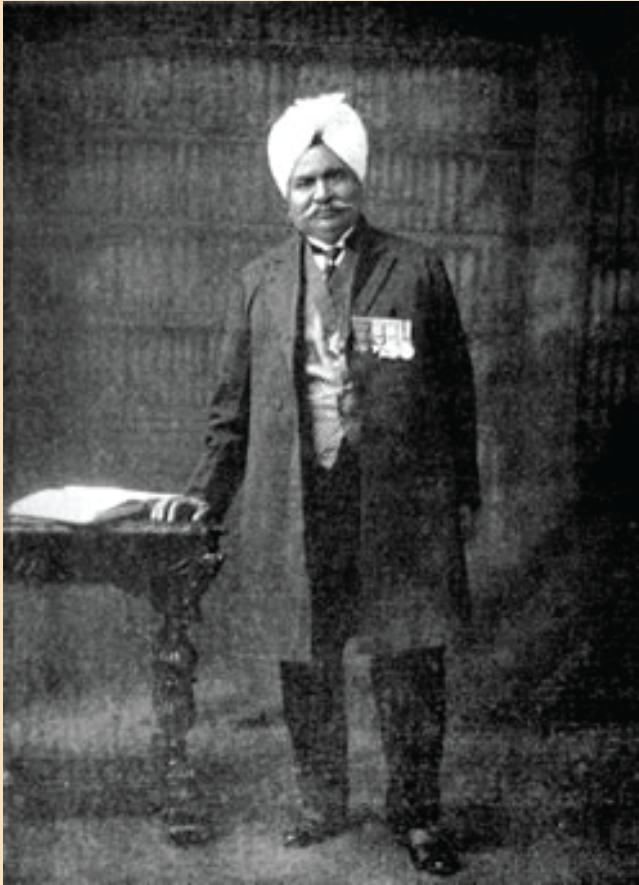
In 1917, The Journal of Indian Engineering took note of the Renala Hydro Electric Scheme set up by Ganga Ram on 40,000 acres leased to him by the government for seven years. The land was not irrigable by gravity. It had to be lifted eight feet and for that Ganga Ram installed small turbines on 6 feet of Bari Doab Canal. When the governor opened the project in 1920, five turbines of the power houses commanded 125 square miles, along with 75 miles of irrigating channels, 626 miles of water courses, 45 bridges, 640 culverts, and 565 miles of village roads.

The waste land of Montgomery (Sahiwal) was converted into a rich revenue land. Ganga Ram was knighted in 1922. His driving passion was charity for Hindu and Sikh widows who were not allowed to remarry. He failed to get child marriage (and thus child widowhood) banned but soon after his death in 1931, Jinnah ensured that the Sharda Bill (prohibiting child marriage) was passed. Ganga Ram used to chant Altaf Hussain Hali's Munajat e Bevgan (Prayer of the Widows) as his worship early in the morning. It was his aim to make 3 million rupees before his demise so that he could leave behind a large charity for the widows he had saved. He died in 1927 but in 1922, he had made the 3 million he wanted.

He was good at statistics; in 1921, there were 15,000 Hindu and Sikh

REFERENCES: "PAKISTAN: BEHIND THE IDEOLOGICAL MASK - FACTS ABOUT GREAT MEN I DON'T WANT TO KNOW" BY KHALED AHMED  
2. "SIR GANGA RAM: FATHER OF MODERN LAHORE" BY AASHISH KOCHHAR 3. "NABING LAHORE: THE CITY THAT IS, THE CITY THAT WAS" BY HAROON KHALID

widows under the age of five; and between the age of ten and fifteen, there were 279,124. Ganga Ram was convinced that his success was owed to the prayers of these widows. In



1921, he offered Rs 250,000 to the govt if it would finance a Hindu Widows' Home. Sir Edward Maclagan readily accepted the offer. In time, Ganga

Ram built a house and hostel along with the home. This was followed by a Secondary Girls High School named after the governor's wife, Lady Maclagan Girls High School, which still exists. In 1923, Sir Ganga Ram Free Hospital was constructed on land that was bought near Vachhowali (Queens Road). The Sir Ganga Ram Trust hospital contained a women's wing, a dispensary, complete with various departments and a Girls Hostel. The Medical College that came up on the site was named after Ganga Ram's grandson, Aftab Rai. Today the college is called Fatima Jinnah Medical College.

After establishing the famous Banaras University for Pandit Madan Mohan Malviya, he constructed a college in Lahore. When he offered it to the governor Sir Malcolm Hailey, he readily accepted it. Thus Lahore's first commerce college 'Hailey College for Commerce' came into being.

Ganga Ram is revered in the Sikh community as well. When the Akali movement was launched in the 1920s

to regain control of Gurdwaras, he persuaded the govt to release 5000 Sikh prisoners. He also endowed Pukka Gurdwara at village Rampura on the Grand Trunk Road 12 miles from Lahore.

Maclagan has recorded that Ganga Ram also built the Jalalpur Canal scheme for Pind Dadan Khan and Khushab. At the age of 73, he was appointed a member of the Royal Agricultural Commission. In 1927, leaving for England to attend a meeting, he predicted that he would not return home alive.

Ganga Ram passed away in London on July 10, 1927. His body was cremated and the ashes were put in his Samadhi by Balak Ram on the bank of river Ravi in Lahore where he had built Home of the Disabled (Apahaj Ashram) as his last act of charity.

In the words of Sir Malcolm Hailey, Governor of Punjab (1924-1928):

“Ganga Ram won like a hero and gave like a saint”

May his memories live forever. Saadat Hasan Manto has written a story ‘Garland’ based on a true event when a mob was trying to damage the statue of Sir Ganga Ram in Lahore. They first pelted the statue with stones; then smothered its face with coal tar. Then a man made a garland of old shoes and climbed up to put it around the neck of the statue. The police arrived and opened fire. Among the injured was the fellow with the garland of old shoes. As he fell, the mob shouted:

“Let us rush him to Sir Ganga Ram Hospital”

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The Saudi Crown Prince Mohammed bin Salman bin Abdulaziz, announced the design of a new zero-carbon city 'The Line' in NEOM. Its tall and narrow stripe city. It would have space for more than 9 million residents to live and its energy is totally renewable. It's part of a 'Giga Project' that will reshape the kingdom of northwest. It would be an innovative walled city enclosed by the mirror walls on both sides stretching through the Red Sea and towards the mountain range. It would be a great chance for people to settle in that monolithic and uniform city. The environment and the air would be very hygienic. It would consist of beautiful huge walls enclosed with tall trees, gardens and other plant life. It's like creating a wonder city from scratch. There would be no carbon dioxide emissions.

It will be 200 meters wide.

Its rising level from the sea is 500 meters.

No cars or roads would be made there to keep the environment pollution free.

It will cost 1.2 trillion Riyals (\$319 billion) to build.

There will be a rail to carry people from one side to the other side of the city. They can go from one end to another in 20 minutes.

This design of The Line (new city) will wonder the whole world.

# Bachi = Not a Child



Anonymous Writer

3 MINUTES READ

“*yar bachi check kar*” “*uski bachi aei thi kal...hot thi kaafi*” “*Bachi ka rola hogia hai udhr*” These are some exemplary sentences being spoken by young men in our society. Who are they referring to? Infants? Kids? Toddlers? No. They are referring to a girl who is romantically involved with a man. The word has been thrown around so many times in male dominated buildings, boy’s hostels, among friends and in universities that it is almost normal and not sexist to say it. Some young men might say “why? What’s wrong with this?” Here is the problem with such words that are normalized- the labelling creates a reality and places the referent in a lower social hierarchy because of the tag which is attached to it. For instance the word “*Chuurra*” a word used as a rough connotation for racially black, dark brown skinned

members of society who are marginalized into the labor working class. It is also associated in South Asian society with Christians of lower economic strata in Pakistan and in India with the shudarr class. When people associate a word with a person based on intelligence, race, religion, sex, class, and ethnicity, they create not just a label but a collective psychological understanding of that entity within a society.

Hollywood and American pop culture represent this “*bachi* phenomenon” normally in their movies as “locker room talk”. It also has to do with the social observation that in western society’s structural patriarchy has watered down into a normative one in which objectification of women is casually normalized and promoted. (This does not imply that structural patriarchy is gone. It is very much present in laws and regulation of the state esp. in the USA) . It is derogatory because it is clumping a section of society based on gender and age group and rendering them as



mute subjects of no significance, just for observation and use. It is further demeaning and infantilizing when the relationship of a man to such a representational woman isn't seen in the same lens as other relationships are seen, such as friends, family, colleagues etc. Such relationship for these boys is seen as a liaison of a mature superior being who wants to just time pass in tandem with a naïve, pretty dumb girl. Read this again. For some men, the woman or relationship might be significant (the said woman can be a girlfriend turned wife) and of importance but when these men are talking about the opposite gender they usually use this labeling out of habit or pure condescension. Their collective psyche is considering the opposite sex as a subject of ridicule and someone who cannot be or should not be taken seriously. One might think that these are just pockets of intimate conversations held in close groups of men and do not have any serious impact on society at all. Wrong.

The personal is political since it has become cultural. These same men when going out with their sisters get irritated with the fact that their sister looks attractive or appealing. Since the bachi culture forms his behavior and perception, he would not want to hang out with his sister in the first place or worse, as a patriarchal pseudo religious/cultured man would ask her to stay indoors. It is not just this culture, it works closely in link to "pseudo-mullah culture" when they associate women with candies wrapped in toffee paper! Even if extreme marginalization measures are not taken- wives, mothers, sisters are either the favorite center of swear words or their discussion is just plain avoided. "oyeeee behan ka mazak nahi

hai". Sounds familiar?

A word. A single word has a strong impact. Its meaning is attached to various perceptive capacities of the brain. That's why there are branches of semiotics, culture and psycholinguistics all derived from the discipline of philosophy. Since the issue begins with objectification of a woman- that is the first premise that needs to be deconstructed. If one is demeaning the opposite sex-That is sexism 101. A joke is fine, a frank comment is acceptable amongst friends. What is alarming is the constant usage. Also that in a society which claims that child marriage should be banned. Why ban it then? If you are calling a fully grown woman bachi? (sarcasm)

## DO YOU KNOW ?



Pakistan is among those countries where **70%** women and girls experience **physical** or **sexual violence** in their lifetime by their intimate partners and **93%** women experience some form of sexual violence in **public places** in their lifetime.



# HOW ADS MANIPULATE US?

**AEM Team**  
2 MINUTES READ

Advertising is particularly good at attaching emotions to brands. A terrific example from years back is a car called the Renault Clio. Years ago they launched an advertising campaign featuring a couple of French people, Papa and Nicole. The whole idea of that ad was supposed to be that the Renault Clio is a terrifically

easy car to drive. However, when you look at that ad what you're looking at is two people flirting, being surprisingly attractive. And of course what that does, results in you thinking the Renault Clio is a terrifically intimate little car, and lots of people want to be attractive. The result was it became the most successful car launch ever in the UK.

### Getting Meta

Communication are all the twiddly bits - the music, the characters, setting, and the storyline. Anything that's not actually to do with what you're telling people. The interesting thing about meta-communication is that we are programmed not to be able to un-process it. Once it's exposed to us, we've got it.

Here's a good example:

The famous Apple 1984 ad was shown once at midnight in 1983, and once in the superbowl in 1984. And yet that ad is known practically all around the world. In the ad there is a girl running down the aisle with all the zombie-like people, and she hurls the mallet through the screen. And the message in that ad is very simple - the world is being dominated in that era by IBM and Apple is going to break out of that era. That idea of Apple being the defender of the people, and the defender of freedom reflected Steve Jobs, who became the epitome of the defender of the people. It means people who buy Apple computers and in most cases, astonishingly, even though that ad would never have actually been seen by them on air, they know about this ad. And they feel Apple is a terrific company. And in that respect, once you get a reputation like that established, it's there

forever.

There is a company called Huawei who have recently launched an ad featuring a little creature called Gnu being photographed. And the guy who is photographing the Gnu looks at his photograph and he imagines what's going to happen to the little Gnu. It's going to be captured, it's going to be put in a zoo, it's going to have things thrown at it. So, he decides not to take the photograph.

And the message is, with Huawei you can be your own judge of morality. It doesn't make any sense. As Huawei is a phone, it doesn't allow you to do anything. But emotionally very appealing.

How do we resist? How do you stop your emotions being influenced by advertising?

There are only two ways to do it.

One is just don't watch any advertising.

The other way, curiously enough, is to watch the ad very carefully, is to look at it and say:

"What are you trying to do?"

"What are you trying to influence?"

"What's really behind this ad?"

"If you see this little furry animal in the woods, what's there for?"

"Is it there to make me feel good about this brand? Yes, of course it is."

And by doing that, you can do something called counter-arguing. We are not used to counter-arguing the emotions in advertising, but if you look at the ads, and the emotive content in the ads, if you listen to the music you can say, "Ah! I know what you're trying to do." So emotionally you can counter-argue that ad.

Of course it probably won't work but at least you can feel you are slightly more in control of your life than the advertisers are.



# A Love Letter to Trees

**AEM Team**  
4 MINUTES READ

The trees have their own story. Some of them have been there so much longer than we have been there and will be there to outlive all of us. You lose that sense of time and you're suddenly surrounded by all these new smells and those sounds of the birds and the sounds of those branches when they creak. It just is like a whole amazing thing for the senses. That's what you should try. You should try to get that feeling of the mystery of it.

Zafar Kunial, a poet says, "Whenever I walk into the woods, I always feel that I am entering into a different pattern

of time or something. The way light is chopped up by the leaves. It feels like the moment itself is chopped up a little bit and lots of different moments are almost held within the envelope of that little forest in quite a magical way."

It's actually quite hard to envisage an environment without trees and their habitats and what they mean and how they behave. It's a rich, creative world and I can't think that anybody's life is worse off for having trees in it. Part of improving it for wildlife is increasing the number of trees. Because trees do quite useful things, don't they? Anyone got any ideas what trees do?" Says Mad

IMAGE SOURCE: UNSPLASH | CONTENT SOURCE : BBC IDEAS

Adams (Archaeologist).

“We as Muslims believe we are custodians, caretakers of the Earth. So, we're hoping that by planting a tree, we will benefit the Earth and it will preserve it for future generations. If a Muslim plants a tree, and a bird, an animal or a child benefits from it then it will be classed as a charitable act. And it's an act that doesn't stop - it can carry on even till the hereafter” says Riana Abbas (Bolton Council of Mosques).

“Trees connect with memories and with time. And maybe even learning about time. A is for Apple. A is for Acorn. There is some dim connection between alphabets, trees, books and leaning in my head. Some are particularly interested in the relationship between people and trees. I probably know a few hundred trees in the plantation. I revisit the same tree and think, "How are you today? Are you springtime yet? I want to know when the tree first produces its flowers. It's like a farmer having lambs. It's that same thrill of seeing new life, isn't it?" says Max Adams.

“I have to try and get this right because it's a really good quote about nature.

“Still, nature is the fountain's head, the source from whence all must originally spring and should an artist continue his practice without referring to nature he must soon form a manner,” John Constable says.

And that's what, I was finding, was happening with my work. I was like, “Actually my work is incredibly mannered.”

“So I went into the middle of the rainforest and did a residency in a jungle. And didn't intend on it becoming the whole rest of my practice...well not forever, but up until now. And just fell in love with

these landscapes. And I came home and after being in this place where my eyes were completely opened to the twists of the branches and the curls of the leaves, and when I was looking at my own landscape and all these woodlands around me, it was like I was looking at them for the first time. And so it continued this inspiration that I had to paint them,” Jelly Green says.

“It was Monday, Bank Holiday, near the end of the May, rough middle of the day, year and of the country if the country is England. Oak apple or oak and nettle day, axis of my year thinly plotted as my tree - the far end of our thinning garden, in a border shaped to waver like a child's drawing of sea. Its clock-handed Y where the trunk parted ways, a first rung, that even just turned seven I step onto, into the above, this wobbly earth above earth. Wordlessly I knew then, I'd later be gone, like possibly my tree has, from that border, and my attention divided thinly as the light, or is that time, through the green-grey space I was sitting in as I reached up for a branch, or is it balance, or vantage? On this tentative level. A story,” Zafar Kunial says.

## DO YOU KNOW?



**Trees can reduce our stress levels and help us feel happier and healthier**



IMAGE SOURCE: IMMIGRANET

# ***Nun Cho Ga Astonishes The Paleontologists***



**Shoab Khan**  
Zoologist, Writer

2 MINUTES READ

“She was only a few steps away from her mother when she ventured out for drinking water and eating grass and got stuck in the mud and probably getting stuck to burial was very very quick.”

Every paleontologist tries hard to discover something ancient of which there is very scarce knowledge available previously. They keep digging into uninhabited lands far away from the rush of cities to bring something in limelight, that they discover once in their lifetime. This is their ultimate goal but the paleontologists of the world were stunned on June 21, 2022, when the gold miners in Northwest Canada suddenly found a well-preserved body of a Baby Woolly Mammoth.

The amazing thing about this discovery is that it is the whole body of a Baby Woolly Mammoth. This is only the second time in the world that someone has discovered this extinct species of the Elephantidae. The first to be found was another infant Woolly Mammoth, discovered in Siberia in 2007. It was named “Lyuba” and is expected to be 42,000 years old.

This is the most important discovery in the history of North America as it is the very first whole body of Woolly Mammoth that is discovered in the history of the region which once inhabited these giant animals. Although a few remains of a mammoth were found at another gold mine in Alaska, in 1948 it was not a whole body of a Woolly Mammoth.

Yukon is a Canadian Territory in North America. On 21st June, when a

young minor was digging permafrost in Klondike Gold Mines in Yukon with his front-end loader, he struck something. He stopped and called his boss to have a look, the boss inspected and after that he called the paleontologists of the Yukon's government, to report this breathtaking discovery. A government paleontologist, Dr. Grant Zazula expressed: “I don't know how to process it all right now, to be honest with you. It's amazing.”

The discovered baby Woolly Mammoth has been named: “Nun cho ga” which means “Big Baby Animal” in the Han, which is a local language of Yukon. Nun cho ga has a tail, a trunk, tiny little ears, prehensile, toenails, and intestines. It is 140cm long, a little longer than Lyuba, which was discovered in Siberia.

According to Dr. Zazula, the geology of the site tells that Nun cho ga is expected to die between 35,000 and 40,000 years ago in the last ice age when she was only 30-35 days old. Geologists saw a piece of the intestine with a grass on it, which vaguely tells about the activity which Nun cho ga was doing just before she died.

Dr. Zazula speculated that she was only a few steps away from her mother when she ventured out for drinking water and eating grass and got stuck in the mud and probably getting stuck to burial was very very quick.

The discovery has the paleontologists in awe and astonished, and they are hopeful that studying the remains of Nun cho ga will help us better understand the lives and behaviors of Woolly Mammoths as well as other ice-era animals like Cave Lions and Steppe Bisons.

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IMAGE SOURCE: TIME

# How Cultural Anxieties Around Girls' Bodies Led To Sexist Medicine





**Darakhshan Nazir**

Data Journalist, Mentor,  
Community Development Activist

4 MINUTES READ

“Medicine was used to control women because the idea was that they needed to be controlled”, Dr. Helen King aptly summarized the gist of cultural anxieties associated with women’s bodies, especially adolescents, and the driving biased medical diagnosis in the 16th century and onwards for so-called gendered diseases like Virgin’s disease and Hysteria.

Put yourself in the shoes of Anna, a young unmarried girl, in early modern England who falls sick with symptoms of greenish pallor, weakness, difficulty in breathing, odd eating habits and failure to menstruate. The cure suggested is

“Either bloodletting, which is incising and draining some of the blood from your body, or getting married, getting pregnant and bleeding in the process”.

What would you have done in such feminine dilemma? Either way, the woman would have had to bleed.

Medicine back then was widely practiced on the dominant theory of ‘Hippocrates four humors’. According to it, a body’s physical and emotional health was dependent on the balance of four humors: black bile, yellow bile, phlegm, and blood in the human body. Contrarily, the imbalance caused maladies. Yet the conservative mind as well as the cultural concerns around the female body, led to the medical myth that blood was the only humor related to the health or sickness in a woman’s body. Moreover, blood and womb were

assumed to be interdependent for this balance. Furthermore, the womb was considered as a highly unstable organ wandering through the body, hence, women were assumed to be some highly unstable creatures, which again is another debate to put history on trial for. The same belief re-refined a disease which came into notice in the 16th century, most likely Anorexia or a condition associated to the liver or stomach as per the modern physicians, to a gendered disease known as Virgin’s disease or Green sickness.

Historians traced back the first case of Virgin’s disease in Europe from the letter published by Johannes Lange in 1554, which he had written to the father of Anna diagnosing her of Virgin’s disease owing to the symptoms listed above. Lange, having been influenced by the manuscripts indicating prevalence of Virgin’s disease in ancient Greece and Rome, had the same medical reasoning that it was caused because the virgins weren’t open at the bottom to allow the blood to flow out of the body, hence, unable to restore the healthy balance. So, the cure lies in making them bleed either by cutting or by marital interaction. Contemplating over the physical and mental torture a young girl must had to go through in 16th century, I can only think of Dr. King’s statement at TED Talks Daily podcast,

“Being a woman was a very dangerous thing to be”.

The crucial evidence against this misogynist medical oppression is that even the credibility of its existence was under question by the nineteenth century as a physician, Andrew Fogo, called it ‘an imaginary disease’. Later

on, it completely vanished from the face of history in the following centuries, leaving modern physicians with so many open-ended questions and suspicions against medical practices in early centuries.

As terribly unbelievable as it is, physicians even began to associate mental illness to the female gender, based on the medical myths that female reproductive organs were supposedly a sign of instability and fragility, hence, prone to physical and mental instabilities. Hysteria, precisely meaning womb in Greek, a medical condition to describe emotionally charged behavior that seems excessive and out of control, that permeated through a significant population in the 18th century is one of the many examples. A French physician, Joseph Rulin, reinforced the myth stating that women were predisposed to it because of their lazy and irritable nature. Another one, Francois Boissier de Sauvanges de Lacroix, even went as far as to suggest sexual deprivation as the cause by presenting the case study of a nun having hysteria who got healthy only after having a sexual encounter with a barber.

Ironically, men were equally depicting hysteria, or emotional outbursts in layman terms, especially after wars which is broadly recognized today as Post Traumatic Stress Disorder. Yet, it wasn't being recognized back then due to social and political constraints, as the generally accepted notion had always been that men are stronger and steadier than their female counterparts. As luck would have it, a major medical revolution came through in the 1880s when a French Neurologist, Jean-Martin Charcot, published his findings of 60 male hysteria patients, referring to the

weak neurological system as the cause of Hysteria rather than the female reproductive organs. It disputed the set medical prejudice, gave way for further studies, and eventually prompted debates addressing the cultural anxieties around female bodies in the centuries to come.

Years have gone by, many generations have strived to erase the stigmas around the female biological structure and the labeled roles in society, culture as well as in medicine by providing research-based findings. With contemporary progress in healthcare coinciding with ever-increasing feminism, we see a sufficient degree of change in perspectives, where the new normal is having open talks around female health, appreciating their reproductive strength and regulations to protect those. Most importantly, we witness men being vocal about their mental health. Mardy Fish, the U.S. Davis Cup team head coach, issuing public statements on feeling 'crazy anxiety' and 'sobbing', and actors like Ryan Reynolds opening up about getting help are breaking the traditional taboos. Despite the ever-changing medicine moving away from prejudiced practices and society coming forth to have open discourse around feminine topics, there's still a long way to go before we reach a point of impartial and equal social status for women. Till then, every member of the society has to continue to stay determined to never let the cruel history repeat itself.

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**AEMAGAZINE.PK**



# Tips For Developing a Growth Mindset



**Adrash Kumar**  
Writer

2 MINUTES READ

“Once your mindset changes, everything on the outside will change along with it.” — Steve Maraboli

An individual with the growth mindset perceives efforts as a path to mastery, embraces challenges, accepts criticism, and has a desire to learn. The following intriguing tips can contribute magnificently to an individual's success.

## Self-Talk

Self-talk is sending the vibes to your inner self. If you send positive vibes to yourself, you will see the positivity around you and positive will happen to you. I can recall a story an orator shared, once his friend invited him to his house, he had an intention behind it, he asked him that you always say “I can do it”, in your seminars, and you emphasize on it greatly, why you are making people fool, and I will not fall in your trap if saying “I can do it”, will literally do it. So the orator replied, no simply saying I can do it, but not do it for you, you have to struggle for it, and

you have to achieve it, but it is better to say “I can do it” instead of saying “I can't do it”. Self-talk has proven positive effects on individuals.

## Get Out Of Your Comfort Zone

Adversity sows the seeds of innovation. Stepping out of the comfort zone often does wonders for individuals.

## Create New Habits

Acquiring new habits, and creating new experiences are what make life more interesting and challenging.

## Ask People For Help

Don't be shy to take help. Suggestions always upgrade the quality of an individual's work.

## Fake It Till You Make It

It is making your mind believe that you are good in something, you will be good in that thing. Conceive, Believe, Achieve, whatever the mind can conceive and believe, it can achieve.

Self Talk And Create New Habits: These two tips drive me forward, keep me motivated and energetic. Self-talk resembles *Khudi* (Self-actualization). Creating new habits resembles *Amal* (Taking action)

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# THINK IT *e-signatures*

## A Step to Swift Legal Recognition



**Muhammad Saeed Bahar**  
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FCMA,MS(Fin.)

4 MINUTES READ

Internet and cloud computing has spawned an entirely new work environment where you don't have to be stationed at a permanent place. Ubiquitous internet has made it possible to work from anywhere. Work from anywhere phenomenon has necessitated many ancillary things like cloud computing, e-payments, online shopping. Another requirement is the facility of e-Signature.

When you are working as a nomad or travelling to distant places frequently then sometimes you need to enter into contract with customers or suppliers or online employers that need your signatures. e-Signature facility is handy in these cases. You don't have to be present at the place where the contract papers are to sign it.

An e-signature or electronic signature is an efficient and legal way to get electronic documents signed quickly. Secure and trusted around the world, e-signatures can replace a handwritten signature in many

processes. Speed up every process by allowing recipients to e-sign documents. Using e-signatures helps you save money.

e-Signatures are signatures done with your stylus on a pdf document. These are not secure signatures. Compared to these are Digital Signatures which are secured by digital certificates issued by third-party providers that help you comply with regulations around the world.

There are many Digital Signatures providers e.g. Adobe Sign, DocuSign, HelloSign. They charge a fee and provide you with a Digital ID. It is similar to a passport in electronic form, a digital identity (or digital ID) provides strong evidence that you are who you say you are when e-signing a document. Each digital ID is backed by a digital certificate issued by a trusted third party, such as a bank or government, after thoroughly verifying your identity. Using a digital ID to authenticate your identity and apply a digital signature provides a higher level of assurance that you agreed to the terms listed and have authorised your signature on a specific document.

Numbers of countries have adopted e-Signatures e.g. USA, European

IMAGE SOURCE : ABLE CRM

Union, UK, Australia, New Zealand, India. There are three types of e-Signatures Laws around the world. These are;

- **Minimalist** - These laws allow eSignatures to be enforceable in virtually every case, with very few exceptions. Minimalist laws provide the greatest level of security for those involved and can be applied more broadly than other types of eSignature laws. These laws tend to be technology-neutral.
- **Perspectiv**e - These are the strictest type of eSignature laws — and the most difficult to adhere to if you don't use the right technology. That's because there are specific rules about how you can create and sign agreements online.
- **Two-Tier** - A combination of both minimalist and prescriptive laws, two-tiered laws can be tricky to navigate. Like minimalist laws, two-tier eSignature laws allow and accept all forms of electronic signatures for private agreements (as long as both parties agree). However, like prescriptive laws, these laws also regulate what processes and technology must be used for specific types of contracts.

In Pakistan, we have Electronic Transactions Ordinance 2002 that provides legal cover to e-signatures. We also have an e-signature provider named Paksign. Section 3 of the said Ordinance says “**3. Legal recognition of electronic forms.**—No document, record, information, communication or transaction shall be denied legal recognition, admissibility, effect, validity, proof or enforceability on the ground that it is in electronic form and has not been attested by any witness.” However, application to

certain laws is barred. Under section 31 of the said ordinance it is not applicable to certain contracts and agreements under certain laws such as a trust deed, a negotiable instrument, a will and a sales contract.

This is somewhat restrictive and negates the law itself. When in section 3 a legal cover has been provided to all documents, records and transactions in electronic form then this section was not needed. There is even more need for this law as everything is moving on to the cloud and Work From Anywhere is no longer a niche, digital money is at our doorsteps, sharing of information in electronic form is the norm and here we are limiting ourselves.

Law is there, let's implement it in true spirit and also let us enjoy the freedom of working from anywhere.

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### **Benefits of using Coffee in your Shampoo**

Coffee is loaded with antioxidants that are great for the overall health of your hair. It absorbs the oil( perfect after having custom hair treatment to wash it out or having oily hair/scalp. The high levels of antioxidants in coffee can help with cell turnover, which gives that extra boost to the hair follicles to grow. It exfoliates your scalp, helps to make your hair long, shiny and smooth. People who are tired of having greasy and oily scalp, this is for you guys, coffee naturally freshens up your scalp and makes it non greasy and non oily.

## HOW TO RETIRE IN SEVEN YEARS?

### AEM Team

4 MINUTES READ

You can become Financially Independent in less than seven years starting from a scratch. Most people think that financial independence is about earning a massive salary but they're wrong. It's not what you earn, it's what you keep that truly matters. So it doesn't matter how big it is, it's what you do with it that counts. Mike Tyson earned 400 million pounds in his career and in 1995 he reportedly spent four hundred thousand pounds a month, which is 4.8 million dollars a year. Eight years later, he filed for bankruptcy. On the other hand, Jeeves Average who could work as a sales Manager could be earning thirty thousand pounds a year and only spends ten thousand pounds on his lifestyle. You can find out by calculating what you save as a percentage of your take-home pay well. Mr. Money Mustache has calculated how many years you'll need to work based on how much of your wage you save. So if you take home 40k a year after tax and you invest 10000 pounds that year, your savings rate is 25 and you'll be financially independent in 32 years. If your take-home pay is 80k a year and you invest 4k a year, your savings rate is 5 and you could retire in 66 years. If you've never invested in the stock market before just stick to the low cost global index trackers rather than buying individual companies. You shouldn't run out of money in retirement. Current national averages are garbage. The average saving rate in the U.K is 2.9 percent a year, the U.S is over twice as much as 6.3 percent. In Pakistan, mostly people rely on pension and in private

sector there is less trend to save.

The relationship between savings rate and time to reach financial independence is not linear, it's exponential so if you're spending all of your income every single month and never saving a penny ever you'll never retire unless you have help from a pension fund, the lottery or an inheritance.

Here are some finest tips to help you work towards financial independence.

### Track your Spending

The most important factor in reaching financial independence early is reducing your spending. Peter Drucker famously said, if you can't measure it, you can't manage it. If you do this one thing and ignore the remaining 17, your finances will be vastly improved. First step in improving anything is self awareness. Once you understand your circumstances you can make the appropriate changes. Track every single penny you earn and every single penny you spend for the next 30 days. Be a little bit more mindful about what you're spending if you look back over the last 12 months statements of what you spent and what you earn you get 10 extra cue points and they're practically priceless. Once you've got some data to work with, you're perfectly placed to move on to the next step.

### Make it a Game

Apply gamification to this and any other area you want to improve. Gamification helps engagement, enjoyment and execution. So take a look at what you spent last month and see if you can beat it next month take that a step further and look at what

you spent over the last 12 months and try and beat that for the next 12 months, track your progress and give yourself a reward for achieving it or if you're a savage you could give yourself a forfeit for not completing.

The more you have fun with this, the easier and more effective it will be.

### 3- Go for the Effortless Wins

Start with the low hanging fruit to get momentum there's no lifestyle changes needed at this stage. Look to reduce your credit card and loan debts, utility bills, mortgage rates and insurance. You have to spend money on these anyway so you might as well pay less for the same thing. Use comparison sites to see what's out there, become a finance floozy and switch companies to get the best rates.

### Multiple Annual Expenses by 25

If you've got a pension you'll likely have invested in the stock market whether you know it or not. The stock market will go up around seven percent a year. Some years it might go up 20 percent, other years it might drop down by 10 percent. But historically, year after the year on average it's 7. In 1998, three professors of finance at Trinity University created a paper Trinity study. It found that if you withdraw no more than four percent of your retirement pot each year you'll be able to remain in retirement without running out of cash. This four percent became known as the safe withdrawal rate. So for example if you had a hundred grand in stock and shares you could theoretically withdraw four thousand pounds a year and theoretically never run out of money.

### Moving Home

In the U.K people pay anywhere between 25 and 50 percent in income on housing costs depending on

location and age. You can lower your council tax, utility bills and mortgage. This could save your money. If your commute is more than 25 minutes drive then consider moving home. You can bike or walk to work. You'll not only save money and precious community time but also get the health benefits of moving rather than sitting.

### Upgrade your Transport

Consider selling your car all together or transitioning to one car household. Say goodbye to car tax insurance, fuel and maintenance and if you can live without a car look at how the average consumer spends that 162 pounds a month and look for opportunities to save about 70 percent of car costs are attributed to maintenance 25 on fuel and the other five percent on miscellaneous items like cleaning and accessories.

### Master Expenses. Then make more money

There's only so much that you can reduce your expenses by you still have to pay for food council tax, utility bills and a mortgage. At some points you're going to encounter diminishing returns on your efforts. Think of mastering expenses as level one. Don't stop there once you've locked down your spending habits, move on to level two and make more money. Level two has limited potential and can dramatically change your life. We all have the same opportunity to earn millions of pounds a month if we want to. You are just choosing not to by increasing your income. You rapidly expand the spare cash that you have each month which you can invest into income producing assets.



**AEMAGAZINE.PK**

## FREELANCING

# 47 SENTENCES THAT'LL MAKE YOU MORE MONEY THAN A 4 YEAR BUSINESS DEGREE



**AEM Team**  
4 MINUTES READ

1. Whatever Business you are in, study psychology, cognitive bias, and body language.
2. People buy with emotion, then justify with logic.
3. Sell the transformation, not the product.
4. Tell prospects your price, then keep quiet.
5. It's easier to sell an offer that solves a pain than one fulfilling a desire.
6. People don't care about your offer, only what you offer can do for them.
7. If your offer has a solid guarantee, it will result in more sales than refunds.
8. Memes are one of the most power-

ful forms of marketing.

9. Copywriting is 80% research, and 20% writing.
10. Your service/product should meet demand, do not try to create it.
11. The market is not "saturated", your offer should be attractive.
12. Using pictures for written testimonials will make them more believable.
13. You don't need a \$2000 MacBook Pro, \$967 logo or a \$87,000 degree to start a business.
14. You become wealthy by becoming valuable, then becoming scarce.
15. Quantify the timeframe of your offer.
16. Sales is about listening.
17. You can be terrible at sales calls if you have a great offer.

IMAGE SOURCE : ISTOCK



18. There is no such thing as too high of price, only too little value.
19. Specific words and numbers are more believable than broad ones.
20. A happy customer is the most powerful form of marketing.
21. When stating your price at sales call, say "it's a one time investment of ---, not the price is ---".
22. Marketing is about empathy.
23. Use the words "you" and "your" in your copy to make it more engaging.
24. Use headlines to steal attention and hooks to keep it.
25. An average product with great marketing will outsell a great product with bad marketing.
26. Never sacrifice your reputation for money.
27. Charge 'High' prices so you can deliver more value for your clients.
28. Selling a good product in a bad market is a losing battle.
29. Handle objections in your FAQ section of your landing to increase conversions.
30. Your sales pitch shouldn't be over 2 minutes.
31. It's okay to fire clients which creates trouble for you.
32. To grow at the start, say "yes" to many opportunities, but continue growing, learn to say "no".
33. Social proof+urgency+risk free guarantees+bonuses=irresistible offer.
34. Use power Thesaurus to replace boring words with strong ones to increase conversions.
35. The less you care about making sales, the more you make.
36. If what you sell is confusing, nobody will buy.
37. If you don't think you can help a prospect, be honest.
38. There will always be a market for health,wealth and relationships.
39. Compete on value, not price.
40. A 5th grader should be able to understand your writing.
41. Give value with o expectations and you will get 10x returns in the long run.
42. Use the same words and phrases as your target market to increase conversions.
43. Study talented fiction writers so you know how to write engaging stories.
44. Your o to hero story is one of your most powerful marketing strategies.
45. Persuasive writing sounds conversational , not academic.
46. People want to see pictures of your product or service in use.
47. If you wouldn't work with someone for a year, don't work with them for a day.



# Reading versus Watching



**Sara Noor**  
Writer, Novelist, Dramatist

4 MINUTES READ

Have you ever felt like you're glued to your mobile screen? Have you repeatedly forgotten to reply to texts or emails? Are you one of those people who've opened several tabs all at once and are switching between different social media sites with the speed of light? Do books remain unopened and unread in your book rack? Although there is reason to be alarmed at our collective forgetfulness and obsession with the online world, be comforted at discovering the antidote to this inundation of the online and the visual: reading. Yes, the plain old activity of holding books (and now tabs) in hands and absorbing the written word can do magic in improving memory and focus.

In today's fast paced life, the visual medium is taking over the culture of reading. Many people who used to read books cannot find time to read any more. Many non- readers and

readers alike prefer to watch a series instead of reading a novel. Reading or watching can be a personal choice or a necessity due to circumstances. Plenty of research has been conducted to investigate which is better: the reading platform or the visual media. While there are advantages of both media, reading is the superior of the two.

Reading a book or newspaper and watching a movie or series are different yet similar activities. They are different because the former involves visual perception of black words written on a white page, whereas the latter uses both visual and auditory perceptions. The activities are similar in using areas of the brain involved in understanding and retention. But they use the areas of the brain to different degrees. A research examined the link between narrative comprehension and cognitive processes like generation, manipulation and maintenance. It was found that reading allows the readers to imagine more freely than watching the visual medium. This shows that reading is more beneficial

in exercising the mental muscle. It poses more of a challenge to train one's mental abilities.

Reading and watching also have different impacts on memory retention. Another research explored the varying effects of the written word and the visual medium on one's memory. The study's experiment was conducted on 120 students. They were divided into four groups. Each group was shown the same news item in different formats. The group that saw the news item on TV scored the lowest on the memory test. The three groups that read the news item on screen, in broadcast print and in standard journalistic print scored first, second and third respectively. Since those who read on the computer scored the best in the experiment, this leads to an interesting co-relation between reading in print and reading on a computer.

Research has also tried to understand whether reading in print is better than reading on a computer. Different studies suggest different results. One such study was conducted on 429 university students. Some preferred books for aesthetic feelings and lesser strain on eyes while others favoured digital reading for being able to read in the dark, having access to more material, quick reading and not using paper. Other studies have found that students who read from print did better in comprehension tests than those who read on-screen. Another research differentiated between online reading and offline reading. It found that online reading while connected to the internet lowered respondents' attention, concentration, comprehension and absorption than reading paper-based material or reading downloaded items while disconnected from the internet. So, it

can be concluded that while there are benefits of digital reading, it is not as fruitful as reading in print medium.

These studies reveal that reading is definitely better than watching. However, one cannot wholly reject the visual media either. So, it should be learnt to use both media in a balanced way. When one needs to understand any topic in-depth, it should be read, preferably offline. This will lead to better focus and memory retention. On the other hand, skimming and scanning can be done for deriving superficial information in online and digital reading. The visual media like documentaries or movies can be used for quick understanding of background information on any topic before actually beginning to read it in-depth.

Today's students and teachers both need to learn to use visual aids, paper-based and digital reading materials effectively for increased learning. The challenge is to prioritize reading over watching, minimize lack of concentration and attention in an already busy routine and improve comprehension and retention of what one has read. The human mind is the most sophisticated machine in existence. It can be trained to behave in a specific way. The brain can be given adequate practice of concentrated reading offline or in print to learn to focus on one task. Likewise, it can be taught to multitask by training it to sift through a plethora of information in the online environment. The task, then, is to be adaptive in one's daily routines, choosing to stay focused or multitask whenever either is required of one.

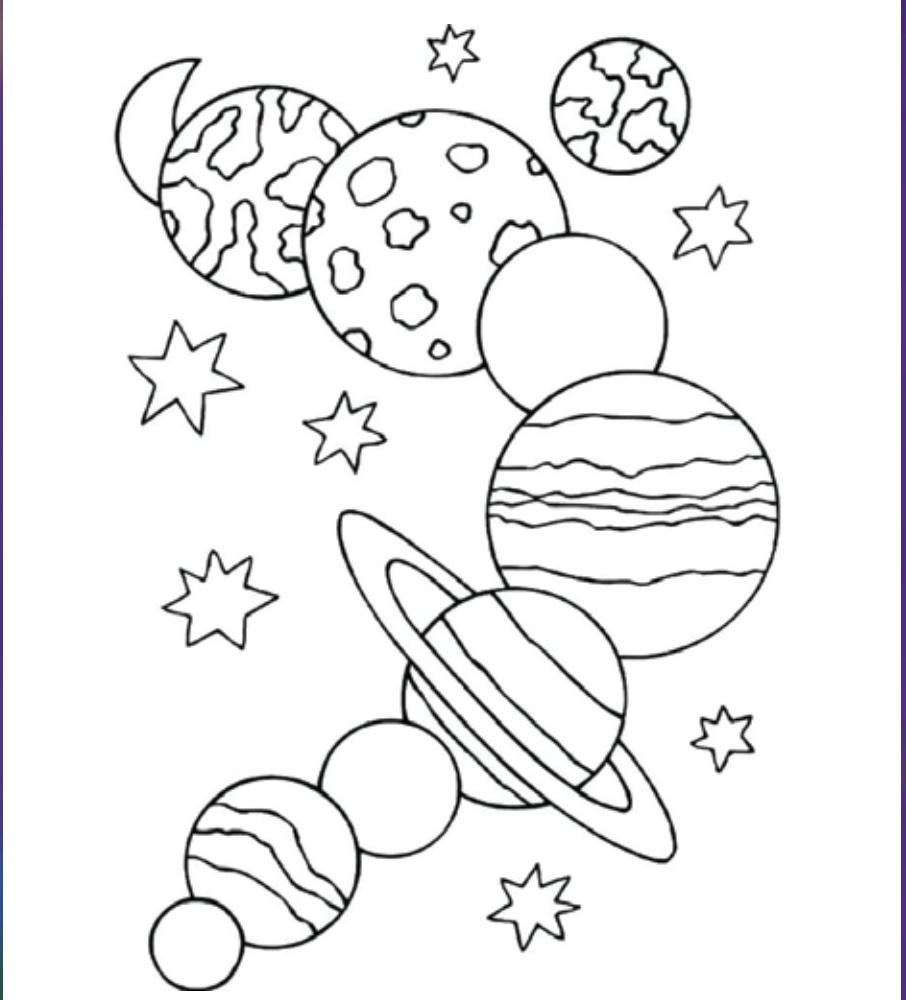
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**HELP SCRAT THE SQUIRREL  
THROUGH THE MAZE  
TO FIND THE ACORNS**



# CAN YOU COLOR THE PLANETS?

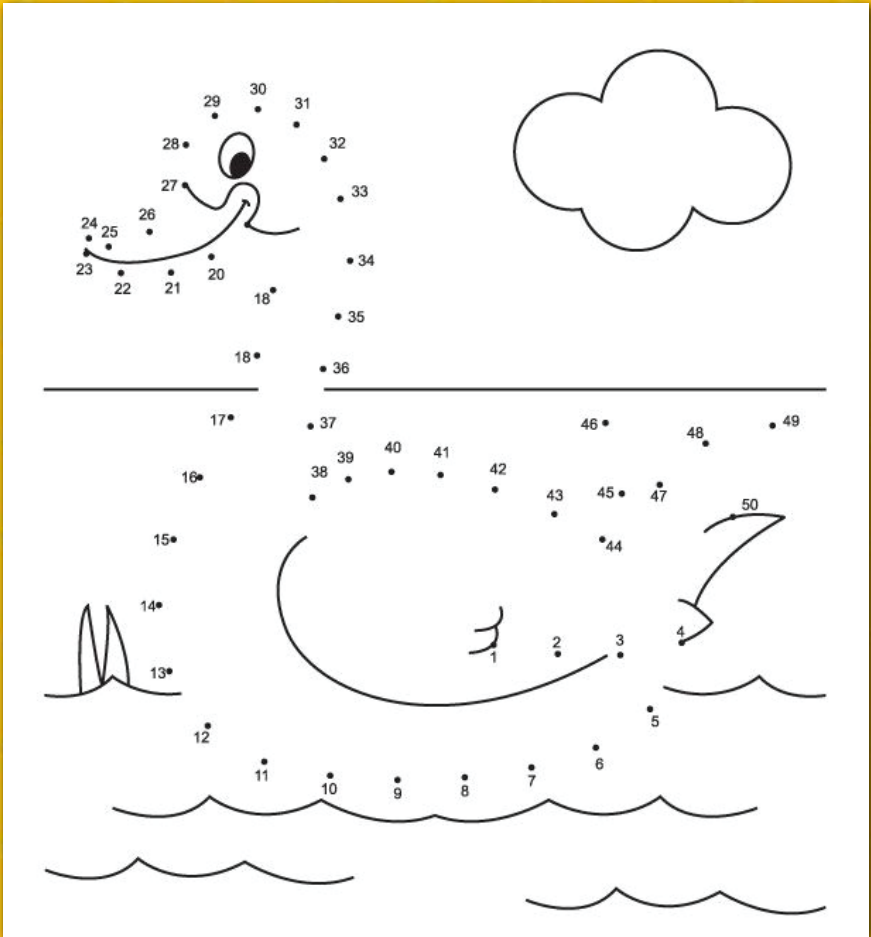


# WORD SEARCH



EXPLORE THE MAGAZINE FOR THE KEY

# CONNECT THE DOTS



# A Labyrinth to Become Princepsa



**Mawra Manzoor**  
Writer

4 MINUTES READ

It seems like every good has to go through an attractive curse to defeat the evil. The tales of growing up pain have always been slumbering next to us and every attempt to ease them apart is nipped in bud. After two centuries of *Sleeping Beauty*, a folklore, *Maleficent* (2014) surprised the world with its much more progressive characterization in the Modernist line while comparing to the Little Briar Rose from Brother Grimm's tale under title of Dornroschen. *Maleficent* (2014) shows that the traditional norm of male oppression over female is no longer a norm. Women can fight back for their values, unlike Briar Rose, where women were

passive and dependent to men for their resurrection. Above all over alteration in both tales, despite its development, it offers that feminine empowerment is entrenched to break the "magic spell" of gender ideology. Postmodernism is an era where "Meta-Narratives" are seen through different lens from the past and original fairy tales have been interpreted in contemporary norms by changing its title, plot, and role of characters by postmodernist movie creators e.g., *Maleficent*, an antagonist of the *Sleeping Beauty* story now owns the title of story. Kevin Paul Smith's the element of Re-vision in the text circulates around giving new meaning to old ones. To remove the patriarchal authority, certain revisions are done to pursue feminist agenda by bringing powerful position to the women.

The perception of *Sleeping Beauty*



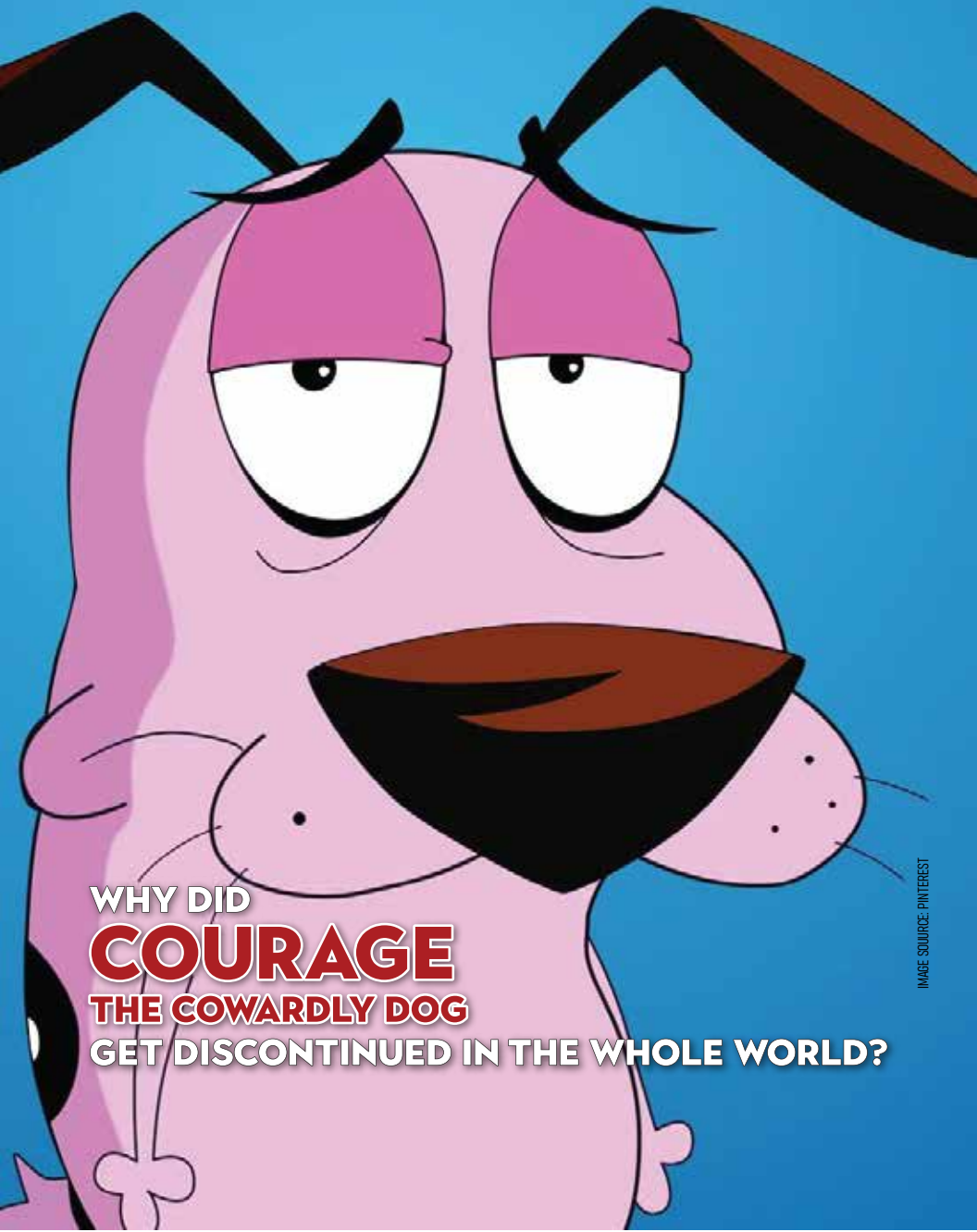
tale depends on which version you have read, entitled under strikingly different characters as Sleeping Beauty, Talia, Little Briar Rose, Rosamond or Aurora. The protagonist Talia from original version of story *Sun, Moon and Talia* was written by Italian author Giambattista Basile's book *The Tale of Tales* in 1634. Later on, Charles Perrault in late seventeenth century wrote its prequel, *Mother Goose Tales*, protagonist named as Sleeping Beauty and then Brother Grimm version came in late nineteenth century heroine as Little Briar Rose. However, Basile's version is darker than the Disney version (1959). *Sleeping Beauty* and *Maleficent* totally symbolize a conflict between good and evil. No story is possible without the conflict of a beautiful good girl and a wrecked evil who can be a witch, mother figure, step sisters. The good girl faces the social challenge of evil which is inseparable from her. The evil characters have their specific evil villainess attribute which make them a different way of their shades. The little girl or protagonist finds it hard to muster up evil but the construction of the story itself provide her ways to get rid of it. The perplexity of an unsure and inexperienced mind is put to rest through the magnanimous execution of the omnipotent power.

Fairy tale and myths provides an open ground for the study of character's collective unconscious archetypes and their observation. Carl Jung, a Swiss Psychiatrist, who's in-depth observation of fairy tale archetype is quintessential to understand it. While reading Grimm Brother's fairy tale with categorizing archetypes begins a gender binary of male and female. Like the female archetype in *Sleeping Beauty*, *Malefi-*

*cent's* collective psyche being good and then turning into evil is affected by external force. *Sleeping Beauty* and *Maleficent* can be interpreted as historical representation along change in narrative, representation of human and *Maleficent's* flying ability. In *Sleeping Beauty* (1959), *Maleficent* is a true evil who ruthlessly do whatever to achieve her evil goals. Underneath of stoicism *Maleficent* unleashes her brunt with a smile. In *Maleficent*, she is more complex and she became kind hearted fairy towards Diaval and Aurora. Her ways of behavior are different in both movies. She is the most popular villain of Disney Villains by comprising unlimited arsenal of magic powers with dark elegant design.

The journey from seventeenth century Basile's version of *Sleeping Beauty* to the late twentieth century new versions of same tale demonstrate huge change in their characterization, in rescuing agent, feminist rise, revolution in characters, construction of plot and its alternation, filling the gap between earlier version of the tale and *Maleficent*. The feminist ideology was in emerging state in twentieth century which took part in transforming these tales in other way around from the traditional *Sleeping Beauty*. The revision of the tale outshines assertive protagonists who help other women, their fictional sisters to emulate. The critical transformation of the tale manifests the de-victimization of woman, and divulges morally ambiguous male.

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WHY DID  
**COURAGE**  
THE COWARDLY DOG  
GET DISCONTINUED IN THE WHOLE WORLD?

### AEM Team 6 MINUTES READ

“Horror, suspense, comedy and thrill co-opted, its name is Courage the Cowardly Dog”. And today you are going to know the whole story of “Courage the Cowardly Dog” from its creation to closure. ‘Courage the Cowardly Dog’ is an American animated comedy horror television series which was made by ‘John R Dilworth’ especially for Cartoon Network channel. Its entire story mainly revolves around an anthropomorphic dog named ‘Courage’. Anthropomorphic means a human-like animal that walks on two legs, laughs or cries like a human. He does all the work like humans. It is told that Courage is a timid dog, who lives with Muriel and her husband at an unknown place. But this house is different because every day some creepy things happen here. Sometimes aliens come from space and sometimes mummies come alive and ask for stones from them. And ‘Courage’ saves this family from all these kinds of dangers. A fun fact is that Muriel had found that dog alone at a secluded place. Where it was not a common thing for someone to be alive with such fear. That’s why Muriel named that dog ‘Courage’. And finally, she took ‘Courage’ to keep him in her house.

The background of ‘Courage the Cowardly Dog’: John R Dilworth, the American animator, Actor, Director, writer, Storyboard Artist, Producer, and is creator of ‘Courage the Cowardly Dog’. Dilworth had begun making his own animations while studying in college at the New York School of Visual Arts. In 1985, right five years after completing his Bachelor of Fine Arts degree, he formed his own animation company called ‘Stretch Films”

where John R Dilworth made himself art director and a team of animators started producing animation shows. He held up his ideas to the world in the form of several animated short films. “The Chicken from Outer Space” was one of those shows which was created by John R Dilworth in 1996. John Dilworth had made several award winning animated shows before this as well like ‘The limited Bird’, ‘When Lilly Laney Moved In’ and one of the most popular shows ‘The Dirty Birdy’, but this seven minutes show which came in 1996 was so special because it made horror cartoon shows memorable in the childhood of kids all over the world.

But how?? By bringing ‘Courage the Cowardly Dog’ into existence. “What a cartoon show!” yes!! ‘Courage the Cowardly Dog’ could never have existed without it. So “What was a Cartoon Show”?

On 20 February 1995, Cartoon Network started a series in which a new episode was broadcast on TV every week.

This was the series that benefited the new creators the most as they could have showcased their own cartoon shows by getting them broadcasted directly on TV and could find out if their show was interesting or not. And if the audience liked any show too much, even by mistake, then all good to the creator of that show. Because after that it was Cartoon Network’s task of converting the pilot of that one show into an entire show, animating it and airing it on TV. Many new creators took advantage of this series. And what’s interesting is that this series has led to the existence of many of Cartoon Network’s most successful shows and created a buzz in the cartoon world.

Have a look at the list of the

episodes of What a Cartoon Show! The Powerful Girls, Dexter's Laboratory, Johnny Bravo, and 'The Chicken from Outer Space', on which the entire series of; Courage the Cowardly Dog' was later made. Initially 'The What a Cartoon Show' was known as 'What a Cartoon'. And in this whole series, the creators only used to come up with their own ideas, the rest of the animating them and converting them into pilot episodes was done by Hannah Barbra Studio. Originally this series ran from 1995 to 1997. And later in 2000, this series was relaunched with a different title 'The Cartoon Cartoons'. And this time too many successful shows came to existence, in which the biggest name is 'The Adventures of Billy & Mandy'. Long story short: 'What a Cartoon Show' was a program that no one in the history of TV broadcasting would have ever thought of doing. But Cartoon Network did it and more specifically the credit for creating this series goes to the head of Cartoon Network Channel, Mr. Fredrick Seibert. This whole idea was his that we will start a series which will help the new creator in making their imagination a reality. And obviously it worked and we got some of the most amazing cartoon series to make our childhood more special and memorable.

18th February 1996, the day 'The Chicken from Outer Space' was broadcasted on TV for the first time. This was a non dialogue show, meaning no voiceover was given to any cartoon character except Courage's one or two dialogues. 'The Chicken from Outer Space' was animated by Hanna Barbra Studio along with John Dilworth's company Stretch Films. Two years after 'The Chicken from Outer Space' aired on TV Cartoon Network. They asked John Dilworth if

they wanted to make his short film a cartoon series. After knowing this Mr. Dilworth became very happy and granted permission on a condition that his company 'Stretch Films', will animate it, not 'Hanna Barbra Studios'. Initially Cartoon Network did not agree to this condition but after a bit of instigation by John Dilworth, they agreed. Almost one year later, on 19 November 1999, its first episode aired as a series. After that 2nd episode, 3rd episode and so on.

Its total 4 seasons contained 12 episodes each. On 22 November 2002, its last episode was aired and then discontinued permanently. Its new episodes stopped being made, but Cartoon Network keeps rebroadcasting its four seasons globally. In India, this show was dubbed in Hindi and aired on Cartoon Network between 2002 and 2003.

### **Why does 'Courage the Cowardly Dog' stop?**

So why was 'Courage the Cowardly Dog' cancelled? Some people say that the show was too scary and watching these kids used to have scary dreams. And many times, parents used to complain about it. Due to this the show was discontinued. But this fact was not true as it is reported that it was Dilworth's own decision. If John Dilworth wanted, he could have taken the show further, but he did not. Because he had many other ideas on which he wanted to work. If you visit the YouTube channel of Stretch Films, you will find how many cartoon series John Dilworth has worked on in the last 11 years. 'Courage the Cowardly Dog,' even if it has been discontinued for whatever reason, will definitely be memorable for all of us. A show whose story is so well written that we

definitely tremble after seeing it but at the same time we enjoy it too. Also, this series not only won the hearts of the people but also won many awards. Also nominated for Oscars unfortunately could not win it. In a short video, John Dilworth talks about his short movie ‘The Chicken from Outer Space’ and reveals many secrets that you yourself would never know.

**Secret No. 1** – John Dilworth has pictures and names written of real humans everywhere like walls etc. in Courage’s house, and these are the persons who worked in Stretch Films or John Dilworth got inspired from them and respected them.

**Secret No. 2**- if you’ve watched the first episode of ‘Courage the Cowardly Dog’, Courage, while sending the chicken back to its hideout, has a suitcase with Mars written on it but before that it was replaced by Albany. But Cartoon Network said that this chicken came from space, so if you write Mars on it then people will find it more relatable that they will get it really came from space. And that’s why John Dilworth had to replace Albany with Mars. Otherwise John Dilworth wanted to write Albany there because Albany is a real place where John Dilworth had gone on a trip with his sister.

**Secret No.3** – in the end of the same episode, when chicken became ashes, John Dilworth wrote a secret message in that Ashes, “EAT ME”. And many more secrets like these. In an interview with Bob Miller in 1999, John Dilworth says, “If you want to learn something wholeheartedly or want to know better things related to your passion, then no school or college will teach you that but you will

have to take the responsibility of those things and learn them. This is the reality of life, if you want to bring a big change in this world by creating something then remember that no one else can help you except you. Whether it’s a teacher or your best friend, you have to learn things on your own. And you may have to bear the pain in that learning process. And after learning those things, you should enjoy the process of making something. Because the happiness from the outcome will last for some time but in the process of learning you will create memories.” Somebody asked John Dilworth which episode of Courage do you think is the worst? He answered, if I could do it, I can make all those episodes again with more perfection, but I can’t. Because what we make cannot be perfect. No matter how perfect that thing may seem to you at this moment, but when you look at that thing again in the future, you will laugh and wonder if I made it? In conclusion, “don’t wait to be happy after getting the result of your work but enjoy the process of your work and be always happy.”

### KEY TO WORD SEARCH



# Qawwali in Sub Continent's Cinema



**Aqdas Hashmi**  
Sufi & Ghazal Vocalist,  
Lecturer, Researcher

4 MINUTES READ

Qawwali became a part of movies after the arrival of cinema. It attracted audiences by its traditional and cultural presentation and uniqueness. After street theatre (*Natak Mundlis*) and storytelling, cinema was a big medium of entertainment among masses regardless of religion, caste, gender and race. It had become a trend to include music in different forms in movies, Qawwali being one of them. Although music was originally used as a mood enhancer and the narrative aid for the cinema audience was slowly becoming an integral part of the film itself, to color scenes, to suggest a general mood, to speed up a story or emotional stress.

The Sufi song genre of Qawwali has been a prominent part in Bollywood films since the 1940s, when the Golden Age of Bollywood filmmaking began. Because of the subcontinent's diverse sociocultural and theological heritage, it's common for even South Asians to think of Qawwali as a strictly Islamic devotional song and miss the existence of its *filmi* equivalent. The Qawwali, like many religious

traditions, has expanded from private sacred spaces to public secular spaces. Qawwalis were first utilized in films to accompany muslim narratives and ideas, and their cinematic adaptations stayed substantially true to the ancient practice. However, the musicality, visualization and context of filmi Qawwalis has changed dramatically over the decades.

Talking about the history of inclusion of Qawwali in Indian movies, it has become known that "*Humen to loot liya*" sung by Ismail Azad Qawwal and Party was the oldest Qawwali music which was included in the movie "*Al Hilal*" which was released in 1958. Mehboob Khan made his directing debut with this project. He later rose to prominence as "one of Indian cinema's pioneering filmmakers". Munshi Ehsan Lucknavi wrote the lyrics, and Pransukh Nayak composed the music. The movie portrayed a fictionalized version of history in the guise of an Arab-Roman struggle, including the capture and subsequent escape of the Ottoman Empire's son by the Roman army. Coming to the Pakistani earlier movies which have Qawwali music are Tauba and Shokan mele di released in 1964 and 1975 respectively.

IMAGE SOURCE: WIKIPEDIA

Qawwalis “*Na milta gar ye tauba ka sahara and Aj meri vi faryad suno*” from these movies became very popular.


Qawwali has been used as a medium through which different meanings and messages are communicated, it involves both language and media. Media has become a source through which people’s minds are controlled. The purpose of Qawwali has been to convey some message to the audience though its form and way of presentation have changed over time. This change not only occurred intra-culturally but it can also be observed interculturally. Since the base of Qawwali pertains to the sub-continent, many of its components can be commonly found in the Qawwalis of both Bolly and Lollywood. But after the separation of the sub-continent many changes have taken place so far. Bollywood’s music, including Qawwali, is heavily influenced by Islamic inspirations. *Filmi* Qawwalis are a fascinating musical subgenre because they not only transpose the centuries-old Sufi heritage to the big screen, but they also restructure and represent it in a particularly modern, popular, and secular light. They may be manipulated to fit a range of subjects and appeal to a wide audience, which makes them perfect choices for Bollywood cinema songs. Ethnomusicologists have looked at Qawwali’s shifting identity and attempted to assess the meaning and role of the *filmi* Qawwali in comparison to its predecessors.

At a time when the art of Qawwali was changing its color, the Sabri brothers of Pakistan emerged who tried to revive its old form and played an important role in taking it back to the past. It was a time of revival of Qawwali. Although there were a large number of Qawwali singers in India

and Pakistan at that time, the most prominent ones were the Sabri brothers. After these brothers, Sufi poetry was given color and harmony by Ustad Nusrat Fateh Ali Khan, but he didn’t live long. Aziz Mian Qawwal brought the art of Qawwali to its peak in a special way and established his own identity. These days, Ustad Rahat Fateh Ali Khan and some other efficient Qawwali singers are popular and their voices are being heard from Dargahs to movies. In addition to all these, some new young Qawwali singers are demonstrating their skills by learning this art.

Qawwali has been given a place as genre music in both the cinema films. According to the script and events of the film, Qawwali has been used in it. In some places it has become an adornment of shrines and in other places it has been used in social gatherings like birthday celebrations, wedding ceremonies, religious ceremonies, *Rabi-ul-Awal* or *Shab-e-Meraj*. Qawwali has been used in movies to suit the occasion. Qawwali would be given prominence in Bollywood movies from the very beginning and with the passage of time, innovations came in its presentation, such as in its poetry and also in the use of musical instruments. Qawwali is still being featured in Bollywood movies, “Dedh Ishkia, Jodha Akbar, Rockstar, Bajrangi Bhaijaan” in it, Qawwali is portrayed as a powerful tactic to address issues, emotions, dependance, helplessness, desires and their fulfillment.

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 [Aqdas Hashmi](#)

# Humans Can Be Better Recyclers, Like Bacteria



**Wajiha Imtiaz**  
PhD Scholar, Learner, Dreamer

4 MINUTES READ

Nature has a repertoire of creatures that are 'recyclers' by job. This means

is never depleted and make arrangements for the restocking, so all the natural cycles keep running smoothly on earth. Humans on the other hand, have been known to agitate the natural balance time and again via their 'anthropogenic activities' that involve fossil fuel ignition, water contamination and soil deterioration.



IMAGE SOURCE: FRONTIERS

that they are nature's 'cleaners' by vocation and hence wake up every day to 'reduce, reuse and recycle'. They live to disintegrate anything that is no longer alive and functional in nature's course so that an equally good or better alternative can come into existence. "Recyclers in Nature" are the ones running 'earthly processes' that too with a well maintained balance. They ensure that the source

Humans must learn to be better at keeping a balance when it comes to their interests interfering with the natural processes. And for that we humans can take inspiration from nature's recyclers such as snails, slugs, beetles, earthworms, mushrooms, lichens, algae and most importantly bacteria. Bacteria are the extremely diverse and stubborn 'cleanup crew' performing their job in



moderate and in extreme climates such as arctic frosts and thermal vents. They decompose dead plants or animals by enzymes that break down the organic matter into simpler substances, which are taken up by the bacteria or released into the environment. They even clean the environments where no oxygen is present such as the ocean floors and forest floors. Following are some of the bacterial ways that humans must acquaint with, to be better recyclers.

### **Bacteria make best of the waste**

The 'bacterial digestion' is an act of 'recycling' i.e. they efficiently consume dead matter in nature, to their advantage. Here's a strategy of using discarded waste to one's benefit, which we can at least try! Let's begin by repurposing glass, plastic and cardboard containers and by converting old sheets, towels and clothing into wash rags. We must keep a check on the plastic bags and think of ways to reuse the newspaper at home.

### **Bacteria seek help to recycle**

Some of the bacteria form symbiotic relationships with plants to recycle carbon and nitrogen in the environment; so forming associations and 'seeking help' from other species when faced with complex recycling challenges is another probable approach that humans can try at hand. Have you heard of thrift shops, food banks, garage sales and gifting hand-me-downs? These practices are a 'recycling blessing' in disguise. There are now apps to support such habits and businesses which are connecting people with a sole purpose of reducing waste by recycling.

### **Bacteria unite to recycle**

Bacteria would literally stick together in harsh conditions than making a compromise on their recycling activities. So they form tough protective 'colonies' known as biofilms with other bacterial species, fungi or algae. They bring on recycling in different ecosystems such as in streams and lakes, where leaves are first conditioned by biofilms and then made available for use to the invertebrates in water. We humans must have a collective approach towards reducing waste, and for that global organizations such as the 'Global Recycling Foundation' functioning under UN Environment are very crucial to reduce waste in the developing countries by providing aid, framework and expertise in the field of recycling.

Let's try to be more like bacteria, when it comes to recycling!

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# UNUS MUNDUS

UNIVERSE - A GIANT WEB OF CONNECTIONS



**Armughan Munir**  
Transformation Coach,  
Student, Podcaster

6 MINUTES READ

The James Webb Space Telescope just sent its first photos of our ever-unfolding universe and they are a sight to behold! If you haven't seen them, You must be living under a rock.

This image shows the Galaxy cluster SMACS 0723. The first deep field photo captured by Webb. What's

absolutely mind-bending is that this photo shows a galaxy cluster 4.2 billion years old. This is just at the time earth was in the process of being cooked!!!! If you look closely, every spark of light is a galaxy far away (4.2 billion light-year away to be exact). Every galaxy is a universe on its own with its stars and planetary systems. This photo is at such a giant scale, yet very small at the same time. It's just one window through which we are looking at the universe. It's similar to if you hold up a grain of





sand at an arm's length on earth.

This massive dust mountain is the Carina Nebula. Think of it as a nursery for stars. The tiny sparks you see are actually new stars being born, this very moment! The tallest peaks in this image are about seven light years high. To give you a perspective, Mount Everest is the highest peak on earth. The peaks are equivalent to 7000 Mount Everests!!

Then, What about our planet earth? Can you imagine how tiny our earth is? How about a fraction of nothing.

What about our place in the universe? We humans are nothing but the sizes of elementary particles as compared to the universe.

The vastness of the universe keeps reminding us of how small we actually are, but we don't like the fact. It's because even though we are tiny, we have massive egos. Our ego wants to be significant, it wants to be important. That's how it survives. Nevertheless, We can't deny the microcosmic state we live in.

But does that mean,

**Nothing that we ever do or will do matters? and If the universe is a greater force than us, What part do we have in it?**

Let's explore this question for a while,

In history, from the Greek period, we find a concept that explains the relationship between the microcosm (humans, generally) and macrocosm (the universe). It puts forth the argument that the entire universe is built upon a pattern. We humans are a part of that pattern and vice versa. What this means is that, the entire macrocosmic pattern is encoded into us on a microcosmic level.

We see these patterns repeated in nature. The whole universe itself forms a pattern identical to the one made by neurons in the brain. If you look at a human eye up close and then this photo of the Helix Nebula. You'll be amazed.

If the universe is built on the same elementary particles (atoms, quarks, tetrahedrons) and there are mathe-

mathematical rules which come together to form matter, there are. We are nowhere close to uncovering all of them, but we know quite a few. You can think of this as if the whole universe is built on the same programming principles (A Matrix) and it's interconnected. Take a look at the photo of the Carina Nebula again. Let me tell you something amazing. The very atoms that form your body and mine. That's where they were made. In those dust mountains. As Carl Sagan put it, "We are all made of star stuff." That gives us a basic understanding that we aren't separate beings. We are a part of the whole. We are a part of the universe. We are the universe, in and of itself.

Carl Jung and his quantum physicist buddy, Wolfgang Pauli believed in the idea of *Unus Mundus* (One World). Even though this philosophy dives deeper into non-dualistic teachings. For simplicity's sake. We can understand that everything in the universe is part of one. It's *Unus Mundus*.

But then, The universe is such a vast phenomena. Can our actions affect it, if at all?

Ever heard of The Butterfly effect?

First put forth by meteorologist and mathematician Edward Lorenz in Chaos theory. The Butterfly effect is a phenomenon which explains that small things can have large effects in a complex system. If a butterfly flaps its wings, it can set off a series of events which can in turn cause a typhoon.

Even though we humans seem small as compared to the universe, this doesn't necessarily mean our actions have no meaning. Every small thing we do can be imagined as a ripple in the fabric of time and space. Just like a wave, it spreads and affects everything around it. How? Since it's all *Unus Mundus*, It's a complex system, interconnected and one.

"If you think you are too small to make a difference. You haven't spend the night with a mosquito"  
- Dalai Lama

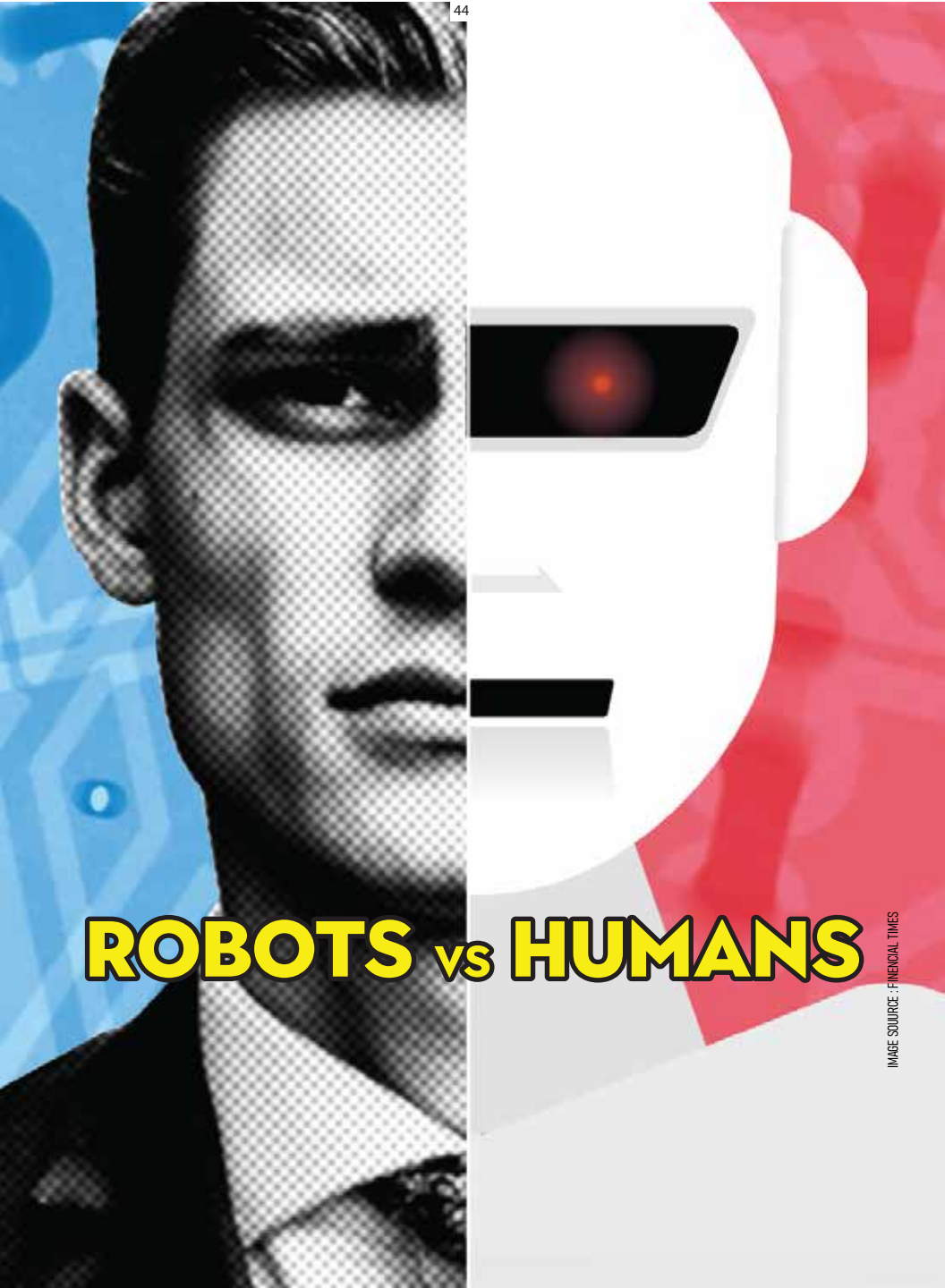
Sure, we don't practically know the workings of the butterfly effect but we can grasp the idea that small things can make huge differences. Small changes cause huge results over time. Every revolution or change is nothing but a series of small events tied together, causing a ripple effect and creating big changes.

"It used to be thought that the events that changed the world were things like big bombs, maniac politicians, huge earthquakes, or vast population movements, but it has now been realized that this is a very old-fashioned view held by people totally out of touch with modern thought. The things that change the world, according to Chaos theory, are the tiny things. A butterfly flaps its wings in the Amazonian jungle, and subsequently a storm ravages half of Europe."

— from *Good Omens*, by Terry Pratchett and Neil Gaiman

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# **ROBOTS vs HUMANS**



**Saad Rashid**  
Grade 7 Student

**AEM Team**  
2 MINUTES READ

This World is always running bringing new games, apps and robots with it. But the most common is the advancement in the field of robotics. This journey started with Unimate, made by George Devol in 1954. But, nowadays, every type of robot for every task is available. For every daily work, you can find a robot easily. But coming back to the topic, will robots take over? In the past, people used to complete every task by themselves but that story is old now. Machines and Robots have taken over this world. That's not all, they will continue their conquest in the future reaching every corner of the world.

It's so important to us that we cannot even live a day without it. Well, at least in the upcoming years if not now. But imagine if you had to spend a day without a mobile, you will miss it but it's also important that you discover more things which you can perform. Multiple tasks are also awaiting to be done. But humans are building robots to complete those tasks rather than doing them themselves. Well, these are easy tasks in our daily life which we should do ourselves. They also improve our health. Now, there's a simple question: what is hard making a robot or doing our daily tasks so why take the hard option? It doesn't make any sense, does it? And secondly, our brain knows those tasks better than the robot. But, with the robot AI, a robot can achieve anything which he is programmed to do. Even able to conquer the world but other questions develop what is AI and how

does it work?

AI which stands for artificial intelligence refers to systems or machines that mimic human intelligence to perform tasks and can iteratively improve themselves based on the information they collect. AI which stands for artificial intelligence refers to systems or machines that mimic human intelligence to perform tasks and can iteratively improve themselves based on the information they collect. It is pretty impressive but we don't know that our brain is the same, instead that robots don't have feelings and emotions.

It will be wrong if we don't blame robots for our laziness.

The first thing here is that robots are made by humans. AI (Artificial Intelligence) is the brain of the robot, but if compared to the human brain, it is nothing. Firstly, we have to put instructions in the robot, which makes us smarter. It is like teaching some kids about something and putting some knowledge into their brains, it's the same with putting instructions in the brain of a robot. I, still in my early teens, might not know much but I know that both teaching some kids and programming instructions in a robot are similar and difficult.

Although, robots don't make any type of mistake which is pretty awesome. They stick only to their instructions but humans hardly stick to instructions and while doing a task they can make a mistake and sometimes these mistakes cause big issues. But, with robots and artificial intelligence, forget the fear of things going wrong. But that's called obedient, not smart. So, robots aren't smarter than us but still better in some ways than us.

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## FAROOQI'S GUIDE TO SUFISM

## What Is Pledge of Allegiance?



**Dr. Muhammad Azeem Farooqi**  
Religious Scholar, Academician,  
Researcher

12 MINUTES READ

### Preface

The word *Ba'it* (Pledge) has always remained a subject of different opinions. But there are few people who really know the literal and real meaning of the word pledge. If it is not considered my exaggeration, let me say that the conflict between Hazrat Syedna Imam Hussain (R.A) and Yazid in the battle of Karbala was not about the Sultanate or any Dominion but it was for the Pledge. Imam Aali Muqam (R.A) preferred to sacrifice himself and his whole family - 72 in number - but did not compromise the sacredness of the Pledge. So, one can understand the importance of the word 'Pledge'. It's obviously neither a joke nor an ordinary custom as people think about it. They either have not taken it seriously or not tried to understand it.

*Shah aŝt Hussain (R.A) Badshah aŝt  
Hussain (R.A)  
Deen aŝt Hussain (R.A) Deen Panah aŝt  
Hussain (R.A)  
Sar Dad na dad Daŝt dar Daŝt Yazid  
Haqqa aey kay Bina aey Laa Ilaha aŝt  
Hussain (R.A)*

(Hazrat Imam Hussain (R.A) is, no doubt, dignified personality of Islam and real protagonist of Islamic thought and faith who sacrificed his dear life but did not sanction un-islamic actions of Yazid)

### Hazrat Kahwaja Moinudeen Chishti Ajmeri (R.A)

*Ay Karbala ki Khaak tu is Ehsaan ko naa  
bhool  
Tarpi hay Tujh pay Laash e Jigar Gosha  
e Batool (R.A)  
Mazloom kay lahooh say teri piyas bujh  
gai  
Seraab kar gaya tujh ko Rag e rasool  
(P.B.U.H)  
Sar Kat ke Charh jaye nezy ki noak par  
Lakin Yazeedon ki itaat na kar qubool*

(Listen, O soil of Karbala! You must never forget this fact that you were



selected for “martyrdom” of Imam Hussain (R.A) who is descendant/off-spring of Hazrat Syeda Fatima-Al-Zahra (R.A). He is the leader of the martyrs of Islam who sacrificed his dear life for cause of Islam but did not make compromise with the gang of Yazid)

**Maulana Zafar Ali Khan**

### The Interpretation of the word Pledge

The *Bai't* (Pledge) is an Arabic word which is derived from “Ba’ei” (بيع) which means to sell, to give yourself to someone in return for something. The interpretation of Ba’ei wa Sharah, selling and purchasing is also derived from it.

This word is used at many places in the Holy Quran. As it is said,

إِنَّ الَّذِينَ يُبَايِعُونَكَ إِنَّمَا يُبَايِعُونَ اللَّهَ بَدَّ اللَّهُ فُوقَ أَيْدِيهِمْ - فَمَنْ كُتِبَ عَلَيْهِ مَقْتٌ فَلْيَمُوتْ عَلَى نَفْسِهِ - وَمَنْ أَوْفَى بِمَا عَاهَدَ عَلَيْهِ اللَّهُ فَمَنْ قَسَمْنَا لَهُ أَجْرًا عَظِيمًا -

“Those who swear allegiance unto thee (Muhammad), swear allegiance only unto Allah. The Hand of Allah is above their hands. So, whosoever breaketh his oath, breaketh it only to his soul's hurt; while whosoever keepeth his covenant with Allah, on him will He bestow immense reward.”

(Al Fatah- 10)

It is said at another place:

لَقَدْ رَضِيَ اللَّهُ عَنِ الْمُؤْمِنِينَ إِذْ يُبَايِعُونَكَ تَحْتَ الشَّجَرَةِ فَعَلِمَ مَا فِي قُلُوبِهِمْ فَأَنْزَلَ السَّكِينَةَ عَلَيْهِمْ وَأَثَبَهُمْ فَتْحًا قَرِيبًا -

“Indeed, Allah was pleased with the believers when they gave the pledge to you under the tree, He knew what was in their hearts, and He sent down As-Sakinah upon them, and He rewarded them with a near victory.”

(Al Fatah- 18)

Note: *Bait-e-Rizwan* is mentioned here which has an important rank in the history of Islam.

Then the pledge of women is particularly discussed in these words.

يَا أَيُّهَا النَّبِيُّ إِذَا جَاءَكَ الْمُؤْمِنَاتُ يُبَايِعَنَّكَ عَلَىٰ أَنْ لَا يُشْرِكَنَّ بِاللَّهِ شَيْئًا وَلَا يَسْرِفَنَّ وَلَا يُزْنِينَ وَلَا يَقْتُلَنَّ أَوْلَادَهُنَّ وَلَا يَأْتِينَ بِبُهْتَانٍ يَفْتَرِينَهُ بَيْنَ أَيْدِيهِنَّ وَأَرْجُلِهِنَّ وَلَا يَعْصِمَنَّكَ فِي مَعْرُوفٍ فَتُبَايِعَهُنَّ وَأَسْتَغْفِرَ لَهُنَّ ۗ إِنَّ اللَّهَ غَفُورٌ رَحِيمٌ ۝

“O Prophet! If believing women come unto thee, taking oath of allegiance unto thee that they will ascribe no thing as partner unto Allah, and will neither steal nor commit adultery nor kill their children, nor produce any lie that they have devised between their hands and feet, nor disobey thee in what is right, then accept their allegiance and ask Allah to forgive them. Lo! Allah is Forgiving, Merciful.” Al Mumtahna- 12

### Another Similar Word is *Ishtira* “اِشْتَرَىٰ”

Another word *Ishtira* “اِشْتَرَىٰ” is used for selling and purchasing in Arabic language.

Various examples of this word are found in the Holy Quran:

وَلَا تَشْرَوْا بِاِيَّتِي مِمَّا قَلِيلًا

“And you don't sell my signs for a small price.”

Then it is said,

إِنَّ اللَّهَ اشْتَرَىٰ مِنَ الْمُؤْمِنِينَ أَنفُسَهُمْ وَأَمْوَالَهُمْ بِأَنْ لَهُمُ الْجَنَّةُ ۗ يُقَاتِلُونَ فِي سَبِيلِ اللَّهِ فَيَقْتُلُونَ وَيُقْتَلُونَ وَعِندًا عَلَيْهِ حَقًّا فِي التَّوْبَةِ وَالْإِنجِيلِ وَالْقُرْآنِ ۗ وَمَنْ أَوْفَىٰ بِعَهْدِهِ مِنَ اللَّهِ فَاسْتَبْشِرُوا بِبَيْعِكُمُ الَّذِي بَايَعْتُمْ بِهِ ۚ وَذَلِكُمْ هُوَ الْفَوْزُ الْعَظِيمُ ۝

“Indeed, Allah has purchased from the believers their lives and their properties [in exchange] for that they

will have Paradise. They fight in the cause of Allah, so they kill and are killed. [It is] a true promise [binding] upon Him in the Torah and the Gospel and the Qur'an. And who is truer to his covenant than Allah? So, rejoice in your transaction which you have contracted. And it is that which is the great attainment."

#### (Al-Taubah - 111)

In the Holy Quran and Ahadiths, the word "بيعت" and "اشتري" are used at many places. Its summary is "to give and take." So, wherever these words are used in the Holy Quran, they indicate the same meaning and interpretation.

*Stay focused!*

1- The believers gave their lives and wealth to Allah and in return they got the will of Allah (Reference of Bait e Rizwan). That's why this quality is also used for the Companions of Holy Prophet (P.B.U.H).

رَضِيَ اللَّهُ عَنْهُمْ وَرَضُوا عَنْهُ

"Allah is well pleased with them and they are well pleased with Allah."

#### (Al Maidah - 119)

إِنَّ اللَّهَ اشْتَرَى مِنَ الْمُؤْمِنِينَ أَنْفُسَهُمْ وَأَمْوَالَهُمْ بِأَنْ لَهُمُ الْجَنَّةَ

"Verily, Allah has purchased the believers their lives and their properties for (the price) that theirs shall be the Paradise."

#### (Al-Taubah - 111)

Hence, it is proved that this word is not just to crack the jokes, to get amusement or satisfy personal interest or disinterest. The meaning of this word has surfaced all the sacrifices and diligence of a believer. The martyrdom of Hazrat Syedna Imam Hussain (R.A) and the others in the battle of Karbala is an effort to sustain the sanctity of the spirit of the pledge. If a Muslim doesn't know

about the importance and need of the term pledge, we can only pity on him/her and call it an ignorance.

#### Women and the Concept of Pledge

1- It is said that for a woman the pledge/allegiance is actually like marriage because in this contract a woman has to accept a person three times by saying "I accept".

2- A woman can Pledge her allegiance to her husband only, because he is the real Peer, Sheikh and Murshid of her. (Even if this unlucky husband doesn't even know a proper way to wash or clean?)

3- In order to pledge her allegiance, a woman must first seek permission from her parents or from her husband; if she is married, otherwise her pledge of allegiance will not be valid.

(Even if her parents/husband are absolutely illiterate, ignorant of religion, weary of prayer and fasting, and do not even know the meaning of the word pledge?)

4- "There is no need for a woman to pledge her allegiance somewhere because her allegiance would automatically be done there where her parents or her elder brother have pledged their allegiance and after her marriage that allegiance would be shifted towards her husband's *Murshid*."

(Even if no one in her family has pledged allegiance till date and they do not even consider it necessary. And as that a woman does not have her own separate identity, and could be tied with someone of her parents or brother's choice. However, in contrast to the concepts of Europe, Islam has given to the women an independent position and status. Neither did the Holy Prophet (P.B.U.H) call Sayyida Fatimah (R.A)

Miss Muhammad, while she was unmarried nor did Sayyida Ayesha Siddiqa (R.A) her own identity and existence by giving herself the name of Mrs. Muhammad (P.B.U.H)

5- "A woman cannot pledge her allegiance because it is prohibited in Islam for a woman to visit, speak, or make a promise to a non-mahram."

(Whether that woman spends the whole day in the markets, at the intersections, in schools, colleges, universities and at many more places, throughout her life. She might have gone through thousands of transactions, covenants, promises, education and learning activities with unprivileged youth, old men and men of all ages. It all becomes fair but if she promises to a pious person to follow the goodness and avoid the sin, it becomes objectionable and non-Islamic. At once the father and brothers feel that it's all against their dignity and they become bloodshed.

In short, there are many other opinions of the same kind, which are not being written here because of their length. I hope the terrible or happy side of the picture has become clear. The guidance is only from Allah and it is the right of the pious, as this principle is explained in the Qur'an:

ذَٰلِكَ الْكِتَٰبُ لَا رَيْبَ فِيهِ هُدًى لِّلْمُتَّقِينَ

"This is the Book; in it is guidance sure, without doubt, to those who fear Allah;"

(Surah Al Baqarah - 2)

It means that the Qur'an is certainly a guide, a source of knowledge and wisdom, but it is not in everyone's fate to absorb its virtues and blessings, except for the fortunate ones who belong to the category of the pious people.

### Men and the Concept of Pledge

There are few objections from confused men about the concept of pledge.

1- It is a totally unnecessary and unnatural act to make a pledge of allegiance. It is just a pretense for earning livelihood and running the business of *Peeri Muridi*.

2- We do not accept anyone's slavery other than obeying Allah, because Allah Himself has commanded the Prophet (PBUH) of Islam to say, "Allah is enough for me".

So, there is no space for anyone else other than Allah.

They even consider the name Ghulam e Muhammad (servant of Muhammad (P.B.U.H) is undesirable and an act of heresy.

(There are numerous verses of the Holy Quran which openly testify the slavery, following, obedience, love and pledge of allegiance to the Holy Prophet (P.B.U.H). But the people who have objections, they ignore all these verses because of their bigotry and stubbornness.

Allah Almighty says,

يُضِلُّ بِهِ كَثِيرًا وَيَهْدِي بِهِ كَثِيرًا

"He misleads many thereby (Quran) and guides many thereby (Quran)."

(Surah Al Baqarah - 26)

(Then after the death of the Holy Prophet (P.B.U.H), all the Companions of the Prophet (P.B.U.H) pledged their allegiance to Hazrat Siddique Akbar (R.A). Thousands of *Hadiths* are witness to the act of pledge. And this act of pledge remained in fashion till Hazrat Imam Hussain in one way or the other. Later on, the great people of the nation continued the act of

pledge to avail its benefits. In its result Islam has gotten countless reformers, saints, scholars, and sufis.)

3- The necessity of allegiance and its importance in Islamic jurisprudence cannot be denied, but what should we do? There is selfishness everywhere, the pious people are less in number, into whom we should devote our allegiance? The ironic situations are everywhere that make this act of suspicious. We can find various examples of so-called peers, mullas who get engaged in unfair means and acts and make the whole act of allegiance questionable.

4- Only that person can pledge allegiance to a pious man who offers prayers, fasts, abstains from all evil deeds, keeps himself away from all kinds of sins, and is free from the responsibilities of children. Otherwise, if he pledges allegiance, he will become the worst sinner.

(Why do these people think that after believing in Kalmah (There is none worthy of worship except Allah. Muhammad (P.B.U.H) is The Messenger of ALLAH) one can perform the act of sin but to take pledge one has to be innocent from all kinds of sin. Don't these people think that even the 'Kalmah' is also an act of pledge.

Like Allama Muhammad Iqbal Says,

*Choo mi goim musalmano balrazam  
Kay danum mushkilat laa ilaha raa*

(“When I say that I am a Muslim, my whole body becomes shivering because I understand the requirements of being called a Muslim.”)

*Ye Shahadat gah ulfat mein qadam  
rakhna hy  
Log asan samajhte hain musalman hona*

(“It is to enter into the arena of pure love and sacrifice but majority of people take it as granted only”)

(The second proposition is that if someone is already a pious and a perfect Muslim, why does he need to take a pledge. The purpose of the pledge is to be guided by a pious scholar and who would be guided only by the one who needs to be corrected.)

As Sheikh Saadi Says,

*Yak zamana sohbat baa auliaa  
Behtar az sad sala taa'at bay riyaa*

(“To enjoy the sweet company of an Allah's friend is better than the obedience of one hundred years.”)

Allama Muhammad Iqbal Says,

*Maulvi (R.A) hargiz na shud maula e  
room  
Taa ghulam e shams Tabrezi(R.A) naa  
shud*

(“Maulana Jalaluddin Rumi got the status of real and sincere saint when he became true follower of Shams Tabraiz (R.A).”)

**We will pledge our allegiance to the one;**

I. Who can win our case for us  
II. Who can put our business on the fast track to win the laurels.

III. Who can arrange our love marriage by fair or unfair means.

IV. Who can manage our visit to abroad and so on and on.

(All these matters are not associated with the pledge of allegiance.

Then what is the Pledge of Allegiance? If we keep in mind all the teachings of the Qur'an and Sunnah and of the

pious people, the following points come to light regarding the pledge of allegiance;

1- Pledge of Allegiance is the name of coming under the shadow of discipleship and education, under the tutelage and education of a perfect Murshid to seek the pleasure of Allah Almighty. It is a genuine promise on the hands of a pious person to ask for Tauba (an act of asking forgiveness from Allah Almighty from the past sins and misdeeds) and to be good in future. It is actually the renewal of the faith that we acquire by being born in a Muslim family or society. As it is proved by Quran and Sunnah

إِنَّ الَّذِينَ يُبَايِعُونَكَ إِنَّمَا يُبَايِعُونَ اللَّهَ يَدُ اللَّهِ فَوْقَ أَيْدِيهِمْ

“Indeed, those who pledge allegiance to you, [O Muhammad] they are actually pledging allegiance to Allah]. The hand of Allah is over their hands.”

(Surah Al-Fatah-10)

2- Pledge of allegiance is not just a name of giving blessings, taweez thread, but it is to learn the Qur'an and Sunnah, to be freed from the clutches of the self and the devil, to receive sincere prayer and guidance, to be guided by the truth, and to be patiently guided in this world and the hereafter. It is the name of having a true and perfect friendship with someone who is sincere, benevolent, righteous, pious and bound by Sharia and Sunnah. It is not a short time. It is not a temporary awareness to gain political, economic or social benefits.

*Log takalluf ko bhi piyar samjah lyty hyn  
Faraz*

*Doŝt hota nahi har hath milane wala  
(Every common fellow (layman) is never a friend who attends with smile)*

3- The pledge of allegiance is basically to accept the guidance of a murshid whose physical connection to the blessed hand of the Holy Prophet (P.B.U.H.) is established and confirmed.

“Scholars are heirs of Prophets”

(Al-Hadith)

It is necessary to be an expert to teach, guide and educate to fulfill the purpose of a true murshid. Otherwise, there is a fear of missing the required and desired goal.

An Important Question and its answer

I once asked my *Sheikh e Mulkram*, “How can a *Murshid* be tested?” He answered, “Never ever try to test a *Wali Allah* because everyone does not have the caliber to recognize him/her, only a *Wali Allah* can recognize another *Wali Allah*. But let me tell you one thing if you want to know that which one might be a true *Murshid*:

Start looking at the people who sit or live around him.

If there is a visible difference between their past and present life i.e. once they were wicked and now they are righteous enough, once they were not habitual of offering prayers and now they are regular in their prayers, once they used to eat haram and now their morsels are lawful. They were liars once and now they speak nothing but the truth only. He might be the true guide for the sinners. One should take full advantage of him. But if the situation is vice versa, stay away from him.

May Allah keep us all safe. Ameen!

Dr. Muhammad Azeem Farooqi



A detailed oil painting of a man with a thick, dark beard and mustache, wearing a large, white turban with gold-colored bands. He is dressed in a brown, textured garment. The background is a plain, light-colored wall.

# Ram Singh

A CHALLENGE TO THE BRITISH RAJ

**Imran Khan**

Playwright, Poet, Fiction Writer,  
Teacher of English Literature

**AEM Team**  
6 MINUTES READ

I will fight with Farangi.  
I have a claim against the English.  
My life is a thing of but four days.  
Ram Singh was born in the house of  
Shama.  
Born in the likeness of God and  
named “the bold”  
He was who saved the Rajput’s  
Honour.  
Well did the son of the Wazir fight.

No doubt, after the fall of the Sikhs the British were ruling supreme in the land of five rivers. The British, with the help of Bengalis, Purbis, Madrasis and Gurkhas, had conquered the last post but not with any ease. They met the toughest resistance in the Punjab. From Subraon to Chalianwala stretches a graveyard that still bears witness to what happened to the mighty Farangis.

Ram Singh’s episode is one of the many which were enacted by the rebel sons of the Punjab right from 1842 to 1947. Ram Singh and rebels like him have been the heroes of the bards of Punjab. They paid tributes to these warriors and recorded their miracles in their ballads. Ram Singh’s account is well cherished by the folk bards. Ram Singh, son of the Wazir to the Raja of Nurpur (now in Himachal Pradesh) who in 1848 challenged the new conquerors of the Punjab.

The ballad of Ram Singh consists of four parts, the first describes of first rebellion and the fight at Jachh; the second describes the preliminary negotiation, but irrelevantly referring

to the Dalla mountain, the scene of the second rebellion; the third reverts to the fighting at Jachh, the subsequent scattering and re-assembly at Shahpur; the fourth is a description of the last fight on the Dalla heights above Shahpur.

He (Ram Singh) wrote an order to his mother’s brothers.

He called Jawahar Singh and Bahadur Singh – his mother’s brothers.

He called the Kotwal named Das, he called Dhian the Jarral.

He also called Amar Singh Minhas, who bared his sword (and said) I will try against the armies how my sword works.

Then Ram Singh backing out, going up in his hand, seized his sword which says “kill, kill”.

Barnes’ Settlement Report says:

“At the end of August 1848, a Pathania Rajput, and son of the Wazir of the ex-Raja of Nurpur, collecting a batch of adventurers from the neighbouring hills of Jammu suddenly crossed the Ravi and threw himself into the un-occupied fort of Shahpur. That night he received a congratulatory deputation from the neighborhood and proclaimed by beat of drum that the English rule had ceased.”

He bared his sword from his waist.

He girded it on his waist.

He gave orders to his soldiers and brought his camp to Shahpur.

Barnes writes in his settlement Report: “In January 1849 Ram Singh persuaded Raja Sher Singh to give him two Sikh regiments, each 500 strong, to make a second eruption in the hills. He took up a final position upon the Dalla heights.

“This ridge (Dulla or Dalla) overhangs the Ravi and presents towards the plains the quarter from



which an assailing force must proceed, a series of perpendicular blocks of sandstones, varying from 50 to 150 feet high and each forming in itself a strong and almost impregnable valour of the insurgents made the assault of service of peculiar danger, and Brigadier Wheeler came up in person accompanied by a strong force of all arms. By his skilful disposition the rebels were driven from their fastnesses with considerable slaugh-

ter and we on our side had to mourn the loss of two gallant officers Cornet Christie of the 7th Cavalry and Lt.J.Peel of Hoshiarpur Local Corps.”

And the ballad says!  
The drums roll on the height  
of Dalla, the side drums beat  
at Kumhai.  
The news of you has reached  
the present.

Malmal Sahib has come up  
raising the country as he  
comes.

He shot an arrow into the  
hands of Malmal Saheb and  
the hand he destroyed.

Malmal Saheb's brother  
Chandi Saheb came up, as he  
came he gave a blow.

He warded off the blow with  
his shield and struck his own  
blow on Saheb's head.

They had his body taken to  
Delhi.

Burton's account

Burton gives more details  
about the rebel Ram Singh in  
his book 'First and second  
Sikh wars'.

“Ram Singh son of Shama,  
one of the hereditary wazirs of  
Nurpur, crossed the frontier  
and attacked several posts on

the customs line in the vicinity of Pathankot and Nurpur. A force of the 15th Irregular Cavalry and 29th Native Infantry under Major Fisher was accordingly sent against him and crossed the Beas at Kathgarh on the 9th September 1848. Early on the 10th, Major Fisher marched to Pathankot, where arrangements were made for attacking the rebels who were reported to be in possession of the neighboring fort of Shahpur. As the force approached that place a body of a



man was seen on the hill overlooking, dispersed by the cavalry. When the party neared the fort, a heavy fire of musketry was opened from the walls, by which a few spears were wounded. Fire continued until dusk and during the night the rebels evacuated the fort, escaping by a precipitous path leading to the Ravi, which flowed several hundred feet below”.

“On the 10th September, Mr.J.Lawrence, Commissioner of the Jullundur Doab, reached Kangra and on the 13th he arrived at Nurpur, when he heard that Ram Singh occupied a long narrow hill in the immediate vicinity of the town. He had perpetrated several dacoities and had written circular letters to the headmen of villages asking them to join him. On the morning of the 14th, Mr. Lawrence and Major Fisher reconnoitered the enemy's position and the surrounding country which was difficult. It was found that cavalry could act with difficulty on the south, a wider ravine, interspersed with rice fields, running along that side, on the north the country was much more difficult, being broken in every direction into hundreds of little spurs running out from the main chain on which the insurgents were brought up, and on the morning of the 19th, Ram Singh and his followers were dispersed”.

“On the 8th January (1849) Brigadier General Wheeler marched from Pathankot against a body of insurgents under Ram Singh, who had taken up a position on the Dalla mountain north of Shahpur. He sent the 4th Native infantry and a risala of irregular cavalry under command of Lt.Col. D.Downing, up the bed of the Chaki River, to take post at the opposite end of the mountain where the ascent was easier than on the Shahpur side. At

Shahpur he found that a range of hills had to be crossed to reach the Dalla Mountain. He had hoped to avoid this range by marching up the bed of the river Ravi, but it was found that the fords were too deep and the stream across a gorge which crossed the intervening hills, the work occupying three days. At the foot of Dalla mountain three days were employed in reconnoitering and on the 15th and 16th January three columns marched to different points from which a simultaneous attack was made on the latter date. The enemy were driven from their stronghold with considerable loss, 35 bodies being counted. On the British side Coronet Christie, 7th Light cavalry, and Jamadar Ram Kishan Singh, 18th Sikh Local Infantry were killed and Lieutenant Peel, 2nd-in-command of the latter corps, was wounded.”

According to the Punjabi ballad, the end of Ram Singh was:

Your Brahmans have been deceitful.  
They enabled the capture when he  
was seated at prayers.

They put him in a palanquin and came  
to Nurpur city.

And in the prison of the foreign  
masters Ram Singh says:

As my life was written so I have  
received.

My Misar (Brahman) deceived me.


Who takes my name while I live?

The word of the men remains with  
men (till death).

Mother's sons fight.

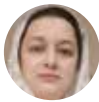
Ram Singh, the Pathania, fought with  
strength.

Ram Singh was transported for life  
in the following February but this was  
after the conclusion of hostilities in  
the Second Sikh war.

 *poetic\_spurs*

# WHAT IS OCD

# Obsessive Compulsive Disorder?



**Ainny Aftab**  
Teacher, Writer

6 MINUTES READ

We were going out and mom locked not only the main door but also the back door and then sat in the car. Just before dad starts the car to leave we hear mom saying “oh did I switch off the iron?” “Ainny will you go and check.” Oh my god. Anyways we all assured her that we had seen her switching it off. So we left. Just as we moved, after a few minutes we again heard mom saying “did I lock the door properly? *Uff!* “yes mom.” We all replied promptly “of course mom”. This was one of my childhood memories which I understand now.

Another flashback from my childhood- whenever I would walk on the footpath, concrete usually has lines on it as it is divided into squares. I would always make a rule for myself that I am not going to step on the lines and incase I did so, it was as if something wrong was done and if I had to walk again on that part but without stepping on the line. There was no reason for this but if not followed it would irritate me and give me anxiety. In both cases though the



habits were weird and annoying but thank God they weren't severe. They didn't disturb our life, only wasted a little time. But such behaviors can sometimes become severe to the extent that they can disturb your daily life and social activities. This behavior is known as OCD.

## What is OCD behavior?

Obsessive compulsive disorder [OCD] is a common chronic and long lasting disorder in which a person has uncontrollable recurring thoughts [obsessions] or behaviors [compulsions] that he feels the urge to repeat over. In case of mild OCD, the intrusive thoughts are not time consuming in a significant way, or maybe, even though the person is troubled by the thoughts, they do not notably impair his or her daily functioning. Let me explain to you what an intrusive thought is. If a thought is disturbing you and it's something you want to push out of your mind, it might be an intrusive thought. The thought feels hard to

control. Intrusive thoughts are often repetitive and won't go away. The more you think about it, the more anxious you get and the worse the thoughts get. As a result you will try to get rid of these thoughts by performing a compulsive behavior or ritual. These obsessions typically interfere when you are trying to do other things.

Hence we would say obsessions are intrusive unwanted thoughts and compulsions are uncontrollable behaviors that you do in order to get rid of those thoughts.

### Types of OCD

There are basically 4 main types of OCD:

- Contamination
- Perfection (symmetry & ordering)
- Doubt/harm (checking)
- Forbidden thoughts.

### Symptoms of OCD

Some of the symptoms of obsessive thoughts and the compulsive behavior related to them are:

- Fear of contamination or dirt: Person will repeatedly wash hands, or set a rule of washing hands 7 times or at least 9 times, he would avoid shaking hands or touching objects.
- Doubts and Uncertainty: It will result in checking if doors are locked or gas is off.
- Needing things orderly and symmetrical: a person will have anxiety if things are not arranged in proper order or if anything is not in its proper place. Even if he/she sees a rough drawing of a circle or square which isn't perfect it is enough to give them anxiety.
- Unwanted thoughts including aggression or blasphemy: As a result thinking "neutralizing" thoughts to counter the obsessive thoughts.

- Fear of giving away or throwing old and useless stuff: It will result in hoarding i.e. keeping and collecting unnecessary things. It could be old clothes, bags, shoppers, empty bottles, broken furniture or defective machinery.

Other OCDs include repeating words in their head, counting, drawing lines or figures in their mind. OCDs vary from person to person.

Almost everyone has habits and thoughts that they repeat sometimes. But people with OCD (severe) have thoughts or actions that:

- Take up more than an hour a day
- Are beyond your control
- Aren't enjoyable
- Interfere with work, social life or any other part of life.

### Treatment

Treatments are mainly of 2 types; Psychological therapy, it usually includes exposure and then learning to control.

- Medicine: antianxiety or antidepressants are given to balance the chemicals in the brain.

The moment you realize you are repeating a behavior unnecessarily, you need to ultimately direct your attention towards something interesting or productive. Get yourself busy in something, just like right now you're reading this magazine with full interest and not allowing any intrusive thought to divert you. Besides do observe people around you and if you see anyone having OCD, do try to reach them and make them aware of their condition so that they can get relief from it..

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# Aromatic?

## Isn't That Just Someone With An Avoidant Attachment Style?



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

4 MINUTES READ

There are so many terms to describe relationships and relationship dynamics between people nowadays. An interesting term is 'aromatic'. So what is 'aromaticism'? As the name suggests a lack of romantic affinity or an aversion to it.

No, that does not mean 'aromantism' as some genre of literature and art. In a way it does embody all the opposite of romanticism in literature entails. An aversion to the idea of butterflies and fireworks. The cynicism towards 'happily ever after' and 'made for each other'.

So, it is a term to describe a certain type of 'romantic orientation'. This orientation views all things romantic to be undesirable. So, people that would really want 'romance is dead' to be a reality. Why would someone want that? Well, that's because some individuals consider such involvement to diminish feelings toward the partner (Van Houdenhove et al., 2015a)

From a scientific perspective aromatic people are individuals 'who do not experience romantic attraction' (Carvalho, A.C., Rodrigues, D.L. 2022).

The same study suggested that aromatic people reported a more avoidant attachment style. Does that mean this has more to do with individual perspectives, relationships, concerns about commitment, and



attachment style?

So why would you no longer feel attracted towards someone that shows a keen interest in you? Does that not sound like an issue with healthy emotional attachment? Where healthy emotional expression is viewed as 'needy', 'draining', and undesirable. Additionally, these people are emotionally distant in a relationship. So, on the nose with that assumption? Not quite. This has nothing to do with sabotaging companionship because of a lack of healthy emotional modeling.

Aromatic people can rely on a partner and open up to them, unlike people with an avoidant attachment style. They tend to have fewer relationships (Antonsen et al., 2020), unlike people with an avoidant attachment style that jumps from one casual situation to another. They are just averse to romance really.

While their issues do seem similar and can be confused and even argued to be the same, there is no research that examines if someone's attachment style differs depending on their romantic orientation.

However, aromanticism and romanticism, or romantic orientation centers around emotional intimacy and physical intimacy. On the other hand, attachment styles have to do with psychological intimacy.

### What is Attachment Style?

Attachment style is the particular manner in which people relate to other people. This determines how you relate to a partner in intimate relationships. This is based on how you were taught to relate to others by your parents as children. Attachment style is formed at the very beginning of your life, and once established, it stays with you, unless deliberately changed.

“Experiences with guardians or significant figures such as parents in childhood leads to the development of relatively stable internal dynamic models (Mikulincer and Shaver, 2007) that determine experiences and outcomes in romantic relationships (Shaver and Hazan, 1987, 1988).”

In science (social science really), attachment style can be evaluated along two independent dimensions, i.e. avoidance and anxiety.

“Avoidance is defined by discomfort with psychological intimacy and the desire to maintain psychological independence from the other person. While, anxiety is defined by the need for care and attention, and uncertainty about the responsiveness of the other person (Brennan et al., 1998; Simpson and Rholes, 2017).”

If your attachment style lacks both these dimensions, then you have a secure attachment style. Meaning you enjoy high-quality romantic relationships. That’s something people that don’t have a secure attachment style lack. So, people with an ‘insecure attachment style’—either high on

avoidance, anxiety, or both—experience doubts about the relationship and tend to adopt defensive strategies in their interactions with romantic partners (Fraley and Shaver, 2000; Mikulincer et al., 2003).

This avoidance and anxiety means their interactions with a partner are driven by a fear of intimacy. So avoidant individuals maximize emotional distance and psychological independence in attempts to maintain ‘autonomy and control’. They fear and avoid closeness and intimacy, and try not to have long-term relationships.

On the other hand, aromantic people seek emotional intimacy over physical or romantic intimacy.

With all this confusion, aromantic people don’t feel ‘othered’ and misunderstood. Of course they do! Then there are studies that explore whether aromantic people feel like they belonged to anyone or mattered to anyone.

When there is such a huge gap to be misunderstood, some people still are resilient and manage to find community. How they view the world through their identities is another research topic on its own. So next time someone describes themselves as such, just try to understand their need for emotional attachment.

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### In The Midst of a Mid-Life Crisis

*A Podcast Series by Ummara Sheraz*

 *The Curtain Raiser*

# Catfishing or Romance Fraud



**Fatima Altaf**  
Psychologist, Visual Artist

2 MINUTES READ

Catfishing refers to *when a person takes information and images, typically from other people, and uses them to create a new identity for themselves*. Some catfishing may be no more than an attempt from a lonely person to find things they are missing in real life: romance, excitement, an emotional thrill.

The catfisher uses this identity to trick other people into associating with them. In some cases, a single person is targeted for a catfishing attack. In these instances, a catfisher may develop an identity that they feel will appeal to their catfishing target. Catfishing has been common in online dating forums and websites. Catfisher can hide any or all of their true identity without being questioned, people would often fake certain aspects of their profile to attract their targets. This often includes using a profile picture they stole from someone else to appear more attractive. The catfish meaning also often includes falsifying professions, locations, and likes and dislikes. When someone only fakes a few or relatively insignificant elements of their identity, it is referred to as kitten fishing.

Why Is It Called Catfishing? The practice of catfishing online has been around for many years, simply because it is so easy to falsify your identity on the internet. The term “catfish” became popular after a documentary called Catfish was

released in 2010. Afterward, MTV launched a TV series called “Catfish” in 2012. Catfishing is therefore a form of cyberbullying because the target is harmed as the catfisher plays games with their mind. Cyberbullying involves repeated attempts to embarrass, humiliate, or harm someone using online resources.


People catch catfish for a number of reasons. Some do not involve hateful intent, while others directly seek to harm specific people. Some of the primary reasons behind catfishing include:

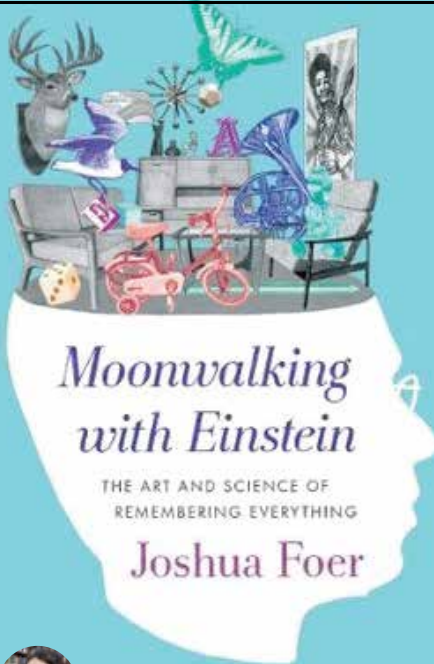
1. Insecurity
2. Concealing their identity
3. Mental illness
4. Revenge
5. Experimenting with sexual preferences
6. To harass their target

## How To Tell If You're Being Catfished

- Avoiding (video) calls and face-to-face meetings.
- No online presence.
- Very few friends or followers.
- A very recently created profile.
- Only using professional pictures.
- Stolen pictures.
- Asking for money.
- Asking for explicit images or videos.

Block the catfish on your social media accounts (and in the future only accept 'friends' you know). Block 'friends' you met through them too. Block them on your mobile. Change your email address, and be very careful about who you share it with.

 [astoriedmindd](#)



## Moonwalking with Einstein

THE ART AND SCIENCE OF  
REMEMBERING EVERYTHING

Joshua Foer



**Aqsa Zahoor**  
Mphil Scholar

2 MINUTES READ

Moonwalking with Einstein: The Art and Science of Remembering Everything is an extremely powerful narration about the journey of a young American Journalist while writing a story on the U.S Memory Championship. It is a book that defines science dealing with mental processes in a different way other than usual representation of scientific explanations. It is a fascinating attempt by Joshua Foer, telling his readers about his own flight for memory learning to improve memorizing things specifically. After the completion of the story, the writer asks himself what measures needed to adopt in order to achieve a strong memory. Certainly, it is not like

scientific explanations of the laws explained by Albert Einstein as the title of the book itself makes a sense to the reader after going through it. It makes us realize that humans are all a hotchpotch of their memories covering different levels of their lives.

“If you want to live a memorable life, you have to be a kind of a person who remembers to remember”.

In the first place, the writer comes in contact with his subjectivity and the prejudice of mind to generate questions for him. Then his memory struggles to nurture it by solving the puzzles and getting answers to store in his memory. While introducing the astonishing features of human memory, Joshua Foer presented memory status when a connection is made during a sign-up genre of consciousness and outer factors of human life. Secondly, the skills discussed here are resilient with science dealing with the social and personal life of a person. At the third place, the book tells the reader how the writer shifts his scientific logical thinking to psychological up-bringing of memory processes. People, especially young researchers may find a really thought-provoking charm in this book regardless of the title and the presentation of this book. It is an interesting book which provides exuberance to the reader with a medley of intellectual processes of memory. Subjectively, it offers the reader how to practice memory exercises by remembering some interesting and astonishing facts narrated in the book as a primary exercise.

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