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AZEEM ENGLISH MAGAZINE

MONTHLY



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EDITOR'S NOTE

Dear Readers,

As we bid farewell to winter and welcome the blossoming of nature, we are delighted to present our latest edition of AEM. This issue is a refreshing blend of inspiring articles, centered around topics that matter most to the youth of today.

With the arrival of spring, there's a sense of renewed hope, growth, and transformation in the air. Our team of dedicated writers has curated content that speaks to this spirit of renewal, covering everything from business and entrepreneurship to health and wellness, psychology, parenting, and lifestyle.

We hope that this issue will inspire you to embrace the season of change and make the most of the opportunities that come your way. As always, we value your feedback and suggestions on how we can better serve you.

Thanks!

Muhammad Ali Farooqi
Editor-in-Chief



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The Hunt for the Yeti

A Journey Through Myth and Reality

Paperclip

04 MINUTES READ

On the morning of September 10, 1960, the first man on Everest, Edmund Hillary, and his men set out to Rolwaling Valley, in Nepal. Sherpas from the valley had reported sightings of the elusive Abominable Snowman – the Yeti. Hillary wanted conclusive proof of its existence.

The hunt for the Yeti began centuries ago. Legend has it, Alexander the Great demanded to see a Yeti when he conquered the Indus Valley in 326 B.C. But, according to anecdotes, local people couldn't show him one because the creatures could

not survive at such low altitude.

In 1921, a Statesman journalist from Calcutta named Henry Newman interviewed a group of British explorers who had just returned from a Mount Everest expedition.

The explorers told the journalist they had discovered some very large footprints on the mountain. Due to a mistranslation, he christened the beast “Abominable Snowman”.

In the 1950s and early '60s, the Western world was in the grip of yeti mania. In 1951, the legendary mountaineer Eric Shipton photographed what he believed to be yeti tracks in northeastern Nepal.

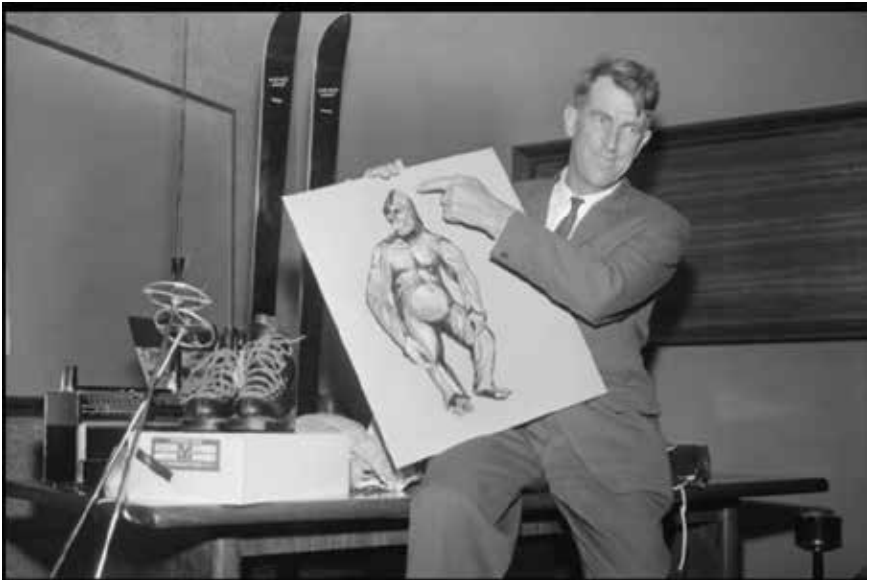


IMAGE SOURCE: PAPERCLIP

On March 19, 1954, the Daily Mail published an article that talked about expedition teams obtaining hair specimens from what was alleged to be a Yeti scalp found in the Pangboche monastery. The hair was black to dark brown in color in dim light, and fox red in the sunlight.

The hair was analysed by Professor Frederic Wood Jones, an expert in human and comparative anatomy. He concluded that the hair was not actually from a scalp, but from the shoulder of a coarse-haired hoofed animal.

In 1954, Calcutta-born ornithologist Biswamoy Biswas too tried examining the Pangboche scalp, purported to be from a Yeti. There was no conclusive evidence that this belonged to a Yeti.

It was in this spirit that the Hillary expedition set off. The nine-month expedition would go on to study the effects of long-term exposure to high altitudes on human fitness after the search for the Yeti was concluded.

The expedition group (backed by the World Book Encyclopedia) would research local stories and other evidence of Yeti body parts. Their ultimate goal was to find a thumping Yeti, alive and kicking.

The Yeti is believed to be a mysterious bipedal creature living in the mountains of Asia. It is apparently muscular, covered with dark greyish or reddish-brown hair, and weighs between 90 and 180 kg.

It is a menacing, ominous character in ancient legends and folklore of the Himalaya people that sometimes leaves its tracks in the snow.

The group was well prepared with an arsenal of defence which included tranquilliser guns, rifles, shotguns, tear gas pistols and light arms. None of this was used, as they mostly only found footprints.

Hillary dismissed the prints as having been made by snow leopards or wolves and claimed that he needed convincing proof.

After photographing, measuring, sketching and making casts with plaster of Paris, it was clear that these prints were made by the hot sun, which expanded the prints of small animals into Yeti-sized footprints.

Other "evidence" included fake relics being sold at exorbitant prices. However, a Yeti hand was found at a monastery. An analysis of a photograph revealed it to most likely be a human hand strung together with wire.

Likewise, the numerous yeti skins shown to the expedition team—mostly blue-black with a white stripe across the shoulders—were widely agreed to belong to the Tibetan blue bear.

Three Yeti "scalps" held at local monasteries were the hardest pieces of evidence to disprove. After much wrangling, Hillary was given permission to take one scalp abroad for one month to be examined by scientists in Paris, Chicago, and London.

Eventually, the scientists agreed the scalp was likely a fake, possibly constructed from the skin of a serow, a goat-like creature found in the Himalayas. Hillary accepted that there was no credible proof of the existence of the Yeti.

Despite dozens of expeditions in the remote mountain regions of Russia, China and Nepal, the existence of the Yeti remains unproven. Even the Indian army found footprints close to the Makalu Base Camp in 2019. Yet, the Yeti continues to remain a myth.

The Art of Choosing the Right Lens

ANAMORPHIC VS. SPHERICAL

AEM

04 MINUTES READ

Since the invention of cameras, most lenses have been spherically named for the shape of the glass elements inside. And the aspect ratio of 35-millimeter film stock was standardized at 4:3. Which means films captured and projected a nearly square image.

An anamorphic lens is a type of camera lens that has the ability to capture a wider aspect ratio, such as 2.35:1, compared to a standard spherical lens. Anamorphic lenses are designed to stretch the image horizontally while maintaining a natural, undistorted look. This allows for a wider, more cinematic image that captures more of the scene, including more of the foreground and background.

Anamorphic lenses are often used in film and video production to create a cinematic look and feel. They are particularly popular in the production of movies and television shows, as they allow for a wider, more expansive image that is often associated with the cinematic experience.

Anamorphic lenses differ from spherical lenses in several key ways.

Spherical lenses are designed to capture a standard aspect ratio, such



as 16:9, and do not stretch or distort the image. They are often used in video production, as well as in photography and other forms of image capture. Spherical lenses are typically less expensive than anamorphic lenses and are more widely available.

Anamorphic lenses also have a different **bokeh**, which is the aesthetic quality of the out-of-focus area of a photograph. Anamorphic lenses have a distinctive oval-shaped bokeh, while spherical lenses have a round bokeh. This is due to the shape of the aperture in an anamorphic lens, which is elongated horizontally to match the aspect ratio of the image it

IMAGE SOURCE : ARRI

is capturing.

Anamorphic lenses also have a different **depth of field** compared to spherical lenses. Anamorphic lenses have a shallower depth of field, which means that the area in focus is more limited and the background and foreground are more blurred. This can be used to create a more dramatic and cinematic look, as well as to draw attention to a specific subject in the frame.

Another key difference between anamorphic and spherical lenses is the way they handle **distortion**. Anamorphic lenses are designed to stretch the image horizontally, which can cause distortion in the vertical axis. Spherical lenses, on the other hand, do not cause distortion in the image. This means that anamorphic lenses require more precise alignment and focus to achieve the desired results, while spherical lenses are generally easier to use and achieve a more consistent image.

Anamorphic lenses have been used in many Hollywood movies over the years to create a cinematic and rich look. Some examples include:

“The Grand Budapest Hotel” (2014) directed by Wes Anderson. The movie was shot using anamorphic lenses, which helped to create the unique, whimsical look and feel of the film.



“Inception” (2010) directed by Christopher Nolan. The movie was shot using anamorphic lenses, which helped to create the disorienting, dreamlike feel of the film and the visual elements such as the famous rotating hallway scene.

“The Hateful Eight” (2015) directed by Quentin Tarantino. The movie was shot using anamorphic lenses, which helped to create the wide and expansive look of the film and the snowy landscape.

“The Revenant” (2015) directed by Alejandro G. Iñárritu. The movie was shot using anamorphic lenses, which helped to create the epic and grandiose look of the film and the natural landscapes.

In **Scott Pilgrim Vs. The World (2010)**, the non-fight scenes shot spherically, while fight scenes shot anamorphic.

In **Uncut Gems (2019)**, **Logan (2017)**, **Once Upon a Time in Hollywood (2019)**, **Booksmart (2019)** anamorphic lens was used. While in **“The Irishman (2019)”**, a spherical lens was used.

Anamorphic lenses continue to be a popular choice among filmmakers and cinematographers, as they offer a unique and powerful way to capture the beauty and drama of the film.

In conclusion, anamorphic lenses are a valuable tool for capturing a cinematic and expansive look in film and video production. They offer a unique and powerful way to create a more dramatic and immersive experience, and continue to be a popular choice among filmmakers and cinematographers. Examples of their use can be seen in many Hollywood movies, and their use is also increasing in other fields such as commercials, documentaries and music videos.

Is Life 'Really' Suffering?





Armughan Munir
Transformation Coach,
Student, Podcaster

06 MINUTES READ

There's a short answer to this question and a long one.

Let's hear the short one first:

Yes.

Alright bye. You can move on to Social Media now. (Light humor)
So, The real question is, What did Buddha really mean when he said

"All of life is suffering".

Not only did he say this. He labeled it as the **first noble truth**. By this time, This is what most of us have going in our heads

"That's just BS. Buddha didn't know what he was talking about. You gotta be positive and all".

A side note here: Suffering doesn't mean physical pain. Suffering can be emotional & mental too. Infact, the kind of suffering Buddha referred to falls under the category of emotional/mental/psychological.

Buddha saw that old people were suffering, young people were suffering. *Rich people, Poor people, Healthy people, Sick people.*

Punchline: People. Suffering.

Desperate to find the answer. He found a Bodhi tree and sat under it for 40 days. In 40 days, He found the answer and shared it with people. What did he say the cause of suffering was? Oh yeah. **Desire**.

"The cause of suffering is Desire"
That's the second noble truth.

Desire? (or Preference?)

Isn't desire supposed to be positive? Isn't desire the force that causes creation? How can desire be the cause?

For the people who think this is gonna be an article on Buddhism. Think again. We are gonna shift gears here.

We all know the story of Adam & Eve, right?

A funny yet legitimate question most people have is, "If Adam and Eve made the mistake, Why do I have to suffer the consequences? It's not justice".

The story goes something like this, Adam and Eve were the first human pair. Their place of living was the **Garden of Eden aka the biblical paradise**. What a life they had!

It was paradise, pure heaven. But like all good stories, there must be a fall. It's called the Fall from the Garden. Adam and Eve's temptation leads to downfall in paradise.

The key thing to notice in this story is "The Tree of Self-knowledge".

Isn't knowledge a good thing? If it's a good thing then why did God forbid it?

What he forbade Adam from is 'Self-knowledge'.

The knowledge of the self aka EGO.

Let's shift gears once more.

To make a very long story short,

We earthlings have a moment when we are born. We also have one when we die. In between that short period, We have this thing called 'Life'. It's an experience (or a collection of experiences).

All of modern psychology tells us that we have experiences that generally fall into one of three categories:

1. Neutral
2. Positive (Pleasure)
3. Negative (Pain)

The neutral ones are okay i.e the mind is okay with them.

The positive and negative ones, however. They are the real trouble-makers. As we grow up, We store the positive experiences (**clinging**) because we want to experience them again. And, We store the negative ones too (**resistance**) because we want to avoid them at all costs.

If, when you were growing up, you had a **beautiful white cat** and she was your only friend. Your mommy and daddy didn't let you go outside and play. The cat was your only mate. When you grow up to be 50 years of age. You become a cat-lover.

However, If you had the same white cat but one time she bit you really hard. You lost some blood and had to spend some time in the hospital. You grow up to be more of a dog person.

Same cat, Different experiences
Hence,

“Man is a sum of learned
experiences”

— B.F Skinner

Based on your past experiences, You start to define yourself as a person who likes one thing and dislikes another. *You strongly desire the things/experiences you like and likewise, You are scared of the experi-*

ences that you don't want to happen.

If you were married to Ben but then the marriage ended up in a horrible divorce. 30 years later, You go to a party and hear the name, Ben. Guess what? you'll feel the same suffering you did 30 years ago. (*Is it that far out? I don't think so*).

Instead of experiencing life. You work hard in order to get what you want and avoid what you don't want.

*“Through the sweat of your face, you
shall eat bread”*

— Genesis 3:19

Now in order to be happy. You need things to be one (and only one) fixed way.

You define yourself as the person who wants this and hates that. You build an ego. Instead of experiencing the moments of life in their fullness. You limit yourself to an 'If-Then' model of happiness.

For example,

If my significant other wishes me on my birthday exactly at 11:59 pm, then and only then I can know that he loves me.

I can only fall in love with a person whose height is 6'4", not 6' 1" cause that's really short neither 6'6" cause that's really tall. He must make 81,934\$/year more or less. He must wake up everyday to make me my breakfast. He must never leave the toilet seat up. and the list goes on (**Far out?**)

It's amazing how this model of ego defines all of human relationships. Most People get married based on their own desires (I know they don't accept this). They do love the other person for sure, but only till he/she fulfills the list.

This is why there's a honeymoon phase and after that most relationships (52%) fall apart. This happens not only with relationships but with everything that you define to be a certain thing (your body, finances, career, etc.)

Back to what Buddha said,

If you are living from that model you just built. All of life really is suffering.

It's suffering because you have desires or preferences. Buddha wasn't wrong at all. Not only do you have to ask life to follow the model you just built. You go to war with it. You work hard to do things to be a certain way. Even if you get things to perfectly line up the way you want them. You gotta remember something, **Impermanence**. Things never stay in the same place for all of the time, not even a single atom in creation.

Is this all human beings are destined for? Thankfully, NO

That's where the 3rd Noble Truth comes in.

“To end suffering, end desire”

This challenge is only for the most daring ones. What would life be like if you had no preferences?

In other words, What if you didn't live on the model based on your past? What if you didn't let your past determine your future?

The short answer (for the sake of this article's length) is that life would be beyond beautiful.

Here the paradox lies,

If you give up the conditions you

have in order for you to be happy. You feel a river of it inside of you.

That's what Buddha wants you to feel. He doesn't want you to limit your happiness to fleeting moments. He wants you to experience it all the time without any exception.

When you get into a relationship, why does the love have to die out after a few years?

Why can't you be madly in love all of your life? (you can!)

Why can't you be in love with life?

Experience every moment just like a kiss. All of the creation brings you to that moment and vice versa. It's a beautiful kiss between you and the dance of creation. Every. Single. Moment.

That's a standard I aim to live at.

Excited, escatic, and filled with unconditional love for every single moment. Even the ones we label as **bad**.

They are all a part of your experience of life. So what?

The only person your happiness depends upon is YOU. Period.

That's the real human potential.

How do you embody that happiness? That's a topic for another blog. Short answer? Let go of your conditions.

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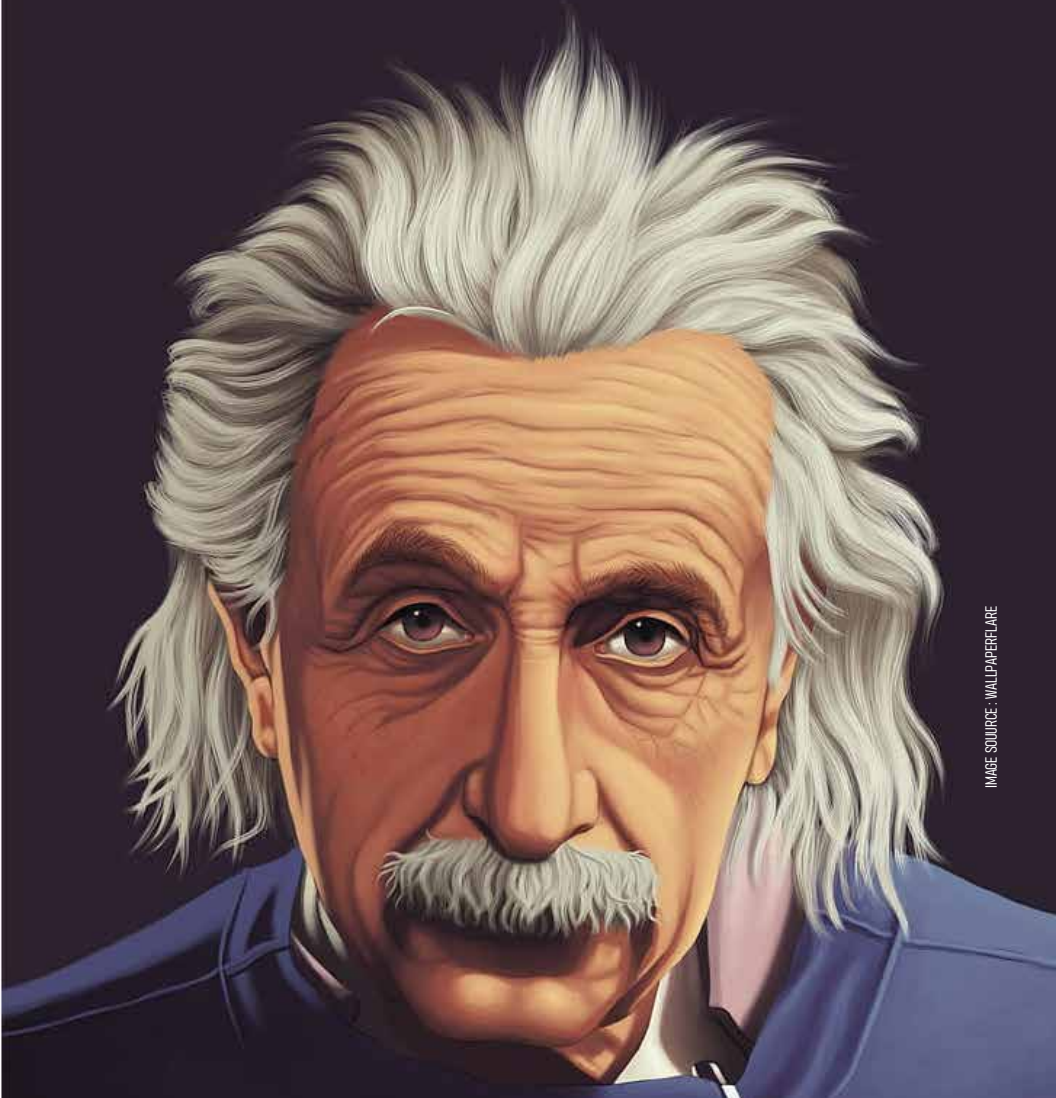


IMAGE SOURCE: WALLPAPERFLARE

What If Einstein Was Alive?

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

02 MINUTES READ

Whenever we hear the term Physics, one name clicks into our mind – Albert Einstein. Albert Einstein was a German-born theoretical physicist and philosopher of science whose estimated IQ scores range from 205 to 225 by different measures. But what if Einstein had never existed? Would others have come along and made precisely the same advances? Would those advances have come quickly, or would they have taken such a long time that some of them might not yet have occurred? Would it have taken a genius of equal magnitude to bring his great achievements to fruition? It's a fascinating question to explore. Einstein's legacy in physics is significant. Here are some of the key scientific principles that he pioneered: Theory of Special Relativity, Unified Field Theory, Theory of General Relativity, Gravitational Waves, Gravitational Lensing, Mercury's Orbit, Black Holes $E=mc^2$ gave rise to the atomic bomb and the nuclear arms race. Knowing that he was mostly responsible for causing the atomic bomb's eventual discovery, Einstein slipped into a period of great depression.

He believed himself to be a pacifist. Surely the Theory of Relativity is used every day by physicists in their increasingly complex endeavours. But its effects can be seen in our everyday lives too. None of the following things would be possible without Einstein's two theories of relativity: GPS systems, televisions, nuclear power plants, remote control devices, lasers, DVD-players and many others. Oh, and I nearly forgot to mention the

universe itself.

It's the blessing of renowned scientists that in present times, remarkably, the sectors of Virtual Reality, Internet of Things (IoT), and Artificial Intelligence (AI) will be the mainstream in various risk-resolving aspects in our daily routine life. The unbelievable will be believable in the future.

This article elaborates on the possible inventions in 2050 suggested by the foremost futurists who think these inventions can reshape the course of the world. "Space Vacations!" one of the most intriguing predictions. Rocket companies like Jeff Bezos' Blue Origin and Elon's SpaceX are seamlessly trying to make this vision come true.

Hyperloop is a transportation concept beyond expectations which was founded and developed by Tesla. In the future, it is believed that Hyperloop will become a global chain of transportation and will change the perception of people towards transportation.

The possibility of AI-enabled Human Robots is massive. "Reincarnation or Rebirth of People," sounds weird and strange, I know! But according to one of the top futurists Kurzweil, in the future, with the growth of nanobots technology with improvement in scanning machinery, we would be able to send them into a human's brain to extract memories of their loved ones or dead people.

With the technology of augmented DNA Sampling, we can extract one's DNA from people's memory and be able to create a virtual convincing version of them. This extraordinary genius led us to believe that even if Einstein had never existed, general relativity would eventually have fallen into the realm of human knowledge.

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IMAGES SOURCE : PULXAYACHA

Astrology PART - II

The Science of Fortune Telling



Zubair Chishti
Lecturer, Writer, Researcher

06 MINUTES READ

Heavenly Bodies; The Fate Hardware

In our Milky Way Galaxy there is such Heavenly Bodies hardware that is driving human life with such software that has been explored by Astrology silently running in it. It is understood that somebody having Almighty capacity (God himself; as nobody else possesses such gigantic wisdom, authority) created this hardware, installed software, and gave a momentum to run it on a planned automatic mode.

Astrologers have derived the 'Fate Software' from four Heavenly Bodies made up of different qualities of matter: these four entities constitute collaborated & simultaneously interactive phenomena. Astronomy has brought Astrology to a certain level, that it can fairly be acknowledged as the Science of Human Fate.

How the Human Fortune-Software Works?

Only Astrology explains how this Fortune Software works. The 12 number signs rotate around the Earth due to Earth spin around its axis, and 12 number planets of the Solar System; these two categories of heavenly bodies are 24 number remote-controls; making transits & mutual angles; they form different interactive combinations among them & throw their reflected rays to human mind according to their good and bad positions that they undergo while voyaging around the Earth. Then humans perform certain planning, decision making and actions in daily life. This extremely intelligent, complex and sensitive

software activates using cosmic light as source energy. Transforming that energy into electric signal commands to Earth via Heavenly Bodies compounding their matter effects into. Following are main four types of hardware heavenly bodies simultaneously active and involved in the Fortune System:

1. There are 12 equal size shapes made up of fixed stars constellations situated in the 360 degree circle around our galaxy 'the Milky Way'. These shaping constellations of fixed stars forming signs are called Zodiac Signs. These are named: Aries, Taurus, Gemini, and Cancer, so on up to Pisces.
2. Then comes 12 Houses; these are 12 equal divisions of 360 degree circle in space from Earth to the outside boundary of our Solar System called 'Houses'; this is the open space area where rotation of the Solar System planets takes place in orbits around the Earth.
3. There are 12 planets of the Solar System named: the Star Sun, Mercury, Venus, the Moon (satellite of the Earth), Mars, Jupiter, Saturn, Uranus, Neptune, and Pluto.
4. Lastly, orbiting movements of the Solar System around the Star Sun through the Signs and Houses of the Birth Chart.

From these 12 signs to the Earth's surface, there is a huge cosmic gap, and this gap is also divided into 12 parts directly underneath the zodiac signs. These 12 divisions of the cosmic gap are called 12 houses. The 12 signs throw their effects on the Earth's surface through these 12 houses reflecting the solar system. The Moon and the Sun along with its solar system always keep their voyage

continued around the Earth. The cosmic lights and sunlight add together and pass through the signs constellation of the zodiac then reflect from Solar System Heavenly Bodies carrying their effects, crossing through the houses to reach the Earth surface showering on the Earth.

The Birth Chart

A map is made adding the positions of twelve signs, houses, and planets positions according to the exact date, time and place of birth of a person called the birth chart or a horoscope. Astrologers read the horoscope to read one's personality, make future plans and predict possible events of life. The record of all life of a person is

safe in his/her birth time. The exact date, time, and the place/city of a person's birth are the most important data of one's life. This vital data must be kept always safe, so that astrologers can look into one's life path through his/her fortune book that is only possible to open with this data. And astrologers can devise solutions to the problems of person's and better plan his future & life on the whole.

Occult, Astrology and Islam

The world of today knows only a few occult sciences by name, and yes; scientists can now claim to be researching them. But, Islamic spiritual occult has always been the greatest heritage of spirituality in Islam

IMAGES SOURCE: EGYPTIANSTREETS

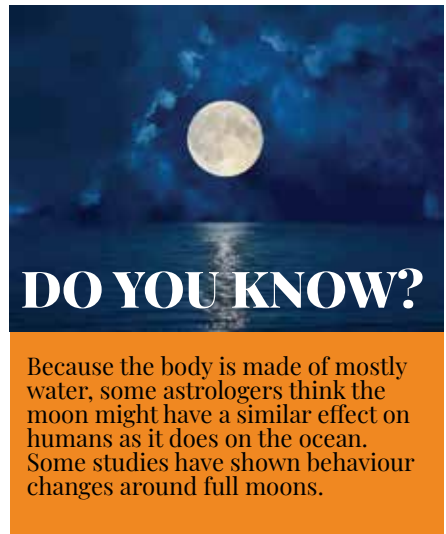


which is beyond the limits of matter, time, and space. Not only astrology, but a variety of spiritual knowledge combinations has been a great asset of Muslim researchers and scholars. The role of Islam (the Holy Qur'an, the prophets of Allah, the scholars of Islam, and the friends of Allah) in the occult has always been overwhelming. The Friends of Allah (the real Islam practicing and God-fearing spiritual people); the Muslim researchers and astrologers have given the most revolutionary growth to all occult and astrology through spirituality. They always used the spiritual occult as a great source of guidance to their beloved friends, trainees and taught strength of faith to their followers and pupils of *Shariah*, spirituality, and *tariqat*. Certain holy prophets of Allah had astrology as one of their miracles/tools bestowed to them by God/Allah Almighty. Ancient Islamic Astrology believes that Hazrat Adam (AS) was the first human being who was revealed/taught astrology by Hazrat Gabriel (AS) on the command of Allah Almighty. Hazrat Idrees (AS), Hazrat Irmia (AS), Hazrat Noah (AS) and many more prophets had contributed to occult and astrology. Even the Chief of the Prophethood: the Muslims' Holy Prophet Muhammad (PBUH) had also unveiled many pieces of astrology in many of his hadiths from time to time. The Holy Qur'an has also given many clues of astrology in different chapters and verses especially Sura-tul-Burooj Ch-30 and has left the research work to mankind to dig it out more to prove its existence materially and scientifically. The Holy Phenomenon of Lauh-e-Mahfooz and certain pieces of hadith-e-Prophet also gave us his sayings of the definite existence of

such a preset system in the skies managing life cycle, events and matters of human life. As many are desirous of his oceans of spiritual occult knowledge God Almighty uses to reward His (AM) loving friends through meditation, revelation, intuition, dreams, and in many other ways. Occult and Astrology is the part and parcel of spirituality and *tariqat* in Islam. But the variety of spiritual knowledge, the deepest and the most sensitive pieces of knowledge are only bestowed by Allah to those who are the real followers, and lovers of Allah, His Almighty's last Prophet Hazrat Muhammad (PBUH), and to those who are the real practicing Muslims; and those who have completed their belief, faith, and conviction in Allah's oneness and His almighty, and have bowed their intentions, heads, and hearts to Allah forever.

To be continued.....

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HOW TO DO CPR THE RIGHT WAY?

AEM

04 MINUTES READ

Cardiopulmonary Resuscitation (CPR) is a life-saving technique that can be used to revive a person whose heart has stopped beating. It is a combination of chest compressions and rescue breathing that helps to circulate oxygen to the brain and other vital organs until medical help arrives.

According to the World Health Organization (WHO), 17.9 million people die each year from cardiovascular diseases, and many of these deaths could be prevented if CPR was performed quickly and correctly.

CPR has been around for over 100 years and has saved countless lives over the years. It's a technique that is simple to learn but can make a huge

difference in an emergency situation. It's a technique that can be performed by anyone, regardless of their age, physical ability or medical background.

One of the most interesting things about CPR is that it can help to revive a person whose heart has stopped beating for several minutes. Studies have shown that even after a person's heart has stopped beating for several minutes, CPR can still help to revive them if it is performed quickly and correctly. This is because CPR helps to circulate oxygen to the brain and other vital organs, which can help to preserve brain function and increase the chances of survival.

Knowing how to properly administer CPR is essential for anyone who wants to be prepared to save a life in an emergency situation. Here is a



IMAGE SOURCE: FREEPK

step-by-step guide on how to give CPR in the right way:

Check for Responsiveness:

Before beginning CPR, check to see if the person is responsive by tapping them on the shoulder and asking if they are okay. If they do not respond, call for emergency medical help immediately and begin CPR.

Position the Person:

Lay the person on a flat surface and kneel down beside them. Position your hands in the center of the person's chest, with one hand on top of the other.

Begin Chest Compressions:

Compress the person's chest at least 2 inches deep and at a rate of about 100 to 120 compressions per minute. These compressions help to circulate blood and oxygen to the brain and other vital organs.

Deliver Rescue Breaths:

After 30 compressions, give the person two rescue breaths by tilting their head back slightly, pinching their nose closed, and blowing air into their mouth until their chest rises.

Repeat:

Continue to give 30 compressions and two rescue breaths until emergency medical help arrives.

It's important to note that during the COVID-19 pandemic, the recommendations for administering CPR have changed. Check for the latest guidelines from the World Health Organization (WHO) or the Centers for Disease Control and Prevention (CDC) before administering CPR, as it may include added precautions to protect yourself and the person receiving CPR from the spread of the

virus.

If the person is responsive and breathing, do not administer CPR. Instead, monitor their breathing and call for emergency medical help.

Proper training and taking a CPR class can help you learn the proper technique, understand when it is appropriate to use CPR, and give you the confidence to act in an emergency. Remember that CPR is not a substitute for emergency medical care, it's a life support measure that helps to keep a person alive until they can receive medical treatment. Once emergency medical help arrives, they will take over and provide the necessary care to revive the person.

CPR is also a technique that is constantly evolving. Over the years, the recommended guidelines for CPR have changed as new research and technology become available. For example, in the past, CPR was primarily focused on chest compressions and rescue breathing, but now it also includes the use of an automated external defibrillator (AED) which is a device that helps to restore the person's normal heart rhythm.

Another interesting thing about CPR is that it is not just used in emergency medical situations. It is also used in a variety of other fields such as swimming and diving, where it is used to revive people who have drowned. Additionally, CPR is also taught in many workplaces as a safety measure to protect employees in case of an emergency.

In conclusion, CPR is a life-saving technique that has saved countless lives over the years. It's a simple technique that can be performed by anyone, regardless of their age, physical ability or medical background.



VAPING AND FADING IMMUNITY: A GROWING CONCERN

AEM

04 MINUTES READ

E-cigarettes, or vaping, has become a popular alternative to smoking, with many people seeing it as a safer option. However, new research is emerging that suggests e-cigarettes may be just as harmful as traditional cigarettes. A recent study conducted by researchers at McGill University found that vaping causes significant cellular and molecular changes in mice, which change the way information is read from their DNA. The long-term effects of these changes on the human body are not yet known, and more research is needed to fully understand the potential health risks associated with vaping.

Multiple studies have shown that vaping can negatively impact the immune system. The chemicals in e-cigarette aerosol have been shown to impair the functioning of immune

cells, increase oxidative stress and inflammation in the body, and decrease immunity. This increases the risk of infections and diseases. Another study conducted by researchers at the University of Rochester Medical Center found that use of e-cigarette was associated with increased oxidative stress and inflammation in the lungs, which can damage the immune system.

In addition to its effects on the immune system, vaping has also been associated with negative effects on respiratory health. A study conducted by Carolyn Baglole, a researcher at the University of Western Ontario, found that e-cigarette use was associated with increased airway resistance, inflammation, and oxidative stress, as well as a decreased ability to clear mucus from the lungs. The study also found that use of e-cigarette was associated with

IMAGE SOURCE: VAPINGDAILY

increased levels of harmful chemicals in the respiratory tract, such as formaldehyde and acrolein, which can cause damage to the airway epithelium and lead to increased airway resistance, inflammation, and oxidative stress.

The findings of these studies highlight the importance of considering the potential health risks associated with e-cigarette use. While e-cigarettes may be marketed as a safer alternative to smoking, the evidence suggests that they may be just as harmful, if not more so, to our health. It is crucial for individuals to be aware of the potential risks and to consider the long-term effects on their health before using e-cigarettes.

In addition to the studies mentioned above, there have been other studies that have looked at the effects of vaping on human health. For example, a study published in the *New England Journal of Medicine* found that e-cigarette use was associated with a higher risk of heart attacks and strokes. The study found that e-cigarette users were more likely to suffer from heart attacks and strokes compared to non-users, which may be due to the increased oxidative stress and inflammation caused by e-cigarette aerosol.

Furthermore, the use of e-cigarettes has also been linked to an increased risk of lung cancer. A study published in the journal *"Radiation Research"* found that exposure to e-cigarette aerosol can cause DNA damage in human lung cells, which can lead to the development of cancer. This is because the chemicals contained in e-cigarette aerosol, such as formaldehyde and acrolein, are known to cause DNA damage.

Moreover, the use of e-cigarettes has also been linked to an increased

risk of mental health problems. A study published in the journal *"JAMA Psychiatry"* found that e-cigarette use was associated with a higher risk of depression and anxiety. The study found that e-cigarette users were more likely to suffer from depression and anxiety compared to non-users, which may be due to the toxic effects of e-cigarette aerosol on the brain.

In light of the growing evidence of the negative health effects of e-cigarettes, it is important for individuals to be aware of the potential health risks associated with vaping. Moreover, there is a need for further research to better understand the long-term effects of e-cigarette use on human health. This is particularly important for individuals who are considering using e-cigarettes as a way to quit smoking, as the long-term health effects of e-cigarettes are still largely unknown.

To conclude, we can say that vaping is associated with negative effects on both the immune system and respiratory health. The chemicals in e-cigarette aerosol have been shown to impair the functioning of immune cells, increase oxidative stress and inflammation, and decrease immunity, increasing the risk of infections and diseases. Additionally, e-cigarette use is associated with increased airway resistance, inflammation, and oxidative stress, as well as a decreased ability to clear mucus from the lungs and increased levels of harmful chemicals in the respiratory tract. It is important for individuals to be aware of these potential health risks and to consider the long-term effects on their health before using e-cigarettes.

A pair of hands, one above the other, gently cradling a bright red, glossy heart. The background is a soft, light blue gradient.

Gratitude and Emotional Stability



Hira Mehmood
Clinical Psychologist,
Certified Hypnotherapist

04 MINUTES READ

Human reactions to events are characterized by emotions. The nature of a person's reaction is determined by the context in which the emotion arises. When someone positively receives something, they are filled with joy. When a person is helpless, they are depressed. In a single day, we experience millions of emotions, including happiness, sadness, excitement, disgust, anger, confusion, thanks to others, frustration, and much more.

Our emotions have a significant impact on our daily lives. We make choices about the next phase based on our emotions. We choose interests and pastimes based on the emotions they elicit. Knowing our emotions can help us manage our lives more easily and progressively.

Emotions prompt certain behaviors, which result in consequences.

According to various studies, the healthiest emotion of all time is "GRATITUDE." The term gratitude refers to the feeling of being thankful for others or being present to appreciate others' positive efforts or assistance. It is one of the healthiest and most positive emotions, assisting the individual in focusing on the worthy blessings in their life. Simply, it is the feeling of being grateful for our blessings. You may be thankful for having your parents or siblings, clothes, water, someone who can cook for you, a mobile phone that helps us all in numerous ways, and a plethora of things.

Just pause while reading this and think of 10 things you are thankful for, it will create a feeling of gratitude.

Other factors associated with gratitude include innovative hopes, faith in life, reciprocity, thankfulness, happiness, feeling blessed, success, satisfaction, and relaxation. These emotions will make you feel relaxed and at ease in one's ordinary routine.

IMAGE SOURCE: IFC

Life is chock-full of obstacles and challenges; we tend to concentrate on the unpleasant aspects of life while downplaying the positive. As humans, we should scrutinize our emotions and keep striving for a healthy routine of being grateful for our blessings.

Neurotransmitters play a great role in our emotions for the brain's ability to regulate mood. Now that we know, the system's workings don't just depend on neurotransmitters. But let's also not downplay their significance. They are deeply involved in how nerve cells communicate with one another." When the communication between nerve cells is impaired or connected in a strong link in any way, we're more likely to experience emotional regulation.

When gratitude is practiced regularly, its effects can be very similar to those of prescription drugs. The physiological basis for this feeling of lasting happiness and contentment is at the neurotransmitter level.

Dopamine and serotonin, two important neurotransmitters responsible for our emotions, are released by the brain when we express gratitude and receive it in return. They immediately lift our spirits and give us a genuine feeling of joy.

We can aid these neural pathways in strengthening ourselves and, in turn, develop a permanent grateful and positive nature within ourselves by consciously practicing gratitude every day.

A sign of thanks or a string of kind words from someone else can be considered an act of gratitude. But even these brief expressions of gratitude have a significant impact on how our bodies as a whole, particularly the brain and nervous system, function.

15 Days Challenge

Write a letter of gratitude daily for about 15 days whatever you are thankful towards things, people, emotions, etc.

Benefits of Writing a Letter of Gratitude

- Improves sleep quality
- Reduction in stress, depression, and anxiety
- Discontinues overthinking
- More satisfied life
- Release toxic emotions and catharsis toward positive
- Overcome cognitive distortions
- A feeling of being superior

Our brain is immediately dispatched to focus on what we have when we offer and receive "thank you" notes, resulting in self-motivation and a keen awareness of the present. Gratitude also stimulates the release of neurotransmitters that control our emotions, anxiety, and acute stress responses, such as serotonin, dopamine, and norepinephrine.

Don't be afraid to express your bliss. Notify yourself that you have made sacrifices for this and that you truly deserve it. Acknowledge your joy and be thankful for the moment, whether it is a huge accomplishment or a small success. Accepting happiness strengthens us and tends to make us more grateful for what we have. We learn to appreciate our efforts and better prepare ourselves for future challenges.

"Gratitude is a powerful catalyst for happiness"

@ hira85181@gmail.com



The Lesser-Known Self-Harms



Hafsa Shahzada
Clinical Psychologist & Socialist

04 MINUTES READ

Unexplained scars. Burn marks. Bruises. Poisoning. The donning of long-sleeved clothes. Staying fully covered at all times, even in the most humid of weather. Tell-tale signs of self-harm? Bingo. The only forms of self-harm that exist out there? Absolutely not.

For most of Generation Z, Gen. Alpha, and us Millennials, much of what we grew up viewing on TV or online has shaped our perceptions of self-harm as typically these kinds of social behaviors. Even to a point that we have grown to objectify these behaviors to the typical “self-harming individual”: an image of a depressed and or consistently aggressive youth, dressed in black, with long unkempt hair, dark eyeliner/kohl staining their eyes, and piercings decorating their face like starry constellations on the milky way-your everyday “emo” girl/boy.

Sounds familiar?

Self-harm is a range of various activities that individuals do to themselves to cope with painful or stressful emotions. Needless to say, all forms of self-harm are dangerous and toxic, hence why it is crucial to recognize and identify them. Although most people’s opinion of self-harm constitutes of “cutting/burning their skin”, “punching or hitting themselves”, or “poisoning themselves with tablets or toxic chemicals”, the truth is that self-harm is a much more complex phenomenon and in some cases, does not even “look” like self-harm.

The subtler and less obvious forms of self-harm are more emotional and psychological than physical in nature, as well as appear to be like self-punishment rather than self-harm. Examples of such “**lesser known self-harm**” behaviors include:

- Purposefully binge-eating (**bulimia nervosa**) or starving themselves (**anorexia nervosa**) until you feel sick or are actually sick
- Excessively exercising to the degree of hurting yourself or obsessing over

exercise

- Deliberately binge-drinking or consuming drugs to the point of being ill
- Frequent casual sex or violent sex, or oversharing sexual images of yourself online
- Punishing yourself by social withdrawal and self-isolation, or remaining in toxic relationships
- Negative self-talk. Constantly telling yourself you are worthless and denying yourself the things that make you happy.

There is a huge negative stigma attached to self-harm and those who are part of such behavior, particularly in our collectivistic Desi Brown culture. People often try to conceal the fact they are self-harming on account of the fear and guilt that overrides them after committing the action and are anxious about their behavior being seen. As a consequence, they earnestly attempt to perform that behavior in private without others noticing and desist from discussing the problem. In some cases, these are behaviors that hold some level of suicidal intent, for example, overdoses.

However, there is a fine line when it comes to the point of diagnosing these lesser-known self-harm behaviors. This grey area serves as the bridge between knowing; for example, if you do any of the behaviors listed above, it doesn't necessarily imply you are indulging in self-harm and knowing when it does. A vast many of us have felt sick unintentionally from gobbling one too many brownies, but in the majority of scenarios, that won't indicate we are self-harming.

The difference, therefore, is when it grows into an unhealthy obsessive

habit when it's chained up with emotional trauma and you are unable to resist stopping yourself.

So how can you identify if your behavior is self-harm?

- If you do something unhealthy or dangerous on a daily basis to distract yourself from the way you are feeling
- If it feels like a habit you cannot resist
- If you feel like self-destruction is easier than tackling your issues
- If you feel emotionally 'numb' and unhealthy behaviors help you to 'feel' something
- If you feel stuck in your head and you habitually use unhealthy(toxic)behavior to break free from your thoughts
- If you feel like you don't deserve to be happy

How to get help?

- Getting expert advice
- Counseling
- Boost your self-esteem
- Talking to someone you trust

Remember, it is often up to close family and friends to take note when somebody is self-harming. Approach the subject with care, empathy, and a listening ear. And remember, you are not alone. Good people exist, and they care for you. You just need to give them a chance.

@ hafsashahzada43@outlook.com

“

“The difference between ordinary and extraordinary is that little extra.”

- Jimmy Johnson

”

Farooqi's Guide to Sufism

Energy Points of *Lataif e A'lme Amr* (Metaphysical World)





Dr. Muhammad Azeem Farooqi
Religious Scholar, Academician,
Researcher

05 MINUTES READ

The Position, Color and Conditions of *Latifa e Qalb* (Energy Point of Heart)

From the five energy points of the metaphysical world, *Latifa e Qalb* (energy point of heart) is the first one. The place of the Energy point of heart is two fingers down to the left side in the chest.

Remember that the flesh of blood which is called the heart is different from the energy point of the heart. Although both are connected with the body, there is a huge difference in them. Like “Minar e Pakistan” and “Badshahi Mosque” are situated in Lahore close to each other but both have different status. In the same way the heart and *Latifa e Qalb* (energy point of the heart) are near to each other but there is a difference. How can this energy point be activated and annihilated?

The scholars say,

“Die before you die.”

Mian Muhammad Bakhsh says;

*Jewendian e mar jana howy tay wang
fakeeran rahiye
Jay koi kaddy gaal Alamma ty yar day
paron saeey*

(If anyone wishes to become everlasting, one must ignore the sufferers and trouble-creators.)

What is *Fana* (the Annihilation) of Heart?

Apparently when the heart ceases working, it is called the *Fana* (annihila-

tion) of the heart but inwardly it means to surrender all its wishes and desires before Allah and His Prophet’s (P.B.U.H) commandments. This is the real and spiritual annihilation of the heart.

To reject our all desires and to accept Allah’s and His Prophet’s desires is *Fana e Qalb*. *Fana e Qalb* is the appearance of the *Noor* (light) from Allah. Its sign is to forget everything except Allah. The attachment with Allah is so pure that one forgets everything even one can’t see, can’t understand, can’t sniff and can’t attach to anything else. There is only One that is Allah.

The duties that Allah does are called the *Fael* (actions) of Allah. He performs different actions. His tasks include management of the earth and the heavens. Allah is Omni-Present, The Pure, The Hearer, The Knowing of all visibles and the invisibles. When His blessings pours on and touches the heart of a true-seeker, the heart becomes bright, and when its darkness and ignorance vanishes, it is expurgated and purified from all evils of the world. It is called annihilation. The heart which glitters by the Graceful Blessings of Allah, it is called the ‘*Fana e Qalb*’.

In this situation the human heart wants to bow down before His orders. A man’s love, hatred, and anger is also for the sake of Allah. A man forgets everything when he remembers Allah *Kareem*.

Baba Bulleh Shah says;

*Kon koi main kon main arrio kon koi
main koi
Jiday naal main nion lagaya oho jiah
main koi*

(I am doubtful about my real existence because I have been

dissolved by my Lord and Sustainer's love and obedience.)

In this situation the Sufi always remains happy and in the remembrance of Allah Almighty. Sagar Siddiqui (a well-known hopeful urdu poet) elaborates this situation;

*Khayal e yaar main ham pur bahar rehty
hain*

Khizan k din bhi ham saazgar rehty hain

(I am thoroughly absorbed in my beloved's strong attachment. So, even autumn looks charming to me.)

The Fana (Annihilation) of Heart and Satisfaction

In this situation if a sincere Sufi gets troubles or sorrows, he doesn't take it to heart because he is intoxicated in remembrance of his Lord. He doesn't feel any pain or repentance.

The Cutted Arm of Hazrat Maaz (R.A)

In the battle of Badar, a companion of the Holy Prophet (P.B.U.H) Hazrat Maaz's (R.A) arm was cut off because of the stroke of an enemy's small string/piece of a sword. Only a little flesh of mass was connected. While fighting, he noticed that there was some kind of disruption. Then he noticed that his arm was cut off. He at once separated his arm from body with the help of his foot-jerk. He felt no fear or pain and again started fighting. This is called the '*Fana e Qalb*'. With the remembrance of Allah there is no pain at all, neither physical nor spiritual. Today, we are in such a situation that in a little trouble we start lamenting and raising hue and cry. We are indulged in depression and tension. This is the indication of not remembering Allah increasingly. No doubt, all the troubles and tensions vanish with the remem-

brance of Allah.

Allama Iqbal says,

Iraady jin kay pukhta hon nazar jinki

Khuda par ho

*Talatum khaiz mojon se wo ghabraya
nahi karty*

(Men of commitment and courage seek Allah's Bounties every moment and are never shaken by turmoil.)

The Incident of Darvesh Lahori (R.A)

Hazrat Ali Bin Usman Hijveri(R.A)

says;

"Once I went to meet an old pious man. He was delivering a sermon. I also sat there. For a while, a man entered and declared "*Huzoor*, your shipment carrying the luggage of millions of worth is drowned because of the sea storm. "He replied, " It's alright." Then again, he kept himself busy in teaching the Holy Quran. After a while that person came back again and said, "Congratulations dear Sir, that ship belonged to someone else that was sunk; Thanks Allah, "your ship has reached its destination quite safe and sound." He replied, "As Allah wishes.." This incident did not impact him a little.

These are the people who get comfort with remembrance of Allah. While exalting His Status, Allah says in the Holy Quran:

"Men whom, neither trade nor sale diverts them from the Remembrance of Allah (with heart and tongue)."

– Al Noor- 37

The Great Martyr of Karbala and Peace of Heart and Mind

In the battle of Karbala, 72 companions of Hazrat Imam Hussain (R.A) got martyred. There was not any fear. When the arrows were on the way in

the battle, Hazrat Imam Hussain came and said, Let me offer the prayer, This is the Fana e Qalb (annihilation of heart).

1- *Main tujhe dekh lon tu mujhe dekh ly
Dekhny ka maza aaj ki raat hy*

(You may visualize me and I must have close sight of you. This is the real night to consummate eternal love and passions.)

2- *Yaa rabb atta ho mujh ko wo makhsos
Roshni*

*Uthy jidhar nigah madina dikhaai day
Manzil meri wo shehr e makafat ho
kahan*

Zaron sy Aftab ubharta dikhaai day

(O my Lord! "I may be granted an ever-lasting light of intuition and passion. Wherever I look, there must

be your Existence, O my Sustainer.")

3- *Puch unhan non jinhan peeti ay
Fer unhan naal ki beeti ay
Jinhan adh vichkary torr ditti
Jai neeti jai naa neeti ay*

("You may ask for those who were endraughted purified bowl of love. Then they remained contented permanently.")

4- *Ye to un ki muhabbat ka asar hy warna
Kon rota hy lipat kar dar o deewar ke
sath*

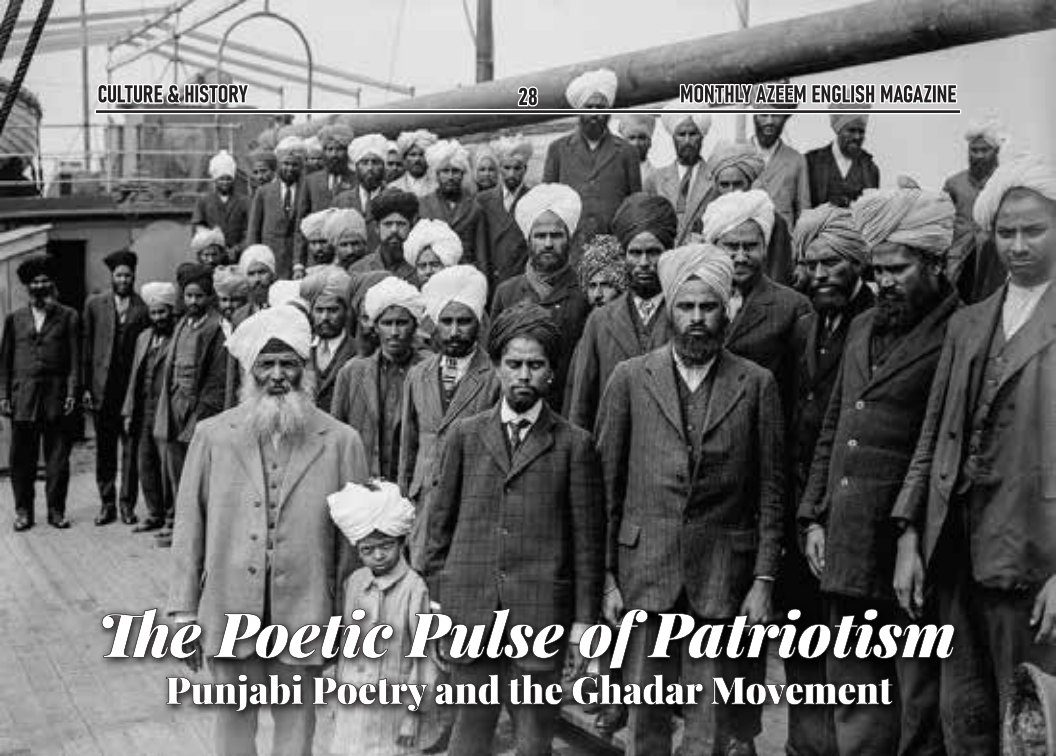
(This is the result of His love and favours otherwise no one keeps leisurely time to lament or mourn upon.)

To be continued.....

Dr. Muhammad Azeem Farooqi



ڈاکٹر محمد عظیم فاروقی کے ساتھ



The Poetic Pulse of Patriotism

Punjabi Poetry and the Ghadar Movement



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

04 MINUTES READ

The Ghadar Movement was a revolutionary movement launched by Indian immigrants in North America in 1913 with the goal of overthrowing British rule in India. The movement was characterized by its use of propaganda and mass mobilization as means of inspiring the Indian masses to resist British rule. The Ghadarites being the sons of the soil were aware of the fact that people of the Punjab love the words of honor and chivalry. So, they responded to this trait of the Punjabi blood and composed the words of resistance against the British Raj in the form of Punjabi Poetry.

This poetry became a crucial tool

in achieving the above said goals, as it was able to reach a large audience and resonate with the Punjabi people. The use of poetry in the Ghadar Movement allowed the Ghadarites to communicate their message in a way that was both powerful and accessible. Poems were recited at public gatherings, distributed as pamphlets, and even printed in Punjabi-language newspapers. The poems written by the Ghadarites were not only propaganda tools, but also expressions of their hopes, fears, and aspirations. Through their poems, the Ghadarites were able to convey their commitment to the cause of independence and to inspire others to join them.

One notable example of Punjabi poetry from the Ghadar Movement is the poem "*Sabh Tek hai Bhai*" (All are Brothers), written by Ghadarite poet

IMAGE SOURCE: JAMHOOR

Harnam Singh Shan. This poem called for unity and solidarity among the Indian people in the fight against British rule. The poem's powerful message of brotherhood and patriotism inspired many Punjabis to join the Ghadar Movement and resist oppression. The poem highlighted the importance of unity and the need for the Indian people to work together in order to achieve their common goal of independence.

Another example is the poem "*Jang-e-Azadi*" (War of Freedom), written by Ghadarite poet Ras Bihari Bose. This poem encouraged the Punjabi people to rise up against British rule and fight for their rights. Through its use of patriotic, nationalist, and anti-colonial sentiments, the poem inspired the masses to resist oppression and fight for freedom. The poem also challenged the notion that the British were invincible, reminding the Punjabi people of their own strength and bravery.

The role of Punjabi poetry in the Ghadar Movement was crucial in expanding its propaganda and inspiring the Punjabi people to take action against British rule. The powerful messages and sentiments expressed in the poems of the Ghadarites continue to inspire and serve as a reminder of the importance of resistance and the fight for freedom. This poetry remains a powerful testament to the courage and determination of the Punjabi people in their quest for independence and a reminder of the sacrifices made by the Ghadarites in their fight against British rule. Moreover, it showcased the creative abilities of Punjabi poets, who were not just political activists, but also artists in their own right.

Their poems blended political ideologies with literary beauty and

emotive language, which made it easier for their message to resonate with the masses. Through their poetry, the Ghadarites were able to tap into the collective consciousness of the Punjabi people, inspiring them to join the fight against British rule.

Furthermore, the poems of the Ghadar Movement were not only a reflection of the struggles of the Punjabi people, but also a source of hope and inspiration. They provided a voice to the oppressed and served as a reminder of the power of resistance. In a time when British rule in India was characterized by oppression, poverty, and exploitation, the poems of the Ghadarites provided a beacon of hope and a call to action.

The Punjabi poetry of the Ghadar Movement serves as an important historical document, not only documenting the events of the time, but also providing valuable insight into the thoughts, feelings, and motivations of the Ghadarites. These poems are a reminder of the sacrifices made by the Ghadarites and serve as a source of inspiration for future generations.

In conclusion, the role of Punjabi poetry in the Ghadar Movement cannot be overstated. It played a critical role in spreading the message of the Ghadarites, inspiring the Punjabi people to take action, and showcasing the courage and determination of the Punjabi people in their quest for independence. The Punjabi poetry of the Ghadar Movement continues to inspire and serves as a testament to the power of the written word and the human spirit.

 *poetic_spurs*

 **AEMAGAZINE.PK**

Freemasonry in Pakistan



Wajid Bhatti
Archeologist

04 MINUTES READ

Many people are unaware that Pakistan, prior to and even after independence, housed a plethora of Freemason lodges. Although Freema-

Mr. Rafique Khan, a Pakistani born in Rawalpindi in 1925 and writing for the website NativePakistan.com, states that Rawalpindi had three lodges, one of which was present in Rawalpindi Cantonment on Canning Road opposite of Gurgaon Dry Cleaners. This lodge used to be called "Jadoo Ghar" by the locals. Only



IMAGES SOURCE : TRIBUNE

sony is now banned in Pakistan, it enjoyed its apex under British rule. Freemasons had lodges throughout the country but have since been removed by a law passed by Mr. Bhutto in 1972. Lodges were present all over the country most notably in Karachi, Multan, Lahore, Rawalpindi, Murree, Peshawar, Kohat, Lyallpur (now Faisalabad), Chittagong (East Pakistan) etc.

members who had their rings engraved with the Masonic insignia were allowed inside.

The Freemasons are also infamous for their secret handshakes, grips, signs, symbols, and rituals which usually only members are privy to.

The locals used to recognize Masons by their secret and idiosyncratic handshakes that they would perform with each other. The lodges

included the Light in the Himalayas No.1448 which was under the Grand Lodge of Scotland, the Stewart Lodge No. 1960 and the Black Mountain Lodge No.1256. It is not sure which one of these three lodges was the "Jadoo Ghar" lodge on Canning Street.

Upon further tedious research and thanks to Lanes Masonic Records (a website), I found out that the Light in the Himalayas No.1448 was located in Murree (RWP district) and another lodge called Lodge Ramsay No.675 was also present in Rawalpindi in the year 1865. Lahore also has some history with regards to the Masons. The famous author of the Jungle Book, Rudyard Kipling, was made a Freemason at the Hope and Perseverance Lodge No.782 in Lahore.

This lodge was built in 1859 in Anarkali; its site on Lodge Road is now the Lady Maclagan Government High School. A second Masonic lodge was built in 1914 using the foundation stone of Hope and Perseverance Lodge on land which was once a garden. In the 1980s, the Heritage Foundation Pakistan and passionate Lahori citizens initiated a project to renovate the historic buildings on Mall road, including this one. This lodge later became the Punjab Chief Minister's Secretariat. The Masons claim that this building still belongs to them and have been locked in a litigation battle with Pakistan for decades.

There were several lodges in Karachi as well, namely Good Companions Lodge No.7180, Indus

Lodge No.4325, and Scinde Lodge No.4284. Another lodge named The Hope Lodge was also in the city, which dates back to 1824, but after Freemasonry's ban it was given to the Sindh Wildlife Department. Adjacent to the Governor House in Karachi, this lodge is located near Fawara Chowk. In 2009, renovations began to protect the building and to use the ground floor as a wildlife museum.

There was also a quiet popular lodge in Peshawar called the Khyber Lodge No.582 EC. The Lodge still has a



running website (www.khyberlodge.co.uk) which states that in British Indian Peshawar, it dominated the social scene. The building was used as a place of worship, hospital, library and meeting place. The Khyber lodge interestingly was the one to sponsor the Stewart Lodge No. 1960 in Rawalpindi in 1881 (mentioned above). From 1892 to 1912, the Khyber Lodge boasted of its importance as it contained one of the highest numbers of Freemasons in the entire district.

 *Wajid Bhatti*

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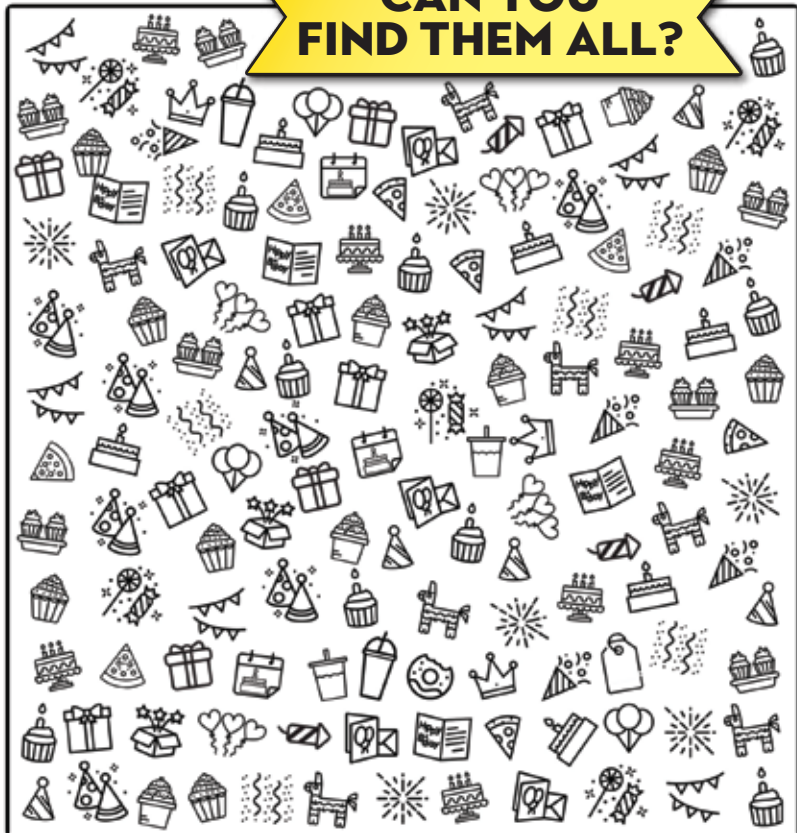
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EXPLORE THE MAGAZINE FOR KEY

FILL COLORS



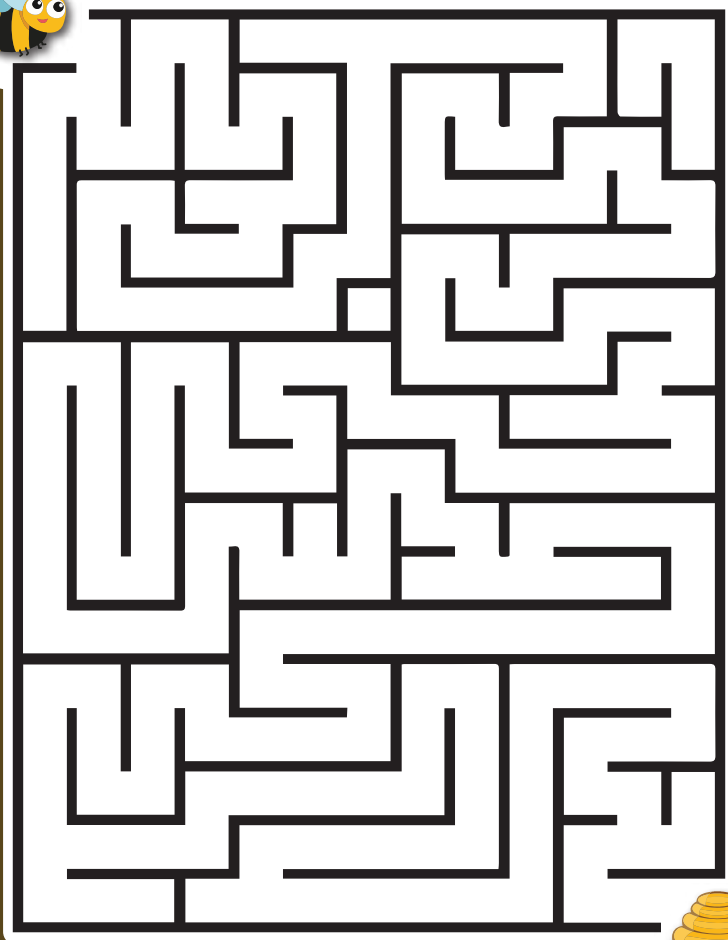
CAN YOU FIND THEM ALL?



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IMAGES SOURCE : PAPERTRALDESIGN

CAN YOU HELP THE BEE TO GET HOME?



HOW TO MAKE A MARBLE MAZE?



AEM

01 MINUTE READ

Materials Needed:

- A cardboard box
- Scissors or craft knife
- Ruler
- Pencil
- Hot glue gun
- Popsicle sticks
- Wooden dowels or straws
- Small balls or marbles
- Paint or markers (optional)

Instructions:

- Start by choosing the cardboard box you would like to use for the marble maze. It can be of any size, but a medium-sized box works well.
- Cut the flaps off the top of the box using scissors or a craft knife.
- With a ruler and a pencil, draw a design for the marble maze on the inside of the box. You can create a simple maze with one path, or a more complex one with multiple paths and obstacles.
- Once you have the design, use a hot glue gun to attach wooden dowels or straws to the maze to form the walls of the maze. The dowels should be

glued vertically along the lines of the maze to create the walls, and should be spaced closely together.

- After the glue has dried, take popsicle sticks and glue them horizontally across the dowels to create platforms for the marble to roll on. You can make these platforms different sizes and shapes to add more challenge to the maze.

- Once the platforms are glued in place, add any additional obstacles or features you want, such as ramps or tunnels, using popsicle sticks and hot glue.

- Let the glue dry completely, and then you can paint or decorate the maze with markers if desired.

- To play with the maze, simply place a small ball or marble at the beginning of the maze, and tilt the box back and forth to guide the ball through the maze to the end.

This DIY project is a great way to stimulate children's problem-solving skills and hand-eye coordination. Have fun making and playing with your own homemade marble maze!

IMAGE SOURCE: TURBOSOUND



METHOD OF MAKING HOMEMADE PLAYDOUGH

AEM

01 MINUTE READ

Materials:

- 2 cups all-purpose flour
- 1/2 cup salt
- 2 tablespoons cream of tartar
- 2 tablespoons vegetable oil
- 1.5 cups boiling water
- Food coloring (optional)

Instructions:

- In a large mixing bowl, combine the flour, salt, and cream of tartar.
- Add the vegetable oil and stir to combine.
- Add the boiling water to the bowl and stir until everything is well combined.
- If you want to make colored playdough, add a few drops of food coloring to the mixture at this point and stir until the color is evenly distributed. If you want to make multiple colors, divide the dough into separate balls and add the food coloring to each ball separately.
- Once the dough has cooled to a

comfortable temperature, turn it out onto a clean surface and knead it until it is smooth and pliable. This should take about 5 minutes.

- If the dough is too sticky, add more flour. If it's too dry, add a bit of water. Store the playdough in an airtight container in the refrigerator. It should last for several weeks.

Tips:

- You can use any type of food coloring you like, but gel food coloring will give you the most vibrant colors.
- If you don't have cream of tartar, you can substitute it with lemon juice or vinegar.
- If you want to make scented playdough, add a few drops of essential oil to the dough before kneading it.
- Encourage kids to use cookie cutters, rolling pins, and other tools to create different shapes and designs with the playdough.



CHATGPT

THE FUTURE OF AI-DRIVEN TEXT GENERATION

AEM

06 MINUTES READ

A new AI revolution is here. Everyone is talking about the ChatGPT. What is this ChatGPT?? What is it doing?? And how is it doing wonders?? You all must be surprised to see this new revolution in AI(Artificial Intelligence). You will get all your answers here.

ChatGPT (short for “Chat Generative Pre-training Transformer”) is a large language model developed by OpenAI. It is a variant of the GPT (Generative Pre-training Transformer) model, which is trained to generate human-like text.

ChatGPT has been trained on a massive dataset of conversational text, making it particularly well-suited for tasks such as:

- Generating text that continues a conversation, given a starting point (e.g. a question or statement)
- Answering questions in natural language
- Carrying on a conversation on a wide range of topics
- Generating chatbot responses
- Summarizing text or conversation

One of the main advantages of ChatGPT is that it can generate human-like text, making it suitable for a wide range of applications such as chatbots, virtual assistants, and language-based games.

It is a transformer-based model that has a large number of parameters, which allows it to understand and generate complex language. It uses a technique called pre-training, in which the model is first trained on a large dataset before being fine-tuned for specific tasks. In addition to its conversational capabilities, ChatGPT can also be fine-tuned for other natural language processing tasks such as language translation,

text summarization, and sentiment analysis. It is also worth mentioning that it is an unsupervised model, it does not require any labeled data to fine-tune it for specific tasks, and this makes it highly cost-effective and efficient.

It has many capabilities such as the ability to answer questions, generate text, translate languages, and more.

Answering questions: It is able to answer a wide range of questions in natural language. This is due to its training on a large dataset of conversational text, which allows it to understand the context and intent of a question. It can answer factual questions, provide definitions and explanations, and give advice and suggestions.

Generating Text: It generates text in a variety of styles, including conversation, news articles, stories, and poetry. Given a starting point (e.g. a prompt or a conversation), it can continue the text in a way that is coherent and makes sense. It can also generate text from scratch, given a topic or genre.

Language Translation: It translates text from one language to another, it can also be fine-tuned for specific language pairs for better performance.

Chatting: ChatGPT can carry on a conversation on a wide range of topics, it can understand and respond to the context and intent of a conversation. It can also generate text that continues a conversation, given a starting point.

Summarizing Text: Long articles or documents can be summarized into a shorter form with its help, it can also

be fine-tuned for specific summarization tasks.

Sentiment Analysis: It can also be fine-tuned for sentiment analysis, it can determine the sentiment of a given text (positive, negative, neutral). **Named Entity Recognition (NER):** It can be fine-tuned for NER, it can identify and classify named entities in a text, such as people, organizations, and locations.

Now the point is how it is made, trained and what technology is behind its formation? Here are its details.

Training Data: ChatGPT is trained on a massive dataset of conversational text, which includes a wide range of conversations, transcripts, and dialogue. This training data allows the model to understand the nuances and context of human conversation, which is crucial for its ability to answer questions, generate text, and carry on a conversation.

Architecture: If we talk about its architecture, it is based on the transformer architecture, which was introduced in the paper “Attention Is All You Need” by Google researchers in 2017. The transformer architecture is a type of neural network that is particularly well-suited for natural language processing tasks, due to its ability to handle long-term dependencies and large amounts of input data.

The transformer architecture consists of an encoder and a decoder. The encoder takes the input data, such as a sentence, and converts it into a set of hidden states. The decoder then takes these hidden states and generates the output, such as a response to a question or a continuation of a conversation.

Pre-training: A technique called pre-training is used for ChatGPT, in which the model is first trained on a large dataset before being fine-tuned for specific tasks. This pre-training allows the model to learn general language patterns and representations, which can then be fine-tuned for specific tasks with much smaller amounts of data.

OpenAI: ChatGPT was developed by OpenAI, a research company that aims to create safe artificial intelligence and make it available to everyone. OpenAI is a leader in the field of language models, and has also developed other models such as GPT-2 and GPT-3.

Fine-Tuning: Once the model is pre-trained, it can be fine-tuned on smaller task-specific datasets for a wide range of natural language processing tasks such as language translation, text summarization, sentiment analysis, and named entity recognition. Fine-tuning allows the model to adapt to the specific task and improve its performance.

People are taking advantage and using it from every field and ChatGPT is helping each and every one in almost every matter.

Here are some examples of how ChatGPT is being used in the industry and the impact it is making in different fields:

Chatbots: It is being used to improve the capabilities of chatbots, which are computer programs that can simulate conversation with human users. ChatGPT-powered chatbots are able to understand and respond to user questions and requests in a more natural and human-like way, which

can lead to improved customer service and satisfaction.

Virtual Assistants: It is also being used to develop virtual assistants, which are AI-powered programs that can perform tasks such as scheduling appointments, providing information, and making recommendations. ChatGPT-powered virtual assistants are able to understand and respond to user requests in a more natural and human-like way, which can lead to improved efficiency and productivity.

Language Translation: It is being used for language translation, it can translate text from one language to another, it can also be fine-tuned for specific language pairs for better performance.

Language-based Games: It is also used to create language-based games, such as conversation-based games and trivia games. It can generate human-like text that can make the game more engaging and realistic.

Business Intelligence: It analyzes the customer feedback, reviews, and social media posts, it can also be fine-tuned for specific sentiment analysis tasks. Businesses can use this data to gain insights into customer satisfaction, brand perception and more. This can lead to improved products, services, and customer experiences.

Content Creation: ChatGPT is being used to generate high-quality, unique content such as news articles, blog posts, and product descriptions. It can also be used for data-driven content generation, for example, it can be fine-tuned for summarizing long articles or documents into a

shorter form.

Education: ChatGPT is also being used in the education field, it can be used to generate quizzes and other educational materials, it can also be used to answer student questions, and provide explanations and definitions.

Research and Development: ChatGPT is also being used in research and development, it can be used to generate new ideas, hypotheses and scientific papers, it can also be used to analyze research data and discover new insights.

Overall, ChatGPT is a powerful and versatile language model that is being used in a wide range of industries and applications. Its ability to generate human-like text and perform various natural language processing tasks is making it a valuable tool for improving customer service, efficiency, productivity, human engagement and more.

DO YOU KNOW?



Elon Musk found that OpenAI was training ChatGPT using Twitter's database. He instantly put an end to the exercise. Since OpenAI is now non-profit and closed-sourced, it should someday be able to pay for this information.

Bridging the Gap:

TECHNICAL EDUCATION IN PAKISTAN



Muhammad Raheel Asghar
Software Engineer

04 MINUTES READ

Technical education is a vital component in the development of any country's economy and society, and Pakistan is no exception. However, technical education in Pakistan is facing several challenges that need to be addressed through serious planning and implementation. The following are some latest figures and facts related to technical education in Pakistan:

- **Lack of quality institutions:** According to the Pakistan Bureau of Statistics, there are around 1,600

technical and vocational training institutes in the country, but only a few of them meet international standards. Moreover, the enrollment rate in technical education institutions is only 5.8%, which is lower than the world average of 9.2%.

- **Outdated curriculum:** A recent report by the Higher Education Commission (HEC) revealed that the curriculum in technical education institutions is outdated and does not meet the needs of the current job market. This is a major reason why students graduating from these institutions are ill-prepared for the workforce.

IMAGE SOURCE: TECHJUICE



- **Government support:** The government's allocation for technical and vocational education and training in the current fiscal year is PKR 6.98 billion (USD 43.7 million), which is only 0.1% of the total budget. This is a clear indication that the government has not invested enough resources into technical education.

- **Lack of trained and qualified teachers:** According to a report by the Pakistan Council for Science and Technology, there is a shortage of qualified and trained teachers in technical education institutions. This is a major challenge as it affects the quality of education being provided to students.

- **Demand and supply gap:** There is a significant gap between the demand and supply of skilled workers in Pakistan. According to the World Economic Forum, the country ranks 122nd out of 137 countries in terms of its capacity to retain talent. This means that many skilled workers are leaving the country, which is negatively impacting the economy.

To address these challenges, the government needs to take several steps, including;

- **Investing more resources into technical education:** The government must allocate more funds to technical education and ensure that institutions are adequately equipped and staffed.

- **Updating the curriculum:** The curriculum in technical education institutions must be updated to reflect the needs of the current job market. This will ensure that students graduating from these institutions

are well-prepared for the workforce.

- **Training and development of teachers:** The government should invest in the training and development of teachers to ensure that students receive a quality education.

- **Encouraging more students to pursue technical education:** The government should provide scholarships and other incentives for students to pursue technical education. It should also work to promote technical education in rural areas.

In conclusion, technical education is critical for the development of Pakistan, but it is facing several challenges. The government must take serious steps to address these challenges and invest more resources into technical education. By doing so, it can ensure that its citizens have the skills and knowledge needed to contribute to the country's economy and society.

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KEY TO WORD SEARCH





Effects of Climate Change on Birds



Muhammad Shoaib Khan

Student, BS Zoology, UMT, Lahore

Muhammad Zaid

Asst. Professor, UMT Lahore

04 MINUTES READ

Climate change is a critical issue around the world as it is disturbing all aspects of our environment. Along with other biotic factors, it is also disturbing animal wildlife. Birds are especially one of the classes of kingdom Animalia which is greatly affected by this climate change in a variety of ways. In this article, I am discussing the various effects of climate change on birds and how it is disrupting their habitats and endangering their populations. Birds are increasingly being affected by the changes in climatic patterns in terms of their habitats, migration, egg laying, and physical appearances.

On analyzing the data of the birds collected over the years, it has been seen that the birds are now changing their habitats due to global warming. Some of the birds of North America are shifting northward over time. The 90 years of Christmas Bird Count data suggest that as compared to a few

decades earlier, some of the birds are expected to be found farther North. These birds include Woodpeckers and birds of prey such as Hawks along with other sub-tropical and desert area birds like Green Jay and Black-tailed Gnatcatcher among 70 different bird species.

Migratory birds are also showing changed patterns of their annual migration over the decades. One of the reasons for migration is that food is not available in indigenous habitats during winter seasons. Other factors include temperature changes, fewer daylight hours, and instinctive behavior in them. This means that each year they migrate from nesting grounds in the north towards the overwintering areas in the south mainly due to food, moderate climate, and more survival probability in the south. A study by the scientists of the Dept. of Bioscience at Durham University tells that several species of trans-Saharan migratory birds have reduced their stay up to 50-60 days in their African non-breeding or overwintering grounds. To study changes in arrival and departure dates over time, the

IMAGE SOURCE: PMS

research team used data on bird records collected by ornithologists in The Gambia (collected between 1964 and 2019) and The Gibraltar Ornithological & Natural History Society (collected between 1991 and 2018). The team found that the birds were leaving for winter destinations in the autumn later and coming back to their breeding grounds in spring earlier than before. They connected the observed changes to alterations in the vegetation and climate changes as the relatively cold temperature in the North is now becoming favorable for these birds to spend more time of the year in that part. It has been seen in Nightingales and Willow Warblers as they are now spending longer time in European breeding grounds, so some ornithologists have now started thinking that if the climatic conditions continue to change like these, the winter migration of birds might eventually come to an end.

An interesting migration pattern is studied in the recent research on the bird named Richard's pipit. Normally, the birds show migration patterns in such a way that they spend their breeding season in the North and the winter season in the South, this particular bird breeds in Siberia and used to overwinter in Southern Asia. But the recent research published in Current Biology tells that Richard's pipit is seen to overwinter in southern Europe in recent years in such a way that it flies from East to West rather than following its traditional migratory path that is North to South. They associated this change in migratory behavior with the change in climate such that these parts of Europe are now suitable for birds to overwinter.

There has also been seen that this change in climate followed by altered

migratory patterns has resulted in the changes in body shapes of some of the birds. Brian Weeks, an assistant professor at the University of Michigan, Zimova, and other co-authors of a paper that was published in Ecology Letters in 2020 took data from the dataset on body size and wing length for species including dark-eyed juncos and white-throated sparrows. They discovered that, on average, wings grew longer and bodies smaller over 40 years. They discovered a similar trend when they combined this with climatic data. Rapid warming of temperature is followed by decrease in body size. They have also seen that these birds are departing for their breeding grounds earlier and late migrants are flying later than they did 40 years ago. These experts have connected this change in migration patterns with the change in their morphology. They predicted that the increase in the length of the wings is associated with more efficient and faster flights, so the species that have evolved the longer wings are the ones who reach their breeding grounds earlier.

Apart from these more scientific and evolutionary impacts, birds are being affected by climate change in some other ways also. In the wood fires due to global warming, birds are among the vulnerable community of animals which are greatly affected as their habitats are destroyed. The rise in sea level is affecting the birds that make their nests and reside along the coasts like Saltmarsh sparrows. Some diseases are associated with warmer climates and droughts. Droughts due to warmer temperatures lead birds to stay near water bodies and make a way for mosquito-borne infections.

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Harmonium; From West to East



Aqdas Hashmi

Sufi & Ghazal Vocalist,
Lecturer, Researcher

04 MINUTES READ

What comes to mind when you imagine harmonium? Mehdi Hasan humming one of his mesmerizing ghazals, singing an energetic Qawwal, or a classical singer enravels the atmosphere with his melodious voice. This instrument has become associated with Indian music in such a way that it is difficult to imagine classical music and ghazal singing without it. But it may come as a surprise to many that the harmonium is not an Indian or 'indigenous' instrument at all, but an import from the West like the piano, violin and guitar. It is a different thing that despite being a foreigner, this instrument flourished in the subcontinent to such an extent that it remained a part of this land.

In Europe, the organ was widely used in religious music played in churches, but the problem was that the instrument was too large and too expensive for small churches to afford. To find a solution to this problem, various 'instrumentalists' in different countries of Europe were trying to make small and 'portable' organs. Finally, in 1840, a French inventor, Alexandre Dubin, succeeded in inventing such an instrument and named it harmonium. The instrument was cheap, easy to teach and play, and relatively small, so it could be picked up and carried anywhere. On the basis of these qualities, it quickly spread throughout Europe and from there to America, and in addition to institutions, ordinary people also started buying it for home use. Europe's top composers composed music specifically for the instrument, with the names of the

IMAGE SOURCE: HARMONIUMUSICBLOG

great composers Dvorak, Mahler and Shostakovich leading the list. Wherever the English people spread, they took the harmonium with them, like English, cricket and tea. Among these colonies was India, where this instrument arrived in 1868, exactly one and a half hundred years ago today.

Bengali musician Dwarkanath Ghosh liked this instrument and made some changes to bring it closer to the Indian mood. Soon the company he founded, Dwarkanath & Son, began to manufacture and sell the instrument on a commercial basis. One of the innovations he made in it was that its bellows were played by hand instead of foot, thus reducing the volume of the instrument to half. This is the same harmonium that you might have seen Ustad Amanat Ali Khan and Mehdi Hasan playing. At first, the musicians of India looked at this foreign instrument with suspicious eyes. But gradually it started getting acceptance. Before the harmonium, sarangi was used for accompaniment in classical music. Sarangi is a very beautiful instrument but one problem is that for each raga its heads have to be tuned separately which sometimes takes a lot of time. On the other hand, it cannot be denied that sarangi is very difficult and it takes ages to perfect it. This is why it is not easy to find a good manufacturer. Harmonium, on the other hand, had no such difficulty, any man or woman can make him or herself master of harmonium after a few months of practice. Just play it, it will play.

As a result, the instrument soon took root in India and was not only played here but also manufactured on an industrial scale. By 1915, India had become the largest harmonium producer in the world. After Bengal,

harmonium was embraced by Marathi theatre, then by Parsi theatre. Apart from the advantages mentioned above, one of his advantages was that despite being small, his booming voice easily covered the entire venue. Harmonium is a very popular instrument of the subcontinent and is widely used in ghazal singing and Qawwali.

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📺 Aqdas Hashmi



DO YOU KNOW?

China's northernmost city, Mohe, recorded its lowest temperature since records began reaching -53°C on the morning of 22nd January. A reporter demonstrated the conditions by cracking an egg on an iron shovel. Residents have been faced to take measures to keep life flowing. Mohe is known as one of the coldest cities in China. Its winter period usually lasts eight months. The temperature is still shy of China's national record which the city of Genhe set in 2009, when it hit -58°C . (Source: Al Jazeera English)

Upshot of Deleterious Parental Bond on Children's Psychological Well-Being



Fatima Altaf
Psychologist, Visual Artist

04 MINUTES READ

Sometimes even with the absolute 'happily-ever-after' intentions, a relationship can become an unhappy and conflicted unification. If this is the case a point will come where there will be no hiding it from you children, whether you like it or not they will know it.

Then unfortunately comes the hardest decision a parent could make and that is deciding whether to stay in an unhappy marriage or leave. Changes in the family structure can unsettle and upset and make children feel insecure and bad about themselves, you never know how the child will react to it because they have seen you as a unit despite of the ugly circumstances. No parent would ever intentionally want to disturb the psychological well-being of their child and in providing a supportive and nurturing relationship, parents play a precarious role in promoting their children's healthy development. Majority parents try to protect their children from the psychological consequences of weighty stress by safeguarding them

from the effects of trauma and helping them to regulate their emotions. But in the case of unhappy marriages parents would only be able to help regulate the emotions of their children when they are aware of when and how to, without causing distress express themselves.

Children raised in an unhealthy environment or raised without positive parenting are more at risk for their own relationship troubles, depression, anxiety, and aggression. Children may feel angry, anxious or depressed, which may persist throughout the life. There's a high probability that they might develop insecurity towards the opposite gender. These feelings can greatly affect other extents of their lives such as school and friendships.

Family relationships provide security that can help an individual cope with stress, engage in healthier behaviors, and enhance self-esteem, leading to higher well-being. Children

whose parents have divorced or separated have more behavior problems than those in intact families. More emotional and behavioral problems occur in families disrupted by divorce or families in which the children are



most of the times exposed to violence and abuse either physical or verbal.

Firm characteristics have been recognized in caregivers as well as the children themselves that serve as risk factors for abuse. Mentioned are the problems that are the result of witnessing abuse or disrupted family structure:

- A lack of boundaries
- Rejection
- Restrictiveness
- Overprotection,
- Overindulgence,
- Substance abuse
- Unrealistic expectations

This unsettled parent-child relationship problem can soak into multiple aspects of life. Loving, stable and responsive relationships are fundamental to child's psychological and ethical development. Through relationships, children learn how to think, understand, communicate, behave, express emotions and develop social skills. Now just imagine for a while that you don't even know, you have never in your life learned how to express yourself or communicate your emotions/feelings in a reasonable manner?

Children do not listen to your words they imitate and observe your reactions to different situations that's how they learn to express and communicate. They read your body language they can feel your body tension. What you do show your child that's more likely how they will behave, instead of following your commands which you give them but you yourself do not follow them. For example, how you cope with feelings like frustration and distress influences how your child regulates their emotions. Everything you do, all influence your child no matter how small the deed is. What

you say is also important. When a parent's behavior does not create a loving, supportive environment, a child's brain develops in altered form. Dysfunctional, irrational and destructive behavior patterns are literally involuntarily into the child's brain, setting the stage for recurring issues throughout that child's life.

It is widely accepted that parental conflict does damage, particularly when it is any of the following:

- Changes to family circumstances.
- Heated (verbal insults and raised voices).
- Physically aggressive.
- Unresolved (in the child's eyes).

Parents will do anything for their children and this may fuel the decision to stay together in an unhappy marriage. Conflict though, might do more harm to children than divorce. In an unhappy marriage, where tension and conflict is the norm, parent-child interactions also seem to show signs of pressure all these heated moments could turn into a trigger for the child which will definitely cause psychological disturbance in the child's life. Triggers are individualized experiences that vary widely from person-to-person. No parent would ever want to become a trigger for their children. So people in unhealthy marriages should resolve their conflicts before deciding to have a child instead of using that child as an escape which many people do that a child might miraculously fix the broken marriage because the child wont it can't instead of fixing your broken relationship, you might make your child suffer and live a life that no one deserves, a life where the word home and parents become a trigger.

 *astoriedminded*

Debunking Pregnancy Myths: Separating Fact From Fiction



Sumaira Riaz
Optometrist, Health Care Manager

04 MINUTES READ

Pregnancy is a time of excitement, but also of uncertainty and confusion, as there are many myths and misconceptions surrounding this stage of life. To help new moms navigate the maze of information, here is a comprehensive look at some of the most common myths about pregnancy and the truth behind them, as well as some tips on how new moms should take care of themselves during their first pregnancy.

Myth 1: You can't eat certain foods during pregnancy

Truth: While it's true that some foods should be avoided during pregnancy to reduce the risk of foodborne illness, such as raw or undercooked meats, fish with high levels of mercury, and soft cheeses, there's no need to eliminate entire food groups. In fact, it's important to have a balanced and nutritious diet during pregnancy to support the growth and development of your baby. Eating a variety of

healthy foods can help ensure that you get all the nutrients you and your baby need. It's also important to make sure you're getting enough iron, folic acid, calcium, and vitamin D, which can be found in foods like lean meats, leafy green vegetables, dairy products, and fortified cereals.

Myth 2: You should avoid all caffeine during pregnancy

Truth: While excessive caffeine intake during pregnancy can increase the risk of miscarriage or low birth weight, moderate amounts of caffeine are considered safe. The American College of Obstetricians and Gynecologists (ACOG) recommends consuming no more than 200 milligrams of caffeine per day, which is roughly the amount in one 12-ounce cup of coffee. However, it's important to remember that caffeine can be found in other sources, such as tea, chocolate, and certain sodas, so it's important to pay attention to your total intake from all sources.

Myth 3: Pregnant women should avoid exercising

Truth: Regular physical activity

IMAGES SOURCE: SHUTTERSTOCK

during pregnancy can actually be beneficial for both the mother and baby. Exercise can improve mood, relieve stress, and promote a healthy weight gain. However, it's important to talk to your doctor about what types of exercise are safe and appropriate for your specific situation. Low-impact exercises, such as walking, swimming, and prenatal yoga, are often recommended during pregnancy. It's also important to listen to your body and avoid overdoing it, as too much exercise can be harmful.

Myth 4: Pregnant women should eat for two people

Truth: Pregnancy is not an excuse to eat unlimited amounts of food. In fact, most women only need to consume an additional 300 to 500 calories per day during pregnancy. Eating a balanced and nutritious diet is more important than ever, but overeating can lead to excessive weight gain, which can make it more difficult to lose the baby weight after delivery. It's also important to be mindful of your portion sizes, as overeating can cause discomfort and indigestion.

Myth 5: Heartburn during pregnancy means the baby will have a lot of hair

Truth: There's no scientific evidence to support the idea that heartburn during pregnancy is a sign of a hairy baby. Heartburn is a common pregnancy symptom caused by the increasing levels of hormones that relax the muscles of the digestive system, allowing stomach acid to escape into the esophagus. To relieve heartburn during pregnancy, try avoiding foods that trigger heartburn, such as spicy or acidic foods, eating small, frequent meals, and sleeping with your head and torso elevated.

Aside from debunking myths, it's also important to take care of yourself during your first pregnancy. Here are some tips to help you do just that:

1. **Get enough rest:** Pregnancy can be physically and emotionally demanding, so it's important to make sleep a priority. Aim for 7 to 8 hours of sleep each night and take a nap during the day if you need to.

2. **Stay hydrated:** Drinking enough water is essential for staying hydrated and for supporting the growth and development of your baby. Aim for 8 to 10 cups of water per day, or more if you're feeling particularly thirsty.

3. **Stay active:** Regular physical activity can help improve mood, relieve stress, and promote a healthy weight gain. Talk to your doctor about what types of exercise are safe and appropriate for your specific situation and listen to your body to avoid overdoing it.

4. **Eat a balanced diet:** Eating a variety of healthy foods is important for both you and your baby. Focus on eating plenty of fruits and vegetables, lean proteins, whole grains, and dairy products to get all the nutrients you need.

5. **Seek support:** Pregnancy can be an emotional journey, and it's important to have a supportive network of friends, family, and healthcare providers. Seek out a prenatal support group or a trusted friend to talk to about your feelings and concerns.

In conclusion, it's important to separate fact from fiction when it comes to pregnancy myths. By taking care of yourself, seeking support, and following your doctor's recommendations, you can have a healthy and happy pregnancy.

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C-Section or Normal Delivery?

AEM

04 MINUTES READ

It is not accurate to say which method of delivery (c-section or normal delivery) is inherently better than the other. The best method of delivery for a specific mother and baby will depend on their individual circumstances and any potential risks or complications.

According to the World Health Organization (WHO), the ideal rate of c-section deliveries should be between 10-15% of all births. However, the rate of c-section deliveries varies widely around the world. In some countries, the rate is as low as 5%, while in others it can be as high as 50%.

As per a recent report from WHO, the worldwide rate of c-section deliveries was 19.1% in 2019, with the highest rates reported in Latin America and the Caribbean (32.3%) and the lowest in Africa (8.5%).

In Pakistan, according to the Pakistan Institute of Development Economics 22% of childbirth is done

by c-section. It was 14% in the year 2013 but it increased by 22% till 2018. In the private sectors, the ratio is 28%. According to the Indian Health Sector, the c-section ratio was 17.2% in 2016 and now it has increased to 21.5%. In the private sectors, the ratio is 47.9%.

First of all it is important to note what the c-section is?

A c-section, or cesarean section, is a surgical procedure in which a baby is delivered through an incision made in the mother's abdomen and uterus. While a normal delivery, also known as a vaginal birth, is the traditional method of childbirth in which a baby is born through the mother's vagina. The overuse of c-sections can have negative consequences for mothers and babies, such as increased risk of maternal and neonatal morbidity and mortality, as well as increased health care costs.

There are also some effects on the babies through normal delivery or cesarean.

IMAGE SOURCE: MEDICAL NEWS TODAY

During the normal delivery, the baby is exposed to bacteria. The baby is exposed to the mother's vaginal and gut bacteria, which can help to establish a healthy microbiome in the baby's gut. This exposure can also help to boost the baby's immune system. In contrast, a baby born via c-section is not exposed to these bacteria and may have a different microbiome.

During a vaginal birth, the baby goes through the birth canal, which can help to squeeze out fluids from the baby's lungs and help the baby to start breathing. While a cesarean baby is not exposed to these squeezing forces and may have more fluid in their lungs, which can lead to respiratory problems. There are chances to have jaundice and low blood sugar, and a higher risk of developing allergies and asthma later in life after c-section.

So, when normal delivery is better for the mother and the baby, then why is the c-section preferred by the doctors?

Dr. Sadia Khan, Consultant NHS England says, "Firstly, there are personal financial gains involved behind preferring the c-section. Secondly, the patients are not well aware about the c-section, its complications and risks. There are some indications which a patient should know that c-section is not performed in every case and it's not a normal practice. Normal delivery should be practiced more and mothers should be aware of every situation." Many times the lack of education affects the choices in India and Pakistan. Here are some factors because of which the ratio of c-section is increased?

1. Changes in lifestyle.
2. Diabetes during the pregnancy.

3. Lack of knowledge
4. Lack of experience
5. Fear of loss

There is no doubt that a c-section includes the ability to deliver a baby quickly in an emergency situation, the ability to avoid a difficult vaginal delivery, and the ability to deliver a baby in certain positions (such as breech) that may not be safe for a normal delivery.

While the consequences of c-section include the risk of infection and bleeding, longer recovery time for the mother, and the potential for complications such as blood clots and injury to organs in the mother. It also increases the chance of future c-section delivery and other complications during future pregnancies.

Another thing to consider is the recovery time, vaginal delivery usually takes shorter recovery time compared to c-section, as the incision in the uterus and abdomen made during a c-section can take longer to heal. This could mean that the mother may not be able to lift heavy objects or engage in certain activities for several weeks after the surgery.

However, it's important to note that c-sections should only be performed when they are medically necessary, and not as a matter of convenience or for financial gain.

It's important that mothers are fully informed about the risks and benefits of c-section compared to vaginal birth and that they are able to make an informed decision about the mode of delivery that is best for them and their baby.



How to Litter Train Your Kitten?



AEM

03 MINUTES READ

Litter training your kitten is an important step in becoming a responsible cat owner. A well-trained kitten not only reduces the amount of mess in your home, but it also helps to maintain hygiene and reduces unpleasant odors. The key to successful litter training is to understand your kitten's natural instincts and behaviors. Here's a step-by-step guide on how to litter train your kitten.

• Choose the Right Litter Box

The first step in litter training is choosing the right litter box. Look for a box that is large enough for your kitten to move around freely, but not too big that it feels overwhelming. Kittens prefer litter boxes that are low to the ground, so look for one that sits on the floor or is only a few inches high. Avoid using a covered litter box, as many kittens don't like the confined space. **Choose the Right Litter**

The next step is to choose the right litter. Avoid using clumping litter, as it can be harmful if your kitten eats it.

Instead, opt for a natural, unscented litter that's made of a material like clay or recycled paper. When selecting the litter, look for one that's easy to clean and has low dust levels, as some kittens may have allergies or sensitivities.

• Place the Litter Box in a Convenient Location

Once you have the right litter box and litter, place the litter box in a convenient location for your kitten. It should be in a quiet, low-traffic area that's easily accessible. Avoid placing the litter box near your kitten's food and water, as this may cause them to associate the litter box with eating and drinking, making it more difficult to train them.

• Introduce Your Kitten to the Litter Box

To introduce your kitten to the litter box, gently place them inside the box and encourage them to use it by scratching at the litter. You can also place a few pieces of their feces in the litter box, as this will help them recognize the box as a place to eliminate. If your kitten does not use the litter box right away, don't worry – it

IMAGE SOURCE: COMFORTZONE

may take a few attempts before they get used to it.

- **Reward Your Kitten for Good Behavior**

When your kitten uses the litter box, reward them with positive reinforcement, such as treats or affection. This will help them associate using the litter box with positive experiences, making it easier to train them in the future.

- **Clean the Litter Box Regularly**

It's important to clean the litter box regularly to maintain hygiene and prevent unpleasant odors. Remove solid waste daily and change the litter every two to three days. Avoid using harsh cleaning products, as the scent may discourage your kitten from using the box. Instead, opt for natural cleaning solutions, such as vinegar and water.

- **Gradually Increase the Time Between Cleanings**

Once your kitten has successfully used the litter box for several weeks, you can gradually increase the time between cleanings. This will help your kitten get used to a more routine schedule, making it easier for them to continue using the litter box in the future.

- **Troubleshoot Common Problems**

If your kitten is not using the litter box, there may be several reasons why. Some common problems include not having a litter box that's the right size, not using the right type of litter, or placing the litter box in an inconvenient location. If you're having trouble training your kitten, don't hesitate to consult a veterinarian or a professional cat behaviorist for help.

These are the tips which will help you train your kitten because training a kitten is an important and crucial step.

PETS FACTS

Cats spend 70% of their life sleeping.



Although cats are playful pets, they actually spend a lot of their life sleeping... It's around 70% of their life. This is so they can save their energy but be ready to pounce at any moment!

Hamsters are banned in Hawaii.



Hamsters are one of the most popular pets in the UK! However, in Hawaii they are illegal to own. It's because if hamsters escape and breed, they could end up destroying plants and other animals.

Tortoises can live over 100 years!



Tortoises are a great pet but you will be looking after them for your whole life! They can live for over 100 years. The oldest ever tortoise is 190. He's called Jonathan!



THE QUICKEST PATH TO EARN \$1000 PER MONTH ONLINE



Almas Khan

Founder Mission Possible PK

04 MINUTES READ

With the advent and switch to remote work, many people are looking for ways to earn online and become freelancers. Individuals have realized the perks of freelancing that offer an opportunity to control the way you work. It has provided the freedom to work from any place at any time. Such attractive perks have led to the growth of this industry, with more and more entering each day. But how do you get more clients in this competitive industry? People constantly search for ways to get new clients and improve revenue. If you are also looking for ways to attract clients and present yourself as a brand, you are in the right place. Let's examine some ways to get more clients.

Choosing the Right Skill: To choose the right skill, assess your interests and turn your skills into a service. Find a profitable skill that solves a problem and understand the issues faced by your ideal clients. Some popular skills include SEO, digital marketing, photography, video editing, etc. Your skills are your biggest asset, so identify and list down the skills you have learned and enjoy using. Don't be afraid to experiment and continue learning and practicing until you become an expert in your field.

Building your Personal Brand: A personal brand is essential because it represents what others see and the image you choose to project in interactions. Whether we're conscious of it or not, everything we do online—on LinkedIn, Facebook, Twitter, and

other social media platforms—creates a searchable online personal profile. And today, businesses and recruiters use the internet to look up potential employees' employment histories and get a sense of their personalities and interests. Moreover, with a personal brand, prospects are more confident about the legitimacy of the individual. Hence, creating a personal brand for yourself allows you to control how you promote yourself and helps you accurately represent your identity instead of occurring only by chance. The basic content strategy is four tweets a day, three reels a week, one post every day, comment 20 posts a day, and sending DMs to people. Also, try to ensure that your content is of good quality, knowledgeable, entertaining, and aligned with the target audience's values.

Networking: is critical to success as it underpins two key aspects of professional advancement: self-directed career development and employability. People are your business, and it is essential to establish relationships with clients and to think of the work as something other than a one-and-done deal. Hence, long-term can lead to repeat clients, and referrals, bringing many influential people on your side. A few words to achieve is to never ask for anything. Just give value consistently. Engage and interact with people, comment and retweet their posts and DM them something that can add value for them.

Testimonials: Testimonials from clients are incredibly valuable assets for any freelancer. Not only can they highlight the positive experiences of current clients, but they can also provide insight for prospects who

want to get services done from you. Testimonials are a useful tool for word-of-mouth marketing, which remains a resourceful strategy you can leverage. Testimonials build your credibility and remove any ounce of doubt that clients may have about your service. It serves as social proof and adds credibility to your claim on your profile or the quality of services you offer. In order to get testimonials, one can DM, offer to work for free in exchange for a testimonial, and repeat 5-10x. Select the best testimonials and add them to your profile or website.

Getting Clients: To get clients as a freelancer, don't just wait for them to come to you. Utilize your existing network, create valuable content, and focus on building relationships with potential clients. Offer value before trying to make a sale and use both inbound and outbound methods, such as networking and reaching out through email and direct messages.

Price Accordingly: the last step is to set your price. The goal is to maximize the perceived value and gain satisfied consumers. The price should reflect the perceived value of the service to the clients. It should also be competitive with similar services offered by competitors. Simultaneously, one should regularly evaluate and adjust the prices of services based on market conditions and other factors to ensure competitiveness and profitability. However, take into account the worth of your skills and be afraid of charging a premium. For instance, if your skill is unique, established, and in high market demand, then charge accordingly.

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THINK IT - REVISITING



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

04 MINUTES READ

Quran says:

Truly man was created very impatient;- Fretful when evil touches him; And niggardly when good reaches him;
- (70:19,20,21)

Humans are born with flaws. How can they make a sound judgement and make a good decision? There are errors in their decisions. Daniel Kahneman - Princeton Professor in his book "Noise: A Flaw in Human Judgment" says that humans are unreliable, judgments can vary from person to person, even when people are in the same role and supposedly following the same guidelines. Mood and the weather can change one person's decisions from occasion to occasion. He termed it "Noise".

A study examining 1.5 million court cases discovered that noise often

impacts judges' decisions. Judges tend to pass harsher sentences on days following their local football team losses. In the same vein, they become more lenient when their teams emerge victorious. Evidence shows that sentencing decisions vary substantially for the same crimes. Discrepancies can be observed in the decisions of the same judge, as well as in the decisions of different judges having similar cases.

Mr. Kahneman and his colleagues propose three types of remedies. Noise Audit - it is to carefully observe variability in decisions under similar circumstances and measure it. Noise Hygiene - it suggests breaking a matter into small units and dealing with them independently. It will protect you from external forces that introduce variabilities to your decisions. Noise Optimization - it is to replace human judgement with formal rules—known as algorithms—that use the data about a case to produce a prediction or a decision.

IMAGE SOURCE : EDITOPIA

Adam Grant - Wharton Professor has a different approach to the same problem. He advocates rethinking mindset as an alternative to thinking skill set. In his book "Think Again: The Power of Knowing What You Don't Know", he argues that our tendency to cling to our beliefs is ineffective. Our failure to change our ideas once we have established them. No matter the knowledge and experience individuals possess, they can't avoid logical errors in their thinking process. These include unfounded opinions, external influences, assumptions, and other subjective perceptions. Our natural tendency to rely on these distracting cognitive resources leads us to poor decision-making, inflexibility, inability to hear others and be heard, and closed-minded attitudes as well. The world is always changing, and if we are not willing to change with it, we will fall behind.

Mr. Grant says every time we think or talk, we tend to fall into the role of one of these characters: a preacher, prosecutor, or politician. Preachers are only interested in pushing their own ideas. They impose their beliefs on others in an attempt to protect or popularise them. Prosecutors are eager to win every argument. They will relentlessly lash out at anyone whose opinions don't align with their own. Politicians, in contrast, want to be people pleasers. They long for approval but don't necessarily see the point in finding objective truth. When you take on any of these roles, you deny the importance of finding the truth through engaging with others. What you are really interested in is attacking dissenting views, defending your opinion, making peace, or simply winning an argument.

He suggests one more role that may help us to realise our cognitive poten-

tial i-e Scientist. Being a scientist means conducting experiments, testing hypotheses, abandoning old beliefs, and embracing new truths. It is akin to being skeptic. Knowledge isn't frozen in time. Things we deemed correct 20 years ago now may seem outdated. When we acquire knowledge, we either trust what we learn or retain a skeptical attitude. Skeptics focus on things that are left out instead of things that are in focus. This approach helps keep their minds open and promotes rethinking.

It's human nature to make plans and to achieve our goals we tend to set boundaries. In the best-case scenario, they help us achieve our goals. More often, however, they give us tunnel vision and prevent us from seeing better possibilities. What's even worse, if our plan doesn't go the way we envision, we usually start spending more time and resources to fix things. Alternatively we could ask ourselves a simple question: "Was this a good plan?" To question your plan instead of executing it at any cost is the essence of rethinking. Determination to success is great, but it has the opposite result if it leads to mental rigidity.

Are you fixing things or asking questions about plans??

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“

"The journey of a thousand miles begins with one step."

- Lao Tzu

”

Adorn Yourself



Aqsa Zahoor
Sociologist

04 MINUTES READ

There lies a difference in self loving and being selfish. And I guess there isn't any confusion between these two expressions about one's self. But, most of the time when people talk about themselves in an expressive way, they often fail to disentangle the two expressions of one's behavioral analysis. Extrinscially, when folks talk about their pains and anxieties in a way that it is a thing operating in an intricate manner with them. What happens when one talks about his/her own self in a way that makes a sense of being continuously subjected to pain? Pain for one's mind is objective in nature which has a difference in its operation and definition of exercise. People attach symbolic meaning of emotions with the pain and anxiety which gives meaning and that's perfectly fine. But Pain and anxiety are often related as happening in a meaningful way resulting in suffering and a phenomenon that lasts its effect throughout the span of life.

What happens when someone asks "How are you? How's everything going?..". The most expected answer is "I am surviving". This answer develops a sense that it is the lowest level of living when one says he/she is surviving.

First of all, we have to develop this notion of surviving as it is the highest level of living with the entire pace and velocity of one's exposure to pain and hazards of life. When we are trapped in difficult situations in a circle of life which is labeled as normal, our mind starts revolving around that particular problem. Instead of doing so, we can reverse the process and move towards innovation of ideas that might be helpful to resolve the problem. Or at least reduce the stress of not pointing towards the solution to the problem.

'If—':

If you can dream—and not make
dreams your master;
If you can think—and not make
thoughts your aim;
If you can meet with Triumph and
Disaster
And treat those two impostors just

the same...

Rudyard Kipling,

Consider the world a beautiful garden and yes you are pointing right. Garden is full of flowers and thrones. They go side by side along with each other. The thrones are good for the protection of the flower. Whereas, the same thrones harm others who touch them or try to pluck the flower from the stem. Same explanation applies to human life. There is no life without tensions and worries. Pain, tensions, workloads, anxiety and depressions are an essential part of human growth and prosperity of mind. These things are normal and practical. While describing these, to yourself and others, try not to forget how you actually prepared your mind for them.

Adorn yourself, your mind. Whenever in a worry, try to engage with activities that look ordinary but give you relief. Take a hot shower to relax your muscles and skin pores, move your body in a way you like the most, take a nap, eat your favorite food, talk to a friend and that friend could be you. Spice your mind with all the papers of different colors so it may help you to make pleasant visual effects in your mind. Surround yourself with colors of life, shades of behaviors, dynamics of worries and variety of food. Being an introvert kind of an extrovert sometimes gains you nothing but in the opposite direction. In no gain, there is a lot you gain. Do yourself a favor. Just adorn yourself as if you came from a garden of love and tasting real grapes instead of wine.

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How to Start a Sustainable Lifestyle?

Living a sustainable and eco-friendly lifestyle can have a positive impact on the environment, your health, and your wallet. Here are some steps you can take to get started:

- **Educate Yourself:** Learn about the impact of your daily choices on the environment and climate change. Read articles, watch documentaries, and attend workshops to learn more.
- **Reduce Energy Consumption:** Save energy by turning off lights and appliances when not in use, using energy-efficient light bulbs and appliances, and reducing air conditioning and heating usage.
- **Choose Sustainable Products:** Choose products made from sustainable materials such as bamboo, recycled paper, and organic cotton.
- **Use Reusable Items:** Use reusable items such as cloth bags, water bottles, and coffee cups to reduce waste.
- **Eat Sustainably:** Choose locally-grown and organic foods, reduce meat consumption, and reduce food waste by planning meals and using leftovers.
- **Use Public Transportation and Carpooling:** Reduce your carbon footprint by using public transportation, biking, or walking. Carpooling is also a great option.
- **Compost and Recycle:** Composting and recycling help to reduce waste and conserve resources.
- **Support Eco-Friendly Businesses:** Support businesses that prioritize sustainability and eco-friendliness.

By incorporating these steps into your lifestyle, you can reduce your impact on the environment and contribute to a more sustainable future.

Chinese Marriage Market

AEM

04 MINUTES READ

The Chinese marriage market, also known as the “marriage market in the People’s Park,” is a unique phenomenon that takes place in many cities across China. It is a place where parents gather to try and find a suitable partner for their single children. The market takes place in public parks, usually on weekends, and parents set up stalls or umbrellas to display information about their single children in the hopes of finding them a spouse.

The concept of the marriage market in China has its roots in traditional Chinese culture, where families placed a high value on marriage and

having children. In the past, parents would often arrange marriages for their children, but with the rise of individualism and changing social values, many young people in China now prefer to find their own partners. However, the pressure to marry and have children still exists in China, and many parents take it upon themselves to find a suitable partner for their single children.

The marriage market in the People’s Park is a place where parents can go to advertise their children’s qualities and qualifications, such as their education level, job, and income. They also provide information about their children’s interests and hobbies, and sometimes even photos and

IMAGE SOURCE: GUARDIAN





Maipj2 Tanc0 for The WorldPost

IMAGE SOURCE : GUARDIAN

contact information. Parents of men will often advertise their son's ability to provide a house and car, while parents of women will promote their daughter's looks and domestic skills. While the marriage market in the People's Park may seem like a throwback to a more traditional way of finding a partner, it is actually a reflection of the changing times in China.

With the rise of individualism and the decline of traditional matchmaking methods, many young people in China find it difficult to meet potential partners. At the same time, many parents still feel a strong social pressure to see their children marry and have children. The marriage market in the People's Park offers a solution for both groups, as it allows parents to actively find suitable partners for their children, while also giving young people the opportunity

to meet a wider range of good partners.

However, this marriage market also has its drawbacks and criticisms, many critics argue that it reinforces gender stereotypes and traditional gender roles, as well as promoting materialism. The concept of marriage as a commodity and the subsequent pressure it puts on both parents and children to conform to society's expectations has been a topic of controversy and debate. Overall, the Chinese marriage market, while a unique and interesting phenomenon, is a reflection of the changing values and social pressures in China. It offers both opportunities and challenges for young people looking for a partner, and highlights the ongoing tensions between traditional and modern values in the country.

Why is Argan Oil Called Raw Gold?

AEM

02 MINUTES READ

Argan oil, often referred to as "liquid gold," is a highly prized oil that is produced from the nuts of the argan tree, which is native to Morocco. The process of extracting the oil from the nuts is labor-intensive and time-consuming, which is one of the reasons why argan oil is so expensive and coveted.

But the benefits of argan oil go far beyond its luxurious reputation. This powerful oil is packed with vitamins, minerals, and fatty acids that make it a versatile and effective natural solution for a variety of skin and hair concerns.

For the skin, argan oil is a true wonder. It is an excellent moisturizer that can help to nourish and hydrate the skin, leaving it soft, smooth, and radiant. The oil is also rich in vitamin E, which is a powerful antioxidant that helps to protect the skin from environmental stressors and free radicals.

Argan oil can also help to improve the appearance of fine lines and wrinkles, thanks to its high levels of fatty acids and vitamin E. It can help to improve skin elasticity, giving the skin a youthful, firm, and radiant appearance.

But the benefits of argan oil go beyond just the face. This powerful oil can be used all over the body to nourish and hydrate the skin, leaving it feeling soft, smooth, and healthy. It is an excellent choice for those with dry or sensitive skin, as it is



non-greasy and easily absorbed.

For the hair, argan oil is a true game-changer. It is an excellent natural solution for taming frizz, protecting the hair from heat damage, and promoting healthy, strong, and shiny tresses. The oil is rich in fatty acids and vitamin E, which help to nourish and strengthen the hair, repairing damage and promoting healthy growth.

Argan oil is also highly effective at protecting the hair from heat damage and hair styling. But the benefits of argan oil go beyond just the hair and skin. This powerful oil is also believed to have medicinal properties that make it effective at treating a variety of ailments. It has been traditionally used to treat burns, cuts, and wounds, thanks to its anti-inflammatory and antibacterial properties. It is also believed to have a positive effect on the nails, helping to strengthen and nourish them.

Overall, the uses of argan oil are undeniable. From head to toe, this luxurious oil is a must-have addition to any beauty routine. It is an excellent natural solution for a variety of skin and hair concerns, leaving you feeling and looking your best. So, discover the power of argan oil today and experience the numerous benefits for yourself.



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