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MONTHLY

PAGE 22

**HOW ADIDAS, ASICS, AND OTHER
SHOEMAKERS DEAL WITH WASTE?**

WHEN

THE GOING GETS TOUGH

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EDITOR'S NOTE

Welcome to our magazine's July–August edition. We explore a wide range of topics in this issue that provide novel insights and inquire about conventional thinking. Our writings seek to inspire and educate readers on a range of topics, from the amazing achievements in science to the reality of societal challenges. We delve into the complex dynamics of individual journeys, the transforming power of sustainable practices, and the diverse range of artistic and cultural expressions available in the digital age. Our intention is to promote knowledge, spark curiosity, and celebrate the resiliency and creativity that define the human spirit as we move through these many themes. We hope you could relate to these stories and find them to be thought-provoking.

Happy Reading!

Muhammad Ali Farooqi
Editor-in-Chief



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Hope and Strength:

My Journey through Marriage and Migration



Nikita Kumawat

Yoga trainer & an amateur writer

04 MINUTES READ

Do you ever feel like you are buried within the burden of circumstances of time or people around at the cost of love? Some call it phases of life, a way of mental psychology to deal with the circumstances and people around. It may be Karma or Destiny. One thing is common in all of the above that life and time never stop for anybody either it would make or break you.

When you feel over spilled you want to dig out the graveyard of your own soul version to realize how far you have come? Exactly this was spinning in my mind when I was waiting for my interview with token number 0729 at the sitting lobby of the U.S. consulate general in Mumbai. All my blood got cold, my heartbeat was racing against my wrist watch's tik-tik. With every deep breath I was releasing that I am into the cage called a marriage institution, where you have to detach yourself from the identity you were with since your birth. With a very next moment to the marriage ritual you start writing a new surname. Your siblings, friends, career goals just become footprints of your life journey. Within a blink of an eye we start calling someone else's parents our own parents. we need to please new siblings, maybe we just met them twice. Choices of basics of food eating habits, cooking methods, ethics of wearing clothes, aesthetics of table manners to what you dream of became not even secondary but the last. Your soul caged into real time running cameras of new family and relatives where someone's new phases of life become candid gossip and entertainment footage.

Every moment you just think of hope and I was doing the same - search for hope as my life's central character shifted from "ME" to "YOU" called husband. Where there should be love and blessings in the air, gossip, rumors with sweet honey words were there in such a sophisticated way that a soul cannot even urges for any ice breaking truth as saying truth is bitter always and straightforwardness bitter is not allowed in marriage constitution as relationships are made of love and love is blind. And it's obvious in my chapter of marriage as my hope, my husband was into the United States of America and I was battling against my innocence of individuality, soul questions, to every obstacle or society trolls alone in India while a mental killing phase known as the visa process.

Unknowningly started feeling like a refugee whose soul doesn't want to go through such a dark tunnel but is forced by a time situation to travel by it. Adopting a new territory with a hope of meeting your husband who stays overseas where even the sun and moon knock the doors with the latency of a day & night created dark circles under my eyes with so many parallel tracks of two countries to deal with. I learnt to live with a husband who visits you only 10 days in a year. I started respecting soldiers more as I came to understand how it feels to be away from your husband and legal rules become priority of life and we need to accept it as normality to survive and love life no matter how it seems to be. As a human being you start feeling that you are in love with a smartphone not with any person as distance relationship is all about

living every moment with virtual platforms. Documentation and lawful processes scratch two souls in such a way that a newly married couple just grind their emotions in the mixer of practicality. They both enter into a new zone of life where it's difficult to balance one's own emotions while dealing with the exploration of a partner with homely responsibilities and of each other; too. But when you are putting efforts with a pure heart the universe starts channeling you with a natural drive force to sail you to the door bridging to the next level of your life. And here once again I am thankful to YOGA, MEDITATION and its SPIRITUALISM to keep my soul's innocence as it is. I realized god knows the best, he has his

own universal management for every human soul he created.

With every passing day and night my soul energy gets depleted, feeling more shrank, scratched with so many questions which don't have any answers that where life is leading you, why and to what extent. Here I was draining, the academics of YOGA-MEDITATION under trained instructors, group chantings-prayers, daily asanas, visualization of goals, where one learns to balance external and internal both the personality trait of oneself with discipline was the one and only thing supported me with a natural drive force to keep moving with ups and downs. Learning the art of living happily on your own is not easy. Doing asanas to calm down anger or to generate happy hormones, daily quick alternate nostril breathing techniques to calm yourself to relieve from stress to continue with the task in hand, meditation to reflex inward to quieten monkey mind, spiritual fact



theories to know more about the self soul and materialistic world. Chantings, affirmations to keep your self mentally and physically healthy. When we keep moving with nothingness with all the efforts without thinking about the results with a thought that - I played my part with all the efforts from my end as per circumstance and potential, rest needs to be left on a universal divine power whether you think it's not my cup of tea.

Suddenly I heard an announcement of calling my token number at counter number 7.

Within 30 to 40 minutes of the interview session I left from the counter with numbness choking all my blood into blue. At the exit gate I met my husband who came for my interview waiting outside and asked-did you get the visa approval? I was only able to share the approval receipt to him without any words as that was the only door to continue this marriage together. He thought that I was so happy and not able to express it. But actually as a human being when you go through so much i.e; mentally, emotionally, socially, financially, spiritually you learn that life would be like this and you have to fight your own battles. Nobody would play your character in the best way as you would. Suddenly you become neutral to the external world. We feel the same in both good and bad situations which is called "ART OF BALANCING SOUL" in yoga. "Sometimes when you're in a dark place you think you've been buried, but you've actually been planted to grow yourself in a new version."

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Want to Explore Pakistan's Summer Hotspots?

Here is the List!

Hunza Valley: Get lost in breathtaking landscapes and ancient forts. Don't miss Naltar Valley for stunning lakes and epic hiking trails!

Swat Valley: It's Pakistan's Switzerland! Dive into lush greenery, serene rivers, and ancient Buddhist relics. Try skiing in Malam Jabba or catch a chairlift ride in Mingora.

Murree and Galiyat: Just a hop from Islamabad, Murree offers cool vibes, pine forests, and killer viewpoints like Mall Road and Pindi Point. Galiyat nearby is perfect for trekking and nature buffs.

Skardu and Gilgit: Prepare for rugged beauty! Skardu's turquoise lakes at Shangrila Resort are a must. Gilgit's warm hospitality and Karakoram Range views are icing on the cake.

Chitral: Dive into the Kalash Valley's unique culture and vibrant festivals. Shandur Pass is a gem, especially during the summer polo festival!

Karachi Beaches: Hit up Clifton Beach and Hawksbay for sun, sand, and the best seafood around. Perfect for chilling out or diving into water sports.

These spots in Pakistan promise an unforgettable mix of nature, culture, and adventure.

Get packing for the ultimate summer escape!

Why Are There No Mosquitoes at Disney World?

Sunday Roast

02 MINUTES READ

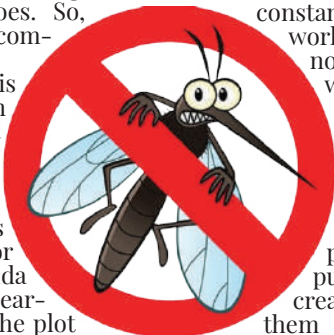
Disney World is billed as the “Happiest Place” in the world. And it does have at least one magical attribute; there are no mosquitos at the park. But in the middle of all the magic, how does the “Happiest Place on Earth” manage to stave off bothersome bloodsuckers in a place where marshes rule supreme and buzzing insects are a daily annoyance?

Disney World is located in the swamplands of Florida. The region is teeming with mosquitoes. So, how was this feat accomplished?

Walt Disney opened his first Disneyland in Anaheim, California. It was a huge success right from the start. Soon, Disney was looking to expand. His planners scouted the East Coast for a perfect location. Florida was chosen for its year-round sunny weather. The plot for the new park was huge. The Disney company bought up 25,000 full acres of land. Every square inch of that land was planned. Even the trash cans were placed in strategic spots. But there was an unforeseen problem. Disney never planned on using all 25,000 acres. He wanted to keep half of it untouched. The natural scenery would attenuate the amusement park. But this meant the rides were surrounded by swamps.

And the swamps were breeding grounds for mosquitoes. This would obviously scare away visitors. So, Disney had to solve the problem. The man who helped him was Major

General William “Joe Potter”. Potter had worked at the Panama Canal Zone. He had become an expert in mosquito control. The engineer was hired by Disney. From the start, he signled out standing water as a problem. Potter's methods were not focused on killing the mosquitos. He wanted to prevent them from laying eggs. So he drained the swamps by building ditches. But not all wetlands could be drained. Mosquitoes lay their eggs in still water. So Potter made sure the remaining water was constantly flowing. Most Disney world visitors don't even notice it. But every single water source at the park is flowing. All the buildings are built so that the water flows right off of them. They are curved, so that there's no standing water. Even the plants were selected on purpose. None of them create pooling water. None of them are planted near water sources. There are no water lilies at the park. And every manmade river has a specific fish species. All of them eat mosquito larvae. Finally, the grounds are sprayed with garlic spray. It's so faint the visitors don't notice it. But it's completely natural and keeps any stray bugs away. The Mosquito Surveillance Program still runs today. There are carbon dioxide traps everywhere. Trapped insects are analyzed by scientists. This helps them to be alert to any new populations. All of this works to make Disney World mosquito-free.





THE UNANSWERED QUESTION OF A WOMAN'S WORTH



Laiba Khalid

Writer, Poetess and Columnist

04 MINUTES READ

From the moment of birth, when the pink little blanket swaddles over her, to the moment of death, when the white shroud covers her, the question of worth follows her like a shadow, mostly haunting and sometimes empowering, but always present. From first breath to last breath, at each stage of life, from childhood to adulthood, from adulthood to the old hood, and through various roles like daughter, sister, wife, mother, and as a professional, she is confronted with societal expectations and personal struggles that influence how she perceives their value. In each phase of life, on each path of her journey, with each step towards her destination, societal expectations come her way over her sense of self, leaving her with a lingering question about her value. The question of worth becomes engraved in her being!

When a girl opens her eyes to the world, everyone expresses happiness, but with the notion that she is a benediction. Superficially, she is being

called a benediction, but deep down, it means a burden. Such expressions during infancy begin to cast doubt on her worth. Then, in her childhood, she is given kitchen play sets and dolls as toys to reinforce the idea that she is a girl and that playing with these items is what gives her dignity. Since playing with guns and cars goes against every social convention, she is not permitted to do so. The seed of self-doubt is sown in her in the early years of life, and it keeps on growing bigger and bigger—first a seedling, then a plant, and finally a tree.

When a girl opens her eyes to the world, everyone expresses happiness, but with the notion that she is a benediction. Superficially, she is being called a benediction, but deep down, it means a burden. Such expressions during infancy begin to cast doubt on her worth. Then, in her childhood, she is given kitchen play sets and dolls as toys to reinforce the idea that she is a girl and that playing with these items is what gives her dignity. Since playing with guns and cars goes against every social convention, she is not permitted to do so. The seed of self-doubt is sown in her in the early years of life, and it keeps on growing

IMAGE SOURCE: SHUTTERSTOCK

bigger and bigger—first a seedling, then a plant, and finally a tree. As she transitions into adolescence, the interrogation of her worth intensifies. Her reflection in the mirror becomes a battleground. Is she thin or fat? Fair or dark? Pretty or ugly? Tall or short? The strain of living up to social norms regarding behavior and appearance becomes too much to handle. Her popularity and looks start to determine how worthy she is. She wonders, “Will they like me?” She could experience judgment from others, tight expectations, and comparisons with others, believing that her worth is derived only from compliance and conformity.

Young adulthood brings new challenges for her. The woman steps onto the treadmill of achievement. The issue of career comes across in what subjects she opts for, her degree, and her profession. “Will she become a doctor?” Or she should have a profession according to her delicacy. She can’t be an athlete, and she can’t be in a profession that requires physical strength. She is asked, “Will you be able to do this? Can she navigate the professional world with her voice competing against a chorus of male counterparts? At the workplace, she meets gender biases, unequal pay and struggle for respect. If she goes for higher studies like a Ph.D. or a career abroad, she is questioned, “If you are going to do this, when will you get married?” The pressure to balance personal aspirations with societal expectations of marriage expands the complexity.

Late adulthood ushers in a new set of weights. At this stage of life, if she is not married, she is not accepted as a successful individual, even if she has conquered the world. People come for the marriage proposal and reject her

based on her appearance or her profession. Their stinging remarks about her personality make her feel worthless. She feels insulted and asks herself, “Am I not worthy of getting a marriage proposal?” If married by chance, then, “Is she a good wife, a supportive partner?” “Is she good in domestic roles?” “If she cooks well or not. She may feel devalued as a result of traditional gender norms, which can also damage her sense of self. If she is divorced, she is held responsible for this. She often faces piercing comments like “She didn’t deserve to be a wife,” “She couldn’t handle a man and her house,” and “She was flying high with her ambitions, so she destroyed her relationship.”

Motherhood, a whirlwind of love and exhaustion, motherhood turns into yet another task. Her sleepless nights, her constant self-sacrifice, and her physical and emotional changes are ignored, and the judgmental stares ask, “Is she a good mother?” Does she provide perfect guidance, protection, and nurturing? “Will she be able to raise her kids in a good way?” The burden of responsibility makes the internal conflict more intense. Even though she plays various roles and wears multiple hats, the thought, “Am I worthy?” persists.

As old age brings wisdom, it also brings the question, “What is your worth now?” Even on her deathbed, she wonders, “Will anyone remember me?” Throughout her life, she strives to answer, “Do I have all the qualities of a good woman?” She dies searching for her worth, the question “Am I worthy enough?” remaining unanswered. She works like an unpaid worker for her family, her worth reduced to a reference in a man’s abuses.

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ANOTHER TIME, ANOTHER WITCH HUNT



Armughan Munir
Podcast Host, Writer

06 MINUTES READ

“You could claim that anything’s real if the only basis for believing in it is that nobody’s proved it doesn’t exist” – Hermione Granger, *Harry Potter and The Deathly Hallows*.

Witchcraft was practiced on the holy grounds of the Salem Village in 1662. A wave of fear shook the entire village. Witchcraft was considered a horrendous act and would not, under any circumstances, be permitted. The authorities of a village launched a witch hunt trial, questioning anyone accused of being a witch. There was only one problem with the witch hunt trials: the court could never prove someone to be a witch. This didn’t stop them from bringing in 200 individuals, and executing nineteen of them to death.

It started in the spring of 1662. A bunch of young girls in the village claimed to be possessed by the devil and accused several women in the

village of witchcraft. What should have been dismissed by the authorities as a child prank was made a matter of utmost juridical importance. The witch trials were commenced and lasted upto 1711. It’s how long the judges took to regain common sense. The trials were not ordinary court trials demanding a solid heap of evidence. The accusation that “she’s a witch” is enough to bring anyone in. The modus operandi of Salem’s court was adjourned. A new modus operandi was adopted which was charted from the 1478 book *Malleus Maleficarum* (Latin for “The Hammer of Witches”). The book was written by inquisitors of the Catholic church as an intent to codify knowledge of witches and how to identify them.

According to this book, when a situation as grave as witchcraft in the village presents itself. It is a folly to make attempts to find evidence in support of the claim. Anyone who makes such attempts is a lunatic. The modern definition of a witch hunt states.

“A dedicated and unjust investigation or persecution of a group or person in which the extreme and threatening nature of the alleged crimes is used to justify suspending or ignoring the rules of usual evidence”

This can be observed clearly in the following excerpt from the book *Malleus Maleficarum*:

And this is when the accused is not convicted of heresy by her own confession or by the evidence of the facts or by the legitimate productions of witnesses, but there are indications, not only light or even strong, but very strong and grave, which render her gravely suspected of the said heresy, and by reason of which she must be judged as one gravely suspected of the said heresy.

In simple words, It's a matter of national importance. There are witches among us. The court doesn't need evidence to be convinced. The indications would suffice. Leave it to the (supposed) experts.

Acquisition meant guilt. If one was accused of being a witch. She had to defend herself and disprove the claim. The normal rules of evidence didn't apply. The coincidental death of a cow is enough to justify the burning of a strange woman who lives at the other end of the village. The methods of investigation were as bad (if not more) as the punishment. Your choice is to confess and be executed, or to not confess and be tortured. There is a superficial resemblance to a fair trial, but in actuality a witch hunt is nowhere close. From the 1300s to 1700s, fifty to sixty thousand people in Europe were executed in witch hunts. Some estimations raise this number well over to hundreds of thousands.

McCarthyism and The Second Red Scare

McCarthyism (also known as the second red scare), initiated by Senator Joseph R. McCarthy in the 1950s, was a modern day witch hunt. The witches were now communists who had infiltrated every important department in the USA including the congress, Hollywood, American universities, and the army. This was McCarthy's claim. At the height of tensions between America and the Soviet Union, the anti-communist sentiment in the US was at an all-time high. McCarthy claimed that he has a list of 205 communists in the US who are influencing government policy. This is akin to saying there are witches among us.

As it should have happened in the Salem Witch trials, the judges should have disregarded the claim as a childhood prank in the absence of convincing evidence. The US supreme court should have dismissed McCarthy's claim too on the basis of incomplete evidence. As we all know, this didn't happen. In the McCarthy witch hunt, thousands of notable people were brought to hearings, questioned about their loyalty, political views, and asked to incriminate their friends or family members. Those who refused to cooperate lost their jobs, or risk being sent to jail.

The fear-riddled senate formed a committee to investigate McCarthy's claims. His first case was against a prominent lawyer and activist, Dorothy Kenyon. Despite her publically vocal anti-communist record, McCarthy accused Kenyon as being a member of 28 organizations that are communist fronts. The committee scheduled a hearing giving Kenyon 5 days to prepare. All the characteris-

tics of a typical witch hunt were followed..

The Burden of Proof Fallacy

The second red scare could have been completely avoided (or the damage toned down) if the government realized the fallacy they were making in their reasoning:

Reversal of Polarity

Reversal of polarity is also known as the burden of proof fallacy. It stems from a form of argument from ignorance: assuming that a claim is true because it hasn't been proven false.

The committee thought that Kenyon must be a communist because she has not proved she is not a communist. The burden of proof must lie on the person making the claim. In this case, it shouldn't be upto Dorothy Kenyon to disprove her being a communist. The burden of proof lies on McCarthy to prove Dorothy's (or anyone else's) communist ties.

If I were to claim that there is a flying teapot orbiting between Earth and Mars, I must be the one providing the proof to support my claim. However, if you're not able to disprove the claim about my teapot, I mustn't conclude that my claim is true. It might just be that the claim can't be proven false, or it hasn't been proven false yet, or IT ISN'T COMPLETELY TRUE or FALSE. To avoid such complexity, the burden of proof must lie with the person

making the claim. If someone claims that aliens exist, you shouldn't run off to find proof they don't exist. You should ask the person to show you the UFO.

Everytime McCarthy made an allegation against someone. He must have been summoned to the court for questioning and asked to present the proof. If the thorough examination of his evidence couldn't disprove his claim. Only then the defendant must have been called.



As it turns out, McCarthy's claims were insubstantial. Some of the so-called communist organizations he assured Dorothy of joining didn't even exist. The victims of McCarthyism included Albert Einstein, Dalton Trumbo, Charlie Chaplin, and Leonard Bernstein to name a few. Senator

McCarthy was put down when he started pointing fingers to the army.

Another Time, Another Witch Hunt

If there's anything we learn from reading history, it's that humans don't read enough of it. History repeats itself because humans are aloof to common sense. After McCarthyism, one might think humans would have had enough witch trials. The hysteria seems distant. Fast forward a few decades, we are proven wrong, again. In the 1980s, came the Satanic Panic, children who went to different day

cares in the US started to claim that their caretakers are involved in satanic rituals. It was a moral panic consisting of more than 12,000 unsubstantiated cases. It emerged from the McMartin Preschool. Judy Johnson, mother of one of the preschooler's reported to the police that her son has been sodomized. Other allegations included that people at the daycare had sexual encounters with animals. The police launched an inquiry into the matter. Several hundred children were interviewed for lengthy periods of time by therapists. The children (& their parents) reported that they have been sexually abused, saw witches fly, flushed down toilets to secret rooms (then cleaned up later and presented to their parents), forcibly photographed nude, and made to travel through secret tunnels. The moral hysteria spread and locals in different towns started to believe devil-worshippers have set up shops in day-care centers. Their clever adepts were sodomizing and raping childrens, partaking in satanic rituals, drinking blood, killing and dismembering the bodies of cats, dogs, and a crying baby, all unnoticed by the parents, neighbors, or authorities.

The McMartin preschool trial was launched. It was based on unproven claims. All they had against the teachers were highly-fabricated testimonies by young children and accusations made by their emotional parents. I say highly-fabricated because the therapists which questioned the children took part in the use of suggestive and leading questioning, with sessions lasting upto hours at times. The method then implied by most of the therapists is

called "Recovered-Memory Therapy (RMT)". A school of psychoanalytic therapy where it is believed, contrary to evidence, that traumatic memories can be buried in the subconscious and retrieved through RMT techniques. RMT has another use: developing false memories. RMT has been scientifically discredited and legally banned because it led children to formulate false memories, believing they were sexually abused when in fact they weren't.

It took about \$15million and seven years for the judges to dismiss the case because nothing could be proven. The grave accusations put forth by children were mostly self-created. No proof of secret tunnels, bodies of dead animals, or satan-worshiping sadists were found. Judy Johnson later on admitted that she was mentally ill when she made the claims. The McMartin preschool case was the longest and most expensive case in US history.

Another time, another witch hunt. The public fell prey to the same argument from ignorance. They believed whatever the children, and 'supposed' experts told them. The human mind is gullible to false memories, illogical thinking, and repeating past mistakes; time and time again. Let's hope we don't live to see another witch hunt in the modern era; although it's on the cards.

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Did You Know?

There is a musical sculpture called, "The Singing Ringing Tree" built at the top of the hill in England. When the wind blows through the pipes, it creates an eerie, musical hum.



UNRAVELING THE ENIGMA OF CINNAMON: Salon vs. Cassia

Business Insider Africa

03 MINUTES READ

There are not many spices with as distinguished historical significance as cinnamon. This fragrant bark, which was formerly valued as highly as gold, has travelled across continents and ages, making a lasting impression on cuisines and cultures all around the world. However, hidden inside its legendary past is a tale of mystery and deceit—a struggle between Salon and Cassia for supremacy in the world of cinnamon. The history of cinnamon is shrouded in myth and mythology. Traders have been selling stories about a fragrant bark that was taken from the nests of legendary birds since prehistoric times. Cinnamon was a highly valued item that was traded throughout the ancient world by at least 2000 BC. Its exotic mystique and alluring perfume were so alluring that its value exceeded that of gold.

Salon cinnamon, sometimes referred to as real cinnamon, is the best cinnamon that is found nestled in Sri Lanka's gorgeous surroundings.

Salon cinnamon, which is made from the inner bark of cinnamon tree branches, has a sweeter and healthier flavour profile than Cassia cinnamon, 90% of the world's supply of real cinnamon comes from Sri Lanka, which speaks volumes about the island's skill in growing spices and rich cultural legacy.

Now introduce yourself to Cassia, Salon cinnamon's fierce competitor. Originating from a distinct type of tree, Cassia is devoid of the subtle taste and well-being advantages of its Sri Lankan equivalent. Cassia is the market leader in the world despite being of lower quality because of its far lower price.

When farmers like Sunth head out into the fields at first light to get the valuable spice, Salon cinnamon's trip officially begins. They cut cinnamon tree branches with extreme care, taking care to preserve the integrity of the bark. After that, a water soak is applied to the branches to facilitate the peeling process and expose the inner bark, which is the real cinnamon.

IMAGE SOURCE: HEALTHLINE

The cinnamon bark is meticulously refined once it has been peeled. Qualls are tiny strips of bark carved by skilled artisans that curl gently when they dry. These quills, which are ranked according to thickness and quality, represent the skill and artisanal workmanship that have been handed down through the ages.

Merchants and princes alike have desired Salon cinnamon for generations. Its trade lines cut across continents, influencing local economies and cultural norms. Realizing the enormous value of cinnamon in international trade, European nations fought for control of Sri Lanka's cinnamon plantations.

In today's market, Salon cinnamon confronts difficult competitors despite its respected heritage. The integrity of real cinnamon is in jeopardy due to the emergence of cassia, which has cheaper prices and misleading resemblance. Because of lax labelling regulations and adulteration techniques, it is challenging for customers to distinguish between the two types, which keeps Cassia in the lead.

Initiatives such as geographical indication markers are meant to distinguish genuine cinnamon from imitations, with the goal of safeguarding the legacy of Salon cinnamon. To guarantee that the spice market accurately captures the rich history and distinctive characteristics of Salon cinnamon, however, increased openness and customer knowledge is required.

Salon cinnamon's perseverance is evident as Sri Lanka's spice merchants overcome the challenges of a shifting market. It is hoped that genuine cinnamon will captivate consumers and hearts for many generations to come with a renewed

emphasis on authenticity and sustainability.

Salon's legacy in the long history of cinnamon is still rich and appealing which are evidence of the timeless appeal of this age-old spice. Remembering the centuries of skill and custom that have moulded the development of cinnamon from fiction to reality as we enjoy its rich flavour and subtle perfume.

Remove These Words from Your Resume:

If you want to make your resume stand out, use the following words:

1. Use "Managed" instead of "Directed."
2. Use "Oversaw" instead of "Responsible for."
3. Use "Orchestrated" instead of "Worked(Organized)."
4. Use "Accomplished" instead of "Did."
5. Use "Facilitated" instead of "Helped."
6. Use "Crafted" instead of "Made."
7. Use "Controlled" instead of "Handed."
8. Use "Participated" instead of "Was part of."
9. Use "Collaborated" on" instead of "Contributed to".
10. Use "Acquired Proficiency in" instead of "Gained Experience in."
11. Use "Supervised" instead of "Managed."
12. Use "Executed" instead of "Ran."
13. Use "Carried out" instead of "Conducted."
14. Use "Leveraged" Instead of "Utilized."
15. Use "Authored" instead of "Wrote."



THINK IT - WHEN THE GOING GETS TOUGH



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

03 MINUTES READ

Today's business environment is wrought by lots of uncertainty - political, economic, social to name a few. This uncertainty has caused many businesses to falter or even shut down. For the businesses to sustain in an environment of high inflation, high cost of utilities, low demand and competition from low cost producers overseas has made it tough. There is a very popular phrase in management that describes the solution to this problem and it is "When the going gets tough, the tough get going."

What does it mean to be tough? According to the Merriam-Webster dictionary it is "when there are problems, strong people work hard to solve them". In today's era of artificial intelligence (AI) it is not the strongest or hard worker but the smartest and adaptive to change that will survive. In Modern times hard work is synon-

ymous to resilience. Resilience refers to the ideas surrounding how people are affected by and adapt to challenging things like adversity, change, loss, and risk. Researchers have studied resilience theory across different fields, including psychiatry, human development, and change management. Resilience is the ability to cope with and recover from setbacks. It's about remaining calm in the face of disaster, having strong coping skills, and effectively managing available resources. Resilient individuals face life's difficulties head-on, using healthy coping strategies to emerge stronger than before. They exhibit characteristics like effective emotional regulation, problem-solving skills, and a strong internal locus of control. Resilience doesn't mean avoiding stress or emotional upheaval; rather, it involves working through emotional pain and suffering. When you are resilient then in the darkest of the hours you have faith, confidence and hope for better days to come. Many people would question whether resilience is a natural phenomenon or

IMAGE SOURCE: DR. NORWAN

it can be learned. Research shows that It is a combination of both learned behaviours and innate qualities. While some people may naturally possess greater resilience due to their temperament or genetic makeup, resilience can also be developed and strengthened through life experiences and intentional efforts. Here are some of the behaviours that can develop resilience.

Coping Strategies: Resilience can be cultivated by learning effective coping mechanisms. These include problem-solving skills, positive thinking, and seeking social support.

Adaptability: Exposure to challenges and learning from failures helps build resilience. It's like a muscle that strengthens with practice.

Mindset: Developing a growth mindset—believing that challenges are opportunities for growth—enhances resilience.

Social Support: Having a strong support network contributes significantly to resilience.

The key is mindset—believing that challenges are opportunities for growth.

Here is one such research study “Should you launch products during recession” that shows that resilience pays. Intuitively many people will say NO to the idea of launching a new product during a recession but this study shows that many smart people see the recession as a time to capitalize on their different thinking. Here is another saying: “ When everybody thinks alike, nobody thinks any more.” So thinking differently from the herd opens up new opportunities to those who are adaptive to change and willing to take risks.

Another story of thinking differently is “The Big Short”, it is a nonfiction book by Michael Lewis and also a feature film. The Big Short describes several of the main players in the creation of the credit default swap market who sought to bet against the collateralized debt obligation (CDO) bubble and thus ended up profiting from the financial crisis of 2007–08.

In “Think and Grow Rich,” Napoleon Hill’s research reveals that success and wealth can be achieved by following specific principles. Hill’s “13 Steps to Riches” include developing a positive mental attitude, setting clear and specific goals, creating a plan to achieve those goals, taking action, and maintaining a strong belief in oneself and one’s capabilities.

The important ones are as under:

1. Desire: Start with a strong desire or burning ambition to achieve a specific goal.
2. Faith: Have unwavering faith in yourself and your ability to achieve your goal.
3. Imagination: Use your imagination to visualize your goal and see yourself achieving it.
4. Persistence: Keep working towards your goal, even when faced with obstacles.
5. The Brain: Use your brain to analyze, plan, make decisions, and take action.
6. The Sixth Sense: Trust your intuition and inner guidance to make the right decisions and achieve your goals.

Now is the time to Never give up and get tough.

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The Art and Culture in Digital Space



Naheed Anjum
Writer, English Literature Student

04 MINUTES READ

Travelling in the 19 and 20 centuries was thrilling because people knew almost nothing about the lands they were visiting, aside from their names and geographical locations. Thanks to the internet that shifted the dynamics of the world in innumerable ways and provided easy access to the culture of other regions in the world. You can now learn a great deal about European art and culture before even setting foot in Europe.

The advancements in science and technology have globalized the relationship between art, artists and their audiences through online platforms. Similar to how your phone eats first, art is now displayed on snapchat and instagram stories before being presented in exhibitions. We have moved into a different space where the culture and art of every region are just a Google search away. Most importantly, culture and art have transitioned to the digital world,

adhering to the benefits and consequences of virtual reality. These recent developments have shifted the dynamic of art and cultural production and consumption into a different realm. You no longer require a permission letter to exhibit your art or a printing press to publish your work. You can simply log in to your profile and post your talent for millions of people to explore. In fact, you are more likely to find art and artists on Instagram's explore page than in traditional art exhibitions. You can learn about the emerging cultures of other nations from Facebook posts rather than through real-life interactions.

Similarly, artists too, have begun to choose virtual means for creating artifacts and cultural production rather than traditional materialistic materials. The medium for creating art is no longer limited to paints and brushes, but now includes numerous online platforms and applications that allow you to create and share art on social media platforms. Not only has the means of creating art changed, but the entire relationship

IMAGE SOURCE: EXETER INNOVATION

between artists and their audience has revolutionized and shifted from the material world to the digital spaces. If there was anything left to present in the physical world, multimedia has to come into the spotlight to replace it, merging video, audio, animation, graphics and texts present them all at once.

Moreover, people have begun to use canvases and a new field of graphic designing has emerged, overtaking traditional art mediums like paints and watercolors. Traditional cultural exhibitions have also moved online, making them accessible to everyone. Many organizations and markets have transformed their operations from posting posters on walls to creating posters online. These companies have shifted their entire advertisement section and its related operations from physical to virtual spaces.

All these elements have become significant parts of our culture produced and consumed within the digital space, redefining their relationship with humanity. The representation of art and culture on social media platforms allows people

to break out of their nationalistic bubble and view the world more heterogeneously, giving every talented and creative artist an equal chance to share their work. Although algorithms may influence visibility, artists worldwide still have the opportunity to contribute to art and culture regardless of age, ethnicity, nationality or gender.

The digital space allows everyone to produce, consume and engage with art and culture by posting, liking, or commenting on an artist's works. It is no longer an elite domain accessible only to those who are rich in terms of time and money. The art and culture in digital space has diminished the dominance of the elite over these mediums and provided equal opportunity to everyone. Today, anyone can access, purchase, share or repost cultural products and artifacts. As a result, the audience has expanded across multiple regions and religions. Nevertheless, in the digital space, the production and consumption of art and culture has become democratic.

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IMAGE SOURCE: LINKEDIN





ECHOES OF CREATIVITY: UNRAVELING THE MYSTERIES OF ARTISTIC EXPRESSION



Aqdas Ali Hashmi

Lecturer, PhD Scholar,
Ghazal and Sufi Vocalist, Researcher

03 MINUTES READ

The essence of culture, emotion, and innovation can be found within the boundless realms of art, the age-old pursuit of human expression. Its various forms captivate the soul, it speaks volumes without using words, and it transcends boundaries. Art, from the brushstrokes to the intricate notes in a musical composition, creates a tapestry of experiences that speak to us on a deep level. Join us as we explore the profound idea of art and its importance to the human condition.

Since art encompasses a spectrum of expressions as diverse as the human experience itself, it defies easy definition. It includes performing arts like dance, theater, and music in addition to visual arts like painting, sculpture, and photography.

All art forms provide us with a differ-

ent perspective on the world, encouraging us to think about, analyze, and value the beauty that is all around us. The famous quote from Pablo Picasso goes, "Art is the lie that enables us to realize the truth." Our deepest desires, fears, and thoughts are reflected back to us in art, which has the power to transcend reality and arouse emotions. It pushes us to delve into the depths of our humanity and look past the obvious. Creativity, the infinite energy that spurs imagination and innovation, is the essence of art. Creativity knows no boundaries, whether it is expressed through a silent symphony or a canvas masterpiece. Ordinary materials can be transformed into extraordinary works of significance and beauty with its catalytic properties.

As Leonardo da Vinci famously said, "Simplicity is the ultimate sophistication." Simplicity frequently yields deep beauty in the quest of artistic expression. The actual nature of art is shown in the minute details, the

delicate brushstrokes, and the elegant movements. Through the medium of art, we can express our innermost feelings and ideas in a safe haven. Art speaks volumes with its silence in a noisy world. It establishes connections that go beyond the confines of language and breaks down barriers based on culture, language, and social norms.

Art's intrinsic subjectivity is one of its most amazing features. Something that moves someone greatly may not affect someone else. Our experience of art is enhanced by the multiplicity of interpretations, though. A new level of meaning and significance is added to the artwork by every viewer thanks to their individual perspectives. Georgia O'Keeffe once said, "I found I could say things with color and shapes that I couldn't say any other way—things I had no words for." In the field of art, words frequently fail to convey the complexity of the human condition. Instead, we discover a language that speaks to the soul through composition, color, and form.

Art has always been a source of inspiration, kindling the sparks of inventiveness and creativity in both past and present generations. The art world has consistently pushed the envelope of what is possible, from the prehistoric Lascaux cave paintings to the avant-garde movements of the 20th century, encouraging us to view the world in novel and surprising ways.

One's possessions increase with their usage. Drawing inspiration from art is a never-ending source of energy that is just waiting to be discovered. Without concern for criticism or constraints, it encourages us to explore, try, and create. With its ability to remind us of the beauty all

around us and our common humanity in a world full of uncertainty and division, art is a beacon of hope. The fact that it survived time and space and left an enduring impression on the world is evidence of the human spirit's tenacity.

Let us not diminish the tremendous capacity of art to inspire, uplift, and bring people together as we traverse the complexities of life. For as Vincent van Gogh once said, "I am seeking." I'm making an effort. "I am in it with all my heart" is a statement that speaks to both the limitless depths of the human soul and the never-ending quest of artistic expression.

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جو سوچتا بھی نہیں خواب دیکھتا بھی نہیں
پیرزادہ قاسم

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Did You Know?

A chicken once lived for 18 months without a head. Mike the chicken's incredible feat was recorded back in the 1940s in the USA. He survived as his jugular vein and most of his brain-stem were left mostly intact, ensuring just enough brain function remained for survival. In the majority of cases, a headless chicken dies in a matter of minutes.

From Bugs to Brilliance: The Story of Shellac

Business Insider India

03 MINUTES READ

The lustrous finish on your citrus fruits and the glossy sheen on your favourite confectionery may have an unexpected source: bugs. In India, shellac, a natural glue made from the excretions of small insects, has a long and illustrious history that dates back three millennia. Despite its modest beginnings, this adaptable material is essential to a number of sectors, including woodworking and confectionery. Come along as we explore the complex process of making shellac and the difficulties its manufacturers encounter.

Every June, farmers in the central region of India undertake a delicate task: gathering resin from lac insects that are nested on tree branches. Using curved knives called daulis, they carefully and precisely scrape off the amber-colored resin known as shellac. The labor-intensive aspect of the process is highlighted by the possibility that hundreds of lac

insects must be harvested for every kilogramme of shellac.

After being extracted, raw shellac is put through a rigorous set of treatments to make it useful. To guarantee purity, the resin is crushed, cleaned, and dried at plants like Manoj Sagi's. Because shellac is temperature-sensitive, it needs to be constantly monitored while it dries to avoid discoloration and preserve quality.

The shellac is meticulously refined by workers who eliminate impurities and assign a quality rating. The resin is then melted and shaped using conventional methods into a variety of shapes, such as thin sheets or circular buttons. Hand stretching is still an essential stage in maintaining the authenticity of the trade, even with the introduction of equipment. India is the largest producer of shellac in the world, and it exports to Indonesia and the US. Shellac has a wide range of uses and can be found in everything from medicines to confectionery. Because of its inherent quali-

IMAGE SOURCE: TREEHUGGER

ties, it is a recommended option for food glazing and preservation, improving both appearance and shelf life.

The shellac industry confronts many obstacles despite its lasting usefulness, including shifting costs and environmental constraints. Events brought on by climate change, like heavy rains and fungal infestations, endanger lac insect populations and cause production disruptions. There is some hope for sustainability thanks to innovations like scientific farming techniques and the application of fungicides.

Because shellac is still in high demand, Indian manufacturers work hard to preserve their age-old trade for coming generations. They manage the intricacies of a constantly changing industry by combining historic expertise with cutting-edge solutions, guaranteeing that the shellac legacy remains in the face of change.

The shellac industry is robust in spite of the obstacles brought by market volatility and climate change. Through the adoption of environmentally friendly methods and the utilization of technology, farmers aim to ensure a prosperous future for their art.

Shellac has a tremendous impact on customers and industries all around the world. Shellac is incredibly versatile, with applications ranging from the confectionery business in the United States to woodworking artisans in Europe. A respect for this ancient resin is developing as more people become aware of its sustainable qualities and natural origins.

Every stakeholder must work together to find a solution to the problems affecting the shellac industry. To put rules into place that encourage

sustainable practices and guarantee equitable treatment of workers, governments, corporations, and non-governmental organisations must collaborate. International collaborations can improve technology transfer and knowledge sharing, bolstering the shellac supply chain's resilience.

The tale of shellac reminds us of the complex relationship between history and innovation as we look to the future. Even though the lac insect's journey is barely noticeable, its effects are felt over centuries and continents. Shellac's history can be preserved for future generations by embracing sustainability, protecting cultural assets, and encouraging cooperation.

Shellac, from its humble beginnings on tree branches to its widespread use in everyday products, is a symbol of the complex interplay between human creativity and the natural world. Let us remember the journey of the tiny insects and expert artisans behind this age-old treasure while we relish the glossy delights and admire the polished finishing. The adaptability and tenacity that have supported the shellac industry for millennia are in their hands.

Fact You Need to Know

In 1987, in Romania, they moved a 7600 ton building to make a boulevard. They dug below the building, attached some railway lines and wheels and moved it 180 ft away to the opposite of the road.

How Adidas, Asics, and Other Shoemakers Deal With Waste?

Business Insider Africa

03 MINUTES READ

In a world where nearly 50 billion shoes are produced annually, the staggering reality is that the vast majority end up discarded in landfills. However, a glimmer of hope emerges from the Netherlands, where a pioneering company claims to have cracked the code on footwear recycling, processing up to 2500 shoes per hour. Meanwhile, major brands like Adidas are stepping up their efforts to combat waste by incorporating materials made from ocean plastic into their products. However, why is recycling shoes such a difficult task, and are these programmes actually having an impact?

A typical running shoe is an intricate combination of over forty separate elements made of materials that range from foam and rubber to plastic and polyester. Because these layers are so tightly fused together with strong glue, it is extremely difficult to break down and recycle the shoes. One major obstacle is the adhesive chemical content; any residue left behind could contaminate the separated materials and make them unsuitable for reuse.

Let's introduce Fast Feet Grind (FFG), a

business started by Danny and Arna in the Netherlands. FFG has created a novel recycling method that takes on the problem head-on. Without the use of chemical solvents, FFG is able to effectively separate the various parts of shoes by using a succession of automated devices that make use of heat and friction.

The FFG process encompasses not only the separation of components but also their subsequent reuse. In order to be reincorporated into the production of new shoes, foam and rubber are crushed into little particles. Furthermore, materials from safety shoes are recycled into numerous industrial applications, and cloth from shoe uppers is repurposed into yarn for shoelaces. FFG's dedication to zero waste is a prime example of a sustainable strategy for recycling shoes.

Large companies like Adidas are looking into ways to cut

waste, even as smaller-scale programmes like FFG are



IMAGE SOURCE: DRIBBLE

making progress in shoe recycling. Adidas has introduced products with recycled ocean plastic in an effort to lessen its impact on the environment. Additionally, the company has developed shoes constructed entirely from virgin plastic, allowing for seamless recycling into future generations of footwear. There are still obstacles to overcome, mainly in persuading customers to take part in return initiatives that are crucial to the circular economy model's success.

In addition to recycling, scientists are looking into new materials and production techniques to make more environmentally friendly shoes. Innovations include sandals constructed completely of recycled plastic bags and shoes created from materials derived from disposable algae. These initiatives highlight a more general change in the footwear industry towards environmentally friendly design and production methods.

With industry giants like FFG leading footwear recycling efforts and big companies funding eco-friendly projects, the future of the footwear industry is becoming more sustainable and ecologically conscious. Although there may be obstacles along the way, the enthusiasm and dedication of people and organisations alike point to a bright future in which shoes will represent sustainability and innovation in addition to being stylish accessories.

Every step these companies take in the direction of revolutionizing footwear recycling puts them one step closer to a future in which trash is converted into opportunity and worn-out shoes are repurposed into priceless soles that lead to a brighter future.

Beat the Heat in Summers

Stay Hydrated

- Drink plenty of water throughout the day.
- Carry a water bottle to stay hydrated on the go.
- Enjoy cold beverages like iced tea and popsicles.

Maintain a Cool Indoor Temperature

- Use fans and air conditioning.
- Close blinds or curtains to block out the sun.
- Create a cross breeze by opening windows on opposite sides of the house.
- Place a bowl of ice in front of a fan for extra cooling.
- Take cool showers or baths.
- Sleep with lightweight bedding and a fan directed at your bed.
- Avoid using the oven to keep your home cooler.

Protect Yourself Outdoors

- Wear light, loose clothing and a wide-brimmed hat.
- Apply sunscreen with high SPF.
- Seek shade whenever possible.
- Schedule outdoor activities for early morning or late evening to avoid peak heat.

Quick Cooling Techniques

- Use damp cloths or ice packs on pulse points to cool down quickly.

Public Cooling Centers

- Visit public cooling centers if your home is too hot.

Stay Safe

- Monitor weather reports and heat advisories.
- Check on vulnerable family members, friends, and neighbors.

3D MEAT PRINTING TECHNOLOGY: A GAME-CHANGER OR NIGHTMARE UNLEASHED?



Saira Batool

Nature Photographer, Blogger, Media Student

04 MINUTES READ

Imagine a world where meat is no longer sourced from animals but printed in a laboratory. That's the reality we're edging towards with the advent of 3D meat printing technology. This innovative yet contentious advancement has sparked heated debates: Is it a revolutionary step forward for the food industry, or a Pandora box of ethical and environmental dilemmas?

In our exploration of 3D-printed meat, we'll dive into how this technology works, its potential benefits like reducing animal slaughter and environmental impact, and the challenges it poses. Whether you're a tech enthusiast or a concerned ethical eater, understanding this emerging technology's implications is crucial. Let's unravel the future of food production and decide if 3D meat printing is a dream come true or a nightmare unleashed.

- 3D meat printing involves using bio-ink made from living animal cells to create meat-like fiber layers by

layer. This technology has the potential to revolutionize the food industry by providing a sustainable and cruelty-free alternative to traditional meat production. Now, let's discover its pros and cons upon the environment and human health respectively:

- 3D meat printing technology has the potential to address sustainability concerns in the meat industry by reducing the environmental impact of traditional livestock farming. By producing meat from cell cultures, this technology minimizes the need for land, water, and feed resources.
- The production of 3D-printed meat generates fewer greenhouse gas emissions compared to conventional meat production methods. This environmentally-friendly approach aligns with the growing demand for sustainable food options.
- With 3D meat printing, consumers have the opportunity to customize their meat products according to taste preferences and dietary requirements. This level of personalization offers a new dimension to the culinary experience and caters to evolving consumer preferences.

As the food industry explores innova-

tive solutions to meet the increasing global demand for protein sources, 3D-printed meat technology presents a promising avenue for creating sustainable, customizable, and eco-conscious meat products.

As we delve into the realm of 3D meat printing technology, it is crucial to address the significant challenges and controversies that accompany this innovative concept. Let's navigate through the ethical considerations and regulatory landscape that shape the discourse surrounding 3D meat printing.

The notion of lab-grown meat challenges traditional views on food production and consumption. Questions surrounding animal welfare, sustainability, and the authenticity of synthetic meat provoke thoughtful reflections on our relationship with food. How do we balance the benefits of reducing animal slaughter and environmental impact with the ethical concerns of altering the natural course of meat production?

As this disruptive technology evolves, regulatory bodies face the challenge of establishing guidelines that uphold quality standards while fostering innovation. How can regulations adapt to accommodate the complexities of 3D meat printing, ensuring transparency in production processes and guaranteeing the nutritional integrity of printed meat products?

When considering the sustainability and environmental impact of 3D meat printing, there are nuanced aspects to explore. On one hand, the technology has the potential to reduce the environmental footprint of meat production by optimizing resource use, minimizing land and water requirements, and curbing greenhouse gas emissions associated with livestock farming.

However, it's essential to weigh these benefits against potential drawbacks such as the energy consumption involved in operating 3D printers, the sourcing of printing materials, and the overall life cycle assessment of the technology. Striking a balance between the sustainability gains and challenges posed by 3D meat printing will be crucial in shaping its long-term viability as a greener alternative to conventional meat production methods.

In essence, the future implications of 3D meat printing technology extend far beyond the confines of the kitchen. As we navigate the complexities of food security, environmental stewardship, and culinary innovation, embracing this innovative technology with thoughtful consideration and a forward-looking mindset can pave the way for a more sustainable and resilient food future.

As we navigate the implications of 3D meat printing, it's crucial to acknowledge both its potential as a game-changer in the food industry and the need to address ethical and environmental considerations. The balance lies in leveraging the benefits of technological innovation while upholding ethical standards and environmental sustainability in accordance with human health concerns.

In our quest for progress, let's remember the importance of thoughtful discourse, informed decision-making, and a shared commitment to shaping a future where innovation coexists harmoniously with ethical responsibility. The journey ahead may be complex, but with a focus on ethics and sustainability, we can navigate 3D meat printing with empathy and foresight.

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THE 5E

MODEL:

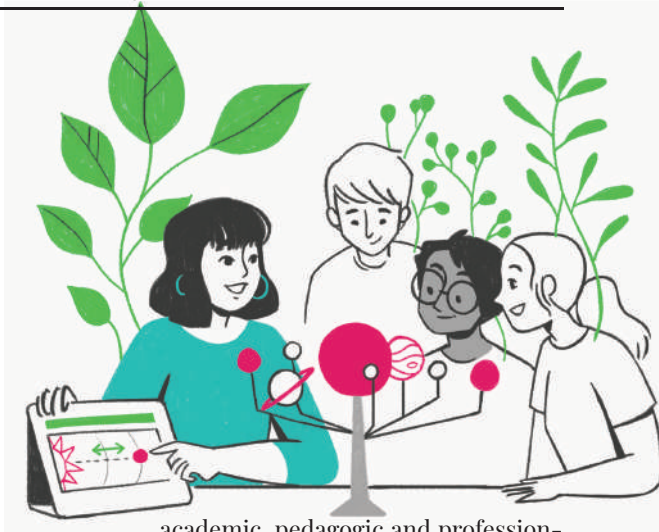
NURTURING EDUCATORS FOR TOMORROW



Imran Hussain
Writer & Translator

04 MINUTES READ

In the embryonic landscape of instruction, the facade of educators has always been very imperative. They are reckoned to be the architects who contour the overall persona of their learners and originate them equipped to visage the confrontation lying ahead in life. In this regard, the 5E model of instruction functions as a beacon of guidance to accomplish their undertaking of cultivating ingenious, critical and problem-solving leaders for the future. The 5E model of instruction empowers educators to instigate learners of the 21st century to learn dynamically, induce inquiry-based approach, leverage learners-centered instruction, plant reflective and analytical adeptness, nurture digital and information literacy that cultivate creativity and assimilate social, emotional and leadership skills-set to concentrate on the requisites of 21st century



academic, pedagogic and professional pursuits.

The 5E model comprised five key components i.e., engage, explore, explain, elaborate and evaluate a structured approach of scheming and transporting modules to stir up active, productive, and inquiry-based instruction as a cornerstone of 21st century pedagogy. Firstly, it commences with engagement of the learners by sparking their curiosity on the part of educators. Secondly, through exploration, learners are involved in hands-on practice, discussion, and experiments to activate conceptual constructs of the subject. The third segment is amplification through lucidity of concepts, doctrines, and theories that leverage scaffolding by forsaking misconceptions and nurturing profound comprehension among learners. The fourth constituent is to apply the knowledge and skills attained through real-world exposure on the part of learners. It inculcates critical and analytical skills along with prob-

lem-solving abilities among learners. Lastly, learners' outset is evaluated through varied assessment modes to gauge their learning upshots on the part of educators.

The 5E model of instruction authorizes educators to be adept in teaching styles that assimilate inclusivity, equity and multifaceted erudition among learners. Through the 5E, educators can plough curiosity, ingenuity, and inquisitiveness among learners. Through exploration, handson collaboration, and critical thinking the essences of 21st-century skill-set are integrated among learners on the part of educators. It additionally renovates learners to navigate in an ever-increasing intricate world. Above and beyond, the 5E endorses autonomy and agency among learners through ownership by empowering them to be self-directed and goal-oriented in their vista. The 5E also facilitates educators to be inventive and explorer in their approach to generate dynamic and interdisciplinary learning experiences among learners. Last but not least, the 5E model of instruction infuses resilience and perseverance among learners by embracing failures, enchanting them as a hierarchy for growth and enrichment.

Through the 5E model of instruction, future educators can prompt the connotation of hands-on practice, association, experimentation and real-world application to consent learners to be affianced and ingenious. The 5E enables educators to sponsor an inquiry-based approach among learners which activates learners to enquire questions, explore phenomena and illustrate their own critical and analytical competence. In addition, the 5E model lets potential educators

to implement differentiated instruction to concentrate on the varied needs and interests of the learners for more inclusive and supportive instruction. Integrating the 'voice and choice', of the learners into module inspires tomorrow's educators to induce ownership of learning among learners. Besides that, future educators can congregate data, track learners' progress, endow constructive feedback and fiddle their pedagogical approach to tailor the assorted needs of the learners. Likewise, utilizing reflective practice, students can analyze their strengths as well as flaws that escort towards their professional escalation and skill-set. In the end, to navigate the ever-evolving intricacies of the 21st century the persona of educators in shaping the prospect of the learners has stir up ever more indispensable. By espousing the 5E model, future educators can be empowered to nurture critical, analytical, innovative, resilient and problem-solving leaders to the nation. The 5E model of instruction integrates ingenuity, collaboration, interpersonal contact and critical persona among learners at each phase that lets tomorrow's educators advance learning experiences that endorse digital, information and social literacy among learners. Accentuating the applicability of real-world contexts enables future educators to authorize learners to cope with the complexities of the interconnected digital world. Through rendezvous, exploration, amplification, elucidation and appraisal, educators can shore up learners to transcend the confines of the classroom and outline a brighter prospect and prominence for the impending generations.

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JOIN THE WORDS

LOOK AT THE PICTURES
AND ARRANGE THE WORDS CORRECTLY.



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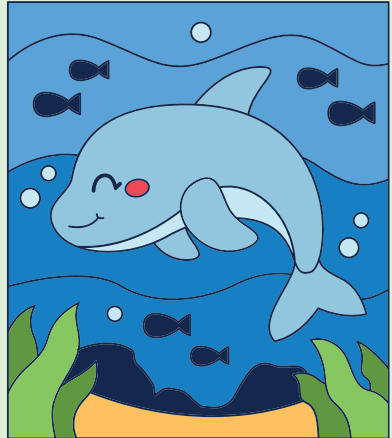
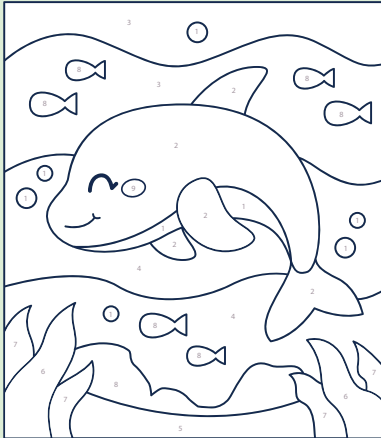


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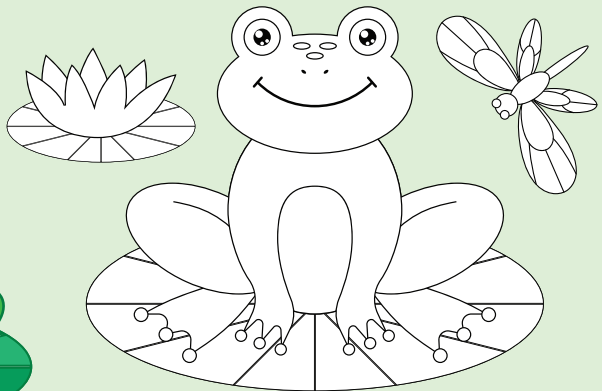
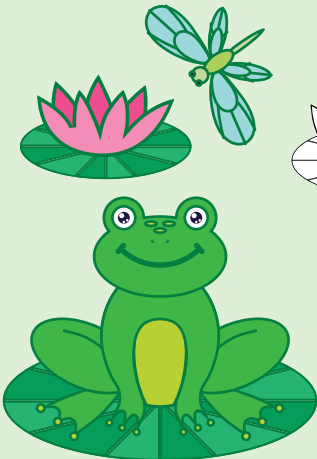
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FROG FOR COLORING



DIY To Make a Slime

02 MINUTES READ

Materials:

- 1 bottle of white school glue (4 ounces)
- 1/2 teaspoon of baking soda
- 1 tablespoon of contact lens solution
- Food coloring (optional)
- Mixing bowl
- Spoon or spatula

Instructions:

1. Prepare Your Workspace:

Cover your work area with a plastic tablecloth or newspaper to protect surfaces from any spills.

Gather all your materials and have them ready at your workspace.

2. Mix the Glue and Baking Soda:

Pour the entire bottle of white glue into the mixing bowl.

Add 1/2 teaspoon of baking soda to the glue. This will help to firm up the slime.

Stir the mixture thoroughly until the baking soda is fully dissolved in the glue.

3. Add Food Coloring (Optional):

If you want to add color to your slime, this is the time to do it.

Add a few drops of food coloring to the glue and baking soda mixture.

Stir well until the color is evenly distributed. You can add more drops to achieve the desired color intensity.

4. Add the Contact Lens Solution:

Slowly add 1 tablespoon of contact lens solution to the mixture. This will help the slime start to form and

become less sticky.

Stir the mixture continuously as you add the contact lens solution. You will notice the slime starting to pull away from the sides of the bowl and begin to form.

5. Knead the Slime:

Once the slime has formed in the bowl, it out and start knead with your hands.

If the slime is too sticky, add a few more

drops of contact lens solution and continue kneading until it reaches the desired consistency.

Knead the slime for about 5 minutes until it becomes stretchy and smooth.

6. Play with Your Slime:

Your slime is now ready to play with! Stretch it, squish it, and enjoy the satisfying texture.

Remember to always wash your hands before and after playing with the slime.

7. Store Your Slime:

Store the slime in an airtight container or a resealable plastic bag when not in use. This will keep it from drying out and allow you to enjoy it for several days.

Safety Tips:

- Always supervise children while making and playing with slime.
- Ensure children do not ingest the slime or put it near their eyes.

Enjoy your DIY slime-making adventure!



take
ing it

IMAGE SOURCE : SCIENCE BUDDIES

DIY to make Homemade Bubbles

02 MINUTES READ

Materials:

- 6 cups of water
- 1 cup of dish soap
- 1 tablespoon of glycerin (optional, for stronger bubbles)
- Mixing bowl or container
- Spoon
- Bubble wands or pipe cleaners (for making your own wands)

Instructions:

1. Prepare Your Workspace:

- Choose a flat, clean surface to work on.
- Ensure all materials are gathered and within easy reach.

2. Measure and Pour Water:

- Measure 6 cups of water into a large bowl. Distilled water makes stronger, longer-lasting bubbles, but tap water works too.

3. Add Dish Soap:

- Slowly add 1 cup of dish soap to the water, pouring gently to minimize bubbles.

4. Mix Gently:

- Stir the water and soap mixture gently with a spoon or whisk. Avoid vigorous stirring, which can create foam or bubbles.
- Ensure the soap is fully dissolved in the water.

5. Add Glycerin (Optional):

- Measure 1 tablespoon of glycerin and add it to the mixture.
- Glycerin helps to strengthen the bubbles and make them last longer. If you don't have glycerin, you can also use light corn syrup as a

substitute.

6. Combine Ingredients:

- Stir the mixture gently again to combine all ingredients thoroughly.
- Let the mixture sit for at least an hour or overnight for the best results. This allows the ingredients to fully blend and form strong bubble solutions.

7. Prepare Bubble Wands:

- If you don't have store-bought bubble wands, you can make your own using pipe cleaners. Twist the pipe cleaners into a loop at one end to form a wand.
- You can also use household items like straws, cookie cutters, or even a slotted spoon as bubble wands.

8. Test Your Bubbles:

- Dip your bubble wand into the solution and gently blow to create bubbles.
- If the bubbles pop too quickly, try adding a bit more glycerin or dish soap to the solution.

Enjoy your homemade bubbles.

Storage Tips:

- You can store it and use it later. It can be used for two weeks.

Safety Tips:

- Always supervise young children.
 - Ensure the bubble solution does not get into the eyes.
 - Play with bubbles outdoors.
- Enjoy making and playing with your homemade bubbles!



IMAGE SOURCE: GETINFOLIST.COM

CAN BAMBOO REPLACE PAPER AND PLASTIC?

Business Insider Africa

04 MINUTES READ

There is an unprecedented need for sustainable solutions in a world facing environmental concerns. Fast-growing and multipurpose, bamboo has become a green alternative for everything from personal care products to household goods. However, concerns regarding bamboo goods' true environmental impact and how they stack up against their more conventional paper and plastic equivalents emerge as consumers increasingly choose bamboo items as an eco-friendly alternative.

Bamboo has been used historically for building, papermaking, and even as a food source. These days, it's being turned into a vast range of throwaway products including toilet paper, straws, and cutlery. Bamboo's fast growth rate—some species can sprout more than a foot per day—and ability to replace products that require a lot of resources, like plastic and paper, are what make it so alluring.

Taiwanese businesses are spearheading the innovation of bamboo products. Utilising its adaptability and cutting-edge production methods, bamboo is being transformed into a biodegradable and compostable substitute for traditional plastic. Through this procedure, bamboo is transformed into a bioadhesive substance that has the same qualities as plastic but doesn't have the same negative effects on the environment. These bamboo-based goods, which range from lunchboxes to straws, present a viable way to

reduce the pollution caused by plastic.

Beyond the fact that they decompose, bamboo products also have other positive environmental effects. Bamboo forests are important sources of carbon and home to a variety of ecosystems, especially in areas like China and Taiwan. Bamboo paper production is more environmentally friendly since it uses less resources and produces fewer emissions than typical paper products made from trees.

The promise of bamboo-based paper products is best demonstrated by Real Paper, a company that sources bamboo from forests that are maintained responsibly. In place of traditional toilet paper, they provide customers with an eco-friendly option by using bamboo pulp instead of tree pulp. Bamboo-based products like Real Paper appeal to environmentally aware consumers who are willing to pay a premium for sustainability, albeit being slightly more expensive than traditional solutions.

Despite being environmentally benign, bamboo goods have trouble becoming widely used. For many consumers, the cost is still a barrier because bamboo substitutes are frequently more expensive than their counterparts made of plastic and paper. Moreover, by holding businesses liable for recycling and trash management, regulatory frameworks like extended producer responsibility (EPR) legislation may encourage businesses to switch to more sustainable materials.

The need to fight climate change and

raise public understanding of environmental issues will make bamboo products more popular. Around the world, governments and organisations are looking into ways to encourage sustainable alternatives and lessen dependency on non-biodegradable materials and fossil fuels. Research and innovation are propelling improvements in bamboo processing methods and product creation as bamboo becomes more and more popular as a workable alternative.

The creation of composite materials for manufacturing and construction based on bamboo is one area of emphasis. Bamboo is a great resource for construction materials, furnishings, and even automobile components because of its strength-to-weight ratio and durability. Through using bamboo's inherent qualities and merging it with other environmentally friendly materials, scientists are leading the way in the creation of the upcoming wave of green products.

Additionally, programmes like agricultural and reforestation are increasing the cultivation of bamboo, bringing economic opportunities to rural populations and repairing degraded land. Because of its adaptability, bamboo may be used for a variety of purposes, from ancient handicrafts to contemporary industrial applications, which promotes sustainable livelihoods and lessens the strain on natural forests.

Nevertheless, increasing bamboo output and getting past market obstacles still present difficulties. The widespread use of bamboo goods is hampered by infrastructure constraints, such as those related to transportation and processing networks. Furthermore, consumer

education and awareness initiatives are required to debunk myths and highlight bamboo's superior environmental qualities over conventional materials.

To fully realise bamboo's potential as a sustainable resource, cooperation between governments, business leaders, and civil society is imperative in the face of these obstacles. Policies that encourage the growth of bamboo and encourage research and development may foster innovation and reduce production costs, increasing the accessibility of bamboo goods to a global consumer base.

Bamboo's contribution to the shift to a circular economy is becoming more and more important as the demand for environmentally friendly alternatives increases globally. We can create a more sustainable future once bamboo products at a time by utilising nature's replenishable resources and adopting creative solutions.

In a nutshell, bamboo goods are a positive step in the direction of a more sustainable future. Their quick growth, little impact on the environment, and biodegradability make them appealing substitutes for conventional paper and plastics. However, in order to overcome financial obstacles and guarantee bamboo's sustainability as a green solution over the long run, industry players, government agencies, and consumers must work together to promote broad adoption. As the demand for eco-friendly alternatives continues to grow, bamboo stands poised to play a pivotal role in shaping a more sustainable world.





WHY HUNTING FOR 20-MILLION-YEAR-OLD PETRIFIED WOOD IS SO DANGEROUS IN INDONESIA?

Insider News

03 MINUTES READ

In the lush landscapes of Indonesia, amidst the whispers of history, lies a dangerous pursuit that defies time itself. Meet Ellie Su, a 68-year-old miner, who ventures into the depths of the earth barefoot, armed with nothing but a hammer and a crowbar. His mission? To unearth ancient fossils, remnants of a world 20 million years old, long before the dawn of humanity.

Petrified wood, a testament to the vagaries of nature, is formed through a rare alchemy of events. It begins with the immersion of fallen trees in water, arresting their decay. Then, the embrace of volcanic ash infuses the wood with silica, meticulously crafting replicas of the original tree, molecule by molecule. Over eons, these once-living giants crystallize into solid quartz, some of the hardest substances on earth.

For Ellie and his comrades, this quest is not merely an occupation; it is a gamble with fate. Each year, scores of

miners lose their lives in pursuit of these ancient treasures, risking cave-ins and collapses in unsecured mines lacking ventilation or reinforcement. Yet, driven by necessity, they persist, navigating the perilous depths in search of elusive remnants of a primordial era.

The allure of petrified wood extends beyond its historical significance. In the global marketplace, these fossils command prices that far exceed the meager earnings of Indonesian miners. From furniture to decorative plates, these artifacts find their way into homes and galleries, fetching sums that eclipse the annual income of those who unearth them.

But what secrets do these ancient relics hold? In Arizona's National Park, where petrified wood abounds, scientists unravel the mysteries of earth's distant past. By analyzing tree rings and examining the color and texture of these fossils, researchers glean insights into prehistoric climates and ecosystems, offering glimpses into a world long forgotten.

Yet, amidst the fascination and profit lies a dilemma. While petrified wood holds immense scientific value, its rampant extraction threatens the delicate balance of ecosystems. In Indonesia, where regulations are lax and enforcement is scarce, miners like Ellie toil in the shadows, their labor fueling a lucrative trade that thrives on exploitation.

As tourists flock to marvel at nature's wonders, some succumb to temptation, pilfering fragments of petrified wood as souvenirs. Despite efforts to deter theft, the allure of these ancient artifacts proves irresistible, prompting a costly battle to preserve what remains of Earth's natural heritage.

In a world where every chip of petrified wood holds a story untold, the struggle to balance preservation with profit persists. While some view these fossils as commodities to be traded and sold, others recognize them as invaluable windows into our planet's past, offering lessons that resonate across generations.

In the heart of Indonesia's mines, Ellie Su continues his solitary quest, driven by a sense of duty and a desire to provide for his family. For him, each fragment of petrified wood is a testament to resilience, a reminder of the enduring bond between humanity and the earth we call home.

But amidst the dangers and uncertainties, there are glimmers of hope. Efforts to regulate and monitor mining activities are slowly gaining traction, as authorities recognize the need to protect both miners and the environment. Organizations dedicated to conservation are working tirelessly to raise awareness about the importance of preserving petrified wood and other natural wonders for future generations.

Despite the challenges, Ellie and his

fellow miners persevere, driven by a deep-seated reverence for the treasures buried beneath their feet. Theirs is a labor of love, an unwavering commitment to uncovering the mysteries of our planet's past, one fossil at a time.

As we marvel at the beauty of these ancient treasures, let us also heed the call to safeguard our planet's legacy for future generations. For in the embrace of nature's wonders lies the promise of a world rich in history, waiting to be discovered anew. And in the footsteps of miners like Ellie Su, let us find inspiration to tread lightly upon the earth, honoring its gifts and preserving its treasures for all time.



A Fact You Should Know?

The longevity of Glass:

Glass is often perceived as a solid, but it's technically an amorphous solid or supercooled liquid. Its molecules are arranged randomly rather than in a crystalline structure. This contributes to the durability of ancient glass artifacts. Some of which have lasted thousands of years, and can still be observed today.



TURNING PAPER WASTE INTO HOPE: THE STORY OF MOMO PENCILS

Business Insider Africa

05 MINUTES READ

In a world where paper waste is everywhere, Momo Pencils stands out as a sustainable and innovative leader. This Kenyan business has started an amazing project by turning newspapers into pencils that feel like wood and hold the promise of a better future.

Momo Pencils' Chief Operations Officer, Rashid Omari, is leading this revolutionary project. He fervently explains the core of their goal, emphasizing the significant influence their pencils have on the environment and the lives of innumerable youngsters.

The growing problem of managing paper waste in Kenya is where Momo Pencils got their start. Newspapers frequently end up in landfills as print circulation soars, posing a serious environmental risk as they decompose. Perceiving an opportunity to tackle this urgent matter, Omari,

being a visionary, set out with his brother to explore the possibilities of abandoned newspapers.

The first step in the process is to gather newspapers from Nairobi households, where print media is still a common way to obtain news. Momo Pencils carefully repurposes every newsprint sheet, trimming it to size and saving as much paper as possible by using extra for internal infill. The change is completed with the addition of externally supplied graphite, which gives the pencils their distinctive wood-like texture.

Momo Pencils refines their goods by combining current technology with traditional workmanship. Every stage of the process, from manually rolling the paper into pencil-sized tubes to using automated tools for lamination and finishing, demonstrates a dedication to effectiveness and quality.

But the influence of Momo Pencils goes beyond environmental preser-

IMAGE SOURCE - MOMO PENCILS

vation. The company's "Pencils for Hope" programme aims to provide impoverished youngsters with the necessary resources to pursue their education. Momo Pencils strengthens children's minds and promotes a culture of learning by distributing thousands of pencils to schools that serve underprivileged areas each year.

However, there are obstacles in the way of achieving sustainability and social responsibility. Momo Pencils struggles with the fixed costs of manufacturing and shipping, made worse by having to negotiate a cutthroat market full of foreign competitors.

Momo Pencils is unwavering in its determination to bring about positive change in spite of these challenges. Through its support of inclusive education and eco-friendly practices, the organisation symbolizes a progressive vision based on compassion and creativity.

As Rashid Omari rightly points out, a pencil has the ability to change people's lives, promote equality, and arouse optimism. A tale of resiliency and opportunity emerges with every stroke of a Momo Pencil, resonating throughout communities, schools, and beyond.

Momo Pencils is dedicated to growing

its influence and reach as it proceeds on its path. The Momo Pencils crew is motivated by a common goal of social empowerment and preservation of the environment, which keeps them going in spite of the difficulties posed by their work.

Engaging the community is one of Momo Pencils' main principles. The company not only lowers transportation emissions but also promotes a sense of local ownership and responsibility by sourcing newspapers from homes near their plant. Using a grass-roots strategy improves their supply chain and develops their links to the communities they serve.

Additionally, Momo Pencils acknowledges the value of education as a transformative force. Apart from giving away free pencils to schools, the corporation works together with teachers to incorporate environmental education into the curriculum. Momo Pencils aims to inspire the next generation to become protectors of the world by creating a feeling of environmental responsibility in them through workshops and outreach initiatives.

Momo Pencils keeps coming up with new ideas and improving its manufacturing techniques in parallel. The company aims to minimize its environmental impact while increasing production capacity through the



use of cutting-edge machinery and workflow optimisation techniques. Momo Pencils' dedication to innovation guarantees that the company stays in the forefront of environmentally friendly manufacturing techniques, establishing a standard for the sector as a whole.

But Momo Pencils understands that real sustainability goes beyond what they do. Therefore, the business actively works with governmental organisations, non-governmental organisations, and other interested parties to support laws that advance social justice and environmental preservation. Momo Pencils wants to catalyze systemic change and build a more sustainable future for everyone by utilising their platform and influence.

Momo Pencils is still adamant about innovation, sustainability, and social effect in the future. The corporation confirms its commitment to improving the world one pencil at a time with every pencil manufactured.

To sum up, Momo Pencils is a prime example of how business can be revolutionary in solving urgent global issues. In addition to creating a new standard for sustainable manufacturing, the company has motivated a great deal of people to join them in their pursuit of a more just and environmentally friendly society through their creative approaches to waste reduction and community involvement. The impact of Momo Pencils' work is being felt far and wide as the company grows, serving as a constant reminder of the enormous potential for good that each of us possesses.

Facts That will Blow your Mind:

A cloud weighs around a million tonnes. A cloud typically has a volume of around 1km^3 and a density of around 1.003kg per m^3 – that's a density that's around 0.4 per cent lower than the air surrounding it (this is how they are able to float).

Giraffes are 30 times more likely to get hit by lightning than people. True, there are only five well-documented fatal lightning strikes on giraffes between 1996 and 2010. But due to the population of the species being just 140,000 during this time, it makes for about 0.003 lightning deaths per thousand giraffes each year. This is 30 times the equivalent fatality rate for humans.

Identical twins don't have the same fingerprints. You can't blame your crimes on your twin, after all. This is because environmental factors during development in the womb (umbilical cord length, position in the womb, and the rate of finger growth) impact your fingerprint.

Earth's rotation is changing speed. It's actually slowing. This means that, on average, the length of a day increases by around 1.8 seconds per century. 600 million years ago a day lasted just 21 hours.

Your brain is constantly eating itself. This process is called phagocytosis, where cells envelop and consume smaller cells or molecules to remove them from the system. Don't worry! Phagocytosis isn't harmful, but actually helps preserve your grey matter.



Great Pacific Garbage Patch



Shoaib Khan
Life Sciences Researcher, Writer

05 MINUTES READ

Charles Moore, a racing boat captain, was sailing from Hawaii to California after competing in a yachting race. While crossing the North Pacific Subtropical Gyre, Moore and his crew noticed millions of pieces of plastic surrounding his ship. It is the Great Pacific Garbage Patch (GPGP), a collection of marine debris in the North Pacific Ocean. There are an estimated 1.8 trillion pieces of trash in the garbage patch, according to Conservation.org, which also estimates that by 2050, the mass of ocean trash from plastic will outweigh its fish. The estimated weight is around 80,000 tons. At least 11 million tons of plastic enter all the oceans each year, and ocean-borne

plastic is forecast to double by 2030, according to the Ocean Conservancy. Larger items like fishing nets or plastic shopping bags are the most visible components of ocean debris.

The current Great Pacific Garbage Patch is composed of two main areas: the Western Garbage Patch, located near Japan, and the Eastern Garbage Patch, found between Hawaii and California. The Garbage Patch discovered by Charles Moore is now known as the Eastern Garbage Patch and is found between Hawaii and California. Later the 5 Gyres Institute discovered another five garbage patches in oceans around the world. Unfortunately, more will likely be discovered over time.

It is believed that approximately half of the plastic waste in the Great Pacific Garbage Patch comes from abandoned fishing nets. However, micro-

IMAGE SOURCE: THE OCEAN CLEANUP

plastics account for 94% of the estimated 1.8 trillion plastic bits in the GPGP. Microplastics are derived from synthetic fishing nets as well as a wide range of land-based sources such as plastic bags, bottles, and other consumer items. Only 9% of all plastic is recycled. Approximately 11% of all plastic garbage ends up in aquatic habitats. Rivers are a substantial source, accounting for around 80% of all ocean plastic. Other sources of plastic in the ocean include rainwater runoff, wind-blown trash from landfills or garbage cans, and sewage overflows. 8 million metric tons of plastic enter the ocean each year. The majority of this comes from those who live within 50 km of a shoreline, with some coming from even further inland inhabitants. It might take six or seven years to reach the GPGP. Larger items, such as fishing nets, cargo containers, and the materials inside directly fall off from ships into the water as spills or losses.

Marine waste in the form of plastics and non-degradable materials can be very harmful to marine life in the Gyre. Sea turtles frequently swallow plastic bags, mistaking them for jellyfish, their main prey. The plastic fills their stomachs, causing them to die of starvation. Smaller surface items like plastic resin pellets are

another common component of marine debris. Albatrosses mistake plastic resin pellets for fish eggs and feed them to chicks, which die of starvation or ruptured organs. Some marine mammals are especially at risk. They can get entangled in abandoned plastic fishing nets, which are being discarded largely due to unfavorable weather and illegal fishing. Seals and other mammals often drown in these forgotten nets. This phenomenon is known as “ghost fishing.” Marine debris can also disturb marine food webs in the North Pacific Subtropical Gyre. As microplastics and other trash collect on or near the surface of the ocean, they block sunlight from reaching plankton and algae below. Algae and plankton are the most common producers in the marine food web. If algae and plankton communities are threatened, the entire food web may change. Animals that feed on algae and plankton, such as fish and turtles, will have less food. If populations of those animals decrease, there will be less food for apex predators such as tuna, sharks, and whales. Eventually, seafood becomes less available and more expensive for people. One-quarter of all carnivorous fish in China’s Xiangxi River were found to have microplastics in their digestive tracts. Ingesting microplastics affects

IMAGE SOURCE: ONE PIECE A DAY



animal growth rates and constitutes a health risk to humans as well. When animals eat plastics containing chemicals, there is a possibility the chemicals could eventually make their way up the food chain to people.

Reducing ocean waste and shrinking the Great Pacific Garbage Patch (GPGP) requires both individual and business efforts toward sustainable practices. Individuals can cut down on single-use plastics by using reusable items like water bottles, shopping bags, and straws. Businesses can switch to biodegradable packaging and sustainable materials, and both should prioritize proper recycling to ensure plastic does not end up in the environment. Investing in new recycling technologies and promoting a circular economy, where products are designed to be reused and recycled, is crucial. Supporting initiatives like The Ocean Cleanup and participating in local parks, lakes, rivers, and beach cleanups can also make a significant impact. Education and awareness about plastic's environmental impact are essential, particularly in developing countries. Tourists should minimize their plastic use while traveling, using refillable bottles and reusable bags, as not all countries have effective recycling facilities. Businesses can conduct plastic audits to reduce plastic use and aim to become plastic-neutral. Supporting community-led initiatives like The Plastic Collective helps local communities recycle plastic waste into valuable products, promoting sustainable development. Society's collaboration is essential for a clean environment, protecting lakes, rivers, oceans, and ensuring our sustainable future.

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Cardamom and Cumin Seed Health Benefits

Interesting Facts:

Cardamom is known as the "queen of spices" and is one of the most expensive spices in the world. It is native to the Indian subcontinent and Indonesia.

Benefits:

Digestive Health: Helps alleviate nausea, acidity, bloating, and indigestion.

Antioxidant: Rich in compounds that protect cells from damage and inflammation.

Oral Health: Used to freshen breath and improve oral hygiene.

Cumin Seeds

Interesting Facts:

Cumin seeds are one of the most popular spices globally, used extensively in Latin American, Middle Eastern, and Indian cuisines. The ancient Egyptians used cumin as a spice and in the mummification process.

Benefits:

Digestive Health: Can help with digestion and relieve bloating and gas.

Weight Loss: May aid in weight loss by boosting metabolism and improving digestion.

SOYBEAN

A Nutritional Marvel and Their Worldwide Uses



AEM

04 MINUTES READ

Soybeans, scientifically known as *Glycine max*, are a type of legume native to East Asia. They have been a crucial part of human diet and agriculture for thousands of years. Known for their high protein content and nutritional value, soybeans have become a staple ingredient in various diets around the world. This article delves into the various soybean products, their benefits, and their worldwide uses, highlighting why soybeans are a nutritional marvel.

Soy milk is a favorite among those seeking dairy alternatives. Made by soaking and grinding soybeans, boiling the mixture, and filtering out particulates, soy milk is rich in protein, calcium, and essential nutrients. Fortified with vitamins like B12 and D, it serves well in cooking, baking, or as a beverage.

Tofu, or bean curd, results from coagulating soy milk and pressing the curds into solid blocks. It's a superb source of protein, iron, and calcium, and its versatility shines in Asian cuisine—grilled, stir-fried, blended into smoothies, or added to soups and salads.

Tempeh, an Indonesian specialty, involves fermenting whole soybeans to create a firmer, nuttier product rich in protein, probiotics, and vitamins. It's an excellent meat substitute for vegetarians and vegans. Soy sauce, a liquid condiment from fermented soybeans, roasted grain, brine, and mold cultures, enriches Asian dishes with its umami flavor.

Edamame, young soybeans boiled or steamed and sprinkled with salt, are a popular snack in Japanese cuisine, prized for their high protein and fiber content.

Miso, a thick paste from fermenting soybeans with salt and koji fungus, enhances soups, marinades, and sauces with its rich flavor and beneficial bacteria promoting gut health.

Soybeans and their related products offer a myriad of health benefits, making them a valuable addition to any diet. Here are some key benefits:

High in Protein: Soybeans are an excellent source of plant-based protein, ideal for vegetarians, vegans, and those reducing meat consumption. Soy protein is complete, containing all nine essential amino acids.

Rich in Nutrients: Soy products are packed with essential vitamins and minerals, including iron, calcium, magnesium, and B vitamins. Fortified soy milk, for example, provides as much calcium and vitamin D as cow's milk.

Heart Health: Consuming soy products can reduce cholesterol levels and improve heart health. Soybeans contain isoflavones, which reduce LDL cholesterol and increase HDL cholesterol. The fiber in soybeans also supports cardiovascular health.

Bone Health: Soybeans are a good source of calcium and vitamin D, crucial for bone health. Isoflavones in soy contribute to bone density and can prevent osteoporosis, especially in postmenopausal women.

Hormonal Balance: Isoflavones in soy, similar to estrogen, help balance hormone levels, benefiting women experiencing menopause by alleviating symptoms like hot flashes.

Digestive Health: Fermented soy products like tempeh and miso contain probiotics, promoting a healthy gut microbiome. Soybeans are high in dietary fiber, aiding digestion and preventing constipation.

Worldwide Uses of Soybeans

Soybeans are utilized in various ways across the globe, reflecting their versatility and nutritional value. Here are some examples of how soybeans are used worldwide:

Food Industry: Soybeans are a fundamental ingredient in many cuisines, particularly in Asian countries like China, Japan, and Korea. They are used to make traditional dishes such as tofu, miso soup, and tempeh. In Western countries, soybeans are increasingly used in plant-based food products, catering to the growing demand for vegetarian and vegan options.

Animal Feed: A significant portion of soybean production is used for animal feed. Soybean meal, a byproduct of soybean oil extraction, is a high-protein feed for livestock, poultry, and aquaculture. It is an essential component of animal agriculture, supporting the global meat and dairy industries.

Industrial Applications: Soybeans have various industrial applications due to their oil content. Soybean oil is used in the production of biodiesel, an environmentally friendly alternative to fossil fuels. Additionally, soybean oil is used in manufacturing products like soaps, cosmetics, and lubricants.

Agricultural Benefits: Soybeans play a crucial role in sustainable agriculture. As a legume, soybeans have the ability to fix nitrogen in the soil, reducing the need for synthetic fertilizers. This improves soil health and reduces the environmental impact of farming.

Soybeans are a sustainable crop, improving soil health with a low environmental footprint compared to animal agriculture. However, large-scale soybean farming can lead to deforestation, especially in regions like the Amazon rainforest. Promoting sustainable practices and responsible sourcing is crucial to mitigate these impacts.

Soybeans and their products offer health benefits and diverse applications, enhancing diets and industries globally. They provide essential nutrients, support heart health, and serve in sustainable agriculture and industry. As demand grows for plant-based foods, soybeans will play a vital role in meeting global nutrition needs and promoting sustainability.

A MEDICAL STUDENT'S EMOTIONAL JOURNEY IN OBSTETRICS AND GYNECOLOGY



Moiz Bajwa
MBBS Student, Writer

03 MINUTES READ

"Moiz, I don't know why I've been having irregular menses for the last 3 months and it's heavily bleeding. Do you know something about this or can you help me in this regard?"

Being a third year medical student, I had no answer to this question from one of my female friends who was a non-medico, so I just advised her to visit a nearby hospital. But this was very embarrassing for me as a medical student that I knew nothing about the problem of a patient. The only positive point in the whole story was that I decided to study gynecological problems with dedication whenever I'd get a chance.

Fast-forward to February 2024, this was my first Obs/Gynae call in the outpatient department in the hospital when I saw women of different ages coming for booking visits, routine antenatal checkups, and regular gynecological problems. I was supposed to take histories from the patients, study their cases and present them to the consultant I was

working under. While taking histories, I realized the same question and reflected back on the question I was asked a year and a half ago. But being a fourth-year med student, I'd still recall my gynecological knowledge with a lot of difficulty. Somehow, I decided to sail through the situation and held my stature with the confidence of a consultant and took histories of the patients.

I was witnessing future mothers with anxiety and fear in their eyes—fear of losing their child before birth, fear of unwanted pain, and fear of seeing their child with a lifelong congenital anomaly. On the very first day of the rotation, I saw the unintentional affection these women had towards their unborn children. As a student who lives away from his mother, I felt homesick and missed my mom even more when I realized that she had been through the same pain and processes. When I realized my mother had to go through all of these booking visits (first prenatal appointment), antenatal (routine medical checkups during pregnancy), natal (doctor's visit during labor), and post-natal (doctor's appointments after the birth of the baby) checkups because of me, I felt immensely grateful to her. I am

thankful for the blessed smile of my mother, which hid all of her pain during her pregnancies, and for giving me a safe shelter in herself for the whole thirty-eight weeks, nurturing a home in her heart thereafter, and enduring the pain of labor just to give me this beautiful life. This gratitude extends to all mothers and women who hide their pain behind a beautiful smile, endure gynecological challenges, and face whatever else may be happening to them, including instances of domestic violence. They are all real-life heroes.

In my humble opinion, the Obs/Gynae departments in hospitals and medical schools serve as a tribute to all women, offering a supportive hand to those who endure the excruciating pain of labor, the relentless agony of menstrual cycles, and the lifelong effects of cesarean scars—all in the profound act of bringing life into the world. As a man, I understand that I can never truly relate to the pain women experience during menstruation, pregnancy, labor, and more. However, I can empathize by imagining the intensity of their pain. I recognize that it is women who hold the power to bring life into this world. To all my fellow men, I implore you—if you cannot share in the physical pain, then at least share in the intensity of the experience. Stand beside the women in your lives, honor their strength, and cherish the gift of life they bestow upon us all. Allama Muhammad Iqbal beautifully articulates the following poetic verse in his poem *Aurat* in *Zarb-e-Kaleem* as a tribute to women; whether she be anyone, she is the daughter of Eve and the essence of worldly life.

وجود زن سے ہے تصویر کائنات میں رنگ
اسی کے ساز سے ہے زندگی کا سوز دروں

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Sugarcrete: Building a Greener Future

Source: Hashem Al-Ghaili



In the quest for a regenerative circular economy, transforming waste into valuable resources is crucial. Sugar-cane, the world's largest crop by production volume, generates hundreds of millions of tons of fibrous byproduct annually known as bagasse. In 2022, experts from the University of East London, Grimshaw, and Tate & Lyle Sugar explored bagasse as a sustainable alternative to carbon-heavy construction materials like brick and concrete.

This research aimed to decarbonize the construction industry by using waste as a core resource, combining material science, sustainable circular economies, and advanced design technology. The collaborative effort produced remarkable results, including workshops with robotic fabrication and augmented reality technology, culminating in "Sugarcrete."

Sugarcrete, made by binding bagasse with a mineral composite, forms blocks with excellent structural, thermal, acoustic, and fire-resistant properties. Its truncated pyramid shapes require minimal reinforcement, creating self-supporting, no-waste modular kits for walls, roofs, and floors.

Sugarcrete is a sustainable, versatile building material that empowers communities by enabling hands-on construction. Developed from bagasse, this innovation by UEL and Grimshaw highlights its significant impact on the construction industry.



THE THRILL OF DIRECTING COMEDIES



Uzma Sabeen
Writer, Artist and Director

04 MINUTES READ

As a director of comedy plays, I always adore working with my writer and actors. It is a rollercoaster of ingenuity and sheer joy of bringing humor to life. Unfortunately we do not have good comedy writers in Urdu Literature. I mostly do adaptations; so we have to select any foreign script; sometimes it was selected by me or sometimes it was suggested by my writer. In comedies, I love farce because it is fast paced and full of action. The writer does the painstaking task to set that script in our culture and society. At times, it takes a lot of discussions and exchanging of ideas & references just to find that right alternative in our culture.

After having a final draft of the script, now the director has to do the

challenging process of casting the actors. In this process, I always rely on my gut feelings because you have to keep in mind that selecting the actors should have a natural knack of comedy along with their acting skills. The chemistry between the actors is like the secret ingredient which elevates the comic interactions and how they convert scripted jokes into memorable moments of genuine laughter.

For this the director should have a shrewd eye because every actor brings a unique flair to the play.

For a director, rehearsals serve as a laboratory where you and your actors are exposed to thousands of possibilities and experimentation. I always encourage my actors to contribute ideas or try different approaches in order to discover the most effective ways to elicit laughter from our audience. The timing and dialogue

delivery is crucial for this genre. A director's job is to have a keen eye and ear to fine-tune the rhythm of dialogue, ensure that the punch lines land with the maximum impact. My simple formula is that if I am enjoying the show then anyone can. I always ask my actors let's entertain your director! I am their barometer to judge the funniest part of the play.

Mostly farce demands a proper choreographed physical comedy. We try a lot of things in rehearsal and then locked one final blocking which has a balance between precision and spontaneity, where my actors must feel comfortable and it has a comic timing as well. I believe that a theatre play should be entertaining for all the family members. The action part is equally enjoyable by adults and kids. It has a surprising element also. A well-choreographed action sequence gets not only laughter; at the same time it lasts in the minds of the audience.

The first day of performance of each & every play which I have directed was not easy for me. I always have a sleepless night before the show and at the time of opening the curtains I can clearly hear my heart beat and butterflies in my stomach. As it progresses, my anxiety turns into happiness and satisfaction as I see that the audience is enjoying and my actors are getting laughter and appreciation.

I am always doing the lights for my plays, so I see my show every night unlike other directors who just be there on the first or second shows and then leave it to the cast & crew. I feel lucky that I remain a valuable part of my play. As a director you feel authority to create your own world on the stage and it continues as a lighting

designer and then lighting operator because the control of the stage is still in your hands. In comedies, actors often take leverage to adlib on stage just to get more laughter from the audience. But as a part of the audience in the control room, I have an opportunity to see what my actors are doing. It sounds autocratic but I am not a very dominating director. I give a free hand to my actors as I have mentioned above that they can improve during the performance if it does not deviate from the storyline.

Being a director, you have to be an overseer also because it is your duty to pick the right script and pick the right actors for your audience. To me it is a 50/ 50 alliance of the director and the audience. The target audience should be in your mind when you decide your script. Otherwise you will be the only audience of your creativity.

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Did You Know?

Wearing a tie can reduce blood flow to the brain by 7.5 per cent. A study in 2018 found that wearing a necktie can reduce the blood flow to your brain by up to 7.5 per cent, which can make you feel dizzy, nauseous, and cause headaches. They can also increase the pressure in your eyes if on too tight and are great at carrying germs.



MISOGYNIST



Fatima Altaf
Psychologist, Painter, Humanist

04 MINUTES READ

Maryam Nawaz, the first woman chief minister of Pakistan's largest province, Punjab took the oath on Friday 23rd of February. Keeping the political field of vision aside, rigging, corruption and all, we as women of Pakistan must see it as a success, where women are still treated as second class citizens. They are even deprived of their basic rights, more appropriately they don't even know what their basic rights are. A woman becoming chief minister is a victory, going through social media, I realized the hate towards her was coming more from her own gender than the opposite, a complete manifestation of another side of misogyny. I am sure seeing the term 'Misogynist', unfortunately the schema is set, and the first idea that comes to mind is "MEN" or something related to them, another story of the patriarchal society and so, but have any of you ever thought that the term is not only associated to

men only but amazingly, umm no "Shockingly" in the modern world "The Thriving Era of Radical Feminist" women has turned out to be as misogynist as men. The interesting part is that this bevy does not even have a term to be identified with. Yes! All along we have been so obsessed with linking the term with men, which entirely is not wrong with the sexist mindset the men contain, but that is a debate for another time.

So, coming back to the agenda, women who hate women most of the time may not consciously realize it but their acts reveal them. Now the reasons behind are uncountable, apparent ones could be categorized further; upbringing, family, society etc, and the psychological reason majorly could be the competition either on the basis of beauty or the brains. **In fact, some evidence suggests that on Twitter, women use misogynistic language more frequently than men do**(themysteriouslove).

The prominent female misogynists are described as The Puritan, and The

IMAGE SOURCE: THE NEW YORKER

She-Devil.

1- The Puritan Misogynists: For them the definition of an ideal woman is to be domestic, subservient, nurturing, kind, mild-tempered, alluring, youthful on the other hand the one who is dumb and deaf in the modern world. There is no wrong in possessing any of these qualities, but associating the feminine ideal purely with these qualities is entirely inhumane and to be honest, this definition of "Achi Larki" in Asian society has played a huge part in caging women and depriving them of their basic rights and achievements, and sadly this definition is coming from the ones' who share the same gender and are also known as women, and trust me it's not like this is how these Puritan misogynist have been they too are the victims (though they will never agree to it) who were deprived of their youth and drained of their energy, to counter that feeling of unfulfillment hating, or bringing back who deviate from the feminine ideal, they take it as their life's mission to find ways to discipline them and ultimately get them on the "right track.", is a catharsis for Puritan Misogynists. Asian movies, dramas, even real life are filled with examples and I am sure dear reader your head already is exploding with images of women around you.

2- The She-Devil Misogynists: The She-Devil is the concept that is usually confused with "Alpha Women" and who would not want to be known as an Alpha. She sees other women as a constant competition consciously and unconsciously and to label them as; manipulative, dishonest, irrational, incompetent or unintelligent, this labeling comes when there is lack of acceptance and to satisfy the coercive thoughts, labeling other women

serves as a coping mechanism. She perceives herself as instantiating the stereotypical masculine virtues of intelligence, the strength of character and rationality, and her behavior is manlier. She is in constant competition with other women and would rather kick a woman off the ladder and would not even hesitate to do so. She is host to dark personality traits. Dark traits tend to be subclinical, which means that they are not associated with the level of dysfunction seen in clinical cases.

"Vivienne Parry, a British science journalist and broadcaster, describes her mother as a misogynist of this type. When Parry revealed to her mother that she wanted to study science at the university, her mother responded: "Whatever for?" Parry was taken aback. But it made her wonder: "Why was my mother so against helping anyone of her own gender climb to the same heights as she did? Why was she so loath to laud female achievement—even when the female forging ahead was her own daughter?" When looking at the past through her contemporary lens, the answer to her question turned out to be terrifyingly simple, she writes: "I fear my mother was a misogynist."

According to Parry, female misogyny is even more prevalent today than in her mother's day. Male misogyny runs widespread in today's society. But, as Parry points out, female misogyny or internalized sexism can be even more toxic. In the hybrid world it seems that everyone is against everyone. In this hybrid world we women need to remind ourselves that

"Each time a woman stands up for herself...without claiming it, she stands up for all women."

Maya Angelou

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ALIENATED AMONGST US: TRIBALISM AND ESCAPISM IN A PSYCHOLOGICAL LENS



Hafsa Shahzada
Freelancer, Writer, Social Activist

04 MINUTES READ

Remember when the online game of “Among Us” was first released in 2018?

For the uninitiated, this multiplayer game is set on a spaceship where players are assigned roles as either Crewmates or Impostors. Crewmates work together to complete tasks while identifying the Impostors among them. Impostors aim to sabotage the mission and eliminate Crewmates without being detected. The game involves strategy, social manipulation, and teamwork.

As bizarre as it sounded at face value, this little Indie game rapidly gained fame in 2020 and became linked with supersonic action, betrayal, and social acceptance—a need to belong and escape.

Human Tribalism

As per psychology, tribalism is

defined as humans forming social groups and identifying with them, driven by shared identity, values, and goals. Perceiving others as members of the “in-group”, acts to activate the brain's reward system, fostering loyalty and preference, according to social researcher Jay Van Bavel. Moreover, the seeds of closure are planted in the group when the brain's empathy circuit charges up, encouraging compassion and teamwork.

Despite how cutthroat Among Us is, there is multilayered sharing both inside and outside of the game through group dynamics, loyalty, and crafty planning.

Ingroup-Outgroup Dynamics: The fundamental structure of the game creates a clear division between Crewmates and Impostors, fostering an us-vs-them mentality. This dynamic mirrors real-world tribalism, where loyalty to one's group (either Crewmates or Impostors) is paramount.

Trust and Suspicion: Players must

navigate trust and suspicion, building alliances to survive or deceive. These interactions often lead to the formation of temporary in-groups based on trust and shared goals. Players work to identify who they can trust, mirroring social dynamics in real-life communities.

Communication and Manipulation: Being a crafty silver-tongue is crucial in "Among Us," whether it's convincing others of one's innocence or identifying potential impostors. This aspect of the game encourages players to develop persuasive skills and understand group psychology. Tribalism is evident as players align themselves with those they trust and work together to achieve common objectives.

The Duality of Fear Amongst Us

Fear in this multiplayer game does not manifest in the usual horror jump-scares or gory scenes. It is the fear that grips us when we are at our most vulnerable and raw: the insidious fear that your house (aka tribe) is not safe. Someone might be trying to break it from within. This fear further translates into:

Fear of Elimination: Both Crewmates and Impostors experience fear related to being caught or killed. For Crewmates, the fear centers around being eliminated by an Impostor or making a wrong accusation. For Impostors, the fear involves being discovered and ejected by the Crewmates.

Performance Anxiety: Fear of under-performing or making mistakes can impact players, especially during discussions and voting phases. The pressure to convincingly argue one's innocence or guilt can induce performance anxiety, affecting decision-making and communication skills.

Fear as a Manipulative Tool: Impostors can exploit collective fear by sowing discord and confusion among Crewmates. By manipulating fears, Impostors can divert suspicion away from themselves and create chaos, making it easier to achieve their objectives.

The Escapism:

Escapism is described as the tendency to seek distraction and relief from reality. In "Among Us", this element primarily highlights immersion and temporary relief from real-world stressors.

Immersive Experience: The game's engaging tasks and high-stakes environment allow players to fully immerse themselves in the gameplay. The focus required to identify Impostors or deceive others provides an absorbing experience that distracts from everyday worries.

Role-playing and Fantasy: Players can adopt roles and personas within the game, allowing them to step outside their real-life identities. This role-playing aspect can be particularly appealing as it offers a form of utopia where players can explore different facets of their personalities.

Social Interaction: For many, "Among Us" serves as a social outlet, especially during times of isolation such as during the COVID-19 pandemic. The game provides a virtual space for socializing and building connections, which can mitigate feelings of loneliness and alienation.

To sum up, upon exploring these aspects in "Among Us," deeper insights can be gained into the broader implications of tribalism and escapism in our lives, highlighting the balance needed to maintain healthy social interactions and mental well-being.

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IMAGE SOURCE : PIXABAY

Unlocking Trapped Emotions to Set Them Free From Body



Sheheryar Shahid
Integrative Psychotherapist
Psychologist, Artist

03 MINUTES READ

The notion that emotions can manifest physically, leading to sensations like muscle tension or pain, has intrigued many individuals. While scientists have yet to substantiate this idea, anecdotal evidence suggests that expressing difficult emotions or engaging in body-based therapies like yoga can provide relief for some.

This concept underscores a burgeon-

ing field of research examining the intricate relationship between the mind and body, highlighting the potential benefits of such therapies for mental health.

Can Emotions Be Trapped in The Body?

Indeed, emotions can become lodged in the body, precipitating physical symptoms when individuals grapple with unresolved feelings. Stress, for instance, might manifest as muscle tension, while nervousness can evoke sensations akin to butterflies in the stomach — a phenomenon often termed “embodied emotion.”

Although the precise mechanisms behind this phenomenon remain elusive, it is believed to stem from how the brain and nervous system process emotions. Some proponents posit that these physical sensations serve as a conduit for heightened emotional awareness.

Where Do Trapped Emotions Reside?

Trapped emotions can manifest in various bodily regions. Studies indicate that common sites include the airways, heart, and gut, with individuals across different cultures often reporting similar emotional experiences localised in corresponding anatomical areas.

Symptoms of Trapped Emotions

The physical manifestations of trapped emotions encompass a spectrum of sensations, encompassing muscle tension, fatigue, throat constriction, and general discomfort. Moreover, chronic stress or trauma may exacerbate certain medical conditions such as teeth grinding or irritable bowel syndrome.

Should persistent physical symptoms coalesce with other indicators of stress or trauma, seeking professional assistance is imperative.

Releasing Trapped Emotions: Three-step Approach

Recognition (Self-Awareness): Foster self-awareness by acknowledging and accepting your emotions without judgment. Practice mindfulness to forge a deeper connection with your emotional landscape.

Response (Self-Expression): Authentically express your emotions, begin-

ning with the body. Whether through tears, vocalisation, physical activity, or journaling, liberate pent-up emotions to facilitate release.

Reset (Self-Care): Dedicate time to self-care endeavors aimed at realigning with your authentic self and nurturing overall well-being.

While the release of trapped emotions may prove straightforward in certain scenarios, seeking guidance from a qualified therapist becomes imperative in more complex cases. These professionals often employ body-based interventions to address both the physical and psychological dimensions of emotional healing.

Additional therapeutic modalities, such as trauma-informed yoga, meditation, and regular exercise, may also offer avenues for emotional release and restoration. In instances where concerns regarding mental health or unexplained physical symptoms arise, proactive engagement with a qualified therapist is paramount.

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Did You Know?

The fear of long words is called Hippopotomonstrosesquippedaliophobia. The 36-letter word was first used by the Roman poet Horace in the first century BCE to criticise those writers with an unreasonable penchant for long words. It was American poet Aimee Nezhukumatathil, possibly afraid of their own surname, who coined the term how we know it in 2000.

REDEFINING BEAUTY: EMPOWERING OURSELVES AGAINST BODY SHAMING



Shehram Javed
Clinical Psychologist

04 MINUTES READ

“Don’t waste so much time worrying about your skin or your weight. Develop what you do, what you put your hands on in the world.” Meryl Streep

The act of making negative comments about someone’s body is known as body shaming. It may concern your own body or the body of another person. There is no distinction between “you’re too thin” and “you’re too fat” in terms of body shaming. I witnessed that if someone weighed less than 45. They have heard remarks like “watch out you may fly away with the breeze,” “doesn’t your family give you enough food,”? “don’t you eat anything,”? and other similar ones that may sound hilarious but aren’t. Being someone who has weighed more than 55 kg, I have gotten comments like “you’re so fat, your face look is not appropriate”, “this dress does not suit you”, “you would look better, if you lose weight”, “you have to control your food intake”, “how much do you eat”?, “you don’t have curvy body” .

Many people in today’s society believe that thin bodies are naturally healthier and superior than larger ones. I certainly don’t need any dietary guidance, nor do I need to be urged to eat less. I do, however, require everyone to mind their own business. I don’t understand why people believe that it’s okay and necessary to say these kinds of disgusting things. Unfortunately, that’s the case for everyone. But they ignore the main aspect that body shaming has a major impact on the mental health of individuals. After these comments, people start looking at themselves through others eyes or even they start comparing themselves with others. You can have negative self-perceptions due to your weight or physical appearance. Even worse, you can start saying things to yourself like, “I feel so fat today,” or “I need to stop stuffing my face with food.” Body shaming affects mental and physical health, both for the person who is body shaming and the one who is being body shamed. One of the most common reasons people are body shamed is because of their weight. Someone might be body shamed for being “too big” or “too thin.” Saying

IMAGE SOURCE: FAIRYGOBBOSS

anything negative about a person being "fat" is body shaming. This is also known as "fat-shaming." Fat-shaming comments are ones like "They'd be pretty if they lose weight," or "I bet they had to buy an extra plane ticket to fit." Men are often body-shamed when people refer to them as having a "dad bod."

People in thinner bodies can also be shamed for their low weight. Often called skinny-shaming, it may sound like, "They look like they never eat" or "They look like they have some kind of eating disorder."

Effects of Body Shaming

Body shaming has many negative consequences on mental health.

Here are some important ones:

Someone with poor self-esteem often feels inadequate and worthless. They may feel they don't deserve happiness or success, which can contribute to feelings of depression and anxiety.

People who are struggling with negative body image may start to compare themselves to others more regularly, and feel unattractive.

Poor self-esteem and negative body image often associated with body shaming is body dysmorphia, a mental health condition characterized by an obsessive preoccupation with one's physical appearance, which often centers around perceived "flaws," whether or not they truly exist.

People who face continuous body shaming feel depressed, avoid gatherings, criticize their body, and judge their body, feeling unhappy and unsatisfied with themselves.

People who have been body shamed may feel anxious in social situations, as they have learned to fear judgment from others.

There is higher chances of suicide and self-harm in people who faced

body shaming and received bad comments on their body.

Eating disorders have a significant effect on physical health and can result in nutrient deficiencies, fatigue, hormone disruption, and other health concerns.

How to overcome body shaming:

1. Accept your body as it is
2. Reframe your negative self-talk
3. Use your strengths
4. Appreciate your body
5. Self-care
6. Look beyond your body
7. Challenge what you hear what you see
8. Believe on yourself
9. Cultivate self-love
10. Surround yourself with positive people

In the last few years, I have also encountered body shaming, but I eventually came to the conclusion that I had to speak out for myself. Accepting who you are is the first thing you need to do. I believe it's time that we let body-shamers get away with saying hurtful things to us that undermine our self-worth and cause us to doubt our own confidence, whether they do so intentionally or not. Therefore, the next time someone makes fun of you for "being too skinny" or "being too fat," call them out in front of the whole group and reward yourself with your favorite thing simply for standing up for yourself.

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Did You Know?

The world's oldest dog lived to 29.5 years old. While the median age a dog reaches tends to be about 10-15 years, one Australian cattle dog, 'Bluey', survived to the ripe old age of 29.5.



Self-Esteem: Complexities and Misconceptions



Duaa Iftikhar
NUMS Graduate

04 MINUTES READ

Often, self-esteem significance is over-estimated to such an extent that all the evil is attributed to low self-esteem, and high self-esteem is viewed as the cause of all good. In all extant (existing) theories and definitions of self-esteem, either they are by Rosenberg (1965); one of the pioneers in this domain, Sedikides & Gress (2003) or Wang & Ollendick (2001), all have defined self-esteem by the same token i.e., positive definitions that you have of your own self. Self-esteem is used in three ways as distinguished (differentiated) by Brown, Dutton,

and Cook (2001). Firstly, to refer to the way people in detail feel about themselves, such as feelings of affection for oneself. Secondly, to refer to the way people evaluate their various abilities and attributes i.e. self-evaluation. Thirdly, feelings of self-esteem refer to momentary (short) emotional states, e.g., a person might say her self-esteem was sky-high after getting a big promotion or vice versa. (Abdel-Khalek and strategies, 2016)

Two interrelated components (Dual Pillars of Self Esteem)

Self-Efficacy/Self Reliance/Self-trust: means the basic confidence in the functioning of mind to face the challenges of life. **For example** if a person feels inadequate to face

IMAGE SOURCE: FREELY

challenges or lacks self-trust, confidence then self-esteem deficiency, no matter what other assets he possesses.

Self-respect: it is a sense of being worthy of happiness. Also, it means, an assurance of my value and an affirmative attitude toward my right to live and to be happy. **For example** a person lacking basic sense of self-respect, feels unworthy, undeserving of love/ respect and fearful of asserting (claim, declare) thoughts/needs/wants; is deficient in self-esteem.

Formal Definition of SE(Self Esteem)

Within a given person, there will be inevitable fluctuations in self-esteem levels, much as there are fluctuations in all psychological states. We need to think in terms of a person's average level of self-esteem. As we are speaking of self-esteem as a conviction (belief, opinion) about oneself, however; it is more accurate to speak of it in formal definition, 'Self-esteem is the disposition to experience oneself as competent to cope with the basic challenges of life and as worthy of happiness'; (Branden, 1995) yet Definitions are contextual; they relate to a given level of knowledge; as knowledge grows, definitions tend to become more precise.

Types of Self-Esteem:

Many distinctions were made by theorists concerning its different types such as contingent vs. non-contingent; explicit vs. implicit; authentic vs. false; stable vs. unstable; global vs. domain specific (Abdel-Khalek and strategies, 2016).

Dominance Hierarchy, Self-Esteem, Social Status:

Dominance hierarchy is a network, situation or connection in which there lies dominance relationships

among pairs of individuals_ dominant individuals actively control or predict outcome of social interactions, possess access to food, resources and protection as compared to subordinate members_ in a group. (Chase and Seitz, 2011), (Von Holst, 1998). Dominance theory coincides with the link between desire for social status, seen by ample evidence within many other species. Status denotes the prestigious standing that you own in society. Now, another term comes here called 'social esteem' which is positive evaluation of one another. We will try to find out the link between social esteem & self-esteem via dominance theory.

Dominance theory characterizes self-esteem as the relative superiority in which human beings symbolically evaluate themselves as better than other people, despite physically prevailing/dominating over other animals. However, this differs from the standard definition of self-esteem.

Across diverse literatures and samples, a positive correlation was found between social status and self-esteem (Gregg et al., 2018). Experiments in college and university students suggested that the belief that they possess a high status, shown by the respect they gained, strongly predicted their self-esteem.

Dominance theory and Hierometer theory imply that the objective foundations of social status such as income, occupation etc., often termed as socioeconomic status (SES) should also predict self-esteem, which was found in a meta-analysis by Twenge and Campbell, establishing a small predicted self-esteem.

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Unveiling the Menace of Dowry System



Arooj Tariq
Freelance Content Writer

03 MINUTES READ

Cultural practices often carry with them the weight of expectations. The persistent dowry system, deeply rooted in our societal fabric, has long been a cause of concern, specifically for the bride's parents. Over the time, with changing trends, this cultural practice has imposed an unseen burden on girls and psychological pressure on their parents. In this article, I'll be discussing the detrimental effects of the dowry system on young women, its societal implications, and why it is important to educate the upcoming generation that demanding extravagant gifts from the bride's parents in the name of dowry is extremely unethical and should be a shame for men.

Historically, dowry used to be traditional gifts and some essential commodities given by the bride's family to the girl as an expression of love. The cultural trend was initially followed to provide financial and emotional support to the newlyweds by sharing souvenirs with each other. Regrettably, this cultural practice has become a burden for young women placing an undue burden of responsibilities on their families to fulfill the demands in the name of dowry. In old times, the parents of a girl used to find it challenging to organize and host the majority of the wedding functions, as if it were entirely their responsibility to arrange everything. Nevertheless, as time progressed, the trend instead of relieving their financial strain, unfortunately imposed an additional burden upon them



IMAGE SOURCE : DEAR ASIAN YOUTH

through the imposition of extravagant dowry demands, which brought about further disgrace.

In recent times, dowries for newly wed-girls have started to define their monetary worth among their in-laws. From diamond sets to palatial houses, the demands often extend beyond ethical boundaries and acceptance level leading parents to end up taking loans. Therefore, these unavoidable circumstances creates a cycle of indebtedness that just keeps on going for generations. Moreover, high expectations for dowries have unapologetically devalued the status of girls/young women, hence labelling them as economic transactions. From the day a daughter is born, parents start saving money to collect numerous goods in the name of dowries for their daughters. Unfortunately, such mindsets and societal pressure often make parents compromise the quality of education for their daughters. Limited education opportunities for girls results in gender inequality, eventually hindering their potential.

Prioritizing dowry savings over the quality of education can be extremely damaging for young girls. Un-educated girls remain trapped in the cycle of poverty. Education has the potential to unlock various un imaginable doors for individuals as it nourishes self esteem and instills a sense of empowerment to make a change, and conquer the world. Therefore, these behaviors perpetuate the belief that the primary worth of a young girl lies in her marriage and dowry. The 85% of our lower middle class constantly fears being left behind if they don't meet the societal expectations. The emotional wellbeing of the parents of girls often gets neglected as they grapple with the societal pressure to assure these deeply rooted traditions.

Therefore, such norms do not allow parents to express their feelings of separation from their beloved daughters because no one really wants to hear about it. When material wealth is prioritized over love celebrations, new relationships suffer. As such practices damage the healthy relationship between the two families by building a sense of competition and one-upmanship. Individuals should learn to appreciate and acknowledge the sacrifices a girl makes as she leaves her parents, family, and home to start a new journey with her husband, instead of focusing on material possession. Making people understand the detrimental effects of dowry and amending societal attitudes can be a little challenging when the problem has been deeply rooted in society for years now. By highlighting the negative impacts of dowry system, it can help change the dark perceptions of the society eventually, fostering a culture where young women are not seen as commodities.

In conclusion, it can be asserted that the dowry system, despite its deep historical origins, stand against the principles of gender equality and ethical boundaries. Since nothing changes overnight, it is imperative to maintain a steadfast commitment and uphold an unwavering dedication by engaging in sustained initiatives and awareness campaigns to attain the intended outcome by making people understand the nuanced challenges posed by the dowry system. Lastly, it is important for all of us to acknowledge that Islam doesn't encourage the concept of dowry either. In fact, such customs have been deemed as the most dishonorable conduct that any individual can opt for.

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IMAGE SOURCE - COMETLOG

FAROOQI'S GUIDE TO SUFISM

Energy Points of Lataif e A'lme Amr

(Metaphysical World)



Dr. Muhammad Azeem Farooqi

Religious Scholar, Academician,
Researcher

07 MINUTES READ

About the Energy Points of Lataif e Alme Amr (Metaphysical world), Sheikh e Mukaram (R.A) explains: There are five energy points of the world of creation (metaphysical), which are as follows:

1. Nafs (the soul)
2. Hawa (air)
3. Aag (fire)
4. Mitti (soil)
5. Paani (water)

Details of Latifa e Nafs (The Soul):

This is the first Latifa (Energy point) of the Lataif e Alm e Amr (metaphysical world). According to the Sufi tradition of Naqshbandiyya Mujaddidiyya, its station is the center of the forehead or the "Center of the Brain." Some consider its station to be below the navel point. Hazrat Mujaddid Alif Thani (R.A) has interpreted that its head is at the center of the forehead, and its feet are connected below the navel. Its light is green and blue. Its influence is manifested by overcoming harshness, generating the substance of weakness and submission, and increasing the taste and eagerness in remembrance (Zikr).

The Purification of Latifa e Nafs (Energy Point of the Soul):

How does one know that a soul has initiated the Latifa e Nafs (Energy Point of soul)? Its recognition comes from the eradication of arrogance. Arrogance, being ever filled with anger, is better avoided. It's about stubbornness, interpreting every matter conclusively, and even if one agrees to something for the sake of benefit, still internally holding fast to

one's own viewpoint. This is called arrogance. It's to begin advising Allah even in His commands, saying whether Allah should do this or not. And it is to interpret the teachings of Allah's Messenger (peace be upon him) according to one's desires, saying that if they were present in this era, they would have acted the same way, and if these teachings were directly applied to them, they would have realized. So what I'm doing, I'm correcting it; what I'm consuming that's forbidden and involves usury, if the Messenger (peace be upon him) were here, he would have done the same and earned his livelihood by compromising his dignity. It's a matter of principle. If we don't do such things, who will bring bread to the mother? If we don't do it, who will pay the children's fees? If we don't do it, then what will we eat? So, it is to establish false and erroneous arguments on false and erroneous positions and to flout the commands of Allah and His Messenger (peace be upon him), and to interpret one's own desires, wishes, and positions conclusively. This is arrogance.

The Doctrine of Necessity and the Arrogance of Rebellion:

It's very sad that our entire nation is operating under the doctrine of necessity. Endure Pervez Musharraf; it's the doctrine of necessity. Obtain relief for all the thugs in the courts; it's the doctrine of necessity. It's the "Need of the Time" to make a donkey a father, it's the need of the time to crush the Muslims of Afghanistan, it's the doctrine of necessity that no one should care about the Muslims of Iraq. This is arrogance.

In the Noble Quran, Allah commands: "O you who have believed, do not put

[yourselves] before Allah and His Messenger" (Al-Hujurat 49:1).

When the Latifa e Nafs (Energy Point of Soul) is purified, internal arrogance disappears. Sometimes, children show arrogance in front of their parents, and if a mentor ever corrects someone's mistake and offers a bit of constructive criticism, even then, some students and successors stand up against them and display arrogance. This is arrogance, and it is a sign of the Nafs being thick and raw, it's a sign of being arrogant. It's called being a stubborn mule.

*Ain Nu say darna, Tārz e Kehn pay
urrna
Manzil Yahī kathan hai qaumon ki
zindagi mein*

"It is deadly tragic to be afraid of new (positive constructive) norms and to follow old outdated (orthodoxical/conservative) fashions." (Iqbal)
Sometimes, man rebels in the name of nationality, and sometimes in the name of the doctrine of necessity, against Allah and His Messenger (peace be upon him), then this is also called arrogance.

The Sign of Honor: Helplessness and Submission:

Another sign of the attainment of this energy point is the emergence of helplessness and submission before commandments of Allah Almighty. It means that the elements of helplessness and submission are produced in a person's temperament, and he believes that others are better than he. This quality is evident in his actions and movements. It's not that he verbally claims to be nothing, and then immediately shows his inner arrogance as soon as an opportunity arises; this is not helplessness and

submission.

It should be remembered that the Latifa e Nafs (Energy point of soul) is attained with great difficulty. The energy point of the heart is attained, the soul, the secret, and even other energy points of the world of command are quickly attained, while the energy points of the metaphysical world are attained with great effort. This is the reason that when the energy points of the metaphysical world are attained, the station of sainthood is achieved. These energy points are called minor states of sainthood. And when the energy points of the metaphysical world are attained, i.e. when the Latifa Nafs is attained, it is called the major state of sainthood, i.e., the major state of sainthood.

The attainment of the energy points in the metaphysical world means that this person has verbally declared goodness and virtue in his heart and conscience. He has said it from within, but not yet from without. This is relatively easy. Outwardly, he is still engaging in the same improper conduct as before. However, internally, he has accepted that Allah and His Messenger (peace be upon him) are right. When he accepts it with heart and soul, it indicates towards the attainment of energy points in the metaphysical world. This is easy, but to practically embody it is quite challenging. The sign of idealism is that what is apparent is also fully applied internally. This is the sign of the attainment of the Latifa e Nafs.

Listening to Iqbal's Condition:

- i. Masjid to bana di shab bhar mein
emaan ki hararat walon nay
Man apna purana paapi hai, barson
mein namazi ban na saka*
- ii. Iqbal bara upadeshak hy, man baton*

*mein moh leta hai
Guftar ka ye ghazi to bana, kirdar ka
ghazi ban na saka*

i. "The house of Allah(masjid) was constructed within one night but the soul is still sinful and has not attained the real favour of prostration(knowing before Allah)."

ii. "O Iqbal ! you are clever enough to enchant the listeners by cathy-verbal sermon. In fact you are a mere talkative-king and not a factual man of character and words."

Momin Khan Momin(famous urdu poet) says:

*Umer sari to guzri ishq batan mein
momin*

*Akhri umer mein kia khaak musalman
hongy*

"The whole life has been worldly lusts; how can you become a real believer at the edge of your life-span. "

Mirza Ghalib says:

*Kaaby kis moun sy jao gy ghalib
Sharam tum ko magar nahi ati*

"How would you(Ghalib poet) make your way to "House of Allah/Kaaba" with these shame proof traits."

The foundation of the energy points of the physical world is Latifa e Nafs. It means that now the seeker has completely been transformed, the poet says, burnt all the boats, and embarked upon the path of righteousness, and continues to tread upon it.

*1- Jannat mein bhej day ya dozakh
mein daal day*

Jalwa dikha kay bus hasrat nikal day

*2- Dar dozakh da badkaran nu, Chah
jannat nekukaran nu*

*Jerha qaidi terian zulfan da, o jannat
dozakh ki jany*

*3- Eman salamat her koi mangy ishq
salamat koi
Mangan eman, sharmawan ishqon, dil
nu gherat koi*

*4- Ashiq ashig her koi kenda, ashig
banda mar kay
Zehr piyala koi na peenda, ashig
peenda bhar kay*

1- Whether you send me to paradise or cast me into hell,
Just display the spectacle, let the regret be felt.

2- Be afraid of hell, O sinners, or desire paradise, O virtuous ones,
The captive of your tresses is in a dilemma, whether to go to paradise or hell.

3- Faith intact, everyone seeks safety, but no one seeks love's safety,
Seek faith, O adversaries of love, let the heart be zealous.

4- Every lover claims to be in love, but not every lover becomes one,
A lover doesn't drink poison after death; a lover is born, fully filled.

The Station of Contentment of the Soul

When the seeker gains control over the self living and harmful ego, his soul attains the station of contentment. Some foolishly claim that these terms are made by the Sufis, but isn't the term "contented soul" mentioned in the Quran?

"Return to your Lord, well-pleased and pleasing [to Him]" (Surah Al-Fajr: 27).

They say these are Hindu terms, this is Hinduistic Sufism. Tell them these are the terminologies of the entire Quran, these are Quranic words. If your intellect does not go that far, then seek a remedy for your intellect. Don't object to those whose intellect

has grasped it. Not everything is understood by the intellect.

As Iqbal said:

1- *Aqal goo' astaa'n sy door nahi*
Iski taqdeer mein huzoor nahi

2- *Dil beena bhi kar khuda say talab*
Ankh ka noor dil ka noor nahi

3- *Aqal qurban kun bay pesh e*
Mustafa(SAW)

1- "The intellect is not far from the throne,
It's not destined for the presence."

2- "Seek from God even without insight from the heart,
The light of the eye is not the light of the heart."

3- "Sacrifice the intellect at the feet of Mustafa(PBUH)."

Sacrifice the intellect for the love of the Prophet. Hazrat Ali says that my intellect says when wiping over leather socks, one should turn them upside down because the dirt is underneath. But the Prophet says no, one should not. So, I sacrifice my intellect at the command of the Prophet, and always wipe my hands over the top.

Hazrat Imam Abu Hanifa was asked who are the Ahl-e-Sunnah? He replied that the Ahl Sunnah are those who believe in the virtues of the two Sheikhs (Hazrat Abu Bakr Siddiq and Hazrat Umar (R.A), who are filled with love for Hazrat Usman and Hazrat Ali, and who wipe over the leather socks. That's it, they are the Ahl-e-Sunnah.

The Fatwa of Hazrat Imam Abu Hanifa:

Someone objected to Hazrat Imam Abu Hanifa, saying that he gives

preference to his opinion over the Hadith of the Prophet (peace be upon him). He replied that if I were to give preference to my opinion, then the Shariah says that if a woman is in the state of menstruation or postnatal bleeding, she should leave the prayer and make up for the fast later, but not make up for the missed prayers. Allah has commanded the prayer over seven hundred times in the Quran, while the command regarding fasting has been given only once. So I say that you should pray and leave the fast. But the Prophet (peace be upon him) said no, let the prayer stay, and if the fast is missed, make it up later. Where the command of the Prophet (peace be upon him) comes, I do not use my intellect and opinion.

Furthermore, he said that in inheritance, the man is given a double share, and the woman is given one share. If I speak according to intellect, I would say that the woman should get a double share, as she is weak and cannot engage in difficult activities. But since it is the command of Allah and His Prophet (peace be upon him), I do not permit the intrusion of my intellect.

To be continued.....

Dr. Muhammad Azeem Farooqi



Did You Know?

Research has shown that plants can respond to sounds. For example, studies have demonstrated that plants can perceive vibrations from insects feeding on them or nearby, prompting the release of chemical defenses. Additionally, plants have been observed to grow towards or away from certain sounds, indicating an ability to respond to auditory stimuli.



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