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ISLAMABAD'S  
BEST SELLER

# AZEEM ENGLISH MAGAZINE

MONTHLY

CAN A PERSON SURVIVE **PAGE 14**  
**DECAPITATION?**

REFRESH YOUR **PAGE 24**  
**LIVING SPACES**

TRANSFORMING WORK DYNAMICS **PAGE 56**  
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**THE PRESTIDIGITATOR**  
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## EDITOR'S NOTE

Dear Readers,

In this edition of May-June we encourage you to explore a wide range of issues that challenge conventional wisdom and spark thought-provoking debates.

Our articles explore a variety of topics, including Science, Culture, History, and more. They range from thinking about the complexity of human nature to imagining a world in which plastic foam is replaced by coconuts. Explore the timeless heritage of women who have overcome obstacles, solve the riddles of quantum physics, and consider how resilient the human spirit can be when faced with hardships.

Let us embrace curiosity, celebrate diversity, and pursue knowledge that knows no bounds as we peruse the pages of this edition. Together, let us embark on a journey of discovery, enlightenment, and growth.

*Happy Reading!*

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



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# THE PRESTIDIGITATOR - ZIA MOHYEDDIN



**Uzma Sabeen**  
Writer, Artist and Director

04 MINUTES READ

And he left us in his spell! I saw him for the first time during my audition at NAPA (The National Academy of Performing Arts). Zia Mohyeddin, the ZM, was sitting with two other legends of our country; Talat Hussain and Mohsin Sherazi. As I finished my monologue, he said, "You showed us that you can read Urdu easily but there is a lack of presentation". On my way home, I was like my audition was a failure and I would not get an admission in this academy ever! But on the very next day I received a call that you got enrolled in the three years Diploma Programme of Theatre Arts. Those three years were the most precious days of my life. We were the most privileged students because we were the very first batch of NAPA.

We learned a lot from the ZM; not only about theatre but how one should live a prodigious life. He lived his life at the fullest. He earned the respect and appreciation with hard work and persistence. He never spared anyone, even himself when it comes to work whenever he signed for dramatic readings (Parhant). He timed his own performance and did five to six rehearsals alone and two to three with Sir Nafees Ahmed, Sitar virtuoso who has collaborated with him during his

dramatic readings for 22 years. He was the director and the performer of his own production; so he had to be perfect. He kept an eye on sound, lights and the presentation of the whole program. Even the design and matter of the invitations of his program.

When it comes to his direction, he never settled for average or good. It has to be excellent or nothing. I have assisted him in two big plays; first was OEDIPUS and the second was Romeo & Juliet which was his last play. Otherwise, I have designed the lights for almost all of his plays which he did at NAPA. When I came back from the USA in 2010, he asked me to do the costumes for Oedipus along with the responsibilities as an AD. Luckily I have visited the Metropolitan Museum in New York so I showed the pictures to our tailor and guided him on how to make a dress for the leading lady of Oedipus. When she tried the

dress Zia sahib was stamping his feet in excitement and he shouted 'I liked it, I liked it'. I was so nervous that I thought 'OMG, I have done something wrong'. But after a moment, I realized that he was saying 'I liked it' whew!

We all worked very hard for his slightest appreciation and when he said 'Good!' (Which was a very rare word in his discourse) we were at cloud nine. If there was no one in the audience except him, we

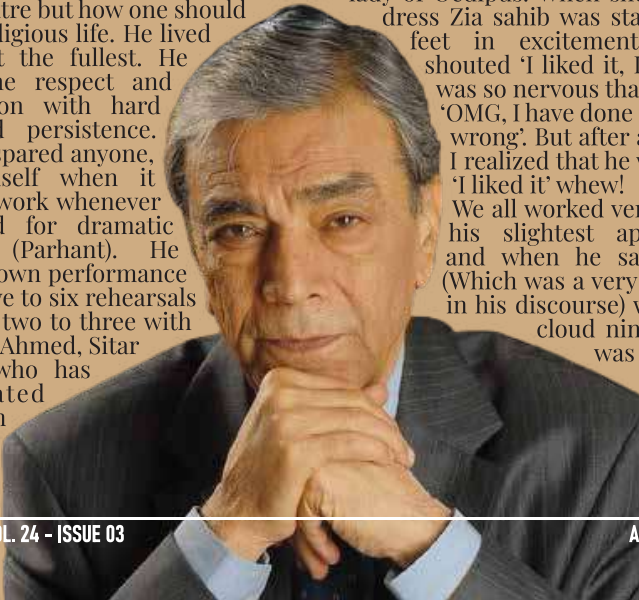


IMAGE SOURCE : KARACHI LITERATURE FESTIVAL

all were on our toes and performed like we were performing in front of a jam packed audience. You can never skip from his sharp observation – even he could tell you that when you were not in your character and when you were looking at a pretty face in the audience.

At the time of *Romeo & Juliet*, I requested him to hire anybody else as his assistant but he insisted that ‘No, you would be my assistant in this play’ (which I am glad that he did). Nobody could refuse him so did I and luckily I was his assistant in his last venture. It was a different experience compared with the *Oedipus* which was twelve years back because now he had more faith in me. He asked for my opinion on several creative choices, especially in the choreography of the party scene and the other crowd scenes along with casting and presentation. As a great teacher, he gave you one task and if you did it according to his standards then he would give you a task of next level.

When I started theatre direction, his first reaction was ‘ok which play you are going to direct?’ He always discussed it in detail. I remember when he came to watch my debut play in 2009 at the PACC. My heart was pounding in my ears and I could hear every beat of my heart clear and loud. He sat during the whole show because this is another achievement for a director. Otherwise he used to just walk out in 10 to 15 minutes if he did not like any performance. Every time our eyes were fixed on him, what was his reaction? Was he enjoying the show? He was the gauge for our every production, so obviously the production has to be up to his mark!

He was so gullible when it comes to modern technology. He used to keep a small simple mobile; once he had an

android but he found it so difficult to use. In the time of COVID, when our classes at NAPA went online, I asked him if he had to do his diction class on zoom too. He was like, ‘Aap samajhti hain k main zoom pe class ley sakta hun’ I said, ‘yes, why not Sir?’ He looked at me and smiled. He agreed to take the zoom class on one condition that I would be there to assist him. I am glad that I was there to be a part of a unique experience with him.

Although many people of his age are deeply immersed in the digital age, he remained somewhat of a traditionalist, he always preferred books over the allure of screens. He was a voracious reader even after his deteriorating eyesight; he used to read with a magnifying glass but never gave up reading. I have noticed that he recommended books to his beloved people only; to whom he thought that they would learn and grow.

He had a refined palate, enjoying a variety of foods in moderation; chips and popcorn were favorites, yet he indulged in only a handful. His habits were precise; two puffs of a cigarette stored neatly, and two cups of tea, one at noon, the other at 5 pm. Never overweight, he disdained excess. While reserved with acquaintances, close companions found him captivating.

In good spirits, he shared tales of encounters with stars, struggles, and childhood escapades. Gossip amused him, and he delighted in humor, often stopping by my desk to share anecdotes. We were fortunate to have him as a mentor; his restrained lifestyle and intriguing persona left a lasting impression.

Thank you Zia sahib!

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## Beyond Boundaries: The Enduring Legacy of Women



**Haveerus Mughal**  
Columnist, Engineer, Theatre Artist

04 MINUTES READ

As the vibrant colors of spring begin to paint the landscape, March not only marks the onset of a new season but also heralds a significant celebration of women's achievements and contributions around the world. Women's History Month is a time to reflect on the remarkable journey of women, their triumphs, challenges, and the evolving role they play in shaping the narrative.

International Women's Month provides an opportunity to shine a spotlight on the remarkable women who have blazed trails in various fields. From politics to science, literature to sports, women have left an indelible mark on history.

Think of figures like Marie Curie, the pioneering physicist and chemist who was the first woman to win a Nobel Prize. Consider Rosa Parks, whose act of defiance sparked the Civil Rights Movement and Gloria Steinem (known for her activism in the Women's Liberation Movement) got women's right to vote through the First Amendment in the United States. As Ms. Steinem states, "Self-esteem isn't everything; it's just that there's nothing without it."

From the tranquil valleys of Gilgit-Baltistan to the bustling streets of Karachi, Pakistani women have left indelible imprints across diverse fields, breaking barriers, and rewriting the norms. Their stories are woven into the fabric of Pakistan's history, illuminating tales of

resilience, courage, and unwavering determination.

In the annals of Pakistan's history, names like Fatima Jinnah, the 'Mother of the Nation,' stands as pillars of inspiration. Fatima Jinnah's unwavering support for her brother, Muhammad Ali Jinnah, during the struggle for independence, symbolizes the strength and resilience that Pakistani women embody.

Throughout the decades, Pakistani women have continued to make strides in various spheres, from politics to arts, from education to entrepreneurship. Benazir Bhutto's ascension as the first female Prime Minister of Pakistan in 1988 marked a historic moment not only for the nation but for women's empowerment globally. Her leadership paved the way for future generations of women to dream beyond boundaries and aspire for leadership roles.

In the realm of literature and arts, Pakistani women have left an indelible mark, weaving narratives that resonate with the nation's cultural tapestry. From the poignant verses of Parveen Shakir to the soul-stirring melodies of Abida Parveen, Pakistani women artists have articulated the nuances of human emotions, transcending boundaries of language and culture.

As we observe Women's empowerment month in Pakistan, let us honor the resilience, accomplishments, and contributions of Pakistani women across diverse spheres of society. Let us pay tribute to individuals like Asma Jahangir, who defied daunting challenges with unwavering integrity

and remarkable courage. Women like Nigar Johar and Mariyam Mukhtar who shattered stereotypes, steadfastly pursuing their aspirations. Young trailblazers like Arfa Karim propelled themselves forward, undeterred by societal judgments, striving to explore uncharted territories. Let us recognize the trailblazers who charted the course and the pioneers whose enduring legacy continues to inspire future generations.

Moreover, the advent of social media has provided a platform for Pakistani women to amplify their voices, advocate for gender equality, and challenge societal norms. Influential figures like Malala Yousafzai, the youngest Nobel Prize laureate, have become global icons of courage, advocating for girls' education and empowerment in Pakistan and beyond.

However, amidst the stories of triumph, Women's celebratory month also serves as a reminder of the myriad challenges that Pakistani women continue to face. Despite progress in certain areas, gender-based violence, limited access to education, and economic disparities persist, casting shadows on the path towards gender equality.

In rural communities, women often grapple with systemic barriers that impede their access to basic rights and opportunities. Addressing these challenges requires concerted efforts from all segments of society, including policymakers, civil society organizations, and grassroots movements. Furthermore, this month

in honor of women in Pakistan serves as a catalyst for conversations around gender stereotypes and patriarchal norms that perpetuate inequality. It calls for a paradigm shift in societal attitudes and perceptions, fostering environments where women can thrive and realize their full potential. In the words of Shaheed Mohtarma Benazir Bhutto, "Democracy needs support and the best support for democracy comes from other democracies. Democratic nations should come together in an association designed to help each other and promote what is a universal value—democracy."

These women, along with countless others, have challenged norms, shattered glass ceilings, and inspired generations to come. Women's History Month is a time to honor their courage, determination, and unwavering commitment to progress.

As we celebrate the legacy of women this month, let's not forget that each of us has a role to play in advancing gender equality. Whether it's through small acts of kindness, advocacy, or ally-ship, we can all contribute to creating a more inclusive and equitable world. Together, we can

build a future where women have the opportunities to fulfill their dreams and live life on their own terms. Let us strive together towards a future where every woman can live with dignity, equality, and the freedom to pursue her dreams. This Women's History Month, let us renew our commitment to building a more inclusive and equitable society for all.

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# PRICE OF HER EXISTENCE



**Laiba Khalid**

Writer, Poetess and Columnist

03 MINUTES READ

From the bustling city to a quiet village, from home to workplace, from markets to bus stops, from the light of day to the darkness of night, from a girl in a veil and gown to a girl in jeans and top, from childhood innocence to the wisdom of adult age, a woman's journey is full of ogling, unpleasant whistles, and piercing comments. She fights battles against the tendrils of harassment daily. The fight is not only against overt attackers but also against deeply rooted beliefs that support the idea that a woman's life is determined more by social norms than by her agency. A woman is not just a passenger or a bystander in this story; rather, she is a target who has

been objectified and dehumanized. She is thought to be a flower that can be plucked and a bird that can be caged. She is treated as an object, not a subject. She is shamed rather than respected. Her silent outcries are left unheard, and her invisible scars are left unseen. She is denied her dignity, autonomy, and humanity- She is stalked, abused, and assaulted. She is stripped of her most basic right -To simply exist- even her existence comes with a price. She has to pay for her existence in the form of bedevilment. This grim reality echoed in prehistoric times too.

This story of objectification and dehumanization endures in every corner of the globe, across cultures and centuries. The mistreatment of women is a persistent theme in history, from prehistoric tales to contemporary metropolises. Sita went

IMAGE SOURCE: SUCCESS MAG



through humiliation, and leering eyes trailed her chariot. Medusa was cursed by God's harassment and vilified for her beauty. Bibi Pak Daman sought refuge from harassment but met with the hungry eyes of a predator. This did not stop here, countless other stories remain untold. It is an ever-present danger lurking within supposed sanctuaries. Every woman is merely a piece of meat for men, except for her household women. Women are objectified to the point where their bodies are seen as things to be appreciated, evaluated, and even attacked.

Because this behavior is so normal, it becomes normalized and fosters an atmosphere of fear and intimidation that silences women and restricts their freedom of movement. As is said by Sajida Shaik, "objectifying women isn't the worst part, but normalizing the thoughts of objectifying is." Every time a woman steps into a public space, she becomes public property, and anyone can do whatever they want with her.

This painful truth has become more than just harassment; it has become a kind of sexual terrorism that affects every part of a woman's life. The effects of sexual terrorism are extensive and grave. Women experience psychological and emotional anguish as a result of feeling helpless, violated, and unsafe. It affects their capacity to go about freely, to obtain an education and work, and ultimately to realize their full potential.

Women's access to safe spaces is further restricted, and their voices are silenced by online harassment, which includes cyberbullying, unso-

licited explicit content, and threats of violence. Once hailed as safe spaces for community and connection, social media platforms have turned into havens for sexual terrorism. Because cell phones are so common, harassment can follow a woman around, bringing intrusive images and unwanted propositions into her sacred areas and private times. Every contact is tainted by the persistent worry of being watched and abused online, which turns the digital world into a battleground where women must continuously defend their dignity and autonomy.

The struggle for survival in this environment of ongoing objectification and harassment becomes a group effort against established systems that uphold the dehumanization of women as well as individual acts of hostility. Freed from the confines of the past, women now face not just the physical threats that wait in the shadows but also the digital ghosts that follow them everywhere they go on the internet. By recognizing the gravity of the problem, tearing down the structures that support it, and elevating the voices of women, we can build a future in which every person, specifically females, may live with dignity, be treated with respect, and be allowed to realize their potential. She has a fundamental right to breathe freely, to dress up freely, to work freely, and to live freely and honorably without any fear of harassment, objectification, judgment, or sexual terrorism. She, as an individual, has the right to a free existence!

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A photograph of a submarine on the surface of the ocean during sunset. The sun is low on the horizon, creating a warm, golden glow. The submarine's conning tower and various antennas are visible against the bright sky. The water is calm, reflecting the light from the sun.

# What Happens When a Submarine Implodes?

## Not What You Think

04 MINUTES READ

25 bodies were recovered from the wreckage. The body of the 26th victim was never found. In less than a year, Squalace was repaired and recommissioned under the name USS Sailfish.

Of up to 600 feet, special submarine escape emergent suits can protect the crew while they use an escape hatch or torpedo tube to get out. The ascent from 600 feet will only take three to four minutes, but it's an extremely traumatic experience involving panic, oxygen narcosis, and perforated eardrums. But things get much worse when the sub is too deep to use an escape suit. Your only chance of survival would be a submergence rescue vehicle, like the Russian Priz-class vessel, a titanium-hulled vehicle that can rescue up to 16 people at a time from a depth of up to 3200 feet. 3200 ft/1000m

Some submarines like the Russian Typhoon-class are equipped with an

escape pod, but their reliability in actual emergencies have been questionable at best. The rescue attempt of the Russian Kursk nuclear submarine involves several submergence rescue vehicles, but unfortunately the mission failed due to the inability of the Priz vehicle to dock onto the stranded submarine. These complications are what makes the rescue of the crew of USS Squalus a near miracle.

In May of 1939, on her 19th test dive, USS Squalus submerged. But due to a malfunction, the main air induction valve opened when Squalus was 60 ft / 18m underwater. This caused the flooding of the aft torpedo room, both engine rooms and the crew's quarters, sinking the submarine to the bottom of the ocean. Those who were in the sealed compartments had enough air to breathe for 48 hours. Cut off from outside communication, the crew released a buoy from the deck, which had a telephone attached to it, in the hopes that the rescue team would find it. And now all they could do was to keep calm and wait. No

IMAGE SOURCE - SLASH GEAR

rescue attempt of sunken submarines had ever succeeded beyond 40ft, and the crew of Squalus were sitting on the ocean floor 243 fr below the surface. Sometime later, the buoy was spotted by their sister boat, Sculpin. The two commanders were able to exchange a couple of words, but an ocean swell caused the line to snap. No more communication was possible. Within 24 hours, rescue ships had arrived, and they had an experimental device to deploy. It was a rescue bell. A hardhat diver had to first get ready and descend, to carry a downhaul cable from a winch inside the rescue bell. Once the cable was connected to the sub, the bell was lowered into the waters, and then placed exactly above the hatch of the sunken submarine. Stranded at the bottom of the ocean, the crew of USS Squalus was thrilled to greet the rescuers. Seven sailors climbed into the bell and were then brought up to the surface. Three more trips had to be completed before all 33 men were rescued. But the US navy spent another 113 days salvaging the submarine itself. There were bodies in the submarine that still needed to be recovered. The plan was to attach pontoons to the hull of the submarine in order to raise it off the ocean floor and then transport it back to port. To do so, pontoons had to be first filled with water to create negative buoyancy and descend into the water. Once attached to the submarine, air was pumped into the pontoons, which pushed the water out, making the pontoons buoyant. During the first attempt, the pontoons attached to the bow raised too quickly, causing the bow to rise out of the water and slip out of the cables. Eventually, USS Squalus was towed back to port on September 13, 1939.

Twenty five bodies were recovered

from the wreckage. The body of the 26th victim was never found.

In less than a year, Squalus was repaired and recommissioned under the name USS Sailfish which served during WW II.

The crew were forbidden from uttering the word Squalus while on board the Sailfish.

After decommissioning in 1945, the conning tower was cut away and placed in a park at Portsmouth Naval Shipyard, where memorial ceremonies are conducted in May of each year.

In the case of the Titan submersible, which was lost on June 18, 2023, when attempting to visit the wreck of RMS Titanic the depth at which the implosion happened was nearly ten times more than that of ARA San Juan, meaning the water pressure was ten times more at the time of the accident.

We will never know what the crew of five on board Titan went through in their last moments, but it's entirely possible that their final thoughts were joyful and exhilarating, and not tainted at all by the horror of what was about to happen a few milliseconds later.



## Fact

The Most stolen food in the world is 'cheeze'. As per reports, 4 percent of the total cheese produced globally is stolen.



## The Biggest Heists in History: Unbelievable Tales of Stolen Fortunes

### Explore - The Best of Innovation

03 MINUTES READ

Throughout history, daring criminals have pulled off amazing heists, leaving authorities and the public in awe. Here are three of the most bold and significant thefts ever committed:

#### **The Nice Heist:** A Subterranean Masterpiece

On July 19, 1976, in Nice, France, a scene straight out of a movie played out at the Societe Generale Bank. An employee arrived to find the vault door mysteriously welded shut from the inside. After calling for backup, the team managed to break into the vault, only to discover it was empty. Nearly 200 safes had been cracked open, yielding a massive haul of 46 million francs (equivalent to 30 million euros today), making it the theft of the century. But the real

intrigue lay beneath the surface—literally.

The investigations revealed an 8-meter tunnel that had been painstakingly dug through the sewers over weeks. This tunnel led directly into the vault. The robbers had executed a flawless plan, leaving behind only food scraps, empty bottles, and a cryptic note that said, "No weapons, no violence, and no hatred."

The mastermind behind this bold theft was Albert Spaghari. He managed to escape capture after a dramatic leap from a judge's chambers, evading justice until his death from cancer at age 56. To this day, the stolen goods remain lost, adding to the mystery of the Nice Heist.

#### **The Boston Robbery:** Art's Greatest Capers

On March 18, 1990, the Isabella Stewart

IMAGE SOURCE: MEDIUM

art Gardner Museum in Boston experienced a tragic event. Clever thieves, disguised as police officers responding to a disturbance, overpowered the night watchmen and gained unrestricted access to the museum's valuable art collection. In this heist, the largest private art theft in history, thirteen priceless artworks by renowned artists like Vermeer and Rembrandt were stolen, worth over \$500 million (now nearly \$1 billion). Despite extensive FBI investigations and a \$10 million reward, the whereabouts of these paintings remain a mystery, intertwined with the disappearance of the main suspects.

**The Antwerp Heist: Diamonds in the Dark**

In the diamond capital of the world, Antwerp, Belgium, Leonardo Notarbattolo meticulously planned a daring heist that would go down in history. Over three years, his careful plotting culminated in the audacious robbery of Antwerp's diamond center on February 15-16, 2003.

Notarbattolo and his team breached the seemingly impenetrable security, cracking open 109 of the center's 189 safes. They escaped with a staggering haul of diamonds worth 100 million euros. The thieves were quickly caught, but the diamonds, like the paintings stolen in Boston, vanished into obscurity, evading recovery despite the police's exhaustive efforts. These bold robberies showcase the cleverness and courage of skilled lawbreakers, leaving behind puzzles and lost goods that still fascinate people. As investigators and scholars study these stories, the charm of these notorious thefts lives on, providing windows into the seedy world of high-risk crime and the pursuit of unattainable wealth.

## *Tips to Control Your Electricity Bills*



While not everyone can afford to install a solar power system, there are still practical ways to save on electricity consumption. You can follow the given steps to save energy and control electricity bills.

- Begin by taking note of the meter reading.
- Then, after a period of twenty-four hours, check the reading again to gauge the electricity consumed.
- For instance, if the meter indicates a consumption of ten units within that day, it translates to approximately three hundred units per month.
- Now, set a target to reduce this consumption to two hundred units per month, which would amount to around six to seven units per day.
- It's important to emphasize that achieving this level of savings requires the cooperation of all household members.
- Additionally, consider implementing energy-saving practices such as:
- Using fans instead of air conditioning whenever possible. If there are three fans, try using only one during daytime hours. If feasible, replace old fans with DC fans for greater efficiency.
- In order to save electricity, use LED bulbs in your homes instead of traditional bulbs.
- Avoiding unnecessary use of lights during the day. Instead, take advantage of natural daylight whenever possible.
- Monitor your electricity usage regularly by checking the meter reading daily and comparing it with previous readings to track your progress towards achieving your consumption target.

# Unveiling the Mysteries of Quantum Physics - Part IV



**Saad Rashid**  
Grade 9 Student

04 MINUTES READ

## Power of Quantum Computing: A Revolutionary Leap in Processing Capabilities

Quantum Computing is an emerging field in the quantum world which promises to revolutionize information processing and solve complex problems beyond the reach of classical computers. This groundbreaking technology uses the principles of quantum mechanics allowing it to surpass the speed and capabilities of traditional devices. But is it even possible? If it is, is it safe enough and has potential to replace the current computer? Well let's dive in and find the answers to every single one of these questions.

The key to success for quantum computing is small units called qubits which can exist in every state simultaneously and they are interconnect

ed which means that if one qubit is disturbed then it affects the whole chain. These unique properties allow quantum computers to make calculations in seconds which will take millions of years to be solved by conventional computers.

The potential uses of quantum computers spread over a wide range of fields such as Chemistry, Health, Finance, Space Sciences and more. This astonishing technology can lead to major advancements in the medical field. The use of quantum algorithms can lead to faster and more accurate drug discovery and diagnosis of different problems under a short term. This can be made possible by quantum algorithms as they can determine molecular interactions and structures more accurately than current traditional methods.

Quantum Computing will also become a key asset for companies and in the field of finance as it will enhance management strategies and

IMAGE SOURCE: FREEPIK



risk assessment leading to a better future.

But building such a technology is not everyone's cup of tea as it involves a lot of challenges and obstacles. First of all, qubits are highly sensitive particles which can be even affected by temperature fluctuations and electromagnetic interactions. So building such a near-perfect environment is a huge challenge faced by researchers. Even the slightest of interactions with any other type of wave can cause high scale errors in computations.

Secondly, building large-scale quantum processors capable of handling many qubits remains challenging due to the complexity involved in maintaining coherence among them. Lastly, developing error correction techniques and fault tolerance mechanisms will be crucial to ensure reliable results.

But the era of quantum computing is closer than we all think. Researchers from all over the world are striving to make this technology possible. Not only this, the development of hardware and software for the world's first ever quantum computer is on. In the hardware front, companies like Google, Microsoft and IBM have already developed quantum processors which contain from dozens to hundreds of qubits. Software developers are already creating tools and frameworks for programmers to create codes specifically for quantum

computers.

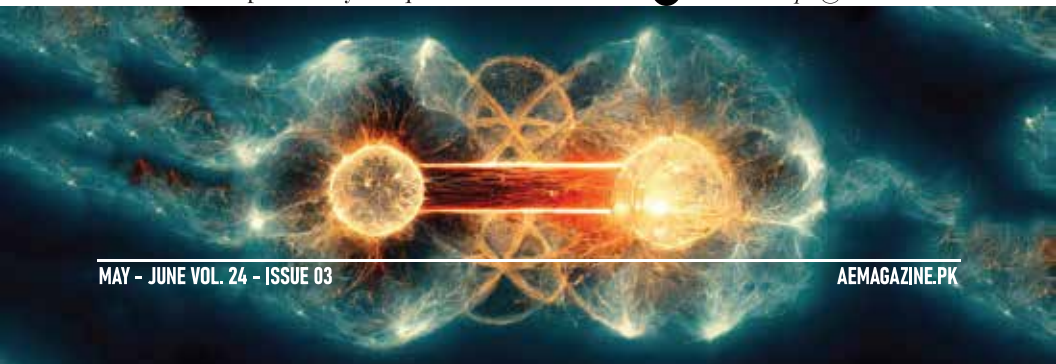
As quantum computing continues to evolve, experts anticipate significant breakthroughs across numerous industries. One notable example is the potential impact on cybersecurity, where quantum encryption protocols offer unbreakable security against even the most powerful classical computers. Additionally, quantum simulation may lead to new discoveries in physics and chemistry, enabling scientists to study phenomena previously thought impossible to model using classical computers.

We all say that AI is the next big thing, but in reality it's not as quantum computers don't even come close to it. In my opinion, quantum computers will have a bigger impact than AI and will revolutionize the world. Secondly, it's less risky than AI as it doesn't have the threat of replacing humanity or the markets or jobs.

In conclusion, quantum computing represents a transformative leap forward in our ability to process information. While there remain substantial challenges to overcome, the potential benefits of this revolutionary technology are too great to ignore. As researchers and industry leaders work together to address the technical barriers facing quantum computing today, we stand eager to unlock a world of possibilities tomorrow.

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IMAGE SOURCE - FREEPIK





# CAN A PERSON SURVIVE DECAPITATION?

## Riddle

06 MINUTES READ

Have you ever heard about guillotine? The guillotine was long considered to be the most humane execution method in Germany. It was banned only 44 years ago. Its mechanism was intended to produce instant death but there were cases in history that make us doubt whether the guillotine was as humane as they say it was.

In France, in 1905, people gathered to watch the execution of Henri Languille when a severed head fell into the basket. A doctor named Gabriel Beurieux noticed that the face of the newly severed head had started twitching, he called Henri by his name. That's when the eyes of the executed man looked right into the eyes of Beurieux.

Another strange case involving the guillotine occurred the execution of a noblewoman named Charlotte Corday. After the blade slit the woman's throat Charlotte's face took on an angry expression, the girl's execu-

tioner lifted the severed head by the hair and slapped it on both cheeks the cheeks visibly flushed. It may well be that the slaps made the girl regain consciousness for a little while.

But what if a severed head is attached to a body? There's a surgeon who claims to be ready to embark on a human head transplant right away. Sergio Canavero says he has already performed a head transplant on a monkey. According to him, the operation was a success. Now the doctors are ready to do the same thing to a human. He has already put his price on performing this procedure. And it costs \$100 million. So if you don't have that amount of money in your bank, be careful and watch your head. Medical communities in the United States and Europe didn't give the doctor permission to conduct such an experiment with humans. But Sergio found a volunteer.

So what happens to a person during decapitation?

When the blade passes through the neck, it slits the spinal cord and blood

IMAGE SOURCE : CBS 8



arteries. Due to this, the cardiovascular system stops delivering oxygen and other essential substances to the brain. Within seconds, it stops functioning. But Robert Cornish, an American physiologist invented ways to maintain circulation in a dead body.

To achieve it, he used quite strange methods:

An injection of anticoagulants and adrenaline in combination with rocking the body on a teeterboard to shake the blood. But it worked and even helped Cornish to revive a dead dog.

In 2011, Dutch scientists detected the animal's brainwave activity after cutting off its head. This moment was captured by an electroencephalograph that connected to the animal's brain. The brain activity was maintained at frequencies of the conscious level. It lasted for almost 4 seconds after the decapitation and then in about a minute a large electrical wave slowly moved through the rats brains. This raises the question: Does the same thing happen to a person?

Michael Sarr, an ex-surgeon of the Minnesota Mayo Clinic and editor of the journal 'Surgery' explains the impossibility of a head transplant on the example of how the nerves of the arm knit back together. If you have your wrist amputated and then reattached you will be able to fully recover its working capacity. But if you have your arm amputated it will no longer function after the transplant. In the severed limb, the nerve is already dead and unrecoverable. And a live nerve left in the body can grow only at one foot. It's not enough for a head to recover all its functions after the transplant. Because in surgery, there's no way to reconnect the severed spinal cord.

Valery Spiridon, despite the high risk of a fatal outcome of the operation, agreed to be the first full head transplant. He suffers from Congenital Spinal Muscular Atrophy - a disorder that makes the muscles weaker but at the last moment Valery refused the operation. Then Canavero decided to put his plan into action with the help of someone who would never refuse.

Thus, under the guidance of the doctor, Chinese surgeons successfully transplanted the head of one dead person to another. They were the first in the world to perform such an operation. The doctors managed to connect the spine nerves and vessels according to Canavero. It was a "dress rehearsal" before transplanting a head to a living person.

Let's fantasize a little. What would you do if you found yourself in such an unpleasant situation as decapitation?



## Did You Know?

### Fact

The incredible hanging stone in Siberia weighing approx 300 tons has defied gravity since the ice age.



IMAGE SOURCE : ADOBE STOCK

*How Does a*  
**Train Change its Track?**

## Civil Engineering with Dilushika Piumal

02 MINUTES READ

To travel across the vast network of train tracks is an intricate mix of physics and engineering, an art that allows trains to gracefully navigate even the most complex pathways. While it may seem like magic, the secret lies in the ingenious design of the wheels and tracks that work in harmony to ensure a seamless journey.

One might assume that a train's steering wheel controls its direction, but in reality, the steering wheel only manages the speed of the train. The magic unfolds through the principles embedded in the wheel's design – a perfect balance of thickness on the inside and thinness on the outside, ensuring that the train stays on track without derailing.

At the heart of this design is the wheel's inner ring, called the rim. The rim acts as a guide, dictating the direction the train will take. If the goal is to shift to the right side of the track, the curved rail on the left is moved out of the way, allowing the train to seamlessly transition to its desired route.

A common type of track employs center tongues that resemble squirming shapes. These tongue rails serve as guides, directing the wheels towards a specific side of the track. However, a simple switch in the position of the tongue rails can alter the course of the train, shifting it from a curved to a straight track.

This transition, however, comes with its set of challenges. The train's raised rim could potentially be obstructed

by the tongue, risking a derailment at the speed of travel. To counter this, engineers devised a solution by cutting a slit in the center. While this alleviated the risk of rollovers, the ride remained less than comfortable. The engineers didn't stop there. They extended the crossover section, introducing a new set of issues. As the wheels passed through the extended section, the risk of derailment and potential rollovers increased. Enter the wheel guard – the ultimate problem solver.

The wheel guard restricted the flange from deflecting outward, ensuring that the train could never derail. It was a masterstroke in engineering that secured a smooth and stable journey. Now, it's not the driver dictating the tracks the train takes, but the ground wrenchers who change the turnouts according to predetermined routes. However, with the relentless development of railroad technology, the role of the switchman has gradually faded into history.

The intricate process of changing tracks is a testament to the fusion of human ingenuity and technological innovation. From the careful design of wheels to the implementation of automated systems, every aspect of this journey reflects a commitment to excellence in the world of transportation. As trains continue to glide seamlessly through ever-changing tracks, the legacy of those who shaped this evolution lives on, reminding us that progress is an ongoing journey propelled by the pursuit of perfection.



IMAGE SOURCE : FREEPIK



# The Fastest Human-powered Bike!!

## Fossbytes

03 MINUTES READ

In the dynamic world of engineering, pushing the boundaries of innovation is a daunting yet exhilarating task. It requires confronting seemingly insurmountable challenges head on. One such example is the creation of ADA (Autonomous Driving Assistive System) - a revolutionary human-powered vehicle designed to shatter world records. Spearheaded by a team of brilliant engineers, ADA is the perfect fusion of cutting-edge technology and human athleticism - a true feat in itself. At its core, ADA is a product of the insatiable thirst for exploration and advancement in vehicle design. By approaching it from the perspective of energy conservation and efficiency, engineers have managed to redefine the boundaries of transportation. Instead of relying on traditional sources of power, ADA harnesses the

potential of human engines, setting the stage for a breakthrough in the world of mobility.

Central to this endeavor is the concept of maximizing power output while simultaneously optimizing the vehicle's efficiency.

At the heart of this venture lies the idea of harnessing maximum power while also optimizing the efficiency of the vehicle. Beyond being simply a bike, ADA is a testament to the harmonious fusion of human ability and technological innovation. The creation process starts by positioning the rider in a reclined posture, reducing the frontal area and curtailing aerodynamic resistance. This strategic move empowers the rider to attain higher speeds with the same amount of power output. Moreover, ADA is enveloped in a precisely crafted shell that minimizes drag and encourages a sustained smooth flow of air.

Through the use of computational fluid dynamics and drawing on their

IMAGE SOURCE : I STOCK

expertise accumulated over many years, engineers have crafted a strikingly sleek and aerodynamic external design for the ADA. This allows the bike to effortlessly cut through the air with minimal resistance. The frame and shell, predominantly made from carbon fiber, have been meticulously engineered to achieve the perfect combination of light weight construction and sturdy structural integrity. This ensures unparalleled performance on the road. In a departure from conventional designs, ADA does away with typical features like a head bubble or windscreen for the rider. Rather, the rider can rely on a sophisticated vision system equipped with two compact cameras placed atop the bike.

At first, getting used to this groundbreaking method may have been tough, but it ultimately creates a flawless connection between the rider and the road, almost like playing a video game with real-life outcomes. As it zooms down the highway at over 100 kilometers per hour, every aspect of ADA has been carefully crafted to ensure maximum performance. From its high-speed gear ratio to its compact internal design, ADA stands as the ultimate achievement in human-powered vehicle engineering. The road to perfection was not an easy one. Along the way, there were many hurdles to overcome. Hours upon hours were spent testing and refining ADA to ensure it could live up to its promise of shattering world records. From troubleshooting technical issues to carefully perfecting the rider's position, every detail of ADA was rigorously scrutinized in pursuit of perfection.

Ultimately, ADA is a shining example of the incredible creativity and determination of the human spirit.

Through daring to push the boundaries of possibility, talented engineers have opened up never-before-seen opportunities in the field of human-powered transportation. As ADA confidently makes its way down the road, its revolutionary design serves as a symbol of progress, sparking inspiration for future generations to continually push the frontiers of engineering and design.



## Should Human Waste be Taken Care of?

It sounds strange to hear. This is being done in the Kenyan city of New Washa. A company is converting human waste into energy. First of all, waste and mud would be collected from the sewers of nearby communities. Then it is brought to the factory, liquid and solid are separated then the waste is heated and the harmful germs are removed inside.

It is then mixed with the bio mask and finally it is compressed and converted in the form of briquettes and they can be used for heating and even for cooking. This method is very cheap and there is no smoke by burning it. It is the best wood and coal alternative. One of the best alternative is also unlimited supply of human waste and the best thing is doing is will improve the cleaning of severage system.

# COUNTERMINE TECHNOLOGY: IMPERFECT BUT CRITICAL

## Interesting Engineering

04 MINUTES READ

In modern warfare, the threat posed by minefields, and explosive devices has long been a challenge for military forces worldwide. To address this danger, innovative technologies and specialized vehicles have been developed, such as the M1150 Assault Breacher Vehicle.

### The M1150 Assault Breacher Vehicle

The M1150 Assault Breacher Vehicle, based on the formidable M1 Abrams tank, represents a significant advancement in military capabilities. Its primary function is to clear minefields and improvised explosive devices (IEDs), ensuring safe passage for troops and vehicles on the battlefield.

One of the distinctive features of the M1150 is its utilization of a long rope-like device to clear minefields and explosive devices effectively. This system contains 1.76 pounds of explosives and can reach distances of up to 100 yards when deployed using a rocket. Upon detonation, it creates a

cleared path measuring up to 26 feet wide by 330 feet long, allowing troops to move safely through hazardous areas.

Another notable development in countermine technology comes from Singapore, where engineers have designed a trailblazer countermine vehicle specifically for clearing minefields. This vehicle employs a mine flail system equipped with 72 chains and heavy hammers, striking the ground with impressive power at speeds exceeding 1,000 rounds per minute. The driver's cabin is fortified with an enormous blast shield, ensuring the safety of the crew during operations.

Similarly, the Hydrema utilizes a pneumatic spike system for safe passage through minefields, offering civilians an alternative method for dealing with the consequences of war. Its maneuverability is enhanced by positioning the cab to the rear, making it more effective in navigating dangerous terrain.

In addition to military applications, such as the M1150, civilian adapta

IMAGE SOURCE: IFLYNET

tions of countermine technology are emerging. A Ukrainian farmer, for instance, has created a remote-controlled landmine clearing tractor, utilizing salvaged Russian military vehicle parts for protective panels. Operating the machine from safe distances, he seeks professional demining help to ensure business continuity while mitigating risks to his life.

These innovative machines represent a crucial tool in clearing hazardous minefields quickly and effectively. With the need for more advanced equipment to tackle the persistent threat of landmines and explosive devices, continued research and development in countermine technology are paramount. Whether in military operations or civilian endeavors, the quest for safer environments drives the evolution of these lifesaving innovations. The evolution of countermine technology continues to unfold, driven by the pressing need to address the pervasive threat of landmines and explosive devices. With each advancement, the goal remains constant: to provide safer environments for both military personnel and civilians.

In recent years, the focus has shifted towards enhancing the efficiency and effectiveness of mine-clearing operations. Vehicles like the M1150 Assault Breacher Vehicle and the Singaporean trailblazer countermine vehicle showcase the ingenuity and dedication of engineers in tackling this formidable challenge. By combining powerful explosives with innovative deployment systems, these vehicles can create safe paths through minefields, allowing for the unhindered movement of troops and equipment. Furthermore, the adaptation of countermine technology for civilian use

underscores the broader impact of these developments. The Hydrema, with its pneumatic spike system, offers a practical solution for communities affected by the consequences of war. By providing a means to safely navigate hazardous areas, such vehicles play a vital role in rebuilding and revitalizing communities torn apart by conflict.

Moreover, the emergence of civilian initiatives, such as the remote-controlled landmine clearing tractor developed by the Ukrainian farmer, highlights the grassroots efforts to address the scourge of landmines. By leveraging salvaged military vehicle parts and seeking professional demining assistance, individuals like the Ukrainian farmer demonstrate the resilience and resourcefulness needed to confront this ongoing threat.

Yet, despite these strides forward, the challenge of clearing hazardous minefields remains daunting. The need for more advanced machines and techniques is ever-present, as is the imperative to ensure the safety of those tasked with carrying out demining operations. Continued research and development efforts are essential to staying ahead of evolving threats and safeguarding lives in conflict-affected regions.

In conclusion, countermine technology represents an essential tool in the ongoing battle against landmines and explosive devices. From military vehicles to civilian adaptations, these innovations play a pivotal role in creating safer environments and fostering recovery in the aftermath of conflict. As the quest for effective demining solutions continues, the shared goal remains unchanged: to protect lives and promote peace in communities worldwide.



## *Can Coconuts Replace* **PLASTIC FOAM COOLERS?**

**Business Insider**

03 MINUTES READ

For every coconut crack to make oil about one pound of husk gets left behind. Farmers often burn these massive piles or just leave them to rot but not in the province of Sio-Uin.

One company in Sio-Uin transformed Coconut husks into biodegradable insulation for coolers.

Farmers in the Philippines are repurposing coconut husks into biodegradable insulation for coolers, instead of burning or leaving them to rot. This innovation aims to replace plastic foam, which is hard to recycle and often ends up in waterways, with a more sustainable and eco-friendly solution.

Nearly 350 million coconut trees grow in plantations all over the island nation. Farmers like Edgardo and Tio harvest their trees every 3 months.

Coconut husks are being used for insulation instead of being discarded. Fortuna Cools Factory receives up to three truckloads of whole coconuts a day from 250 small farms within miles of the processing plant. The husks are dried for up to a week before going to a decorticating machine to be crushed and spun into insulation.

Coconut husks are used to make insulation for cooling bags. The fibers and cocoa pit from the husk are used for irrigation and insulation material. The process involves sifting, layering, stitching, pressing, and cutting to create coconut insulation.

IMAGE SOURCE: GREEN QUEEN



Coconut husks were used to create high-performance and affordable coolers for fishermen. The initial products were made of plastic but were not durable and had to be replaced often. The use of coconut husks as a prototyping material led to the creation of efficient and collapsible coolers for fishermen.

Coconut fiber can be used for insulation as a replacement for plastic foam. Coconut fiber has trapped air pockets that provide natural insulation. Styrofoam coolers are extensively used in the Philippines for seafood insulation, but they easily break down into microplastics.

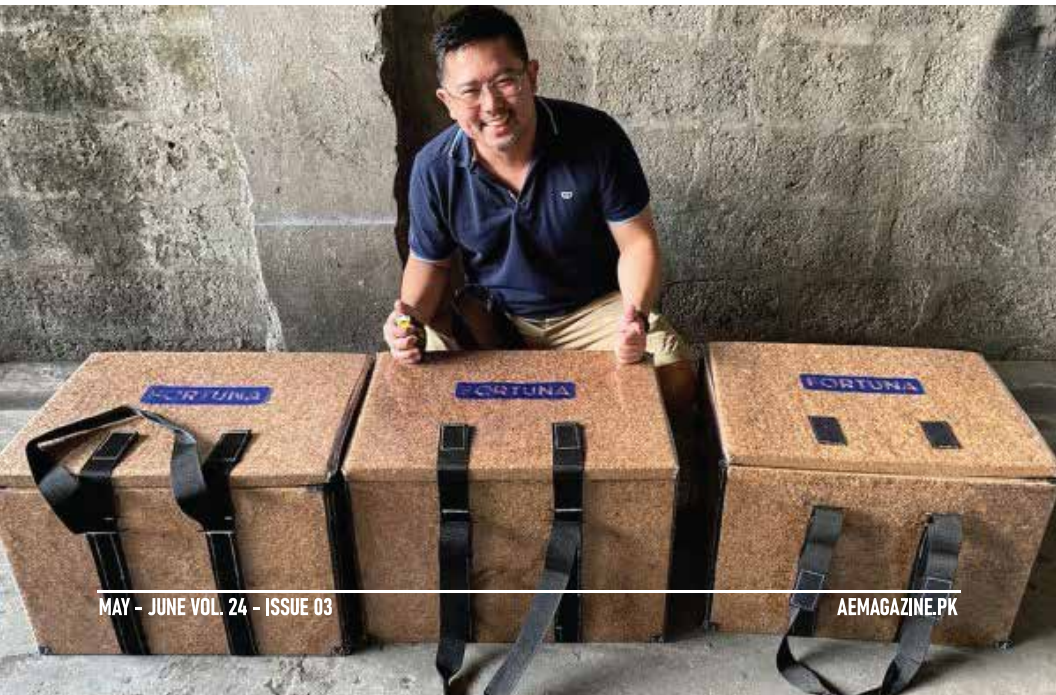
Microplastics from foam coolers harm marine life and human health. Microplastics in the digestive system of fish can lead to their death, disrupting the ecosystem. Polystyrene foam contains carcinogens and poses risks to human health, while its recycling is challenging.

Fishing ports in Japan and the British seafood market are replacing plastic foam with natural fiber coolers.

Fortuna Cools is replacing plastic foam with coconut-based coolers for both seafood suppliers and regular consumers. The Nutshell coolers are made using coconut husks for insulation and recycled plastic bottles for the outer liner.

Coconut coolers are gaining popularity as an eco-friendly alternative to plastic foam. The company has sold over 1,000 nutshell coolers and is aiming to make them completely biodegradable. The company processes more than 600,000 coconuts and aims to support struggling coconut farmers.

IMAGE SOURCE : OCEAN INNOVATION CHALLENGE





## *Tradition Meets Trend:* REFRESH YOUR LIVING SPACES

**AEM**

04 MINUTES READ

In the vibrant tapestry of culture, the home holds a special place as the sanctuary where traditions, warmth, and hospitality converge. The interior design reflects this rich cultural heritage, blending traditional elements with modern sensibilities to create spaces that are both inviting and timeless. Whether you're embarking on a new home decor project or seeking to refresh your existing living spaces, here are some timeless tips to elevate your home's interior design.

### **Embrace Cultural Heritage:**

Interior design is deeply rooted in tradition, drawing inspiration from centuries-old craftsmanship and artistic techniques. Incorporate

elements such as intricate wood carvings, colorful textiles, and hand-crafted pottery to infuse your home with authentic charm. Pay homage to your cultural heritage by displaying traditional artifacts, such as embroidered tapestries, brass utensils, or intricately designed rugs, as focal points in your living spaces.

### **Harmonize with Colors:**

Colors play a pivotal role in interior design, with each hue evoking a unique mood and ambiance. Embrace the rich palette of culture by incorporating vibrant colors such as deep reds, earthy greens, and golden yellows into your home decor. Create visual interest by layering contrasting colors and textures, such as pairing a bold rug with neutral furniture or accentuating a vibrant accent wall with muted accessories. Experiment

IMAGE SOURCE: ISTOCK

with traditional motifs and patterns, such as paisley, ikat, or block prints, to add depth and character to your living spaces.

#### **Cultivate Comfort:**

In Pakistani culture, the home is synonymous with comfort and hospitality, where guests are welcomed with open arms and treated like family. Create a cozy and inviting atmosphere in your home by incorporating plush textiles, comfortable seating arrangements, and soft lighting. Layer rugs and cushions to add warmth and texture to your living spaces, and invest in quality furniture that prioritizes comfort and functionality. Infuse your home with the aroma of traditional spices and incense to evoke a sense of warmth and familiarity.

#### **Celebrate Craftsmanship:**

The interior design celebrates the artistry and craftsmanship of local artisans, who have honed their skills over generations to create exquisite handmade pieces. Support local artisans and craftsmen by integrating handcrafted furniture, textiles, and decor into your home decor. Choose furniture made from sustainable materials such as rosewood, mango wood, or rattan, and adorn your living spaces with handmade rugs, cushions, and wall hangings that showcase traditional weaving and embroidery techniques. By celebrating craftsmanship, you not only add unique character to your home but also contribute to the preservation of cultural heritage.

#### **Embrace Modern Elegance:**

While honoring tradition is paramount in interior designing, embracing modernity is equally important to create harmonious and balanced living spaces. Strike a balance between tradition and

modernity by incorporating contemporary design elements such as sleek furniture, minimalist decor, and clean lines into your home decor. Opt for a neutral color palette with pops of vibrant hues to create a sense of balance and sophistication, and invest in versatile pieces that can adapt to evolving trends and styles. By blending traditional charm with modern elegance, you can create a home that feels both timeless and relevant.

#### **Personalize Your Space:**

Your home is a reflection of your personality, tastes, and experiences, so don't be afraid to infuse it with elements that speak to your unique identity. Personalize your living spaces with meaningful decor items such as family photographs, travel souvenirs, or cherished heirlooms that tell the story of your life and journey. Create a gallery wall showcasing artwork by local artists or display a collection of vintage finds that resonate with your aesthetic sensibilities. By infusing your home with personal touches, you create a space that is truly one-of-a-kind and reflects your individuality.

In conclusion, interior design especially in Pakistan is a celebration of culture, craftsmanship, and creativity, offering a wealth of inspiration for creating beautiful and inviting living spaces. By embracing cultural heritage, harmonizing with colors, cultivating comfort, celebrating craftsmanship, embracing modern elegance, and personalizing your space, you can elevate your home's interior design to new heights. Whether you're drawn to traditional motifs or modern aesthetics, there are endless possibilities for creating a home that is both timeless and uniquely yours.

# THE DOS AND DON'TS OF AIR TRAVEL



## AEM

02 MINUTES READ

Flying can be an exhilarating experience, but it can also be a breeding ground for germs and discomfort. As you settle into your seat and prepare for takeoff, it's essential to be mindful of your surroundings and take steps to protect yourself from potential health hazards. In this guide, we'll explore the worst things to do on a plane and offer practical tips for staying healthy during your flight.

**Step 1: Dress Appropriately**

**Don't wear shorts:** Opt for pants and a long-sleeve shirt to minimize skin contact with potentially dirty surfaces. Spilled substances and fluids may linger on seats between flights, posing a hygiene risk.

**Avoid spicy foods and soda:** Gas in your stomach can expand at high altitudes, causing discomfort and frequent trips to the restroom. Stick to light, non-gassy snacks before flying.

**Bring hand sanitizer, and disinfectant wipes:** Be prepared to clean your hands and surroundings regularly throughout the flight to reduce the risk of germ transmission.

**Step 2: Minimize Touching Surfaces**

**Don't touch anything:** Assume that commonly touched surfaces, such as seat tops and armrests, are contaminated. Use disinfectant wipes to clean these areas before settling into your seat.

**Avoid seat pockets:**

Magazine pages may carry germs from previous passengers who licked their fingers to turn the pages. Similarly, refrain from leaning against windows or walls, as saliva from previous occupants may be present.

**Step 3: Keep Your Shoes On**

**Avoid walking barefoot:** Protect your

feet from potential hazards on the floor, such as spilled food or bodily fluids. Take periodic walks to prevent deep vein thrombosis but keep your shoes on to maintain hygiene.

**Step 4: Beware of the Tray Table**

**Sanitize the tray table:** This surface is notorious for harboring germs and bacteria. Use disinfectant wipes to thoroughly clean the tray before using it for meals or other activities.

**Avoid tap water!!!:** Ice made from onboard water tanks may not meet health standards. Opt for bottled water and skip beverages that may contain tap water, such as coffee or tea.

**Step 5: Practice Bathroom Etiquette**

**Wash your hands frequently:** Use soap and water or hand sanitizer after using the restroom to prevent the spread of germs. Use disposable tissues, or wipes to handle surfaces like sinks, toilets, and flush buttons.

**Avoid touching your face:** Minimize contact with your face, especially after using the restroom, to reduce the risk of transferring germs to mucous membranes.

Flying can be a convenient and enjoyable mode of transportation, but it's essential to prioritize your health and hygiene while onboard. By following these tips and remaining vigilant throughout your flight, you can minimize your exposure to germs and arrive at your destination feeling refreshed and healthy.

Safe travels!



IMAGE SOURCE : HOW TO SURVIVE SHOW

# DIY

## TO MAKE A BIRD FEEDER



### AEM

02 MINUTES READ

#### Materials Needed:

- Empty toilet paper roll or a cardboard tube from a paper towel roll
- Peanut butter or vegetable shortening
- Birdseed
- String or yarn
- Butter knife or spatula
- Plate or shallow dish
- Scissors

**Optional:** Decorating materials such as paint, markers, stickers, or colored tape

#### Instructions:

**Prepare the Work Area:** Lay out all your materials on a clean, flat surface. Make sure to cover the surface with newspaper or a plastic tablecloth to protect it from any mess.

**Cut the String:** Cut a length of string or yarn about 12–18 inches long. This will be used to hang the bird feeder.

**Thread the String Through the Tube:** Take one end of the string and thread it through the tube. Pull it through until you have an equal length of string on each side.

**Tie a Knot:** Tie the two ends of the string together in a knot at the top of the tube. This will create a loop for hanging the bird feeder.

**Spread Peanut Butter or Shortening:** Use a butter knife or spatula to spread

a thick layer of peanut butter or vegetable shortening all over the outside of the cardboard tube. Make sure to cover it completely.

**Roll in Birdseed:** Pour some bird seed onto a plate or shallow dish. Roll the peanut butter or shortening-covered tube in the birdseed until it's completely coated. You can press gently to make sure the seeds stick.

**Decorate (Optional):** If you like, you can decorate your bird feeder with paint, markers, stickers, or colored tape.

**Let it Dry:** Allow the bird feeder to dry completely before hanging it outside. This will prevent the seeds from falling off too easily.

**Hang the Bird Feeder:** Find a suitable location outside, such as a tree branch or a hook, and hang your bird feeder using the loop of string. Make sure it's at a height where you and your kids can easily observe the birds that come to feed.

**Enjoy Watching the Birds:** Once the bird feeder is hung up, sit back and enjoy watching the birds come to enjoy their tasty treat! You can keep a bird-watching journal to record the different types of birds you see.

That's it!

Making a bird feeder is a fun and easy DIY project for kids that also helps encourage an appreciation for nature and wildlife.

# DIY

## TO MAKE A PAPER PLATE PIRATE



AEM

02 MINUTES READ

### Materials Needed:

- Paper plate
- Black construction paper
- White construction paper
- Red construction paper
- Scissors
- Glue stick
- Black marker or pen

**Optional:** Googly eyes, yarn or string, colored markers or crayons

### Instructions:

**Prepare the Work Area:** Lay out all your materials on a clean, flat surface. Make sure to cover the surface with newspaper or a plastic tablecloth to protect it from any mess.

**Cut Out Pirate Hat:** From the black construction paper, cut out a triangular shape to make the pirate hat. It should be large enough to fit on the top half of the paper plate.

**Cut Out Pirate Eye Patch:** From the black construction paper, cut out a small rectangle to make the pirate eye patch. You can also cut out a smaller white rectangle to add detail to the eye patch.

**Cut Out Pirate Bandana:** From the red construction paper, cut out a long strip to make the pirate bandana. The strip should be long enough to wrap around the pirate's head.

**Assemble Pirate Hat:** Glue the triangular pirate hat onto the top half of the paper plate. Make sure to leave enough space for the pirate's face

below the hat.

**Attach Eye Patch:** Glue the pirate eye patch onto the paper plate, positioning it over one eye. If you're using googly eyes, glue them onto the paper plate above the eye patch.

**Add Facial Features:** Use the black marker or pen to draw a nose, mouth, and eyebrows onto the pirate's face below the eye patch. You can also add facial hair or scars for extra pirate flair.

**Attach Pirate Bandana:** Glue one end of the red strip onto the back of the paper plate, near the bottom edge. Wrap the strip around the pirate's head and glue the other end in place on the back of the paper plate.

**Decorate (Optional):** Get creative and decorate your paper plate pirate with colored markers or crayons. You can add details like earrings, a parrot on the shoulder, or a treasure map in hand.

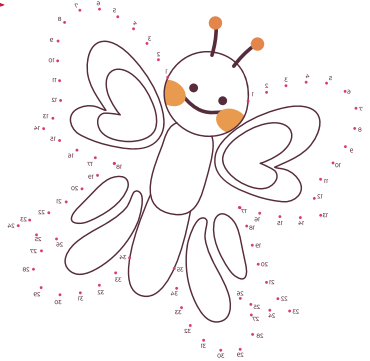
**Add Accessories (Optional):** If you have yarn or string, you can cut small pieces to make pirate hair or a beard. Glue them onto the pirate's face below the hat. You can also add a paper sword or a treasure chest made from folded construction paper.

**Let it Dry:** Allow your paper plate pirate to dry completely before displaying it proudly or using it for imaginative play.

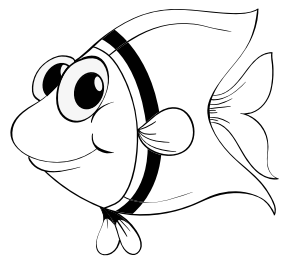
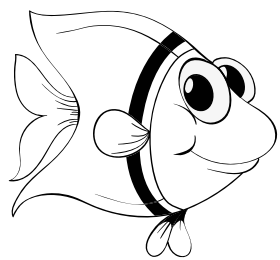
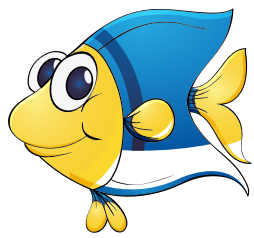
That's it!

Creating a paper plate pirate is a fun craft for all ages!

IMAGE SOURCE: PINTREST



# Color Time





# TIME FOR A CROSSWORD

## THEME: ANIMALS!



The crossword puzzle grid is composed of yellow squares on a white background. The clues and their corresponding animal illustrations are as follows:

- 1**: A vertical 4-letter word starting with 'E'.
- 2**: A horizontal 4-letter word starting with 'P'.
- 3**: A horizontal 3-letter word starting with 'S'.
- 3**: A vertical 3-letter word starting with 'S'.
- 3**: A horizontal 3-letter word starting with 'S'.
- 4**: A vertical 4-letter word starting with 'G'.
- 5**: A horizontal 3-letter word starting with 'K'.
- 6**: A horizontal 3-letter word starting with 'R'.
- 7**: A horizontal 3-letter word starting with 'C'.
- 8**: A vertical 3-letter word starting with 'B'.

Illustrations of animals are placed around the grid, each with a number in a red circle: 1. Elephant, 2. Lamb, 3. Pug, 4. Goat, 5. Kangaroo, 6. Rabbit, 7. Cat, 8. Bat. A duck is also shown swimming in a pond.



# Think it CRYSTAL BALL



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

03 MINUTES READ

Everyone desires to have a look at the future. What would it look like? How would it affect us? There is another desire that is ancillary to seeing the future is to be able to adjust ourselves for the coming events. Or if we can time travel back in time to correct the mistakes thus have a desired future outcome. So we all need a crystal ball.

Do we have such a thing? Can we predict the future with 100% accuracy? According to Philip Tetlock, we are about as good at predicting what the future holds as a dart-throwing chimp is at hitting the bullseye. This was the conclusion of a twenty year study. This was the first phase of his research to examine the prediction of the future. But even after this quest for seeing the future never died. Later on after spending another decade on the subject he says that there are

superforecasters who can see the future more accurately than the experts and they are not genius.

When I asked Google Gemini “can we predict the future with some accuracy?” The answer was “Predicting the future perfectly is impossible, but to some extent, yes, we can predict the future with some accuracy, depending on the factors involved.” It went on to explain what we can predict with high accuracy and limited accuracy. But the end line was “Overall, while perfectly predicting the future is a fantasy, understanding the factors involved and utilising the right tools allows us to make increasingly accurate estimates about what might lie ahead.

Then I asked Microsoft Copilot the same question and the answer was somewhat same but with qualification “Certainly! Predicting the future is a fascinating endeavour, and while we can’t achieve absolute certainty, there are methods that allow us to make reasonably accurate predictions.” It

IMAGE SOURCE: I STOCK

went on to advise how we can predict the future. Here it is “Sometimes, simple rules can help us think about the future. For instance, considering trends, historical patterns, and basic principles can guide our predictions. Remember that while we can’t foresee every detail, combining data-driven approaches with intuition and common sense can lead to more accurate predictions.”

One very important thing that Google Gemini told was that “forecast is just an estimate not certainty”. So, we can predict the future with some accuracy by using the tools and in turn accuracy depends on the time span. We can predict the near term future, say one or two years time frame by using the time series and extrapolating the data points. Researchers at MIT have developed a powerful tool called tspDB (time series predict database). It integrates prediction functionality directly into existing time-series databases, making it user-friendly.

There are no such things as “Oracles”. All you need is a common sense and some experienced person in your business who has traversed the ups and downs of the business and an open mind for the latest development around you. Luckily, the strategists have developed a framework to methodically look for such developments. It is called PESTLE.

PESTEL represents the acronym for Political, Economic, Social, Technological, Environmental, and Legal elements. By examining these six categories, businesses can gain a better understanding of the external forces and trends that may affect their industry and develop strategies to adapt or capitalize on them.

Don’t worry or bog down by the complexity of forecasting the future.

Maulana Jala Ud Din Rumi says:

“As you walk on the way, the way appears.”

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## DoomsDay Bunkers By Billionaires

Billionaires are prepping luxury doomsday bunkers with moats that are set on fire.

The newest trend for the uber rich is building underground shelters, complete with \$50,000 trapdoors, parking spaces for submarines, water sprinkles and a moat that literally sets on fire in case of intruders.

Here’s a literal rendering of how it would work in case of an external attack.

According to builders of these luxury bunkers, the “buying frenzy” began after meta founder Mark Zuckerberg announced that he was constructing a \$100 million bunker in Hawaii.

“It got really busy and it seems like the phone hasn’t stopped ringing. World War III seems to be coming.”

Ron Hubbard, CEO of Atlas Survival Shelters, told The Hollywood Reporter. Renderings show a state of the art medical room, complete with an MRI machine and top of the line equipment.

Of course, a state-of-the art escape tunnel is a must, and so are bullet-proof trap doors leading to secret passageways.

With the pandemic top of mind, builders have also thought of decontamination rooms. If the bunker somehow failed in the apocalypse, parking spaces for extraction devices like super-yachts, helicopters and submarines can also be thoughtfully implemented into the space.

# THE DYNAMICS OF EDUCATION AND SOCIAL ORDER



**Zubair Bajoi**  
Student, Analyst

03 MINUTES READ

Friedrich Nietzsche, a German philosopher and critic, argues that "education has become a tool for elites to maintain their power and control over the masses. This has led to a situation where people are obedient and docile, without any real critical thinking or creativity." Nietzsche believed that this was a dangerous situation because it meant that people were not able to question authority or challenge the status quo. Education should be about more than just conformity and obeying orders; it should be about developing critical thinking skills and encouraging creativity. There are two paradigms of education: the mastery model and the factory model. The mastery model is learner-centered. There are flexible assessments in the mastery model. In the mastery model, there is encouragement for creativity and innovation. Motivation arises from within. It promotes a mindset of personal growth and values individuality. Here, there is enjoyment, a sense of flow,

and freedom.

It is a cooperative environment where all students ultimately emerge as winners. In contrast, the factory model of education operates as an authoritarian system where students bear the weight of high-stakes testing and standardized expectations. The approach involves a system of rewards and punishments, fostering a fixed mindset and conformity. This model induces stress, fear, and compliance in students, emphasizing competition where, ultimately, some students emerge as winners while others become losers.

In the past, the factory model was designed to prepare students for employment in factories during the Industrial Revolution, a period when the majority of students were educated to enter the workforce on farms or in factories. The belief was that "the back door of the school leads to the front door of the factory." They were taught in large groups, emphasizing rote memorization and repetition. The curriculum aimed to impart fundamental skills necessary for factory labor, including reading, writing, and arithmetic. This model, indicative of a bygone era, is consid

ered outdated, but surprisingly, it persists into the 21st century. The factory model of education, as described earlier, not only prepared students for industrial work but also distinctly shaped their mindset and behavior and made them good at following orders. The emphasis on rote memorization and repetition fostered a culture of obedience among students. Consequently, even after leaving school and entering the workforce, these individuals tended to exhibit a high degree of obedience to their superiors.

This obedience, however, had its drawbacks.

The same students who excelled at following instructions within the structured school environment often lacked critical thinking and problem-solving skills in their professional lives.

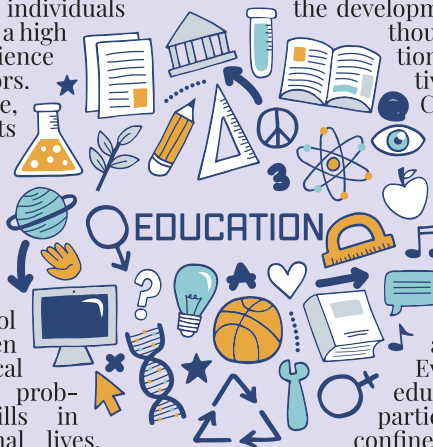
This deficiency meant they were less likely to question their bosses, regardless of the ethical or logical implications of their instructions. The enduring impact of the factory model persists, shaping not only the academic experiences of these individuals but also influencing their approach to authority and decision-making in the workplace.

Likewise, our current education system, grounded in the factory model, tends to churn out individuals well-suited for clerical roles and routine tasks, particularly within government offices. It focuses a lot on memorizing facts and following the

same way of learning for everyone, which doesn't encourage thinking outside the box. Instead of fostering the growth of philosophers, scientists, and innovative thinkers, the current educational paradigm tends to mold students into conformity, adept at following established procedures but lacking the curiosity and ingenuity needed for groundbreaking ideas. The rigid structure of the factory model leaves little room for the development of unconventional thought and the exploration of diverse perspectives.

Consequently, the system seems to produce more clerks than visionaries, limiting the emergence of individuals who could potentially contribute to the advancement of knowledge, science, and societal progress.

Even in our higher educational institutions, particularly within the confines of universities, the role of a professor holds an authoritative position that significantly influences the academic fate of students. The professor, often regarded as the ultimate authority, holds the power to determine the success or failure of students in a particular subject. The allocation of one hundred marks in a subject lies solely in their hands, giving them the discretion to either pass or fail students based on their assessment. It goes beyond the realm of academic performance, as the professor's subjective judgment can extend to the very tone and manner in which students interact with them. The dynamic between students and



professors is not solely based on merit but can be influenced by interpersonal skills, further complicating the evaluation process. Adding to the challenges faced by students is the overwhelming burden of assignments that are often assigned without due consideration for the time required to complete them. This intense workload leaves students grappling with a perpetual sense of pressure and stress, compromising their ability to focus on self-improvement.

In an environment where time is a precious commodity, the struggle to balance academic responsibilities with personal growth becomes increasingly daunting. Faced with the demanding expectations of both professors and the academic system itself, students find themselves resorting to shortcuts, such as copying and pasting, as a means of meeting deadlines. This coping mechanism, while providing a temporary reprieve, ultimately hinders genuine learning and personal development, perpetuating a cycle that prioritizes compliance over holistic education.

Therefore, we need a more personalized and student-centered approach to education that considers the unique needs and interests of each student. This approach emphasizes critical thinking, creativity, and problem-solving skills, all of which are essential for success in the 21st century.

Ultimately, I leave you with a question:

Does our education system unintentionally hinder our curiosity, discourage questioning of the status quo, and prevent us from becoming the innovative leaders we might need for the future?

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## Sequoia:

### The Largest Living Organism on Earth

Know about Sequoia? It is the largest living organism in the world. At 1487m<sup>3</sup>, it is equivalent in volume to 16 blue whales.

Although it is not the tallest or heaviest tree in the world, its proportions remain impressive.

Weighing 1,385 tons, its trunk is as heavy as 230 African elephants.

At 83 meters, it's the height of around 20 giraffes piled up on top of each other. Its largest branch measures 2 meters in diameter, while its base is 11 meters wide. Named General Sherman, after the American soldier who served during the American Civil War, this giant sequoia is found in California, in the Sequoia National Park.

With an altitude of between 1,500 meters and 2,500 meters, this area of Sierra Nevada offers ideal conditions for sequoia growth. More than 2,200 years old, General Sherman is therefore not alone.

It is surrounded by other giants, including some that are taller than a 20-floor building, and whose bases are wider than several streets.

In just one year, a mature giant sequoia produces, on average, the equivalent in wood of an oak tree that is 18 meters tall and 90 cm in diameter.

# Happiest Generation with Saddest Emotions



**Saira Batool**

Nature Photographer, Blogger, Media Student

02 MINUTES READ

Despite being surrounded by virtual friends and followers, individuals in the happiest generation often grapple with profound loneliness. The digital age, while facilitating communication, has also changed the dynamics of human connection. Face-to-face interactions are sometimes sacrificed for virtual engagement, leading to a sense of isolation that contradicts the external image of happiness.

The happiest generation is burdened with societal expectations and the pressure to succeed. The multitude of choices and opportunities can be overwhelming, fostering a fear of missing out (FOMO) and the constant need to prove oneself. The pursuit of happiness can transform into a relentless pursuit of achievement, contributing to stress, anxiety, and ultimately, the saddest emotions.

While discussions around mental health have gained prominence, there is still a stigma attached to acknowledging and addressing mental health issues. The pressure to maintain a facade of constant happiness can prevent individuals from seeking help when needed, exacerbating internal struggles and contributing to the paradox of the happiest generation experiencing the saddest emotions.

In an era often hailed as the happiest generation, where technological advancements, connectivity, and opportunities abound, it's paradoxically marked by an undercurrent of the saddest emotions. The juxtaposition of joy and sorrow within the lives of individuals belonging to this generation creates a unique and intriguing narrative.

However, beneath the veneer of happiness lies a complex web of emotions. The constant connectivity that defines this generation can also be a source of immense pressure. Social media, while a tool for connection, can breed comparison and feelings of inadequacy. The pursuit of perfection in the online realm often leads to a distorted sense of reality, contributing to the saddest emotions. In the seemingly utopian landscape of the happiest generation, the coexistence of happiness and sadness is a testament to the complexity of human emotions.

Acknowledging and addressing the challenges faced by individuals in this generation is crucial for fostering a genuinely happy and emotionally healthy society. By embracing vulnerability, promoting genuine connections, and redefining success beyond external validation, we can strive towards a more authentic and balanced sense of well-being in the happiest generation.

IMAGE SOURCE : WASHINGTON POST

# Shattered Roots and Shared Scars: MANIFESTO OF CULTURAL TRAUMA



**Naheed Anjum**  
Writer, English Literature Student

04 MINUTES READ

Have you ever been to a place where a sudden feeling of sadness and depression envelops you, as if the entire city is bathed in a mournful silence. A place that makes you sad and stressed for no apparent reason. As if the city has undergone some metamorphosis that resulted in an unexpected undercurrent of melancholy that knocks at your door every morning like an uninvited guest. As if the streets you are walking on, echoes the distant whispers of pain and trauma. You wonder if the city has a kind of dark past dominant over the current cityscape like a ghost, projecting echoes of pain in every house of the town, into the memory of every citizen, into the corners of every marketplace.

As much as we like to believe that humanity is united with the cohesive force of love, do we ever wonder about the possibility that mankind is bound together

by the cohesive force of pain and trauma? As a matter of fact, the shared experiences of pain have formed a common past that every resident of the town carries in their memory, having their own share of this enduring affliction.

This phenomenon is referred to as cultural trauma, a shared traumatic event that shattered the entire community. "A social crisis must become cultural crises in order to be a cultural trauma of a community" Jeffery Alexander et al. argues in the book Cultural Trauma and Collective Identity. Cultural trauma is the collective event of trauma that a group experiences.

The collective trauma leaves indelible marks on the collective identity and sense of security. The collective event of trauma could be anything such as earth quakes, floods, war or genocide. For anyone who has experienced something similar to this, they feel trauma as a part of their identity as well as their collective culture. The

memory

IMAGE SOURCE: FREEPIK





of the traumatic event eventually becomes instilled and ingrained in the culture of the community. Every day, the members of the community wake up to grapple with their traumatic past, some days they are successful while on others they succumb to the weight of their pain and sorrow.

The common event is equally traumatizing for individuals on a personal level as it is for the community as a whole, for instance, someone may have lost a family member in the flood while others, in the same calamity, have experienced the destruction of their homes. The trauma could be different for the members of the community, based on the different dimensions of the event, but the pain is mutual, shared and shattering for the entire community. The traumatic events are spaced throughout a lifetime of individuals, leaving indelible marks on their memory and collective identity. The events are stressful and so are its consequences. Unlike the individual trauma, members of the community tend to remember and revisit their cultural trauma in the form of cultural productions and cultural artifacts. This is the reason why you see nations celebrate and commemorate their trauma by placing flowers on the deceased, observing national holidays or by making songs reflecting on the event. The shattering event causes pain that works as a cohesive force that binds the community together. Therefore, the events that become the cultural trauma of a community also become the occasions to celebrate their strength and courage. This also becomes a driving force since each member of the community experiences a sense of strength and develops a spirit to fight with the odds for a

peaceful future for themselves and the generations to come after.

Dealing with post-event stress is a common experience in our daily lives, but when an entire community experiences a shattering event, it indeed fractures the collective roots. The damage and destruction have such a profound impact on your sense of self, that it moves through your body and courses through your blood with every breath you take, as if leaving an imprint on your genetic composition. These traumas could also be multi-generational. For any community, it becomes so hard to get over the collective trauma, or to forget the traumatic memory, or to escape from the consequences. However, as time passes and even the smallest steps are taken towards normalcy, people hold to faith and hope with greater strength than ever before, moving themselves towards a more optimistic future.

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#### FACT YOU NEED TO KNOW

Animals can experience time differently from humans. To smaller animals, the world around them moves more slowly compared to humans. Salamanders and lizards, for example, experience time more slowly than cats and dogs. This is because the perception of time depends on how quickly the brain can process incoming information.

# Being Too Nice:

## PEOPLE PLEASING IN A PSYCHOLOGICAL LENS



**Hafsa Shahzada**  
Freelancer, Writer, Social Activist

04 MINUTES READ

*Sugar, spice, and everything nice. Haan mei haan milana. A Yes Man. The human doormat.*

Do you struggle with saying "no" to requests or demands from family, friends, or colleagues?

Does fear overwhelm you when you consider disagreeing with others?

Do you often find yourself going out of your way to make others happy, often at the expense of your own needs and well-being?

People pleasing is not a medical diagnosis, or a personality trait that psychologists measure.

Instead, it is an informal label people generally employ to classify a range of behaviors.

To further clarify the term, pleasing people is **different from being kind, generous, or altruistic**. Where people can make a balanced and intentional **choice** to do favors for others, an individual with people-pleasing tendencies will find it difficult to say "no".

People-pleasing is linked with a personality trait referred to as "sociotropy", or feeling excessively concerned with pleasing others and

earning and earning their approval as a way to maintain relationships (Tariq et al., 2021)

### Signs of a People-Pleaser

- Over-commitment to plans, responsibilities, or projects, even if they lack time.
- No advocating for their own needs, such as by saying they are fine when they are not.
- Avoid creating fiction by disagreeing with people or voicing their honest opinion.
- Low self-esteem, and want others to approve of them.
- Always apologizing to people.
- Self-blame even when something isn't their fault.

### Root Causes

**Poor self-esteem:** By not valuing themselves, people-pleasers will experience low self-worth and a drop in confidence.

**Insecurity:** A fear that others won't like them if they don't go above and beyond for them.

**Past experiences:** Painful, traumatic, and difficult early experiences shape the way we view ourselves in adulthood. For example, people who have experienced abuse may try to please others and be as agreeable as possible in order to avoid triggering abusive behavior in others.

**Perfectionism:** Sometimes people desire things to be in a fixed way, "bas

aisay hi rahay sab", including how other people think and feel.

**Culture and socialization:** The culture of a person's family, community, or country may influence how they view their duty toward others and themselves. For example, in a collectivist culture in Asia as Pakistan, India, etc, some may learn that total selflessness is a virtue or that the needs of the collective matter more than the individual.

### **Risks of People Pleasing**

**Stress:** Frequently being overbooked, having a high workload, or a long to-do list can lead to burnout.

**Resentment:** People who feel they have no choice but to please others may grow to resent their role. This can manifest as passive aggression, i.e. expressing anger, via jokes or sarcasm.

**Neglect:** If a person has little time or energy for themselves, they may neglect aspects of their own self-care, ex. personal hygiene, appearance, mental or physical health, or career.

**Loss of self-identity:** One may lose sight of what he/she wants or how they feel.

**Relationship problems:** When a person is unhappy, it can affect their relationships. For example, a person may feel their partner takes advantage of their willingness to help, resulting in conflict, or engaging in harmful gossip to fit in.

On the bright side, there are strategies you can adopt to stop being a people-pleaser and learn how to balance your desire to make others happy without sacrificing your own.

### **How to Quit People Pleasing**

**Set clear boundaries:** If it seems like someone is asking for too much, let them know that it's over the bounds of what you are willing to do and that

you won't be able to help. For example, you might only take phone calls at certain times to set limits on when you are able to talk.

**Start small:** Start by saying no to smaller requests, try expressing your opinion about something small, or ask for something that you need. For example, try saying no to a text request. Then work your way up to telling people "no" in person.

**Stall for Time:** Saying "yes" right away can leave you feeling obligated and over-committed, but taking your time to respond to a request can give you the time to evaluate it and decide if it's something you really want to do.

**Remember relationships require give and take:** A strong, healthy relationship involves a certain degree of reciprocity. If one person is always giving and the other is always taking, it often means that one person is forgoing things that they need to ensure that the other person has what they want.

**Practice positive self-talk:** If you start to feel overwhelmed or tempted to cave, build up your resolve with positive self-talk. Remind yourself that you deserve to have time for yourself. Your goals are important, and you shouldn't feel obligated to give away your time and energy on things that don't bring you joy.

In conclusion, people-pleasing is a common phenomenon and is not a grave cause for concern in small amounts.

**Just remind yourself that you can't please everyone.** And with the right combination of self-compassion, therapy, and healthy relationships, you can definitely overcome it.

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**aemagazine.pk**

# Don't Follow the Herd



**Zainab Malik**  
Writer, Student

04 MINUTES READ

Trends are a popular part of our society's culture, manifesting in various forms such as fashion, language, behavior, and technology. They can develop organically through the spread and evolution of ideas and concepts by word-of-mouth, but they can also be influenced by factors such as the media and social media.

While trends often reflect current events and popular culture, they can also lead to herd mentality—a phenomenon where individuals blindly follow trends without considering alternative viewpoints or forming their own opinions.

## Understanding Herd Mentality

Herd mentality is a psychological phenomenon where individuals tend to follow the actions of the majority in a group, rather than making their own decisions. Such a phenomenon

can lead to conformity, even if the decision or action is not in their best interest or goes against their personal beliefs. This conformity inhibits personal growth and self-development, as individuals relinquish their ability to think independently and form unique perspectives.

The phenomenon of herd mentality can be attributed to a number of factors, including:

1. A lack of critical thinking skills and self-awareness
2. A desire to fit in and be accepted by the crowd
3. A lack of understanding of the larger context and implications behind the trend
4. A tendency to become blinded by emotions and lose objectivity
5. An intolerance to different or opposing viewpoints, which leads to the shutting down of rational thought and judgement.

## The Connection Between Trends and Herd Mentality

The link between trends and herd

IMAGE SOURCE: MEDIUM



mentality is due to their viral nature; when individuals adopt them, it can create an overwhelming majority, which encourages more to follow along without considering the potential downsides. People may feel pressured to follow a trend just because it's mainstream, even if it doesn't line up with their values or beliefs.

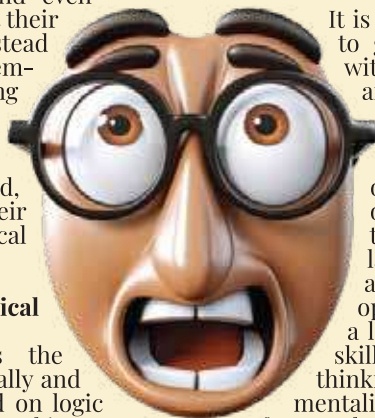
For example, someone who believes in the importance of being authentic and true to oneself may feel pressured to follow the crowd and adopt a popular trend even though it goes against their values and beliefs. Instead of thinking for themselves and choosing actions that align with their beliefs, they are blindly copying those of the herd, thereby sacrificing their individuality and critical thinking.

### The Role of Critical Thinking

Critical thinking is the ability to think rationally and make decisions based on logic rather than emotion. Making your own opinion is essential in developing a unique perspective on an issue and forming original thoughts. Both are important when approaching an issue at hand as they allow you to separate yourself from the herd mentality and think more objectively and logically. Without these skills, you may be more likely to blindly follow the crowd and fall into herd mentality. Critical thinking is important in avoiding herd mentality.

To avoid being part of herd mentality while following trends, individuals should:

1. Question the validity of trends and conduct research to align them with personal values and beliefs.
2. Seek diverse perspectives and consider viewpoints both in favor of and opposed to trends.
3. Avoid rushing to make decisions solely based on trend popularity.
4. Form opinions based on factual evidence rather than emotions or groupthink.
5. Remain mindful of media influence and its impact on perception.



It is indeed easy for people to get completely in line with a trend just to fit in and be part of something that's trending, without necessarily making their own opinions. Often, the only side of the coin that is seen is the popular one and not the alternatives or opposite opinions. This can lead to a lack of critical thinking skills and independent thinking, as well as a herd mentality that makes it difficult for people to formulate their own opinions. It can also lead to an environment where opposing viewpoints are not considered or respected. It is important to be mindful of these influences, and to exercise independent thought and critical thinking in order to avoid falling into the echo chamber and letting the herd control your choices.

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**AEMAGAZINEPK**



# DON'T HATE BAD PEOPLE, HATE THE BAD IN PEOPLE



**Nahin Sani**  
Doctor, Writer

04 MINUTES READ

Doesn't doing bad things make one a bad person? Isn't a person defined by their actions? Then we'd all be bad people, right? After all, we're not perfect. We lie, cheat, make fun of others, backbite, harbor envy, judge others based on appearance, disrespect our family, etc. A lot of these actions could be intentional in order to achieve one's personal desires and they could be simply uncontrolled slips of the tongue, hands or limbs; but they happen so we're exceptions, right? The good people? How do we determine if others are bad or not? More importantly, how do we determine if we're bad people or not?

Does a multitude of bad deeds constitute a bad person, or does one simple shameless act whose knowledge spreads to others like wildfire make up a bad person? In either case, once such deeds of say a criminal are known, their reputation and some

times their lives are at stake and anything else they had done in their lives is forgotten at that moment. However, if someone is convicted for their crime, who's really put on trial, the person or his evil deeds?

For someone who's done bad deeds but isn't necessarily a criminal, it's hard to tell. One reason is that the people who do wrong could be a part of your family. Your mother could be discriminating against others based on their appearances, your brother could be making lewd comments in public, your sister could be a thief and your father could be a gambling addict. Does that make them bad? Not necessarily.

Your mother could also be a therapist helping the mentally ill patients, your brother could also always be there without hesitation or laziness if anyone in the house needed help in cooking, cleaning, etc., your sister could be a headstrong advocate for human rights and your father could also be spending buck-loads of money in charity and supporting his less well-off family members. You'd

IMAGE SOURCE: iStock

know this because you've known them since you were little so you could be stuck in a dilemma.

I believe you can't say people are bad, because 'bad' is the huge umbrella you cover on a person, putting a label on him that he's bad. Once you do that, you shine light upon everything bad but discredit everything honorable that he stood for. His good deeds are worthless because they're clouded by the aura of one simple wrong deed which can be highly unfair. You've compared his righteous side and evil side on the same scale while forgetting that each action, speech and thought of his weighs differently from each other and that they can't all be compared on the same scale.

If that's so, shouldn't one also be given the label of 'good' in the exact same way? A person having done a multitude of horrendous deeds could do one simple righteous deed that is known to all and he can wear the holy crown of nobility? That doesn't sound practical either because you don't know the value of that one deed as compared to hundreds of others.

Hence, I believe no person is bad and no person is good; only Allah knows what lies in people's hearts, but some of his deeds are without a doubt good and some are without a doubt bad so when you break down a person into a collection of deeds, you can consider each of them separately and realize it isn't clear as black or white. In order to be a just Muslim and person, you need to judge on the basis of each action. You don't hate the person you hate what a terrible crime he did.

- You don't hate Firoun, you hate how he wanted a ladder to climb to the sky and talk to Allah, or how he harbored slaves.

- You don't hate the Quraish, you hate that they persecuted, tortured

and murdered innocent Muslims.

- You don't hate the brothers of Yusuf (A.S), you hate that they stooped to such a low level that they attempted to murder their brother and lied about it to his father.

- You don't hate the corrupt politicians of your country, you hate that they suck out the wealth of the nation for their own musings.

- You don't hate your friend, you hate that she's selfish and rude to her maid.

- You don't hate your mother, you hate that she shared your secrets in a family gathering.

- You don't hate your life, you hate that it isn't the way you want it to be.

- You don't hate yourself; you hate not having done enough in one or two areas of your life.

Apart from the tip of the iceberg, there is an entire being remaining that you don't know or choose not to know. That entire human being could have an enormous amount of exceptional deeds that you gave no importance to so it's essential that you don't generalize an entire human on the basis of one deed, but that one deed alone stands firm like a tower and cannot be compensated or nullify another deed. You need to give each deed its due importance. If a saint beats his worker, you need to admonish him for that deed. If a known, manipulative fruit seller made sure your daughter returned home from school safely, his kindness should be commended; who they are otherwise is irrelevant at that moment. Allah knows best and will judge everyone with justice and fairness; I'm simply an imperfect human trying to eradicate the bad in me.

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**FAROOQI'S GUIDE TO SUFISM**  
**The Secret Energy Point: Latifa e Akhfa'**





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

06 MINUTES READ

### Position, Color, and Attributes

The *Latifa e Akhfa*, or the secret energy point, is a crucial aspect of spiritual development described by Sheikh Mukaram (R.A). It is situated within the center of the chest, lying between the *Latifa e Sirr* and *Latifa e Khafi* energy points. This energy center represents a transitional state, bridging the stages of complete annihilation in divine unity (Fana-fi-Tanzih) and the ultimate realization of absolute oneness (Ahadiyyat) through solitary devotion. The term "annihilation" (Tanzih) describes the purification process in which the seeker separates from all imper-

fections, impurities, and defects that obscure his actual essence. It is the condition in which the divine essence fully expresses itself, assuming total control over all choices and actions. In this stage, the essence is entirely contained inside it, unadulterated by outside influences, and its qualities, rights, and essence cannot be shared by any other creature. Only when we surrender our goals and desires to Allah does He finds the true splendour.

We must declare:

"Indeed, my prayer, my rites of sacrifice, my living and my dying are for Allah, Lord of the worlds, with no partner;" they annihilate themselves in His pleasure.

*Mujhy khaak mein mila kar meri khaak  
bhi urra day  
Tery naam par mita hon mujhy kya  
gharz nishan say*

"I may be totally dissolved in pleasure of my Lord. When I have put myself intentionally at complete disposal of my Sustainer."

Leading Sufi leaders like Imam Rabbani Hazrat Mujaddid Alif Thani and my respected teacher taught about it. In this place, lucky people join with the Divine-orders in a very special way.

### The Realization of Latifa Akhfa

How does one know that a seeker has achieved the state of annihilation (Fana) in *Latifa e Akhfa*? It is when the seeker receives the divine grace of Allah's essence along with His attributes in such abundance that they manifest and become visible in the realm of appearance and witnessing. It's like saying, "We haven't seen Paradise, but Allah's friends have. We haven't seen angels, but they have." What's unseen becomes seen. Everything appears. Mentioning *Latifa e Akhfa* causes these effects.

Meaning, whatever is unseen can become manifest, and everything can begin to appear. All these effects are attained by mentioning *Latifa e Akhfa*.

The five energy points (Latifas) function as controllers of the realm of command. If they are controlled, meaning if they are permanently busy in Allah's remembrance continuously, then the individual becomes capable of becoming a true servant of Allah in true letter and spirit. Through the blessing of remembrance (Dhikr), all paths are illuminated, and the eyes of the heart become enlightened. As Allama Iqbal expresses:

- a. *Dil e beena bhi kar Khuda se talab  
Aankh ka noor dil ka noor nahi K*
- b. *Khird kay paas khabar kay siwa  
kuch or nahi*

*Tera ilaj nazar kay siwa kuch or nahi*

- a. You must humbly request to Allah Almighty for opening your hidden(heart's) eyes; Because, the light of our head's eyes is not comparable to inward eyes."
- b. Flash of mind conveys outward data; whereas the divine -light glitters with Lord's attributes.

By remembrance (Dhikr) of *Latifa e Akhfa*, man starts to observe the universe which is kept hidden.

**The Incident of "يا سارية إلى الجبل"**  
**"(OSariya! Be Attentive To The Hill)"**  
 Hazrat Umar (May Allah be pleased with him) once addressed the congregation from the pulpit of *Masjid al-Nabawi* during the Friday sermon. Suddenly, he exclaimed, "Ya Sariyah ila al-Jabal!" [O Sariyah, to the mountain!]

Hafiz Ta'ib, the well-known Urdu poet recited as:

Hota Umar(R.A), Jo hota nabi koi mery baad,  
 Is hukam e Mustafa(SAW) sy garami qadar Umer(R.A)  
 Iran mein chupy huewye, dushman day khabar  
 Ya Sariyah! pukary jo wo deeda war Umar(R.A)

- (i) "Umar the great will be the "Prophet" after Hazrat Muhammad (SAW) if there were any possibility of any new messenger of Allah Almighty."
- (ii) " He "Umar the great" disclosed the hidden enemy of the muslims even in "Iran" ; He warned the commander of Islamic Army by indicating to the mountains; " It was only Umar the Great."

Companions inquired after Jumah prayer about the unusual statement you made today. Umar(R.A) explained that the Muslim army was in a major

fight. He saw enemies would come from behind the hill, and attack. He directed the army leader to keep a watch towards the mountain. Indeed, this action exemplifies Umar's (R.A) ongoing strategic approach.

### **Satanic Behavior**

Similarly, when Hazrat Adam was descended from heaven to earth, it was Satan who misguided him with false promises to bring him down on earth and leave Jannah. Satan could not have returned them alone; he accomplished all this through his behavior(unseen conspiracies). This is deception. If Satan, despite being wrong and rejected, holds so much power, why can't we pay attention to the source of growth and guidance for the whole world?

It is stated in the Holy Quran:

"The Prophet is more worthy of the believers than themselves." (Surah Al-Ahzab)

(The Prophet is closer to the believers than their own selves.) (Al. Ahzaab: 6) Reaching the witnessing station, a more unique rank within the *Wilayat e Muhammadiya*, signifies the activation of the *Latifa e Akhfa*. The Prophet (peace be upon him) led the prayer twice, raising his hands to the sky each time, and then lowering them, as reported in the hadiths. When his companions questioned him about the reason after the prayer, he replied that he was seeing the fruits of Paradise. For some reason, just as he was reaching out to pick them, he withdrew. In addition to seeing paradise, which is located above the seven heavens, the Prophet (peace be upon him) also reaches there with his blessed hand.

### The Recitation of Hazrat Abu Sa'eed Khudri(R.A) and Angels

Similarly, Hazrat Abu Sa'eed Khudri(R.A) reported seeing rows of angels during the recitation, and the Prophet (peace be upon him) once inquired about a companion's morning. He responded by saying, "O Messenger of Allah, I am seeing Paradise, and the Tablet and Pen are before my eyes."

The Prophet (peace be upon him) interrupted him as he was about to go into further detail, saying,

"O my companion, you have achieved the ultimate reality, now keep your tongue silent." [A saying of the Prophet (SAW)]

(Whoever remains silent will be saved.)

### What is Ain ul Yaqin(visual certainty) and Haq ul Yaqin(true certainty)?

The Imam Rabbani, Hazrat Mujaddid Alif Thani (R.A), defines the concept of "certainty" in Sufism as follows: The faith of common people is at the level of "knowledge of certainty" (Ilm al-Yaqeen), whereas the faith of God's people reaches "visual certainty" (Ain al-Yaqeen), and a select few are blessed to reach the station of "true certainty" (Haq al-Yaqeen). He says that while common people hear about it, those who follow God are able to see it with their own eyes and reach the level of virtuous and spiritual perception.

The seeker's conceit, self-promotion, and self-loathing tendencies vanish, and they totally destroy themselves in the essence of Allah Almighty from head to toe, which is a sign of realizing *Latifa e Akhfa*.

Their self vanishes from within themselves.

*Mita day apni hasti ko gar koi martaba chahey*

*Dana khaak mein mil kar gul o gulzar*

*hota hy*

"You must annihilate your-existence into your Lord's consent; The growing seed gets, moisturous gift when it dethrows itself into soil."

### The First Obligation of the Perfect Sheikh

The Sheikh and the disciple in this situation have a relationship similar to that of the dead and the person who cleanses their body (ghussal). It implies that the disciple accepts the teachings of the Sheikh wholeheartedly and without question. The greatest impediment to the Sheikh's path is the conceit, vanity, self-absorption and arrogance of the follower. The Sheikh gets rid of these imperfections initially.

For this reason, he trains the follower via a variety of spiritual practices, prayer, group invocations (dhikr), and his presence in the form of direction. If someone is lucky enough to come under his sight and, by Allah's permission, attain a good state, then destiny shifts and the seeker is included in the group of Allah's approved servants.

By mentioning *Latifa e Akhfa*, the seeker is saved from the deadly disease of arrogance, and instead Allah bestows upon him the virtues of humility and submission. The light of this *Latifa* is green.

Dr. Muhammad Azeem Farooqi



## Did You Know?

A cloud weighs around a million tonnes. A cloud typically has a volume of around 1km<sup>3</sup> and a density of around 1.003kg per m<sup>3</sup> – 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.

# Naghma:

## The Voice of Afghanistan



**Saif Uddin**  
Writer, Musician

04 MINUTES READ

With her great skill and ability, Naghma proved to be a trailblazer and torch bearer in the history of Afghan music. Naghma's birthday fell on the 1st of January, 1964. She has turned 60 this year. As a young woman, she has decided to be in the world of arts, particularly performing art and by learning music from Mangal, a musician from Laghman and her ex-husband, she found the most noted family of musician---it could not be imagined that she would live a life away from music. Being the daughter of Bibi Mashala, it must be difficult for her to carve her own identity. Though her mother did not like her to be a singer, she did not object to it openly and allowed Naghma to decide her future. In the beginning she was not alone as she was joined by her husband Mangal and both were destined to carve a place for them

selves in a world that was totally new to them.

Naghma was known to the wider public when she started to appear in popular films. This medium had an unprecedented outreach and it had been matched by television channels both terrestrial and satellite. Naghma began her career from school, making a girls band and performing as a vocalist.

In 1992, amidst Afghanistan's civil war, Naghma sought new opportunities abroad, where she captivated an audience unaware of her remarkable past. In Afghan culture, daughters traditionally become wives and mothers, making her pursuit of a music career a radical departure. This choice faced opposition, as arts were taboo for observant Muslim women of noble birth, challenging gender norms deeply rooted in male dominance.

Raised in Kabul by her uncle after her father's death at five, Naghma embraced a life in music. Her folk songs, rich in tradition and authen

ticity, stood out among peers. Unlike contemporaries, her music resonated with audiences seeking genuine folk expressions. Folk music's informal nature distinguishes it from classical forms, emphasizing unique, authentic flavors. Naghma's journey defied societal expectations, symbolizing resilience amid adversity.

It is usually the area that one hails from that determines the ang of singing. Since Naghma was born around the region of Qandahar the region had a distinct coloration both in pronunciation of words as well as the sur was intoned. The lyrics that she sang were in the same poetic tradition as well as pronunciation of Dari and Pashto dialect. It seemed far more authentic than the songs of other vocalists who have fused their music with contemporary instrumentation and lyrics that speak of current reality rather than something that is more steeped in tradition.

She started her career in the 1980s after seeking some guidance from Mangal, her ex-husband and she was one of the major beneficiaries of the cassette revolution that made music accessible to a large number of people. These cassettes were easy to handle and did not demand a great deal of maintenance. They were cheap and could be played on machines which did not need power connection. These battery or dry battery contraptions were also portable and people could carry them wherever they wanted.

Naghma and Mangal were the biggest beneficiaries of the cassette revolution. They developed a sizable fan club in urban areas of Afghanistan, Tajikistan, Pakistan, and the US. Organizers were skeptical whether urban audiences would attend Naghma's performances, but large crowds came

once they knew she was performing. People made fervent requests for specific numbers, being familiar with her music.

It was the sheer popularity of the likes of Naghma that they were considered later to be worthwhile in whatever they were doing. And this kind of music in recorded form was able to match the popularity of film Music during the 80s and 90s. The opening of various radio stations in Kabul and Peshawar and later the regional channel under Kabul Television corporation made it possible for the artists to be given air time. Actually, the media capitalized on their popularity. It was only the role of the media that these artists were, lifted from back benches to be placed in front rows.

Hence, folk music came out of the shadow of being uncouth, raw and unfinished. It was seen as the expression of the underprivileged who actually mattered. Her real forte was the songs or the geets (songs) that may have been traditional folk but re-worked on new lyrics, written with the intention of expressing the sentiment of common man.

Some of her albums are as follows:

*"Bachi Hamsaya"; "Aros"; "Shekesta Chelamey"; "Imroz"; "Tu Ra Meparastam"; "O Dilbar Janim"; "O Bacha"; "Ba Yin Sazi Mahali"; "Ghataghani"; "O Bacha"; "Jama Narinje"; "Charsi Halika Stargi"; "Maida Maida"; "Nazi Jan"*

In all she recorded more than 500 songs in a period of 32 years in Afghanistan. She was the voice and face of Pashto traditional music. In 2006 Naghma's album "Muhabbat" was released and was the first time she made a pop song. She received Tamgha-e-Imtiaz and pride of performance which is the highest Pakistani Presidential award.

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## CLIMATIC IMPACTS AND THEIR SOLUTIONS FOR *Wildlife Survival*



**Sufyan Asghar**  
Lecturer

04 MINUTES READ

Climate variation is probably the most debated issue confronting all over the world. Wildlife represents one of the many groups of living beings that are most vulnerable from these globally climatic changes. The International Panel on Climate Change (IPCC) predicts that the global temperature keeps on getting warmer at the present rate, 20 to 30% of plant and animal species will become extinct at the end of the 21st century. According to the International Union for Conservation of Nature (IUCN), 44,000 of the species are threatened with extinction. Environmental changes caused a global heat wave and fires in the forest, half of the globe's original forests have vanished and the remaining ones are being cut down at a tenfold faster rate effects on their species habitats.

The purpose of this article is to draw attention to just how climatic changes are affecting across the globe. Looking forward, much can be realized by examining faunal responses to previous instances of environmental change such as persistent shifts in temperature, weather trend, and urbanization which result in habitat loss. Changes in ranges of species majorly contribute to their extinction. Species range shifts is a complicated but highly organized process triggered by a variety of environmental cues, including temperature, day length, and food availability. Howev-

er, as climate change alters these signals, many species have trouble adjusting to the new environment. These forecasts indicate that species will shift their ranges to higher latitudes, deeper depths and higher elevations for the purpose of their temperature niche. Warm temperatures cause species to migrate earlier in the year, disrupting their paths and interactions with one another. For example, small mammals' species in Polar Regions migrate due to sea ice losses and glacial breakdown are the clearest signals for their migration to their suitable areas.

Urbanization causes fragmentation of habitat, in which larger continuous habitats are separated into smaller, disconnected patches. Habitat loss for various species, including small mammals, are caused by environmental changes. Many animal species depend on particular habitats for availability of food, shelter, and reproduction, the changes in these environments may interrupt these essential seasonal activities. It may decrease genetic variation and increase the chance of depression caused by inbreeding. The depletion of habitat has also an impact on ecosystems that provide vital functions such as the pollination and cycling of nutrients.

The extinction of species populations by climate change represents broad effects with a wide range of taxa, especially small mammal's species. The keystone species in small mammals like rats, mice, squirrels and voles perform a major part as primary food source for a diverse range of

IMAGE SOURCE : OLDVICARIO

predators in sustaining the fundamental framework of an ecological community. When these keystone species removed from an ecosystem by climatic changes have major consequences to affect the trophic cascade which result in extinction of itself and other predators' species. For example, The Bramble Cay melomys (*Melomys rubicola*), known as Bramble Cay mosaic-tailed rat, is a first rodent noted to have gone extinct as the direct result of climate change.

### Long Term Initiatives for Wildlife Survival

- Protecting habitats is a key solution to protect wildlife, such as by creating protected areas and encouraging environmentally friendly land use practices. This may make sure that species have access to the resources and habitats that they need for their development and long-term survival.
- Besides, it is also essential to recover deteriorated habitats, especially transplanting forests or replenishing wetlands because it may assist with enhancing the capacity of ecosystems and species to respond to fluctuating conditions.
- Decreasing the emissions of greenhouse gasses is among the most effective ways to help the effects of climate change on wildlife. It can be accomplished via a variety of strategies, including switching to renew

able energy sources and encouraging environmentally friendly mode of transportation options.

- Establishing backyard habitats and including building habitat characteristics into current structures are great ways to enhance natural habitats in urban areas. Furthermore, establishing functional habitats and allowing for their use through design elements such as wildlife corridors and safe road crossings may help fulfill the demands of fish and wildlife in the built environment.

- Encouraging the adaptation strategies that can assist species in dealing with changing conditions include measures such as recovering connectivity among fragmented habitats of species, and carrying out conservation breeding initiatives for species at risk.

The urgency of addressing climate change cannot be overstated, especially considering its profound impact on wildlife populations worldwide. However, by implementing proactive conservation measures and prioritizing habitat protection, we can mitigate the threats posed by climate variation and safeguard the future of our planet's diverse species.

Together, let's take decisive action to preserve the rich biodiversity of our world for generations to come.

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# UPPER DIR VALLEY: THE LAND OF HOSPITALITY AND PEACE



**Rizwanullah Khan**  
Student BS Zoology, UMT Lahore

04 MINUTES READ

Khyber Pakhtunkhwa (KPK) consists of 26 districts overall, and one of those is the beautiful Upper Dir. It became part of Pakistan in 1969 before this year it preserved its status as a princely state ruled by nawabs. Nawab Shah Jehan Khan was the ruler of Dir at the time of Pakistan's independence. It was proclaimed as a district in 1970. It split into the Upper and Lower Dir districts in 1996. This district is located in the northern side of Pakistan. It shares boundaries with Afghanistan in the west, Chitral District in the North West and Swat District to the east, and Lower Dir District to the south.

There are a number of opinions and contradictions regarding the name Dir among the elders and those who have written about it. Dir has remained the center of various religious orthodoxies and spiritualism and several civilizations have developed and passed through this region. As a result, the valley has been known by different names as well as

its present name 'Dir' has been used in different meanings from time to time. As per the elders, Dir was referred to by several names in the past, including Goraiy, Yaghistan, Biloristan, and Masaga. It was named after the Kafir (infidels) dynasty that inhabited the Dir Valley's Kohistan area. Between the 10th and the 15th centuries AD, these Kafirs governed the region. After the 15th century AD, the Pashtuns of the Yousafzai Tribe conquered the area and named it Dir. It is said that Dir was derived from the Persian word 'dair' which meant 'far off' and 'hard to reach'. This name was used for the area because of its remoteness. Apart from the Yousafzai tribe's other tribes such as Swati Katani and Kohistani Gujur tribes populate district Dir upper. They were known for their hard work and hospitality and all are Sunni Muslims. Upper Dir has a total area of 3699 sq.km with a population of 946,421 which comprises 49% (approx.) male and 51% female population. The literacy rate is 64% in male while the literacy rate is 22% in females. The main crops of dir upper are wheat, maize and rice while walnut, citrus,

IMAGE SOURCE : TRAVELER TRAILS



apples, apricots, peach, pears, plums, fig, japanese plum, mulberry, and persimmon are the major fruits. The district is famous for its many recreational hotspots in Pakistan. People from all over the country and even foreigners visit Upper Dir to enjoy the breathtaking beauty of Katora lake, Kumrat Valley, Jahaz Banda, Saidgai Lake, Laamchar waterfall Lawari Tunnel and Bedagai pass. Visitors enjoy camping, swimming, fishing, stargazing, and boating in various Upper-Dir district destinations. Upper Dir is equally beautiful in summers as well as winters. It is home to many experiences and attractions, making your trip well worth a visit in any season. Visitors can enjoy many winter activities, such as skiing and playing in the snow or frozen lakes. The district gets covered with snow, creating a beautiful image for visitors to enjoy. It would help if you remember that the weather conditions might lead to blocked roads creating inconvenience for you. To avoid such hassles, it would be best to check the weather forecast of the location you would be visiting in

Upper Dir and the situation of roads and other facilities in that area. The best time to visit Upper Dir in Pakistan is from May through September. In this period, you have a pleasant temperature and little precipitation. Modern establishments, hotels, resorts, barbecue joints, and grill sites may be found throughout the area, particularly near the Panjkora River.

The cost of a single bedroom for one night in a restaurant or resort ranges from 1000 to 8000 PKR. There are additional accommodations with a three-star rating. Several hotels and resorts also accept reservations online. However, hotels and resorts are rarely overcrowded during the off-season, unlike other tourist destinations in KPK, like Swat Valley, Kaghan Valley, Murree, and Skardu. Other than these famous lakes, there are other smaller lakes and waterfalls catching the attention of tourists. So plan a trip this summer to these beautiful and magnetic spots in Dir district in KPK.

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IMAGE SOURCE : ZAMEEN.COM





*Empowerment Starts at Home:*

## TRANSFORMING WORK DYNAMICS FOR PAKISTANI MOMS



**Almas Khan**  
Freelancer

03 MINUTES READ

In a rapidly evolving digital landscape, the concept of working from home has gained unprecedented momentum, especially for moms in Pakistan. The ability to manage professional responsibilities while catering to family needs is a testament to the adaptability and resilience of Pakistani mothers. **Here's how to optimize the work-from-home experience for moms in Pakistan:**

### Creating a Functional Workspace

Establishing a designated workspace within the confines of your home is paramount. Choose a quiet area

where distractions are minimal, allowing you to focus and maximize productivity during work hours. Invest in ergonomic furniture and adequate lighting to create a conducive environment that promotes efficiency and comfort.

### Embracing Technology for Connectivity

In today's interconnected world, leveraging technology is essential for seamless communication and collaboration. Utilize video conferencing platforms like Zoom or Microsoft Teams to stay connected with colleagues and clients. Embrace messaging apps such as Slack or WhatsApp for instant communication and project management, ensuring efficient workflow and timely deliverables.

IMAGE SOURCE: WORKING MANAGER

## Setting Realistic Expectations and Boundaries

Balancing work commitments with family responsibilities requires setting realistic expectations and boundaries. Communicate with your employer or clients about your availability and preferred working hours, establishing clear boundaries to maintain work-life harmony. Prioritize tasks based on urgency and importance, delegating responsibilities when necessary to avoid burnout and overwhelm.

## Cultivating Time Management Skills

Effective time management is the cornerstone of a successful work-from-home routine. Embrace productivity techniques such as the Pomodoro Technique or time-blocking to structure your day and allocate time for work, breaks, and personal activities. Create a daily or weekly schedule to prioritize tasks and maintain a sense of control over your workload, ensuring optimal productivity and work-life balance.

## Seeking Support and Community

Navigating the challenges of remote work can be daunting, but you're not alone. Seek support from fellow moms, either through online communities or local support groups, to share experiences, tips, and advice. Build a network of like-minded individuals who understand the unique demands of balancing work and family life, fostering a sense of camaraderie and support in your professional journey.

## Prioritizing Self-Care and Well-being

Amidst the hustle and bustle of work and family obligations, don't forget to prioritize self-care and well-being. Schedule regular breaks throughout the day to rest and recharge, engaging in activities that bring you joy and

relaxation. Practice mindfulness techniques such as meditation or yoga to alleviate stress and promote mental clarity, ensuring a healthy work-life integration that nurtures both your professional and personal growth.

In conclusion, optimizing work-from-home arrangements for moms in Pakistan requires a strategic approach encompassing efficient workspace setup, embracing technology, setting boundaries, honing time management skills, seeking community support, and prioritizing self-care. By implementing these strategies, Pakistani moms can thrive in their professional endeavors while nurturing their families with love and dedication.

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## Did You Know?

### Fact

In 1886, two separate entrepreneurs started competing milk companies in Switzerland. By 1905, when both men were dead, the two companies merged to become Nestle.





The  
**Fascinating Life**  
of a Genius Called  
**James Prinsep**



**Wajid Bhatti**  
Archeologist

05 MINUTES READ

India produced many genius orientalists, but few with such innate talent and breadth as James Prinsep. He showed great aptitude for drawing and draftsmanship at an early age but had weak eyesight and so was directed away from the visual arts to a career as a metallurgist and essayist.

The water-route was for millennia the most efficient way to transport people and goods between cities located on the banks of rivers, before the development of railways and then motorways offered faster and cheaper alternatives. James Prinsep, a man honoured with a memorial in Calcutta, called Prinsep Ghat, travelled by boat from Calcutta to Benares in October 1820. The memorial, built soon after Prince's death in 1840, is a handsome Palladian structure that

once served as an embarkation and disembarkation point for wealthy travellers, and now, restored and well maintained, is an atmospheric venue where locals enjoy spending lazy evenings.

He had been hired by the East India Company to assist the Assay Master of the Mint in testing the proportion and quality of metals used in new coins. Barely out of his teens, he considered himself a man of science, having studied architecture and chemistry in London. His most famous achievement, resulting from an exercise of logic sustained over years, would be retrieving a precious lost memory for the people of India. But that was still years away when he embarked for Benares in a budgerow (a barge with cabins known in East and North India as a bajraa), taking along a second boat for his equipment and books.

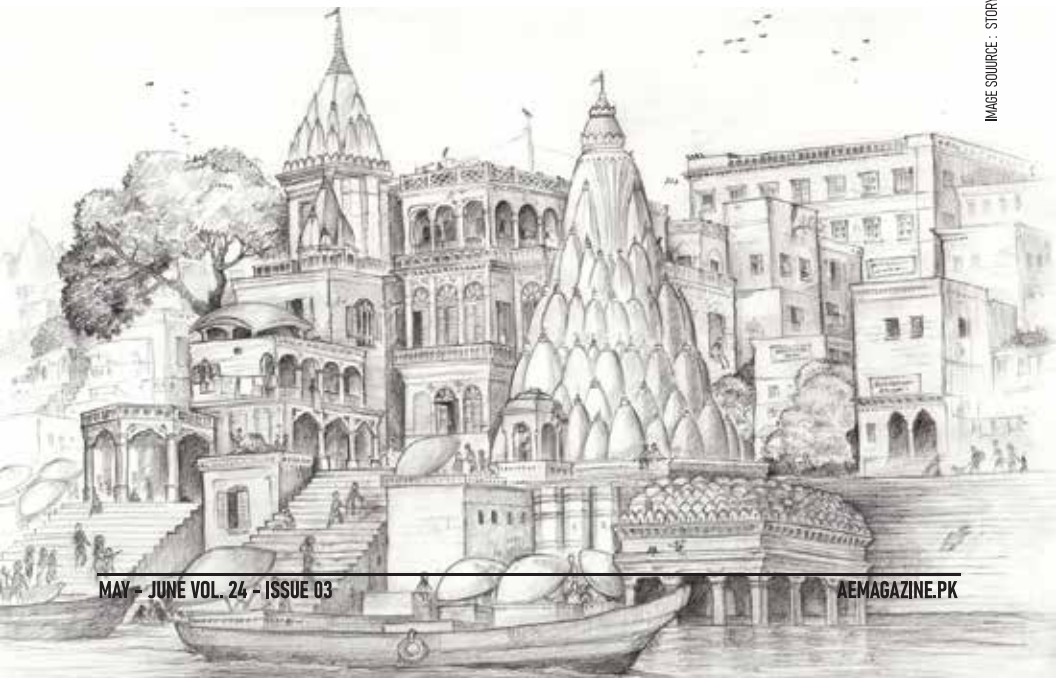


IMAGE SOURCE - STORYTRAILS



In Benares, he made careful drawings and evocative watercolours illustrating temples, ghats, and daily life. He created two copies of an enormous map, one for the administration in Roman script and one for the locals in Devanagari, which plotted every building in the city. Concerned about a marsh on the edge of town responsible for periodic disease outbreaks, he built a tunnel to drain the swamp, inaugurating the era of modern infrastructure in the ancient city. He repaired the minarets of the Alamgir Mosque and built a bridge on the Karmanasa river, a sort of anti-Ganga whose water was said to wash away virtuous deeds. All this was pro bono work in addition to his regular duties at the Mint.

After a decade in Benares, he was called back to Calcutta, where he completed a project that one of his brothers had initiated before an accident took his life: building a canal

to connect the distributaries of the Ganga near its delta and render them navigable. The Inland Waterways Project is an extension of such colonial engineering ventures, conceived in the early age of steam-driven navigation. As part of his job as Assay Master, Prinsep introduced a system of uniform coinage, and fashioned with his own hands one of the most delicate balances anywhere on earth, sensitive to weight differences as small as one three-thousandth of a grain (0.19 milligrams). However impressive these feats are, they cannot compare to the fundamentally important work Prinsep did in his 30s, when he proved himself one of the greatest codebreakers in history.

In Calcutta, Prinsep took over as editor of the Journal of the Asiatic Society, and solicited contributions from across British territories, which now covered much of the subconti

ment. It took one massive empire to unearth another. Scholars had noticed that there were similar – in some cases identical – inscriptions on pillars and rocks in widely separated areas of India, as if somebody had wanted to spread a message to all corners of an enormous kingdom. But not a single living human understood the script in which they were written. Painstakingly, Prinsep collated all the available data and in 1837 finally decoded what we now call the Brahmi script.

The Brahmi inscriptions on pillars and rocks were in Prakrit language, a vernacular tongue rooted in Sanskrit. They had been commanded by a king who referred to himself as Devanampiya Piyadasi, Beloved of the Gods. They expounded the ethical principles on which his kingdom was run and were clearly Buddhist in inspiration. Prinsep was informed by a colleague posted in Ceylon that a great Indian king called Ashoka, also known as Piyadasi, had converted to Buddhism and sent a religious mission to Ceylon. The mystery of the inscriptions was thus resolved and the emperor Ashoka Maurya, whose reign had been completely forgotten in his homeland, was returned to his rightful place in Indian history.

Some of Ashoka's pillars in the far northwest of his empire were written in a second unknown script, now called Kharosthi. The same script appeared in coins from regions in modern Pakistan and Afghanistan, sometimes paired with legible Greek. Prinsep's final accomplishment was the decipherment of Kharosthi. Since the script of the Indus Valley civilisation has not been deciphered, and because there is a break in the epigraphical record for over a 1,000

years after the collapse of that civilisation, the inscriptions he decoded remain the oldest comprehensible pieces of writing in India.

Exhausted by years of labour as Assay Master, editor of the Journal of the Asiatic Society and master decipherer, Prinsep had a nervous breakdown a little before he turned 40. He returned to England to recover his health, but died soon after, in 1840. The official diagnosis was "softening of the brain", which might mean a number of things in modern medical terminology. Before it softened, though, Prinsep's brain accomplished more productive work in two decades than most people could manage in several lifetimes.

Prinsep's achievements stand as monuments to the Age of Reason. He within a short span of life was able to achieve so much in diverse fields such as civil engineering, meteorology, mining, metallurgy, town planning, architecture, geometry, mathematics, astronomy, natural sciences, anthropology, archeological disciplines including epigraphy and numistics and history and what is more remarkable, all this without any formal training and not connected with his given profession.

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## FACT YOU NEED TO KNOW

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.

# "THUG" OR TEACHER?

## *Deconstructing Bulleh Shah's*

### REFERENCE TO SHAH INAYAT QADRI



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

04 MINUTES READ

Who is not familiar with Bulleh Shah? The main motive behind my acquaintance with Bulleh Shah is Ustad Nusrat Fateh Ali Khan, who immortalized him forever by singing dozens of his poems. Hazrat Bulleh Shah (1680-1757) was a famous Sufi poet and musician. He pledged allegiance to Shah Inayat Qadri and learned the mysteries of Sufism from his mentor. Shah Inayat Qadri played an important role in the spiritual training of Bulleh Shah. Shah Inayatullah Qadri Shatari Kasuri Lahori was one of the great Sufis and Saints of Punjab. He was born in Kasur in 1643. His ancestors belong to Lahore who settled here back to back. This family, involved in farming and horticulture, consists of noble elders.

According to Mufti Ghulam Sarwar Qadri, "Shah Inayat was born as a farmer, that is, a zamindar". Farming was his source of livelihood. He received his initial education in Kasur, after reaching Lahore, he joined the teaching circle of Shah Muhammad Raza Qadri Al-Shatari Lahori. He came to Kasur, where the circle of education became very wide, and people began to quench their thirst for knowledge and spirituality. The ruler of Kasur Hussain Khan Khizgi (Afghan) ordered him to leave Kasur after this, he came to Lahore and settled permanently. Shah Inayat Qadri is considered to be a high-level commentator, jurist and one of the

great scholars of Punjab. Here are some of his works. *Hayat Al Hawashi, Al-Muktaqit al-Haqiq Sharh Kunz al-Daqeeq, Tanqeeh al-Maram per Mubhas al-Wujud, Lataif Ghabiyyah, Azkar e Qadria, Majmooa e Irfani Shara Majmooa e Sultani, Dastoor Ul Amal, Azkar e Ghabiyyah, Kalmaat al-Tamaa Fi Romat'an al-Shafaat,, Bahz al-Ta'at, Hawashi Jawahar Khamsa, Risalah Min Qal in Dua Fi al Rizq Kufri, Risala Fi Hal Sharb-ud-Dukhan.* Seeing Shah Inayat Shah Qadri's fame and circle of interest growing, a group of his opponents and haters was born, and especially when Hazrat Baba Bulleh Shah pledged allegiance to him, a storm arose that a Syed Zada has become a disciple of Arain. But Bulleh Shah strongly defended his mentor and condemned his own Sayyadat.

*Bully nu samjhavan ayan behnaa ty  
bharjaaiyan*

*Mun ley bullya sada kehna chad de  
plah araiyan*

*Al e Nabi Aulad e Ali ty tu kiuin leekan  
laaiyan*

*Jehada Sano Sayyed Akhe dizakh  
milan sazzaiyan*

*Jehra Sahanon Arain Akhe Beheshti  
Peengan Patian*

In order to keep his mentor's head high, Hazrat Baba Bulleh Shah prefers to be an Arain instead of being a Syed, this is unusual for a mentor and has very few precedents in history. Shah Inayat Qadri was a follower of the Qadri line and taught religious education and Sufism (Qadri line). He is related to Hazrat Shah Abdul Qadir Jilani, the spiritual leader of Baghdad.



This is confirmed by Bulleh Shah as follows.

*Piran Pir Baghdad Asada, Murshid  
Takht Lahore*

*O asin sabh ikko koi aap gaddi aap dor*  
Hazrat Shah Inayat Qadri is the text of Baba Bulleh Shah's poetry and the love and devotion to Murshid shines through Bulleh Shah's poetry. Those who say that Bulleh Shah and Hazrat Shah Inayat Qadri are two sides of the same rope who pull each other towards them. Watch the last lines of a Kaafi (Punjabi poem) by Bulleh Shah

*Arsh Manwar Millian Bagan Sundian  
Takht Lahore*

*Shah Inayat Kandian Payan Luk  
Chhup Khichda Dor*

It was a sign of devotion and dedication to Murshid that every time showed in his poetry. There is no hour in which he is not showing his devoutness to the mentor.

*Bulleh Shah nu saddo Shah Inayat de  
boohy*

*Jis ny saanu pvaey choly saavy ty  
soohy*

*Saanu ghayal kar k murr khabar a lai  
aa*

*Tere Ishq nachaya karke thayya thayya*  
Bulleh Shah has used a unique and strange word "thug" for Shah Inayat Qadri in his poetry. See one of his Kaafi poems.

*De Didar Hoya Jad Rahi, Anchchit Pai  
Gul Phaahi*

*Dadhi Keeti Laa Parvaahi, Menu Mil*

### *Gya Thug Lahore*

He maintained his unique and matchless style by referring to Shah Inayat as the "Thug of Lahore". The words of Sufi sages often contain symbolism. The word "thug" is used here as a Sufi symbol. Thugs were people who cheated people and stole their property. From the Sufi point of view, "thug" is a symbol of worldly relations and desires. By calling Shah Inayat the "thug of Lahore", Bulleh Shah wanted to convey that his mentor had advised him to stay away from worldly relations and desires. Little information is available about the relationship between Bulleh Shah and Shah Inayat. Some people believe that they had a great relationship, while others believe that they had some differences. According to the historical references, there was a distance between them for some time due to some reasons, but later he tried hard to convince the Murshid and succeeded in convincing him. Whatever the reason for Bulleh Shah's calling Shah Inayat "the Thug of Lahore", it is clear that his statement is a mythical allusion, criticism, realism, or expression of personal experience that is so beautiful and unique that he distinguishes him from other classical Punjabi poets, especially Sufi poets.

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IMAGE SOURCE: REPUBLIC POLICY



# STREET VENDOR SELLING MUMMIES IN EGYPT, 1865



## National Archaeology

02 MINUTES READ

During the Victorian era of the 1800s, Napoleon's conquest of Egypt threw open the Gates of Egypt's history for the Europeans. At that time, mummies were not accorded the respect that they deserved from the European elites and in fact, mummies could be purchased from street vendors (as shown in the picture) to be used as the main event for parties and social gatherings that took place in the 18th century.

The elites of the era would often hold "Mummy Unwrapping Parties", which, as the name suggests, had the main theme in which a Mummy would be unwrapped in front of a boisterous audience, cheering and applauding at the same time.

During that period of time, the well-preserved remains of ancient Egyptians were routinely ground into a powder and consumed as a medicinal remedy. Indeed, so popular was pulverized mummy that it even instigated a counterfeit trade to meet

demand, in which the flesh of beggars was passed off as that of ancient mummified Egyptians.

As the Industrial Revolution progressed, Egyptian mummies were exploited for more utilitarian purposes: huge numbers of human and animal mummies were ground up and shipped to Britain and Germany for use as fertilizer.

Others were used to create mummy brown pigment or were stripped of their wrappings, which were subsequently exported to the US for use in the paper-making industry. The author Mark Twain even reported that mummies were burnt in Egypt as locomotive fuel.

As the nineteenth century advanced, mummies became prized objects of display, and scores of them were purchased by wealthy European and American private collectors as tourist souvenirs. For those who could not afford a whole mummy, disarticulated remains – such as a head, hand, or foot – could be purchased on the black market and smuggled back home.

IMAGE SOURCE: ENTERPRISE



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