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AZEEM MONTHLY ENGLISH MAGAZINE

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EDITOR'S NOTE

Welcome to this edition of Azeem English Magazine, where we present a thoughtful collection of writings reflecting the realities, emotions, and ideas shaping our world. This issue is curated to inform, inspire, and engage readers with meaningful perspectives.

We explore emotional themes that highlight human relationships, feelings, and inner struggles, alongside socially aware discussions encouraging reflection on our responsibilities toward society and personal growth.

This edition also offers thought-provoking ideas, science, and creative pieces, connecting imagination with practical knowledge. We hope these pages inspire you, spark curiosity, and leave you with something meaningful to carry into your day.

We look forward to your feedback.

Happy Reading!

Muhammad Ali Farooqi
Editor-in-Chief



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THE END OF MOTHER'S LOVE



Muhammad Qasim Raza
MPhil Scholar and Lecturer

03 MINUTES READ

The enforcement with my soul, sharing the true moments of heart feel, when I was in my childhood till 26 years ago, when everything in its circle with shrug of clock pointers, incredibly the era of an appeasement, the smell like the bunch of flowers, the brilliance with patience, infallible, command in excellence, well guider, well observer and well beneficiary is “MY MOTHER”. She had a skill to observe me when I was in trouble; she had a command to resolve my tensions. Her advice always kept me motivated and inspired. Her brilliancy with patience always gave me vectored direction to be positive. Life with my mother was full of hope, inspiration and motivation to touch the benchmark of success.

At last there was the end of Heaven Cult. 17 Jan 2020. While sitting in the emergency room, my mother was in stature. I watched a panicked father, brothers and sister rush for the first time, but the situation was not in favor of my mother and the doctor declared, sadly, she expired.

It has been 3 months. Her voice is still humming in my ears. I am personally seeking her voice of heaven but I failed to diagnose, still seeking the taste of her cooking but failed to achieve it. Still seeking her appearance but failed to get her soul. “MAY ALMIGHTY REST HER SOUL IN HEAVEN. Ameen”

“My Mother communicated me

everything in life, except how to get concluded life without her.”

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IMAGE SOURCE : CHATGPT



STOP FUNDING THE MAFIA, START SAVING THE CHILD



Maimoona Rehan
Columnist


03 MINUTES READ

I was walking home from university when I saw him, a boy no older than eight, lying motionless on the pavement. His hand was stretched out, palm open for money. I called out, loud enough to wake anyone. No response. I placed a few rupees in his hand. Still nothing. He didn't sleep. It was something else. Something darker. That moment haunted me. A child who should've been in a classroom, with a book in hand, was lying lifeless under the open sky, likely drugged and used like a puppet by the begging mafia that thrives in our cities. This isn't rare. According to the Society for the Protection of the Rights of the Child (SPARC), over 1.5 million children in Pakistan live on the streets. Many of them are not there by choice. Countless are stolen from their families, trafficked, or rented out by mafias who treat them as property. Some are deliberately

disabled. Many are drugged to keep them quiet or make them appear helpless, because the more sympathy they draw, the more money the mafia earns. And we, unknowingly, feed this cruelty. When we hand over money to a child beggar without question, we may be funding the very network that is abusing them. These are not harmless acts of kindness. They are transactions that help traffickers thrive in plain sight. If you truly want to help a child begging on the street, ask them if they want to study. Offer to pay for their admission into a government school. Help them buy books, uniforms, or schoolbags. Even a small amount spent this way is worth far more than coins dropped into a drugged child's hand. It's the difference between enabling a mafia and changing a life. Don't give blindly. Don't look away. If you see a child who seems unconscious, report it. That child might not need your charity. They might need saving. We owe them more than spare change. We owe them their stolen childhood back.

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IMAGE SOURCE : CHATGPT



DIVORCE:

A TRAGEDY AWAKENING OR A BLESSING IN DISGUISE?



Nahin Sani
Doctor, Writer

04 MINUTES READ

This word has reverberated in my life for the past few years. What was considered a taboo that occurred on occasion became a frequent occurrence within my family and friends' families. Many celebrities with 'ideal love lives' covered the headlines with articles about their divorces with messy financial settlements. How did divorce become so frequent? When did the term, "Marriage is a gamble" become more than an expression? In the generation of our grandparents and before them, marriage in Pakistani culture was treated like a Catholic marriage; divorce was unacceptable. Hence no matter the intellectual, cultural or emotional differences, whether there was verbal or physical abuse involved, couples married "till death do us part". However, something changed along the way.

With every following generation, we

learnt what our rights and duties were as spouses in a marriage, how important compatibility and self-respect meant, what we are expected to adjust to and where we should take a stand for our place in the household. Yet, even with this self-realization, marriage rates still roll down a slippery hill.

I'm not just talking about divorces following physical abuse, although those have happened a lot, most commonly due to the husband's sense of entitlement and 'right' to hit his wife when he doesn't get his way. I'm talking about divorces where there is no overt abuse; there is simply either a loss of compatibility, tolerance and empathy to make way to understand and accommodate your partner's needs when they differ from yours because it challenges your sense of self or to state it bluntly; ego.

I would like to clarify that I'm neither married nor divorced, but I have experienced the lasting impact of the beginning and ending of marriages within my family to the extent that the

topic of marriage doesn't bring excitement to me but fear instead. I've witnessed both love and arranged marriages crumble before my eyes and while I haven't directly experienced hopes and expectations crashing down like they did, divorces affect families as well. The realization of those months of preparation, dresses, mehndis, finances, etc., feel meaningless when the true purpose of the wedding failed.

When I think about getting married, it will solely be because that man will be completely worth it, yet I'd just want a simple Nikkah and only after spending at least a year with him would I consider celebrating the marriage because I would actually enjoy it from experience instead of being afraid. Yes, you may judge my eccentric perspective as many others have, but like I said; divorce affects the families. What I've noticed is that people have lost tolerance to listen and accept each other's point of views; there is more than one way to do something and maybe, just maybe, your partner could be right. People have forgotten to do something for their partner out of love just to make them happy. You can be completely justified in what you're doing, but you can either focus on standing up for yourself and your needs, or you can calm your ego and listen to your partner. However, did love become conditional.....?

There was an incident in India; a father welcomed his recently separated daughter home with festivities equivalent to a Barat. Odd, isn't it? How does one celebrate such a traumatic experience? Yet it makes complete sense! Yes, when you plan for two people to join together in marriage, you don't expect dissolution and so soon, especially for your loved ones. However, a marriage only

ends when the couple isn't happy, when despite trying everything or by lack of trying, the life they envisioned together turns out to be as torturous as suffering in prison; in place or mind. Islam has allowed for divorce for this reason; to provide a path to part ways peacefully when the marriage doesn't work. Therefore, the father celebrated the daughter breaking away from a toxic lifelong commitment and choosing her own happiness. In my family, we simply told those who were deciding between commitment and divorce that whatever they decided, we'd support and protect them.

Divorce is an unfortunate tragedy, but we plan to the best of our knowledge yet it can still occur. However, it's important to know where you should remember to put in the 80% in the relationship, and where you should recognize and not take up abuse. This life is short and you should not be bound by societal expectations.

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DO YOU KNOW?

Divorce affects not just couples but whole families, especially children, yet supportive communication can help everyone adjust. Couples who separate due to incompatibility often find greater long-term happiness than those who stay in unhappy marriages. Sometimes, ending a marriage is not failure but a step toward self-respect and emotional wellbeing.



DILEMMA OF YOUTH



Laiba Khalid
Writer, Poetess

05 MINUTES READ

In the age of information and innovation, when the world is besieged by political instability, economic crises, and social upheavals, one would expect youth to be thriving fearlessly and building their future. One might suppose that the greatest battles of today's youth are fought in streets or in parliaments. Yet the most dangerous war is not fought outside but inside. They are battling storms in their hearts and minds. Emotionally drained, they often find themselves unable to navigate life's complexities and nurture the intellectual resilience required to manage the demands of worldly affairs.

Emotional intelligence; the ability to understand, recognize, process, and manage one's own emotions as well emotions of others. It plays a vital role

in life, because while intelligence (IQ) may help a person in solving academic or technical problems, EI equips a person to handle life's challenges, build meaningful relationships, and maintain mental well being. An individual with strong emotional intelligence can communicate effectively, resolve conflicts peacefully, adapt to stress, and show empathy in relationships. It also enhances leadership and teamwork, as emotionally intelligent individuals inspire trust and cooperation. In essence, EI is not just about managing emotions but about living with balance, resilience, and purpose, making it crucial for personal and professional success.

Coming back to the dilemma, the root cause is a painful truth that our youth is growing without the development of emotional intelligence. Emotional Intelligence is first of all inculcated in children by parents, yet in homes where parents are too busy chasing

their own dreams or financial stability, prestige, or simply distracted by their own pieces of work and often by their screens also, children are left emotionally unattended. They learn mathematics and science but not art of living, not empathy; they master technology but not tolerance. Ultimately, the generation that cannot manage emotions and doesn't master the art of living will be inevitably defeated.

Parental attention plays not only a vital role but also a decisive one. When children are not heard, they row into young adults unable to listen to themselves. When they are not taught to express their feelings safely and openly, they want to be heard and they find a way out to give vent to their feelings, so they turn to social media for validation. This is the stage where the problem intensifies. Online, they encounter a flood of exaggerated lifestyles and unrealistic standards. Trying to live up to fabricated ideals; they suffer from anxiety, depression and dissatisfaction. Instead of developing inner strengths, they become captives of external comparisons. Trying to be heard, getting understood, and grabbing attention, and obtaining validation makes them fall into a deep trap of serious mental health issues.

Think of it this way: in many households, conversations about grades, careers, or status overshadow emotions, failures, insecurities and fears. A youth who is only valued for achievements and accomplishments but never for authenticity and originality begins to equate worth with performance. What could be the result of it? The result is emotional emptiness and lack of emotional intelligence.

Another major cause behind the

failure to develop emotional intelligence in today's youth is the lack of purpose in life. While growing up, when a clear sense of meaning is not there, a clear direction to their actions is missing, they struggle to regulate their emotions and channel their energy productively. Purpose acts as an anchor that gives stability during moments of stress or confusion, but without it, emotions spiral into frustration, anxiety, and hopelessness. A youth without purpose becomes reactive rather than reflective, easily swayed by social pressures and external influences. Consequently, they fail to cultivate self-awareness, motivation, and resilience which are the very building blocks of emotional intelligence. Thus, the absence of purpose leaves them emotionally fragile and unprepared to handle the demands of real life.

But this is not a hopeless crisis. Solutions do exist, if we are willing to shift priorities. Parents, educators, and communities must place emotional education at the heart of upbringing. This should be a core concern. Children should be taught at initial stages how to identify and regulate emotions, how to find meaning beyond material success. Schools must integrate emotional intelligence training alongside academics, treating it not as a luxury but a normal survival skill.

Equally important, parents must reclaim their role as emotional anchors. No gadget, no app, no influencer can replace a listening parent. A simple act of asking, How are you feeling today? Is anything wrong? What happened at school, college or university? Are you worried about something? Is there anything that is disturbing you? Can open doors that years of therapy later struggle to

unlock. It is not wealth or opportunities alone that build resilient youth, but time, presence and attention.

A practical solution to overcome the lack of purpose, and thus strengthen emotional intelligence, is a purpose oriented guidance, counseling, and mentorship. First of all parents and then teachers should help young people explore their strengths, values, and passions so they can set meaningful life goals. Structured programs in schools and universities that focus on personality development and emotional education can encourage youth to define their path rather than drifting aimlessly. On a personal level journaling, mindfulness, and goal setting exercises can help individuals connect with their inner selves and find clarity. Once a clear purpose is identified, emotions are no longer scattered and dispersed but directed, giving youth motivation, resilience, and the ability to regulate

their feelings in the face of challenges. In this way, cultivating a purpose becomes the foundation for developing strong emotional intelligence.

If we fail to nurture emotional intelligence, we risk raising a generation talented in technology but bankrupt in spirit, a youth who can code software very well but fail to decode their own despair. The wars they fight within will continue to consume them, leaving them fragile, purposeless, and unable to shoulder responsibilities as they have a question mark in themselves on their worth. The clear way forward is to cultivate emotional intelligence, restore parental presence, and promote responsible use of digital platforms. Only then we can transform suffering into resilience. Our youth deserves not just a future, but also the emotional tools to live it fully.

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IDENTICAL TWINS, UNIQUE PRINTS

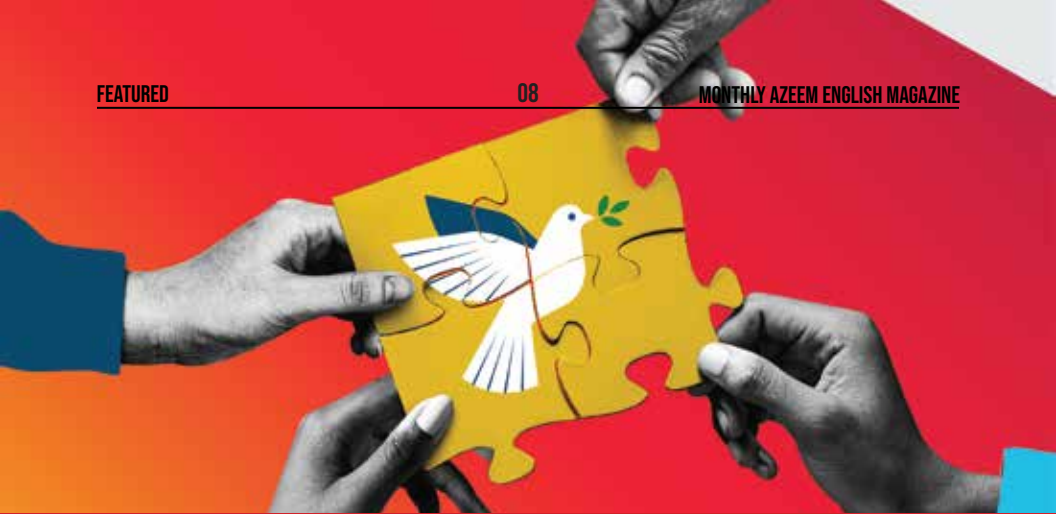
Identical twins often amaze us with their striking resemblance. They can have the same facial features, the same eye color, and even similar mannerisms, making it easy to mistake one for the other. Many people assume that sharing DNA means they are exactly alike in every way.

However, there is one area where twins are completely different: their fingerprints. Each person's fingerprints are formed in the womb, shaped by tiny influences like pressure, movement, and the flow of amniotic fluid. Even the smallest variations during development can create patterns that are entirely

unique.

This means that no matter how identical twins appear on the outside, their fingerprints tell a story of individuality. These subtle differences serve as a reminder that genetics alone do not define a person. Even in the closest of similarities, there is always a touch of uniqueness.

It is a fascinating fact that highlights the beauty of human identity. Fingerprints are more than just a tool for identification; they reflect the delicate, unpredictable ways life shapes each of us. In the case of twins, they show that even the most alike among us have their own distinct signature.



PEACE AND UNITY IN A DIVIDED WORLD



Muhammad Saleem
Student, University of Balochistan

05 MINUTES READ

Peace and unity are the deepest desires of every generation, yet they seem to drift further away in a time when the world is more connected than ever before. Technology has made it possible for people to communicate instantly across continents, yet it has also exposed differences, widened misunderstandings, and amplified conflict. The idea of peace is not just the absence of war but the presence of understanding, empathy, and justice among individuals and nations. The twenty-first century has witnessed a time of remarkable progress, but it has also revealed how fragile our sense of togetherness has become. Divisions of ideology, wealth, and identity are tearing apart the moral fabric of societies that once dreamed of unity. In every age, peace has been the foundation. Many governments have adopted policies that protect national inter-

duction on which societies grow and civilizations flourish. Without peace, creativity fades, and progress loses meaning. The modern world is marked by tremendous achievements, yet its moral and emotional fabric appears fragile. Conflicts, whether based on religion, race, or political interests, have torn communities apart. What makes this era different is that these divisions are visible to everyone through screens and social media platforms. Every event, from political upheavals to humanitarian crises, unfolds before our eyes, reminding us how closely connected yet divided humanity has become. When one part of the world suffers, the whole world feels the tremor, but the sense of shared responsibility often fades too quickly. One of the biggest challenges to unity today is the rise of nationalism and identity-based politics. While love for one's country is natural, excessive pride that ignores the rights or dignity of others becomes dangerous. Many governments have adopted

IMAGE SOURCE : THE UN

ests at the cost of global cooperation. Migration crises, trade wars, and religious intolerance have created walls between people who should be working together. The result is a world where suspicion often replaces trust and where the language of division spreads faster than the language of peace. Unity cannot grow in an environment where fear dominates the human heart, and where compassion is replaced by competition.

Globalization was once expected to unite humanity under shared goals of development and cooperation, but it has brought new divisions as well. Cultures now interact more than ever, but sometimes instead of blending they collide. Traditional values feel threatened, and new lifestyles create confusion about identity. The digital age has made people closer virtually but distant emotionally. Social media, which could have been a tool for spreading peace, often becomes a battlefield of hate and misinformation. The challenge before humanity is to turn this global network into a platform for understanding rather than hostility. Peace begins when dialogue replaces judgment and when listening becomes more important than arguing.

Another major obstacle to unity is the global imbalance of power and opportunity. Many developing nations struggle to have their voices heard on international platforms. Their needs are often overshadowed by the political and economic interests of stronger countries. Wars, sanctions, and exploitation have left deep scars on societies that are already struggling with poverty and instability. The path toward peace must therefore include justice and

equality among nations. International organizations and world leaders must focus on cooperation rather than control. True unity will come only when every nation, regardless of size or wealth, feels respected and represented in the global conversation.

Philosophically, the pursuit of peace is also a reflection of the human condition. Every person carries within them both the desire for harmony and the capacity for conflict. The struggle between selfishness and compassion shapes not only individuals but nations as well. Great philosophers and thinkers have long emphasized that peace begins within the human mind. When people learn to master anger, pride, and greed, societies naturally move toward balance. Education, therefore, plays a central role in creating a generation that values empathy over ego and understanding over dominance. Schools, families, and communities must nurture moral reasoning alongside academic success, for without character, knowledge becomes powerless.

However, peace is not a state that can be achieved once and for all; it is a continuous process that must be nurtured. It demands effort, sacrifice, and moral courage. In a world driven by speed and profit, the patience required for understanding seems rare, yet it is the only path forward. Governments can sign agreements, and organizations can promote campaigns, but without inner peace and empathy among people, such efforts remain temporary. The journey toward unity starts with simple acts: listening with sincerity, helping without expecting reward, and respecting others regardless of background or belief.

The media and education systems

carry great responsibility in shaping this understanding. The way conflicts are portrayed, and the kind of values taught in schools, directly influence how societies think about peace. Sensationalism that fuels division should be replaced by narratives that highlight compassion and shared goals. Literature, films, and art have historically united people by appealing to their emotions and shared experiences. Reviving these softer channels of influence may do more for peace than political speeches or economic policies ever could.

Ultimately, peace and unity are not destinations but ways of living. The idea of a divided world can only exist when people forget their shared humanity. Every culture, faith, and nation carries lessons about harmony, justice, and compassion. The challenge is to bring these values together rather than using them as

boundaries. The progress of science and technology will continue to change the way people live, but moral wisdom must guide that progress. Only when compassion becomes stronger than competition, and understanding outweighs prejudice, will the world truly find unity in its diversity.

Peace, therefore, is not just a political goal but a moral responsibility. It calls for courage in times of disagreement and hope in moments of despair. The path may be long and uncertain, but it is the only path that leads humanity toward true progress. Unity in diversity is not an empty slogan; it is the essence of human survival. As long as people remember that every human life holds equal value, and that no difference is greater than the bond of shared existence, the dream of peace will never die.

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WHY PEACE MATTERS MORE THAN EVER

The idea of global peace has changed a lot over the past few decades, giving us a more hopeful view of the world today. According to the Institute for Economics & Peace, deaths from wars have dropped by nearly 60% since 2000, as reported in the Global Peace Index (2023). This shows how much progress has been made through international cooperation, peace efforts, and a growing awareness of how destructive war can be. Although conflicts haven't disappeared completely, the overall direction suggests that the world is slowly becoming more peaceful.

Peace is not just about the absence of war; it's also about people feeling safe, stable, and supported in their daily lives. Countries that are more peaceful often have better education

systems, stronger healthcare, and more opportunities for growth. All of this plays a big role in improving people's happiness and satisfaction with life. When individuals feel secure and cared for, they are more likely to do well emotionally and socially, which helps create even more peaceful environments.

Studies like the World Happiness Report also show a clear link between peace, trust, and happiness. Societies where people trust each other and experience less conflict usually rank higher in happiness levels. This reminds us that peace is not just a political goal but a basic human need that shapes how we live. In the end, creating peaceful communities is one of the most powerful ways to build a happier and more successful world.

THE RISE OF THE NONCHALANT ATTITUDE



Saad Rashid
Student, Writer

04 MINUTES READ

There was once a time when not caring and not showing emotions were considered flaws, but the same thing has now become a flex. Gen-Z presents their composure and control outwardly, though internally, it might be quite the opposite. In today's language, being nonchalant means that you are calm, unfazed, and unbothered by everything. The message that is being conveyed is "Nothing can hurt me." According to a study from the Pew Research Center conducted in 2023, around 60% of Gen Z individuals report feeling the pressure to appear unfazed by challenges as a way to fit in with peers and social media trends.

It is no longer just mild disinterest; it is a life philosophy being applied, whose sole purpose is to showcase that this generation has mastered its emotions. Whether online or offline, everyone proudly

claims that they are nonchalant, since it is a trend and a flex. This is more than just a fad or a style choice; it is not only a survival plan that Gen Z regularly employs to avoid the endless agitation of the modern world, but it also acts as a shield in a society that always demands your attention.

To be very honest, it is no wonder so many of us feel overwhelmed. Social media fuels this way of thinking and this way of being unbothered cool. All the dry jokes, stern faces, and never-ending silence show a culture obsessed with this nonchalant trend. Social media has started rewarding

this aesthetic through algorithm boosts, eventually encouraging posts reflecting the ideology of calm and collected demeanor. There is a cyclic nature of memes and posts being observed in the algorithm, which helps nurture these trends at a viral level. An example of this is the viral "I don't care what others think" caption, which portrays indifference and a bait to get engagement while effectively changing the mentality of the younger generation. This mindset

everyone proudly

generation. This mindset

forces us to hide our own true feelings, especially when things get tough. My own interactions and experiences forced me to deduce that this commitment to being nonchalant ends up hurting us whenever there is a huge deadline, a crisis, or a personal conflict. Fearing that any sign of stress or trouble will signify weakness or instability, we continue to speak in a perfectly neutral tone and wear a perfectly flat face. I once got into a really heated argument at school over a point in table tennis. I did not yell; I simply maintained a perfectly sensible level of seriousness and composure, even though I was burning something fierce inside. Even though this continued to eat at me and impact my mental health the entire week, I did this to maintain the appearance of being unfazed and unconcerned.

This cover up of emotion comes from a culture of criticizing everything. A culture where every post, every sentence, and every gesture is thought twice since it has risks of being mocked or labeled as “cringe.” It encourages you to become detached from your own self and leave every honest thought and emotion behind. But behind every person claiming to be nonchalant is someone who still checks their phone anxiously and cares deeply; it is just that they have learned how to put on a show. This is where the shield becomes an Oscar-worthy performance.

This term “nonchalant” is rather new, but its concept was already embedded into distinct online behaviors, most notably “aura farming” and the “Gen Z stare.” Aura farming is the deliberate, often subtle, act of projecting an effortless sense of cool and competence, an intentional way to harvest

social clout without ever appearing to try. Physically, this is usually shown by the Gen Z stare, also known as a blank, neutral, unblinking expression on one’s face that communicates complete disinterest in the drama or minor social pressure of the moment. Members of older generations often interpret this look to mean rudeness, disrespect, or simply an overall lack of social skills, failing to recognize it as the emotional barrier or shield it is. While Gen Z sees the blank stare as a definite signal of being unbothered, older generations often take the look personally. This indicates a fundamental breakdown in reading emotional signals across generations. People often mistake being nonchalant for not caring at all or being mature. But it is not a lack of feeling; it is a sign that we feel too much of which none comes up to the surface. Our generation grew up in a world where emotions have always been on display, so much so that our brains interpreted that emotional distance is the only safe and reliable place left.

Real maturity is not about not caring; it is about choosing the right time for when to care and when not to. It is definitely not about not showcasing your emotions or feeling nothing; it is about feeling brave and intelligent. The real challenge in life is moving beyond the safety of coolness to experience authentic connections over comfortable detachment.

Saying “I don’t care” or “I am nonchalant” might look easy; the real challenge, the real art, is truly and deliberately caring when it feels dangerous.

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AEMAGAZINE.PK



CAN WE PREDICT FUTURE?



Muhammad Saeed Babar

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03 MINUTES READ

Ragu Rajan of University of Chicago Booth School of Business tries to explain who is responsible for not forewarning about the financial crisis that has engulfed the entire financial world.

At the height of the financial crisis, the Queen of England asked my friends at the London School of Economics a simple question, but one for which there is no easy answer: Why did academic economists fail to foresee the crisis? There have been several responses to that query. One is that economists simply lacked models that could account for the behavior that led to the crisis. Another is that economists were blinkered by an ideology according to which a free and unfettered market could do no wrong. Finally, an answer that is

gaining ground is that the system bribed economists to stay silent. In my view, the truth lies elsewhere. I would argue that three factors largely explain our collective failure: specialization, the difficulty of forecasting, and the disengagement of much of the profession from the real world. He reluctantly accepted that forecasting future events is difficult, if not impossible. Here is another study that shows why it is so difficult.

Stossel cited a study in the journal *Economics and Portfolio Strategy* that tracked 452 managed funds from 1990 to 2009, finding that only 13 beat the market average. Equating managed fund directors to “snake-oil salesmen,” Malkiel said that Wall Street is selling Main Street on the belief that experts can consistently time the market and make accurate predictions of when to buy and sell. They can’t. No one can. Not even professional economists and not even for large-scale market indicators. As

IMAGE SOURCE : IBER.ORG

economics Nobel laureate Paul Samuelson long ago noted in a 1966 News-week Column: "Commentators quote economic studies alleging that market downturns predicted four out of the last five recessions. That is an understatement. Wall Street indexes predicted nine out of the last five recessions!"

Even in a given tech area, where you might expect a greater level of specific expertise, economic forecasters fumble. On December 22, 2010, for example, the Wall Street Journal ran a piece on how the great hedge fund financier T. Boone Pickens (chair of BP Capital Management) just abandoned his "Pickens Plan" of investing in wind energy. Pickens invested \$2 billion based on his prediction that the price of natural gas would stay high. It didn't, plummeting as the drilling industry's ability to unlock methane from shale beds improved, a turn of events even an expert such as Pickens failed to see.

Why are experts (along with us non-experts) so bad at making predictions? The world is a messy, complex and contingent place with countless intervening variables and confounding factors, which our brains are not equipped to evaluate. We evolved the capacity to make snap decisions based on short-term predictions, not rational analysis about long-term investments, and so we deceive ourselves into thinking that experts can foresee the future. This self-deception among professional prognosticators was investigated by University of California, Berkeley, professor Philip E. Tetlock, as reported in his 2005 book *Expert Political Judgment*. After testing 284 experts in political science, economics, history and journalism in a staggering 82,361 predictions about

the future, Tetlock concluded that they did little better than "a dart-throwing chimpanzee."

The said study concluded that expertise in one area of study leads to narrowed focus and increases confidence but also blurs the value of dissenting views and transforms data collection into belief confirmation. One way to avoid being wrong is to be skeptical whenever you catch yourself making predictions based on reducing complex phenomena into one overarching scheme.

Having said so leads us to nowhere. Since the world is a very complex phenomena and there are many intervening variables, we shall never be able to predict the future whatsoever may be at our help. There will always be surprises.

A Hadith of Prophet (PBUH) - Narrated Abdullah Ibn Umar (RAA)

Allah's Apostle said, "The keys of the Unseen are five:

Verily with Allah (Alone) is the knowledge of the Hour.

He sends down the rain and knows what is in the wombs.

No soul knows what it will earn tomorrow, and

no soul knows in what land it will die.

Verily, Allah is All-Knower, All-Aware." (31.34)

Sahih Al-Bukhari 6.151

SURPRISING STATS:

- Mosquitoes cause over 700,000 deaths every year due to malaria, dengue, and other diseases.
- Only female mosquitoes bite because they need blood to lay eggs.
- Using repellents and mosquito nets can cut the risk of disease by almost 90%.

IMPETUOUS FACTICITY



Zuha Fatima
Writer, Student

03 MINUTES READ

In 2004, there was heartbreaking news in California. Everybody was gossiping about journalist Larisa Martin. She was the strength of many hopeless people, a candle for those who had lost their relatives due to Wilson Department products.

It was the 18th of September when the media received information from her mother that she had been missing for two days. The troopers showed little efficiency in finding her. On the 20th of September, the media revealed that she had committed suicide. The police found her dead body near the beach. Her mother strictly denied this statement and said that someone had killed her daughter.

Everyone was shocked and confused. People everywhere debated truth and falsehood because Larisa was the only journalist who showed loyalty to her profession without worrying about the consequences. Her mother decided to find the culprit herself. After her complaints, the police refused to investigate the case.

At the same time, a newly recruited officer noticed the courage of her mother and decided to investigate. He became her only hope. He took the initiative to inquire about the crime. Larisa's postmortem report

confirmed that someone had injected her with sodium cyanide.

He was in a difficult situation. The cops went to Larisa's home to inquire with her mother. She said:

“Officer! She never told me much about her profession, but a while back, she raised her voice against the blending of addictive materials in the usual products of Wilson Company. On the morning of her missing day, I overheard her conversation on the mobile phone. She told someone that she had collected a lot of evidence against Wilson's Company. I warned her not to get involved, but she didn't listen to me.”

The officer asked:

“Did anyone from that company force her to stay quiet?”

She replied:

“Yes. The owner of Wilson Department, Jordan Wilson, sent her a message through his assistant to stop creating difficulties for his company. He even offered her money, but she refused. He angrily told her that she would have to pay the consequences of this rejection.”

The officer asked:

“Did she have any enmity with someone?”

She answered:

“No. However, she was very upset for a few days. When I asked her, she said she had a fight with her friend, Freya.”
The officer then went to inquire with

IMAGE SOURCE : FREEPIK

Freya. She said:
“Officer! She was very upset for a few days. I asked her, and she stated that someone had been following her and sending weird messages.”

The officer asked:
“What kind of messages?”
She replied:

“Sir, I know nothing more. When I told her to share it with the troopers, she became aggressive and said she would handle it alone. I last talked to her on the morning of her missing day. She told me she had collected concrete information. She also had a librarian friend, Asher.”

The officer visited Asher at the library. He looked charming and youthful, but the officer sensed an inner darkness. When questioned, Asher said:

“She was my pal. There was respect in our friendship. Did she commit suicide or was she killed? I don’t know.”

The officer pressed:
“You said you don’t know if it was suicide or murder. How can you be unaware of the criminal?”

Asher panicked and replied:
“I heard about it through the media.”

The officer returned to Larisa’s mother to gather more information. He found a medical list showing a rise in patients with similar symptoms, and even her father’s report confirmed that his death was related. He also discovered her phone a little distance from her home. Upon unlocking it, he found deleted data. The recovered mobile data revealed messages from an unknown person coinciding with her investigation against Wilson Department.

The Trauma Centre treatment card of Asher Wilson, son of Jordan Wilson, was sent to Larisa. The officer realized that Asher was the heir of

Wilson Department. He traced the sender, Mr. Harris, who explained:
“My sister was killed by Asher while he was drunk. The police didn’t act due to his father’s influence. I recorded everything and started tracking him. When I heard Larisa raise her voice against them, I thought I should help her. I didn’t expect she would be killed.”

The officer sent his team to detain Asher, who had left the library three months prior. His team arrested his accomplices. They confessed to working for Asher. Using their mobile phones, the officer eventually apprehended Asher.

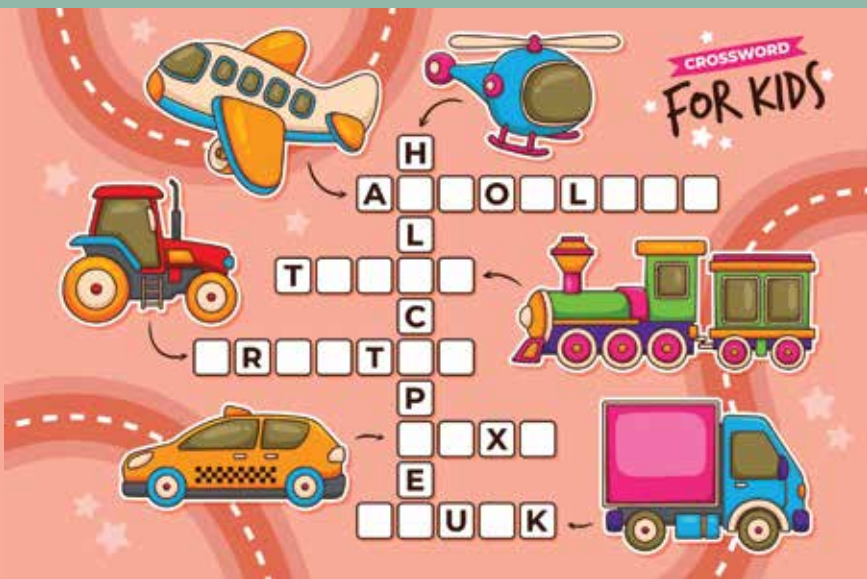
When the media exposed the news, Jordan Wilson pressured the police. High-ranking officials threatened the officer, but he uploaded the videos, sparking public protests.

In court, Asher stated:
“Your worship, how can I kill her? I was infatuated with her. She warned me she would push me to court and make a lesson for other psychopaths. How could she call me a psychopath? I wanted to make life peaceful for others because I never experienced peace myself. My upbringing shaped me this way. I am like my father. Rules don’t apply to me.”

The court approved the evidence, and based on Mr. Harris’ testimony, Asher was sentenced to execution for three murders. Jordan Wilson received ten years’ imprisonment for covering up crimes. The magistrate sealed the Wilson Department for two years to restore public trust. The officer was awarded appreciation and promotion for his loyalty to his profession.

Everyone felt secure again, and this case became a lesson for those who try to hide their manipulation through power.

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ANIMAL WORD PUZZLE



- | | |
|---|---|
| <p>Down</p> <ul style="list-style-type: none"> 1. snake 2. bear 4. monkey 5. tiger | <p>Across</p> <ul style="list-style-type: none"> 3. lion 6. crocodile 7. deer |
|---|---|



DIY: SLIDING SUN GREETING CARD

SOURCE : AEM

This fun and creative DIY project is a sliding sun greeting card that reveals a hidden message when opened. It is perfect for kids and beginners, and it can be used for birthdays, friendship cards, or just to spread happiness!

Materials Required:

Colored craft papers (yellow, blue, orange, and black)
 White paper (for message)
 Scissors
 Glue or double-sided tape
 Black marker
 Ruler
 Pencil

Steps to Make:

Step 1: Prepare the Base

Take a blue craft paper and fold it in half like a card. This will be the base of your project.

Step 2: Create the Sliding Mechanism
 Cut a horizontal slit across the center of the folded card (not too wide). Make sure it is neat, as this will allow the paper to slide.

Step 3: Make the Sun Face

Cut a large circle from yellow paper for the sun. Add a smiling mouth and cool sunglasses using black paper or a marker.

Step 4: Add Sun Rays

Cut small strips from yellow and orange paper and paste them around the sun to create bright rays.

Step 5: Attach the Sun

DIY: Make a Cozy Kids Tent

What You Need:

2-3 wooden sticks or broom handles

A bedsheet or cloth

Rope or tape

Cushions or pillows

Steps:

Tie the sticks together at the top to make a triangle shape.

Spread the cloth over the sticks like a tent.

Fix the cloth using tape or tie it with rope.

Place cushions inside to make it soft and cozy.

Fun Idea:

Sit inside your tent and read your favorite storybook



Mindfulness and Vitamin D: A Powerful Duo for Anxiety and OCD Relief



Imdad Ullah
Molecular Biologist
and Scientific Writer

05 MINUTES READ

1. Introduction:

The world today is a high-flying environment and thus most individuals cope with mental issues such as Anxiety and Obsessive-Compulsive Disorder (OCD). Anxiety cannot be simply described as the worry, it is a persistent or continuous state of fear, stress or apprehension which may alter sleeping, concentration and functioning. On the other hand OCD is characterized by unwanted repetitive thoughts (obsessions) and the urge to undertake or express some actions or rituals (compulsions) so as to lessen distress. Both of these disorders may disrupt everyday life, yet through knowledge of how they arise and what they are, one may consider new ways of coping with it naturally through mindfulness and

vitamin D.

Since both anxiety and OCD still pervade the lives of individuals of all ages, there has been a strong demand in natural and easily sourced means beyond medication. Two of them are mindfulness, an exercise that trains to be calm and aware of the present moment, and the vitamin D vitamin, an essential nutrient that is associated with brain health and emotional control. Combined with the support of scientific evidence, the two tools provide secure and efficient means of ensuring wellbeing in the mental sphere and minimizing the influence of anxiety and OCD in everyday life.

2. Understanding Anxiety and OCD:

Both anxiety and OCD have a substantial influence on the manner of thinking, feeling, and acting in an individual. Individuals who have

IMAGE SOURCE : HAPPIEST HEALTH

anxiety tend to think continuously and always anticipate the worst out of normal things. Emotionally, they will be either tense or irritable or overwhelmed without much reason. OCD takes another step, obsessive thoughts (contamination or harm are caused by something you are afraid of) cause repeating behaviors or mental rituals (checking, counting, reassuring themselves). Such states are more widespread in modern society and the lifestyle characterized by excessive pressure to live up to expectations, compared with others, and the absence of relaxation bring a level of emotional stress. Fear cycles, compulsions, and difficulties with relaxing do not isolate people, they are silently battled by many people, particularly students and professionals. Early diagnosis of such symptoms may aid in the selection of healthy and natural ways of controlling them before they get stronger.

3. Power of Mindfulness:

The concept of being mindful is to totally focus on the current time without attempting to judge or criticize. It is the ability to watch your thoughts, feelings, and environment without getting carried away in an automatic reaction. Instead of being caught in your worries about what might happen tomorrow or will happen in the future, the rules of mindfulness teach you to focus on the moment.

The process assists the mind to calm down the thoughts that run at a high pace and break the overthinking pattern. It switches on parts of the head associated with concentration, emotional control and relaxation, and turns off the regions of the brain, or

the hubs of stress, which initiate worry and stereotyping. Mindfulness creates self-awareness and with time people are able to observe their mental patterns and are able to respond healthier rather than to fear or compulsion.

These common practices involve mindful breathing. All you can do is pay gentle attention to both your inhale and your exhale, body scan to eliminate physical stress, and just be mindful in everyday activities such as walking or eating. Studies demonstrate that mindfulness-based interventions such as the Mindfulness-Based Stress Reduction (MBSR) and Acceptance and Commitment Therapy (ACT) approach have assisted individuals to decrease anxiety, OCD, and emotional reactivity, and the participants usually did not require the intervention of medications.

4. Hidden Role of Vitamin D:

Vitamin D is not only a vitamin of the bones but it behaves like a hormone and it is extremely important in brain health. It aids the nervous system regulation, as well as mood, and affects the generation of such brain chemicals as serotonin, which influences happiness and emotional wellbeing. When vitamin D is insufficient, it is possible that the brain cannot cope with stress harmlessly and that the results will be improved levels of anxiety, depression, and even OCD symptoms.

In a few studies, there is indeed a close connection between deficiency of vitamin D and mental cases like anxiety, panic attack, and obsessive-compulsive behaviors. The

World Health Organization (WHO) says that the problem of vitamin D deficiency is observed all over the world, and it is particularly widespread in South Asian nations. Sunlight exposure; most people spend long hours inside buildings, dress in a way that inhibits sun exposure or they avoid sunlight exposure because it is hot or people have an aversion to it due to culture and tradition, increasing the likelihood that the body will not produce vitamin D by itself.

In order to stay healthy with respect to vitamin D levels, one should get healthy sun exposure which is usually 15 to 20 minutes in the morning, as well as consuming foods rich in vitamin D which include fish, eggs, dairy products and fortified foods. Doctors can also advise supplements in instances of deficiency. Educating people on this little-known nutrient is needed, and even a marginal increase in the level of vitamin D can cause extraordinary outcomes in emotional and mental health.

5. A Combined Approach : Mind and Body Together :

Effective and long-term management of anxiety and OCD may result when we focus not only on the mind but also on the body. Vitamin D and mindfulness are synergistic because they can focus on the stress reaction at various levels. Mindfulness can relax the mind overthinking and the ability to have an emotional response and vitamin D facilitates the brain by balancing the chemicals and giving strength to the nervous system. Combinedly they assist in the minimisation of the synthesis of cortisol, which is the principal hormone of stress in

the human body and tends to be overproduced in individuals with chronic stress and OCD.

The effectiveness of mindfulness in promoting quality sleep, stabilizing mood, and reducing the risks of returning to the disorder associated with anxiety has been proven through research among other scholars. Meanwhile, an abundance of vitamin D has also been associated with enhanced serotonin synthesis, good immune glowing and help of melancholy and tension. With a fusion of mindfulness practices, such as deep breathing or body scan, and using natural sources of vitamin D, e.g. morning light or healthy food, people can generate a balanced and complete system that will induce emotional calm and physical robustness.

6. Practical Tips for Reader:

a. Do 10 minutes of mind breathing every day. According to the episode, sit down, concentrate on breathing and easily take control of the thought when the mind goes off track. This assists in having less anxiety and developing mental clarity.

b. Expose yourself to the sun between 15 and 20 minutes prior to 10 in the morning. The best and least risky way to increase the level of the natural vitamin D in your body is acceptable sunlight in the early morning hours.

c. Have your vitamin D levels doctored. Suppose you are regularly feeling tired, low, or troubled, a simple blood test will show whether you are deficient, in which case you are supposed to be taking some

supplements.

d. Consume foods that contain vitamin D. Eat eggs, oily fish (such as salmon and sardines), fortified milk and mushrooms to benefit healthy brain and bone health.

e. Do not multitask to be present. Mindfulness is enhanced through single-tasking because it forces a person to do one thing at a time and focus on it. An individual may reduce mental clutter and lower stress regardless of a day.

7. Conclusion:

Living in a world where there is so

much stress, pressure, and so many things happening around, it has never been so significant to take care of the body and the mind. We can also naturally alleviate the burden of anxiety and OCD through some basic daily routines such as meditative breathing and with safe sun exposure. Mindfulness and vitamin D are both powerful and researched-proven in terms of helping to balance a mood, to calm the mind and to restore an emotional state. Small, regularly applied steps towards inner peace and the attainment of physical health give us the gateway to more purposeful, relaxed, and tenacious life.

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THE STORY OF CHANGA MANGA: PAKISTAN'S ARTIFICIAL WOODLAND

SOURCE : AEM

Nestled in the heart of Punjab, Changa Manga is one of the largest man-made forests in the world. Originally planted during the British colonial era to meet the region's timber needs, this vast forest spans thousands of acres and stands as a testament to human ingenuity and environmental planning. Over the decades, it has grown into a thriving ecosystem, attracting visitors, wildlife, and nature enthusiasts alike. Changa Manga is not just a forest of trees; it is a sanctuary for a variety of wildlife. Peacocks, jackals, rabbits, and numerous bird species call this forest home, while carefully maintained trails and pathways make it easy for visitors to explore without disturbing the delicate balance of nature. Its serene environment offers

a peaceful escape from the bustling cities nearby.

For tourists and locals alike, Changa Manga offers a range of activities. From leisurely walks among the towering trees to riding the miniature train that winds through the forest, there is something for everyone. The forest also includes picnic areas and small lakes, making it an ideal spot for family outings and nature photography.

Beyond its recreational appeal, Changa Manga plays a vital role in environmental conservation. As one of the largest artificial forests, it helps combat desertification, improves air quality, and supports biodiversity in the region. Its success highlights the importance of planned afforestation and serves as an inspiring example of how humans can work with nature to create sustainable landscapes.



GRIEF VS DEPRESSION. UNDERSTANDING THE FINE LINE BETWEEN THEM



Shehram Javed
Clinical Psychologist,
Academic Writer

06 MINUTES READ

"We must understand that sadness is an ocean, and sometimes we drown, and other days we are forced to swim." R.m Drake

Sadness, emptiness, tears, and exhaustion are common emotional terms used to describe both depression and grief. Beneath the surface, however, they are very distinct experiences. Finding the appropriate kind of support and recovery can be facilitated by understanding the boundaries between depression and grief.

Grief

Grief is a natural and universal response to loss. It is more focused on the loss of a person.

Depression

Depression is more than sadness. It is a psychiatric disorder that requires assessment and treatment. It primarily focuses on the individual experiencing depression.

There are some main points that clearly explain the differences between grief and depression:

Mood

Grief: Mixed emotions come in waves and are often intermixed with positive memories.

Depression: Individuals mostly experience a low and negative mood.

Self-esteem

Grief: Self-esteem is generally maintained.

Depression: Corrosive feelings of worthlessness and self-loathing are common.

Focus

Grief: Focus is primarily on the loss of the other person.

Depression: Focus is more self-centered, accompanied by a sense of emptiness.

Functioning

Grief: A person can still function in daily roles and receive support.

Depression: Individuals mostly isolate themselves from others.

Prognosis

Grief: Symptoms lessen in intensity and improve over time.

Depression: Untreated episodes can last for months or longer.

When Grief Becomes Depression

Grief and depression can sometimes

coexist. This may occur when the grieving process becomes prolonged or complex, a condition called persistent complex bereavement disorder.

The following are indicators that depression may be developing from grief:

- Severe sadness that does not go away.
- Inability to perform at home or at work.
- Persistent feelings of worthlessness or emptiness.
- Loss of interest in activities or relationships.
- Thoughts of not wanting to live.

“Last year, I suddenly lost my most important person. The news of his death shattered me completely. I felt as if everything in life, my happiness, my interest, my joy was lost with him. After the toughest months of my life, I wanted to be stronger than before. Still, some unforgettable positive memories of him remain with me. Now, I feel peace and happiness in remembering these memories. Although I cannot forget him, I have learned to survive with him and cherish his positive and peaceful memories. This helps me overcome the bereavement period without falling into depression. Sometimes it is not easy to control tears when recalling these memories, but it is okay to break a promise to myself once in a while. At times, I struggle with the memories because tears come easily to my eyes, and I once again break my promise. It is a constant battle between remembering and letting go.”

While both depression and grief are manifestations of suffering, depression stifles life itself, whereas grief respects love. Acknowledging this distinction can be crucial.

Grief serves as a reminder that we have lost something valuable. Depression is a sign that we have lost a part of our identity. Both can result in healing; grief through remembrance and depression through proper support and treatment. Loss alters us. It rearranges the furnishings in our mental world, making familiar things seem empty at times. It is normal to question whether we are depressed or grieving during such times.

Despite their similar appearances, the two are not the same. Understanding that thin line can mean the difference between being trapped in silent agony and experiencing natural healing.

Healing Paths

For Grief

Recognition and expression lead to healing. The process includes talking about the loss, lovingly remembering the person or circumstance, and letting the tears flow. Grief is alleviated by connection rather than avoidance.

For Depression

Professional treatment is often necessary for healing. Recovery can be achieved with a combination of medication, therapy, and lifestyle support, including sleep, nutrition, exercise, and social interaction. Depression is a treatable illness, not a sign of personal failure.

When to Ask for Assistance

- If you have been feeling numb or hopeless for longer than two months.
- If you cannot handle everyday responsibilities or have lost interest in life.
- If you completely distance yourself from other people.
- If you are considering suicide or self-harm.

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ISLAMIC PSYCHOLOGY IN PAKISTAN: WHAT IT IS, WHY IT MATTERS, AND HOW TO BUILD A CAREER



Hafsa Shahzada

Psychologist,
Research Content Specialist

05 MINUTES READ

Why Islamic psychology, and why now?

Islamic psychology applies insights from the Islamic intellectual tradition, Qur'an, Sunnah, classical scholarship and ethics, together with contemporary psychological science, to promote mental health in Muslim populations. Interest has surged globally as clinicians seek spiritually congruent care for Muslim clients and theory that accounts for faith, community, and morality alongside cognition and behavior. Concept papers now propose integrative models for a coherent discipline, rather than ad-hoc "add religion to therapy" approaches (Al-Karam, 2018). In Pakistan, where the population is overwhelmingly Muslim, culturally and religiously attuned

services can increase engagement and adherence, especially outside large urban centers.

Roots and contemporary evidence more than "add scripture"

Muslim scholars such as Abū Zayd al-Balkhī, who died in 934, wrote systematically about anxiety, sadness, and cognitive strategies for managing distress, anticipating elements of cognitive and behavioral approaches by a millennium (Badri, 2013). Modern research shows that religiously integrated CBT, tailored to a client's faith tradition, can be as effective as, and sometimes more acceptable than, secular counterparts for depression and anxiety (Pearce et al., 2015). In Southeast Asia, multiple studies, including the classic Azhar and Varma work in Malaysia, report benefits of Islamically adapted CBT for Muslim patients (Subhas et al., 2021). Pakistan-based trials also demonstrate that culturally adapted brief psychotherapies, for example behavioral activation, reduce depressive

symptoms, underscoring the value of local adaptation even when an intervention is not explicitly religious (Dawood et al., 2023).

The South Asian and Pakistani context, where demand meets training

Pakistan's universities increasingly acknowledge spiritual and cultural dimensions in curricula. For example, the International Islamic University Islamabad lists "Muslim Psychology" in its postgraduate structure and offers psychology programs with Islamic studies components, which provide helpful foundations for faith-congruent practice (Psychology M.Sc. at International Islamic University Islamabad, n.d.).

Outside the public system, organizations like the International Association of Islamic Psychology have developed practitioner directories and training pathways. Allied institutes,

such as Khalil Center's School of Islamic Psychology, Cambridge Muslim College, and Usul Academy, offer diplomas and supervised training in Islamic psychology and counselling. Pakistani students can complete these online and then apply their knowledge locally.

What Islamic psychologists actually do

Clinical services: Integrate assessment and evidence-based treatments with Islamic concepts, such as virtues, meaning, and spiritual practices, when desired by clients, ensuring methods remain empirically grounded and ethically delivered.

Community mental health: Partner with mosques, welfare trusts, and NGOs to deliver psychoeducation, grief groups, and family programs in Urdu and regional languages, improving reach and reducing stigma. The success of culturally



adapted therapies in Pakistan supports this approach.

Education and supervision: Teach culturally and religiously responsive practice to trainees in universities and placement sites, for example IIUI and Riphah (ICIPP, n.d.).

Research and product design: Evaluate Islamically integrated protocols and co-design digital mental-health content, such as chatbots and psychoeducation modules, fit for Pakistani users. Evidence from Malaysia's I-CBT literature and global R-CBT guides these adaptations.

Pathways in Pakistan: a practical guide for students and professionals
Build your psychological core, Years 0 to 4:

BSc or BA in Psychology or equivalent. Prioritize psychopathology, assessment, research methods, and ethics. Where available, add modules that address Muslim psychology or Islamic studies to build conceptual fluency. IIUI's structure shows how these pieces can sit together.

Gain supervised clinical skills, Years 4 to 6:

MPhil or MS in Clinical or Professional Psychology, for example at Riphah Institute of Clinical and Professional Psychology, with practicum in hospitals or NGOs. Learn brief, scalable interventions validated in Pakistan, such as behavioral activation, and document outcomes.

Add Islamic psychology specialization in parallel:

Pursue Islamic psychology or counselling diplomas, for example IAIP-aligned programs, Khalil Center, Cambridge Muslim College, Al-Balagh, or Usul Academy. Build competence in religiously integrated CBT and methods for case formulation that include faith, family, and community variables.

Conduct and publish local research, Years 5 and beyond:

Replicate or adapt I-CBT and R-CBT trials for Urdu, Punjabi, and Pashto speakers. Evaluate acceptability and outcomes. Draw on Malaysia's I-CBT evidence and Pakistan's cultural adaptation trials as templates.

Choose your niche and employer:

Hospitals and clinics: Faith-congruent psychotherapy and consultation-liaison work.

Universities and seminaries: Teaching, supervision, and joint programs across psychology and Islamic studies. See IIUI offerings.

NGOs and community services: Mosque-linked counselling, women's and youth programs.

Digital health and publishing: Urdu or Arabic content. CBT worksheets with Islamic framing, app-based guided self-help.

Policy and training: Collaborate with professional bodies to develop competency standards in Islamic psychology. IAIP guidance and directories provide starting points.

Ethics: what "good" looks like
Best practice is client-led and evidence-based. Clinicians should never impose religiosity, must obtain informed consent for spiritual integration, and avoid role confusion with religious authority. All methods should meet scientific standards while aligning with Islamic ethics of compassion and justice. Integration should clarify treatment, highlighting values, meaning, and community support rather than replacing clinical reasoning. Contemporary integrative literature and R-CBT manuals provide practical safeguards to ensure ethical delivery.

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PREFACE OF THE LITERARY ESSAY: THE THEORY OF SUICIDE



Maryam Aijaz
Student, Writer

03 MINUTES READ

Poem

An Enchantress,
From Dawn to Night,
Deceptively braided upon the wines
of time,
Her heart dangles from the lace of
her dress, malign,
She struts slyly within callous lies,
dances exotic, around what was
really a glimpse,
She beheld like eternity, calming her
tentative mind,
From the floor she once strode, she,
the face of awakening, now strikes
cataclysmic,
Her siren rings frantic, and her lungs
become winded,
As drops her lipstick, and flows the

blood from the skin pricked,
By the wound of masochist plight,
her skin peels papery white,
Dies out the enchanting ballroom
lights,
As she comes to know the kite she
beheld a high spectacle, was nothing
but a string penetrating her flesh,
The strut turns to a thrash,
And the deception was best deceiving
when the one fooling believed,
She believed, and she deceived,
Her own soul within her grief,
And now her countenance lies a float,
while sinks the disposition,
No one would console,
For one who holds no soul.
She dances with holes,
They find her whole,
The Night is prevailing at the break of
dawn, a story untold.

Theories lie subjective, rooted within

the journey of one's own, but can there be an outlet of understanding, that can dare fathom, one of many aspects of simply the voice of self-termination, and be shared at a universal level? Prevailing a personified way of resonation, and conceivably saving one's life, by the means of one perception, not aiming to get rid of the pain, or to necessarily move on or let go, but to hold on to, the agony by the means of becoming the art we make. Art can refer to many ambiguous connotations, but is in the unanimous agreement of making one feel a certain way, if the art we create, (anything we hold a passion towards, or the journey of leading to one), either music, paintings, writings, films, any personified statement of human creative- creation makes one notorious human being separate of us make feel a certain way, that is purpose enough, to make the tragedy within us, become the spectacles we create, to lead to not ridding the agony, per se, but to lead to holding fragments of a peculiar peace, a peace of one's own, for a piece of one's remaining own, in the room of one's own, with possibly divine intervention to break through the cycle of justified ontology, and conceivably, potentially, possibly, lead to, holding on to our souls. The Theory of Suicide will intricately explain, where agony roots, being love, and what might be the way to hold on, while the shards of the glass break through the wines of our past, not letting go, neither our lives, nor the pain, but holding on. The Theory of Suicide doesn't aim, to make other people understand what suicide is, or its cycles, but wants to prevent it, by reaching a theory, which i myself was revealed upon by agony, and will hold on to, and feel it a solemn cause to make it be known,

my subjectivity might not be objectivity, but chances are the likes of one exists, hence the readers, are free to disagree, and state their own idea, even add or to take away from these ideas, but the idea I will gradually begin to explain isn't made out of the fascination of suicide, or intrigue of the act, neither to save the day to infest my own protagonist urges, none of that, but it is something I myself developed, while thinking of death, a place outside of this continuous consciousness, and acute awareness. It may not be the truth for all, but it is sincere. Nor may it always prevail, for we are humans, living on earth, ubiquitously feeling, but may make suicide lesser of an option, more of an occasional distant thought, or nothing at all, or perhaps everything, though this does not aim to solve anything, but tell you truth, and let you hold on, to the agony, and your soul, all upon the subjective, **if.**

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DO YOU KNOW?

- Giraffes are surprisingly prone to lightning strikes.
- Their towering height makes them natural targets during storms.
- They are estimated to be 30 times more likely to get struck than humans.
- Open savannahs and limited shelter increase their risk.
- Despite this, lightning strikes remain rare, but giraffes' size puts them in nature's spotlight.

THE POWER OF PERSPECTIVE: HOW TO TURN STRESS INTO STRENGTH

SOURCE : TED

Can changing how you think about stress make you healthier?

Here, the science says yes. When you change your mind about stress, you can change your body's response to stress. Let me start with the study that made me rethink my whole approach to stress. This study tracked 30,000 adults in the United States for 8 years. And they started by asking people "How much stress have you experienced in the last year?" They also asked, "Do you believe that stress is harmful for your health?" And then they used public death records to find out who died.

Okay, some bad news first. People who experienced a lot of stress in the previous year had a 43% increased risk of dying. But that was only true

for the people who also believed that stress is harmful for your health. People who experienced a lot of stress but did not view stress as harmful were no more likely to die. In fact, they had the lowest risk of dying of anyone in the study, including people who had relatively little stress.

The harmful effects of stress on your health are not inevitable. How you think and how you act can transform your experience of stress. That pounding heart is preparing you for action. If you're breathing faster, it's not a problem, it's getting more oxygen to your brain. When you choose to view your stress response as helpful, you create the biology of courage. And when you choose to connect with others under stress, you can create resilience.

The Incredible World of Hummingbirds

SOURCE : TED

Hummingbirds are among nature's most astonishing creatures, small in size yet extraordinary in ability. Beyond their vibrant plumage, they possess a unique way of seeing the world. Unlike humans, they can detect ultraviolet light, allowing them to perceive colors and patterns invisible to us. This enhanced vision helps them locate flowers, avoid danger, and recognize one another with remarkable precision.

Their flight is equally impressive. Hummingbirds can hover effortlessly, move in any direction, and even fly backward with ease. This incredible agility is made possible by their

specialized wing structure and powerful muscles, enabling them to navigate through flowers and dense spaces with unmatched control.

Their vision and flight work together to ensure survival. By identifying subtle color differences in flowers, including those unseen by humans, they can find the richest sources of nectar. These abilities also help them migrate efficiently and stay safe from predators in their environment.

More than just a wonder of nature, hummingbirds symbolize the hidden marvels of life. Their delicate size contrasts with their extraordinary capabilities, reminding us that even the smallest creatures can hold the most fascinating secrets.

WHEN THE SUN SLEEPS: THE EMOTIONAL LANDSCAPE OF WINTER



Aqdas Hashmi

Lecturer, PhD Scholar, Ghazal
& Sufi Vocalist, Researcher

04 MINUTES READ

The change of seasons has a profound impact on various aspects of human life. Physical, mental, and emotional states are affected by these climatic changes. The winter season, which brings with it cold, short days, and long nights, can be soothing and comfortable for some people, but for others it can create feelings of sadness, anxiety, and restlessness. Even those who usually enjoy this season sometimes feel lethargic and exhausted. This condition is not temporary but may be a deep psychological and physical reality, which is important to understand and study. The shorter days and longer nights in winter affect the human body's biological clock, known as the circadian rhythm. This internal clock controls sleep, wakefulness, and mood. Lack of light increases the

production of melatonin, which promotes sleep, while decreasing levels of serotonin, which create feelings of happiness and contentment. These biological changes can make people feel sluggish, tired, and sad. Psychologically, this winter state is indicative of a specific condition called Seasonal Affective Disorder (SAD). This condition is more prominent during the winter months and affects behavior, mood, and energy levels. Common symptoms include listlessness, fatigue, loss of interest in work, and decreased social activity. Research has shown that this condition is more common in regions where sunlight is limited during the winter, such as Scandinavian countries. This psychological problem is not limited to mental changes; physical weakness also plays a role. Vitamin D deficiency is a common problem in winter, which affects a person's immune system and mood. Lack of sunlight, a natural source of

IMAGE SOURCE : TOI

vitamin D, can increase physical weakness and emotional apathy. In addition, reduced physical activity and spending more time indoors during cold weather can also negatively affect mental and physical health. Personal and social factors can further increase feelings of winter anxiety and restlessness. If a person is going through difficulties such as financial hardship, relationship problems, or loneliness, the winter season can intensify these feelings. Studies have shown that people's social circles become narrower in the winter, which leads to increased loneliness and stress.

This winter season can bring physical exhaustion as well as emotional apathy and despair. Even normally energetic and enthusiastic people can feel helpless and aimless during this season. In this state, time stands still and the pace of life feels slow. Historically and culturally, different societies have adopted different strategies to cope with the effects of winter. In Scandinavian countries, where sunlight is scarce, people embrace concepts like Hygge, which are based on cozy environments, candles, and domestic comfort. In other regions, hot drinks, communal meals, and social events are organized to combat the winter blues.

Psychologists and scientists have proposed several strategies to treat these problems. Light therapy is considered an effective treatment for winter blues, as it improves serotonin levels through special types of light. In addition, improving sleep habits, eating a healthy diet, and spending time in the sun can also be beneficial. Increasing exercise and social interactions in winter is suggested, as they benefit not only physical health but also mental peace.

The impact of winter in societies like Pakistan is linked to the socio-cultural context. Family gatherings, warm meals, and religious rituals play an important role in alleviating the gloom of this season. However, due to changing lifestyles, more time spent in front of screens, personal isolation, and decreased social interaction, psychological problems during winter are increasing.

It is a fact that winter depression and anxiety are common but important problems, which are related not only to weather conditions but also to overall mental health and lifestyle. It is important to understand this condition and take timely measures to make the winter season enjoyable and meaningful. To do this, seeking light, following healthy routines, and promoting social relationships are key.

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QUICK FACTS FOR THE YOUNG MIND

- Over 70% of young adults feel intense pressure to meet society's expectations before turning 30.
-
- Many young people change careers 3–5 times before finding their true calling.
-
- Hobbies and creative pursuits aren't just fun ... they help reduce stress, sharpen decision-making, and ease the anxiety of youth.

ECHOES THAT GREW INTO MEANING



Amna Khaliq
Teacher, Writer

03 MINUTES READ

As children, we often sat annoyed by the ghazals echoing softly in the background, the melancholic notes playing behind us while our parents hummed along. We never understood then how every lyric would one day pierce through our hearts. Time moved on; generations came and went. Yet, the power and beauty that music holds have remained unchanged: timeless, eternal, and healing in their own mysterious way. We never realized that every verse of those ghazals would come to mean so much; that one day, we would find ourselves swaying to them, our toes tapping unconsciously, our hearts aching with recognition. Every line now carries the weight of emotions we once did not know existed: the memories, the nostalgia, the quiet traumas that life etched into us.

For Gen Z and millennials alike, music has always been more than sound; it has been language, therapy, and rebellion. That moment of quiet surrender when you find yourself singing Nayyara Noor's "Ae Jazba-e-Dil Agar Main Chahoon" while feeling utterly broken, that is where the power of music truly lies. Or when Nusrat Fateh Ali Khan's timeless qawwali "Uthay Amalan De Hunay Ne Nebaray" humbles you, grounding your soul and reminding

you that no one questions your worth; it is something divine and inherent.

Back then, sitting on that old school bus on a random Tuesday morning, none of us truly listened. We were just children surrounded by melodies we could not decode. But once life happened, failures, realizations, those same qawwalis began to sound like life itself, as if each lyric had been written for us all along.

Insha Ji's haunting lines, "Insha Ji Utho, Ab Kooch Karo, Iss Sheher Mein Jee Ko Lagana Kya," now echo as a reminder: to detach, to escape, to protect our weary hearts from the cruelty of the world. The soul-stirring "Ankhan Cham Cham Wasiyan" mirrors those moments when tears were our only language, while "Dil Mein Ek Lehr Si Uthi Hai Abhi" rekindles the emotions tied to the times that broke us, yet shaped us.

There is a rare kind of beauty that music holds, one that cannot be overshadowed by anything else. It transcends time, age, and experience. Every young soul eventually discovers this strange joy in pain, this bitter-sweet comfort that comes from understanding what the lyrics finally meant all along.

Because in the end, music does not just speak; it heals, it remembers, and it makes us feel alive again.

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AEMAGAZINEPK

THE POWER OF PRETENSE IN CHILDREN'S PLAY



Fatima Altaf

Psychologist, Painter,
Animal enthusiast & Writer

03 MINUTES READ

Attraction toward play is most evident in young ones. In children, it often comes with a misleading appearance: play and pretense exist side by side and are essential in early development. Two fundamental questions arise with respect to education: How can parents and schools provide more opportunities for such activities, and should the educational value of play be given greater emphasis?

The psychology of play has been examined by Groos, raising two significant questions: one concerning impulse and the other relating to biological utility. Regarding the latter, it is clear that young beings, whether puppies, kittens, or children engage in playful activities that mirror behaviors they will eventually perform in adulthood. The more children value these activities, the more they engage in them. However, this explanation alone does not constitute a full psychological analysis.

While some psychoanalysts have suggested the presence of sexual symbolism in children's play, a more convincing interpretation centers on the themes of imitation and power.

Children are deeply impressed by the idea of becoming adults. This aspiration becomes evident early through imitation, as children often mimic adult roles and behaviors. The feeling of being small or less capable, a kind of inferiority complex is common in childhood. When properly guided, this feeling can become a source of motivation; if neglected, it may lead to frustration or unhappiness.

Within play, two types of will can be observed: the will to learn a skill and the will to engage in fantasy. Just as adults may turn to dreams to fulfill desires, children turn to pretense, though not primarily for sexual expression. Instead, the core drive in their imaginative play is often the exercise of power. Children prefer to take on roles that allow them to control, command, or influence others whether as superheroes, rulers, parents, or even villains. These roles give them a sense of authority and agency that contrasts with their real-life limitations.

Power, rather than sex, is the central and shared element in children's fantasies. The pretense of adulthood gives children a momentary feeling of dominance and importance. It is this power, the ability to shape and direct imaginary worlds that lies at the heart of childhood play.

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IMAGE SOURCE: YOUNG ACADEMICS





MORE THAN TIME OFF: WHY MATERNITY LEAVE MATTERS FOR EVERY MOTHER

SOURCE : AEM

Motherhood is one of the most powerful and transformative experiences in a woman's life. It brings joy, hope, and a deep sense of responsibility. But alongside this happiness come physical exhaustion, emotional changes, and the need for care and support. In such a crucial phase, one thing becomes essential, not just helpful but necessary. That is maternity leave.

Maternity leave is often seen as simply a break from work, but in reality, it is much more than that. It gives mothers the time they need to recover after childbirth and adjust to a completely new chapter of life. It allows them to focus on their health and well being without the added stress of job insecurity or financial pressure. More importantly, it creates space for the first and most important

bond between a mother and her child. In Pakistan, the importance of maternity leave is recognized by law. The Maternity Benefits Ordinance 1958 ensures that working women are entitled to twelve weeks of paid leave, usually divided before and after childbirth. This law also protects women from losing their jobs during pregnancy, which is a major step toward safeguarding their rights. Recent developments, such as the Maternity and Paternity Leave Act 2023, show progress by acknowledging that fathers also play an important role in early childcare. However, despite these legal protections, many women still struggle due to a lack of awareness or weak implementation of these policies.

The value of maternity leave goes beyond legal rights. It directly impacts the health of both mother

IMAGE SOURCE : NEWSWEEK

and child. After childbirth, a woman's body needs time to heal, and rushing back to work can affect her long term health. At the same time, the early days of a child's life are critical for emotional connection and development. When mothers are given the time to care, nurture, and bond with their babies, it builds a stronger foundation for the child's future.

There is also an important social aspect to consider. When workplaces support maternity leave, they send a powerful message that women are valued not only as employees but also as individuals with families and responsibilities. This support encourages women to continue their careers without fear and promotes a more equal and inclusive work environment.

Unfortunately, not every woman is able to enjoy these rights. Some

employers still deny maternity leave or create pressure that forces women to return to work too soon. In such situations, it is important for women to know that they are protected by law. Speaking to employers, keeping proper records, and, if needed, approaching labour authorities can help ensure that these rights are respected.

Maternity leave is not a privilege. It is a necessity. It protects health, strengthens families, and supports the future of society. When we invest in the well being of mothers, we are ultimately investing in the well being of future generations.

In the end, maternity leave is about more than time away from work. It is about dignity, care, and the simple right of every mother to begin her journey with support and peace of mind.

PISTACHIOS: DELICIOUS BUT DANGEROUS?

Pistachios are cherished around the world for their rich taste, crunchy texture, and impressive health benefits. Packed with protein, healthy fats, and essential nutrients, these small nuts have found their way into everything from everyday snacks to gourmet desserts. Yet, beneath their delicious exterior lies a little-known quirk that makes pistachios both fascinating and surprisingly dangerous.

Under specific conditions, pistachios can actually catch fire on their own. Their high fat content, which gives them such a satisfying flavor, also makes them highly flammable. This isn't a hazard for casual snacking at home; instead, it becomes a concern

when large quantities of pistachios are stored or transported without proper precautions.

When the nuts are packed tightly and kept extremely dry, they can start to generate heat internally. Without any external flame or heat source, this self-heating can occasionally lead to ignition. While such incidents are rare, they are a striking reminder that even natural foods can behave unexpectedly if not handled with care.

This unusual feature of pistachios reveals the hidden science behind everyday foods. The risk of spontaneous combustion may be small under normal circumstances, but it underscores the importance of proper storage. Beyond being a tasty treat, pistachios are a testament to the surprising ways nature's creations can interact with their environment, sometimes in ways we never imagined.

ARE MOSQUITOES THE MOST DANGEROUS ANIMAL TO HUMANS?

SOURCE : VERITASIAM

Mosquitoes may seem small and harmless but they are arguably the most dangerous animals in the world for humans. Malaria alone has killed more people than humans have ever killed each other, making mosquitoes a massive threat to human health.

One of the main signals mosquitoes use to locate humans is carbon dioxide. This means that if you have a higher metabolism, have just been exercising, are a bigger person or even if you're pregnant, you are more likely to attract mosquitoes. But carbon dioxide isn't the only factor mosquitoes are also drawn to other chemicals our bodies emit, including lactic acid, acetone, and ammonia.

Interestingly, Scientists have discovered chemicals that can repel mosquitoes or impair their ability to detect humans. Some of these naturally produced chemicals include octanal, nonanal, decanal, and 6-methyl-5-hepten-2-one.

Understanding how these chemicals affect mosquito behavior is important because attractiveness to mosquitoes appears to be hereditary, much like height or IQ. Genetics play a significant role in determining how likely a person is to attract these insects.

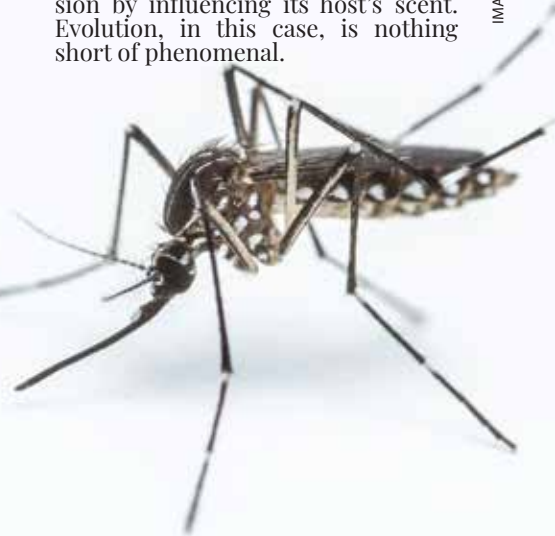
The stakes are high: mosquitoes have arguably had the greatest impact on human health of any animal. By some estimates, they have killed more than half of all humans who have ever lived. While this estimate is debated and may be too high, it highlights the scale of the problem: over a million people die from mosquito-borne illnesses every year. Even if it's not half of

humanity, mosquitoes are still responsible for more deaths than nearly any other single cause.

This leads to an intriguing question: Have humans evolved traits to make themselves less attractive to mosquitoes as a survival strategy, or is it just a coincidence that some people are naturally less likely to be bitten?

Adding another layer to this evolutionary puzzle, malaria itself can manipulate the human body. When a person contracts malaria, the parasite changes their body chemistry to make them more attractive to mosquitoes, the very insects that spread the disease. This adaptation is remarkable and demonstrates the intricate ways evolution can operate. Mosquitoes don't just transmit malaria by chance; the parasite actively enhances its own transmission by influencing its host's scent. Evolution, in this case, is nothing short of phenomenal.

IMAGE SOURCE : PCT



THE HIDDEN MESSAGES IN GIRLS' CLOTHING

SOURCE : AEM

02 MINUTES READ

It often starts in a place we rarely think twice about, the children's section of a clothing store. At first, everything looks normal. Bright colors, cartoon prints, and soft fabrics give the impression of innocence. But when you take a closer look, something begins to feel different.

Many people notice this change without expecting it. What seems like a simple shopping trip slowly becomes uncomfortable. Boys' clothing is usually loose and practical, designed for movement and play. It allows them to run, climb, and explore freely. Girls' clothing, however, often tells another story. Shorts are shorter, tops are tighter, and the designs seem to focus more on appearance than comfort.

At first, these differences may seem small or unimportant. But they raise a deeper question. Why are clothes for young girls designed in ways that draw attention to their bodies before they even understand what that means?

Children do not create beauty standards. Adults do. Somewhere along the way, girlhood stopped being shaped around the needs and experiences of girls themselves. Instead, it began to reflect adult expectations and perspectives.

This influence does not suddenly appear during teenage years. It begins much earlier, sometimes in early childhood. Research shows that girls as young as six or eleven can start to

become aware of how they look in the eyes of others. They may begin to judge themselves based on appearance, which can lead to body image concerns and even unhealthy behaviors later on.

Clothing plays a quiet but powerful role in shaping this mindset. When girls wear clothes labeled with words like pretty, princess, or diva, they receive subtle messages about what matters most. Over time, attention shifts away from what they can do toward how they look.

Slowly, the body stops feeling like a place to live in. It is no longer just something that allows them to run, explore, and take up space. Instead, it becomes something to manage, something to monitor and present for approval.

What makes this issue more concerning is how quietly it develops. There is no clear moment when everything changes. The messages build slowly, shaping how girls see themselves over time.

So when girls' clothing begins to look like smaller versions of adult fashion, an important question arises. Who are these beauty standards really for? This is not about placing blame on fashion alone, but about becoming more aware. Awareness is the first step toward change. Children deserve to grow up feeling valued for their curiosity, energy, and individuality, not judged by how they look.

Childhood should be a time of freedom, not a time of self-consciousness.

AAG LAGE BASTI MEIN

A FIRE THAT FLICKERS BEFORE IT TRULY BURNS



SOURCE : AEM

There is always a certain thrill when a film arrives carrying both star power and high expectations. *Aag Lagay Basti Mein* (written and directed by Bilal Atif Khan and Naeem Ali) entered the cinematic space with exactly that energy, backed by ARY Films and featuring celebrated names like Fahad Mustafa and Mahira Khan. For audiences familiar with the emotional richness of Pakistani storytelling, this combination promised a film that would be both meaningful and memorable. For a brief moment, it feels like that promise might actually be fulfilled.

The narrative revolves around Almas and Barkat, a young couple navigating the harsh realities of poverty. Their dreams are neither grand nor unrealistic. They simply long for stability, dignity, and a chance at a better life. Dubai becomes more than just a destination; it transforms into a symbol of hope, an imagined escape from the limitations that surround them. Yet, as their circumstances grow more desperate, so do their choices. Ambition begins to blur into survival, and survival into moral compromise, pulling them into decisions that carry emotional and ethical weight.

In its opening half, the film maintains a quiet strength. The storytelling feels grounded, allowing viewers to form a connection with the characters and

their struggles. There is a steady emotional undercurrent that keeps the audience engaged, along with a sense of anticipation about where the journey might lead. While the pacing is not flawless, it remains consistent enough to sustain interest.

However, the film's trajectory shifts noticeably in the latter half.

With the introduction of Javed Sheikh and Tabish Hashmi, the tone begins to change in a way that feels unexpected and, at times, disjointed. Instead of building upon the emotional depth established earlier, the narrative leans toward humor that appears forced and out of sync with the film's core themes. These moments interrupt rather than enhance the storytelling, causing the narrative to lose its earlier cohesion.

The screenplay emerges as the film's most significant weakness. What begins with clarity and direction gradually becomes fragmented, as though the story itself is uncertain of its purpose. Scenes lack continuity, and the emotional intensity that once held the narrative together begins to fade. The film does not fail due to lack of potential, but rather because it struggles to sustain and develop it.

Amid these challenges, the performances stand out as sincere attempts to anchor the film. Fahad Mustafa delivers a performance marked by honesty and energy, bringing credibility to his role even when the script falters. Mahira Khan retains her

natural screen presence, though her character feels limited by the writing. Tabish Hashmi contributes with visible effort, yet the narrative does not provide him with the depth needed to leave a lasting impression. A brief appearance by the character Shehzadi offers a refreshing moment, hinting at the vibrancy the film could have embraced more fully.

From a technical standpoint, the film remains competent but unremarkable. The direction is steady, maintaining structure without elevating the material beyond its limitations. The music, unfortunately, does little

to enhance the emotional landscape, leaving no lasting resonance once the film concludes.

Ultimately, Aag Lagay Basti Mein presents itself as a film that begins with intensity but gradually loses its momentum. It carries within it the elements of a compelling story, yet its execution prevents it from reaching its full potential. For viewers, it offers moments of engagement and glimpses of depth, but also a lingering sense of what might have been had the narrative remained true to its initial promise.

Rating 2 out of 5 stars.

BEYOND THE COLORS: FASCINATING SECRETS OF RAINBOWS

Rainbows have captivated people for centuries, inspiring myths, legends, and awe-inspiring stories long before scientists understood the science behind them. Across cultures, these colorful arcs were often seen as divine signs or even pathways to treasure. Today, we know that rainbows form when sunlight bends, reflects, and splits inside millions of raindrops, creating the spectrum of colors remembered by the acronym ROY G. BIV. But beyond this simple explanation, rainbows continue to hold surprising secrets.

While most rainbows appear briefly after rain, some rare ones can last for hours. Steady sunlight, gentle winds, and lingering mist can create the perfect conditions for a rainbow to linger far longer than usual. In 2017, a rainbow over Taipei lasted an astonishing eight hours, thanks to winter sunlight and trapped moisture from a seasonal monsoon. Such long-lived rainbows remind us just how magical these natural displays can be.

Rainbows are not identical for every-

one. Each person sees a slightly different arc because the light refracts and reflects from unique raindrops for each viewer. Even double rainbows, which are a treat to witness, reveal fascinating quirks: the outer rainbow's colors appear reversed, and it is much fainter than the brighter primary rainbow below it. Scientists have also discovered at least twelve types of rainbows, including moonbows that appear at night and fogbows that form in mist, showing the incredible variety these arcs of light can take.

Beyond science, rainbows carry rich cultural and historical significance. In Greek mythology, the rainbow was Iris, the swift messenger of the gods, who connected the heavens to Earth. Her presence in myths highlights the timeless fascination humans have had with these fleeting, beautiful arcs. From their scientific marvels to their mythological roots, rainbows continue to inspire wonder, reminding us that some of nature's most enchanting displays can be both beautiful and mysterious.

BULLAH (PAKISTANI FILM) A STAR STUDDED DISAPPOINTMENT

SOURCE : AEM

The Pakistani film industry recently welcomed Bullah with high hopes. With a strong cast and the name of a legendary writer attached to it, the film seemed destined for success. At first glance, it truly feels like something big is about to unfold. But as the story moves forward, that excitement slowly fades, leaving behind a sense of disappointment.

The film begins on a promising note. The entry of Naeema Butt and Shaan Shahid instantly grabs attention. Their presence adds energy and creates an expectation that the audience is about to witness something powerful. For a moment, it feels like the film is on the right track. Sadly, that feeling does not last long. As the story progresses, the film starts losing its grip. It has everything on the surface action, romance, drama, emotions but it lacks the one thing that holds everything together a strong script. The storytelling feels incomplete and confusing. Important details are missing, and the audience is left trying to make sense of situations that are never properly explained. Why Shaan's character is killing people remains unclear. The purpose of Monalisa as a spy is not fully developed. Even Naeema Butt's powerful and intimidating presence lacks proper background, making it hard to connect with her character.

The biggest disappointment comes from the writing. The screenplay is by

Nasir Adeeb, a name that carries immense respect in the industry. Known for iconic films and memorable dialogues, expectations were naturally high. However, this time, the dialogues fail to leave an impact. Instead of being powerful and memorable, they feel ordinary, something audiences did not expect from a writer of his stature.

The film also struggles with unnecessary and forced elements. One subplot involving a girl drifting from India into Pakistan feels out of place and disconnected from the main story. It seems like it was added without a clear purpose. Similarly, the song Main Luch Phula De appears at an awkward moment, breaking the flow rather than enhancing it.

Another letdown is the comeback of Saleem Sheikh. His return could have been a highlight, but due to weak writing and limited impact, it feels wasted.

Despite all these flaws, one thing that stands strong is Shaan Shahid's performance. He carries his role with confidence and reminds the audience why he is considered one of Pakistan's finest actors. His performance is one of the few reasons the film remains watchable.

In the end, Bullah suffers mainly because of poor direction and weak storytelling. Even with a big production and a talented cast, it fails to meet expectations. The disappointment is so noticeable that many viewers reportedly lost interest before the film even ended.

Bullah had all the ingredients of a great film, but without a solid foundation, it could not hold together. While fans of Shaan Shahid might watch it once, it is unlikely to bring audiences back for a second viewing.

Rating 2 out of 5 stars.



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