

The Turning Tables

For the month of March | Volume 2 | Right from the student's table | For the delicacy of Denning



More to explore
and more to
discover this
month

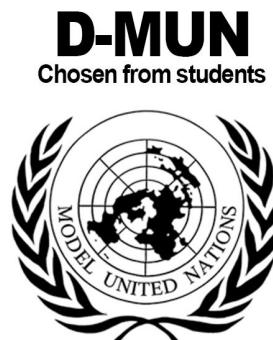
Outstanding
contribution of
some exceptional
people

Marvellous social
and academics
events

Diplomacy at its
core and much
more!

Memes of
the Month

Life here at Denning college is full of fun filled events and a lot more !



Denning college
March
2021 Karachi

Design by
Azeem Ahmed
Hammad Ahmed



"It is the diplomacy
which Pakistan has
started with and it
shall be the
diplomacy which
shall be
continued "

Editorial

Dear Readers,

I take immense pride to tell you all that a Literary society within Denning International Foundation has been established. Under the branch of Literary society, the gazette team comes. We are working towards expanding our team and adding volunteers. Our goal is to engage maximum students with creative work and provide them creative freedom. So that their voices can be heard.

Coming towards the second edition of gazette, March is the month of great historical importance as the resolution of Pakistan was established on 23rd March 1940 in Lahore and that was the day when the agenda of Muslim League was very clear and that was, to establish an independent homeland. Pakistan. Most importantly, it all was possible, under the leadership of Quaid.

To further add, women's day is also celebrated in the month of March and let's remind ourselves that Quaid said, "No nation can reach to the height of glory until women are side by side with men."

So keeping that in mind, we have a separate section for women in our gazette this month. Moreover, as the International Poetry Day is celebrated on 21st March so we have interviewed the emerging poetess- Annum Salman. She made the debut of her activist career from her book 'Sense me' and is currently working as an assistant editor at Philosophy Room.

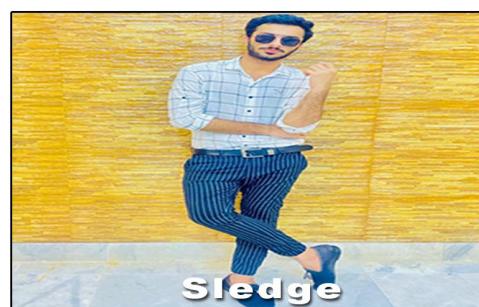
This is all from the introduction of the second edition. I shall stop here and would want you all to explore further.

Happy Reading!

Warmly,

Tamjeed Hashmi

THE TURNING TABLES MAGAZINE TEAM!



Denning intra MUN

DENMUN, A Boring or a Learning Experience?

Have you ever thought about upgrading yourself completely? Is it practically possible? Well, I say it's possible through learning. Learning helps you improve and change. *"Change is the end result of all true learning."* Leo Buscaglia.

Denning organized a stunning DENMUN for all the students as an opportunity to learn and master their public speaking and diplomatic skills. Many students participated in the event including me. It was a two-day event followed by a closing ceremony in the end.



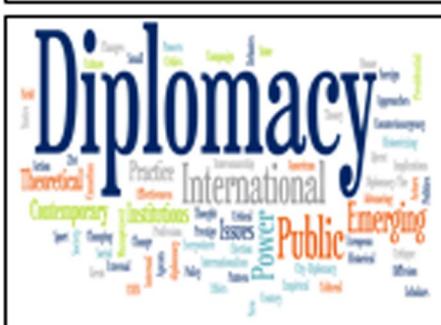
The main objective of the event was to create an environment that builds confidence and give students a chance to polish their skills. According to some students I know-including me-the event was a great learning experience. Students were able to build confidence and speak in front of other delegates. Moreover, the researching skills were improved and the art of diplomacy was learnt. We learned how to convince others to agree with you. The event overall was a huge learning package but as they say, a coin has two sides. This was just one side of "*the coin of DENMUN*".

DELEGATION OF 2019 WINNING RECIPIENTS OF THE AWARDS AT DINNER, WITH 1 RD, 1 RD, 2ND, AND 1 RD PLACE FORTUNE FAWCETT AWARD.

As a first time participants, negative thoughts like these are quite understandable but we have to get one thing straight. We are self-learners and events like these are planned for the learning purposes. We don't have an interest in learning and trust me, this is not a good thing for us. Reflective learning is very necessary in university life and even in other stages of life. One who is open to learn will surely succeed. The one who is always finding opportunities to learn is more likely to grow.

"Develop a passion for learning. If you do, you will never cease to grow." Anthony J. D'Angelo

Summarizing my thoughts, I would like to mention again that participating in DENMUN was the best decision of my life. It was a great opportunity and fortunately, I didn't miss it. For those who didn't participate, there are more opportunities coming your way. If you want to learn and improve, don't miss it.



The students on the other side of the coin-very few-found the event boring. Some said that it was a nightmare. They were tired by the continuous two-day workload as they had never done it before. Some thought that it is of no use. It doesn't apply or help anywhere in real life scenarios. These people are also somewhat right but I would say that if you can learn by participating, there is nothing to lose.

BY
BURHANUDDIN
SHABBAR



Coffee with Sir Mustafa Mogri

How long have you been associated with profession of teaching?

I have been associated with academics and teaching for well over a decade now. My career started in Canada whilst I was pursuing my master's degree. I returned back to Pakistan and taught here for a few years. Later on, I joined numerous academic programs.

Currently, I'm associated with the Denning Group and their International Programs. As of now, we have three programs - the undergraduate program i.e. the LLB program which is an affiliated program of the University of London. We intend to introduce the BBA program, also an affiliated program, by University of London as well from the next academic year. The program that I'm actively looking into as part of the academic process is the international foundation diploma offered by NCC Education of the UK.



The International Foundation Diploma

This was really a cure to a problem that we experienced with students who came from locally qualified backgrounds like matric and intermediate into the LLB program that we offered and we recognized that because there is high diversity of the quality of education that is imparted at the local level, students were not equipped to directly move into an international program and meet the challenges of that program and in recognition of that we wanted to introduced a program that would focus entirely on developing the skills of students so that they're better equipped to handle the international program like the three year LLB program. Therefore, the International Foundation Diploma really serves to develop certain skills of students that aren't evidently present in students hailing from locally qualified backgrounds. To name a few we are looking at skills like advocacy, public speaking, persuasion, and then we are looking some out of the box skills as well in terms of communication, the art form of theatre and all of that we tried to bring together a program that focuses on developing skills as well as focusing on the English language ability of students which is something most students struggled with and so we have created a program where we are very highly invested in the academic development of students on English front namely writing, Speaking, Reading and Listening, so, that is something we are truly trying to help with the International Foundation Diploma.

IFD and the its first ever batch

I would say that I have been quite impressed with the transformation of students as they have progressed over the last few months. Meeting every individual at the orientation, I realized that a lot of students were timid, they were very hesitant, they struggled to carry themselves in public and now I can say for sure that the students

have become very confident in how they carry themselves, they are very keen to get involved in activities, they are very keen to pursue different activities and are really encouraged to now participate in public speaking competition as well and this has been evident by the fact that a lot of student came forward to participate in the Declamation, they have come in big numbers in the recent intra-MUN that took place at Denning, so, I have been very happy to see the transformation that has taken place. Students have really taken up the challenge of this program and are now really moving into a position where they will head into the under graduate program with high level of confidence.

Advice to potential law students

I would really highly recommend that they need to work on their personality development. As far as any degree is concerned in particular the law Degree which is very theoretical the academic learning within the classroom is usually well taken care of but what students typically miss out on is their holistic development on terms of developing Advocacy skills, persuasive ability, the ability to speak in front of unfamiliar people, the ability to connect people with different backgrounds, etc. Hence, I would really advise students to bring that level of confidence to the program and focus on their personality development so that they can be successful as professionals and as Lawyers.

Your take on the Gazette

The Gazette that has already published one edition and is in the process of publishing another. It is truly a remarkable effort by the students and the reason I say this is because it has been really created out of thin air by students themselves and the idea was submitted to us, the Management, by the students and they really impressed us with their level of commitment to publishing the first edition. Their energy has doubled and increased for the second edition which is really encouraging to see and I'm very excited to see the second edition where they seemed to be bringing certain ideas that are going to be much more exciting than the first one.

New Avenues

Dreams

Believing in yourself is the best medicine ever. Determination can't let down your expectations. Blind cannot see the beauty of life but surely it's felt by heart. In the empty heart also it carries lots of dreams. Dreams are like pearls which are collected little by little in a string. Dreams don't make difference whether it's night or day. Peace and belief are required to update regularly within self. Things aren't achieved by returning in the shadows but by walking on a hot road. Let the heart fly above the sky. In the wild also you need to keep searching for peace. Every day is full of struggles and as a struggler you need to understand you are always there for yourself. The courage and determination came by self-love.

World poetry day

Expression of smiles, Display of the tears, Emoting the felt, Conveying the unfelt, It's not about the rhymes, It's not the form, It's the feel it shows, Could be real, or just fiction, Or just what you heard of, Voice of the unheard, Uncover the hidden, Finding the lost, Poetry is the raw display of all..



Poetry is when an emotion has found its thought and the thought has found words.

— Robert Frost

Silenced

Was it the normal quietness? Or was it imposed... I think she was forced, to curb her voice, Suppress her emotions... She was muzzled to not say, Restricted to be her own self, Silence was created, To portray all was well. The calm was faked, Fears were hushed, Reality was censored, Tranquillity is real, they told. She wanted to speak, But wasn't allowed to, Choice of silence wasn't taken, But to be shut was foisted upon...

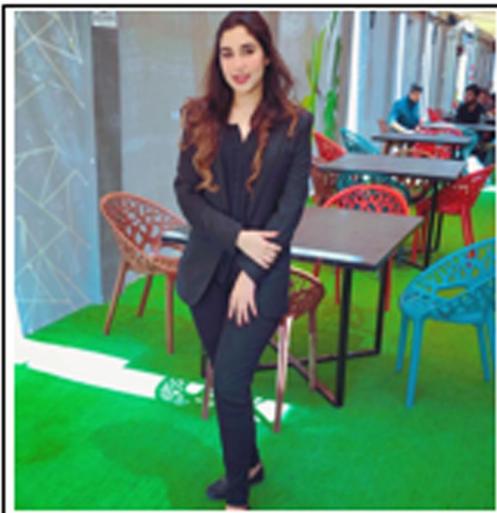
I stopped.

I stopped when I decided to write against cast based discrimination. I looked at Gaur Lankest. And I stopped. When I decided to write against the right wing extremist. I looked at the mob lynchings. And I stopped. I decided to write for women's education rights. I looked at Malala being shot. And I stopped... When I decided to write about climate change. I looked at the memes made on Greta... And I stopped.

By Alisha Ubaid



Humans of Denning



Hello there, my name is Alina Ahmed, for me the journey at Denning has been pretty much interesting as it has provided me with such lovely friends who are like my family now in such short span of time.

Law is one of the highly respected qualifications and promises great opportunities for one's career. Lawyers play a vital role maintaining justice in a society. Fighting and protecting the rights of people is something I've always wanted to do. Law at Denning will be a great opportunity to pursue it. Denning has provided us with a lot of platforms to show our talents that will also help us in future for example in the INTRA MUN I cherished my interpersonal and linguistic skills.

Hello, this is Areen Ali.

The injustice in this world has bothered me since my childhood. Growing up I realised that I wanted to make a change. Be it little or big, I just knew that I had to make one. As they say, little drops of rain make the mighty ocean. Firstly, I chose law as it was an ideal profession for assisting me in rehabilitating the society. Secondly, I chose Denning due to its uplifting environment and intellectual faculty members. At first, I was quite nervous. However, within a few days, the welcoming and friendly aura of my mates made me feel relieved and at ease. My experience at this institute has so far been amazing. Moreover, I hope to succeed in achieving my goals as I keep learning along the way i.e. to enrich the society with justice and harmony.



Assalam o alaikum.

This is Saad Ali and I'm here at Denning as a student of The International Foundation Diploma (IFD). My experience with the institute has been amazing throughout the year I've been here. The faculty of Denning is an epitome of knowledge. The programme that I chose to study gave me a lot of opportunities to understand and explore more about the degree that I aim to pursue. The institute not only focuses on the education but also helps polish other skills like public speaking, theatre etc. Extracurricular activities are focused as we have a skill development course. Which really helps students showcase their talents and also grooms them.

Philanthropist of Denning

"Philanthropy has always been in my heart and it will continue to be there, as serving the humanity brings us closer to each other and gives a sense of gratitude and politeness. Philanthropy is all about embracing the optimistic change first within oneself and then within others. Philanthropy is in my soul and that soul is restless without the spirit of helping others."

The story will unfold the core roots of philanthropy and what challenges a person faces on this path welfare. It's a story of all the young enthusiastic individuals and their efforts towards the passion of serving the humanity. I believe that every story is linked to someone else's story, bearing that in mind I shall not say that it's my story but rather I would say it's "our story". The story with ups and downs of being optimistic, a story which can only be narrated by actions and a strong will of spreading positivity.

Chapter 2 "lost in the silence"

Being a young boy with all these thoughts popping out in his young mind made the boy overthink about certain things, day after day, night after night, the boy could not think of something else. Due to his shy nature, he was unable to speak out his thoughts with anyone and he kept all his thoughts to himself. It was something that the boy learned at an early age, the things which mostly adults are unable to realize and think about. It was the stage when the boy started developing the thinking about how the world works, a world full of meanness, a world full of selfishness a world where everyone is busy in their own personal lives. It was difficult for the boy to keep his thoughts within himself in the beginning, but he learned the skill at an early age, maybe that was the beginning of a cold-hearted philanthropist which the world has never seen before, or it was something that came as an evolution in the boy. Evolution is something that can be described as the ability to survive and co-exist in this society with the skill of knowing how to control the emotions and feelings, in order to be the fittest amongst them all, as staying alive is more of a battle amongst the fittest.

A freezing chilly night it was not as usual as it gets in terms of the weather within the city, the boy was playing with his only two friends who lived in the neighborhood right next to his house, being his childhood friends with whom he often uses to share his secrets, was all shunned and silence on that day as if they were not the ones who could understand him. Boy was wondering in hope of ray that what can a person do for the less fortunate during this whole, but he could not speak it out loud so that anyone could understand it and help the boy understand the reality and the solution behind it. The boy went for some shopping with his parents getting what demanded from his parents, as his parents were getting anxious about their son's unusual behavior and silence. How uncertain some circumstances could get just because of a gap of communication even with parents, while the boy was unable to express his thoughts in words his parents were unable to understand the unspoken words of their own child.

The boy was trying to be happy while returning home after a good hang out with his parents, but deep inside he was going through the same thoughts again and again,

till the point boy felt guilty for having such privileges despite thinking of kids whom he sees everyday begging in his neighborhood. After returning to his home the boy immediately went to his room with all his new toys and clothes and again hid himself in his closet in darkness and pure silence where such thoughts start to burst inside his mind every time. The boy was closer to the darkness and silence of his closet than anyone else he knew at the time. No wonder what silence can do to a person it can connect oneself to the eternal soul within oneself.

The boy slept while crying inside the closet, in the morning when his mother came to wake him up for school, finds out that the boy was not in the room or washroom or anywhere in the house, Mother shouted in anxiety and called the boy's father after looking the whole house the boy was nowhere to be found by his parents, at last the worried parents heard some noise from the boy's closet, boy's father went to open it and found out that the boy was inside the closet, sleeping furiously and then he woke him up, asking him why he was inside the closet, boy did not answer it at first and was about to lose himself and cry out aloud when his father said that "you are already late for school hurry up and get ready for school, boy controlled his tears and started getting ready for school.

After returning from school with his father, the boy saw the same kids outside his home nearby, boy could not wait and control himself at that point he

said to himself that instead of crying alone with no answers I need to look for a solution.

A 10-year-old introvert kid he was, and it is obvious that a kid would not have a clear idea of what he needs to do or what he was about to do. The boy took his few new toys along with him and under the nose of his mother and few maids escaped from his home alone, while he never stepped out of his home without his parents, the boy was a bit nervous and afraid, but it was the cause that kept him driven, he went outside and gave those toys to those kids who were begging on the street, the same kids whom he used to see regularly, the same kids whom diverted his thoughts from enjoying his luxurious life, the same kids who made him friends with silence and darkness and himself. Meanwhile his mother went to his room looking for him while he was out without letting anyone know. His mother realized that he was in the closet again but that was not the case this time, she became tensed and asked the maid if they have seen him....

To be continued



By Fahrer.

Out of the Bubble



Interviews of inspiring people out of Downing college, who are ready to Inspire the reader by their story.

Unfiltered conversations with Annum Salman

It was a usual morning of 18th November, 2019 when I turned on the television to catch up with news and to my surprise Annum Salman- a poetess was introducing her debut book "Sense me". Today years after when I think of a blossoming poet in Pakistan its Annum; whose words come back to me.

Just before she joins our Zoom meeting, I feel so excited that today finally I will be meeting the artist whose art I have been admiring since a while now.

We start our conversation by rewinding back and she initiates by sharing that her diary is her friend since childhood and being an emotional person she has always felt for others and carried sympathy in her heart. That's what motivated her to write, to make others feel connected and remind them that they are not alone in the battles they fight and that she wants to give the message of empathy and kindness to everyone. So the desire of being understood can be fulfilled. So, this lead her to name her book as "Sense me"

Furthermore, she expresses the life of a south Asian woman and communicates that the inequality and the patriarchy in the society is something to which she has always been vocal, not just through writing but also through painting.

I asked her that what has inspired her to publish her work. To which she responds that every artist has different goals. Either they want to write and paint just for themselves or they want to be recognized as artist. With her, she always wanted to publish her work and be known in her field. Moreover, doing Masters in creative writing was like a bridge to help her in polishing her skills but also encouraged to create her identity as a writer.

I threw a controversial question at her that does she not agree that writing in English and speaking in English is a consequence of the colonialism times. She takes the question gracefully and makes the remark that it's very unfortunate that we are not fluent in our national language- Urdu. She expressed that every language is beautiful and it can be used as a medium of expressing.

Wrapping up the interview, I requested her to recommend a few books for all the readers out there so she recommends: "A thousand Splendid Suns by Khaled Hosseini" and "Tuesdays with Morrie" in fiction and in poetry books, she recommends "I wrote this for you" by Lain S Thomas and "If they come for us" by Fatima Asghar

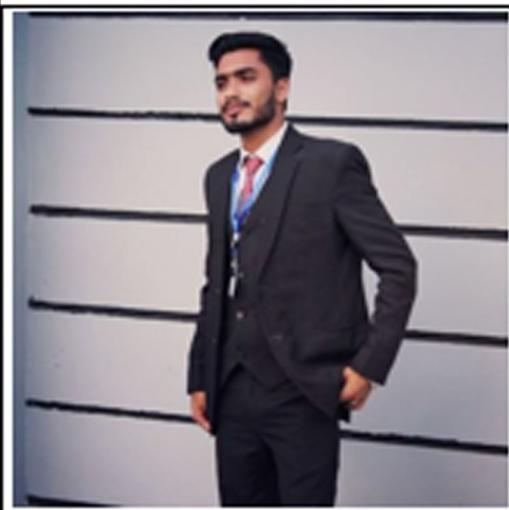
-Tamjeed Hashmi-

Catch more interviews in the next month's edition

HUGE ROUND OF APPLAUSE FOR THEM



PEOPLE WHO WENT ABOVE AND BEYOND

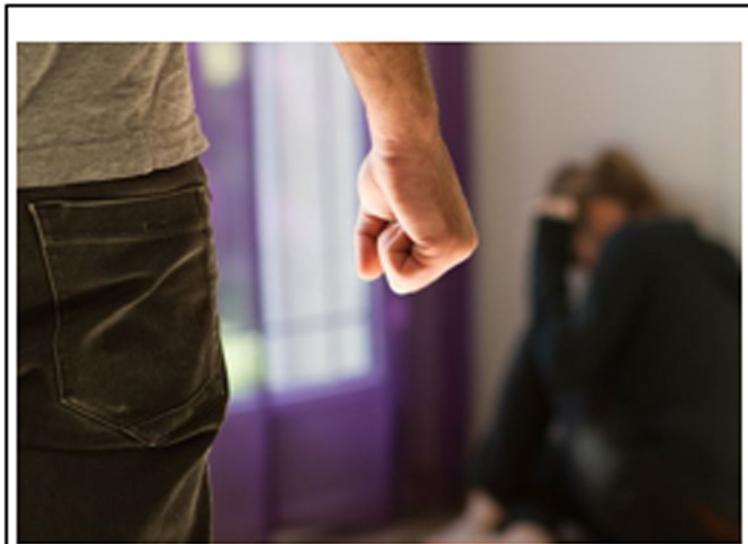


Women's month

SAY NO TO DOMESTIC VIOLENCE

Domestic Violence

Humanity has been against Violence from ages known; some major ones still stay hidden though. Physical and mental damaging, Comprises domestic violence. Causes of All that suffering; Ego punishing the innocence. Not only has the spouse But Even had the In laws on unfulfilled demand of the house started pointing at flaws. Promises broken, for reasons whatsoever, Forgetting she's another human; intruding with satanic behaviour. Abusive control over the other, Scars, burns and those torn clothes, Reveal the violent actions of the partner; Someone who's broken all marital oaths. It's time to fight, Time to make noise, it's time to revolt Against Domestic VIOLENCE.



MENSTRUAL HYGIENE

Menstrual hygiene management is an important gender issue. It is an imperative to empower women across the world which affects about 1.8 billion women around the world. Close to 60% of them live in Asia and the Pacific.

The topic of menstruation nevertheless remains a taboo in many areas of the world. Cultural practices, religious beliefs and social myths make it more difficult for both genders to talk about menstrual hygiene.

There's a taboo in our society regarding discussion of reproductive health, but detailed conversations about such topics are essential. Menstrual cycle is basically a critical biological function and it's nothing to be ashamed about. Because of all such taboos surrounding menstruation in various different parts of the world, there is a significant lack of health education facilities available to people about this topic. It is this lack of knowledge that further fuels myths which ostracize and humiliate women during their cycles. These circumstances later exasperate the situation for women across the world.

Furthermore, effective awareness campaigns should be led to fill the gaps that products cannot fill. Creative approaches towards educating both genders about menstrual hygiene include work from artists, writers, and producers. Even though the increased social media awareness has led to menstruation becoming much less of a taboo. Many influential personalities and health care staff play their role in spreading knowledge about such sensitive topics like menstrual hygiene. Thus, the subject remains surrounded by discomfort and shame.

"It's high time for Action."

The above phrase emphasizes on the urgency of such public health issues and also highlights menstrual hygiene to empower the women in order to assist them unlock their economic and educational opportunities.

Unfortunately, period pride hasn't yet become the norm. There's still a lot of room for improvement. And yes! Together we can end the period stigma.

Thus, through awareness, female empowerment, adequate resources, and encouraged candid conversations surrounding women's health, menstruation may one day no longer be a taboo but will be celebrated for the natural experience that it actually is.

By Alvinah Tahir



Quotes of the month:

"Sun is alone too but still shines"

"Everyone loves a woman's independence until it threatens their ego"

Life at Denning



EXCITING
EVENTS
THAT TOOK
PLACE ON
CAMPUS?



QAWALI

For over years, Qawali music has entranced audiences throughout the world. Qawali is a Sufi devotional form known as the "path of the heart. "Qawali is one of the most popular forms of expressions in the sub-continent. The Denning International Foundation's annual Qawwali night is essentially the heart and soul of life at Denning and is eagerly awaited every year. This year also was a full house at Qawali night.

The presence of notable Qawals at the event has played a huge part in making Qawali night the kind of grand event it is. This year it was Sabri Brothers, who transformed the night into a spirited affair with their riveting performance. The artists were exuberant as they interacted with the audience who were having a magical time as they swooned to the music and kalaam.

It was an evening of mysticism and music that speaks of love and tradition.

By Alisha Ubaid



Articles

LEADERSHIP

How to take responsibility and lead your team to success at the eleventh hour. Well most people think taking responsibility means becoming the team's manager. That's wrong taking responsibility means you become a leader and give the team a new vision and make the team members feel they are important. Although it is necessary to be a little stern if you want to win with the team but as they say excess of everything is bad. When taking the responsibility at the eleventh hour it is necessary for you to:

- 1- Be confident and not lose hope
- 2- Work hard, hope for the best and be prepared for the worst
- 3- Boost your team's morale in case of an unfortunate outcome.

Following these three points you are to be a good leader and your team will be successful but remember leadership is not a skill which is inherited but is learned and polished with time.



By Hamza Baloch

DHA and PECHS campus

Comparison between DHA and PECHS campus

Comparison between DHA and PECHS

"Ufestyle and environment plays a vital role in developing a student's future. Environment at the same time can change a student's life or it can destroy it".

Both DHA and PECHS campuses have different environments, one has a chill and relaxed environment and the other one has a stressful and tense environment, but both campuses are unique in their own way. As I have visited and attended classes in both DHA and PECHS campuses, I feel the major issue which I faced at PECHS campus is the timing of classes as they are held in the afternoon. However, PECHS campus is quite huge and it has a campus feel like whereas DHA campus is small, area wise and it does not have a fun campus life.

Students are unique on both of these campuses. DHA campus students prefer studying more and most students attend for study purposes only and at the same time they also enjoy the campus life but not to an extent. On the other hand, the students of PECHS in my opinion prefer campus life. There is a stable environment and a great campus life there, but at the same time the environment for study is not properly achieved.

Also, DHA campus is small comparatively. There are very few classes and rooms. There is no personal space there. There may be many students in the same room not always, but there are chances. Comparatively, PECHS campus is huge and there are proper classes and rooms there. There are two common rooms there as well as a library/discussion room. Students can go anywhere if they want a space or a quiet environment. It can also help them in study purposes.

By Burhanuddin Yousof

Art is an act of expressing feelings and emotions

There are various forms of art that attract humans. Some prefer music while the others are attracted by poetry. Art for me lies in acting and theatre. It is pure art when you get to live different characters within yourself, when you get to explore all the emotions of human life and when an audience starts relating with you hence creating a bond between you and them.

For as long as I remember, I wanted to pursue acting as my profession; initially I was too afraid to even open up about my interests because of the typical mindset of our society and I'd act in my room alone making sure nobody watches me. I would cry, I would scream but still never in front of people. The act that I performed in Owning International Foundation was my first ever act and I actually got a platform to leave my fears aside and come out of my comfort zone. Regardless of the fact that deep inside I believed that it is not appreciated much in our society.

I am glad that the people around me here appreciate me for whatever little that I do. If your interests are different, it is necessary to surround yourself with people who support you and act as a pillar throughout your journey. There's a quote that says:

"Surround yourself with the dreamers and the doers, the believers and the thinkers, but most of all surround yourself with those who see greatness within you, even when you don't see it yourself."

By Leesa Kamran

The festival of colors

Holi is referred as the festival of colors. Holi is celebrated each year with the same enthusiasm and eagerness in the month of March by the Hindu community. People wait for it every year impatiently to play with colors and have delectable dishes. Holi is commemorated a day after "holiday dean" which is also known as "Chaotic Holi". On this event the bonfire enkindle and people dance, sing songs, pray to God and make merry around it. The main festival of colors will start or relish from next morning. People splash water on one another. Children run after each other for splashing water colors through their water guns. Similarly, even the adults become children on that particular day. They rub colors on each other's faces and immerse themselves in water. In short, Holi spreads love and brotherhood. It brings goodwill and happiness in the country. Holi symbolizes the triumph of good over evil. This colorful festival unites people and removes all kind of negativity from life.

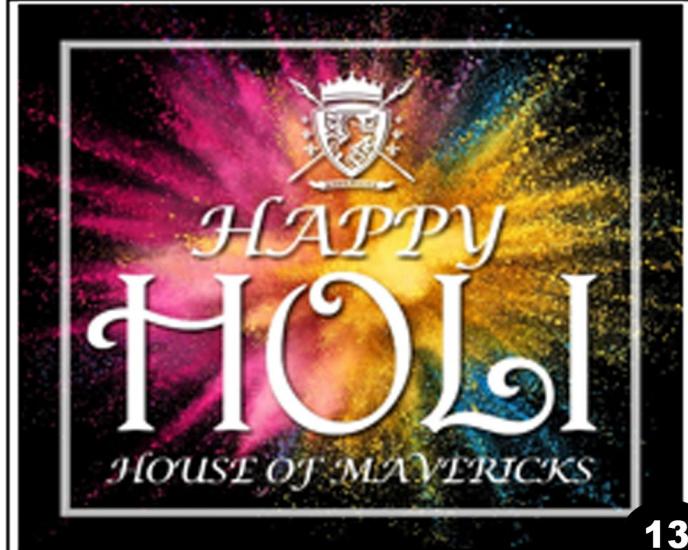
By Niranjan Kumar

Self-discovery through Traveling: A personal experience

There's something about traveling that rekindles one's will to go on – it gives them a reason to not give up on the life they need an escape from every now and then. Traveling helps one discover their true self. Most, if not all, people come out better and stronger humans after a life changing travel experience. That's because it rejuvenates us. It calms us. It helps bring out the best in us. That's the beauty of traveling. As the great fairy-tale writer, Hans Christian Andersen, once said, "To gain all while you give, to roam the roads of lands remote, to travel is to live." There's no better way to put it.

The coronavirus made it impossible for anyone to even think of traveling which, in turn, led to more and more people becoming severely depressed. Things may not be the same but everyone's trying to go back to what is now the new normal, at least in this part of the world. Luckily, I had the privilege of getting away from the Metropolis last weekend. Rahim Yar Khan was my weekend getaway which proved to be, yet again, worth the 9 hours long drive. It's like a breath of fresh air, every time I visit. The early morning cold breezes, the sounds of birds chirping and rustling of trees are something that are hard to filter out from the noise pollution found within Karachi. Traveling helps you ponder over what life is and the numerous ways one can go about it. It helps you reflect over your identity. Getting time off from worldly affairs and putting all problems aside for just two days helped me understand how important it is to travel. Going on a journey and realizing you have to come back to the same stressful world you left, is nothing short of an act of resilience! However, coming back as a different person and being content and happy is what truly matters. Traveling instils a huge sense of contentment inside you which helps you realize the importance of it. As my favourite travel documentarian, Anthony Bourdain, said before his heart-breaking demise, "Travel changes you. As you move through this life and this world you change things slightly, you leave marks behind, however small. And in return, life – and travel – leaves marks on you."

By Sherry



Staying updated

Course description EAP:

The students of IFD have been given exposure to various new modules this semester. One of those modules is EAP which stands for English for Academic Purposes. The language skills addressed in this course will be listening, fluency development, reading, grammar, writing and vocabulary development. This course offers a combination of academic English language classes along with an introduction to academic study skills to help prepare us for further studies in our respective fields.

By Ms Z

Respect of parents is not an option; it is an obligation on Us...

According to the Merriam Webster's dictionary the word parent means mother and father. Parents are the care givers of their off springs. They take care of their child's basic necessities: from food to clothing and all other positive things that their child could wish for.

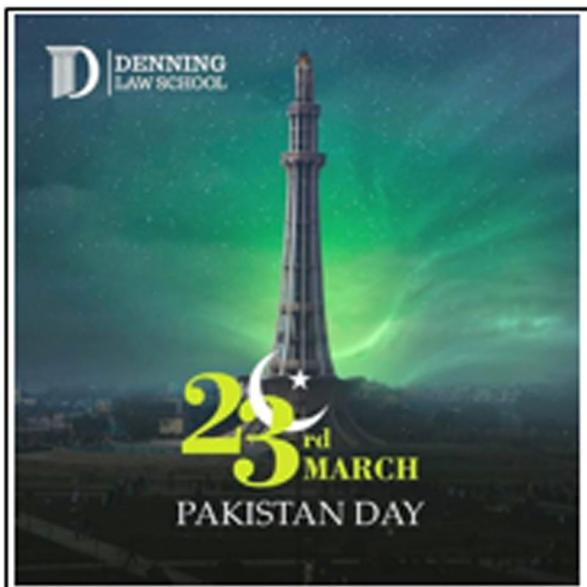
The father burns himself all day under the scorching beams of sun and earns money for his children. He bears at times the harsh words of his boss because of his children. He thinks that if he speaks a single word in front of the boss he might be kicked out from the job and he wouldn't have any other option of income for feeding his children and fulfilling their basic needs.

On the other hand, mother also toils in front of the stove to prepare delicious food for her children. She does not take care of her health, clothing, meal and life style. She is only focused on making the life and future of her children.

They both sacrifice their young age, wealth, time and everything for making the future, manners, of their children.

So, we need to give respect to them and take care of them. We have to fulfill their every need with smiling face as they fulfilled our needs in our childhood. When they grow old we speak to them in harsh voice which is very painful. While we should give them love, respect and time as they gave us in our childhood. We must not feel ashamed while helping our parents in their old age.

By Norman soomro



Architecture of Denning PECHS campus:

The amount of time we students spend in our beloved campus and enjoy the university life, in moments of peace we are forced to think of the surrounding we are in. While sitting quietly in any part of the university, you'll notice something elegant in the structure of our campus. It really is quite unique and special in its own way. The Denning architecture really is the perfect collision and union of ancient and modern. In classes where you see plain brick walls around, you also see full beam spotlights above. The cafeteria feels like a complete chill zone with those comfortable chairs and big tables. The discussion room has its own aura of seriousness whereas the common rooms are again comfortable spaces. The offices are built in their own decency and resonate professionalism. The whole campus, in spite of being small, feels cozy and for me always gives a feeling of home. And I believe we all are lucky to be included in the Denning family.

By Ms. Z

Resolution day:

23rd March 1940, a day which marks a very important event in the history of Pakistan is also known as "Resolution Day". It was when the constitution of Pakistan was adopted by Muslim league at Minar e Pakistan. This step not only restored faith in the Muslims of the sub-continent but also showed them a prominent way to independence. Till date, 23rd March is celebrated with great enthusiasm nationwide.

The day starts with a parade being hosted by the President at Islamabad followed by a mesmerizing air show performed by the brave air force pilots leaving all those watching in awe. Many public shows and plays are performed to highlight the importance of Pakistan Day where people can be seen wearing green, carrying the national flag and playing loud patriotic music.

I believe that such enthusiasm should be maintained and awareness should be created amongst today's generation so that our culture and customs can remain alive and nourish with time.

By Tees Maar Khan



How to be a gentleman



"This section primarily focuses upon the etiquettes and ethics of the Victorian era with all due respect to the culture of our society which has been long lost in this modern society and it will be providing resourceful content in terms of being a gentleman. Moreover this section will be shedding lights over the origins and the anthropological factors of ethics and etiquettes."

"Always open the doors whether she is young or old. Opening and holding a door for a woman is as basic as it gets. No matter what kind of door it is_ car or building whenever you are approaching a door along with a woman, make sure to open the door and allow her to enter first. Be sure to hold it open".

Such a small act goes a long way and says volumes about your character.

Never stay seated if a woman is standing beside you, no matter what.

Offer her your seat if there is no other seat available for her or be sure to let her have the seat if there is only one seat available. This rule applies to the seats everywhere, including buses and trains plus to every woman regardless of age.

Immediately leave that seat and ask the lady to sit, please madam have a seat as I am being uncomfortable,

What is Chivalry?

Polite, honest, and kind behavior especially by men towards women and being courteous is called chivalry.

Origins of chivalry:

Chivalry had its core origins in the warrior class, and it is the Medieval knights who were most recognized with chivalry and code of chivalry that would come to control a knight conduct in a battle and society. It was the early set of standards, ethics, or rules for the warrior class.

Historically:

Chivalry originated in northern France as at that time France was the most powerful and advanced nation of the Middle Ages, around 12 century when the idea and concept of chivalry began to take off.

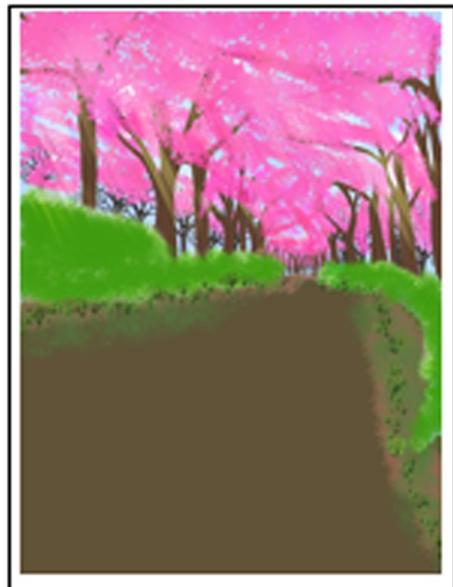
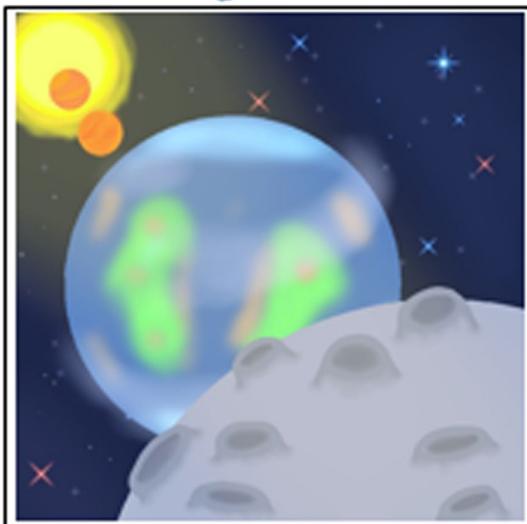
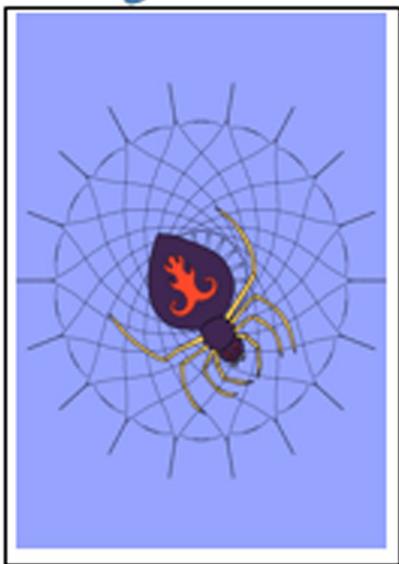
As once a wise man of Benning said "**Being a gentleman is an art, an art of true sophistication and pure decency**"

Creativity at its peak

Only a spider could
fight its own web
similarly a person
can also fight his
negative thoughts

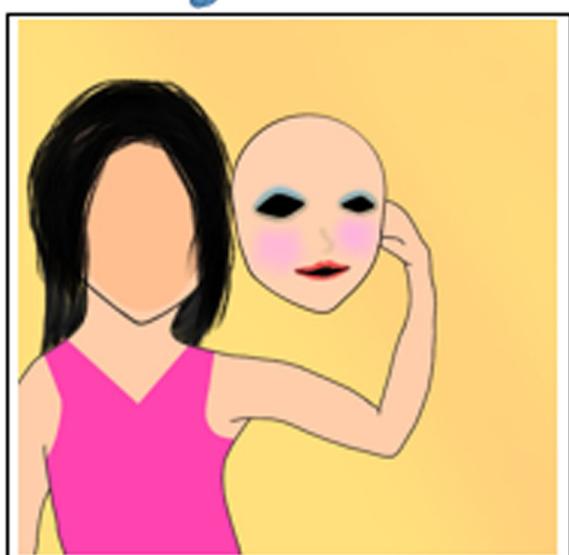
"Somewhere in Parallel
universe"

Oh yes! Oh yes! Its
spring time, but in
Japan ...



It won't be surprising as there are
humans way more badly than me.

We all are emotionless human
beings with the mask of several
different gestures once the mask
is removed we are nothing....



Memes of the Month

Sir Aneeq cracks a joke
Le whole campusxD



Before going to AEIS class



Aesa dil rikhy hi nahi jisme Revive na hi



New Trend in Universities



Mereko toh aisa dhak-dhak horela hai

Sir mustafa while Hammad is doing lambi*

Please contact 090078601 if found



Missing

Name : Tamjeed
Age: 14
Description : always aggressive and pissed

You dare use my own spells against me, Potter?

Sir Fayyaz: Ap ka mask kahan hai? Mask lgaen kehne k baad



Memes by Sledge and Lucifer

Me waiting for my LLB program to start