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AZEEM
ENGLISH
MAGAZINE

HOW DO VACCINES WORK?

SKINCARE
IN WINTERS

EDHI
PHILANTHROPIST
OF THE CENTURY

MENTAL
HEALTH
A TABOO?
SAY NO MORE!

EXPLORING TOURISM
22 SOCIAL LEARNING IN PAKISTAN
BOUNDARIES

UNDER THE SUPERVISION OF AZEEM EDUCATIONAL CONFERENCE (REGD.)

PKR 125

KATPANA DESERT, SKARDU, PAKISTAN



AZEEM EDUCATIONAL CONFERENCE

Azeem Educational Conference (Regd), established on 1st January 1978, is a non-profit organization which aspires to guide, inform and educate the masses through various modern channels. The chief motto of AEC is, "Awareness, Education & Confidence".

One of the basic objectives of AEC is to encourage the masses to get awareness about several fields including culture, literature, science, mental health etc. through modern ethical practices.

AEC intends to inculcate the values of social awareness, development, constructive journalism, cultural harmony and positivity among the society. AEC works on its mission through different projects comprising monthly Azeem English Magazine, quarterly "The Journal of Cultural Perspectives", mental health workshops, webinars and various training projects.

DISCLAIMER

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EDITOR'S NOTE

It's not a secret that Azeem English Magazine has a long history of cultivating and promoting moral, cultural and literary values among the masses. Now, the magazine has remodeled itself with fresh and diverse content from talented writers. This issue features some thought-provoking and comprehensive essays which should enlighten the audience about various aspects of life. Overall, it is going to be a wholesome experience.

Happy Reading!

Mummad Ali Farooqi
Editor-in-Chief



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EDHI

PHILANTHROPIST OF THE CENTURY

"A sacrifice to be real must cost, must hurt and must empty ourselves. Give yourself fully to God. He will use you to accomplish great things on that condition that you believe much more in His love than in your weakness"

Mother Teresa.

A boy homeless, penniless and destitute over his mother's demise. To him there was nothing he could do with his life now, and no means to live. As he thought about his life now, he could only remember taking care of his paralyzed, mentally ill mother, who was the whole world to him. Now he has no one to struggle to survive for. Thinking about it, lying on a footpath he saw an old woman who would be of the age of his mother, picking up plastic bottles from the heap of garbage nearby. As he looked in his surroundings, he could see a boy of hardly six years, who was being brutally assaulted by his landlord for not cleaning the car porch. Quite helpless, he now has to sleep on a cold road on a cold night. He closed his eyes and suddenly was wide open with a scream of a girl who was thrown out of her husband's house for her rebellious ideals. Now that boy knew whom he would live for.

This is the same boy whom we title as Philanthropist of the Century, ABDUL SATTAR EDHI. He devoted his life for the welfare of such old, young and infants who were living a hard life or



Simmat Mansha
SEO writer,
Teacher, Freelancer

had no home. He struggled day and night to arrange for food, shelter and clothes to anyone who would need them. He started helping people amidst his difficult times. He would earn a few rupees and would still divide them in 3 parts; two of them were always kept for charity. He always led a very simple life, spending as less as possible on himself so that he could help others. He established old homes, orphanages, hospitals and EDHI centers which were all in all for the people of his country, and later, he started expanding his services to the whole world by founding world's largest ambulance service. We lost him at the age of 88 in 2016, which is considered the biggest loss to humanity.

Edhi's funeral was accorded as the first state funeral in Pakistan in 30 years. Edhi was filled with love and selfless humanitarianism, who provided welfare without any discrimination of caste, creed and color. Pakistan lost a legendary humanitarian but his legacy lives on. Let us commemorate this amazing person on his birthday (28th February), who worked day and night tirelessly for the good cause of humanity. **As Edhi himself says:**

"My religion is humanitarianism, which is the basis of every religion in the world."

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WHAT INSPIRED YOU TO BECOME A WRITER?

I can remember, I wrote my first poem when I was in 7th grade. I wrote it for my friend. He was in love with a girl and wanted me to validate his feelings in the form of a poem. The taste for writing was sown in my heart out of some inspirations. Initially, I developed my reading habit when I was in 3rd grade. In fact, all of my siblings were bookworms and in our village, our house was famous as *kitaabon wala ghar*. My elder brother and I used to save our pocket money to buy story books and then we read them secretly in the moonlight together. Even our school teachers used to borrow books from us. After that, my elder brother, he would write poems, but very carelessly, never tried to keep them safe. I was the one who would arrange and edit his poems, this was very insightful for me. Lastly, it was my failure to get admission in medical college. This failure took me away from science subjects to literature and I took admission in BA English literature. It was a turning point in my life. I am very thankful to Prof.

LET'S MEET IMRAN KHAN

Dr. Muhammad Azeem Farooqi, my mentor and my guide, he put me on the right track that touched my soul and a new Imran took birth out of me.

YOU ARE A TEACHER BY PROFESSION, TO WHAT EXTENT YOUR PROFESSION HAS HELPED YOU IN WRITING?

My job as a teacher of language and literature improved my skills. I spend much of my time reading, and it has helped me to develop my style and diction. My profession has played a vital role in making me a writer. I started my profession as a lecturer at Dyal Singh college Lahore; it was the college from where the culture of stage drama got developed during the colonial period. During the same period I, being a student of GCU Lahore, got a chance to see closely the dramatic performances and productions of GCDC. It also sharpened my skill to write drama.

HOW MUCH READING CONTRIBUTES IN BECOMING A WRITER?

Reading is the most important factor that can make someone a good writer. It is said when Maulana Rum's father migrated from his

native country to Turkey, they were having 90 camels which were loaded with books only. Maulana Rum was there to surprise the world with his inspiring Love and Sufic poetry. Moreover, I have internalized my uncle's values; he always says, "homes which have libraries are lively homes."

WE HAVE HEARD WHEN ARTISTS WORK: THEY GO IN THEIR SPECIAL ZONES. WHAT IS YOUR PROCESS OF WRITING ANYTHING?

I consider, zone is that environment, which you conceive before you create an artistic piece. And, the environment depends upon the kind of work you do or ought to do. Well, my "zone" depends upon the point from where the inspiration is coming, either it is from my personal experience, social instructions, reading, or how my life is going. As a writer you can't write well, until you don't live the life of your characters. I live the life of my characters when I am penning down a story. I would like to say that it's not an easy process; sometimes, while working on a tragedy I am passing through agony to live my character, however, in case of comedy or romance it is a kind of relief for me. Sometimes, I wish to live the life of my created characters too (laughs).

DOES YOUR PERSONAL LIFE AND EXPERIENCES AFFECT YOUR WORK?

Yes, it does! It is stated, "there is always a mind behind a book." See, it becomes impossible for an artist to keep himself detached from what he is writing. Art most of the time remains subjective and portrays whatever is in the writer's mind. So, the same does happen to me. There are certain inspirations which, most of the time, start dictating my pen and it becomes helpless to follow that dictation.

WHERE DO YOU SEE YOURSELF IN FUTURE?

In the near future, I intend to write some historical fiction, and want to establish my career as a research student. My heartiest desire is to revive the resistance history of the Punjab, specifically literary resistance in Punjab.

WHAT MESSAGE WOULD YOU LIKE TO GIVE TO THE YOUNG LOT WHO ASPIRES TO BE A WRITER?

I would suggest to the aspiring writers to read as much as they can and most importantly the classical masterpieces and the best works of the day. Read a lot, and your pen will start speaking by itself.



WORLD RADIO DAY

13TH FEBRUARY

World Radio day is celebrated to raise awareness about the importance of radio. This medium promotes freedom of expression & strengthens cultural harmony, social awakening and development.

POETRY OF SHAH ABDUL LATIF BHITTAI

Sindh is the land of Sufis. It has given birth to many Sufi poets. Shah Abdul Latif Bhittai (1689 – 1751

A.D) is one of them. Bhittai is not only a great poet but he was a saint, sufi philosopher and musician. He is not only the poet of his time but is the poet for all ages. Poets of his stature break the barriers of time, territories and language, they raise like falcons over the horizon of world literature.

Bhittai was a very humble, kind and down-to-earth human. He was the seeker of love, beauty and truth. Therefore, he sang the songs of love for the people and also portrayed his sentiments and feelings for his motherland through his poetry. The collection of his poetry is known as "Shah-Jo-Risalo" (The Message of Shah Latif). Shah-Jo-Risalo is a fountainhead of human emotions and as well as a custodian of Sindh's proud cultural heritage.

There are many characteristics of his poetry, such as:

He spoke with the people in their own language.

Shah Latif honored and respected every poet of Sindhi Language.

His poetry had all three universally recognized essentials of good



Dr Manzoor Ali Veesrio

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poetry: aesthetic impact, intellectual flavor, and rhythmical or lyrical excellence.

Shah Latif has introduced the heroes and heroines mostly from the working and suppressed class, who had been neglected by the poets of Sindh in particular. He selected his heroes and heroines from the subaltern class. Like Sassui was the daughter of a washer man, Suhini was the daughter of a potter, Marvi was a girl from desert dwellers, Noori was a daughter of a fisherman etc.

Other aspect that makes his poetry people's poetry is that his poetry is for everyone. People of any mental level, any gender, any religion can enjoy his poetry. In his poetry one can find excellent representations of nature, human behavior and ideas.

Due to these qualities and characteristics, his poetry has a universal and eternal appeal. Shah Latif passed away about 331 years ago but his poetry is, still, much attuned to the modern times. Some examples from his poetry have been given below.

ONENESS OF GOD

He is the One, and no one shares and His Oneness is the only truth, Whose adopted duality when stray and lost the path.

PROPHET HOOD

He is the One, and no one shares His Oneness those who said this with firm faith, And accept in heart and with tongue that Muhammad (PBUH) is the cause of creation, It is decreed in Quran that they shall never stray to unfavorable landing.

MYSTICISM

The palace is one, its doors and windows are numerous, Whenever I look, the Lord is there.

HOPE

If he is not moved by your entreaties , persist in your entreaties,

Do not give up hope, the beloved is immensely merciful.

SACRIFICE

As a clever swimmer drowns, he catches hold of bushes on the bank, Be hold Latif's says, how honorable are the bushes, They pull out the drowning or accompany to midstream.

UNITY

The cranes fly in flocks, they never break bonds of love,

Behold birds, they are more kind than humans.

TRUE FRIEND

Everyone boasts to be sincere friends,

It is easy to talk, a friend in need is a friend indeed.

PATIENCE

If anyone talks to you harshly don't answer, bear!

One who initiates aggression always suffers,

He is empty handed who nourishes malice.

STRUGGLE

Whatever the season hot or cold, and no time to raised,

It may become dark and you may not be able to find footprints.

LOVE WITH AFFECTION

Come my friend, sit in my eyes so that I may hide you be closing my eyelids,

So that no one should see you nor should I see any one.

INTERNATIONALISM

Oh my Lord! Bestow prosperity on Sindh forever,

Oh my sweet friend! Shower blessing on the entire world.

(ENGLISH TRANSLATION OF THE POETRY OF SHAH LATIF BY AGHA SALEEM)

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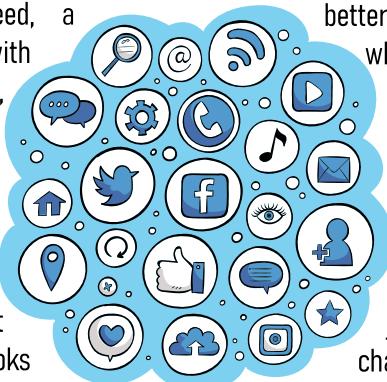
SOCIAL MEDIA & THE THREE P's PLAY, PRETEND, PLIGHT



Tahir Inaqalab Syed
Observer, Poet, Rap-Artist,
Writer, Analyst

Human minds are very complex and fascinating at the same time. Our perceptions and mindsets are the reflection of what we have been injected with: we believe what we see. In terms of social media, we observe, look and consume whatever is fed to us by bloggers, influencers, actors, musicians, artists - "the perfect life". People stand in front of green screens, which are further made, modified, and altered to depict the happy life. People: highly photogenic, indeed, a good trait, with filters applied, makeup and/or aesthetic surgeries. They take a picture, only to tell most of us that is what a flawless life looks like. The problem lies not with the sellers; that's how they earn, and that's basically how their circle of life works - basic economics. The problem is more with the consumers, who are unable to digest whatever is being fed and served to them.

There is a false glory and pretense in the "social media", and people eventually get stressed, when they compare their lives or lifestyles with the "sellers". Point to ponder is why a comparison? - A matter of individuality, and the peoples' (the consumer's) upbringing. Matter is more circumstantial, and eventual. We seek glory, we seek evolution, we, the consumers, want to get better and we attract what we cannot get, we feel good when we see someone doing what "we" want, and we could also get jealous of it. We channelize our feelings through different mediums; watching movies, listening to music, or passively & actively expressing ourselves. The matter of wants and needs, 'heeds' to be prioritized and



addressed. The whole social media lifestyle, "the pursuit of happiness" is a chain reaction, where everyone wants to look "happy", "attractive", and "wanted", by flexing and acting that we are totally okay. The whole trickle-down effect starts at the top, by someone really famous, and then, goes down to the bottom, to nobodies like me, or you, or us - the consumer. Is there a need to be happy? Or do we want happiness? Anything forced, could have dire consequences.

would seek likes and comments by people I know. And if the outcomes were unforeseen- below my expectations- I may get paranoid resulting in a substantial impact on my 'real-life' surroundings and people. Perfect life can't be achieved, if my intent is to look and act happy, on social media, while on the contrary, in real life, I am not happy. That's how false glory works, happiness cannot be forced, the whole social media "circus" has been designed intentionally or unintentionally. So,

For instance, if I were to upload a picture, I have to be conscious about my background, balanced lighting, a happy smiling face, with diffused eyes. And then, I we the consumers, should be aware of the ostentatious and delusional cycle of the social media platforms.

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COMBATING HARMFUL IMPACTS OF SOCIAL MEDIA

Although social media has given us a real-time opportunity to express, interact and socialize, even from far-off places, it has also exposed us to a number of dangers and horror pertaining to its usage. If we observe, we would come to know that half of our day is spent on social media applications. This is a lot of time! Let us talk about how to protect ourselves from getting trapped by its negativities.

- We should be mindful of your own selves; what do we use social media for? Do we generally scroll facebook or Instagram for nothing or do we really get to see something new every day?
- We should keep a track of our feelings; how do we feel after accessing a social media application? Do we feel depressed?

If yes then it clearly signifies that it's damaging our self-esteem? Knowing our needs can really help us from absorbing everything on social media.

- The best thing we should do is to make a proper schedule for social media usage. This can be tough and we need to be a little strict with ourselves.
- If any picture or person who gives you negative feelings, just simply unfriend or unfollow them.
- Remember that everyone you meet on social media is not your friend. This list will go on and on, but the most important thing is to alter our thoughts. To be more precise, we need to understand that social media can be a dangerous place, and our own protection is a must.

5 MOST BEAUTIFUL UNIVERSITY CAMPUSES IN PAKISTAN



Mariah Zainab
Writer, Poetess

John Keats said, "A Thing of Beauty is a Joy Forever". One just can't ignore the importance of beauty; each single of us wants to look beautiful and wants to be surrounded by beautiful things. Then why do we ignore the importance of this factor while selecting an educational institute for us? Let us have a look at the following list of five most beautiful university campuses in Pakistan.

Quaid-i-Azam University, Islamabad

Quaid-i-Azam University (once named Islamabad University) was established in July 1967 under the Act of National Assembly and started teaching and research programs for PhD and MPhil degrees. It was, however, gradually and later decided to offer Master's, graduate, and now undergraduate programs. The Higher Education's (THE) Asia university rankings 2017 included 200 institutions, and QAU managed to stand in top 100 universities. QAU has topped the overall ranking of national universities in the latest ranking of universities released by the Higher Education Commission (HEC).



QUAID-I-AZAM UNIVERSITY, ISLAMABAD.

Government College University (GCU) Lahore

After 153 Years of its wonderful history, the Government College, Lahore was raised to the status of a University in 2002. It was renamed as the GC University Lahore. This Institution is one of the oldest seats of learning in the Muslim world. As a seat of higher learning GC University blends grand old traditions and modern educational standards. The University wishes to build its future through internationally recognized research work, scholarship and learning within a distinctive scholarly environment.



GOVERNMENT COLLEGE UNIVERSITY, LAHORE.

National University of Sciences and Technology (NUST) Islamabad

National University of Sciences and Technology commonly referred to as NUST, is a public research university with a main campus in Islamabad and other subsidiary campuses in different cities of Pakistan. NUST has retained its top position in Engineering & Technology University (Ranked No 1) as per latest ranking of HEC.



NATIONAL UNIVERSITY OF SCIENCES AND TECHNOLOGY (NUST) ISLAMABAD

Islamia College University, Peshawar

Established in 1913, Islamia College University, Peshawar, is one of the oldest higher educational institutions of Pakistan. ICP was founded



ISLAMIA COLLEGE UNIVERSITY, PESHAWAR

by Sir S.A. Qayyum, a distinguished British educationist, and Sir George

Roos-Keppel, a British military officer. The castle-like architecture of ICP provides a very classic appearance and transports us back to the British royal era. The university offers higher learning in literature, arts, social sciences and modern sciences.

Ghulam Ishaq Khan Institute of Engineering Sciences and Technology, Topi

Ghulam Ishaq Khan University, Topi The Ghulam Ishaq Khan Institute of Engineering Sciences and Technology (GIK) is one of the most prestigious engineering institutes of Pakistan. GIK is known for setting a standard of excellence in the field of engineering. Apart from its outstanding academic programs, it is famous for the versatility and vibrancy of its extra-curricular scenario. All of these activities are student-organized. At present, GIK has more than twenty student societies.



GHULAM ISHAQ KHAN INSTITUTE OF ENGINEERING SCIENCES AND TECHNOLOGY, TOPI



@ amindlesspoeticminnion



A teenager kid standing on a dam near a village in Croatia, thinking to reach the other side of dam. After making up his mind, he dives in but could barely breathe. He struggles and tries to reach the water surface. Meanwhile, his head collapses with a piece of wood, which turns out to be a savior, and he finds his way out. Unfortunately, owing to much darkness, he fails to register anything in his sight. However, after battling with the water tides, when he is about to die, he sees a flashlight and there comes a moment of "epiphany"



Muhammad Nabeel Asghar
8th Grade Student, Science Geek

(sudden realization). If then, this kid had died, there would have been no concept of electricity, remote controls, Xray machines and solar panels. We know this brilliant kid as "Nikola Tesla".

Born on a stormy night of 9 July 1856, in a village of Croatia, Nikola Tesla owns 700 inventions. His talent and intelligence were inherited from his mother. His mother Georgina Djuka Tesla, was his greatest inspiration for his

love of experimenting with electricity. When he was growing up, she would invent small electrical appliances in her spare time including a mechanical egg. In 1870 he went to Graz University, Austria for engineering, where he contemplated to make a device that would store the electric current, and later would use it to work in machines. This is how he gave the concept of Alternating Current (AC Current) motor, which revolutionized the science fraternity. He also created Tesla Coil, which is still used in radio technology.

Apart from his wonderful legacy, there were numerous inventions that never got built. In 1893, he invented an Earthquake Machine; a steam-powered mechanical oscillator that would vibrate up and down at high speeds to generate electricity. During its testing, it caused considerable damage to surrounding, as Nikola once stated that, "it caused all the heavy machinery to fly in the air, owing to the effect of ground-shaking". He also believed that our thoughts could be photographed through a

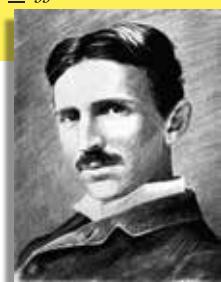
Thought Camera. He discussed it in one of his press conferences but it never got a tangible shape. Besides, his vision included the notions about various other innovations including artificial tidal waves, wireless energy, a death beam that could help the military in fighting wars, and an electric-powered supersonic airships. Tesla's brain power was matchless and startling, and that could be seen in the things around us, even in the present world. After we lost this legend in 1943, the world is still waiting to see another Tesla with sharp observation and superlative wisdom.



nabeelghauri_official

TESLA'S LAST LETTER TO HIS MOTHER

Please mother,
pray for me
over there!



"I wish I could be beside you now mother, to bring you the glass of water. All these years, I have in the service of mankind brought me nothing but insults and humiliations"

WEB SCRAPING

MAKES YOUR WORK EASIER

Imagine you are at your office and all-of-a-sudden, you have been given the task to store the information from a certain website. It seems like you are going to skip your lunch break by copy pasting data, isn't it? Some websites can contain a very large amount of product details, sports stats etc. If you are going to access this information, you either have to use whatever format the website uses, or copy and paste the information manually into a new document. This can be tedious. There comes the concept of 'Web Scraping'.

Web Scraping simply refers to the extraction of data from a website, which is collected and then exported into a format that is more useful to the user. For instance, you can use web scraping to export a list of product names and prices from Amazon onto an Excel spreadsheet. Although web scraping can be done manually, in most cases, software tools that run on your computer are preferred when scraping, as they can be less expensive and work at a faster rate. Web Scraping is not a simple task. Nowadays, websites come in different interactive shapes and forms and as a result, web scrapers invaluable data, stock prices, can vary in functionality and features, so how do web scrapers work and tackle complex sites? First a web scraper will be given one or more URLs (website link) to load before scraping, the scraper



Muhammad Raheel Asghar

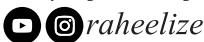
Google's Certified Computer Scientist

A Pythoneer with Cool Vibe



then loads the entire HTML (structure computer language) code for the page in question. Advanced scrapers will render the entire website including CSS (Cascading Style Sheets) and JavaScript elements, then the scraper will either extract all the data on the page or specific data selected by the user before the project is run ideally.

The user will go through the process of selecting the specific data they want from the page. For example, you might want to scrape an Amazon product page for prices and models but are not necessarily interested in product reviews. Lastly, the web scraper will output the data that has been collected into a user-convenient format. Most web scrapers will output data to a CSV (delimited file format) or Excel spreadsheet, while more advanced scrapers will support other formats such as JSON (open standard file format) which can then be used for an API (a tool-set to create a software). Web scrapers come in many types. There are already several desktop and web applications available that provide an interactive User Interface that enables the user to select the objects to scrape. One can build his own web scraper with the use of available libraries in almost every high-level language. All you need to have is knowledge of working in that programming language.



raheelize



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CRAWLER

A crawler is a computer program that automatically searches documents on the Web. Crawlers are primarily programmed for repetitive actions so that browsing is automated. Search engines use crawlers most frequently to browse the internet and build an index. Other crawlers search different types of information such as RSS feeds and email addresses. The term crawler comes from the first search engine on the Internet: the Web Crawler. Synonyms are also "Bot" or "Spider." The most well known webcrawler is the Googlebot.

Unlike a scraper, a crawler only collects and prepares data. Scraping is, however, a black hat technique, which aims to copy data in the form of content from other sites to place it that way or a slightly modified form of it on one's own website. While a crawler mostly deals with metadata that is not visible to the user at first glance, a scraper extracts tangible content.

SOME JEWELS ARE TUMORS

LIGHT POLLUTION

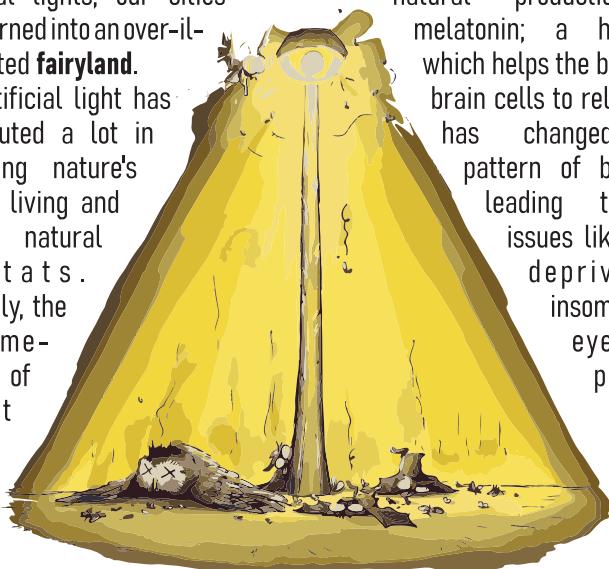


Arooj Fatima
Blogger, Writer,
Social Scientist

Human race can be messy, and to substantiate this, we just need to look around us. Point to contemplate is how much percentage of pollution we contribute to the environment in our everyday life? Well, every invention is a blessing to mankind yet, there are always strings attached to it; Edison could not ponder upon the discovery of bulb and artificial light, that has illuminated the darkest of nights and that has made the night sky to be replaced by the city lights. With so many artificial lights, our cities have turned into an over-illuminated **fairyland**.

The artificial light has contributed a lot in damaging nature's way of living and the natural habitats. Precisely, the phenomenon of light produc-

tion has given rise to light pollution as well. The sea turtles that once followed the moon light to find their passage way back into the sea, and many other microbes and species like these are at the risk of extinction in near future because they are either prayed by the other animals or die in quest of finding their passage in bright artificial light. This disrupts the natural balance of life in the ecosystem. Not just that, this artificial light is affecting the human body and behavior since it has altered the sleeping cycles and natural production of melatonin; a hormone which helps the body and brain cells to relax. This has changed the pattern of behavior leading to the issues like sleep deprivation, insomnia and eye-sight problems. Resul-



tantly, it has speeded up the aging process as well. Moreover, light pollution adversely affects the casual observers of the night sky, since it distorts the visibility of stars and other celestial objects. Night sky, if you notice, is less visible, majorly owing to the "skyglow"—the intense flow of artificial light in the upward direction including lamps, floodlights etc. Well, solid and liquid particles in our atmosphere reflect the scattered flow of light, causing it to return to the eyes of people on the ground, and distorting their view of the night sky. Amanda Gormley, senior director of Tucson-based International Dark-Sky Association, says;

"THE DISAPPEARANCE OF THE NIGHT SKY IS TIED-UP IN OUR EVER MORE FAST-PACED WORLD. WE LOSE SOMETHING ESSENTIAL: WE LOSE A PART OF OURSELVES WHEN WE LOSE ACCESS TO THE NIGHT SKY. WE LOSE THAT SENSE OF STILLNESS AND AWE THAT SHOULD BE RIGHT OVER OUR HEADS EVERY NIGHT"

When everything is in our consciousness now, let us throw some light

on an imperative dimension—what we can do to manage light pollution on an individual level? First of all, we need to acknowledge the use of excessive lights as a problem. We need to understand that turning off the extra lights, even if it is a small bulb, can cause a huge difference in the environment. Less lights means less heat and less air pollution. Besides, we can use light shields as it prevents light from spreading nearby areas and concentrates the light on particular spots. One amazing thing that can revolutionize the lighting system is the use of **motion sensors**. Light will be turned on or off accordingly, when the motion sensor will be triggered; just imagine how much energy could we save through it. Moreover, replacing warm lights with cold lights would also be very beneficial, as cold light impairs the night vision, whereas, warm light prevents it to a considerable extent.

These modern jewels have become tumors for us; however, the choice is completely ours. Either we are going to let these tumors consume us or we are going to ace them through our efforts.



/Socratic_girl

Ever wonder about the possibilities out there in any given moment. That 'maybes' and the 'then' that comes afterward. What if you get to know that there's a probability somewhere out there, you are trying out all those options, going down all those routes. Well, you are, but not you specifically. That is what the parallel universe theory suggests.

The 'parallel universe' itself is a facet of the astronomical theory of the **multiverse**. That is another rabbit hole on its own. The basic idea is based on how the Big Bang kick-started the universe, it proba-



Ummara Sheraz
Science Geek, e-journalist,
Culture & Entertainment Writer

Meaning in an infinite number of cosmic patches, the particle arrangements within them must repeat — infinitely many times over. Precisely, there are infinitely many 'parallel universes' with another you in each one, living slightly varying lives from each other. That difference can add up to minor changes or a completely different situation altogether.

PARALLEL UNIVERSES

EXPLORING ALL THE MAYBES

bly created universes other than our own. To further explain the This can't be real; out of all the multiverse, the parallel universe is evidence out there to support the one of many explanations to the theory of parallel universes, let's multiverse. This stems from the look at a theory by a scientist idea that space-time is flat and whose name, even the average goes on and on as multiple univers- layman is aware of, Stephen es. However, the number of sequenc- Hawking. Just before his death, es in which particles can be config- physicist's **Stephen Hawking's last ured** is limited. Hence the number paper published in May 2018 also of possible particle configurations talked about the multiverse. In an interview published in The limited to $10^{10^{122}}$ distinct Washington Post, Hawking possibilities. explained that while the multiverse



might be smaller than we anticipated, the chances that these universes still have another you, living similar lives to each other are still there.

"We are not down to a single, unique universe, but our findings imply a significant reduction of the multiverse to a much smaller range of possible universes."

But just because Stephen Hawking believed the theory of parallel universes, doesn't mean we should also believe. As astrophysicist Ethan Siegal explained, **although space-time could go on forever and ever in theory**, the inflation of the universe didn't continue after the Big Bang, because that kind of energy is not just lying around. As for the repeated or similar sequences of particles in the available cosmic space, Ethan Siegal said there are limitations with that idea. Since the universe is just under 14 billion years old, it is obviously not infinite, but a finite amount. This then limits the number of possibilities for particles to rearrange themselves. So, it's less likely there's an alternate you in an alternate universe, and that they explored the 'maybes' you didn't.

ILLUSTRATION & IMAGE : PINTEREST

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INTRESTING FACTS ABOUT UNIVERSE

1. There are more stars in the universe than grains of sand on all the beaches on Earth. That's at least a billion trillion!
2. A black hole is created when big stars explode. Its gravitational force is so strong that nothing can escape from it – luckily the closest black hole is about 10,000 light-years from Earth.
3. When venturing into space, astronauts wear spacesuits which have to be warmed, cooled, pressurised and supplied with fresh air. This takes six hours for them to put on!
4. The universe has no centre and is constantly expanding (getting bigger) every second – making it impossible to reach the edge.
5. The Earth is about 4.5 billion years old – but that's only a third of the age of the universe – which is 13.5 billion years old!

TACKLING INTOLERANCE IN SOCIETY

Tolerance can be understood as continued endurance of something painful or accepting the existence of opinions or behaviors different from one's own. When we say that today's world is increasingly becoming intolerant, we are referring to the opposite of the second meaning of tolerance. Intolerance is a malaise present in the east and west. In our own society, we have glaring instances of intolerance in the form of violence against minorities, crimes against women, snubbing of dissent by censoring media and polarized politics. Let's outline a few broad underlying causes of these various manifestations of tolerance and remedies for controlling intolerance.

There can be some general underpinning reasons of intolerance. First and foremost, **misjudging members of the opposite community** or any person with different views appears as the most likely cause of intolerance. Poor judgments occur due to insufficient knowledge of the "other". An interesting example is that of "orientalism". This is a field of knowledge perpetuated by the



Sara Noor
Writer, Dramatist, Teacher,
Public Speaker

Western academics about the East which has produced many stereotypes about the Orient. Insufficient knowledge about diverse communities also causes fear of exploitation, anger and hatred. As a result, there is intolerance of divergent point-of-views. Thus, inauthentic knowledge produces false judgements, resulting in intolerance of the other.

Another related reason of intolerance is a sense of perceived injustice. This means that one person or group considers the opposite community to be tyrannical towards their interests. Intolerance occurs when these claims are based on emotionalism instead of facts. For instance, the



traditional rivalry between a mother-in-law and daughter-in-law, the political rivalry between different parties etc. These feelings of perceived injustice or threat to one's interests give rise to anger and hence, cause intolerance. Besides, repression, miscommunication, fatigue and worry etc. can also be other causes of intolerance.

The remedies for intolerance are based on the level of individual, society, media and government. On a larger scale, media and political parties must avoid fanning news which can cause divisions in society. But most importantly, we should be concerned with improving our individual selves so that we can become tolerant of opposing school-of-thoughts. It must be remembered that even members within a family are different. So, one needs to express oneself and listen to others' perspective calmly and rationally. A mutual agreement should be reached based on consensus. Besides, empathy with others' perspective can help bridge the gap between opposing stances and reach a middle ground. So, a combination of objectivity and empathy can help create tolerant atmospheres.

Special care must be taken to avoid anger and use the best

possible speech and tone during conversations and even during arguments. The Quranic injunction is to,

**"UTTER WORDS DIRECTED TO THE RIGHT"
(AL-QURAN, 33:70).**

Tolerance can be expressed by stating your point truthfully and appropriately without reducing the truth, exaggerating it or getting angry. Regarding anger, one should keep in mind that Allah loves those who,

**"CONTROL THEIR ANGER AND FORGIVE PEOPLE"
(AL-QURAN, 3:134).**

Once a man approached the Holy Prophet (P.B.U.H) for advice, and he advised the man thrice to not be angry. Indeed, many of our troubles begin with the wrong use of speech and uncontrolled anger. Another way to mitigate intolerant behavior is to verify the authenticity of news. **A beautiful and tolerant society can be ensured if each individual follows these steps and makes a positive impact on one's own family and social circle**

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Living in a particular social system (society), it is vital to follow the set of shared guidelines advocating the privacy, dignity and singularity of each individual of the social system (society). These shared guidelines, which we can refer to as "boundaries", make sure that we have a sharp sense of self and a vague understanding of the space of other individuals as well. We can transform this world into a happy and a smooth place for all of us, once we realize our responsibility to comply with the boundaries. Let us take a pen with us and check how many of the following rules we adhere to;

Don't call someone more than twice continuously. If they don't pick up your call, presume that they

22 SOCIAL RULES LEARNING BOUNDARIES!

have something important to attend to;

Return money that you have borrowed even before the other person remembers lending it to you. It shows your integrity and character. Same goes with little things like umbrellas, pens and lunch boxes;

Never order the expensive dish on the menu when someone is giving you lunch/dinner. If possible ask them to order their choice of food for you;

Don't ask awkward questions like 'Oh so you aren't married yet?' Or 'Don't you have kids' or 'Why didn't you buy a house?' Or why don't you buy a car? It is none of your concern;

Always open the door for the person coming behind you. It doesn't matter if it is a guy or a girl, senior or junior. You don't grow small by treating someone well in



public;

If you take a taxi with a friend and he/she pays now, try paying next time;

Respect different shades of opinions. Remember what's the digit 6 to you will appear the digit 9 to someone facing you. Besides, second opinion is good for an alternative;

Never interrupt people talking. Allow them to pour it out. As they say, hear them all and filter them all;

- If you tease someone, and they don't seem to enjoy it, stop it and never do it again. It encourages one to do more and it shows how appreciative you are;
 - Say "thank you" when someone is helping you.
 - Praise publicly. Criticize privately;
 - There is almost never a reason to comment on someone's weight. Just say, "You look fantastic." If they want to talk about losing weight, they will;
 - When someone shows you a photo on their phone, don't swipe left or right. You never know what's next;
 - If a colleague tells you they have a doctors' appointment, don't ask what it's for, just say "I hope you're okay". Don't put them in the uncomfortable position of having to tell you their personal illness. If they want you to know, they will do so without your inquisitiveness;
 - Treat the subordinates with the same respect as the CEO. Nobody is impressed at how rude you can treat someone below you but people will notice if you treat them with respect;
 - If a person is speaking directly to you, staring at your phone is rude;
 - Never give advice until you're asked to;
 - When meeting someone after a long time, unless they want to talk about it, don't ask them their age and salary;
 - Mind your business unless anything involves you directly - just stay out of it;
 - Remove your sunglasses if you are talking to anyone in the street. It is a sign of respect. Furthermore, eye contact is as important as your speech;
 - Never talk about your riches in the midst of the poor. Similarly, don't talk about your children in the midst of the barren.
 - After reading a good message, try to say "Thanks for the message". Appreciation remains the easiest way of getting what you don't have.
- If you have checked the maximum of the rules; you are on the right track. Now, you have to be very consistent in following them and also, it's your moral responsibility to educate others about it. In case you have ticked the lesser rules, it's fine, it's never too late. You can kick off practising them from this very moment.
- (ANONYMOUS)**

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THE VACCINE FOR HUMANS' EMOTIONAL ENDEMIC



Sana Farooqi
Mental Health Enthusiast

What if I tell you about the possibilities of this world fused as sympathy, Empathy is a becoming a safe place for distinctive capacity of being everyone? What if I tell you that there is a magic ingredient "Empathy" through which you can make your life merrier, simpler and calmer. Not only this, you don't have to spend a whopping amount of money to buy it; in fact, you already have been blessed with it intrinsically. Empathy - *ehsas*, a kind

possibilities of this world fused as sympathy, Empathy is a becoming a safe place for distinctive capacity of being everyone? What if I tell you that there is a magic ingredient "Empathy" through which you can make your life merrier, simpler and calmer. Not only this, you don't have to spend a whopping amount of money to buy it; in fact, you already have been blessed with it intrinsically. Empathy - *ehsas*, a kind

Often talked about as a skill, emotional human in me, fearlessly connecting to the emotional human in you. A sense so feathery-fine, yet so powerful; a lack of it can disrupt relations, society, nature, is enough to make living joyful, flourishing and

Often talked about as a skill, emotional human in me, fearlessly connecting to the emotional human in you. A sense so feathery-fine, yet so powerful; a lack of it can disrupt relations, society, nature, is enough to make living joyful, flourishing and

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called life, with growing fears from experiences and the constant need to be strong, we lose the sense of empathy. When we don't have people who understand and respect our emotions, we adopt emotional disconnect as a way of being, a survival mode. We tell ourselves to conceal, don't feel, neither our own emotions nor that of others, hence the natural instinct to process emotions goes numb with each reminder.

Let's take a moment to pause and think, in a friend's hour of need, how do we lend a shoulder? Do we sit with them in silence ensuring they know they are not alone, without worrying about time or thinking about the tasks undone, and just be fully present? Or do we say things we feel are right and leave with a heavy heart to become busy with life? How often do we follow up on them again? When was the last time we merely stopped the car to give way to a pedestrian without him having to ask? Have we all not seen fathers too busy earning bread and butter for the child to pay attention to the child's emotional needs, from his perspec-

tive. After all the years of hard work, the kid grows up aloof, thinking his father wasn't there for him, while the father feels exhausted being a great earner, yet heartbroken to see son not available for him. In day-to-day life, it is in the small moments that we experience immense lack of empathy, a disconnect from emotions, which amplifies to a point that we feel alone but can not reach out, we see someone in need and find it hard to offer help.

The good news, however, is that it is never too late to reignite empathy in us and talk it out in our society. It all begins with ourselves by being aware of our own biases and our fears. The realization reveals what needs to be healed resulting in conversations without judgment. That's how we create a safe space for ourselves and people to express fully, we raise empath children, we tell boys it's ok to cry, we tell girls to speak their heart out. Let's commit to do our part in building this world a happier place to live in. After all, that is what superheroes do.

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SHELL SHOCK

THE CORE ISSUE IN TRAUMA IS REALITY



Fatima Altaf
Psychologist, Painter

Living was becoming a constant challenge since the day I was exposed to the ugly face of life.... It was a rainy winter night in December, when I was returning from the store. I was a single mother of two beautiful and playful twins. In my working hours, I used to drop them at their daycare and pick them up later, it was routine. I was a watchful driver especially when my little ones were with me. Once I picked my half-asleep children from the moments which I knew I would daycare. It was Friday night and never be able to come out of. Friday nights are usually very busy at the stores so I got a little late, it was around 12:30. Traffic was not as heavy as it used to be. I was too tired or just ignorant that day, my ill-favored and objectionable signal and I pushed the accelerator.

BOOM! There turned my world upside down in a moment. I heard my two years old screaming; I can never forget the sight of my little girl being crushed under the giant tyres of a bus. My eyes were bloodshot; I could hear my boy screaming but had no idea where he was and, in a few seconds, everything blurred out and all I could hear was faint conversations and sirens. I entered the eternal darkness in those few after that night, those few seconds upturned my whole life. I lost my both babies, I lost them to my negligence, I KILLED MY BABIES! I was given the news after two days of the accident, I didn't cry; not even a single tear, I couldn't, I didn't feel like. I had multiple sessions with



mental health practitioners for two weeks after that I declined their help, I was not ready to talk. I BECAME INSENSITIVE AND UNSYMPATHETIC!

For several months after the accident, I couldn't close my eyes without visualizing the face of my baby girl. FLASHBACKS! FLASHBACKS! FLASHBACKS!

I underwent a series of horrendous flashbacks and nightmares. For two years after the accident, I felt so powerless, I was unable to sleep alone in my apartment. I stopped driving alone at night. Soon, I became unable to leave my apartment for weeks at times, I suffered panic attacks. This just became a way of life. Two years passed, and the horrific sequence of flashbacks and nightmares continued.

Then another event re-triggered my traumatic thoughts when I shifted to an apartment that was just across the street of the place where my accident took place. I encountered numerous violent images every time I closed my eyes. I lost all my ability and focus to complete simple tasks and

day-to-day functions. I would panic, I would feel breathless, my heart rate would increase without any physical exertion. I felt as if I had completely lost my mind. For a

time, I managed to keep it together on the outside, but then I became unable to leave my house again.

After two years of uncertainty, I finally gathered the strength and decided to reach out for help. I was diagnosed with PTSD (Post Traumatic Stress Disorder). I felt the weight lifting off my shoulders, when I got to know that all the horrific things I have been going through are for real and treatable. For the first time in two years, I felt delight, an unknown delight. Taking medicines and undertaking behavioral therapy helped me to regain the control of my life, the life which

was falling apart. However, finally, I started to enjoy my life again. I remarried a guy from my therapy group and now we complete each other. I HAVE FINALLY STARTED TO LIVE!

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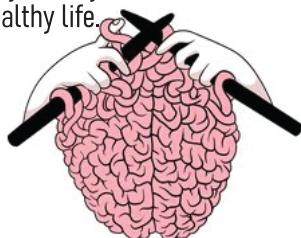
Guleena Rehman Mian
Writer, Artist,
CA student

REPROGRAM YOUR BRAIN

Our brain has so much power that it even changes the genetic makeup of DNA. Science believes that if you inherit a disease it is encoded in your DNA and it can't be changed. However, Epigenetics, a new branch of science revolves around the idea that how DNA is affected by our thinking, perception and beliefs. Now, our brain functions in two states; conscious and subconscious. Only 1% of the day, we use our conscious mind while 99% of the day, our subconscious mind is operating; which means it's the master. No matter how much you try to stay positive and optimistic in your conscious state, it will lose battle against your negative and pessimistic subconscious mind. Now, a question arises: how is the subconscious programmed? From the time we were born till age seven, our brain does programming, it uses its theta state (the intriguing border between conscious and subconscious states) and absorbs whatever is going on in the surroundings. Let's say, if you

were told in childhood that "you are loser", "you don't deserve it", you might not know the meaning, but your mind would absorb it in subconscious part, which would remind you every time that you are incompetent, and stays with you forever. Another important question arises: how can we reprogram our subconscious mind? It involves two simple steps. First one is repetition; repeat all day that "I'm worthy", "I can do it", and through this, your mind will save this information in the subconscious part and will replace the pessimistic ones. Remember that the time you usually fall asleep, is the time when your brain functions from the theta state that you had till the age seven. This is where the second step of listening comes in. Listening to the positive affirmations in the form of music, meditation or motivational speech before falling asleep can help you reprogram your subconscious mind which will eventually lead you to have a happy and healthy life.

art_trove101



MENTAL HEALTH? A TABOO? SAY NO MORE!



Myra Shahbaz
Medical student, Writer,
Poetess.

Slacken your shoulders, unclench your jaw and take a deep breath. You are not in this alone! Don't give up. Accept and value yourself because you are a survivor of a war even more deadlier than World War II. Yes, I'm talking about the intense conflict within yourself. Surprisingly, in today's world of modernity, the issues of mental health like depression, bipolar disorder, schizophrenia, and anxiety etc. are least addressed.

Studies show that stigma against mental illness is still powerful, largely due to media stereotypes and lack of education. Just as we visit doctors for the treatment of our body diseases, in the same way, our mind also needs to be treated when it's not well. But, visiting a psychologist or psychotherapist is considered a taboo in our society, creating overwhelming obstacles

for someone who is struggling with a bad mental health condition. We as a society have turned a deaf ear to spreading awareness about mental health issues even after realizing that mental disorders can be as fatal as cancer, diabetes or heart disease.

Mental health awareness, firstly, involves recognizing the damage your words, actions or both are actually causing. Furthermore, developing an understanding through educating yourself and self-awareness of how your words and or actions are directly or indirectly affecting other people. Secondly, it involves stepping forward and taking a stand for yourself, if you are a victim of any mental disorder. Do not let others decide your future.

So basically, raising awareness of mental health problems is just a beginning of the process to tackle them, not the end. Action is a must. It is necessary to keep in mind that life is precious. One should make every effort and attempt to preserve and enjoy it. Seeking out to mental health professionals for help may not cause any harm but can save your life.

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HUMAN & UNFOLDING ANXIETY

THE UNVOICED VULNERABILITY

Every individual is exposed to the fact of being anxious one way or the other way, and the outcome is anxiety. One has to go through familiarity with unvoiced fears, insecurities and future concerns on a frequent basis. However, we can cope-up with problems through the rational approach of being mentally present in the here and now situation.



Tehrreem Shah
Mental Health Enthusiast,
Social-political Content Analyst

Mark Leary stated, "A deer may be startled by a loud noise and take off through the forest, but as soon as the threat is gone, the deer immediately calms down and starts grazing. And it doesn't appear to be tied in knots the way that many people are".



UNFOLDING HERE & NOW

Whenever I look back decades ago, in terms of anxiety or stress related disorders, I realize that those people had been living in 'here and now' moment in their respective era. As a matter of fact, there are animals who have been following the "here and now" regime as per their intellect to cope-up with their routine tasks and responses. For example, a random cat or dog walking in the street in search of prey would not get worried for days or weeks before or until the time comes to eat. As Duke University Professor

They will only get anxious either to grab their prey or being caught up by their predator. In the retrospective context of human behavior towards solving their problems proved that humans who did not get into stress to achieve desired outcomes got relief soon because on the point of action, they were capable of acting in appropriate ways.

The urge for greater outcomes is accompanied by long-term planning and more energy investment is evidently contributing to stagnate the tolerance.

The state of being in denial towards

miseries of life to the extent that not feeling the induced anger or pain tends to trigger the symptoms of anxiety. The unfinished business whether from taking a call, speaking a word, even head nodding or non-verbal strokes could be seed to chronic anxiety. Seems minor? But yes! It does affect.

NEEDED ADAPTATIONS

As the evolution of human brain provides the fact that the human brain is programmed to respond efficiently for solving the obstacle at the given moment or at the cost of immediate reward /return from the environment. Formulating goals which give outcomes in a short time period would assure the optimum energy, courage, enthusiasm.

As per my analysis, living in the present "here & now" situation, one only has to worry about aggravation in-terms of life-and-death. Measurements should be taken to lessen the risk of uncertainty which would contribute to anxiety. E.g. apprehension of getting fat can be lessened by taking a portioned diet.

Domino Effect can be utilized, as the interconnected actions give rise to immediate response. Therefore, it will channelize the energy use, and will solace the individual in many ways like waking up on time, having food on time, completion of routine work leading to procure capacity building and motivation.

Activities based on instant

feedback happens to be the key to reducing stress, e.g., ages ago depression was an alienated word because it was the only emotion (anxiety) which had been helping humans to solve their instant problems. The incongruence of the human brain with contemporary environment is the manifestation of delayed environmental outcomes. So, neither we can change our past nor control our future, but the only thing we can have control over is to live in the present, by experiencing here and now. It's not only the agony which affects people, but the way we deal with it determines our present and eventually future.

"THEY CAN, BECAUSE THEY THINK THEY CAN"

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DID YOU KNOW?

OWLS HAVE THREE SET OF EYELIDS! ONE EYELID IS FOR BLINKING, ONE IS FOR SLEEPING AND THIRD ONE, A NICTITATING MEMBRANE, IS USED TO PROTECT AN OWL'S EYE WHEN CATCHING A PREY.

THIS TRANSLUCENT EYELID CLOSES HORIZONTALY ACROSS THE EYE, NOT IMPARING THE OWL'S VISION, BUT PROTECTING ITS EYE FROM INJURY

PROUD COVID ICU
FRONT LINE WARRIOR

DR.
AMDAD
FARUQI

MBBS, FCPS(MED),FCPS-CCM(R)
Asst. Professor of Medicine/Medical ICU
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HEALTH CARE IN COLD WEATHER



Dr. Amdad A. Faruqi
Pulmonologist / Lung Specialist

With the recent hike in COVID-19 cases, we need to grow more serious towards taking care of ourselves, especially in this cold weather.

In the cold weather, our body gets vulnerable to various respiratory problems, and higher are the chances that we could contract COVID-19. The air in this weather becomes cold and can be harmful for our lungs, but, fortunately, our nostrils work as conditioners for the cold air and give it a warm effect. However, this cold air can cause a severe attack for the asthma patients, as it shrinks the respiratory tubes inside our lungs, making it difficult for us to breathe. Furthermore, it could also increase the probability of you to have a pneumonia attack.

Among all of us, children are most likely to fall prey to sore throat, chest infection, cough, flu and fever in the cold weather. Any of the conditions can cause blockage in the children's nose, and can cause severe breathing problems. Besides, the nose matter thickens and disturbs the system of the throat as well, leading towards tonsils to get affected badly. Since, ENT (Ear, Nose, Throat) issues are interconnected with each other, one problem can give birth to the other problem, for instance, sore

throat can cause ear pain. Therefore, it is vital to take care of children's health in this season, especially when COVID-19 is on its peak.

While taking care of children, it is very necessary to take nose-health under consideration. Children don't usually know how to blow their nose out, and this thing can cause several health challenges. Let us check, how to take care of their nose health;

- Use saline water drops to prevent the nose from getting blocked.
- Use a suction bulb or cotton buds to clean the nose.
- Lie them down on their abdomen, through this all the mucus would come out of their nose.
- Make them sit normal and mucus would run through their nose.
- Inhaling steam would also help clearing the nose.

Well, the most important thing is to prevent children's nose from getting blocked; it is the base of all other ENT problems. If we focus more on clearing the nasal cavity (nostrils) of the children, the probability of them getting attacked by different seasonal health problems would be decreased by 90 percent.

HOW DO VACCINES WORK?

(WORLD HEALTH ORGANIZATION)

Viruses are quite similar to human nature; they can't be eliminated fully. However, they can be controlled through "vaccines". Let's see how do they work.

A pathogen (disease-causing organism) is a bacterium, virus, parasite or fungus that can cause disease within the body. Each pathogen is made up of several subparts, usually unique to that specific pathogen and the disease it causes. The subpart of a pathogen that causes the formation of antibodies is called an antigen. The antibodies produced in response to the pathogen's antigen are an important part of the immune system. You can consider antibodies as the soldiers in your body's defense system. Each antibody, or soldier, in our system is trained to recognize one specific antigen. We have thousands of different antibodies in our bodies. When the human body is exposed to an antigen for the first time, it takes time for the immune system to respond and produce antibodies specific to that antigen.

In the meantime, the person is susceptible to becoming ill. Once the antigen-specific antibodies are produced, they work with the rest of the immune system to destroy the pathogen and stop the disease. Antibodies to one pathogen generally don't protect against another pathogen except when two pathogens are very similar to each other, like cousins. Once the body produces antibodies in its primary response to an antigen, it also creates antibody-producing memory cells, which remain alive even after the pathogen is defeated by the antibodies. If the body is exposed to the same pathogen more than once, the antibody response is much faster and more effective than the first time around because the memory cells are at the ready to pump out antibodies against that antigen.

This means that if the person is exposed to the dangerous pathogen in the future, their immune system will be able to respond immediately, protecting against disease.

How Vaccines Help?

Vaccines contain weakened or inactive parts of a particular organ



ILLUSTRATION : FREEPIK

ism (antigen) that triggers an immune response within the body. Newer vaccines contain the blueprint for producing antigens rather than the antigen itself. Regardless of whether the vaccine is made up of the antigen itself or the blueprint so that the body will produce the antigen, this weakened version will not cause the disease in the person receiving the vaccine, but it will prompt their immune system to respond much as it would have on its first reaction to the actual pathogen.

Some vaccines require multiple doses, given weeks or months apart. This is sometimes needed to allow for the production of long-lived antibodies and development of memory cells. In this way, the body is trained to fight the specific disease-causing organism, building up memory of the pathogen so as to rapidly fight it if and when exposed in the future.

Herd Immunity

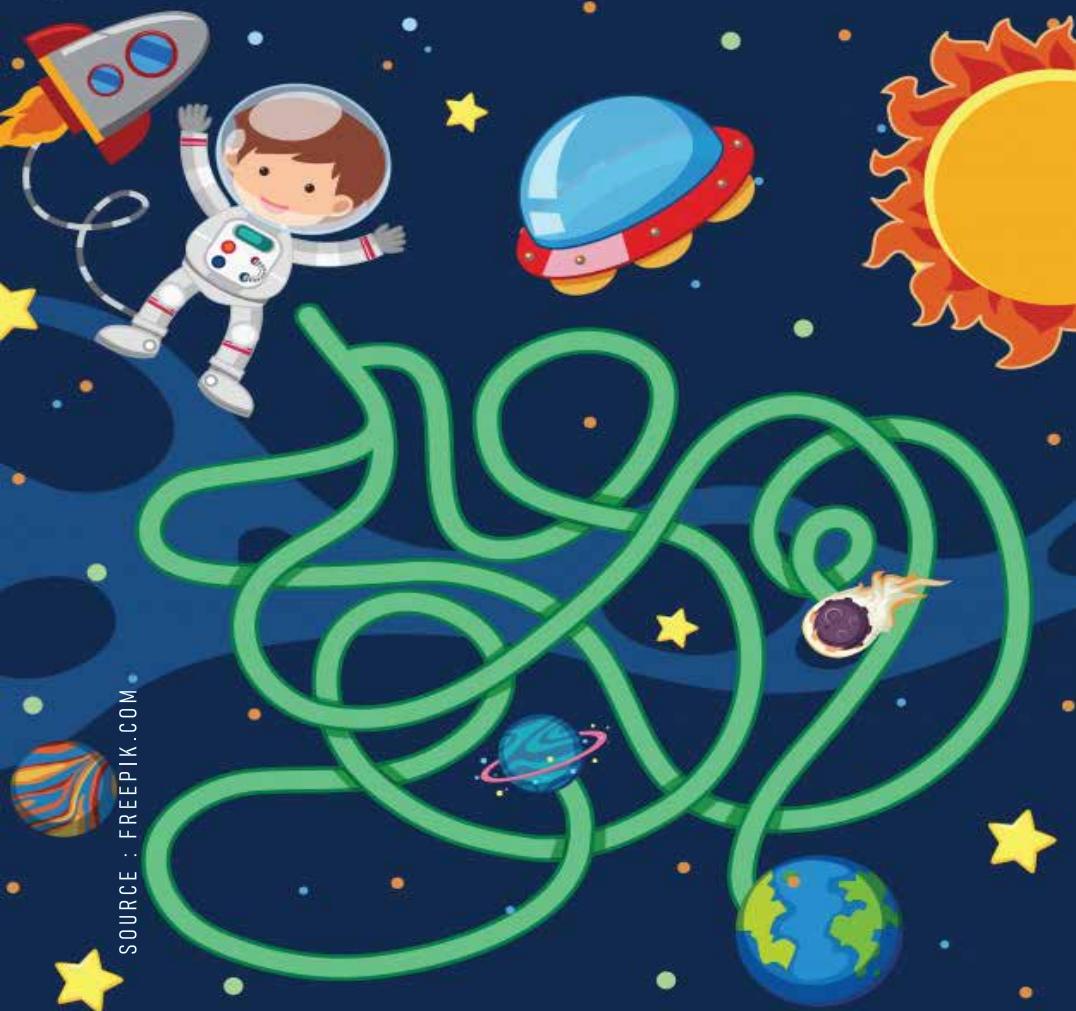
When someone is vaccinated, they are very likely to be protected against the targeted disease. But not everyone can be vaccinated. People with underlying health conditions that weaken their immune systems (such as cancer or HIV) or who have severe allergies to some vaccine components may

not be able to get vaccinated with certain vaccines. These people can still be protected if they live in and amongst others who are vaccinated. When a lot of people in a community are vaccinated the pathogen has a hard time circulating because most of the people it encounters are immune. So, the more that others are vaccinated, the less likely people who are unable to be protected by vaccines are at risk of even being exposed to the harmful pathogens. This is called herd immunity.

So, vaccinating not only protects yourself, but also protects those in the community who are unable to be vaccinated. If you are able to, get vaccinated. Throughout history, humans have successfully developed vaccines for a number of life-threatening diseases, including meningitis, tetanus, measles and wild poliovirus.

The **COVID-19 vaccine**: Pfizer and Moderna vaccines use mRNA (messenger ribonucleic acid), and more protein is produced. These proteins do not reproduce. Then your immune system recognizes the protein as foreign and develops antibodies to destroy it. Your immune system remembers the protein and is ready to attack and eliminate the real virus.

Explore Science



THE BANANA

**SO I AM MEANT TO BE FED TO
THE MONKEY,
WAIL TILL YOU HAVE AN
ENCOUNTER WITH MY PEEL,**

**WITHOUT THE NIGHT, STARS
YOU SHALL SEE,
FOR STILL LIFE I JOIN HANDS
WITH FRIEND APPLE,**

**DIFFERENT SHAPES OF ME
DECORATE A COCKTAIL
I LIE ON THE TABLE AS THE
KNIFE SLICES ME OPEN,**

**AN INCISION IN MY CENTRE,
SPLIT INTO PIECES,
MY SEED IN YOU SPROUT A
PLANT**

**THE LIKES OF WHICH YOU
HAVE TO SEE TO BELIEVE,
THEY SHOULD CALL YOU
SPROUT A PLANT**

**I MAKE 'SHAKES' ABOUT THE
REFERENCE
WHAT YOU TREASURE TO
EAT,**

**OUT OF WHICH YOU SHOULD
NOT MAKE MINCEMEAT**

@ zeenat.hakimjee@gmail.com



Zeenat Iqbal Hussain
Writer, Poet



WORK PUNS

1

I have a few jokes about unemployed people, but none of them work.

2

Daylight savings time - why are they saving it and where do they keep it?

3

I lost my job at the bank on my very first day. A woman asked me to check her balance, so I pushed her over.

4

I hate how funerals are always at 9 a.m. I'm not really a mourning person.

5

I used to work in a blanket factory, but it folded.

6

Do pilots in a hurry take crash-courses?

7

The machine at the coin factory just suddenly stopped working, with no explanation. It doesn't make any cents.

8

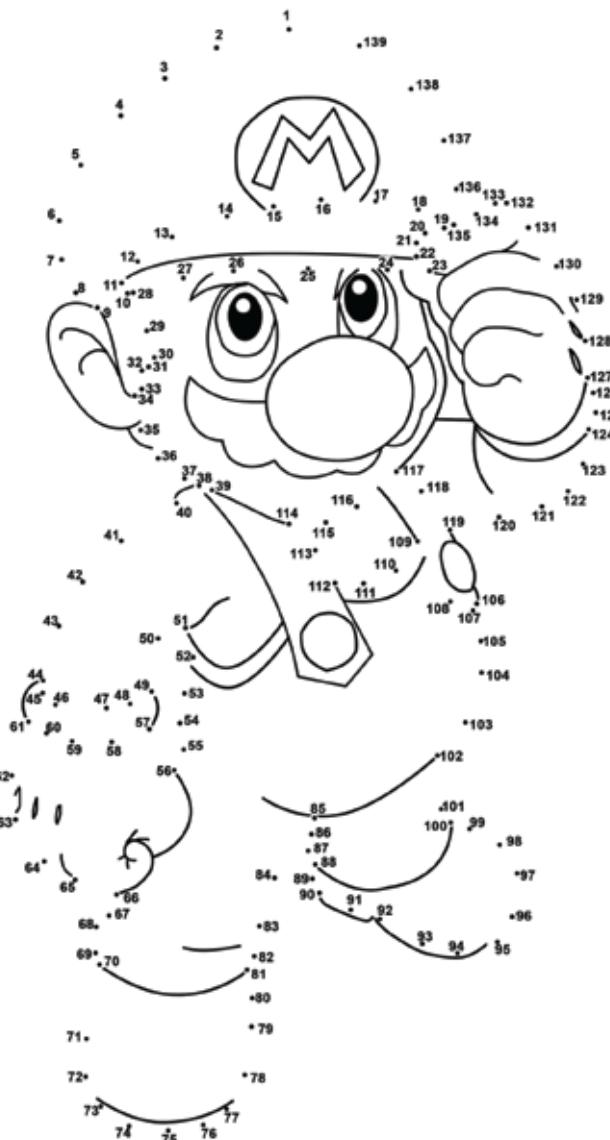
How do you get off a nonstop flight?

9

What are the strongest days of the week? Saturday and Sunday, the rest are weekdays.

10

Two fish are in a tank, one says to the other "how do you drive this thing?"



LET'S FIND WORDS



EXPLORE THE MAGAZINE FOR ANSWERS

SOLVE THE RIDDLES?

1 WHAT BELONGS TO YOU,
BUT OTHER PEOPLE USE IT
MORE THAN YOU?

2 HOW DO YOU SPELL COW IN
THIRTEEN LETTERS?

3 BEFORE MOUNT EVEREST
WAS DISCOVERED, WHAT
WAS THE HIGHEST MOUN-
TAIN ON EARTH?

4 WHAT IS MORE USEFUL
WHEN IT IS BROKEN?

5 WHAT ROOM DO GHOSTS
AVOID?

6 THE MORE YOU TAKE, THE
MORE YOU LEAVE BEHIND.
WHAT AM I?

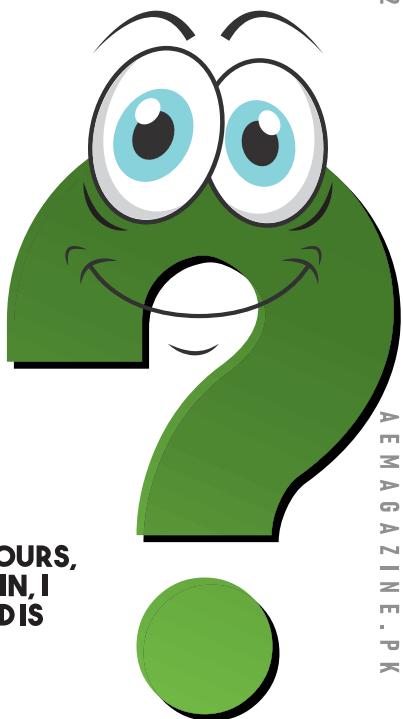
7 YOU LIVE IN A ONE STORY
HOUSE MADE ENTIRELY OF
REDWOOD. WHAT COLOR
WOULD THE STAIRS BE?

8 MY LIFE CAN BE MEASURED IN HOURS,
I SERVE BY BEING DEVOURED. THIN, I
AM QUICK. FAT, I AM SLOW. WIND IS
MY FOE. WHAT AM I?

9 THIS IS AS LIGHT AS A
FEATHER, YET NO MAN
CAN HOLD IT FOR
LONG. WHAT AM I?

10 WHAT IS THE END OF
EVERYTHING?

EXPLORE THE MAGAZINE
FOR ANSWERS



سروخ تھا۔ میں نے سوچا اس سروخ سے باہر جہانک ش۔۔۔ش۔۔۔شیر۔“ دوسرے کیمپ سے آواز آئی کہ دیکھتا ہوں کہ آخر کیا ماجرا ہے؟ جیسے پی میں نے ”خاموش۔۔۔

اس سروخ سے آنکھ لگا کر باہر جہانکا۔۔۔ میری اوپر اور میں خاموش بوگیا۔ میں حیران بوگیا کہ میرے کی سانس اوپر اور نیچے کی سانس نیچے رہ گئی۔ اسما اتنا شور مجاہن پرایک بجھ بھی نہیں جاگا۔ شائد کچھ خوفناک منظر میں نے اپنی پوری زندگی میں نہیں دیکھا زیادہ بھی تھک کئے تھے۔

میں نے دوبار ڈرتے ڈرتے سروخ سے باہر جہانکا تو باب میں کیا دیکھتا ہوں کہ ایک نہیں، دونہیں، تین پڑے کچھ نہ تھا۔ بس بُو کا عالم تھا اور جاند کی چاندنی بر

بھوڑے رنگ کے تیندوے اپنے تین سے چار بجھوں کے سو بکری رہی تھی۔ میں پھر بستر میں گھس گیا، جانے ساتھ کچھ بھی فاصلہ پر حملہ کا ارادہ کئے خیہ سے باہر کوئی لمحہ مجھے نہیں آئی آخر تھکا تو میں بھی بہوا کھڑے تھے۔ میں نے ان کے خطرناک ارادوں کو بہانہ تھا۔

لیا تھا، میرے خون کی گردش ایسے تھی جیسے سر رات کو دریا کی پریں بوتی بیس، تیز دل کی دھڑکیں اتنی تیز بہت سارے تیندوے بمارے خیہ کے گرد منڈلا رہے تھیں کہ جیسے دل ایسیہی میرا سینہ پھاڑ کر باہر نکل تھے تو تیجر نے مجھے بنایا۔ ”برار بینا!“ مجھے معلوم ہے جائے گا۔ خوف کی وجہ سے میں سانس لینا بھول گکا کہ تیندوے تمباکے کیمپ پر حملہ کرنے والے تھے اور تھا۔ باپنہ باپن سن پوچھ کر تھے۔ جسم ایسے تھا جیسے میں بھی ان پر اپنی حفاظتی پستول تان کر بیٹھا بہوا اس میں جان نہ رہی بہو۔ وہ گھبڑی مجھے اپنی زندگی کی تھا، اس سے بہلے کہ میں ان کو گولی کا نشانہ بنانا اتنی آخری گھبڑی محسوس بہوئی۔ تیندوں کا وہ خول آبستہ دیر میں تم نے بُوی عقلمندی سے شور مجاہن اکن کو بھکا ابستہ قربی سے قریب آتا چلا جا رہا تھا۔ بچنے کی کوئی دیا۔ لیکن بینا، اس بات کا ذکر اپنے ساتھیوں سے نہ کرنا صورت نظر نہیں آ رہی تھی۔

حال بھی میں دیکھی بہوئی ایک شکاریات پر منی فلم خوف سے سویا نہیں کریں گے۔“ کے وہ مناظر ذہن میں کوڈ پڑے، جس میں شیروں کے میں اپنے استاد کی بات سن کر ان کا مُسکراتا چہرہ تکتا ایک جھنڈ نے انسانوں پر حملہ کر کے ان کو نہ صرف رہ گیا۔ جب بھی میں وہ ایک خوفناک رات یاد کرتا لہرلہان کیا تھا بلکہ، ان سے اپنی بھوک بھی مثائقی تھی۔ بُوں میرے رونگٹے کھڑے ہو جاتے بیس۔

میں لفہم اجل بننے کیلئے بالکل تیار ہو کیا تھا۔

اچانک اسی شکاریات پر منی فلم کا ایک اور سین میرے ذہن میں آگیا۔۔۔ اس سین میں شیروں کو بھگانے کیلئے ڈھول اور تاشے بجا کر شورمجا کرائیں ڈرا کر بھگانے کی کوشش کی کئی تھی۔ میری آنکھ نے دیکھا کہ اگلے لمحہ میں تیندوے دوسرے کیمپ پر حملہ کرنے والے تھے۔

لیکن میں نے ایک لمحہ ضائع کئے بغیر آن کی آن میں ایک دیگرچہ پکڑ لیا اور اس کو اسی ڈالنے سے جو میرے باپنہ میں تھا بجانا شروع کر دیا اور ساتھی بھی جنگلی باشندوں کی طرح زور زور سے چلتا شروع کر دیا۔۔۔ بیوبو بیوبو بیا بیا بیوبو بیوبو۔۔۔

اچانک دوسرے کیمپ سے بمارے استادِ محترم کی گرجدار آواز ای۔ ”ابرار بینا! بات پہ؟ کیونکہ دھما جوکڑی مجا رکھی ہے۔ کیا مسئلہ ہے جلو۔ سو جاؤ آرام سے۔۔۔ میں کھڑلاتے ہوئے بولا۔ ”ستروہ۔۔۔

ایک خوفناک رات

ابرار بزمنی
افسانہ نگار



جیسے شام بزمتی گئی کیمپ کی وہ جگہ ویران سے ویران تر ہوئی گئی، ایک رات پہلے بونے والی بارش نے ماحول کو اور بھی بولناک بنا رکھا تھا، پورے چاند کی روشنی نے بہ طرف چاندنی بکھیر رکھی تھی لیکن جیز کے درختوں اور بادلوں کے نکزوں نے ماحول کو بوا پڑا سارا بنا رکھا تھا۔

شام کا کہانا کہا کر بہم اپنے خیموں میں سونے کیلئے پستروں میں گپس گھٹے۔ بمارے دونوں اساتذہ دوسرے کیمبوں میں باورچی سمیت سو گھنے، سفر کی شدید تہکاٹ کی وجہ سے سب بی جلدی سو گھنے تھے، بمارے کیمپ میں چھوٹے بچے اور بجا گنجَا سامان جنگلات کے پہلو میں واقع کیمپ سے حاصل کرنے جاتے تھے۔ والٹ لائف پاکستان کے مطابق ان جنگلات میں نیندوے اور جنکلی بلیاں اپنی آما جاکا بیس بنکار ریتے تھے۔

سب تہکاٹ سے چور سو رہے تھے، کچھ بھی دیر میں کچھ بون بوا کہ گرمی کی چھینیوں سے پہلے بمارے سکاؤٹنگ کے تیجر نے اعلان کیا کہ اکر کوئی تربیتی کیمپ میں جانا جائتا ہے تو اپنے نام رجسٹر کرو دے، لہذا میرے ساتھ ہبٹ سے طلباء نے اپنے نام رجسٹر کروا دے، میں نے پھر آنکھیں موند لیں، ابھی آنکھ لگی بھی تھی کہ پھر سے ایک خوفناک غراہیت کا نوں میں پڑی۔ لیکن اس بار غریبیت تھا۔ بہم سب سکاؤٹس بڑی گرم جوشی میری نیندیں اڑا کر رکھ دیں۔

یہ غراہیت بہت قریب سے تھی اور آبستہ آبستہ تیز جوش پوکر پہنچے تو یہ دیکھ کر حیران رہ گئے کہ وباں پر بمارے سکول کے ایکس ممبران پر مشتمل دستے جس میں دو اساتذہ، اٹھاڑے بولے سکاؤٹس اور ایک باوجھی (اکھی) وباں پر تھا تھی جبکہ لاپور کے تقریباً 05 مسکولوں نے وباں پہنچا تھا جو کہ ابھی نہیں پہنچے تھے۔ کیمپ کے جوکیدار نے بمیں بنایا کیمپ 28 شاہد وہ کتا وباں سے چلا گیا تھا۔ تھوڑی دیر بعد پھر نیندیں اکھی، لیکن اجانک میری آنکھ پھر قدرے زور دار جولاٹی کی بجائے 29 جولاٹی کو شروع بونا پے تو بمارے پیروں کے نیچے سے زمین نکل گئی، کیونکہ اس زمانے میں نہ تو سوکیں تھیں، نہ بھی آبادی، اور نہ کی شام کے بعد وباں کسی قسم کی کوئی سواری رات کی تاریکی کی وجہ سے آتی تھی۔ اور جس وین پر سوار ہوکر بہم کیمپ پہنچے تھے وہ بھیں اور بمارے سامان کو ڈرا کر پھکا سکوں۔ دندا باتھ میں اتنے بھی تھوڑا خوددار کاپس جاچکی تھی۔ بہر حال کیمپ کا چوکیدار بمارے لیے تین خیموں کا انتظام کر کے خوبیہ غائب بوگا اور بہم اپنا سامان اُن خیموں میں رکھ کر، بستر وغیرہ کر کے لیٹ گئے۔

میں نے سوچا کہ تا تگ کرنے پر اتر آیا ہے، میں نے پاس بی پڑا بوا ڈندا لیتے لیتے باتھ میں تمام لیا تاکہ اُس کو ڈرا کر پھکا سکوں۔ دندا باتھ میں اتنے بھی تھوڑا خوددار کاپس جاچکی تھی۔ بہر الحال کیمپ کا چوکیدار بمارے لیے تین خیموں کا انتظام کر کے خوبیہ غائب بوگا اور بہم اپنا سامان اُن خیموں میں رکھ کر، بستر وغیرہ کر کے لیٹ گئے۔

بے واقعہ جو میں آپ کے سامنے گوش گذار کر رہا ہوں اُس وقت کا بہ جب میں بشتم (انہوں) جماعت کا طالب علم بونے کے ساتھ سانہ بواتے سکاؤٹس تحریک کا سر گرم کارکن بھی تھا۔ بہم سکاؤٹنگ کی تربینگ، گرگلے کی چھینیوں میں، گھوڑا گلی اور مرنی کے دریمانی جنگلات کے پہلو میں واقع کیمپ سے حاصل کرنے جاتے تھے۔ نہیں۔ والٹ لائف پاکستان کے مطابق ان جنگلات میں نیندوے اور جنکلی بلیاں اپنی آما جاکا بیس بنکار ریتے۔

کچھ بون بوا کہ گرمی کی چھینیوں سے پہلے بمارے سکاؤٹنگ کے تیجر نے اعلان کیا کہ اکر کوئی تربیتی کیمپ میں جانا جائتا ہے تو اپنے نام رجسٹر کرو دے، لہذا میرے ساتھ ہبٹ سے طلباء نے اپنے نام رجسٹر کروا دے، دینے۔ پروگرام کے مطابق بہم نے 28 جولاٹی کو تربینگ کیمپ پہنچنا تھا۔ بہم سب سکاؤٹس بڑی گرم جوشی اور بے صبری سے اس دن کا انتظار کرنے لگے۔

28 جولاٹی کو جب بہم اس کیمپ والی حگہ پر بڑے پر جوش پوکر پہنچے تو یہ دیکھ کر حیران رہ گئے کہ وباں پر بمارے سکول کے ایکس ممبران پر مشتمل دستے باوجھی (اکھی) وباں پر تھا تھی جبکہ لاپور کے تقریباً 05 مسکولوں نے وباں پہنچا تھا جو کہ ابھی نہیں پہنچے تھے۔ کیمپ کے جوکیدار نے بمیں بنایا کیمپ 28 شاہد وہ کتا وباں سے چلا گیا تھا۔ تھوڑی دیر بعد پھر جولاٹی کی بجائے 29 جولاٹی کو شروع بونا پے تو بمارے پیروں کے نیچے سے زمین نکل گئی، کیونکہ اس زمانے میں نہ تو سوکیں تھیں، نہ بھی آبادی، اور نہ کی شام کے بعد وباں کسی قسم کی کوئی سواری رات کی تاریکی کی وجہ سے آتی تھی۔ اور جس وین پر سوار ہوکر بہم کیمپ پہنچے تھے وہ بھیں اور بمارے سامان کو ڈرا کر پھکا سکوں۔ دندا باتھ میں اتنے بھی تھوڑا خوددار کاپس جاچکی تھی۔ بہر الحال کیمپ کا چوکیدار بمارے لیے تین خیموں کا انتظام کر کے خوبیہ غائب بوگا اور بہم اپنا سامان اُن خیموں میں رکھ کر، بستر وغیرہ کر کے لیٹ گئے۔

SKIN CARE IN WINTERS

WHAT IS THE RELATIONSHIP BETWEEN OUR SKIN AND WEATHER?

Most of the people don't know but our skin should be treated according to the weather. The way we change our clothes with changing weather, we also need to change our products with the change of seasons. We should be very mindful of the fact that cosmetic products for different seasons are different. All products including skin cleansing, skin protection or makeup related should be utilized accordingly.

WHAT FACTORS ARE IMPORTANT IN KEEPING OUR SKIN HEALTHY?

Three things we need to give attention to; first is water intake, we have to regulate it, especially in winters. Furthermore, our diet and sleep have a pivotal role in keeping our skin healthy. We should work on our diet first; we should maintain a balanced quantity of vegetables, meat, pulses, milk and eggs. After all this, we should go for the topical products.

YOU HAVE BEEN RUNNING



Tahira Zia
Beautician & Trainer

YOUR OWN SALON FOR 23 YEARS, PLEASE ENLIGHTEN US WITH SOME OF HOME-MADE PROCEDURES FOR HEALTHY SKIN.

Homemade skin products are much more convenient as they are organic and have lasting impacts on our skin. If you take glycerin, mix it with olive oil with a few drops of lemon juice, and apply it on your skin; it will give your skin a rejuvenated look. Besides, rice flour is extremely healthy for our skin. Make a paste of rice flour by adding Aloe Vera gel and olive oil in it, apply it on your face by gently massaging the skin in a circular motion. After 2 to 3 minutes, rinse your face with tap water. This will remove all the dead cells from your skin, and will give your face a refreshing look.

PEOPLE WITH DRY SKIN NEED TO DO EXTRA EFFORTS TO KEEP THEIR SKIN MOISTURIZED. CAN YOU SUGGEST ANY EASY

PROCEDURE THAT WOULD BE BENEFICIAL FOR DRY SKIN?

Dry skin surely needs more attention than oily skin. First of all, it is important to moisturize your skin regularly. Good news is that you don't have to purchase over-priced cosmetic products, rather you can make your own moisturizer in your kitchen. All you need to do is to take 1 tbsp. coconut oil, add 1-2 drops of olive oil in it. Mix it up and apply on your face whenever needed. Apart from that, Vitamin E ointments are available in the market, which can be helpful in keeping skin healthy.

HAVING AN OILY SKIN IS ALSO NO LESS THAN A CHALLENGE. HOW TO KEEP IT PROTECTED FROM THE EXTRA GREASE FORMED ON THE FACE?

People with oily skin don't have to do much effort especially in fall, they just need to have a good intake of fruits. However, oily skin can cause a thick layer of oily grease to form on face and nose; the solution to it is quite simple. Take a banana, mash it up with a small amount of honey, and gently apply it on your skin for 1-2 minutes. Rinse your

face after a couple of minutes, the unnecessary oil will vanish. Don't forget to apply rose water on your face after this procedure. Here, I would like to say that oily and dry skin have different procedures, therefore it is important to be aware of your skin tone.

WHAT TIPS WOULD YOU GIVE FOR DARK SPOTS AND FINE LINES THAT APPEAR ON THE FACE?

If you have dry skin, keep on using rice flour procedure, this is going to eliminate spots slowly. Even for the fine lines and wrinkles, it is very useful. If you are not going to moisturize your dry skin, the aging process of your skin shall speed up. What message would you like to give to our audience, who are struggling with skin problems?

I would like to say that don't run after skin products in the first place, work on your sleep patterns and diet. Having a good sleep is the biggest secret behind glowing and healthy skin. Furthermore, exercise daily; with exercise, there will be more sweating, that means more healthier, younger and rejuvenated facial skin



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A FRUITFUL HABIT: EXERCISE

We only get to live once and since the day we're born our body starts to work and stops only when we take our last breath and we owe it to ourselves to make our body a humble temple.

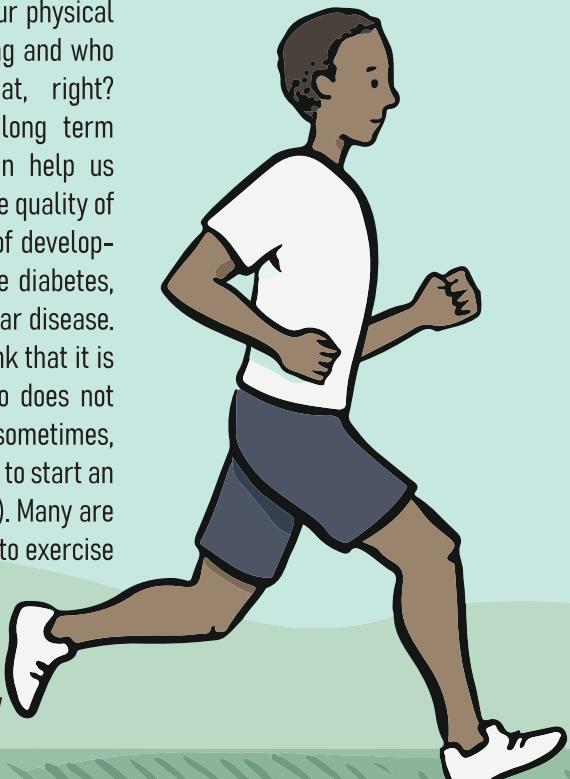
is, they would never miss out on it. Look at these major pluses that it brings!



Khizra Tariq
Teacher, Writer, Artist

Exercise is not only a requirement but a need for keeping a healthy lifestyle. Exercise plays a vital role in keeping a check on our physical and emotional well-being and who would say no to that, right? Physical exertion has long term health benefits and can help us improve and maintain the quality of life. It reduces the risk of developing several diseases like diabetes, cancer and cardiovascular disease. Well, people seem to think that it is a task for someone who does not have their hands full or sometimes, they just lack motivation to start an exercise regime (routine). Many are of the view that in order to exercise properly they need special equipment or waste money in a gym. If only they knew how beneficial and cheap it

Exercise improves your mood, scales down anxiety and improves self-esteem since it releases "feel-good" chemicals. The majority



who exercise on a daily basis are when we are mad? Well, instead if less likely to be depressed in you got up and reverted your comparison to those who don't. From a light walk or jog to extreme sport exercise has been linked with an improved mood. It gives you a

sense of achievement in your off days. Exercises such as aerobic ones prompt the release of mood-lifting hormones, which relieve stress and promote a sense of well-being and combats negative feelings.

it increases the flow of blood to your brain and keeps it sharp, maintaining a healthy brain function and the best part is that it builds up your stamina for your daily chores. Have you ever noticed how people who stay physically fit are active even when they are old?

If you want to have a profound sleep without waking up seven times in the middle of the night, guess what? Exercise. Not only it helps you sleep faster, it improves the quality and quantity of your sleep. Besides, it's also a great way to get out that aggression and repressed emotions out of your system. Ever observed how we want to hit things

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EAT BEST LEAVE THE REST

In the current circumstances of the global pandemic it has become necessary for every individual to keep a wise track of his health. This well-balanced diet, along with every other precaution needed for our health, Healthy food is important because as the old saying goes "you are what you eat". In about eating healthy. Many times, we eat to please our taste buds and remain quite unaware about the health hazards that such eating habits might pose. In order to remain healthy, our body needs every natural element whether it is vitamins, minerals, proteins, carbohydrates, fiber or even fat. Each of these nutrients has their own individual role to play in the physical and mental development but we are supposed to choose them



Azka Ishtiaq
Literature Student

Eating a healthy diet is not about strict limitations, staying unrealistically thin or depriving ourselves of the food we love. Rather, it is about feeling great, having more energy, improving our health, and boosting our mood. In recent decades, lifestyle is considered as an important factor of health. According to WHO (World Health Organization), 60% of related factors to individual health and quality of life are correlated to lifestyle. The WHO cross-national study of health behavior in school aged children from 35 countries: findings from 2001-2002)

The significance of a balanced diet cannot be emphasized enough for a healthy lifestyle. And healthy lifestyle can be attained by keeping into consideration to meet all the essential nutrients required by the body. In particular, these nutrients are building blocks for the development and over well-being especially for children. The "Prevention Institute, California" reports that good nutrition not only contributes in growing children's physical development but also affects their cognitive development. Children who consume unhealthy food can have trouble concentrating, become easily fatigued and are likely to face difficulties in learning which can lead to behavioral and social problems. Now-a-days the convenience of eating out is overshadowed by the poor nutrition offered at most chain restaurants. A 2013 report by "Center for Science in the Public Interest" found that 97 percent of the kids' meals at the top food chains have failed to meet basic nutrition standards. These days, many of our systems and customs seem to

be organized in a way that separates the different facets of health for example, a nutritionist might recommend ways to eat healthy, and a therapist might recommend ways to cope with stress, but often, there is little to no cross-over guidance for fitting the piece together as a whole because as B.K.S. Iyengar says,

HEALTH IS A STATE OF COMPLETE HARMONY OF THE BODY, MIND AND SPIRIT.

A life towards happiness requires a healthy body. The more we eat healthy the less natural it feels to reach for a piece of or a bag of chips when we get hungry. It is not a matter of depriving ourselves of our favorite snacks, but simply a conscious recognition of respecting what is best for our body in the longer run.

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**HOW
MANY
DID
YOU
GET?**



EXPLORING TOURISM IN PAKISTAN

SOME BEAUTIFUL PLACES TO VISIT IN 2021



Saira Batool

Nature Photographer, Blogger,
Media Student

Life is nothing without adventure. It reminds me of an English proverb, "Adventures are to the adventurous". It is hidden in travelling. With the end of 2020, the perilous and gloomy clouds of Covid-19 have also disappeared and, now, it feels like 2021 has brightened up the desperate faces with courage to travel and seek adventure once again.

Pakistan has suffered a lot in the past 2 decades due to security challenges, which caused a decline in the tourism in Pakistan. The country now, after the relief from Covid-19, welcomes tourists from worldwide to visit and explore the beauty of Pakistan. From the city of Saints, Multan & green zestful Islamabad, to the alluring North valleys, Pakistan holds an exclusive position in tourism. Here are some most recommended places to visit in Pakistan.

A place which holds a cardinal setting among historical places in Pakistan; **Takht-i-Bahi**, is an archeological site of Buddhist monastery in Mardan, KPK. The place is a combo of monastic Chambers, Stupa Court and Tantric Monastic



TAKHT-I-BAHI

Complex. The site, found in the 1st Century holds an amazing Buddhist history, however, it was abandoned in the 7th century. The ruins give a unique view from hill top and can be easily visited in a complete day trip.



MAKLI NECROPOLIS

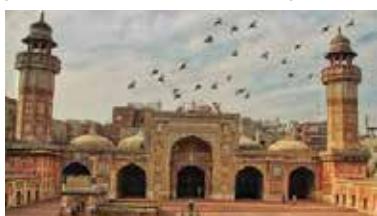
No historical trip is finished-off without visiting the famous and ancient ruins of **Makli Necropolis** in Thatta; houses over 500, 000 tombs ranging over 10km near the city. Its history is 400 years old belonging to the Sufi saints, royals and scholars of time. The place is a masterpiece of Mughal dynasty. Its history begins from the Sufi Saint Shaikh Jamali, who established this place for Sufi gatherings and wished to be buried in the same place. Later on, Jam Tamachi, the

ruler of Sindh was also buried in Makli, and so on the burial became its tradition. It is architecturally enriched and most of the tombs are hand-crafted.



MINAR E PAKISTAN

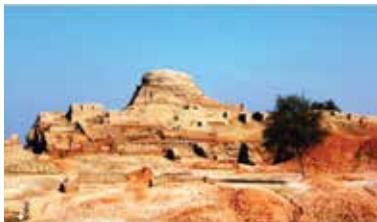
Built with shiny white marble reflecting the great opus of Mughal Islamic artwork, **Minar-e-Pakistan** is a tribute to the victorious course of resolution known as Lahore Resolution. The tower has 324 steps to climb on and pleases with panoramic view from its top.



MASJID WAZIR KHAN

Lahore holds a remarkable value when it comes to historical places. **Masjid Wazir Khan** is an incredible creation, and a worth-to-mention mosque. The mosque shares a historical, and as well as architectural queue from Begum Shahi due to its colorful and astounding artwork. Shah Jahan commissioned the beautiful place, whereas, the delicate artwork on marble will leave you admiring the beauty of

the mosque throughout the visit.



MOHENJO-DARO

One of the most spectacular and adventurous places, **Mohenjo-Daro** is quite bewitching as it signifies "the mound of the dead". It outshines to its fullest and is the largest city of Indus Valley civilization. The ancient city, under UNESCO World Heritage Site, was built around 2500 BCE and remained undocumented for over 3700 years. Expanded over 300 hectares, it represents a high level of social organization according to historians.

Say hello to the most spectacular and ancient (established in 16th century) fortress of Pakistan **Rohtas Fort**. This dazzling piece of heritage is located near Jehlum, Punjab. The majestic fortress is spacious enough to wander and teleports you back to the good-old times. It holds the place of the largest Fortress in the Subcontinent.

Philanthropist & humanitarian **Bilquis Edhi** has been nominated for "**Person of the Decade**" by an international organization **Impact Hallmarks** for her charity & human welfare services.



ROHTAS FORT



NEELUM VALLEY

Hingol National Park is a perfect place for adventure seekers, hikers, cyclists, bikers and jeep racers. One of the most exotic parks in the country is Hingol National Park located 190km away from Karachi. It is occupied with rugged rocks, mud volcanoes, and wildlife. The sculpture and rock formations give a unique view, named as “Princess of Hope” by Angelina Jolie.



HINGOL NATIONAL PARK

Neelum Valley, Azad Kashmir stretches out from Chella Bandi Bridge – north of Muzaffarabad (AJK's Capital) to Tau-but with the length of almost 240 kilometers, esteemed for its lush green forests, freshwater streams, spectacular waterfalls and heavenly highlands. The valley has a charisma of natural beauty which soothes the soul along with eyes.

The province of KPK provides high altitude tourist attractions in the sight of **Swat Valley** located in the Northwest of KPK. The valley comprises infinite spectacular forests, landscape, mesmerizing peaks and wildlife. Swat valley is the most wanted place for adventure in summers like zipping, hiking, camping etc. Swat Valley attracts tourists outside Pakistan to experience ice-skating, ice-skating, ice-hockey, curling, snowboarding, speed skating etc. Apart from scenic beauty and yummy-scrummy food, the valley is enriched with exclusive culture, hospitality and heritage.



NALTAR VALLEY

Naltar valley, located around 1 hour and 40 minutes' drive from Gilgit city, is famous for its highland view comprising 3 lakes mainly Blue lake, Strangi Lake and Bodlok Lake.

Its magnificent landscapes, snow-capped hills and pine forests make Naltar Valley Heaven on Earth place.

A little ahead of Rama Village, 11 kilometers far from Astor, is located a charismatic **Rama Meadow**. It serves as Tourist's attraction due to its eye-pleasing and peaceful wilderness. It faces the Southern Tail of Nanga Parbat, which furnishes an awe-inspiring view to eyes seeking nature's beauty.



RAMA MEADOWS



RAKAPOSHI

RakaPoshi Base Camp is the most famous and adventurous mountain of Hunza Valley. The peak is located in RakaPoshi Haramosh Range. The highland broadens up to 20km from East to West. RakaPoshi is the dream mountain for adventure seekers and climbers. In order to avoid the risks of extreme cold temperature, it is best to visit it during May to October.



KATPANA DESERT

Katpana Desert is a high elevation desert situated close to Skardu, Gilgit Baltistan. It is referred to as the world's Cold Desert at a height of 2,226 meters (7,303 feet) above sea level. The most astonishing uniqueness of this desert is that its sand dunes get covered with snow in winters. Its enchanting cold evenings and sandy sight attracts tourists around the globe.



LOK VIRSA MUSEUM

Deeply enriched in culture and history side by side, **Lok Virsa Museum** depicts the commendable efforts of artists. The place welcomes visitors with nestled woods of Shakarparian and begins from early Pakistan culture to the glorious Mughal dynasty and the contemporary struggles of the modern nation. The galleries also present the life of average citizens in Punjab, Sindh, Baluchistan,

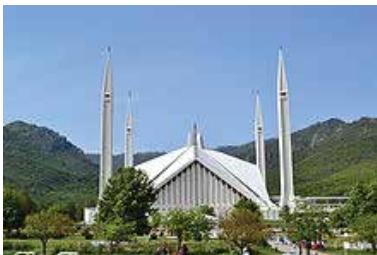
Khyber Pakhtunkhwa, Azad Kashmir, Gilgit-Baltistan and the Kailash Valley.



BADSHAH MOSQUE

Badshahi Mosque, one of the majestic landmarks of Lahore depicts the legacy and greatness of the Mughal era. The beautiful piece of religious tradition built in 1673, is now the second largest mosque of Pakistan. The facade features decorative red sandstone carvings and draws influence from Indo-Greek architecture. The 12 dari is the most epic creation and uniqueness of this mosque.

One who visits Islamabad can never miss a trip to **Faisal Mosque**. The scenic mosque, completed in 1986, features a modern white facade inspired by the Bedouin desert tents. Pakistan's largest mosque has a spacious prayer hall. The masterpiece of Islamic tradition includes a library, lecture hall,



FAISAL MOSQUE

museum, and cafe.

One of the most attractive and culture-enriched settings of Pakistan is **Qissa Khwani Bazar**, mostly known as "Storyteller itself" lies in the heart of Peshawar.



QISSA KHUWANI BAZAR

Because of its old history and a picturesque Siraay for travelers, the place is worth watching. The place is famous for its Special Peshawari Kehwa, old buildings, brass items and clay pots. The bazar fascinates visitors majorly due to the lovely hospitality of Pashtuns.

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DR. MUHAMMAD AZEEM FAROOQI

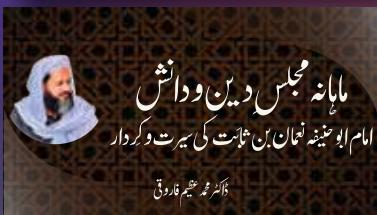
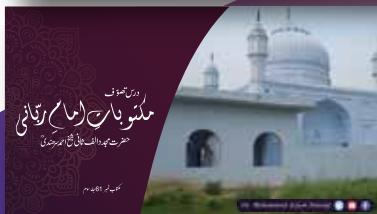
Religious Scholar, Academician, Researcher, Influencer



A man of struggle and acclaimed achievements. Farooqi is a religious scholar. He has done PhD in Islamic Culture, History and Thought and specializes in 21 subjects including Law, History & Oriental Languages. He has authored books on Naqshbandi Sufis, Quran & Hadith and many more. He has also published several academic papers.

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FOLLOW



Muhammad Azeem Farooqi



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SELF-REFLECTION: SIMPLICITY

What exactly is self-reflecting and why is it so important? Well, we humans adapt to our surroundings and we do it very well. To make it short and simple, we see how things are around us, we learn that behavior and then it becomes a part of us. The problem is that not all learned behavior is good and needs to be unlearned consciously.

Gossiping, lying, making hurtful comments or jokes etc., these are all the things we have either done at one point in our lives or are still doing it because it seems to be 'normal' behavior. In school it may be commenting on someone's skin color, height or any other physical appearance jokingly but then we are never corrected and it becomes a part of us. With the same mindsets we, then, enter society as active members and shape the society as a whole. Except now this isn't school anymore and rather than being taught, we have become the teachers and the same 'jokes' are now used to measure your worth as a human being. Messed up, right?

However, learned behavior can also be unlearned.

Now, all that being said, I've always questioned why our culture makes things so complicated when there



Shyza Babar

Writer, Photographer, Humorist

are easier, simpler ways. From having weddings which aren't affordable, landing people into debt, to parents forcing their children to pick up careers which are "respectable" in society rather than letting them do what they are interested in or good at. Our religion doesn't state any of it, it's not logical and yet we make these complicated decisions.

This made me self-reflect. Am I unconsciously caring about the '*log kya kahein ge?*' (what would people say?) notion? If so, it would mean that when I'll be responsible for teaching the generation after us, I'll also be passing this on to them and/or making their life difficult as well.

But is just believing in something enough? Now here's the thing, we believe in a lot of things but we can always teach others better by example. So, that's what I'm trying to do, be an example, consciously changing learned behavior and this is just one aspect of it.



@shyzababar

PERSONAL IMMORTALITY

Personal immortality is not a state; it is a process. I think the distinction of spirit and body has done a lot of harm. Several religious systems have been based on this erroneous distinction. Man is essentially an energy, a force, or rather a combination of forces which admit various arrangements. One definite arrangement of these forces is personality --- whether it is a purely chance arrangement does not concern me here. I accept it as a fact among other facts of nature, and try to find out whether this arrangement of forces --- so dear to us--- can continue as it is. Is it then possible that these forces should continue to work in the same direction as they are working in a living, healthy personality? I think it is.

Let human personality be represented by a circle--- which is only another way of saying that these forces result in describing a definite circle which may be obliterated by an upsettal of the arrangement of forces constituting it. How then can we manage to secure the continuance of this circle? Evidently by energizing in a way calculated to assist the constitutive forces in their regular routine of work. You must give up all those modes of

activity which have a tendency to dissolve personality, e.g., humility, contentment, slavish obedience, modes of human action which have been erroneously dignified by the name of virtue. On the other hand, high ambition, generosity, charity and a just pride in our traditions and power fortify the sense of personality.

Personality being the dearest possession of man must be looked upon as the ultimate good. It must work as a standard to test the worth of our actions. That is good which has a tendency to give us the sense of personality, that is bad which has a tendency to suppress and ultimately dissolve personality. By adopting a mode of life calculated to strengthen personality we are really fighting against a death--- a shock which may dissolve the arrangement of forces we call personality. Personal immortality then lies in our own hands. It requires an effort to secure the immortality of the person. The idea I have dropped here has far-reaching consequences. I wish I could have time to discuss the comparative value of Islam, Buddhism and Christianity from the standpoint of this idea; but unfortunately, I am too busy to work out the details.

An extract from Allama Muhammad Iqbal's personal notebook "Stray Reflections"

HIDDEN STORMS



Qaindeel
Writer, Artist,
Plant Sciences Student

It's hard to understand her
Titanic destroyed inside her
But!

She is calm and serene
Like Ocean
With full emotion

Still, she smiles like
Waves of summer and;
Cool breeze of seashore
Where people come to
explore
They play with waves
In evening return home...

When everyone departs
She dances with loneliness
Cause moon attracts Heart

But she's too busy; gazing at
stars
While silence plays guitar
She sighs;
And lights her Cigar...

Mother Nature smiles on her
Silently
Yes! It's hard to be her

@ qaindeelrajput@gmail.com

GIVE IT A SHOT



Aruba Ali
Content Creator, Artist,
Mental Health Enthusiast

We have but a few,
Fleeting moments

In this life,
In this world,
On this Earth,

And I

Want to fill

My heart

With everything
But

Negativity,
I don't want

To turn my heart
Into a jar of tar,
Simply because
People hurt me

I want to lighten up

A sad heart,

Brighten up

A dull smile,

I want to open

Up my heart

To new experiences,

To new people,

But I know,

It isn't easy

To get a wounded animal

To let someone in its cage,

To try something new,

To trust again,

But I'll give it a shot



idhrudhrkibatein

FLIGHT



Imran Khan

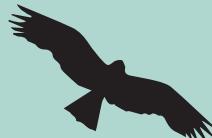
Playwright, Poet, Fiction Writer,
Teacher of English Literature

He was very fond of flying high, and he did! His flight was majestic and without any imperfection. It seemed nature had embodied all the best options of flight in his feathers. The whole flock admired and marveled at his flawless flight. More than anything else, he believed in his art and skill and felt the sky below his feet when he was in the air. His exceptional art of flying made him reputed and he learnt to live with the badge of honor.

"The fear of the loss of the desired dreams becomes the worst when you get access to them."

Today, he had a quaint feeling that the peak of the mountain was inaccessible to his strong wings. He flew a thousand times that day, left no stone unturned to reach it but each time he failed. It was not that he could not fly, he did fly, reached it but.....

His Father: Why are you not on the hill today? That Kunjal is there.



He: I am trying, Father.

Father: What.....?

He: To solve the riddle.

Father: Would you tell me or...?

He: Is that Kunjal or I?

Father: Are you out of your wits?

He: Father, look far away, there is a ray of light emerging from the black veils. Now the sky is clear, the darkness has faded and I am prescient enough to predict Kunjal's future.

Father: What do you mean? What is Kunjal's future?

He: Father, yesterday, the hill was under my feet...and I was its lord and master but today...it is Kunjal who now occupies it and ...and...

Father: And... What?

He: Why aren't you there, Father? Once you were there on the top of the hill, too!



poetic_spurs

“
QUOTES CORNER

Four things support the world: the learning of the wise, the justice of the great, the prayers of the good, and the valor of the brave

PROPHET MUHAMMAD

Listen with ears of tolerance! See through the eyes of compassion!
Speak with the language of love

RUMI

We must have perseverance and above all confidence in ourselves. We must believe that we are gifted for something and that this thing must be attained.

MADAM CURIE

بہم تک آن پہنچتی ہے - بعض اوقات کسی چیز، مقصد یا جواب کی تلاش بھی بہمیں زندگی بہر ہے چین کیپے رکھتی ہے اور جب تک حاصل نہ بو جائے دل کو کسی اور طرف سکون میسر بھی نہیں آتا۔ کچھ واقعات میں شاید لاحاصل محبت بھی کارفرما بہوتی ہے جو بہماری شخصیت کو تبدیل کر کے رکھ دیتی ہے۔ کبھی وہ محبت جو سب کچھ لگکی بہوتی ہے ، وہی محبت زندگی کے خالی پن کا باعث بنتی ہے۔

یا پھر آپ کو ایسا نبیں لگتا کہ بر تبدیلی کے پیچھے کوئی ایک ایسی طاقت ، کوئی ایسی مصلحت ، اور کوئی ایسا مقصد پوشیدہ ہوتا ہے جو بہماری سمجھ میں اس وقت تک تو نہیں آتا مگر دُھنڈ کے چھٹ جانے کے بعد سوالوں کے جوابات ، تجربات اور حالات کے اسباب ، زندگی کا مقصد اور حقیقی محبت کا راز... انسان کو ملنے لگتا ہے مگر اس سب میں کچھ وقت تو لگتا ہے۔

تو پھر انسان کو کونسی چیز ہے جو واقعی بد دیتی ہے ؟ وقت ؟ زندگی ؟ تجربات ؟ حالات ؟ تکلیف ؟ محبت ؟ تلاش ؟ یا پھر خُدا ؟

 haveerius.yassar@gmail.com

ANSWERS TO THE RIDDLES

- | | | |
|---------------------|--------------------|---|
| 1.Your name. | 4.Your Breath. | 8.Footsteps. |
| 2.An egg. | 6.Mount Everest. | 9.What stairs? You live in a one-story house. |
| 3.SEE O DOUBLE YOU. | 6.The letter "g". | 10.I am a candle. |
| | 7.The living room. | |

تاریخ عنکبوت

تویرث مغل
کالمزنگار، مصنف، تھیٹر اداکار



کبھی کبھی بہم اس حقیقت کو قبول کرنا نہیں

چاپتے یا پھر شاید بہم اس حقیقت سے آنکھیں بند کئے رکھنا چاپتے ہیں مگر جو بھی ہو آخر کو قبول تو کرنا ہی بوتا ہے ۔

بہم بہ جانے بھی بوتے ہیں کہ چاپے جو شخص بھی ہو اس نے بہم سے دور تو جانا ہی بوتا ہے ۔
چاپے کل ، پرسون یا پھر آج ۔۔۔ اور بمیں ایسا لگتا ہے کہ جیسے زندگی رک جائے گی۔ سب تھم جائے گا!! ۔۔۔

مگر زندگی کی تو پہلی شرط ہی زندہ رہنا ہے ۔
کسی کے بونے نہ بونے سے زندگی رک نہیں جاتی ،

چلتی رہتی ہے ۔ اور اکثر وہ لوگ جن کو بہم زندگی کے لیے ناگزیر جانے بوتے ہیں اچانک بغیر کسی وجہ کے بہم سے دور چل جاتے ہیں یا پھر دور ہو جاتے ہیں ۔ زندگی پھر بھی نہیں رکتی ، تھوڑی دشوار ضرور لگتی ہے مگر تمام نہیں بوتی ۔

آخری دم تک خود بی لڑتے رہنے بوتی ہے ۔ کہنے کو سارا شہر شناسائی کا دعویدار ضرور بوتا ہے مگر کون پہماڑا اپنا بوتا ہے یہ بہم بھی نہیں جانتے ہیں!! ۔۔۔

کچھ محرکات زندگی میں متوازی چلتے رہتے ہیں ۔
مگر وقت کی دھول بمارے جذبات کو اور

احساسات کو بدل دیتی ہے اور پھر ہمیں جینے کا اک نیا انداز ملتا ہے ۔۔۔ حالات اور گردش دوران بمیں اپنے اندر ہے حد مصروف کر لیتے ہیں کہ زندگی کے رنگ ڈھنگ بھی بدلنے لگتے ہیں ۔

کبھی کبھی زندگی میں رونما بونے والے واقعات اور تجربات بماری سوج کا زاویہ یکسر بدل کر رکھ دیتے ہیں ۔ اور بہت بھی قریبی رشتہ سے ملنے والی تکلیف جس کی بہم پرگز توقع نہیں کر رہے ہوتے مگر وہ تکلیف بمیں خود بھی تلاش کر لیتی ہے اور

کیا آپ نے سوچا ہے کبھی کبھی دل چاپتا ہے آپ خود کو اتنا مصروف کر لیں کہ آپ اپنی بھی سوچوں سے چھٹکارا حاصل کر سکیں ۔ مگر ایسا نہیں ہوتا

دو دن ، تین دن ، یا پھر زیادہ سے زیادہ ایک بیفت... آخر کب تک آپ اپنی بھی سوچوں سے فرار حاصل کرتے رہیں گے ؟

آخر تو آپ کو اپنی سوچ کی عدالت کے کنٹرے میں کھڑا ہونا ہی بوتا ہے ۔ آخر تو آپ کو بے وجہ کی پریشانی یا ڈپریشن کے لئے منطقی جواب دلائل کے ساتھ ڈھونڈ کر دینا ہی بوتے ہیں ۔

بہوں تو دُور سے اور باہر سے چاپے آپ دنیا کے لیے کتنی پرفیکٹ زندگی گزارتے ہوں مگر آپ کس گرب اور کس آذیت کا شکار ہوتے ہیں اس سے کسی کو کوئی سروکار نہیں ہوتا آپ کس جنگ کو اپنے اندر

کئی سالوں سے لڑ رہے ہیں اور آپ کو وہ جنگ آخری دم تک خود بی لڑتے رہنے بوتی ہے ۔ کہنے کو سارا شہر شناسائی کا دعویدار ضرور بوتا ہے

مگر کون پہماڑا اپنا بوتا ہے یہ بہم بھی نہیں جانتے ہیں!! ۔۔۔

اور جب وقت ملنے پر سوچیں تو اپنے ساتھ کسی کو بھی کھڑا نہیں پاتے ۔

زندگی کے سفر میں بہت سے مقام گزر جاتے ہیں جو پھر کبھی نہیں ، بلکہ برگز نہیں آتے ۔ ایسے بھی موسم بوتے ہیں جو گزر جاتے ہیں اور کچھ لوگ بھی ۔ باں کچھ لوگ آپ کی زندگی کے سفر میں زیادہ دیر کے لیے آتے ہیں اور کچھ لوگ کم وقت کے لئے آتے ہیں مگر سب لوگ کچھ نہ کچھ ضرور سکھا کر جاتے ہیں ۔ اور کچھ باتیں جن کو دل کافی پہلے قبول کر لیتا ہے مگر دماغ اُس سب کو قبول کرنے میں کافی زیادہ وقت لگا دینا ہے ۔ شاید

کار دشوار ہے متوان خود کو ---



شادی جیڈ بھڑی
شاعر کالم نگار

کو تر رکھتی ہے اور بسکٹ سے منہ کاذا نچہ ٹھیک رہتا ہے۔ مرد دانا کی بات سن کر تاؤ تو پہت آیا لیکن بندے نے آرڈر دے دیا۔ اس بھاری انویسٹ منٹ کے بعد واپس آکر سکریٹ کی ذمی مرد دانا کے حوالہ کی لیکن ایسا کرنے سے پہلے احتیاط اپنے منہ پر مزید مسکینی و غربت طاری کر لی کہ کہیں وہ مزید فرمائیں نہ کر دے۔ مرد دانا کے ساتھ ایک صاحب بھی بیٹھے تھے جو کہ حسن اتفاق سے دانشور بھی واقع ہوئے تھے۔ بدقدیمتی سے میری ان کے ساتھ کچھ علیک سلیک بھی تھی۔ وہ میری طرف دیکھتے ہوئے کفن پھاڑ کے بولے کہ یار کالم چھوڑ جیسی تیری شکل ہے تم کالم کی بجائے کمرشل مارکیٹ میں غبارے بیجا کرو۔ دانشور کی بات سن کر بندہ جل کر کباب ہو گیا اور دل کیا کہ ان سے پوچھوں کون ہے؟ کہ اتنے میں مرد دانا صاحب گویا ہوئے یار ملنے کچھ تو سوچا ہو گا؟ ڈرتے ڈرتے عرض کی کہ طبیعت مزا ج کی طرف مائل ہے سوچتا ہوں مزا جی کالم لکھوں۔ سن کر کافی محظوظ ہوئے بولے طبیعت تو نہیں البتہ آپ کی شکل کافی مزا جی واقع ہوئی ہے کالم کی بجائے اپنی فتوو کیوں نہیں شائع کرواتے؟ کہ اس طرح خلق خدا پڑھنے کے عذاب سے بچ جائے گی۔ ہم کہ اندرون خانہ خود کو کافی چندے آفتاب چندے مابین تاب نہما کی چیز سمجھتے تھے۔ غصہ تو آیا لیکن چپ رہے میری صورت دیکھے مرد دانا کو ترس آگیا با جائے بسکٹ نے اپنا کمال دکھایا، بولے ٹھیک ہے مزا جی کالم لکھوں پر خبردار کالم کے ساتھ فتوٹو نہیں لگوانا پوچھنے پر ارشاد فرمایا کہ اس طرح تم پہچانے جاؤ گے اور ناحق گندے اندے اور ٹھائیں کھاؤ گے۔

@ shahidjaffri@hotmail.com

پہت پرانی بات ہے اتنی پرانی کہ اب تو اس بات کی بھی مونجھیں نکل آئیں ہیں۔ ایک ویب سائیٹ پر بماری شاعری شائع ہوئی اپنی شاعری کو نیت پر دیکھ کر مانو بماری تو باجھیں کھل گئیں سو پہم نے جہٹ سے دس بندوں کو میل کی، یہیں کو ای میل کی کہ بماری شاعری ملاحظہ فرماؤ، دوڑو، دیکھو کہ صنف شاعری میں کس شیر نے قدم رنجہ فرمایا ہے اردو ادب کو کیا صاحب طرز شاعر میسر اگیا ہے صفحہ، قرطاس پر کیا نقش اپھرا ہے۔ پر وائے افسوس! کہ ایک اپھرے بوئے ستارے کی کسی نے بھی قدر نہ کی۔ بلکہ مارے حسد کے ان میں سے پانچ نے تو پڑھنے سے صاف انکار کر دیا، دس نے دھنکار دیا دو ایک نے ملامت کی اور باقی نے چب سادھے لی۔ یوں بماری قدر نہ ہوئے پہ دل توتھے توٹھے بوجیا نیز لوگوں کے اس گھناؤنے عمل سے بہم پر یہ راز بھی آشکارا بوجیا کہ اس صدی میں عظیم شخصیات کیوں نہیں پیدا ہو رہیں۔ اپنی اس ناقدری پر ہم کف افسوس مل رہے تھے کہ چند مخلص احباب نے مشورہ دیا کہ شاعری میں کیا رکھا ہے لکھنا ہے تو کالم لکھو کہ اس میں بڑی "ثور" ہے۔ احباب کے منہ سے ثور کا لفظ سن کر بمارے کان کھڑے ہو گئے۔ من مجلہ، دل گدگدایا۔ اور کالم لکھنے پہ دل آگیا۔ لیکن کس موضوع پر لکھنا ہے اس کے لیے دوست بغرض مشورہ اک مرد دانا کے پاس لے گئے کہ کیا لکھیں؟ تو وہ بولا سوچنا پڑے گا اور سوچنے کے لیے سکریٹ کا ہونا ضروری ہے ایسا کرو کہ دوڑ کر ایک ذمی گولڈ لیف کی لے آؤ۔ پھر کبھی لگے اور پاں جا بھی رہے پو تو جائے والی کو ایک سیت چائے بمعہ بسکٹ کا بھی کہ دینا کہ چائے دماغ



REVIEW JANUARY 2021 EDITION

43 years ago, AEC was established with the main objectives to encourage masses about several fields including culture, literature, science, mental health through modern moral practices.

Following the chief motto of "Awareness, Education and Confidence, it introduced monthly Azeem English Magazine, expanding in the "The Journal of Cultural Perspectives," mental health workshops, webinars and other training projects.

Azeem English Magazine is in hand with an additional newsletter.

Editorial Board comprises experienced and competent members who are able to remodel the renowned magazine with a tradition of more than two score.

Prevailing community is demands ethics along with health, environment, social life and literary satisfaction.

It has been tried to satisfy all these aspects in the articles.

JINNAH'S MESSAGE TO THE YOUTH, makes it an attractive opening. In PERSONALITY CORNER, a great scholar, philanthropist and pioneer of AEC is being found for the inspiration and motivation of youth.

Faith in yourself and faith in Allah is a great message given by him.

A lot of informative articles such as Moving into 2021, Privacy Matters, A Physician's Guide to GERD and How to Live in World Free of Noise Pollution etc.

By reading the golden sayings and some poems in the magazine, I feel a good encouragement, for the dejected and depressed, in short story Tabal-e-Jung by Shaista Hanif.

سلسلہ روز و شب نقش گر حادثات
سلسلہ روز و شب اصل حیات و ممات
مجھ کو پرکھتا ہے آج، تجھ کو پرکھتا ہے یہ
سلسلہ روز و شب صبر فی کائنات

Finally, I conclude by Quaid's saying, "Learn to judge who are really true and really honest and unselfish servants of the State who wish to serve the people with heart and soul and support them."

Mrs. Mussarat Azmat
Executive Principal
Kyma Care Centres Gujrawala

SATISFACTORY READERS

I love AEM, and bonus points for the interesting facts in the magazine. It talks about the additional information related to each topic, which multiplies its charm.

"Hateem Jahangir"

This monthly magazine is a perfect example of "complete package". It entertains through mesmerizing stories and poetry, informs us about health and social rights and also educates us about what is happening in space. Great job!

"Fakhar Saleem"

AEM is something that I don't only enjoy reading, but it is a like a guiding light to me. It guides me in my life through its knowledgeable content.

"Zubia Anwar"

AEM is an unconscious learning, you don't realize but you actually absorb knowledge in a very soft and friendly tone.

"Sayyam Butt"

The literature part is icing on the cake. Not only poetry and short stories, but the thought-provoking essays are wonderful.

"Faris Hameed"

AEM is so diverse, it has so many beautiful and vibrant colors in it. It is always such a delightful experience to go through it.

"Wasil Subhan"

Azeem English Magazine is sheerly informative. Not only for adults, but it is equally beneficial for the kids. My kids wait for it to read interesting stories and exciting activities.

"Nadia Yaqoob"

I am just so amazed to see "Let's Meet" section. Like Wow! Every month you get to know a new personality. Very interesting.

"Hurmat Ul Ain"

Thankyou AEM for talking about mental health. This is the need of hour; we all need to contribute in breaking this taboo.

"Khalil Jillani"

I am just blown away to see that how responsibly AEM includes social and literary articles. This will help us evolve on social and individual level.

"Misbah Shafi"

Azeem Educational Conference is doing a wonderful job; the way it is talking about mental health is commendable. The magazine never fails to enlighten me about mental health through amazing articles by the experts.

"Nishwa Ghazanfar"

I have been a regular subscriber of AEM for the past nine years, and I am so fascinated by the changes they have made.

"Furqan Zakir"

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AZEEM ENGLISH MAGAZINE

What is Azeem English Magazine?

Launched in 2000, it chronicles information pertaining to the various walks of life. It has huge number of audience and is circulated among,

- All Universities of Pakistan
- All Public Libraries
- All Embassies & Consulates
- All Leading Government Colleges of Punjab
- Distinguished book shops/stalls of Rawalpindi/Islamabad



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