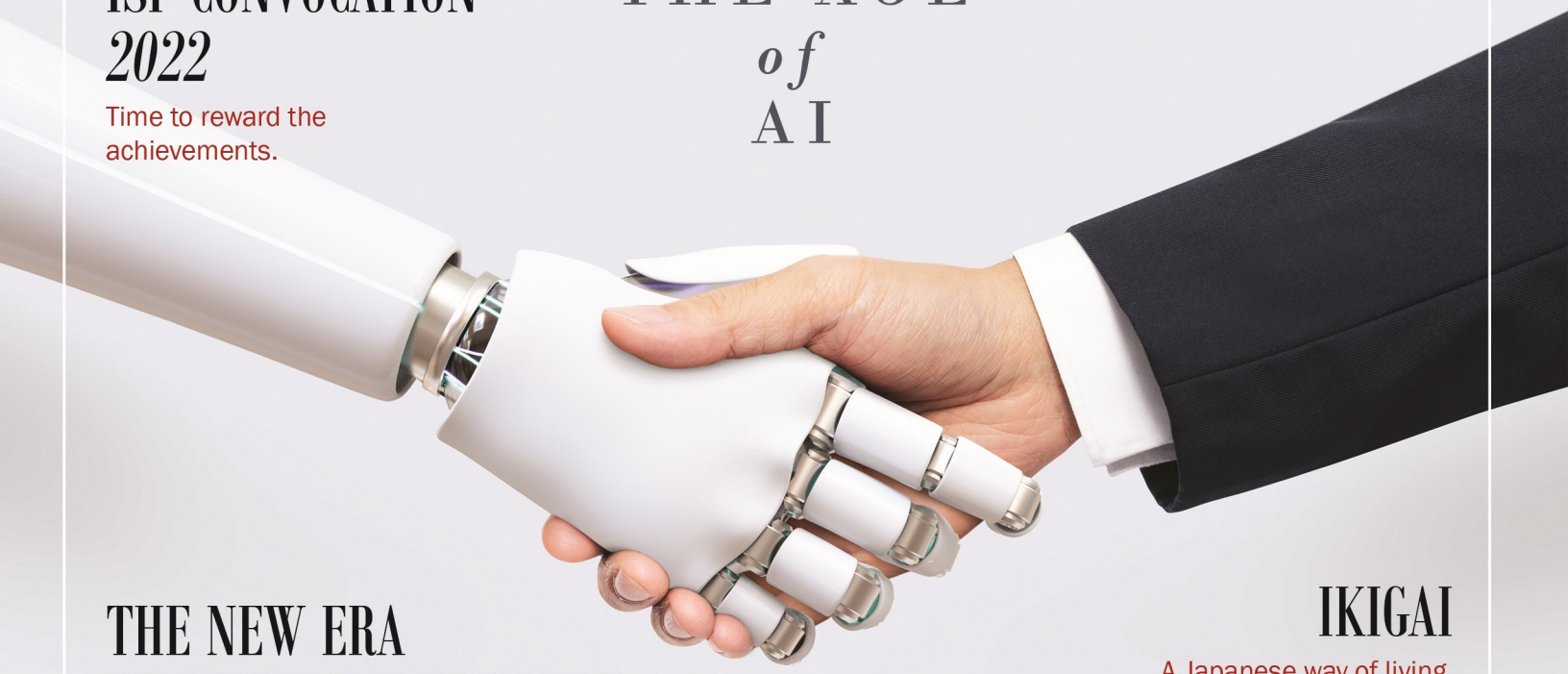
SOUTHERN SCHOLARS

EDITION 8TH | JAN-MAY 2022

ISP CONVOCATION 2022

Time to reward the achievements.

THE AGE of AI



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ARE YOU READY?

What do you need to succeed in your professional life?

#PAKISTANFIRST

EDITORIAL

According to World Health Organization, Health is defined as a state of complete physical, mental & social well being and not merely the absence of disease.

Here one of my friend& Trainer Iqrar Baloch calls mental & social well being as "Attitudinal well-being". And in current times this attitudinal well being is very much disturbed in masses. And all negative attitudes lead to physical illnesses. After Corona & in current economic & political situation of the country, masses are confused and their attitudinal well being is disturbed. Such situations establish when people can not understand something or if they generalize. Generalization is a process when we look at a person or situation with extreme view that is we have an absolute opinion about a person or a situation. We have a view that a person or a situation is completely good or bad. Always remember, there are no good people in the world, people have merits and demerits. And the meaning of a situation is dependent upon our paradigm, which is the way we look at a situation. Different people looking at the situation in different ways come up with different understandings & meaning of the same situation.

The reasonsbehind all this chaos are lack of understanding of our priorities and values. I must highlight here that as Pakistani; Pakistan is our first priority and identification. We must always put interest of Pakistan first in our priorities. When we forget this thing, then we might be damaging our priority and image of our country. We must ensure that anything we do or say doesn't weaken our motherland and its sovereignty.

We must ensure that any of our actions don't provide the enemies of our motherland a chance to invoke damage to our beloved country using our emotions to their benefit.

We must also ensure that we morally support all who protect our country.

As far as our values are concerned, as Muslims, being well behaved is one of our top values. So we can disagree with others but not by misbehaving. We must learn to state our point of view in a well-behavedmanner, and we must learn to accept difference of opinion.

If we focus on our priorities & values and improve our attitudinal well-being, Pakistan will InShaAllah be respected and shine all over the World.

Dr. Nadeem Abidi
Director Trainings & Development
Institute of Southern Punjab, Multan

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the AGE of AI



The word artificial intelligence is becoming very frequent in our daily conversations. Over the years, we humans surrounded ourselves with more and more technology and these technologies has revolutionized our world.
Contemporary technology has changed the way for multi-functional devices like smartwatches and smartphones. Computers are faster than ever, more portableand higher-powered. With all of these inventions that made our lives easier, faster, better, and more fun AI become a very common part of our lives.

Consequently, it is right to say that AI isn't the future of technology it's already here. Just take a look around how voice assistants like Google's Home and Amazon's Alexa have become more and more well known in our daily lives. We all use Netflix recommendations and email spam filters; we are all well aware of the self-driven cars and this will only continue as machines learn more skills and companies build out their connected device ecosystems.

The impact of AI is not limited to individuals with the smart home and smart devices, its impact is even larger in the e-commerce and business world. According to a report by Boston Consulting Group, retailers that have implemented machine learning technology for personalization see sales gains of 6-10% a rate two to three times faster than retailers who haven't.

In the world of today we see AI in banking and payments, e-commerce, supply chain, logistics and marketing. AI can make teams more creative and help companies make better management decisions by providing new insights and better data analysis. It doesn't matterwhichindustry; AI is everywhere and it is changing the way we do business.

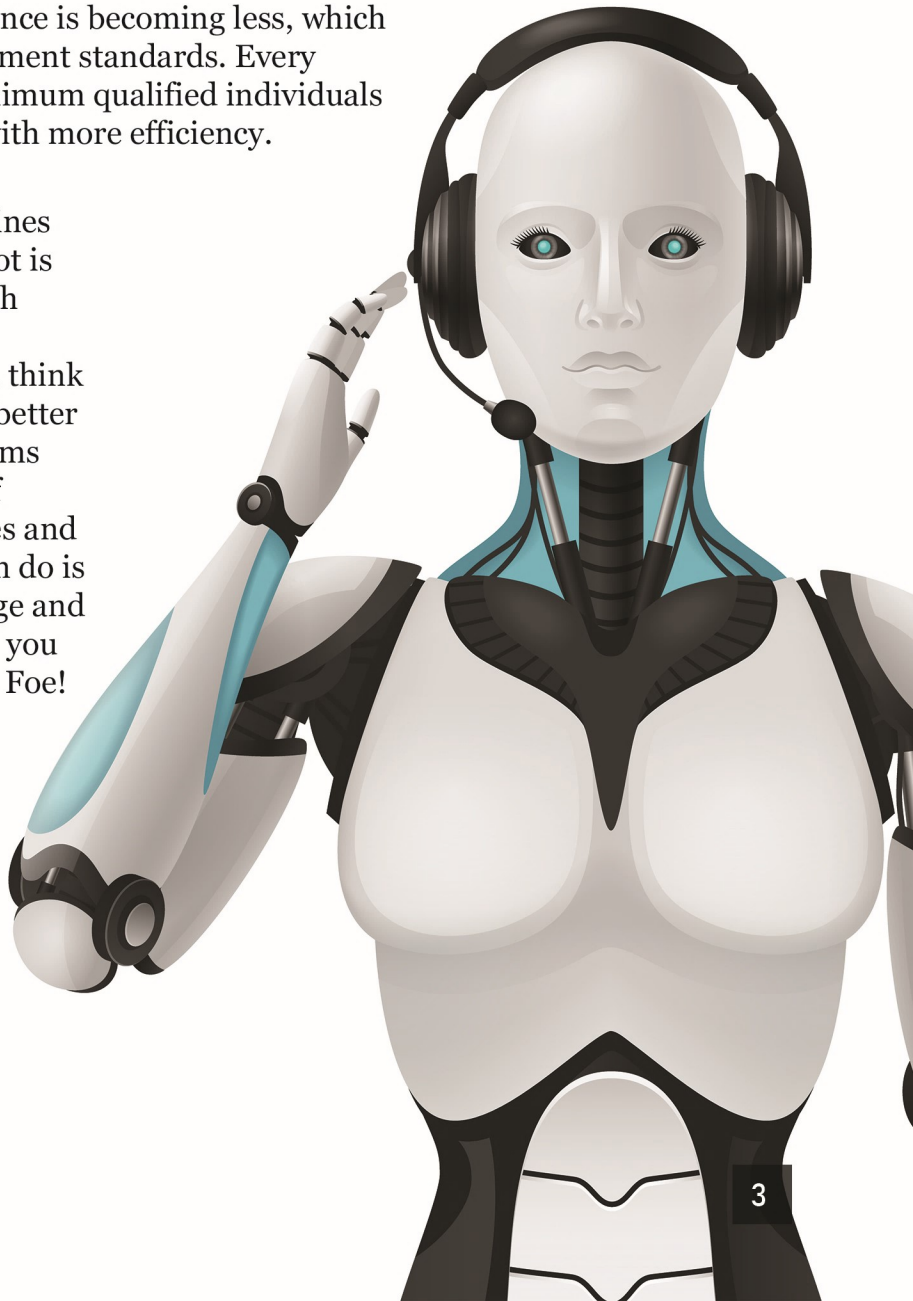
The benefits of AI are enormous, machines in fact eliminate the phase "human error" because humans make mistakes from time to time. Computers, however, do not make these mistakes if they are programmed properly. With Artificial intelligence, the decisions are taken from the previously gathered information applying a certain set of algorithms. That is why errors are reduced and the chance of reaching accuracy with a greater degree of precision is a possibility.

One of the biggest advantages of Artificial intelligence is machines take risks instead of humans. An AI Robot can do all the risky things for us. For example, going to mars, defuse a bomb, explore the deepest parts of oceans, mining for coal and oil, can be used effectively in any kind of natural or man-made disaster. And the best part is machines can work 24/7 without losing efficiency or effectiveness.

AI is providing us the best assistance than ever, as I am writing this article all my spelling and grammatical mistakes are being corrected by AI. If you are having trouble regarding any smart gadget, you just have to call a customer support number or open a website and you will be provided with the best digital assistance. If you plan to go somewhere all you need to do is set your destination in google maps and you are good to go and the best part of it, we didn't even need to type this, digital assistant of our smartphone will do it for us, whether it is for searching a location, taking a selfie, making a phone call or replying to a mail we just tell our Apple's Siri, Window's Cortana or Google's OK Google to do that specific task.

Just imagine how easy our lives become because of AI and there is a darker side to that as well. Humans are becoming lazier with its applications automating the majority of the work. Humans tend to get addicted to these inventions, which can cause a problem for future generations. As AI is replacing the majority of the repetitive tasks and other works with robots, human interference is becoming less, which will cause a major problem in the employment standards. Every organization is looking to replace the minimum qualified individuals with AI robots that can do similar work with more efficiency.

Starting a debate whether these machines should be a part of the human world or not is pointless now. Machines are here and with every passing second their numbers are increasing and it doesn't matter what you think or feels about machines, they are getting better and better with more advanced mechanisms and algorithms. AI is now just a matter of accepting it already penetrated in our lives and we are can not deny this change all we can do is to prepare ourselves with better knowledge and skills to coexists with machines. It's up to you people to decide whether AI is a friend or Foe!





Movahib Anwar
Trainer, Southern Executive Development Center
Institute of Southern Punjab



ARE YOU PREPARED?

People say opportunities don't fall into the lap. I say they do. You just have to be there to catch them. You have to be ready. You have to be prepared for them.
How do you get prepared for them?

Learn

You learn and learn everything about your field and some additional fields. And then you develop skills like speaking and working with other people. You have to learn to speak good. Speak in a way that persuade customers , team members, your subordinates or your boss. You have to develop a good personality. You should know how do dress up according to the job and you should know how to behave in different situations. Your presence should be felt. And then you have to develop a good character. How do you develop a good character, you develop it with your honesty, integrity and genuineness.
So basically you become master at your field, you are up to date with the a little science, current affairs and s little history. And then you have to develop a personality that gives an impression that this person is ready. Ready to take the position or the business.

Ditch the Comfort

You're ready when you are willing to do things that are out of your comfort zone. You're willing to sacrifice certain things. It could be your favorite show, or may be hanging out with friends or sometimes your sleep. Sometimes you might have to move to another city and leave your home. You're ready when you have the willingness to sacrifice. When you have the WILLINGNESS to come out of your comfort zone.

Be There!

And lastly, let's talk about "being there for the opportunities". Well basically with all those skills and knowledge, you present yourself in the market. You expose yourself to the job market or the initiative. You meet people who can help you take the initiative or you apply for all those opportunities that you might be interested in.
I'm not promising you that you'll get the first job or your first business will thrive. But by being prepared and ready and by being there, you WILL achieve greatness.
After listening to all of this, if you think that this is not what falling in the lap means, then I must say, yes they don't fall in the lap of those who are not prepared, not ready and are not there to catch them.



Shoaib Hameed Mohel
Joint Editor - Manager Training & Communications
SEDC - Institute of Southern Punjab

ISP Convocation
2022





























آئی ایس پی کانووکیشن2022

شاندار تعلیمی روایات کسی بھی اعلیٰ تعلیمی ادارے کا خاصا ہوا کرتی ہیں۔معیاری تعلیم کی فراہمی کے ساتھ ساتھ اعلیٰ تعلیمی ادارے اپنی شاندار روایات کو بھی برقرار رکھتے ہیں۔گذشتہ سالوں کی طرح امسال بھی انسٹیٹیوٹ آف سدرن پنجاب ملتان میں آئی ایس پی کانووکیشن2022 کا انعقاد کیا گیا جس میں پوزیشن ہولڈرز اور اعلیٰ کارکردگی دکھانے والے طلباء وطالبات میں گولڈ میڈلز اور اسناد تقسیم کی گئیں۔

عزت مآب گورنر پنجاب/ چانسلر ادارہ ہذا جناب چودھری محمد سرور نے آئی ایس پی کی سالانہ تقریب تقسیم اسناد میں بطور مہمان خصوصی شرکت کی اور طلباء وطالبات میں گولڈ میڈلز اور اسناد تقسیم کیں۔پاکستان کے مختلف شہروں سے آنیوالے طلباء وطالبات ایوارڈز اور اسناد کے حصول پر بہت خوش اور پرجوش دکھائی دیئے۔

آئی ایس پی کی سالانہ تقریب تقسیم اسناد میں وفاقی وصوبائی وزراء، سیاسی وسماجی شخصیات اور ضلعی انتظامیہ کے اعلیٰ عہدیداران نے بھی شرکت کی۔

گورنر پنجاب اور مختلف شعبہ ہائے زندگی سے تعلق رکھنے والے مہمانان گرامی نے آئی ایس پی میں موجود جدید تعلیمی سہولیات کو سراہا اور طلباء و طالبات کے بہتر مستقبل کیلئے نیک خواہشات کا اظہار کیا۔

گورنر پنجاب نے اپنے خطاب میں آئی ایس پی ملتان کے ریکٹر اور APSUP کے سیکرٹری جنرل، جناب عاصم نذیر احمد کی خطے میں معیاری تعلیم کے فروغ کیلئے کی گئی کوششوں پر انہیں خراجِ تحسین پیش کیا اور آئی ایس پی انتظامیہ کو شاندار تقریب تقسیم اسناد کے انعقاد پر مبارکباد دی۔

اللہ عزوجل سے دعا ہے کہ وہ آئی ایس پی ملتان کو دن دُگنی رات چگنی ترقی عطا فرمائے۔آمین



رانا عابد حسین
ڈپٹی ڈائریکٹر (ریکٹر سیکرٹریٹ)
آئی ایس پی، ملتان



The Ever Flying DOLAR in PAKISTAN

Whenever you try to think of any investment opportunity, when you get a handsome pool of money from your savings and when you plan to go abroad either for business, study, or vacation, among other necessities the need for having more dollars arises eventually. For the people of Pakistan, the story of the dollar is becoming very scary as the local currency is on a bleeding trend. I have been investing in dollars for the last few years and I get this habit to support my love of traveling and exploring the world. Bottom line - for Pakistani people investing in dollars is a somewhat easy option to keep your idol money busy. This in turn leads to an opportunity to earn and also supports you when you are planning to leave the country for foreign adventures (educational and Business included).

There is a mindset of being happy as the commodity or the currency you invest is getting positive rises, in other words, we can say that your investment is earning leaps and bounds. But I think we need to hold our thoughts here and reconsider this. Either I need to celebrate this large gap in what I invested and what I am getting in return or there is some kind of different scenario that is building behind my simple yet straightforward mindset? So my question to people investing in dollars is what will you do once you gain that profit over the flying dollar prices in Pakistan? Are you able to reinvest? If yes, on what terms? If not what option will you take? Here is a thing, the change we humans can ever digest has to be gradual. And that also goes for people investing in dollars. Such a big rise in the dollar will leave us nowhere in the investment world. This is as alarming as an earthquake for our economy. I believe the people who are celebrating this price rise of dollars are shortsighted. They enjoy the ROI only for the current invested money but for the next investment opportunity of the trading dollar will be based on high established prices which will defiantly absorb and take up all the profits that they have earned so far by this sad flying prices of Dollar. My question again either to enjoy this hike or reconsider our option for nest next investment?

In May 2021 dollar was priced at Rs150 and today (Nov 2021) it is being traded in the open market for Rs.175. The factor of price always depends upon the demand and supply in the open market. We as a nation have a very stagnant supply of dollars as compared to our ever-rising demand for it. For that supply to increase we need to have multiple sources to earn and increase the inflow of dollars towards Pakistan. And for balancing the equation we need to drop our demand for dollars as well. These are the only two conditions that can help us to have stable dollar prices in our country.

For the supply side, we need to have more dollar reserves in our accounts to meet the enduring demands of the country and its citizens. In the year 2021, our foreign reserves were increasing as the remittance being sent in by the Pakistanis working across the border has been record-breaking. But State bank of Pakistan is not letting these reserves to be traded in the open market. Furthermore we have an enormous current account deficit, which means our exports are considerably less than that of our imports.The import bills are rising due to the scheduled payments for the corona

virus vaccine. Similarly, the price of crude oil is booming that in turn leads to again a rise in our import bills. For the year 2021, our imports have been surging.

For the demand side, there are several situational factors that are responsible to escalate the demand for dollar. For example, the situation in Afghanistan is very much disturbed and their economy has always been leaning on our economy. Around 3 million Afghan immigrants are here and they are buying dollars like anything and as a result, new black markets are developed which sells dollars at 3 to 4 rupees more from the open market. In addition to this, the ever-increasing bills of raw materials used in local industries are also increasing the aggregate demand of dollars.

We need to cut off our unnecessary imports, the imports of luxuries and specialty goods specifically. And promote local industries to produce goods and services that can compete on an international level and earn us good profits. Government has to devise systems to track the dollars being traded in the open market and abolish the black markets that transmit our earned dollars to other countries through illegal channels. Hoping for the best.



Hamid Irfan Najmi
Trainer, Southern Executive Development Center
Institute of Southern Punjab





HUMAN ANNIHILATION

A rule in the subject of Physics explains about the conversion of matter into energy. It specially defines the concept of a mutual conversion of a particle and an antiparticle into electromagnetic radiation energy. In literal terms the complete destruction or obliteration of things is annihilation. Do we ever even realize how things come into being? One thing destructs and leaves space for something new to be formed. People leave their spaces, for another person to come and fill. A pen stops writing just to be replaced with another one. So be it things, objects, people, feelings, or even the smallest particle of this entire universe: “an atom” everything has a replacement waiting in line. In some part of our lives we all annihilate. We destruct or we destroy. We break or make. I guess some phenomena’s are way to harder to pen down than to just feel or pass through them. All good comes from the evil within. The idea of positivity can only be felt when you feel the presence of negativity around you. You just need to stop living in delusional fantasies. We need to realize how precious things are around us and how each and every single thing, object, human, emotion we come across has the immaculate power of leaving a stride across our soul.

Everything around is annihilable, replaceable and has life span of its own. The part it plays in your life, the part you tend to play in someone else’s life is merely a catalytic process of just putting things to eternal rest for other things to show up and play their part. It’s with a stutter of your heart that signifies life or death, and how catastrophes are merely a beginning! Build your own catastrophe around you, stop worrying about the 16 million people that you really do not even know. In this modern age where free will is magnified, use it to annihilate for the better so that when we leave, we leave something for the world behind us. If not for the 16 million people behind than for those 16 lives that really matter.



Fatima Zahid
Sub-Editor - Lecturer
SBS - Institute of Southern Punjab

The CONSTANT in life is CHANGE

We all face changes every day – For instance, a simple change in the weather, change in our plans or change of seasons. Change affects us all and we all deal with change in different ways. As we all have individual differences, so every person responds to change equal to their own wits and knowledge.

To expect change has brought me hope during challenging, stressful or unpredicted life events.

This same thought has also brought fear in situations where the last thing I wanted was change. I've come to realize it's not the circumstances or the changes that dictate how my life will go, but rather how I handle those changes and interruptions. No matter what kind of change we experience, how we embrace that change will forever impact how we are able to live with the change.

How you cope with changes life throws at you? What coping strategies do you use to help you manage unpredicted life changes? Do you fall back into same old patterns of addictive behaviors? do you become the one attacked person of self-defeating ideas, thoughts or behaviors? or do you practice acceptance and other positive recovery coping behaviors?

Acceptance involves certain practices through positive coping strategies such as affirmations, visualization, journaling and mindfulness practice. Another positive approach to change involves reaching out to a supportive network of fellows, a counselor, family and friends. Their knowledge and view may be that change needed to push you forward in the right direction.

Remember that changes are a normal part of life, it is moreover wondrous how we each have our own resiliency and worthiness to recover from, or retreat hands to, change. Practice living life with an attitude of gratitude and embrace change as an opportunity for continuous renewal and growth.



Sidra Jamil Qadri
Trainer, Southern Executive Development Center
Institute of Southern Punjab

ISP Event Gallery

One of the reasons ISP stands out among the various educational institutes is that we not only focus on the research and academic knowledge but we continuously engage our students in practical learning through seminars, discussion forums, workshops, performing arts and other events. For this purpose, we have a dedicated Training and Development wing, Southern Executive Development Center (SEDC) that not only conducts regular student and faculty training sessions but organizes such events and also supports other academic departments in conducting events that bring exposure and grooming in our students.

Winds of Change - Youth Club







Food Fest in Women Block, ISP






ISP 1st International Seerah Conference








Shagufay by ESF








ISP Event Gallery

A Fun Session and Book Inauguration with ESF






Iqbal Day






Fine Arts Jury - Departmet of Fine Arts






Payam-e-Quran






Shaam-e-Taranam by ESF






Theatre - Sassi Punnu






let's **cook** business

Why Business Incubation is the need of South Punjab?

Economic development is a phase, where entrepreneurship will increasingly play a more important role. According to renowned economic forums, entrepreneurship contributes to national happiness.

How would increase in entrepreneurial activity increase national happiness?

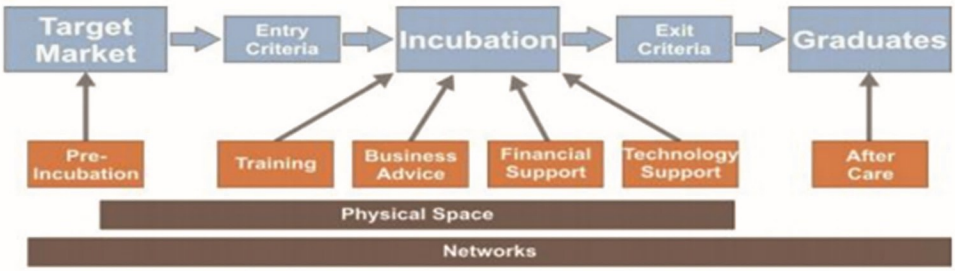
Unemployment is a major cause of unhappiness in societies. Therefore, employment generating entrepreneurs play a key role in economic development of societies like South Punjab, where there are many opportunities to exploit the resources. Besides, many other problemslike the lack of entrepreneurial enthusiasm hinders the community to start its prime engine for growth and development. The small-scaled sector has been a major contributor to employment generation in many developing countries. However, these companies have very high rate of failure in Pakistan, especially the South Punjab. Factors contributing to this are; lack of management and business skills, difficult legal requirements, lack of capital, inflation, disadvantages due to small size in terms of scale economies and product and process innovations, securing access to intangible and tangible resources, limited or having no access to scientific knowledge, and absence of know-how. All these problems are the basis for fact that unemployment rate remains very high in the country.

Incubators have received increasing attention as a tool for fostering entrepreneurship, both in developed countries and in developing countries. They will be an integral part for framework of business assistance to provide critical support to the newly established companies. Realizing their importance, all individuals and organizations involved in business incubation industry try to define, identify, measure, formulate and evaluate various aspects related to these programs. Business incubation initiatives have emerged with different success in different parts of the world, especially in the last decade.
Manycountries are experimenting with incubation centers to foster entrepreneurship;Pakistan is one of these countries, where such initiatives have taken place recently. Yet, South Punjab is still absent of such facility that can exclusively facilitate the process of entrepreneurship.

What particular services should be expectedfrom an incubation center?

Incubators are facilities, which are established to support startups – young firms in the early stages. The support includes provision of affordable space, shared offices, services like internet and refreshment, hands-on management, training, market survey, and often access to some sort of financing. In many countries business incubation process starts with admission in an incubator and end with

graduation. Upon admission, the startups undergo a process of incubation. Eighty percent are expected to survive long enough to 'graduate' from the incubator, move into their own office and continue to grow and creating jobs.



Start-ups and businesses that can be incubated

Technology	Creative industries	Construction
Computer software	eBusiness and eCommerce	Arts
Services/professional	Wireless technology	Aerospace
Manufacturing	Healthcare technology	Kitchen/food
Internet	Advanced materials	Retail
Biosciences/life sciences	Defense/homeland security	Fashion
Electronics/microelectronics	Energy	Wood/forestry
Telecommunications	Environment/clean technologies	Tourism
Computer hardware	Media	Manpower

Model of a business Incubator



Through the network of the company incubator, tenant companies can access the necessary resources such as knowledge, technology, financial capital, human capital and other necessary resources.



Arsalan Javed
Coordinator/Trainer, SEDC
Institute of Southern Punjab

生き甲斐
IKIGAI
THE ART OF LIVING

There was a woman who lived on an island of Japan, she was in comma but she thought that she had died. And she heard the voice of her ancestors. They asked her:
Who are you?
She: I'm the wife of mayor
Ancestor: We didn't ask that whose wife you are, we asked who are you?
She: I'm the mother of four children.
Ancestors: We didn't ask you that whose mother you are, we asked who are you?
She: I'm a school teacher.
Ancestors: they once again said that we didn't ask that what you do, we asked who are you?
She told her name, religion and many more things about her but she didn't talk about her,
Finally, she told: I'm that person who gets up early in the morning to take care of her family and make a healthy mindset of her students.
And this answer of hers was accepted. After that she came out of the comma, after few days she was completely recovered. This whole incident taught her purpose of life "IKIGAI". After that she started taking more care of her family and students.
After that it was considered very important for every person on the island to find out their "IKIGAI".
This incident happened at "OKINAWA ISLAND", where each person lives by finding their IKIGAI.

What is IKIGAI?

The Oxford English Dictionary defines IKIGAI as "a motivating force; something or someone that gives a person a sense of purpose or a reason for living".

More generally it may refer to something that brings pleasure or fulfillment.

IKIGAI: The Japanese Secret to a Long and Happy Life is a Book by FrancescMiralles and Hector Garcia.
This book covers many topics related to the "art of living, A reason for being"



The authors define IKIGAI and the rules of IKIGAI—they conducted a total of one hundred interviews in Ogimi, Okinawa to try to understand the longevity secrets of centenarians and super centenarians.

IKIGAI gently unlocks simple secrets we can all use to live long, meaningful, happy lives. Science-based

studies weave beautifully into honest, straight-talking conversations you won't be able to put down. Warm, patient, and kind, this book pulls you gently along your own journey rather than pushing you from behind.
In Japanese, "IKIGAI" is written by combining the symbols that mean "life" with "to be worthwhile."

• "Translates roughly as 'the happiness of always being 'busy'.'"

• "There is a passion inside you, a unique talent that gives meaning to your days and drives you to share the best of yourself until the very end. If you don't know what your IKIGAI is yet, as Viktor Frankl says, your mission is to discover it." (Note: Viktor Frankl is the author of Man's Search for Meaning)

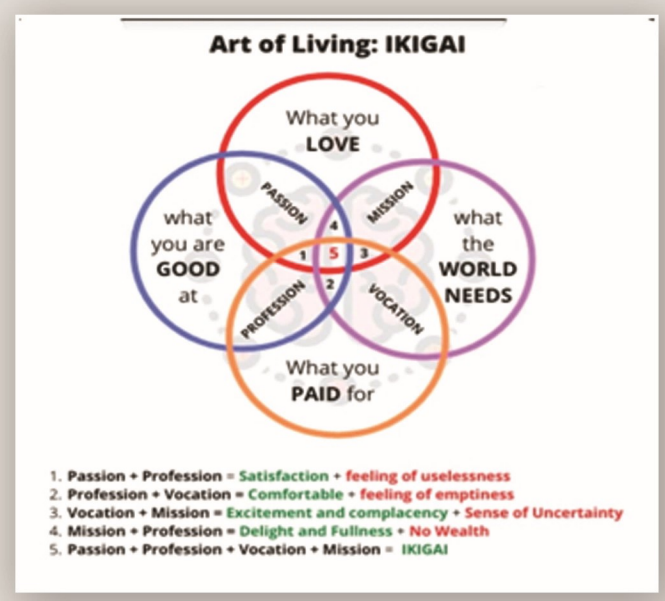
• "Our IKIGAI is different for all of us, but one thing we have in common is that we are all searching for meaning. When we spend our days feeling connected to what is meaningful to us, we live more fully; when we lose the connection, we feel despair."

• "Our IKIGAI is hidden deep inside each of us, and finding it requires a patient search. According to those born on Okinawa, the island with the most centenarians in the world, our IKIGAI is the reason we get up in the morning."

Till today people of Okinawa are living a healthy, happy and longer life with strong immune system. According to experts, people of Okinawa live their lives by finding their IKIGAI and live according to that.

According to Japanese every human being should have one IKIGAI and to find out IKIGAI is very difficult. Once you discover yourIKIGAI, pursuing it and nurturing it every day will bring meaning to your life."
IKIGAI tells us about many concepts of life but here we will talk about passion. That is how we can know about our IKIGAI.

FindingIKIGAI



1.Top Circle: Do what you love: What did you enjoy doing as a child or in your early adult years?
2. Center Left Circle: Do what you are good at: Do you know your strengths and skills? ...
3. Center Right Circle: Do something the world needs: What and who inspires you? ...
4. Down Circle: Do something you can be paid for:
Mission: The things which what you love to do and that which the World needs describe your mission. This is lies in the interception of top circle and left circle.
Vacation: Things or services which world need and the things for which you can be paid are your vacation. This lies in the interception of left circle and down circle.

Profession: Things, skills or services on which you are good and these can pay you or you can earn from these skills, adopt them as profession. This lies in the interception of right circle and down circle.
Passion: Things or skills or job on which you are good and love to do, these are your passion.

This lies in the interception of right circle and top circle.
After finding your passion it will be easy for you find yourIKIGAI. To know about your passion, you should understand yourself first.
Failed people don't know about them. Failed people waste their time mostly. You must know yourself well to grow in life.

Exercise to find out your Passion

To know your passion let's do an exercise, take a note book and pen.
1. Draw a big square
2. Divide big square into 4 squares
3. Write in the things, services of skills you love to do and you are expert on them in the top left square. e.g capturing photos, painting, cooking.



4. Now write things which you love to do but you are not good at those things, in the top right square; like Public speaking, designing or coding.
5. Now write things which you don't like to do but you know how to do, in the right down square. These things waste your time.
6. Come to the last square left down. Here write the things which neither you love to do nor know how to do it.
7. When you complete it. You will come to know that where you are spending most of the time.
8. Now note how much time you spend on what you love to do and how much time you spend on what you don't like to do.
9. If you are spending most of your time in down squares; the things which you do not love to do, then you will not find your passion.
10. If you want to find out your passion then do what you love to do, which mentioned in two upper squares.
11. If you have write more than one work which you love to do then, think again and focus on one and work on it. Choose that one which fulfills your financial needs too.



The 10 Rules of IKIGAI

1. Stay active; don't retire.
2. Take it slow
3. Don't fill your stomach.
4. Surround yourself with good friends.
5. Get in shape for your next birthday.
6. Smile.
7. Reconnect with nature
8. Give thanks.
9. Live in the moment
10. Follow your IKIGAI.



Saima Ali
Trainer, SEDC
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Other Memorable Quotes:

"We are what we repeatedly do Excellence, then, is not an act but a habit." — Aristotle

"The grand essentials to happiness in this life are something to do, something to love, and something to hope for." — Washington Burnap

"To be able to concentrate for a considerable amount of time is essential to difficult achievement." — Bertrand Russell

"Nana korobiyaoki (fall seven times, rise eight.)" — Japanese proverb



Chords of Silence

On strings of heart
Play silent notes
In serenity ...
And let this all
Then flow around
With music of
Inaudible sound
Now stop it here,
O beat of heart!
For you there is no destiny
No place around
And finally,
No one's going to listen thee...



Saadia Zia
Lecturer, Department of Psychology
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eat right



The key to a healthy diet is to eat the right amount of calories for how active you are so you balance the energy you consume with the energy you use.

If you eat or drink more than your body needs, you'll put on weight because the energy you do not use is stored as fat. If you eat and drink too little, you'll lose weight.

You should also eat a wide range of foods to make sure you're getting a balanced diet and your body is receiving all the nutrients it needs.

It's recommended that men have around 2,500 calories a day (10,500 kilojoules). Women should have around 2,000 calories a day (8,400 kilojoules).

Most adults these days are eating more calories than they need and should eat fewer calories.

1. Base your meals on higher fibre starchy carbohydrates

Starchy carbohydrates should make up just over a third of the food you eat. They include potatoes, bread, rice, pasta and cereals.

Choose higher fibre or wholegrain varieties, such as wholewheat pasta, brown rice or potatoes with their skins on.

They contain more fibre than white or refined starchy carbohydrates and can help you feel full for longer.

Try to include at least 1 starchy food with each main meal. Some people think starchy foods are fattening, but gram for gram the carbohydrate they contain provides fewer than half the calories of fat.

Keep an eye on the fats you add when you're cooking or serving these types of foods because that's what increases the calorie content – for example, oil on chips, butter on bread and creamy sauces on pasta.

2. Eat lots of fruit and veggies

It's recommended that you eat at least 5 portions of a variety of fruit and veg every day. They can be fresh, frozen, canned, dried or juiced.

Getting your 5 A Day is easier than it sounds. Why not chop a banana over your breakfast cereal, or swap your usual mid-morning snack for a piece of fresh fruit?

A portion of fresh, canned or frozen fruit and vegetables is 80g. A portion of dried fruit (which should be kept to mealtimes) is 30g.

A 150ml glass of fruit juice, vegetable juice or smoothie also counts as 1 portion, but limit the amount you have to no more than 1 glass a day as these drinks are sugary and can damage your teeth.

3. Eat more fish, including a portion of oily fish

Fish is a good source of protein and contains many vitamins and minerals.

Aim to eat at least 2 portions of fish a week, including at least 1 portion of oily fish.

Oily fish are high in omega-3 fats, which may help prevent heart disease.

Oily fish include:

- salmon
- trout
- herring
- sardines
- pilchards
- mackerel

Non-oily fish include:

- haddock
- plaice
- coley
- cod
- tuna
- skate
- hake



4. Cut down on saturated fat and sugar

Saturated fat
You need some fat in your diet, but it's important to pay attention to the amount and type of fat you're eating.
There are 2 main types of fat: saturated and unsaturated. Too much saturated fat can increase the amount of cholesterol in the blood, which increases your risk of developing heart disease.
On average, men should have no more than 30g of saturated fat a day. On average, women should have no more than 20g of saturated fat a day.
Children under the age of 11 should have less saturated fat than adults, but a low-fat diet is not suitable for children under 5.
Saturated fat is found in many foods, such as:
- fatty cuts of meat
- sausages
- butter
- hard cheese
- cream
- cakes
- biscuits
- lard
- pies

Try to cut down on your saturated fat intake and choose foods that contain unsaturated fats instead, such as vegetable oils and spreads, oily fish and avocados.
For a healthier choice, use a small amount of vegetable or olive oil, or reduced-fat spread instead of butter, lard or ghee.
When you're having meat, choose lean cuts and cut off any visible fat.
All types of fat are high in energy, so they should only be eaten in small amounts.
Sugar
Regularly consuming foods and drinks high in sugar increases your risk of obesity and tooth decay.
Sugary foods and drinks are often high in energy (measured in kilojoules or calories), and if consumed too often can contribute to weight gain. They can also cause tooth decay, especially if eaten between meals.
Free sugars are any sugars added to foods or drinks, or found naturally in honey, syrups and unsweetened fruit juices and smoothies. This is the type of sugar you should be cutting down on, rather than the sugar found in fruit and milk.
Many packaged foods and drinks contain surprisingly high amounts of free sugars.
Free sugars are found in many foods, such as:
- sugary fizzy drinks
- sugary breakfast cereals
- cakes
- biscuits
- pastries and puddings
- sweets and chocolate
- alcoholic drinks

5. Eat less salt: no more than 6g a day for adults

Eating too much salt can raise your blood pressure. People with high blood pressure are more likely to develop heart disease or have a stroke.
Even if you do not add salt to your food, you may still be eating too much.
About three-quarters of the salt you eat is already in the food when you buy it, such as breakfast cereals, soups, breads and sauces.
Use food labels to help you cut down. More than 1.5g of salt per 100g means the food is high in salt.
Adults and children aged 11 and over should eat no more than 6g of salt (about a teaspoonful) a day. Younger children should have even less.

6. Get active and be a healthy weight

As well as eating healthily, regular exercise may help reduce your risk of getting serious health conditions. It's also important for your overall health and wellbeing.

Being overweight or obese can lead to health conditions, such as type 2 diabetes, certain cancers, heart disease and stroke. Being underweight could also affect your health.
Most adults need to lose weight by eating fewer calories.
If you're trying to lose weight, aim to eat less and be more active. Eating a healthy, balanced diet can help you maintain a healthy weight.

7. Do not get thirsty

You need to drink plenty of fluids to stop you getting dehydrated. The government recommends drinking 6 to 8 glasses every day. This is in addition to the fluid you get from the food you eat.
All non-alcoholic drinks count, but water, lower fat milk and lower sugar drinks, including tea and coffee, are healthier choices.
Try to avoid sugary soft and fizzy drinks, as they're high in calories. They're also bad for your teeth.
Even unsweetened fruit juice and smoothies are high in free sugar.
Your combined total of drinks from fruit juice, vegetable juice and smoothies should not be more than 150ml a day, which is a small glass.
Remember to drink more fluids during hot weather or while exercising.





8. Do not skip breakfast

Some people skip breakfast because they think it'll help them lose weight.
But a healthy breakfast high in fibre and low in fat, sugar and salt can form part of a balanced diet, and can help you get the nutrients you need for good health.
A wholegrain lower sugar cereal with semi-skimmed milk and fruit sliced over the top is a tasty and healthier breakfast.

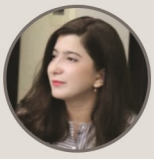


Sameer Bucha
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Social Legislation and Women Empowerment

"No nation can rise to the height of glory unless your women are side by side with you!"
Muhammad Ali Jinnah

Legislation is the key factor for development of any country and the way to look in depth into previous development of that country. Legislation is meant to made laws for the people living in country under constitution and social legislation means the legislation which is done for women only in a sense to empower women and to give them right to consider their self as equal citizens of the state. Democracy plays an important role in the development and progress of the country. This democracy could be possible only when we gave women equal opportunities to participate and act into society like male parts of the society to perform for the betterment of country. Women constitute half of the world's total population presumably, but here in Pakistan women is 48% of the total population but she is not playing her equal roles as being equal part of society, she is not considered important part of society socially, ethically and politically as well. Social change is an important factor in every society and this change could be possible only by empowerment. Empowerment does not mean to lag women or other people behind, but to go to a progressive level with others. Women empowerment in Pakistan is not good quantitatively and similarly women lives qualitatively. The concepts of social legislation and women empowerment are much specified in favor of women. Women is the element with whom world is grooming day by day. Now a days, world is providing the status to women which women deserve. Women empowerment is the most concerning issue of Pakistan since independence 1947, as from the day of freedom, Muslims were got separated from the ruling Hindus but women from then till now are under men are weal economically as they have no independent empowerment. Legislation is the plus point of any nation if it is doing in positive manner. Many laws were made but the actual implementation on these laws is very poor in fact seems nothing in case of implementation. There should made proper ways to implement these laws in Pakistan, so that the social condition of women should grow to upper level. Legislation in case of women issues is more important in Pakistan as it's a male dominant society where women have limited right to raise their voices against this patriarchal system. Irrespective of Gender, all human beings are born free and equal so equal status should be given on the basis of needs and resources (Equity).



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Study of the Syntactic & **Semantic grid in Multan**

The geographical dimension used pattern of grid has long geographical history of spatial framework in terms of evolution, the semantic position and precision of orientation in urban grid used today in Multan city occurred by sequential overlap of hierarchical transformations spanning over time. There are multiple factors of framework which positions the present shape of modern Multan grid. Grid has spatial syntactic dimensions overlapped with spiritual historical varying from micro level of Indus script which was intellectually fashioned based on logic and effort for designing anthropomorphic symbols. On the other hand at macro level geographical dimension and positioning of the semantic space division; e.g. navigational instinctive system of moving forward or backward, or left and right. Natural fringes which was the Punjab Rivers in this case along with the phonetic signs and their pictorial forms.

In terms of Multan planning the agent-based models are overlapped with the grid form which is composed of: (1) primarily numerous agents e.g. the symbols from the Indus Script specified at various scales micro and macro (typically referred here for the analysis and deciphering for the grid model as the agent-granularity referring the pictorial symbols); (2) decision-making for the language and writing for Indus as the basis of heuristics; (3) learning rules which is instinctive for the adaptive processes starting form language to a mature grid; (4) an interaction with the topology of Multan planning; and (5) an the environment of Multan. ABMs for this research purpose is typically implemented as computer simulations aided program to link the micro level of symbols from the language of early Indus, this is done on the custom software, via ABM toolkits.

The ABM software is applied here to test how changes in individual symbol behaviors is affecting the system's emerging overall grid behavior. Prediction of the overlap of Indus Script for English and script at Harappa by Hidden Markov Model.

While the Indus script is yet to be deciphered, but this paper by researchers took a lot of effort for the design of the analogy of the script being a metaphor for the grid design, this was an intellectual exercise based on computational programming. The script was basic signs that cannot be decomposed further as per the computer generated program as an Agent Based Model (ABM) study is designed for the Syntactic and Semantic grid decomposition in Multan Urban History and its evolution from the Indus Script Pictorial Form. This was simplified on ABM into simpler signs and form elements of composite signs.

The goal of triggering a historical core of an ancient city: Multan the oldest cities of the central southerly Asia. A comprehensive territorial conditions of a human community growth. To study the multilayered site of Multan, a technical actions was devised based on the cultural identity.This section described the statistical techniques applied to the collected grid data sets with the explanation of construction of hypotheses that the symbols of Indus Script and the river fringe is been used as a semantic and syntactic equations for the statistical tool and justification for the grid in this case, a quantitative analysis for the map of Multan while for qualitative analysis of the typo-morphology of the phonics and symbols, methodology of the research based on Markov Model is mentioned. List of variables of symbols of Indus script is described in this part of the section.



Study of the Syntactic & **Semantic grid in Multan**

Study of symbols and land use changes using a case study of Multan district, Pakistan. Symbol and land both are management strategies, there are multiple challenges to security of an increasing population in Pakistan. The study of land and symbol is important as both are critical information for resources. We spatially examined Indus Script as fig 4. Changes in district Multan, Pakistan, and its impacts on covered map of 1988 to 2017. The map accuracy (the producer of map), but user's accuracy as figure four is the script from the point of view of a map user, not the map maker. This section is broken into four meaningful sections i.e. conclusion, theoretical contribution, practical implications, recommendations, future study directions and limitations.

Conclusively this was inferred from the table that the five P factors which were characterization to be the key motivation behind grid are People, Place, Power, Politics and Product-ability, thus a grid pattern is devised when: firstly the power of people are united to build an Urban Modern city Multan. Secondly there is a place available, thirdly technology and willingness to have an expendable navigational plan, expendable navigational plan, allowing easy movement permitting security along with infrastructure of drainage and transportation. These five P: criteria fit not only to as late as Greek planning but as it is pushed back to Indus Civilization to Multan even way back to Cave Dwelling were the modern grid could be found. Theoretically, the argument fills the vacuum between the retrogressive spacio-temporal models by presenting the model for agricultural society at Multan preceded by nomadic settlements. Morphologically this paper bridged the gap of the grid form which is bee traced the grid plan. While our research expands further the original prototype by suggesting urban morphologies earlier then Multan. Case studies of evidence based grid planed morphologies are presented up till hundred years. We have conducted field surveys to infer urban grid patterns in the vicinity of Multan.



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DONOTRELY

We are living in a fast-forward phase of life, where every single situation is changing within a short period. We don't need to wait for banking hours to make a transaction. We don't need to visit outlets for shopping. We don't need to wait for wedding receptions for a good buffet. All things are done on a single tab. In short human experience is replaced by machines.

We are moving towards the era of artificial intelligence. And the basic perception behind this idea is we as humans will run our day-to-day matters through machines. I am seriously afraid of this mindset when we as humans have to rely as a whole on machines.

I am afraid when we will use or try to use machines to understand human psychology & emotions.

I am afraid when we use machines for listening to what's going in our lives.

We are humans, and by this means we are bound to live with humans, not with machines. So, by using human rational intelligence if we can build machines that make our lives comfortable so it doesn't mean that we should rely on it.

At this age, there is a great need to maintain a human genuine connection. So that you may not feel alone while having a lot of friends surrounded by machines.



Mohsin Sher
Manager Trainings & Staf Affairs, SEDC
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CRAFTSMANSHIP

Human expression alludes to the hypothesis, human application and actual articulation of inventiveness found in human societies and social orders through abilities and creative mind to deliver items, conditions and encounters. Significant constituents of human expressions incorporate visual expressions, abstract expressions, performing expressions and culinary expressions.

Some artistic expressions consolidate a visual component with execution (for example cinematography), or work of art with the composed word (for example funnies). From ancient cavern artworks to current movies, craftsmanship fills in as a vessel for narrating and passing on humanity's relationship with the climate.

There are a few potential implications for the meanings of the term“Arts and crafts”. Expressions of the human experience are additionally alluded to as uniting all inventive and creative exercises, without including science. The actual demonstration of delivering an articulation can likewise be alluded to as a specific workmanship, or as craftsmanship all in all. Regardless of whether this set articulation, or the demonstration of delivering it, is "acceptable" or has esteem, relies upon the individuals who access and rate it. Such open rating is reliant on different abstract elements. The expressions of the craftsman’s experienceisnot restricted to, painting, sculpting, mold, photography, modern plan, outfit and style configuration, movies, TV, radio, film, video, tape and sound account. Craftsmanship brought the reverence of the creature structure and the advancement of comparable abilities to show musculature, balance, excellence, and anatomically right extents. Pakistan has a rich and various history of painstaking work.

The whole abundance of immortal Pakistani painstaking work has made due through ages. The tradition of Pakistani culture guarantees everything magnificence, nobility, structure and style. Each city has its own handiworks forte going from texture, material, weaving, to gems, cutting, reflect work and other craftsmanship things. Each tone, style, plan and theme convey with it a one-of-a-kind image depicting the way of life of that specific region and expands on individuals' native abilities. The enormous enchantment made by Pakistani hands is noticeable from the immortal imaginativeness of the astonishing semi-valuable gems, choice furnishings, brilliant toys and dolls, wonderful artistic creations and exciting models.

Crafted work of Pakistan is all about valuable stones in the bejeweled crown of Pakistani culture and legacy. Be it unpredictably beautified metal art or some glorious marble trim work or some impeccable artworks, Pakistani handiworks are going to spots with their ethnic plans and prospering surfaces. The time stands declaration to the advancement of the craftsmanship and art as the development from cavern to the cutting-edge urban communities, and presently Pakistani workmanship is the incorporated piece of the Pakistani culture leaving the entire world flabbergasted and tingling for additional Islamic craftsmanship precludes iconography, and rather communicates thoughts through calligraphy and mathematical plans.



Yasra Haider Rizvi
Graphic Designer



UNITY IN DIVERSITY

C***ulture is the whole*** system of knowledge and believes shared by a cohort. Culture encompasses religion, language, believes about right and wrong, spatial relations, concepts of the universe, notion of times, way of living and many other millions of things. In other words, we can also say that the culture is a mutual programming of minds to distinguish between the members of one group from another group or category of people. Different cultural groups have distinct ways to think, feel and act. Therefore, cultural diversity exists everywhere and at every level of an individual's life. Even people living in the same country and region might have different cultural values as it is highly impacted by the social norms.

Where cultural diversity is a universal thing, diverse cultural behavior at workplace makes no exception. In the modern workforce, there are employees with different practices, values, beliefs, religion or gender. All of these factors contribute in diverse cultural behavior at workplace. Along with this, economic globalization is also one the main cause of cultural diversity at workplace. Although contemporary literature and media have shown the benefits of cultural diversity at workplace and interlinked the employee's creativity and abilities enhancements with it but there is a huge distinction in practice and theory.



The positive impact of diverse cultural behavior at workplace is that every employee has different way of thinking based on his/her cultural believes, so all of them can see and analyze the matter at hand from different angles. All the employees have different experiences based on their diverse cultural backgrounds. When they share their experiences with each other and provide insights on some matter then it helps the organization to build a strong knowledge base about these matters and in making sound decisions.



Similarly, the cultural diversity in workplace can have positive effect in case if some company wants to expand its business in other countries/regions because during this process the company could face various obstacles i.e., collecting foreign laws and customs information, evaluating possible risks and devising strategies to overcome these risks. When an organization has workforce with diverse culture, it can use the employee's knowledge and personal information to achieve these goals and remove the aforementioned obstacles.

In addition to this, organization can also get benefit from its culturally diverse personnel to move its business from physical offices to online markets. For this purpose, diversity helps the organizations to do improvements in many areas i.e., perspective, strategies, marketing plans, generate new ideas, getting information about emerging trends etc. There are many strategies to manage cultural diversity in workplace including cultural avoidance, cultural coordination, and cultural compromise. Among them, the most advisable strategy is cultural coordination, which is obtained by giving value to other cultures without giving up your own culture.

No doubts, the organizations get benefits in many areas from cultural diversity among workforce but sometimes it can have negative effects too within an organization. One of the negative effects of this cultural diversity is that the probability of interpersonal conflicts becomes high in such environment. Sometimes diversity makes it harder for all the employees to agree upon a single course of action, and can result in cultural clashes that can give rise to work disadvantages for different groups within an organization.



In return, it becomes hard to get full participation from employees in such potentially conflicting situations. This intolerant behavior can lead to open conflict if companies do not take the timely actions to show that any kind of discrimination will not be tolerated within the working environment of the organization.
In order to manage the issues around diverse workplace, the organizations must take active steps to ensure that no such conflicting situations occur within organization which would result in development of negative emotions among employees. For which the organizations need to device their policies containing detailed information about discrimination laws, compensations, code of conduct and benefits for employees. The organizations should provide sensitivity trainings to their employees which can help them to value views that are different, understand actions, and words that cause offense and the instructions about what they need to do if they have been offended. After employees have received all the necessary training and handbook of policies related to diversity issues, the organization need to set the tone about how the violations of policies will be dealt with.



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Power of **Dreams**

Dreams are the series of images, emotions, thoughts and desires which are in the form of imagination sometimes linked with our experience whereas giving us a clue to do that. In short, the process of seeing world according to our expectations is dream.

Scientists have said that dreams occur during "REM" (Rapid Eye Movement). Some people thought that "Why we dream???" There is different point of view about that but according to me dreams are seen at that point when a person wants something from life or he wants to achieve something that is a little bit difficult to accomplish in real life. When a person is very passionate to do something then he starts dreaming because dreams are seen to fulfill our aims.

According to Fact Hackers there are 8 types of dreams.

Day dreams
Epic dreams
Nightmares
Recurring dreams
Prophetic dreams
Signal dreams
Lucid dreams

All of them have a certain point to explain but among all one type is very interesting " LUCID DREAMS" in this the dreamer has full control over his dream. He knows that he is dreaming and he can also command in his dream to make a story or to see want he wants.

LARY PAGE has said

"When a really great Dream shows you, grab it."

Every person saws dream in their life. Some of them fond courage to achieve them but others let down their thoughts due to some typical reasons. My perspective is that if you are dreaming than there are some guts found in yourself that aresaying you have a lot of courage to fulfill that and also yourself at some extent is willing to fulfill your dream. But if at some point you fails or things become too difficult to tackle then you don't need to dishearten yourself.

According to ALBERT EINSTEIN

"Never give up on what you really want to do. The person with big dreams is more powerful than one with all the facts"

Power of dream:

Power is basically the strength that becomes the source to achieve something and dreams are the unconscious sensation of thoughts that are providing circumstances to live life according to your own will. The combination of these two words makes "Impossible" to think that "I am possible". Truly saying that nothing is impossible in this world, the only thing is that we lose confidence or the ability to target that thing. Dreams give us the power to achieve something because they are the first step to see a bright future. If we recognize the importance of dream then we himself gain such confidence to think greater.

Such that the creation of Pakistan was the dream that was seen by "ALLAMA MUHAMMAD IQBAL" it was only the dream that was only seen at those circumstances but they got the courage and accomplish their aim and all of us are having the fruits if their efforts.

Dreams are our inner thoughts that are coming out through images in the form of nightmares, epic or signal dreams. They are the feelings of our heart that we are avoiding due to realistic conditions. Even today minority of us saw dreams and found courage to fulfill it while majority is flowing with the hurdles of life. Those who want to achieve something have found the importance of life.

KHALIL JIBRAN once said,

"Trust in dreams for in them is hidden the gateway to eternity."

In the end I only wants to say that when something starts clicking in your mind and emphasizing you to do that don't try to avoid it because that minor may change your life, it may give you the better way to live life. And if you are dreaming then do it with a little effort this effort will help you to accomplish what you want.

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BS English 7th (Women Block)
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SOCIAL MEDIA AN ADDICTION

Social media addiction is a behavioral disorder in which teens or young adults become enthralled by social media and are unable to reduce or cease their consumption of online media despite clear negative consequences and severe drawbacks.

While many teenagers engage in some form of online media on daily basis (including Facebook, Instagram, Twitter, YouTube, Vine, Snapchat, and video games), teen social media addiction is characterized by the combination of excessive media consumption, an increasing reliance on social media as a way to feel good, and an inability to stop or curb this behavior despite suffering losses in friendship decreased physical social engagement and a negative impact at school.

Information technology has changed rapidly over the past 20 years, with a key development factor being the media. The pace of change is accelerating. For example, the development of mobile technology has played an essential role in shaping the impact of social media. Across the globe, mobile devices dominate in terms of total minutes spent online. They put the means to connect anywhere, at any time on any device in everyone's hands.

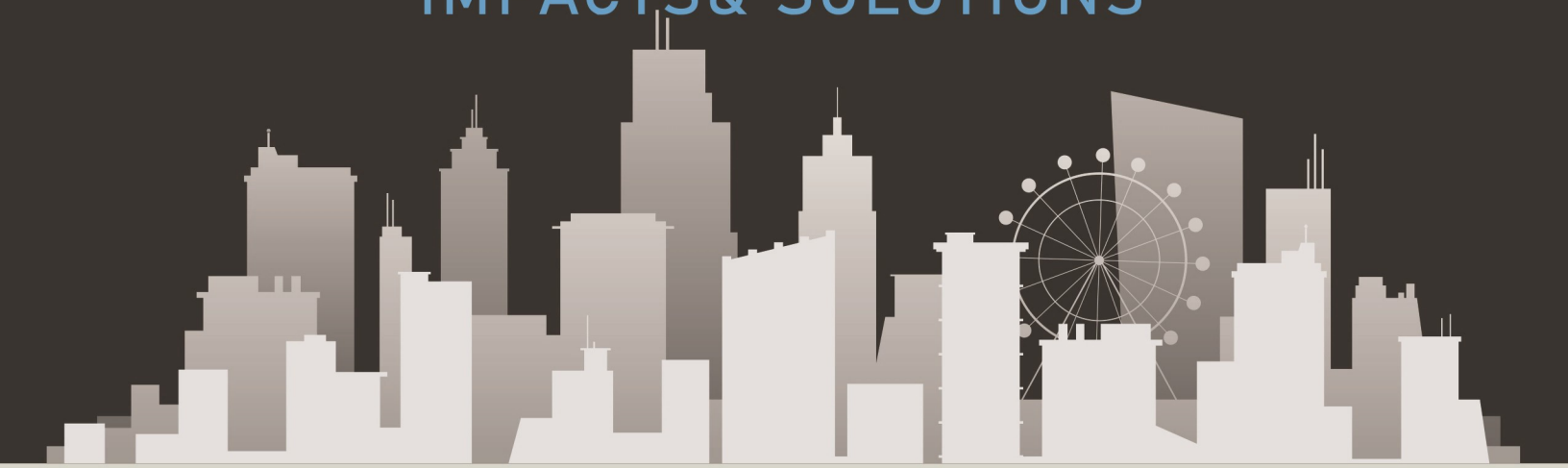
Due to the effect that it has on the brain, social media is addictive both physically and psychologically. According to a new study by Harvard University, self-disclosure on social networking sites lights up the same part of the brain that also ignites when taking an addictive substance. The reward area in the brain and its chemical messenger pathways affect decisions and sensations. When someone experiences something rewarding or uses an addictive substance, neurons in the principal dopamine-producing areas in the brain are activated, causing dopamine levels to rise. Therefore, the brain receives a "reward" and associates the drug or activity with positive reinforcement.

Treatment for Social media addiction requires time spent away from social media – and online media in general – as well as a focus on helping teens deal with the repercussions of their addiction, face the potential causes of their addictive behavior, and identify methods that might help them better limit their social media use, and continue a healthier relationship with online media.



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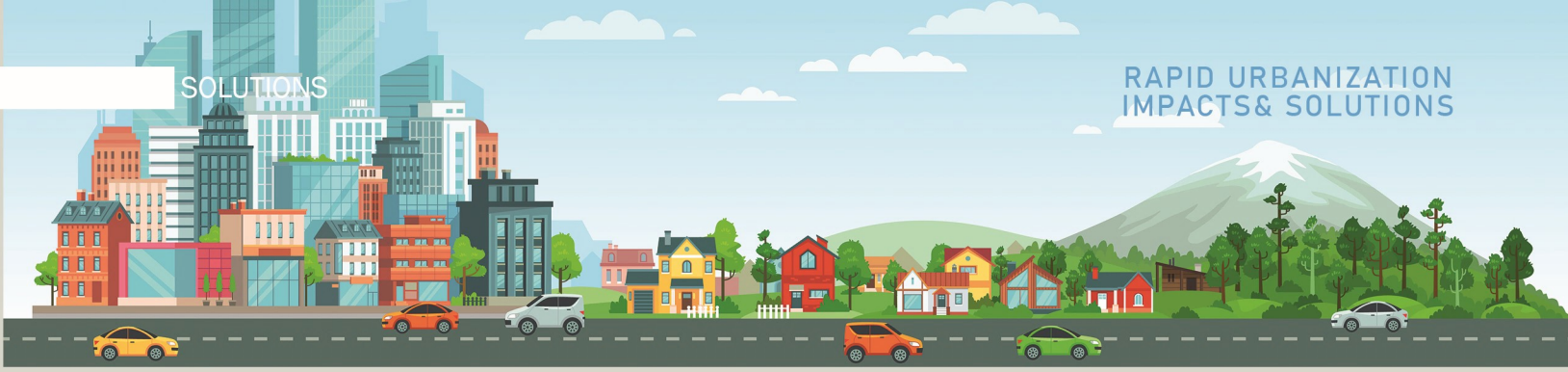
RAPID URBANIZATION IMPACTS& SOLUTIONS



Urbanization is the movement of people from rural to urban regions, allowing cities and towns to expand. It may also be described as a gradual growth in the population of towns and cities. It is heavily inspired by the idea that cities and towns have outperformed rural regions in terms of economic, political, and social outcomes.As people and essential natural resources are intimately linked to each other, as well as the prospects for urban growth and the nature of the climate in an area, population is the key subject of all studies within the context of geography.As a result, any research of the present era should begin with a study and review of population growth and distribution in urban planning. The focus of this article is on the connection between rapid urbanization and socio-ecological issues.The findings show that urbanization is one of the main causes of most of the issues that the public is currently experiencing in terms of poor health, noise, and fresh water supplies.It also contributes to the city's loss of greenery and trees and the loss of greenery is now majorly happening due to the emergence of new housing societies.It is creating a crisis with the sewage system and the drinking water quality. Another consequence of haphazard and unplanned urbanization is pollution.

It's beeninvestigated that as a result of migration from rural to urban areas, city living has a negative impact on quality of life.

Rapid urbanization is transforming the face of cities and leading to an increase in urbanization globally, especially in developing countries.The pace and size of urbanization in developed countries is unparalleled and more complicated than ever before. Because of its wide-ranging socio-economic and environmental consequences, the shifting Land Use and Land Cover (LULC) vogue has a direct impact on settlements. Geographers, environmental architects, policymakers, and managers are also being required to observe improvements in urban Land Use and Land Cover (LULC) when the climate in urban environments seems to be changed by anthropogenic behaviors. The exponential rise in population in developing cities has resulted in rapid changes in LULC and increased environmental destruction, putting immense strain on natural resources. Rapid urbanization usually outpaces local municipalities' ability to provide services and infrastructure, leading to a rise in urban insecurity and slums, especially in developed countries. Urbanization exacerbates major issues in towns, such as flooding, congestion,



epidemic illnesses, socioeconomic inequity, and political uncertainty. Due to the extreme demands of refugees moving from other areas of the world, urban expansion is a significant trend. By 2050, this percentage is projected to rise to 68 percent. As a result, the research on sustainable development sustainability is critical for making decisions on urban planning in terms of construction projects, poverty reduction, flood monitoring and prevention and environmental quality change.

So if we come towards the solution for this specific issue, we have multiple solutions for this like Governments should enact laws that design and offer ecologically sound cities and smart growth strategies, recognizing that people should not live in dangerous or polluting regions.The goal is to create sustainable cities that have better environmental conditions and safe environments for all urban residents.Governments should also promote an economy based on sustainable surroundings by investing in green infrastructure, sustainable industries, recycling and environmental campaigns, pollution control, renewable energy, green public transit, and water treatment and restoration.All residents of metropolitan areas must have access to enough vital social services, such as education, health, sanitation, and clean water, as well as technology, energy, and food.

The goal is to create and execute job opportunities and wealth-creation activities so that individuals may earn enough money to pay for the services' upkeep.The government can also use subsidies to reduce the price of basic healthcare, education, electricity, public transit, communication networks and technology.To mitigate the negative consequences of increasing urbanization, protecting natural ecosystems, private investments in natural resource utilization and employment creation should be promoted.More jobs for urban people can be created through tourism marketing and sustainable natural resource usage. Foreign and private investment in environmentally friendly development projects that create jobs may also be eligible for subsidies and incentives.Tolower the high rates of population increase, key stakeholders in metropolitan areas must provide campaigns and counseling for effective medical health clinics and family planning.With the goal of managing illnesses and population increase, medical health clinics geared on family planning choices must be made available across the whole urban area.



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UNIQUE *not* DISABLED

Every person with an impairment is unique and due to their uniqueness, their needs and demands are different but govt and people are spending money to create hurdles for them. These hurdles make them disabled and due to these they can't move or they can't do anything for themselves. Around Thirty-One million people in Pakistan are impaired but there is no accessibility for them to public and private places.

Every human can move freely according to Pakistan's institution and UNCRPD (United Nation's Convention on the Rights of Person with Disabilities) but persons with impairment can't move freely because there is no accessibility for them.

In the era of Gen Zia-ul-Haq he made a law for impaired persons. According to 1981's law, disabled persons have the right to move freely but there is no accessibility for them in the country. There are very few places where they can go easily but not everywhere. If they can't move then it's a violation of the law. In Gen Zia-ul-Haq's era, he made social welfare department for persons with disabilities, and her daughter Zain Zia was also impaired.

The UNCRPD and its Optional Protocol (A/RES/61/106) was adopted on 13 December 2006 at the United Nations Headquarters in New York and was opened for signature on 30 March 2007. There were 82 signatories to the Convention, 44 signatories to the Optional Protocol, and 1ratification of the Convention. This is the highest number of signatories in history to a UN Convention on its opening day. It is the first comprehensive human rights treaty of the 21st century and is the first human rights convention to be open for signature by regional integration organizations. The Convention entered into force on 3 May 2008. Total signatories are164 including Pakistan. President Asif Zardari signed and implemented it in Pakistan on the 25th of December 2008. In 2011 PPP govt rectified it. They made special ID cards for disabled persons. Interesting thing is that America is not a member of UNCRPD, because they refused to sign this charter by saying that they are providing more facilities and rights to disabled people than this charter. In Pakistan Sindh province is giving more rights to a disabled person than others. They have done more work on legislation and due to this, they are giving more rights to disabled persons. I want more legislation based on ground realities so every disabled person can get benefits and facilities.

According to Pakistan, Building codes building should be accessible for everyone, like with standard design for the use of a person on a wheelchair to person on foot without any hurdle and difficulty. But government and people are spending money to create a hurdle for the impaired person. They don't calculate them that's why they don't make ramps and special paths and accessibility for an impaired person.Government should make public transport accessible for disabled people.

State bank of Pakistan has issued a letter to all banks in Pakistan to make their banks accessible for disabled persons but very few have taken interest in it and made their banks accessible for the person with disabilities. Similarly, education sectors and parks are not accessible for the person with disabilities. Hotels and restaurants are not accessible for the person with disabilities. A person with disabilities also pays taxes and they are also customers. So, government and private sectors should make their places accessible for persons with disabilities by inclusive development with all means.

With inclusive development, we can make roads, trains, pathways, parks, public sectors, educational institutes, religious places, hotels, restaurants accessible for persons with impairments which anyone can use without any hurdle.

We can make ramps and same levels floor for the persons on wheelchairs, we can make special floors or walkways for blind persons, we can appoint a person who knows the sign language for the people who can't talk and we can also appoint a person in every public and private sector as additional assistant for persons with disabilities because they are also taxpayers and if the private or public sector will make their places accessible for the disabled person, they can generate more revenue.

Only Multan Metro Bus service and feeder buses of PMA (Punjab Mass Transit Authority) in Multan are accessible for persons with disabilities because a ramp is given in the buses. All points on Motorways are also accessible for persons with disabilities, special and standards ramps, tracks, and accessible washrooms are there for persons with disabilities. Similarly, we can make public transport accessible for disabled persons in the whole country. And all other places accessible for persons with disabilities.

It's a noble cause but also a business technique to increase your customers.
I hope one day Pakistan will be an accessible country for persons with disabilities and we can start to make it from today with inclusive development.





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روداد سفر

دینی اورادبی رجحان مجھے ورثے میں ملا ہے۔لیکن اس حوالے سے کوئی سمت متعین نہ تھی۔جس طرح ایک بپھرے ہوئے دریا کی بے رحم موجیں بند توڑ کر کسی شہر مفلس میں ایک جابر فاتح کی طرح داخل ہو کر اس کا حدود اربع بگاڑ دیتی ہیں اس طرح کی کچھ واردات میرے ساتھ بھی ہوئی۔انٹر کا امتحان پاس کرنے کے بعد سائنس کو خیر باد کہا اور اکنامکس کو بطور مضمون چن لیا۔اہم مضمون ہونے کے باوجود اور جی سی یو لاہور جیسے روایت پسند ماحول کی تمام خوبیوں چاشنیوں اور رنگینیوں کے باوجود بھی اکنامکس مجھے راس نہ آئی بحر حال ڈگری مکمل کی اور کوچہ اغیار چھوڑ کر دیار اجداد پلٹ آئے۔خاندانی روایت کو برقرار رکھتے ہوئے ایم فل اکنامکس کرنے BZU پہنچے۔ اس ڈگری کے بعد بھی دلی تسکین نہ ہوئی تو نوابوں کی سرزمین (بہاولپور) میں IUB سے ایم اے اردو کا امتحان پاس کیا۔اردو کے ساتھ وابستگی نے جیسے داخل کے جمود میں تحریک پیدا کر دی ہو۔اعلیٰ تعلیم حاصل کرنے کی خواہش جاگی۔میری خوش نصیبی کہ ایم فل کے لیے ISP کے اردو ڈیپارٹمنٹ میں امان ملی اور ہم ISP کی شعبہ اردو کی آغوش میں سما گئے۔یہاں تعلیم و تعلم کا سلسلہ جب جاری ہوا تو ہم پر یہ عقدہ کھلا کہ اردو صرف زبان نہیں ہے اور نہ ہی محض Medium of exchange ہے بلکہ یہ تو ایک کثیر جہتی علم ہے جو نفسیات ،عمرانیات، فلسفہ اور معاشیات جیسے علوم کو اپنے اندر سموئے ہوئے ہے۔ہم ایسے طلباء جو اردو کلاسیکی شاعری کو اردو کا سب کچھ سمجھ بیٹھے تھے انہیں معزز اساتذہ کرام نے باور کرایا کہ اردو زبان کی بنیاد جو شاعری پر استوار ہوئی تھی وہ پروان چڑھتے ہوئے جدیدیت اور مابعد جدیدیت تک پہنچ گئی ہے۔

انتہائی قابل اور وسیع المطالعہ اساتذہ کرام نے ہماری تشنگی کو ہر اس علم اور جہت سے سیراب کیا جو ادب کو سمجھنے کے لیے ضروری تھی۔انہوں نے ہمیں صرف تنقید پڑھائی نہیں بلکہ تنقید سکھائی۔افسانوں اور ناولوں کو روایتی انداز میں پڑھانے کی بجائے عمرانی اور اساطیرنی پہلوؤں سے روشناس کرایا۔اقبال و غالب کو ایسے اچھوتے اور جدید انداز میں پڑھایا کہ ان کی شخصیات اور کلام کے نئے رخ ہمیں دیکھنے کو ملے۔اساتذہ کرام کی محنت اور ذہنی معراج کا یہ عالم کہ ہر مضمون کے ساتھ ملحقہ مضامین پر بھی دسترس رکھتے ہیں۔صرف تنقید کی ہی مثال لے لیں تنقید پڑھاتے ہوئے انہوں نے ہم میں تحقیقی و تنقیدی حس تو پیدا کر ہی دی تھی ساتھ میں فلسفے کا تذکرہ ہوا تو وہ ہمیں مختلف نشستوں میں pre socratic theories سے لے کر ارسطو سے ہوتے ہوئے جدید فلسفیوں جیسے فریڈک نیٹشے ،کارل مارکس، ٹالسٹائی، شوپن ہار اور ژاں پال سارتر تک کے فلسفے اور ان کی تعلیمات سے روشناس کراتے چلے گئے۔غرض یہاں کا علم دوست ماحول طالبان علم کے لیے بنت ارضی ہے۔یہاں سے تحصیل علم کے بعد میں فخر سے یہ اعلان کر سکتا ہوں کہ اس مادر علمی کے علم دوست ماحول اور اساتذہ کرام کی ان تھک محنت اور تکنیکی مہارت نے اردو لٹریچر کو ہمارے لیے علم الحقیقت کے درجے سے بڑھا کر علم الہدایت کے درجہ لازوال تک پہنچا دیا۔

متین محمد بخاری

جاوداں پیہم رواں، ہر دم جواں ہے زندگی

سردیوں کی ٹھنڈی شام اور تا حد نگاہ قبریں ہوں تو دونوں مل کر اداسی اور تنہائی کو بڑھاتی ہیں لیکن دنیا سے بے نیاز لوگ ان چیزوں سے مبرا نظر آتے ہیں۔

بقول شیخ شیرازی:

''میں نے اپنی عمر عزیز اسی فکر میں گزار دی کہ

گرمیوں میں کیا کھاؤں اور سردی میں کیا پہنوں۔''

وہ سردی، گرمی، خوف، تنہائی، ہجوم سے آزاد ہو کر اپنی منزل کی تلاش میں لگے رہتے ہیں، جب اپنے آپ سے کلام کیا کہ ''زندگی میں اتنے مسائل دکھ اور رکاوٹیں کیوں ہیں؟'' میں نے سوچا کبھی قبرستان کو دیکھا ہے وہاں کتنے لوگ دفن ہوتے ہیں۔

مال کار سمجھایا قبور نے ہم کو

یہ نقد مال لگا ہاتھ اس دفینے سے

لیکن ان کو کوئی دکھ نہیں، کوئی رکاوٹ اور کوئی مشکل ان کے راستے میں کھڑی نہیں ہوتی۔ مسائل، رکاوٹیں اور پریشانیاں تو صرف زندہ لوگوں کو پیش آتی ہیں اور یہی زندگی کی اصل قیمت ہوتی ہے۔ یہ رکاوٹیں بدل بدل کر آتی ہیں کبھی اپنی نااہلی اور کبھی دوسرے کی نالائقی کی شکل میں۔ کئی دفعہ یہ حاسد کے روپ میں بھی ظاہر ہو جاتی ہیں کبھی کوئی ناسمجھی راستے کی رکاوٹ بن جاتی ہے اور تو اور کبھی ہم خود ہی اپنے راستے کی رکاوٹ بنے ہوتے ہیں اور حالات و واقعات یہ سب بڑی منزل کے مسافر کے راستے کے امتحان ہوتے ہیں یہی تو فیصلے کرنے کا وقت ہوتا ہے کہ آپ بڑی منزل کے مسافر بننا چاہتے ہیں یا عام سی زندگی گزار کر جانا چاہتے ہیں۔

بڑی منزلوں کے مسافر چھوٹے جھگڑوں میں نہیں پڑتے اور نا ہی دل چھوٹا رکھتے ہیں، ہم ڈاکٹر ہوں یا انجینئر، ٹیچر ہوں یا طالب علم، آفیسر ہوں یا ماتحت، بزنس مین ہوں یا مزدور ہم کچھ بھی ہوں روز قدرت ہم کو مسئلے مسائل بھیج کر آزماتی ہے ہم اگر بڑی منزل کے مسافر ہوں تو ہم کو ہر مسئلہ معمولی لگنے لگتا ہے اور چھوٹی منزل

والے کی ہمت کم ہوتی ہے اس لیے مسئلہ اس کے لئے بڑا ہو جاتا ہے۔

قرآن پاک میں حضرت موسیٰؑ اور فرعون کا واقعہ بیان کرنے کا ایک مقصد اور ایک اہم وجہ ہے کہ ہمیں روز یہ فیصلہ کرنا ہوتا ہے کہ ہم حضرت موسیٰؑ کی صف میں شامل ہیں یا فرعون کا ساتھ دے رہے ہیں کیونکہ موسیٰؑ بڑی منزل کے مسافر تھے اور اللہ تعالیٰ نے ہمیں قرآن کے ذریعے ہی پیغام دیا ہے کہ زندگی کو چھوٹے چھوٹے جھگڑوں مسئلے مسائل، لالچ، حسد اور ناامیدی کے نام نہ کریں۔ یہ زندگی بہت قیمتی ہے اسے کسی بڑی منزل اور بڑے مقصد کے ساتھ گزارنا انسان تاریخ کو دیکھا جائے تو بڑے انسان اوت بڑی منزل کے مسافر کے دیکھیں جائیں تو ان میں کچھ ایسی خوبیاں ضرور مشترک موجود تھیں۔

دنیا کے تمام بڑے انسان معاف کرنے کے عادی ہوتے ہیں وہ اپنی غلطی پر معافی مانگ لیتے ہیں اور دوسرے کی غلطی معاف کر دیتے ہیں۔ دراصل معاف کرنا علامت ہے کہ آپ کوئی بہت اہم کام کرنے جا رہے ہوں وہ کام اتنا ضروری ہے کہ راستے میں آنے والی غلطی کو آپ نظر انداز کر کے آگے چل پڑے ہوں اور گلہ شکوہ ایک غیر ضروری بوجھ سمجھتے ہیں۔

بڑی منزل کا مسافر دوسروں کے لئے جیتا ہے اسے خبر ہو جاتی ہے کہ زندگی کے بعد بھی زندہ رہنے کا راز خدمت خلق میں ہے۔ وہ سب کی خیر سوچتا ہے اس لیے قدرت اس کے نصیب میں خیر لکھ دیتی ہے۔ خوش اخلاق انسان ہی خوش قسمت انسان ہوتا ہے۔ تاریخ گواہ ہے کہ آج تک کسی خوش مزاج انسان کو اپنی قسمت پر نہیں رونا پڑا۔ دوسروں کو عزت دینے والا نرمی اور پیار سے بات کرنے والا اور آسانیاں بانٹنے والا دراصل بڑی منزل کا مسافر ہوتا ہے۔ یہ بندہ سب میں رہتا ہے سب میلے دیکھتا ہے لیکن اس کی نظر اپنی آخری منزل پر ہوتی ہے۔ جناح سے کسی نے پوچھا کہ اگر آپ ہار گئے؟ قائداعظمؒ نے اعتماد سے جواب دیا کہ ''میرے لیے اتنا ہی کافی ہوگا کہ روز قیامت میرا اللہ کہہ دے کہ جناح تم نے کمال کیا'' آخری منزل پر نظر ہم کو چھوٹی موٹی جیت سے نکال دیتی ہے۔

بڑی منزل کا مسافر اس کام کو تلاش کر لیتا ہے جس کے لیے اسے دنیا میں بھیجا گیا ہے کیونکہ اپنی شناخت کے بغیر کوئی انسان عظمت حاصل نہیں کر سکتا، کامیابی کا سفر خود شناسی سے شروع ہوتا ہے اور خود شناسی کسی خود شناس سے شروع ہوتی ہے اس لیے خود شناسی سے انسان بڑی منزل کی طرف چل پڑتا ہے اور اسی میں ہی انسان کی بقا ہے۔



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