

Celebrity Couple
IQRA AZIZ

YASIR HUSSAIN
Tied the Knot!

Exclusive Interview



“An illness should not be turned into a fashion, just for the rich.”

Brig. Dr. Shoaib Ahmed
Sitara-e-Imtiaz



Happy New Year

Editorial

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Gown & Town is not your average fashion magazine but a publication that has been inspired from the need to bring substantial news and information to people living in a close-knitted community. With a team of experienced writers, photographers, designers and reporters, we aim to bring you a magazine that is the very personification of the happening life in Karachi and its amazing citizens!

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Gown & Town Published by:
Mian Muhammad Afzal, for and on behalf of Greenwich University

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Gown & Town Magazine

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Editor's Note

With the beginning of the new year, we focus on fresh resolutions. We vow to make changes in order to better ourselves and our lives. Whether it's losing weight, quitting bad habits, making time for a hobby or even taking on more responsibility at work, there are a slew of reasons why we come to the conclusion that we should implement these goals.

Although a wise man contemplated upon celebrations on every new year as it is just that the earth completes one whole circle around the sun. But to me one should find reasons to better one's self and that is what our new year resolution does to all of us. However, the difficult part is to fulfil the goals. In this edition the readers will find some unique new year's resolutions from some of the industry stalwarts.

Right up front, find out the greatest tragedy of humanity in the wake of greed and lust through the lens of Lear, translated by Khalid Ahmed and directed by Zia Mohyeddin.

You will also get to know about the psychological disorders prevailing in our country through a thought-provoking interview of Executive Director Institute of Behavioral Sciences Brig. Dr. Shoaib Ahmed.

Whatever changes 2020 may hold, one thing remains constant: our commitment to this planet we share.

Let's get to work.

Shazia Nasir

Enjoy the read and don't forget to write to us at:
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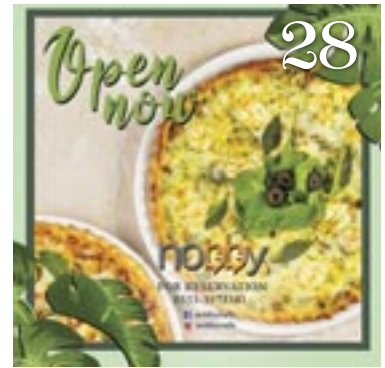


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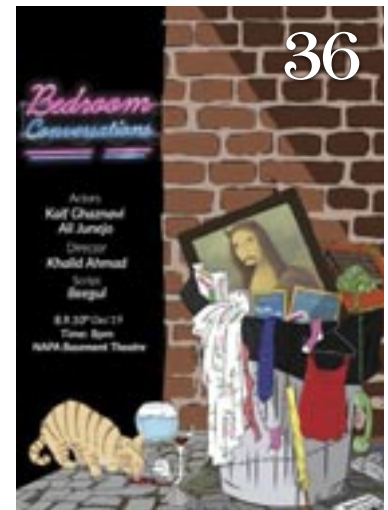
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An Interview With Eminent Psychiatrist

Brig. Dr. Shoaib Ahmed

Sitara-e-Imtiaz

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Mental Health has become one of the key issues that are in discussion around the globe as a rising cause of concern regardless of age, country, background and race. Mental illnesses impact millions of people all over the world including Pakistan and yet we have consistently seen a lack of seriousness in attitudes in our society. It is still a challenge to discuss these issues in most circles due to misconceptions and stigmas. We decided to challenge these stigmas with the help of an expert, retired Brigadier Dr. Shoaib Ahmed, executive director of the Institute of Behavioral Sciences DUHS who graciously invited us over for an interview and tour.

Expecting an austere scene, the G&T team was surprised after arriving at the Dr. A. Q. Khan Centre to be ushered into the modern, sunny and professional Institute of Behavioral Sciences at the Ojha campus of DUHS. Wearing an African print tie and full of good humor and extremely humble despite receiving Sitara-e-Imtiaz from the Government of Pakistan, Dr. Shoaib Ahmed patiently answered some of our most burning questions on being a psychiatrist in Pakistan, depression, suicide, mental health awareness and put to rest preconceived notions and misconceptions associated with mental illnesses in our society.

After serving as a Psychiatrist in the Pakistan Army for about 32 years, Dr. Shoaib Ahmed retired from the PNS Shifa hospital and was promptly offered to head the Dr. A. Q. Khan Centre as executive director. We asked him about his beginning and what interested him to pursue such a demanding profession.



thirst for these areas, all the other fields comprised of routine patients and routine surgery without the constant human interaction. Here we saw that every patient was a story in him or herself so that fascinated me a lot and propelled me into making it into a career.

The incidence and prevalence of mental health issues have increased tremendously in the world. Where do we stand with mental health in Pakistan today?

What interested you about Psychiatry to the extent that you turned it into a career?

Right from my college days, when I

was a student in Dow medical college, our group of friends were more interested in politics, literature, art and social sciences. Psychiatry was the only field that could fulfill our

According to the statistics by the World Health Organization, by the end of this year, mental illnesses will be the number one most common



mentally ill patient was the one imagined to be the crazy stereotyped person in tattered clothes roaming the streets. This impression has gradually decreased with the onset of mental health awareness along with the decline of the fear of becoming that madman on the street if the person were to see a psychiatrist. There is the issue of confidentiality but people have started to understand that there is strict doctor patient confidentiality in psychiatry and this change is heartening to see.

What do you think should be done to further reduce the stigma that is attached to Mental Illnesses?

Firstly our educational system should be revamped entirely to include information about mental illnesses just like any other common illnesses

“ We really need to work together to create awareness in our society by talking about mental health issues and improve their knowledge about mental matters. ”

illnesses in the world. Poverty, social inequality, political trouble and even the inflation rate in the country is increasing the prevalence of psychological issues. One of the big factors is the rising concept of nuclear families in our society, the ordinary couple has come under a lot of pressure to earn more, put their kids through school and compete socially. Men and women both have to work to fulfill the household needs. The prevalence of mental illness in our society is 40% on the part of depression and anxiety, 15% to 20% are mental illnesses related to childbirth and the remaining percentage is disorders like schizophrenia and bipolar disorder.

The last decade has seen a rise in Mental Health Awareness in Pakistan. Why do you think it has been ignored for this long?

It has been now that we have started calling it mental health. We care about it now like we care about physical health and this concept came about recently. Before this, people would be fearful of mental issues oftentimes declaring the patient mad even before proper diagnosis and medicine. The

like chicken pox and diabetes. Children should be made aware about anxiety, social anxiety, phobias, psychosis, ADHD, epilepsy etc. so that they can not only understand but also accept people with these issues. We leave out a large segment when we talk about creating awareness, that of masjids and madrassas. They should be included in this activity for awareness so that illnesses can be diagnosed at an earlier stage and the stigma can be reduced.



What would you say to the fact that people consider mental health a privilege in Pakistan and as something accessible only to the rich?

There is a big lack of awareness in our society where the poor, because of lack of knowledge about psychological disorders fall prey to hakims and faith healers who further complicate the illness. It is our duty to dispel this occult impression surrounding mental health issues and improve their knowledge about mental matters. These illnesses

should be dealt with like we deal with other diseases like heart, kidney and liver diseases. Medicines are not as expensive as it is perceived and affordability should not be an issue; there are both cheap and expensive medicines available as with any illness. An illness should not be turned into a fashion, just for the rich. The body isn't rich or poor, the illness can't be classified as that either, it doesn't know not to affect the poor just because he can't afford it.

Is there a gender percentage regarding mental health issues?

Are more of your patients' men or women and why?

Women usually are affected more by mental illnesses because they have fewer opportunities to vent out their grievances as compared to men. Men will go hang out with their friends and de-stress from the day by venting their frustrations so we do generally see a larger percentage of women patients. At the same time, there is a misconception in our society where men are supposed to be strong enough to shoulder all problems and not talk about them as openly. Gender stereotyping is at play everywhere in our society. When you don't weep through the eyes, you weep through your organs and hence you see a prevalence of men being prone to heart diseases, hypertension and diabetes. In a way when you don't release mental tension, it takes a physical form. Mental health awareness is important for all genders.

What percentages of young people come to your institute and what illnesses are most prevalent among them?

We commonly see depression and anxiety in the youth but as illnesses, they don't see what gender or age or area you come from, it just happens and sometimes some genetic factors are also involved. We deal with all kinds of triggers in the youth like job stress, education stress, work stress, social anxiety etc. It can now also be seen in children sometimes because of educational pressure. One reason I see is that, in our country, schools are running in small spaces, in houses that lack green areas, playgrounds and parks. This lack of recreation in children and being



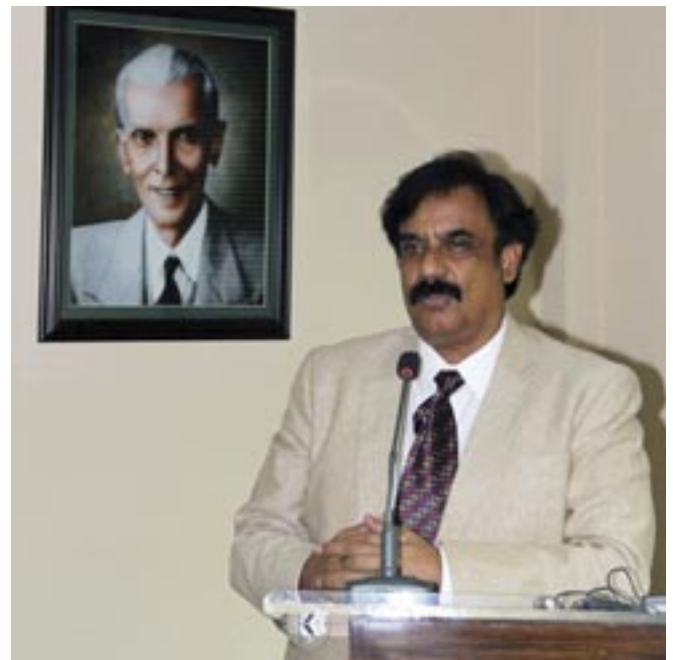
chained to a desk can be very harmful mentally. There should be laws against this and awareness on this topic.

What is a Psychiatrist's responsibility in the overall mental healthcare system of our country?

The Pakistan Psychiatrist society is a body which is working hard to hold awareness programs all over the country. Recently, we held a free medical camp at Thatta in Sindh, with the support of the Deputy Commissioner. There was an overwhelming response to that, we also help to supply mental health brochures. Just recently I have successfully worked on translating our department's brochures into Urdu, Sindhi and Pushto.

After dealing with so many psychiatric patients every day, how do you maintain your own mental balance?

We always say that you should keep your work in the office and never bring it home with you but in reality, it's just not possible. When you listen to such gory tales all day, it is hard to detach yourself from it easily though we do know how to maintain our mental health. We owe it to our patients to keep ourselves mentally well. There is this myth that Psychiatrists are half-mad themselves but that what it actually is, a myth.



We really need to work together to create awareness in our society by talking about these issues in public and making them common. We need to create more free psychological testing camps, reading material should be made more accessible and information about mental illnesses should be made common knowledge through educational institutions. Media plays a huge role in society and social media especially should be used to create awareness.

Interview by: Mahwish Hameed



Money Matters Careering Errors

— By Sirajuddin Aziz

“Twenty years from now you will be disappointed by the things you did not do, so throw off the bowlines, sail away from a safe harbor, and catch the trade winds in your sails. **Explore. Dream. Discover**”

— (Mark Twain).

Not for reasons of only being a professional but also for being grateful to Divinity, for giving us life, we must plan, on how we will put to use, the days, months, years of life, we are blessed with. Planning is not for a single day. To undertake tasks of substance, the thought cannot be restricted to the daily things-to-do; unless each single day is part of the plan, encapsulating the chores of the day, week, month, and years that go to impact “our life”.

As a first step, an individual has to “decide”, what is the quest? Once the ultimate goal is in mind, then one has to undertake an exercise to determine, how things are to be prioritised; which task should precede and which can be placed on the back burner. Here, it is also important to judge and evaluate, if the quest, has any conflict

between personal objectives and professional objectives. The two can be different, but the gulf, if any between them, must not render the objectives to be opposite to each other. Glaring conflict must be quickly reconciled. Setting goals that are clear, precise and specific always helps. Having said that the word ‘goal’, I am amazed at the way and manner, it is abused in the management of resources, particularly human resources, by management gurus and practitioners. A goal is an objective to achieve, nothing more, nothing less. As a student of management, I am unable and unwilling too, to distinguish between goals and “smart goals” – I believe this overplay in semantics does not, in any manner, alter or change the basic elements of setting goals and objectives. An affix of “street” to any human



Dr. Sirajuddin Aziz

characteristic or trait is at least not my cup of tea. What in the world is “street smart”? Does it mean one has to adopt “street” behavior, language, nuances, attitude or what? These concepts to me are management humbugs – just set your goals, as you see for yourself, depending on your personality and skill set, both the existing and of the ones to be acquired in future. In the determination of these goals, let no prefix of any adjective take you away from gentlemanly behavior. You can achieve goals at a cost; never attempt to achieve at “any cost” that may force you to infringe upon your moral, ethical, social, or religious standards. If there is a dichotomy between personal goals and professional, then revisit them with the lens of your own values and traditions. Those who stick with universally accepted value, usually move faster on the organisation chart, then those who try and discover the art of bending and playing with fundamental of values, by either rephrasing them or by adding unnecessary adjectives as a suffix or a prefix.

To plan a career, without setting time lines for putting major milestones, on the journey towards accomplishment of targets, is akin to following an illusion; a mirage and a chase towards nowhere. Each planned career move must be flagged with a deadline to achieve results. This allows for praising oneself, once the target is

achieved, which in turn converts into a major motivational factor, for furthering higher objectives. As is said, nothing breeds better than success. Each success as small or as high is an impetus to continue on the pathway of life for in life, generally, there is no such thing as “ultimate success”. From the ascending of each pinnacle of summit, there is always to see, emergence of, a new horizon that needs to be discovered. Self-fulfillment has the best characteristic to motivate, and it is generated internally; no external stimuli are required, to move on towards newer destinations. For your career development, do not rely upon or depend on external factors. These external factors are never in your full command and control.

Work or tasks must be used and looked upon as tools for self development. The classical approach, that the job of the manager is to “get work done” by others, is close to obsolescence; present day standards of performance, require of managers to “get people done” (i.e., trained professionally) through work. Focused endeavors must be made towards seeking and development of new skill sets. The supervisor must see in you, a better professional, than your peer group. It is not to suggest that effort must be made to make your colleagues look bad or unprofessional; taking such route is not only

negative, but also fatal to gains derived, if any. These are neither sustainable nor long-lasting. Develop your career based on “your strengths” and not on “weakness of co-workers”.

In pursuit of career objectives, no sight must be lost, on your internal values and belief system. If the organisation you work for has different set of values that are not in conformity with the fundamentals of universally accepted principles, then do not think just move it. It is for sure that if values conflict, the results are bound to be disastrous, for both, yourself and the organisation. Stand firmly against unjust principles and never bend under the self- deceiving guise of “compromise for status quo”. Firstly, do not use proximity to the boss for advancing your career. And secondly, if you have to, then do so with grace and dignity do not become a doormat or on the other extreme do not exercise undue influence upon other colleagues through the barrel of power borrowed by closeness to the boss. It is futile. It hurts ultimately. Success through proximate cause makes more enemies than admirers.

The recognition of hard work must give you “visibility” in the organisation. Best be known for hard work and diligence; and not be popular as an apron hanger to the bosses’ coats or a shoeshiner. Always seek to associate with those who have clarity of purpose in their lives. Those who are just. Those who are upright. Those who would not waver from the path of honesty, regardless of enticements or even temptations. Building character traits that distinguish you from the masses go a long way in helping shaping one’s career.

Be distinct for reasons of being tolerant to diverse opinions; adopt to demands of changing ways of conducting business; be adept at acquisition of new and fresh knowledge. Seek to get nomination to training and development programs, both within and outside the organisation. While doing so, prepare to move with focus horizontally on the organisational chart, just as much as you would do, to move vertically. The need for diversification and variety of experience is an imperative,

if your aim is to get the ‘numero uno’ position in the organisation hierarchy. Career management also requires a fair degree of understanding the need to anchor in an organisation. Moving stone gathers no moss. But, simultaneously also, timing for being in a given company, a division, a department or a section must be fixed. If the entity fails in its responsibility of ensuring you rotation, then take the bull by the horns and guide your way through, by way of interacting with the CEO (chief executive officer) and HR (human resource) Head.

While destiny does play its part, it is also true to say that only upon those, who are hardworking, talented and focused, does the lady luck smile upon. Success, by whatever individual meaning and definition, and incompetence, are never good friends.

“The recognition of hard work must give you visibility in the organization”

Besides, acquisition of the knowledge of nuts and bolts of each section of the organisation, effort must be made to harness management skills that must include appreciation of interpersonal skills, clarity of purpose, clear communication, the value of interdependence and the overall development of a stable and mature personality. Jokers or court jesters have limited shelf life; so do pretenders and the deceitful. Do not get beguiled by their limited success. I have seen many

youngsters straying away from an otherwise successful career path by following and adopting the managerial skills (??) of those who are conceited, indulge in back-biting and are never shy to progress on the shoulders of skeletons.

Always do what you are good at. It helps the individual as well as the entity. Don’t lose sight as a leader of people where there is recognition that no crabs can be trained to walk straight. Do not invest to do so for failure is the most certain answer to such an effort. Career decisions must not be procrastinated. If a decision has to be taken, so be it. Seek to be resolute in your aims and ambitions.

The writer is a free lance contributor.



Bunvat Festival

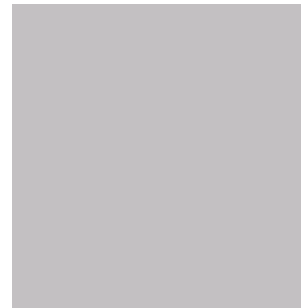
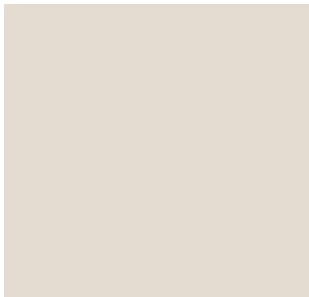
A Cultural Celebration of Art Forms

Kaifwala Foundation brings the 3rd chapter of Bunvat Festival on the 12th, 13th, & 14th of December at Art Council of Pakistan. A ticket free event for the civic pride, to support art in its purest form. A festival that proudly supports and promotes original works from artists that are exceptional at what they do! Kaifwala Foundation was formed by artists Kaif Ghaznavi and Muhammad Zeeshan, and they have been holding Bunvat Festival since 2015. Bunvat is a cultural celebration of all kinds of art forms, music, dance and theatre around the world. The word Bunvat, comes from gesture, welcoming the celebration of talent, art, and humanity. This is the fourth iteration of Bunvat Festival, one geared towards getting the young, energized and digitally active audiences to engage with it.

A three-day event with mesmerizing art forms was organized by Kaifwala foundation in collaboration with the

Pakistan American Arts Council, Karachi. The first day started with an enchanting visual performance by a Germany based experimental performing artist David Brandstaeter. He collaborated with the famous band Dervesh. They are known for their unique fusion of Qawwali and Rock, and they performed a piece titled 'Freedom', which expressed the joy that comes with living life without constraints or worries.

After the captivating performance of David and Dervish, the audience saw a spiritual kathak dance by a London based artist Aliana Roy. She was trained under the guidance of Guru Pali Chandra and Nitesh Saraswat for almost 10 years. "Kathak: Kal se Aaj Tak (Kathak: Yesterday to Today)" was her first solo performance in Karachi; it aimed to raise awareness about the slowly fading, and often underappreciated eastern classical art form.





Day two was also filled with unique performances of the Japanese Odissi dancers, Mio Ikeda and Keiko Okano. Odissi is one of the eight types of classical dance forms in India, and also one of the oldest surviving dances from that area.

Mio performed a dance type called Pallavi (Blossoming), which is a multilayered, and multi-tempo dance that involves one's entire body. She also danced to "Mere Girdhar ke Rang (The Colors of My Lord)", a spiritual devotional poem written and sung by a Hindu mystic woman named Meerabai. Her movements were divinely gentle, and her expression showed her deep connection to the rhythm, which was captivating to watch. The stage never felt empty, even though she performed alone. Her grace and attire kept us enchanted throughout that splendid performance.

The second act was a Mohiniyatam by Keiko Okano, which was also an Indian classical dance, associated with femininity and grace. It carries soft swaying movements and places more focus on the "Abhinaya (leading the audience)", which is the art of expression in Indian aesthetics. The other performance by Keiko was a mo-

hinniatam, with elements called "poli" and "Chandanam" which originate from Kerala. This dance was lively and relatively easier to follow, watching the dancer reveal her story towards spirituality through the mixture of taal and ragas.

On the third day another master piece theatrical performance was showcased through a play 'Ladies Tailor.' It was written and directed by Samina Nazir. The audience were seen in fits and laughter by the fascinating performance by Erum Bashir and Hammad Siddiqui, as they were the lead artists. It was a love story addressing stereotypes and breaking the conventional norms.

The day ended with the Qawwali by Saami brothers. They are a group of six qawwals, who belong to the lineage of Ustaad Naseeruddin Saami, a true master of classical music and ragas.

Their practice advances uniting the spiritual works of mystics like Amir Khusro, with eastern musical practices that pursue to bring the audience closer to the divine.

By Shazia Nasir
Assistant professor

KING LEAR

19TH - 29TH DECEMBER 2019

Drawing the Karachiites in Lear's Vortex





“No man will ever write a better tragedy than Lear.” George Bernard Shaw reflected in the preface of his 1901 theatrical collection *Three Plays for Puritans*. A.C. Bradley, the great Shakespearean scholar, claimed that the play was “too huge for the stage.” The legend of the ancient king, Leir of Britain, who was said to have lived around the 8th century BCE, according to the 12th-century *Historia Regum Britanniae* written by Geoffrey of Monmouth, adapted by William Shakespeare, the most depressing yet the most performed tragedy of the time. Director Zia Moyyeddin took a decidedly frivolous approach to this harrowing tale of the old king, who attempts to divide his kingdom among his three daughters: Goneril, Regan, and Cordelia. Scheming sisters Regan and Goneril rob him of his power and sanity after Lear is flattered into giving them his kingdom, while kind Cordelia suffers tragic consequences. He only discovers the truth of life when he has been mercilessly stripped off the royal pomp that had blinded him in the past. The fallen monarch has captivated our literary imagination for centuries. A tragedy that shows the breakdown of a civilization; children turn on to their parents, the elderly are tortured, brother hunts brother, and sister murders sister. King Lear explores with stark violence and devastating the most basic questions of human existence: love and duty; friendship and betrayal; leadership and loyalty; destiny and the overwhelming inevitability of a life nearing its end.

The Urdu version of King Lear which was presented at National Academy of Performing Arts (Napa) under the direction of Zia Mohyeddin, was doubtlessly a colossal exertion. The dialogues were edited, and the time was curtailed to 2 hours. The play was staged for 12 days and what vouched for the success of the play were the queues outside and the cram inside the theatre.

The English play was immaculately translated by Khalid Ahmed, who also performed the title role of King Lear. The veteran stage actor who has a commanding voice and theatrical agility to spare and has the gravitas to deliver the play’s pathos. The production encouraged him and his fellow actors to skate along the surface of their roles.

Theatre artist, Fawad Khan was loyal to Lear as well as his role as Kent, Paras Masroor was daunting in his shrewdly brilliant performance as the bastard son Edmund, Nazar ul Hasan was intense in his role of Edgar, legitimate son of Gloucester, Edmund’s doofus good-hearted brother, excellently performed the madness, poverty and linguistic play. The brainy jester, played by Raheel Siddiqui, whose language sharply critiques the king’s behavior and serves as his window to wisdom, received immense applaud from the audience. The translation was done succinctly to pack the comprehensive and undeterred essence of the original work:



kisi ko bhi muskhara na banana!

Haan mamoo jesa bhi nab ana dena. Apni samjh boojh do hisson main kati, aur bich main kuch nahi choora. Aur eik hissa to ye raha.

Three sisters, Goneril (Mira Sethi), Regan (Shabana Hassan) and Cordelia (Natalia), represent three unlike morals, immorality, morality and amorality. Goneril's actions tend towards the immoral. Regan is a passive follower of Goneril and devoid of conscience. Cordelia, antithesis of both, reflects scrupulousness and modesty and refuse to allow her to follow her sisters' insincere professions of utter affection, her sisters' hyperbolic feelings are clearly false to everyone except every inch a king, King Lear.

The scene between the mad Lear and the blinded Gloucester was not only impactful but registered the despair of two men at the end of their lives searching for meaning in their monstrous suffering. The universality of the play lies in the existential questions; Does true justice exist in the world? Does unchecked authority lead to tyranny? Does reconciliation lead to love? The powerful performances of the actors ensured that audience do ask these questions.

Nadia Kaleem

Lecturer, Department Humanities



Fool: That lord that counsell'd thee/ To give away thy land, Come place him here by me-/ Do thou for him stand. The sweet and bitter fool/ Will presently appear; The one in motley here,/ The other found out there.

Lear: Dost thou call me fool, boy?/ we'll have you whipp'd.

Fool: I marvel what kin thou and thy daughters are. They'll have me whipp'd for speaking true; thou'lt have me whipp'd for lying; and sometimes I am whipp'd for holding my peace. I had rather be any kind o' thing than a fool! And yet I would not be thee, nuncle. Thou hast pared thy wit o' both sides and left nothing i' th' middle. Here comes one o' the parings.

Translation:

Budhoo: Jis ney tujhey sudhaya k badshahi ko choordo, Us ko meri jaga la karha karo;

Dil shad kuan, kuan hain nashad, dekh lo!

Dilshad Buhoo muskhra, nashad budhoo shah

Lear: mujehy budhoo keh raha hai larkey!

Tujhey koarey lagwaoon ga!

Budhoo: such bolon tu aap korey lagwain aur jhoot boolon to wo Aur chup reheny k alag korey; ya khuda

KIBF 2019: The Biggest Book Fair of the Year



The Karachi International Book Fair (KIBF) is the biggest book fair of the year. Last year from the 5th to the 9th December, a large crowd attended the event, many of whom stood in long queues for major events such as the author autograph, book bargain and cultural event. It provided an opportunity for book lovers, including students, teachers, librarians, literary personalities and the general public to take a keen interest in purchasing books on a variety of subjects from more than 330 bookstalls. The five-day 15th Karachi International Book Fair (KIBF) kicked off at the Karachi Expo Centre. Since 2005, the Pakistan Publishers & Booksellers Association (PPBSA) has been shaping the KIBF in association with the National Book Foundation. The book fair has become one of the major cultural events of the city.

Not only local publishers and booksellers have set up stalls at the KIBF but many international publishers are also participating in the event, including those from Iran, India, Turkey, Malaysia, England, and other countries. The book fair was inaugurated by Sindh Chief Minister Syed Murad Ali Shah. He said the provincial government would take every possible step to enhance reading habits across the province. The CM lamented the decline

in reading in our younger generations. "This is evident from the fact that hardly any young person is sitting in the audience here," he said, adding that "we will have to revive our old culture of finding the best books in the shelves of libraries, in the corners of bookstores, on the push-carts and footpaths."

He was of the view that in this digital age, most of the students read books on modern gadgets such as mobile phones, I pads and laptops but the satisfaction in reading a hard copy could not be achieved through digital books. "I am not discouraging reading of digital books but just sharing my personal experience," he said, adding that he was also planning to establish a digital library having the facilities of a café, and garden among others. Talking to the media, the CM said he was working hard to fill the vacant posts of teachers in Sindh. "There are more than 7,000 vacant positions of teachers." PPBSA Chairman Azeez Khalid said on the occasion. When the KIBF was initiated in 2005, it was confined to just a single hall of the Expo Centre but now, it has been extended to three halls. Later, talking with The News, Azeez said the aim of starting the book fair was to show the world that Pakistanis were book lovers. "At that time, the country's law

and order situation was not good. Therefore, the association decided to organize the KIBF and convey a positive message about Pakistan.” Commenting on the rising trend of e-books, he said Pakistan still needed paper books. “A majority of parents and the general public can’t afford to buy expensive mobile phones and e-readers,” he added.

On the second day of the 15th Karachi International Book Fair (KIBF), thousands of book lovers, including politicians, students, teachers and general public, visited the Karachi Expo Centre and took keen interest in buying books and interactive sessions, dialogues and literary activities.

Muttahida Qaumi Movement-Pakistan leaders, Amir Khan and Faisal Sabzwari, Pakistan Peoples Party leader and former education minister Pir Mazhar-ul-Haq also visited the book fair, which was continued till 9 December, and spoke to reporters. They said in today’s modern world the Internet is preferred more than books but staying away from books was keeping yourself deprived of knowledge. It was important to develop reading habit in children.

They said the event was becoming an identity of Karachi

and the organizers had maintained its International standards. Students, taking benefit from it, was no less than a blessing. There was a need to focus on education but normally we ignored the prerequisite to upgrade the syllabus.

The organizers guided the visitors, provided guidance to students and welcomed notable guests on the second day of the book fair. Expressing his views over the censorship to raise questions, Khan asserted that “when a person reads books, he dares to ask intelligent questions”. Only a well-read person could speak well, he said. Replying to a question, the MQM-P leader said he liked reading historical books.

During the media talk, Mazhar-ul-Haq said the book fair in Hyderabad was organized on a very limited scale and admitted that organizing such a huge event of the International resemblance was only possible in Karachi. He termed the event a blessing for the people of the metropolis.

Sabzwari urged the parents to incorporate book reading habit in their children. He said he had been to several libraries in search of books and to write on different topics during his student life. Maintaining the impossibility to conduct books fairs every month, Faisal stressed that





schools and colleges should organize book fairs every two months. Many students, politicians, literary personalities and teachers visited the book fair.

Students took a keen interest in co-curricular activities. Women also came in a large number and bought books. A mobile ATM facility was also provided to visitors. Five-day Karachi 136 leading local publishers, forty exhibitors 17 countries are scheduled to participate; with 330 stalls. As many as 400,000 people are expected to visit the 15th Karachi International Book Fair (KIBF). Addressing a press conference here at a local hotel, the Convener of 15th KIBF Waqar Mateen Khan and Chairman of Pakistan Publishers and Booksellers Association (PPBA) Aziz Khalid said that besides 136 leading publishers and booksellers from Pakistan, 40 exhibitors from 17 countries will participate in the mega fair.

They said the event brings together publishing and distribution houses, domestic / international publishers, booksellers, librarians and institutional customers on a single platform. Publishers from Iran, India, Turkey, Singapore, China, Malaysia, England, UAE and other countries are attending the international event.

They said KIBF has become a remarkable literary event with educated and motivated visitors from all walks of life. More than 330 stands shall display books on all subjects to discerning readers including vast numbers of families,

students and book lovers from all over the country. Waqar Mateen Khan expressed his gratitude to the publishers and booksellers for their participation in the fair and the Managing Committee for their untiring efforts to make this event possible. He hoped that this year as in the past record-breaking number of visitors shall participate in the 15th Karachi International Book Fair. Aziz Khalid stressed that this edition will be remarkable and distinctive as efforts are being made to establish effective working relationships with key International Book Fairs leading towards an exchange of professional expertise for highlighting the importance of Book Fairs at national and international level.

"Fairs are not only book exhibits any more, international book fairs are very important forums not only for publishers but also for the government agencies/missions as an effective tool for Diplomacy," he elaborated. "Also underlined is the commitment to the propagation of knowledge by highlighting the values of humanism and ethics that promote tolerance, discussions and openness to others in a civilized society." KIBF aims to motivate the nation's youth and students to take part in cultural and creative activities to strengthen their role as pillars of an intellectually, scientifically, literary-wise and culturally flourishing future.

The event will be visited by book lovers, students from all groups and ages, professionals from all walks of life,



academicians, writers, librarians and general public. Various book launchings and book release ceremonies will also be held for notable writers during the fair besides entertaining various contests like drawing, recitation, extempore speech, and quizzes for kids.

Many books for children were also seen at the book sale on the VIP day, including a series of 'magical books', also known as 'augmented reality books', which use technology to give children a magical experience.

All books collected through this initiative during the sale would go to the Rotary Pakistan Literacy Mission, which has been establishing libraries to advocate for total literacy and quality education for Pakistanis.

Karachiites can also find an array of Urdu language books at the sale from local publishers such as Children's Publications, Az Corp Entertainment and Maktab Atul Madinah.

The managing committee of the book fair revealed this information while talking to media during a press conference on Tuesday. That event Organized by Pakistan Publishers and Booksellers Association, over the years, KIBF has turned out be one of the largest trade fairs in Pakistan, since its inception in 2005, they said. Addressing media persons, the convener of the fair, Waqar Ma-teen Khan said he is thankful to the publishers and booksellers participating in the event, as well as the managing committee for its "untiring efforts" in organizing the event. He said he was hopeful that many people will attend the fair this year.

Pakistan Publisher and Book Sellers Association Chairperson Aziz Khalid also spoke at the press conference. He said that this time around, organizers have

directed efforts towards establishing relationships with key international book fair organizers which will lead to the exchange of professional expertise. It will also help highlight the importance of book fairs, he added.

"Fairs are not just book exhibits anymore," he said, further elaborating the book fairs can be used by the government as "diplomatic tools." He said the KIBF, like other book fairs, is aimed at promoting knowledge, humanity, ethical values and tolerance, in addition to motivating the youth to partake in creative pursuits and play an important role in the fields of science and literature. Khalid said the organizers are expecting around 400,000 people to attend the event, which will include book launches as well as drawing, recitation, speech and quiz competitions for children.

PPBA Chairman Khalid Aziz said, our cheerful and competent team of consultants, offering free parenting booklets, free presentations, answering all questions, working 12-hour shifts to accommodate the overwhelming response.

He said like every year the response from local and international exhibitors was good. International publishing houses also come to the event, and even those who could not come send their books. "Various book launching, and book release ceremonies will also be held for notable writers during the fair, besides various contests like drawing, recitation, extempore speech, and quiz for kids," he added.

In short, it was a great event, Books lovers are waiting for 2020's extravaganza

Dr. Sabir Ahmed

Head Dept. of Mass Communication & Media Studies



A close-up photograph of a person's face, focusing on the eye and surrounding skin. The skin has several small, raised blemishes or pimples. The text is overlaid in large, white, bold, sans-serif font. The background is dark, making the face and text stand out.

**WHAT'S
BREAKING
OUT
YOUR
FACE?**



Skin 101: What's Breaking Out Your Face?

Acne has been a major skin concern that leaves you mentally traumatized. The worst part is that you fail to realize the issue that may have led to this disaster. It's as though our body is taking some kind of a revenge for the wrong deeds we have done. Acne arrives at the most crucial moments in life like a party, birthday event or the worst maybe, on your wedding day?! The mind boggles at the thought of the multiple possibilities through which the pimples have popped up. In a constant contemplative manner we start to envision the things that have been happening. Maybe it's that time of the month? Maybe we're dehydrated? Could it be stress? Failing Grades? New products we've used? Or could it just be an allergic reaction? You'll never know but now, you can find out some handy tips below!

Skin breakouts can be caused due to multiple factors that you might not even know of like genetics, your environment, products, your phone, stress or the food you're eating. You definitely rack your brain deciphering the secrets. The first thing you need to do is examine your skin type and only use products that are made for that particular type. There is a reason for them to label it as a certain type!

What is Purging?

The most common mistake that we all do is confusing the condition of purging with breaking out. When a new product is used, the chances are that your skin might be purging. This means that the active ingredients are increasing the cell turnover rate which sheds out the top layer of the skin revealing baby soft new skin. The downside is that the shedding gives as all sorts of clogged impurities like pimples, blackheads; whiteheads, cysts etc. This infuriates us and causes us to think that we are breaking out but that isn't necessarily the case. Now the question is: How do we know if we're purging or breaking out?





should clean their phone case from time to time as it is said to be dirtier than a toilet seat. Pillow cases should be changed every week to avoid such mishaps.

Hair Products

Shampoos and conditioners can also be the culprit to this madness. Yes, a simple thing like that has the tendency to drip down your face or even your body. Conditioners are especially greasy in nature which could be a major reason for face acne or worst, back acne. Try to test these out or wash your hair and body separately.

Hormonal factors, periods or genes could also be a source of acne. One needs to check out ancestral records or check out their uneven menstrual cycle. If you usually witness breakouts during that time then you need to consult your doctor. Stress, damaging relationships, depression, allergies could also be an issue for the pimples to rise. You need to get a patch test of allergies done by the doctor because sometimes normal looking things like nuts, dairy products, chocolate or junk food can also cause severe acne. Always try to eat healthy so that your stomach stays in shape. It can also be caused by constipation or diarrhea. A good diet, enough water intakes, clear mind and some green tea can help solve most of the basic problems.

-Mahjabeen Hameed


- Purging occurs at areas we have frequent breakouts whereas breakouts could happen anywhere.
- Purging appears and disappears swiftly whereas breakouts take time to mature, pop up and vanish slowly that leaves marks.
- One should always test out the product twice, maybe again after a week or two to know the difference.

Your Pillowcase Maybe the Problem!

One of the breakout reasons could be the pillowcase that you sleep on every day. Pillowcases house oil, dirt, dust and many other things that we cannot see with our naked eyes. It's the same thing with our phone too! These two things are constantly glued to our face either while we are conversing or taking a peaceful beautiful nap. One



What's in a Name?



The white, flower bedecked car idled at the traffic signal and was immediately swarmed by the usual urban panhandlers and street vendors, more so because the car was conspicuous. A grubby looking boy of hardly four knocked at the window and smiled winningly. The woman with the bright red lipstick and the sad eyes rolled down the window and smiled back at the boy, he looked gloriously free. She had no money to give him and instead took out a wilting red rose out of the bouquet in her lap and offered it to him. The boy ran off but her delicate hand, overpowered by a garish gold ring was grabbed by a stooped old woman selling bangles made of fragrant jasmine. The woman had an ancient face filled with cracks and wrinkles like a mountain ravine which had never seen water, only dryness and death. The old woman whispered, "Flowers for birth and for death, for weddings and for funerals. What is your desire?" Mesmerized, like prey staring into the hunter's eyes, the girl whispered, "Freedom" and just like that the woman left taking with her the red flower from the bouquet. The young woman saw that she was wearing two flower bangles on her wrist. The man next to her muttered something and said brusquely, "Asiya? Close the damned window!" when she just stared into space, he grabbed her shoulder, shook her and said again "Asiya?!" Snapping back, she thought, yes she was Asiya; she hadn't forgotten who she was. She could never forget who she was even if she tried. Asiya, she rolled her name around her mouth, it had tasted the same on her tongue all of her twenty years, tasted like the brine left behind after tears.

Change the name, they had told Asiya's mother

when she had been born, for the name is a burden. She will never be happy. Mark my words, she will always suffer; the contentedly plump, grim eyed matriarch of the family had foretold, chewing blood red tobacco and gesturing with her wooden prayer beads. Asiya's mother had explained this to her countless times, she had now learnt it as well as the ayats and surahs that she had learned from the Quran. Sometimes her mother cried with Asiya cradled in her lap, lamenting that she had not listened to Amma Jee when she had named her. Sometimes she was violent and said Asiya was a curse on the family like the blight that rots the potatoes that her mother separated from the other vegetables when she cooked. Asiya thought it strange; the fungus killed the potatoes eventually, harming itself but nothing else besides itself. She had eventually accepted her mother's mercurial moods, she was like sunlight, some days Asiya was in the burning heat and on other days, she was in the shade. The family occasionally called her Hamna, usually when some accident had happened and they had remembered that she was Asiya. Wide eyed and staring they would prompt each other with eye gestures to call her Hamna. It was because of her older brother Sami, the favorite child of the family that everyone forgot that she was Hamna too, he made sure to call her Asiya with a wink and a smile, even in the middle of a heated family debate. Sami frequently joked that Asiya's was a curse that kept on giving, his sense of humor always bordering on the side of morbid. It was because of him that she had learned to take everything said about her with a grain of salt, or tubs of salt she thought. Salt was supposed to be purifying, healing, she'd heard. There were days she wanted to douse herself with salt, days when her father looked at her with angry bloodshot eyes and condemned her as the unlucky hand fate had played him. She felt dirty, her skin crawled when he told her mother that she was the reason he had lost his high paying job at the leather fac-

tory when it had gone bankrupt. She showered, she scrubbed her skin raw but she could still smell the layer of black stickiness that was a part of her. Once she'd seen a documentary on a snake shedding its skin, she had wished God had given her the ability to start fresh again too, leaving her dead wrinkled snakeskin behind to turn to dust in the sun.

She looked out at the passing shapes of the cars out of the window and twisted the heavy red dupatta she wore in her hands as she flashed in and out of the past. She remembered her youthful fascination with animals and sometimes on days when she was hopeful, she had a pipe dream she sometimes focused on, the dream of becoming a veterinarian. She had never voiced her hopes and dream to anyone, treading on her own shattered glass dreams and bleeding quietly. She had learned to be quiet, learned that it was better to be ignored than to be noticed, learned to hide into corners, blend into the wallpaper and stay in the shadows. Sometimes it didn't work and she was dragged out into the glaring lights, the harsh intensity of the words thrown at her sharper than the blows. It was true that the very first time it had happened, it had been painful for Asiya but after that it had been the shame more than the pain that brought her down to her knees, eye level with the feet that were so like her own.


Asiya knew when she had started believing her own bad press, it had not been a quiet conditioning or an eventual acceptance of her lot. It had been a rude awakening, a sudden fall down the well she had always drunk from. The memory of that day was as excruciating to her as being pulled up a steep staircase by the hair. Her heart beat faster and her palms trembled now as she thought of it, the scent of the drooping fragile blooms that enveloped the inside of the car became non-existent as she was sucked into her own memories. Asiya had always had two weaknesses, the glorious rays of the sun on the rooftop terrace and those human forsaken creatures of the Earth that were stray animals. Those she thought of as her friends included a nonde-

script grey cat named Heer which had just limped up to the house one day and Teer, a quiet green parrot, a gift from Sami. On a sweltering day out on her terrace, Asiya had caught Heer sniffing around what looked like a dead bird. Running across the hot stone roof on bare feet she was terrified and dumbstruck when it turned out to be an injured white pigeon with eyes like polished onyx. Regaining her scattered wits, she had gently picked it up before the cat could get its claws into it. Asiya could feel every beat of its heart as it struggled to breathe cradled in her hands and could remember thinking that she had never held anything so pure or tragic in her life. In that moment, the world stopped, it was just Asiya and the bird. She could feel its pain like it was her pain and in that moment, she knew she would have done anything to help it.

All the boxes she could find had been too small so she had taken a big shoebox from under father's bed and had kept the shoes back under it. Lining the box up with a towel, she had gently cleaned up the bird. She had nursed the injured pigeon, hidden it away and no one knew about it except Sami. Each day they would take shifts, cleaning it, watering it and feeding it with whatever could be easily stolen from the dinner table, mostly stale rice and pieces of bread. In the morning Asiya would take it into the sunlight and encourage it to fly. It seemed to be getting better but it still wouldn't fly. All tragic days masquerade as ordinary days and one such morning, the pigeon had suddenly died. Asiya was shattered. She couldn't think, couldn't focus. When she was able to move, she took it to her room and shaking, just sat there, tears falling unchecked with the shoebox on her bedspread and the body in her trembling hands.

What had felt like days had passed by when she





had looked up and seen her father in the doorway and the frown on his face. For a moment, she had been tempted to rush right into his arms and forget everything but before she could utter a word, he picked up the box and threw it on the floor in a fury. He hadn't cared about the dead weight lying in her hands but had cared more about the ruined shoebox which had fallen onto the floor and spilled its contents everywhere. Dispassionately Asiya had told him, it had died and the box was useless now. A war of words had ensued ending with Father's accusing eyes and vindictive voice telling her she was the reason it died, everything she touched died and praise God for once she had harmed herself and not her family. The days spent after that were spent believing it was the truth. It was like the sun had forever been eclipsed by a night so dark and deep; it had no hope of ever beaming down on her head. She never went back to the roof terrace again. She couldn't bear to touch another human or animal ever again and so, gave away Heer and Teer. How could she touch anything again when she could feel the dead body of the pigeon in her hands all the time, when she saw it in her dreams every day? It kept calling out to her, asking her to come and sometimes she wished she wouldn't wake up, wished with all her heart that she could join it.

Blinking back tears, Asiya shook herself out of her reverie and stared out the window, they were going too fast, the road was a blur. She focused on the interior of the car and the man beside her. A man almost twice her age and twice divorced, with a receding hairline and sweaty hands with more rings on his fingers than herself. She felt nothing but a vague curiosity because she had stopped feeling anything that resembled human emotions long ago. There had been an explosion, yes, she thought as she

stared out the window again. Her mother and father had sat her down in a civilized way and with cardamom tea cooling on the table, they had informed her that no one within the family had been willing to marry her and take them off their hands. They had wanted to marry Sami first but she had to be dealt with before his marriage, the five of pentacles in their deck. So she was calmly told she was being married and that the prospective suitor was well off, a distant relative and had not asked for any dowry. All the boxes had been ticked and Asiya only had to be packed off and shipped. The smiles of relief on the faces of her parents had shifted when she had said no, she would not marry. She could not live with anyone, could not touch anyone. There had never been understanding between them but she had ridiculously hoped that some love had still been left. There was nothing left, no love, no faith and in the end no humanity. They suspected that she had had a secret amour, and were aghast when she had bravely suggested that if they forced her, she would just run away. She remembered how father had slapped her, one whole hand hard across the cheek, cutting Asiya's lip. She flinched and trembled now as she remembered how he had picked her up by the arm and thrown her bodily onto the cold hard floor. The shape of him looming over her as he...

The car screeched and rudely brought her back. Asiya screamed as she was jostled and thrown sharply against the window, bright lights flashed and everything shuddered, the car reeling off course. The car spun around, her thoughts collided and spun around, the past and the present melted together in a world of pain as she lost consciousness.

In my end is my beginning.

-T.S. Eliot

Four Quartets, East Coker, V

-By Mahwish Hameed

**2019 IN
REVIEW:
K-TOWN'S
TOP NEW
RESTAURANTS
AND CAFÉS**

Jardin

A place worth visiting just for its ambience, Jardin is a fairytale wonderland inside and out with floating lights, wrought iron furniture and the classic French touch. This

exquisitely adorned place offers Classic and Continental Cuisine, showing their customers the ultimate dining experience.



P.F. Chang's

A place worth visiting just for its ambience, Jardin is a fairytale wonderland inside and out with floating lights, wrought iron furniture and the classic French touch. This exquisitely adorned place offers Classic and Continental Cuisine, showing their customers the ultimate dining experience.



Pesto



We all need comfort food when we're feeling down and this is just place to go! Pesto serves mainstream food mostly Italian sometimes with a twist! Their best feature is that all the options are usually healthy and won't have you stressing over calories. So if you're health conscious and looking for a casual place with cozy atmosphere, try Pesto!

Second Cup Coffee

A premium Canadian coffee house, Second Cup Coffee Co is one of the most popular coffee chains in the world. Second Cup launched its first outlet this winter aiming to capture the Coffee lovers' right here in the city of lights offering their premium selection of authentic Coffees. Second Cup opened its doors in Pakistan in 2012 and since then because of its consistent quality and service, it has become a cult favorite across the country.



Butt Karahi

Literally Pakistan's most famous karahi, Butt Karahi is a force to be reckoned with. Its Karachi franchise has most recently launched by the popular host of Sar-e-aam Iqrar-ul-Hassan whose crowd pleasing attitude is enough

to draw a crowd. The place doesn't rely on its owner's reputation though, because it has some of the tastiest food you will ever eat! Definitely worth a weekend visit when the ever present celebrities are down!



Rakaposhi



Fulfilling all your reasonable and unreasonable cravings, Rakaposhi café and eatery offers its customers a delightful dining experience with all kinds of food, ranging from mainstream to desi. Having a diverse menu is one of their finest offerings in and of itself where you will be surprised to see a steak and cheese baguette and tawa qeema with whole wheat parathas in the same menu!



The Story



Inspired by fairytales, The Story Café offers beautiful as well as delicious food right out of a story book. The menu has a wide range of options especially popular with kids but its main attraction is exquisitely crafted desserts. The café also holds delightful storytelling events which are a hit with its crowd.



Nobby Café

The end of May saw the grand opening of Nobby's Café in the Bukhari Commercial Area in DHA. The opening was a hubbub of celebrities out on the town at the café for an exclusive food tasting before the general public.

The café is the brainchild of Saba Jerjees, wife of Jerjees Seja and owner of the home delivery based diet food business "Slimfitt."



Clucky's

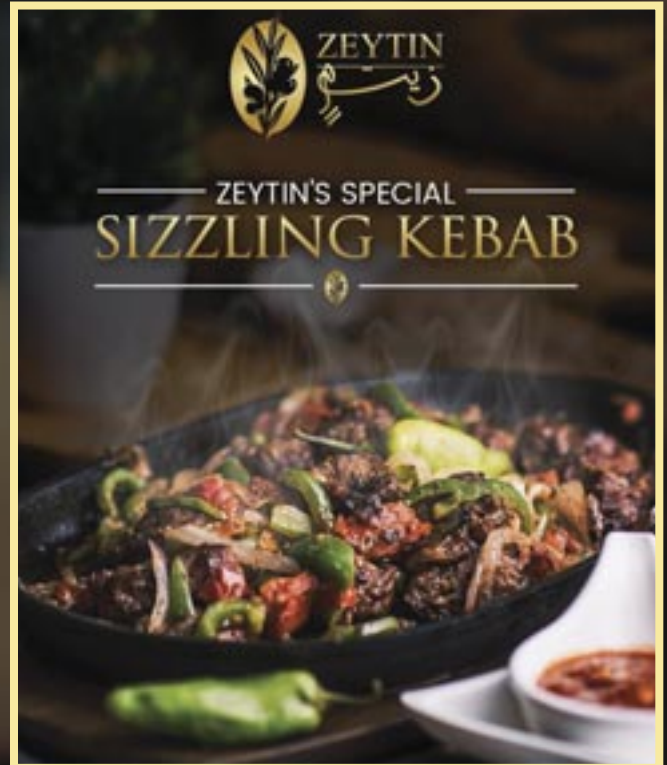
This is for all the fried chicken lovers out there; Clucky's brings to you the ultimate chicken house! Whether you like your chicken crispy or tender, Clucky offers you a delightfully delicious menu filled with fried chicken delica-

cies from burgers to buckets of chicken that will make your mouth water and their signature sauces will definitely hit the right spot!



Zeytin

Inspired by the humble olive, Zeytin has brought Turkish cuisine to Karachi. Capturing the exotic flavors of the Middle East and Turkey in particular, Zeytin offers a very different menu that includes exotic new dishes like 'Kiyamali Pide' and some known favorites like 'Shish taouk' and more amazing Mediterranean dishes that will surely leave you wanting more!



Adobo Mexican Grill

Craving Mexican? We know just the place! Adobo Mexican Grill recently opened its doors in Karachi bringing a carnival of flavors and offerings. From quesadillas to salsa to tacos, burritos and salsa, Adobo is the Mexican place we were all waiting for! On a side note, don't forget to try their creamy dreamy Queso!



Vanellis

An exclusive Italian chain, Vanellis has been serving fresh Italian food across Canada since 1981. Now finally in Karachi, Vanellis prides itself on its selection of pastas

and pizzas always made with the freshest and healthiest ingredients! Don't believe us, go try it yourself!



Test Kitchen by Okra

A uniquely different place, test kitchen or Boulangerie by Okra is located adjacent to Okra and is a small, aesthetic and inviting, fast paced kitchen operated by chefs that

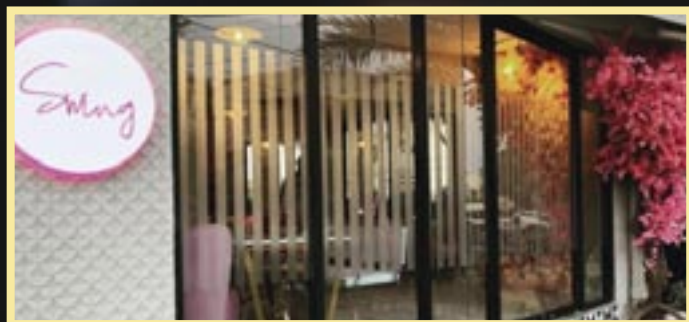
offers a unique selection of bread, pastries and sandwiches! The restaurant is walk in only!



Swing

All food needs to be posted on Instagram these days before it can be consumed and Swing is here to oblige you! Aesthetic, inviting and absolutely instagrammable, Swing is a restaurant which offers a premium dining experience along with a picture perfect view! Beautiful food and amazing ambience, you won't be able to resist taking a picture!

-Mahwish Hameed



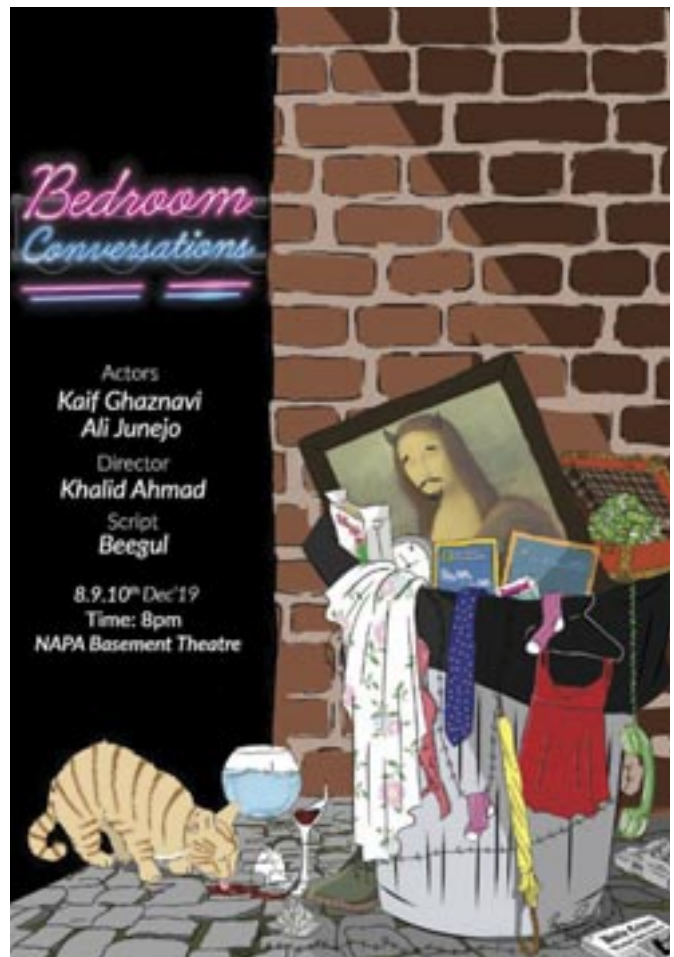
Bedroom Conversations

The National Academy of Performing Arts, NAPA as always continues to astound us with stellar productions regardless of the condition of the cinematic industry. Beegul's "Bedroom Conversations" is a play full of passion, intensity and carries a significant punch of power. Kaif Ghaznavi and Ali Junejo under the amazing direction of Khalid Ahmed certainly lit up the stage leaving the crowd wanting more.

A decided marvel that a short play, barely an hour long organized at NAPA's Basement Theater left such a mark on its audience. The credit goes to the two actors who within the space of minutes, acted out not less than 10 characters, building up each character at the start of the play and then resolving each relationship at the end leaving the audience baffled, amazed and shocked all at once!



Rotating around a total of nine couples, the play as aptly named follows their bedroom conversations. Beegul using extraordinary technique has created visionary dialogues for the two performers as they play different social classes in the play. From couples on the verge of separation to lovers, under the direction of Khalid Ahmed, the crowd was enraptured from start to finish never noticing that only the expressions and demeanors of the actors changed and yet the set and costumes remained the same. The actors portrayed different types of couples seamlessly whether it was old, young, human

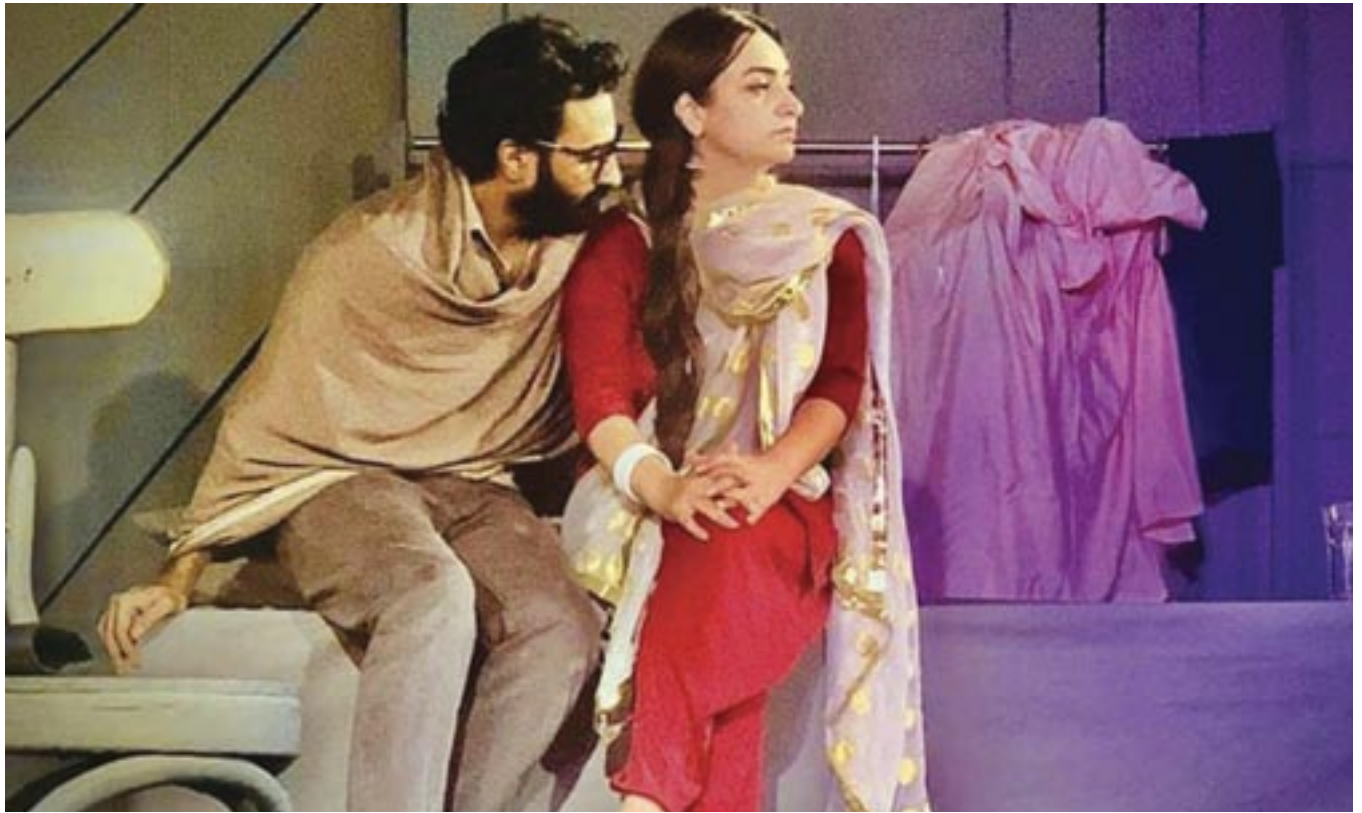


or animal, educated or illiterate; they kept the audience glued to their seats and their eyes glued on the stage.

The story was kept inside the bedroom, a great theatrical effect that invoked intimacy with the audience and made them a part of the play and the lives of the characters. The play switched from couple to couple and the actors did it without hesitation, saying dialogues in different languages switching from Punjabi to English to Urdu with an ease and confidence that was commendable. The stories of the couple all varied from a couple who were having trouble in their marital life to a poor couple to a couple meeting after a long separation yet they all appeared to be characters we could meet in real life, such was the strength of the acting, script and direction.

Most plays don't focus on myriad details or bedroom conversations that happen between a couple in daily life and the conflict behind them but this was a play that was emotional, sensitive and yet powerful. Every character was a person that could have been real with their angst, pain, love and sorrow.

-Mahwish Hameed





CHICKEN PARM STRIPS

INGREDIENTS

1. Servings: 4-6
2. 2 boneless skinless chicken breasts
3. ½ cup bread crumbs
4. ½ cup grated parmesan
5. 1 teaspoon salt
6. ½ teaspoon pepper
7. 2 eggs
8. ½ cup mozzarella, shredded
9. ketchup, for dipping

PREPARATION

1. Preheat oven to 325°F/190°C.
2. Cut the chicken into strips.
3. In one medium-sized bowl, mix the bread crumbs, parmesan, salt, and pepper.
4. In another bowl, crack the eggs and whisk until scrambled.
5. Coat the chicken in the egg, then in the bread crumbs, then repeat.
6. Place the chicken tenders on a baking tray and bake for 20 minutes, flipping halfway through.
7. Sprinkle each tender with mozzarella and bake again for 5 more minutes, or until cheese is melted.
8. Serve with ketchup and enjoy!
9. When handling raw chicken and eggs make sure to wash hands frequently to avoid cross contamination



ONE POT ENCHILADA Rice

Ingredients

for 4 servings

- 1 tablespoon oil
- 1 tablespoon minced garlic, minced
- ½ cup red onion (75 g), chopped
- 1 cup bell pepper (100 g), chopped
- 1 cup tomato (200 g), chopped
- 3 cups water (720 mL)
- 1 ½ cups rice (300 g)
- 1 cup black beans (170 g)
- 1 tablespoon fresh cilantro, chopped
- 1 cup tomato sauce (260 g)
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 1 teaspoon salt
- 1 teaspoon pepper
- ½ cup shredded cheese (o50 g), optional
- ½ avocado, cubed, for garnish

Preparation

1. Preheat oven to 400°F (200°C).
2. Put oil in a cast-iron skillet over medium heat. Add garlic and onion to skillet and stir until garlic is slightly golden and onion has softened.
3. Add pepper and sauté 2-3 minutes or until peppers have softened.
4. Add tomatoes and sauté 1 minute.
5. Remove sauteed vegetables and set aside.
6. Pour water into the skillet and wait for it to come to a boil.
7. Add rice and stir for 12-15 minutes until rice is fluffier but still slightly tender.
8. Make a circle in the center of the rice and add your sautéed vegetables and black beans to the skillet and mix.
9. Add cilantro, tomato sauce, chili powder, cumin, salt, and pepper, and stir.
10. Add cheese on top (optional).
11. Bake in a preheated oven for 20-25 minutes.
12. Allow to cool for 5 minutes.
13. Garnish with cilantro and avocado (optional).
14. Enjoy!

Loaded Potato And Cheese Stick



CRISPY CHICKEN PARMESAN

Ingredients

for 4 servings

1. 2 boneless, skinless chicken breasts
2. 1 teaspoon salt
3. ½ teaspoon pepper
4. ½ teaspoon onion powder
5. 1 cup flour (125 g)
6. 2 eggs
7. 1 cup seasoned breadcrumb (115 g)
8. 2 cups marinara sauce (520 g)
9. 8 slices fresh mozzarella cheese
10. ½ cup grated parmesan cheese (55 g)
11. fresh basil, thinly sliced, to serve
12. vegetable oil, for frying

Preparation

1. Cut the chicken breasts in half widthwise to make 4 thin breasts.
2. Season the chicken with salt, pepper, and onion powder.
3. Coat the chicken in flour, then egg, and then bread crumbs.
4. Pour oil in a cast-iron skillet to come ¼ inch (½ cm) up the side. Heat the oil over medium-high heat. Add the chicken and fry on both sides until brown, about 4 minutes.
5. Transfer to a paper towel-lined plate to drain.
6. Preheat oven to 450°F (230°C).
7. Place the fried chicken breasts in a baking dish. If they don't fit side by side, gently overlap them. Pour the marinara over the chicken.
8. Top with mozzarella slices and Parmesan.
9. Bake for 10-15 minutes, or until the cheese is browned and bubbling.
10. Serve with freshly chopped basil.



STRAWBERRY CREAM CHEESE FRENCH TOAST ROLL-UP

1. INGREDIENTS

- 10 slices sandwich bread
- Softened cream cheese
- Sliced strawberries
- 3 eggs
- 1 tablespoon milk
- ½ teaspoon cinnamon
- ½ teaspoon vanilla extract

PREPARATION

- Roll each slice of bread flat with a rolling pin.
- Spread desired amount of cream cheese and strawberries along the edge of the bread and roll up.
- In a bowl, combine eggs, milk, cinnamon, and vanilla.
- Dip each roll-up in egg mixture, and pan fry in a buttered skillet until all sides are golden brown.
- Enjoy!

10 New Year's Resolutions for Leaders In 2020



it's that time of year when everyone seems to be making resolutions in the hope that we can do better – and be better – in future. So which resolutions should leaders thinking of making as they look ahead to 2020?

1. Take control of the device that is stealing your time

“Decisively take control of your smartphone – and the time it is stealing from you,” says Greg Orme, a keynote



speaker and the author of *The Human Edge: How curiosity and creativity are your superpowers in the digital economy*. “Why are we enslaved by a device that was supposed to liberate us?”

Orme’s advice is this: “First, audit your social media apps. Delete those that don’t make you genuinely happier. Second, redefine your relationship with ‘always-on’ work emails. Check your inbox three times a day at most.”

By taking these steps, leaders will be able to focus. “Use the time you save to explore,” suggests Orme. “Read a book, take up meditation, write a story, draw something or learn a language. Curiosity and creativity are the workplace superpowers of the 21st century. To develop them, you need to learn how to protect your precious time. Just because you’re able to log in anywhere, anytime, doesn’t mean that you should.”

2. Make trust your priority:

“In the era of fake news, deep fakes, data breaches and unfair use of personal data, trust and transparency are gaining importance and value. “The next year will bring yet another surge in concern over the way our data is being used, so brands must prove they can be trusted



with our behavioral, contextual and emotional data if they are going to survive,” says Professor Steven Van Belleghem, an expert in customer focus in the digital world and author of *Customers The Day After Tomorrow*.

PROMOTED

2. Say “no” more often:

“This will be the year I finally learn to say ‘no’,” says Jo Owen, a social entrepreneur, founder of social enterprise Teach First and author of *Resilience – 10 habits to thrive in life and work*.

“My goal is not to do more, but to do less and to do it better. Activity is not a substitute for achievement, so this will be the year of focus. It will not be easy, because focus will mean making some hard choices: letting people down and letting opportunities pass by. But ‘no’



will be my passport to making 2020 a personal and professional success.”

4. Use your power responsibly

“Lines of corporate responsibility and accountability are quickly coming of age,” says Dr José R. Hernandez, a corporate crisis expert and author of *Broken Business: Seven Steps to Reform Good Companies Gone Bad*. “They are being extended to consider a broad range of stakeholders and society’s generational challenges: waste, climate change and inequality.”

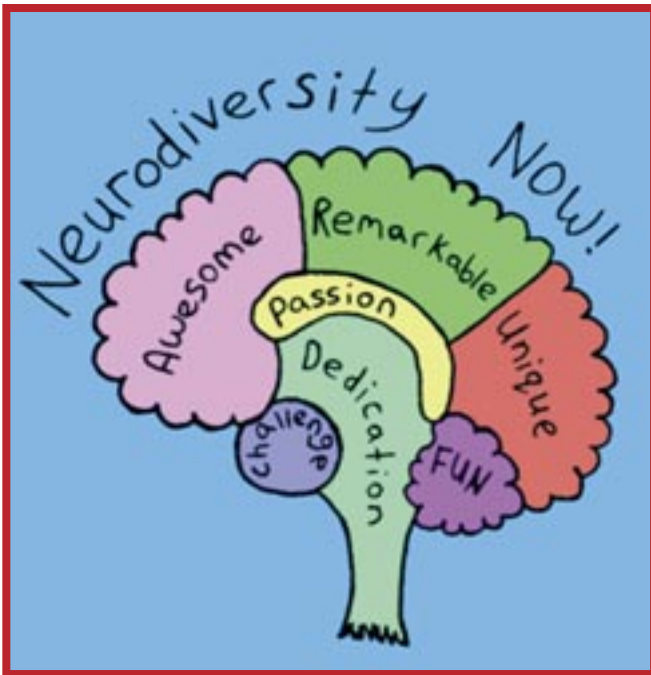


Hernandez argues that in 2020 leaders should resolve to exercise their corporate power more responsibly and act with more humanity. “A narrow focus on shareholder value, profits and growth may get managers a promotion and short-term bonuses, but CEOs and corporate rising stars will fall fast in 2020 for ethical failings or abuse of power,” he predicts. “Leaders need to use the power and privilege afforded to them to solve the problems of people and planet profitably.”

5. Become a champion of neurodiversity

Leaders should resolve to actively promote and champion neurodiversity within their organizations, according to Mark Simmonds, who trains major organizations in creativity, insight and innovation and is author of *Breakdown and Repair: A Father's Tale of Stress and Success*.

But what does it mean to become a neurodiversity champion? Simmonds suggests that leaders take the following approach: “Firstly, I will make it my mission to identify anybody and everybody who suffers from any kind of mental illness – for example, stress, depression, obsessive compulsive disorder, an eating disorder or post-traumatic stress disorder. Secondly, I will do my



absolute best to understand how they think, what they feel, what makes them tick and the conditions that cause them stress. And thirdly, I will create an environment where each of these individuals can bring their 'real me' to work and fully flourish."

6. Visualize your goal

"At the start of each year, leaders traditionally establish goals," notes Patricia Peyton, author of wellbeing book *Physical Intelligence* and a director of training provider *Companies in Motion*. "Clear focus is the first step to achieving them. If you imagine clearly what you want to achieve, picture it, and experience the feelings of pleasure and reward associated with that achievement for yourself and others, you are more likely to achieve it."

Peyton believes that the act of visualizing goals is highly



motivational. "It increases determination because we are drawn to that future reward," she says. "Visualization not only helps to ensure success, it helps to create pace – and it takes our mind off the discomfort, difficulty or pain associated with working toward the goal."

7. Summon your inner revolutionary

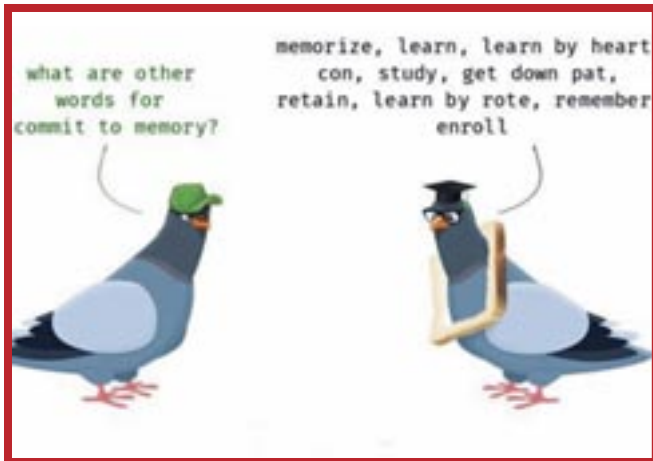
"Make 2020 the year when you dare to break through the atrophy of conformity, the automatic adapting to the status quo and the 'this is the way we do things around here' default zone," says Dr Diana Theodores, a speaker, coach and author of bestselling book *Performing as You*. She is also director of coaching company *Theatre 4 Business*.



Theodores recommends becoming "a role model for doing something differently that will serve others better". This might mean developing presentations that inspire rather than inform, creating meeting environments that nurture better quality engagement and thinking, sharing a personal story to build more trust and connection with your team, getting to know the stories of those you lead, or simply creating something you want to see in your organization. "What is something you'd like to start doing differently in your world of work that speaks of you and to you?" she asks. "And the most important question of all is: what is the consequence of NOT doing this?"

8. Commit to memory

"Even in 'the Google age' when we have a wealth of information at our fingertips, business leaders should not underestimate the power of a good, old-fashioned, brain-



powered memory,” says Chester Santos, a memory skills expert, speaker and author.

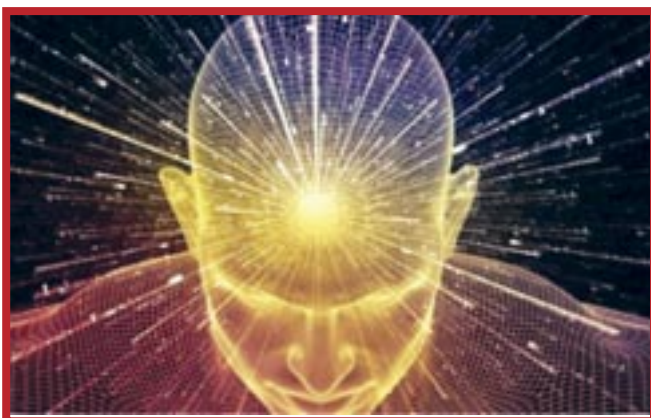
He says: “Being able to quickly recall important facts and figures in meetings, talk confidently through presentations without notes, remember foreign language vocabulary and network like a social butterfly, all show how a powerful memory could be the secret weapon that makes you a much more effective leader.

Santos explains that while many of us think a good memory is something you either do or don’t have, the reality is that it is a case of “use it or lose it”. He recommends putting aside some time each day “for practicing things like visualization techniques to train your brain”.

9. Reframe power in your organization

“Many organizations are moving towards a flat structure, where there is no place for the command-and-control leadership style often reinforced through hierarchy,” says Antoinette Dale Henderson, a leadership expert and the author of *Power Up: The smart woman’s guide to unleashing her potential*.

She continues: “Leaders are therefore questioning which



behaviors are needed to inspire people to deliver results. My New Year’s resolution for leaders is that they reframe how power is harnessed and expressed within their organizations. This involves moving away from a binary view, where you either have it or you don’t, towards a new power paradigm, where everyone is able to channel a whole spectrum, from the soft glow of intuition, through to the blazing flame of assertiveness, because everyone’s voice deserves to be heard.”

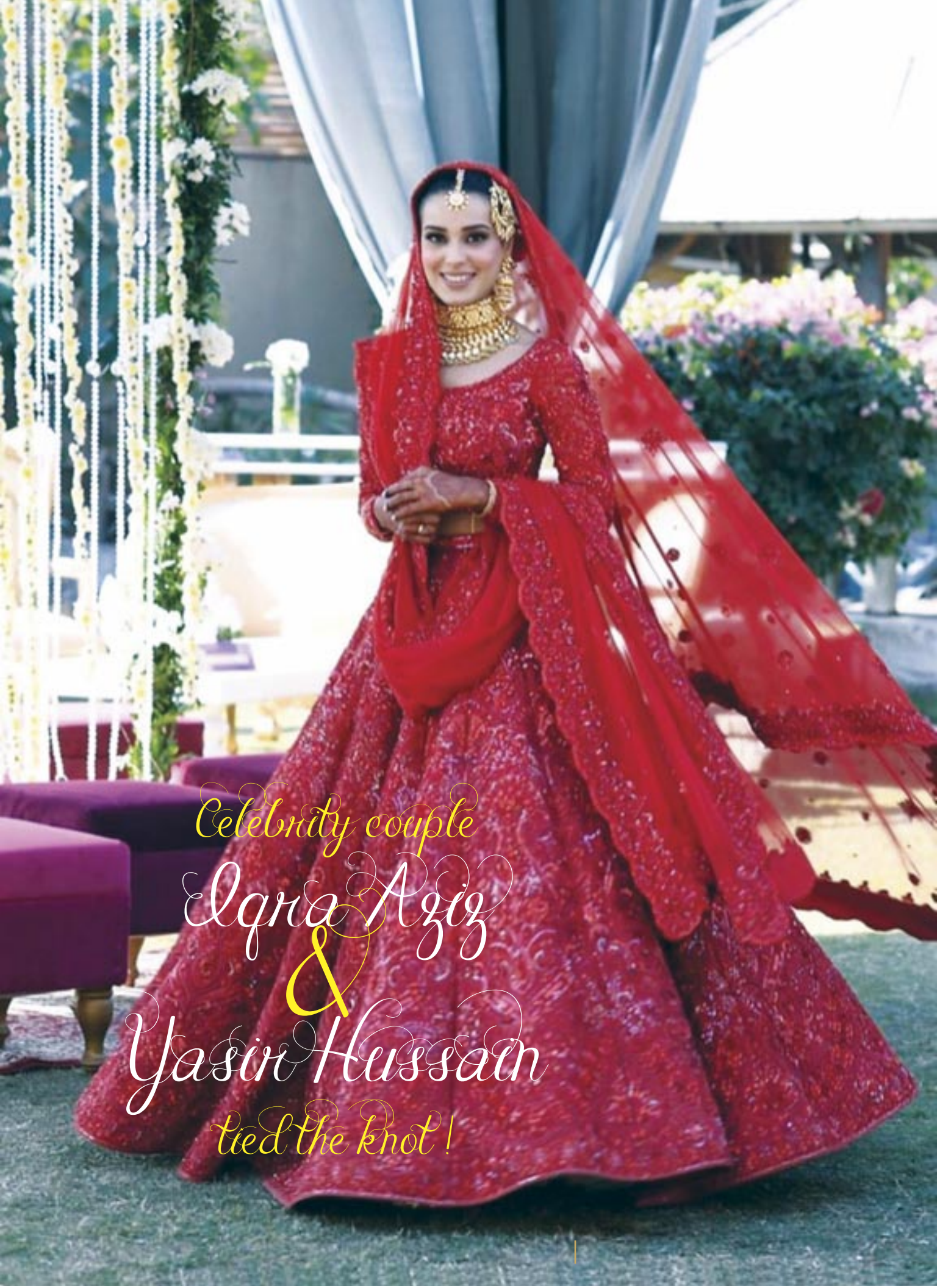
10. Improve the employee experience

“Every leader should resolve to dramatically improve the modern work experience so employees can do their best, while loving every second,” argues Chris Dyer, a performance expert, speaker, and author of *The Power of Company Culture*.



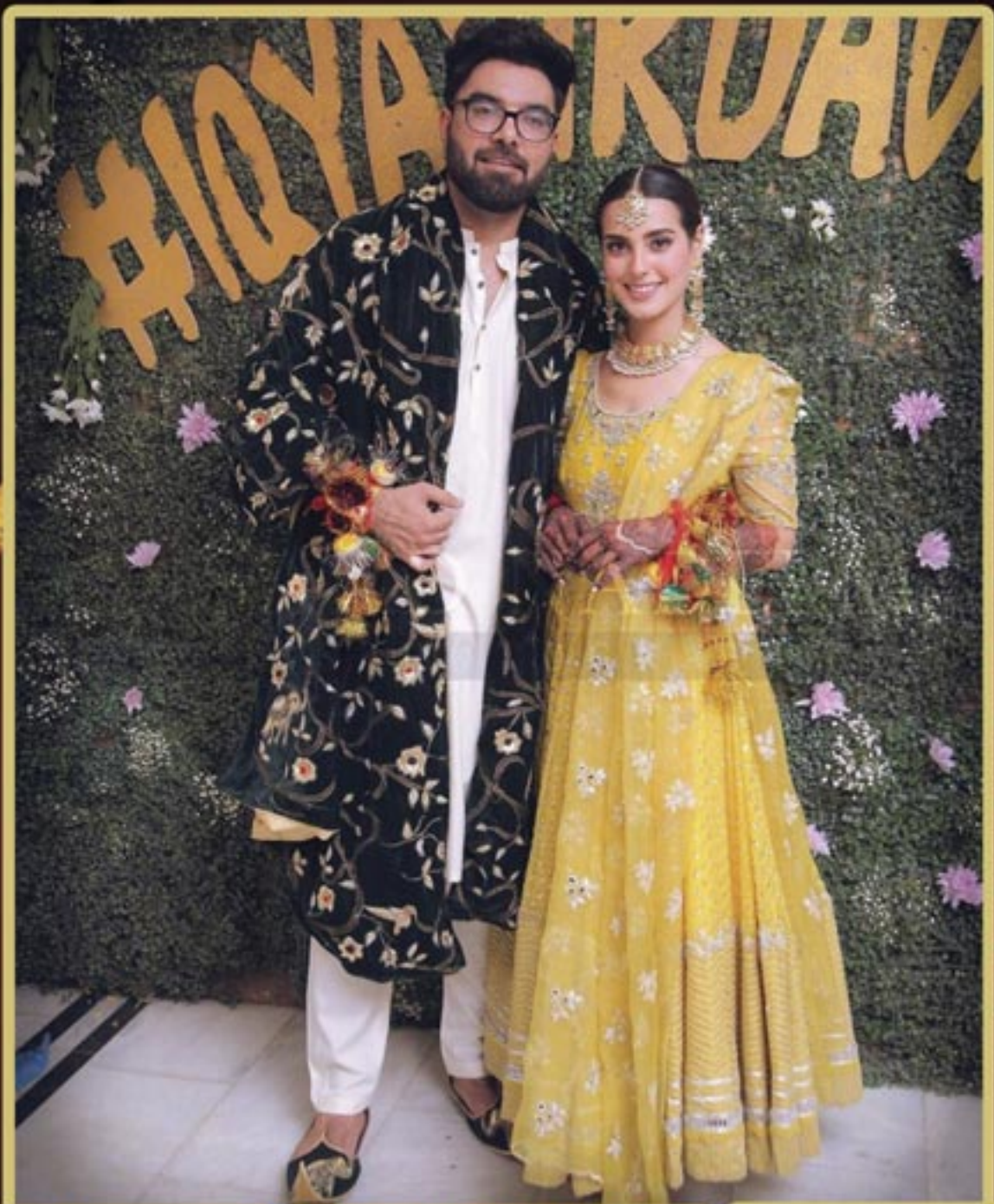
He says that while organizations that have focused on their culture have made great progress, the future offers up even more potential. “Just as we’ve moved from the printing press to computers, to artificial intelligence, we’re about to see much quicker and more radical change in how people-centric policies exponentially push business growth,” he explains. “Enormous new efficiencies – as well as innovation and evolution in work processes that we cannot yet predict – are right around the corner.” (Percy, 2019)

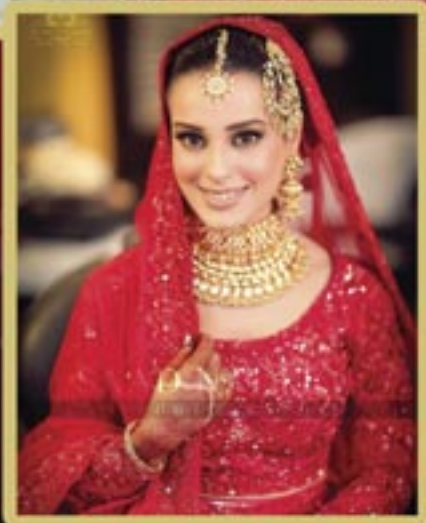
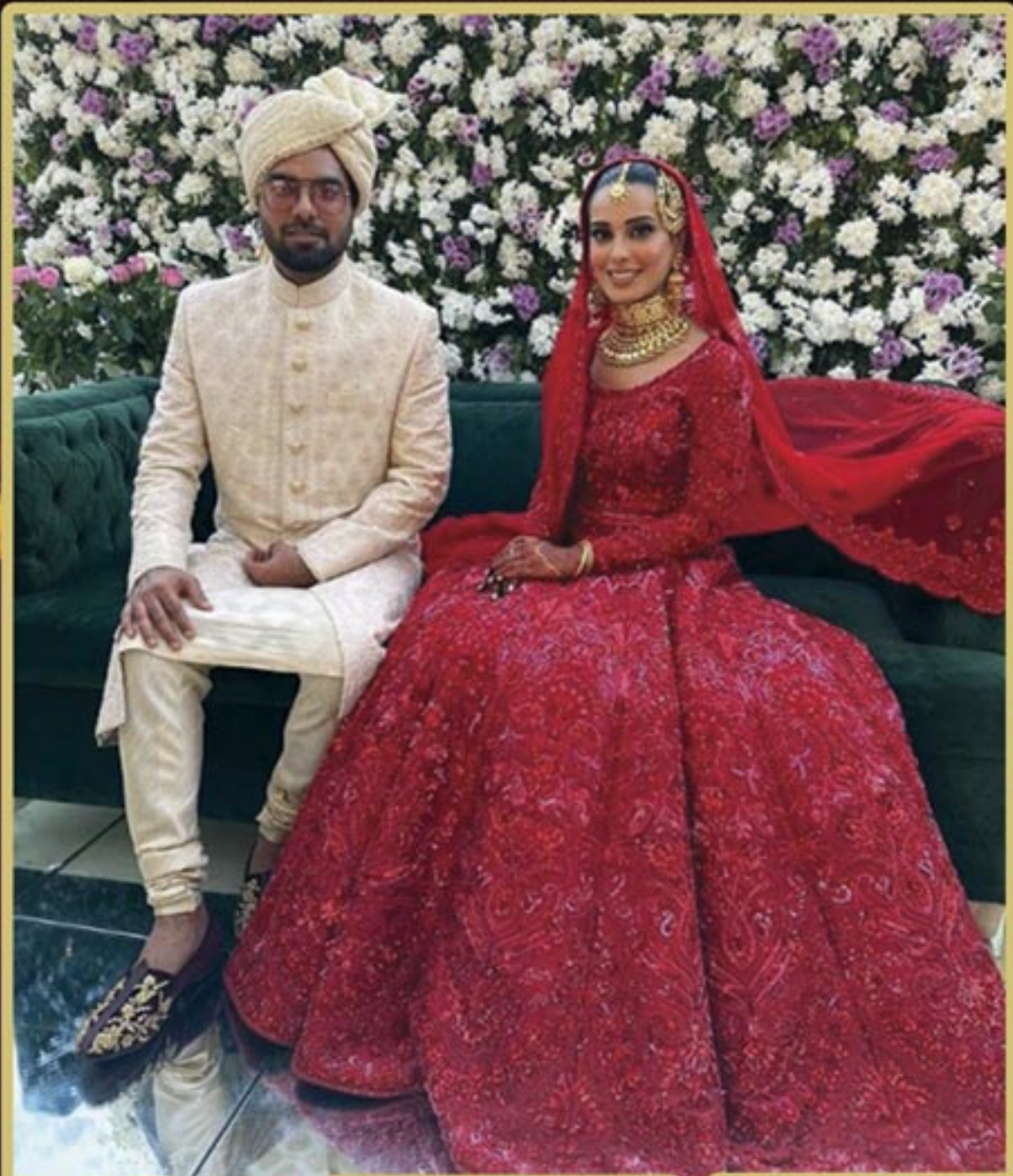
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Celebrity couple
Aqra Aziz
&
Yasir Hussain
tyed the knot!







BIRTHDAY BUZZ

NOVEMBER



NOVEMBER

03

NAYYARA NOOR

NOVEMBER

20



ALLAMA MOHAMMAD IQBAL



NOVEMBER

04

AMINA HAQ

NOVEMBER

18



ZOHAIB HASSAN



NOVEMBER

05

ZEBA BUHKTIAR

NOVEMBER

21



FAWAD KHAN



NOVEMBER

08

FARAH HUSSAIN

NOVEMBER

25



IMRAN KHAN

BIRTHDAY BUZZ

DECEMBER



DECEMBER

02

ABDUL RAZZAQ



DECEMBER

19

IMAN ALI



DECEMBER

10

BABRA SHARIF



DECEMBER

21

MAHIRA KHAN



DECEMBER

10

UMAIRA AHMED



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24

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26

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