



Greenwich University
Pakistan-Mauritius

Positive Post

A Media Publication by the students of Mass Communication and Media Studies

August in History

August 14, 1947: Pakistan came into existence.

August 21, 1952: Pakistan and India agree on the boundary pact between East Bengal & West Bengal.

August 22, 1952: A 24 hour telegraph telephone service is established between East Pakistan and West Pakistan.

August 16, 1952: Kashmir Martyrs' Day observed throughout Pakistan.

August 7, 1954: Government of Pakistan approves the National Anthem, written by Abul Asar Hafeez Jullundbri and composed by Ahmed G. Chagla.

August 17, 1954: Pakistan defeats England by 24 runs at Oval during its maiden tour of England.

August 1, 1960: Islamabad is declared the principal seat of the Government of Pakistan.

August 24, 1967: Pakistan's first steel mill is inaugurated at Chittagong.

August 29, 1971: Rashid Minhas awarded Nishan-i-Haider, Pakistan's highest gallantry award.

August 11, 1973: Chaudhry Fazal Ilahi is elected as President.

August 28, 1973: Return of Pakistan POWs (prisoners of war) Accord signed in New Delhi.

August 6, 1976: Z. A. Bhutto lays the foundation-stone of Port Qasim.

August 31, 1981: Pakistan Steel Mills starts functioning.

August 14, 1991: Nawaz Sharif lays foundation-stone of Bab-i-Pakistan at Walton Labore.

August 14, 2000: President Musharraf introduces Local Government Ordinance.

August 14, 2001: New Local Government system installed, after holding of elections in three phases.

Smiles, sweets and flags Pakistanis celebrate country's 71st birthday

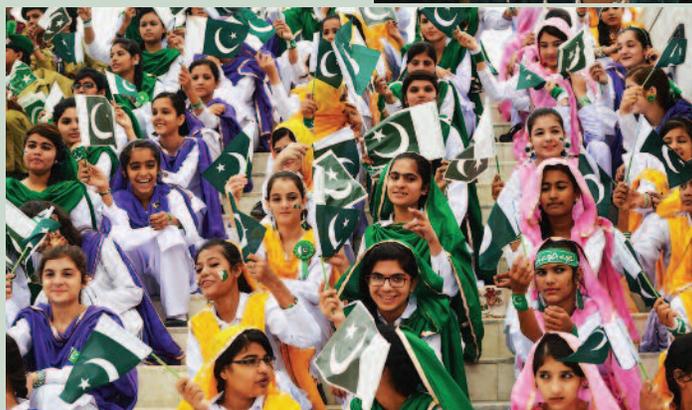


Smiles are everywhere and the atmosphere crackles with excitement as Pakistanis across the country celebrate their nation's 71st anniversary of independence.

Major cities have been decked out in bright, colourful lights, creating a cheery and festive atmosphere.

The festivities officially kicked off last night, with charged youngsters racing through streets on bikes, armed with various patriotic paraphernalia ranging from the ordinary flags and green and white clothing to the novel noisy vuvuzelas.

The day dawned with the usual



official functions and ceremonies a 31-gun salute in the capital and 21-gun salutes in the provincial capitals, as well as a major event in Islamabad in which top govern-

ment functionaries and armed forces' officials took part. Schools and colleges also organised functions for students, and a rally was held in the capital to mark Independence Day.

Border security forces on both on the Indian side at Wagah, and the Afghan side at Torkham exchanged sweets and greetings with each other as a gesture of goodwill.

President Mamnoon Hussain and caretaker PM Nasirul Mulk issued separate messages addressing the nation on August 14.

Courtesy: Dawn

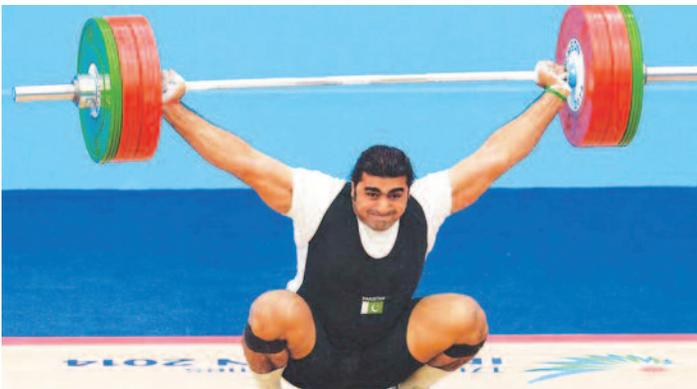


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Positive Post is published to project positivity all around Pakistan amongst our youth and the entire nation. Our efforts are to inculcate patriotism and a sense of ownership in them. It is a compilation of news extracted by the students of Mass Communications and Media Studies of Greenwich University.

Pakistan gets place in Youth Olympics



The International Weightlifting Federation has allocated a universality place to Pakistan in the Youth Olympic Games, Buenos Aires, 2018, according to a press release issued by the Pakistan Olympic Association (POA) here on Thursday.

The Pakistan Weightlifting Feder-

ation (PWF) will select one of its best weightlifter to forward his name to the POA. Meanwhile, POA president Lt Gen (r) Syed Arif Hasan has hailed the efforts of the President of PWF for the promotion of weightlifting in the country.

Courtesy: Daily Times

Pakistani drama serial gets an International release



While drama serial Aisi Hai Tanhai, featuring Sonya Hussyn, Sami Khan and Nadia Khan in key roles, became quite successful after going on air last year, the good news is that recently the play has had its international release.

Based on issues like cyber bullying and slut-shaming in a conservative society like ours, Aisi Hai Tanhai has been redubbed in Arabic and is already on air on MBC Bollywood for Arab viewers around the world. The TV channel is known for airing Bollywood movies and Indian soaps for the consumption of the Arab Diaspora in France, Germany, Sweden, Netherlands, UK

and Canada.

Moreover, actor Sami Khan also took to his official Instagram page to share the news and wrote, "Aisi Hai Tanhai starting in KSA." The play, written by Mohsin Ali and directed by Badar Mehmood, highlights how the life of a girl turns upside down when her intimate photos are leaked online.

This is not the first time that a Pakistani play is getting an international release. MCB Bollywood has earlier aired the Mahira and Fawad Khan starrer Humsafar.

Courtesy: The News

Girls clinch top three positions in matric exam



The Board of Secondary Education Kara-chi (BSEK) on Tuesday announced the results of the Secondary School Certificate (SSC) Part-II General Group for regular, private and special (deaf and mute) students.

Sabiha Zuha of Iqra Huffaz Girls Secondary School, North Nazimabad, stood first with 89.64 per cent marks.

Madiha of C.P. and Berar High School for Girls was second with 89.17pc marks while Laiba Ather of DMC Girls School was third with 88.70pc marks.

ABSA School and College for the Deaf bagged both the first and second positions for special students. Khizer Azfar was first with 86.11pc marks and Alisha Gul Qadri was

second with 85.64pc marks. Mohammad Huzaifa Quraishi of Dewa Academy was third with 83.29pc marks.

Some 23,923 candidates registered themselves for the examinations in the General Group of whom 21,683 actually appeared with 8,724 of them being boys and 15,199 girls.

A total of 13,538 students passed with 4,099 of them being boys and 9,438 girls. The passing percentage was 62.44.

Of the 126 deaf and mute students who were registered for the examinations, all 126 passed with 101 bagging first division and 24 second division giving a 100pc result.

Courtesy: Dawn

JF-17 Thunder wins acclaim at Radom air show in Poland

Amidst thundering applause by the spectators, Pakistan Air Force's JF-17 Thunder exhibited its dazzling aerial display during the opening day of Radom International Airshow at Radom-Sakdu Airport, Poland.



Painted in the colour scheme of Pakistan's national flag, the pride of the nation, JF-17 roared in the Polish skies and left the spectators spellbound with its breathtaking manoeuvres, said a PAF press release issued here.

The thundery performance by PAF's display pilot, Wing Commander Zeeshan Baryar, included some extraordinary aerobatics like the muscle climb, thunder turns, slow speed performance and inverted flight.

Air Marshal Arshad Malik, Vice Chief of the Air Staff, was also there to witness the aerial and static display of JF-17 Thunder, which has been co-developed by Pakistan and China.

He interacted with the air and ground crew of PAF and appreciated their flawless performance in the show. He said that PAF's participation in the show would help project the positive image of Pakistan in the world.

Courtesy: Dawn

This art exhibition aims to promote Pakistan's natural beauty

A three-day group exhibition titled Beautiful Pakistan started on Monday at the Rawalpindi Arts Council (RAC).

The exhibition featured more than 100 art pieces, mostly oil-on-canvas of Pakistani landscape and 30 artists have contributed their paintings to the show.

There were also portraits of people, showcasing their lives in deserts, mountains and cities. The paintings are simple but attractive due to their interesting colour schemes.

One of the artists, Mehmood Ali, had painted the mountains and plains of the country. He said Pakistan is blessed with natural beauty and that the exhibition was started with an aim to showcase the natural beauty of the desk. He has mostly used oil colours.



Another artist, Mohammad Nawaz Khan said he used to paint in various locations in the twin cities to capture the real essence of life in the cities.

He said he has painted the routine lives of people and that the love Pakistanis have for art is evident in the artwork to be found on build-

ings, vehicles and other objects. Madiha Baig, a contributor to the show, said the group exhibition had provided artists with an opportunity to present the beauty of their country and junior artists had an opportunity to learn from senior artists.

She said portraits of common peo-

ple are important and that she has tried to depict social issues with her paintings.

Artist Malika Mushahid said she was inspired to paint landscapes and that she likes working on site. She said it was difficult to bring life to the canvas but she has tried.

RAC Director Waqar Ahmed lauded the artists for their work and said they help promote a soft image of the country by raising awareness of its natural beauty.

He said the council has decided to hold events for celebrating Independence Day from Aug 10 to August 14.

The exhibition will continue till August 9.

Courtesy: Dawn

Coke Studio brings Allama Iqbal's poetry to life in their first episode



Natasha Baig joins forces with Fareed Ayaz and Abu Mohammad Qawwal and brothers for a rendition of Shikwa/Jawab-e-Shikwa.

Coke Studio season 11 kicks off with Allama Iqbal's poetry.

The first episode of the show is out and it features Natasha Baig with Fareed Ayaz and Abu Mohammad Qawwal and brothers, performing 'Shikwa/Jawab-e-Shikwa'.

According to Coke Studio, this "unique rendition explores the genre of rock and the signature sound of qawwali in [a] one of a kind track."

Natasha Baig starts off the 13-minute track, performing 'Shikwa' to a pop-rock riff and we can't deny that her vocals are powerful. Fareed Ayaz and Abu Mohammad Qawwal then take over 'Jawab-e-Shikwa' with their signature Qawwal style giving the Coke Studio touch. The track was composed by their father, the late Munshi Razi Uddin.

With this track opening season 11 of Coke Studio and knowing the roster ahead, we're excited to see what the rest of the season has in store for us.

Courtesy: Dawn

Saudi Arabia announces scholarships for students in Balochistan



Saudi ambassador Nawaf bin Said Al-Malki during a meeting with Senate Chairman Muhammad Sadiq Sanjrani on Friday announced that 50 scholarships sponsored by the Saudi government would be granted to students of Balochistan.

According to the Senate spokesperson, the scholarships will be granted to students wishing to pursue undergraduate and graduate studies.

All expenses incurred by the students during the course of their education will be paid for by the

Saudi government and the students will also be provided a monthly stipend, according to the spokesperson.

At the conclusion of the 11th session of the Pakistan-Saudi Arabia Joint Ministerial Commission (JMC) in January this year, it was agreed between the two countries to encourage cooperation in the fields of scientific research, exchange of scholarship and experiences in health teaching and medical staff and exchange of student visits.

Courtesy: Dawn

Mountaineering: Scaling The Savage Mountain

Climbing K2 is somewhat akin to a fatal attraction that many mountaineers cannot resist. The world's second-highest peak, feared as the 'Savage Mountain,' was first conquered on July 31, 1954, by Italian mountaineers Achille Compagnoni and Lino Lacedelli with the help of their porter, Amir Mahdi, from Hunza.

Sixty years later, on June 14, 2014, history repeated itself with a little help from good fate. Eight high-altitude porters from Gilgit-Baltistan, hoping to take their career to the next level, set off on the first all-Pakistani expedition to the K2 summit this time as mountaineers.

The Italians have had an everlasting love for the K2. They have been associated with the mountain and the Karakoram since 1909, sharing an equal responsibility for its conservation and facilitating mainstream climbing. Polenza first scaled the K2 from the north side in 1983 and has since been the team leader of three successful expeditions to the K2, reportedly his 'charmed' mountain.

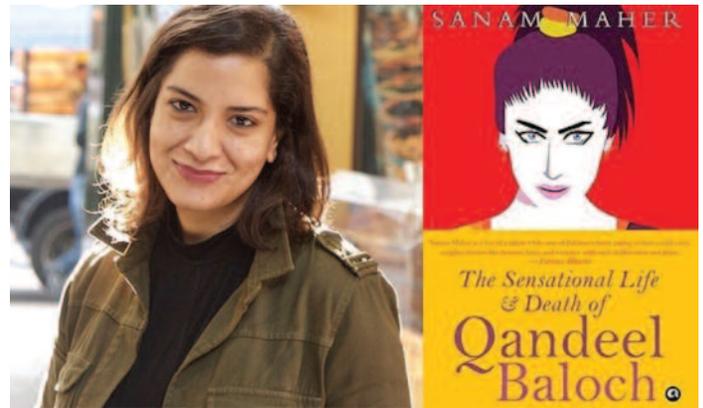
Although lucky himself, Polenza is



wary of the perennial dangers of the sport and ensured that the porters went through extensive training before taking on the notorious K2. Just last year, the Pakistan Army recovered the bodies of mountaineers who were swallowed by a snow storm during their climb and the bodies of the three other climbers who were caught by an avalanche have yet to be found. At a height of over 8,000 metres, it is foolish to leave anything to chance.

Courtesy: Dawn

Sanam Maher's 'The Sensational Life & Death of Qandeel Baloch' shortlisted for Shakti Bhatt prize



The book is shortlisted alongside five other titles for the Shakti Bhatt First Book Prize

Journalist Sanam Maher's *The Sensational Life and Death of Qandeel Baloch* has been shortlisted for India's Shakti Bhatt First Book Prize 2018.

The First Book Prize was set up by the Shakti Bhatt Foundation in 2008 to encourage authors from the sub-continent. The prize is a cash award of INR200,000 and a trophy.

She has been shortlisted alongside five other authors, including Preti Taneja (*We That Are Young*), Sujatha Gidla (*Ants Among*

Elephants), Deepak Unnikrishnan (*Temporary People*), Aanchal Malhotra (*Remnants of a Separation*) and Shreevatsa Nevatia (*How to Travel Light*).

In the nomination announcement, Maher's *Qandeel Baloch* is described as "a testimony to the short, incandescent and courageous life of this Pakistani social media personality, murdered for the family's honour by her brother. Through the story of Qandeel's life and death, Maher shows us what it means to be a woman who defies convention in a patriarchal society."

The prize winner will be announced in November.

Courtesy: Dawn

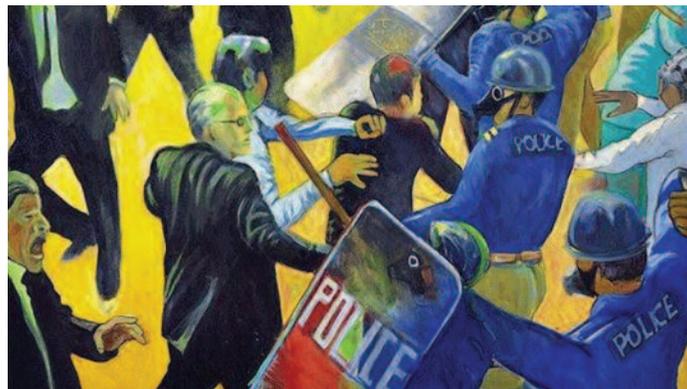
41 paintings of maestros are being restored at Lahore Arts Council

The paintings include works by Ana Molka Ahmed, Colin David, Mian Ijaz-ul-Hassan and other acclaimed painters

The Lahore Arts Council (LAC) will achieve a milestone after completing the restoration of 41 damaged paintings of maestros.

These works have been preserved at the Alhamra Art Museum at Cultural Complex, Qaddafi Stadium, officials told Dawn.

They said the process of restoring the paintings of the masters of yesteryears officially started back in 2016 when the council held a grand workshop under the title 'Saving the Dying Art'. The workshop was a collaborative effort between the Lahore Arts Council and the Danish Center for Culture



and Development and introduced many restorers.

"The 33 paintings which have been restored now and eight which are still to be restored are not part of that project. These paintings are from the Punjab Council of Arts and being restored by the restorers

who attended that workshop," said LAC Director Art and Culture Zulfikar Ali.

The paintings which are under restoration process are by Ana Molka Ahmed, Colin David, Mian Ijaz-ul-Hassan and other acclaimed painters.

Mr Ali said the council had trained 60 or so artists to treat the damaged paintings which is a difficult art. The master artists whose paintings were restored during the workshop included Ustad Allah Bux, Sadequain, Shamza, S. Safdar, Zubaida Agha, Zakia Dil and Saeed Akhtar. The restored paintings were about 50 to 60 years old, he added.

He said an exhibition of the restored paintings would be held in near future and the seasoned and emerging artists would be invited. The restorers would also brief the audience on their respective projects and the technical process they went through during the treatment of paintings.

Courtesy: Dawn

Mohammad Irfan sets world record for most economical T20 spell

Pakistan fast bowler Mohammad Irfan has set the world record for the most economical bowling spell in T20 history while playing for the Barbados Tridents in the Caribbean Premier League (CPL).

Irfan picked up two wickets Chris Gayle and Evin Lewis and conceded just one run from his four overs against the St Kitts and Nevis Patriots in Bridgetown.

The first 23 deliveries of his spell were all dot balls while the batsman denied him a fourth consecutive maiden over by scoring a run off his 24th and final delivery which helped the quick register figures of 4-3-1-2.

PSL audit report cites significant discrepancies in season 1, 2

This record was previously shared by South Africa's Chris Morris and Sri Lanka's Chanaka Welegedara with an economy rate of 0.5 per over while Irfan's economy rate of 0.25 was better than the duo.



Morris notched up figures of 4-3-2-2 for the Cape Cobras in South Africa's Ram Slam in November 2014 while Chanaka Welegedara's numbers were 4-2-2-4 for Tamil Union in Sri Lanka during April 2015.

Despite Irfan's superb bowling spell, the Tridents were not able to get over the line and suffered their second defeat in four matches of this year's CPL.

Patriots captain Chris Gayle won the toss and asked the Jason Holder-led Tridents to bat first.

The home side managed 147 runs for the loss of six wickets in their allotted 20 overs. Holder was the top scorer with 54 runs off 35 balls while Shai Hope and Dwayne Smith scored 26 and 20 runs respectively. For the Patriots, Kiwi spinner Anton Devcich and Aussie pacer Ben Cutting picked up two wickets each.

PM Imran nominates Asad Ali Khan, Ehsan Mani as members of PCB BoG

In reply, the visitors found it difficult to tackle the bowling spell of Irfan during the early stages of their innings but once the Pakistan quick was finished with his spell the team recovered nicely to chase down the target with seven balls and six wickets to spare. Brandon King scored 60 runs off 49 balls with the help of four fours and five sixes.

Due to his record-breaking spell of fast bowling, Irfan was declared player of the match.

"I'm really happy. I would've been happier if the team won, but I am happy that I bowled one of the best spells in T20 cricket," said Irfan after the match. "I liked bowling on the lively wicket, and I get extra bounce because of my height, so yes, a satisfying performance."

Courtesy: The Express Tribune

Transgender singers Lucky and Naghma steal the show in Coke Studio wedding track



Titled Baalkada, the song also features Jimmy Khan

The inclusion of transgender singers Lucky and Naghma in Coke Studio was cause for a lot of buzz when the Season 11 teaser came out.

With the release of 'Baalkada', it's clear that the hype was worth it. The duo owns the stage in this quirky wedding track that also fea-

tures Jimmy Khan: And they even get to dedicate a bit of the song to the unrelenting spirit of the transgender community.

While there has been some criticism that featuring Lucky and Naghma on a wedding track is a form of stereotyping, it's important to note that the song is said to be their "first appearance" on the show and there's more to come.

Courtesy: Dawn

Karateka Nargis fetches second bronze for Pakistan in Asiad



Pakistan won their second medal in the 18th Asian Games here on Saturday as martial artist Nargis beat Nepal's Rita Karki 3-1 in the women's +68kg kumite karate competition to win a bronze medal.

Nargis became the country's first female karate player to win a medal at the Asiad. The 19-year-old, who hails from Hazara town in Quetta, has been the national karate champion for the past five years.

In 2017, she won a gold, a silver and a bronze medal at the South Asian

Karate Championship-holds in Sri Lanka.

She attributed her success to her father Hameedullah and her coaches Ghulam Ali and Shah Mohammad Shan, both SAF Games gold medalists in karate.

Pakistan Olympic Association (POA) president retired Lt Gen Arif Hasan and secretary Khalid Mahmood congratulated Nargis for her brilliant fighting qualities that fetched her the bronze.

Courtesy: Dawn

Homage paid to Dr Ruth Pfau on her first death anniversary

Holding a lone red rose in one hand and a little white candle in the other, the patients, staff and guests at the Marie Adelaide Leprosy Centre (MALC) observed the first death anniversary of Dr Ruth Pfau on Friday.

Earlier, the Society of the Daughters of the Heart of Mary also commemorated the occasion at the St Patrick's Cathedral, where Cardinal Joseph Coutts carried out the holy mass with the priests of the Karachi dioceses in her memory followed by a visit to the graveyard.

Pfau was a German doctor and nun, who dedicated 57 years of her life to eradicating leprosy from Pakistan. Born in Leipzig in 1929, she first came to Pakistan in 1960 as a missionary while serving her order, the Society of the Daughters of the Heart of Mary. Her devotion to doing something in and for Pakistan took her to become Pakistan's leprosy fighter. Actually, her real destination was India but she got stuck in Karachi owing to a visa issue.

That was when she came across the poor lepers here. Disowned by their own families, they were left



with no other choice but to beg for alms. But even if they had money, vendors or shopkeepers refused to sell them bread as they were seen as untouchables. The young doctor from Germany decided to help them. She stayed back and grew old in Pakistan, which she made her home while always being available to them. Not only did she treat them, she also gave them back their dignity by visiting their families and raising awareness of the illness. She changed people's thinking and removed the stigma regarding leprosy.

Joining MALC, she managed to set up a network of 157 medical

centres that treated thousands of people and the hard work paid off when the World Health Organisation declared leprosy under control in Pakistan in 1996. She was also granted Pakistani citizenship in 1988 and she received numerous accolades for her services, including the Hilal-i-Imtiaz, Nishan-i-Quaid-i-Azam and Hilal-i-Pakistan.

Those who worked with her at MALC or its various centres remembered her kindness to patients, even those who reacted violently during treatment due to pain. A video, 'Tribute to Dr Ruth Pfau, a life lived for others', was

played during the remembrance ceremony. There were clips of her treating patients and travelling to the remotest of places in Pakistan with her team to help people with leprosy while also training volunteers. The video showed her grow old from a young energetic doctor but still engaged in selfless work. Then during the scenes of her funeral, the entire staff of the hospital stood up in respect. Some had tears in their eyes.

Abdus Salam, a field officer who was lucky enough to have worked with her, said that he learned everything, big or small, from Dr Pfau. "Every day as I work I remember something or the other that she had taught me. She really cared for all her patients and we try following in her footsteps," he said.

Atiq ur Rehman, a well-respected member of the business community of Karachi and donor to MALC, said that he used to watch her work because it helped him gather inspiration. "Here was this doctor, herself so old and weak, and yet she wouldn't tire of helping others. She will always remain alive in our hearts," he said.

Courtesy: Dawn

Asian Games hockey: Pakistan decimate Kazakhstan 16-0

Pakistan hockey team beat Kazakhstan 16-0 in their third Pool B match of the ongoing Asian Games in Jakarta.

Men in Green, who bagged 10-0 win each against Thailand and Oman in their first two matches, made sure they decimated their opponents from the word go.

Mohammad Toseeq found the net four times, while Mahmood Abu Bakar also scored a hat-trick for Pakistan.

Asian Games hockey: Pakistan thrash Thailand 10-0 in opener

Ali Rizwan, Shan Ali and Muhammad Umar Bhutta scored a brace each to add to the score.

Ali Mubashar, Muhammad Dilber,



Muhammad Atiq also scored one goal each for Pakistan.

"We have won all three matches and haven't conceded any goal but Malaysia is another team which is on a winning streak and they will

be tough to face," skipper Muhammad Rizwan senior told The Express Tribune.

Asian Games hockey: India demolish Hong Kong 26-0 in record hockey win

He added that the team needs to stay composed to beat Malaysia. "Till now we are in full shape, form and in coordination. If we keep playing like this, then we can win the match against Malaysia. They are one of the top teams of the competition, if we beat them then that will increase our chances to win the gold medal," he said.

Pakistan will next face Malaysia on August 26, before facing Bangladesh on August 28 to complete their Pool B matches.

One more win for the Men in Green will mean they qualify for the semi-finals of the Asian Games hockey event, scheduled to take place on August 30, with the final to be played on September 1.

Courtesy: The Express Tribune

A trip to Naltar Valley made me proud of Pakistan's natural beauty

An isolated haven of sheer beauty, Naltar lies tucked away from the hustle bustle of Gilgit-Baltistan's town and cities. Nestled among snow-topped peaks and towering forests, the valley is home to what are referred to as the tastiest potatoes in the world.

Every tourist's journey to Naltar begins by leaving behind the Karakoram Highway at Gilgit for an adventurous two-hour jeep ride. The fact that cars can't be driven from Gilgit to Naltar is testament to the bumpy and somewhat arduous track. However, for those with the slightest clue of what beauty lies in the valley, the journey is simply part of the experience and is most certainly worth taking.

Reaching Naltar Bala, the center of the valley, one is absolutely spellbound by the beauty of the area. What makes Naltar particularly unique is also that its forest cover is vaster than other areas of the country. The entire landscape is truly delightful to the eyes.

In the evening as the sunlight gradually disappears, the few residents of the valley return to their homes after working the fields during the day. Stars begin to emerge, which combined with the silence of the



night, make for an exquisitely serene atmosphere. Further into the night, aided by the lack of light pollution, the Milky Way emerges from behind the mountains. The view leaves you absolutely speechless.

During the winters, Naltar offers a wonderful experience of skiing on its famous slopes that attract tourists by the droves. The ski resort is run by the Pakistan Air Force, along with the recently installed ski lifts that take skiers to the top of the slope.

The ski slope during the summers Naltar is home to three magnificent lakes known collectively as the Bashkiri Lakes. Located at a dis-

tance of 13km from Naltar Bala, it takes about an hour of travelling on unmetalled roads to reach them. All along the route, which is a dirt track, glacial streams can be seen flowing across the verdant valley floor. Due to the ample vegetation, these are ideal grazing grounds, attracting Gujjar nomads who travel here with their cattle.

At two points in particular, the river and a large glacial stream cut across the track and as a result, the local jeep drivers are required to utilise their experience and skills in order to navigate them. During the winters however, these lakes remain inaccessible as the route is blocked by up to 15 feet of snow.

As the jeep made its way to the first lake on our way, I tried to picture the lakes I had seen in photographs before. But nothing prepared me for my first sight of Satrangi Lake. I was left awestruck.

After all, it was hard to believe that a lake could reflect as many colours as this one from having seen just a couple of pictures. True to its name which means seven coloured, the most prominent colours were blue, green and surprisingly, yellow, a colour I had never seen before in a lake. The calm, peaceful water lay still as the underwater plants particularly algae provided more colour from under the pristine water surface.

Visiting Naltar was an exquisite experience to say the least. The beauty of the region must be experienced in person to fully appreciate it. The only obstacle remains the tough road but that's tolerable considering the invaluable experience that awaits. Over the years, the place has developed to a certain extent, having a couple of hotels to accommodate tourists as compared to none in the recent past, providing an ideal opportunity to visit this region. Pakistan Zindabad!

Courtesy: Dawn

Meet Pakistan's first and only international female mixed martial arts practitioner

"I wanted to beat the stereotypical thinking that girls are not strong enough," says MMA fighter Anita Karim

Five seconds into the fight, Anita Karim who had stepped on to the octagonal mat for the very first time after only one year of training confidently landed her left hand on her opponent's face, throwing the experienced Nyrene Crowley off balance.

The far more experienced Kiwi fighter was taken by surprise. She spent the entire first round defending herself against Anita's powerful strikes. It was in the final seconds of the initial round that Crowley came back to her senses and threw Anita on the floor. The inexperi-

enced Anita found it a bit tough to fight on the floor. Her opponent exploited this, and got her in a rear choke in the second round. Anita lost the fight... but had made it abundantly clear that she was here to stay.

The first ever female mixed martial arts (MMA) fighter of Pakistan, who started practicing taekwondo at an early age in Hunza with her brothers, is not disheartened by the defeat. She is determined to learn from her mistakes and get back to the ring stronger to walk off as the winner one day.

MMA is still a growing sport in Pakistan and not so popular among the female population of the country. Anita did not have a



female companion to train with or to compete against, so she trained with her brother and other male practitioners of martial arts under the supervision of the well-known trainer, Ehtisham Karim. When she arrived in Islamabad from Hunza, she was given a choice between higher studies or a professional MMA career. She picked the latter, despite knowing the

challenges.

Anita Karim is Pakistan's first and only international female practitioner of mixed martial arts. Her rise has been as much about her determination to take on a male-oriented society as her dedication to hard work and training.

Courtesy: Dawn

Photos that prove Pakistani street food is the absolute best

Okay, enough with the fancy shmancy fine dining restaurants! We all know that some of the best food in Pakistan is its street food. From shawarma to paan, we have an amazing variety of goodies that you can get on the go!

Here's our top picks from the many fantastic photos of 'Street Foods' submitted to us.



1. Shawarma is a little piece of heaven.



2. You love the paratha culture? Go for some pizza paratha for that desi goodness!



3. Take a break from your shopping and grab some sweet and spicy dahi bhallay



4. How about a glass of creamy and delicious lassi to beat the heat?



5. Sometimes, all you really need is grilled corn on the cob



6. Don't wanna ruin your health goals? Then sugarcane juice is a must!



7. Pakoray... we salute you



8. Have an epic brekkie with good ol puri!



9. Grab a Kulfi from those stands! Don't forget the coconut sprinkles!



10. What is evening chai without them freshly fried patties



11. Want something heavy duty? Better have the anday wala bun kebab



12. You can find street vendors selling this French Fries goodness made out of potatoes almost anywhere.



13. Treat yourself to a gola ganda in this heat!



14. Have that doodh jalebi for pre-dessert. You earned it, you know you did!



15. Conclude your happy food spree with paan

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