



Positive Post

Greenwich University
Pakistan-Mauritius

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

March in History

March 15, 1955: *The biggest post-independence irrigation project, Kotri Barrage is inaugurated.*

March 23, 1956: *1956 Constitution is promulgated on Pakistan Day. Major General Iskander Mirza sworn in as first President of Pakistan.*

March 23, 1956: *Constituent assembly adopts name of Islamic Republic of Pakistan and first constitution.*

March 8, 1957: *President Iskandar Mirza lays the foundation-stone of the State Bank of Pakistan building in Karachi.*

March 23, 1960: *Foundation of Minar-i-Pakistan is laid.*

March 14, 1972: *New education policy enforced. Free education in all private and public schools.*

March 1, 1981: *National population census starts throughout the country.*

March 29, 1983: *Foundation-stone of Satellite Earth Station is laid near Rawalpindi.*

March 8, 1998: *Population census begins in the country.*

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Nation celebrates Pakistan Day 2018 with military parade, gun salutes



The nation is celebrating Pakistan Day 2018 across the country with traditional zeal and fervour.

Pakistan Day commemorates the passing of the Lahore Resolution on March 23, 1940, when the All-India Muslim League demanded a separate nation for the Muslims of the British Indian Empire.

A joint military parade was held at Parade Ground near the Shakarparian hills in Islamabad to mark the day.

Mobile phone services were suspended in the capital, where the annual parade took place. The ceremony commenced with the recitation of Holy Quran. After the national anthem was played, President Mamnoon Hussain observed the parade from a jeep.

Prime Minister Shahid Khaqan Abbasi, Defence Minister Khurram Dastagir, Chief of Army Staff Gen Qamar Javed Bajwa, Air Chief Marshal Mujahid Anwar Khan, Naval Chief Admiral Zafar Mahmood Abbasi and Chairman Joint Chief of Staff Committee Zubair Mehmood Hayat were also present at the ceremony.

A large number of diplomats from several countries attended the ceremony. The guest of honour at the ceremony was Sri Lankan President Maithripala Sirisena.

Contingents of Pakistan Army, Pakistan Air Force, and Pakistan Navy held a march-past and a salute to the president of Pakistan. Air Chief Marshal Mujahid Anwar Khan led a fly-past as a salute to the president.

Troops from Frontier Corps, Pakistan Rangers, Northern Light Infantry, Mujahid Battalion, Tri Services Lady Officers, Tri Services Armed Forces Nursing Services, Special Services Group, and President Bodyguards also took part in the parade.

Troops from the United Arab Emirates (UAE) participated in the parade for the first time. The parade also featured troops from Jordan.

Following the soldiers,

contingents of armoured and mechanised infantry held a march-past. Pakistan Army tanks, including the Al Khalid and Al Zarrar, presented gun salutes to the president. Radar systems and other weapons equipped with military technology were also rolled out. The NASR missile, the Shaheen missile, the Ghauri missile system, and the Babur cruise missile were also featured in the parade.

Various aeroplanes belonging to Army Aviation and Pakistan Air Force demonstrated aerobatic feats for the audience. Combat and attack helicopters, as well as skydivers of airborne units from the three armed forces, also demonstrated their skills.

Subsequently, the parade showcased local cultures of the four provinces. Cultural delegates and floats from Sindh, Punjab, Balochistan, Khyber Pakhtunkhwa, Gilgit Baltistan and Azad Kashmir were featured during the ceremony.

Courtesy: Dawn

Awards conferred on 58 military, 73 civil personalities

President Mamnoon Hussain on Friday conferred 58 military and 73 civil awards upon various personalities from different walks of life for their meritorious services in different fields.

The awards were given away in a special investiture ceremony held at the Presidency on the occasion of Pakistan Day. The ceremony was attended by ministers, parliamentarians, services' chiefs, diplomats, high-ranking civil and military officials and people belonging to different walks of life.

Prominent lawyer and human rights activist Asma Jahangir, who has recently died, and renowned urologist Dr Adeeb Rizvi were awarded Nisah-i-Imtiaz.

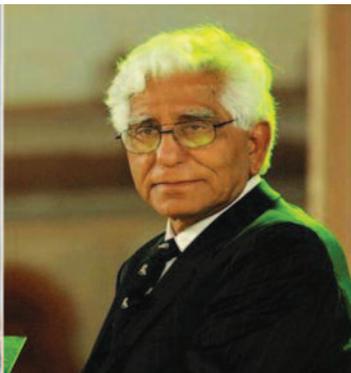


Following are the recipients of **Military awards:**

Hilal-i-Imtiaz (military): Air Marshal Aasim Zaheer, Air Marshal Shahid Akhtar, Rear Admiral Habib ur Rehman Qureshi, Rear Admiral Dr Nassar Ikram, Maj Gen Iftexhar Hussain, Maj Gen Muhammad Salim Jehangir, Maj Gen Zafar Iqbal Sheikh, Maj Gen Shamrez Khan, Rear Admiral Sajid Wazir Khan, Maj Gen Safdar Abbas, Air Vice Marshal Noor Abbas, Maj Gen Khalid Hussain Asad, Maj Gen Najm us Saqib Khan, Maj Gen Tariq Hussain, Rear Admiral Naveed Ahmed Rizvi, Maj Gen Kamran Ali, Maj Gen Manzoor Ahmed, Maj Gen Moazzam Ejaz, Rear Admiral Asif Hameed, Maj Gen Amer Nadeem, Rear Admiral Ahmed Saeed, Maj Gen Nadeem Zaki, Maj Gen Asif Ali, Maj Gen Muhammad Arif, Maj Gen Shaheen Mazhar Mehmood, Maj

Gen Muhammad Abdul Aziz, Maj Gen Muhammad Khalil Dar, Maj Gen Shahid Pervaiz, Maj Gen Azhar Naveed Hayat Khan, Maj Gen Zafar Ullah Khan, Maj Gen Syed Asim Munir, Maj Gen Fida Hussain Malik, Maj Gen Hafeez Ur Rahman, Maj Gen Muhammad Ihsan Ullah, Maj Gen Syed Muhammad Adnan, Maj Gen Mohammad Waseem Ashraf, Maj Gen Muhammad Kaleem Asif, Maj Gen Sahir Shamshad Mirza, Maj Gen Sardar Tariq Aman, Maj Gen Tahir Masood Bhutta, Maj Gen Sohail Hafeez, Maj Gen Mazhar Ishaq, Maj Gen Salah Ud Din Qasim and Air Vice Marshal Shah Masroor Hussain.

Sitara-i-Basalat: Commodore Adnan Khaliq, Brig Khalid Farid,



Capt Faisal Javeed Sheikh ((PN), Lt Col Tauqeer Haider (Shaheed), Wing Commander Fayyaz Ather Malik (Shaheed), Maj Faheem Badshah Afridi, Maj Muhammad Imran Khan (Shaheed), Maj Mudassar Sagheer (Shaheed), Capt Syed Junaid Ali Arshad (Shaheed), Sub Saeed Khan (Shaheed), Naib Sub Muhammad Ali, Hav Atta Ur Rehman (Shaheed), Sep Sajid Ali (Shaheed) and chef Nazakat Ali.

Following are the recipients of **Civil awards:**

Nishan-i-Imtiaz: Asma Jahangir (late), Dr Adeeb ul Hassan Rizvi.

Hilal-i-Quaid-i-Azam: Dr Shawki Ibrahim Abdel-Karim Allam.

Hilal-i-Imtiaz: Mohammad Anwar Habib, Aslam Hayat, Tariq Mahmud, Dr Anjum Tauqir, Munir Ahmad Qureshi (Munnoo Bhai) (late), Nayyar Ali Dada, retired Justice Saiduzzaman Siddiqui (late).

Sitara-i-Pakistan: Kimihide Ando, Dr Song Jong-hwan, Sadiq Khan. **Sitara-i-Shuja'at:** Abdul Ghani (late), Saif-ur-Rehman (Shaheed), retired Capt Syed Ahmad Mobin Zaidi (Shaheed), Zahid Mehmood Gondal (Shaheed), Muhammad Ashraf Noor (Shaheed), Hamid Shakeel Sabir (Shaheed), Maulana Hassan Jan (Shaheed), Dr Mufti Muhammad Sarfraz Naeemi (Shaheed), Fuad Asadullah Khan and Ghulam Nabi Memon.

Sitara-i-Imtiaz: Zia Chishti, Ashar Aziz, Makhdom Ali Chishty, Saira Afzal Tarar, Ashtar Ausaf Ali, Mian Muhammad Abdullah, Aftab Sultan, Zameer Muhammad Ch, Zahid Bashir, Muhammad Ali Tabba and Shahzad Roy.

President's Award for Pride of Performance: Dr Mohammad Faheem, Salman Alvi, Aslam Pervaiz (late), Harris Khalique, Amin Hafeez, Muhammad Nawaz Raza, Najia Rasool and Retd Brig Javed Ahmed Satti.

Sitara-i-Quaid-i-Azam: Afzal Khan.

Tamgha-i-Shuja'at: Haji Abu Bakar (late), Abdul Rehman, Muhammad Mustaqeem (Shaheed), Muhammad Amin Khan (Shaheed), Muhammad Asmat Ali (Shaheed), Nadeem Tanveer (Shaheed), Muhammad Aslam (Shaheed), Irfan Mehmood (Shaheed), retd Col Safdar Hussain, Syed Pir Muhammad Shah, Muhammad Irfan (Shaheed), Hamid Tauqeer (Shaheed), Muhammad Arshad (Shaheed), Muhammad Azeem Fareedi (Shaheed), Maqbool Rehman (Shaheed), Malik Gul Akbar Khan (Shaheed), Malik Gul Shah Ali Khan (Shaheed), Malik Haji Muhammad Amin, Akhtar Munir Afridi (Shaheed), Taj Alam (Shaheed) Naik Jabeen Khan (Shaheed), Syed Abdul Ali Shah and Ishrat Hussain Bhatti.

Tamgha-i-Imtiaz: Dr Nadeem Jan, Professor Muhammad Shamim Khan, Osama Ahmed Warriach (late), Masood-Ul-Mulk, Khurram Khan and Fiza Shah.

Courtesy: Dawn

Achievements of Pakistani women highlighted in Washington

Benazir Bhutto, Asma Jahangir and Malala Yousafzai are not mentioned at the Pakistan Embassy except on a special occasion and Wednesday night was one; it was the International Women's Day.



Pakistan's first woman Foreign Secretary Tehmina Janjua was the chief guest on the occasion. She paid rich tribute to women leaders of the freedom movement — Rana Liaquat Ali Khan and Shaista Ikramullah among them. In her speech, she focused on the achievements of women in the foreign service where they proved that women could be as good diplomats as men, if not better.

"There were once only four women on the top floor but now there're many," she said. "In this year's batch, there are 70 per cent women and 30 per cent men, forcing some to suggest positive discrimination in favour of men."

Ms Janjua said most Pakistani ambassadors dealing with security issues in sensitive places were women. "In Vienna, dealing with the nuclear issues, in Geneva at the United Nations in New York, in Brussels dealing with the European Union and in Australia, and even in Washington and London, we have or have had women ambassadors," she said.

Courtesy: Dawn

9 year old Pakistani girl scales 5,000m peak in Hunza

A nine-year-old Pakistani girl has become the youngest to scale the 5,765-metre-high Quz Sar Peak in Shimshal Valley, Hunza.



Hailing from Abbottabad, Selena Khawaja, in her first detailed interview, told Gulf News she has a special love for scaling peaks. The nine-year-old said she had felt "great" reaching the summit on February 21.

Selena was accompanied by her father, Yousaf Khawaja, expedition guide Wazir Baig, porter Arif Baig and other team members during the expedition. It took them more than 10 days to summit Quz Sar, of which seven were dedicated to the hike.

Recalling a testing experience from her latest triumph, Selena recalled: "At 5,000 metres, I felt slight altitude sickness but my training and the support of my father helped me overcome it soon."

Selena who has been titled the "Mountain Princess" by Pakistan's mountaineering community, has now set her sights on three more

peaks: Mingling Sar (6,050 metres), followed by Spantik Peak (7,027 metres) and then Broad Peak (8,051 metres), the 12th highest mountain in the world.

"I aim to climb all these peaks this year," Selena said with great determination.

A fifth-grader with a passion for outdoor activities, she started training at the age of eight in the mountains of Miranjani and Makra.

"I have scaled Miranjani at least 45 times. It is nearly 3,000 metres high," the nine-year-old recalled. "I have summited the 4,000-metre Makra Peak around 3 times," she added.

While the mountaineering community has welcomed the feat, some have raised concerns about the safety of children at such altitudes. However, Selena's father, a fitness trainer, believes he has trained his daughter sufficiently. He also takes special care of her diet.

"At age nine, she is way more fit than a casual 20 year-old," he said.

In 2019, when she will be 10, Selena aims to become the youngest girl to conquer Everest. Through her exploits, she wishes to inspire young kids to "aim high, work hard and achieve your goals."

Courtesy: www.Pakistantoday.com

Violence drops for third straight year



Deaths and injuries linked to militancy have dropped in Pakistan for the third consecutive year, with 21 per cent fewer incidents in 2017 than in the previous year, a security think-tank says.

Some 2,057 people were killed and 2,074 wounded for a total of 4,131 casualties over the year, according to a report by the Islamabad-based Centre for Research and Security Studies read on Wednesday. That continued the trend from 2016, in which 2,613 people lost their lives due to violence and 1,714 were injured. In 2015, 4,647 people were killed and 1,927 injured, the group's figures show.

The dramatic improvement in security came after the army launched an operation in June 2014 to wipe out militant bases in the northwestern tribal areas and end a bloody insurgency that has cost thousands of civilian lives since 2004.

It has involved a series of military

offensives as well as some attempts to block the militants' sources of funding. Those efforts were in the spotlight again when a global terror financing monitor voted last month to put Pakistan on a watchlist.

But the remnants of militant groups are still able to carry out periodic bloody attacks. Washington has also increased pressure on Pakistan in recent weeks, freezing military aid amid accusations that Islamabad has refrained from clamping down on militant groups such as the Haqqani network and the Afghan Taliban.

The report warned that even with the security improvement new militant groups have appeared in the country.

It also said that the militant Islamic State (IS) group had claimed responsibility for attacks that left at least 143 people dead, while a branch of Sunni group Lashkar-e-Jhangvi claimed 99 fatalities.

Courtesy: The Nation

President announces 'Tamga-i-Azam'

President Mamnoon Hussain, in his speech, welcomed the Sri Lankan president, and troops from Turkey, Jordan, and the UAE to the parade.

He said that cooperation for international peace is the base of the country's foreign policy. Islamabad also extends a hand of cooperation to the regional countries but taking the gesture as a weakness will be a dangerous mistake, the president added.

He paid tribute to the founders of the country who made the creation of Pakistan possible and emphasised the importance of peace and stability for the country's progress. He also paid a rich tribute to the martyrs of the Pakistan movement.

President Hussain strongly condemned India for its irresponsible behaviour, denouncing the Indian army's attacks from across the Line of Control and Working Boundary. "The only solution to the dispute of Kashmir is providing the right of self-determination to the Kashmiri people, and Pakistan will continue to play its role in this regard," he said, condemning Indian troops in held-Kashmir for their atrocities.

Talking about anti-terrorism operations in the country, he lauded the armed forces as well as the nation for eliminating terrorism from the



country under operations Raddul Fasad and Zarb-i-Azb and announced a medal "Tamga-i-Azam" for those who rendered sacrifices for restoration of peace.

The president also awarded 141 Pakistani citizens and foreign nationals for their services in fields including science, literature, arts, sports and media, Deutsche Welle reported.

Deceased human rights lawyer Asma Jahangir was among those honoured. She received the Nis-han-i-Pakistan, the highest civilian honour, for her struggle for democracy and advocacy for human rights.

The Pakistan Day parade had resumed in 2015 after a gap of seven years and was seen as a manifestation of the military's show of strength in the wake of a shocking attack in 2014 on the Army Public School (APS) in Peshawar, which left 150 dead, including 132 schoolchildren.

Courtesy: Dawn

In historic first, a Thari Hindu woman has been elected to the Senate

Kumari, a rights activist belonging to the Kohli community from the remote village of Dhana Gam in Nagarparkar, was selected as a candidate for a Senate seat by the Pakistan Peoples Party (PPP).

Kumari was elected to a reserved seat for women from Sindh, along with Quratulain Marri.

"I feel delighted, this was unthinkable for me, to reach the Senate," Kumari told The Associated Press.

"I will continue to work for the rights of the oppressed people, especially for the empowerment of women, their health and education," she said.

Ratna Bhagwandas Chawla from Jacobabad was the first Hindu woman to be elected to the Senate on a PPP ticket in March 2006.

Born on Feb 1, 1979, Kumari (lovingly called Kishoo Bai by her parents) had a tough childhood when she along with her family members and relatives were held for three years as bonded labour in a private jail allegedly owned by the land-

lord of Kunri of Umerkot district. They were set free in a police raid on the farmland of their employer. She started her primary education initially from Talhi village of Umerkot district and then the Tando Kolachi area of Mirpurkhas district.

Her parents facilitated her and her brother Veerji's studies and academic activities despite the hard days they had been facing.

She attributes her success to her parents, who encouraged her to pursue her education and eventually helped her to earn a university degree.

She was married off to Lal Chand, a student of the Sindh Agriculture University, Tandojam, in 1994, when she was 16 and a class IX student. She continued her studies after the marriage to get a postgraduate degree in sociology from the University of Sindh.

She started taking part in social activities in 2005 by organising and participating in different seminars in Tharparkar.



She was selected for the third Mehergarh Human Rights Youth Leadership Training Camp held in 2007 in Islamabad during which she covered an overview of people's movements in the world, history of social movements in Pakistan and a thorough understanding of the governance system in the country. She also learned strategic planning and tools for bringing social change.

After completing the training, she worked for the Youth Civil Action Programme to identify cases of bonded labour and conducted case studies focusing women under bondage, organised workshops and seminars on bonded labour, sexual harassment at workplace and other human and women's rights issues and contributed write-ups to various newspapers.

PPP lawmaker from Thar Dr Mahesh Kumar Malani, when contacted by Dawn earlier, was hopeful that Kumari, a Kolhi girl from the family of the valiant freedom fighter Rooplo Kolhi would be elected.

Rooplo Kolhi had waged a war against the invading British colonialist forces when they had attacked Sindh from Nagarparkar side in 1857. Subsequently, he was arrested and hanged by the British on August 22, 1858.

Kumari, who worked the fields alongside her parents as a child, will take the oath of office later this month alongside some of the biggest landowners in the country.

Courtesy: Dawn

Meet four female motorcyclists who speed past stereotypes in Pakistan every day

4 Pakistani women share the joys and pains of being a female biker on the streets of Lahore and Faisalabad

Naeem Sajjad is a happy man these days. Since his wife, Ayesha Naeem, started riding the motorbike nearly four months ago, his life has become quite a breeze.

Ayesha Naeem enjoys the independence that comes with owning and riding a motorcycle

As for Sajjad's wife, 35-year old Ayesha Naeem, mother of four, she is loving all the attention she gets on the road.

With her youngest, a year-and-a-half daughter tucked in a baby carrier (which she says she bought from the landa bazaar for Rs50) harnessed to her chest and her older three behind her, she surfs around town enjoying the thumbs-up and smiles she



gets from passersby.

Pakistan is no different where women's mobility outside the home is severely restricted by both social norms and legitimate safety concerns. A 2014 study states that 78% of women in Karachi "experienced sexual harassment or felt harassed or uncomfortable."

Motorbikes more economical than public transport

"Before I learnt to ride the bike, I would take a rickshaw. The minimum fare I'd spend was Rs100 in a

day; today we fill the bike for Rs500 and it lasts us a good 15 days!" says Naeem after a quick back-of-the-envelope calculation.

In its second phase now since early 2018, the WoW programme will provide more than 3,000 customised motorcycles at subsidised rates through a balloting process. "I hope my name comes in the draw," says Naeem excitedly.

She thinks she fits well within the criteria of falling between the ages of 18-40, possessing a valid license. Her other documents are ready, too,



which include a passport-sized photograph, a valid CNIC, Punjab domicile certificate, Matriculation certificate and a signed affidavit stating that her or her guardian's maximum income does not exceed Rs30,000.

She has been saving and is ready with not just the Rs3,000 (a non-refundable application fee that has to be submitted to the Bank of Punjab branches) and the down payment of Rs27,000.

"I think we will be able to manage
Contd. on pg. 6

KP Govt issues driving licences to 15 transgender persons



Marking a first in the history of Khyber Pakhtunkhwa, the provincial government on Monday issued driving licences to 15 transgender persons, DawnNewsTV reported.

The licences were issued to transgender persons at a ceremony held in Peshawar, where SSP Traffic Yasir Khan Afridi distributed the licences among them.

Speaking at the occasion, Afridi briefed the audience that 300 transgenders had applied for driving licences. In the first phase, 15 transgenders were licensed to drive

whereas the rest of applications would be processed gradually, he added.

After getting the first ever driving licence issued to a transgender person in KP, Farzana said this development will pave ways for transgenders to earn a respectable livelihood.

She said that most of her community members were fed up of dancing and therefore searching for alternate professions.

Courtesy: Dawn

British High Commission announces annual Asma Jahangir Scholarship

The British High Commission on Thursday announced a scholarship to pay tribute to Asma Jahangir, the iconic human rights lawyer and activist who passed away last month. The announcement was made at a ceremony held in connection with International Women's Day, which is being celebrated across the world.



The Asma Jahangir Scholarship will be awarded to a top female candidate who has been selected for the British government-funded Chevening Awards programme every year.

16 books have made it to the Women's Prize For Fiction longlist and Kamila Shamsie's book Home

Fire is one of them.

The Pakistani writer's seventh novel Home Fire is a contemporary re-imagining of the Greek tragedy Antigone, and one of the writers she will be contending against is Arundhati Roy who has been nominated for her book The Ministry of Utmost Happiness.

The Women's Prize For Fiction is the UK's most prestigious annual book award for fiction written by a woman. The list, which was announced today on International Women's Day, "honours both new and well-established writers and a range of genres, spanning four continents and including six debut novels," reads the website.

The shortlist for the award will be announced on April 23.

Last year, Kamila Shamsie was longlisted for The Man Booker Prize

Courtesy: Dawn

Inclusive spirit marks Karachi's Aurat March

The inclusive spirit of the Aurat March on Thursday attracted thousands to gather and support the cause of women empowerment and recognise their struggle through centuries.

Held to mark International Women's Day, Aurat March did not just grace the public spaces in Karachi; similar marches were held in Lahore and Islamabad.

The march in Karachi first had a variety of speeches and skits, poetry and songs at the Frere Hall after which the participants embarked on the march.

No particular group or organisation was responsible for the march.

Under the banner of 'Hum Aurtein' different women from diverse classes, ethnicities and sections of society came together and the culmination of their efforts translated into an overwhelming support irrespective of class, gender and socio-economic background.

The presence of students was particularly marked. Schools and universities both had made efforts to bring their student body to the march for a cause that required equal participation of men and women.

Some of the children were seen in school uniforms, while the university students could be found scrawling away and making signs for the march.

Usama, a second-year student, spoke about how his university had provided transport facilities to students to participate in the lecture. He spoke about how he witnessed the many ways in which women were disadvantaged. "Even at home I see how differently I am treated as compared to my sisters. They do not enjoy the liberties I enjoy and their consent is downplayed. This is why to empower themselves women must take advantage of movements like these. Change can never be radical but it will be slow and it is such movements that will make



people understand the importance of women's empowerment."

The participation of marginalised minority groups was also emphasised. One such community was the transgender community who huddled together initially, but once they realised the space provided was safe and accepting, started to mingle around. When asked as to what they wished others would recognise about their community, their simple answer was: "A trans woman is also a woman. And so we are here to fight for our rights."

Representatives of lady health workers who face threats and harassment as well as economic uncertainty were also present to

defend their rights. Representatives of the Dalit community criticised human rights groups for failing to report the harassment and sexual abuse Dalits were facing as well as forced conversions. Members of the Christian community were also present in great numbers and raised their voice for women of all religions to be given security from the state and society which they deserved.

Freedom, respect, the right to live on their own terms, an end to violence against women, economic and reproductive justice, reclaiming public spaces and making streets safe for women, were some of the demands put forward at the march.

Courtesy: Dawn

The First And Only Female Kickboxing Instructor In Pakistan

"I doubt there is any sport which I have not tried my hand at," says Rameesha Shahid, the first and only female kickboxing instructor in Pakistan. "But kickboxing kind of stuck with me."

There are around 15 to 18 girls in workout gear in her morning class. "I have around 30 female students," she says. "The rest take my evening class." Rameesha teaches kickboxing in two shifts at the K7 Fitness & Kickboxing Academy in Karachi. And when she is free from her classes, you will find her cycling with 'Critical Mass' or maybe horseriding. Check for her on the cricket field, too. "I just can't remain still. I have to be doing something and it has to be some sort of physical activity," she says. Sometimes she also sneaks into the children's gym classes at K7 to pick up tips on gymnastics. Then you'll find her doing headstands, handstands and cartwheels!

"Everyone's been calling me 'tomboy' since I was little," Rameesha smiles. "We used to live in a joint family near Hill Park in Karachi. My cousins and I had this pastime of uphill cycling or watching World's Most Amazing Videos on AXN and trying to reenact them ourselves," she says.

I earned my black belt when I was 14 in Class Eight," she says.

"The older boys in the family always wanted me to bowl as they prac-



tised their batting, which helped me become good at cricket too. I was even selected for the women's national team as a teenager when I went for trials but then when I heard that that would mean giving up my studies or wasting a year or two due to our busy schedule, I dropped the idea of playing professionally. Now I only play Ramazan Cricket with 'KheloCricket'," she adds.

In school, Rameesha discovered Taekwondo. "I must have been 10 then. And I earned my black belt when I was 14 in Class Eight," she says. Rameesha's specialty is breaking ice and bricks.

Having a solid base in martial arts, she had no problem switching to kickboxing later. "I was googling badass sports one day and kickboxing came up. I thought it should be fun. There were very few clubs or academies here offering kickboxing. But then I stumbled upon K7 Fitness & Kickboxing Academy. It is near Zamzama Park, which was

also close to my home. I decided to pay it a visit," she says.

It was one year of tough practice before she graduated as a master.

Rameesha was really impressed by the skill of the other kickboxers there. "They were serious practitioners of the sport, I wanted to join them," she says. But they had no other female student. Still, seeing her interest, the chief instructor, Master Jamil Chandio, who himself is an international fighter and a multiple-time national champion, took her on as a student.

"I just can't remain still. I have to be doing something and it has to be some sort of physical activity," she says. Sometimes she also sneaks into the children's gym classes at K7 to pick up tips on gymnastics. Then you'll find her doing headstands, handstands and cartwheels!

It was one year of tough practice before she graduated as a master. Now since she is there and more

and more people are learning about her, there are other girls too coming to the academy to learn and train in kickboxing. "Of course they have their reservations. They ask many questions before joining as do their parents, especially their mothers, about developing muscles like men or gaining weight, breaking bones, getting scars on the face, etc.

Since she is started, more and more people are learning about her, there are other girls too coming to the academy to learn and train in kickboxing.

"But we don't throw them into the sparring ring immediately. We work on their fitness first. Sparring comes after building of confidence too. Then it also involves wearing head, chest and shin guards. Besides, only those who I think have the potential are allowed to spar," she says.

Meanwhile, the instructor herself isn't invincible either. "I get bruises all the time. My parents are pretty much used to them now," she says laughing. "Sometime back I was trying a jumpkick and a new combination when I landed awkwardly on the floor and almost fractured my right ankle. I have also dislocated my wrist once," she says. But such things don't bother Rameesha very much. "I am always back at the academy for practice the next day whatever the injury might be," she says.

Courtesy: Dawn

Perween Rahman: The Rebel Optimist has won an award at the 6th Nepal Human Rights International Film Festival

Perween Rahman: The Rebel Optimist has won an award at the 6th Nepal Human Rights International Film Festival that concluded on Saturday.

More than 60 films from across the world were selected for screening during the four-day international film festival held in Kathmandu.

The 67-minute documentary directed by Mahera Omar received the Special Jury Mention Award in the non-fiction category.



Perween Rahman: The Rebel Optimist captures the life and work of the architect, urban planner and a committed social activist who worked fearlessly for the less privileged in Karachi. She was killed in a targeted attack on March 13, 2013.

Courtesy: Dawn

Contd: Meet four female motorcyclists

the 12 installments of Rs1,856 monthly," says Naem.

Oglers, eve-teasers and harassers beware

Naem is lucky not to have invited any negative attention but there are women who worry the idea is too far-fetched in a society that does not allow women to leave their homes.

36-year-old single mother Safina Hussain, who decided to resume her studies after her divorce, often rides her brother's bike to the university or to drop off the kids to school. But many of her



However, taking care of women's safety inside the public transport is really not dealing with the harassment issue completely. needs our help!" he says.

Courtesy: image.com

Local news channel claims to have hired first transgender news anchor

Local news channel Kohenoor News claimed to be the first in the country to have hired a transgender woman as a news anchor.

Maavia Malik, who launched her career in the entertainment industry as a model, was first seen on Kohenoor News during a Pakistan Day news transmission on March 23.

The news quickly went viral on social media, with many users appreciating the move and congratulating Malik.

Dawn.com has reached out to Malik for a comment on the matter. She has yet to speak about the development herself.

Earlier this month, the Senate unanimously approved the Trans-



gender Persons (Protection of Rights) Bill 2017, empowering members of the transgender community to determine their own gender identity. If it goes on to become a law, the bill will enable trans people to be recognised as they perceive themselves and register with government offices as transgenders.

In February, the Khyber Pakhtunkhwa government issued driving licenses to trans people for the first time in history, days after which 40 members of the trans community took oath as members of the scouting community for the first time.

According to 2017 provisional

census results, the transgender community in Pakistan numbers 10,418. The Supreme Court has designated transgender people as a third gender, which under law should afford them protection, but in practice, incidents of violence and discrimination against members of the community are still rampant, Kamran Arif, vice president of the independent Human Rights Commission of Pakistan told AP in 2016.

As outcasts, Pakistan's transgender people are often forced into begging, dancing and even prostitution to earn money, and find it difficult to find gainful employment. They also live in fear of attacks, causing most to either change their names or use only one name to give them anonymity in their society.

Courtesy: Dawn

Resilient Karachiites brave scorching heat, security checks to welcome PSL



Thousands of spectators endured long queues and navigated stringent security checkpoints hours ahead of a high profile cricket match on Sunday in Karachi, the first time in nine years that it has hosted a game of such stature.

At least 8,000 security personnel that also included armed soldiers guarded the 27,000 capacity National Stadium where Peshawar Zalmi will take on Islamabad United in the third PSL final.

"It's (the PSL final) giving a message to the world that Pakistan is a

peaceful country and Pakistan will play role in sports," said 24-year-old spectator Hamza Yousuf Shah, who was waiting in one of several long queues to get into the stadium.

"Pakistan is full of cricket fans and it's a great thing that cricket is back in Pakistan, hopefully, it will be a success," said 16-year-old cricket enthusiast Ria Martin.

Love of the game also brought 14-year-old Maaz Ahmed, who uses a wheelchair, to the ground.

Courtesy: Dawn

Asim Abbasi wins Best Director award for Cake at UK Asian Film Festival



Asim Abbasi's directorial debut has bagged him the Best Director award at the UK Asian Film Festival London. The festival had hosted a special gala screening of the movie on March 20, followed by a Q&A with some of the cast members and Abbasi himself.

"Oh wow! So humbled and moved. Thank you @cometoUKAFF for the honour," he wrote on Twitter.

BBC broadcast journalist, Attika Choudhary accepted the award on his behalf.

The UK Asian Film Festival offers an eclectic mix of films, interviews, masterclasses, workshops, live performances, visual arts exhibitions and an annual short film competition. The festival provides a unique platform for Asians working in film

and media around the world.

Cake stars Aamina Sheikh and Sanam Saeed as sisters, while Adnan Malik, Mohammed Ahmed and Beo Zafar also play prominent roles. Faris Khalid and Hira Hussain will feature as narrators of the film.

The story unravels when the health of the Jamali's family's ageing patriarch deteriorates and his eldest daughter, Zareen (Sheikh) is forced to reconnect with her sister, Zara (Saeed) on her return from London.

Cake became the first Pakistani movie to have a world premiere at London's Leicester Square earlier this month and is scheduled for release in Pakistan on March 30.

Courtesy: image.com

Pakistan Super League 2018 finally came to an end



The Pakistan Super League 2018 finally came to an end and Islamabad United won their second title in three years. The match was one-sided for most of the time as the winners of 2016 edition dominated with the ball but they were all over the place with the bat. This was one of the most riveting Twenty20 matches in recent time.

The grand finale in Karachi was being dubbed as the “Kamran Akmal vs Luke Ronchi Show” but it never happened as the Pakistani batsman, who batted brilliantly throughout this year’s edition, was dismissed cheaply. Moreover, he also took a needless review which went in favor of the United team.

Liam Dawson and Chris Jordan were back in the pavilion after scoring 30s and the middle order could not contribute much to the scorecard as skipper Darren Sammy, Saad Nasim, Umaid Asif and Hassan Ali failed to even score in double figures.

Just when it looked like the title is slipping away from the defending champions, Wahab Riaz played a late cameo which would give them something to defend. His 28 run knock, which included four boundaries and a maximum, took the side to 148/9.

Everyone knew that it was going to be a riveting run chase as batting second in a final – whether it is a domestic or international competition – is never an easy. Pressure gets



to you and that’s what happened with Islamabad United and it nearly cost them the championship.

Chasing 149 to win PSL 3, Luke Ronchi and Sahibzada Farhan went



all guns blazing and kept hitting the Zalmi bowlers to all parts of the ground but the situation changed dramatically as the Kiwi batsman was dismissed after scoring his half century.

We have to credit Darren Sammy. He always kept reminding his side that they can still do this and his players were clearly motivated by him. They kept piling pressure on

the batsmen and troubled them by varying their line and length.

Like Zalmi, the middle order of Islamabad also collapsed as Farhan watched the wickets fall from the



other end. The amazing crowd also cheered every single run, boundary and wicket in the match.

Peshawar clawed their way back in by dismissing him and Islamabad were losing its grip with the difference between the runs required and the number of balls coming closer. Then the most memorable moment of the match happened as the drop catch by Kamran Akmal and a six-run overthrow by one of the Zalmi fielders brought Islamabad closer to glory. Hassan Ali came on to bowl and was hit for three consecutive sixes in the over.

Faheem Ashraf brought them home by hitting the ball into the stands of Wahab Riaz’s bowling.

Throughout history we have seen of the greatest cricket matches. It was being said that PSL 2018 would live up to its expectations, which it did. The crowd was amazing and the atmosphere made it even better. Let’s hope we get to see many such riveting encounters in the future.

Courtesy: Dawn



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