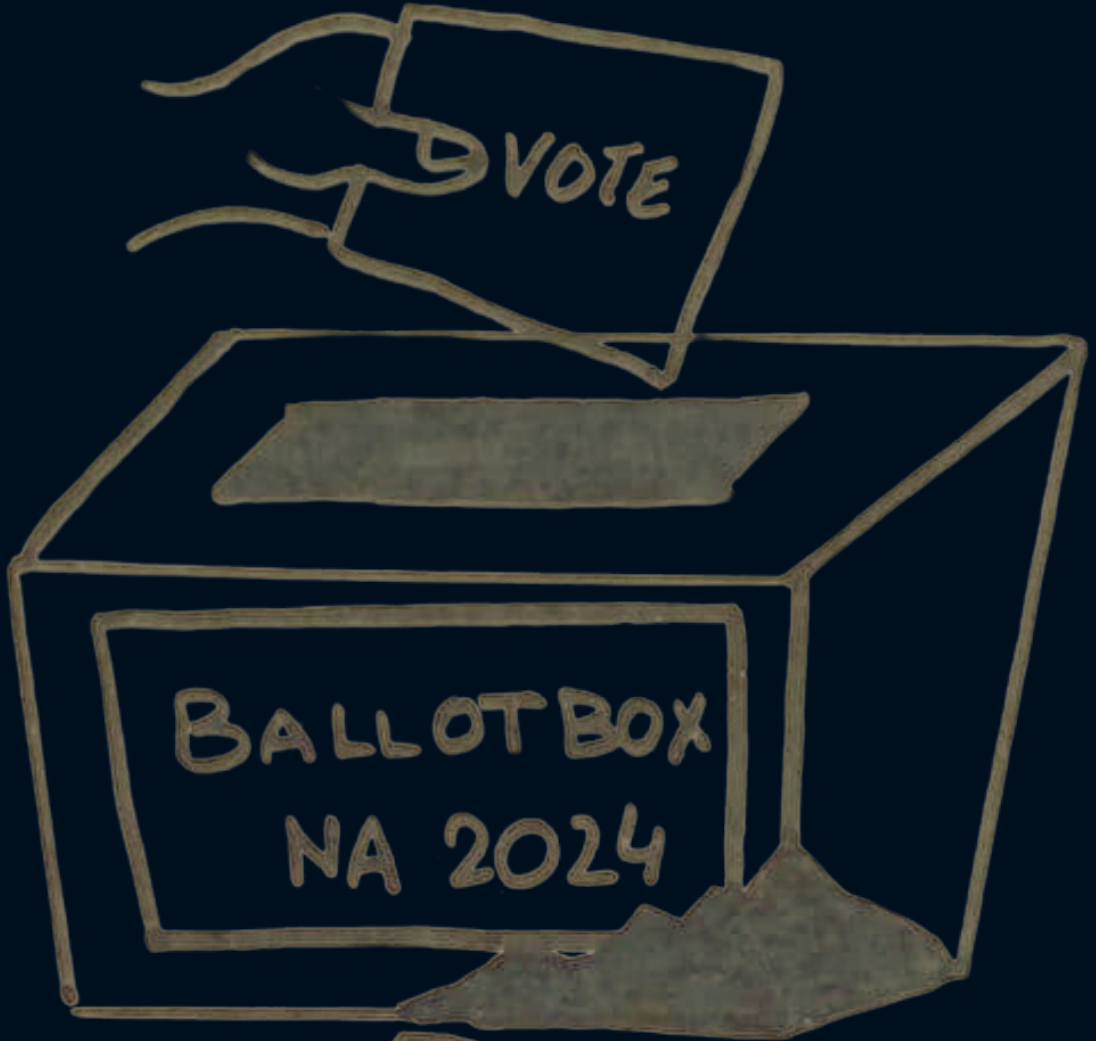


THE

ENIGMA

DPIR INTELLECTUAL FORUM'S OFFICIAL
E-MAGAZINE

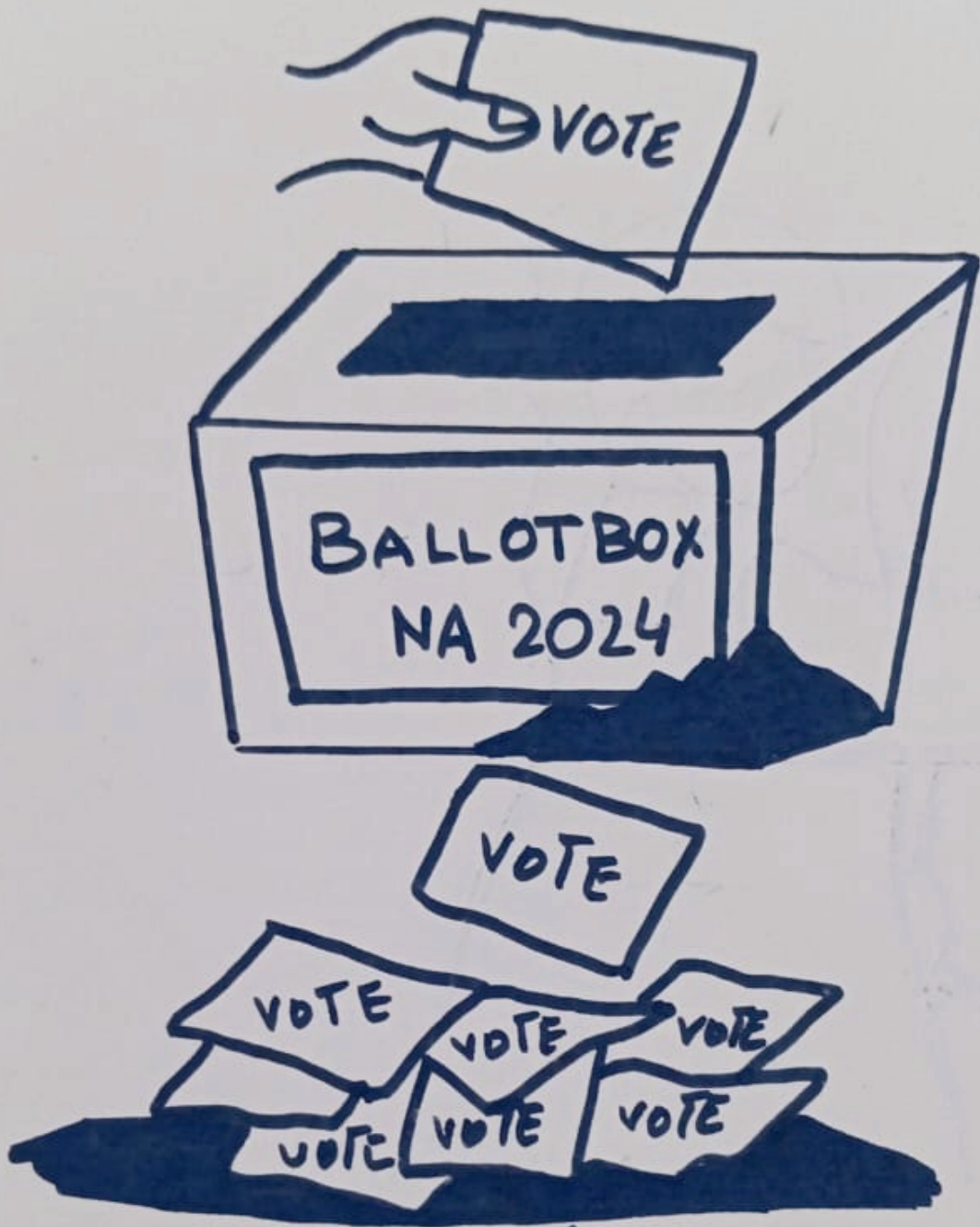


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EDITION

FEBRUARY 2024





“ Democracy Scrapped ”

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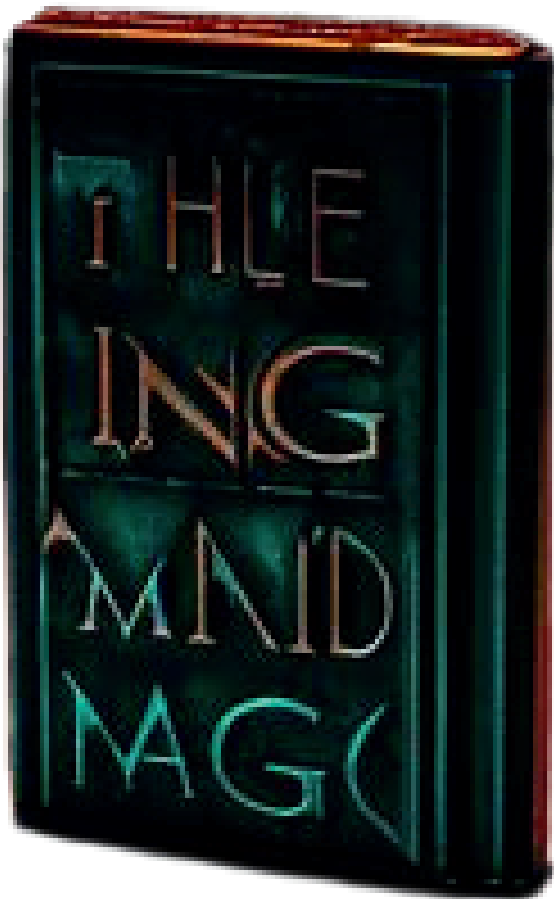
We Stand With

PLASTINE



Our Vision

The Enigma" is an E-Magazine launched by DPIR Intellectual Forum for University of Sargodha students. It aims to promote academic excellence, critical thinking, and a sense of community among students. By showcasing talent, encouraging research contributions, and addressing contemporary issues in political science and international relations, the magazine creates a vibrant learning environment. It fosters networking opportunities, enhances research skills, and inspires leadership through interviews with successful alumni and scholars. Through thought-provoking content, it seeks to broaden students' horizons and keep them informed about global affairs. Ultimately, "The Enigma" empowers students to embrace their academic journey with passion, curiosity, and a commitment to lifelong learning.



Our Aim

"The Enigma" E-Magazine's mission is to enrich the academic journey of students of University of Sargodha by providing a dynamic platform for intellectual growth, critical thinking, and academic excellence. It aims to foster a vibrant learning community that encourages open dialogue, diverse perspectives, and knowledge-sharing in political science and international relations. Through thought-provoking content, it inspires students to engaging in global issues, showcases talents, and offers networking opportunities. The magazine empowers students to become leaders, fostering lifelong learning and a sense of pride in academic achievements. Ultimately, it strives to nurture curiosity and create responsible global citizens.

MESSAGE FROM THE VICE CHANCELLOR

It is a privilege for me to steer this prominent public sector university of Pakistan as its Vice Chancellor.

Within two decades since its inception, the University of Sargodha has established its mark in nurturing the youth as a national treasure. Our progress as an institution is the outcome of the diligent contribution of our faculty, staff as well as students. The steady improvement of the University ranking in the global ranking of the universities is a testimony to its progressive outlook. We strive for sustainable institutional development through the standard parameters of academic excellence, research productivity, knowledge sharing and global outlook. Based on our vision to contribute to the society, we endeavor to offer a wealth of learning opportunities to equip the students with innovative and critical skills to address the complex contemporary challenges.



PROF. DR. QAISAR ABBAS

Our major strength lies in our belief to transform the students through empirical knowledge and experiential learning in order to integrate market-oriented skills in the curriculum ultimately strengthening the academia-industry linkages and creating job-driven competencies among the students.

Our on-campus academic activities, academic exchange agreements, research productivity and alumni job placement rates are promising indicators of the growth of the University in the future as one of the leading higher education institutions of national and international prestige.

I invite you to learn, explore and grow under the guidance of an inspirational faculty at University of Sargodha and contribute towards a constructive change for the country.

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Section 1

Articles



Women: Unsung Heroes of Society

→ Afzaal Ahmed Malera. The author is an MPhil Scholar, Columnist and writer, with publications in National Herald Tribune, Azvision, Urdu Point, Daily Country News, Roznama Awami Awaz Faisalabad and Samachar Pakistan. Also a keen observer of National and International affairs.



rights of women and, marginalized communities. Similarly, Shirin Ebadi, an Iranian lawyer, human rights activist, and Nobel laureate known for her advocacy for women's rights and democracy in

Women have long been the unsung heroes of society, contributing significantly to every aspect of life yet often receiving inadequate recognition for their efforts. From nurturing families to leading communities, women play a crucial role in shaping the fabric of society and fostering cohesion among its members.

Across cultures and throughout history, women have been responsible for instilling values of empathy, compassion, and cooperation in the next generation. Their nurturing nature and emotional intelligence are essential in maintaining social bonds and resolving conflicts peacefully. In addition to their roles within the family unit, women are increasingly taking on leadership positions in various sectors, including politics, business, education, and community organizations. Their unique perspectives and leadership styles often prioritize collaboration and consensus-building, which are essential for creating a harmonious and equitable society.

Harriet Tubman, often hailed as the "Moses of her people", despite enduring the hardships of enslavement, Tubman escaped to freedom and dedicated her life to helping others. Risking her life countless times, she led approximately 70 enslaved individuals to freedom, and throughout her life remain firm in her commitment to the cause of liberation. Her bravery and determination made her a ray of hope for those oppressed by the cruel institution of slavery.

Another gem was Rosa Parks, known as the "Mother of the Civil Rights Movement," who became an icon of resistance against racial discrimination in the United States. In 1955, Parks refused to give up her seat to a white passenger on a segregated bus in Montgomery, Alabama, sparking the Montgomery Bus Boycott. Her act of

defiance led to a wave of protest and paved the way for the Civil Rights Movement. Parks' courage and steadfastness inspired millions to challenge unjust laws and demand equality under the law.



If we look at Muslim women's contributions to and role in society, Benazir Bhutto was the first woman to lead a Muslim-majority country, serving as the Prime Minister of Pakistan from



1988 to 1990 and again from 1993 to 1996. A charismatic leader, Bhutto advocated for democracy, women's empowerment, and social reforms. Despite facing numerous challenges, including exile and assassination attempts, she remained steadfast in her commitment to advancing the

Iran. As the first female judge in Iran prior to the Islamic Revolution, Ebadi has been a vocal critic of discriminatory laws and

practices against women and has defended numerous women's rights activists and political prisoners. Despite facing persecution and exile, she continues to be a leading voice for justice and equality.

These women, among countless others, have left a lasting legacy of progress, innovation, and empowerment for generations to come. Women-led initiatives and organizations are at the forefront of addressing pressing social issues such as poverty, healthcare disparities, education access, and environmental sustainability. Their grassroots efforts often involve community engagement, grassroots organizing, and advocacy, resulting in tangible improvements in the lives of individuals and communities. Furthermore, research

has consistently shown that gender diversity in decision-making processes leads to better outcomes and more innovative solutions. By empowering women to participate fully in all aspects of society, we not only tap into a vast pool of talent and expertise but also ensure that the needs and perspectives

of all members of society are taken into account. However, despite the invaluable contributions of women to building a harmonious society, they continue to face systemic barriers and discrimination in many parts of the world. Gender inequality, unequal access to education and economic opportunities, and gender-based violence are persistent challenges that undermine the progress towards a more equitable and peaceful society. To truly harness the potential of women as architects of a harmonious society, concerted efforts are needed to dismantle gender stereotypes, promote gender equality, and create enabling environments where women can thrive and contribute fully to their communities. This includes investing in education and skills training for women and girls, ensuring equal opportunities for leadership and decision-making, and implementing policies and programs that address the root causes of gender inequality. Despite the progress that has been made, there is still much work to be done to achieve true gender equality. It is essential to recognize and celebrate the contributions of women throughout history and in contemporary society, amplifying their voices, supporting their aspirations, and advocating for their rights. By acknowledging the invaluable role of women as unsung heroes, we can strive towards a more inclusive and equitable world for all. We have to recommit ourselves to advancing gender equality and creating a world where every individual, regardless of gender, can live with dignity, respect, and opportunity. By recognizing and uplifting the voices and contributions of women, we can truly build a more peaceful and prosperous future for all. Together, let us honour the legacy of women who have shaped our past and empower the women who will shape our future.



100 Ways to Earn Money Online as a Student

By: Muhammad Zubair

- Providing SEO services for small businesses or websites.
- Offering virtual event planning or coordination services.
- Providing resume writing or career coaching services.
- Starting a podcast and monetizing it through sponsorships or donations.
- Offering virtual language lessons or conversation practice.
- Providing transcription services for podcasts or videos.
- Offering virtual organizing or decluttering services.
- Providing video editing services for YouTubers or content creators.
- Selling handmade jewelry or accessories on platforms like Etsy.
- Offering social media marketing services for small businesses.
- Providing virtual assistant services specific to a niche (e.g., real estate, legal).
- Creating and selling digital planners or organizational tools.
- Offering online cooking classes or meal planning services.
- Providing ghostwriting services for ebooks or articles.
- Offering freelance accounting or bookkeeping services.
- Providing virtual event photography or videography services.
- Selling print-on-demand clothing or merchandise with original designs.
- Offering podcast editing or production services.
- Providing freelance data entry or administrative support.
- Offering virtual interior design or home staging consultations.
- Selling print-on-demand posters or wall art with original designs.
- Providing social media influencer outreach or collaboration services.
- Offering virtual assistant services specialized in email management or customer service.
- Providing freelance marketing or advertising copywriting services.
- Freelance writing for blogs, websites, or publications.
- Virtual assistant tasks for busy professionals.
- Graphic design services for small businesses.
- Social media management for companies or influencers.
- Online tutoring in subjects you excel in.
- Creating and selling digital art or designs.
- Transcribing audio files into text.
- Offering translation services for multilingual students.
- Selling handmade crafts or artwork on Etsy.
- Starting a YouTube channel and monetizing it through ads.
- Affiliate marketing by promoting products on social media or a blog.
- Participating in online surveys or market research studies.
- Offering freelance photography services for events or businesses.
- Creating and selling online courses or tutorials.
- Providing voiceover services for videos or commercials.
- Offering freelance web development or design services.
- Selling stock photos or videos on platforms like Shutterstock.
- Starting a blog and monetizing it through ads, sponsored content, or affiliate marketing.
- Providing virtual fitness coaching or personal training sessions.
- Offering virtual music lessons or instrument tutorials.
- Creating and selling digital products like ebooks or printables.
- Providing editing and proofreading services for academic papers or documents.
- Offering online coaching or consulting services in your area of expertise.
- Selling customized merchandise or print-on-demand products.

Beyond CGPA: The Power of Practical Skills in Shaping a Successful Future

→ Inshal Fatima, a committed student of Political Science at UOS, dreams of modernizing traditional customs and supporting progress in line with the changing world. By valuing skills and technology over memorization, Inshal aims to shape a forward-thinking landscape across disciplines.



The use of grading systems originated in the 18th century as a way to classify students based on their academic performance. At first, grades were primarily used for sorting and selecting students, rather than as a true measure of their capabilities. In many societies, there is a deeply ingrained belief that high academic achievements are directly linked to success in life. As a result, people often connect their personal worth and career prospects to their academic performance. Educational institutions, ranging from schools to universities, rely on grades as a standard method of assessing students' understanding. Consequently, grading systems often shape the design of curriculums and teaching methods to align with the goals of assessment. Unfortunately, the perceived importance of grades in securing future opportunities often leads to intense competition among students. This, coupled with high-

stakes exams and an excessive emphasis on grades, can contribute to stress, anxiety, and a prioritization of memorization over true comprehension. Grades used to take center stage, but now they are fading into the background when it comes to achieving success. Success is no longer solely determined by academic performance; it is about being equipped with a range of skills to handle any situation life throws at you. It is not enough to simply possess knowledge; it is about applying the lessons learned from textbooks to real-life situations like a superhero. Employers no longer prioritize resumes filled with perfect grades; they are looking for action-oriented individuals who can make things happen in the workplace. In today's fast-paced and interconnected world, effective communication, problem-solving skills, and adaptability are the true showstoppers. With technology

constantly evolving, the ability to learn quickly and adapt steals the spotlight, rather than being able to recite information from outdated encyclopedias. Grades used to be highly regarded, but now those who possess a diverse range of skills and can thrive in a global and tech-driven environment are the real stars of the show.

Grades frequently serve as a universal benchmark, using the same criteria to evaluate everyone's skills. While they can indicate how well someone has memorized information, they fail to capture the broader aspects of their creativity, problem-solving ability, and practical skills. Some individuals excel in hands-on tasks or unconventional thinking, but their grades may not reflect their true capabilities. Grades may demonstrate knowledge, but they do not reveal the methods or real-world application of that knowledge. Creative thinking, unique perspectives, and innovative approaches often do not fit neatly within the confines of a grading system. Ultimately, grades can be likened to a teaspoon attempting to measure the depth of the ocean - they capture only a small portion, leaving much more hidden beneath the surface.

Having good grades in school does not always mean that you will be successful in the real world; it is similar to being successful in a video game but struggling with real-life challenges. While high grades may show that you understand the theory, it does not guarantee that you can apply that knowledge when faced with practical difficulties. Grades do not necessarily reflect how well you can handle real-world problems; it is comparable to solving a puzzle on paper but struggling in a physical maze. Employers are interested in more than just your



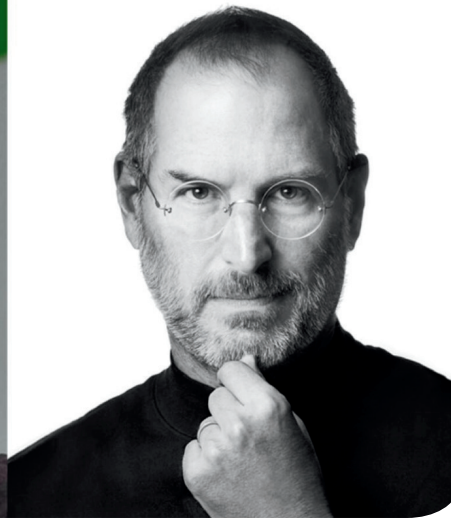
academic achievements; they want to see if you can use your knowledge to tackle complex projects in a professional setting. In the real world, practical experience is more important than memorized information; it is like a chef being hired for their cooking skills rather than their ability to recite recipes.

The job landscape is changing, much like a remix of a song. Employers no longer want individuals who stick to old routines; they desire someone who can adapt and keep up with the updated



embrace change, navigate technological advancements, and bring a diverse set of skills to the table. Employers are currently highly focused on skills and competencies, wanting to see what you can actually do rather than just what is written on paper. They view themselves as talent scouts, looking for individuals whose skills and competencies can take center stage and demonstrate their worth beyond

Just a name on a resume. Practical application of knowledge is more important to employers than



skills and competencies that steal the spotlight, and simply stating that you can do something is not enough - you must prove your capabilities on the stage. Steve Jobs, Richard Branson, Mark Zuckerberg, and Bill Gates are all examples of individuals who achieved great success despite not following traditional education paths. Steve Jobs left college but utilized his innovative thinking and entrepreneurial drive to develop groundbreaking technology that transformed the tech industry. Similarly, Richard Branson faced

academic difficulties due to dyslexia but managed to build a vast business empire across multiple industries. Mark Zuckerberg, too, left Harvard to pursue his vision for Facebook, showcasing that determination and revolutionary ideas can outweigh formal education. Finally, despite dropping out of Harvard, Bill Gates founded Microsoft and dedicated himself to philanthropy. These individuals highlight the significance of creativity, resilience, and a willingness to take risks in

accomplishing one's aspirations. Having practical skills is like having a rocket booster for your career, propelling your progress more quickly than relying solely on grades. Practical skills turn you into a workplace superhero who can solve problems efficiently and stands out for

beat. The typical 9-to-5 grind is becoming a thing of the past as work becomes more dynamic and flexible, requiring individuals to be adaptable in their careers. Jobs can be likened to a magic show, where technology is the magic wand, and employers seek individuals who can use it effectively to get things done. Instead of having just one skill, employers now want individuals with a wide range of tools in their toolbox, each suited for different tasks. Simply excelling at your job is no longer enough; employers value individuals who can also collaborate well, communicate effectively, and adapt to new situations, just like being a good friend in the workplace. In this new version of the work world, employers want individuals who can embrace change, navigate technological advancements, and good friend in the workplace. In this new version of the work world, employers want individuals who can

theoretical knowledge alone; they want to see how you can utilize what you know in the real world. Additionally, teamwork and problem-solving abilities are highly valued, as employers want to see how well you can collaborate with others and solve challenges as a team. In this employer talent show, it is your



spotlight, creating more opportunities for career advancement and serving as the golden ticket to innovation and high-level prospects. On the other hand, soft skills work in the background, ensuring smooth operations in various professions. They encompass effective communication, teamwork, adaptability, critical thinking, and time management – all crucial for succeeding in any job. Soft skills guarantee that everyone is on the same page and foster a positive and productive work environment. They act like poetry, elegantly resolving problems and transforming chaos into graceful solutions. In client interactions, soft skills are akin to a magic trick, contributing to relationship-building and creating a sense of enchantment in the workplace. Critical thinking and time management are the key ingredients that make any professional journey enjoyable and prosperous, regardless of one's chosen career path. In the future, education needs to undergo a transformative change that prioritizes skill-building over rote memorization. Instead of relying heavily take center stage, with the acquisition of practical skills becoming the main goal. The education system of the future should fully embrace a "learning by doing" approach, similar to the process of learning how to ride a bike. Future schools should lead the way in developing initiatives that prepare students for real-life situations, fostering a safe and supportive environment for applying the knowledge they have acquired. In this upcoming era of education, the emphasis should be on hands-on learning, fully equipping students for the challenges they will face beyond the classroom. Imagine a tale about two superheroes in the job world: Degrees and Skills. Degrees proudly display their certifications and high grades, believing that these will open numerous job opportunities for them. Skills, on the other hand, possess practical experience and a wealth of knowledge, without relying on formal certificates. Degrees were disappointed to discover

that their certificates were not enough to unlock job doors. Skills, however, with their adaptability and problem-solving abilities, were highly sought after by employers who valued these traits more than formal qualifications. Degrees attempted to impress with their certificates, but the applause they received fell short of their expectations. Skills stole the spotlight, captivating the audience with their innovative problem solving and creativity. Although Degrees maintained a polished appearance, they felt that something was missing. Skills, the missing element, agreed. They acknowledged that learning is valuable, but the true measure of success lies in applying that knowledge in the real world. Ultimately, the Degrees vs. Skills story concludes by showcasing the success achieved through their joint efforts. It emphasizes the importance of not favoring one over the other, but rather embracing their combination to achieve remarkable results. Now, it's your turn to create your own story! Considering all this, my fellow career explorer, may your path be a fruitful blend of academic studies and practical proficiencies. While degrees may introduce you, it is your hands-on abilities that truly captivate and lead to triumph. Embrace the evolving landscape of education, with an emphasis on real-world experiences and practical skills. Strive for a harmonious balance between academic achievements and practical expertise, as soft skills become your professional superpowers. As you create your own success story, keep in mind that degrees open opportunities, but it is the key of skills that unlocks lasting impact. May your career journey be a work of art, showcasing the artful collaboration between academic accomplishments and practical prowess.



Building a Progressive Mindset

By: Editorial Board

- Embrace the concept of growth and development.
- Adopt a willingness to learn from experiences, both positive and negative.
- Cultivate a curiosity about the world and different perspectives.
- Set ambitious yet achievable goals for personal and professional growth.
- Practice self-reflection to identify areas for improvement.
- Challenge limiting beliefs and replace them with empowering ones.
- Surround yourself with positive and supportive individuals.
- View failures as opportunities for learning and growth.
- Celebrate success, no matter how small, to reinforce progress.
- Take calculated risks to expand your comfort zone.
- Stay adaptable and open-minded in the face of change.
- Focus on continuous improvement rather than perfection.
- Develop resilience to bounce back from setbacks.
- Seek feedback and constructive criticism to aid in self-improvement.
- Foster a mindset of abundance rather than scarcity.
- Practice gratitude to appreciate the present moment and what you have.
- Cultivate patience and perseverance in pursuit of long-term goals.
- Embrace challenges as opportunities for personal development.
- Invest in ongoing education and skill development.
- Stay proactive in seeking new opportunities for growth.
- Learn from the success and failures of others.

GENDER STEREOTYPES AND TOXIC MASCULINITY IN THE NOVEL "IT ENDS WITH US" BY COLLEN HOOVER

→ SUMAIRA ALLAH YAR (ENGL71F23S008); STUDENT OF MPhil ENGLISH LITERATURE (2023-2025), UNIVERSITY OF SARGODHA.



"IT ENDS WITH US" is one of the best-selling novels by Collen Hoover in 2016. It is a romance novel that follows the story of a girl named Lilly Bloom, who has just moved and is ready to start her life after college. Lily then meets a guy named Ryle and she falls for him. As she is developing feelings for Ryle, & Atlas, her first love, reappears and challenges the relationship between Lily and Ryle.

In this article, we will attempt to explore the gender stereotypical approach and toxic masculinity in the novel "It Ends with Us." A gender stereotype is a generalized view or preconception about attributes or characteristics that are or ought to be possessed by women and men or the roles that are or should be performed by men and women. For example one of the most common stereotypes that prevailed in our society is that men are supposed to be strong emotionally, physically, and financially while women tend to be weak and submissive.

Toxic masculinity is an attitude or set of social guidelines stereotypically associated with manliness that often hurt men, women, and society in general.

The male characters of this novel are portrayed as strong, independent, aggressive, and violent. An act of violence is an attack or invasion (assault) on the physical and psychological integrity of a person and can be in the form of violence against one particular sex caused by gender differences. Violence against women is the product of a patriarchal society. Men dominate the social institutions and bodies of women.

Lilly's father is the product of a patriarchal society; he has been abusive to his wife throughout their marriage life. Lily had grown hatred for her father as she mentioned in her eulogy:

"I stood up there for two solid minutes without saying a word. There wasn't one great thing I could say about that man—so I just stared silently at the crowd"

Her use of the word "that man" rather than calling him her father showed the

normal. Lilly's mother's idleness towards an abusive marriage created a distance between Lilly and her. She was of the view that her mother should end such relation and should protect herself. Such patriarchal domination places women as victims amid abusive



extent of her distress. Her father's abusive behavior had become the norm in their house. As she mentioned once in the novel to Ryle:

"My father was abusive. Not to me—to my mother. He would get so angry when they fought that sometimes he would hit her. When that happened, he would spend the next week or two making up for it. He would do things like buy her flowers or take us out to a nice dinner. Sometimes he would buy me stuff because he knew I hated it when they fought."

From the above words of Lilly, it is also evident that women are considered to be materialistic. One can do whatever one wants with her and then all he has to do is to buy her some gifts and magically everything will be back to

relations. Women accept all acts of violence on the part of men, including their partners (domestic violence). This impact can extend to their children. As evident from the plot Lilly herself gets involved in such a relation with Ryle Kincaid.

The relationship between Ryle and Lilly is highly romanticized but it is abusive in its true nature. Ryle abused Lilly emotionally, physically, and sexually throughout the novel. We witness an act of physical violence in several sections of the novel as Lilly and Ryle

want to celebrate a party for the success of Ryle who will perform a rare and important operation regarding the separation of conjoined twins in his unit as he is a neurosurgeon. Lilly accidentally laughed because of Ryle's

impulsive act of pulling the hot carousel tray directly from the oven with his bare hands. Ryle, who felt panicked and hurt immediately, hit Lily with his arm until her body bounced back. Lily also



experienced emotional disturbances remembering flashbacks to the figure of her father who acted abusive toward her mother.

By the theory of Hooks, the concept of love in patriarchal culture is the idea of ownership, dominance, and submission. When women give love and affection, men can abuse their power by controlling or doing unjust actions toward women, including acts of violence.

If we make a keen analysis of Ryle's character, it seems that he has split personality disorder, in which on one hand he is violent, jealous, possessive and briefly black outs in fits of rage leave Lily bleeding and heartbroken. When he read Lily's old journal, Ryle found out the meaning of Lily's tattoo on her neck, and he got really mad. Instead of listening to Lily's explanation, he chose to commit violence in an act of sexual assault. On the other side, he has overly demonstrative expressions of love, ranging from intense declarations to grandiose gifts to impulsive wedding proposals.

Both Lily and her mother endured their abusive marriages with the hope that

things may eventually improve. Female characters are portrayed as delusional, hoping for some miracle to happen. So we can say that Lily and Ryle's relationship is no different from Lily's

parents. The cycle of abusive marriage is being repeated throughout the novel. Submissiveness and dependency of women on men is another aspect of patriarchal society. Lily is portrayed as an emotionally weak person. She is so emotionally dependent on her husband that she is unable to get out of the cycle of abusive relationships. She continued to give him chances one after another and kept ignoring his violent behavior. She is only able to get herself out when she finds another man to be emotionally dependent on; Atlas Corrigan. It sends the message that women are not capable of being independent or finding fulfillment outside of a romantic relationship. As she said:

"I am in love with a man who physically hurts me. Of all people, I have no idea how I let myself get to this point."

From the quotation above it can be revealed consequence of societal norms that promote male dominance and female submission. The statement of Lily above expresses her emotional turmoil and confusion about allowing herself to be in a relationship with Ryle for letting herself be submissive under Ryle's toxic behavior.

Objectification of women has always been a part of society. Feminist theory has argued that pervasive objectification by the media, society, and institutions leads women to self-objectify. This means that they perceive themselves as objects, and base their self-worth on how they appear to others. In this novel, Ryle is seen in many instances through his words and actions objectifying Lily, as he says to his mother:

"Mother," Ryle says. "Meet Lily. My blasphemous whore."

The dialogue of Ryle above contains derogatory language and offensive terms that can be considered misogynistic and disrespectful towards women. Referring to someone as a "blasphemous whore" is not only offensive but also objectifies and degrades the person being talked about, in this context Lily Bloom.

We can conclude from our above discussion of the novel that gender

stereotypes are as destructive for males as they are for females. Such stereotypes expect men to be always strong. Men are not allowed to show their true emotions and are taught from their childhood "men don't cry." Unexpressed emotions built aggression in them which they let out through physical violence. Women are being categorized as "good" and "bad" based on their response to such violence. Strong dependent women who show resistance are labelled as "bad" girls by patriarchal society. There is a dire need for awareness and acceptance of both men and women at first as being "human" who should be allowed to show resistance to violence and should show their emotions.





Role of Muslim Community in Palestine-Israel Conflict: Challenges in International Politics

→ Sohail Hassan, The author is a Student of BS Political Science at the University of Sargodha. He is an article reader & writer, He has a grip on National and International Current affairs. Being a Student of Political Science, he is a Keen observer of National and International Politics and has an analytical approach to it.

The Israeli-Palestinian conflict, particularly in the context of Gaza, is a complex and longstanding issue that has attracted attention and involvement from various actors, including the Muslim Ummah (the global community of Muslims). The role of the Muslim Ummah in the Gaza-Israel conflict and the challenges in international politics should be kept in view. Muslim-majority countries often express solidarity with the Palestinian cause diplomatically, condemning Israeli actions and advocating for the rights of Palestinians. Diplomatic efforts may include supporting resolutions in international forums, such as the United Nations, condemning Israeli actions and calling for a peaceful resolution. Muslim countries and organizations may provide humanitarian assistance to the people of Gaza, including medical aid, food, and other necessities, especially in the aftermath of conflicts. The Muslim Ummah often mobilizes public opinion through media, social networks, and public protests to raise awareness about the situation in Gaza and garner international support for the Palestinian cause. Some Muslim-majority countries contribute financially to the Palestinian territories to support infrastructure development, economic stability, and the well-being of the population. The Arab League and the Organization of Islamic Cooperation (OIC) play roles in coordinating efforts among member states to address the Palestinian issue collectively. The Israeli-Palestinian conflict is often influenced by broader geopolitical considerations, with powerful nations, such as the United States, having strong ties with Israel. The Israeli-Palestinian conflict is often influenced by broader geopolitical considerations, with powerful nations, such as the

United States, having strong ties with Israel. Political, sectarian, and ideological differences can hinder unified action. Some Muslim-majority countries may have limited diplomatic or economic leverage to influence the situation, especially if they are not



major players in international politics. Countries in the Muslim Ummah may face security concerns and may be reluctant to take assertive actions due to potential repercussions or conflicts with other regional powers.



The legal complexities surrounding the conflict and the influence of international law may pose challenges in finding a resolution that is acceptable to all parties involved. The lack of progress in the peace process, ongoing violence, and the absence of a comprehensive solution contribute to

the challenges faced by the Muslim Ummah in influencing a positive change. Non-state actors, particularly Hamas, play a significant role in the conflict. The stance of the Muslim Ummah toward these groups can vary, with some expressing support for their resistance against perceived occupation, while others may condemn their methods and actions. Hezbollah, a Shiite political and military organization based in Lebanon, has been a prominent supporter of the Palestinian cause, particularly in the ongoing conflict with Israel. Established in the early 1980s, Hezbollah has consistently advocated for the rights of Palestinians and their quest for self-determination. One of the key ways in which Hezbollah supports Palestine is through military and paramilitary means. The organization has engaged in armed resistance against Israeli forces, particularly during the Israeli occupation of southern Lebanon. Hezbollah's military wing, with its well-

organized and disciplined forces, has played a significant role in confronting Israeli military advances. Hezbollah provides substantial political backing to the Palestinian cause. The organization aligns itself with the broader goal of establishing an independent Palestinian state with East Jerusalem as its

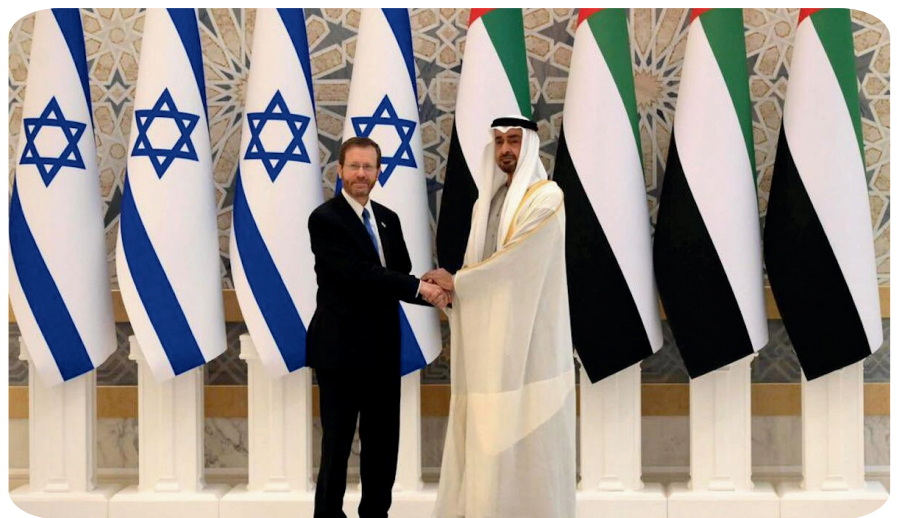
capital. Hezbollah leader Hassan Nasrallah has been vocal in expressing solidarity with the Palestinian people and condemning what the organization perceives as Israeli aggression and occupation. This political support extends to diplomatic efforts, where Hezbollah, despite being primarily focused on Lebanese affairs, has consistently advocated for Palestinian rights on the international stage. Furthermore, Hezbollah channels financial and logistical aid to Palestinian groups, including Hamas, which shares similar objectives in resisting Israeli occupation.

This support has included training, weaponry, and funding to strengthen the capabilities of Palestinian factions. While Hezbollah's involvement in the Palestinian territories has sparked controversy and condemnation from Israel and some Western nations, it has garnered support and admiration from segments of the Arab and Muslim world for standing against perceived injustices. Hezbollah's multifaceted support for Palestine underscores the intricate dynamics of the Middle East conflict and the interconnectedness of regional players. The organization's involvement reflects a broader sentiment within the region, where support for the Palestinian cause remains a central tenet of political and ideological identity for various groups and nations. The strong alliance between the United States and Israel poses challenges for Muslim-majority countries seeking to influence U.S. policy or garner international support for the Palestinian cause. The influence of pro-Israel lobbying groups in the U.S. also affects the dynamics. The role of the United Nations, particularly the Security Council, is crucial in addressing the conflict. However, the use of veto power by certain countries, including the U.S., can impede the adoption of resolutions critical of Israel.

The normalization agreements between Israel and some Arab countries, like the Abraham Accords, have reshaped regional alliances. While some argue that these agreements could potentially create a new diplomatic

environment, others criticize them for not adequately addressing the Palestinian issue. The positions of major Arab countries, such as Saudi Arabia and Egypt, are influential. These countries may prioritize regional stability or their own national interests over overt support for the Palestinian cause, leading to divisions within the Arab world. Turkey and Qatar have been vocal supporters of the Palestinian cause. Their influence extends through diplomatic efforts, media, and in some cases, financial support. However, their involvement can also lead to tensions

c However, it also brings challenges such as misinformation, polarization, and the potential for online spaces to be used for propaganda. Gaza-Israel conflict requires a comprehensive and inclusive approach involving international cooperation, adherence to international law, and efforts to address the root causes of the conflict for a lasting and just resolution. Gaza-Israel conflict needed a nuanced understanding of these dynamics, along with a commitment to diplomatic dialogue, respect for international law, and efforts to address the legitimate



with other regional players. The blockade of Gaza by Israel and Egypt, aimed at restricting the flow of weapons, has also impeded the delivery of humanitarian aid. The Muslim Ummah faces challenges in addressing the humanitarian crisis and advocating for the free flow of aid. Rebuilding Gaza after conflicts requires significant resources. The Muslim Ummah may face challenges in mobilizing international support for reconstruction efforts, especially given concerns about the potential misuse of funds or materials. The media plays a crucial role in shaping public opinion. The Muslim Ummah may face challenges in countering narratives that either favor Israel or portray the Palestinian resistance in a negative light, impacting international perceptions of the conflict. Social media has enabled grassroots activism and awareness campaigns.

grievances and aspirations of both Israelis and Palestinians. The Muslim Ummah's role in the Gaza-Israel conflict reveals a complex interplay of political, diplomatic, humanitarian, religious, and cultural factors. The examination of internal challenges and conflicting agendas within the Ummah, coupled with the influence of media narratives, underscores the need for a nuanced understanding. As the conflict persists, there is an imperative for reflection on the overall impact of the Muslim Ummah's efforts and a thoughtful exploration of avenues for improved collaboration and conflict resolution on both regional and international scales



Beyond the Bridal Veil”(The Curse of Dowry.)

➔ Najam u Sehar is an Empowering women, challenging norms, and advocating for equality.



influences marital practices. Cases such as Shazia Masih's in 1998 showed negative outcomes. Legislative responses, e.g., the Dowry and Bridal Gifts (Restriction) Act of 1976 were a part to react on this

“Dowry is not only a curse; it is actually the mother of all evils in society.”

One women dies every hour due to dowry related reasons. The dowry system, prevalent in some cultures, involves the transfer of money, property, or gifts from the bride's family to the groom's family. The curse of dowry refers to the negative consequences associated with this practice, including financial strain, exploitation, and instances of marital violence or abuse when dowry expectations are not met. It can perpetuate gender inequalities and contribute to social issues within communities that practice it. In a world that is constantly pressed to have equality, the continuous staying of the dowry system would illustrate gender biasness and norms. This outdated tradition, sometimes referred to as dowry curse; has been deeply ingrained in different cultures passed on the wrong treatment of woman. In this paper, therefore the intersection of feminist right and enduring problems raised by dowry system will be explored to investigate its effects on women's authority individual financial autonomy as well as gender equality movement.

It is a common custom in India and Bangladesh but it has a higher rate in Pakistan. On average, 2000 women in Pakistan are killed every year in the name of dowry. The dowry curse in Pakistan and all over the world has wider consequences that are reflected as the economic burden, gender inequality and domestic violence. The practice of dowry exacerbates poverty and inequality, is a source of post-marital disputes, and is a major cause of divorce in the country. Since it is a widely practiced social problem, only legal measures will not be enough—social interventions are critical to end it. Families subjected to pressure in

terms of dowry can be stigmatized, and most legal measures have difficulties with enforcement. This agenda requires fighting traditions and advancing gender equality, as well as strengthening legal mechanisms. One prominent historical example associated with the dowry curse in Pakistan is Shazia Mashie's case from 1998 Shazia, a young woman was killed by her husband and in-laws on the presumption of their family's refusal to pay dowry. This dramatic incident caused general awareness and public indignation, which made people see the adverse effects of dowry- related pressures. The course of events in connection with dowry curse has a woeful history that penetrates deep into human minds as early provision for young brides but due to considerable social stickiness was changed to mere pressure on some cultures at last. Its historical roots can be seen in ancient Rome and medieval Europe. Dowry has a historical significance in Pakistan that



problem as well as balance in changing societal patterns. But still these laws are not followed and the issue of dowry has become a global problem.

The dowry system can cause women to suffer terrible outcomes, even death. It has ruined the lives of many a brilliant girl because their parents could not afford to give sufficient dowry to the family where they intended to marry their daughters. Sometimes, the girls commit suicide when their husbands or in-laws persecute them to bring more and more money from their parents. Sometimes, the greedy husbands, along with their parents, also kill their wives when they are not given huge dowry. In severe situations, brides may experience verbal and physical abuse in their married homes if their families are unable to provide the required dowry. When mistreatment

persists, it can lead to more serious forms of violence, such as harassment related to dowries or “dowry deaths,“ This tragic result emphasizes how urgently the dowry system needs to be addressed and abolished in order to protect women's safety and wellbeing. Cultural variations in the curse of dowry exist globally, with regions like South Asia experiencing intense social pressure and financial burdens on families. In contrast, some societies have successfully combated this practice through legal measures and changing attitudes. Analyzing these differences can provide valuable insights into the complexities surrounding dowry-related issues. The curse of dowry places a significant economic burden on the parents and families of females, particularly in the context of South Asian cultures. This is a great slur on the Pakistani society. It has also reduced the status of the girls. Due to the curse of this dowry, people start considering their daughters as a

burden and are worried about not having more daughters and the life of this daughter also becomes hell. It shows that women are inferior to men. It is a curse specially for the poor parents who have to beg and borrow huge money to give dowry to their daughters. Believing in a curse associated with a released dowry can have various psychological effects. People may feel more stress, anxiety or fear and ascribe negative events to the curse. This belief may also influence their choices, connections, and life in general.

At the community level, it promotes secrecy and suppresses open discussions while also enforcing social stigma, business ethics in highlighting a critical need for awareness and societal reform. Feminist writers, in turn, frequently discuss such cultural

phenomena as women's influence on their lives and the requirement of social transformation. This belief system can be discussed from the perspective of gender roles, power structures and its effect on people's mental wellbeing in psychology. Dowry expectations can exacerbate gender inequality by burdening families financially and preventing girls from pursuing higher education. Families may put more money into dowry savings than into girls' education, which would restrict their access to high-quality education and hinder their growth on the personal and professional fronts. This practice upholds social norms that place marriage above a girl's right to an education and future employment prospects. Because women are viewed as commodities to be traded in marriage, the curse of the dowry perpetuates gender inequality. This damaging practice reinforces the idea that men should receive money in exchange for marrying women by implying that a woman's worth is dependent on her material belongings. Because of this, it promotes an attitude that views women as financial liabilities, upholding traditional gender roles and devaluing their standing in society. Thus, the dowry system turns into a weapon that amplifies and

perpetuates already-existing gender inequities.

The situation of Fatima In contemporary Pakistan is a prime example of the dowry curse. Fatima's story, in which she faced abuse and harassment for failing to bring an adequate dowry, is a reflection of the ongoing oppression that women experience as a result of societal expectations linked to material wealth. The tragic effects of dowry are brought to light in India through the story of Ananya. Her family was ridiculed by society for not being able to pay the required dowry. Ananya became entangled in a generational cycle of despair after being coerced into a marriage that caused her great suffering. Priya's story illustrates how the dowry curse still exists, even in South Asian diaspora communities

Priya, caught between personal goals and cultural expectations, is forced to deal with dowry demands that strain relationships and worsen gender inequality..

In order to address dowry issues, community engagement is essential because it promotes group efforts to abolish the system. A common commitment to change is fostered when communities actively engage in dialogues, campaigns, and educational projects. People can question and change dowry-related cultural norms by encouraging candid communication. By working together, we can dismantle social barriers, lessen stigma, and create support systems for people who refuse to pay the expected dowry. In the end, community involvement makes it easier to achieve a more thorough and long-lasting campaign to abolish the dowry system through advocacy, education, and shared awareness. The public's opinion and cultural perceptions regarding dowries are greatly influenced by the media. Because it shows people rejecting dowries and supporting gender equality, it can be a potent tool for promoting awareness and dispelling stereotypes. The media can promote a more informed and progressive societal perspective by highlighting the

detrimental effects of dowry expectations through news stories, documentaries, and campaigns. The deconstruction of stereotypes and the advancement of fair perspectives on marriage and gender roles are made possible by diverse narratives. Changing perspectives on the curse of dowry requires a multifaceted approach.

Implementing comprehensive educational programs, advocating for legal reforms, promoting economic empowerment for women . we have to emphasize the importance of changing societal views on dowry to promote gender equality. Key strategies include educational programs, legal reforms, economic empowerment for women, media collaboration, community engagement, role modeling, and establishing support systems. By taking these steps we should shift towards marriages built on mutual respect and equality, free from the constraints of the dowry system.

In conclusion, the dowry curse is still a pervasive problem with wide-ranging effects, such as gender inequality, financial hardship, and social pressures. To end this damaging practice, immediate action through legislative changes, community involvement, and education is needed. In order to create a society free from the damaging effects of the dowry system and where marriages are based on equality and mutual respect, it is imperative that gender equality be prioritized along with cultural norms to be challenged and awareness raised. To conclude, the enduring presence of the dowry system in Punjab highlights the pressing necessity for all-encompassing remedies. Continued efforts are required because of the practice's financial burden and gender disparities. It is essential to combine continuous awareness campaigns with the strict enforcement of anti-dowry laws in order to promote a more just and equitable society in the region and to create meaningful and long-lasting change.



Religion and the Israel-Palestine Conflict: Origin, Impact, and Resolution

→ Zainab Nawaz : A student of BS English; investigating role of religion in israel-palestine War



The current "cruel and violent" Israel-Palestine conflict is battled over territory where ideology and the endless cycle of harm has made its resolution impossible," according to David Patrianakos. Religious ideology has a role in the impasse that prevents both parties from coming to an agreement on how to resolve the Israeli-Palestinian issue. In fact, historian Marc Simard believes that the main obstacle to reaching a settlement may be the religious extremism of both Muslims and Jews. However, this does not imply that religion is the source of the dispute. Instead, religion plays a complicated function that is frequently not what it seems to be. Cultural, national, historically significant, and religious factors are some of the driving forces behind the Israeli-Palestinian conflict. This short article concentrates on the religious aspect of the struggle, which current events and historical



evidence point to as its central theme. The extent to which religion influences the identities of those involved in the conflict, the practical concerns at hand, and the pertinent laws and attitudes—even of agnostic players on both sides—is something that is less frequently recognized. In ways that a subsequent section will very briefly detail, it follows that religion must also be a component of any genuine solution to this terrible and ongoing battle. The sacredness of holy places and the end-time tales of both religions, which

are harmful to any chance for enduring tranquility between the two sides, are two religious considerations exclusive to Islam and Judaism that prescribe the role of religion as the major cause in the ongoing dispute. Extremely devout Zionists in Israel are exceedingly strict when it comes to making any kind of compromise with the Arabs, viewing themselves as protectors and arbiters of what the Jewish state ought to be. However, Islamist organizations propagate violence and hatred against Israel and the Jewish people while

arguing that the "holy" areas and places must be freed for purposes of religion. These organizations are found in Palestine and other parts of the Islamic world. These tensions are increased by religiously motivated rumors regarding the opposing side's covert religious intentions that extremists spread through the media and digital platforms. Instances included hearsay concerning a purported "Jewish Plan" to demolish the Al Aqsa Mosque and erect the Jewish Third Temple on its remains, as well as reports that Muslims

fundamentally believe in the annihilation of the Jewish people. Furthermore, as socioeconomic conditions in the Arab and Islamic countries deteriorate, a greater proportion of young people are being drawn towards fanaticism and politics influenced by religion, which in turn fuels the expansion of religious extremism. Ironically, the arrival of the Arab spring also presented a risk to the peace between Arabs and Israelis, as radical political ideologies frequently

overthrew established administrations. One notable instance was the Muslim Brotherhood in Egypt, who, although they were unable to instantaneously destroy the peace deal, vowed to undermine it based on their Islamic beliefs after taking over as president in 2012.

Examining the permanent status issues more closely reveals that the two most recent ones are closely related to the global religions of Muslims and Jews: borders, security, mutual recognition, refugees, Jewish settlements in the West Bank, and control over Jerusalem. Because Jerusalem is home to important sites for Christians, Jews, and Muslims, there is intense debate regarding who originally owned and controlled the city. Jerusalem has been assaulted fifty-two times, taken and retaken forty-four times, besieged twenty-three times, and destroyed

also religious in nature. It is about the real reconstruction of the biblical country of Israel prior to the second coming of the Messiah, which is essential to some orthodox Jewish beliefs. They continue to settle the West Bank in order to fulfill this

opposite hand, numerous theological extremist groups, like the Muslim Brotherhood, viewed their participation in the 1948 conflict as an eschatological event related to the approaching Day of Judgment. Terrorist Brotherhood extensions such as Hamas now

theologically necessary. It finances arms, and trains Hezbollah and Hamas while also aiding Assad's troops in Syria, presenting an immediate military danger to Israel - all ostensibly in the service of Islam.

A number of measures could be taken i



prophecy, despite clashes with local Palestinians. On the other side, fundamentalist Islamic schools believe that at the end of time, the entire territories of Israel and Palestine shall be under Islamic authority. Prophecies about this subject are firmly anchored in the Hadith (traditional sayings of the Prophet), but merely suggested in the Qur'an.

Some Jewish extreme organizations interpreted their participation in the 1948 war as part of a divinely promised return to the sacred land of Israel. However, the most radical such groups, such as the "Gush Emunim Subterranean" that attempted to attack the mosques in the Temple Mount region in the 1980s, have lately been banned by Israeli authorities. On the

advocate employing violence against Israel in the name of Islam, with no difference made between population and military installations. By spreading these doomsday stories, they keep trying to garner adherents in Gaza and beyond. By capturing power, this Muslim Brotherhood group philosophy wants to restore Islam and reinstate the old Islamic Caliphate in many Arab (and many non-Arab) countries. They regard Israel as a "foreign object" in the context of a hypothetical Islamic Caliphate.

Similar to this radical Sunni side, Iran has been the most vehement opponent of Israel since the 1979 Islamic revolution. Its hardline dictatorship openly advocates for the annihilation of Israel and claims that this goal is

nto consideration to help reduce the religious violence in this dispute: multicultural dialogue; commemorating the successful collaboration among Jews and Muslims in previous centuries, dating back to the seventh century; and emphasizing scriptures that uphold tolerant and optimistic

moral principles and promoting these values in both sides' educational institutions. Maybe these aren't all that original. What ought to make novel, though, is the significance and urgency of this religious element in any present endeavor to accomplish the "deal of the century" between Israel and the Palestinians, or even just to lessen the conflict and provide the conditions for permanent coexistence that is peaceful.



Possibilities of Thucydides Trap and US-China Rivalry

➔ Zakria Anmol a dedicated student of DPIR and part of DPIR Intellectual Forum belongs to Baluchestan. He has a keen interest in foreign policy especially US foreign Policy and International Relations.



The Thucydides Trap, defines the war situation between the world powers. According to Thucydides Trap: " war between an emerging power and existing world power, is inevitable ". In 2017, a book was published in America on the topic, " Destined for war: can America and China escape Thucydides Trap! ". According to the author, Graham Allison, in last 5 years history, 16 times have happened that a rapidly emerging power tried to take place of super power of that time, 12 times resulted war.

Today's this intense world shows the picture which Thucydides Trap argues. The current world rivalry have an abstruse history behind. From the collapse of USSR in 1990s, the America enjoyed the unipolar system, becoming the single world power. USA made a new world order and a liberal international system, shaping the world as democratic.

But unanticipatedly, within a decade China emerged as a jumbo economy. Under Hu Jintao and Xi Jinn Ping's presidency China boosted as a world economic power. It got access to world market with a huge share of world trade, was replacing USA in various sectors too. China's huge economic market got the attention of world and countries pulled out to this market gradually. China joined WTO in 2001 and started developing which surprised USA with a dangerous situation.

Onwards, in 2013 China initiated BRI, a net of roads and routes of trade to take world in a strong grip. The step not only shocked the rival but also depressed the world's super power. China had almost planned to overthrow the west from the highest pew. After this initiative USA intended to curtail the emerging China, because it was not bearable for America to lose its world position. To control China, USA adopted

different strategies like sanctions, controlling rival through its neighbors and pulling China from organizations. Now the scholars are finding out that the current rivalled situation of world two bulky powers will initiate a war or not! Lots of questions raise that if war happens between USA and China, whether the war will be as cold war or full-fledged military war? According to experts, war will happen, but there is no evidence that it will be like cold war or a full fledged weaponry war rather it will be a soft war. Because there was tension over the use of weapons



race, the countries were being nuclear power and tension was there of using weapons, and a military war is the actual using of weapons. But the current situation of world powers is unlike these two.

Soft war is about the modern war, the kind of war not using bullets but outfly economy and influence the world. World has experienced cold war and also military war, now the people are crabbed of these, world states want peace and stability. Going through this figuration no state want to join battlefield between powers, which changed the form of war to soft dissension. The new form of war compelled the combatants to turn

a new side as America and China, trying to more influence world. They are improving their technologies, trade field, large routs, far friendship and much more. The powers are investing in various sides of earth to pull out states their side. This strategy of China and America, touches peak, as China started BRI in 2013, connecting the half of the world together. China, investing in Southeast Asia, South Asia, Africa and others, building infrastructures for instance sea ports, air ports, and mega projects in different regions, giving free trade market and facility for developing

developing states to flourish economies. China boosting its AI and 5G network to improve its internet quality and control world digital market. On the other hand, to tackle the BRI, America auspicated its B3W project (Build Back Better World) in 2021 through G7, to invest and building developing nations. USA, also investing much in its digital technology as compared to the past, when its military investment was huge.

Their mutual economies are boosting, according to wrold statistics, in 2020 USA's GDP stood at \$19 trillion and at the beginning of 2023 it stood \$20 trillion. While China, in 2023, at around \$16 trillion. Just 3 years before, China's

GDP was 65% of USA, which within 3 years arose to 80% of USA's GDP.

Interestingly, imposing sanctions is also a part of this war, as America banned China's Huawei company in USA to accusing Huawei as spying network, obstructed Chinese 5G network and closed trade ways for China as imposed 25% tariff on Chinese commodities, in 2020. Other side, China imposed tariff on US goods which jogged US economy. In 2021, they mutually closed their consulates but after few months again opened.

Most importantly, the alliances are main weapons of soft war. The current both powers, to strengthen their hands have made alliances. For instance, AUKUS, QUAD, US-JAPAN special ties serving US interest, while BRICS, SCO, China-Russia alliance, recent China-Iran-Afghanistan bond are the main playing alliance games of China. Recently the KSA and Iran friendship step, taken by China is basically bring the both towards China's special shelter. In America's plus point Japan, India, South Korea and Taiwan are included, but interestingly, they are tilting towards China more than US. The main reason is that China does not impose its ideology (communism) as America, who to make world liberal democratic. China improves relationship no matter the other one is a democratic or something else. This strategy brings closer the countries to China.

However, possibilities of clash between US and China are there but the two world powers will not go to open war and the centre of this war will be economic sanctions and superiority. US will continue imposing sanctions on China. It is too early to surmise the war possibility or situation of world. The timecard is continue, so, there is also a possibility that the directions can be turned.



How to Deal with Mental Anxiety

By: Muhammad Zubair

- Practice deep breathing exercises.
- Take regular breaks to relax and recharge.
- Engage in physical exercise to reduce stress.
- Practice mindfulness or meditation.
- Seek professional help if needed.
- Talk to someone you trust about your feelings.
- Write down your thoughts and feelings in a journal.
- Focus on the present moment rather than worrying about the future.
- Challenge negative thoughts with positive affirmations.
- Set realistic goals and priorities.
- Establish a routine to maintain structure and stability.
- Limit exposure to stressful triggers, such as news or social media.
- Practice time management techniques to reduce overwhelm.
- Get enough sleep and maintain a healthy diet.
- Stay hydrated throughout the day.
- Take small, manageable steps to tackle tasks.
- Practice self-compassion and forgiveness.
- Engage in hobbies or activities you enjoy.
- Connect with others for support and companionship.
- Practice relaxation techniques, such as progressive muscle relaxation.
- Limit caffeine and alcohol intake.
- Focus on what you can control, rather than dwelling on what you can't.
- Take breaks from screens and technology.
- Set boundaries to protect your mental and emotional well-being.
- Seek professional therapy or counseling if anxiety persists.
- Challenge perfectionism and embrace imperfection.
- Practice gratitude by focusing on what you're thankful for.
- Use visualization techniques to imagine positive outcomes.
- Engage in creative expression, such as art or music.
- Practice assertiveness in communication to express your needs.
- Take regular walks in nature to clear your mind.
- Volunteer or help others to shift focus away from your own worries.
- Practice acceptance of uncertainty.
- Utilize grounding techniques to stay present.
- Create a calming environment at home or work.
- Listen to soothing music or sounds.
- Avoid overcommitting yourself and learn to say no when necessary.
- Challenge yourself to face fears gradually through exposure therapy.
- Practice self-care activities regularly.
- Use positive self-talk to boost confidence.
- Develop a support network of friends, family, or support groups.
- Prioritize relaxation and leisure activities.
- Use humor to lighten your mood.
- Engage in activities that promote relaxation, such as yoga or tai chi.
- Remember that it's okay to ask for help when needed.
- Engage in progressive muscle relaxation exercises to release tension.
- Practice visualization techniques to imagine yourself in calm and peaceful settings.
- Challenge yourself to reframe negative thoughts into more positive or neutral ones.

Contemporary Challenges and Strategic Responses to Pakistan's Foreign Policy



→ Sajid Abdullah is an enthusiastic student of Political Science 5th semester (20212025). He has shared his deep insights on the contemporary challenges to Pakistan's Foreign policy. Take a look and make your understanding of Pakistan's FP.

Pakistan's geostrategic location has epicentral importance in formulating its foreign policy. Since independence in 1947, our foreign policy has confronted grave challenges albeit these challenges may take variation but to a little degree. Due to the juxtaposition of Pakistan with Middle Eastern Countries and Central Asian countries, it has become a pivotal point of global rivalries. Some of the major attention issues are discussed here along with feasibility which our government should consider to mitigate these challenges. These challenges range from security challenges, Kashmir territorial controversy, the resilience of the economy, harmonizing regional partnerships, visual cognition, and the list goes on. Stay hooked with us to get a holistic understanding of these challenges!

The first and foremost challenge is security issues. Pakistan has been facing grave security challenge which includes domestic terrorism, across the country's borders and regional

conflicts. This not only malfunctions Pakistan domestically but also deteriorates its relationship with other states. Over the last five decades, Pakistan has been grabbed under regional conflicts including the US invasion of Afghanistan in 1979 and, the war on terror by the US. This has resulted in a surge in militancy over multiple areas of Pakistan. Despite this, its faint conflicts with India on the Eastern border and its periodic issues with Iran on the Western order have also threatened the very essence of our state's foreign policy. The recent attacks by militants on the Daraban area, the territory of Dera Ismail Khan, in which 23 troops were martyred is a fresh instance. Similarly, attacks on Darazinda and Kulchai, districts of KP cast the same shadow of insurgency and militancy. The story didn't end here, November's Mianwalli air base attack as well as July's Zhob garrison attack are considered the handiwork of TJP, a militant group. The next faced by our foreign policy is Kashmir's territorial

controversy with India. Unfortunately, we have been confronting this issue since 1947, and still, both countries failed to come out of this issue. This has shifted both countries in the power thirst game. Both countries have attained nuclear power which has strengthened their rivalry more. It has aftermath on our foreign policy but has created resentment of Kashmiri people towards both countries, but also resulted in massive killing of Muslims in the occupied Kashmir by India. In Indian Occupied Kashmir (IOK), Kashmiri people have been facing unrest since the Independence Day of the subcontinent. Recently, 3 Kashmiris were tortured to death by the Indian Army during custody in IOK. In an article, Ashraf Jahangir Qazi, a former ambassador to the US, India, and China, has holistically described Pakistan's foreign policy stance on disputed Kashmir. He said that India has brutally repressed the Kashmiri people and illegally annexed the occupied Kashmir territory. Pakistan must condemn the unrest and should take comprehensive policy against this menace. Similarly, Aizaz Ahmed Chaudhry, former foreign secretary and chairman of Sanobar Institute Islamabad, discussed that the Indian Supreme Court has recently endorsed the August 5, 2019 actions of the Modi government and ordered to hold the election in J&K by September 2024. This has also pointed out the atrocities of Indians toward occupied Kashmiris and tried to grab the attention of Pakistan's diplomacy over this issue. After the Kashmir dispute, the other challenge to Pakistan's Foreign Policy is the resilience of the nts. conomy. In our state's current fiscal year (2023-2024), Pakistan is financially deficit around 6.5% of its Gross Domestic Product (GDP). In comparison with India's GDP i.e. \$3.6 trillion, Pakistan's GDP is \$378 million



which is several times lower than the former one. The entire country is engulfed by inflation, deterioration of the economy, and elevation of unemployment. Along with disharmony in the balance of payment and devaluation of crises has led the state's economy to the verge of chaos. Pakistan's foreign policy must give due attention to economic stability to actively engage in developmental activities globally. Our state can stabilize the economy by promoting trade and attracting foreign investments to become an earmark in the international community. After the economic resilience, we can't undermine the need to harmonize the regional partnership. Our transitional democracy and economic dependence have led us to depend upon economically sound states i.e. China and the Western Block. Pakistan can't take China as a rival for the sake of the US and not the US as a rival for the sake of China. Pakistan has to adopt a balanced approach to its national interest. In an article, Aizaz Ahmed Chaudhry, former foreign secretary and chairman of Sanober Institute Islamabad, has shared deep insights about our global perception. The contemporary world is going through a rapid pace. Our country should have serious concerns about our perception of South Asia. Last but not least, we have to format our foreign policy for visual cognition towards the international community. Our country has been facing negative perceptions all over the globe. Our economic instability, inflation, and a rise of militancy domestically have routed our image. It has also serious concerns with our foreign policy objectives. It has made us a global joke. Over the past decades, our state has been held responsible for multiple issues ranging from violation of human rights within its territory, sponsoring of Afghan Taliban, and giving protection to Al-Qaeda and the Islamic State Militants. We should take beneficial initiatives to root out all the reasons backing our negative perception in the eyes of the world. It is not just confined to the

states, instead, it is the onus of every Pakistani to portray a positive image of its state outside our physical boundary as well as domestically. In a nutshell, our state has to take serious steps to tackle these issues with extra care. Our economic stability will strengthen us domestically. It will increase the job opportunities within our country. It will ultimately decline inflation to a suitable level. Our efforts to exode insurgency, and militancy will build our global perception positively. In my humble opinion, if we portray our image effectively on the global stage, the United Nations may try to figure out a possible issue of Kashmir's disputed territory.



Tips on How to Improve Your English Communication Skills

- Engage in regular conversations in English.
- Practice active listening to understand others better.
- Watch English movies, TV shows, and videos to familiarize yourself with different accents and speech patterns.
- Join English-speaking clubs or conversation groups.
- Utilize language exchange programs to practice speaking with native speakers.
- Read English newspapers, magazines, and online articles aloud to improve pronunciation and fluency.
- Record yourself speaking and listen for areas of improvement.
- Focus on learning common phrases and expressions used in everyday conversations.
- Use language learning apps and online resources for vocabulary and grammar practice.
- Take advantage of language learning software with speaking exercises.
- Find a language partner or tutor for regular practice sessions.
- Challenge yourself to speak in English as much as possible, even in everyday situations.
- Practice speaking about various topics, including hobbies, interests, and current events.
- Mimic native speakers' intonation, rhythm, and stress patterns.
- Work on reducing filler words such as "um," "like," and "you know" from your speech.
- Practice speaking slowly and clearly, especially when learning new words or phrases.
- Use role-playing exercises to simulate real-life communication scenarios.

PROSPECTIVE VOTING IS THE NEED OF THE HOUR!

→ Arooj Fatima is an enthusiastic book reader. She is a graduate in chemistry from University of Sargodha

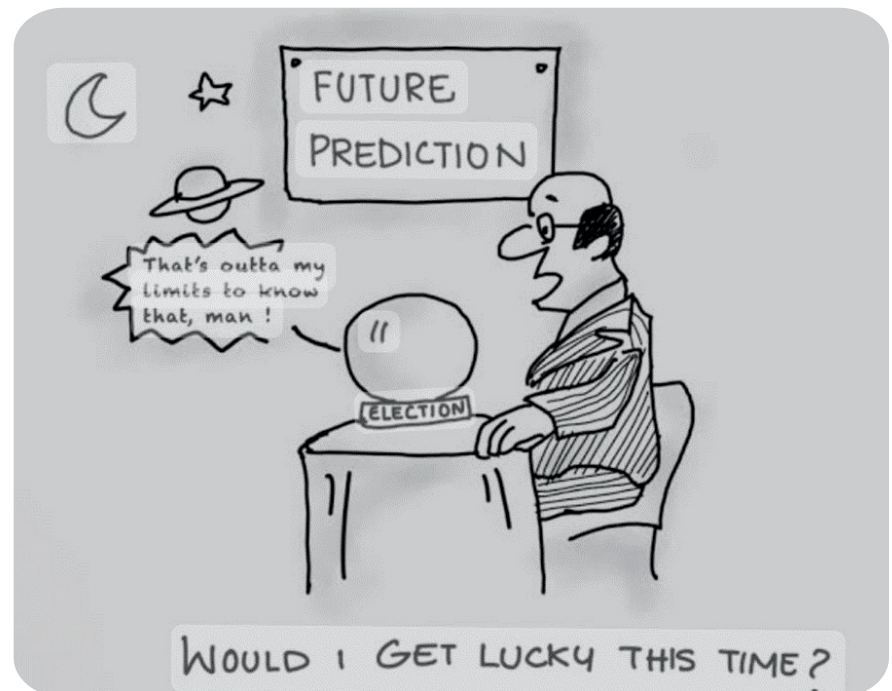


Most of the people in Pakistan currently criticize democracy, branding it a failure. However, democracy can only bear fruit when approached with maturity. With the 2024 elections around the corner, politicians have put their shoulders to the wheel; political rallies are in full swing, politicians are showcasing their projects, and highlighting the good they have done for the country. Streets and bazaars are adorned with posters and flags of political parties. Media persons are up to their eyeballs in discussions, conducting interviews and various other tasks. Social media also plays a pivotal role in embellishing a politician's image. Netizens don't hesitate from giving their perspectives. Hashtags and memes are also skyrocketing.

As the nation gears up for political rallies, the focus on how citizens decide to cast their votes becomes a crucial question in the realm of political science. Traditionally, Pakistani households have functioned as miniature electoral schools. Our forefathers adhered to the politics of evolution rather than revolution, and their successors are carrying on the legacy. Pakistanis still vote on factors such as color, cast, and creed. Political workers employ tactics ranging from providing refreshments and meals to making empty promises leading to a voting system that prioritizes immediate gains over sustained progress. This is RETROSPECTIVE VOTING. This retrospective voting approach often results in the promotion of special interests and contributes to cumulative unrest within the country. Pakistan is a playground of different political parties. Many political parties have significant number of workers from the same family, perpetuating a system where candidates secure seats based on the

achievements of their predecessors rather than their own credibility. A candidate can secure a seat based on, let's say, a bus service started by his grandfather or the hospital made by his father; not on his own credibility. Electoral choices of the public in Pakistan are established on immediate improvements rather than a sustained prosperous future. This perpetuates a short-sighted voting culture. On the other hand, western countries are developing and thriving because they have revolutionized their voting bank. Their citizens vote on a prospective approach rather than a

example of a nation that has successfully embraced "PROSPECTIVE VOTING". Germany has aligned its democracy with international issues through PROSPECTIVE VOTING. For example, Energiewende, or energy transition, is a new agenda of the German government. People are committed to a partnership with forward-looking leaders who think critically. Their leaders commit to a future of renewable energy sources, considering the long-term solution to end fossil fuels and produce cleaner energy. They have a long-term vision. We, as a nation, also need to think for



retrospective approach. Their votes are based on a long-term approach. This is PROSPECTIVE VOTING, where individuals cast votes based on a candidate's future promises and policies, not relying on their past performance or track record. We have innumerable examples of how these countries are flourishing. Germany stands out as a shining

long-term approaches that are beneficial for a greater length of time. We need to demand a long-term manifesto from politicians. Don't vote for politicians who promise to give free 300 units of electricity. We all know that our country is hit with a power shortage, how come they will give electricity for free when we don't have enough electricity production. These

promises are utterly baseless. It is a short-term approach. We need to stand for ourselves and should demand energy transitions and more power production aligning with international standards. When we have ample power production, electricity will be automatically cheap. Don't vote based on how much almonaries a politician has made. Rather, vote on the vision of how he will empower a layman. It would be effective to foster our democracy by addressing disparities among the masses.

To facilitate this shift in voting culture, widespread civic education and civic engagements are required. Civic education can provide a culture of prospective voting. Interestingly, civic organizations and educational institutions play a pivotal role in sustaining the momentum of elections. Political debates and town hall meetings organized by civic groups create platforms for candidates to articulate their long-term visions. These forums encourage open dialogue between politicians and citizens, fostering a deeper understanding of policy proposals and their potential impact. This direct engagement not only holds candidates accountable but also empowers voters to demand substantive, future-oriented plans.

By integrating civic education into school curriculums, students gain confidence and comprehensive understanding of their role in shaping the democratic landscape. Workshops, seminars, and interactive sessions conducted by civic organizations can further enhance awareness among citizens of all ages. Additionally, we can use digital platforms for educational campaigns to ensure accessibility and widespread reach. Media also shoulders the responsibility of nurturing an informed electorate. Journalistic ethics demands commitment to unbiased coverage, providing citizens with actual facts and information to make their decisions of voting. Media outlets can establish dedicated segments for in-depth policy discussions, candidate interviews,

and fact-checking initiatives, reinforcing their role as facilitators of an enlightened public discourse. To maintain this momentum of prospective voting, post-election initiatives are vital. Civic organizations can organize community forums where elected officials can provide regular updates on their progress, ensuring transparency and accountability. These forums also serve as a platform for citizens to voice their concerns and apprehensions, have a dialogue with the representatives.

In conclusion, widespread civic education, coupled with continuous civic engagement, lays the foundation for a thriving culture of prospective voting. Beyond the election fervor, the collective effort of civic organizations, educational institutions, the media, and active citizen participation is essential for the sustained growth of a forward-thinking democracy. By embracing these principles, Pakistan can cultivate a resilient and informed electorate that shapes the nation's trajectory towards lasting prosperity and progress. What Pakistan requires most urgently is visionary leadership and a vote bank that thinks progressively. The ballot box should symbolize not just immediate gains but the promise of prosperity and aspirations for future generations. Leaders who prioritize long-term solutions, sustainable development, and international alignment are crucial to steering Pakistan toward a brighter future. LET THE BALLOT BOX BE A VESSEL OF PROSPERITY AND ASPIRATIONS FOR OUR GENERATIONS TO COME.



Tips on How to Improve Your Writing Skills

- Read extensively in English.
- Practice daily writing exercises.
- Keep a vocabulary journal.
- Study grammar rules regularly.
- Use online writing tools for feedback.
- Join writing groups for support.
- Analyze articles from proficient writers.
- Focus on clarity and simplicity.
- Learn to outline your ideas before writing.
- Experiment with different writing styles.
- Seek feedback from peers or mentors.
- Edit ruthlessly for conciseness.
- Practice writing introductions and conclusions.
- Use active voice for stronger sentences.
- Master punctuation rules.
- Expand your vocabulary systematically.
- Use transition words effectively.
- Practice paraphrasing to enhance understanding.
- Write regularly to build fluency.
- Study sentence structure and variety.
- Develop a strong thesis statement.
- Use examples and evidence to support arguments.
- Keep sentences and paragraphs concise.
- Proofread your work multiple times.
- Utilize online resources for grammar and vocabulary.
- Practice writing under time constraints.
- Experiment with different genres of writing.
- Read your writing aloud for clarity.
- Use a variety of sentence lengths for rhythm.
- Learn from constructive criticism.

Section 2

Book Reviews

The Prince

Niccolo Machiavelli



Qaisar Hussain currently student of BSc (hons) food science and technology at university of Sargodha. I have a strong grip on history and enjoy reading books.



Niccolo Machiavelli's "The Prince" is an important work that has a deep impact on social media. Published in 1532, this treatise represents his quest for leadership, power and control. In an age when political discourse was often associated with moral considerations, Machiavelli boldly emerged and prioritized the pursuit of morality.

At the heart of The Prince is Machiavelli's principle: The end tells the truth. This principle summarizes his belief that leaders should prioritize the stability and prosperity of their countries through ethical behavior. Although this claim is controversial, it is a central theme throughout the text and forces the reader to reconsider the ethical nature of leadership.

Machiavelli's understanding of human nature forms the fundamental basis of his philosophy. Knowing the selfishness and hopelessness of the people, he asked the leaders to make decisions. Machiavelli believed that good leadership required a good understanding of human behavior and the ability to control it. This view of human nature contrasted with best practices present in many philosophies and politics of his time.

Flexibility and adaptability are the most important virtues in Machiavelli's framework. He believes leaders must be able to adapt their ideas to changing situations. Determination and tact have become indispensable in the unpredictable and often dangerous journey of politics. This emphasis on simplicity underscores Machiavelli's knowledge of the temporality and fluidity of power dynamics.

The military dimension of the Prince sheds light on Machiavelli's thought. He advocated the formation of a disciplined and loyal army, emphasizing its important role in strengthening and maintaining unity. Machiavelli viewed military force not only as

a means of defense, but also as a means of creating power and influence, and promoted the central theme of pragmatism in the ownership of politics. Politics plays an important role in Machiavelli's prescription for good leadership. Leaders were taught how to use cooperation and deception in dealing with other states. Machiavelli realized that political goals could raise ethical questions. This real politic approach to international relations is based on the general tendency to achieve political goals by strategic and often negative means. Although Machiavelli acknowledged the role of wealth or fortune in politics, he believed that intelligence and wisdom could reduce its influence.

"The Prince" left a legacy that extends far beyond his 16th century origins. Its influence permeates political thought and influences not only academic doctrine but also practical decision-making processes in politics, governance and international relations. Machiavelli's unprotected morality fueled ongoing debates about the rule of law, the power and morality of those in power.

In short, "The Monarch" represents a complex idea and inspires a study of the reality of political power. Machiavelli's emphasis on pragmatism, flexibility, and the strategic use of power and politics continues to inspire intellectual debate. This writing is also a sustained and useful study in the field of management and culture, making it difficult for readers to compete with the ethical principles inherent in the pursuit and maintenance of power.



Tips on How to Improve Book Reading

1. Set reading goals.
2. Create a cozy reading nook.
3. Limit distractions.
4. Read diverse genres.
5. Take breaks.
6. Use a bookmark.
7. Join a book club.
8. Write annotations.
9. Try different formats (e.g., audiobooks).
10. Read at your own pace.
11. Prioritize reading time.
12. Discuss books with others.
13. Explore new authors.
14. Keep a reading journal.
15. Visit libraries and bookstores.
16. Make reading a daily habit.
17. Practice active reading.
18. Read aloud.
19. Engage with book reviews.
20. Try speed reading techniques.
21. Expand your vocabulary.
22. Revisit favorite books.
23. Set aside dedicated reading time.
24. Take notes while reading.
25. Challenge yourself with complex literature.
26. Embrace different perspectives.
27. Use technology for reading apps.
28. Listen to author interviews.
29. Read in different environments.
30. Read with a purpose in mind.
31. Experiment with different mediums (e.g., e-readers).
32. Read during travel.
33. Don't hesitate to abandon a book if it doesn't resonate.
34. Join online book communities.
35. Share recommendations with friends.
36. Explore various cultures through literature.
37. Invest in comfortable reading accessories.
38. Practice mindfulness while reading.
39. Read classics.
40. Explore graphic novels.
41. Teach someone else what you've read.

Peer-e-Kamil

Umera Ahmed

→ Aiman Janat Malik, a learner ardently dedicated to acquiring the languages of life through the avenues of extensive reading, keen observation, and meticulous critical thinking.



Introduction:

Peer-e-Kamil novel written by Umera Ahmed is one of the wonderful captivating novels that is the beautiful amalgamation of life's fluctuations such as love, faith, and human transformations. It is an Urdu treasure by Umera Ahmed, it was first published in Urdu in 2004 and later in English in 2011. Peer-e-Kamil is celebrated for its beautiful storytelling and captivating characters. It is a writing that not only tells a story but leaves a mark, making readers nod in appreciation.

Analysis:

The writer has beautifully explained human's emotions in various forms by using symbolism and metaphors. Every character, intricately intertwined with their names and the unfolding events, carries distinct meanings that harmonize to craft a breathtakingly beautiful and mind-captivating narrative.

The novel is a skilled navigator, diving into the intricate realms of human emotions, providing a nuanced journey through the territories of love, sacrifice, and the quest for inner tranquility. The essence of this novel lies in the profound themes of transformation and the unwavering patience needed to fully embrace life's changes.

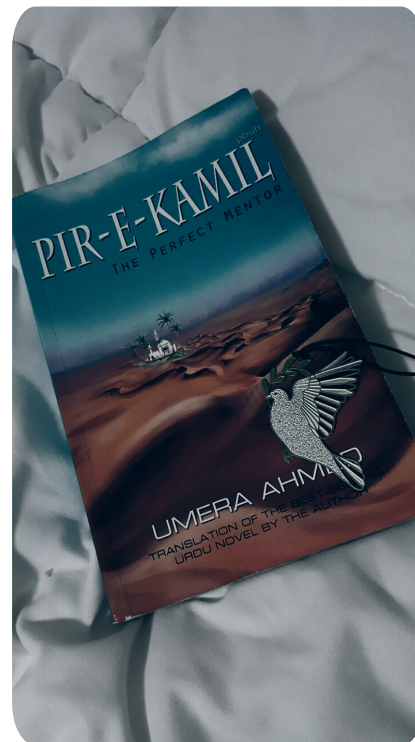
Strengths:

One of the strengths that lies in this novel is the extraordinary use of symbolism and metaphors used by Umera Ahmed. The narrative carries a compelling message, urging readers to embark on a journey of self-discovery, to discern their true selves and unravel the profound purpose woven into the fabric of their lives. The book makes you feel a lot of emotions because it

talks about people's feelings in a way that you can relate to, creating a strong bond between the characters and the readers.

Weaknesses:

Some people might find it hard to fully understand and connect with the character's feelings and reasons in the story because they are quite complex. The in-depth examination of religious ideas in the novel might be challenging for readers who are not acquainted with Islamic terms and principles, potentially causing them to feel overwhelmed by the content.



Personal opinion:

"Peer-e-Kamil" is a novel that resonates with real-life emotions and experiences. It inspires the belief that even in the face of significant challenges, individuals possess the inner strength to confront their battles.

Pakistani female writer, in Peer-e-Kamil, empowers women to embrace writing. The use of Urdu in the novel adds another layer of empowerment, as the skill to eloquently write in Urdu is a formidable strength that resonates. The narrative beautifully underscores how life's inevitable fluctuations have the transformative power to turn individuals into resilient beings, akin to the process of refining gold. Embracing life's changes becomes not only a necessity but also an opportunity for personal growth and enjoyment. The essence of life, as depicted in the novel, lies in navigating these transformations and fully embracing oneself. Recognizing the margin for error, both within ourselves and in the people around us, is portrayed as an integral part of a compassionate and understanding life philosophy. Above all, "Peer-e-Kamil" highlights the importance of embarking on a spiritual journey, presenting it as a fundamental and enriching aspect of life.

Conclusion:

In summation, it is not an exaggeration to affirm that this novel stands as a masterpiece, gracefully transcending the confines of conventional storytelling. Umera Ahmed's extraordinary prowess in wielding the pen transforms it into a beautiful narrative, imprinting a profound and enduring impact on readers. The work invites introspection, fostering a deeper comprehension of the intricate tapestry of the human spirit. I wholeheartedly recommend it to all lovers of literature and knowledge seekers, as it promises not just a read but an enriching journey of the heart and mind.



FACTFULNESS: Ten Reasons We're Wrong About the World – and Why Things are Better than You Think

Ola Rosling, and Anna Rosling Rönnlund

→ Tahira Mushtaq, a committed student of International Relations at University of Sargodha has keen interest in reading books, writing articles and book reviews.



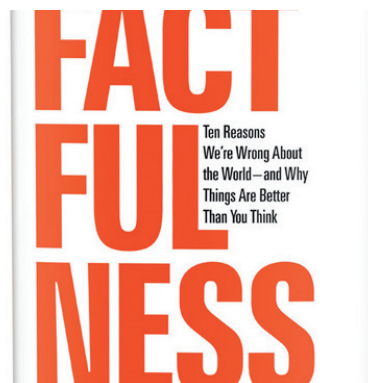
"Factfulness: Ten Reasons We're Wrong About the World - and Why Things are Better than You Think", is a compelling and thought-provoking book written by Hans Rosling with his son Ola Rosling and daughter-in-law Anna Rosling. Published in 2018, the book challenges commonly held misconceptions about the state of the world and encourages a more minute and data-driven understanding of global issues. Through a combination of personal retellings, statistical data, and engaging storytelling, the authors aim to reshape readers' perspectives and promote a more accurate and optimistic view of the world.

The central premise of "Factfulness" is to highlight the progress that humanity has made over the years by presenting facts and statistics that counter prevailing negative narratives. Hans Rosling, a renowned global health expert, uses his extensive experience to disprove common myths and address the gap between public perception and reality. The book is structured around ten "instincts" that tend to distort our worldview, such as the fear instinct, the size instinct, and the gap instinct. By dissecting these instincts and providing counterarguments supported by data, the authors guide readers towards a more informed and rational understanding of global trends.

One of the book's strengths lies in its accessibility. The authors employ a conversational and engaging writing style, making complex data and statistics understandable to a wide audience. They use personal stories from Hans Rosling's experiences working in various countries, adding a human touch to the data-driven narrative. This approach not only makes the book more relatable but also helps readers

connect emotionally with the material, promoting a deeper understanding of the issues at hand.

The authors systematically address each instinct, beginning with the "gap instinct," which involves dividing the world into two distinct groups, often contrasting the developed and developing worlds. Through vivid examples and compelling arguments, Rosling demonstrates that the world is more accurately described as a chain, with most countries falling somewhere in the middle. This challenges the binary thinking that



often dominates discussions about global development.

Another key instinct discussed in the book is the "fear instinct," which emphasizes our tendency to focus on negative news and expect deadly outcomes. The authors argue that this skewed perspective contributes to a distorted worldview, as it fails to recognize the progress that has been made in areas such as health, education, and poverty reduction. By presenting historical data and trends, Rosling takes apart the gloomy view of the world and encourages readers to embrace a more optimistic outlook.

This book also tackles the "single perspective instinct," emphasizing the importance of considering multiple angles when analyzing global issues.

The authors stress the need to avoid oversimplification and re-organize the complexity of factors contributing to various problems. By acknowledging the interplay of different forces, readers are better equipped to formulate informed opinions and make rational decisions.

Throughout the book, the authors celebrate the power of data and critical thinking. They argue that a fact-based worldview, grounded in reliable information, is essential for addressing global challenges effectively. The book promotes the idea that understanding the world's complexities requires an appreciation for statistics and a willingness to question assumptions. However, "Factfulness" is not without its criticisms. Some argue that the book oversimplifies certain issues and neglects systemic problems. Critics resist that focusing on progress can lead to self-satisfaction, preventing us from addressing ongoing challenges and working towards meaningful solutions. Additionally, the focus on global statistics may overpower the regional and local variations that exist within countries.

In conclusion, "Factfulness" is more than just a book; it's a movement. It's a call to action for individuals and institutions to challenge our cognitive biases and make decisions based on reason, not fear. By urging us to embrace a fact-based worldview, Rosling offers a path towards a brighter future, one where progress is recognized, challenges are addressed with clarity, and hope becomes the driving force for positive change. The book's accessibility, engaging storytelling, and focus on critical thinking make it a valuable resource for anyone seeking a better understanding of global issues.



DPIR-IF Concludes 3 Days Model United Nations

*Engaging students in Intellectual Discourse is the top priority of
DPIR Intellectual Forum*

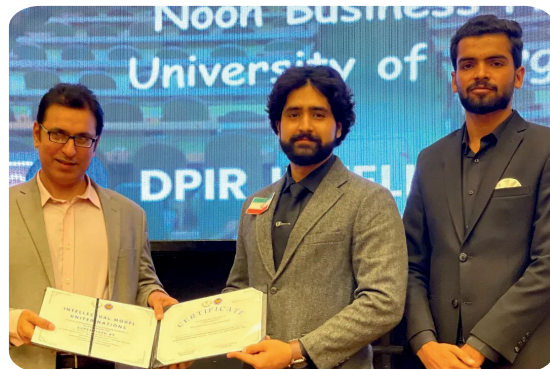


Mock UN exercise organized at University of Sargodha:

Soon Times Correspondent Sargodha:

A large number of students participated in the DPIR Intellectual Forum at Sargodha University. A mock exercise session of the United Nations was organized by the three committees Human Rights, Security Council and General Assembly. In it, the Palestine-Israel issue, refugee issues, diplomatic skills, environmental issues and other global issues

were discussed in which the students showed deep interest. During this time, the students were provided ample learning opportunities. Hafiz Umar, Prof. Mehreen and Prof. Amin were the chief guests of the event, along with program organizers Muhammad Zubair and Mehwish Abbas. At the end of the event, there was a question and answer session in which students were given answers.



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