



INTERNATIONAL CULTURE & ART

Monthly Magazine Vol# 01 Issue# 03 September - 2019



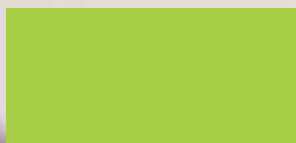
FROM THE HOUSE OF A LEGEND

(An exclusive interview with the Wife of Air Marshal Asghar Khan)

- **Music Stories**
- **Cameron Park Sacramento**
- **Uchal Festival Kalash**



Proud to be a
**Professional
Chef**



ADMISSIONS OPEN

SCHOOL OF CULINARY ARTS

1- Graduate Diploma in International Culinary Arts	(2-Year)	UK
2- Advanced Diploma in Culinary Arts	(18-Month)	UK
3- Diploma in Culinary Arts (9-Month)	(9-Month)	UK
4- Certificate in Professional Cookery	(3-Month)	UK
5- Certificate in Cuisines of the World	(3-Month)	COTHM
6- Certificate in Food and Nutrition Science	(3-Month)	COTHM
7- Certificate in Pakistani Cuisine	(6-Month)	COTHM
8- Specialization in Pakistani Cuisine	(3-Month)	COTHM
9- Certificate in Food Stylist	(3-Month)	COTHM
10- Certificate in Catering Management	(3-Month)	COTHM
11- Certificate in Dietitian & Nutrition	(3-Month)	COTHM

SCHOOL OF BAKING & PATISSERIE

1- Graduate Diploma in International Baking and Patisserie	(2-Year)	COTHM
2- Advance Diploma in Professional Baking and Patisserie	(18-Month)	COTHM
3- Diploma in Professional Baking and Patisserie	(6-Month)	COTHM
4- Certificate in Professional Baking	(3-Month)	UK
5- Certificate in Fondant Art	(3-Month)	COTHM
6- Diploma in Cake Decoration and Fondant Art	(6-Month)	COTHM
7- Certificate in Barista Skills & Fast Food	(3-Month)	COTHM
8- Weekly Classes		
9- Kids Cooking Studio		

ADMISSIONS OPEN AT COTHM ISLAMABAD

14-O, Adjacent Bank of Punjab, F-8 Markaz, Islamabad. Email: info.isb@cothm.edu.pk
MOB: 0309-3337775

HEAD OFFICE:

COTHM KARACHI
 Mob: 0336-2226846
COTHM GUJRANWALA
 Mob: 0320-0004002

5-C, Main Gulberg II, Ayesha Saddiqa Road, Jail Road, Lahore-Pakistan. UAN: 03-111-113-114
 Tel: +92-42-35870012-13, 35875851 Mob: +92-302 / 0322-4090092 Email: info@cothm.edu.pk

COTHM MULTAN
 Mob: 0300-8639014
COTHM YAR KHAN
 Mob: 0334-5877966

COTHM FAISALABAD
 Mob: 0321-8822640
COTHM BAHAWALPUR
 Mob: 0345-4219999

COTHM JOHAR TOWN
 Mob: 0309-8887111
COTHM SAHIWAL
 Mob: 0321-1110045

COTHM OKARA
 Mob: 0322-3090092
COTHM SHEIKHUPURA
 Mob: 0324-8842000

Editorial

EDITOR IN CHIEF	KIRAN M. ALI KHAN
EDITOR	TAMMOOR ABBASI
CHIEF OPERATING OFFICER	TALLAT CH.
LEGAL ADVISOR	IRFAN AKRAM
DESIGN	Aamir Kashif

BOARD OF DIRECTOR

COL @ AZAM QADRI

SARDAR GHULAM MUSTAFA
(SOUTH EAST ASIA /Resident Editor)
+85598850786

Jahanzeb Khan
Sarmad Iqbal
Pasha Azhar
M. Imtiaz-Ur-Raheem

PRINTED BY:
ZAFAR SONS

PUBLISHED BY
Kiran M. Ali Khan

FOR COMMENTS PLEASE WRITE TO US AT
Office#12 3rd Floor Al Lateef Center Main Boulevard
Gulberg III Lahore
Email: icultureart@gmail.com
CONTACT # 0321-5003005

Editor Message	4
Form the House of legend (Begum Asghar Khan)	5-10
Delhi Dream Shall Remain un-fullfilled	11-12
Cameron Park Sacramento California	13-14
Laurence Lecuyer Zahara (Anthropologist-Paris)	15-16
Uchal Festival Kalash	17-18
A Painter & Art Teacher(Amjad Naeem)	19-20
Notting Hill Carnival	21-22
Singing Legacy of three Generations	23-26
Tales of Music and Magic of Hollywood (Ken Gruverman)	27-30
12 Most Delicious Dishes of the Lahore	31-32
Exhibition: Germany	33-34
The UN's International Peace Day Celebrated in Chesham Town	35
Mental and Physical Health New Study	36
Discovers Pakistan From the Buddhist Trails to the Scenic Mountains	37-38
Progressive Education Network	39-40
Air force Poem	41



EDITOR MESSAGE



Tamoor Abbasi

Welcome to the September edition of International Culture and Art four interviews with people talking about, well, work.

What it's like in their office, what kind of people work there, what they've done to get here and where they want to be in the future. They might not sound like the most earthshattering subjects in the world, but that's kind of the point. There are lots of articles out there praising the innovative, creative work our interviewees make, but very few focusing on what goes on behind the scenes to make it happen.

The international culture and art is our attempt to start a conversation about the secret of every success people. Everyone wants to have the best employees, but when it comes down to finding them, most companies still use out-dated ways that just don't cut it any more. This is our platform to raise awareness of the need for employers to step up their recruitment game or get left behind.

by Kiran M. Ali Khan

FROM THE HOUSE OF A LEGEND BEGUM ASGHAR KHAN



Amina Shamsi (later Begum Asghar Khan) married Asghar Khan (later Air Marshal) in 1946, when he was serving at RIAF station, Ambala as the Chief Flying Instructor. What a union it has turned out to be, she has been his faithful life partner since then. I saw her doing the same routine that she has been doing ever since they got married. During the two years of visitation to the Late Air Marshal Asghar Khan and Begum Asghar Khan. I saw her taking such extreme care of him, which only she could have done. They bonded so well and so perfectly matched. The couple was later blessed with two sons and two daughters.

While talking to the family members, a few things that really touched me were her down-to-earth attitude, her simplicity, truthfulness and true fear of Allah. "While Air Marshal Asghar Khan was the C-in-C", the Whole Family (Air Marshal, Begum

and caring mother to her children and takes care of his house till this day.

Till the Air Marshal passed away, she went out on daily walks with him to the Margala Cricket Ground, where this lovely couple had become synonymous to the ambiance and surrounded by families of Islamabad diplomatic and bureaucratic community as well as other citizens frequenting the facility. She has been his shadow in the literal and spiritual sense. She has synced with the strong minded character and had been the mainstay in his life like a powerful column. She had been a source of his strength through his success, trials and tribulations.

I found Begum Asghar Khan, a person of great character, charm and a thoroughly well-bred lady. Her mannerism and presence is so overpowering. For writing this article I met her on 2 September 2019

"We have been married since 1946 and we have both known each other and spent a lifetime together. I have been watching him grow from a Flight Lieutenant to becoming the C-in-C of Pakistan Air Force. I can easily say that he was born to be in the air force, as that has been the passion of his life. He lived, breathed, cared for the PAF. With the passage of time, I saw his passion grow as he grew in age. He wanted nothing but the best for Pakistan Air Force in all spheres of its life.

By nature, he is a reserved person and speaks little and when he does, it is more in a matter of fact way, however in the family, particularly with the children he is very friendly, caring and loving.

That about sums of the make of the Air Marshal in few words and how eloquently put together by Begum Asghar Khan.

“

Begum Amina Asghar Khan was born as Amina Shamsi on 16 December, 1928 at Delhi. She had earlier schooling from Dalhousie Covent and College education from Lahore College for woman.”



Asghar Khan and four Kids) used to live in Official House (First at Karachi then at Peshawar) were old British days built houses and the family lived in those.

Begum Asghar Khan is a symbol of greatness in every way. She has always been known to be down to earth and simple in her manners and demeanour. Ever since the Air Marshal Asghar Khan was a young officer, till he became an Air Marshal, she gave her full attention to the smallest detail that the Air Marshal wanted. She took care of her official duties, as his wife, as a loving

and asked her to talk about her and she found the Air Marshal, as an officer, a C-in-C, a family man and a person as a whole. I asked a question from Mrs Asghar Khan, "You spent a lifetime with the icon, called Air Marshal Asghar, how did you find this journey of having spent a whole lifetime with him?"

Noble and modest as she is, was initially shy of talking about herself. She finally agreed to and started to share her recollections about Air Marshal:

She has been a great companion, a lifetime partner of Air Marshal. She was very popular amongst the PAF and other ladies, she came across. As the wife of the C-in-C, she created a lot of activities for the wives of the young officers and airmen. She is simple and austere in her living".

Pictorial Gallery



Family Pictures



Family Pictures



Family Pictures



Wedding Photo of Air Marshal
Asghar Khan and Begum
Amina Asghar Khan



Another wedding Photo of
Air Marshal Asghar Khan and
Begum Amina Asghar Khan



Begum Amina Asghar Khan
the air show

Pictorial Gallery



From Left: AVM P ewyKeane, Group Captain Nur Khan and Begum Asghar Khan-Risalpur 1948



From left: Khan Abdul Qayyum Khan, Unknown, Begum Asghar Khan, Unknown, unknown, Major General Nazir Ahmad-Risalpur 1948



Prime Minister Liaquat Ali Khan at PAF Academy
Seated from Left: 3rd Mr Liaquat Ali Khan, 4th Begum Asghar Khan and 5th Rana Liaquat Ali Khan



From Left: Begum Asghar Khan, Mohatrama Fatima Jinnah, AVM Asghar Khan and unknown



3rd from left wearing a hat during at Ambala 1947



Principal Model School Peshawar, Mr Faizullah Khattak standing with Begum Asghar Khan- Annual Parents Day PAF Model School, Peshawar



Visit of Mrs Roundtree, wife of US Ambassador to PAF Model School, Peshawar

Pictorial Gallery



Begum Asghar Khan giving away prize to
AM Asghar Khan (Golf Tournament),
Group Captain SA Aziz in centre



Begum Asghar Khan Awarding prize to Mrs Svensson,
Air Commodore Masroor Hussain in the centre



From Left: Governor West Pakistan,
AM Asghar Khan, Queen Elizabeth,
Begum Asghar Khan and Prince Philip



Colonel and Mrs Livingston receiving AM and
Begum Asghar Khan at Niagara Falls, USA



Pictorial Gallery



Group photo after arrival in India



From Left: Air Marshal, Begum Asghar Khan, Lt Gen Habib Ullah Khan and others



Air Marshal Asghar Khan being given a general salute at the PAF Academy From Left: Air Chief Marshal Sohail Aman, Air Marshal Asghar Khan and AVM Imran Khalid



Commemorative plaque naming PAF Academy Asghar Khan unveiled



Begum Asghar Khan on left –Mrs. Air Chief Marshal Sohail Anam



Syed Hamzah Saleem Gilani

6th September has a special importance from Pakistan's geo-strategic perspective. On this day the Indian army, without any formal declaration of war, violated the international borders of Pakistan. It proved to be a nightmare for the Indian forces, as Pakistan army and the civilians retaliated as a cohesive force. Immediate causes of this full-scale war, between India and Pakistan are, primarily, attributable to the long-standing border disputes, communal tensions, and Kashmir conflict. However, historically, the dispute can be traced back to the days of the British rule in India. The Rann was the bone of contention between the princely state Kutch, and the British Indian province of Sindh.

When British India was partitioned, Kutch acceded to India and Sindh to Pakistan. The issue was inherited by these two states along some 3,500 sq. miles of territory. From January 1965 onwards, border incidents became frequent. By all accounts the Indian forces were badly defeated in the Kutch area by the Pakistan army.

Interestingly at this juncture of history Kashmir still remains then most burning issue, awaiting settlement, between India and Pakistan. This year the country will celebrate the defence day with a new zeal and enthusiasm to protect the country from inside and out. Solidarity-display with Kashmiri brethren shall be the most noticeable feature on 6th September this year.

India has recently been toying with the idea of pulling fancy maneuvers across the borders of Pakistan. Knowing its capabilities and Pakistan's superior military might India is not considering full-scale war as an option. India's, direct and indirect, wicked tactics have been adequately reciprocated with maximum intensity to subsume the slightest of misconception in the minds of Bharat's military junta to subdue Pakistan.

In the recent past Pakistan has, triumphantly, engaged with the terrorists and crushed their meaningful presence in the country, even though there might be small pockets of miscreants, spread around the country. But their nerve centers have been successfully wiped out with the relentless efforts of Pakistan Army.

Pakistan's progression towards peace and stability has been challenged, by India's craving for peace-destruction. Episodes of: Mumbai-attacks, Pulwama, Pathan-Kot, kulbhushan Yadav, Abhinandan, false flag operations and recent oppression in occupied Kashmir are the true depictees of India's intentions. And it's, unholy, commitment towards sabotaging regional peace and stability. It is pertinent to mention that recently initiated, super-boostered oppressive military action in Kashmir was totally uncalled-for and shall prove to be counterproductive.

Kashmir issue, amongst the international community, has





been, traditionally, classified as Pakistan-sponsored. But now, courtesy, Narendra Damodardas Modi, it has resurfaced, but now, as a purely humanitarian crisis. This is the reason, after decades, the issue of occupied Kashmir has recently been tabled for discussion at United Nation's Security Council. Perhaps this is the reason that the gurus of geo-political affairs are terming this as a huge blunder on part of the Indian regime.

No sane mind can disagree with this narrative of political experts because , besides removing a the label of being a Pak-sponsored movement, atrocities of India, in Kashmir, have also bonded Muslim Umah and facilitated the convergence of their thoughts on the resolution of Kashmir dispute. In this perspective the revocation of Article-370 and inhuman display of military might will, soon, bounce back to India –but in manifolds.

Had India been blessed with a wise leadership the situation would have been very different. Ideally India should have cooperated with Pakistan and, should have, exploited Pakistan's efforts in its own

interest by enhancing multi-levelled positive engagements with Pakistan, including trade, art and culture. However the Indian establishment, misguided by the hawks, has opted for a negative-engagement with Pakistan- perhaps in a dream of victory. Without any exaggeration a very safe and wisely-calculated suggestion to our eastern neighbors would be that Delhi-dream is nothing more than political hallucinations of Prime Minister Modi and shall always remain shy of becoming a reality.

In the context of Pakistan's defence day, and its commitment towards regional peace and security, a message of sincerity to Modi-lovers would be that they should be concerned about his state of mind. Purely in excitement of misadventures and a fantasy of regional supremacy, Modi is risking the future of entire Indian nation. Pakistan does not want war. But if initiated by India Pakistan's reaction will make it a regrettable choice for India. Long live Pakistan!

CAMERON PARK

Sacramento California

by Tallat Ch.



Cameron Park is a census-designated place (CDP) in El Dorado County, California, United States and is part of the Sacramento metropolitan area. The significant feature of this place is Cameron Airpark Estate's wide double streets used as taxiways leading from the residences to the airport. Most of the residents own personal aircrafts. Cameron airport is a public airport which enables the local population to commute from home to their work entirely through aviation.

The residents used to park their private aircrafts in personal properties. Besides this rich

feeling another fortune for the locals is man-made lake known as cameron park lake. This state of an art place comprises on 10 acres of land which contains a tennis court, picnic areas , boat rentals , playgrounds , sandy beach and a swimming area seperated from main lake.

Another significance of Cameron Park Lake is the annual Summer Spectacular held om their Independence Day holiday. Since 1999 this event has provided a versitile range of food and entertainment to the locals .







Laurence Lecuyer Zahara

ANTHROPOLOGIST

PARIS



Laurence Lecuyer Zahara who is a known anthropologist, researcher and professor at INALCO Eastern languages university Paris recently visited Pakistan and she graciously accepted our requested for an interview. After some formal chit chat Laurence Zahra told us that she has been in this field for the last fifteen years during which she has been visiting India every year for her field research work. It is her first time visiting Pakistan and she

is very excited about it as her daughter is also getting married here in Pakistan.

Upon asking what her area of research is ; she told us that she is very much interested in Sufism and she is also a bona-fide follower of a Mystic Person Shaikh Abdan which is her teacher in Sufism , therefore, she frequently visits Morocco, Tunisia, Turkey , Malaysia , India and now Pakistan. She compares all the religions of these regions and this

research also gives her inspiration to further understand her school of Sufism thought which is Qadri and Naqshbandi doctrine.

She expressed her idealism for Rumi and said He gives her a very profound understanding of Islam. Therefore; she went to the tomb of Rumi and Shamas Tabrez and she found those places very transforming towards the Divine. She also visited the tomb of Mystic teacher



Moeen-Ud-Deen Chishti and offered her prayers.

When Asked how she is feeling in Pakistan she smiled in deep thought and told us ; Pakistan is a very special place for me as wherever i travel i feel the divine aura of the creator is present everywhere and through my visit i feel there is something of the light that has been preserved here.

Her ardent desire to explore and learn the mysticism has been consistent for that last 15 years. When asked how would she differentiate the between the mystic concepts of Wahdat al wajood and wahdat al shahood she said there can't be any perfect answer since she is not a mystic scholar but just a follower but since being asked she contemplated Wahdat al Wajood is like ' God is not seperate from his creation'. An example would be if a water droplet is dropped into an ocean does it mean the droplet has disappeared or we cannot perceive it. So all creation is part of the creator and it will return to it. But the downside of this theory is it limits the power of the creator. Wahdat al Shahood is God is not in every creation but



every creation is from God and without dying we cannot return to the Devine. God gave us body and soul and thus we were gifted with reason and heart. If we combine the two and come to a balance between the two we can be closest to The God.

On closing she expressed her thanks for the hospitality and cultural richness of Pakistan and is looking forward to visit Pakistan more often in the future.

by **Kiran M. Ali Khan**
Photos by **Tallat Ch.**



Uchal Festival Kalash



By : Azhar Pasha

The Kalash Valleys are valleys in Chitral District in northern Pakistan. The valleys are surrounded by the Hindu Kush mountain range. The inhabitants of the valley are the Kalash People, who have a unique culture, language and follow a form of ancient Hinduism.

As such, the Kalasha Valleys are a source of attraction for Pakistani as well as International tourists.

'Uchal' Kalash summer festival is one of the top cultural festivals of Pakistan. Kalasha tribe celebrates many festivals around the year. The three main Kalash Festivals are Chilam Joshi (spring

festival), Choimus (winter festival) and Uchal (summer festival). Uchal kalash summer festival is an amazing cultural experience in the Hindukush mountain ranges. UNESCO listed Kalash culture as "Intangible Cultural Heritage" in November 2018. The decision was announced during the 13th session of UNESCO's Intergovernmental Committee meeting organized in Mauritius.

Kalash Uchal Festival is celebrated in annual harvesting with singing, dancing and paying homage to the nature for blessing them with barley and wheat harvest season every year in August.

They wear their traditional black robes, ornate cowries shelled headdresses and adorned with colored necklaces and dance in a circle.

People of Kalash take a procession to a high plateau which is located outside to the village in Balangkuru and they pray to the God and this is where the long night of dancing begins. This Kalash festival is moved to different locations of the valleys and it continues for several days.







Amjad Naeem

A Painter & Art Teacher

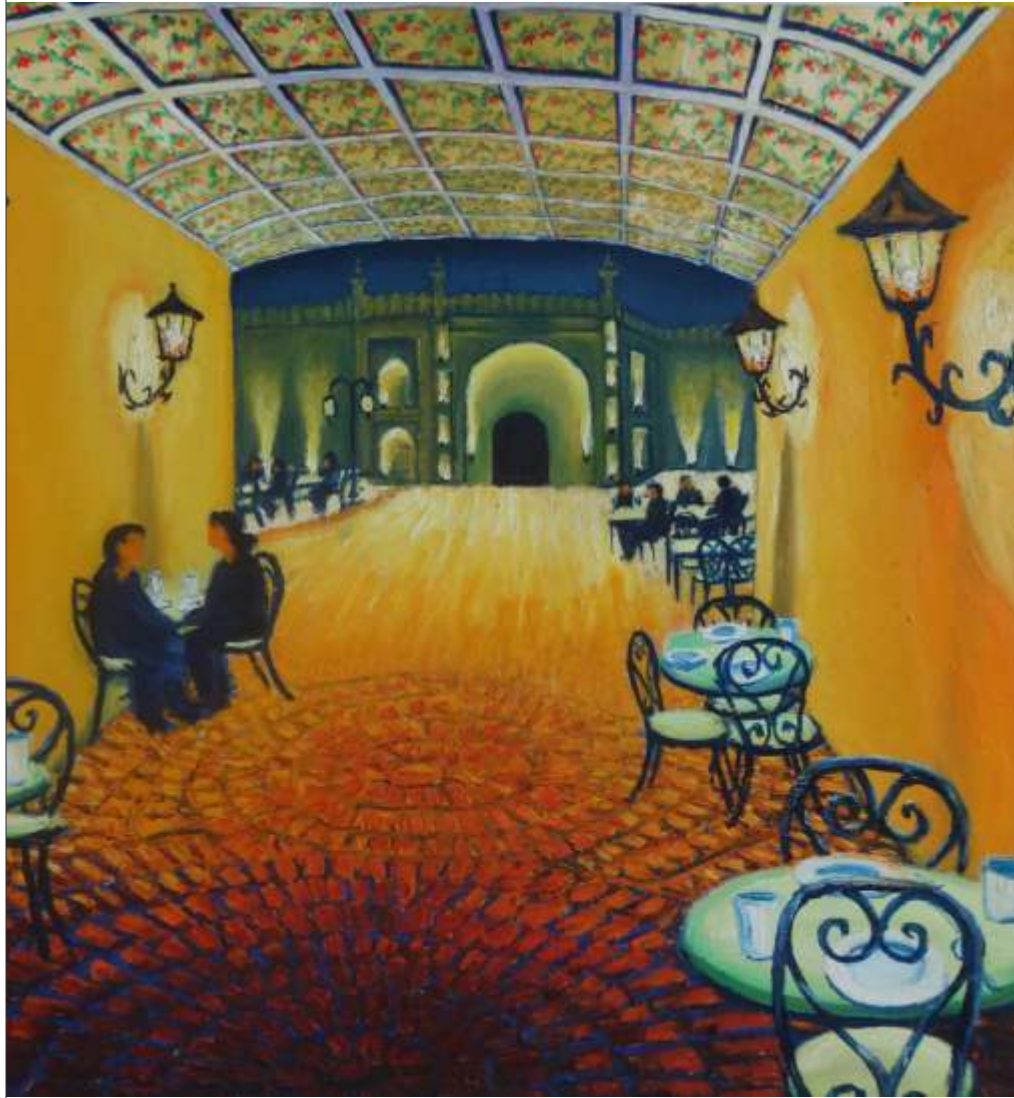
Art of paintings is being recognized as a visual language which speaks about the civilizations. It off course is an integral part of the things needed sub consciously or consciously for the life. Pakistan has very old history as it was a meeting point of the Aryans, Greeks, Persians, Buddhists and Arabs.

Existence of Indus Valley, Mohenjo-Daro, Harappa and Taxila excavations in this part of the world have given us a rich cultural heritage.



Amjad Naeem





The art of painting has linkages with these archaeology sites dating back 4000 BC, which became the cause of inspiration for development of art. As a result, art educational institutions were established in the country steadily. The reputed May School of Arts established in 1875 was restructured and renamed as National College of Arts in 1958 to cater the growing needs in the field of arts. Similarly, Department of Fine Arts, University of the Punjab came into existence in 1940. These Two institution helped a lot to produce artists.

Amjad Naeem born in Lahore in 1971 is one of those artists who studied fine art from University of the Punjab. He did Master of Fine Arts in 1999 and honoured with a Gold Medal. His seriousness towards art was apparent as he struggled to participate in the exhibitions even during academic study in 1995-1998. He was regarded as a true artist having friendly and serene nature. It was told by him that during study of intermediate at Islamia College, Railway Road, Lahore he used to make drawings, which often received appreciation from his classmates and thus motivated to switch over from regular study to this professional field. He therefore, became anxious to

enter into the Fine Art Department, University of the Punjab now known as College of Art and Design, which was the right path for development as a visual artist.

I saw his work for the first time in 1999 in a Group Show of Paintings held at Coopera Art Gallery, Lahore. He used thick layers of vibrant colours, which made his painting different than the artworks of his contemporaries. Since his passing out from the University, he underwent the process of tremendous experiments and gradually showed improvements. Now he has 20 years' experience in the field, which nurtured his faculties for expressing emotions on the canvas. Amjad Naeem is mostly focusing on the subject of land and cityscapes by high lighting social and cultural aspects. He also likes to paint night scenes, a bit difficult subject.

It is well known that the events going on in the life of an artist made him to paint and draw. Also, the societal pressure plays an important role in stimulating the painter. The selection of subjects and technique of a painting however, depends on the choice of the artist. Amjad selects rich colours palette and applies bold strokes, which creates an alluring effect in his artworks. Likewise, use of geometric elements, regular shapes and other objects in his paintings provides sense of a solidity. No doubt, his spontaneous working is heading him towards improvements day by day.

Amjad Naeem has four solo shows at his credit along with participation in several groups' exhibitions. Over and above, he is a competent art teacher and is taking evening classes at Alhamra Arts Council regularly from the last 18 years. He is involved in teaching drawing and painting since long and has performed better. Particularly he is helping to the special children and grown up in the Fountain House since 2011 by creating interest in them to learn drawing and painting in his capacity as Administrator HRVRC and Art & Drama Therapy In-charge. His such services are very valuable because it requires special skill and aptitude. He is well committed and dedicated to his assignments.

Muhammad Javed
Senior Artist,
Director and Curator,
Coopera Art Gallery, Lahore.

NOTTING HILL CARNIVAL



After few days of my arrival in London I met Uncle Nizami; a very stylish and loving character and soon we became good friends. With the passage of time our friendship turned into uncle and nephew relationship. He now treats me like his real nephew and I consider him my uncle. Despite his old age, he cooks special dishes for me and also regularly visits me. Whenever I am free, I always go to see him.



On 24th August, he called me and invited me for lunch at his house on Sunday and to see the carnival. He lives very close to Westbourne Underground Station which is in the London Borough of Kensington and Chelsea. Uncle Nizami's house and station is on the route of Europe's largest street carnival; Notting Hill Carnival. This annual outdoor and ticket free carnival has taken place in London since 1966, over two days in the month of August and this year it was on 25th and 26th August 2019. The first day is a family day where you can see young performers dancing and showing off their beautiful costumes. The second day, the grand Finale, which is usually on bank holiday, is the main day of the carnival. On this day you can enjoy performers at the stages, dance and music as well as delicious foods and different drinks.

On the 25th August, I left home



around mid day and went to Parliament House to participate in a Pakistani TV Programme and then headed to Uncle Nizami's house with two of my friends. There were road diversions and closure but somehow I manage to park very close to Uncle's house and walked straight into the procession. The weather was sunny and hot and atmosphere was jubilant. The Caribbean music was on and people of all ages were dancing. Soon we forgot where we are

going and we became part of this amazing parade. There were people of all ages, religions and cultures and it seemed everyone was there just to dance and celebrate the amazing Caribbean culture. In short this carnival had everything to offer from food to entertainment and from colourful dresses to sense of humanity. The participants especially held 72 seconds silence on both days to remember each life lost in the Grenfell tower fire.

This year over one million people attended the carnival with 50,000 performers and more than 30 sound systems. More than 12,000 Police officers

and 1,000s of volunteers were there to protect and guide the participants.

We did not realise that we were there for few hours until Uncle Nizami called us in his angry tone and we rushed to his house. We were tired and hungry and food was also ready. We ate that traditionally cooked Pakistani dishes, mangoes and tea and came home around mid night. Uncle gave special and unforgettable Asian touch to this very Caribbean festival.



Author:

Qaisar Abbas

This author is a Councillor in Thurrock Council. He is also Shadow district Cabinet Member for Communities and Culture and Vice Chairman of Thurrock Labour Party's Councillors Group. He has been given various awards for his community and social work.



A close-up, profile view of a man with dark hair and a light beard, wearing dark sunglasses. He is looking slightly to the right. The background is a textured, mottled brown and grey.

by Jahanzeb Khan

“ *Jimmy Attre*

**SINGING
LEGACY OF THREE
GENERATIONS**



Please say something about your life in Pakistan and Saudi Arabia and also tell us that how you came in musical field?

I spent my childhood in Saudi Arabia. When I was about 4 years old, I do have a vivid memory of my childhood, when i was playing with my sister and was casually humming a tune that my mother heard. There was a flow in my singing, without skipping and loosing tempo or the tune. She was surprised to hear me sing and she conveyed that to my father. I remember they seemed so happy and to encourage me further, they bought me an Atari game. This was the first time i came to know that I do possess the potential to sing.

Later on when my parents moved to Pakistan, I decided to continue singing and wanted to groom myself for becoming a singer. My father not only encourage me but taught me playing guitar, piano, singing, music production, sound

engineering, sound designing and I also learned the art of composing songs, that came naturally to me as belong a family of composers, that came as an added advantage.

You have been a well-known pop singer and musician of Pakistan. Nazia Hassan was amongst the pioneers, who introduced this pop-singing in Pakistan a few decades ago and now dozens claim to be pop singers. What is future of pop singing in our country in your opinion?

As we know music everywhere in the world depicts culture, weather, customs, thoughts of the people living in that region. So if we keep that in mind as well as diversity in music style. As far as genres are concerned every genre has its own style in beat, instruments, moods, sound and style of singing that develops a genre like hiphop, rock, jazz and pop.

Your grandfather and great composer Rasheed Attre started their career as classical musician and composed many super hit Thumris, Ghazals and conventional songs. Why didn't you choose your family's tradition?

Answer: My grandfather composed music for the films. Those were all film songs. I compose songs for myself as a singer not for the films because when it was my turn there was a big slump in Pakistan film industry but now the film industry is developing and with that change, if I am offered an opportunity, i would surely go for it.

Late Rasheed Attre won Nigar Award thrice in 1960s and you gained best song of the year in 2009. Would you like to compare these achievements in term of quality of music and lyrics?

Every era has its own challenges, off course winning Nigar awards thrice in 1960 is not comparable with my little achievement. My grandfather is my hero. I hope i become a great composer like him.

Your uncle Wajahat Attre was also a great composer of his time. Can you please tell us what kind of inspiration you got from your grandfather and uncle?

My grandfather and uncle achieved their place through their hard work. Which always inspired me. I'm also from the same clan and following their footsteps to achieve

You are accidental singer or by choice you selected this field to promote your family's legacy?

Having such rich musical family background i can never be an accidental singer. Off course it was my own decision to carry the legacy of my forefathers.

You are best known for your remixed single track "Zamana Nazuk Hai" which is also title of your first music album. Would you like to tell something about your song as well as this album?

My debut song was my grandfather's composition " Zamana Nazuk Hai". I only took the punch line of it just to introduce myself as a singer. Rest of the musical parts and composition was done by myself. This album had many songs which were also liked by people still many RJs playing them in their radio shows like "keh ree hai raat", "Tere naal nachna", "Duriya ki lehrain" etc apart from that there was a Humd I released in 2009 which was not a part of this album but got very popular.

Lahore is the city which introduced you as an artist. Once this city was heart of music and film industry of the country. Do you think that Lahore can once again gain its previous status? If yes, then what is your contribution in past and what will you do for this in future?

I was introduced as an artist from Karachi not Lahore. Off course Lahore contributed a lot later on it was hijacked by the people who came from remote areas and had huge investments. They gave birth to Jaggay day kharrak, Gujjar da gandasaa kind of movies which spoiled the environment and all the good people then tried to avoid working with them. Gradually it came to an end. Yes, good talented people like Bilal Lashari, Ali zafar are trying hard to bring it back. All I can contribute is by giving good music to the people whether it's through movies or drama or privately.

You performed in so many countries including Dubai, Kuwait and United States. Would you share some memories and experiences of your performances



with us?

Every country has its own flavour. I already love traveling so i enjoy every bit of moments no matter wherever i go. As we always perform for our community in these countries so audience is more or less the same. Lot of good memories don't know how to put them in few lines but my best experience was in Canada Toronto where i performed in front of the huge crowd and almost the whole crowd was singing my song along with me.

You are fond of travelling other than activities like reading, social media interaction and television. What are your favorite areas of interest in Pakistan or abroad?

If can't wait to die and go to heaven or if you want to have a glimpse of heaven that how it looks like before you die go to Northern area of Pakistan. I never get tired of visiting it every year with friends. I shot the video of my Humd there which was a wonderful experience.

You are a great admirer of northern areas of Pakistan. Have you been there for shooting any of your song? What and how you found there anything which you can

refer any foreigner to visit these areas to promote tourism in Pakistan?

I love the whole Northern area of Pakistan I can't compare it with any place in the world. There's nothing like it.

Music is considered as global art or language but will you agree that our actual identity is our folk heritage? Have you ever considered becoming a folk singer instead of pop singer?

Music is no doubt a global language that's the reason we listen western music and they listen and love our eastern music. Where folk music is concerned it's so pure and real that to achieve that style of music and singing you need to evolve or completely transform yourself. No impurity is allowed we have a very good example of Eesa Khailvi sahab and Pathanay Khan. Even if want to sing in their style i can't. I will have to born again and grow up in that environment to become a folk singer like them.

Please explain something in comparison of Indian and Pakistani film music and lyrics?

Indian film music is far better than Pakistani film music. Pakistani



music used to be the best in 60s and 70s but as i said earlier. It kept going down and even government never supported it whereas Bollywood industry is one big source of income for India we on the other hand stopped taking it seriously. Now that it's developing again let's wait and see. But Pakistani drama casts are doing really good.

Are you agreed that our old music and lyrics were more powerful in past rather than today? If yes, please elaborate this and if no, please explain it?

Music and lyrics in the past were really good. The reason was every instrument played in a song was live every musician, composer and singers used to rehearse the song for two to three days before recording writer or lyricist used to write meaningful lyrics. We can't even compare the beauty of that pure work with today's.

Any message which you would like to give your follower youngsters in pop music and fans in general?

Message to youngsters is that learn music well before you dive in. Secondly, music these days is not about doing music only it also involves glamour, style etc so also work in that area.

Message to my fan is that I'm going to release my new song which is a wonderful composition of my uncle Wajahat Attre. I have sung it in Hiphop style. I'm sure you're going to love it. Also subscribe my youtube channel as I'll be releasing it exclusively on my official channel.
<https://www.youtube.com/user/Attre>

"Aey mard-e-mujahid jaag zara", "Mujh se pehli si Muhabbat meray mehboob na maang", "Nisar mein teri galion pe aey watan ke jahan" and "Us bewafa ka shehr hai aur hum hain dosto" are considered as "Musical Gems" of your grandfather. Have you ever tried to sing or remix these songs with modern instruments and technology?

TALES OF MUSIC AND MAGIC OF HOLLYWOOD

KEN GRUBERMAN

BY AZAM QADRI



The name Ken Gruberman may not ring a bell to most people, but if you have ever heard of John Williams, Jerry Goldsmith, Hans Zimmer, Ray Charles, or David Copperfield then by some degrees of separation you are already familiar with Gruberman's work. He is an award-winning music copyist, a six time Grammy award winner to be specific. His Grammys are for such albums as the 1979 disco *I Will Survive*, Ray Charles last album *Genius Loves Company* and Stevie Wonder's *Time 2 Love*. A true Renaissance man in music, Gruberman has worked in music preparation, music copying, performance, orchestration, arranging, music supervision, score supervision, orchestra contracting, librarian, and conducting. With a continuing career that has spanned over 50 years in television, music, movies and magic there are certainly tales to be told, tales that Mr. Gruberman shared with me from his living room.



How did you get into music copying and music preparation?

"I was born into it. My dad [Jack Gruberman] was called 'The Quill'. He came out of WWII . . . and he and his friend Jack Webb transferred *Dragnet* [1951-1959] from radio to TV . . . I grew up with perfect pitch and all these people who used to hang out at the house, like Leonard Slatkin." Gruberman goes on to mention that as a child he helped his dad in his office running the Ozalid machine, an early photocopying device.

Ozalid Machine

Briefly described, using this device involves taping vellum pages of music together and placing them on Ozalid paper (yellow paper with light sensitive coating on one side). When it came time to make a duplicate "you would shove it into the Ozalid machine yellow side



up, where it goes around a big glass tube with an ultra-bright light, which burned off all the light sensitive coating, except anything that was hidden by the black notes and staves. that version goes up the conveyor belt . . . where ammonia vapor turns the yellow black. It was a 220-volt machine, high power, and it had a heater on the top with a bottle of liquid ammonia dripping . . . and I learned how to use this when I was eight.” That was Ken and his father’s process of making a simple copy, “that’s the way it was, that’s the way people have been doing it since the thirties,” a process that is surely taken for granted today.

Fast-forward: Quill Music

“My dad died suddenly in 1979. And . . . I decided to keep it going . . . I wanted to honor his memory for everything he had built; I just didn’t want it to disappear. My mom said, ‘Let it go’ and I said, ‘No I don’t think I can.’” Accordingly, Ken created Quill Music a music copying/preparation company just like the one his father started many years ago—with a few minor changes of course. “One of the first things I did was get rid of that nasty old Ozalid machine. I was one of the first pioneers of xerography, I had a Xerox 3109, which I learned how to hack myself . . . no more ammonia.” This method lasted all the way to era of printers.

It should also be noted that aside from being musically knowledgeable Ken is also a technologically savvy as well; he is the Tech Daddy for the Huffington Post and a ACSP: Apple Certified Support Professional. This is significant because as Ken states, “I was the first professional copyist in LA to go computer in 1987.” He saw a demo of a new technology at an ASMAC (American Society of Music Arrangers and Composers) luncheon by the company Mark of the Unicorn (MOTU). The demo was of its new notation software called Professional Composer, or “professional nightmare” as Ken remarked. Mark Mann led the presentation, “everyone in that room catcalled [him] . . . made fun of him and were heckling him—except me. A light went on for me . . . this is my future.”

Now everyone uses notation programs like Finale and Sibelius for music copying, arranging and composing. At this point there is even an overuse and reliance of these technologies for music composition, a craft that is supposed to come from the mind, not a machine (more to follow in this subject).

September of My Years: Frank Sinatra

Ken remembers one of his first music preparation assignments was working on the Frank Sinatra album *September of My Years* (1965), which won the Grammy Award for



Sinatra’s Album “September of My Years”

Album of the Year. “[Sinatra] was a lot nicer than a lot of people assumed. He could be kind of a jerk, but he also had a really nice side—he was a complicated guy.” Ken goes on to mention that Sinatra did not read music, everything he sung was by ear, and Ken appreciated that Sinatra always credited his arrangers (they were the ones who created that Sinatra sound that makes him famous even today). “I recorded with Frank when I was twelve years old. I’m on ‘High Hopes’ [1959] and ‘Pocketful of Miracles’ [1961].’ I got thirty-two bucks for that.”

“The Magic of David Copperfield”

It was surprising to hear how Ken described the way Copperfield approached his music: “He needed to have the music first, then figured out what he was going to do to it—the music would always fit his routines like a glove.” Based on my experience working with magicians, Copperfield’s process is the exact opposite of how most magicians include their music. This of course makes sense when you consider Copperfield’s musical background, as a teenager he performed in musicals, and is a fan of musical theater, so he is familiar with how music can be used for drama.

Copperfield “Walking Through the Great Wall of China”

The biggest illusion that Ken provided music for was Copperfield’s walking through the Great Wall of China illusion on his CBS special, “The Magic of David Copperfield VII: Walking Through the Great Wall” (1986). For this grand illusion, “I had the idea of reworking Indiana Jones and the Temple of Doom . . . I worked with John Williams over the years . . . he was reticent about the idea and I said, ‘Do you know what kind of publishing you’re gonna get?’ He said, ‘Okay, no problem.’ Soon after Ken spent time going through the Williams’ scores and created a 45-minute suite for the Copperfield TV illusion.



Copperfield, “Walking Through the Great Wall of China”

The Composers

When you think of the “Golden Age” of film composers, you think of the likes of Erich Wolfgang Korngold, Miklos Rozsa, Dimitri Tiomkin — many of whom had emigrated from war-torn Europe and found their way to Hollywood. “Silver Age” composers are represented by Bernard Herrmann (who bridged both Ages), John Williams, and Jerry Goldsmith.

“The problem now is that almost anyone thinks they can be a film composer—”

Currently working A-list composers (the “Bronze Age”) are represented by Ennio Morricone (who also is an Age-spanner), Alexandre Desplat, Michael Giacchino, James Horner and James Newton Howard. However, their film assignments are gradually being diminished, most likely because of the fees they command — and deserve.

It is so easy these days to find a composer who works for nearly nothing. As Ken says, “The problem now is that almost anyone thinks they can be a film composer—all they have to do is noodle around on a keyboard.” In 1968, when Ken began working with his father (“The Quill”) in the music preparation business, composers would deliver handwritten music that ranged from 2 to 6-line sketches of full scores, to fully written out, transposed scores.

“I get files that are a complete mess, and worse the music doesn’t really work with the picture.”



The point here is that the Quill Music crew was given actual music, that was musically conceived and expertly planned, by real composers. Today what Ken often receives are electronic files, often from people who cannot actually read or write music. These range from MIDI files, Logic files, PDF exports, or MP3 sound files (where he is required to write out the music upon hearing it)—or a combination of the above.

About this practice Ken remarks, “it depends on who is doing it. Many of the A-list composers do this; they have to because the deadlines are so tight—but at least they know what they’re doing. The thing is, they could write by hand if they wanted to. Often times, however, I get files that are a complete mess, and worse the music doesn’t really work with the picture.”

Ken continued, “I’m not only Quill Music, but I’m also the ‘Tech Daddy’: I’m an Apple Certified Support Professional (ACSP) and I’ve been a personal tech consultant and advocate for over 20 years, so it’s not like I’m against using a computer or digital technology in general. Quite the opposite. But I’ve seen the same thing not only in music, but in graphic design and many other fields: in order to effectively use a computer to do something, you should know how to do it first the ‘old-fashioned way’—in this case by hand.

“Jerry, who was a master of economy and speed in composition, wrote out the entire score on a 6-line sketch during a plane ride from New York to LA...”

Keep in mind that the computer is just a tool, an extension of your brain. If you don’t know what you really want, the software you’re using will do what it wants... which may not always be the right thing.” An example of a great and accomplished composer Ken often worked with was Jerry Goldsmith, Ken recalls, “I was fortunate enough to work with Jerry on several projects over many years. In one instance, Jerry had been asked by the music supervisor of Quinn-Martin Productions to score the 90-minute pilot episode of *Barnaby Jones* [1973-1980], which in turn would be ‘sliced and diced’ for use in the rest of the first season shows—a common practice in those days.

The problem? CBS execs finally made up their minds and gave the show a greenlight only two weeks before airdate! Jerry, who was a master of economy and speed in composition, wrote out the entire score on a 6-line sketch during a plane ride from New York to LA, using just the shooting script and spotting notes, and then had it messengered over to me!”

Given the type of composers often found in

Hollywood today, the area of musical literacy has severely shifted, “It used to be that composers were the last line of musical literacy, then it was the orchestrators, who could take anything and make it work; now it’s the music prep people—and they’re getting rid of us to theoretically save money. “...in the last 10 years [...] the directors have been getting younger and younger—and a lot of them are first-timers or relatively new at it, and they have no idea how music works in film.”

And that’s a big mistake. Talk to any studio musician about the quality and accuracy of the music they’re being given—when scoring actually happens here in LA, which is becoming increasingly rare—and you’ll get an earful.”

The Directors

“What I’ve generally been seeing in the last 10 years or so is that the directors have been getting younger and younger—and a lot of them are first-timers or relatively new at it, and they have no idea how music works in film. They don’t understand the function of it. I’ve found that my role—and by extension most of the music team’s role—increasingly encompasses musical education and advocacy when dealing with a director.” As an example, Ken discussed his experience working with director Tom Hooper on the HBO miniseries *John Adams* (2008).

The original composer Hooper had chosen was Rob Lane; however, Lane had only completed roughly 15-minutes of score out of the seven-and-a-half hours that was required, and it was now slightly less than three months until airdate. On the plus side, Lane had done some good work, and had also come up with a very catchy main title that would become synonymous with the show. HBO decided to call in a team that had delivered for them many times in the past under similar circumstances: composer Joseph Vitarelli,



orchestrator Jorge del Barrio, and Ken, who was in charge of music preparation, score supervision and coordinator of the music team.

The task was to compose and record about 7 hours of music for a 68-piece orchestra in less than two months. That would be daunting enough, but then there were differences of opinion between the director and composer. “We came to the quick realization that [Hooper] had some... interesting ideas about how music works in a scene. There were arguments all during the process of spotting and scoring. And I get it: his guy had been removed, and we were brought in and he didn’t know us. So naturally there was antagonism.”



***“John Adams” Scoring Session (2008)
Jorge Del Barrio conducts the Hollywood Studio Symphony***

In spite of all the arguments, “In episode six (out of eight) he finally got our viewpoint, he finally got what we were trying to tell him. It was like a light bulb came on. Then something very unusual for TV happened: we actually scrapped the score for that episode, which had already been recorded, and did another one.



Tom Hooper after winning the Oscar for best director for “The King’s Speech”

That was an amazing experience. And Tom has been going great guns ever since. He went on to direct *The King’s Speech* [2010] and *Le*

Misérables [2012] and in both cases was able to use music in new and very effective ways, because he could really communicate with his music team what his vision was. I've seen this happen many times with other directors, and it's always a magical moment when it happens."

The Studios & Cinema

In addition to working as a music copyist in Hollywood, Ken has also worked as a music librarian, score supervisor and orchestra contractor for LA studio orchestras; those legendary musicians are "starting to retire or drift away because of the lack of work." Hollywood producers have gotten so stingy that they no longer want to deal with the cost of composers, music teams and orchestras in movies. "You are now seeing a lot of movies with only songs in them, or Indie rock bands just jamming to picture." Ken described how many people do not realize that in LA there is both a low budget and ultra-low budget agreement between the Musicians Union and the producers, and yet the studios are going to Prague or London to record.

'I don't need to hire [musicians] I can get a kid with a Casio.'

In these locations, "it's a buyout—no benefits, pension, health and welfare, insurance, or taxes. Even though that sounds like a bargain, in truth it's no less expensive when you consider travel costs and the entourage they typically bring—it's a free trip for all of them." Some confounding examples are "...movies like The Avengers [2012], which they knew was going to make a huge pile of money, yet it was scored non-union; The Hunger Games [2012] and the just-released sequel Catching Fire, which were both shot with an all-union crew in North Carolina, yet recorded non-union in London." "Why would the studios do that?" I asked, and Ken replied "Because they can. I have never figured out why many productions will shoot union, but score non-union. But I have a theory." Ken's speculation for why this happens is that, "we have something that other unions don't have — something that producers have hated for the last 35 years — and that is a small piece of profit sharing called the Film Musicians Secondary Markets Fund. Typically, each musician who participated in the creation or recording of the score gets an extremely small share of the profits, which is usually .005 percent per person. I'm not kidding about that. Even so, they still hate it."

Things started to change in the 90s, and Ken does not see them changing back, "The people in Prague are really good, and they're cheap — and they know they're cheap. Winning them over is not an easy thing... they give you a lot of attitude first." And,



unlike LA musicians, "they often don't get musically idiomatic material, such as Caribbean-feel, Mexican-feel, whatever the feel. They don't get it.

"...it was that quirky Indie sound with a ukulele, orchestra bells, a couple of guitars, goofball percussion, they just threw something together and now everybody does that."

"The same thing can happen with London, you sometimes can't get them to swing anything, or do improvisation." Ken draws a comparison between the circumstance of the LA's studio musicians and the space program, "we probably couldn't put someone on the moon today because we'd have to create a team, and we don't have a team like that anymore—we had a team, they did it, but they drifted away because there was nothing else challenging for them to do after that."

"In the last five years 70 percent of all major studio releases were composed by first time composers who will never write another score... [this is because the studios] think of composers as dispensable; a dime a dozen." Ken spoke about certain benchmarks in cinema, one of which was Chariots of Fire

(1981), which "spelled unemployment for me and a lot of us for many years. There was a musician's strike going on at the time. And Vangelis turned in this completely inappropriate score. I understand the appeal: it's a catchy theme, but it was the same kind of spacey synth music he used for Blade Runner [1982] for a period 1920's film about runners. I never felt it worked with the movie, but the producers' eyes lit up at the perceived cash cow! 'I don't need to hire [musicians] I can get a kid with a Casio.' So for three years or four years we didn't work." Another watershed movie was Juno (2007), "it was that quirky Indie sound with an ukulele, orchestra bells, a couple of guitars, goofball percussion, they just threw something together and now everybody does that." Of course Ken does not want to disparage bands because "some of the composers we know and love now came from rock bands: Danny Elfman and the late Michael Kamen are two examples. It's true that if someone comes from that background they can progress, but not always."

12 MOST DELICIOUS DISHES OF LAHORE



Pakistan is home to many cultures and beliefs.

By Hassan

Each city and province are known for its unique taste I foods and different varieties. And that is what makes Pakistani cuisine range wide for food lovers. One of the famous cities of Pakistan is Lahore, which along with its cultural heritage is known for its food.

Lahori food is comparatively different from the rest of the cities. Where Karachi is known is for its spicy food, Lahore has a moderate tolerance for spices yet the city has numerous scrumptious dishes that beat the rest.

Following are the top 14 dishes of Lahore that are finger licking good and make you want to have more regardless of their price and location.

BUTT KARHAI



Located on the main McLeod Road, Butt Karahi is one of the most famous places visited in Lahore due to its mouthwatering karhai.

It is a local Dhabi type restaurant, no high maintenance and full of taste

LAHORI PAYA



Paya is one of the must dishes that one has try when in Lahore. With the right amount of spices, paired with Nan roti, Paya is the perfect dish for breakfast and dinner.

FIQAY KI LASSI



It is the well known lassi place in Lahore and is something that one has to definitely try. No matter what the time, day, you always have to wait in line for your turn.

The fact might be of interest that even foreigners love "lassi". Australian travel blogger Sophee Smile on her visit to Pakistan experienced the delicious lass and felt in love.

HALWAPURI



This is a breakfast delicacy that Lahore has to offer and the most famous place you can get this is the "Taj Puri wala".

What makes it even more special is the historic view that you enjoy while enjoying a full breakfast.

AMRITSARI HAREESA

Also known as the Step sister of haleem, it is still a tad bit different from what haleem is.

Located at the Nishbat road, near Lakshmi Chowk, it is not the fanciest places but they serve some delicious Hareesa that leaves you craving for some more.



NISBAT GOL GAPPAY



It can very well be said that no one can beat the taste of **Nisbat Golgappay**.

The crispy gappas full of sweet yoghurt and channas and chatpatta masalas, dipped in khatta and meetha pani make this dish one of the most sought after dish in Lahore.

Although available all over Pakistan, Nisbat Golgappas beat the rest with its unique and delicious taste, located in the perfect spot opposite Amritsar Hareesa.

Gol gappe is another such dish loved by foreigners. Indian novelist Vasant Dave tasted gol gappe in Anar kali Lahore and ranked them as their most favorite.

NIHARI



Nihari is one of the famous dishes of Pakistan. In Lahore, Mohammadi nihari is on the top providing in Lahore, Mohammadi nihari is on the top providing Lahoris with the spiciest, tastiest nihari, with freshly

served naans.

This dish along with Paya, is perfect for breakfast on Sunday mornings and having various varieties of nihari makes it all better, ranging from simple nihari to tawa fried nihari, one cannot leave Lahore without having Mohammadi nihari.

LAHORI CHARGA



The most scrumptious charga available in Lahore is the one at the Lakshmi Chowk.

With the right amount of spices to the charga cooked to perfection, it makes one want to drool at just the thought of it.

FISH



Nothing is better than the freshly caught fried fish.

Bashir Darul Mahi provides Lahori with the mouthwatering delights that are the fishes.

This is one of the most crowded places in winters because nothing is better than having some hot fried fish during the chilly winter nights.

FALOODA



Tired of having waffles and pancakes and kheer and chocolate shakes?

Want something sweet yet different and adventurous?

Riaz Falooda kulfi, with slimy noodles and the condensed khoya milk making it taste like a slice of heaven is something you definitely want to try!

TAWA CHICKEN



Available at the Fort View, tawa chicken is one of the most drool worthy dish of Lahore.

You enjoy it with not only fresh nans but an exotic view of Lahore Fort and the spectacular Badshahi Mosque.

Nothing is better than having traditional food with a side of the historical buildings telling us the story of our Mughal Empire.

NAN KHATAI

Leaving Lahore without trying the **Khalifa Nan khatai** is an insult to Lahore and its food industry.

Khalifa is famous not only all over Pakistan but also abroad because of its Nan khatai.

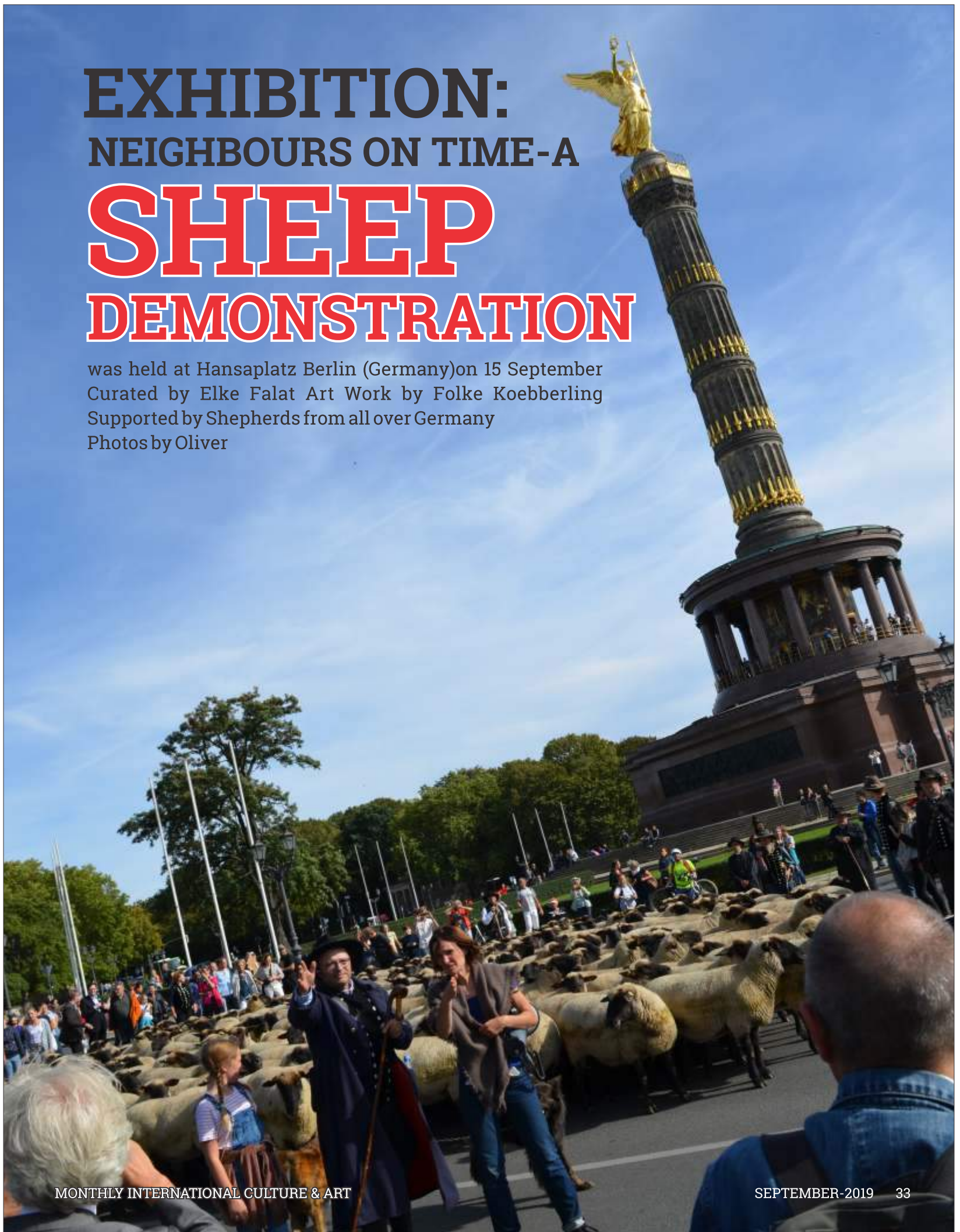
People visiting Lahore especially go to Khalifa bakery to get the sweets as a token of appreciation, tradition and a souvenir of sort.



Lahoris are true food lovers. They enjoy and celebrate food like no one. If you haven't been to Lahore, you must visit for once to explore the taste and beauties of Lahore.

EXHIBITION: NEIGHBOURS ON TIME-A **SHEEP** DEMONSTRATION

was held at Hansaplatz Berlin (Germany) on 15 September
Curated by Elke Falat Art Work by Folke Koebberling
Supported by Shepherds from all over Germany
Photos by Oliver







INTERNATIONAL PEACE DAY CELEBRATION IN CHESHAM TOWN

The Mayor of British Town Council of Chesham Councillor Qaser Chaudhry organised the UN International Peace Day celebrations at the local Theatre. The speakers highlighted the importance of peace in the world. Various local artists performed specially themed songs, dance and plays.

The Mayor of Chesham thanked all the participants for their attendance and appreciated the work of all the Artists. The local Imam Mr. Hussain highlighted the importance of peace and cohesion in the society. The Mayors of other Districts, Police Officers, Councillors and other dignitaries also attended this beautiful event.



GETTING OUTSIDE IS GOOD FOR YOUR MENTAL AND PHYSICAL HEALTH, NEW STUDY



“

Those who spent two hours a week outside reported improved mental and physical health.

BY ERIKA OWEN

In case you needed even more of a reason to get into the Great Outdoors, a study published in Scientific Reports says that spending two hours in nature every week could provide a boost to your health. This isn't the first time we've heard this; in July 2018, Science Daily shared another report boasting the same idea. If you read no further, at least take away the moral of this story: Spending time in nature is always a good idea.

This new study took two groups — one that did not spend any time in nature and another that took advantage of residential green spaces (parks, beaches, and the woods) — and monitored them for seven days. Each

participant reported back on the state of their mental and physical wellness at the end of the study. According to CNN, the researchers included feedback from more than 20,000 people in the UK. Of those who spent time outside, one in three polled reported that they felt dissatisfied and one in seven shared that they had poor health. Of the group who did not spend time outdoors, nearly half reported “low levels of life satisfaction,” and 25 percent reported they experienced poor health.

The demographics of the two groups spanned all walks of life. Mathew White, leader of the study at University of Exeter Medical School, shared some insight with CNN on the people studied:

"We were worried our effect was just that healthier people visited nature but this finding suggested even people with known illnesses who did manage to get two hours a week in nature fared better."

This isn't knowledge that's supposed to surprise you: It makes sense. Pull yourself out of your everyday environment and stresses and experience something bigger than yourself. In a world where forest bathing is a popular and respected activity, it's never been easier to get out into nature.



DISCOVER PAKISTAN

From the Buddhist Trails to the Scenic Mountains

A seminar on Tourism titled "Discover Pakistan: From the Buddhist Trails to the Scenic Mountains" was held 11 September, 2019 in Shangri-la hotel Bangkok. The Seminar was arranged by the Pakistan Embassy in collaboration with the Tourism Authority of Thailand, and featured presentations and videos on the Buddhist heritage and scenic tourist sites of Pakistan.

The honourable Federal Minister for Economic Affairs, Mr. Muhammad Hammad Azhar was the chief guest at the event. Besides tour operators from Thailand and Pakistan, investors from the hospitality industry and prominent Thai citizens and Pakistanis participated in the event. In his welcoming remarks, Ambassador Asim Iftikhar Ahmad said that Pakistan possessed rich history, and diverse culture and landscapes.

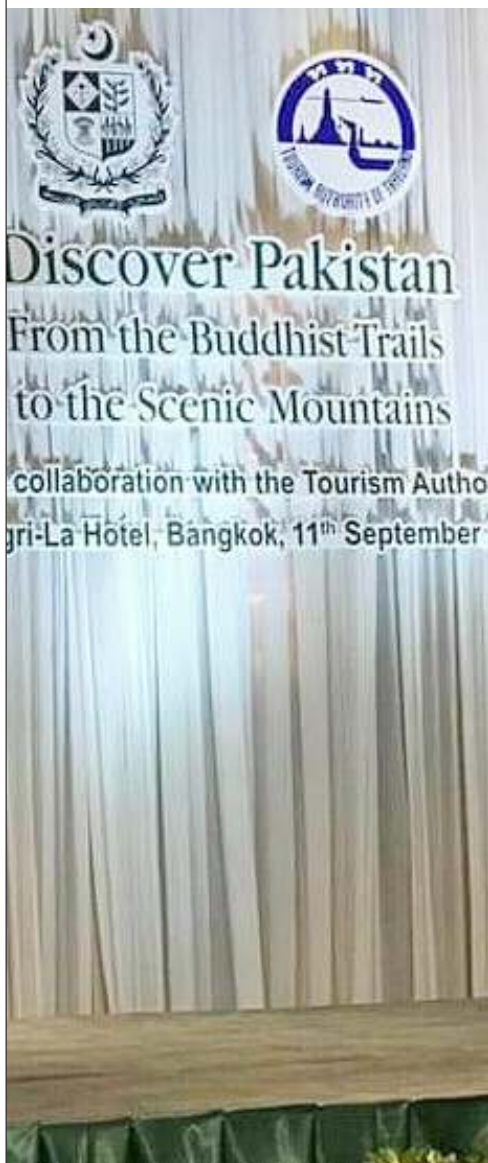
He highlighted the Buddhist Gandhara sites in Pakistan and the breathtaking scenery of Pakistan's northern areas, and invited Thai citizens to visit Pakistan. In his remarks, the honourable Federal Minister enumerated the tourism friendly policies of the Government of Pakistan and invited Thai investors to take

advantage of the growing tourism sector in Pakistan. Presentations on various aspects of tourism in Pakistan were made by Mr. Imran Shauket (Chairman JOBS Group). In his remarks, Imran presented facts about the country size, economic potential and faith based tourism attractions of Pakistan. He specifically spoke to the fact that Pakistan is a country on the rise as the 23rd largest economy (PPP) of the world. Other presenters included Mr. Mubashar Ayub (Gilgit Baltistan Tourism Department), Mr. Ali Naqi Hamdani (Landmark Communications), Asst. Prof Suddan Wisudhikuluck and Dr. Nitinant Wisaweisuan (Thammasat University).

The Seminar was followed by a Business to Business segment to facilitate interaction between the Thai and Pakistani tour operators. The event was part of the ongoing efforts of the Embassy to promote people to people contacts between Thailand and Pakistan through culture and tourism.

By: Faraz Zaidi
DCM, Pakistan Embassy





PROGRESSIVE EDUCATION NETWORK

“Mr. Omar Khayyam Sheikh (Founder, Director & Ex. CEO PEN) conducted a session on “Employee Motivation” on September 16, 2019 at the head office of Progressive Education Network, Lahore.

Progressive Education Network is a non-government, non-profit organization to support quality education for disadvantaged children nationwide. We are operating in 15 districts and 255 adopted schools with over 62,000 students enrolled in them. Social Responsibility, Corporate Governance, High Impact and Radical Transparency are



DR NAJEEB KHAN

our core values. We have a work force of over 1300 employees who are tirelessly working for our goal of enrolling 1,000,000 children in our adopted schools by 2025.

Mr. Omar Khayyam Sheikh is an esteemed motivational speaker and has delivered various inspirational lectures around the globe. He is a successful entrepreneur, Founder President Association of Pakistani Professionals in New York, Founder and CEO, Hadayat Sons and writer of the books “Strategies of Prophet Muhammad (PBUH)” and “Universalizing the primary education in Pakistan”.

The audience was comprised of approximately 100 regional, managerial and executive members.

He emphasized on 19 Life Skills and inspired the people to value the opportunities given in the world. The cynosure of his lecture was the locus of personality control, the practical basics of life, nourishment of mind and body,

courage to deal with the adversity, Failure and pain. He also focused on the spirituality and religious approaches in life.

He stressed on the hadith:

“Whatever you do, do it to the best of your ability” – The Prophet (PBUH)

He shared his point of view on Circle of Concern vs Circle of Control with the audience. His lecture accentuated the Employee Motivation to be a regular routine. It is believed to be a critical aspect at the workplace which ultimately leads to the performance of the department and success of the organization.

According to him, the employee motivation always allows the management to meet the goals. An organization with motivated employees can achieve higher levels of output as they increase its productivity.

He inspired the audience with new approaches for idea generation and

practical applications for their work and he challenged them to get outside of their comfort zones.

In his concluding remarks, he hopes to see the whole PEN team & family as the most motivated professionals in taking the mission and vision of PEN to their communities.

Mr. Ahsan Imran, CEO Millat Equipment, Director and Co-founder PEN, was also present at the moment.

In the end, Dr. Muhammad Najeeb Khan, CEO PEN, thanked all the attendees and Mr. Omar Khayyam Sheikh for his motivational words and valuable time.



جرات و کردار کے عکاس، یہ شاہین (پاک فضائیہ کے شاہینوں کے نام)

(سید حمزہ سلیم گیلانی)

ہیبت ہے شجاعت ہے فضاؤں پہ نظر بھی
رفار ہے ایسی کہ نشان ہی نہیں ملتا
وہ سرورِ کونین کی میراث کے حامل
دھرتی کی فضاؤں کی حفاظت میں مگن ہیں
کو تا ہی وغفلت سے نہیں انکوسروکار
تیار ہیں ایسے کہ ہے دشمن کو بھی حیرت
کیونکر کبھی پرواز سے تھکتے ہی نہیں یہ
یہ حیدرِ کراڑ کی سطوت کے نشان ہیں
فردوس کے طالب ہیں، یہ قسمت کے دھنی ہیں
یہ جرات و کردار کے عکاس، یہ شاہین
افلاک کا منظر ہی بدل دیتے ہیں یکسر
اس طرح مٹا دیتے ہیں دشمن کے ٹھکانے
گردوں میں بھی ہر سمت پہ چھا جاتا ہے لرزا!



EMBASSY HOTELS

HOSPITALITY IS OUR TRADITION



Whether you are relaxing in the conformable bed or dinning in the traditional restaurant, you will feel the warm and tender touch of rich cultural heritage of the fabled Hunza valley. The Management of Embassy Hotels is pioneer in representing and introducing the traditional Hunza cuisine in hospitality industry.

Your Homes in the Mountains



EMBASSY HOTELS



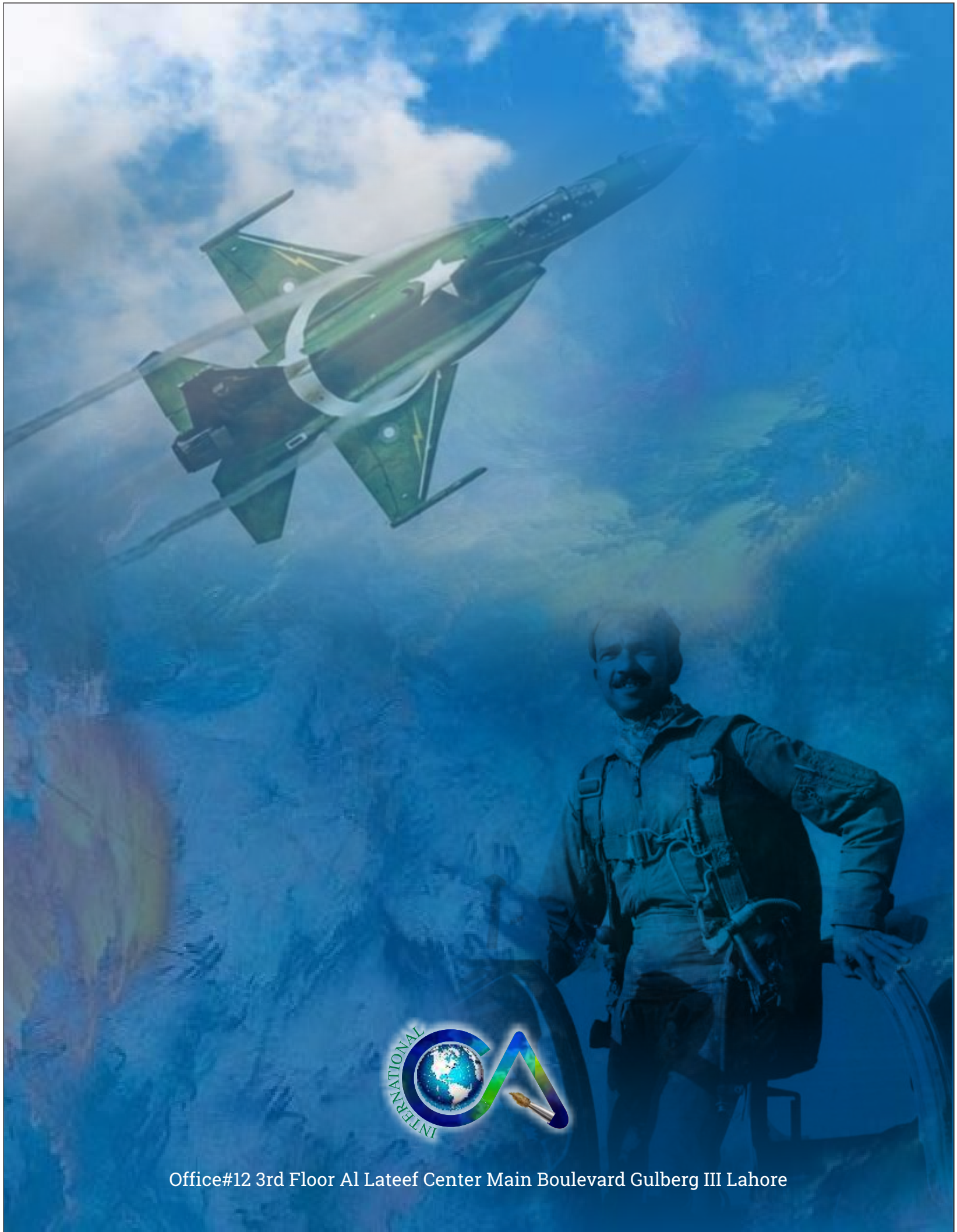
GILGIT
+92-3448452885
+92-5811452885

KARIMABAD
+92-3111457001
+92-5813457001

KARIMABAD
+92-3425590729
+92-5813457138

SOST
+92-3453440003
+92-5813440003

DUIKAR
+92-3405000100
+92-5813457001



Office#12 3rd Floor Al Lateef Center Main Boulevard Gulberg III Lahore