



INTERNATIONAL CULTURE & ART

MONTHLY MAGAZINE
VOL# 01 ISSUE# 09
MARCH - 2020

INTERNATIONAL
Women's
DAY



TOURISM & ART

Exclusive Interview
Governor of Punjab



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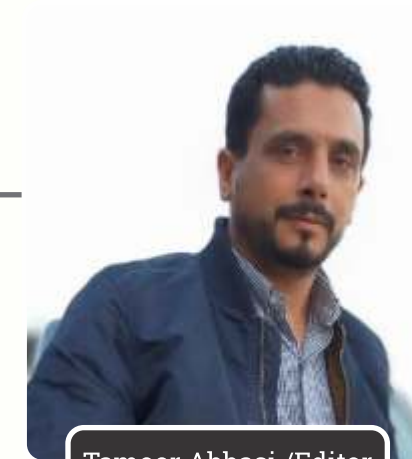
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NOTE FROM THE editors



Tamoor Abbasi /Editor



Tallat Ch. COO/M.E.

Dear Reader,

Thank You for the interest in International Art & Culture Magazine. There is tremendous appreciation on our last coverage. Readers appreciated Cholistan Rally Coverage & Special Feature on Afghan Girl Photographer bio.

Running corresponding to this extended idea of what a magazine could be, was a redefinition of what could occur in the space of the page itself. The page in this manner turned into a site commanded by the visual picture, retaining the content inside itself, and this new combination saturates craftsmen's independently publishing right up 'til today.

The magazine is becoming great display space for Art & Culture as well as Advertisers, a basic space, a narrative space and a recorded space... With thoughts of the customary exhibition in genuine inquiry and numerous craftsmen, broadly and globally, working outside of these structures, the specialists' magazine offered a significant and effective connection in spreading new work among this rising universal network. For craftsmen whose work didn't require a physical site for its acknowledgment, specialists' magazines worked as synchronous scaffolds between craftsmen in shifted geographic areas and as a locales through which 'transnational' joint efforts.

This special edition covering 23rd March The Independence Day of Pakistan. Please visit our page and share the digital edition of International Art & Culture Magazine to celebrate 23rd March 2020.

Please keep sending your suggestions to make the magazine better and better.

Looking forward for your input, suggestions and opinion

GOVERNOR OF PUNJAB CHAUDHRY M. SARWAR ON TOURISM AND ART IN PAKISTAN

Mr. Chaudhry M. Sarwar, the current Governor of Punjab who has a distinguished career in politics not only in Pakistan but also in the UK; where he served as the labor member of the parliament for Glasgow central from 1997 to 2010 had been interviewed recently by International Culture and Arts Magazine.

Interviewed By: Kiran M Ali Khan

Here is what we talked about regarding travel, tourism and art.

Q: Pakistan has recently started Religious Tourism drive. What are your thoughts on it.

When I initiated this idea no one new about it. Our first target was Sikh community because of baba guru nanak's 550th celebration and with the support of the Prime Minister; it was a huge success.

Then, a few months back we organized the Buddhist tour to Pakistan. The eminent monk of Sangha supreme council of Thailand; Mr. Arayawangso visited Pakistan. In this trip he headed a delegation of fifteen renowned Thai's including Dean of Nitinant of Thammasat university, former cabinet member Lady Supatra, retired Thai ambassador Suchitra among other notables. The Buddhist pilgrims were accorded with warm welcome here which is an encouraging gesture for many others thinking to visit Pakistan.

Even the eminent monk said that they had great spiritual association with the holy sites and this remarkable hospitality will surely force them to spread the good words about Pakistan across the globe.

This success has motivated us to market the many holy places of Sikh community like Qartar Pur, Nankana and Panja saab so that more people from Sikh community shall visit Pakistan.

There are many places with Sufism history attached to them as well as holy places of Hindus, Buddhists and Christians in Pakistan which have a great cultural and religious significance and we want to promote all of that so as to attract tourists from all over the world.

Q: How do you intend to market the concept of religious tourism?

1st and foremost we have to make our foreign



embassies proactive so that people may get visa easily. We need to improve procedures for getting a tourist visa to Pakistan and because of that we have introduced multiple visa entry system to Pakistan.

2nd we need to make new infrastructure and for this explicit purpose we have made new roads and improved the existing Highways towards Nankana saab and much more; besides whoever visits Pakistan becomes a fan of it because people here are very hospitable and easy going.

Q: The artists are not facilitated in Pakistan. Are there any plans towards the betterment of people related to this field?

All people related to art are respected throughout the world and I for one a huge fan of art. Recently I visited an exhibition where many artists exhibited their work about Kashmir and I was deeply touched upon seeing how much depth their art had.

Artists are the people who reflect people's thoughts through their work. We are working on it and will definitely work more for this cause.



Importance of Art

By: Usman Siddiqi

The modern day has significantly decreased the importance of art and culture in people's lives now a days. However, both culture and art still have a great impact on the country's economy, education, and society overall.

Besides enriching and nourishing your inner world, art and culture illuminate your inner life and boost your creativity and imagination. Art influences society by changing opinions, instilling values and translating experiences across space and time. Art & culture has a pivotal effect on the fundamental sense of self.

Painting, sculpture, music, literature and the other arts are often considered to be the repository of a society's collective memory. Art preserves what fact-based historical records cannot: how it felt to exist in a

particular place at a particular time. It is like taking a stroll down the history line with your very self present there and seeing all the events, emotions through the perspective of an onlooker.

Both culture and art are two wonderful ways of preserving or strengthening a strong community's sense of belonging, forging a personal identity, and showing your creativity.

Art and culture boast multiple opportunities for learning, entertainment, leisure, personal growth, and improving communication with others. From theaters and museums to public libraries and art studios, art and culture unite people regardless of their age, nationality, or religion.



THE FIRST THREE MUSLIM C-IN-C'S OF PAF

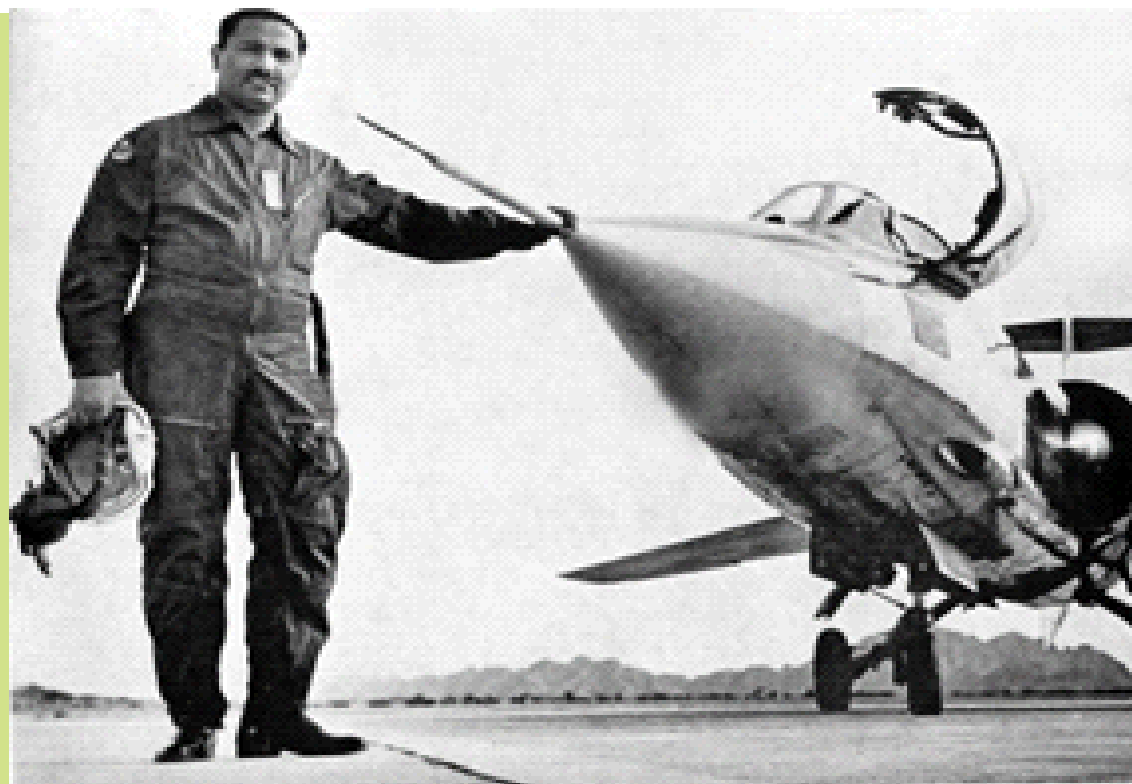
by Col. (R) Azam Qadri

1

Air Marshal M Asghar Khan

The onset of sunrise of 7 September reminds the Pakistani Nation about the deeds of the Pakistan Air Force (PAF) performance on this fateful, when it protected the skies against a numerically far superior enemy, the Indian Air Force. While remembering the achievements of PAF, one must not forget those who built the force as we see it today.

The Air Force that Pakistan inherited at Independence, was a ruse ensconced with intrigue. The assets that were to be divided, were not only inequitably distributed but whatever was earmarked, was not worth calling it an air force equipment with any operational capacity.



The painstaking task was started by Air Marshal Asghar Khan, who had trained the PAF in its formative years, achieved outstanding results against IAF during the Indo-Pak Wars of 1965 and 1971. PAF pilots' performance also stood out

more aggressively during the Arab-Israeli Wars of 1967 and 1973, where two Israeli aircraft were shot down by the seasoned PAF pilots trained in the 60s.

This is how the foundations of the PAF

was laid as the nation sees today. He has the distinction of being the first Muslim to fly a jet aircraft in 1946 in United Kingdom.

2

Air Marshal Nur Khan

Fortunately for the PAF another outstanding C-in-C, a passionate fighter pilot even as a C-in-C, Air Marshal Nur Khan, led them from the front during the Indo-Pak War of 1965.

The PAF proved equal to the task when it was put to the test. The PAF pilots, crews and all ranks performed extremely well during the War. The emphatic success of the PAF in the tactical air operations against a numerically bigger enemy, won it international acclaim and a manifestation of the PAF's combat proficiency also a testimony of transformation from a small and outdated air force into a highly disciplined modern, powerful and efficient airforce.

Leaders like them Air Marshals Asghar Khan and Nur Khan are born in



Air Marshal Nur Khan in centre and Wing Commander Mervin Middlecoat on the right

centuries, who come, conquer and leave a legacy, like they did.

The PAF started with taking on the Indian offensive against Lahore during

the early hours of 6 September, which was soon followed by air strikes against major airfields of the Indian Air Force. The heroics, of great aces of PAF became a household name.

3

Air Marshal Rahim Khan

During the Indo-Pakistan War of 1971, the PAF was led by Air Marshal M Rahim Khan, who like his predecessors was a great fighter pilot himself. He joined the Royal Indian Air Force (RIAF) and gained commissioned as F/O in 1943.

He participated in the RIAF's bombing missions against Japan in the Burma theatre in World War II. In 1952, he earned distinction and notability when he broke the sound barrier; thus becoming the first Pakistani pilot to fly



Air Marshal Rahim (centre) during the Indo-Pakistan War 1971 after flying an operational mission

at a speed faster than sound. Before rising to be the C-in-C, he had held all command and operational appointment in the PAF



19.02.2020

HUM Women LEADERS AWARD HONOURS ICONIC WOMEN FROM PAKISTAN AND ABROAD

By: Nasar Khan.
Photography by: Haris Usmani & Ahsan Khan



compassion and collaboration will be key guidelines for the initiative. Following Sultana Siddiqui, the US Ambassador to Pakistan Paul W Jones while addressing the attendees said, "United States is committed to giving equal opportunities to both men and women. Empowered women play a vital role in a country's social and economic development."

Chief Guest of the event, Dr Arif Alvi President Islamic Republic of Pakistan while addressing the attendees said, "The Quaid e Azam once said that nations cannot progress without women working side by side with the men. From one fourth quota system for women in medical and engineering colleges back in the 80s to almost 80 percent representation of women in these institutions today, our nation has come a long way but only 10 percent these women make it to the workplace. This needs to be changed. We have witnessed that when given the opportunity women work twice as hard as men."

Hosted by Mira Sethi, the awards ceremony began with the first award being presented to mountaineer Samina Baig, Pakistan's first female mountaineer in recognition of her tremendous achievements in adventure sports and for her efforts towards gender equality, climate change and women empowerment, presented by Hina Bayat.

The second award of the evening was given to Jalila Haider, the first female attorney of Hazara community by Sania Saeed in recognition of her selfless devotion to women and children's rights and her outstanding work with local communities to provide opportunities to vulnerable women and children. This was followed by a special obituary package, paying tribute to all the iconic women of the past who have made a mark with their resilience and tremendous success, and are a source of inspiration for women and men around the world. Barrister Khadija Siddiqi received her award from Mahira Khan in recognition of her bravery and determination to stand tall against a powerful and corrupt opposition and unsupportive society.

The next recipient was Narges Abyar, the acclaimed Iranian film director who received her award from Madiha Saeed and Zeba Bakhtiar in recognition of her contributions for sensitively highlighting the plight of women and children caused by society, war and radicalism in her films and also for defying the war genre's conventions by featuring female characters that rejected the gender norms expected of them. The first segment of the awards was followed by a special performance of singing sensation Sajjad Ali and Zaw Ali who enthralled the audiences with their soulful voices.

Karachi, February 19, 2020: The inaugural edition of HUM Women Leaders Award held at the Governor House, Karachi, honoured and celebrated 11 iconic women from Pakistan and abroad and a dynamic man for their contributions and achievement in the fields of diplomacy, finance, social work, healthcare, adventure sports, human rights, journalism and women's rights. The awards ceremony was graced by Dr Arif Alvi, President Islamic Republic of Pakistan, HE Paul W Jones, the US Ambassador to Pakistan, honourable consul generals, Governor Sindh Imran Ismail, dignitaries and crème de la crème of the entertainment industry of Pakistan.

The event started with a thankyou note by Sultana Siddiqui, President HUM Network Limited to the President and the honourable guests for gracing the special

evening. While addressing the attendees, Ms Siddiqui said, "The reason for this event is that we recognize the contributions made by women in society the world over, celebrate their stories, share the lessons they learned after crossing each milestone, and most importantly inspire the younger generation to go beyond these milestones."

During her speech Ms Siddiqui also made a special announcement of Women Leadership Initiative Fund of HUM, collaborated by Charter of Compassion, which will be given to the award recipients to seed social initiatives for girls and women in the country. It will be one million rupees annual seed money and HUM and CFC will coordinate and facilitate the group in developing and implementing initiatives that are agreed upon by them. Quality, impact,



The second segment of the awards, hosted by Sanam Saeed commenced with Dr Fouzia Saeed receiving her award from the Italian Consul General Anna Ruffino and Javed Sheikh in recognition of her exemplary services for promotion of Pakistani culture, women's issues, courageous stand against sexual harassment and commitment to women's advancement. Ace actor Bushra Ansari was next to receive her award from Asima Haq and Bunto Kazmi in recognition of her years of contributions to television and cinema.

The next award was given to Mary Robinson, the first woman President of Ireland and a forceful advocate for gender equality, women's participation in peace-building and human dignity. She was unable to attend the event due to work commitments and addressed the attendees via a video message, thanking the awards committee for the honour. The next award was presented to Dr Seemin Jamali by Duraid Qureshi, CEO HUM Network in recognition of her outstanding services in the public sector and medical profession which was followed by a choreographed act of Hania Amir.

The last segment of the ceremony hosted by Mira Sethi and Sanam Saeed began with the first award presented to the only man awardee of the night, Omar Aftab, a globally recognized campaign strategist for women's and child health, economic and social development and his work for social justice and human rights, presented Masarrat Misbah. Zubeida Mustafa was next to receive her award from Governor Sindh, Imran Ismail for her contributions in the field of journalism and her in-depth investigations and campaigns on education, health care, women's empowerment, children's rights and human rights. The next award was given to Dr Shamsah Akhtar in recognition of her illustrious career in the male dominant field of finance where she became the first woman in Pakistan's history to serve as Governor State Bank. The award was presented by the first lady Mrs Samina Alvi.

The last award of the night was presented to Maleeha Lodhi for her brilliant diplomatic career and contributions in giving Pakistan a positive profile at the UN as Pakistan's former Ambassador and Permanent Representative. The award was presented by Sultana Siddiqui. The programme concluded with a special performance by Hadiqa Kiyani.

The awards ceremony will be televised on International Women's Day on HUM globally. HwLA aims to recognize and honour the contributions and achievements of iconic women from Pakistan and around the world who are change makers in their



respective fields and a symbol and source of hope, courage, determination and inspiration for women across the globe. These iconic women are mentors and role models for girls who aspire to be achievers. In the words of Melinda Gates 'Women speaking up for themselves and for those around them is the strongest force we have to change the world'. The aim of these awards is to encourage women to think big and continue the legacy of HUM Network which has always advocated empowerment of women through its content.



Barrister Khadija Siddiqi

In recognition of her bravery and determination to stand tall against a powerful and corrupt opposition and unsupportive society, Barrister Khadija Siddiqi is a young, passionate human rights lawyer and activist known for her long struggle for justice. She survived a brutal attack on her life in May 2016. It was followed by a three-year arduous battle for justice where at one point the convicted attacker was acquitted, sparking a social media outrage and a fierce campaign.



Her victory was deemed a success for the women of Pakistan who look up to her as a role model. Ms Siddiqui continuously engages with the youth through motivational talks in Pakistan and abroad. She is an ambassador for justice at CDRS and PTS Foundation UK.

Bushra Ansari

In recognition of the iconic actor Bushra Ansari's decades of contributions to television and cinema. A household name in Pakistan, Ms Ansari started her career in 1968 as a child star. In 1977 she entered the



realm of television as a full-time actor, writer, singer and host. She has created iconic characters in her long career that are still fresh in the audience's minds. Her outstanding television serials include Angan Terha, Show Time and Fifty Fifty. She has won numerous awards including the Presidential Pride of Performance Award, PTV Award, HUM Award and Lux Style Award for her unforgettable performances. Bushra Ansari recently produced and performed in a sensational peace song, establishing her brilliance as an artist.

Dr Fouzia Saeed

In recognition of the exemplary services of Dr Fouzia Saeed for promotion of Pakistani culture, women's issues, courageous stand against sexual harassment and commitment to women's advancement. A social scientist with a PhD from the University of Minnesota, Dr Saeed is the Director General, Pakistan National Council of the Arts and has formerly served as executive director Lok Virsa, gender adviser to the UNDP and headed the UN Gender Program in Pakistan. She has authored and edited many books including Working with Sharks: Countering Sexual Harassment in our Lives. She was awarded the 'Battle of Crete Award' in memory of the bravery of women of Crete in the Second World War by Oxiday Foundation for her outstanding bravery and commitment to women



causes.

Dr Seemin Jamali

In recognition of her outstanding services in the public sector and medical profession, Dr Seemin Jamali, Executive Director of Jinnah Postgraduate Medical Centre volunteered for the hospital's ER department in 1986 with an iron will to turn things around by implementing World Health Organization rules. The department has also faced several terrorist attacks but Dr Jamali stood her ground valiantly and raised a state-of-the-art facility which is now the pride of public sector hospitals all over Pakistan. She has a Post-Doctoral Fellowship in Public Health Policy and Injury Prevention from the Johns Hopkins School of Public Health, USA. Dr Jamali is the recipient of many awards including Tamgha-e-Imtiaz by the Government of Pakistan in 2018 for her outstanding contributions in the public sector.

Dr Shamsah Akhtar

In recognition of the illustrious career of Dr Shamsah Akhtar in the male dominant field of finance where she became the first woman in Pakistan's history to serve as Governor State Bank. A Post-Doctoral Fulbright Fellow from Harvard University and PhD in Economics, Ms Akhtar has served as the Under Secretary General of the Economic and Social Commission of the Asia and Pacific, Senior Special Advisor on Economics and Finance and Assistant Secretary General UN, Vice President Middle East and North Africa at the World Bank, and Senior Special Advisor to the President of Asian Development Bank. In 2008, The Wall Street Journal Asia recognized her as one of Asia's top ten professional women. Dr Akhtar was part of the interim government in 2018.

Jalila Haider

In recognition of her selfless devotion to women and children's rights and her outstanding work with local communities to provide opportunities for vulnerable women and children, Jalila Haider, the first female attorney of Hazara community is the founder of We the Humans - Pakistan, a non-profit organization. Ms Haider provides free counseling and legal services to poverty-affected women. She was selected as one of 'News Women Power 50' list of Pakistan's most powerful women. In 2014, she was selected as an Atlantic Council Emerging Leaders of Pakistan Fellow. Masters in International Relations Ms Haider was included in the British Broadcasting Corporation's distinguished list of 100 most inspiring and influential women from around the world for 2019 for her outstanding contributions.



Maleeha Lodhi

In recognition of the brilliant diplomatic career and contributions of Dr Maleeha Lodhi in giving Pakistan a positive profile at the UN as Pakistan's former Ambassador and Permanent Representative. She has served twice as Pakistan's Ambassador to the US and as High Commissioner to Britain and was member of the UN Secretary General's Advisory Board on Disarmament Affairs from 2001 to 2005. Dr Lodhi the first woman in Asia to become editor of a national daily. In 1994 Time magazine nominated her as one of hundred people in the world who will help shape the 21st century. She is the recipient of the President's award, Hilal-e-Imtiaz. She also received an Honorary Degree of Doctor of Letters from London's Metropolitan University, for services rendered for a better society.

Mary Robinson

In recognition of the achievements and contributions of the first woman President of Ireland and former UN High Commissioner for Human Rights, Mary Robinson; a forceful advocate for gender equality, women's participation in peace-building and human dignity. Ms Robinson was educated in Dublin and at Harvard University. She was elected to the Royal Irish Academy and was a member of the International Commission of Jurists in Geneva. She sat in the Seanad (upper chamber of Parliament) for the Trinity College constituency. Mary Robinson has been a member of The Elders, a group of global leaders

working together for peace, justice and human rights since its establishment in 2007. One of her top priorities is to bring the concerns of ordinary people to the global stage.

Narges Abyar

In recognition of her contributions for sensitively highlighting the plight of women and children caused by society, war and radicalism in her films and for defying the war genre's conventions by featuring female characters that rejected the gender norms expected of them, Narges Abyar, a graduate in Persian Literature, is an award winning Iranian film director, author and screenwriter. She is best known for directing Track 143, Breath, and When the Moon Was Full, which won the grand prize at the second edition of the Carcassonne International Political Film Festival in France. Ms Abyar has also authored more than thirty story and fiction books for children, youth and adults. Her films and documentaries have received accolades from film festivals around the globe.

Omer Aftab

In recognition of the initiatives of Omer Aftab, a globally recognized campaign strategist for women's and child health, economic and social development and his work for social justice and human rights. As a campaign strategist Mr Aftab has scored great achievements not only in bringing positive change in behavior of the general public but introducing policy



reforms for development of youth and women. He has the credit for launching far-reaching and courageous interventions in Pakistan such as the Pink Ribbon National Breast Cancer Awareness Campaign, White Ribbon Men's Movement for Ending Violence Against Women, Women Chamber of Commerce & Industry and National Initiative on Health.

Mr Aftab is the only Pakistani professional who has been awarded the FrontLine Golden World Award by International Public Relations Association-IPRA.

Samina Baig

In recognition of the tremendous achievements of Pakistan's first female mountaineer Ms Samina Baig in adventure

sports and for her efforts towards gender equality, climate change and women empowerment. In 2013, Ms Baig became the first Pakistani woman to climb Mount Everest and then all the seven summits by 2014. In 2010 she scaled an unclimbed peak of 6400 meters on her first expedition and the mountain has been named Samina Peak in her honour. In 2011 Samina climbed another 6008m untouched and unnamed peak. She is also part of Pakistan Youth Outreach (PYO), a local organization which raises awareness about outdoor education and mountaineering. Samina has received many awards for her daring work.

Zubeida Mustafa

In recognition of Zubeida Mustafa's contributions in the field of journalism and

her in-depth investigations and campaigns on education, health care, women's empowerment, children's rights and human rights. Ms Mustafa has done her Masters in International Relations from Karachi University and has studied at the London School of Economic and Political Science. She is a freelance journalist at Dawn, an English daily, where she worked as an assistant editor launching many weeklies.

Ms Mustafa is the recipient of Lifetime Achievement Award 2012 by the International Women's Media Foundation; Global Media Award for Excellence in 1986 and 2004 by the Population Institute, Washington, USA among other awards. She is currently campaigning for education for all and language rights of children.



WELL KNOWN COMEDIAN
Amanullah Khan
PASSED AWAY

Well known Comedian Amanullah Khan died in Lahore, on 7 March, 2020. As per the veteran comic's family, he was experiencing lung and kidney ailment since some time and was experiencing treatment at a private emergency clinic in the city. He was Born in 1950, Amanullah is viewed as outstanding amongst other TV standup comedians. He has a world record of 860-day night theater plays and furthermore got Pride of Performance.

and Punjab, and other politicians also offered their condolences upon the death of the Comedian artist. Bollywood comedians Kapil Sharma and Johnny Lever have expressed deep grief and sorrow over the sad demise of Pakistani 'King of Comedy' Amanullah Khan. Kapil Sharma took to Twitter and praised Amanullah. Kapil wrote, "He was not only a great artist.. he was a legend. a man with a big heart who gave opportunity to many artists to fulfill their dreams."



PM Imran, chief ministers of Sindh

Mallu



food-costing the global economy close to \$940 billion each year... If one quarter of the food currently lost or wasted could be saved, it would be enough to feed 870 million hungry people."

Gladly, there is enough food for everyone in the world but unfortunately the problem is that the produced food is not available to everyone.

Yes, you are right, this is a global problem, what can we do about it? What is our responsibility?

Together, we can solve this growing problem by acting like Mallu. We just have to make a firm commitment that from today onward, we will only give to those who are in need and deserving. We will only buy and cook food according to our needs. Any unused food, milk, juice and fruits will be distributed amongst those who are in need around us. Do not leave the leftovers at the restaurants, but rather pack it and give it to someone in need.

These acts seem small but their impact is big on humanity, environment and planet.



By: Qaisar Abbas

Mallu is an interesting character and old man from my native village. He never attended school because of poverty and lack of resources. Therefore, he is unable to read or write, but he is wise enough to make correct decisions at difficult times. He is very old, poor and weak, but he still manages to visit everyone at the times of joy or sorrow.

One day, when he went to a nearby Mosque

that was under construction at that time. A very passionate speaker was asking the worshippers to donate money to complete the building work of that Mosque. Mallu was listening quietly with his wide open eyes and suddenly someone nudged him and whispered: "Mallu, they are building this religious place for everyone and you should also donate to this good cause.

You will be rewarded hereafter for this donation." Mallu remained seated quietly without any reaction. When the speech ended and everyone started leaving, Mallu took out 100 rupees from his pocket and placed it in Imam's hand and said: "Neither the Mosque nor the God has any children, but I know the Imam has children and I have seen his children crying with hunger, so I

will only give money to the Imam so that he can feed his children."

This all was seemingly a trivial act, but he made very significant and bold decision. This also showed Mallu's vision of life. From his action, it was also not difficult to predict that how severely he and his family had suffered from hunger and poverty.

Of course, you are free to build Mosques, Madrassas, Temples, Churches, Gurdawaras or any other religious place or building. However at the same time, take a look at what is going on with people around you. We have all heard a humourous joke from childhood that someone asked a question to a hungry man: "how much are two plus two

(2 + 2)?" The hungry man replied: "four (4) loaves of bread".

It is important to remember that the hunger has no religion or traditions. Hunger and malnutrition is a global and growing problem. According to World Health Organisation's 11th September 2018 press release "821 million people now hungry and over 150 million children stunted, putting hunger eradication goal at risk... New evidence continues to signal that the number of hungry people in the world is growing, reaching 821 million in 2017 or one in every nine people..."

According to a recent report of the UK Harvest "One third of all food produced is lost or wasted, around 1.3 billion tons of

Baskets, Barbies & Battlers: TOYS SHAPING GENDER



By Ellen Snortland

For March, Women's History Month here in the U.S., I have a new exhibit at the central branch of the Pasadena Library. On display is a tiny portion of my sizeable decades-spanning toy collection. The exhibit is called "Baskets, Barbies and Battlers," and is a look at childhood and children's toys through a gender perspective. I start with baskets because the oldest item in my collection is a child-sized basket to gather kindling for a fire. It's museum quality, from about 1840-1860, and by American standards, is very old; not like the antiquities of Pakistan of course! The basket is gender-neutral as the desert tribes valued lighting fires, of course, and Native American cultures — as far as I have studied — tend to be very accepting of gender flexibility.

However, if you look at children's toys

that are common in most modern cultures, you get a clear snapshot of what the gender expectations are for a "successful adult." One view of childhood is that being a kid is a rehearsal for adulthood. And in some cultures and countries where children must work, the notion we in the U.S. have of childhood is romantic and not realistic.

Think of the tiny tots that were routinely sent into coal mines in the United Kingdom because their bodies were small. Think of the tiny shepherds. Think of the small girls around the world today who don't get to attend school — but their brothers do — because their mothers need the girls to stay home to help with housework. These kids don't have toys in their lives, and they rarely, if ever, have time to play.

This is why the Universal Declaration of Human Rights, drafted and approved by the United Nations in 1948, has Article 24 which states: "Everyone has the right to rest and leisure."

When I was little, girl's toys were extremely gender reinforcing. I had a "Tiny Tears" doll: basically, a simulated baby that cried and wet her diapers simultaneously. When I gave her a bottle of water, she watered me! That's possibly where I got my motto, "Crying is peeing for the heart." That's supposed to elicit a chuckle or make someone feel safer crying in front of me, but now I see the connection from my Tiny Tears days.

When I was around five years old, my parents got me a child-sized play ironing board and an iron. Woo-hoo! That's some scintillating play right there: heat this thing up and go back and forth on wrinkled fabric until it's smooth. No thanks. I threw

that iron at the wall and saw it could also be used as another type of toy, er, tool — a weapon. So please don't ask me to iron something for you, and if you do... duck!

Then the Barbie Doll craze hit, big time! I was not all that interested, although I can trace becoming a theater director back to the scenes I had Barbie and Ken act out. My folks didn't push dolls down my throat, but television certainly did.

I'm grateful that we didn't have a television in the house until the late 50s. Growing up on a farm, my parents were not rigid about gender roles, particularly when compared to how other girls grew up in other parts of the country. I got to hang around animals! They were the best playmates of all: my dear dog Shad, horses, chickens, and an apple tree in my front yard. I was never told, "girls can't climb trees." I'd proved otherwise before my parents could tell me I shouldn't, which I see is the source of another kid-embedded attitude I maintain today: I'd rather ask for forgiveness than permission.

My freedom from rigid gender expectations can also be traced to not having any brothers. If I wanted to play catch with my Daddy, which I did, I had no sibling elbowing me aside. My Dad was proud of my athleticism and encouraged it.

I'm shocked at how little boys who want to play with dolls is seen as taboo in most cultures — they are shamed into playing with "boy" toys instead. Every child needs giving and receiving love, even if that dolly wets on you! When toys are the source of adult norms, isn't it logical that we encourage boys to grow into men who know how to relate to babies because they "rehearsed" with a doll? Why is that so controversial? Farm boys are required to bottle-feed infant domestic animals, which is not considered "sissy" behavior. Rather, it is basic nurturing and doing what needs to be done.

And now, we're in the Battler phase of toys and play. "Battler" oftens describes a fighter, and it can also refer to someone with courage and a big presence. I have all sorts of Battler toys that reflect the relatively recent shift away from iron-clad rules that women could only be mommies, secretaries and assistants, nurses, or teachers.

My female action figures range from

Captain Marvel, a Barbie version of Frida Kahlo, and Lego versions of famous women of NASA: the National Aeronautics and Space Administration. And not one of them is ironing! I also have action figures of Hillary Clinton, Ruth Bader Ginsburg, Kamala Harris, and Elizabeth Warren, all political and public servant Battlers. Think of Fatima Jinnah and you get the kind of

person I'm referring to.

I like to think that all of my toys — my baskets, Barbies, and Battlers — have helped me become the domestic and professional woman I am, the stylish person I have been and continue to be, and a Battler when I need to.

Please give thought to your toys and the playtime you provide for our youngest people. Play and toys make a difference.



PAKISTAN-THAI RELATIONS



By: Kiran M. Ali Khan

As a part of the ongoing partnership between Imran Shauket and Dean Nitinant of the International College at the elite Thammasat University, Bangkok, Thailand, an event was organised to promote bilateral ties between the two nations. International College is running a one-year celebration on international relations where it will host "Diplomatic Talk" series, and other events.

During the course of the year, many ambassadors will be invited to deliver talks on diplomacy, bilateral and multilateral relations through a series of lectures. Due to the strides made in the recent years to forge Pakistan's close relationship with Thailand, Pakistan's Ambassador Asim Iftikhar has been the first Ambassador to be invited to talk. It is more meaningful and appreciated that despite the fact that there is no

Pakistani student community at Thammasat University, the Pakistani Ambassador had been invited as the first speaker of the series.

The Ambassador made a wonderful presentation on Pakistan on the triple subjects of Pak-Thai bilateral ties, Pakistan in the regional context and Pakistan in the international context. The students then asked many questions on issue of Kashmir, Buddhist heritage of Pakistan, and role of Pakistan in the UN. After seeing the presentation on Pakistan and its diverse heritage and beauty, the students and faculty expressed their strong wish to visit Pakistan.

The Rector of the university remarked that the talk was an eye-opener as she knew little about Pakistan but now she is now keen

visit. She also announced scholarships for Pakistani students for study at Thammasat University.

Imran Shauket also answered questions from students and discussed Pakistan's Buddhist heritage, Pakistan's hosting of one of the largest refugee community in the world, the history of the demise of Buddhism as a religion in the sub-continent, and the rise in attention to the Buddhist heritage of Pakistan by the current government. He invited the hosts to visit Pakistan and as an example of such visits, he apprised them of the recent visit of the famous monk, Most Venerable Arayawangso, from Thailand along with Dean Nitinant and many other dignitaries.





BY: NASAR KHAN
PHOTOGRAPHY BY: HARIS USMANI & AHSAN KHAN

THE TWO-DAY FESTIVAL PROVIDED FAMILIES WITH AN OPPORTUNITY TO PLAN A PERFECT DAY OUT. THE FESTIVAL ALSO FEATURED MUSICAL PERFORMANCES BY SAJJAD ALI, HASAN JAHANGIR AND KASHMIR BAND.

Karachi, February 17, 2020: Pakistan's biggest and much anticipated family festival, Masala Family Festival 2020, Karachi, organized by Pakistan's premier entertainment network, HUM Network Limited, culminated with accolades from the huge number of visitors. To provide a safe and fun day out for families, the Masala Family Festival gave families festivities such as musical performances, magic and comedy segments, live cooking demonstrations, dance and singing competitions and a chance to meet their favourite celebrity chefs. The two-day festival held at Expo Centre, Karachi, on February 15 and 16 attracted a huge number of visitors from all corners of the city.

The audiences were delighted by the live cooking demonstrations of all the Masala chefs at different times during the two-day festival, as it gave them a chance to interact with their favourite chefs including Chef Mahbook, Zarnak Sidwa, Irfan Wasti, Abida Baloch, Rida Aftab, Samina Jalil.

The other main highlight of this year's festival was the kids' arena, an entertainment area for kids of all ages. The huge and beautifully set-up kids' arena had a wide range of fun rides from jumping



castles to the Ferris wheel, merry-go-round, train rides, car and pet shows to keep the young ones occupied.

Visitors also had a field day shopping as all the major FMCG companies were part of the event, selling everything from household appliances, food items, crockery and jewellery. To satiate the appetites of the visitors, the organisers had arranged food and drink stalls as well, offering family-friendly food throughout the day at various dining locations. The festival concluded on a high note with performances by the music maestro Sajjad Ali, Hasan Jahangir and Kashmir band.



10 MUST-EAT FOODS FROM AROUND THE WORLD

Traveling around the world this year? Make sure to try these iconic foods in their countries of origin.



Australia: Meat Pie

Australians sure do love their meat pies — they consume millions of pies annually, taking it on the go or enjoying it at a cafe. Eat it like locals do by topping it with warm or chilled tomato sauce.



Canada: Poutine

Gravy, fries and cheese curds — what's not to love about poutine? Although this savory concoction is available in the US, you should try it while visiting Canada. Some restaurants have more than 100 variations to choose from, so there is something for everyone.



Brazil: Pudim

Pudim looks exactly like flan, but the Brazilian version has a softer texture. You'll find this dessert in every restaurant, cafe and home.



England: Steak and Kidney Pie

Before you write off that steak and kidney pie is in fact made with lamb or pork kidneys, give it a try. Britons love the melt-in-your-mouth texture and savory flavor. Be prepared to fork up some money for the real (not factory-made) kind.



Finland: Squeaky Cheese

It's unlikely you'll find Leipäjuusto or Finnish squeaky cheese anywhere outside of Finland. The mild cheese is most commonly pan-fried and served with cloudberry jam for dessert or alongside coffee.



Hungary: Goulash

Goulash literally translates to "Herdsman" in Hungarian because they made the dish during cattle drives in harsh conditions. Although, the meaty stew didn't get its rich red color until Turks invaded and introduced paprika to the country during the 16th century. If you visit in September, check out the annual goulash festival held in Szolnok.



Poland: Chłodnik

A summer staple, Polish chłodnik is a refreshing cold beet soup with a vibrant pink color. It's flavored with cucumbers, radishes, plain yogurt and topped with hard-boiled eggs, making it a truly healthy and delicious meal.



France: Macarons

The best-selling pastry in France, this delicate cookie comes in a variety of flavors. Since they're so difficult to make, it's best to go the fancy route and grab a few from the world-renowned pastry shop, Ladurée.



Italy: Deep-Fried Olives

Pasta and pizza are the first foods that come to mind when you think iconic Italian food. While visiting, also keep an eye out for deep-fried olives. The dish originated in the southern region in a town called Ascoli-Piceno and has since spread north. You can choose a variety, like prosciutto-stuffed to ground-beef-stuffed, from street vendors or local restaurants.



Switzerland: Chocolate

Switzerland may not be the first to come to mind when you think of foodie countries around the world, but they have a lot to offer. Aside from delicious cheeses and wine, the Swiss know how to make good chocolate. During your visit, take the Belle Epoque Chocolate train to the Cailler factory, the birthplace of milk chocolate.

BHAI NIHANG KHAN & HIS DAUGHTER BIBI MUMTAZ

(Muslims in Sikh History – Part 2)

The town of Kotla Nihang Khan is located two and half kilometres south of Ropar city in East Punjab, owes its name to Nihang Khan, the local Pathan chief and contemporary of Guru Gobind Singh (1666-1708). The town is famous for Gurdwara Bhattha Sahib. Bhattha is a Punjabi word for a furnace where bricks are made.

The tenth Guru first came to this town on 12th November 1688 (Magghar Amavas 1745 Bikrami). It is said the furnace/kiln which belonged to Nihang Khan was still burning when the Guru arrived and his horse inadvertently or otherwise rode on it. As soon as the hooves of the horse touched the kiln it cooled down. Nihang Khan fell at the feet of the Guru and became his ardent follower.

Guru Kian Saakhian, the contemporary scrolls, later written by Sarup Singh Kaushish records that Nihang Khan with his wife and sons attended the Vaisakhi festivities at Anandpur Sahib, abode and city of Guru Gobind Singh in 1694. The Khan requested the Guru to visit the family, a month later, on the occasion of the betrothal of his son. The Guru visited the village (now a town) and blessed the family.

In December 1705, Guru Gobind Singh & his Sikhs had to leave Anandpur city and were chased by the Mughal and Hill Rajput forces. On 6th December 1705 the Guru came to Kotla Nihang Khan for the final time. Bhai (means brother, a title given by Sikhs as sign of veneration) Bachittar Singh was badly wounded during an early skirmish with the Mughal forces while crossing the Sarsa river. He is well known in Sikh history as he famously faced a drunken war elephant in the first battle of Anandpur Sahib. Due to his heavy injuries, Bachittar Singh was left in the care of the host and Guru Gobind Singh with his Sikhs proceeded to Chamkaur. Before leaving the Guru bestowed upon Nihang Khan a sword, a dagger and a shield.

The Khan's daughter Mumtaz started looking after the injured guest. The Mughals who were chasing the Sikhs were informed that the Khan was sheltering the Sikhs. The troops came and searched the mansion. The Khan tried to keep them away from the room where Bachittar Singh was nursed by Mumtaz. But when they insisted on looking into the room, Nihang Khan said his daughter is attending her un-well husband. The day was saved but the next day on 8th



INDERJEET SINGH-UK



December, Bachittar Singh succumbed to his injuries and passed away. The Khan secretly performed the cremation. Later when the Khan tried to marry off his daughter, Mumtaz declined and reminded her father that she was spiritually married to Bachittar Singh when Nihang Khan told the Mughal forces that the man in the house was his son-in-law. This pious lady remained unmarried throughout her life.

In 1910, the construction of Gurdwara Bhattha Sahib was commenced by Baba Jiwan Singh on the site of the kiln, which was completed in 1923. The descendants of Nihang Khan left for Pakistan during the partition of Punjab in 1947. They presented the sword and dagger to the Gurdwara Sahib. The Encyclopaedia of Sikhism records that the sword has a beautiful golden hilt and

sheath and carries the inscription in Persian letters "Shahinshah Shah Mir Muhammad Mamur." The third relic, shield is said to be in the possession of the family who were allotted the vacant house in 1947.

Gurdwara Yaadgar Bibi Mumtaz Sahib was constructed at the site of former fort in 2002 where Bibi Mumtaz chose to live for her remaining life. The Gurdwara is located 12 kilometres east of Ropar city amidst beautiful surroundings. The Gurdwara's Muslim name continues to startle most new visitors but once they are aware of the history, they leave in awe and respect for the Khan family who proved a loyal follower and ally of their Guru.

Natasha Baig

THE INSPIRATIONAL JOURNEY OF NATASHA BAIG INTO THE MUSIC WORLD

The new voice on the airwaves of Pakistan is of Natasha Baig. Her journey to this position has been a roller coaster ride.

Hailing from Hunza, where she completed her bachelor's degree in film, defying all odds to achieve her ultimate aim. Her initial obstacles have been social pressure from her home and community in general.

Without delving into it in great detail, Natasha took the stage to speak to her fans with a lot of authenticity about her difficulties in getting where she is today. Being a girl from Hunza, making it in the music industry wasn't a fun ride by any means. In fact, the tear-stricken singer even revealed that her own father disowned her and did not support her dreams. Unfortunately, that's a very common limitation for women in the music industry in Pakistan

How many mainstream, contemporary female musicians can one name when trying to name music albums? Not many. Firstly, album culture is dying for several reasons, but more than that, there are lesser women in the music industry. The few names that do come to mind are seasoned musicians like Hadiqa Kiani and Komal Rizvi, both of whom got a push during the late nineties and mid 2000s when Pakistani music scene was booming, and younger singers like Momina Mustehsan and Aima Baig are making their presence felt gradually.

Therefore, for all these reasons and more, Natasha Baig's brave attempt at producing an entire album deserves a second look. Natasha is extremely consistent with her work: she's one of the few names who have made her mark in programs like the Coke Studio. So far, she has over 12 original songs to her credit, not counting her new album, Zariya (which consists of 10 more original songs).

But as the recently concluded album launch she conveyed, that it hasn't been an easy task for her.

Thankfully, Natasha found an army of supporting people around her, including her mother, and her brother, Sameer Baig, who has lent a lot of his own talent to the album as well (he's worked on guitars and the arrangement.) Also, other names in the music industry, such as Ahsan Bari have also helped push Natasha in the right direction. It would be helpful to remember that Natasha started out as one of the vocalists in Sounds of Kolachi.

Staying true to her Sufi inspirations, Natasha has crafted an album that speaks about a woman's journey and how her hardships led her to God. The entire album is now exclusively available on Patari.

By Tallat Ch

THE SINGER HAS SUCCESSFULLY LAUNCHED HER FIRST ALBUM, ZARIYA

By: Jahanzeb Khan



ANNUAL LAHORE LITERARY FESTIVAL 2020

“
EVENT CONTINUED ITS TRADITION OF HOSTING EMINENT WRITERS, HISTORIANS, ARTISTS AND COMMENTATORS FROM PAKISTAN AND ABROAD. LIKE PREVIOUS EDITIONS, FESTIVAL 2020 MAINTAINED ITS TRADITION OF WIDE-RANGING DISCUSSIONS AND PANEL TALKS COVERING AN ARRAY OF TOPICS
 ”

By: Tallat Ch.

The eighth edition of three-day Annual Lahore Literary Festival held at Alhamra Arts Center has ended on Sunday, Feb. 23, 2020. Event continued its tradition of hosting eminent writers, historians, artists and commentators from Pakistan and abroad. Like previous editions, festival 2020 maintained its tradition of wide-ranging discussions and panel talks covering an array of topics, while remaining committed to the saying that literature is a reflection of political, social and historical environment of a society.

The festival is nothing short of a jubilant exploration of Pakistani culture and art. The historic city Lahore host this event which rightly called the cultural hub of Pakistan, and as usual event featured prominent intellectuals from across the world and free talk/panel discussions on a range of topics makes Literary Festival



distinct from other such events held in the city.

Collectively event was great, and this tradition should continue. However, festival and its organizers must also be open to criticism, which in most cases is quite genuine. For instance, many critics lamented low participation of regional language writers which is unfortunate. Though this year, a little space was given to evaluate works of regional language writers, but the fact remain that this festival largely sounds as an event for those who understand the English. Thus the festival seems as defenestration wherein there is no room for languages of land. This impression is against the philosophy of the festival, which is indeed a celebration of Lahore's longstanding traditions of openness, tolerance, while critically looking beyond our immediate community and boundaries.

It is hoped that organizers of the festival will take note of the above-stated views, and will try their best to accommodate more and more writers who produce their work in the local languages. Collectively Lahore Literary Festival in every new edition sets quality and content bar higher and higher; team of organizers deserves a lot of appreciation for promoting soft image of country in the world.

INTERPOLATING BETWEEN *Science & Art*



Azhar Pasha

SCIENCE IS OBJECTIVE,
COLLABORATIVE
AND CONTINUALLY
CHANGING, AS THEORIES
ARE SUPPORTED OR REFUTED
BY EVIDENCE.

There has always been an interpolating between Science and art, which sit on the opposite ends of the spectrum of human inquiry.

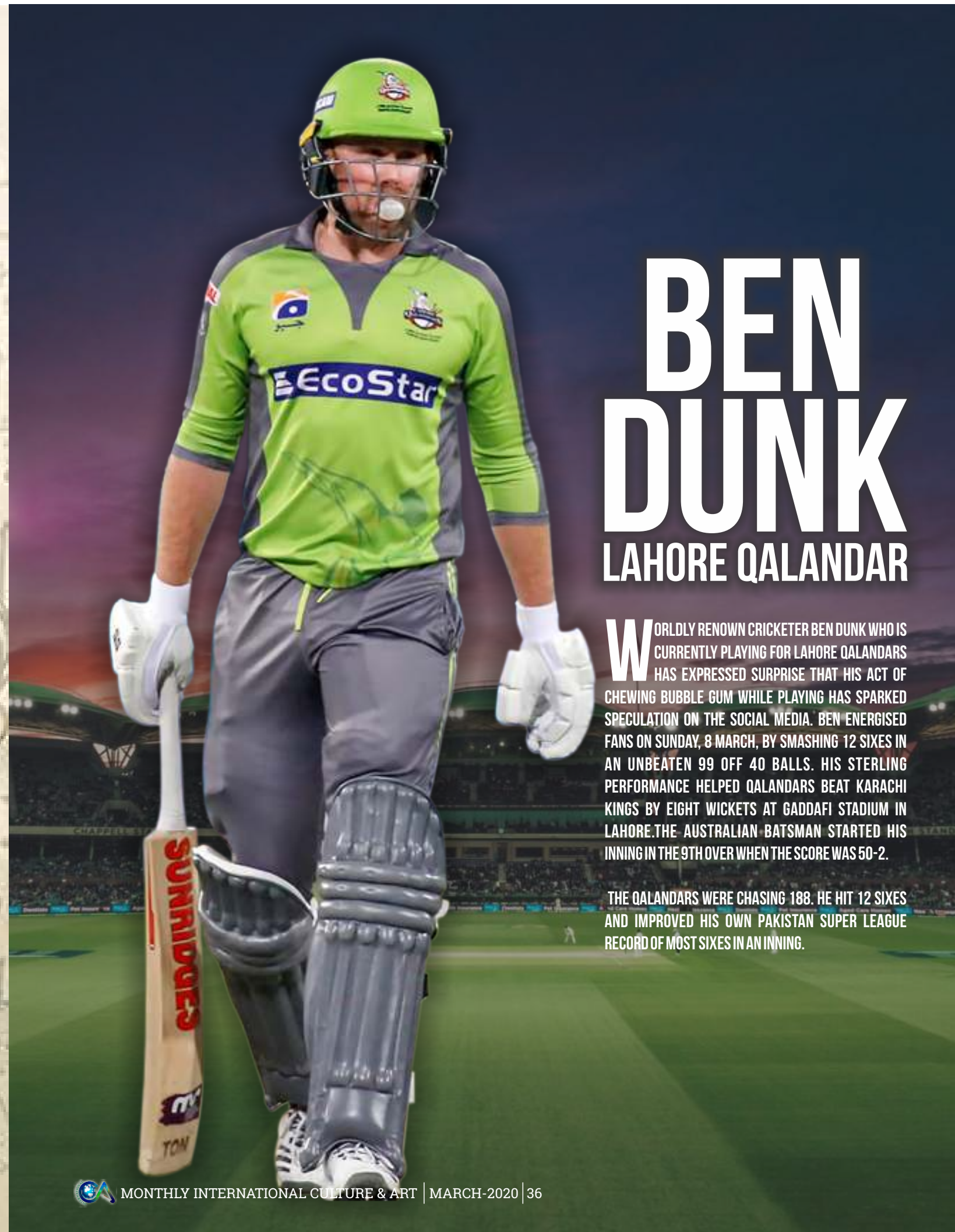
Science is more objective, collaborative and continually changing, as theories are supported or refuted by evidence. It relies on a combative culture to tear down faulty logic and dodgy data.

Science and art are human attempts to understand and describe the world around us. The subjects and methods have different traditions, and the intended audiences are different, enthralled and enraptured exploring the space between art and science. We think you will be too.

Science is objective, collaborative and continually changing, as theories are supported or refuted by evidence. It relies on a combative culture to tear down faulty logic and dodgy data.

Art is subjective. It is the expression of an individual's innermost space and relies on a sympathetic culture for the artist's work to engage and resonate with an audience.

Yet there are commonalities. Both are engaged in an exploration of our world, and they have always crossed paths.



BEN DUNK LAHORE QALANDAR

WORLDLY RENOWN CRICKETER BEN DUNK WHO IS CURRENTLY PLAYING FOR LAHORE QALANDARS HAS EXPRESSED SURPRISE THAT HIS ACT OF CHEWING BUBBLE GUM WHILE PLAYING HAS SPARKED SPECULATION ON THE SOCIAL MEDIA. BEN ENERGISED FANS ON SUNDAY, 8 MARCH, BY SMASHING 12 SIXES IN AN UNBEATEN 99 OFF 40 BALLS. HIS STERLING PERFORMANCE HELPED QALANDARS BEAT KARACHI KINGS BY EIGHT WICKETS AT GADDAFI STADIUM IN LAHORE. THE AUSTRALIAN BATSMAN STARTED HIS INNING IN THE 9TH OVER WHEN THE SCORE WAS 50-2.

THE QALANDARS WERE CHASING 188. HE HIT 12 SIXES AND IMPROVED HIS OWN PAKISTAN SUPER LEAGUE RECORD OF MOST SIXES IN AN INNING.

INTERNATIONAL WOMEN'S DAY

BY : IRFAN AKRAM

Councillor Qaisar Abbas hosted 2nd International Women's Day Conference in Grays to celebrate women's day. The programme was started with prayers, read by Ms Farida Khatun and Miss Sabrina Rahman. Miss Izza Alvi read a poem while Ms Preeti Ji (Bollywood singer) and Mr Nafees Irfan (Lollywood Singer) sang various Hindi and Urdu songs.

In his opening remarks, Cllr Abbas said "I am pleased to organise 2nd International women's day conference. I am providing a platform for women from different backgrounds to share their experiences and achievements so that we all can learn from them. We know so many women who fight for equality and do not give up. My mother and sister are one of them. Let's work together for an equal, fair and cohesive society." Cllr Abbas also paid tribute to his very talented late sister who passed away in 2017.

Cllr Susan Shinnick (Deputy Mayor of Thurrock), Cllr Bukky Okunade and Cllr Lynn Worrall talked about their career and achievements. Ms Jasmine Chowdhury made very emotional speech about the hardships of Bangladeshi women in Bangladesh and here in the UK.

Speaking to the event, Ms Fara Naz said "Iranian women are now raising their voices for equal rights and one day we will be able to break the barriers."

Ms Fiona Monica said "In this country, as a female, we still have to fight for our rights and one day we will be equal. We need to teach our children about women's rights."

Ms Omobolnle Numbers (CEO BollyWorld Foundation) in her speech said "We need to raise more awareness that forced marriages and domestic violence are not acceptable. The women should be free to make their own decisions in life."



Mr Joglur Rahman (Assistant Secretary TIECA) thanked the women speakers for their inspirational speeches and said "I am inspired by these incredible women. I believe that the equal world would be more peaceful and beautiful."

Other speakers spoke about their experiences, achievement and also about their continuous struggle for equal rights in different parts of the world. The speakers also urged the world leaders to do more for women's equal rights.

The conference was also attended by Ms Fola Afelumo (CEO AOFAC Foundation), Ms Hagir Ahmed (Yemeni Women), Ms Eva Macadangdang (President ILOCANO Club UK), Ms Taranjit Kaur (Solicitor), Ms Liberty Hornett (Coordinator Miss Philippines UK), Mr Raja Ahmed, Mr Danny Appeah (Chairman FUSC UK), Mr Hassan Ashraf (Principal WIC), Ms Hakeemat Baruwa, Ms Veronica Roberts (Basildon Labour Party), Lecturer Saqib Bashir and representatives of various other organisations.



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Rating for
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