

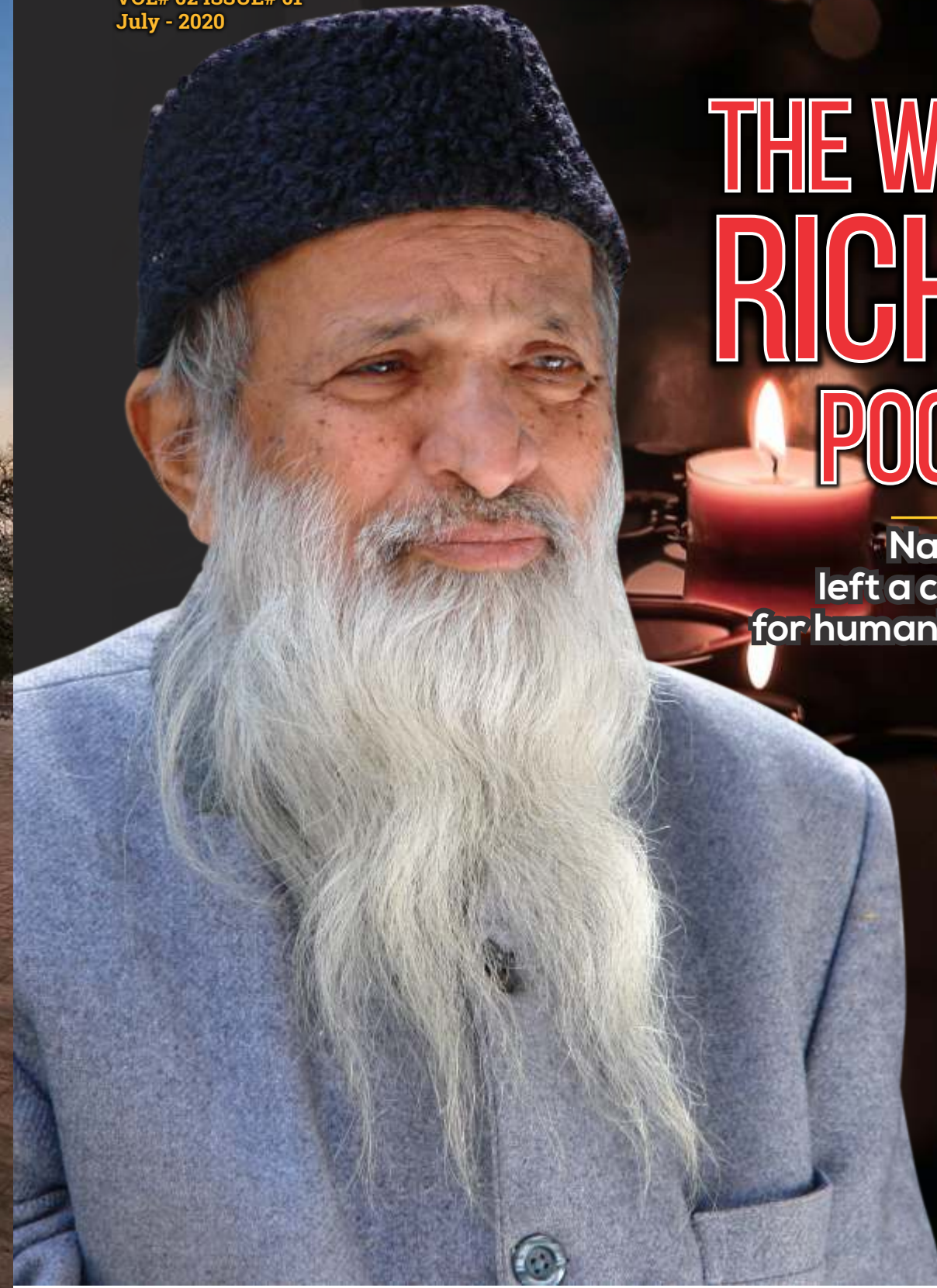


INTERNATIONAL CULTURE & ART

MONTHLY MAGAZINE
VOL# 02 ISSUE# 01
July - 2020

THE WORLD'S RICHEST POOR MAN

Native Americans
left a code of 20 rules
for humankind to live by...





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Office # 12, 3rd floor, Al-Lateef Center 88/D-1,
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KIRAN M. ALI KHAN
EDITOR IN CHIEF

TAMOOR ABBASI
EDITOR

TALLAT CH.
MANAGING EDITOR/COO

DESIGNED BY
AAMIR KASHIF
FAIZAN CHUGHTAI

DIRECTOR
COL @ AZAM QADRI

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

Jahanzeb Khan
Sarmad Iqbal
Azhar Pasha
M. Imtiaz-Ur-Raheem
Irfan Akram
Mansoor Abbasi-UK

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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

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editor

NOTE FROM THE



Tallat Ch. COO/M.E.

Dear Reader

Hope and pray your family and friends in good health.

Both culture and craftsmanship are two superb methods of safeguarding or reinforcing a solid network's feeling of spot, manufacturing an individual personality, and demonstrating your innovativeness. Workmanship and culture gloat various open doors for learning, diversion, recreation, self-improvement, and improving correspondence with others.

In this period Arts has been vital help to reduce depression and anxiety.

editor

NOTE FROM THE



Tamoor Abbasi /Editor

Dear Reader

Expectation and ask your loved ones healthy.

Both culture and craftsmanship are two amazing techniques for protecting or strengthening a strong system's inclination of spot, fabricating an individual character, and exhibiting your creativity. Workmanship and culture brag different open entryways for learning, preoccupation, entertainment, personal growth, and improving correspondence with others. In this period Arts has been indispensable assistance to decrease despondency and tension.

Remain glad and associated with Arts and Culture.





By; Tallat Ch.

ANGEL OF MERCY

ABDUL SATTAR EDHI



In 1928, it was an era of civil strife and dark clouds were looming over the British occupied India. As every era at its peak makes many exceptional individuals, so was the case at that time. In a small village of Gujrat, was born a boy, who would later become one of the distinguished philanthropist of the 20th century. He was named Abdul Sattar Edhi.

As fate would have with almost all the legends, growing up he was deeply affected by the frailty of his mother's health. At the age of eleven his mother was paralyzed and suffered mental infirmity. Young Edhi took it upon himself to tend to all of her needs yet the battle against the disease was a waning one. Her deteriorating condition had a serious impact on him and thus; he decided to drop his formal studies and strictly focus on his mother's health. Despite his best efforts his mother died when he was only nineteen years old.

The death of his mother brought an epiphany to him where he thought of all those uncountable people suffering from illnesses in poor conditions. This drove him to establish a system of services for the people in need of them.

In 1947, when the partition happened, his family moved to Pakistan. In order to earn his living, Abdul Sattar Edhi initially started as a peddler, later became a commission agent selling cloth in the wholesale market in Karachi. In 1951 Abdul Sattar Edhi bought from his savings a small shop in Mithadar and installed his own dispensary that catered to everyone.

Outside the dispensary he put up a banner saying "Those who give charity are blessed, those who do not are also blessed." Donors would get a receipt and promise to get the money back if they changed their mind. He



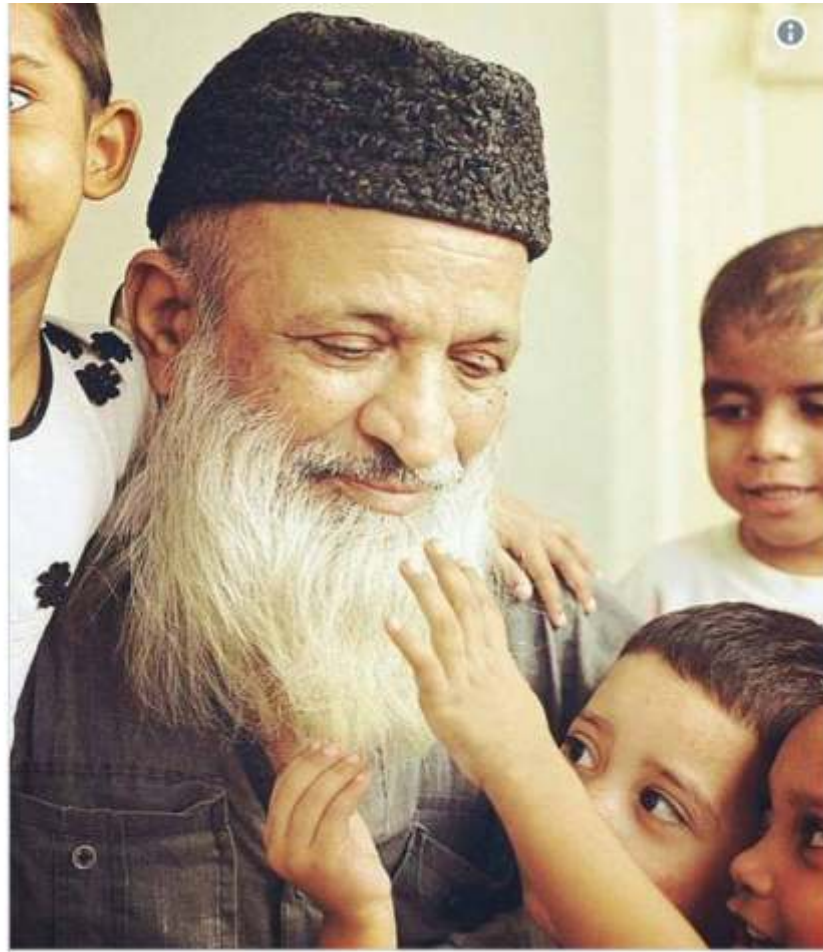


would sell medicines cheaper than the market and hired a physician on a fixed salary. In the mornings he took up work in a doctor's clinic as well as training in pharmacy and accountancy, while the rest of the day he worked for the dispensary that was never shut and where he was confronted with all kinds of human problems. It was in connection with the "Hong Kong Flu" epidemic in 1957 that he first received official recognition for his work.

Soon his special vision of a growing and evolving system of diverse services prepared him to establish a welfare trust of his own and named it as "Edhi Trust". An appeal was made to public for fund raising and with the amount of money raised through it the very first ambulance of his foundation was purchased.

In 1965 during the Indo-Pakistan War Edhi's group was rushing to affected areas all over the city of Karachi, rescuing impaired and burying the dead. When the war was over he married a young girl, Bilquise, who thereafter fully shared his life. Within four years they got three children and adopted another. In 1974 Edhi registered the Abdul Sattar Edhi Trust and established the Edhi Foundation. Soon he extended his activities all over the country. They made Edhi booths which supplied the medical. Trauma Centers at every 100 kilometers and Rural Awareness centers at every 20 kilometers along the highways were established. Ambulances across the country were instructed to stop anywhere and everywhere to pick up any mentally handicapped and destitute person. Soon 240 Edhi centers were operating through eight administrative units of the country.

Edhi realized the need for an air ambulance service and a Piper aircraft was purchased. The US ambassador presented the foundation with a



helicopter through US AID. In the mid-1990s the fleet had grown to 5 helicopters, 5 aircrafts and up to 800 ambulances. By 1988 the foundation had established the largest burial service for unclaimed bodies. With the assistance of the church or the local temple, non-Muslims were provided services according to their own beliefs. By 1990 over ten million people had been served and the foundation was assisted by 2,000 full time volunteers. Nevertheless, only a small administrative staff was required for an estimated ten thousand persons residing Edhi homes.

Edhi was awarded the prestigious Magasaysay Award by the Philippines government, and later, the USSR Peace Prize for his services during the Armenian earth quake.

Despite his enormous fame and the vast sums of money that came to him through his personal investments, Edhi adhered to a simplistic and modest life style. He refrained from publicity for the fear of becoming haughty. As his fame grew, people started approaching him for becoming chief guest on special occasions. To which he politely denied through a statement in an interview where he said, "I want to request the people not to invite me to social gatherings and inaugural ceremonies. This only wastes my time which is wholly devoted to the wellbeing of our people."

On 25 June 2013, Edhi's was hospitalized due to failing kidneys; it was announced that he would be on dialysis for the rest of his life unless he found a kidney donor. He later died on 8 July 2016 at the age of 88 due to complete kidney failure after having been placed on a ventilator. He was laid to rest at Edhi Village in Karachi.



WHEN MOTHER NATURE SPEAKS, LISTEN TO HER!

It's midnight. My husband and I are walking home from a performance of my off-Broadway show, "Now That She's Gone," in New York City. I am half a block in front of Ken because he's slower than I am due to bad knees. I walk quickly, covering one block for each of his half blocks, back and forth, back and forth, then back to him, to help stay warm and also fit.

On one of my numerous jaunts where I am ahead of Ken, hairs rise on the back of my neck. I sense that someone is following me with their eyes. I listen to Mother Nature, who warns me of possible danger, and turn around. Sure enough, a guy is there: white, in his late teens. He looks away, pretending that he isn't stalking me. I walk; he walks. I stop; he stops. He couldn't be more obvious if he had a Post-It note stuck on his forehead saying, "predator." Finally, I step into a storefront's alcove and wait for him to catch up. As he comes within four feet, I turn to face him, put my hands up, and firmly say, "Do not f@!k with me."

He says, "understood" and runs away. My many years of training with IMPACT Personal Safety gave me the brass ovaries to non-violently stop the stalker.

Reader, I stay aware when I'm around most males, regardless of skin tone. Saying this feels bad to me when the man or teen happens to be Black or of color. He doesn't know that I'm cautious around most unknown males; how could he know that? I long to explain to him that I'm eye-balling him not because of his race or ethnicity but because he's male. I am especially cautious if he happens to be a male between the ages of 15 and 25. Am I ageist? Am I sexist? Considering the overwhelming statistics compiled over dozens of years by very reliable sources, I'd say I am a realist.

To be completely honest, I am most wary about white male U.S. teens between 15 and 25. If I were to create some kind of Creep-o-Meter, they'd hit the top. I don't think it's nature that makes some white U.S. teen boys scary. It's nurtured by disaffected white men who have been twisted by the likes of Fox News and Rush Limbaugh, who have been pumping hate and entitlement into their ears for decades now. These men are pissed... and armed. And now that I reflect on it, I can't recall my Creep-o-Meter spiking around U.S. males of color. Hmm. Maybe, but not in my memory bank right now.

I often get asked, "do you walk around being afraid of men or hating them?"

I reply, "No, absolutely not. I love the men I love and trust the men who deserve my trust. When I feel the hackles go up on the back of my neck, I listen. Truthfully, those feelings have never arisen around females. Not that they couldn't; they just haven't."

My mission in life is education, safety, and thriving for women. I proudly serve on the Advisory Board of Empowerment Self-Defense Global, and I'm also a board member for IMPACT Personal Safety of Los Angeles, a 501(c)(3) whose mission I share. I seek to teach women and girls globally on how to set healthy verbal, emotional, and physical boundaries. My books and film are about that. I wake up every morning with a safe world as my vision.

About a year ago, I saw a yummy dose of schadenfreude go down in my wonderfully diverse Altadena neighborhood. During my daily neighborhood walks, I noticed a sketchy-looking white man parked on the same street. Over a week's time, he would move his car to different parking spaces.



There he was, every day, with his MAGA bumper sticker. Ugh. The hairs on my arms went up when I would walk by. I took a picture of him and his license plate.

I hailed one of my Black neighbors who I didn't know personally but knew from my walks.

My voice lowered, I stage-whispered, "Sir!? Sir!?" I didn't want to startle him



By Ellen Snortland

nor give myself away to Mr. Sketchy Guy. I finally got his attention and walked toward him in his driveway, where he was sweeping.

"Sir, there's a suspicious white man that's been sitting in his car for a week now. Keep your eyes on him. I get a bad feeling."

He looked, and we smiled. He gave me a thumbs up.

I said, "Take care."

"Yes, I most certainly will, You too," he said. Mr. Sketchy White man was gone the next day.

Listen to the hairs on the back of your neck, Mother Nature loves all of her children and wants them all safe.

Native Americans

LEFT A CODE OF

20 RULES

FOR HUMANKIND TO LIVE BY...

— by Colonel Azam Qadri (Retired) —



Definition of Native American:

A member of any of the indigenous peoples of the western hemisphere especially: A Native American of North America and especially the U.S

Who were the native Americans?

Native Americans, also known as American Indians, Indigenous Americans and other terms, are the indigenous people of the United States, except Hawaii and territories. More than 570 federally recognized tribes live within the US, about half of which are

associated with Indian reservations. The term "American Indian" excludes Native Hawaiians and some Alaskan Natives, while "Native Americans" (as defined by the US Census) are American Indians, plus Alaska Natives of all ethnicities. The US Census does not include Native Hawaiians or Chamorro, instead being included in the Census grouping of "Native Hawaiian and other Pacific Islanders"

Every great human being, regardless of their culture, religion, tribe, or ethnicity, follows

and believes in certain words of wisdom.

These wise sayings shape their character, they empower their hearts, and they transcend the differences between people.

Many are aware of the deeply wise and spiritually profound teachings of the ancient Native Americans, and in October of 1994 a code of 20 rules for humankind to live by was published by the Inter-Tribal Times.

These 20 enlightening teachings allow those who follow the code to live their greatest life possible. They do not just apply to Native



Chief Three Horses Proud Native American, photographed by Edward Curtis in 1905.



Americans, but can be used by anyone who has a passion to build their character, and much of the code is also reflected in other lines of faith too.

Here Is the Native American Code of Ethics:

1. Rise with the sun to pray.

Pray alone. Pray often. The Great Spirit will listen, if you only speak.

2. Be tolerant of those who are lost on their path.

Ignorance, conceit, anger, jealousy and greed stem from a lost soul. Pray that they will find guidance.

3. Search for yourself, by yourself.

Do not allow others to make your path for you. It is your road, and yours alone. Others may walk it with you, but no one can walk it for you.

4. Treat the guests in your home with much consideration.

Serve them the best food, give them the best bed and treat them with respect and honor.

5. Do not take what is not yours whether from a person, a community, the wilderness or from a culture.

It was not earned nor given; it is not yours.

6. Respect all things that are placed upon this earth

Whether it be people or plants.

7. Honor other people's thoughts, wishes and words.

Never interrupt another or mock or rudely mimic them. Allow each person the right to personal expression.

8. Never speak of others in a bad way.

The negative energy that you put out into the universe will multiply when it returns to you, so never speak of others in a bad way.

9. All people make mistakes.

And all mistakes can be forgiven.

10. Bad thoughts cause illness of the mind, body and spirit.

Practice optimism.

11. Nature is not FOR us; it is a PART of us.

Animals, plants and other living creatures are all part of your worldly family.

12. Children are the seeds of our future. Plant love in their hearts and water them with wisdom and life's lessons.

When they are grown, give them space to grow.

13. Avoid hurting the hearts of others.

The poison of your pain will return to you, so avoid hurting others.

14. Be truthful at all times.

Honesty and openness are the test of one's will within this universe.

15. Keep yourself balanced.

Your Mental self, Spiritual self, Emotional self, and Physical self-need to be strong, pure and healthy. Workout the body to strengthen the mind. Grow rich in spirit to cure emotional ails.

16. Make conscious decisions as to who you will be and how you will react.

Be responsible for your own actions.

17. Respect the privacy and personal space of others.

Do not touch the personal property of others – especially sacred and religious objects. This is forbidden.

18. Be true to yourself first.

You cannot nurture and help others if you cannot nurture and help yourself first.

19. Respect others religious beliefs.

Do not force your beliefs on others.

20. Share your good fortune with others.

Participate in charity.

We may all be a little different when it comes to beliefs, faith, religion, culture and nationality, but we are all humans sharing the same planet Earth, and are one big family of love.



By: Sharon Hamilton-Getz-New York

tanabata STAR FESTIVAL

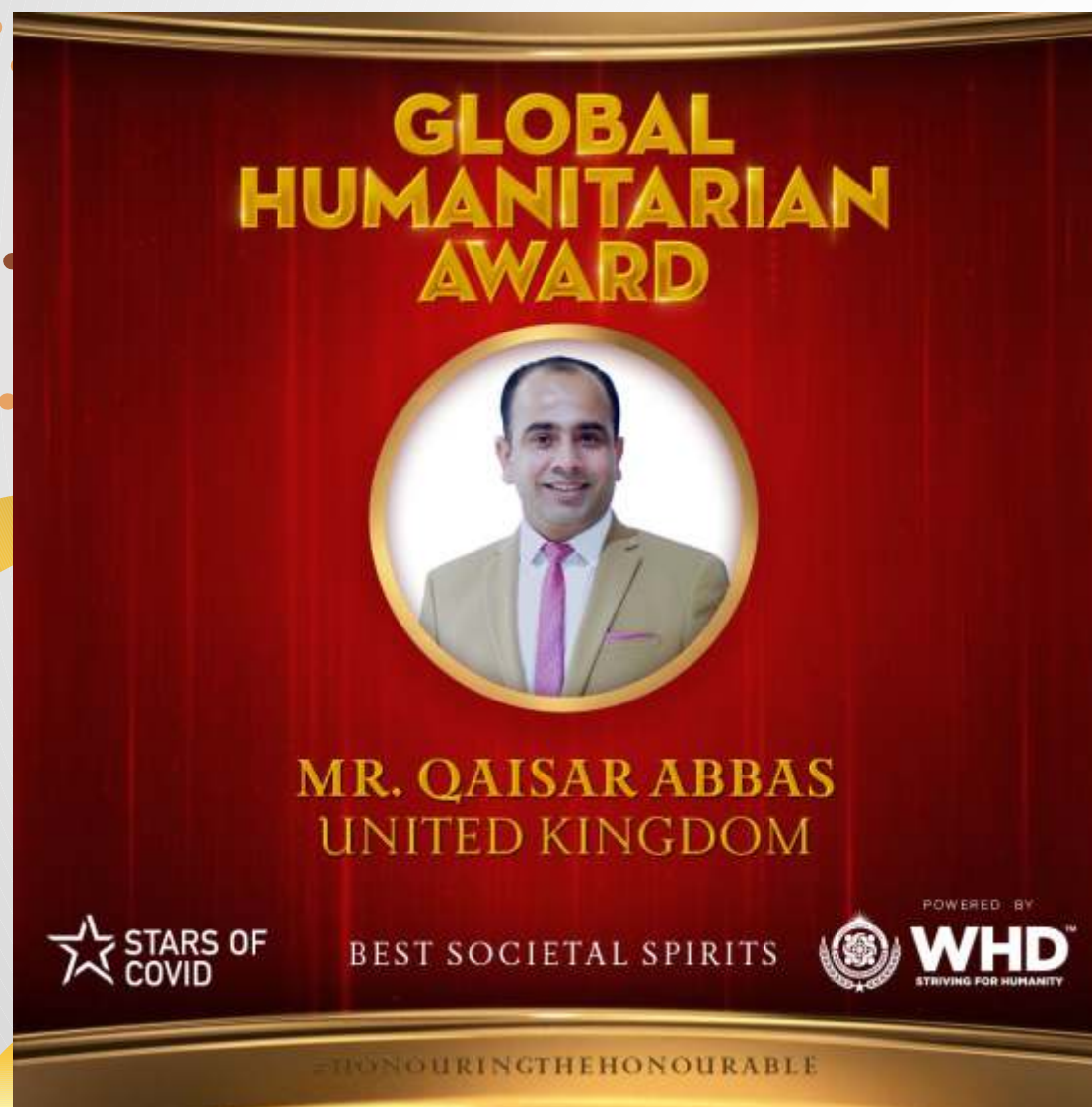
“ A day of wishes, luck and love! Legend has it that once a year, on the 7th night of the 7th month, divine lovers, Orihime and Hikiboshi (the stars Vega and Altair) who are separated by the Milky Way all year are allowed to meet. In Japan, they celebrate by decorating bamboo trees with colorful paper wishes and origami.”



GLOBAL HUMANITARIAN AWARD

for Cllr Qaisar Abbas

*Cllr Qaisar Abbas received
the "Global Humanitarian Award"
from WHD for his services during lockdown.*



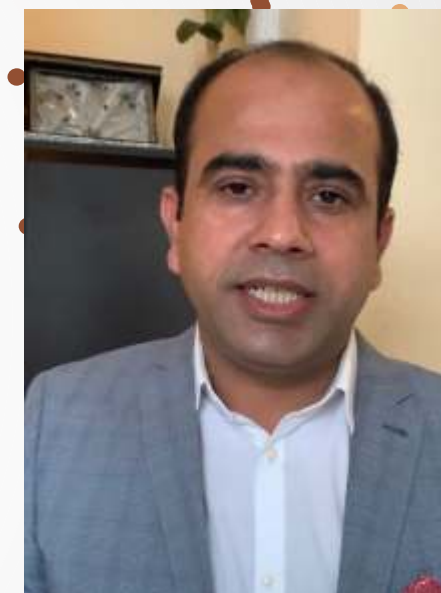
Ms Sara Wilson, Director of Global Operations WHD, announced Cllr Abbas' award and said: "We are highly honoured in announcing that you have been declared a recipient of the prestigious Global Humanitarian Award. Your selfless contributions to humanity has set an example to many and inspired a lot in these times of hardships, giving the hope of sunshine through humanity."

Cllr Abbas said: "I am honoured and humbled to receive this award. I thank my parents, friends and people of my area for their prayers and support."

The award ceremony was organised by WHD-World Humanitarian Drive to honour the volunteers for their contribution during this crisis of COVID-19. Over 1600 nominations from all the seven continents were received and 100 noble individuals, organisations and community groups from 35 different countries were awarded with the prestigious "Global Humanitarian Award" under twelve categories.

The virtual honouring ceremony was held on Sunday, 28 June 2020 and was attended by Chief Guests H. E. Fatmir Sejdiu (former President of Kosovo) and H. E. Madhav Kumar Nepal (former Prime Minister of Nepal). The chief guests congratulated the winners in their speeches.

The WHD's Chairman Mr Abdul Syed said: "Actions speak louder than words. The Covid stars serve as the best example for this phrase. These stars got into action and are helping humanity to fight against the deadly Covid-19." He also presented the Title of Honour "Patron of Humanity" Awards to the Honourable guests.



15 TYPES OF CHEFS & COOKS ALL RESTAURATEURS SHOULD KNOW ABOUT

By: AJ Beltis

No chefs? No food. Chefs are essential to every restaurant. They plan recipes, manage the kitchen staff, and are ultimately responsible for what ends up on a guest's plate. That said, there are so many types of restaurant chefs, and restaurant owners and managers really should be familiar with all of them.



Here's a list of 15 types of chefs and cooks who work in restaurants, what their duties are, and why they matter.

Chefs vs. Cooks

Before we get into the list, let's draw a line between chefs and cooks.

Both of these roles are responsible for making and cooking the food in a restaurant,

but their duties in the business and their backgrounds tend to vary.

A chef is a higher-ranking employee in the back of the house. They're usually tasked with organizational and managerial assignments, like contributing to the menu and developing recipes. Some chefs, like Pastry Chefs, are hyper-focused on one area of the kitchen, while Executive Chefs or Sous Chefs may control aspects of the entire kitchen. Chefs commonly have some level of culinary education, mentorship, and/or formal training.

A cook, on the other hand, is someone who is more entry-level or lower-level in the kitchen. They're responsible for fulfilling orders for specific stations. The Fry Cooks manage fryers, Grill

Cooks work on the grill, etc. They tend to have less input in recipes, instead following the instruction and recipe cards set by the chefs.

TYPES OF CHEFS

Chef-Owner

Specialties: Kitchen Management, Business

Entrepreneurship, Menu Engineering
The head honcho! This person clearly has their plate full, as they're running not just the kitchen but the entire restaurant. Chef-Owners tend to be the most passionate individuals in the restaurant industry, as their love of cooking is so authentic that it drove them to open and run their own restaurant.

Executive Chef

Specialties: Culinary Genius, Delegation, Impeccable Palette

Also known as the Head Chef or the Chef de Cuisine, this individual runs the kitchen. Typically this person doesn't own the restaurant but may be a founder or recognized leader of the business, though they forego operational duties to put all of their effort into creating the best meal possible for guests.

Pastry Chef

Specialties: Pastries (duh), Breads, Desserts
Restaurants that aim to offer the best baked goods and sweet pastries need an all-star Pastry Chef. This role can often extend past breads to designing the entire dessert menu and formulating recipes.

Roast Chef

Specialty: Meats & Roasting
Also known as the Rôtisseur or the Meat Chef, this chef takes meat cooking to the next level. Any roasted menu items are in this chef's wheelhouse, extending to the broiler and to the spices/gravies used.

Sauce Chef

Specialties: Sauces
Formally referred to as a Saucier, this chef is responsible for choosing and preparing sauces used in a kitchen – ranging from salad dressings, to gravy, to pasta sauces, to soups

and stews.

Sous Chef

Specialties: Ambition, Understanding, Team Management

Tasked with managing the Line Cooks and running the kitchen in the Head Chef's absence, the Sous Chef is the back of house's second in command. While the Sous Chef isn't an entry-level position, it's typically a role most don't want to stay in forever – many of those in this spot have their eyes on the Head Chef position.

Fish Cook

Handles all seafood. At the chef level, they are known as a Poissonier.

Fry Cook

Much like SpongeBob SquarePants, the Fry Cook manages the fryers and occasionally the grill – particularly at fast food restaurants.

Grill Cook

Grill Cooks are responsible for grilling – mainly meat and burgers, but it's not uncommon for veggies to fall onto their grill as well.

Line Cook

A Line Cook is a generalist who takes orders as they come. While these roles do exist in fine dining establishments, they're not nearly as common as they are in quick-serve or casual restaurants. Some prep work may be required by Line Cooks.

Pantry Cook

Serving food that is prepared and served cold

or at room temperature? We're talking about salads, cold cuts, and cheeses. The Pantry Cook is a restaurant kitchen's go-to for these menu items.

Prep Cook

Prep Cooks, as their name implies, handle the kitchen's daily food preparation. Prep Cooks are often new to working in a kitchen, which is why you'll find them learning the basics, like chopping, mincing, labeling, defrosting, and generally preparing the kitchen to handle meal service.

Relief Cook

Sometimes called a Tournant, the Relief Cook assists the head chef or any other

chef/cook when they are overwhelmed.

Short-Order Cook

Short-Order Cooks are the "body builders" of the restaurant industry, according to Ryan Gromfin, because their task is to clear tickets as quickly as possible without sacrificing quality. They're trusted with simple-to-make dishes instead of intricate ones.

Vegetable Cook

Sometimes called the Entremetier, the Vegetable Cook works on veggies, starches, and even eggs. Smaller restaurants may not have the resources to hire a dedicated Vegetable Cook, and instead divide their duties among the rest of the crew.

No matter who is in your back of house.....make sure the kitchen runs like a well-oiled machine.



STANDING STILL AND INTACT DESPITE WARS OF MANY ERAS

Hagia Sofia



“
Turkey's president wants to convert Hagia Sophia in Istanbul back into a mosque, which threatens to set off an international furor over one of the world's architectural treasures.

On other hand a Turkish court has delayed a decision on whether the Hagia Sophia in Istanbul can be converted into a mosque. It is interesting to know that The 1,500 year old Unesco World Heritage site was originally a cathedral before becoming a mosque and then a museum in the 1930s. The decision of turning World Heritage a museum in to a mosque can trigger Christian-Muslim rivalry and of Turkey's more recent devotion to secularism. The very idea of changing the monument's status has escalated tensions with Turkey's longtime rival, Greece; upset Christians around the world; and set off a chorus of dismay from political and religious leaders as diverse as Secretary of State Mike Pompeo and Patriarch Kirill of the Russian Orthodox Church. Mr. Erdogan's opponents say he has raised the issue of restoring Hagia Sophia as a mosque every time he has faced a political crisis, using it to stir supporters in his nationalist and conservative religious base.

Turkey's President Recep Tayyip Erdogan called for the change during an election rally last year. President Erdogan has echoed those calls. In a



campaign speech ahead of local elections last year he said it had been a "very big mistake" to turn the Hagia Sophia into a museum, and he has since reportedly asked aides to examine how to convert the building. Islamists in Turkey have long called for it to be converted, but secular opposition members have opposed the move. The proposal has prompted international criticism, from religious and political leaders worldwide.

US Secretary of State Mike Pompeo warned that any change in the Hagia Sophia's status would diminish its ability to "serve humanity as a much-needed bridge between those of differing faith traditions and cultures". Last week US Ambassador at Large for International Religious Freedom Sam Brownback called on Turkey to leave the building as it was.

But Turkish foreign minister Mevlut Cavusoglu insisted that Athens had no say in the decision as the building was on Turkish territory. "What we do in our country and with our property is up to us," he reportedly told Turkish broadcaster 24 TV.

Historic Background

Completed in 537 AD, Hagia Sophia stood for nearly a millennium at the heart of the Christian world, crowning the fabled city of Constantinople. It is unsurpassed for its grandeur and immense dome.

In 1453, Mehmed II conquered Constantinople, and although his troops plundered what they could carry, the building was saved and turned into a mosque. For 500 years it was the venerated center of the Muslim Ottoman Empire.

Turks record with pride that Ottoman rulers doted on the great building,



assigning the best architects to embellish it. Minarets were added, and later the great Ottoman architect Sinan built massive buttresses to prevent the walls from buckling under the weight of the dome, which was damaged in earthquakes.

With the fall of the Ottoman Empire, the status of Hagia Sophia changed again. Mustafa Kemal Ataturk, founder of the modern secular republic of Turkey, ended the role of religion in the state and closed religious institutions. Byzantine churches, including Hagia Sophia, were made into museums, ending their religious function and opening them up for tourism, conservation and study.

A Turkish court said on Friday it annulled a 1934 government decree turning Istanbul's Hagia Sophia into a museum, ruling it was unlawful and paving the way for the building's conversion back into a mosque. "It was concluded that the settlement deed allocated it as a mosque and its use outside this character is not possible legally," the Council of State, Turkey's top administrative court, said in a ruling. "The cabinet decision in 1934 that ended its use as a mosque and defined it as a museum did not comply with laws."

Hundreds of people gathered near Hagia Sophia celebrating the ruling. "Those who built this did it to worship God as well," said Osman Sarihan, a teacher. The decision, however, has divided the social media platform into two groups of varying opinions.

By : Col.(r) Azam Qadri

Nigar Johar

THE FIRST FEMALE THREE-STAR GENERAL OF PAKISTAN ARMY

Major General Nigar Johar has become Pakistan's first female officer to be promoted to the rank of lieutenant general. She also becomes the first female surgeon general of the Pakistan Army.

When she was promoted major general in 2017, she became the third woman officer in the history of the Pakistan Army to reach the rank of major general.

Family and early life

Lieutenant General Nigar Johar hails from Panjpeer, District Swabi, KPK. Coming from military genes, her father, Col Qadir served in the Inter-Services Intelligence (ISI) as did another uncle, Maj Mohammad Aamir (Retired).

She completed her schooling from Presentation Convent Girls High School, Rawalpindi and graduated from Army Medical College in 1985.

In 2015, she received a Master's degree in public health from the University of Health Sciences, Lahore.

She also has the honour of being the first woman officer to be given command of a unit/hospital of the armed forces.

Both her parents died in a car accident 30 years ago.

Newly promoted Lieutenant General Nigar Johar not only is a doctor, but also a sharp shooter.

Her Promotion hailed nationally and internationally

On her promotion, not only was she congratulated by the armed forces but most political leaders as well as most international newsprint and TV hailed her promotion and appointment. Leader of the Opposition in the National Assembly Shehbaz Sharif said that this sent a powerful message to girls and young women, "to aspire for the impossible in life".

PPP Senator Sherry Rehman said it was "great" to see the officer being promoted as the Pakistan Army's first lieutenant general.

Indian Express
Thursday, July 02, 2020

Pakistan Army appoints first female lieutenant general

Major General Nigar Johar, who got the coveted post of a three-star general, has also been appointed as the first female surgeon general of the Pakistan Army. Pakistan Army has appointed a woman officer as lieutenant general for the first time, the military's media wing said on Tuesday.

Major General Nigar Johar, who got the coveted post of a three-star general, has also been appointed as the first female surgeon general of the Pakistan Army.

"She is the 1st female officer to be promoted as Lieutenant General. The officer has been appointed as 1st female Surgeon General of Pak Army," the Inter-Services Public Relations (ISPR) Director General Maj Gen Babar Iftikhar tweeted.





“Chicken Neck”

is Why India and China are on the Brink of War



By Ahmed Bilal Manzoor

In most cases, The Chicken’s Neck is the most neglected or less desired part for most of the people as they prefer the meatier parts. However, from the perspective of two major giants of Asia – the term is referred to as the Siliguri corridor (a.k.a The Chicken Neck) – a narrow passage to India’s eight northeastern states.

Overall, the India-China border dispute is over-a-stretch of 3488 km long line of actual control which acts as the de facto border between the two nations. They both fought a war in 1962 which resulted in

If you have a look at India’s map, it looks similar to a chicken with its head being in the northeast and the neck artery crossing through the Siliguri corridor. India’s northeastern states are connected with the mainland by this narrow strip, which is about 200km long and just 60km wide.

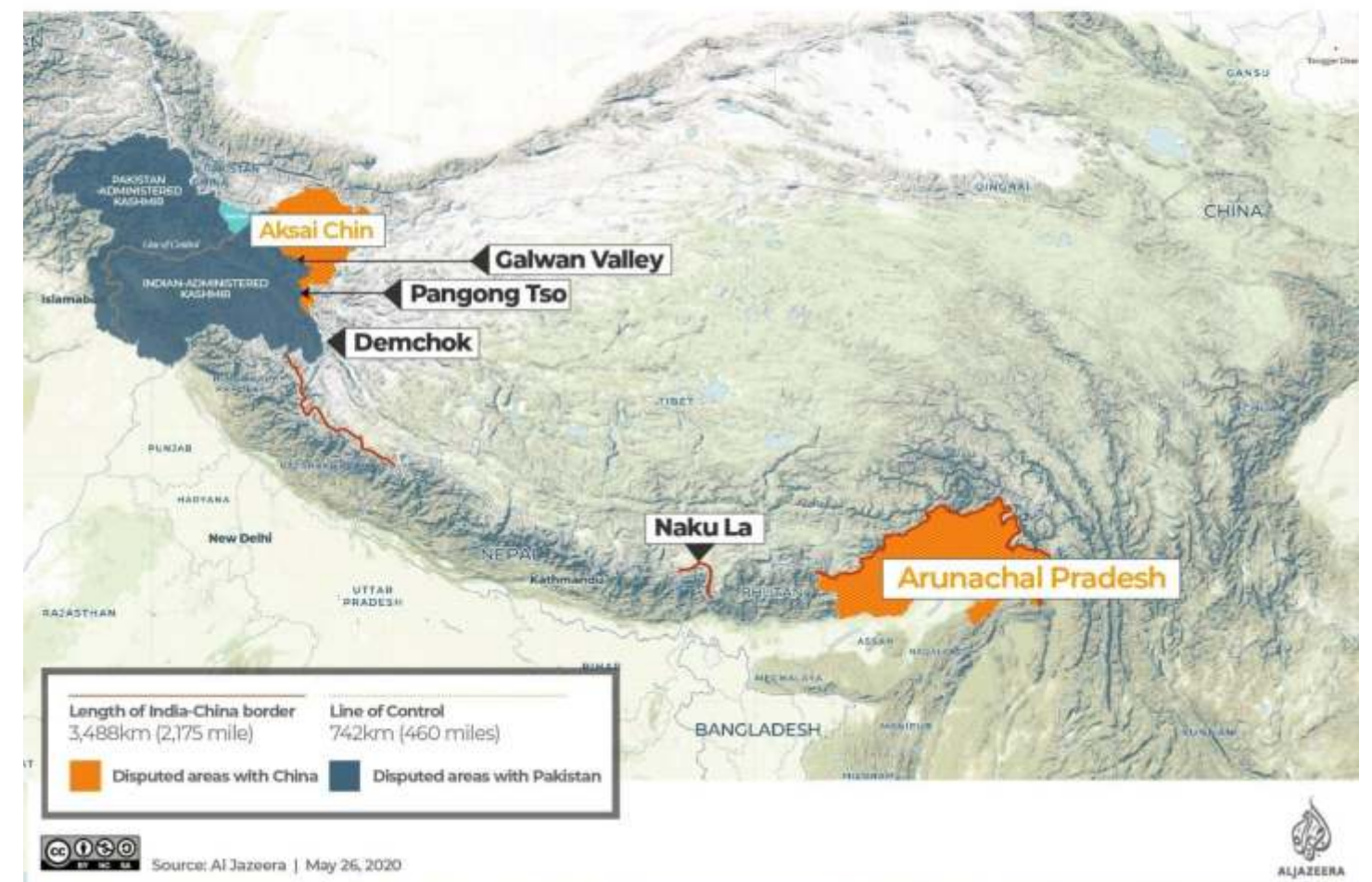
The corridor is of utmost significance for trade, tourism, and the most important Defence. The corridor is just 17km wide at its narrowest and if an offensive is launched by China, it may lead to the isolation of critical military formations, supplies, and reinforcement cut-offs for the Indian army.

India, the seventh-largest country by area, shares its land borders with 6 countries including two arch-rivals – Pakistan & China. In light of the recent skirmishes between the People’s Liberation Army (PLA) and the Indian Armed Forces along the Line of Actual Control (LAC), the importance of the Siliguri corridor has been in limelight again.



CHINA-INDIA Border dispute

India and China share 3,488km-long land border, most of which remain disputed.



humiliating defeat to India, but the border problems have lingered on.

The recent episodes of scuffles broke out on May 5 between the two troops at the Pangong Tso Lake, located in the Himalayan region of Ladakh. Three days later, nearly 1200km away to the east, another disturbance erupted at Nathu La Pass in the Indian state of Sikkim.

So, why is it happening now?

In August last year, India abolished article 370 which turned the status of Autonomous regions of Jammu & Kashmir along with Ladakh into Union Territories. Strategically, the recently formed Union Territory of Ladakh has significant importance for India, as it shares borders with both China and Pakistan. According to several media outlets, the standoff between

the old rivals triggered due to massive infrastructure development in the Ladakh region by the Indian side.

The latest brawl could be in response to India’s construction of the bridge in Ladakh. A similar standoff was observed in the Summer of 2017 at Doklam, at the tri-juncture of Bhutan, China, and India – when the Chinese were trying to construct a road in the area. Doklam is very close to the famous Siliguri corridor and Indian troops objected to the construction of the road.

The tensions are rising day-by-day and we are yet to witness if this escalates any further or the USA comes to help for India. Also, China is developing its relations with both Bhutan and Nepal which has further strengthened its position in the region.

Feature Image: Radio Free Europe





GURU NANAK & SYED ABDUL QADIR GILANI SANI

Dr Kirpal Singh who has been honoured with the title of ‘Professor of Sikhism’ has done a yeoman service for Sikh community by analysing all Janamsakhi and other sources on the life and time of Guru Nanak (1469-1539). This book ‘Janamsakhi Parampara’ was first published in 1969. The Part II of Miharban Janamsakhi records Guru Nanak’s meeting with Sufi Faqirs. The names of these contemporary Muslim saints have been confirmed from the book ‘Tazkara-i-Sufia-i-Punjab’ by Ahijazul Haq Kadusi published in Karachi, Pakistan. This Janamsakhi is the only document which provides valuable details of last years of Guru Nanak when he stayed at Kartarpur.

Meeting with Daud Kirmani

Guru Nanak travelled and reached Shergarh town, now in Divalpur Tehsil, district Okara in West Punjab, Pakistan. The township had a spiritually enlightened faqir by the name of Daud Kirmani (d. 1574). The Urs celebration at his dargah continues till today.

Guru Ji met Daud Kirmani and had a dialogue with him. Daud Kirmani who was the disciple of Syed Abdul Qadir Gilani Sani of Lahore

impressed upon Guru Ji to meet his mentor.

Meeting with Syed Abdul Qadir Gilani Sani

The Janamsakhi states that Guru Nanak set out from Shergarh and passing through Chuhnian , Kanganpur and Kasur reached Lahore. Chuhnian, Kanganpur and Kasur have Gurdwaras to commemorate the visit of Guru Ji. Syed Abdul Qadir Gilani Sani lived on the bank of river Raavi where he had set-up an establishment. His father, Syed Jamaluddin, had migrated from Baghdad to settle in Lahore. Syed Gilani had three sons Syed Haji, Sultan Akbar and Gyasuddin. He passed away in 942 Hijri/ A.D. 1535-36

Guru Nanak met Syed Abdul Qadir Gilani Sani on the river bank. They sat down together to have a discourse. Guru Ji said that this world is full of suffering. Syed Gilani said that pleasure is in realizing the truth and achieving union with God. Guru Nanak replied that only God is true and everything else is transient and real pleasure could be achieved only after realizing God. Guru Ji recited the following Shabad (recorded in Guru Granth Sahib).



Siree Raag, First Mehla:

amal galolaa koorr kaa
dhithaa dhaevanehaar

|| The Great Giver has
given the intoxicating
drug of falsehood.

mathee maran visaariaa
khusee keethee dhin
chaar

||The people are
intoxicated; they have
forgotten death, and they
have fun for a few days.||

sach miliaa thin sofeaa
raakhan ko dharavaar

||1||Those who do not use
intoxicants are true; they
dwell in the Court of the
Lord. ||1||



naanak saachae ko sach
jaan

||O Nanak, know the True
Lord as True.||

jith saeviai sukh paaceai
thaeree dharageh chalai
maan

||1|| rehaao || Serving
Him, peace is obtained;
you shall go to His Court
with honor. ||1||Pause||

sach saraa gurr baaharaa
jis vich sachaa naao

||The Wine of Truth is not
fermented from molasses.
The True Name is
contained within it.



sunchi vakhaanehi
jaetharrae ho thin
balihaarai jaao

||I am a sacrifice to those
who hear and chant the
True Name.

thaa man kheevaa
jaaneeai jaa mehalee
paaee thhaao

||2||Only one who obtains
a room in the Mansion of
the Lord's Presence is
deemed to be truly
intoxicated. ||2||

naao neer cha(n)giaaceaa
sath paramal than vaas

||Bathe in the waters of
Goodness and apply the
scented oil of Truth to
your body,



thaa mukh hovai oujalaa
lakh dhaathee eik dhaath

||and your face shall
become radiant. This is
the gift of 100,000 gifts.

dhookh thisai pehi
aakheeai sookh jisai hee
paas

||3|| Tell your troubles to
the One who is the
Source of all comfort. ||3||

so kio manahu visareeai
jaa kae jee paraan

||How can you forget the
One who created your
soul, and the praanaa, the
breath of life?

this vin sabh apavithra
hai jaethaa painan khaan

||Without Him, all that we
wear and eat is impure.

hor galaa(n) sabh
koorreeaa thudhh bhaavai
paravaan

||4||5||Everything else is
false. Whatever pleases
Your Will is acceptable.
||4||5||

Syed Gilani was very pleased and said that a discourse on the Divine is always satisfying. Guru Ji spent some time with him and then returned to Kartarpur.

Readers may find the article on Syed Abdul Qadir Gilani Sani in the Pakistani English Newspaper Dawn of some interest.

<http://www.dawn.com/news/1206340>

Acknowledgement

Thanks to Islamabad based Shahid Shabbir of Pakistan Heritage Club and his friend Ahmad Hassan for the photographs



MANGO

‘THE KING OF FRUITS’

The King of fruits is not an overstatement when considering its health benefits yet the one of a kind rich sweet taste. High in fiber, low in calories yet packed with all essential vitamins makes it a perfect supplement to boost your immune system. In Pakistan mangoes are considered our national fruit due to the superb quality that we have here and being a top mango exporting country is a testament to that. They are not only sold in retail but in cultural events as well.

They are a goodwill gesture of being given as gifts not only on personal level but on diplomatic level as well since Pakistan gifts its best mangoes to dignitaries all over the world. The summer season is filled with gatherings over mango parties which shows how much it has scaled in popularity from being a simple fruit to being a cult of its own.

Mango is the second largest fruit crop of Pakistan. At present it has grown on an area of 170.1000 thousand hectares with production of 1.8 million tones. Only in Punjab province, there are mango gardens on 271,700 acres of land and they are producing 70% mangoes of total production, Sindh produces 24% and KPK produces 1% of total production, which seems to be reducing this year, the second major fruit crop of Pakistan produces 8.5% of world's Mango. The climate earlier than that of Punjab has given the province the privilege to grow early varieties of Mango.

While the ‘Chaunsa’ and ‘Sindhri’ mango is considered by many to be the best mango, any Pakistani variety tastes sublime. Here in Pakistan people eat it at breakfast with paratha and mango smoothie. This hearty breakfast provides enough energy to keep you going through the day. Mangoes are also used in fruit salads, ice-creams, squashes, juices, chutneys, pickles, puree and are sold sliced in syrup.

Recently social media is full of praises for Pakistani mangoes that were gifted to foreign ambassadors and dignitaries. They have showed great love and much liking to the mangoes produced in Pakistan and the Desi way people here eat them.



BY: AZHAR PASHA



MULTAN IS THE SAME AFTER 20 YEARS

Lets meet Multan today...
the soil of saints and ...
and for me it's an episode
of long 20years
memories...
my 20 years memories are
attached with this city.



By: Ramzan Rafique

Since 1995 till now... the change in the map of Multan can be estimated from few roads of the cities and the houses built in its surroundings. I passed my fsc from govt college Multan. At that time I used to go to tuition from nashtar medical college to gol bagh gulgasht colony on my bicycle. From Mr. jeferry studied biology, From Mr Azad I used to study Physics and from Aziz Ul Rehman I studied Chemistry and the dozens of weeks that I spent in those streets are stamped on my heart.

The days and nights passed in govt. bossan road and especially the 2 years spent in freed hall hostel is another chapter, as the biggest pleasure of the hostel life was to Eat 'Nan Channy' by some trick because after the

closure of hostel gates at night, the hostel used to become the state chacha alam shair.

Now, from nashtar medical college to gol bagh through katchehri's map is so different that you can't reach here by following the map built 20 years ago. Over Nashtar and moj driya bridge there is a overhead fly over bridge and then kachehri and besides it there is an overhead fly over bridge. Years ago, on this road hand carters used to sell their things here. And that road which leads to Gol Bagh has now been changed to a delightful Bazar.

Chaudhry's hotel in Gol Bazar, whose name was used to be named as Moon light hotel before, this hotel is no more now only slight marks have remained. If I think in past I feel that all the memories are of yesterday not of 20 years specially the shop of al ghani photo state and the questions



session after Jumah Namaz in Jamiah Qasim uloom.

The order of shops and the nature of bazar has totally been changed. The carriage named as Tanga is seen only in dreams now. Simply Multan is a Closet of memories to me, which has colorful incidents and is full of books. Every student of Fsc has a dream of becoming a Doctor. As my brother was student of Nashtar Medical College and were students of my college and lived in the same hostel so I had a firm belief that this is a good gesture to me of becoming a doctor and no one can forbid me of becoming doctor. Whenever i used to come to nashtar medical college to meet my brother, the Hand carters called me DOCTOR SAHAB, DOCTOR Sahab... that was really an amazing pleasure.

I was staying at my Friends Home, it was a holiday so I asked my friend that I want to rent a room again in Multan and kindly drop me near GHANTA GHAR. He accompanied me and we left for Qasim Bagh Stadium. The cricket lovers were busy in enjoying match and there was a fun fair of cricket teams. I became very happy by seeing the busy stadium and I prayed the stadium should remain the same. From there, we went to the tomb of Shah Rukan e Azam. Besides tomb there is an excellent place, through which u can the whole of Multan. It is called zamzma, it's an art gallery to be said, which have a slight rupee ticket and the art can be estimated by going inside. But the artwork is now in bad condition and there is no system of cleanliness.

From here, there is an excellent sight of Shah Rukan alam. The people rooming there were enjoying and through their languages and



garden. I suddenly heard a voice. hello hello. A security guard was running towards me. And said you are called by security incharge.

It was difficult for me to understand the situation but the behavior of security guard was so rude that I could estimate that he could do anything to bring me. I said ok lets go. Security incharge was sitting in a room surrounded by camers. He asked where are you going and why are you making pictures?

I told him about my past days and also told the reason of taking pictures.. he said you cant take pictures. If you want the permission you can come tomorrow. I told him I will leave the city after some hours. But he did not agree. So I excused him and

returned to nashtar road.

Next day again I went to Hussain Agahi and Ghnta ghr, I visited multan only in moth of march 3 to 4 times and visited from lari ada to kachehri and from city to bosan road . but besides of all these the city was not stranger to me. Yeah! By times there have been a lot of changes but multan seems always familiar to me.



cultures I could estimate from which city and province of Pakistan they have come while downsides in park a lot of people who came to see tomb and the people who want to room Multan were busy in their own worlds. After returning from tomb, I decided to see the surrounding bazars of Ghanta GHAR. Exact on front of it, a flowers seller child was busy in his work. Then I entered in the street of HUSSAIN AGAHI Bazar and started to walk slowly. A little far away a Quail's meat sealer was sitting on his shop, I asked how he was doing etc. I stayed here for a little bit time then moved towards a KHUSA shop.

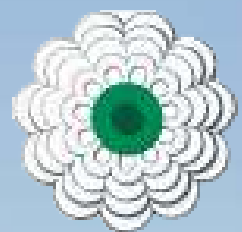
The KHUSY of Multan are very famous in Pakistan but I just looked at them, asked price and moved on. I needed Pakistani cultural things to bring them to Denmark, but I thought that AJRAK or TOPI(cap) would be best for this. I was searching the old Multan by talking the people and by visiting shops. I roomed 2 to 3 hours around ghnta ghar and then I thought I

should go Nashtar Medical College.

After 1998, its about 21 years, there were security on hostel gate but we entered in without telling them who we were and from where we come from and for what purpose, neither they asked us. The canteen was deserted before Iqbal Hall. The shopkeeper gave a slight eye to me and then started his work again.

Some boys were playing cricket there. I sat on broken down stairs and started to watch match and recollected old days that I passed on besides of this canteen. Then I remembered that there had been a ROSE GARDEN in aspect of College and I decided to visit it. I used to visit here with my brother and his friends. And last days when I saw a rose garden in Viana I recollected this garden. I didnt know either this garden exists or not. Thinking this a passed schoash coat and went to head bridge. This bridge was built a few years ago. Then I moved towards rose





REMEMBERING SREBRENICA

EVERY ACTION MATTERS



By: Cllr Qaisar Abbas

Today, 11th July 2020, we mark the 25th anniversary of the Srebrenica genocide. In July 1995, 8,372 Muslim men and boys were massacred in and around the town of Srebrenica, solely because of their religion. Many thousands were also displaced, raped and tortured. After the Holocaust, this is the worst atrocity in Europe and we must never forget this genocide.

The 'Remembering Srebrenica' website states that "Genocide does not happen overnight. It begins when hatred and intolerance are left unchallenged or are manipulated for political gain."

Today, we reaffirm our commitment to stand up against all sorts of hatred, intolerance and racism.

This year's Srebrenica Memorial Day Theme is "Every Action Matters". I encourage everyone to reflect upon their own actions and choices that they make in their everyday life. We must 'demonstrate that however insignificant it may seem, every action matters.' It is also important to remember that those who stand up for a cause can make a real difference. The famous Persian poet, Jalal ad-Din Muhammad Rumi, once said, "You are not just a drop in the ocean, you are the mighty ocean in the drop."

On Srebrenica Memorial Day, we remember and honour those who were brutally murdered because of hatred towards their faith.

Today, we make this commitment that we will work together towards building a more cohesive society. We will work together towards building a stronger society. We will work together towards building a fairer society. We will work together towards building a safer society. So that, we can be free from hatred, discrimination and prejudice.

Let's pray the Srebrenica Prayer.
"We pray to almighty God,
May grievance become hope
May revenge become justice
May mothers' tears become prayers
That Srebrenica
Never happens again
To no one and nowhere"
Long live peace!

**NOTE: This article was read by the writer on 11th July 2020 at a memorial service held by the Thurrock Council in Grays to mark the 25th anniversary of the Srebrenica genocide.*



WORLD YOUTH SKILLS DAY

By: Kiran M. Ali Khan

The World Youth Skills Day is celebrated each year on July 15 across the world. The day is perceived to raise awareness and acknowledge the importance of youth skills development, which enables social and economic growth in our communities.

It was back in 2014 that the United Nations, at its General Assembly, declared 15 July as the World Day to promote awareness of skills acquisition in young people. Young people constantly need to adapt to new requirements and challenges. High levels of unemployment among young people is one of the major challenges facing business and society in today's world.

This day seeks to generate more awareness of and discussion on the importance of technical,

vocational education, and training and the development of other skills relevant to both local and global economies. It is hoped that it will contribute to reducing unemployment and underemployment among the youth across the world.

Technical and vocational education and training can equip youth with the skills required to access the world of work, including skills for self-employment. It can also improve responsiveness to changing skill-demands by companies and communities, increase productivity and increase wage levels. Up skilled and trained people can reduce access barriers to the world of work, for example through work-based learning, and ensuring that skills gained are recognized and certified. Technical education and training can also offer skills development opportunities for low-skilled people who are under- or unemployed, out of school youth and individuals not in education, employment and training.

The theme of this year's World Youth Skills Day is 'learning to learn for life and work' because, in an ever-evolving world, today's young people will need to learn new skills throughout their lifetime. Some estimates suggest 85 per cent of jobs that will exist in 2030 haven't been invented yet, meaning the single most important skill a young person can have is knowing how to acquire new skills.





HEALTHCARE For The Vulnerable

By : Usman Siddiqi

For millions of people living in poor rural conditions, their hospitals are their primary source of health from illnesses. Lack of infrastructure and unavailability of many healthcare services to these areas is a big delinquent. Quality healthcare is the basic right of every human being and ensuring it is the responsibility of us all.

The biggest issue is to provide quality healthcare services to the underserved population. The underserved population characterizes those people or communities which are economically poor, they lack access to primary care services, where there are high rates of uninsurance or under insurance, have low levels of health awareness or where there are environmental issues.

Across various communities the healthcare services needed and the ability of people to access these varies widely. Access to a baseline quality healthcare services which



include primary care, outpatient services, inpatient services, diagnostic and psychiatric treatment services should be available for all.

For this very purpose, Hospitals are devising plans which are cost effective for underserved population on continuous basis. Awareness campaigns are being run for these people on hygiene conditions, importance of seeking healthcare and last but not least transforming the structure of hospitals and outpatient services where they are trying to reduce inpatient capacity and shift resources to outpatient and primary care services.

Providing quality healthcare to everyone is a big challenge in and itself. It's a behemoth task that has never been accomplished in the annals of history. Yet we are trying and gearing towards it and for now many improvements have been made.

Healthcare services are being run by public and government funds and now in this slump what little improvement healthcare can offer though not enough is still acceptable. What the future entails for underserved or vulnerable communities, we have yet to wait and see.





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مضبوط، گھنڈے اور لمبے

یہی ہے ہر منزل کو پالنے کا اعتماد!

