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EDITORIAL

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NOTE FROM THE editor

It is our One Year Anniversary!

On the one hand, it feels like I've been doing this for a lifetime, while on the other, I find myself wondering "Where did the months go?" It's been a year of excitement, highs and lows, long work days and sleepless nights, but I wouldn't trade it for any other.

This past year has taught me so many lessons, and one that really stands out is just how important it is for we women to look after ourselves. We tend to prioritize everyone's needs above our own, mistakenly believing that we have everything under control. Of course, this is almost always to our detriment.

In my last editor's note, I shared my own struggle with being overwhelmed and making self-care a priority. And although I still find this an area of challenge, I have been making slow but steady progress. I recently began a daily meditation practice, something I never would have predicted in a million years. But much to my surprise, it is doing wonders for me. Just two days ago, after my meditation, I got a rush of what I call a "meditation high," much like the "runner's high" that motivates many of my runs. Even more important, I feel much calmer and my days are less frazzled.

Stay safe and healthy.



Tallat Ch. COO/M.E.



editor

NOTE FROM THE



Tamoor Abbasi /Editor

Dear Reader

Expectation each one fine and at home. Craftsmanship is best action to demonstrate your feelings to other people.

Out of the blue, it feels appropriate, yet tragically critical to grieve the completion of schools workplaces and other open spots ; to review the turn of events and the examination, the pleasure and the experience, the perspiration splashed necks and the tearful eyes. It feels legitimate to romanticize—not because the issues of yesterday were insignificant, however since the issues of today only all around, uncommonly suck.

Keep us presenting on do show your feelings.

BUDAPEST

A CITY WHOSE BEAUTY LANDS

DEEP

IN HEART

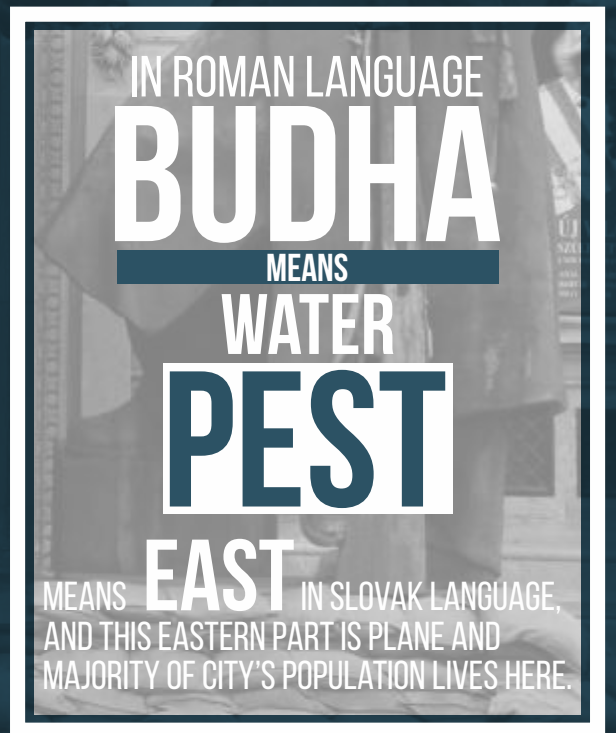


BY: RAMZAN RAFIQUE

Capital of Budapest was last destination of my by road trip. This city is doubtlessly alluring like a postcard; view of city from banks of river Danube, bridge connecting both parts of city and marvelous buildings in the background create a portrait that makes one wish to become its part.

Name of city is derived from two areas on both sides of river, Budha and Pest. Hence word Budapest is combination of both names. In Roman language Budha means water; so this word has nothing to do with Mahatma Buddha. This part of city is situated at upper altitude, and is home of

wealthy class. Pest means East in Slovak language, and this eastern part is plane and majority of city's population lives here. Last week I received two letters from Budapest, which state since your car did not have entry permit, hence you are fined 580 Danish Kroner; and fine was sent with photos of car, one about entering, and other



about leaving. I never knew permit was required to enter Hungary.

To travel on Austrian Motorway you need one week pass in the form of sticker. I had bought that sticker from a gas station before enter Austria, for 12 Euros. Same pass is required for Swiss Motorway, which probably cost 40 Euros. Since I did not know rules of Hungary, so I had to pay fine. This loss of 1160 Kroner is now part of memories of Budapest, which is about Pak Rs. 24000.

We arrived Budapest from Vienna via Bratislava. During this four hours journey, we passed through small towns and highways. Splendid roads, maintenance of law & order are nearly common feature of all parts of Europe. We parked our car at a Hotel and decided to visit city through public transport. Consistent travel of past seven days had affected a bit pleasure of tour, but the quest to explore a new city was intact. We asked about way to city by person at hotel reception and got into a bus. We offered to



pay fare in Euro but conductors insisted in his currency. Another problem was language, he didn't know English, and we didn't know his language. Even passengers around could not help us, which meant they had little or no command over English. However, driver agreed to retain few Euro coins, we got into the bus and started unspecified journey. We dropped at a stop where Museum-like Building and a tourist car were in front of us.

This place was backside of Budha Palace. This grand and magnificent building was decorated with beautiful statues. Indeed this attraction had made me drop there. It

was probably part of National Gallery, and from there we strolled to banks of River Danube.

City located at both sides of river seems like a picture in a book, high-rise buildings, river flowing through them, and a bridge over water, boats and ships floating over river, people jogging on the banks, long queue of vehicles on both sides, and most worth-seeing were giant statues outside museum. These statues are monument of World War II, wherein a soldier is dying in the hands of another soldier, swaying body of dying soldier and agony at the face of carrier makes one to pay homage to



sculptor's mastery.

From there we moved along the river toward Chain Bridge. There is a Metro Train track too along the river, as well as pathway for pedestrians, cyclists and joggers. We were looking for pictures in buildings of an unfamiliar city, whereas locals were jogging without paying any heed to foreigners like us. It seemed as if there was an all-embracing flow of life around. On left there was big crowd of visitors for National Gallery and Fort; a little away behind crossing of Chain Bridge, there was chair-lift facility was available. We moved to other part of city through bridge, which was equally bustling. Our next destination was splendid parliament building, and we were heading toward that by walking on the other side of river.

I have never seen a tourist ship of such size on the river; water might be deep or it could be due to large number of tourists. Such ships are floating cafes, where refreshments are provided with music. We were to watch rest of the city before sunset, so we kept moving instead of traveling by ship. On this side of bank there was large gathering to see shoes lying at shore of Danube. These shoes are a memorial to those killed by the river in 1944-45. Metallic shoes and riverbank are powerful analogy to paint glimpse of a hapless gory night of Second World War.

On this side of city is situated landmark Building of Budapest, the Hungarian Parliament. From there one has to climb few steps to reach a vast square, called "Cossat Square". Hungarian Parliament is part of this square; collectively architecture of whole area is marvelous. When we



reached there, few people were protesting in front of Parliament Building. A female speaker through her emotional speech was trying arousing people and creating public awareness. I did not understand what she was saying, but people passing-by would stop there for few moment and then move ahead. Few yards away, two young policemen were gossiping, and it seemed as if protest was just a routine matter, and people take it as domestic brawl while keep them busy in their routine life.

As we reached other corner of Square, fountains oozed out from floor, coolness of shower was quite heartening for everyone around. Whole crowd moved towards fountains and every young and adult fervently started playing with showers, which depressed the voice of protestors. I



think such permanent fountains must be installed outside every parliament, so anyone who come to protest, could take shower and go back. Technique of using water cannons is outdated, hence must be discarded.

From there, we moved towards central part of Pest. After a short lane, we were in another beautiful crossing. Here few youngsters were learning football tricks, and an innocent girl was holding finger of a statue, while trying to take a picture. There were few monuments and magnificent building around.

While strolling, we entered into streets of city, buildings around were almost identical



with rest of European cities. Long queues of cars, sounds of tyres were tearing off silence, sounds of horn could be heard occasionally, and everyone seemed occupied in his work, couples looked happy in their little world, parents occupied with their kids, locals were looking around through windows of coffee shops, it looked as if life moving ahead in an orderly manner.

We were moving in the street through a small tunnel built under a building for protection of pedestrians, we had no specific destination; we just wanted to roam around and view city. After passing through different streets, we reached another square housing a grand Church. Heavy crowding at this square was indicative of fame of that Church. We made couple of pictures and moved on to remaining streets.

Extensive outing, at times, seems like a pleasant dream, especially if you have roamed in anonymous streets, whose fame has not reached to the world. These streets are, indeed, real inhabitants of city; impart real image to city to every stranger without taking pain of any kind of decoration. We kept walking till complete takeover of darkness.

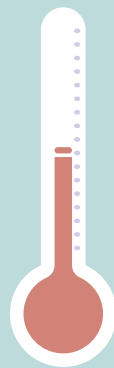
Soon hunger took hold of us like last wish. We sought Google guidance for Hilal food, which led us to Turkish Shawarma point. Apart from food, we stuffed our bellies with 2 to 3 cups of coffee. In the meantime, it started drizzling.

Load of food arouse sweet feelings of fatigue, and I wanted to rush bed as I was to check out next morning. Light rain made it difficult to ask someone where to get bus for hotel. So I stopped a Taxi, showed driver address and asked how much Euros he would charge? Before he would waste time in calculation, I offered 10 Euro note, and he immediately said yes. Such bargaining is common in many European countries.

Beauty of Budapest goes down to heart like a fantasy. Spending one night here is like a memorable meeting; as if someone is telling a folktale over a cup of tea and introducing its legendary characters. I am thankful to Allah Almighty for giving me opportunity to see those characters in real life.



THE CALL I DIDN'T WANT



Ring ring. “Hello?”

“I hate to be the one to tell you this, but you’ve tested positive for COVID-19.”

OK, the call didn’t actually begin that way, so let me back up a bit. I tell my writing students that a comforting mantra for any life experience is: “It’s all material,” as in fodder for writing. I am chanting my mantra. “It’s all writing material,” and low and behold, it is!

When the phone rang, I didn’t recognize the number, yet uncharacteristically answered anyway.

“Is this Ellen Snortland?” a warm voice asked. (I will call her “Tracy.”) Tracy wasn’t tracking me down for rabies, as I stopped biting years ago.

When Tracy announced she was calling from the LA County Public Health department, I slipped into “this can’t be real” mode.

“This is Ellen Snortland.”

“Can I verify your date of birth, Ms. Snortland.” I gave it to her, and yep — it matched her records.

“I hate to be the one to tell you this, but you’ve tested positive for COVID-19.”

“That’s OK,” I said, “someone’s gotta tell people. I’m sorry you had to call me, too.” Cliché as it is, my heartbeat doubled, I felt faint and noticed I was trembling. What was going on?

I also thought of my arrogance, expressed in the quasi-macabre way I’d been thinking about who in our circle of family and friends was “most likely to get it.” This was a sick twist on the “most likely to succeed” pages in high school yearbooks.

We have friends who have heart conditions, cancer survivors, have diabetes and are over 65, who are likely “candidates.” But being the over-achiever I’ve always been? Tada! It’s ME!

After Mayor Garcetti announced free testing for all LA County residents in late April, my husband and I jumped on that as soon as we could. Ken had been experiencing odd symptoms, as had I. So we took the gag-inducing swab test on April 30th and then waited. Ken got his negative result the first week in May via email. I assumed that since he was negative, I would be too since we’re always together. Nonetheless, I waited for my results... and kept waiting for an email that never came. The call came on May 16th, many days past Ken’s.

When I asked Tracy how this could happen, she said, “We’ve had some couples like that, where one is positive, and the other isn’t. No one really knows why. I’m going to give you a special phone number for positive cases only, and you can speak to them about it.”

“Thanks, Tracy, you’ve been very good to me. I bet this isn’t fun for you.”
“You can say that again,” she said.
“I bet this isn’t fun for you.”
We laughed and hung up.
I tell Ken. Both our jaws drop.

I call the special “positive only” number, having this longing to dip everything in detergent and swallowing my desire to scream.

On hold, I reflect on the experience of “will this nightmare we’ve been living in since Trump was elected never end?” As many of us do, I wake up every morning with #45 Dread. Almost every aspect of this crisis is tied to him.

Finally, Clarisse comes on the line. I am tempted to ask if she’s had a nice chianti and some fava beans, but I think better of it and get to the point. (A “Silence of the Lambs” reference.)

I tell her what’s happened, and Clarisse — obviously reading from a document — says, “you’re going to get an order via email that will tell you to isolate for 14 days...” and then she stops and says, “Wait! When did you have the test?”

“April 30th.”

“Never mind. You’ve already gone through the 14 days. Do you currently have any symptoms?”

“No,” I reply, then add “other than headaches and the raging desire to eat everything in sight.”

“OK, ma’am, you’re good to go.”

“What?!” I exclaim. “Don’t I need to call the two friends I have had social distancing meals with?”

“Yes, that would be nice.”

“And can we be retested? What if the test result was actually a false-positive?”

“That’s possible, yes, ma’am.”

I thank Clarisse and hang up.

Ever since that call, I’ve been a tad jumpy, confused, and wondering if we’ll get through this or not. As for “it’s all material”? I now have more material about this thing than I ever wanted. Stay tuned.

Update: Both my husband and I got results back yesterday. We are both negative... for now.



By Ellen Snortland

BEGUM MAHMOODA SALIM KHAN

Begum Mahmooda Salim Khan was one of the leading and pioneering social activist of Pakistan.



She was the eldest daughter of Sir Sikander Hyat Khan (Governor Punjab 1937-42), who supported the British struggle against Nazi Germany by helping the British Government raise the British Indian Army for their services during World War II, which formed bulk of the Allied Forces from the British Army. For his services to the British Empire, the British Government knighted him. He represented India at the Allied Forces Conferences in Malta as well as other international summits/meetings. Sir Winston Churchill and President Roosevelt also attended these meetings. He also had the unique honour of being the first native Governor of the Punjab under British. He was later also chosen as Leader of the House and the Premier or Chief Minister of the Punjab from 1937 to December 1942.

His idea of supporting and cooperating with the British government in the Second World War was based on the conviction that it would be good for India and help it towards independence after the War ended. He vigorously maximised recruitment of troops from the Punjab as part of the 'War effort' and even made morale-boosting tours to the Middle East where most Indian troops (especially Punjabi) were serving. During WW-II, he was promoted as Lieutenant Colonel. He died of a sudden heart failure in 1942. Sir Winston Churchill's commiseration message to the Indian government and people on Sir Sikandar's death stated:

"To the Government and People of the Punjab and India - My sincere sympathy with the great loss, they have sustained by the premature death of their wise and valiant leader, Sir Sikander Hyat Khan. I had the pleasure of meeting him in the Middle East on various occasions and recognising in him, both a gallant soldier and a true "statesman" with a broad and valiant outlook: loyal to his province, loyal to India and to the common cause of Freedom".

Early life and unique family background

Begum Salim Khan was born in 1913, at Amritsar, Punjab, then British India.

She got her education from Aligarh School for Muslim Women and at Queen Mary's College, Lahore.

She married Abdus Salim Khan, Civil Servant, hailing from Talokar, Haripur in 1934. Abdus Salim Khan was the eldest son of an aristocrat Abdul Majid Khan Tarin, OBE. Abdus Salim Khan served the Government of British India and later on the Foreign Service of Government of Pakistan from 1947 onwards.

In initial years of her married life she focused primarily on looking after household and raising her children like any Pakistani housewife.

However, she gradually, involved herself in helping the people through welfare activities, and got socially more active. Her endeavors in this regard were multifaceted and added much to the benefit of the Pakistani society. However, she gradually,



involved herself in helping the people through welfare activities, and got socially more active. Her endeavors in this regard were multifaceted and added much to the benefit of the Pakistani society.

Later life

On her husband's death in 1957, Begum Mahmooda Salim Khan moved to Abbottabad, where she became increasingly involved in various social and charitable works over the years, in close collaboration with other well-known women social workers such

as Lady Viqar un Nisa Noon, Begum Zari Sarfraz, Begum Kalsoom Saifullah Khan, Dr Attiya Inayat Ullah and Begum Shaisat Suhrawardy Ikram Ullah.

Later on she headed organizations like Family Planning Association of Pakistan, Pakistan Red Crescent Society, Lok Virsa Museum, National Crafts Council of Pakistan, Anti TB Association of Pakistan, the SOS Children's villages Pakistan and several other initiatives of philanthropy.

She also remained Patron-President of the National Youth Council of Pakistan and received the Adelaide Ristori Award, Italy, in 1980, for her work in promoting cultural activities among Pakistani youth. She also received several other national and international awards for social welfare activities.

Political Career

In the 1960s, she was sworn in as the first ever woman Provincial Minister in West Pakistan's Cabinet, during General Ayub Khan's government. But her stay in politics was brief and she resumed her welfare activities which she continued till her demise.

She had passion for gardening and was very fond of flowers. She died peacefully at her home in Abbottabad, Pakistan in 2007, at the age of 94 years.

From left: Mrs Ikram Ullah Khan, Brig Azmat Hyat Khan (her brother), Brig (Later Gen) M Sharif



BY: USMAN SIDDIQI

What might a “Post-COVID19 Renaissance” look like?

Recently a collective document called “The Grey Briefings,” written by the Special Circumstances Intelligence Unit, a global group of 90 futurists, writers, designers, technologists, and policy makers. The main question they addressed was what would happen if the COVID-19 lasted a year more?

If we required sustained periods of lockdown, we could see dramatic, long-term changes to our economy and society. If this were to occur, it is unlikely that we would be able to “return to normal.” What might these changes look like?

First we have the Pre-Crisis Context. The virus amplified many major, pre-existing challenges. In one fell swoop, it has pushed these fault lines to a breaking point. The entrenchment of the gig economy has put millions at risk. Almost 95% of all jobs created in the United States between 2005 and 2015 were temporary or contract jobs. Nearly 30% of Americans have zero savings and 60% have less than a month’s savings available for emergencies. This combination of workplace insecurity and lack of savings puts a large number of workers in a very dangerous position.

We are in the middle of an epidemic of depression, anxiety and mental illness. Work holism, exhaustion, hopelessness,



alienation, frustration and diseases of despair have reduced people’s resiliency and made many of us feel worn out and hopeless at the critical moment of crisis.

We are subject to pervasive digital surveillance. Billions of dollars have been spent building mechanisms of social and economic surveillance over the last 10 years. From Google and Facebook to Palantir and ClearView, we are subject to categorization, sorting, and surveillance of all kinds. Sophisticated tracking, analysis and targeting software is now an integral part of our lives, for better and for worse.

These trends set the context for a major crisis. The group identified three scenarios for Europe and North America if the virus required long-term lockdowns. All scenarios begin with widespread unemployment.

Scenario 1: The Pyramid

Government responds by enacting policies that benefit the few, resulting in economic concentration & inequality. As contractors and small business goes bust, only companies with the deepest pockets will survive. In this scenario, we would see major bailouts for the largest companies with the best political connections. Companies with such

connections thrive, whilst those less connected and with different politics suffer. We see a wave of mergers and acquisitions, as well as investment in automation and artificial intelligence, as more power shifts into the hands of fewer people.

Millions are left angry, frustrated & exposed, looking for someone to blame. Underfunded public services stretch to the breaking point, exacerbated by further austerity measures. Millions are left without adequate care or protection. Political pressure for immediate, radical solutions increases. Clever politicians ride this wave of discontent, fueling nationalistic, populist and xenophobic campaigns. Incumbent and moderate parties are driven out in a wave of anger and blame.

Poverty and violence increase. Gangs, protests, organized crime and quasi-militias flourish. Social distancing and quarantines leads to increased levels of stress and a

diminished ability to cope. The combination of populist rhetoric, economic precarity, crumbling public services and mental illness is a potent cocktail for violence. Crime and protests increase, with membership in gangs, quasi-militias and organized crime surging. Women and minorities, in particular, suffer the worst, as domestic violence and racial attacks spikes.

Governments respond with more extreme measures & totalitarian control. As crime increases, political control is tightened and more radical measures are introduced. We see the temporary suspension of many kinds of laws and civil rights, including temporary or ongoing periods of martial law, temporary or permanent changes to civil rights law and due process, censorship and media black outs, suspended elections, extended border closures, expulsion of foreigners, systematized abuse of minority and target groups, work camps and/or increased incarceration.



All of these trends are enabled and administered through widespread use of digital surveillance. People are required to document their location at all times, track who they socialized with, give up their privacy and share their personal biometric and health data with the authorities at all times. These tools are used for both epidemiological surveillance and social and political control

Scenario 2: The Leviathan

Governments rapidly and dramatically

expand their powers, but use it to deliver collective benefits & goals. In the face of economic and political crisis, governments enact new legislation that lets them take more power. Key industries are nationalized and there is a renewed focus on infrastructure and basics needs. This “war time footing” is used to focus on public goods and social welfare, with an eye towards transforming the economy and creating a more resilient and sustainable foundation.

Governments act as platforms to set challenges, stimulate innovation & ensure equitable access. Widespread experimentation, grant-making & venture challenges provide financing, guidance, capability building and clear ethical frameworks to build more inclusive & resilient systems

This lays the foundation for a post-crisis recovery, but requires significant personal sacrifice in the short-term. The line between the public and private sector blurs,

following a state-capitalist model akin to China or Singapore. Personal luxuries and individual freedoms are curtailed in the service of larger social needs. Surveillance is pervasive, linked to individual behavior and attitudes, and social compliance is explicitly and implicitly enforced.

The potent combination of ambitious projects, led by a vibrant public sector & supported by innovative industries, leads to a more resilient economy and society. Over time, constraints loosen and society opens up again, but on a fundamentally new, shared footing.



Scenario 3: The Village

State intervention proves ineffective or unsustainable, but local communities attempt to fill the void. National governments cannot (or will not) manage the crisis, local governments and self-organized communities rise to the challenge and successfully and seize the moment.

Large-scale unemployment and restricted services drives a bottom up community response. This intensifies the bonds of local communities, putting us in better touch with our neighbors, family, and local economies (particularly for those sectors that cannot be automated or virtualized).

Grey market workarounds & DIY hacks flourish. There is a burst of innovation in local co-working & socialization tools, combined with tried and tested low tech solutions, which help fill the void left by traditional employment and services.



Local currencies, peer-to-peer bartering systems, resource banking & other forms of local problem solving flourish.

- Solutions are rarely as good as they used to be, but they're local, adaptable and sufficient... in most cases. Such a renewed localism drives more intense local economies and a stronger sense of community.

- People band together to teach each other new skills, build businesses & develop new politics at a local level.

- This is positive overall, helping us develop more intense relationships & rebuilding a sense of community lost decades ago, but can be precarious, temperamental and, on occasion, violent.

Communities are more sustainable and self-reliant, but also significantly more fragile. The renewed sense of our own fragility,



combined with our dependence on each other, forces a shift towards more sustainable, low-consumption practices. Not every community is resourced & resilient enough, however, and even the smallest shocks can send communities into moments of renewed crisis

The world becomes more fragmented, volatile & tribal. Being different is tough. Local communities become more parochial, conservative, and exclusionary.

- Racial, religious & ethnic groups band together and tighten their bonds, as communities close ranks to survive.

- Efficiency is reduced, trade suffers and standards fragment. Advanced sciences and innovation grinds to a halt, with industries losing decades of progress in a matter of years.

Conclusion:

Each scenario would have differing impacts & outcomes. The kind of power & how it is exercised, is the key.

We still face many open questions. Is a “return to normal” possible? After the 2001 and 2008 crises, there was a significant desire to “return to normal” as quickly as possible. It is unlikely that things will be different this time, although the scale & magnitude of the COVID-19 crisis may dramatically exceed either of these previous events. If we truly experience 12 to 18 months of global lock-down, can we ever truly “return to normal”? What might a “Post-COVID 19 Renaissance” look like? Finally, could a long term COVID-19 crisis provide stimulation for a new era of social imagination? How can we better imagine a healthier, satisfying and fair world in light of the challenges posed by this “Great Transition”?

We will have to wait and see for what transpires in the future. Some times when times are very despondent, we just have to remember that the sun is always shining behind the clouds. We just have to grasp that silver lining.

Special Thanks to ‘Grey Briefings’ for this valuable content.

IS MASKING THE NEW BLACK

IN LIGHT OF THE INSTRUCTIONS GIVEN BY

WHO

people were only using surgical of medically compliant masks and the notion of using simple cloth masks never occurred to many who valued their lives.

With the threat of Covid-19, face masks were born out of necessity to keep us safe from the virus as much as possible. At first tough it was hard for many people to mask themselves whenever they had to venture outside but still out of fear for their mortality people did adapt to it. In light of the instructions given by WHO people were only using surgical of medically compliant masks and the notion of using simple cloth masks never occurred to many who valued their lives. But it all changed when the new guidelines from center for disease control and prevention advised people to wear cotton face masks or cloth covering while going outside.

People using those old boring face masks breathed a sigh of relief. It goes without saying customized or fashion masks are way cooler than the other masks so, why look like everyone else when you have always kept your individuality. Thus, the need for self expression was firmly painted on the blank canvas that was the mask market at that time and since then not only people staying home, started designing their masks but also many

famous designers have launched their face masks.

Many who tried to trivialize the concept of wearing masks as a fashion accessory are now able to understand that with all the time that has passed during the pandemic session where all of us were made aware of the importance of moving safely, people have come a long way from being ignorant or susceptible to being aware and confident in keeping themselves and their loved ones safe. As the human psyche works desire always comes after need is fulfilled. Moving forward people will surely need many masks at rotation as things begin to open back.



Though designer masks with matching outfits or caps are whooping expensive they are still hard to get as they get sold out pretty quickly. The one dimensional face mask which was just a safety measure is becoming a fashion staple. Be it designer face masks, face print masks, masks with embellishments or masks matching outfits, face mask has assumed all shapes and forms.

With the knowledge of how to stitch cotton face masks at home, many enthusiasts have taken the opportunity to start their own venture from scratch or add to their existing line of business. Online platforms selling these masks are a proof of it. Good news for those who can't afford to buy super expensive



designer masks can now buy them from many other sellers online. The added benefit is that some of them are offering customization like memes, pictures of oneself, fun quotes and many more.

May we all stay safe and healthy yet super stylish in this pandemic.

THE GREATEST OF ALL MICHELANGELO

By: TALLAT CH.

“

Michelangelo once wrote, “that a true and pure work of sculpture, by definition, one that is cut, not cast or modeled should retain so much of the original form of the stone block and should so avoid projections and separation of parts that it would roll downhill of its own weight.”

500 years ago, Michelangelo created three wonders of the world. ‘The David’ the most famous sculpture in history. The ceiling of a Sistine chapel the most all inspiring painting, the dome of the Peter’s the jewel in the crown of the roman skyline. But what sort of man was capable of these incredible feats, how did he actually do it? Now a days modern day artists explore the challenges he faced by creating his most famous works. Engineers investigate his skills as an inventor.

Michelangelo was a sculptor, a painter and an architect



who strode the history of art like a colossus. He was a tempest who would like nothing stand in his way for his quest of fame and excellence. He was a genius who created works so big so beautiful that nobody believed that they were produced by a mere mortal. His name was Michelangelo.

Michelangelo was born on March 6, 1475 and exerted an unparalleled influence on the development of modern arts. Michelangelo was considered the greatest living artist of his time and ever since has been held in the same light.

As many diamonds are born in the rough, Michelangelo didn’t have the best childhood one can dream to have. Within a month of his birth his family moved to Florence. His mother died when he was six years old only. His father had five sons to bring up and money was hard to come by. His father was applaud by the young Michelangelo’s love of the arts.

Michelangelo was lucky enough to be born in Florence which was at that time the epic center of creativity, where many noteworthy artisans in their own regard lived. Michelangelo grew up there with a limitless horizon around him and a drive to express his ambition. Florence was home to the renaissance, it was a city filled with artisans and was a perfect place for Michelangelo to come and learn from the workshops devoted to architecture, painting and sculptor. This ideal environment pushed his potential to the limit and eventually he mastered all three of these arts.

As his fame grew he was commissioned to the household of Lorenzo de Medici, the leading patron of arts in Florence. When the Medici were expelled from Florence, Michelangelo travelled to Bologna and then in 1496, to Rome. His primary works were sculpture in these early years. His ‘Pieta’ became world famous and he returned to Florence a famous sculptor. Here he produced his ‘David’. In 1505, Pope Julius II summoned Michelangelo back to Rome and commissioned him to design Julius’ own tomb. The Project was never completed, although Michelangelo did produce a sculpture of Moses for the tomb. Michelangelo’s next major commission was the ceiling of the Sistine chapel in the Vatican. It was recognized at once as one of the greatest works of art and from then on Michelangelo was regarded as Italy’s greatest living artist.

In 1534, Michelangelo returned to Rome where he was commissioned to paint



‘The Last Judgment’ on the altar wall of the Sistine chapel. From 1546, he was increasingly active as an architect, in particular on the great church of St Peter’s. Michelangelo died in Rome in 1564, at the age of 88 (three weeks before his 89th birthday). His body was taken from Rome for interment at the Basilica of Santa Croce, fulfilling the maestro’s last request to be buried in his beloved Florence.

PLAGUE ART

BY: JAHANZEB KHAN

Whether as depictions of personal experience or artistic works to raise awareness, infectious diseases and pandemics have always found their way into art as reflections of the actions and reactions of the people who went through such hard times.

The coronavirus has affected so many things in our lives, and its influence in art cannot be disregarded either. It is inevitable that many artists confined to their homes are currently creating works that deal with this issue directly, or that the impact of the COVID-19 pandemic will be reflected in their future works indirectly.

Throughout history, outbreaks have always been reflected in art and paintings in particular. Artists have created various compositions according to the form of the disease and its impact on society. Their interpretation of the horrors they witnessed has changed over time, but what has remained constant is the artists' desire to capture the essence of a pandemic. Through their creativity, artists have wrestled with questions about the fragility of life, relationship to the divine, as well as the role of the caregivers. Today, at a time of COVID-19, these historical images offer us a chance to reflect on these questions, and to ask our own.

When we delve into the history of art, we come across many plague-themed works ranging from the 'Tourani citizens' to the awe inspiring 'Triumph of death' with the 'Dance of death' during the Black Death Pandemic to the dreadful 'The Family, Egon Schiele' during Spanish Flu. All these artworks



cry one thing loud and that is wherever the plague passed through it changed the imagination of the artists.

Even now, as much of the world continues to shelter in isolation, those states and countries slowly easing restrictions are heading out into a world adorned with new art. Graffiti artists, street artists, painters and muralists have been

taking over public spaces during the pandemic, using their art forms to express beauty, support and dissent. Recently in Pakistan, a fundraiser was held where many artists from the country displayed their artworks including photographs, paintings and illustrations for the cause. It was a success where creativity was displayed at its best during these desperate times.

We hope that the impact of the corona virus will not be as tragic as the plagues we have in precedent. However, what the future entails is yet to be seen. We do not know if we'll see new works triumphing over death or dancing with it. But art will be shaped in many ways that are yet unknown to us is for sure.





Pakistan's first two coronavirus cases were confirmed on February 26th. Almost a month later, a lockdown was imposed all over the country despite Prime Minister Imran Khan not being in favour of a lockdown. PM Khan was worried about the poor people and how they would survive without work. In mid-April, Pakistan announced that it will open certain sectors of industry so as to revive the economy. It gradually led to a lifting of the lockdown as Ramzan was coming and the ulema wanted mosques to open as well. Markets started opening up too. Things were back to normal in May — as if there was no outbreak of a novel global pandemic. People flocked to the markets for Eid shopping, hardly taking any precautions such as wearing masks and maintaining social distancing.



Mehmal Sarfraz



Senior doctors and healthcare workers literally begged the government for another lockdown. Nothing happened. We moved on. The government did ask the people to follow SOPs in order to protect themselves and their loved ones but not many took this advice. By mid-June, we crossed the 150,000 mark of confirmed coronavirus cases and a little more than 3,000 deaths. These are the official numbers. Many believe the real numbers could be much higher if aggressive testing is conducted. Talking to Bloomberg, Chairman of Prime Minister Imran Khan's task force on science and technology, Dr Atta-ur-Rahman said: "The actual numbers will be two to three times more than what the government is reporting."

Asad Umar, who heads the National Command and Operations Centre (NCOC), said the total number of novel coronavirus cases across



Pakistan can reach 1.2 million cases by the end of July. Imagine if more than a million people in Pakistan are infected — a country where there is only one doctor for over 900 people and one hospital bed for over 1,600 people. Imagine the sort of pressure it will build on our health sector, which was already struggling even before the corona pandemic. One million infected people—many of whom will need to be hospitalised. Will there be enough space in hospitals to cater to serious COVID-19 patients? Not possible. Even now, when we have a little more than



150,000 cases, hospitals are turning away patients due to lack of space and capacity. So imagine the situation when we cross the one million mark.

We now have selective lockdown in some cities as well where hotspots have been identified because it seems that the government has realised that the situation is bound to get out of control. Who should we blame? Italian Prime Minister Giuseppe Conte was recently questioned by prosecutors from northern Italy after relatives of Covid-19 victims demanded an inquiry into alleged government negligence. Conte was questioned for three hours.

Who will question our rulers? Will they be made answerable for downplaying coronavirus at the beginning of the outbreak? Who will answer why we were told it was a mild flu or that it does not take too many lives? Comparisons were also made between road accidents. When the government's own narrative is so confused about lockdowns, when it downplays the pandemic, when it doesn't build a national consensus by taking the Opposition parties on board, when it gives precedence to economy over human lives, then why blame the public for not taking coronavirus seriously and not following SOPs?

A clear message should have come from the government on day one about the serious nature of coronavirus. Lockdowns should have been followed by aggressive testing. They should have also been extended for a few more weeks. Our policy failure is quite apparent as is the mismanagement.

Now it is up to each individual to save himself/herself. Wear masks, wash your hands, use sanitisers if you can afford them, stay at home as much as possible, maintain social distancing when you go out, work from home if your workplace allows you to do, take every precaution that you can to keep yourself safe as well as those around you. Coronavirus isn't going anywhere anytime soon. Till then, we must be careful. Stay home, stay safe!



BY: BUSHRA ALI

NATIONS *are built on* PEOPLE'S *faith*



Mikhail Gorbachev has written this in his autobiography

In his younger days, while studying in Europe... He used to study along with two Japanese students.

He writes : The 2nd World War had come to an end & Japan had been destroyed, and was facing crippling economic sanctions as well.

During the classes, these two Japanese students used to take turns to write the notes, while the other student would mend the pencil & keep it ready for use. In those days, the Japanese pencils used to be of inferior quality & the lead tip of the pencil which was very brittle, used to break frequently.

Fellow students advised them to use the far superior pencils made in England, which were not expensive either._

With tears in their eyes the Japanese students said "If we ourselves do not purchase & use our own products however bad they may be, then who else will buy them and how will our people and industries develop. We don't deny that we do not have good quality today, but there will soon definitely be a day, when the whole world will use our Japanese pencils."

Time to think for our beloved Pakistani nation
Do we like to use our own products ???

This is true story narrated by Russian ex President.

Best judgment is always given by third Party
LOVE OUR OWN COUNTRY, PEOPLE AND INSTITUTIONS , LOYALTY TO OWN COUNTRY.



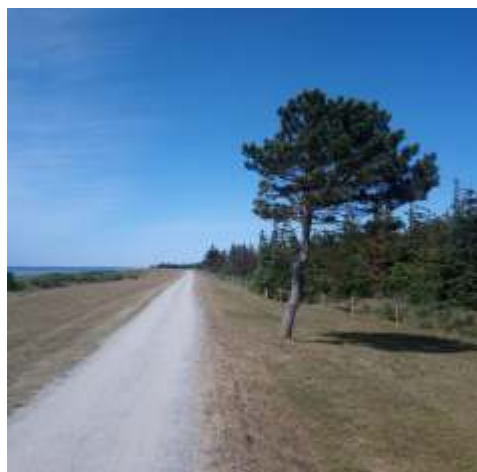
Fehmran Island

Photo by: Oliver Agel



At the northeast coast of Germany, we have a scenic Island with Sandy beaches Known as Fehmran. This island has a maritime Center which has sharks, an underwater tunnel and a coral garden which is as magnificent as nature after centuries of nourishment can be. Due to all natural maritime structures, it is a water sports hub.

The Fehmarn Butterfly Park is not to be missed as it houses more than fifty butterfly species. Then, we have a wander in the form of U-boot Museum which is housed in a former German navy Submarine. Remember "Purple Haze" if, yes then it is also the island where father of Rock Guitarists, Jimi Hendrix Played his last concert.





By Ahmed Bilal Manzoor

Image Courtesy:REVOLT from Unsplash

Honey and Hunny – both are pivotal for the human race since inception. For now, we will only discuss Honey and keep the latter for another time – maybe. It is tough to undermine the value of this magical syrup, especially in our part of the world where, as a prelacteal practice, this nectar brings sweetness to our lives for the first time at birth (referred to as Tahnik or Ghutti).

This Godsend has been around for eternity, long before the sugar took over a few centuries ago. Apart from the fact that this Liquid Gold tastes divine, it also has powerful healing attributes. Its benefits have been accredited in almost all religious scriptures. In Islam, the benefits of the honey have been mentioned multiple times in both the Quran and the Hadith.



Narrated Ibn 'Abbas: (The Prophet S.A.W.W said), "Healing is in three things: cupping, a gulp of honey or cauterization (branding with fire), but I forbid my followers to use cauterization (branding with fire)."

Honey can be broadly categorized as raw and processed. Once the honey is extracted from the honeycombs, it usually contains particles of beeswax, pollen grains, and even parts of bees. This is generally referred to as Raw Honey and is the most original form. This type is unheated, unpasteurized, and unprocessed.

However, in this form, the honey crystallizes fairly quickly, therefore some suppliers pasteurize it to avoid the crystallization process. Also, the beekeepers and companies carry out the filtration process, to improve the texture of the syrup, remove debris, and bee parts. This is performed to make it look aesthetically pleasing and so that it remains fluid for a longer period.

What is Honey Laundering?

Unfortunately, this natural blessing is hard to find in an unadulterated form, in most parts of the world. And this is what commonly referred to as Honey Laundering. To make it commercially viable, the companies add cheap fillers including water, synthetic sweeteners, or even potentially harmful chemicals to improve the shelf life of the product.

"If you buy a box of raisins, you can be pretty sure there are raisins inside. That's not true with honey."

Due to this adulteration, the syrup loses the pollen grains thus, resulting in loss of its natural antibiotic properties and antioxidants.



How to distinguish between real and adulterated honey?

There's no effective guide on how to be 100% sure to buy the authentic jar of honey however, there are some features which you can look for:

Real Honey

- Causes a mild burning sensation in the throat
- Does not separate in layers
- Has natural impurities
- Quite thick and flows slowly

Adulterated Honey

- Does not cause a burning sensation in the throat
- Separates into layers
- No impurities; it is clear and smooth
- Slightly runny

I have personally experienced two companies so far that are selling pure goodness.

1.Tosha by Wahi Food



This Lahore based business started last year and introduced Tosha that comprises Cashews, Almonds, and, Walnuts immersed with Natural Honey.

The tagline says, Purity Matters because they add No Preservatives, No Artificial Sweeteners, Colors, or, Flavors.

Website: www.wahi.pk

Facebook: <https://www.facebook.com/wahifood>

2. Honey Hunters



They are Honey Hunters of Baluchistan based out of Karachi and they hunt for the unprocessed and unheated honey directly from the forest.

Website: www.honeyhunters.pk

Facebook: <https://www.facebook.com/HoneyHunters.pk>



Let us know in the comments section if you know of any other places who are selling pure raw honey.

CLAUDIA SHANTE AND PIANIST LILY RELEASE HEALING COLLABORATION FOR THE SENSES



By Tony Sokol



We are separate and together, all as one and all alone. Extraterrestrials can mingle with human beings. Angels march with demons. Protesters and criminals run from police with equal fear and lack of protection. Pandemics and social crises wreak havoc on the balance of souls. “I don’t know why you say goodbye, I say hello,” Paul McCartney sang on a Beatles hit single. In a new poem and story, fragrance healing writer Claudia Shante (Jih Sian Lin) reminds us.

Shante writes art healing script and produces and hosts the podcast C Star. She wrote the poem to accompany a musical composition written by pianist Lily as “music therapy.” They’ve co-created a meditation which acts as a spiritual spa and is completed by the healing fragrances Shante creates.



Claudia wrote the healing story to express the love for the world and humanity during the time of the pandemic and protest around the world. “Sometimes we meet people by coincidence, but the divine truth is ‘nothing happen for accident,’” she says. “When the soul meets each other and fell in love. They might have to say goodbye when there is a higher purpose for their spiritual growth. Though emotionally and physically they feel intense pain and attachment, it is

for a better arrangement behind the scene. No matter what kind of feeling may arouse, it’s good to take the chance to practice altruistic love and be aware of the sign of spiritual awakening.



“We all had time to say goodbye to someone we love very much, lost the one in our life or we even had no opportunity to see them, nor say goodbye for the last moment. The poem is dedicated to people who are feeling depressed, frustrated, and defeated by something you feel you can’t take more of. I sincerely wish you the best and may get some healing and comforting hug, feel the heavenly angel around you when you read this poem. You could feel the warmth of the heart and feel the prayer heaven send to you. I love you. Thank you. I love you.”

The poem comes with music, and it is a meditation which clears and heals. The poem speaks of an abject sorrow, but is told in a loving voice. The music sounds classical, it inspires openness, acceptance and intelligence.



Lily composed the music with the vibe of healing to soothe and balance our brain wave. “The ancient beginnings of most spiritual and religious traditions on Earth start with some version of ‘In the beginning was the WORD,’ the sound, the vibration,” Lily’s teacher Dr. Jeffrey D. Thompson writes. “From a biological standpoint, each of us has our first, ever experience in the womb as an experience of sound and vibration when the senses first come “online” at 16-24

weeks. Since we are in the dark and nose and mouth are filled with fluid, sound and vibration are our only sensory experiences in the womb. But the essence of the origin of all things Vibration, go far deeper.”

“The ancient beginnings of most spiritual and religious traditions on Earth start with some version of “In the beginning was the WORD”, the sound, the vibration.



LILY studied Taiwanese opera music including Peking Opera Chinese music culture and Western classical music composition, combined with multimedia creation experience designed by interactive music technology. Lily studies neuroacoustic theory, and uses sound frequency analysis to adjust brain wave and heart rhythm variation, and achieve a harmonious method of healing.



Everyone has their own frequency. “Finding your own frequency is like mastering the switch to restart the brain system and the change of physiological clock,” Lily says. “Observe how to change the process state through EEG and HRV. Gradually, subtly transforming consciousness and mental behavior, the resonance of brain waves mainly stimulates the balance of the left and right brains, which can achieve the release of emotions and the coordination of stress balance of body and mind.

Through the basic frequency series that belongs to your own physical harmony can Optimize the balance of DMN (default mode network) brain Healing solutions that use vocals and physiologically-based frequencies for neural remodeling training to unconsciously enhance cognitive behavior while listening to music.

“Do ever never say goodbye.”

*Do ever never say goodbye
Life is short but also eternal
Love can last forever
I know you want to say goodbye, but please do me a favor:
“Do ever never say goodbye.
Instead, Smile.”*

*Smile, when you are going to leave
Smile, when you are going to walk away
Smile, when I will never see you again
Smile, when the tear is going to come up
Smile, when we still love each other
Smile, and let go
Let go, and let God*

*When there is no fear, you will see the light
When there is no frighten, you will see the perfection
We meet for a divine reason; there is a divine purpose within the arrangement
Trust your life, everything happens for a reason.*

There is no coincidence, everything is meant to be happened
Goodbye my love! Goodbye my heavenly family. Goodbye my heavenly friend.

I love you. And I am very grateful to be allowed to meet you .I love you and I am happy to dedicate all that I have. I wish you the best. Bless the lord. Bless the life. Bless everything. Kiss the rain ...
It’s neither fear nor loneliness!

It’s emptiness. It’s eternal love. It’s forgiveness. I love you. I am sorry. Please forgive me. Thank you.

Claudia hears the music and inspired by the healing tone and come up

with the healing story with a touching sensation. “The Fragrance Artist Claudia from Taiwan has been working and offering counseling and workshop in New York for years. New York is where she experienced her fragrance journey and awakened her soul with the love for divine fragrance in her path of spiritual growth. When she watched the news about the pandemic and protest happened in the world she had the calling to do the artistic creation with the fragrance and poem composed with the healing music composed by her partner Lily, as soon as she hears the music the tears came out and she was inspired by the healing tone! come up with the healing story with a touching sensation“



The healing fragrance was developed with Dr. Lobsang DR of the Medical Healing Center. Claudia says the fragrance “Baby, I love you” was “named of our inner love for the true-self. We may sometimes forget where we are and who we are. We will recall the sweet time and happiness moment whenever we smell the loving fragrance of nature, flowers, forests, etc.

“It’s easy to come back to your authentic nature when you take a deep breath and sudden your mind will be calm,” Dr. Lobsong said. “It’s



also very important to not to absorb chemical fragrance, it may toxic your blood, nervous system and make you go very anxious or insomnia with no reason. It’s good to walk in the nature or breath fresh air and remind yourself do one thing at a time and take things slowly, not to rush. Step by step! You will achieve what you want in the divine flow as long as you practice principle dawning-the universal law (step by step).”

“I remember the first time I experienced Claudia’s fragrance,” Tony Sokol recalled. “I had done a session with Shante where she guided

me through a meditation while I was covered in white flower petals. I felt at one and as loved as I had ever felt. Years later, I met her in the lobby of the hotel where the New Life Expo was throwing their event, and she brought her fragrance. She sprayed it and I felt a calming sensation, all of my mind opened and allowed for comfort and spiritual calm. She told me it was a scent of love and I felt an overwhelming sense of love as well as a blanket of loving energy come into me. It was pure and stayed with me.”



By Qaisar Abbas

“
8
MINUTES &
46 SECONDS
”

"It's my face man
I didn't do nothing serious man
please
please
please I can't breathe
please man
please somebody
please man
I can't breathe
I can't breathe
please
(inaudible)
man can't breathe, my face
just get up
I can't breathe
please (inaudible)
I can't breathe sh*t
I will
I can't move
(crying...)
mama
mama
I can't
my knee, my nuts
I'm through
I'm through
I'm claustrophobic
my stomach hurt
my neck hurts
everything hurts
some water or something
please
please
I can't breathe officer
(crying...)
don't kill me
they gonna kill me man
come on man
I cannot breathe
I cannot breathe
they gonna kill me
they gonna kill me
I can't breathe
I can't breathe
(ahhhhh...)
please sir
please
please
please I can't breathe"
George Floyd, 25 May 2020.

“... Islam has gotten rid of all those wrong ways of judging people by family, fame, colour or wealth. It has established that the best and most honourable of men and women is the person who is the most moral and upright in their behaviour....”
Prophet Muhammad (Peace be upon him)

Best Wishes

RECEIVED FROM AROUND THE WORLD

The Chief Editor's Message “

It is with immense pleasure that I extend my warmest greetings to the readers of International Arts & Culture Magazine on its 1st anniversary. International Arts & Culture magazine is a culture and arts magazine which strives to cover all aspects of art and culture with passion and artistic zeal, presenting quality articles and analyses for its audience's reading pleasure. I would like to congratulate and offer my heartfelt thanks to all those associated with International Arts & Culture magazine for their remarkable work.

”
Kiran M Ali Khan
Chief Editor



Ivo Skoric

Congratulations! on the successful completion of your one year run. My best and most excellent wishes for many years to come to the International Culture and Art magazine from the deep green bucolic mountain state of Vermont. It was my pleasure to contribute, and I am looking forward to do so again. Art and Culture matter.

"The author has worked for Radio 101 in Zagreb since 1984, until he was expelled as politically unfit under pressure from the regime. He wrote for almost all the so-called youth publications in the former state and was active in the peace and environmental movement. He has lived in the United States since 1990, his first years as a journalist. He now lives in Rutland, Vermont."



Claudia

The music called "Pure Love" by Claudia & Lily from Taiwan - dedicate to the humanity and the gratitude for International Culture Art Magazine publishing my article during the pandemic with love and prayer! Thank you Dearest sister Sharon your abundant love and much effort guiding me to the spiritual & artistic path



Qaisar Abbas

Happy 1st anniversary to International Culture & Art magazine. Your publication has connected people with the world. I commend all those involved for their good work. I wish you many more years of continuous success.

Cllr Qaisar Abbas (Shadow Cabinet member for Communities & Culture (Thurrock Council, England), Vice Chairman, Int. Human Rights Committee of LHCBA)



Ellen Snortland

Kiran Khan is a person who has a big vision. Then she doesn't simply dream about her vision, she takes action and does it! I'm so proud to be included in her wonderful magazine. I'm proud of the other people who grace these pages. What an accomplishment! I'm so proud of you, Kiran!

Ellen Snortland is a lawyer, author, filmmaker, and writing coach, locally and globally. She is a speaker and a frequent delegate for the NGO segment of the United Nations Commission on the Status of Women. She has a career as an humorist on TV and in print for 30 years. She also covers serious topics. She lives in California with her husband of 11 years, Ken Gruberman



Ken Gruberman

To Kiran M. Ali Khan and the ICA Magazine team, I am so proud of what you have accomplished in your first year of publication — congratulations!

The articles are always informative and the graphic design is equal to, or better than, the most respected publications in the world. I am honored to be a contributing author, even though I am far away from you in the Los Angeles area of the United States of America. But that is one of the reasons this magazine exists: to bring people together from all over the world. I look forward to what you create in the coming year!

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