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2020 AND BEYOND

SHAPING
OUR
FUTURE
TOGETHER



INTERNATIONAL CULTURE & ART

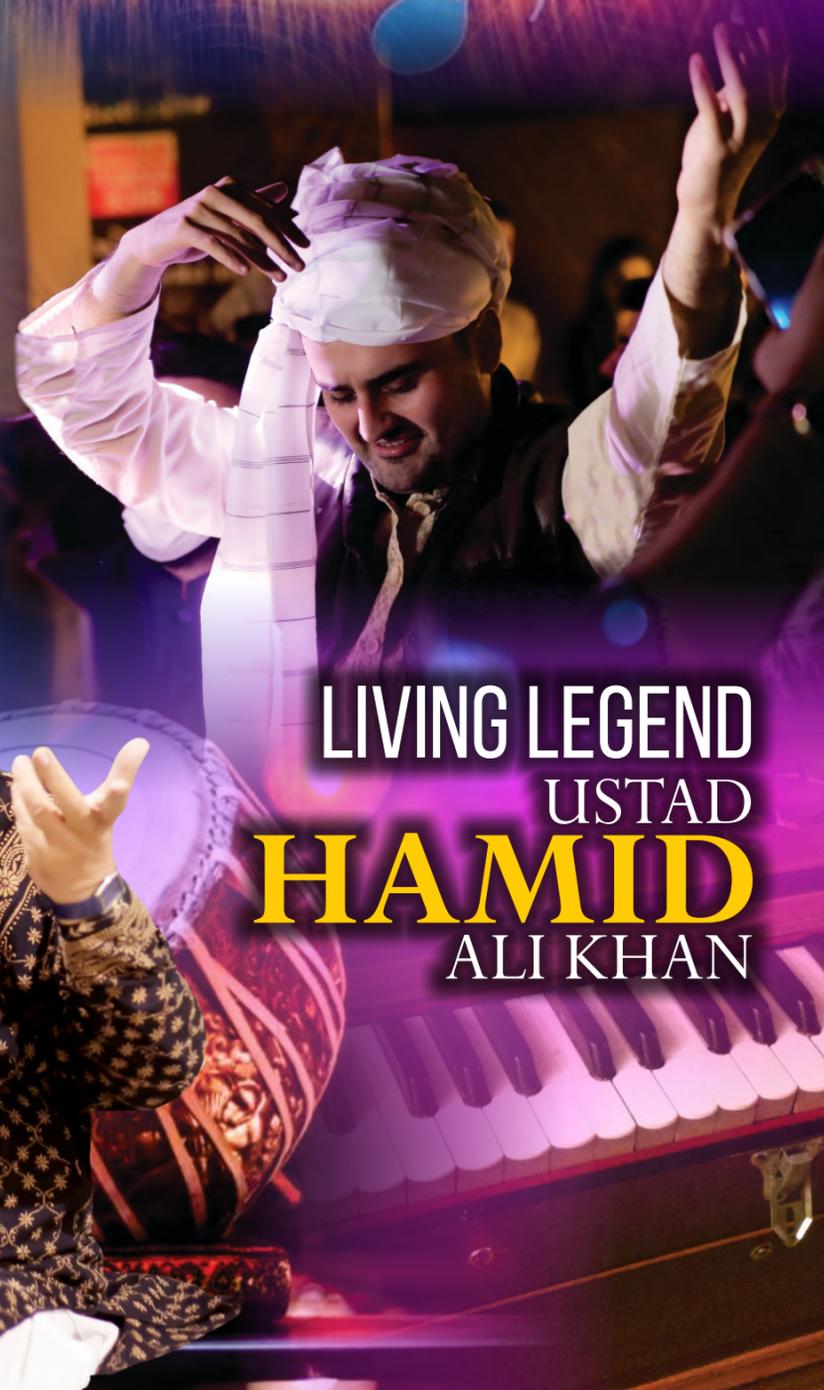
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VOL.# 02 ISSUE# 05
November-2020

A TALK WITH:
AYESHA
ARSHAD SHAHNAWAZ

- IQBAL DAY
- RODEO QUEEN
- CZN Burak



LIVING LEGEND
USTAD
HAMID
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EDITORIAL

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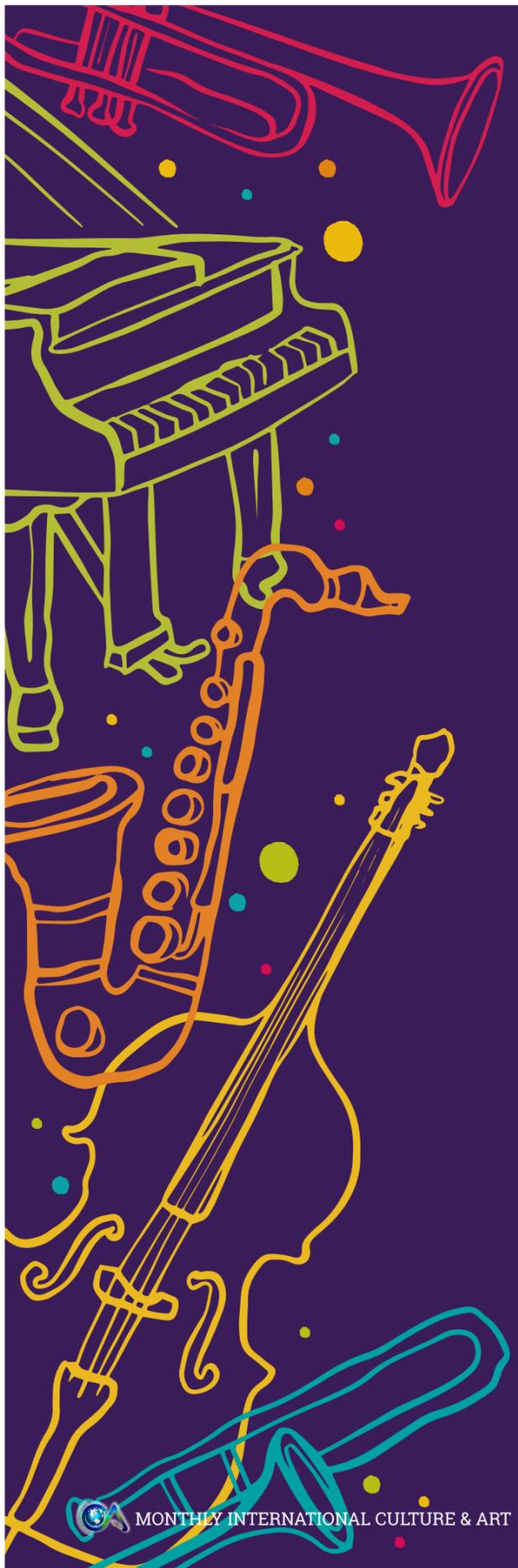
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Note from Editor



Tallat Ch. COO/M.E.

Dear Reader,

I suppose it's possible, in theory, to live a happy life without music. But it's not practical, or even worth trying. Musical moments resonate forever: the treasured childhood memory triggered by an old song, the joy you felt the first time you played a B-Minor chord on a guitar or piano, the delight of belting out karaoke, the life-affirming wonder produced by witnessing (depending on your generation) The Beatles with Ed Sullivan, U2 in a football stadium, Walk the Moon at Bunbury, or thousands of other concert events.

Music surrounds us. It wakes us up in the morning and puts us to sleep. It makes the good times better, allows us to wallow in sadness, and cheers us up. Even the worst singers join in on "Happy birthday!" and Christmas carols. Music is ubiquitous in restaurants and stores; at church festivals and school recitals; and before, during, and after sporting events.

King Records gave the world "The Twist," James Brown, and Bootsie Collins and made Cincinnati one of a handful of cities that helped invent rock and roll. Music Hall was built in 1878 to house the May Festival Chorus and eventually our symphony and opera companies. UC's College-Conservatory of Music is celebrating its 150th anniversary as a world-class training ground for performing artists. WLW launched the careers of hometown discoveries like Doris Day and Rosemary Clooney by broadcasting as "The Nation's Station."

The music scene here remains vibrant. A great number of Cincinnatians make their living creating, producing, presenting, teaching, and marketing music, while many others spend time in bands and choruses scheduled around "real life" responsibilities. The rest of us sing in the shower and play with music.

Note from Editor



Tamoor Abbasi /Editor

Dear Reader,

Art has emerged as a therapy. The Covid pandemic has reconfigured the home as a website of imagination, one witnessed through webcams and earphones. The organization will unquestionably disappear when expressions settings resume. Yet, for some female performers in 2020, preceding and during lockdown, the homegrown space has offered imaginative freedom at chances with the home's standing as a position of imperative for ladies.

Some have since quite a while ago comprehended the advantages of recording in segregation, away from an industry that prizes investigates sounds. Lockdown's most profoundly appraised collection is maybe US lyricist Fiona Apple's Fetch the Bolt Cutters. As a 90s youngster wonder, she was hounded by media interruption, which by her own affirmation caused significant damage. Yet, Apple has focused herself by recording in the California home she has rarely left in 20 years. From that point, she tended to her past on the collection with gnawing humor and profound inclination.



“

A celebrated genius in multiple genres of music. Accomplished in ghazel singing, brilliant in thumri, stellar in folk music, immensely popular songs for the film industry; he has done it all

”

THE SINGING LEGEND USTAD HAMID ALI KHAN

By: Kiran M. Ali Khan



For decades he has mesmerized us with his vocals and musical compositions. Such is his talent that he not only won the prestigious 'Pride of Performance' but also the 'Sitara-i-Imtiaz' award for his remarkable contributions to classical music. Along his journey he won many awards in India as well. Recently, we had the immense pleasure of interviewing Ustad Hamid Ali Khan, the forerunner of classical music in Pakistan and worldwide. Here is what we talked about:

How long do you practice?

Ever since my childhood I was very hard working. I still remember my father used to wake me up earlier in the morning so

that I could practice my vocals. At that time being a child it used to irritate me a lot but growing up I realized we have a rich heritage of classical music and our family is well known in the sub-continent. This realization caused me to mature up and ever since then I had been practicing day and night so as to carry out the responsibility my ancestors parted us with.

In the genre of Indo-Pak classical music what have been your specialties?

I have composed and sung many different kinds of vocal styles which includes but not limited to Marsiyay (sad songs about Imam Hussain), Hamd (Praising Allah in vocals), Naats, ghazels, church music,



“
 Ustad Hamid Ali Khan's impressive set contains a rich balance of classical, semi-classical songs with world class ghazels.
 ”

patriotic songs, film songs and many more.

How did you get into music?

For centuries our family has been into classical music professionally. I belong to the Patiala family' which is a famous family in the scene of classical music and has produced many renowned musicians such as Amanat Ali Khan, Fateh Ali Khan, Gulam Ali Khan and Barkat Ali Khan to name a few. Patiala family was founded by Fateh Ali Khan and Ali Baksh Khan, was initially sponsored by the Maharaja of

Patiala State in Punjab and was known for ghazal, thumri, and khayal styles of singing.

During the British government my grandfather Ali Baksh Khan was awarded the honorary title of General' and his duo was awarded Colonel' due to their immense talent and contribution to the classical style of music. My father Akhter Hussain Khan was immensely talented in his own regard and we all brothers learned from him.



My brothers have done exceptionally well in their own regard and they are all well known. Bade Fateh Ali Khan and Amanat Ali Khan were my brothers and I am the youngest of them all. The famous Farida Khanam' was also a student of my father.

Which crowd have you found most energetic?

I have performed throughout the world like Canada, USA, Germany, Sweden, Middle East, India, Bangladesh and most surprisingly everywhere people love classical music. Yes there are some people who are not into classical music but even then they enjoy the music we perform. To my utmost pleasure even people in Bangladesh liked my music which was very heart whelming for me.

What are your favorite musicians?

Well, since I am into Indo-Pak classical music therefore my favorites and influences are from this genre as well. In ghazal singing I like Mehdi Hassan', in classical music I like Amanat Ali Khan very much. From India I like Kishor Kumar, Kumar Sanu, Lata Jee and Utar Narain.

What would you like to say to the new musicians?

Music is a very profound field. Good music which resonates with the mood and human soul can only be created by people who have

deep feelings and single mindedness. If you are pursuing music as a career then, do it with whole heartedness and passion. Having a master to train you and mentor you is pivotal to your growth. So always respect your teacher no matter what. Many youngsters don't respect their mentors which is very depressing.

What type of people are into classical music?

Classical music is from soul and it is the foundation upon which all music is scaled up. People with very high intelligence are often inspired by it. I have observed and strongly believe that people who listen the classical music often do very well in their career. Classical music is like a niche in music and its listeners are definitely the niche among people.

Have you performed in the film industry as well?

Yes many a times I have composed music for Indian and Pakistani Films. Many of these songs were a huge success. Sometimes it is

very self-assuring to know that your work is appreciated on multiple platforms and I am very happy with it.

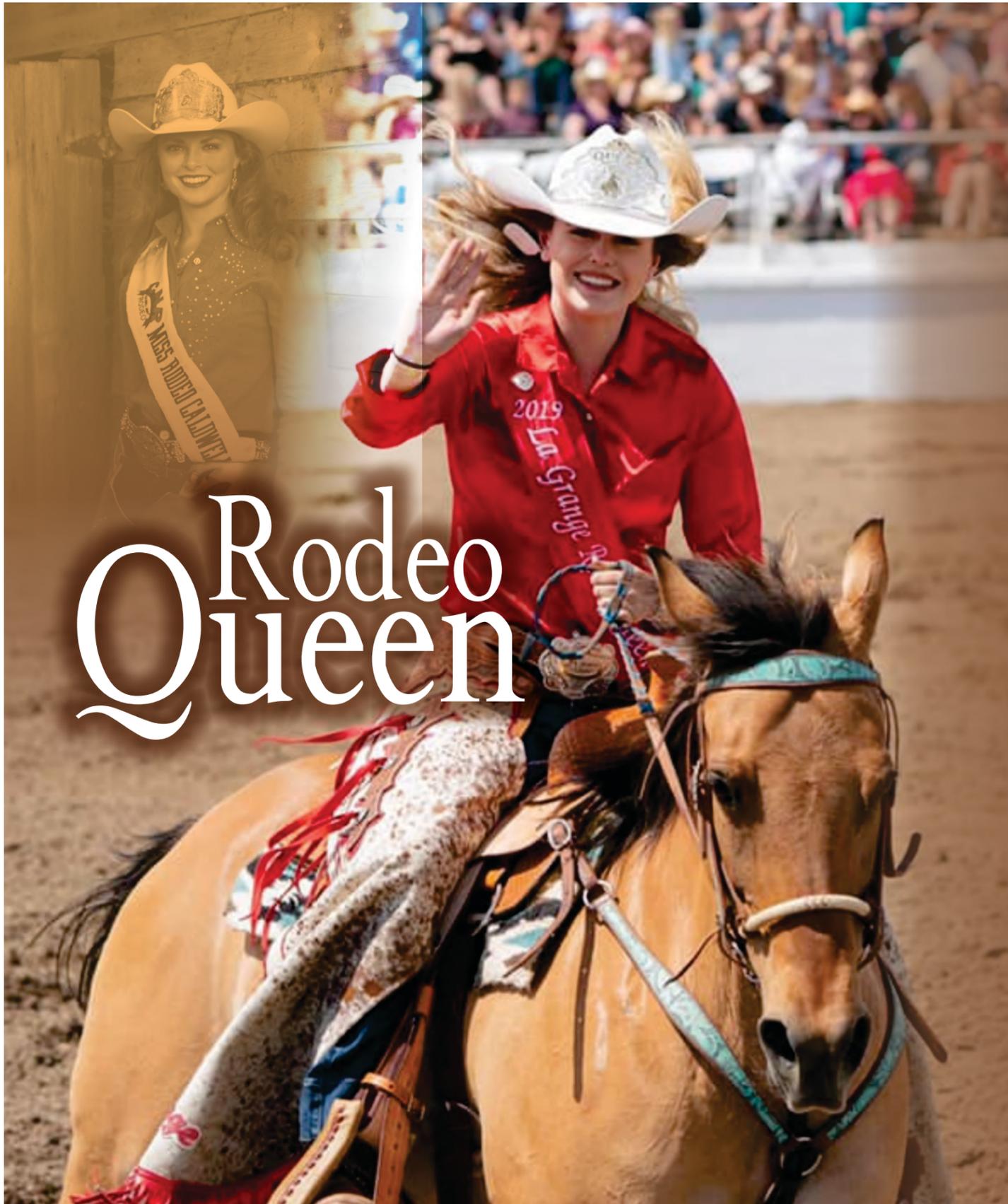
How many ghazels have you sung?

It's been such a long career that even I have no clue how many ghazels I have sung. Among the many ghazels I have sung one was written by the poet of East' Allama Iqbal. It was titled 'Dil ki basti ajeeb basti ha' and I felt honored over this performance. One of the ghazels I sang was a super hit called, "guzar gya jo zamana" and it was written by the famous poet Amjad Islam Amjad. In 1976 my Punjabi melody ' menu teray jiya koi sona lagda na' was a massive hit and till today people still listen to it.

What are your aspirations?

All of my life has been dedicated to the classical music. With the death of my brothers Fateh and Amant, I am the only torch bearer of classical music in Pakistan. It will be to my utmost peace if someone carries this legacy so that this flame never fades.





Rodeo Queen



By Ellen Snortland

Alane Hohenberg, my sister, died on July 27, 2020 of non-Covid issues. Fourteen years my senior, the phone call is one that I've dreaded for as long as I can remember. I'm the youngest of three sisters, with 7 and 14 years between us. I was the dreaded, too loud, too demonstrative, "too everything," baby sister. I know that Alane cringed about my public life, but I also know from mutual friends and in her later years from her directly, that she was proud of me.

I resurrected the following piece from a play that I co-wrote and co-directed for an anti-sexist

swearing; but best of all, coming in after a hard day, flopping down at the dinner table, exhausted, smelling like horse and leather. I couldn't take my eyes off her. She was in control and totally free.

Beautiful. She wasn't like Donna Reed or Lucy Ricardo. She was the essence of herself when she was with her horse.

I decided early on that the only way to escape the bonds of girlhood was to ge'ch yourself a HORSE. Heck, they'd have to give up on the starch and ribbons, if you had a horse for a friend.

- HORSE** meant:
- Transportation
 - Freedom
 - Sweat
 - Wind
 - Power
 - Danger
 - Dreams
 - Privacy
 - Competition
 - Adventure
 - Grace and Beauty
 - Odors of leather and manure
 - Nuzzles
 - Boots and hats
 - Responsibility
 - Velvet Lips
 - Love
 - Being a real live princess



theater group I co-founded in the early 70s, Theater of Process Theater. This is from the show, Cameos, that we performed in Los Angeles, in the late 70s.

I talked to my sister today. I love my sister. We don't talk enough. I've always wanted to be like her. My sister was a rodeo queen when I was a little girl. What a goddess. She changed my life because of her spirit and her horse.

We used to live on a small ranch outside of Denver. I remember watching her barrel-racing in the field, being thrown, chasing the darn thing, actually

We moved before I could have a horse of my own. I did get a full-sized bike before anyone else did, though. I named her Star. Full name: Star Schwinn Snortland. I ran faster than everyone on the block, dedicated all my art classes to perfecting a horse head and developed nodes on my vocal cords from practicing neighs. My sister taught me involvement in my life, horse or no horse.

Listen, the soul of many women is horse, whether you had one or not. You'll know who you are when you hear that or you'll know someone like that.

Check it out with a woman you know who loves horses. She'll tell you.

RIP Alane, which in your case means, Rest in Pastures.

Ellen has been writing Consider This for decades. You can reach her at: ellen@beautybitesbeast.com



THE HIDDEN FAVOUR

Khatija was a robust, healthy, 19 year old girl. She had just finished her studies and had found a good job. Because of her good health she managed to work long hours, both in the office and at home. The envy of her peers who could not even do half the amount she did. The secret behind too many sleepless nights at her bedside, sometimes reading bedtime stories. Her father too had contributed a lot, towards his daughter's upbringing. They both doted on her. Her life passed just like the brook meandering on its way. Seldom was she unhappy like the ripples on the surface of the brook. But what does it take for the unexpected to be. But as luck has it, all good times are met with an unhappy event. One-day disaster struck. Khatija fell ill, not knowing what fate had in store for her. After a prolonged spell of illness and numerous tests, it was

detected that she had to have a kidney transplant. Her parents tried to find a compatible donor but that is something which is not very easy as it is understood that a member of the family stands more chance of being compatible, then an outsider. Many family members volunteered, as it is common knowledge that living with one kidney is possible.

"She stands a one in ten chance", said the doctors. "She is young and has the ability to recover very fast, after her transplant". But to everyone's dismay his or her kidneys were not compatible. Kidney transplants were not child's play, and yet people with one kidney or recipients led very healthy lives. Medical technology was so advanced that events such as the above that seemed impossible years ago were conducted nowadays, and successfully at that, too. Medical research had opened up so many vistas and miracles were performed on the

operation table. Khatija was aware of all this and it was this hope that kept Khatija going. The hope that some-where, someone would be a right donor. Although they seemed few and far between the search was on.

Who would have dreamt that the donor would be overseas? There, lived a young man who decided to take a trip to his home country. He saw this appeal in the newspaper, for a kidney donor. Maybe it was his instinct, or a simple act out of human sympathy that he thought he should respond. Maybe it was telepathy, as indeed he believed such things did exist. Yes it was telepathy with Khatija. He longed to return to his home country and there could not have been a better opportunity.

"I have not been home in ages, have even forgotten what it looks like", he told a friend. "Better late than never". He had also

heard that a racket of selling kidneys existed in his home country and he wanted to do something about it.

The hospital that had made the appeal had a good reputation and as he sat in the waiting room of the hospital, waiting for the doctor to see him, his thoughts travelled to the past. He recognized the hospital where his father spent his last days. Tears blurred his vision for a while, but they dried up quickly as he was consoled by the thought that his father had led a good life and had died peacefully at a ripe old age. But then, a father is a father, and nobody can be compared to him. The young man recalled his childhood days, when he had been taken ill. His father sat in a chair, beside him, until the danger subsided.

"Do not let me down, young one. I can't take any bad news, especially where you are concerned".

"Cheer up, Dad. I've almost recovered. I've had a hearty meal, and a stroll down the road".

Many such incidents, showed the love his father had for him. He felt satisfied. Nobody

could love his own son more. Abid (the young man) was an adopted child. He owed all he had to his father. His position in life, the respect he commanded and a never-ending list of favours.

The Doctor nudged him to gain his attention. He had been so lost in his thoughts. He took him to a room and interviewed him, before conducting tests. Then Khatija's particulars were given to him. His mouth opened wide in amazement. Khatija was the daughter of Mr. & Mrs. Moiz Khan. Seemed like his dream had been realized. His cherished dream of maintaining relations with his sister and now there was an opportunity to do so. Mrs. Moiz Khan was his sister; she had left a doting father, whose life became empty, until he adopted Abid. He had opposed his daughter's choice of husband; he had banned her from returning to his home. You'll regret, he told himself but he was not going to compromise on matters of principle.

His sister's daughter needed his kidney. The only kidney that was compatible. There was no going back, he assured himself. Even his father would have softened, had he seen his

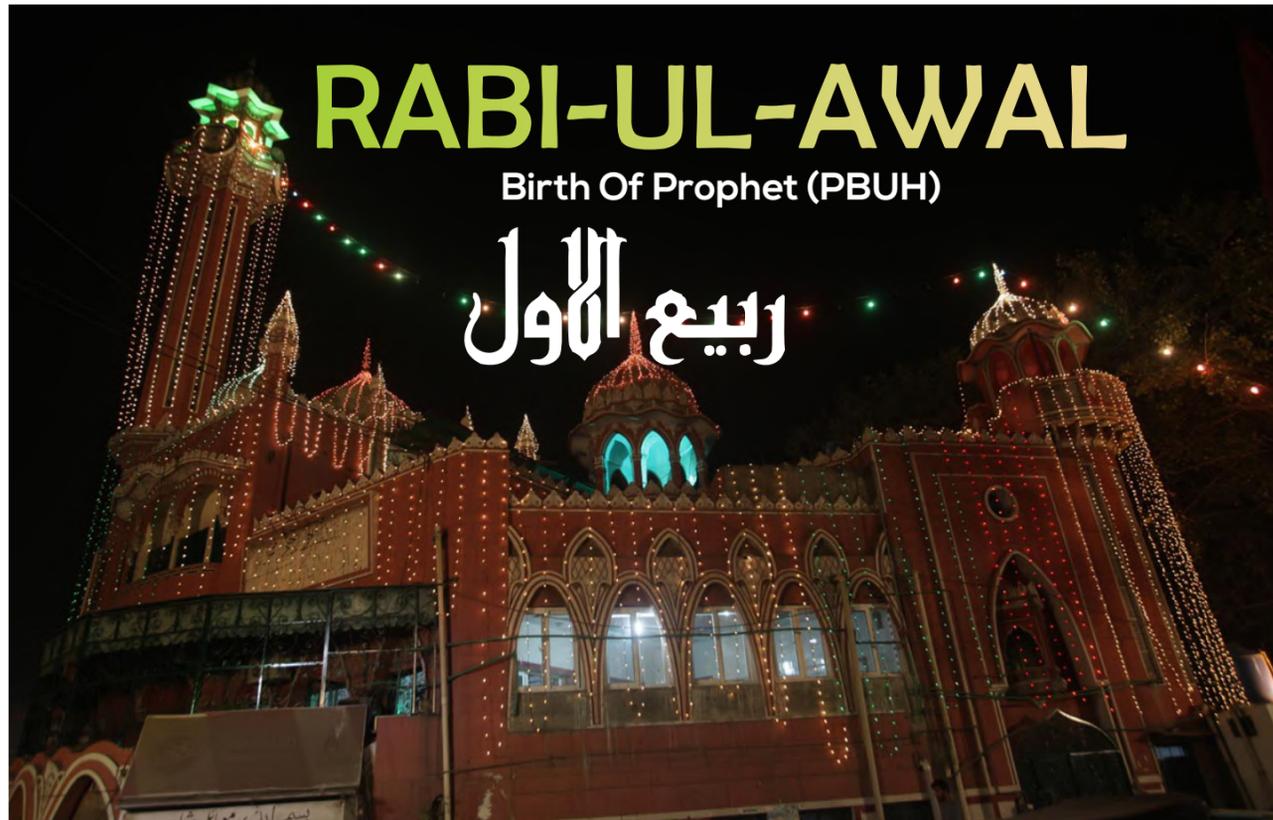
grand daughter's difficulty. Difficult times had made friends out of enemies, and this was his niece. It seemed like all those long years when they were cut off, now seemed to have shrunk, because a chance for their reunion existed. But how could he hide his identity. He requested the Doctor to tell Khatija's parents that the kidney donor was a dead man.

The operation was successful. Mr. and Mrs. Moiz Khan's jubilation knew no bounds. Their only child had a second life. The doctor fabricated the truth, as Abid wanted it to be. He was too scared to confess his identity. Scared, because he felt it might ruin everything and the matter was delicate – a matter of life and death, the kidney donation. "I feel a confession just might make matters worse. Let her recover fully. Then wait for an opportune moment," he told the doctors.

Abid was at home recovering after his donation. He was a health conscious man. He ate well and exercised and hence recovered soon. He was grateful to God for the opportunity to return the favour his father had given him.

At the airport he waited in a queue for his turn to get his passport stamped. The passport, before him belonged to Khatija Moiz Khan. Again it was instinct that saw them together, this time hers and nobody knew where it would lead. It was telepathy indeed. There was a bond between them. A bond that needed to be restored and further strengthened. And this time he would take the initiative. He smiled at her and she smiled back. It seemed like his father blessed them. Heaven had this affect on the hardest of them. He awaited the outcome, eagerly.





Prophet Muhammad (PBUH) was born on the 12th of Rabi-ul-Awal fourteen hundred years ago in the land of Macca, Saudi Arabia. He was born an orphan and His mother also passed away when He was six years old. After that, it was His grandfather and uncle who raised Him. It was at the age of forty that He received the first revelation and thus the religion Islam came to this world and its followers became Muslims.

The debate of whether the day of birth of Prophet Muhammad (PBUH) should be celebrated or not is another issue and which Muslims should not try to dispute upon, because both the opponents and proponents do so out of love for Islam and Prophet Muhammad (PBUH). However, the one thing that every Muslim should try to know about and explore is the that what does the birth of Prophet Muhammad (PBUH) stand for and how should a Muslim view His birth.

Before the birth of Prophet (PBUH), the world in general and the land of Arabia in particular was in living a life of ignorance and darkness. There was brutality and aggression all around with little knowledge or respect for humanity. People had no knowledge of truth and there was tyranny all around the world. It is after the birth of Prophet (PBUH) that



the message of truth in the form of Islam came to the world. It gave people rights, told them to reject falsehood and accept the truth, it gave them social, political, legal and economic framework that allowed mankind to better itself and work for the betterment of humans. Thus, the birth of Prophet Muhammad (PBUH) marks the arrival of enlightenment to the dark world that was shadowed by tyranny and extortion.

Such was the character of Muhammad

(PBUH) that the people of His time and the time at present cannot find a single fault in His character. The height of His ethical values was such that even His op-posers and enemies would vouch for His character and its sublimity. There had been Prophets of God before Him as well, but when it comes to character, there was none who had perfection in character in every regard. Before Him there was lack of ethics all around and people would do whatever they deemed fit and to their benefit.



They would burn the daughters alive, adultery and fornication was not a vice and people would care less for what others went through and would continue on going for their personal gain and benefit. In the life of Muhammad (PBUH) one can see the perfection of character and embodiment of ethics. He performed all the roles of life that a person could perform and that too in such a way that His life stands out as an example for all those who want to improve their character. Thus, without the arrival of Muhammad (PBUH) the world would still have no ideal for ethics and character and people would be living a life where there is no care or morality.

The quest of knowledge is one of the major things upon which Prophet Muhammad (PBUH) emphasized throughout His life. He encouraged Muslims to acquire knowledge from wherever possible, even if they had to travel to distant lands. Such is the emphasis He put on gaining of knowledge, learning and education. However, the world did not have the same ideals before Him. Rather, before Him, the people of the world understood things by associating them with myths and supernatural phenomena and the religions of the world prevented the followers from analysis of things by using their senses and logic. Islam came and encouraged learning and reasoning.

Prophet (PBUH) encouraged Muslims to think over things so that they could find truth and have a better understanding of Allah Almighty. Moreover, the seeking of knowledge also meant the enlightenment of the human mind pertaining to human existence and its relation with the world. Thus, if it weren't for Prophet Muhammad (PBUH) encouraging the pursuit of learning and knowledge, perhaps the world would not be such advanced and progressed as it is at present.

Quran:

Perhaps the greatest purpose for which the life of Prophet Muhammad (PBUH) stood for is Quran. It is the book that is the doctrine of Islam and Prophet Muhammad (PBUH) throughout His life spread Islam and the revelations completed within His life. This Book is the most complete and comprehensive Book in this world and there is none other book that can contradict or refuse the claims in Quran, all because it is the word of Allah Almighty.

Allah did not entrust any other Prophet with this Book, rather He revealed it on His final Prophet making sure that throughout the rest of the time of this world, this Book would stand as guidance for all those who seek it. Therefore, Quran – its message and its preaching is another thing for which the birth and life of Prophet (PBUH) stood for, which ultimately gave humans the kind of life and hope they require to live life in a better and ideal manner.



BY:
SHARON HAMILTON-GETZ
NEW YORK

Word of Halloween day: "souling" - the practice, on All Hallows' Eve, of going from door to door asking for "soul cakes", and in return singing prayers for the souls of the givers and their friends. "Souling" is of medieval origin; now trick-or-treating. Happy Halloween!

All races and peoples have their own special times of giving thanks, times when they look back and think with thankfulness of the way God brought them blessings.

Our connection to nature should always be cherished. When you immerse yourself into nature, you get a feeling of being part of a community, of belonging to something "bigger."

Here we had a tour of the breathtaking display of more than 7,000 illuminated jack o' lanterns all designed and hand carved on site by a team of artisans, complete with synchronized lighting and an original soundtrack on an 18th-century landscape in Westchester, New York.



There were so many Halloween varieties, such as, the Museum of Pumpkin Art, the Headless Horseman swooping jack o'lantern bats, the Pumpkin Carousel twirl and the Pumpkin Planetarium a star show like you've never seen. Also, there was a chance to see and hold the torch for the 25-foot-tall jack o'lantern Statue of Liberty and become awed by the Pumpkin Zee Bridge and there were so many more

All proceeds from Blaze, supported the programs of Historic Hudson Valley, a non-profit education organization.



By: Sharon Hamilton-Getz-NEW YORK

SHAPING OUR FUTURE TOGETHER

A PHOTO EXHIBIT CELEBRATING THE 75TH ANNIVERSARY OF THE UNITED NATIONS



In celebration of the seventy-fifth anniversary of the founding of the United Nations (UN75), the photographic exhibition "Shaping Our Future Together" showcases how staff of the UN system, together with people around the world, are working to build a better future. The photographs portray the faces of the many people served by the Organization in areas including peace and security, human rights, humanitarian aid, sustainable development and international law. In the midst of the COVID-19 global pandemic, UN staff continue to strive to create a more equal, peaceful, prosperous and sustainable world.

Endorsed by the UN75 Office, the exhibition was organized by the United Nations Staff Recreation Council Photographic Society. Almost 600 photographs were submitted by nearly 250 photographers from 122 locations, representing 69 departments, offices, funds and programmes of the UN system, revealing the global commitment of the staff of the common system and the reach of the Organization's work. The exhibition consists of the most impactful 75 photos and inspiring stories selected by a diverse jury panel and presented in the order of the 17 Sustainable Development Goals.

Let us reflect on these images of our global community and continue the dialogue about "The Future We Want".



BY: AZHAR PASHA



dug for use and trade by changing communities as the Khewra salt works have linked nature to culture in the Salt Range.

The Khewra salt mine even has its own fully functioning postal office, for use by the workers. The post office is built entirely from salt bricks and is the only post office built out of salt in the world. There you will also find a mosque built with the salt bricks and its ambiance is quite soothing to the soul while offering prayers.

Khewra Salt Mine is a major tourist attraction, with around 250,000 visitors a year, earning it considerable revenue. Visitors are taken into the mine on the Khewra Salt Mines Railway. There are numerous pools of salty water inside. The Badshahi Masjid was built in the mining tunnels with multi-colored salt bricks about fifty years ago. Other artistic carvings in the mine include a replica of Minar-e-Pakistan, a statue of Allama Iqbal, an accumulation of crystals that form the name of Muhammad in Urdu script, a model of the Great Wall of China and another of the Mall Road of Murree.



In 2003 two phases of development of tourist facilities and attractions were carried out, at a total cost of 9 million rupees. A clinical ward with 20 beds was established in 2007, costing 10 million rupees, for the treatment of asthma and other respiratory diseases using salt therapy. The "Visit Pakistan Year 2007" event included a train safari visit of Khewra Salt Mine. In February 2011 Pakistan railways started operating special trains for tourists from Lahore and Rawalpindi to Khewra. For this purpose the railway station of Khewra was refurbished with the help of a private firm.

Other visitor attractions in the mine include the 75-meter-high (245-foot-high) Assembly Hall; Pul-Saraat, a salt bridge with no pillars over a 25-meter-deep (80-foot-deep) brine pond; Sheesh Mahal (Palace of Mirrors), where salt crystals are light pink; and a café.



The Greek King Alexander the Great' was making his way across Pakistan during his conquests, his army tired from the expeditions stopped in an area now known as Khewra. During the rest the horses of the army began to lick nearby stones which in turn restored their vitality. Seeing that all the horses were doing so and taking note, a soldier himself tried one and found that the rocks were quite salty. The Khewra salt deposits had been discovered.



Today, the Khewra salt mines are the second largest in the world. Rising abruptly from the Punjab plains west of the River Jhelum and ending equally precipitously on the Indus River, one hundred and eighty kilometers in the west, the Salt Range is a long linear formation of pure ridges, sharp peaks, gently sloping hills and desolate ravines. Located about 160 km (100 miles) from Islamabad and Lahore, it is accessed via the M2 motorway. The underground mine covers an area of 110 km² (43 sq. miles). The mine comprises nineteen stories, of which eleven are below ground. From the entrance, the mine extends about

730 meters (2440 ft) into the mountains, and the total length of its tunnels is about 40 km (25 miles).

The Salt Range and Khewra Salt Mine are an outstanding example of a traditional land-use which is representative of human interaction with the environment. This mountainous landscape has served as a backdrop to thousands of years of historical events, religious ceremony and contemplation, marching armies and the passage of new ideas and peoples. Throughout these millennia the salt at the heart of the mountain has been tunneled and



IN CONVERSATION WITH *Ayesha Arshad Shahnawaz*

Recently we were lucky enough to have a chit chat with her. Here is how the conversation went;

What are your favorite writers?

I love reading a lot and therefore I have too many Favorite writers. Mostly it depends on the mood you are in. Now a days I am reading a lot in philosophy and so far I love Al- Farabi, Ibn-e-Sina, Al-Kindi, Ibn-e-Rush and a few more.

The reason why I love them is because their insight into philosophy, Meta physics and social sciences is very deep.

What are your favorite painters of Pakistan?

Sadequain is my favorite from Pakistan. It's a pity he wasn't recognized for his prodigious talent as much as he deserved in his time but now a days he is acknowledged globally.

Usually, as it happens the great artists are only recognized after a 100 years of their demise.

What are your favorite painters at international level?

There are many great artists. Personally, I love Van Gough's work. I like Jackson Pollock. There have been a few major movements of art worldwide like avant-

garde and a few modern art movements where artists questioned the social norms and contemplated many styles of art. I feel we don't have a unity among artists in Pakistan which is heart breaking.

What have you been doing lately?

My latest exhibition was on string theory which is a theory in physics. It is an abstract work and describes multi-dimensions which string theory proves.

In this set of paintings I have contemplated the string theory in an artistic manner so as to



Ayesha Arshad Shahnawaz is a veteran artist, Painter, and researcher and is also the board member of Alhamra Arts Council and Punjab Arts Council. Ayesha Arshad has exhibited her work nationally and internationally. She also teaches at National College of Arts and is actively engaged with the young emerging talents in art.

encompass the soul of every materialistic form and give inspiration to the new talents that art can be derived from anything.

Apart from that I have been working extensively on philosophical research. Mainly on Islamic scholars and a European scholar named Kafka' and a painting on his works is a work in progress.

How many exhibitions have you exhibited so far?

I have exhibited at numerous exhibitions. Most of my work have been exhibited at Japan, London, Canada and a few in Pakistan.

When I became a mother I took a break from my work and dedicated myself on raising my children since it's a full time job as well. It was a sixteen year break in which I worked intermittently but wasn't able to exhibit since there wasn't much to exhibit. Raising children requires much zeal and energy and one can't slack off.

Artists don't get recognized in their life time. Why is that? What would you suggest for it?

Times have changed a lot. Now a days due to media exposure and multiple social platforms, it has become very easy to showcase the work of an artist. It's an advantage that has never existed in the past times. Sadly, it is also a bitter reality in Pakistan, the governments have never supported art as much they should have.

Being a board member of Al-Hamra Arts Council, I know it is sad but entirely true. In my personal capacity I am trying as much as I can do but the bitter reality is it cannot happen with the attention of higher ups and policy makers.

What is your advice for the new emerging talents?

Be yourself be real. I believe every human being has an artist hidden in itself whether he know it or not. Every person who loves nature should be a good artist. Institutes can teach necessary skills but it is up to students to polish their imagination.

While learning there is no harm in imitating other artist styles as it gives you a feeling of the process but after that always create what you are passionate about. Only originality gets you far in the future.

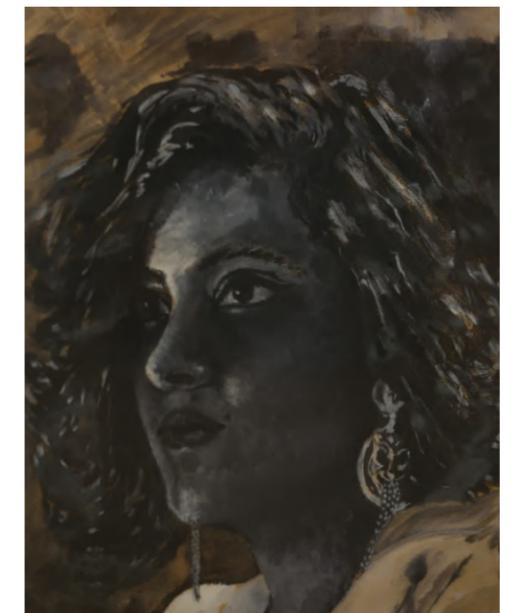


Close friends are truly life's treasures. Sometimes they know us better than we know ourselves. With gentle honesty, they are there to guide and support us, to share our laughter and our tears. Their presence reminds us that we are never really alone.

Vincent van Gogh



Ayesha Arshad Shanawz is a Seasoned Painter, Artist and makes Remarkable Sculptures. She also Teaches at National College of Arts. Her Work has been Exhibited Domestically and Internationally Throughout the Past Three Decades.



Shahis of Punjab Kabul

By Inderjeet Singh

The Last Native Rulers of Punjab in the Medieval Ages

Introduction:

A couple of years ago the author became interested to study and explore the history of Punjab before the Turk & Afghan period. There was inquisitiveness to know about the last native rulers before Sikhs took it in 1765. There were some references to Jayapala, Hindu Shahi ruler and his successors who ruled Punjab and their battles with the infamous Mahmud of Ghazni who invaded India 17 times in early part of 11th century. After much research I was able to find few books of which couple of them require special mention, 'The last two dynasties of Sahis' by Dr Abdur Rahman is an excellent piece of work as it is based on contemporary Persian and Arabic sources and does not rely on English translations. 'The Hindu Shahis of Afghanistan and the Punjab AD 865-1026' by Dr Yogendra Mishra has studied in-depth the 12th century Sanskrit text 'Rajatarangini'

which deals with the history of Kashmir rulers who were neighbours and allies of Hindu Shahis.

Why are they called Hindu Shahi?

The word 'Shahi' is used is an Indianised form of Persian word Shao (Shah means King) and has been used as a title by Non-Muslims rulers of Kabul and Gandhara since Kushan Kings (3rd century onwards). The stone inscriptions of these kings and the Rajatarangini have the form Sahi. Alberuni, the great scholar of medieval ages who accompanied Mahmud Ghanznavi called them Hindu Shahis dynasty to distinguish them from the previous dynasty which he called them Turk Shahi dynasty. The dynasty was lost in history was rediscovered by British historians in 1860s when they translated the Persian texts of the sub-continent.

Sources:

Alberuni's monumental work 'Tarikh Al-Hind' (History of India) and Pandit Kalhana's Rajatarangini written about 100 years after the demise of last ruler are important sources of history. The descendants of Shahis were living in Kashmir at the time. Utbi's account, the court historian of Mahmud is good source on battles between Shahis and Mahmud. Other chronicles written by Persian and Arab Muslims have written on the pre-Mahmud Ghaznavi wars with Shahis in some details.

Origin:

Alberuni calls them 'Brahmins' but Pandit Kalhana calls them Kshatriya. T Mohan has written a whole chapter in his book to prove them as 'Mohyal Brahmins'. CV Vaidya also put them as 'Brahmins' based on Alberuni assertion. Kalhana was a Brahmin himself he

would have definitely known and written if they were Brahmins. Dr Mishra and Dr Rahman and host of other historians believe them to be Kshatriya. JD Cunningham based on Elliott translation interpreted and thought that Jaypal and his descendants were Janjua Rajputs. We now know that that translation has few flaws in terms of names of people and places.

Dr Rahman believes that there were Ghakars based on their presence in their army. To be fair we cannot be certain about their origin. Two previous great dynasties of North India, Guptas and Vardhana (Harsha) were not Kshatriya. It would be safe to say they were Punjabis.

Founder:

Kallar (c843-50), the founder of the Hindu Sahi dynasty, is known only from Alberuni's list. The precise circumstances which led to his rise are still a mystery. He was the minister of Kabul Shah (Persian historians called Turk Shahi rulers by this name as Kabul was their capital) and found wealth and dethroned his unpopular king Lagaturman (Turk Sahi) who had suffered defeat at the hands of

Arabs/Persians. Apparently this was done without a drop of blood. The word kallar in Panjabi actually means salinity or saline, and is specially used with reference to the saline soil which seriously affects the local agriculture. A lot of places are called Kallar in Punjab and some of it could be due to saline soil but other may refer to the ruler as well. We can conclude salt range was part of his territory.

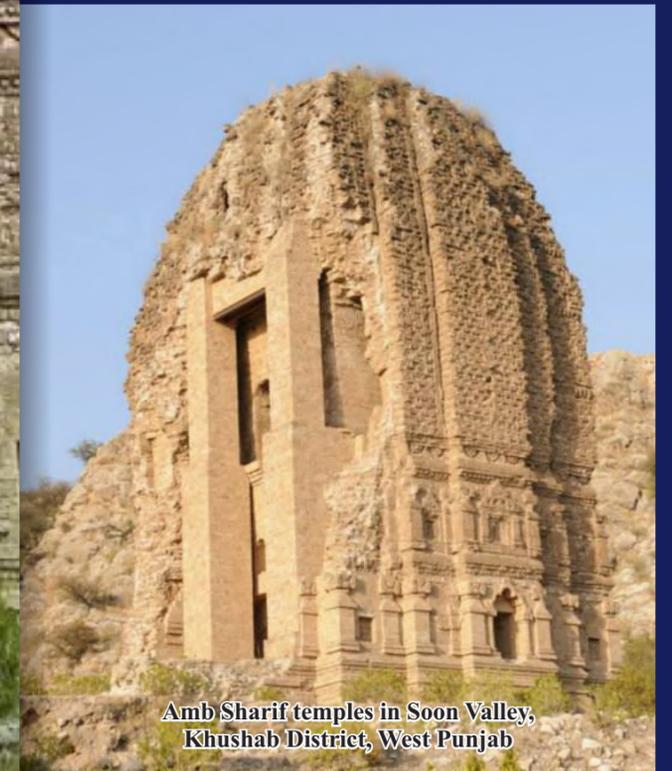
Main political achievements:

The author does not wish to bore the readers with detailed political history of the Shahis. They were ruling Kabul, Gandhara and western Punjab. The capital Kabul was lost for few years but regained after 7-8 years which prompted the Shahis to change their capital to Ubandhpura (called Wahind by contemporary Muslim writers) in present Khyber Pakhtunkhwa province in Pakistan. During the rule of Lalliyah (880-902) the province of Ghazna was won and ruled by feudatory rulers.

It was only in 977 & 986 CE that they finally lost Ghazni and Kabul. To reclaim the lost territories Jayapala (964-1002) decided to attack Ghazna. An

(c) Ibrahim

Nandana Temple & remains of fort are situated on a hilltop near Baghanwala some 22 kilometres, East of Pind Dadan Khan in Jhelum district, West Punjab.



Amb Sharif temples in Soon Valley, Khushab District, West Punjab

indecisive battle went on for a few days, and then came an unfortunate snow storm which wrecked the calculations of the Shahi. Hardy Turks seem to have better withstood the ravages of the weather than their Indian counterparts, who were more accustomed to the hot climate of the Indian plains. A similar thing happened when General Zorawar Singh invaded Tibet 1841 and lost due to the heavy snowfall.

As courtesy glance on websites hosting history of Afghanistan do not mention this fact and state that Islam came to the country in mid-7th century and then jump to Mahmud Ghanznavi's father Sabuktigin in 10th century.

In 990 Lahore was won over and following loss of capital in 1002, Nandana was made the new capital.

Last ruler of Punjab:

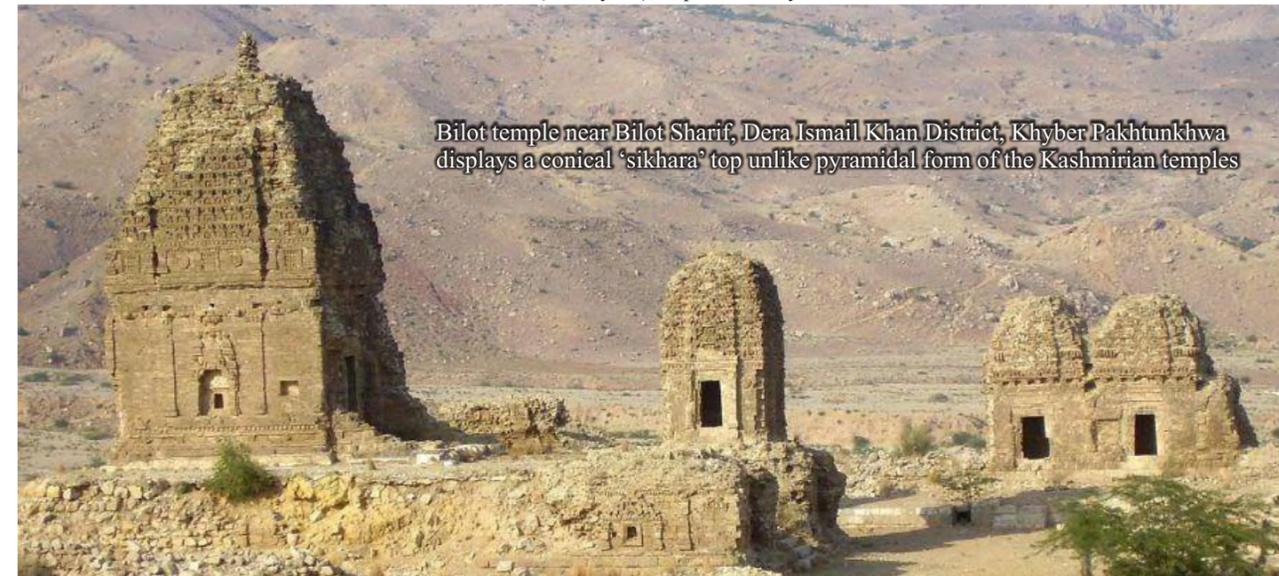
Trilochanpala (1010-21), inherited a truncated kingdom but he made up for some territorial losses by expanding further into the Siwalik Hills and his kingdom extended from the river Indus in the north-west to the upper Ganges valley. His father Anandapala (1002-10) after years of war with Mahmud had agreed a tributary status in 1008.

In 1012 Mahmud wanted passage to attack Thanesar (in Haryana), as per the treaty Shahi

allowed the passage and played mediator and asked Mahmud to spare the city and the famous temple in compensation of a big amount and tributary status. Even the generals were keen on it but Mahmud said he was an 'idol breaker' and went ahead and ransacked the city and famous temple of Thanesar.

Trilochanapala felt there was no option left but to revoke the peace treaty.

In 1014 Mahmud came to attacked Nandana with an intention to 'solve Shahi problem once for all'. The Shahi opened two fronts. He left Nandana with his son Bhimapala and opened another front in Kashmir with the assistance of



Bilot temple near Bilot Sharif, Dera Ismail Khan District, Khyber Pakhtunkhwa displays a conical 'sikhara' top unlike pyramidal form of the Kashmirian temples

Kashmiri general Tunga. The height made it very difficult to Mahmud to win on Kashmir front however he won the other front and captured Nandana fort. The foolhardy of Tunga over initial success led to defeat at Kashmir front. He left the strategic height and came out in open and was defeated. The Shahis took refuge in Siwalik Hills.

Last battle in western Uttar Pradesh & death Trilochanpala decision to expand further to Siwalik Hills (region of Himachal and Uttrakhand) led him into wars with Rai of Sharwa.

In 1019 the Sahi came out of Siwalik and joined Chandella ruler in his battle with Mahmud on the banks of river Ram Ganga. Vidyadhara Chandella despite his superior number left the battle at the first glimpse of defeat and it was left to Shahi to fight till the end. His two wives and two daughters were captured by Mahmud. In 1021 Trilochanpala was killed by some Hindu troops. Historians suggest the hand of Rai of Sharwa in this killing. Similar thing happened 800 years hence, Maharaja Sher Singh, under whom Ladakh was won, was murdered by fellow

Sikh generals.

Hindu Shahi – 11th & 12th century:

Bhimapala, Trilochanpala's son continued the battle from Siwalik and he passed away in 1026 AD. The historical sources mention the name of descendants of Hindu Shahi for another 4 generations, up to 100 years. The book Adah al-Harb mentions that the grandson of Shah of Kabul (Hindu Shahi) by the name of Sandbal who seem to have ruled in Siwalik Hills led the expedition along with Devpal Hariana and Tab Mai Rai (two small chiefs of Siwalik Hills) attacked Lahore in 1043 AD. The Ghaznavid general defended the city and Sandbal was made special target by an intrepid Turkish sharp-shooter who recklessly dashed through the attackers lines and shot an arrow which pierced through the chest of Sandbal. His army left without a leader, ultimately took to flight.

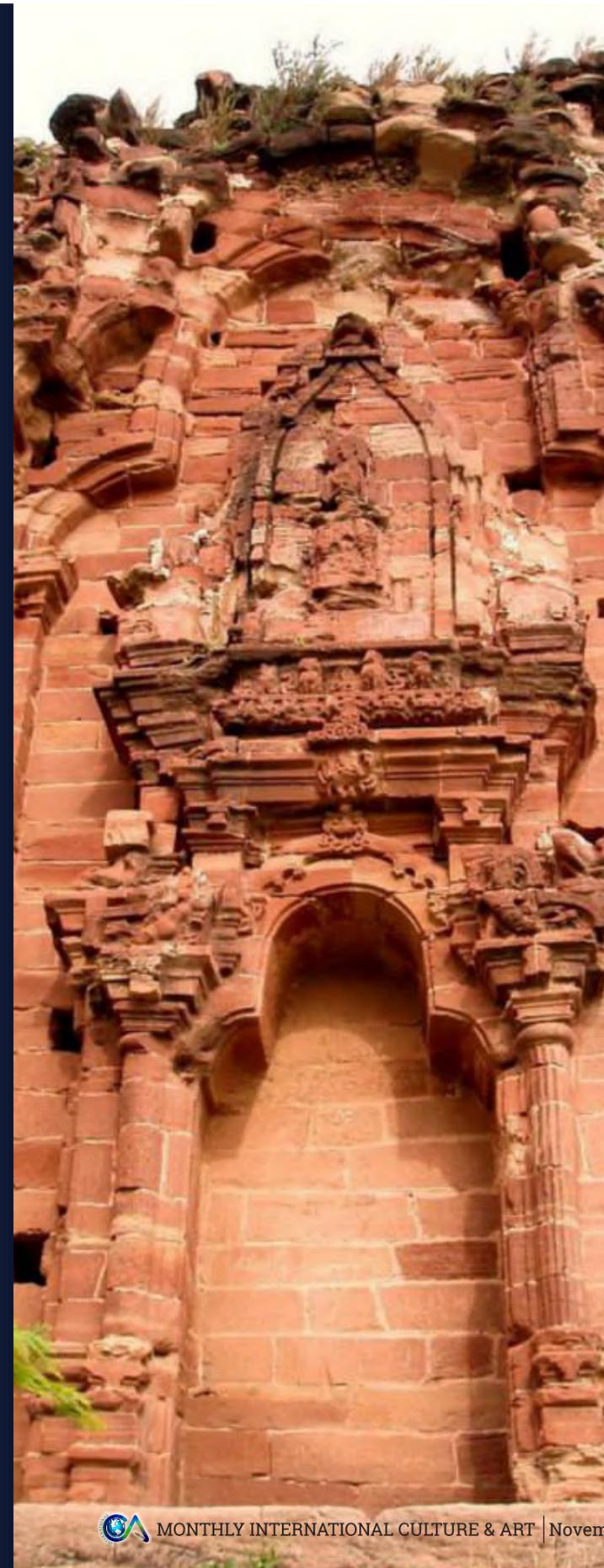
Shahis in Kashmir:

With the decline of their power in the Panjab, some of the Shahi princes migrated to Kashmir and settled there. Kalhana's Rajatarangini does not give us a systematic account of these immigrant Shahis but three generations of

them can be clearly identified who enjoyed power and influence.

Three Shahi brothers namely Rudrapala, Diddapala and Anangapala had great influence on the Kashmirian king Ananta (A.D. 1028-63). Rudrapala was married to a daughter of Induchandra (also written as Indrachandra), the ruler of Jalandhar and Kangra. Among second generation Bijja was endowed with great courage and persuasive skill, which saved Kalasa, as the crown prince, from the wrath of his father, Ananta. Kalhana mentions third generation Shahi princess, Vasantalekha, as a wife of the Kashmirian king Harsha (A.D. 1089-1101).

Kalhana does not mention the names of fourth generation of Shahis who would have been contemporary of Kalhana. The Shahis like other prominent families of Kashmir at the times had to cast their allegiance with crown princes. The Kashmiri king Jaysimha became the ruler in 1128 AD after open rebellion against his father. According to Dr Mishra, the Shahis had supported the King hence Kalhana did not mention Shahis lest he incur displeasure of Jaysimha.



Among Kalhana's own contemporaries some Kashmirian Kshatriya families still traced their origin to the royal dynasty of the

saw these pictures a couple of years ago and they inspired me to read more about them and our Punjabi heritage.

Conclusion:

There are some fascinating parallels between Shahis and Sikhs whole ruled Punjab despite a gap of over 700 years between the two regimes. Dr Hari Ram Gupta in History of Sikhs lamented that Hindus never cared about north western frontier and Sikhs like Shahis had to face the brunt of invasions themselves with little assistance from rest of the country.

According to Dr Rahman the Shahi state was prosperous and contemporary Muslim chroniclers state that people of Kabul city adored 'Kabul Shah' (literal meaning King of Kabul). There was Muslim minority in Kabul (they settled when Shahis lost for it for 8 years) & Ghazni but they were not mistreated by the Shahis despite the historical aggression and invasion from Persian/Arabic generals. The Shahis were the last native rulers of Punjab till Sikhs captured the Lahore and Sirhind province in 1765.

Shahis were devotees of Lord Shiva and some of their majestic temples still survive in Pakistan. The photographs are from my friend Shahid Shabbir of Pakistan Heritage Club who runs Save Historical Places of Pakistan Facebook page and is spear heading research into Sikh and Hindu heritage is Pakistan. I

The author would end this write up with Alberuni's tribute to Shahis "The Hindu Shahi dynasty is now extinct, and of the whole house there is no longer the slightest remnant in existence. We must say that, in all their grandeur, they never slackened in the ardent desire of doing that which is good and right, that they were men of noble sentiment and bearing."

The author has written the book, Afghan Hindus & Sikhs History of a Thousand Years in 2019. This article was a forerunner to the book.

Photos by Shahid Shabbir

Malot temple & fort on a hilltop in district Chakwal, West Punjab shows influence of Kashmirian architecture.

Bilot temple near Bilot Sharif, Dera Ismail Khan District, Khyber Pakhtunkhwa displays a conical 'sikhara' top unlike pyramidal form of the Kashmirian temples.

Amb Sharif temples in Soon Valley, Khushab District, West Punjab Nandana Temple & remains of fort are situated on a hilltop near Baghanwala some 22 kilometres, East of Pind Dadan Khan in Jhelum district, West Punjab.



Malot temple & fort on a hilltop in district Chakwal, West Punjab shows influence of Kashmirian architecture.

By:Tallat Ch.

The Stellar Chef Burak Ozdemir

invited to Pakistan
by Karak Khel
owner Hassan Niazi

Everyone loves a good meal and when we think about delicious food then the Turkish cuisine is among the top cuisines of the world. Turkey has long been famous for its sumptuous meals and recently the ingenious chef Barak Ozdemir brought the world attention to it by his stellar work in culinary arts. Now a days, Turkish cuisine is almost incomplete with the mention of Burak Ozdemir' also known as CZN Burak'.

CZN Burak' who became famous for his unique talent of making gigantic yet delicious Turkish dishes has gained a massive following on social media with more than 17 million people adoring his eccentric way of preparing meals and loving his always humble and smiley face. Burak is not only a media sensation but also a famous restaurateur and is loved by many celebrities throughout the world which include but not limited to the likes of Turkish President Erdogan and King Tamim of Qatar.

Burak Ozdemir, known on social media as CZN Burak, was born on March 24, 1994 in the Hatay province of Turkey. The chef is of Syrian-Arab descent. The Turkish chef owns the Hatay Medeniyetler Sofrasi chain of restaurants in Turkey, which have three branches: Taksim (in Istanbul), Aksaray (in Istanbul) and Etiler (in Istanbul). His restaurants offer

traditional Turkish and Middle Eastern food. Burak first became popular on social media by posting videos of him cooking Turkish and Syrian food and gazing directly at the camera with a huge smile. He likes to make huge portions of his food, from traditional food to pizzas to burgers and beyond.

The techniques he uses to cook also helped make him famous: he chops his food quickly and rolls dough quickly. He uses giant-sized utensils to work with his food as well, from giant knives to giant spoons. The chef first went viral when a video of him cooking a jumbo-sized kebab was posted on the account 9GAG. Since then, CZN Burak has been a popular social media star across all his platforms. He works with a variety of ingredients. One of his most popular videos include him baking and cooking an entire ostrich. On his YouTube, TikTok and Instagram pages, he will share videos of him making giant-sized food portions of all cuisines.

Recently, Burak came to Pakistan on a 4 day trip from 31st October to 3rd of November where he was received with overwhelming warmth and hospitality. Upon his arrival in Pakistan, the celebrated chef said that Pakistan and Turkey share an extraordinary harmony when it comes to cultures and food and he has traveled all the way from his country to experience what Pakistan actually looks like in reality.



He visited Panagah' (a facility to feed the poor) with his entourage yet upon arriving he was so humble that he started making local meals and baking flat breads in the oven. After the food was prepared he served the food himself with warm smiles. Burak was a man of greatness yet very humble as he soon mingled with the locals and later on dined with them on the same table. People loved his gesture so much that they only had to say good things about him.

On Sunday, The Turkish chef visited the Army Museum in Rawalpindi. Ozdemir started his tour of the museum from a sculpture of Quaid Azam awarding a national emblem to an Army unit. He visited various war galleries, weapons and equipment. The Turkish chef took a special interest in Indian military equipment that was captured by the Pakistan army amidst various wars. The chef also found the war on terror gallery to be the most thematic and interesting corners of the museum. He observed Pakistan's efforts to



Addressing a press conference in the federal capital yesterday, Burak said "We love Kashmir", adding that he has especially come to Pakistan to eat Kashmiri food. Reiterating Pakistan's stance on Kashmir, the chef said the Kashmir issue should be resolved according to the UN resolutions, adding that he wished to open a restaurant in Kashmir after the issue is resolved. The enthusiastic chef went on to chant 'Jiwey Turkey-Jiwey Pakistan' (Long live Turkey, Long live Pakistan) - a slogan



turn the tide and restore peace through great stories of sacrifices of the armed forces and the people of Pakistan.

Burak also visited the opening event of 'Karak Khel' restaurant located at Gulburge II, Gurmani Road, Lahore along with the famous singer 'Ata Ula Esa Khelwi'. The one of the highlights of the shows was Ata Ula Esa Khelwi performance which won the heart of crowd. Burak was dressed in traditional Pakistani Clothes and he wore a white colored turban as well. It was a lively event full of hustle and bustle and CZN Burak enjoyed it to its fullest where he did traditional Bhangra dance as well.

Moreover, in a press conference in Islamabad, Burak Ozdemir thanked Pakistan for showing support to Turkey in such difficult times because of the earthquake; he praised the countries for always having excellent relations and was grateful for the love he has received in Pakistan.

Photo Credit: Hassaan Niazi



signifying Turkey-Pakistan unity. Burak Ozdemir thanked Pakistan for showing support to Turkey in such difficult times because of the earthquake; he praised the countries for always having excellent relations and was grateful for the love he has received in Pakistan.

Expressing his love for the Pakistani people, he said: "Pakistanis are our brothers first, then customers."



POLO IN PINK

Breast cancer awareness is an effort to raise cognizance and reduce the risk of breast cancer through education on symptoms and treatment. Supporters hope that greater knowledge will lead to earlier detection of breast cancer, which is associated with higher long-term survival rates, and that money raised for breast cancer will produce a reliable, permanent cure.

Breast cancer advocacy and awareness efforts are a type of health advocacy. Breast cancer advocates raise funds and lobby for better care, more knowledge, and more patient empowerment. They may conduct educational campaigns or provide free or low-cost services. Breast cancer culture, sometimes called pink ribbon



culture, is the cultural outgrowth of breast cancer advocacy, the social movement that supports it, and the larger women's health movement.

The pink ribbon is the most prominent symbol of breast cancer awareness, and in many countries the month of October is National Breast Cancer Awareness Month. Some national breast cancer organizations receive substantial financial support from corporate sponsorships.

Like other awareness campaigns. In Pakistan Pink Ribbon Organized Polo in Pink at GOR polo Ground Lahore to raise awareness for Breast Cancer in Pakistan; Organized by klockwork' and PR by Verve Events & PR. Polo in Pink was conducted on 25th of October.



REMEMBRANCE SUNDAY

Remembrance Sunday is marked each year and this falls on the second Sunday in November. On 8 November 2020, people in the United Kingdom marked this day to honour the British and Commonwealth servicemen, women and civilians who lost their lives in the World War One and other conflicts.

Normally, remembrance ceremonies are held at war memorials, cenotaphs and churches around the country and are attended by large number of people of all faiths and backgrounds. But this year, due to the coronavirus lockdown 2.0, people were asked to stay home and to pay their respect by observing two-minute silence at their doorsteps. Women, men and children stood at their doorsteps and remembered all those who lost their lives in the wars.

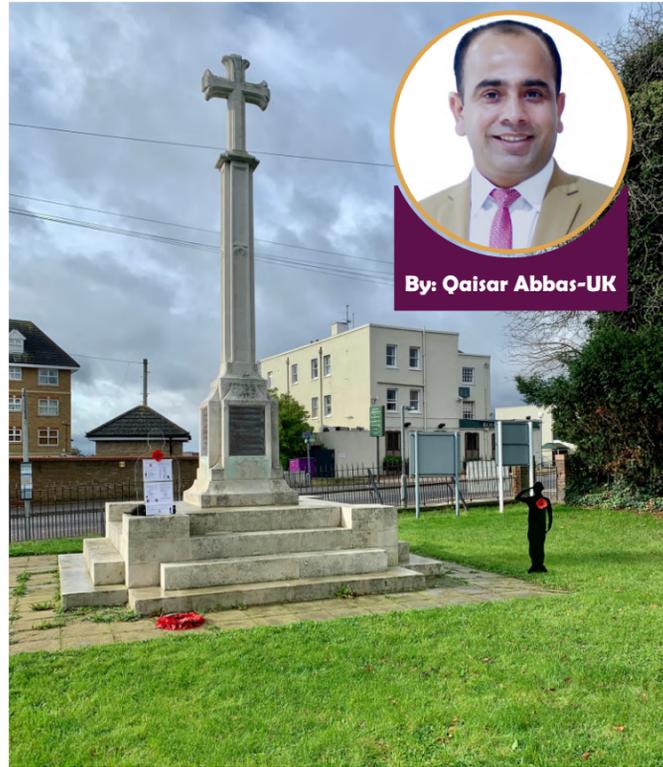
*They shall grow not old, as we that are left grow old:
Age shall not weary them, nor the years condemn.
At the going down of the sun and in the morning
We will remember them.*

World War One (WW1) lasted for four years and ended on 11 November 1918 at 11am. Millions of military personnel from various countries were mobilised to fight this war. It is also estimated that more than 1.4 million soldiers from Indian sub-continent (Pakistan, Bangladesh and India) including 400,000 Muslims also fought this war.

In WW1 and other wars, millions of men, women and children were killed, wounded and displaced. The world needs to learn lessons from these wars and engage in dialogue to resolve the disputes. War brings destruction whilst dialogue brings peace and prosperity.

Let's choose peace over wars.
Let's pray for unity.
Let's pray for harmony.
Let's pray for peace in the world.

Long live peace!



By: Qaisar Abbas-UK



Tribute ALLAMA MUHAMMAD Iqbal

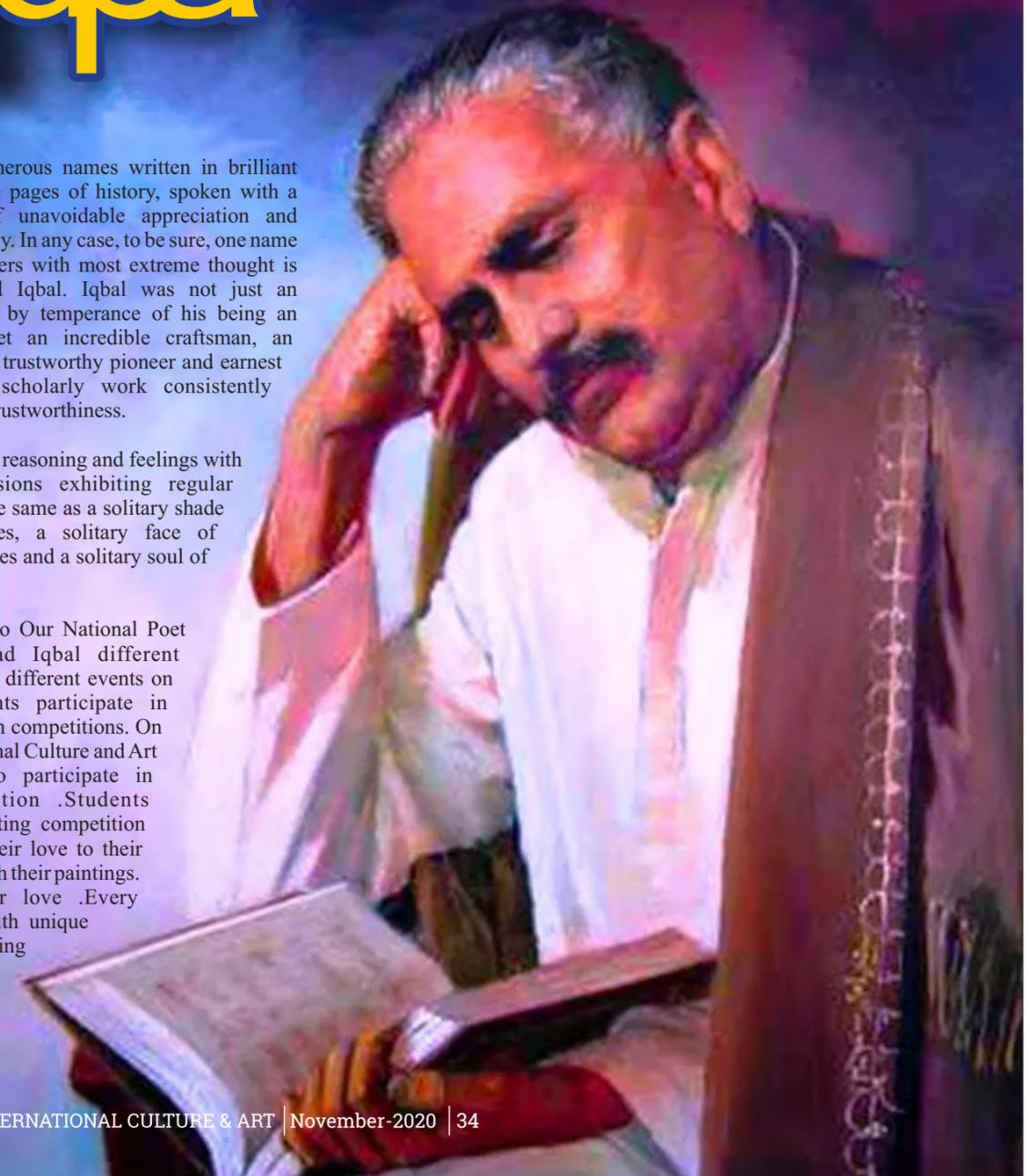
یہ کائنات اجمعی نامتسا ہے شاید
کہ ارہی ہے ماد م صدارت کن فیکون

From Bal-e-Jibril

There are numerous names written in brilliant words on the pages of history, spoken with a demeanor of unavoidable appreciation and recalled affectionately. In any case, to be sure, one name that outmatched others with most extreme thought is Allama Muhammad Iqbal. Iqbal was not just an extraordinary artist, by temperance of his being an incredible artist, yet an incredible craftsman, an excellent logician, a trustworthy pioneer and earnest researcher whose scholarly work consistently reflected virtue and trustworthiness.

His verse is a mix of reasoning and feelings with all human expressions exhibiting regular excellence. Much the same as a solitary shade of numerous shades, a solitary face of numerous appearances and a solitary soul of numerous feelings.

To pay the tribute to Our National Poet Allama Muhammad Iqbal different institutions organize different events on Iqbal Day. Students participate in different Events or in competitions. On Iqbal Day International Culture and Art invited students to participate in painting Competition. Students participated in painting competition and they showed their love to their National Poet through their paintings. They painted their love. Every student came up with unique and Beautiful painting of their National Poet. Prizes and certificates distributed to the winners.



APPRECIATION AND REWARD

OF SERVICES OF A PAKISTANI TO THE UK COMMUNITY



Cllr Mansoor Nasir

Mansoor Nasir a Pakistani origin selected a Councillor for Bedfordshire. Mansoor Nasir made great victory for Pakistan and Pakistani community in Europe specially UK. Khurram Abbasi, Ch Ejaz and Mansoor Abbasi from Bedfordshire congratulated Mansoor Nasir for this great success.

In a common statement Ch Ejaz, Mansoor Abbasi, Syed Kashif Shah, Javed Abbasi, Khurram Abbasi and Tiamoor Abbasi said that in such time when western countries are direct victim of islamophobia victory of Mansoor Nasir is a ray of hope for Islam and Pakistan indeed. Pakistani community in Bedfordshire expressed happiness and pleasure on this success.

A decent and splendid program is going to take place in Islamabad in respect of Councillor Mansoor Nasir Soon. We also thank Muhammad Yasin MP and Deputy Speaker Muhammad Nawaz for their guidance and support to help Councillor Mansoor Nasir during his elections.



By: Khurram Abbasi

CONGRATULATIONS

PAKISTAN TURKEY FRIENDSHIP



29th of October marks the Republic Day of Turkey and it is one of the most important holidays of Turkey. On this day in 1923, the Turkish parliament (called the Grand National Assembly) amended its constitution to establish the Republic of Turkey. With mandatory masks and social distancing millions of people in Turkey and across the globe celebrated the 97th anniversary of the republic. Issuing a video message for the occasion on Wednesday, President Recep Tayyip Erdoğan said Turkey was determined to achieve its goal, with the spirit and will of the founders of the republic who "spoiled the plans of occupiers," he said. Commemorating Atatürk and the heroes of the War of Independence, Erdoğan said Turkey overcame many obstacles from coups to terrorism in its struggle for democracy and development.

"Our nation, which was united in the fight for independence ahead of the foundation of the republic, is now building a future in

harmony, together. But when we are closer to our goals, attacks against our country increase in number and intensity," the president said.

Turkey-Pakistan relations have always been maintained at a decent level and in a friendly manner. There have been three primary spheres of cooperation that characterize the relations between these two countries since Pakistan gained independence in 1947. First of all, both Turkish and Pakistani societies have a common cultural heritage whose roots are ingrained in history.

There is no other way than this to describe the mutual sympathy that both societies have towards one another. In the past, each society offered assistance to the other when it was in need of help. For instance, Indian Muslims in the area known today as Pakistan helped the Turkish people during the Turkish War of Independence that took place directly after WWI. To give another example, Pakistan was one of the countries

that offered the most assistance to Turkey after the 1999 Marmara Earthquake. Alternately, the Turkish people have also afforded the Pakistani people significant assistance after the disastrous earthquakes and floods that hit the country in the 2000s. There is no doubt that this solid friendship between the peoples of these two countries constitutes the most powerful aspect of Turkish-Pakistani relations.

Ankara and Islamabad also have a history of cooperation in the realms of foreign policy and security, having supported each other in order to defend their respective interests in the international arena. Since the Cold War period, Turkey and Pakistan have sided with the other's approaches to the Cyprus and Kashmir issues. Additionally, strong relations have also been established between the Turkish and Pakistani armies in terms of defense cooperation. The third important sphere that characterizes Turkish-Pakistani relations concerns economic and commercial matters.



By: Ken Gruberman



comprised of thousands of videos submitted by amateur singers. I also knew he had a HUGE budget and a large team behind him. We had neither. So, I decided to start with what I know and build from there. Soon I was able to figure out the process:

- First, use Sibelius notation software to create the music the choir will use. The goal is making the part easy to read while keeping the page count down. Singing into a camera is hard enough without having to juggle a 20 page part! As an expert in Sibelius, this was easy for me.
- use the score now in Sibelius to generate a “backing track.” This is what our conductor uses to conduct. Then we send out the conducting video with the backing track to our soloists in each section
- get the soloists videos, post them in Dropbox, create unique links for each one, then send out to the entire choir. Give the choir a deadline by which we must receive their video submission
- frame-lock the videos from the choir, extract the audio from each one
- mix the audio with the backing track in Logic or Pro Tools to create the Master Audio track
- bring that Master Audio track into Final Cut Pro for video editing, lay all the video tracks on top of it, work magic with composition, then render the final product

experience.

After that, our director came back and jumped in with both feet. He has proven to be as good with video editing as he is with conducting. Soon after that, we brought in my friend Ed Johnson, who is also in the choir. Like me, he is also a 50-year studio veteran specializing in sound and audio mixing ... perfect! Ed has an almost supernatural ability to line people up, tune them if they are slightly off-pitch and much more. We’ve also brought our associate organist to create organ and piano tracks (she records in the church with no one else there), and a couple of other people as well.

Together, our team has turned out over 144 VIDEOS since mid-March! Several of them had 40, 50, and even 60 people in them. As far as I know, we lead the way in this field, as no other organization in America is turning out as many church-related choir videos as we are! Even though it is a lot of work, it is worth it because of the response from the congregation and those who watch worldwide. We repeatedly are told our music profoundly moves them, often bringing them to tears. And that’s what music should do.

We also keep raising the bar, becoming bolder and more adventurous with every project we complete. For December’s Christmas-themed programs, our director asked me if I could create an actual ORCHESTRA to accompany the choir. Up to now, we have used a piano or organ, or nothing at all (a capella). For Christmas, he wanted something “sparkly, cozy and welcoming,” as he put it. The song is called “Joy Of Longing Hearts,” a variation on the famous centuries-old hymn “Come Thou Fount Of Every Blessing.” I have often used Sibelius to playback the music I am writing to check it, but so far, it has always been played or recorded by a real orchestra somewhere. Now I was being asked to BE that orchestra.

I wrote out the arrangement in Sibelius and went to work, shaping the performance by writing exactly what I wanted each instrument to play and how to play it. However, sometimes in music, we write the word “similar / simile” to tell a player, “keep playing it this way.” That doesn’t work in this situation, so I had to write in every dynamic, articulation, glissando, tremolo, trill, and every other kind of ornamentation associated with notes on a page. I also defined in Sibelius how I wanted each of those elements to sound during

A little more than a year ago, my wife Ellen Snortland and I joined the Coventry Choir, the premiere singing ensemble of All Saints Episcopal Church in Pasadena, California. Although Ellen and I are not church-going people, we had known about All Saints for many years, as they are one of the most progressive churches in America. Their fierce stand for social justice is congruent with our values. Also, Coventry is one of the best choral groups in the entire Western United States! We were both delighted and amazed when we auditioned and were accepted.

And now here we are a year later, and the world has changed dramatically thanks to COVID-19. Our choir had to change along with it, as singing is one of the most effective ways of spreading the virus. So, in mid-March, the church shut its doors and migrated to online services. I had just started volunteering in the music department, as I felt my 50+ years of studio experience could be useful. I had NO IDEA what was coming!

Our director had just left on parental leave, and that left only me, Ellen, and our interim choir director, who is not technologically savvy. A few days later, I was asked what has



now almost become a trite phrase in some circles: “can you help us create virtual choir videos?”

I can sing, I’ve written for choir, and I’ve done everything there is to do in music over the

years, but I had no clue how to create an onscreen ensemble! I even searched on Google and found only ONE page with some sort of information; it was not much help. I was on my own. In contrast, if you search now, you’ll find DOZENS of pages,



with “not much help” results. One of them even says, “don’t do it— it’s too much work!”

I did know it was possible because Eric Whitacre has been doing them since 2010; he is the Internet’s reigning king of choir pieces

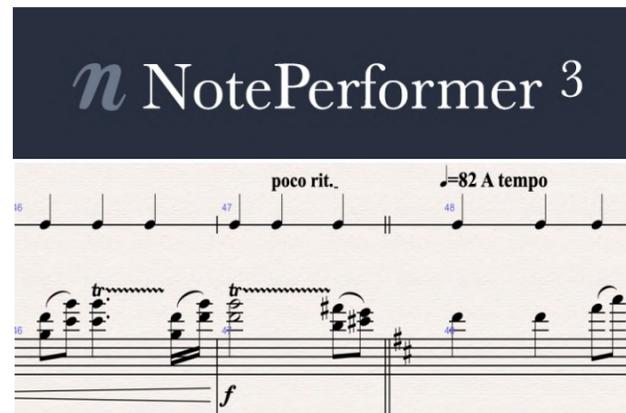
Yes, that’s all there is to it!

Between Ellen and I, we created 45 videos between mid-March and the end of Holy Week, which ends with Easter. It was an incredible

playback.

Finally, I used the excellent orchestra library “NotePerformer,” which can run circles around libraries costing thousands of dollars more and taking up HUGE amounts of drive space. NotePerformer would provide the ‘orchestra engine’ Sibelius would use to create each instrument’s sound and part. And the result was better than I could have hoped for! Our conductor and director was OVER THE MOON happy with it, as am I.

I have created a unique link so you can hear this track for yourself. I am also providing links to a few of the bigger choir projects we have created, including an exceptional performance of Dan Forrest’s incredibly emotional “Requiem for the Living.” Finally, I include the link to a special talk I and our music team gave recently on precisely how we create these choir videos. It goes into a lot more depth than this article does.



Web Links

• **Joy Of Longing Hearts.mp3**
This is the orchestral track I created using Sibelius and NotePerformer. When you can't get to a real orchestra, this is the next best thing!

<https://bit.ly/ICA-JOLH>

• **Dan Forrest's "Requiem for the Living"**
We did this live in the church on November 3rd, 2019 and remastered the video and audio to show virtually this year. The piece is meant to honor those we have lost, especially this year due to COVID. It is one of the most demanding pieces a choir can sing.

<https://www.youtube.com/watch?v=MVkv2N8OWE8>

• **"How Virtual Choir Videos Are Made"**
This is the presentation of the music team, and I gave on October 18th during the All Saints "Rector's Forum" speaker series. If you want to skip to where I come in, that starts at the 27 minute, 30-second mark:

https://www.youtube.com/watch?v=pTuyhNq_Etk&t=1648s

• **"R'tzei"**
This is our latest virtual choir video featuring Coventry Choir and a dancer! It is in Hebrew:

<https://www.youtube.com/watch?v=sHpFXMgz2iw>

• **"A Place In The Choir"**
This virtual choir video features both our adult choirs AND the children's choir! We made it for the Blessing of the Animals:

https://www.youtube.com/watch?v=CTNMQf_8Fmg&t=6s

By: Usman Siddiqi



Everyone has their own indulgences when it comes to food. Some like the freshness of vegetables, some like the juicy sumptuous meats dishes, you can even love the liquids in food. "There is no love sincere than the love of food" was rightfully said so by George Bernard Shaw.

Throughout the year we celebrate many food days that tend to address certain type of love for the food like vegan day, Milk day, Sushi day and many more and it is fantastic that we have days that highlight the privileged indulgences we can afford. There is one day that is celebrated throughout the world every year on 16th of October which mainly raises awareness on importance of food for the people who cannot afford it. This day is called 'World Food Day' which was first designated in 1979 by the food and agriculture organization of United Nations

The purpose of world food day is to ensure the availability of quality food to every one worldwide and the furtherance of food security especially in times of crisis. In recent years, World Food Day has used its annual day of celebration to focus on different aspects of food security and agriculture, including fishing communities, climate change and biodiversity. There are a number of different themes that have been attributed to World Food Day over the years. For example, some of the themes there have been in the past include; "Climate is changing. Food and agriculture must too", "Social Protection and Agriculture: Breaking the Cycle of Rural

Poverty", and "Feeding the world, caring for the earth", which was based on family farming.

This year the world Food Day celebrates the theme "Grow, nourish, sustain Together". As countries deal with the widespread effects of the COVID-19 pandemic, World Food Day 2020 will highlight how food and agriculture are an essential part of the COVID-19 response. World Food Day 2020 will call for global cooperation and unity to help the most susceptible to recover from the crisis. It will call on every country to build better food systems which are more resilient with maximum yield so they can deliver healthy and sustainable diets for all.

Right now, we have more than two million people who do not have access to nutritious and sufficient food. With world population to increase to 10 billion by 20250, this staggering number of people with hunger will only increase if we do not do the necessary actions. With the Covid-19 Pandemic at hand if the economy doesn't recover the number of people with insufficient food will only increase. The impact of malnutrition in all its forms - undernutrition, micronutrient deficiencies, as well as overweight and obesity - on the global economy is estimated at USD 3.5 trillion per year.

The World Food Day' 2020, Stressed upon the importance of better and sustainable food systems in the future which will provide affordable and healthy diets for all and decent

livelihoods for food system workers. Approximately 14% of food produced for human consumption is lost each year between the stages where it is grown or raised up to when it reaches the wholesale market. More food is wasted at the retail food and consumer stages. It is a call for action for all governments and organizations related to food systems to ensure we mitigate it for maximum productivity so as the food may reach to more and more people.

Countries, the private sector and civil society need to make sure that our food systems grow a variety of food to nourish a growing population and sustain the planet together. We all have a role to play, from increasing the overall demand for nutritious food by choosing healthy, to not letting sustainable habits fall by the wayside, despite these uncertain times.





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