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Editorial Massage.	4
Pakistan next big tourist destination.	5-7
Starbucks (1912)	8
Pakistan's JF-17 fighter jet.	9-10
Total eclipse in Chile	11-12
Emerging trends of street food in Pakistan.	13-18
Chauburji & Nawankot.	19-22
Food and Beverage	23
8 Tricks for saving money at expansive restaurant	24
Cruise lines for couples.	25-27
Top Ten most spoken languages in the world.	28
24 Pictures from Around the World	29-30
7 Foods you can eat and not gain weight	31-32
Pakistan is uniquely placed to take advantage of Religious tourism.	33-36
A basic guide for food preservation.	37-38
Humanity is the Feature.	39
Fossilized teeth.	40
How to look and feel healthier in one week.	41-42
10 best cities of lines in around the world.	43-46
Pakistan & Beauty Bite Beats.	47-48
Nowrus Festival	49-50

# EDITOR MESSAGE



Tamoor Abbasi

**W**e are pleased to launch a monthly magazine on international culture and that affair. So their magazine people will find information trends and living styles and their culture heritage shall be also focused, which shall be helpful to adopt and follow the best improving healthy and comfortable life, according to their weather condition.

We are following to reserve one section for views and suggestions of activities of all walks of life such as culture, Art, Entertainment, Economy, Business health etc. We shall also include the affairs made at Government and welfare organizations in private sector to improve the living of poor and educate their children's, which shall be positively contribution in our cultural changes, Health is the area cannot be ignored good health is necessary for good activities and also help in improving concentration level students for better for the better education.

You may send related info and events through your writings and we can spread a word through our medium.

# Pakistan, next big Tourist Destination

Our country is blessed with so much natural beauty that many parts of Pakistan make the must-visit tourist destinations. Until the 1970's Pakistan was an important part of the hippie trail and travelers visited many major cities of Pakistan like Lahore, Peshawar, Quetta and Swat. Even after the 1970's, the Northern Areas of Pakistan, especially Gilgit-Baltistan, were an important tourist destination. This area not only displays scenic beauty but also many of the world's highest mountains, attracting the adventures, climbers and trekkers from all over the world. The region is home to the world's three highest mountain ranges; Hindukash, Karakorams and Himalayas, and the world's second largest peak K2. In terms of cultural travel, Pakistan offers diverse landscape from deserts of Cholistan in the south to the ruins of world's oldest civilization, Mehrgarh in the Baluchistan province to animist tribes of Kalash in the Chitral District.

Mobeen Muhammad, a local of Hunza city, recalls fondly that during the peak tourist season the hotels, bazars and other places of Hunza used to be rife with foreign tourists. The livelihood of most local people was associated with the bustling tourism industry. However, after 9/11 a drastic fall was noted in the number of international tourists visiting the area. The situation further deteriorated in the coming years with

rise in political unrest and state of the security situation. For a few years, the tourism industry witnessed decline in business until local tourists started visiting this area. He believes that the situation is much better than before but there is a lot that has to be done yet. Tourism has enormous potential to generate revenues and boost the local economy by attracting local and foreign tourists.

Although, many foreign tourists are still hesitant to come to the country, local tourists look keener to travel and explore tourist destinations spread across the country despite the apparent security threat. Headlines were made when during the Eid holidays in August 2014, entry to the popular hill station, Murree had to be blocked due to the unprecedented huge arrival of local tourists registering more than 100,000 visitors! It went far beyond the accommodation capacity of the hill station. A similar kind of situation was seen in Azad Kashmir, Naran and Kaghan area. All the hotels were over booked and many people had to spend the night in their cars because of the unavailability of hotels.

According to *Discover Pakistan*, a youth-led tour company, local tourism has increased five times during the last couple of years. Despite the 2013 incident of an attack on foreign tourists at



By Srosh Anwar

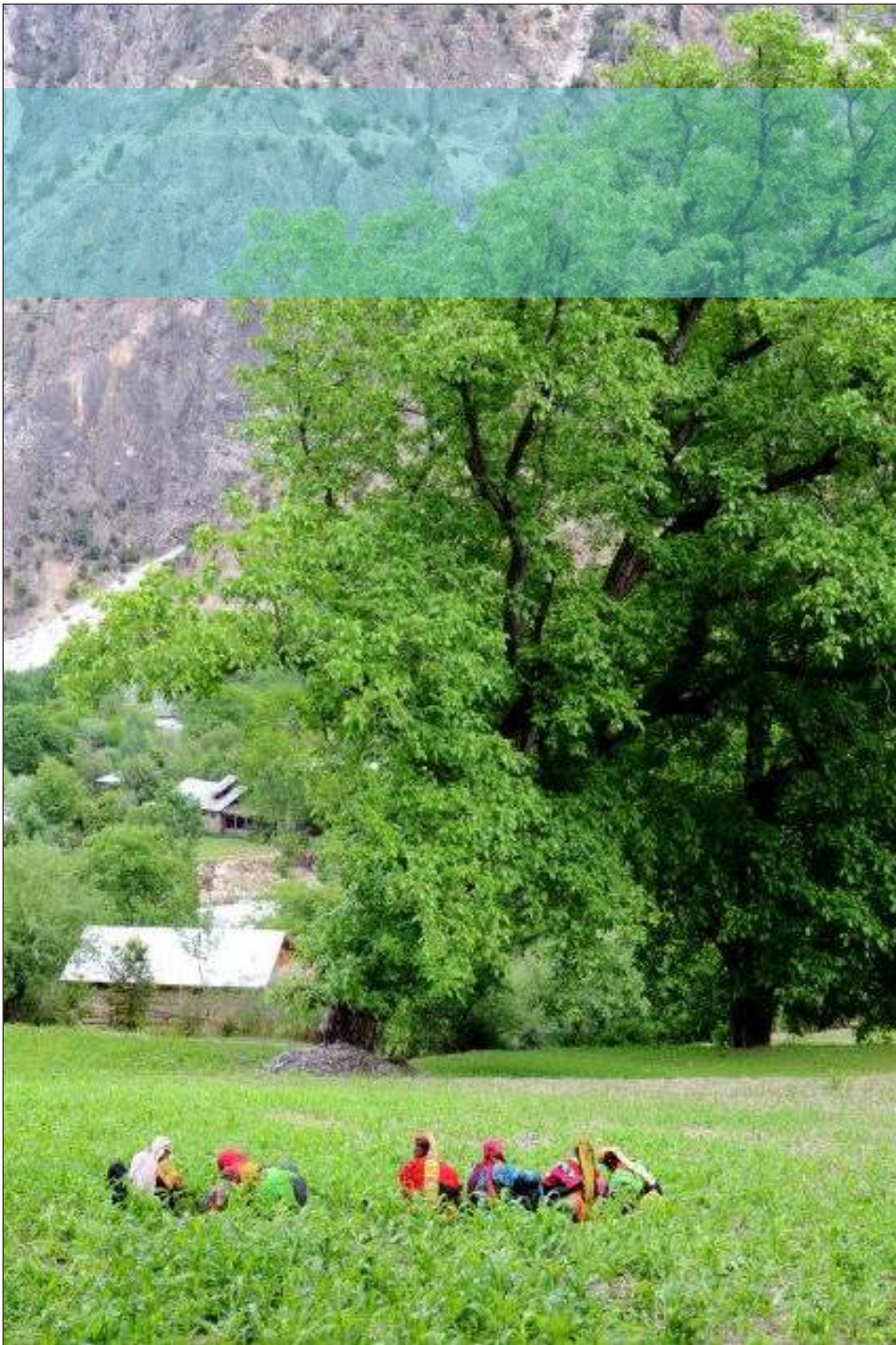


Rupal Face of Nanga Parbat, local tourists have not been deterred from traveling to the surrounding area, including Fairy Meadows, the north east face of Nanga Parbat. According to *Discover Pakistan*, there were around 500-600 individuals in Fairy Meadows camping site in Summer 2014 when they visited with their group. They believe that according to a rough estimate almost 3,000-4,000 local tourists visited Fairy Meadows in the year 2014. Likewise, around 1000-1500 local tourists participated in the Swat Skiing Festival in 2014, arranged by the Pakistan Army and the KP government. A representative of another local tour company, *Pak Tours*, also reiterated the fact that local tourism had

different packages. Some companies are especially targeting the youth by offering affordable packages. These tour companies are also making alliances with the local hotel owners reviving their livelihood badly affected by security issues in their areas.

A few other factors which have contributed to the revival of local tourism includes improvement in the security and infrastructure situation, especially on the Karakoram Highway (KKH), taking you to some of the world's most awe-inspiring places like Fairy Meadows, Gilgit city, Hunza, Skardu and Deosai. Road condition has considerably improved on KKH and an alternate route named Babusar has also been opened which has cut the journey short and is also known for its scenic beauty. On the other hand, route to Chitral leading towards the Kalash Valley, has also been considerably reduced after the construction of the Lowari Tunnel during the Musharraf era.

Many individuals and organizations have taken unto themselves to portray the real, soft side of Pakistan to their countrymen and the world. There is no dearth of young people who are making a statement about Pakistan defying the stereotypes attached to it. Among those people Samina Baig is the first Pakistani woman to scale the Mount Everest, the highest peak of the world. She has summited all the seven highest mountains of the world. We also have Moin Khan, a young Pakistani who made a documentary "*Rediscovering Pakistan the untold story*" in a really innovative way and created a hype on social media. His page on Facebook named as "*A Different Agenda*" has a fan following of more than 50,000. The unusual and fun video clips of some of the most amazing



flourished by leaps and bounds. There must be around 40,000 tourists in Azad Kashmir at any time during the summer of 2012, he added.

Almost all the tour companies I talked to unanimously agreed that social media have played a central role in increasing the local tourism. Pictures and videos of beautiful places go viral on the Internet, introducing the domestic tourists with places, which they did not even know existed in their country. From the treks of nearby Nathia Gali to the beautiful valleys of Kalash, Swat, Naran, Kashmir, Hunza and deserts of Cholistan and Sindh to the mysterious mountains of Quetta, the options are unlimited. Social media,

especially Facebook has also been helping the newly established travel & tour companies market their trips, hence promoting their businesses as well as contributing to the economy by stirring the dormant local tourism industry.

The accessibility and affordability of travel has increased tremendously due to these new travel companies. Now it is possible for a common man to travel to places along with a group. The itineraries are already made and everything is taken care of. The security concerns are also abated when travelling in a large group. People can choose from several trips going to one place at one time with

places in Pakistan made by using a selfie stick are making the rounds on social media.

Khawar Hussain, who runs a local tour company named as *Pak Tours*, has a similar story. In 2013 he covered 2,917 kilometers



alike. According to Mudassar, before the sectarian violence reached its peak during 2006, there were thirty to forty buses full of Shiite pilgrims regularly travelling on the Quetta-Mastung-Iran route who further travelled from Iran to Turkey. The area also attracted archeologists and anthropologists from all over the world because the region is home to Mehrgarh, the ruins of one of the oldest civilization on earth. However, due to security issues in some areas, foreign tourists stopped visiting the area altogether. A lot of people also visited to hunt Markhor and Chakor during the hunting season but that has also reduced considerably.

A few commercial and non-profit companies have taken initiatives to revive the former glory of tourism in Balochistan region. *Chiltan Adventures* is one of them,

from *Khunjerab* to Karachi on a bicycle with an aim to promote peace and tourism in Pakistan. In an interview, he said "I made considerable efforts to take Pakistan Tourism Department and Punjab Government on board with this initiative but did not get a good response from them." He also arranged other events like a bike rally from Faisalabad to Lahore last year.

### Secrets of Balochistan

The province of Balochistan has long been forgotten from the tourists' mind. It is now more than a decade that many parts of Balochistan are on high security alert due to political unrest, separatist movements and sectarian conflicts. Mudassar Malik, a local of Quetta, recalls the time when during the summer season the population of Quetta used to increase drastically because of the visitors from Sindh coming to spend time in their summer houses in and around Quetta. The city attracted vacationers, shoppers, archeologists, religious tourists and hunters



these activities. Communities could be brought together showing most Pakistanis and the world that Balochistan is not all about the unrest. While there are some troubled areas, there are plenty more which are completely safe to travel to. Representatives from *TASK* also believe that the social media have helped them a lot to carry forward their mission but still there is so much more that needs to be done by the government.

Mr Aftab Rana who is associated with the *Sustainable Tourism Foundation of Pakistan*, believes that while it will take a long time for us to bring back the foreign tourists to the country, there is huge potential to develop the youth tourism in the country. He did not seem satisfied with the performance of official tourist departments, which are almost dead at the moment. The mushrooming of local tour organizations seems to give a semblance of

*Srosh Anwar is a writer, photographer and storyteller across various platforms. She is passionate about travelling and exploring different cultures and diversity.*



which is largely a commercial tour company, taking local tourists to unexplored surrounding areas and promoting adventure activities like hiking and trekking.

In addition, there are non-profit groups and organizations like *TASK*, which are working with a mission to promote healthy sports activities and ensure interaction among diverse groups in the Balochistan region. Almost all the members of *TASK* are working professionals who are travel enthusiast. They are also trying to make a statement that the thinking of the people could be changed through





## STARBUCKS 1912

The Pike Place Starbucks store, commonly called the Original Starbucks, is the first Starbucks store, established in 1971 at Pike Place Market in downtown Seattle, Washington, United States. The store has kept its early appearance over time and is subject to design guidelines due to its historic significance. The store is considered a tourist attraction and often hosts a crowd.

While commonly referred to as the first Starbucks location, the current address is the second for the Pike Place store. The first Starbucks cafe was located at 2000 Western Avenue from 1971–1976. This cafe later moved to 1912 Pike Place, its present location

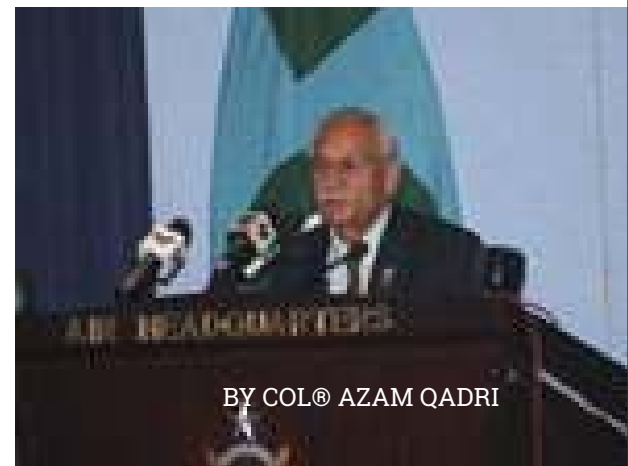
by Tallat Ch.



# PAKISTAN'S JF 17 FIGHTER JET STUNS THE AUDIENCE AT WORLD LARGEST AIR SHOW

Paris Air Show is the largest aerospace-industry exhibition which is organized by French

Aerospace Industries Association. The Air Show brings together a large number of exhibitors and



BY COL® AZAM QADRI

major aviation industries from different countries around the world.

After entralling the audience of Pakistan at the 23 March Parades in 2018 and 2019, the PAF wanted to join in the arena of international aviation.

For the 2019 Paris Air Show, PAF sent in



three aircrafts, one PAF JF-17 would perform flying display on each day of the show, while the other would be put on static display showcasing its lethal and sophisticated weaponry and a third as a back-up. The PAF contingent along with the air and ground crew arrived two days before the mega event.

The first four days of the show were reserved for trade visitors, while the next three days were open to the general public. The spectacular JF-17 aerial display was considered to be a major

attraction of the show and provided an excellent opportunity for showcase its cutting edge capabilities. This event also allowed potential customers to assess its immense potential and help its promotion in international market.

JF-17 Thunder multi-role fighter jet of Pakistan Air Force gave an impressive performance at the opening ceremony of the 53rd edition of 7-day International Paris Air Show held in Le Bourget, Paris. The Paris Air Show was inaugurated by the President of France Emmanuel

Macron.

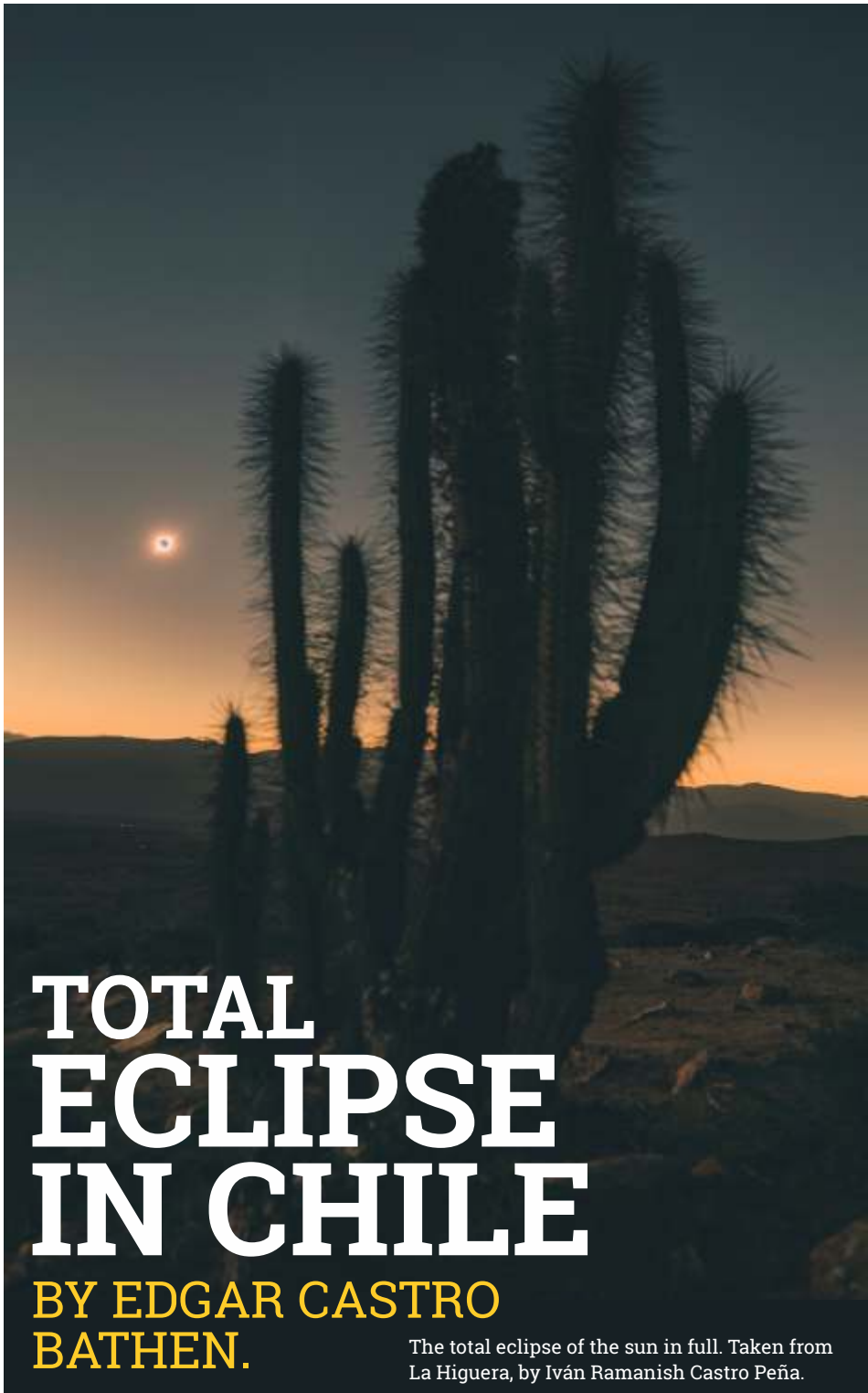
The Ambassador of Pakistan to France Moin-ul-Haque and senior members of the Pakistan Armed forces delegation also attended the event.

Air Marshal Ahmer Shehzad, HI (M) Chairman, PAC Board Kamra and Air Vice Marshal Muhammad Mughees Afzal, SI (M), DG Security Pakistan Air Force are representing the Pakistan delegation.

The Ambassador of Pakistan to France praised the strong presence and high level representation of Pakistan Air Force and Pakistan Aeronautical Complex at the Paris Air Show. He said that besides demonstrating the professional excellence of our organizations, Pakistan's participation would provide a unique opportunity to our delegation to interact with their counterparts from over 80 countries and to network with thousands of buyers and sellers from around the world.

Pakistan Air Force exhibited JF-17 Thunder aircraft in aerial and static display





# TOTAL ECLIPSE IN CHILE

BY EDGAR CASTRO BATHEN.

The total eclipse of the sun in full. Taken from La Higuera, by Iván Ramanish Castro Peña.

Total eclipses of the sun are among the most impressive and breathtaking spectacles that nature has. The Sun, our main source of energy, disappears suddenly and dark reigns, in broad daylight. You can see stars and planets shine. That is true and I can attest to that, because I witnessed the total eclipse of the sun that occurred in Guatemala on July 11, 1991, of which 28 years will be completed in a few days.

On July 2, 2019 the astronomical



Iván Ramanish Castro Peña

phenomenon occurred in Chile and Argentina, the only countries in the world where it would be seen and for there it went Iván Ramanish Castro Peña, famous Guatemalan photographer, who travels the world capturing images of auroras, eclipses, and other wonders that nature offers.

Iván chose La Higuera, in the Coquimbo region, for the visual advantage of the panorama, absence of obstacles on the horizon and weather conditions. The latter is what worries you the most, when it comes to seeing an eclipse. Remembering the one in Guatemala, it was what most worried us members of the Astroclub in 1991, and thanks to Dr. Roberto Monterroso Bonilla, we chose to go to the south coast and there we enjoyed a day 100% clear and we saw the eclipse in all its magnitude.

But each eclipse is different and above all being foreign, one does not know the weather conditions of the place and the time. But fortunately Ivan was in Chile, a country where there are more than 300 clear days a year, which gave him a certain guarantee of being able to photograph the eclipse. After all, the trip had been done exclusively for that.

It is worth saying that the climate in Chile has attracted the powers of the world to place their largest astronomical observatories there. Astronomy is highly appreciated in Chile and generates good revenues to the government for concessions to use land for these long-term facilities.

A total eclipse of the sun is an emotion from beginning to end. Choose the place, prepare the observation, choose the lenses, determine the appropriate photographic equipment, go to the place the day before to test, recognize the terrain, calculate where the sun will be at the time of the eclipse. Do not forget anything. Have everything prepared. The whole of this eclipse lasted only 2 minutes and fraction. If you lost something and you take a minute you missed half the eclipse!

You also have to know how the total eclipse works. Before the Moon covers the Sun completely, one has to use sunscreen, but at the moment of the totality it must be removed to capture the glorious solar corona. There is no time to improvise.

But the moment arrived and it was something wonderful. Even those of us who were following it online were thrilled. Given that in the rest of South America would be partial, we received dozens of videos, photographs and comments sharing their emotion for the astronomical event. But without doubt the best climate was Chile, as shown in Ivan's pictures, the diamond ring and Totality.

The diamond ring. Credits by Iván Ramanish Castro Peñ



"The diamond ring." It is called that way when the Moon has covered 96% of the Sun (before totality) and when it has already begun to clear the Sun (after totality). As the Moon covers almost the entire solar disk, but leaves one end uncovered, it recalls the appearance of a diamond ring and is therefore called that.

Totality is the moment of full coverage of the solar disk by the Moon. This is the moment of top excitement, lasted 2 minutes and fraction, but the one in Guatemala lasted more than 6 minutes. At that moment people shout, jump, clap, cry and laugh with excitement! It is the sublime moment of the eclipse. But, if you are going to take a picture, you can not afford that

luxury completely, you have to be attentive and maintain control to make sure that your equipment is working well and is taking it. Sacrifice that moment, but the result is worth it, as seen above. This is what Ivan did and the result was wonderful. Now we can all see it. Thanks to Ivan.

Totality, moment of top excitement. Credits by Iván Ramanish Castro Peña.



# EMERGING TRENDS OF STREET FOOD IN PAKISTAN

Fraaz Mahmud Kasuri



In the current era of food and flavours, the most interesting thing to note is that street food items are now seen in the glass showcases of bigger outlets as well. Whether it is a restaurant or some hotel, these items are an essential part of the menu.



Human nature is very interesting in its nature. No matter how far we have gone or travelled, we go back to our origin. This is exactly the point that applies on all our habits and doings as well. Our food and eating habits is one thing that never stays at a place.

We keep changing our food choices; sometimes in the pursuit of something new or sometimes just to taste our social or cultural roots. This is a fact that Pakistan is known for the variety of foods which actually explain our taste buds. This variety can be seen not only at expensive restaurants and eateries but also at roadside bars and shops. Earlier, hotels and restaurants in Pakistan started serving people with the cuisines of other regions and continents ignoring our





**Our cinema industry is incomplete without a long list of street food items. From popcorns to masala fries, the list is expanding and adding more items gradually.**

successfully expanding it.

One such trendsetter is Bombay Chowpatty which has literally explained the worth of street food. From famous Lacha Katori to special Aalu Chana Chaat, the list is full of Pakistani street food items. While talking to Hospitality Plus, Bombay Chowpatty Co-Partner Adnan Sheikh said that he was much satisfied with his street food business. "Everyone wants to eat street food but due its unhygienic condition people don't eat that. I thought of making people eat our very own street food

**COVER STORY**

and that too in its pure form. I started using mineral water for all my water related recipes like khatta in Paani Puri.", he added.

On the other hand, our cinema industry is incomplete without a long list of street food items. From popcorns to masala fries, the list is expanding and adding more items gradually. From shopping malls to university cafeterias, we can see street food items displayed in a hygienic way and that is a shift from unhealthy costly food to hale and hearty street food.



In the current era of food and flavours, the most interesting thing to note is that all these food items are now seen in the glass showcases of bigger outlets as well. Whether it is a restaurant or some hotel, these street food items are an essential part of the menu. Sometimes as starters, sometimes as desserts or sometimes as main food course, these street food items actually complete the lists of options. Recently, some investors have invested in the street food business and now they are





tariffs. Now, when food is not merely a meal, our street food has got its share again in almost all the small or big food eateries.

Some very popular roadside lip-smacking Pakistani street food includes chana chaat, fruit chaat, bun kabab, masala fries, daal chawal, sandwiches, BBQ rolls, pani puri, bhail puri, jalebi, dahi bharay, sweet potato, corn on the cob, roasted chickpeas, barbecued liver, biryani, haleem, sugarcane juice, squashes, lemonade etc.

original foods and dishes. With the passage of time, a shift was seen and keeping the demand in view our cultural foods and dishes were introduced in the menus and

original foods and dishes. With the passage of time, a shift was seen and keeping the demand in view our cultural foods and dishes were introduced in the menus and



In winters, there is a special addition of roasted peanuts and chicken stock or yakhni on the streets.

In Karachi, you eat parathas, matka qulfi and rubbri, in Swat, you find boiled eggs and sweets made of dry fruits, in Kasur, you enjoy andrassay and falooda while in Gujranwala, you

“

**Bombay Chowpatty has literally explained the worth of street food in Pakistan. From famous Lacha Katori to special Aalu Chana Chaat, the list is full of hygienic Pakistani street food items.**



eat popular street food barbecued, fried or grilled chiraas (birds). Other than these, cotton candy, street salad, laddoo peethi, sattu drink, naan khataai and many other items can be seen being sold on the roads. These food items represent and reflect the true culture and richness of the flavours in Pakistan.











Kaiser Tufail  
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# Chauburji & Nawankot Monuments

Hidden Jewels of Lahore III



Having seen one tomb too many during our recent cycling trips, we thought a visit to Chauburji would give us a break from the ghosts and ghouls of the Mughal nobility. Pedalling on Jail Road till Qartaba Chowk, we turned left on to Bahawalpur Road, which runs athwart the huge Miani Sahib Graveyard in Mozang. A few minutes later, the four turrets or *burjis* of the famous gateway appeared through a mishmash of ugly billboards, and equally unsightly wires and cables that cluttered the skyline. Mian Bai must surely be turning in her grave, we thought.

Several monuments of Lahore as in the rest of the country have a controversy about the occupant of a tomb, or the builder of a mosque or gateway. Chauburji is no exception, and the inscription above the arch is of little help. "... Bestowed on Mian Bai by the pleasure of Sahib-e-Zebinda, Begum-e-Dauran", left me perplexed, though mention of the year of completion ie, 1056 Hijri (1646 AD) turned out to be a good clue for some sleuthing.



Zebinda has been thoughtlessly assumed to be another name of Zebunnisa, the daughter of Emperor Aurangzeb, without paying heed to the fact that she was only eight years old in 1646. She was an accomplished poetess in her own right, but that is about all she is renowned for. A more likely candidate is her aunt, the suave Jahan Ara Begum, Emperor Shah Jahan's eldest daughter, who had a much wider canvas of activities that included poetry, writing, fashion designing, building of Agra's famous mosque, and several landscaping projects at Shahjahanabad, her father's new capital north of Delhi. With such accomplishments under her belt, she quite fits the titles: 'One Endowed with Elegance (*zebinda*)' and 'Lady of the Age (*dauran*)', the latter having been especially bestowed by her father after the death of Mumtaz

Mahal.

Mian Bai Fakhrunnisa, perhaps a lady-in-waiting and confidante of Jahan Ara, is said to have supervised the laying of a garden in Lahore, of which Chauburji was the entrance gateway. She must have earned the pleasure of her mistress, who bequeathed it for the services rendered. I may speculate, though, that Mian Bai could well have been rewarded for nursing the princess back to health, after serious burn injuries suffered in an oil lamp accident in the palace in 1644.

As at most historic sites in Pakistan, we were dismayed to see scruffy vagabonds sprawling on the Chauburji premises, posters pasted on its walls, and litter everywhere around. The remnants of

brilliant floral-themed Kashi-kari panels on portions of Chauburji could do little to alleviate the mess. Nobody seemed to be in charge.

The Chauburji Gateway is quite similar to the Gulabi Bagh Gateway in Begumpura, except for the absence of turrets in the latter. Chauburji's east-facing main entrance arch (*peshtaaq*) is flanked by four smaller arches; of the latter, the two on the ground level are simply deep-set alcoves, while those on the upper storey are openings of balconies set with stone-carved *jaali* guardrails.

The turrets are of octagonal shape and these flare upwards, possibly having been surmounted by Rajasthani *chhatris*, since lost. In fact, the north-western turret fell off during the earthquake of 1843 and was

**“The tomb was central to a funerary garden in the Nawankot locale. Only the gateway and two corner kiosks of a wall that enclosed the garden are extant, while the garden has been completely subsumed by the concrete jungle all around”**

replaced in the 1960s, the gateway having seen life as a 'Sehburji' for nearly 120 years. Today, there is no trace of the garden that the Chauburji once opened into.

### **Another Mystery Tomb**

From Chauburji, we set off south on Multan Road to look for a mystery tomb, again rashly attributed to Zebunnisa. After covering 1.7km, (about 200 metres past the Samanabad Main Road and Multan Road intersection), we came across a fenced enclosure on the left, amidst a row of wall-to-wall shops; it had a steel-grill gate locked by a loose chain. With no one to guide us in, we helped ourselves through the narrow gap in the gate, only to be surprised by two families who seemed to own the premises. A small hand-painted board claims the tomb to be of Zebunnisa, with another one sardonically notifying the public of its 'protected' status under the law!

It is well documented that Zebunnisa was confined in Salimgarh Fort on charges of colluding with her brother Akbar II, against their father Emperor Aurangzeb. She spent her last 21 years in confinement, and on her death in 1702, was buried in the garden of Thirty Thousand Trees



outside Kabuli Gate in Delhi. Her remains were re-interred in the tomb of Emperor Akbar in Sikandara, when a railway track was laid across her previous resting place.

With Jahan Ara also buried in Delhi (Nizam-ud-din Auliya Graveyard), the only remaining subject known to be associated with Chauburji is Mian Bai, which makes her a credible candidate as the tomb's occupant.

The tomb was central to a funerary garden in the Nawankot locale. Only the gateway and two corner kiosks of a wall that enclosed the garden are extant, while the garden has been completely subsumed by the concrete jungle all around.

The thick-walled tomb is a small square structure built on a brick platform. It has three arches on each side, with the central main arch flanked by two recessed ones having small oblong openings. A cenotaph lies on a partially broken marble floor that still displays a beautiful pattern of eight-pointed interlocking stars, and each star



set with an eight-petaled daisy. The roof of the tomb is of an unusual pyramidal shape on the outside, but is hemispherical on the inside.

The immediate threat to the tomb is by encroaching residents as well as some shops of timber cutters, which lie within the premises of the supposedly protected building. Additionally, a huge pipal tree grows a few feet away from the tomb, and its sub-terranean roots are likely to damage the very foundations of the tomb. The beautiful marble floor has already been uplifted in several places. Something will have to be done urgently about these issues if the tomb is to be preserved.

About 95 metres east of the tomb is the

gateway to the erstwhile garden. We had to approach it through a narrow street behind the tomb, with the neighbourhood watching us with some amusement. The design of the gateway is very similar to that of Chauburji, except for four squat *chhatris* that embellish the corners of the roof. We were extremely dismayed to see the gateway used as a garbage dump by a nearby marriage hall, what with cats and dogs prowling around. The *chowkidar*, along with a few shady characters emerged from the upper storey, which got us wondering if that part of the gateway was being used as living quarters.

The two remaining corner kiosks of the garden wall were in no better shape than



# THE GROWING ROLE OF MOBILE IN FOOD AND BEVERAGE



Mobile technology has been upending businesses and industries around the world for years. The launch of Apple's iPhone precipitated the now ubiquitous 'App', leading to changes in the way we book taxis (Uber), date (Tinder), work out (Guava Pass) and more. The F&B scene is no different, and in 2017 restaurant managers will need to adapt to survive.

By David Topolewski

Here are three trends we see developing this year:

#### **POS systems, in your hand**

Gone are the days a waiter would take your order, then leave to re-type your requests into a computer point in the corner of the room. While they have been available for a few years now, advancements in quality,

consistency and (most importantly) durability means that service staff taking your orders on mobile platforms which instantly communicate your orders to the kitchen will become much more frequent. This will improve service, and allow data to be mined and analyzed more easily.

#### **Mobile payments**

These will become more and more popular among patrons, and restaurants will need to start providing mobile payment options or risk alienating a portion of their customers. Even older generations nowadays are more used to using mobile to conduct everyday activities, from booking cinema ticket, ordering groceries and even managing their financial affairs. It is only a matter of time before the majority of restaurant-goers forego their wallets in favor of their iPhone when ordering their next salad.

#### **Mobile learning**

Asia is known as a 'mobile first' region, in that the mobile infrastructure is now more advanced than the 'traditional' Wi-Fi and Internet networks. Younger generations – those most likely to work in restaurants and bars – are more comfortable reading and learning from a smartphone than they are from a book. Mobile learning has been proven to produce more results, quicker and cheaper than traditional classroom-based learning. Pedagogy has improved to the point that vocational service skills can now be taught via mobile, creating massive opportunities for service institutions in the region.

# 8 TRICKS FOR SAVING MONEY AT EXPENSIVE RESTAURANTS

It's never fun to go out to a nice meal and feel by the end like you got ripped off. Which is why it's important to go into any restaurant, whether it's fast food or haute French dining, with some education about what you're getting and what you should be getting.

We talked to Mark Pastore, president of New York City's acclaimed meat purveyor Pat LaFrieda — which works with high-end establishments including The Spotted Pig and Minetta Tavern — about how to look for value when you go out to eat. Pastore knows of what he speaks: He says he eats out four to five days a week. Next time you're ordering at a restaurant, keep these tips in mind.

## 1. It pays to be vegetarian.

"There's really no cheap meat" in the United States, Pastore says, as long as it's quality product. So if you've been thinking about removing animals from your diet, it certainly won't hurt your wallet.

## 2. But not every type of meat is created equal.

At least in terms of cost, there is a clear order. "Poultry is always going to be the cheapest," Pastore says. From there it goes: pork, beef, veal, and then lamb, which is the "most expensive." So load up on duck and pork chops.

## 3. Forget about any unusual meats.

"Once you delve into the wild game market, it's all very expensive, because there aren't many people raising the animals," Pastore says. "A whole rabbit would sell for close to \$7 a pound fresh on the street. A whole chicken goes for about \$1.25 a pound." Elk and bison are delicious, but know you're paying a serious premium for them.

## 4. Steak isn't as expensive as you think it is.

At least, if you know what cut you're getting. Prime beef, the highest-grade option (or as Pastore calls it, "the Rolls-Royce" of steaks), has gotten "very expensive" this year thanks to supply and demand. But look out for "lunchtime cuts" that can be amazing in the hands of a talented chef, even when it's not lunch: flat-iron steaks, skirt steaks, hanger steaks, and flank steaks.

## 5. Try lunch instead of dinner.

"Lunch menus will always be more inexpensive than dinner," Pastore says. The same dishes will go for less, and restaurants are more likely to feature budget-conscious items in the middle of the day.

## 6. Seek out the neighborhood standby.

Restaurants that specialize in one thing come with an added cost. "If you want a great steak and you want a steakhouse experience, you go to one of the classic steakhouses, and you're prepared to pay those prices," Pastore says. But New American-style restaurants, especially ones full of locals, offer a wide variety of dishes at different price points.

## 7. Avoid specials.

They might seem enticing, but the problem

with specials, Pastore says, is that the food tends to be something "they either want to feature, or I joke a lot of the time it's what they're pushing that they can't sell." There's an old saying in the restaurant business: "You sell it, or you smell it." Restaurants also commonly won't tell you the price of a special. "Then it's wait until you get the check, and bam, you got nailed."

## 8. But don't be afraid of the prix fixe menu.

A number of great, normally expensive restaurants offer fixed-price menus, whether every night or only at certain times. They limit what you can experience, but they also tend to highlight signature dishes at a discount. "They're generally a great deal," Pastore says.

The best news? There's never been a more affordable time to eat out. Across the board, restaurants have gotten more casual while paying more attention than ever to ingredients — which means great food at a better price. "We've gone from a lot of white tablecloths to a lot of wooden tables that we sit at, and people enjoy a more communal style of eating," Pastore says.

Paul Schrod / Money.com



# 8 Best Cruise Lines for Couples



by Erica Silverstein

Romance and cruising would seem to go hand in hand, particularly if you've spotted any of the cruise lines' glossy magazine advertisements: photos of couples admiring the bow at sunset, or sipping orange juice on their private verandah in terry clothes robes, or even -- and this one we have a hard time believing -- spending time alone on a deserted beach with their mega-ship anchored in the background.

Advertisements notwithstanding, however, cruising can be one of the most romantic vacation options, but often the onboard ambiance and lifestyle contribute more to the feeling of "amore" than an occasional sunset. Choosing the right cruise line and, even more specifically, the right ship within the fleet, can be a big challenge. You don't want that sunset marred by crowds on deck jostling for the perfect photo op, the romance of a dinner for two killed by the whiny kids at the next table, or a cozy evening ruined by cramped cabins with minimal amenities.

In choosing our top picks, we looked at criteria that we would deem universally romantic, whether your definition of romantic is a party-all-night ship or ultimate pampering and luxury. For instance? We opted for ships that offered cabins with private balconies, great bathrooms and extra-special amenities; options for dining a deux (or at least the option to eat when and with whom you choose); cozy nooks and date-night venues; and almost-private open-deck spaces for relaxing by day and star gazing by night.

- 1-Princess
- 2-Paul Gauguin Cruises
- 3-Oceania Cruises
- 4-Windstar Cruises
- 5-Norwegian Cruise Line
- 6-SeaDream Yacht Club
- 7-Celebrity Cruises
- 8-Regent Seven Seas Cruises



## PRINCESS CRUISES

**Best Ships:** Crown Princess, Emerald Princess and Ruby Princess

**Why:** The newest of Princess' Grand-class ships -- Crown Princess, Emerald Princess and Ruby Princess -- blend big-ship options and small-ship cozy. Romance has always been the Love Boat line's focus, but the tiny, charm-less balconies and bigger size of its newer Royal-class ships mean that the elder sisters still win in this category.

**Sweet Digs:** Each boasts the line's traditionally high percentage of suites and mini-suites. Suites feature separate sitting areas, large balconies and walk-in closets, and come with perks like deluxe canapes, a complimentary mini-bar setup, upgraded bathroom amenities, and complimentary use of the ship's thermal suite, laundry services and Elite Lounge. But even the standard mini-suite is charming and comfortable.

**Dinner for Two:** Open-seating (as well as traditional) dining is available. But the most romantic option -- and unique to cruising -- is the Ultimate Balcony Dining dinner experience. For an extra fee, cruisers are treated to a lobster dinner with Champagne and course-by-course service. (Or have a romantic breakfast in your cabin with the line's Balcony Breakfast option.) Only caveat: Your cabin must have a balcony. We also love the ships' specialty restaurants. Request a banquet at Crown Grill, a steak and seafood restaurant with an open grill, or indulge in a multi-course meal at Sabatini's, the line's Italian eatery. For a more casual option, try Vines, a wine and sushi bar.

**Onboard Romance:** What could be more romantic than a night at "Movies Under the Stars," in which you recline on padded loungers (snuggled under wool tartan blankets) on the pool deck in cruising's version of a retro drive-in? Or for quiet tete-a-tetes with your sweetie, try Adagio, a lovely and private top-deck lounge featuring a cabaret singer. During the day, we love The Sanctuary, a (mostly) shaded retreat, complete with waiter service, spa menu and massage services (a couples' massage is available). Or, check out the spa's couple's Rasul room (it's a mud room with steam -- and more fun than it sounds!).

**Downside:** While the deluxe mini-suites are lovely and comfortable, the all-open-air balconies are anything but private.





## PAUL GAUGUIN CRUISES

### Best Ship: Paul Gauguin

**Why:** Designed, built and decorated to sail year-round in the romantic South Pacific, the cozy, 332-passenger Paul Gauguin offers an air of tropical festivity. Dining is restaurant-style, the staff is superb and the ship is highly inclusive (cocktails and other beverages are included in cruise fares). But it's the ship's remote and lush island destinations that really turn up the notch on the romantic nature of the trip.

**Sweet Digs:** You know this is a ship intended for couples when most cabins come with a queen-sized bed and only a limited number can be split apart into twins. Consistent with the decor around the ship, cabins are tropically inspired; when we embarked, our cabin attendant had showered the bathroom sink with red rose petals. Definitely book ahead so you can nab a balcony cabin. It's not a trip to the South Pacific if you're not out on your balcony, savoring coffee, as Bora Bora pulls into view. And just when life onboard couldn't be any better, suites and category A and B veranda staterooms feature butler service.

**Onboard Romance:** Dance cheek to cheek with your honey to the tunes of a chanteuse in the La Palette Lounge, or gaze at the sea or stars from the lounge's top-of-ship vantage point.

**Dinner for Two:** For such a small ship, the choice of restaurants is superb. L'Etoile, which offers French cuisine accented with Polynesian touches, serves as the main venue. Couples will appreciate plentiful tables for two and an attentive waitstaff that will keep your glasses filled with house wines and nonalcoholic beverages (included in your fare). Two casual venues offer indoor and alfresco dining, with themed, reservations-only dinners. And there's always room service for meals in bed or on your balcony.

**Downside:** French Polynesia is a long trip from just about anywhere, so be prepared to endure hours on a plane before you get to your luxurious destination.



## OCEANIA CRUISES

### Best Ship: Marina, Riviera

**Why:** Because of their slightly larger size Oceania's O-class ships offer just a bit more variety than their smaller fleet mates, while still maintaining an intimate feel. With several upscale restaurants, an onboard Culinary Center and Artist Loft classes and evening theater and dance, there's plenty for couples to do together.

**Sweet Digs:** While any cabin with a balcony has the potential for romance, the eight Vista suites, 12 Oceania suites and three Owner's suites are definitely the creme de la creme. Among the many amenities included with Oceania suites is a complimentary welcome bottle of Champagne, unlimited access to Canyon Ranch SpaClub's private spa terrace, a Bulgari gift set and toiletries and cashmere lap blankets for late evenings stargazing on the balcony. To top it off, all suites feature beautiful views and indoor and outdoor whirlpool spas to share with your sweetie.

**Onboard Romance:** Day or night, couples looking to reconnect never have to stray far from one another onboard Marina and Riviera. Lie side-by-side during a couples massage in the Canyon Ranch SpaClub. Dab a little flour on your partner's nose during a hands-on cooking class in the Bon Appetit Culinary Center. Discover shared pleasure during a wine flite tasting in La Reserve. Re-discover your shared groove on the dance floor in Horizons Lounge.

**Dinner for Two:** Four complimentary specialty restaurants give couples plenty of opportunity for romantic dinners out. Couples who want to stay in can choose in-cabin dining, including course-by-course butler service for those in suites.



**Downside:** While Oceania cruises can come with a steep price tag, the line is not as inclusive as other premium lines. Be prepared to pony up for your drinks and tips.

## WINDSTAR CRUISES

### Best Ship: Wind Surf

**Why:** Wind Surf's both a sailboat and cruise ship, and it features a hybrid blend of cruise traditions (such as the crew show, organized shore excursions and multiple eateries) and utterly romantic vistas. Carrying just 310 passengers, the ship's onboard ambience is relaxed (no set seatings at dinner) and its itineraries focus on ports in the Caribbean, Mediterranean and Baltic that are often too small to appeal to massive ships.

**Sweet Digs:** What Windstar's cabins lack in size and variety, they make up in style. The line has spiffed up the staterooms with state-of-the-art electronics, decadently soft bedding and L'Occitane bath products. Most suites are simply two standard cabins opened up and joined together, but having two bathrooms is generally a boon for marital bliss.

**Onboard Romance:** A favorite spot -- and it's remarkably quiet -- is at the outside tables at Wind Surf's cigar bar; it's a great place to sit under the stars (or enjoy a quiet cocktail). If it's too chilly for sitting outdoors, head to the indoor section of the Compass Rose lounge to listen to some pre-dinner music over drinks with your sweetheart.

**Dinner for Two:** For casual daytime dining, the glass-walled Veranda offers seating outdoors as well as indoors. It's adjacent to the grill and features both buffet fare and choices from a menu. At night, enjoy a romantic candlelit dinner by the pool at Candles, sample French-influenced contemporary dishes at Stella Bistro, or dine in the main restaurant, Amphora, which features local and creative cuisine.



**Downside:** This ship is small and cabins are close to the water, so in rough seas, you'll definitely feel the motion of the ocean and perhaps watch the waves close in over your porthole. If you're prone to seasickness, bad weather might kill the romance of a Windstar cruise.

## NORWEGIAN CRUISE LINE

**Best Ships:** Norwegian Gem, Norwegian Jewel, Norwegian Pearl and Norwegian Jade

**Why:** Norwegian's "Freestyle Dining" philosophy (passengers can dine without the hassle of assigned times and tablemates at a variety of

restaurants) is perfectly suited to table-for-two travelers. While the line's newest and biggest ships are full of Las Vegas flash and nonstop entertainment action, we prefer its Jewel-class for the right mix of romantic options and plentiful activities.

**Sweet Digs:** If you can afford them, the ships' Haven suites -- Courtyard Penthouses, Owner's Suites and Garden Villas -- are tops for a romantic getaway. These suites are located away from the fray in a private-access area of the ship -- and offer a host of special perks, from access to a fabulous Asian-inspired pool area (complete with Balinese bed and hot tub) to suite-holders-only breakfast and lunch in either Cagney's Steakhouse or Moderno Churrascaria. The suites feature separate living and sleeping rooms, flat-screen televisions, butler service and, the best part: a swishy bathroom whose whirlpool tub is set into a picture window alcove.

**Onboard Romance:** Active couples can play a little one-on-one basketball on the sports deck; while those looking to relax together can snag side-by-side loungers in the spa's relaxation room. At night, snuggle



up to your honey, cocktail in hand, on one of the canopied beds that serve as loungers in the Bliss Ultra Lounge and Night Club.

**Dinner for Two:** Try dinner at Cagney's, the dedicated steakhouse, and Le Bistro, a French eatery; for drinks, Cagney's adjacent lounge, located at the top of the ship, is away from the crowds.

**Downside:** These megaships aren't exactly intimate, and you might have to queue up for your dinner table for two if you don't eat at odd times or make reservations in advance.

## SEADREAM YACHT CLUB

**Best Ship:** SeaDream I and SeaDream II

**Why:** These nearly identical 112-passenger yachts win top romantic honors for sophisticated couples who want luxury (phenomenal dining and great service) amidst a casual ambiance. The ships are gorgeously restored; dining is all as-you-wish; cabins, though cozy, are outfitted with state-of-the-art accoutrements; and service is outstanding, personable, attentive ... and subtle. Fares are all-inclusive, too, which means tips and most drinks are included in your fare.

**Sweet Digs:** There are only four types of stateroom. The most romantic is, of course, the Owner's Suite (with a fabulous windowed bathroom); the Admiral Suite has similar amenities but is somewhat smaller. The Commodore Suites are basically two standard cabins put together -- we actually preferred our standard accommodations. The 195-square-foot standard cabins feature separate seating areas and bedrooms, with a small but exquisitely outfitted bathroom (huge shower-for-two with three shower heads). Add to that fine linens and great mattresses on the bed, high-tech flat-screen televisions, DVD and CD players, and plenty of storage space.

**Onboard Romance:** Our favorite place for sunset-timed port departures was on one of the Balinese beds on the top-most deck. Tucked around the smokestack, they are built just a bit above the deck railing, which gives you a sense of floating above the water. (You can also reserve one for a night sleeping under the stars.) We also loved the Top of the Yacht bar for after-



dinner drinks to a soundtrack of live music.

For that special occasion when guests wish to dine privately, there are intimate alcoves.

**Dinner for Two:** There are two primary venues. The Main Dining Salon (indoors) feels like a restaurant at an elegant, small boutique hotel. But our favorite spot was the Topside Restaurant; it's an open-sided outdoor eatery (covered, though, so shaded) and there are a handful of wonderful and private nooks.

**Downside:** There are no cabins with balconies (but the open decks were so expansive and there were so many lovely nooks that we never missed them).

## CELEBRITY CRUISES

**Best Ship:** Celebrity Solstice, Equinox, Eclipse, Silhouette and Reflection

**Why:** Celebrity's newest ships are sophisticated and hip, and cater to couples on adult getaways, rather than families on holiday. Plus, there are plenty of onboard spaces tailor-made for parties of two -- from wine bars to multiple specialty dining venues, double pool loungers and top-deck lawns perfect for picnicking.

**Sweet Digs:** For a true splurge, suites range in size from 300 to 1,636 square feet, with amenities such as separate living room/dining room areas, baby grand pianos, whirlpool tubs and large balconies. For couples who enjoy the spa experience, Celebrity's AquaClass cabins and suites create an oasis of calm on the bustling ships with massaging showerheads, complimentary spa-oriented bath and body products, and upgraded bed linens. Plus, couples can seek further R&R with complimentary use of the AquaSpa Relaxation Room and Persian Garden and exclusive specialty restaurant, Blu. There's also good news for pairs looking for a private retreat without breaking the bank -- 85 percent of all cabins feature private balconies.

**Onboard Romance:** It's easy to rekindle the romance with a picnic for two in the Lawn Club, a real grass lawn on the ships' top decks. Or hide away in a corner of the Deck 4 wine bar or martini bar, and get a little tipsy with your loved one. The pool deck and adults-only Solarium also have



cozy double sunbeds and hammocks for snuggling in the sun.

**Dinner for Two:** With so many top-notch specialty restaurants onboard, any table for two will do for a romantic night out. Our favorite for couples (and anyone else, for that matter) is Murano, the upscale Continental restaurant offering both tasting and a la carte menus. Treat yourself and your sweetie to luxe dishes like caviar, escargots, sweetbreads or foie gras. For dinner with a view, dine early at the back-of-the-ship Tuscan Grille, an Italian steakhouse with a wine country feel.

**Downside:** Onboard dates don't come cheap, whether you're shelling out for glasses of wine or fabulous cocktail creations, splurging on a specialty restaurant meal (Murano charges \$45 per person), or booking upper-class cabins.

## REGENT SEVEN SEAS CRUISES

**Best Ship:** Seven Seas Mariner and Voyager

**Why:** You can't go wrong with an all-suite, all-balcony ship that features personal service, gourmet cuisine and the most-inclusive cruise fares of the major luxury lines. You don't have to worry about lover's quarrels over the price of shore excursions, which pre-cruise hotel to book or how many drinks to order -- it's all covered by your cruise fare.



# Top Ten Most Spoken Languages In The World



1



## Mandarin – 1 Billion Speakers

Mandarin is the most popular language in the world mainly because it is spoken in the most populated country in the world. It has double the amount of speakers as English but it is also one of the most hardest languages to learn.

**"Hello" in Mandarin is "Ni hao".**

2



## English – 508 Million Speakers

English the language of the United Kingdom and is also the official language of more countries than any other language. It is spoken in numerous countries all around the world such as New Zealand, the US, Australia, Zimbabwe, the Caribbean, Hong Kong, South Africa, and Canada.

**If you are reading this you probably already know how to say hello in English, so**

3



## Hindi – 497 Million

Hindi is the first language of India and due to the population growing at such an incredible rate it is predicted to pass English and take second place within the next few years.

**"Hello" in Hindi is "Namaste".**

4



## Spanish – 392 Million Speakers

Apart from Brazil, Spanish is pretty much spoken in every country in South America. It is also one of the most popular languages to be taught in the US. The language is also very similar to Portuguese with many Spanish and Portuguese speakers being able to understand each other.

**"Hello" in Spanish is "Hola".**

5



## Russian – 277 Million Speakers

Considering the size of Russia it was probably obvious it would make an appearance on the list but the language is also spoken in Belarus, Kazakhstan, and the US to name just a few.

**"Hello" in Russian is "Zdravstvuite".  
(If you can pronounce it.)**

6



## Arabic – 246 Million Speakers

Not only is Arabic one of the most popular languages but it is also one of the oldest. It is spoken throughout the Middle East and found in other countries such as Saudi Arabia, Kuwait, Iraq, Syria, Jordan, Lebanon, and Egypt.

**"Hello" in Arabic is "  
Al salaam a'alaykum**

7



## Bengali – 211 Million Speakers

Bangladesh has a population of over 120 million people and the population is growing so fast the language is also spreading to India creating more Bengali speakers than most people

**"Hello" in Bengali is "Ei Je" (EYE-jay).**

8



## Portuguese – 191 Million Speakers

Like many other European countries the Portuguese were explorers and colonized many countries spreading it's language around the world. Brazil, Macau, Angola, Venezuela, and Mozambique all speak Portuguese.

**"Hello" in Portuguese is "Ola"**

9



## Malay-Indonesian – 159 Million Speakers

Malay-Indonesian is spoken in Malaysia, Indonesia and Singapore. Even though there are many dialects of Malay they are basically based on the same root language.

**"Hello" in Indonesian is "Selamat pagi".**

10



## French – 129 Million Speakers

Any French person will be quick to tell you that their language is one of the most romantic languages in the world but is also spoken in many other countries such as Belgium, Canada, Rwanda, Cameroon, and Haiti.

**"Hello" in French is "Bonjour".**

# 24 Pictures From Around the World That Will Make You Re-Evaluate Your Entire Life



They say a picture is worth a thousand words. In this case, they would be right. An image can capture the essence of something powerful more than any writer or poet. An image is simple; it's right there in front of you, completely unfiltered. Words can get lost in translation and taken out of context; their meaning confused and misinterpreted. Images aren't just a mixture of colors caught on paper. They are something that can stir and evoke raw emotions inside of us.



In that sense, images aren't just a solitary snapshot of a single moment. They are far reaching reminders of memories both good and bad. They are catalysts for emotional reactions.



Psychologists explain that images help to easily convey four key stimulants: expectations, emotion, motivation and culture. All four obviously hold a significant importance in daily human life and tap into the innate id. Images and visuals also elicit projections from the perceiver. If you put a picture of a boy and his dog in front of you, me and ten other people, that picture will probably mean something different for everyone who sees it. Maybe one person in the group recently lost their dog, maybe someone else had a bad childhood experience with a dog. Whatever the case may be, each person's reaction to the picture will be somewhat based on their previous experiences and opinions. Their subjectivity will take hold and help



Explaining that reasoning makes sense on an intellectual level. You understand that A causes B. But ultimately, there is a reason they say seeing is believing. No collection of words, or sequence of sentences can match the impact of a powerful image. Seeing something, whether it be a horrific image of war or an inspiring example of humanity, instantly makes it real. It makes everything relatable on a personable level.

They are powerful connections to something larger than yourself and they are visual representations of your inner most desires and fears.



I'm a writer; I love words. But even I can admit that in this digital age, a picture of a loved one means more to me than a text message. Images can more succinctly represent this world than complicated prose.





Look at these photos and all they represent. The conflicting ideologies of power and love seen in heavily armed police forces facing down peaceful protestors. True happiness found in an elderly couple making silly faces and kissing when the camera snaps. The hope for a better world when you come across a picture of 100,000 monks gathered together to pray. A reminder that anything is possible as you look at *The Beatles* play for a mostly empty club hall a year before they became *The Beatles*.  
 -4daysin.com





# 7 FOODS YOU CAN EAT AND NOT GAIN WEIGHT

It sounds impossible, but there are actually certain foods that can satisfy hunger cravings without packing on the pounds. The key is to indulge in a meal that has a high satiety value, which describes how filling the food is compared to its calorie content.

This so-called “satiety index” measures the ability of various foods to make you feel full and ultimately reduce your calorie intake over the course of a full day.

That kind of eating is what will keep the pounds off, and some foods are just way better at both satisfying hunger and discouraging overeating than others. We’re not just talking about rabbit food here, either. You can eat real, satisfying food yet stay slim and healthy. In fact, #7 is a straight up snack that you can eat all day long if you

want!

## 1. Boiled Potatoes



Many people avoid potatoes due to their high carbohydrate content, but there is no need for this. Potatoes are very nutritious as long as they aren’t fried. More than that, potatoes contain resistant starch that acts like soluble fiber in the digestive system. This helps you feel full with fewer calories. Studies show that cooking and then cooling potatoes increases the level of resistant starch. Heating and cooling them repeatedly further raises that level. So not only are potatoes delicious and nutritious, but they become more so when you eat them as leftovers.

## 2. Whole Eggs

Eggs, and especially egg yolks, have been unfairly characterized as heart attack-inducing cholesterol bombs. But while they do contain a fair amount of cholesterol,



studies have shown that eating eggs does not raise bad cholesterol levels. On the contrary, eggs represent a complete protein, which means that they contain all nine essential amino acids.

Protein is a lot more filling than simple carbohydrates, so eating eggs in the morning can keep you on a good track all day. One particular study found that people who ate eggs for breakfast were able to lose more weight and trim their BMI (body mass index) further than people who had a bagel.

### 3. Oatmeal



Oatmeal is a super filling dish because it contains a ton of fiber and soaks up a lot of water when cooked. Yeah, it's pretty bland, but it can be flavored up so many different ways. Fruit, nuts, and brown sugar are all great choices.

Oats also have a lot of a type of insoluble fiber called beta glucan, which has been found to slow the absorption of carbs and suppress appetite throughout the day.

### 4. Broth-Based Soups



No one really thinks of soup as filling, but it can be. In fact, studies show that some soup can be more filling than a solid-food meal with the same ingredients. Eating soup as an appetizer could increase your satiety to the point that you eat about 20% fewer calories overall in that meal.

Make soup a habit and you'll lose weight without even trying. We recommend broth-based soups because they are lower calorie than cream-based soups.

### 5. Apples



Apples also score highly on the satiety index because they contain a soluble fiber called pectin that regulates digestion. They also contain a great deal of water – up to 85% per piece – which provides volume to make you feel full but not a lot of calories.

One study examined the results of consuming solid apple segments, applesauce, or apple juice at the beginning of a meal. The people who ate apple segments went on to consume 91 fewer calories than the applesauce group and 150 fewer calories than the apple juice group.

If you want to enjoy apple flavor and not gain weight, make sure to eat it whole. And if you get bored of apples, know that citrus fruits are also fairly high in pectin and water.

### 6. Fish & Lean Meat



Higher protein diets are more filling and satisfying than carb-heavy ones. Therefore, it's okay to eat your meat. Leaner cuts are recommended, as some meats are high in saturated fat and won't do you any favors. But fish, for example, is low fat yet high in protein and omega-3 fatty acids, which increases satiety as well as supports a healthy cardiovascular system.

While fish scores highest among meats on

the satiety index, other lean meat like chicken, pork, and some cuts of beef are also packed with protein. Studies indicate that eating a high-protein lunch can lead to a 12% reduction in calories consumed at dinner, compared to people who eat a mostly carbohydrate lunch.

### 7. Popcorn



Heck, yeah! It's snack time. When you get the craving for a salty treat, popcorn should be your go-to choice. It is a whole grain that's high in fiber but low in calories. There is also a lot of air in popcorn which actually helps to fill you up faster than potato chips or crackers.

However, it is always best to choose air popped popcorn over the microwave bag variety. The bags are often lined with carcinogenic chemicals, and the fake butter additive is toxic. But once you have a nice bowl of air popped popcorn in front of you, there are countless healthy ways it could be flavored. Olive oil and garlic, avocado oil and parmesan, chopped oregano and tomato powder...you are only limited by your imagination.

### Conclusion

Whether you are trying to lose weight or want to maintain your current weight, making these 7 filling foods a priority can really help. Diets don't often work because they ask people to completely change the way they eat. But simply focusing on eating more of the right foods will begin to crowd out some of your least healthy indulgences.

Choosing more foods that are high in protein, fiber, or volume (lots of water or air), yet low in calories and saturated fat, is a great way to achieve the slim, strong body you want.

PAKISTAN IS UNIQUELY PLACED  
TO TAKE ADVANTAGE OF

# RELIGIOUS TOURISM

## WHAT IS STOPPING US?

Significant improvements in security mean that the sector is now poised to pick up.



By Hina Shaikh | Nazish Afraz

“*Tourism has grown faster than the global economy for the eighth consecutive year. Today, more than a billion people travel internationally, with around half these journeys destined for developing countries. Pakistan is uniquely placed to take advantage of this trend.*”

Travellers can experience the historical heritage of one of the oldest civilisations in the world, worship at the rich collection of Sufi shrines, Hindu temples, Sikh gurdawaras and Buddhist monasteries, scale some of the highest mountains in the world, or simply experience natural beauty ranging from blossoming trees against a backdrop of snow-clad peaks in Gilgit-Baltistan to pristine beaches in Gwadar.

However, despite this wealth of tourist attractions, Pakistan’s tourism sector trails far behind that of India, Turkey, Sri Lanka and the region in general.

The direct contribution of the travel and tourism sector to Pakistan’s gross domestic product is just 2.8 per cent compared to the regional average of 3.5pc.

In terms of receipts from foreign tourists across South Asia (\$33.82 billion in 2016), Pakistan scrapes a share of less than 1pc of this important source of foreign exchange compared to India’s share of 69pc, Sri Lanka’s 10pc and Maldives’ 7pc.

Moreover, in sharp contrast to the dramatic improvements in the share of travel and tourism to India’s economy, in Pakistan, this share has remained fairly stagnant.

What is the economic potential for tourism in Pakistan? What is holding us back from reaching the potential and what can be done about it?

### Boosting the economy

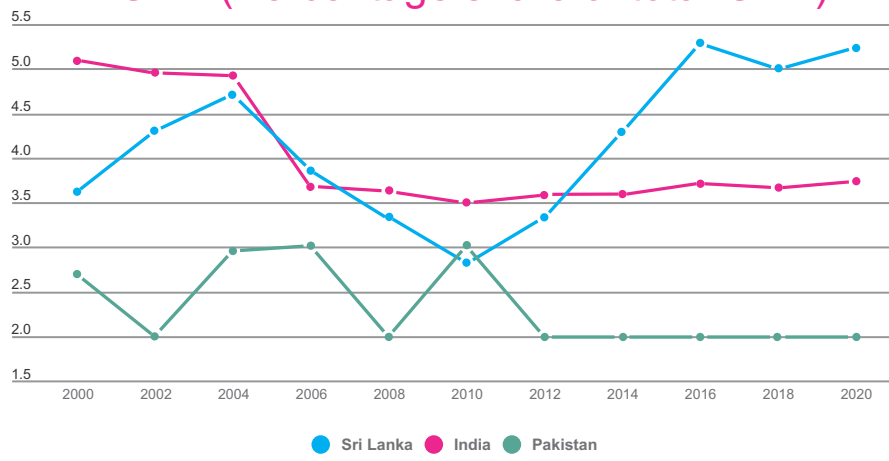
What if Pakistan’s international tourism sector contributed to the economy at similar rates as the rest of South Asia? The gains to GDP would be \$1.5 billion.

What if Pakistan surpasses South Asia and





## Travel and tourism's direct contribution to GDP (Percentage share of total GDP)



contribute a three- to four-fold increase in the revenue generated by domestic tourism.

Pakistan is an especially important site for both Sikh and Buddhist tourists. At one point, Punjab was the centre of the only Sikh empire in history. Nankana Sahib, the birthplace of Baba Guru Nanak, is one of the holiest sites for Sikhs, with the potential to attract as many pilgrims as the Golden Temple in Amritsar.

Yet, barely 6,000 Indian Sikhs visit Pakistan, in contrast to over 50 million that visit the Golden Temple — just 120 kilometres away from Nankana Sahab — each year (this includes multiple visits from the same visitors).

The number of pilgrims coming to Pakistan each year and where they stay is controlled and managed for political and security reasons by the state, albeit with fewer restrictions on diaspora Sikhs as compared to Indian Sikhs.

According to survey data, a whopping 83pc of the eight million diaspora Sikhs living outside India have shown interest in visiting Pakistan. In addition, 79pc of the 20 million Indian Sikhs expressed an interest in visiting Pakistan. In sharp contrast, just 10pc had

international tourism contributed at world average rates? The gains to GDP would be \$3.5 billion — equivalent to the value of Pakistan's largest current export item, cotton.

Simple back-of-the-envelope calculations show a substantial economic impact of existing domestic tourism as well.

For instance, looking at just domestic tourism to heritage and religious sites in Punjab, the Tourism Development Corporation of Pakistan (TDCP) identifies 480 such sites across the province. Of these, 106 are of historical importance, 120 religious and a further 26 of both religious and historical importance.

Assuming a modest average spend of Rs200 per trip per person and using TDCP data on the number of visits to each site, revenue generation through these domestic visits is currently estimated at Rs54 billion per year — two-thirds of what international tourists spend in Pakistan each year.

With the right policies in place, Punjab alone can



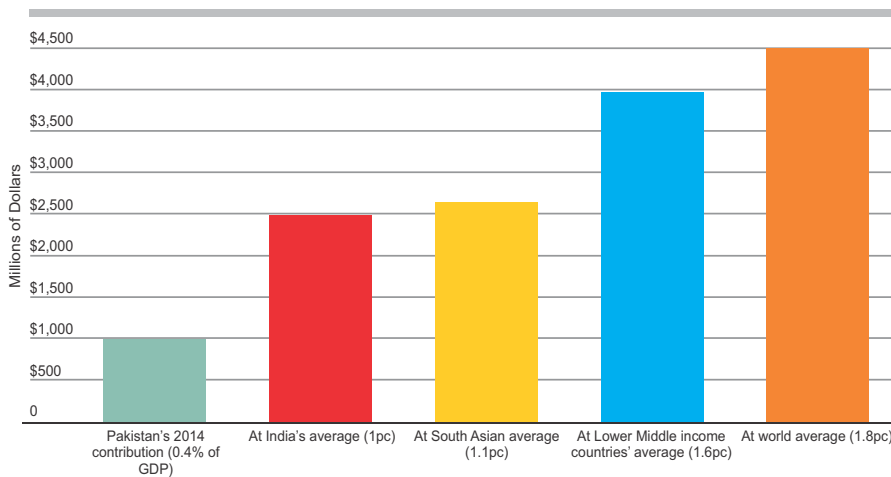
actually come to the country.

Improvements in visa restrictions, security and infrastructure can lead to an increase in tourist numbers and a change in the profile of existing Sikh tourists, which is currently heavily biased towards low-end visitors (those who won't be spending too much).

For instance, allowing one-day visas for day trips to Nankana Sahib, a mere two-hour drive



## Current and potential contribution of international tourism in Pakistan



Source: World Bank ( data from 2014)

from Wagah, can boost visits from Indian pilgrims. Conservative estimates of the economic impact of boosting Sikh tourism, that keep the current expenditure profiles and mix of pilgrims as given and assume that a small fraction of the Sikhs that expressed an interest in visiting Pakistan do actually visit, show an approximately 85-fold increase in Sikh tourists' expenditure on goods and services in Pakistan. The current spend of

Rs208 million can reach almost Rs18 billion.

This is assuming 44,000 annual visitors (a mix of diaspora and national Sikhs, with some high-spending and others low-spending tourists) with most staying for two weeks, some single-day visits and spending between Rs4,000 to Rs20,000 per day per person.

The gains to the economy, however, are

not restricted to these direct expenditures on hotels and transport. They create ripple effects through the economy via indirect and induced expenditures.

Hotels purchase more goods and services from their suppliers and expand their facilities (indirect expenditures). When the region becomes more active as a tourist hub, increased employment and economic activity spillover to higher spending on all goods and services in the area (induced effects).

The World Travel and Tourism Council estimates that every rupee of direct expenditure is expected to lead to an additional spend of Rs1.46. Every direct job in the travel and tourism sector also implies an additional 1.55 jobs in related sectors. Incorporating these multiplier effects, the total contribution of Sikh tourists is projected to reach approximately Rs44 billion every year, generating over 82,000 jobs.

Similarly, Buddhist tourism has an estimated market of 500 million Buddhists across the world. Pakistan's Gandhara region comprising Mardan, Taxila and Swat holds a special place for them. Korean Buddhists in particular trace their religious origin to the area that is now Pakistan, where Korean monk Hyecho travelled 1,300 years ago.

Just recently, a 48-foot-long Buddha was also

unearthed in Haripur, making it the world's oldest sleeping Buddha statue. Takht-i-Bahi in Khyber Pakhtunkhwa and the sites in northern Punjab alone have the potential to attract a major proportion of the 50 million Mahayana Buddhists in Korea, China and Japan.

A 2016 Gallup survey of the Buddhist population across a selected pool of countries identified 58 million "interested visitors" of which 5pc (2.9 million) were "likely to visit" Pakistan. Poor security situation, lack of marketing and tourist facilities and the absence of a functional Buddha stupa are currently preventing this potential from being realised.

Facilitating these tourists and reaching just 1pc realisation for Pakistan would mean 29,000 visitors a year, with a revenue inflow of \$62.9 million in the near term. Accounting for the direct and indirect effects, Buddhist tourism can contribute over Rs16 billion to GDP and provide employment to 30,772 people.

## What is holding us back?

Where can we begin in order to realise this potential? The most important impediment identified in surveys in the past has been Pakistan's security situation. Significant improvements in security mean that the sector is

approval of a National Tourism Coordination Board. They have also announced a new visa policy, plan to provide online visa facility for 175 nations and have relaxed the system of No Objection Certificate for certain regions.

Tourism remains a key area of cooperation under the China-Pakistan Economic Corridor, realising the enormous potential of Chinese tourists and impact on international tourism of overall improvements in infrastructure.

There are, however, some additional factors that remain unaddressed. A critical one is an appropriate institutional and regulatory structure that allows for conservation and regulation, provision of facilities, effective management and data-driven planning to understand and attract tourists in a manner that is environmentally sustainable.

Existing institutional and regulatory arrangements for the tourism sector remain weak, complex and in need of serious reform. Multiple agencies and departments are involved in the sector, without any specialised experience in managing heritage and religious sites and without conformity in practicing international or UNESCO standards. Special management structures like the Walled City Authority do exist, yet there is a need for a consistent approach that

no legal authority post-18th Amendment.

The impact of these issues is exemplified in the experience of Katas Raj, a complex of seven ancient Hindu temples. The ETBP exercises complete authority over the development and restoration of Katas Raj without apparent oversight of the provincial archaeology department or any in-house expertise in conservation and restoration.

This institutional flaw has led to renovations using plaster and paint, which have permanently destroyed any remaining vestiges of antiquity. The floors and steps throughout the complex have been re-laid using white marble that looks completely anachronistic in that environment. Most importantly, nearby cement factories have contaminated and dried up the centuries-old pool of water considered holy by Hindus.

While suo moto action was taken after media reports last year, the experience highlights the gaps in the regulatory environment that have allowed substantial and potentially irreversible damage to historical sites.

Other issues that arise from poor institutional arrangements include poor tourism infrastructure, low involvement of the private sector, inadequate marketing and low enforcement of quality standards.

The Punjab Tourism for Economic Growth report develops five strategic thrust areas to address these issues and unlock tourism's potential: tourism infrastructure, safety and security, branding, developing talent for tourism services and policies for sustainable tourism that involve and benefit local communities, as well as regulation that preserves heritage sites.

With these arrangements in place, Pakistan can look forward to revamping its tourism industry to take its rightful place in the country's development.

*Courtesy: Dawn*



now poised to pick up.

In recognition of this, the Pakistan Tehreek-i-Insaf-led government has shown a keen interest in reviving this sector. They have established a national task force on tourism, followed by

applies to all sites of significance.

Federal-provincial coordination poses further challenges. Federal jurisdiction over some heritage sites is still maintained by the Evacuee Trust Property Board (ETBP) even though it has

# A BASIC GUIDE TO FOOD PRESENTATION



If you own a foodservice business, you know that food plating and presentation are central to keeping guests happy as they experience your restaurant. However, plating is often overlooked by chefs who are either too busy or more concerned with the taste of their dishes. People eat with their eyes, and creative and thoughtful plating enhances both the look and taste of your food. Focusing on presentation also allows chefs to showcase their creations and demonstrate to guests that they're getting their money's worth. While there aren't any hard and fast rules when it comes to 'correct' plating, there are several important concepts to keep in mind as you prepare and present your restaurant's delicious culinary creations.

## Things to Remember Before You Begin Plating Food

Before you begin preparing your dish, you should consider the kind of cuisine you're serving. Are you making a hearty steak dinner, or are you preparing a delicate side dish or appetizer? You can't start building your plate until all of your flavors are finalized, so it's wise to have your ingredients prepared before you begin the actual plating process.

Additionally, you'll want to consider portion sizes before you begin plating. To do so, focus on balancing your protein, carbohydrate, and vegetable to create a nutritionally balanced meal. Ultimately, carefully placed ingredients create art, but presentation should never overshadow taste.

## Guidelines for Plating Food

For tips and tricks on how to create a beautiful plate, consider the steps below:

### 1. Choose the Perfect Plate

Selecting the right plate for your meal is key to attractive food presentation.



Here are some things to keep in mind:

## How to choose a plate for food presentation

**Choose the right plate.** One way to conceptualize plating is to think of yourself as an artist, the plate as your canvas, and the food as your medium.

**Choose the right size plate.** Choose your plate wisely by making sure it's big enough to allow your food to stand out, but small enough that your portions don't look too small.

**Choose a complementary plate color.** The color of your plate is also significant. White plates are popular because they create high contrast and provide a neutral background for your colorful creations. Utilize white space by thinking of the rim as your frame, and consider using the rule of thirds to highlight your plate's focal point(s). When applied to cooking, the rule of thirds prescribes placing the focal point of your dish to either the left or right side of the plate, rather than the center.

## 2. Placing Your Ingredients



Here are a few of the most important aspects to consider as you build your dish:

**Plate with a clock in mind.** As you begin plating your ingredients, picture the face of a clock. From the diner's point of view, your protein should be between 3 and 9, your starch or carbohydrate from 9 and 12, and your vegetable from 12 and 3.

**Food presentation ideas.** Use moist ingredients as your base. Another rule of thumb is to plate moist or runny ingredients first, as they tend to move during delivery if they aren't held down by other foods. One way to anchor runny ingredients is by

placing other foods on top of them. For example, you can angle sliced meat or vegetables against purees and mashed vegetables.

**Serve odd amounts of food.** If you're serving small foods like shrimp, scallops, or bite-sized appetizers, always give guests odd quantities. Serving 7 brussels sprouts instead of 6 creates more visual appeal, and diners will also perceive that they're getting more food.

**Place food to create flavor bites.** Essentially, flavor bites are forkfuls of food that combine all of the ingredients in your dish into one bite. Creating flavor bites is the perfect accompaniment to creative plating as it pleases both the eye and the taste buds.

**Don't overcrowd your plate.** Be sure to never overcrowd your canvas, and keep it simple by focusing on one ingredient - usually the protein. Finding a focal point also ensures that the accompanying ingredients will play a complementary, supporting role.

## 3. Pay Attention to the Details



As you plate your dish, you'll also want to pay attention to the details:

**Think about color and contrast.** One of the best-kept secrets to beautiful plating is paying close attention to the details. While your focus will obviously be on the protein, considering how the other elements of the plate create color and contrast is also very important.

You can create a beautiful background for your plate by adding green vegetables or brightly colored fruits as accent points. Similarly, try to pair ingredients with complementary colors as this will further enhance your dish's visual appeal.

**Create height on your plate.** Another way to catch your guests' eyes is to utilize the power of height. While compactly stacking ingredients isn't as popular as it was 5-10 years ago, creating a tall plate can go a long way towards enhancing visual appeal. You can also balance out taller ingredients by leaning long, flat items against them. For

example, you can plate your steak on top of polenta and lean asparagus spears against them at a 45-degree angle.

**Use texture to enhance your dish.** Finally, don't forget about texture. Contrasting a smooth vegetable puree with crunchy onion straws or topping a steak with crumbled blue cheese creates appealing texture combinations that are classic in high-end cuisine.

## 4. Design and Create with Sauces

Once you've plated your main ingredients, you're ready to top your dish with delicious sauces. Don't just pour the sauce carelessly all over the plate, though. Instead, think of your squeeze bottle or spoon as a paintbrush, and your sauce as a medium. Then, use them to enhance your plate.

One way to do this is to create accent dots on one side of your plate (while considering the rule of thirds) or by lightly drizzling sauce over the main ingredients so guests get a little bit of sauce in every bite.

## 5. Use Garnishes Purposefully



### Garnishing food presentation ideas

In the past, chefs casually threw a piece of kale and an orange slice onto every plate as it left their kitchen. However, these garnishes didn't add anything exciting to the dish, and few guests even ate them in the first place. Here are a few examples of smart garnishes and how to incorporate them:

**Choose edible garnishes.** As you finish plating, remember that garnishes must be related to the dish and should always be edible. Ultimately, they're designed to enhance and complement the flavors of the entree you've created, not distract from them.

**Place garnishes purposefully.** Similarly, never heap garnishes in one corner of the plate. Instead, disperse them thoughtfully in order to add color or texture. Also, avoid using unappetizing garnishes like raw herbs, large chunks of citrus, and anything with a strong odor. Lastly, make sure your garnishes are quick and easy to apply, so food still goes out piping hot.

# HUMANITY IS THE FUTURE



**D**o I like everyone? The answer is NO! Do I hate everyone, the answer is same, no, but the difference is huge in these two questions. The racism, hatred based on religion, race, ethnicity, gender and culture is unfortunately on the rise in recent years. There is also an increase in nationalist sentiments around the world especially in the America and Europe. On one hand these countries considers themselves champions of democratic values around the world but on the other hand when it comes to their domestic politics, they are starting to have extreme views. This is very alarming as it is having very strong effect on people's mind.

The other day I was reading an online newspaper and saw news about an upcoming ethnic religious event and to my surprise, it attracted dozens of extreme comments shared by people holding their children and sitting with their families. I was speechless that what are we teaching to our younger generations, the message of hate or message of love, harmony and respect. It is clear people are lacking basic understanding and respect about others and are also reluctant to learn about others.

Once a senior British journalist asked me a question about social media comments made by so called "keyboard warriors" and my answer was "The ignorance plays very important part by igniting these extreme sentiments. Those people are full of hatred and they see everything from a particular perspective. They need to open up and must

realise that having different ideology does not makes you a bad or good person. Personally, I do not have any space in my heart and mind



**Qaisar Abbas**

Councillor in Thurrock District of England.  
Shadow district Cabinet Member for Communities and Culture and Vice Chairman of Thurrock Labour Party's Councillors

for hatred. I spend majority of my time in positive and constructive acts. I feel empathy for those who don't know the meanings of love, cohesion and respect. It is so easy and rewarding to know about other cultures, religions and views rather than just hating them."

The time has come to face the bitter reality of this growing issue and start educating the young generations about other cultures, religions and traditions. Let me make it clear that learning about different subjects does not makes you to follow those ideas but it gives you an idea what others. Today the world needs the real message of brotherhood and equality. The best message was given to us almost 1400 years ago by our Prophet Muhammad (pbuh) in which he said "All mankind is from Adam and Eve, an Arab has no superiority over a non-Arab nor a non-Arab has any superiority over an Arab; also a white has no superiority over a black nor a black has any superiority over a white – except by piety and good action." And now time has come to implement this message in its true shape and colour.



# FOSSILIZED TEETH



**FEROZ KHAN HAKIM KHAN**  
FK COMMUNICATIONS  
SG PTE LTD.  
Singapore



Homo Sapiens was first expected to enter the archipelago since 100,000 years ago past the Asian coast line of West Asia, and around 60 000 to 70 000 years ago had reached Papua and Australia. [3] They, with their dark skin and a tightly curly hair, became the ancestors of the indigenous Melanesian peoples (including Papua) today and brought in an oval (Paleolithic) Axe culture. The Austronesian wave of migrants with

”Fossilized teeth, portion of a skull, and a thigh bone were discovered and claimed to be proof of human evolution—later found to be merely the remains of a human and a monkey from the same area. Another alleged Java “Man” fossil discovered in the same area later proved to be the kneecap of an elephant. (Above Image Credit: [www.wikipedia.org](http://www.wikipedia.org) (Peter Maas) 2015 CC-by-sa-3.0)”

3. Early independence Era, post-proclamation of Indonesian Independence (1945) until the Fall of Sukarno (1966);

4. The New Order Era, 32 years of Suharto's reign (1966 – 1998);

5. The Reformation order that lasted until now.

## Prehistoric of Nusantara

A replica of the Javanese man's skull first discovered in Sangiran

Geology, modern Indonesian territory (for convenience, hereinafter referred to as Nusantara) is a meeting between three major continental plates: Eurasian Plate, Indo-Australian plate, and Pacific Plate (see Indonesian geological article). The Indonesian archipelago as it is currently formed during the melting of ice after the end of the Ice Age, about 10,000 years ago.

During the Pleistocene, while still connected to mainland Asia, the first settlers were joined. The first evidence to show the initial inhabitants were the fossils of Homo erectus, the Javanese man from 2 million to 500,000 years ago. The discovery of the remnants of "Flores man" (Homo floresiensis) [1] in Liang Bua, Flores, opened the possibility of the surviving H. erectus until the last ice age. 2

Neolithic cultures came wavy since 3000 BCE from South China through Formosa and the Philippines brought a square pickaxe culture (Dongson culture). This migration process is part of the Pacific occupation.

The Mongoloid-characterised arrival of population waves is likely to be west, urging the initial population eastwards or interbreeding with the local population and being physically characteristic of the Maluku population and Nusa Tenggara. This newcomer brings along agricultural techniques, including rice planting in paddy fields (the latest evidence since the 8th century BCE), Buffalo cattle, the processing of iron and bronze, weaving techniques, megalithic practices, and the worship of spirits (Animism) and Sacred objects (dynamism). In the first century BC already formed settlements and small kingdoms, and very likely to have entered the influence of belief from India due to business relations



The history of Indonesia includes a very long span of time that started since prehistoric times based on the discovery of the "Javanese man" aged 1.7 million years ago. The Historical period can be divided into five eras:

1. The precolonial Era, the emergence of Hindu-Buddhist kingdoms and Islam in Java and Sumatra & Kalimantan;

2. The colonial Era, the influx of Europeans (especially Dutch and Portuguese) who wanted spices resulted in the Dutch for about 3.5 centuries between the early 17th century and the middle of the 20th century;

# HOW TO LOOK AND FEEL HEALTHIER IN ONE WEEK

Didn't hit your fitness and diet goals in time for summer? Don't fret.

**T**here are still plenty of things you can start doing now to look and feel healthier.

You're probably not going to wake up looking like an underwear model tomorrow — but you can certainly start feeling better and improving your digestion in a week, according to registered dietitian and nutritionist Andy Bellatti.

Here are a few things Bellatti and other nutritionists recommend.

Water is essential — it regulates the shape of every cell inside our bodies. If we don't get enough, in fact, these cells begin to shrivel up. The CDC recommends choosing water instead of sugar-sweetened beverages to "help with weight management." Swapping a cold glass of H<sub>2</sub>O for a single 20-ounce soda will save you about 240 calories.

So hydrate, Bellatti told Business Insider, "ideally with water."

## **DON'T: Go on a juice cleanse.**

If you're considering a "detox" or "juice cleanse," you might want to reconsider. Drinking just water, juice, or any other liquefied concoction for more than a few days can set you up for unhealthy eating behaviors, and can often lead to spikes and drops in blood sugar levels, which can spawn cravings and mood swings.

"This is a recipe for 'hangriness,'" Bellatti said, "that also inaccurately paints all solid food as problematic."

## **DO: Cut back on sodium.**

Most of us — 89% of US adults, according to the CDC — eat too much sodium, and that's not including any salt added at the table. Too much salt in your diet can cause puffiness and bloating, so cutting back can help you avoid that.

By Erin Brodwin



"Sodium retains water," Bellatti said, "so lowering sodium intake also reduces puffiness."

## **DON'T: Start banning foods.**

There's a difference between cutting back on things you eat in excess and banning certain food groups entirely. Diets that rely on avoiding ingredients (like sugar or

gluten) can lead to replacing those things with other ingredients that play the same role in the body (like honey or corn-based foods). Doing this can be dangerous if the replacement products are nutrient-deficient.

## **DO: Fill up with fiber.**

Writer Michael Pollan said it best: "Eat



food. Not too much. Mostly plants."

Fresh, high-fiber vegetables like broccoli, bell peppers, and brussels sprouts — which the CDC calls "powerhouse foods" — are a great source of key vitamins and nutrients, including fiber, which helps keep you feeling full and satisfied until your next meal.

"Whole, plant-based foods (fruits, vegetables, whole grains, beans, nuts, and seeds) are best," Bellatti said. "One quick way to add extra fiber to your day: sprinkle chia, hemp, or ground flax over whatever you're eating for a boost."

### **DON'T: Rely on powders and pills.**

The problem with diet powders and pills, Bellatti says, is that they often take something that was once a whole food, like a fruit or a vegetable, then process it to separate out one ingredient. That's alright for things like cocoa powder, which does have nutrients, but it shouldn't make up the bulk of your dietary intake.

"When something is a powder, you're probably using what, a teaspoon or tablespoon at most? And you have to wonder how much that can really do. Versus a cup of broccoli or a quarter cup of cashews. That's something significant," Bellatti said.

### **DO: Be mindful of portion sizes.**

The baseline portion sizes of our snacks and meals have ballooned over the last 40 years — even the plates and cups we serve them on have gotten noticeably bigger. The average size of many of our foods — whether fast-food, sit-down meals, or even items from the grocery store — has grown by as much as 138% since the 1970s, according to data from the American Journal of Public Health, the Journal of Nutrition, and the Journal of the American Medical Association. So be mindful of portion sizes, and if you're eating out, consider taking some of your meal home for later.

### **DON'T: Focus exclusively on calories.**

Focusing too much on calories can be dangerous, too, since the measurement falsely makes it seem like a calorie of one food is exactly the same as that of another.

"This is especially true when eating at restaurants," Bellatti said. "Many low-calorie items are loaded with sodium, which retains water and can leave you feeling bloated."

Plus, keep in mind that for sustained weight loss, you're only supposed to lose about 1-3 pounds each week.

"That tends to be a lot more sustainable than losing a whole bunch

at once," Philip Stanforth, a professor of exercise science at the University of Texas and the executive director of the Fitness Institute of Texas, told Business Insider.

### **DO: Think positive.**

Thinking positively about eating and feeling better can help motivate some people to stick to a new lifestyle.

"In terms of changing the way you eat (it's much more than a 'diet'), focus on the opportunities and what you can eat as opposed to what foods you're trying to cut down on," Dr. Donald Hensrud, who chairs the Mayo Clinic's division of preventive, occupational and aerospace medicine, wrote in a blog post. "There are many wonderful foods and recipes to explore, and believe it or not, we can learn to like new foods."

### **DON'T: Expect miracles.**

Let's be real: Eating right for a week isn't going to counteract decades of subsisting on fries and Frappuccinos. But it is enough to reduce some of the more irritating aspects of those symptoms, like the bloating linked with a high-salt diet, and the fatigue associated with blood sugar crashes.

"The most that can happen in a week's time is that you make choices that help reduce bloating and puffiness. Any promises beyond that are more about marketing and hyperbole than anything else," said Bellatti.

But committing to treating your body well — even if only for a few days — might be enough to lay the foundation for months or years of future healthy eating. If you can prove to yourself that you can treat your body right (and that it feels good to do so) you just might be more likely to keep it up later on.





# 10 BEST CITIES TO LIVE IN AROUND THE WORLD

An aerial photograph of Melbourne, Australia, at sunset. The sky is a deep blue with a bright sun low on the horizon, creating a lens flare effect. Several tall skyscrapers are visible, including the Eureka Tower. In the foreground, a bridge spans across a river, with a tram and cars on it. The overall scene is a vibrant cityscape.

*The Australian city of Melbourne has taken first place for the world's most livable city for the seventh year in a row as part of The Economist Intelligence Unit's Global Liveability Report for 2017.*

The report gives cities around the world a livability scores based on 30 different factors that fall into five broad categories: stability, healthcare, culture and environment, education, and infrastructure.

A total of 140 cities are surveyed, with scores being weighted on a scale of 1 to 100, with one being considered intolerable living conditions while 100 is considered the ideal.

Each of the broad categories has various subsections to it. For stability, factors include the prevalence of petty and violent crimes and threats of terror, while culture and environment is weighed on factors that include average temperatures, levels of censorship, and social or religious restrictions.

Many of this year's top 10 most livable cities hail from Australia and Canada.

Issues of civil unrest and violence from terrorism has left cities like Damascus, in Syria, and Tripoli, in Libya, as two of the 10 least livable cities in the world this year.

Whether you're traveling the globe in search of paradise or are considering life as an expat, these 10 cities around the globe are where you can expect to find the highest quality of life.

## 1. Melbourne, Australia



Considered the No.1 most livable city on Earth this year, Melbourne earned an overall score of 97.5, with perfect 100s in three categories: education, infrastructure, and healthcare. Melbourne has a stability score of 95 and a culture and environment score of 95.1.

## 2. Vienna, Austria



Only 0.1 percentage points separated Vienna from this year's top city. Vienna's overall score was 97.4.

This Austrian city has a stability score of 95, while its healthcare, education, and infrastructure scores are all 100. Vienna's culture and environment score was 94.4.

## 3. Vancouver, Canada

Vancouver ranked No. 3 with an overall rating of 97.3, with a stability score of 95, an infrastructure score of 92.9, and solid 100's for healthcare, culture and environment, and education.



## 4. Toronto, Canada



Toronto came in at fourth place this year, with an overall rating of 97.2. Its healthcare, stability, and education scores were all perfect 100's. Toronto's infrastructure score was 96.4, while its culture and environment score was 89.1.

## 5. Calgary, Canada



Calgary was one of three Canadian cities that made it to the top 10, with an overall score of 96.6. Its stability, education, and healthcare scores were all at 100, while its infrastructure score was 96.4 and its culture and environment score was an admirable 89.1.

## 6. Adelaide, Australia



Adelaide had an overall score of 96.6, led by perfect 100's in both education as well as healthcare. This Australian city also had a stability score of 95, a culture and environment score of 94.2, and an infrastructure score of 96.4.

## 7. Perth, Australia



Perth was another Australian city to make it onto the list, with an overall score of 95.9. Perth had a stability score of 95, a culture and environment score of 88.7, and a score of 100 for its healthcare, education, and infrastructure.

## 8. Auckland, New Zealand



New Zealand holds the same population density as Finland, according to the report, helping put its city on the list.

Auckland scored 95.7 overall, with a culture and environment score of 97, a healthcare score of 95.8, a stability score of 95, an infrastructure score of 92.9, and a perfect 100 for education.

## 9. Helsinki, Finland



One of the factors that put cities on the top 10 most livable cities list, according to the Economist Intelligence Unit, is a relatively low population density. Finland has a density that ranges between 15 and 18 people per square kilometer of land, which is quite small in comparison to the global land average of 57 people per square kilometer.

Helsinki earned an overall score of 95.6, with stability and healthcare scores of 100, an infrastructure score of 96.4, an education score of 91.7, and a culture and environment score of 88.7.

## 10. Hamburg, Germany



Hamburg slid into the top 10 with an overall rating of 95.

Hamburg's stability score was at 90, while its culture and environment score was 93.5, its education score was at 91.7, and both its healthcare and infrastructure scores came in at a perfect 100.

# PAKISTAN AND BEAUTY BITES BEAST

## Islamasogood



“We’re going to Pakistan to show our movie, Beauty Bites Beast! We’ll be in Islamabad, and then, Lahore,” I told my sister. There was silence and then, “Aren’t you nervous?” I said, “I suppose Pakistanis would be nervous coming here too.” New friendships often begin with preconceived ideas and then, upon meeting, we realize that we are all more alike than we are different. I loved Pakistan and the people I met!

Indeed, our Pakistani friends who made it possible for us to visit Pakistan had visited us in Los Angeles in 2015, and they told us all the things that they had been afraid of by visiting here in Southern California. They were concerned that we would be rude, loud, all super-rich and extremely conceited. Those were images that they had from movies and television. Of course, every American is different and we, of course, made friends with the women.

After their visit, they cordially invited us to the International Islamic University, Islamabad. The university visit was

organized by the Critical Thinking Forum, founded and directed by Dr. Munazza Yaqoob, introduced to us by our dear friend and fellow American filmmaker, Jennifer Lee.

Art, education and sharing of cultures is international and transcends everything. That’s also true of food! And we love to eat.

My husband, Ken Gruberman, and I have dubbed ourselves citizen goodwill ambassadors, and I can’t think of a better place to make friends than Pakistan.

On our visit, we first visited Islamabad. Everything felt so familiar, and then we realized that Los Angeles and Islamabad are in the same latitude. We saw plants that made us feel at home, Bougainvillea, cactus, pomegranate and olive trees, just like our garden at home. What we DO NOT have in Los Angeles are monkeys, other than the people here who act like monkeys. I had such a great time feeding them.



Ellen Snortland

We were not in Pakistan for tourism but as educators, to share our movie, *Beauty Bites Beast* which explores the ways women all over the world are discouraged from expressing what they want or don't want. It's more complicated than that of course. Here's the trailer should you want to get a better sense of it.

Everyone, Americans and Pakistanis, it seems was pulling for us to be Goodwill Ambassadors... and so, we were.

We can now say that we have friendships in Pakistan that will endure. We wonder about each other and stay in contact mostly through Face Book and WhatsApp.

We were inspired by the affection we were shown once we were in Pakistan. Complete strangers would stop us and ask us, "Where are you from?" When we answered, "America," we were ALWAYS, without exception, thanked for coming.

"What do you think of us?" they'd ask.

"We are so happy to be here," we said truthfully. On many occasions, the women would hug and kiss me in welcome! A father in Lahore guided his little boys over to us so that they could shake our hands, simply for visiting their city!

"I want my boys to meet some real Americans," the father said. Probably 8 and 10 years old, they both came up and shook our hands. It was such a privilege and that memory is in my heart forever.

We moved around Islamabad with ease because of the good graces of a now life-long friend, who is a retired Pakistani Colonel Azam Qadri and his protégé, Saria Jadoon. They appointed themselves our guides and chauffeurs around Islamabad and took us into the foothills of the Himalayas for our only true tourist activity.

In the theme of universality of culture, I brought bags of American candy bars to hand out after we showed our movie. Sweets are the ambassadorial tools of the ages!

Lok Virsa in Islamabad, was one of the most impressive cultural museums I've visited anywhere in the world, and I've been to a lot of museums. What Lok Virsa had was the inclusion of women and girls' lives within their displays. Most museums in the U.S. and other countries make the female experience of life almost invisible. I was so touched and moved by being able to experience through viewing what Pakistani women of all regions wear, what they cook and how they cook it and their hand-crafts. Wow!

After Islamabad, we went to Lahore and met another now life-long friend, Kiran Khan. She shared her knowledge, enthusiasm and

home with us. How grateful we are that English is spoken so extensively in Pakistan. We hit it off with Kiran immediately and have remained friends since.

The Lahore screening had a lot of men in it; over half. One man said, "Thank you so much for promoting the partnership of men and women together in stopping violence." His daughter added, "When I first heard about this, I was 'oh no, a man-hating movie,' and no, it wasn't that at all!" They appreciated the humor and understood that with my theater background, I would look for the ironies,

which I do.

One of my dreams is to show *Beauty Bites Beast* at Lawrence College, a middle school and high school for boys in Murree, the Himalayan foothills. Colonel Azam Qadri was gracious by showing us around his alma mater.

I fully intend to maintain our relationships in Pakistan and I foresee a trip back. We have good friends that I love there and we loved the country itself.





# Nowruz Festival

Nowruz is the first day of New Year, celebrated in Central Asian Countries as well as in Iran. The Nowruz celebrations start on 21st March of every year and last for 13 days. Nowruz is also called Noruz, Nowruz, Nowrooz, and Nawruz. During this period, people prepare special and traditional dishes, wear new cloths, meet friends and family and clean every corner of the house.

Kiran Khan

