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UJALA

— BY MOJZA —

IS AI A
THREAT?

1st
Edition

ROAD TO
DISTINCTION

BARBENHEIMER
THE REVIVAL OF CINEMA?





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About Us

About Ujala

Mojza presents Ujala! A magazine for students covering a wide range of content.

The word "ujala" means "light", aligning with our aim of bringing students 'into the light' by showcasing the talents and abilities of students and spreading knowledge.

About Mojza

Mojza is a student-led nonprofit organisation providing resources to students and empowering them towards success.

Visit our website for more information and free resources for O levels, IGCSE and A levels.

[Visit Website](#)



Hussain Ahmed Moghal
Editor in Chief
Founder & CEO Mojza

Editor's Note

I started Mojza to empower students. The dream goes beyond the Cambridge resources and blogs. Through Mojza, I aim to educate students not only about curriculum but spread valuable knowledge across all fields and also give students the opportunity to show their skills to the world. Students aren't just buried in school books, they're also writers, artists, photographers, poets, and possess all sorts of talent. They deserve recognition, appreciation and encouragement. This magazine is one more step towards Mojza and my aim of empowering students.

Road to Distinction



In talks with Omaima Faisal, an O level Physics National Distinction Holder

Hadia Ieman (Interviewer): Assalam Alaikum! Welcome to our exclusive interview in Ujala magazine! I'm Hadia Ieman, and I'm thrilled to chat with Omaima Faisal, a national level distinction holder in O Levels Physics. Thank you for joining us and sharing your incredible journey.

Omaima Faisal (Interviewee): Walikum Assalam, Hadia! It's an honour to be here and share my experiences.

Hadia: To start, can you briefly introduce yourself and talk about your experience?

Omaima: Certainly! I'm Omaima Faisal, an 18 - year old, who just completed her A Levels in the May/June 2023 series. As a part of the "Covid batch", the MCQs-based examination was challenging, not knowing what to expect, but the results turned out in my favour, and I'm happy with the outcome!

Hadia: Thank you for the introduction, Omaima! Let's dive into your academic journey and discover more about your path to success. So, how much effort did you put into achieving your distinction?

Omaima: Getting that distinction wasn't easy, but not as tough as it may seem. I worked hard, practised past papers, solved MCQs, and learned from mistakes... countless sleepless nights and all-nighters, but it was worth it! Oh, and here's a funny story – during an all-Pakistan trip with my family, just two weeks before CAIEs, I made sure to pack a pen, a small notebook and a calculator, and install the ROVE paper app on my phone. I kept solving MCQs throughout the journey, and it kept me on my toes.

Hadia: Impressive dedication indeed! Were there any specific study techniques that contributed significantly to your success?

Omaima: Certainly! Studying in groups with friends was a fantastic experience. During our online study sessions, we shared screens, taught each other, and learned together, which proved highly effective and beneficial. Additionally, implementing the Pomodoro technique, breaking study time into intervals, worked wonders for me. Taking short refreshing breaks away from screens during intervals helped clear my mind and kept me focused.

Omaima's Handy MCQs Strategy:

Here's a nifty tip for acing those MCQs! Create a spreadsheet, jotting down the year and variant of past papers you attempt, along with your marks. Watch how your scores improve with each new paper. Also, note down topics you make mistakes in for quick revision and improvement!

Hadia: That's a brilliant approach. But it can also get overwhelming at times. How did you stay motivated during challenging moments of intense studying and stress?

Omaima: Staying motivated was tough, but I kept reminding myself of the result I wanted to achieve and my big dreams. I pictured that glorious result day with the best grades, a happy self, and proud parents and teachers. It became my driving force to work even harder and turn that dream into reality. And you know what? It was all worth it when that day finally came!

Hadia: That's impressive! Now, moving forward, did you face any challenges along the way, and how did you overcome them?

Omaima: Challenges are a part of life's journey. Not having good teachers for a conceptual subject like Physics was tough, so I used online resources. The pandemic and school closures added difficulty, but I pushed forward, stayed resilient, and found alternative ways to keep studying.



Hadia: It's admirable how you handled the challenges! How did you balance studies with extracurriculars and commitments?

Omaima: Oh, finding that balance was a bit of a challenge, I won't lie! But once I got the hang of it, it became manageable. I absolutely loved scriptwriting and acting, and they added so much value to my growth, but academics stayed my priority. So, I stayed disciplined and focused, making sure everything fell into place.

Hadia: That's amazing! Did your academic achievement lead to any scholarship opportunities?

Omaima: Well, not for my A Levels college directly, but it did help me secure a scholarship for university. In fact, I got the A Levels scholarship before the distinction results were out.

Hadia: I see. Distinctions can open doors to scholarship opportunities. As we reflect on your journey, is there anyone you'd like to credit for their support?

Omaima: Absolutely! A huge shout-out to my parents, family, and friends for shaping who I am today. And a special mention to Sir Haroon Tariq – an amazing mentor who cleared my concepts and guided me through countless past papers. His support made a world of difference, and I'm truly grateful for his contribution to my success.

Hadia: That's wonderful! Aspiring students would love to hear from you. What advice do you have for those aiming for academic excellence?

Omaima: Listen up, ambitious souls! Nothing's impossible. Work hard, stay consistent, and reach the top. Set high goals, embrace challenges, and believe in yourself. You've got this!

Hadia: That's an incredible piece of advice, Omaima. I'm sure it will be a source of inspiration for many aspirants. In Sha Allah. Now, as we conclude, what would you say to students who may find achieving a distinction daunting or challenging? How can they stay motivated and focused on their goals, especially during tough times?

Omaima: You know what? Distinction students, those straight-A* achievers, they're just like you and me – normal human beings, with the same intelligence as anyone else. Attitude and hard work set them apart. Embrace uniqueness, believe in yourself, seek help, and see setbacks as stepping stones to growth. Stay focused on the bigger picture, fueled by a passion for learning. Keep pushing and success will be yours!

Hadia: Your wisdom and encouragement are captivating. Thank you for sharing such valuable insights that will inspire countless aspiring students. It has been an incredible conversation, and on behalf of Team Mojza, I wish you all the best in your future endeavours.

Omaima: You're most welcome! It was a pleasure sharing my journey with everyone.

Hadia: To all our readers, Omaima's journey proves that with determination and hard work, anything is possible. Thank you for joining us in this exclusive interview. Assalam-o- Alaikum!

Writings & Poetry

طبعة الديك
يقول بشار: إن المشاور بين صواب يفوز بثمره، أو خطأ
إذا بلغ الرأي المشورة فاستعن
برأي لبيب أو نصيحة حازم
فإن الخوافي قارة للقوا
ولا تجعل الشورى عليك غضاظة
١٧

Toast by Ali Irfan

As the morning sun cast its glow upon the horizon, I welcomed the arrival of a new day, the familiar aroma of freshly brewed coffee filling the air. My little ones were still sound asleep, and I had yet to rouse them to get ready for school. But that could wait a bit longer. With the last sip of my invigorating beverage, I made my way to the kitchen, as my eyes fell upon the loaf of bread resting on the countertop. Its inviting scent beckoned me closer as I reached for the loaf and carefully selected a slice, its edges perfectly aligned.

As I turned to my trusty toaster, however, I took notice of its worn appearance, a testament to the countless mornings it had faithfully served me. All those years of toasting had taken their toll, and its reliability was diminishing. Yet, my focus remained undeterred, for my mind was fixated on the imminent crispy delight that awaited me. And so, trying my best not to make a sound, I placed the slice into these aged slots and waited.

Oh, but little did I know of the impending disaster that awaited me.

Leaving my toast unattended for the time being, thinking I would return before it was done, I headed to the laundromat a few minutes from my apartment building. While waiting for my clothes to wash, an ear piercing noise shattered the air, disrupting my peaceful reverie. It was the blaring sound of the smoke alarm. Had something in my building caught fire? Momentarily abandoning my laundry, I rushed out of the building to investigate the source.

As I stepped outside, my ears were met with the wails of fire engine sirens, growing louder as I approached the building. Panic set in, especially at the thought that my children might still be inside the building. I made my way towards the chaos unfolding before me and, to my relief, I saw firefighters emerging from the building, guiding frightened individuals to safety. I approached one of the firefighters, intending to ask about my children. But before I could utter a word, I was stopped in my tracks.

As my head turned towards the building, my eyes beheld what could only be described as a sight of pure terror. There it was, a swirling plume of smoke billowing from the window of my very own kitchen.

In that heart-wrenching instant, reason escaped me. Rationality surrendered to a single, all-consuming truth: my beloved toast. The firefighters attempted to obstruct my path, to protect me from the fiery abyss that awaited, but their efforts were futile against my resolve. With a near-supernatural burst of strength, I plowed my way through and breached the door of my kitchen, only to be greeted by a sight that shattered my spirit. The toast, my cherished creation, lay ruined and lifeless on the burnt counter.

Time stood still as the weight of my failure crashed upon me like an avalanche. Grief consumed me, and tears flowed uncontrollably, a downpour of despair. If only I had returned an instant sooner, if only my steps had been swifter, I could have spared myself from this tragedy. But alas, I could not turn back the hands of time. And so I stood there, victim to the consequences of my misfortune. I had sinned, and now I had to bear the brunt of my transgressions.

With a heart burdened by guilt, I steeled myself to face the same fate that had consumed my dear toast. I knew not what lay beyond those raging flames, but I had accepted it as my rightful punishment, atonement for my grievous mistake. With what remained of my broken resolve, I prepared to step into the flames and embrace the fate that awaited.

As I inched closer, teetering on the edge of devastation, a flood of memories engulfed my consciousness. Vivid recollections of joyous mornings spent toasting flashed before my eyes. I was grateful, grateful for every morsel of toasted goodness that had graced my palate. Before the flames consumed me in their scorching embrace, only two words dared to escape my lips: "Thank you." And as they did, I bade farewell to the toast that had both defined and eluded me, surrendering myself to the searing inferno.

The Storm

*Longing for comfort that would calm the wildest waters of my soul,
That would abate the raging of the sea within.*

*Lost in a labyrinth of flowing emotions
Devoid of any passion or devotion*

*The moon acknowledges the roses under my cypresses
Yet the grey clouds have much more sinister plans*

*Was the array of epiphanies not enough?
Was the tempest really that rough?*

*Why does the storm shine in its tainted glory?
Why do the calm waters remain a long lost story?*

*Alas! I am still a prisoner of my heart
Nostalgic of a euphoric memory that is yet to come*

*Dancing in a daydream, lost in reality,
Perhaps, now I have lost my sanity*

*Nevertheless, the ephemerality of the storm shall bring it to an end
And maybe the calm waters can reign again.*

Miraal Omer

Snack Bar Shop

*The snack bar shop is around the corner with a familiarity,
Maybe the gushes of wind carried the smells of your crispies;
For all that my nose picks up is the tinge of sourness that you eat.
You love the pepperoni pizza more than any other snack I brought;
Maybe that is why you made me go round and round like a Merry go' wheel.
You ate the burger dipped in cheese, didn't share it with me,
Maybe I was just a hangover from the beer you shared with Cowell each night at
the beach.
You shared your bars with him and kissed away the Hershey's.
Maybe you were so full from eating that you would never eat with me.
If I jump now darling, will the pineapple cake save you?
For I'd go to heaven where the wind would carry a smell so sweet,
That all I'll ever need would be the want to feel, feel something other than what
you hear.*

Nabeeha Sheikh

آواز

Koi dekhey tou sahi unka yeh andaaz
 Jo har lamha karey nazar andaaz
 Haisiyat nahi wahan hamari koi
 Jinko bana bethay apna hamsaaz
 Bewakoof hein jo bata chukay
 Unhey apni zindagi ka har ik raaz
 Fikar na hui kabhi un ko
 Jin ko manga har namaz
 Smjhtey rahey ke wo boltey nahi
 Isme bhi hoga koi gehra raaz
 Maloom hua to ro paray
 Ham they unkey ik na saaz
 Na they unkey ham umar
 Aur na hi they ham raaz
 Jab umarein beech me ajayen
 To kesey ho khwahish ka aghaaz
 Ik baar ham pouchna chahtey tmse
 Kisne dia yun karney ka jawaaz
 Kabhi tou soch lia hota
 Is chotay se dil me hei ik awaaz
 Yeh dukh bhari awaaz
 Yeh dukh bhari awaaz

سرت فاطر

یہ اس کے آخری لفظ تھے
 میری آواز بن جانا، میرے الفاظ بن جانا
 کوئی بھی پیار کر بیٹھے
 اُسے تم پیار سے کہنا
 کہ پیاری پیار مت کرنا
 میری آواز بن جانا، میرے الفاظ بن جانا

کوئی بھی موم کی گڑیا
 کسی سے دل لگا بیٹھے
 اُسے تم خوب سمجھانا
 اُسے تم یہ بتانا کہ
 شروع میں دل تو مچلے گا
 بہت خوشیاں بھی پاؤ گی
 مگر یہ ایک سمندر ہے
 تم اس میں ڈوب جاؤ گی
 یہاں پر جانور ہوں گے
 جو تم کو نوچ کھائیں گے
 تم ساری رات کمرے میں
 فقط آنسو بہاؤ گی
 تمہارے سر میں درد ہوگا
 تمہارا دل بھی تڑپے گا
 مگر تم مسکراؤ گی
 اپنے اشک چھپاؤ گی
 اندھیرا تم کو بھائے گا
 اجالے سے ڈاو کی تم
 ہر ایک چھوٹی سی بات پر
 پونہی رو پڑو گی تم
 میں تم سے اس لیے کہتا ہوں
 کہ پیار مت کرنا

میری آواز بن جانا، میرے الفاظ بن جانا

معارج

She is me. I am her.

*She's been ignored all her life.
From the distracted attention to her talks when she passionately describes
something,
to the hiding of all things when she enters the room hearing silence as the only
thing.
She knows it, but pretends to act fit.
Her smile is deeper than any ocean you will see, imagine or even think about.
Until you come to know that it holds all the agony without any doubt.
Her heart has been shattered too many times.
"Do I really deserve all this teary eyed she says while describing her life in rhymes.
"You are so straightforward and rude! How can someone like you?", but people
don't know why her favourite colour is blue.
Is it her fault that she is too expressive?
Unlike people around her who talk bullshit behind to be on in front impressive.
She learns to love herself while trying to heal all the trauma,
Turns out it's the only thing that makes her feel to people less of a melodrama.
She tries to change so they can like her
Only in the end to find out her inner real self blur.*

Kanwal Kumari

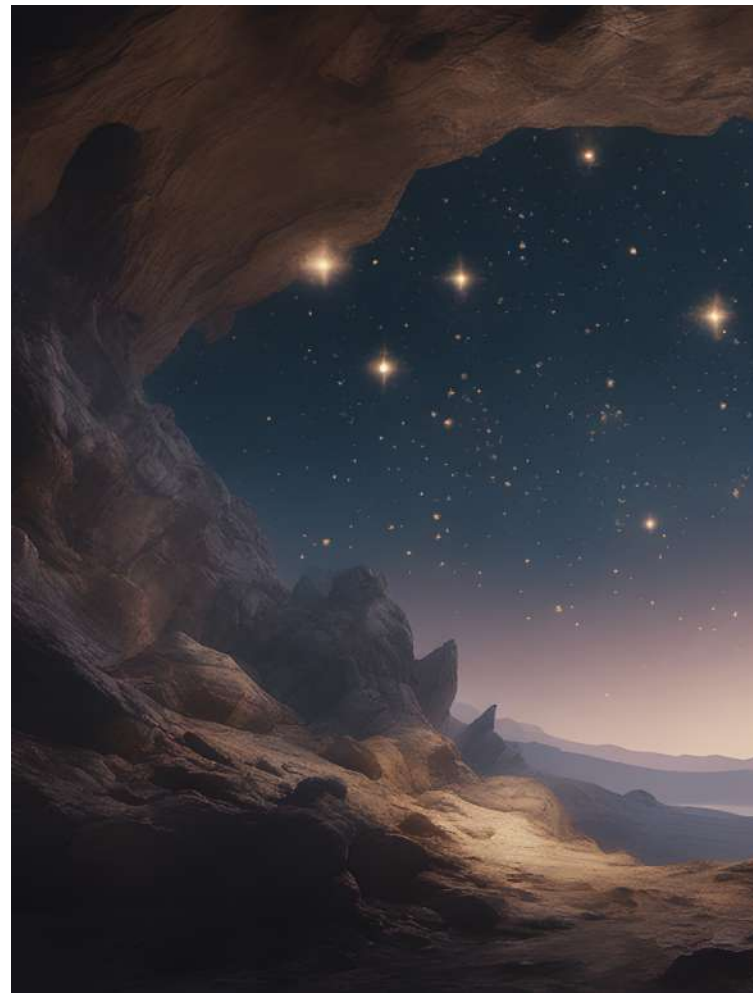
The devouring mines

by Alishay Meer

Far away, down in a deep dark cave.
 In miserable conditions, five miners stood
 With high hopes and faces low, they tried to be brave
 But getting devastated slowly was all they could do.
 Months bled into years and they were still underground
 Faces drawn, eyes empty, hopeless they stood around
 Neither of them spoke, yet each felt the same pain inside
 For the miners were where their loved ones had died.
 Among the five was an old one
 Who by poisonous gases had lost a son
 The other was a man who escaped dying
 But his brother died and he couldn't stop crying
 The youth of this forlorn group tried to be brave
 After helplessly seeing his father crushed in a cave
 The fourth man was his young son, and without him, he
 was alone
 The last one knew his life was always in threat,
 After he'd seen a friend painfully fighting for breath
 Thus all drained and tired, they stand with lanterns lit

But died in an earthquake...
 Closing his eyes, the oldest bent his head, while tears
 streamed from his eyes,
 The young one looked dejected by the words said,
 And moved aside to let the fourth man pass by
 The fathers stepped forward and embraced the old one
 Because he knew what I felt about losing one's own son
 Thus both men clutched each other and wept aloud
 Slowly calmed down, and wiped their faces when they
 were done
 I too had a healthy young boy..quietly the father said
 No counting on the tears on his death I shed
 Burying his remains with my trembling hands, my heart
 bled
 Who do I live for, now that he's dead?
 Tears again welled up in his eyes and slipped on his
 sunken cheeks
 Hurt and dejected, he leaned against the cave wall
 Remembering his death all this time, he couldn't bring
 himself to his senses at all

Working hard all year long in the death pit
 Besides, even if they had a chance to quit
 They wouldn't, for there's nothing else to do
 While their families starve, bearing the heat and cold
 Here they all sit, lost in ambitions and thoughts
 Of how their families would survive once they get old
 Of course, none wanted their people to go inside the
 caves



For sooner or later they'd turn into their own, self-dug
 graves
 The question of how these men survived was answered,
 by lck
 But the tragic events broke them from inside, leaving on
 one brave
 At last, looking up and around, the old man said
 To all the dejected miners sitting hopelessly beside
 Why are we still lamenting over the loss of those who are
 gone,
 As the feelings of remorse, we always carry inside,
 Would never help us to forget and move ahead...
 So why don't we share our tales of melancholy, to lighten
 up the heart
 I'll go first, and then either of you may start
 Slowly the men straightened and nodded their heads
 For each wished to put forward their emotions, which
 seemed to be at war
 The old man let out a deep breath and sighed
 And with weary eyes gazed at the people standing beside
 I've become an old grave, with feelings buried deep
 inside,
 Some which I couldn't show, others which I couldn't hide
 Always in search of someone in whom I could confide...
 I had a son, who was a hale and hearty young man
 But when my hands began to tremble and shake,
 He became adamant to come there and take my place
 He blinked his eyes which carried a tear and continued



All the miners came close and hugged in turn,
 For a sense of comfort and compassion began to grow
 And the sorrow and guilt that had been built all these years,
 Slowly began to crumble away, making way for the long-
 held-back emotions to flow
 Next, the young man cleared his throat and said
 'My father was a diligent man, but was taken away by the
 caves..'
 All the miners gazed at him with faces grave
 'Never has there been a penny of money, neither an ounce
 of joy, since he died.
 Though I appear tough and happy, trust me, I'm exhausted
 from the inside!'
 The last one shook his head and thumped the young one
 'And I lost a dear friend, my brother to the mines' he
 solemnly said
 'My eyes have become empty and dry, no tears left to shed.
 But my soul breaks and my heart bleeds instead...
 Wishing it from long ago that it was me who'd been dead!'
 In the, pitch darkness, the miners held each other's hands
 tight

Comforting all, for they knew their pain was alike
 Though all for huddled close, one looked pale and white
 And shuddered from remorse, or perhaps a little bit of
 fright
 So the old man tapped him on the arm and quietly said
 "Come on child, you too say something, Do start
 For sharing one's sorrow relieves the burden of the
 heart..."
 Slowly the young man looked up and about
 Then flew in a rage and claimed with a shout
 "Oh alas!" he sadly cried
 "Just how much to hide my pain have I tried,
 Who listens to my screams when my brother died,
 To think how he blew up in front of me tears me up from
 inside!"

He sobbed bitterly, collapsed on the floor and passed out
 While the others stood silent and looked on
 For each was equally ripped from inside, no doubt
 By bitterly sweeping together the shattered memories of
 those who'd gone.
 Hence the fourth man walked to the centre and looked
 above out of the deep cave
 He gazed at the opening, and raised his head towards the
 starry night sky,
 Slowly all the others followed like a wave,
 Raised their hands too, no reason to ask why
 While the winds continued to moan in the night
 Softly reciting, they closed their eyes shut tight
 "Oh Great God, we are simply tired and drained
 But we'll still work on and won't complain
 For we know how much you understand our pain
 Do, please God, do give us some strength to bear this
 strain
 As these tragic happenings torture our brain...
 "Getting frustrated on all our problems we never should
 For counting all your blessings, we never could
 But do infiltrate in the busy minds of those who employ us
 By placing using these death holes, they risk our lives,
 killing all the freedom and joy
 Though to run away from hard work we never would
 But by ruthlessly burying men in the mines comes the
 pieces of coal the world enjoys...
 Just if they'd provide us with things - to keep us safe...
 Again silence struck up in the air, as all of them got
 satisfied
 They felt that they'd been heard by him, deep inside
 Though the lantern grew dim as the time passes, of course
 A sudden sense of tranquill and harmony arises,
 For the anger that had hardened their hearts, along with
 remorse
 Slowly began to melt away...'
 Showing the humane heart that was disguised
 That feeling of peaceful unity filled and revived each heart
 and soul
 Which determined that there was more beyond the cave
 hole
 Outside the dark cave, on that very day
 Silently all the night creatures had heard them pray,
 But what none of them knew, out in the wind...
 In the twinkling sky- god had mysteriously smiled

The Yearning Promise

by Sarah Rameen

“It can’t go on like this”. I thought to myself, summer just arrived and the African savannah had already dried out. I was starving, it had been days since I last ate something and with the amount of heat pouring over the plains of Africa, I barely had enough energy to hunt. After a few minutes, I managed to locate a big Oak tree under which I took refuge. Not only it provided me with shade but its trunk also merged with my brown fur, creating the perfect camouflage.

As I slept under the tree, I recalled my past with my beloved brother, Jacob and how we spent our joyous childhood. “Elsa, come here, let’s play!” young Jake sprinted towards me with his unlimited energy. We tried to gnaw each other, to prove that we were the coolest cheetahs on the planet. “Heh, bet you can’t climb that tree” I said, with an evil grin on my face “Bet I can” said Jacob while adjusting his back and front paws with a determined face and ran towards the big oak tree.

“Elsa, Elsa!”

“What?” I said as I suddenly awoke from my deep sleep. It was my spiky friend, Chiho the hedgehog. “Look” Chiho stared at the huge herd of Thompson’s gazelles galloping towards any water they could find in the dried plains. This was my chance to quench my thirst and satisfy my hunger. I thanked my friend and decided to hide behind the tall grass. The gazelles, with a distinct black stripe on their flanks started grazing in my territory. Even though as a predator, I never underestimated the amount of power they had in those hooves.

I pulled out my retractable claws hiding behind my soft paws and pushed them hard against the ground. This way I gained speed as quickly as a 100kph in 3 seconds. The pursuit began as I chased the youngster in the crowd, he was separated and this was my chance. I ran as fast as I could, with his back feet in my face I leaped, opening my huge jaw and clenching my sharp teeth into my opponents back and forcing him to fall. Finally I succeeded.



I took the carcass back to the oak tree where I looked up towards the broad branches of the tree and I could see Jacob struggling to climb on the top branch. “Promise me”. He said out of nowhere. “Promise me, we’ll always stick together”.

“We don’t have to make one” I replied

“But why?” said Jacob shocked.

“Because nor are you leaving my side and nor am I”. I said with a warm smile on my face. I looked down on my food and wished he could be with me. It was getting dark so Chiho decided to find a safe spot.

“Hey Chiho”.

“Yeah?”.

As his best friend I had to tell him about the lion who haunted my nights. Every time I closed my eyelids, I saw his huge yellow eyes, black mane and humongous paws armed with piercing claws which scared me. Chiho knew he was the same lion who took Jacob away, it was a cold winter’s evening and mom had gone to hunt, she told us not to leave our safe place, however the beast sniffed us out and started coming towards us with his gnarly teeth. I ran shouting at Jake to scam but he didn’t listen, he was too hopeful that mom would come and save us but she never did. I ran as fast as I could after hearing a loud roar and a scared call for help and from that moment on, I never found a place to call home.

After a horrifying night’s sleep with my stomach full, my day was off to a great start, I searched the plains for activities until a curious sound startled me. I listened as clearly as I could. The environment changed, the breeze became lava, unbearable, and there was an eerie silence which clouded the savannah. As I looked back, I saw him, he was here, the lion, I stepped back out of pure fear. “Well, Well, if it isn’t the second meal” I gulped as I listened to his dark, deep voice. Suddenly, he leaped and I dodged him, running as fast as I could.

Not far off, I saw an Elephant trap, and I thought to myself “I’m going to end this, once and for all”. I ran towards the trap as the barbarian followed me. As I came close I jumped, pushing my paws against the ground so hard as if my life depended on that big leap. I didn’t stop running until I heard a deafening, but weak roar. I looked back to see his big paw stuck in the brutal trap. I was delighted. I had fought off my fear and closed an unfinished chapter of my past, taking the revenge of my baby brother but even then I looked up and realized nothing could bring him back and I thought to myself “Maybe and just maybe, I should’ve kept the promise.

Art & Photography



Amna Amjad



Amna Amjad



Mahnoor Raza



@tasaaveer_
Muhammad Zubair



Mahnoor Raza



One Fall Evening
Jawairia Shaikh



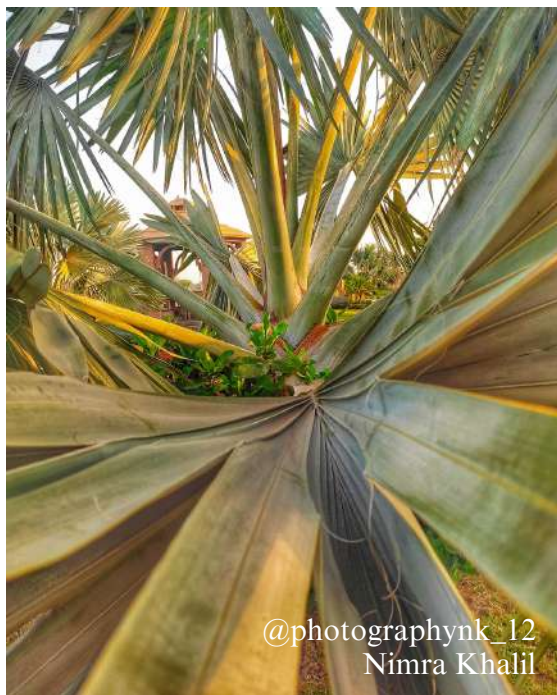
Looming Overhead
Jawairia Shaikh



Abdullah Jawad



Abdullah Jawad



@photographynk_12
Nimra Khalil



Abdullah Jawad



Abdullah Jawad



Abdul Anwar

ART



Amna Amjad



Ayesha Rehman



Amna Amjad

Articles

The Voice of Students



Islamophobia

by Nabeeha Shakeel

Islamophobia is the irrational fear, hatred, or discrimination against Islam and Muslims. It is disheartening, as a young Muslim, to witness the negative stereotypes and misconceptions associated with Islam which hinder social harmony and breed division.

Media portrayal often contributes to negative stereotypes associated with Islam, like terrorism, extremism, and the oppression of women. This needs to stop because the biased narrative fuels Islamophobia and ignites fear and hatred towards Muslims. The misconceptions thus generated undermine their identities, and they are seen as a danger. The concept that Islam preaches against peace had grown significantly during and after the 9/11 episode; it can, even today, be seen in the face of such heinous acts that take place against Muslim beliefs and values. The burning of the Quran in Sweden is just one example of the immensely hateful and downright intolerable offences that take place against the Muslim community on a daily basis. If the Muslim world's leaders don't take any action against such acts, then hate against Islam and Muslims will continue, disrespect for our Prophet will continue, and we will just remain bystanders, doing nothing against immense hatred.

In 2018 alone, France saw a 52% increase in Islamophobic incidents, while Austria saw a rise of 74%. If no voice of hope comes from within the Muslim community to help the oppressed, then those people would continue to live in the dark, and we would just be on the sidelines, sharing a few words of pity and guilt.

Implementing comprehensive educational programs that promote cultural understanding and religious literacy is essential. Students should be exposed to diverse perspectives, accurate historical contexts, and positive contributions made by Muslims throughout history. If the Muslim youth does not stand against such activities, then let me tell you, the future of Muslims is in much greater danger. Countering Islamophobia in the media can help challenge stereotypes and provide a more accurate representation of Islam and its followers.





The main cause of Islamophobia is a lack of knowledge of Islam among non-Muslims. We are called terrorists because no one has taken it upon themselves to understand our religion. It is a religion of peace and love, but due to some past events and propaganda, our identities have become tainted.

Encouraging open and respectful discussions about Islam and its teachings can foster empathy and dispel misconceptions. Not only is it important for the Government to voice its stance, but it's also upon us to become better Muslims as we are the identity of Islam. Non-Muslims look at us and associate us with Islam and Islamic teachings.



We need leaders who can solve problems on a global scale. 27th September 2019 saw a remarkable event when the world heard the appeal of the then Prime Minister of Pakistan, Imran Khan, to the UN. Besides, Muslims worldwide celebrate 15th March as an international day to combat Islamophobia; however, the battle against this hypocrisy is far from over. We must stand up for our brothers and sisters, we must stand up for ourselves, or else this vicious cycle will continue, and Muslims around the world will continue to be oppressed.

I know 9/11 changed the view of the West about Muslims, but that one incident doesn't define the whole Muslim community. We are so much more than that. We are not terrorists; we are not here to harm. We are just human beings trying to spread the message of love and peace while being met with a continuous stream of malice because of our adherence to faith. We have different languages, different ethnicities, and different cultures, but at the end of the day, each one of us is equal; the very principle of brotherhood is a major teaching of Islam! Quite contrary to the popular belief that we are divided, we are actually ordained to unite under the umbrella of one faith. We don't deserve to be torn apart by hatred centred towards us simply based on opinions and propaganda. We deserve so much more.

How to heal your Inner Child

A Guide to Inner Peace by Alina Azhar



In order to continue your life in a happy manner it's really important that one has the ability to heal their inner child and being a believer that everyone has their own journey of healing but there are some pointers that are the same for every.

1. Self-Care

One may not understand the importance of self-care in the beginning of their healing journey but has as time passes in realised how important it is to take care of yourself mentally as well as physically. One should try to find closure from the stuff that bothers them and avoid something that triggers them in order to attain mental peace. Anything that provides you with unmanageable pressure and ruins your mental health is not worth it. In our society we have forgotten the importance of physical health, one should always keep in mind how important it is to be physically fit. Science has proven many times that taking care of yourself physically really helps with the happy hormones in your body and make you feel better about yourself.

2. Self-discussion

Self discussion is like a further branch of mental care. In self discussion, whenever one is dealing with a problem they sit down in front of a mirror or alone for sometime and discuss the issue that they are facing with themselves. There's nothing better than sitting down and calmly talking to your inner child about what is bothering you and why is a certain something in your life making you upset.

3. Availability

Humans believe that they should always make themselves available for others because it's the right thing to do. However, to be available for everyone all the time and taking all their burden on your own shoulders while you are left with loneliness, is not the best option. It's really important to use your time with precious people, who can help you grow, rather than with those who pull you down. It's really important to understand that one shouldn't be always available and they should take some time off in order to give more time to themselves and feel relaxed.



4. Setting boundaries & prioritising yourself

We live in a world where setting boundaries is rude and prioritising yourself is selfish. However this should never stop you from setting boundaries and prioritising yourself. It's really important to make it clear in front of others how you want to be treated rather than regret and be mad later on about how they treated you. You should make it clear in every room that you walk in that you are your own top priority and you won't be entertaining anyone who makes you uncomfortable or crosses your boundaries.

These two things will also make it clear who are your actual friends and who are feeding off your power and exploiting you.

5. Loving yourself

Now comes the most important and most difficult step, to love yourself. It's really important to love someone else but it's really hard to love yourself, to say 2 words of confidence to yourself but one should realise on how much important it is to not see yourself as someone full of flaws and some full of dirt but as someone who's stealing learning, someone who's still taking chances that they never took. Learning stuff that they never dared to learn. It's so important to smile at yourself as you pass through the mirrors in your house or your hallways. The day you start loving yourself it'll all fall in place.



6. Forgiving yourself

Forgiving yourself is as important as loving yourself. To let go of the guilt that haunts your heart and makes your eyes water. It's so important to tell yourself that you have outgrown the wrong things that you did, that you have learned and repented. By forgiving yourself you'll find comfort in your solitude, loneliness won't eat your heart out and your soul will lighten up your heart.

If you can forgive everyone for the wrong that they did to you then it's only fair that you forgive your inner child for not standing up for themselves and taking a few steps back scared of the consequences. It's time to let go of the past and grasp the future.



Photo by Abdullah Jawad

Turning Your Hobby into a Passion Project

by Muhammad Sawrim

Did you just hear the word "passion project" and be like, "What's that?" Well, if you want to pursue your interests or hone your list of extracurriculars, a passion project is the best way to start.

Passion projects have garnered attention mainly after top universities across the globe started looking for a spike in the students' activity list instead of an all-rounded application. A spike refers to an interest in which a student truly admires and goes to great lengths to achieve the best in that activity. Universities such as the Ivy Leagues, although they don't have a particularly defined set of rules for finding the best student, have shown that students who went out of their way to pursue their passions have gained admission to these top tiers.



Going out of your way means to create a project, no matter what field you are in, that truly motivates you and aligns with your interests. It can be anything from designing an app, doing research or even writing a book. Similarly, let's take gardening as a hobby. You love to grow plants, take care of them and have a great skill to beautify any garden you get your hands on. You can turn this into a passion project too! One way of doing that is to start arranging workshops in your neighborhood to educate your community on the pros of gardening, the benefit it brings to an individual and to the environment itself. Reach more people by creating a page on social media and interact with them whilst creating an impact and initiating your own brand.

So how can you establish a passion project?



1. Identify your interest

Before going anywhere, you need to find a hobby that resonates with your ideas, passion and therefore really excites you. This would ultimately lead to a successful outcome and hence will get you to put in all your efforts.

2. Define your objectives and set your aim

Take a piece of paper or any device and start jotting down your goals. Remember, just circling ideas in your head might not bring a positive outcome so it's better you write them down. Recognize the weak-spots, ways you can reach your targeted audience. Time is key and attaining success takes time so set a proper timeline of events for your project.

3. Determine Resources and document

After establishing your framework, find the resources you acquire. Use the help of the internet for information and talk to your mentors, teachers/professors for further guidance. Documenting your progress will help you identify factors which boost your project, address mistakes you might have encountered along the way.

4. Publish and take feedback

After you finish all your pre-requisites, it's now time to publish. You can use any platform such as Instagram, you can spread your word through community engagement or with the help of your friends. Make sure you are updated with its analytics so that you make changes if necessary.

Keep in mind that creating a passion project is a journey of self-discovery and personal development, and that the journey includes appreciating the process. It's a chance to show off your commitment, originality, and advancement in your academic or professional career.

Forecasting Disaster: The Socio-Political Implications of the Upcoming Floods on Pakistan

by Aaniya Akbar

As monsoon season approaches, Pakistan finds itself confronted with a critical challenge - minimising the damage that comes along. With heavy rain and insufficient drainage systems, the majority of Pakistan, namely Sindh, is left with unimaginable flooding. The looming threats of disastrous outcomes have, once again, left all citizens bracing themselves for the worst.

Recent years have witnessed an increase in extreme weather events, placing Pakistan's infrastructure, economy, and societal well-being at risk. Consequently, many people, especially in lower-income areas, have lost their homes, jobs, and even their lives. In response, the nation has invested in early warning systems, flood monitoring technology, and disaster response mechanisms to mitigate immediate damages. There is only hope that the displacement of people and transportation will be significantly lesser.

Similarly, Pakistan's main source of income, agriculture will also face negative ramifications. Submerged farmlands result in crop losses, affecting food security and income for farmers. The damage to irrigation systems further exacerbates the agricultural sector's vulnerability.

The burden of coping with floods disproportionately falls on marginalised and impoverished communities. Limited access to resources, inadequate infrastructure, and lack of disaster preparedness worsen the challenges faced by vulnerable populations.

In preparation for the impending floods, Pakistan has prioritised disaster management and preparedness measures. Strengthening early warning systems, engaging community-based disaster response teams, and providing training for first responders are among the key initiatives. Additionally, investment in resilient infrastructure, such as flood embankments and diversion channels, aims to minimise flood impact. Comprehensive national disaster response plans outline roles and responsibilities, fostering collaboration among government agencies, NGOs, and international partners to effectively tackle the upcoming flood challenge.



Floods have a profound impact on the lives of Pakistanis, especially those in vulnerable communities. Displacement from homes, destruction of livelihoods, and loss of loved ones create immense emotional and financial hardships. The damage to agricultural lands disrupts food security, aggravating poverty and hunger. Access to clean water and sanitation becomes a challenge, leading to health risks and potential disease outbreaks. The most marginalised, including women, children, and the elderly, bear the brunt of the flood's consequences, amplifying socioeconomic inequalities and widening the gap between privileged and disadvantaged segments of society.



Unleashing your superpower: Enhancing Emotional Intelligence for Academic Success

Have you ever wondered about how people achieve success? Have you ever wanted to be one of them? Well, there is a hidden superpower which will not only help you in academic achievements but will also help in personal development. It's called Emotional Intelligence. Other than the stuff in coursebooks and exams, there lies a skill that empowers students to balance relationships, embrace challenges and thrive in the journey of education. Are you ready to set forth on a new journey? Get ready to understand your and others' emotions at a deeper level and start your way to a brilliant future.

Introduction to Emotional Intelligence

Emotional Intelligence is the capacity to be aware of, control, and express one's emotions and handle relationships. It is the key to both personal and professional success. It will help students develop communication skills as well. Emotional Intelligence consists of several components. The first one is self-awareness. It means to know yourself better. You should be aware of your strengths and weaknesses and how to deal with them. By knowing ourselves better, we will be able to manage stress easily.

The second component is self-regulation. A student must know how to deal with critical situations, and how to respond in different circumstances. A student must be aware of how to react and handle pressure. It will help them remain focused and less distracted from their studies.

The third component is empathy. A student must be aware of how to deal with peers. We should be aware of others around us and should always help as much as we can. It will help build a supportive community.

Lastly, communication skills are very important as well. Knowing how to talk and deal with different kinds of people is of immense importance to students. It will help them be more confident.

The Link between Emotional Intelligence and Academic Success

Emotional intelligence has a profound impact on academic success. Students with well-developed Emotional Intelligence skills exhibit higher levels of motivation, resilience, and effective problem-solving abilities. They also excel in communication, collaboration, and teamwork. By developing emotional intelligence, students can enhance their academic performance, and build positive relationships with others.



Enhancing Emotional Intelligence

In order to enhance Emotional Intelligence, students should get involved in such practical situations and seek guidance from trusted elders. There are numerous books by countless authors on this aspect. By enhancing it, students will be able to understand things more clearly and are more likely to prosper in their studies.

Conclusion

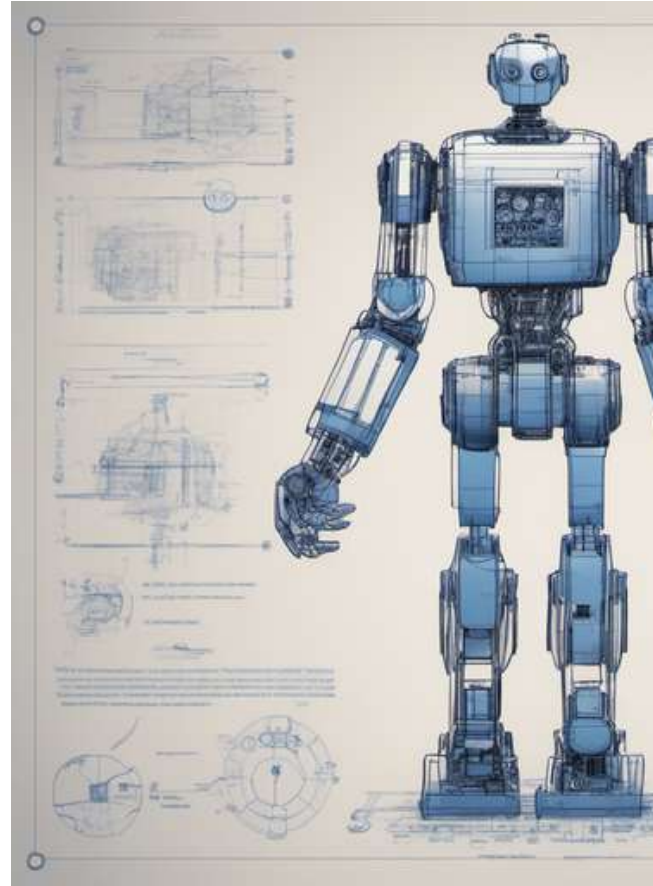
Emotional intelligence is a superpower that can help students prosper to new heights of personal and academic success. By understanding and developing self-awareness, empathy, and effective communication skills, students can unlock their full potential and excel in various areas of life. Remember, developing emotional intelligence is a journey, requiring dedication and practice. Embrace your emotions, connect with others, and nurture your superpower.

Is AI a Threat to Humans?

by Sarah Zubair

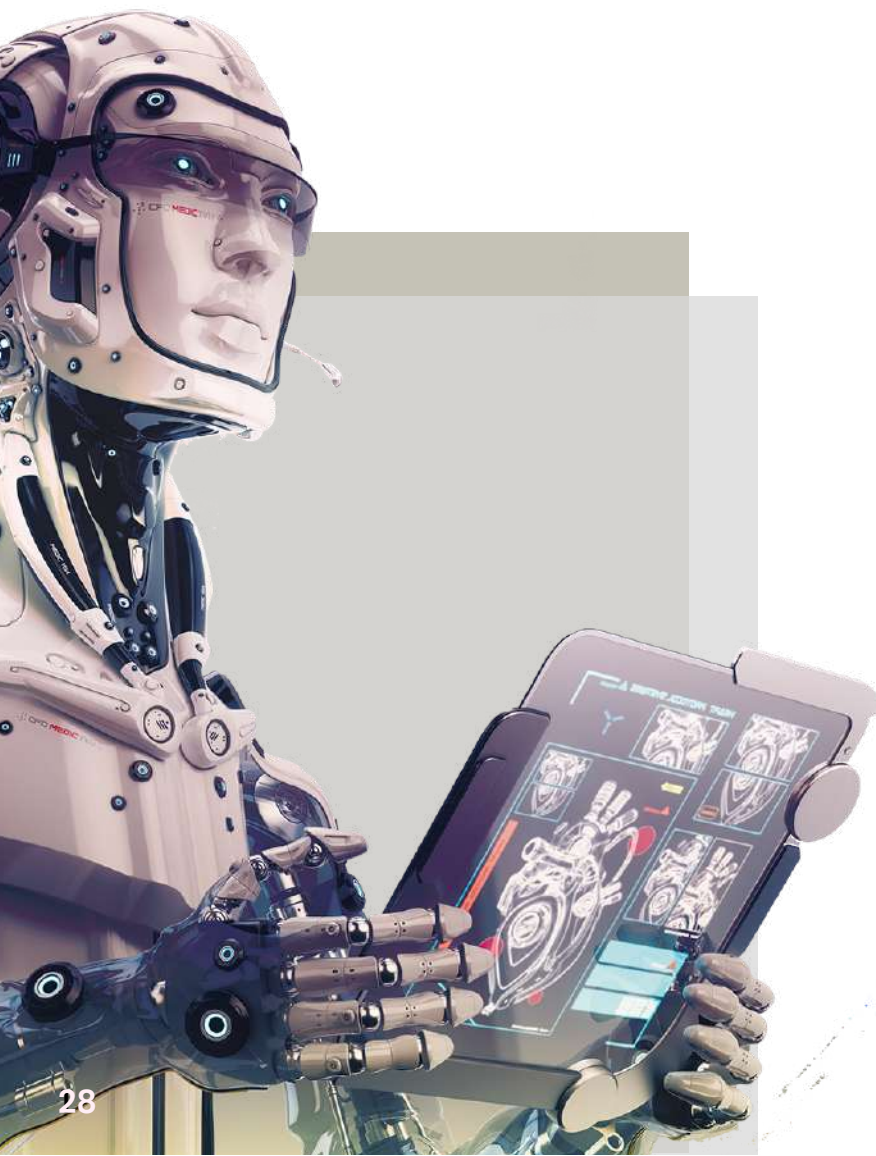
Introduction

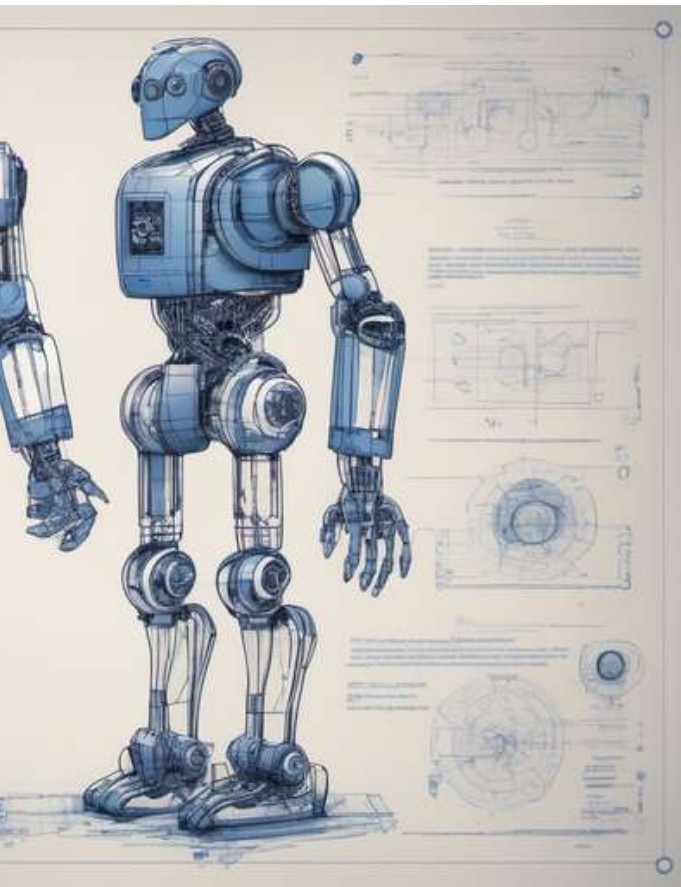
Stephen Hawking has said, “The development of full artificial intelligence could spell the end of the human race.” Elon Musk has claimed that AI is humanity’s “biggest existential threat.”



Job losses due to automation

In the years to come, we will witness significant changes in the workforce and the markets — roles and jobs will become obsolete, industries will be radically transformed, and employment models and relationships will be redefined. AI, or Artificial Intelligence, will change the workplace and the jobs that humans do. Some jobs will be lost to AI technology, so humans will need to embrace the change and find new activities that will provide them with the social and mental benefits their jobs currently provide. AI-powered job automation is a pressing concern as the technology is increasingly being adopted in industries like marketing, manufacturing and healthcare. Eighty-five million jobs are expected to be lost to automation between 2020 and 2025. Artificial Intelligence will not replace human jobs completely, as it can only perform simple tasks and cannot replace a person’s ability to think creatively or solve problems intelligently. For example, even if artificial intelligence has been programmed to be able to do a specific task or job, there are still certain things that it cannot do because such tasks require human interaction and knowledge.





Social Manipulation

AI is at risk of being biased by the humans that build it. If there is bias in the data sets the AI is trained from, that bias will affect AI action. A 2018 report on the potential abuses of AI lists social manipulation as one of the top dangers of artificial intelligence. For instance, TikTok runs on an AI algorithm that saturates a user's feed with content related to the previous 'TikToks' they've viewed on the platform. Criticism of the app targets this process and the algorithm's failure to filter out harmful and inaccurate content, raising doubts over TikTok's ability to protect its users from dangerous and misleading content. In addition to this, the right to privacy is under threat, when you consider the possibility of unauthorised access to one's online activity data. But even in the case of an offline user — somebody who has deliberately decided to stay 'disconnected' — the right to privacy is still under threat.

Social Surveillance

In our interconnected world, a small number of companies are collecting vast amounts of data for each one of us: access to this consolidated data would allow an accurate replay of our day-to-day life in terms of activities, interactions, and explicitly stated or implicitly identified interests; somebody (or something) could know our mobility history and patterns, our online searches and social media activity, chats, emails, and other online micro-behaviours and interactions. AI's face recognition capabilities provide conveniences such as being able to unlock phones and gain access to a building without keys, but it also launched what many civil liberties groups believe is alarming — surveillance of the public. A prime example is China's use of facial recognition technology in offices, schools and other venues. Besides tracking a person's movements, the Chinese government may be able to gather enough data to monitor a person's activities, relationships and political views.

In conclusion, the fact cannot be denied that although AI may seem intimidating, it generally enables us to become more creative. AI will not necessarily come up with the best ideas for us. However, it greatly reduces the cost — in time, money, and effort — of generating new ideas by instantaneously revealing untold options. It will enable us to efficiently discard the "useless contraptions" that cloud our vision and identify useful combinations previously unseen. If used properly, AI can ultimately help us seed far greater innovation throughout our society.



Canon Powershot V10

Unique Specifications:

- Compact and lightweight
- Add ambience and hone your vlogging style
- Face tracking

If you're looking to grow your YouTube channel and upgrade to 4K, the Canon Powershot V10 could be the camera for you. This pocket-sized powerhouse is light, weighing just 211g, and is capable of filming in a wide-angle 19mm format in 4K UHD CMOS (55 minutes of shooting time). It has stereo microphones built-in with electronic wind shielding (and comes with cute miniature physical windshields), a retractable screen and stands, and more.



DJI Action 2

Unique Specifications:

- Portable and wearable
- Magnetic Versatility

DJI Action 2 isn't just ultra-powerful, it's also the most dynamic and innovative action camera yet. Its magnetic design lets you effortlessly swap out accessories as you capture life on the go. Built tough, the Action 2 Camera Unit is drop-proof, dustproof, and waterproof at depths of up to 10 meters. And with a touchscreen and lens constructed of gorilla glass, it's durable enough for any adventure.



Nix Biosensor



Unique Specifications:

- The first biosensor to analyze sweat and provide endurance athletes with personalized hydration data.

The Nix Hydration Biosensor is a must for those who take running, cycling, or any other form of exercise seriously and want to get the most out of their training or workout. This biosensor will analyze sweat levels and deliver real-time hydration data in the form of personalized notifications to your smartphone or watch. You'll be told exactly when you should drink, what you should drink, and how much you should drink to help ensure peak hydration.

Ekster Parliament Smart Wallet



Unique Specifications:

- Slim and minimalistic
- Smart and trackable

The Ekster Parliament is a smart bifold wallet with RFID coating (to protect against identity theft) and a patented mechanism that ejects cards from its aluminum storage pocket with the press of a button. It has space for at least ten cards, as well as a strap for carrying cash and receipts.

It is crafted in a high quality leather. An optional Bluetooth tracker for the wallet is also available.



Extracurricular Opportunities

OPPORTUNITIES

by Mojza - Kanza Ahsan



Those seeking to enhance their personality or resume are in the right place! With the global shift in urgency towards youth empowerment, national and international organisations are seeking young leaders to develop under their mentorship.

Why should you join them?

To answer this, I will pose a simple question to my readers. Why do you think that a person graduating from an institute with the same degree and average marks as 100 others gets a job while 99 don't? The reason is the skill set that sets a person apart from his fellows!

"A skill is the practical knowledge and ability to render any task done most efficiently."

They are developed with hands-on experiences in real-life situations. They cannot guarantee you a job, but the confidence to solve problems and a resume to get a recruiter hooked!

As the world is evolving at a rapid pace with the AI accelerating the process to a maddening speed, humans must acquire as many skills and excel in most of them to catch up on the latest tools and advancements.

L'Oréal's Director of Talent Acquisition for the Middle East spoke at a conference about the significance of upskilling. She mentioned that back in 2009, their employees spent, on average, about 7 hours yearly on self-study. Today, the figure has risen to 100 hours a year! Meanwhile, an IBA Faculty and Corporate Trainer shared that a company hired her for the training of their employees mainly because they want their staff to be the leaders of tomorrow; when the need arises for a lead, the company will look for the most potent employee of all!

Apart from this, experiential learning has multiple other advantages, as it grants you:

- The escape from everyday ruckus
- The art of conversation and meaningful dialogue on things that truly matter (It's better than gossip, Jeremy!)
- Networking and connections with people making strides for a better world (You may not catch the virus, but you'll definitely feel at peace to witness solutions and success stories instead of an endless discussion on problems)
- Career opportunities (Yes! A good network means you don't miss out on any job or opportunity alert)
- Real-world situations to practically work out the classroom lessons.
- Find your purpose and test your drive (Empathy can be your changing point in life)

SALAMTI FELLOWSHIPS

by Peace Without Borders

Peace Without Borders works for the promotion of peace in Pakistan, with compassion, inclusivity and nonviolence. It is an independently-run project of Shoor Foundation for Education and Awareness. [Salamti Fellowships](#) is its flagship program and it operates under the mechanics of Experiential Learning to instil leadership skills in the participants. For my blessed readers, the applications for Cohort XI are open exclusively for the Youth of KPK aged between 18-35 years of age! So what are you waiting for?

[Apply Now!](#)

What is Experimental Learning?

More respected and diverse than rote learning, Experiential Learning (ExL) provides you with a safe environment with real stimulating situations to let you practise morals, values, ethics, and other behaviours. Moreover, it involves critical thinking and reflection as feedback that you give yourself.

Other Organisations Promoting ExL through their programs

- **The Youth Impact**
- **School Of Leadership Pakistan** (Young Leaders Conference)
- **Seeds of Peace**
- **Friedrich Naumann Foundation** (Freedom Gate Pakistan)
- **Cholistan Center of Excellence** (Pelican Fellowship)
- **Million Smiles Pakistan** (Trek Venture)
- **Teach For Pakistan** (TFP Fellowship)
- **Baltistan Youth Organisation**

TEAM MOJZA APPLICATIONS

You can also be a part of Team Mojza in several different departments as a volunteer! Departments include Resource Contribution, Marketing and this Magazine's Editorial Board!

[Apply Now!](#)

OPPORTUNITIES

by The Uraan Initiative



THE URAAN INITIATIVE'S RECRUITMENT

Deadline: 7th August, 2023

Positions:

- CEO
- Social Media Manager
- General Advisor
- Content Writer
- Content Creator
- Graphic Designer
- Website Manager

For more info/to apply, visit [@theuraaninitiative](https://www.instagram.com/theuraaninitiative)

ABOUT URAAN

The Uraan Initiative is a platform which provides opportunities for internships and volunteering all over Pakistan. Moreover, the initiative also shares advice and information regarding various topics such as entry tests.

Follow Uraan on Instagram to stay updated with all new opportunities.

 [@theuraaninitiative](https://www.instagram.com/theuraaninitiative)

Visit Uraan's website.

 theuraaninitiative.com

PROJECT TABEER'S RECRUITMENT

Deadline: 10th August, 2023

Departments:

- Operations
- Fundraising
- Marketing
- Media and Graphics

For more info/to apply, visit [@projecttabeer.pk](https://www.instagram.com/projecttabeer.pk)

BENNINGTON COLLEGE'S YOUNG WRITERS AWARD

Deadline: Nov 1st, 2023

Categories:

Poetry: A group of three poems

Fiction: A short story (1,500 words or fewer) or one-act play (run no more than 30 minutes of playing time)

Nonfiction: A personal or academic essay (1,500 words or fewer)

For more info/to apply, visit bennington.edu



Sona Vocational Centre The Power of a thread and needle

by Nabeeha Shakeel



We live in a society where every single day several girls and women knock on our car windows, begging to make ends meet. Their cry for help is often rebuffed by many. They are looked down upon as people who have no social standing and are not seen as a vital part of society. Countless girls spend all their lives enclosed inside the four walls of their homes without any opportunity to grow and learn. Their helplessness can be seen, but no one stands up for them, and no one gives them an opportunity.

Fauji Foundation is a world-known organisation helping underprivileged people all over Pakistan. It is one of the leading companies in the world with the vision to empower Pakistanis. About 80% of the income of the Fauji Foundation is funded for the betterment of society. The company has several hospitals and schools under its care. One of the projects under the Fauji Foundation is the Sona Vocational Centre located in Goth Machi, Sadiqabad district Rahim Yar Khan. It was started by the locals of the company to empower women and give them a new outlook on life.

The entire project is fully funded by the Fauji Foundation with a dream of an empowered and self-sufficient society. They want to give women the opportunity to grow on their own, excel on their own and be able to contribute in any way or form to the functioning of their household.

The main area of focus under the vocational centre is the art of making clothes.

With rising inflation and current trends shifting to handmade garments, the demand for such clothes has increased significantly. With an increase in buyers, it's a great opportunity for young girls and women to learn the art of making clothes, and become self-sufficient without depending on others. This is where the vocational centre comes in. Every year, two courses of six months each are introduced, which are designed to give each student a comprehensive understanding of the core principles of the design industry. The courses are meticulously designed with attention to detail, ensuring that they are affordable, allowing even underprivileged girls to upskill and showcase their abilities. In recent times, skills have become the most powerful weapon to survive in this world. Keeping that in mind, new courses have been introduced that teach students about skincare and beauty, giving them a deep introduction to the makeup industry, so that at the end of the course, each student is skilled enough to pursue a job at any local parlour.



How is the vocational centre working, you say? As mentioned before, it's a project fully funded by the Fauji Foundation. Other than that, exhibitions are arranged all year round to showcase the skills of those women. Furthermore, the vocational centre has an Instagram page named [svc_gm_shop](#) where they take orders and sell their products online. From tote bags, applique dresses, frocks, embroidered shalwars, dupattas and crochet bags, the vocational centre has so much more to offer, so make sure to check them out!

The amazing team of Sona Vocational Center did not only stop here; moreover, they recently introduced a course for school-going girls so that even the students of O and A Levels can also learn something different. In today's time, crochet and embroidery are the talk of the town. Everyone wants a pair of crochet earrings, crochet bags etc. By learning crochet through this two weeks course, they can upskill themselves entirely.



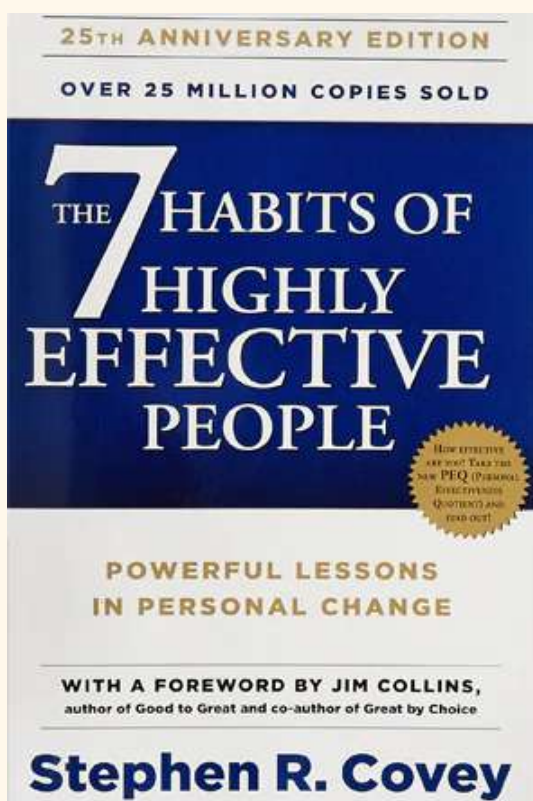
The Sona team is also working on some exciting new projects that are going to launch soon. But they can't do it alone. Make sure to check the centre's Instagram page and support them by pressing the follow button and DMing them for any order. This project has been aimed to help the women of society for years. Women are seen as someone who is only entitled to give birth and raise children. They are not seen as someone who can go out of the house to earn money. The Sona team's main mission is to teach skills to these girls and women so that they can support their homes as well as families and make sure that they don't sleep with an empty stomach at the end of the day.

Books & Movies

Book Summary & Review

by Fateha Nizam

Books are unpaid therapists. Other than textbooks, there is a large variety of books which can be read. They not only help us to develop professionally but personally as well. Books are those friends whom we can always count on. Here in this article, I will introduce you to a self-development book that will help you to practice time management and stay right on track.



Book Overview

The book is written by Stephen R. Covey. It's written in such a manner that readers can easily understand it. THE 7 HABITS OF HIGHLY EFFECTIVE PEOPLE is a book known for personal development. It not only helped me develop personally but also helped in my studies. The writer has explained all 7 habits separately. The writer believes that personal development lies in character ethics. If you succeed in developing these 7 habits, you will end up achieving a lasting and meaningful change in your life.

The 7 Habits

1) Be Productive: Take responsibility and proactively deal with external circumstances instead of merely reacting to them.

2) Begin with the end in mind: Clearly define your future goals and consider them from the very start of your journey.

3) Put first things first: Prioritise tasks based on their importance and learn how to manage things.

4) To think win-win: You should think about the ways to win, have faith in your hard work, and avoid dwelling on thoughts of losing.

5) To seek first to understand rather than to be understood: The name of this habit clearly explains itself.

6) Synergize: We should try to broaden our perspective/view beyond individual concerns/interests and focus on teamwork in an effort to achieve a bigger goal.

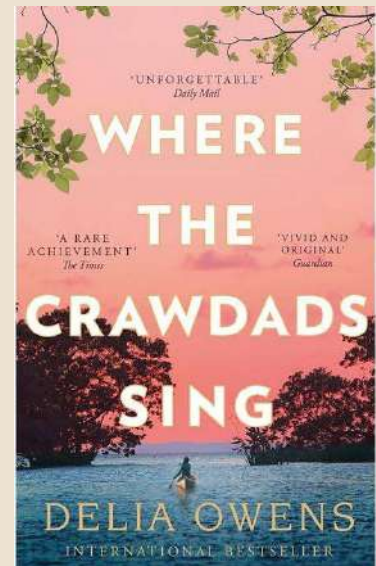
7) "To sharpen the saw": Dedicate some time for self-care and personal growth every day, ensuring that you remain mentally and physically fit/well

Conclusion

In conclusion, "THE 7 HABITS OF HIGHLY EFFECTIVE PEOPLE" is one of the best books for personal development, focusing on character development and personal growth. The writer suggests practical examples to help readers understand the concepts better and implement them effectively. By embracing these habits, one can make positive changes, both personally and professionally. Stephen R. Covey has presented all the habits very effectively, and by applying them, we can significantly change our lives.

Book Recs

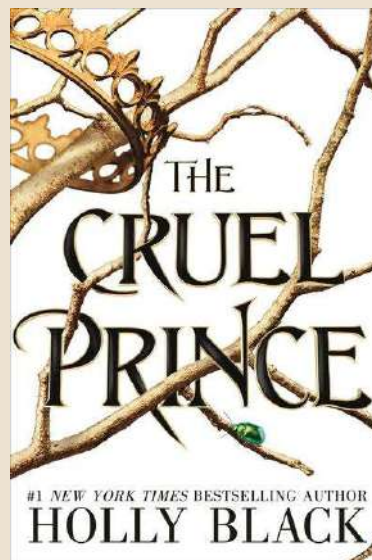
by Syed Muhammad Shaheer Ali



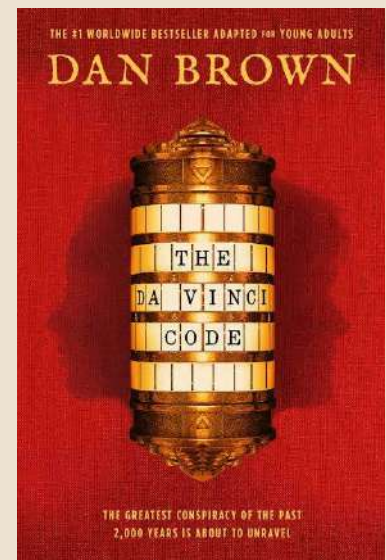
Where the Crawdads Sing



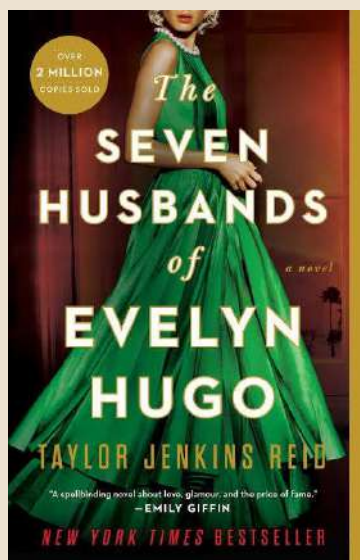
Crime and Punishment



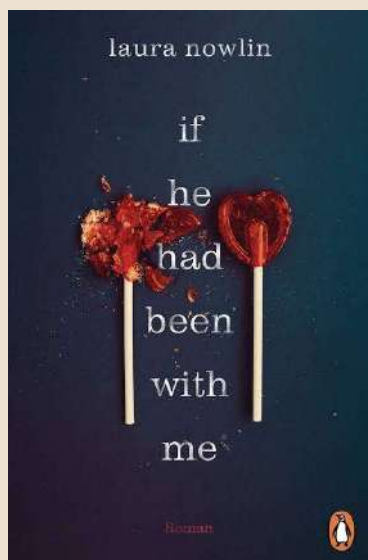
The Cruel Prince



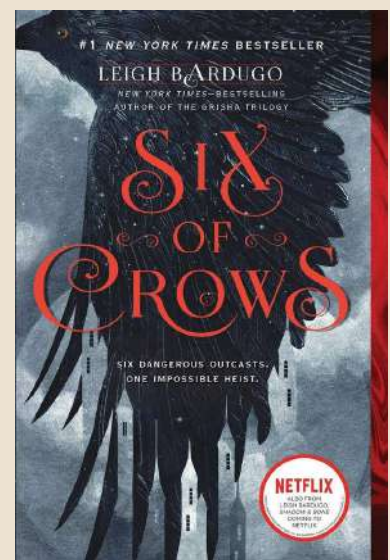
The Da Vinci Code



The Seven Husbands of Evelyn Hugo



If he had been with me



Six of Crows

Barbenheimer

THE REVIVAL OF CINEMA?



The release of Barbie and Oppenheimer was one the biggest highlights of July.

Both the much-awaited movies were released together on July 21.

Box Office Success

The simultaneous release of the two star-studded movies with such contrasting themes made "Barbenheimer" a global sensation and the biggest movie event of the year.

After the second weekend, Barbie had a budget of is nearing **\$800 million** globally while Oppenheimer has generated **\$405 million**.



Barbie Review

A Childhood Nostalgia

by Alina Azhar

I totally admire how Barbie talked about women empowerment and how we all are different people (how it's okay to be different) but somehow when I watched that movie it took me back to a 7yr old girl sitting in front of her T.V. Pick a barbie (princess) C.D from a really big collection of her 4in1 barbie C.Ds. Somehow this movie left me with a really strong sense of nostalgia and a feeling that I have lost as I grew up, it's so bittersweet. This movie gave me back the belief that I used to carry in my heart my entire childhood and reminded me how I used to think that I can be anything just because Barbie can be anything. It's so beautiful how a movie can open the box of untouched memories, precious memories that you hold close to your heart and that you cherished that made your childhood worth memorable and made you the person that you are.

It's funny how people viewed Barbie as a blind bimbo but in reality she was and still is an icon. She makes me believe so much in myself that it's funny and somehow makes me feel 7 again, like a warm blanket it's so comforting. It's like nothing in the world can harm you ever, so safe, so free.



OPPENHEIMER

Synopsis

During World War II, Lt. Gen. Leslie Groves Jr. appoints physicist J. Robert Oppenheimer to work on the top-secret Manhattan Project. Oppenheimer and a team of scientists spend years developing and designing the atomic bomb. Their work comes to fruition on July 16, 1945, as they witness the world's first nuclear explosion, forever changing the course of history.

IMDB RATING

8.7/10

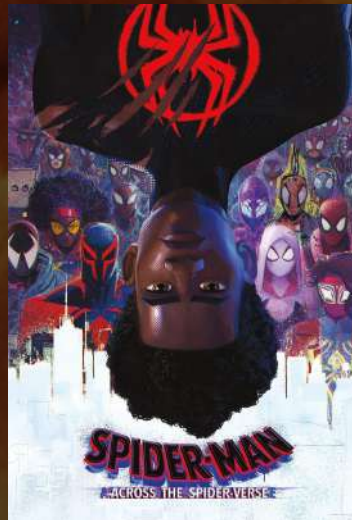
ROTTEN TOMATOES

93%

LOOKING FORWARD

In recent times, movie lovers haven't received much good films, this can be attributed to the pandemic. We saw several anticipated movies flopping earlier in the year like The Flash, Elementals, and Beau is Afraid. However, things seem to be taking a turn with the release of Spiderman: Across the Spiderverse, Guardians of the Galaxy 3 and John Wick 4. The box office success of Gerwig's Barbie and Nolan's Oppenheimer supports this positive outlook.

However, writers and actors are on strike for better pay and against AI. This has caused production to come to a halt or delayed, making it look difficult for the box office to return to its prepandemic glory.



UPCOMING MOVIES

There's still a lot of movies expected to release this year to look forward to. This includes "The Marvels", "Wonka", "The Nun II", "Dune Part Two" and "Napoleon" among others.

What are you most excited for?



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