



 **Shalamar**
Medical & Dental Collage

AXON

10th edition
2024



Celebrating 10 years of Axon



2024 edition of Axon is focused on
"The Great Personalities and their accomplishments in various eras of Medicine"

The 2024 edition of Axon focuses on the theme of women empowerment in medicine, highlighting the vital and multifaceted roles women play across the healthcare landscape. From classrooms to clinics, research labs to operating rooms, women continue to break barriers, challenge norms, and lead with resilience and compassion. This edition explores the evolving journey of women in medicine—not only as practitioners and pioneers but as advocates for equity, empathy, and innovation. By shedding light on their stories, struggles, and triumphs, we aim to honor the spirit of women who have shaped, and continue to shape, the future of healthcare. At Axon, we proudly celebrate their legacy, strength, and the transformative impact of their presence in medicine.





PRINCIPAL

Prof. Dr. Zahid Bashir

I feel honoured to bring forward our Annual SMDC Magazine "AXON-2024". It is always our wish, and the editorial board seeks to take AXON even further ahead every year, making it better than ever before.

For any educational institute, it's always promising to dream up about its students, outshining in all aspects of life by moulding them into sound human beings as well as productive members of society. Shalamar Medical and Dental College delivers an enchanted blend of classical and modern educational strategy to undergraduates so that they may achieve excellence while retaining the beauty of the mind and intellect as well as of the soul.

I wish all the board who put a collective and meticulous struggle to come up with this remarkable piece of collection. With persistent efforts on the part of team AXON, Annual SMDC Magazine "AXON-2024" will assuredly reap a commendable slot.

Good Luck!



PATRON-AXON

Prof. Dr. MA Wajid

We are pleased to present to you the latest college magazine. In these pages, as always, you will find the flight of imagination, hopes and aspirations of young doctors in the making. The writings are unique mixture of science and art!

Over the years, magazine has grown, but not aged! It is an archive of student's memories, their hopes and struggles and for some of their heartaches as well! As Helen Keller said, "The world is moved along, not only by the mighty shoves of its heroes, but also by the aggregate of the tiny pushes of each honest worker." So is this magazine, produced by the countless "tiny pushes" of its contributors, editorial board and management. It is the aggregate of all those small efforts, although difficult to measure, which bring to fruition this yearly endeavor. There are many people who has contributed even without being recognised, knowing that their effort will make a difference. A beautifully composed prose, an encouraging verse or a captivating picture can change a person's life.

This year, editorial team has worked very hard and as a result, we have had more submissions than we could print, particularly, when the demand for print medium is diminishing. This is a great accomplishment.

Keep writing, keep reading

A handwritten signature in black ink that reads "M.A. Wajid". The signature is written in a cursive style with a horizontal line underneath.

Prof MA Wajid FRCS, (Tr & Orth)

FROM THE EDITOR-IN-CHIEF

AAMINA SAJID

It is with immense pride and gratitude that I, Aamina Sajid, introduce the 2024 edition of Axon, the official annual magazine of Shalamar Medical and Dental College. Serving as Chief Editor this year has been both an honor and a deeply enriching experience—one that allowed me to work alongside a remarkable team committed to excellence, creativity, and purpose.

This year's theme, Women Empowerment in Medicine, is one that holds profound relevance. Through these pages, we aim to celebrate the strength, resilience, and vital contributions of women in the medical field—both past and present. The edition highlights how women continue to lead, inspire, and bring meaningful change across every level of healthcare.

I would like to extend my heartfelt thanks to Prof. Dr. Zahid Bashir, Principal SMDC, and Prof. Dr. M.A. Wajid, Patron Axon, for their steady support and belief in our vision. Their guidance has been instrumental throughout this journey.

This edition would not have been possible without the dedication and insight of our editorial teams. I am sincerely grateful to Miss Kashaf Naveed, our English Editor, and Miss Fatima Zahra, our Urdu Editor, whose leadership and clarity of thought shaped much of this publication. I also wish to acknowledge the diligent efforts of Mr. Muhammad Tanzil (Urdu Assistant Editor), Mr. Rana Sikandar (Urdu Sub Editor), Miss Maha Jawwad (English Assistant Editor), and Miss Javeria Zulfiqar (English Sub Editor)—each of whom brought a unique strength and voice to the process



.A special note of appreciation goes out to our volunteers—SamiUllah Asif, Hadia Soraya, and Sabeeka—whose enthusiasm and consistent support greatly contributed to the final outcome.

It has been a privilege to witness the teamwork, passion, and dedication that brought this edition to life. I hope that as you turn these pages, you are not only informed and inspired but reminded of the transformative power women hold in shaping the future of medicine.

FROM THE EDITOR ENGLISH

KASHAF NAVEED

It has been a great privilege to serve as the English Editor of Axon for the year 2024. This journey has not only sharpened my skills in writing and editing but has also strengthened my abilities in leadership and collaboration. From Subeditor to Assistant Editor and now as English Editor, Axon has been a remarkable platform that helped me grow professionally and personally, and I am truly grateful for the experience.

This year's edition focuses on the empowering theme of women empowerment—a tribute to the strength, resilience, and achievements of women across all walks of life. One of the highlights of this edition is our exclusive interview with Sana Khurshid, a determined and inspiring differently-abled lawyer whose story beautifully embodies courage and perseverance.

I would like to thank my incredible team for their support and dedication:

Maha Jawwad (Assistant Editor) and Javeria Zulfiqar (Subeditor) for their creativity and commitment throughout the process. A special mention to our volunteers, Hadia Saroya and Sabeeka, whose help was invaluable in bringing this edition to life.

My heartfelt gratitude goes to our Editor-in-



Chief, Aamina Sajid, for her unwavering guidance and leadership throughout this journey. I would also like to extend my sincere thanks to Prof. Dr. M.A. Wajid, Patron of Axon, and Prof. Dr. Zahid Bashir, Principal of SMDC, for their continuous support and encouragement that made this publication possible.

We hope this edition of Axon leaves you inspired and reflective, just as it did for us while creating it.

Warm regards,
Kashaf Naveed

2024

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My Step 1 Experience

Sylvia Plath



Iconic feminist writer of the 20th century, Plath's writings continue to resonate with the world because they explore themes of a loss of personhood, troubled personal relationships, violent emotion, and an obsession with death—all written with primal emotionality. Naturally, her work serves as a critique of American post-war society, especially how its gender norms negatively impacted the lives of women.

Starting from her undergraduate years, Plath suffered from bipolar disorder and severe depression for the rest of her life. Because these diseases were poorly understood at the time, she could not receive treatment for them. Ultimately, she committed suicide.



MY USMLE STEP 1 JOURNEY WAS DEFINITELY A ROLLER COASTER.

Abdul Basit
Final Year MBBS

My USMLE Step 1 journey was definitely a roller coaster. It stretched over a year, and balancing prep with med school and ward rotations wasn't easy. Some days felt impossible—long hours in college, then coming home to squeeze in study time, only to crash before I could get through everything I'd planned. It

was mentally and physically exhausting and left little space for relaxation.

There were moments when I doubted myself, especially when progress felt slow, but I just kept pushing. I tried to stay consistent, even if that meant studying for just an hour on tough days. What really helped was leaning on friends and peers who were going through the same grind.

The exam itself was a nerve-racking experience, but I gave it

my best shot, and honestly, just getting that "Pass" was the most satisfying moment. It felt like a weight lifted off my shoulders.

Looking back, it wasn't an easy road, but Alhamdulillah Allah always does have your back, and I know it's one step closer to achieving my goals. It's proof that all those sleepless nights were worth it in the end.

A message for the juniors: trust the process and it will always work out in the end!

A Journey of Focus, Resources, and Support

Kashaf Naveed
Final Year MBBS

Studying for Step 1 felt like being on a nonstop rollercoaster—except no one tells you when the ride ends or how steep the next drop is. It's nerve-wracking, to say the least, and I honestly couldn't have done it without my study partner and amazing friends. They kept me sane, motivated, and grounded when I felt like I was drowning in a sea of resources and timelines.

First lesson? Don't overwhelm yourself with excessive resources. This isn't a shopping spree where the more you grab, the better. Stick to the essentials, and trust me, there are only a few:

- UWorld: If buying it isn't an option, there are alternatives, but don't skip it—it's a lifesaver.
- First Aid (FA): This is your Step 1 bible. Cram it like your life depends on it, and add concepts from other resources directly into FA. Mine looked like it survived a hurricane by the end, but it worked.
- Mehlmaan PDFs: Incorporate these into your prep. They're gold.
- Randy Neil for Biostatistics: Biostats was my nemesis, but Randy Neil made it bearable.
- Dirty Medicine for Genetics and Bioethics: Genetics was a breeze after Dirty Medicine videos, and for bioethics, no shortcuts here.
- Arrows Mehlmaan PDF: Save



this for the last month—timing is key.

What NOT to do? Don't exhaust yourself trying to conquer every resource under the sun. Seriously, it's a trap. Stick to the essentials, and leave the FOMO at the door. Focus on doing NBMEs, UWSA, and Free 120 in the last two months—and review them thoroughly. The questions are long, the statements are tricky, and without proper practice, time management becomes your biggest enemy on exam day. Speaking of practice, don't stop working through question banks. The exam feels like a giant, twisted question bank, and without

continuous practice, you'll freeze when faced with those endless, paragraph-long questions. My study partner and I often joked that Step 1 felt like a never-ending marriage—full of commitment, sacrifices, and the occasional breakdown. But having them by my side made it bearable. We kept each other in check, laughed through the frustration, and reminded ourselves that Step 1 doesn't define us—it's just one chapter in our med school saga. So, if you're reading this, remember: Keep it simple, stay focused, and find yourself a study partner. The nerves are real—but the relief after exam? That's even real.

BEYOND THE HYPE: My Balanced Perspective on the USMLE Step 1



Muhammad Tayyab Tahir
Final Year MBBS

Hello, my name is Muhammad Tayyab Tahir. I am a final-year MBBS student at Shalamar, and I passed the USMLE Step 1 in December 2023 while in my fourth year. Here, I'll briefly take you through my journey.

A few years ago, the USMLE underwent a major change, transitioning from a traditional three-digit score to reporting Step 1 as simply pass or fail. Traditionally, people studied for years using a wide array of resources to boost their scores, making this exam a daunting challenge. However, due to recent changes, one can now limit study time and resources—though it's

crucial not to become overconfident or attempt the exam prematurely, as the failure rate for Step 1 has significantly increased over the past year.

Regarding resources, my advice is to keep them as limited as possible. I realized, perhaps a bit late in my preparation, that covering the syllabus the first time around is the easiest part. If you use too many resources, retaining and revising the material becomes nearly impossible. There are two gold-standard resources you must rely on to pass the exam: First Aid and UWorld. Honestly, these two are more than enough to pass Step 1. Additionally, I used Sketchy for microbiology (which covered the entire micro section of my exam effortlessly) and the classic

Pathoma textbook. I highly recommend Pathoma, as about 50 to 60 percent of the exam focuses on pathophysiology.

In terms of timing, the ideal period to take Step 1 is during your fourth year of MBBS, as this is when you'll face minimal pressure from UHS professional exams. Generally, people say it takes six months to prepare for Step 1, but with our college's 90 percent attendance policy, you should allocate at least 8 to 9 months. The ideal timeline is to start in the third year, covering microbiology and pharmacology, which constitute a major portion of the exam, and working through a few systems from First Aid. Then, after your third-year exams, dedicate six months to focused preparation.

In the early stages, don't worry too much about your UWorld scores; treat it as a learning tool, not an assessment tool. Once you complete UWorld, use NBME exams and USWAs to gauge your progress. Although NBMEs have become less relevant recently due to the increased difficulty of the exam, USWAs are still a better predictor.

And finally, remember: this is a marathon, not a sprint. Don't overstress yourself. Take regular breaks, enjoy life, and don't rush into the exam, as a failed attempt could become a red flag in your journey.

Best of luck to all aspirants! Don't hesitate to reach out if you need any help!

The USMLE Step 1 Experience



Hania Latif
Final Year MBBS

You know the saying, “The first step is the hardest”? Well, in the world of USMLE, that’s both true and hilariously wrong. Sure, Step 1 is technically your first official exam on this journey, but honestly, your med school grind started way before that. Every time you pulled an all-nighter for a random class test or somehow survived an annual exam, you were adding to the foundation for Step 1 (whether

you liked it or not). So, the best thing you can do for yourself is to give it your all now rather than telling yourself “I’ll do it tomorrow” —you know you’re lying anyway.

Shortcuts? Not really my style. I’m more the “let’s understand every little detail” type, so I skipped those famous “short books” (looking at you, Firdous, Shahbaz, and even Pathoma) and didn’t touch Sketchy until I’d made it through Levinson. Guyton, Mushtaq, Big Robbins,

Parikh—yeah, I was besties with the big ones. Call me crazy, but this approach saved me during every prof season, and ultimately, it made preparing for Step 1 smoother (well, as smooth as Step 1 can get).

When I finally sat down to study for Step 1, I was hit with the usual “Where do I even start?” freakout. The answer? First Aid and UWorld. They’re the best friends you need, and no, adding 10 other resources to the mix isn’t going to help—it’ll just

drive you nuts. My strategy was to pick a system from First Aid, go through it, and then give myself a “how much do I actually know?” quiz. If I found gaps, I’d dive into Pathoma or BnB, add a couple of notes to First Aid, and then test myself with UWorld. People debate whether UWorld is for “teaching” or “testing” — I say, why not both? I did half in tutor mode and half in timed mode. And here’s a pro tip: don’t even think about buying UWorld if you haven’t already wrestled your way through one full pass of First Aid first. No shortcuts, remember! Trust me your future self will actually thank you, especially if they decide to switch Step 1 back to a three-digit score.

Prepping for Step 1 is not a sprint; it’s more like a marathon. The real goal isn’t speed; it’s steady progress. And that might mean sacrificing your social life, skipping family gatherings, and putting hobbies on pause. But listen, nobody wants a burnout. So, sprinkle in some fun, take a day off here and there, maybe treat yourself to a nice outing once a month. And yes, prepare yourself for those infamous “crying after a bad NBME” moments. Just don’t dwell on scores longer than five minutes—move on to the real lessons in the explanations.

About those self-assessments: Don’t go overboard with NBMEs. They don’t match the actual exam’s style anyway. Stick with the Free 120 (old and new)

and USWA exams 1, 2, and 3. If you’re feeling ambitious, maybe try NBMEs 28, 30, or 31, but remember, this isn’t a scavenger hunt.

We all have different ways of learning, so it’s crucial to figure out what works for you. For me, it was all about repetition, so I crammed in as many First Aid passes as I could. I also played around with UWorld, starting with system-based questions and moving to mixed-mode questions to prep my brain for the lovely randomness of the real thing. Practicing in timed mode at the end is essential—those question stems can get wild, sometimes 20 lines with labs on the side, like some kind of sadistic buffet for med students.

A big hurdle for many of us is time management, especially with a jam-packed college schedule. If you’re like me, college hours are prime time for squeezing in First Aid, leaving UWorld for home when your brain is still barely functional.

Generally, a solid Step 1 timeline is 5-6 months. That gives you time to master First Aid, tackle all of UWorld, review your marked questions, and squeeze in self-assessments. During the last two weeks, do another First Aid pass and, ideally, a last-minute brush-up during the final week. The day before? Wake up around 8 a.m., study until 3 p.m., then chill out and aim to sleep by 10 p.m. Pack your exam day essentials: thermos of tea, a sandwich (something non


fatty but fulfilling), chocolate (but don’t sugar-crash mid-exam!), water/lemonade, and any meds you need (painkillers, decongestants, inhaler etc)

Side effects of Step 1 prep include perpetual procrastination, score anxiety, misguiding sneaky serpents, occasional existential dread, mental breakdowns, self doubt attacks and a pesky impulse to compare yourself to everyone. The best antidote is to find a strong motivation that resonates beyond materialism. Many of us pursue the USMLE pathway for a better lifestyle, higher pay and a way to support our families, but if you incorporate a drive to grow, learn from a top-tier healthcare system, and strive to be the greatest version of yourself, refine and your polish your skills in the best way possible then you’ll find a sense of fulfillment.

Maybe if you go through everything, pushing your capabilities to the fullest to later guide others, your younger siblings, class fellows or juniors who may not have the same resources or any mentors so that they too can achieve their goals, you may feel more content with the struggle. Remember, taking the USMLE is a privilege and a blessing, not everyone gets this chance. So be grateful, be humble, do your best, and find ways to create ease for others on the same difficult journey. In the end, it’s about building a legacy—not just for yourself, but for those who’ll follow.

Articles

Greta Thunberg



Thrust into climate activism because political leadership proved incapable of addressing a potentially apocalyptic future, Thunberg founded the Fridays for Future movement. Frustrated with the inability of the 'adults' to find tangible solutions for a fast warming planet, a fifteen year old Greta walked out of school—basically a strike—to protest in front of the Swedish parliament. This act led to millions of young people taking to the streets in order to force those in charge to listen, and act.

FRIDAYS
FOR FUTURE

CONTENTMENT CHRONICLES



Muhammad Hamza
3rd Year MBBS

Love in the immense knowledge expanded through the horizons in its kinds and a perspective different known of every distinct specie. Tribulations faced in the desired name of love and the sacrifices made for a greater meaning has its own genre. The associative symptoms of it can be specific for every human who consider themselves alive, some find it as profound as mysterious as abyss and for some it is the source of happiness like a moon in its full rise. The examples of love, set by people from every vast continent, in every span of era are present in the books of histories. Love is an expansive concept, limitless in its scope and devoid of rigid boundaries or rules. It resists confinement to a single definition, taking on countless forms that shift with each individual's experience, culture, and perspective. With billions of interpretations, love stands as a

profoundly intricate and multifaceted emotion, elusive in nature and impossible to fully grasp. Is love sweet or sour, and does it come seasoned with salt or spices? Perhaps it's foolish of me to conceptualize love in such terms. My arteries throb with the rush of blood through my heart's chambers, but do others feel love coursing through their veins as

well, or is it merely an abstract notion we leave undefined?

We often feel like we are in the ruins of endgame of Love but what makes it more interesting is realizing that we still live in beginnings of it. Many books have been written to unwind the strings of it but everyone ends up being



CONTENTMENT IN LIFE



more winded. Books are a true example of time travelling, one glance at it and you're in the mind of another person, maybe someone dead thousand years ago. Because you cant justify the meanings of something that is abstract, it is superior to the meanings of human diversity. It is of many kinds, like Spiritual, Physical, Divine, Romantic, Friendly and sometimes Deadly.

In the early ages, Love was described by Greeks and Romans. They felt that this purity is meant for a man and a woman to marry each other and make the family grow, the first step of which is marriage. The consent of marriage given by the Parent and not by the

man or woman was something that made the description of it complicated and hard to accept. The concept of feelings were left out of proposition. There had been a saying which made this theory of love rejected was, The love was supposed to arise in marriage and not from marriage. Then came the middle ages, where the concept of it felt normal and idea was to let the both gender fall in love but marriage was not bounded and that made the allegations too. What is Love when you can't hold it for forever ? That's why the concept of it is still vague. Listen, peace isn't a physical location or something universally found in everything. It's different for each person.

Sometimes, we get so wrapped up in others that we forget who we truly are, losing ourselves in the process. Peace is closely tied to happiness, but happiness isn't something we can force or possess—it's found in supporting those who are struggling and on the brink of giving up on life. Happiness is believing in them, finding solace in the people around us

I felt the dire need to describe it because nowadays Love is being oppressed with the tyranny, Tyranny to Feelings. Love is not owed to everyone but a chance to make the world better. Happiness is in ourselves but Happiness of Love, that's something debatable.

SPIRITUAL REFLECTION: THE JOURNEY OF TAFAKKUR



Zainab Noor Duggal
Final Year MBBS

A human being is not merely a body full of organs and bones functioning perfectly well by different systems and processes; we also possess an intellectual soul which makes us the most dominant species. Using intellect through contemplation and reasoning gives us an in-depth understanding of ourselves and

the world around us. This understanding acts as a stepping stone towards finding our purpose in life and eventually the source of our existence-the ultimate divine, Allah. This journey to Allah is the zenith of deep reflection and reasoning. The Quran states, "Indeed, in the creation of heavens and the earth, and the alteration of the night and the day, are signs for those of understanding." (3:190) Hence, an individual through the power of contemplation is able to understand the divine signs, teachings of Quran and the

universe, ultimately securing his connection with god and finding his purpose in life.

Tafakkur is an Arabic word which means an act of deep reflective thinking or contemplation. In Islamic context, it is an exercise to gain insight and understanding of God and his creation. It involves pondering upon the various aspects of nature including the tangible and non-tangible to realize god and his majesty.

The importance of tafakkur can be underscored by the problems being faced by modern Muslims. The complexities of modern life

have rendered Muslims incapable of incorporating tafakkur in their daily lives. Today, an average Muslim does not have enough capacity to ponder over everything around him. There are a myriad of problems which have contributed towards this. Foremost, comes the social conditioning and extremism prevalent in the society. Any attempt at intellectual debate or difference of opinion is snubbed due to an environment of intolerance and religious extremism. Secondly, unsustainable timetables leave no mental energy in individuals to practice tafakkur. A never-ending cycle of work, studies, social gatherings and other worldly matters keep us distracted and ignorant towards our souls. Lastly, a capitalistic society gives little importance to spirituality. Hence, many problems impede the ability to think over religious matters in depth.

As the need and importance of tafakkur become evident we move onto the various ways of its application which involves deep reflection on our self and nature. The Quran says, "And on the earth are signs for the certain (in faith) and in yourselves. Then will you not see?" (51:20-21) If we take out time from our hectic schedules to ponder over nature and truly look around us. We are amazed at how close God's presence is to us. The enormous water bodies, the gigantic mountains, the spotless sky and the meticulous processes of nature leave us in awe of his Majesty. Along with this a deep understanding of ourselves points towards a greater power which



has created us, because our perfect bodily functions, emotions and thoughts cannot exist without a Creator. Hence, thinking deeply over these signs of nature around and within us, helps in realization of god.

Moreover, pondering over the Quran further strengthens our beliefs. The Quran says, "(this is) A blessed book which we have revealed to you, that they might reflect upon its verses and that those of understanding would be reminded." (38:29) The Quran is a gift to mankind through its verses of majesty of God, instructions on social and religious matters as well as tales of past generations, man finds constant guidance. Reflecting and pondering over its verses is like an escape from darkness towards light.

Applying tafakkur in our lives has immense benefits. Its power helps a person discover and connect with Allah through humility and

gratitude. He also realizes the transient nature of this world and finds his true purpose. He reflects on Quranic tales of the past to achieve wisdom and guidance. It also leads towards self-improvement, as reflections on all actions leads to self correction, and causes ethical, moral and spiritual uplift. Hence, tafakkur has innumerable beneficial effects on all aspects of a person's life.

To conclude it is accurate to say that the journey of tafakkur is the journey towards Allah. This journey starts by deep contemplation over nature, Quranic verses, our own souls and the cosmos and ends at securing Gods pleasure and blessings. For a modern Muslim it is an exercise of a few minutes which will give him direction and a greater sense of purpose. Ultimately, tafakkur is a vital practice that guides us towards achieving a deeper and strengthened bond with Allah.

Vincent Van Gogh: Madness and all Her Friends



Javeria Zulfiqar
2nd Year MBBS

Just hearing the name Vincent Van Gogh, the unhinged artist who cut his own ear, one is prompted to use his life and sufferings to study the age-old myth of the mad genius. To be a genius is to possess exceptional skill in a particular area of activity, but where does this exceptional skill come from? What is its cost? Is it accompanied by insanity, or is it a product of it?

Studying his art and life it can be easily noted that he checked all the boxes for the quintessential tortured artist. Vincent was named after his stillborn brother, a fact that he was never allowed to forget. Growing up in a middle-class household didn't allow much room for the eccentricity which seemed to be a staple of his personality. In his letter he expressed feeling like a 'shaggy dog' in the house, one that would come into the room with wet paws and bark loudly. Tired of his eccentricity he was sent to boarding school at the age of 12. In his youth whilst in London he tried his luck with romantic love, the love was one-sided in nature, and eventually led to Vincent turning towards religion to heal his wounds. He grew infatuated with the bible, neglecting all artistic pursuits

and losing his job in the process. This marked the beginning of another era in his life, one that was marked not only with passion but also with failure. Vincent possessed a large benevolent heart, one that allowed him to connect, and empathise with the working class, so deeply that he ended up donating so many of his belongings to the poor coal miners that he was penniless on the streets, consequently, losing his job as a preacher.

Perhaps it was the pretentious nature of the church at the time, or the divisions between the social classes that it was eager to promote. Vincent grew weary of religion and with the advice of his dear brother Theo, once again turned towards art. He moved in with his brother Theo in Paris, unfortunately although his talent blossomed in the competitive atmosphere of the Parisian art world, his mental health declined sharply. He began drinking in excess, this naturally caused a strain on his relationship with his brother. In a letter to his sister, Theo expressed that he saw two people in Vincent, one marvellously gifted and tender while the other egoistic and hard-hearted. Vincent, scared that his dearest brother might refer to him too, left Paris to the infamous yellow house in Arles.

Here in the mesmerising vastness of southern France, his mental health started playing a central role in his art. In yet another letter of his, he admitted obsessively painting to escape the 'storm' in his head. He would neglect his health and go days on end without speaking a word to anyone. Between such episodes of severe depression his talent blossomed, but his fortunes didn't. He failed to sell a single of his

masterpieces. Loneliness is often the cost of possessing deep intelligence, and Vincent paid this price all his life. His lifelong desire for the intimacy of being understood can be seen, when he convinced his friend, another Parisian talent to come live, and work with him. Unfortunately, none of Vincent's attempts to be understood ever came to much avail. One misery followed by another; between him attacking his friend Gauguin with a knife, to cutting his own ear and being admitted to an asylum. He lost his fervour to live, and committed suicide at age 37.

Nietzsche once defined insanity as the courage to disregard custom, following this definition only, Vincent was surely insane, and his masterpieces are a testament to this. However, to attribute all his genius to the mental illnesses that fell into his lot, would invalidate his struggle and perseverance.

Even when talking about immortal art, madness is far too high of a cost to pay willingly.

"I shouldn't precisely have chosen madness if there had been any choice, but once such a thing has taken hold of you, you can't very well get out of it." - Vincent Van Gogh





Aiza Naseer
Final Year MBBS

Take it one day at a time. One step after the other. It's okay if you stumble, fall flat on the ground; keep going for the hope that even if you fall right now, what if you fly the next time? Remind yourself that YOU overcame all of your darkest moments and days. If one day seems like too much, take it one hour at a time. Just like how back then when you were at your lowest and didn't think you could possibly go on; you did. You did that. And you can do it again. Just this one hour. And the next. And the next till it turns to a day.

When we're depressed we always wonder about the what ifs. What if they never died? What if that one thing didn't go wrong? What if you stood up to them? When if you said something? What if you did something? What if—

What if you survived, though? What if you do succeed in the end? What if you eventually recover? What if the constant pain in your heart slowly but surely goes away? There ought to be positive what-if scenarios if there are negative

Walk on



“To all who walk the dark path, and to those who walk in the sunshine but hold out a hand in the darkness to travel beside us; brighter days are coming. Clearer sight will arrive. And you will arrive too. No, it might not be forever. The bright moments might be for a few days at a time. But hold on for those days. Those days are worth the dark.”

ones. It's simple to only concentrate on the negative features, but don't ignore the positive ones. Consider both sides of the issue, the grey area that exists between black and white and rules this universe. Put all those should-haves and what-ifs into the dreams you still have.

Live for the release of your favourite band's new album, for the upcoming season of your favourite TV show, for your favourite book's sequel. For that brand-new restaurant you can't wait to try out. For your cat who rubs her head along your foot and purrs. For all the beautiful sunrises, sunsets, and landscapes you'll never get to see. For bringing good to this horrid world who was so cruel to you. To alter just one thing or one person's life.

To become the beacon of hope for those who look at you and find a reason to hold on. You are not always aware of the handprints you leave behind on others' souls. The place you occupy in people's hearts. In the tiniest fissures of their spirit. Maybe you're the reason they look forward to school. Maybe they laugh while remembering that dumb joke you made. Maybe they smile when they think of you. Maybe they drink coffee in the mug you gave them, feel warm in the hoodie they stole from you, maybe you're someone they're holding onto and praying to never let go of.

We will all die at some point. What if, up until then, you took one

action that put an end to the cycle of suffering? What if the cycle of pain didn't continue to affect others the same way it continues to hurt you? Instead, what if you learned from it and helped someone else find happiness? Similar to how you wished someone could do that for you. Maybe we didn't have someone with us. Doesn't mean you can't be there for someone who needs it as much as you do.

There is no pressure, however. You alone are the reason. Cry if it hurts. If you're unable to cry, allow the pain to wash over you until it dissipates in the morning sky as mist. Don't smile if you don't want to. Don't try to fake it if you don't want to. Faking it everyday just to make your pain more convenient for those who find your grief uncomfortable and depressing, sugarcoating your hurt just to brush off their "I'm-a-good-person" concern; you don't need to do that. That will just exhaust you further. You don't need to hide yourself. Even if that self is 'boring' to hang out with, even if they call you a 'cynical-negative-sucking-the-life-of-the-party-downer". Nobody is entitled to an explanation of your suffering. People that care about you will embrace your darkness, come to cherish it, and learn to live with it just as you have. And I'm sure they'll be happy to see you reclaim your identity one day, as the darkness gradually recedes.

Only you can determine what you need. What helps you. Be it

sharing your burdened heart with others, or sitting in silence with your grief, distracting yourself with other things or simply transforming it into art; only you know. And only you can convey that to others. To let them know how they can help you. Accept the assistance even if your guilt, shame, and self-hatred urge you to withdraw from others, flee from the light, and wallow in the shadows.

Accept it because you would've helped someone the same way others want to help you. You would do that for others, so why not do it for yourself?

Perhaps things won't improve, but do you know what could? Your capacity to confront it. Your resoluteness. You'll learn to accept and live with all the darkness you possess, day by day and step by step, and you'll never again allow it to rule your life. It may seem as though you are helpless and trapped by your despair, yet that couldn't be further from the truth. You are the one who is in charge. You are not a captive. Your fate is entirely up to you. It doesn't necessarily own you just because it's inside of you. You own it and you have the power to face it and defeat it.

And I hope you win. I hope you're finally able to breathe. I hope you're able to move past all the pain. I hope you let yourself be happy one day. Because you deserve it. And we deserve to not see you go.

Destiny through the scope of Islam



Mujtaba Khokhar
4th Year MBBS

Hey, now was it destiny that you came across this article? Maybe Allah had it written for you at this exact moment in time to read, or maybe it was your own decision which you made on your own, without any intrusion of the will of Allah. Let's think about this for a second: which one is it? Do we have a say in what happens to us, or is it all just the will of Allah?

Okay, so if you're thinking why this is important for you to know, then it's because this explains and shapes the way you see life. It explains the vision of life you individually call your reality, and it helps you make peace with what is happening all around. Now, if you thought about destiny a little and got lost in the endless possibilities of what it could be like, as I did, don't worry. Let's go through the knowledge which has reached us together and find the answer. Let's read this for a start:

Abu Huraira reported Allah's Messenger (ﷺ) as saying:

"A strong believer is better and is

more lovable to Allah than a weak believer, and there is good in everyone, (but) cherish that which gives you benefit (in the Hereafter) and seek help from Allah and do not lose heart. And if anything (in the form of trouble) comes to you, don't say: 'If I had not done that, it would not have happened so and so,' but say: 'Allah did that what He had ordained to do,' and your 'if' opens the (gate) for the Satan." (Sahih Muslim 2664)

Let's imagine a person who studied all day long, slept timely at night, woke up, and left for the exam hall, thinking today he would easily ace the exam no matter what. But on the way, rain caused traffic and he missed the exam. Now, there's a lot he could blame here, but the truth is, it was in his power to study and then sleep, wake up, and try to reach the exam hall. But it was the will of Allah that it would rain and the traffic would prevent his exam. Even though he had done everything right and felt like nothing could stop him from acing his exam, it was not the will of Allah.

The blessings and material elements one possesses and achieves are attached to physical work. Even though it is possible to get every blessing if Allah wills to provide it to you, it might not always be the case. You will have to study to achieve the passing grade at many times because this is how Allah willed the system of this world to be. But whether you achieve it is entirely up to the will of Allah. The Quran says in 53:39:



"There is not (any reward) for a human being except what he has worked for."

Free will, a responsibility to be accountable for decisions one makes in the circumstances Allah provides us with, to pass the test of this world, is something every sane human being is given by Allah. And he can, through this free will, decide to either study for the exam or pass by cheating. Either way, the result will always be as was written by Allah, as He always knew what your action through free will was going to be. So, without any intrusion in your ability to see right from wrong, you did exactly what was destined because He knew what you would do if given full freedom to make a choice in circumstances willed by Allah.

So, we do have freedom to shape our destiny, but in circumstances that are willed by Allah. This is why a person should always ask for easier circumstances of being tested in. Now, that's all for this article. I hope it benefited you. Keep me in your prayers. Allah Hafiz.

TOLERANCE IS THE SOLUTION



AYESHA FATIMA

Before further proceedings in the topic, let tolerance be defined as “bearing”. Tolerance means "to bear." As a concept, it refers to respect, acceptance and appreciation of The rich diversity of cultures, forms of expression and ways of being human. In Arabic, it is called tasamuh. Words like hilm (forbearance) Or 'afw (forgiveness) or saf-h (overlooking) also convey the meaning of Tolerance. In Persian and Urdu, we use the word rawadari which is derived From rawa meaning acceptable or bearable. Thus it means to hold something acceptable or bearable.

Intolerance has become the culture of the day. It is causing violence, religious persecution as well as confrontations at different levels. Sometimes it is racial and ethnic, sometimes it is religious and ideological, And sometimes it is political and social.

How can we solve the problem of intolerance? How can we bring tolerance in the world today? I have

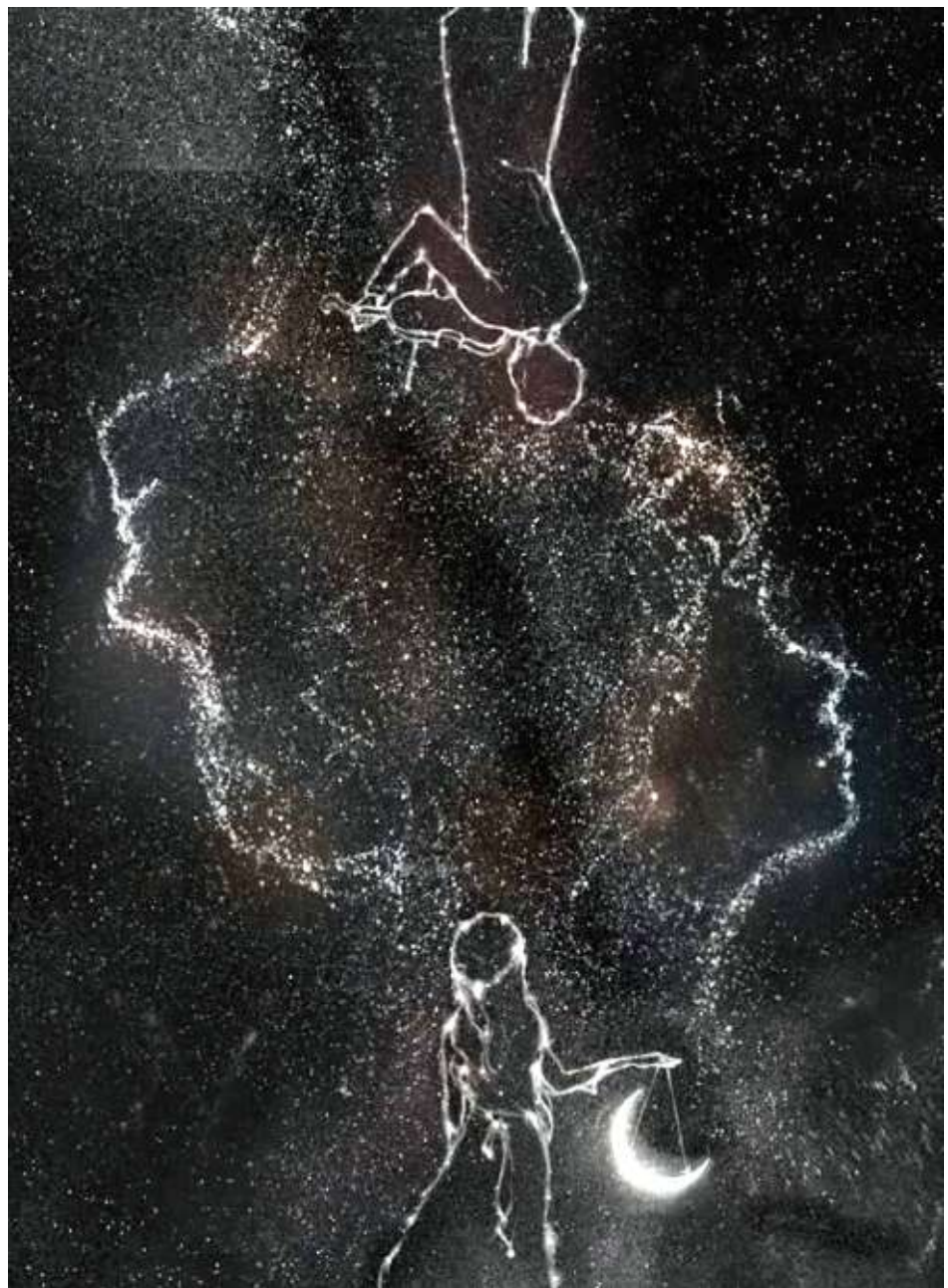
tried to Discuss these issues from an Islamic point of view.

Tolerance is a basic principle of Islam. It is a religious and moral duty. It Does not mean concession. It does not mean lack of principles, or lack of Seriousness about one's principles. Sometimes it is advocated that people Are tolerant of things that they do not care about. But this is not the case In

Islam.

The UNESCO principles on tolerance Read as follows:

“Consistent with respect for human rights, the practice of Tolerance does not mean toleration of social injustices or the Abandonment or weakening of one's convictions. It means that one is free To adhere to one's own convictions and accepts that others adhere to Theirs. It



means accepting the fact that human beings, naturally diverse in Their appearance, situation, speech, behavior and values, have the right To live in peace and to be as they are. It also means that one's views are not to be imposed on others."

Tolerance comes from our recognition of:

- A. *The Dignity of the human beings,*
- B. *The basic equality of all human beings,*
- C. *Universal human rights*
- D. *Fundamental freedom of thought, Conscience and belief*

Tolerance has been here, alongside us, somewhere, in some bodies, some invisibilities, the obscurities and The untouched realms. It is not that the talk has been vaporized, it is not that the encounter with the Term has vanished. But the pinch in the wake is that the thing has almost been so much into the Abstraction as to have lost the real essence.

Tolerance can, sadly, be Made to confine into the books and signposts, given man's current indifference to the want of the very Trait. Talking about tolerance, historical remarks and references would do no good if the root of the tumor is Subjected to indifference and ignorance, which, unfortunately, has been the case so far. A more alarming term accompanying tolerance is the presence of an undeniable entity, an identity, commonly referred as Ego, the self impression of a man about himself. Whole life, in the course of centuries, men have been falling a prey to the urges to defend the Egoist versions and destroying everything in the Way. Tolerance

stays nothing under these conditionings of the ego trapped mind.

Islam is the foremost Teller of the significance of tolerance in the faithful proceedings.

The Qur'an speaks about the basic dignity of all human beings regardless Of their race, color, language or ethnicity. The Shari'ah recognizes the right To life, property, family, honor and conscience of all people. From the very Beginning, freedom of religion has been guaranteed by Islam. It prohibits Coercion in matters of faith and belief.

The Qur'an says:

"There is no Compulsion in religion."

In Surah Al-Shura, Allah says to the Prophet (PBUH):

"If they turn away, we have not Sent you as a guard over them. Your duty is but to convey (the message)."

Allah further addressing Mankind said:

"Obey Allah, and obey the Messenger, and beware [of evil]: if you do turn back, know then that, it is Our Messenger's duty to proclaim [the message] in the clearest manner."

The Holy Qur'an further says addressing the Prophet (PBUH):

"Say: 'Obey Allah, and obey the Messenger: but if you turn away, he is only responsible For the duty placed on him and you for that placed on you. If you obey Him, You shall be on right guidance. The Messenger's duty is only to preach the Clear [message]."

Thus we see that the verses mentioned above give an injunction not to Coerce people,

present the message to them in a decent and clear way, Invite them to the truth and do your best in presenting and conveying the Message of Allah to humanity, while it is totally up to them to accept or to Reject it.

Here the question arises: if Allah gives us the choice to believe or not, and prohibits the Prophet (PBUH) not to use force or coercion Against non-believers, why did He punish the people of Prophet Nuh, the Thmud, the Lut and the people of Prophet Shu'aib and the Pharaoh and his Followers?

The answer is found in the Qur'an itself. Those people were not Punished simply because of their disbelief but because of their oppression Of the righteous and because they stopped others to come to the way of Allah.

Allah says,

"Fight in the cause of Allah those who attack you, But do not transgress limits; for Allah loves not transgressors."

The modern day man is regarding the tolerance as the ultimate source of solutions to existing problems, But tolerance cannot likely find it's way if the Man of today fails in self recognition. Recognizing oneself is synonymous to Recognizing the other selves around us. This creation of a mutuality is the First stair step towards tolerance and bearing and consequent Fruitfulness

The bloodshed the earth has seen over the centuries is all a Depiction of absence of tolerance. Tolerance being the key and the lock, has To be given a full pelt path in the midst of chaos and haphazardness the Earth is going thorough.

"FIRST IMPRESSIONS LAST"

Aatika Saim
First Year MBBS

We've all likely heard this way too often, but it's not necessarily true. My first day stepping into SMDC as a first-year student had me in awe of the crisp-cut brick building with tall glass windows and doors. Having watched one too many coming-of-age movies, I expected my young adult life to come with an air of freedom and flexibility. I thought life after A-Levels was supposed to be much more liberating and free-flowing, with only some semblance of checks and balances. After all, I am no longer in school.

This wonderment and conviction were ephemeral, however, for very soon I was introduced to the infamous 90/60 policy—Shalamar's pride and joy, and the bane of most students' existence. Scrubs and overalls took the place of uniforms, but I don't mind too much (at least it saves me the decision fatigue of picking an outfit daily). Homework got rebranded as "complete your logbooks, task 1-18" (in two business days, by the way), and the firm check on attendance for each and every lecture even surpassed high school.

The cafeteria doubles as a meeting spot, and though most students question the menu, you'll see the majority of us

scarfing it down. The parking lot is at your own risk, and there is a high chance your car will get stuck between others for at least a few hours, so forget about going for a quick coffee run during the break. The instant coffee from the café will compensate instead. Being 10 minutes late will warrant the lecture hall door being locked, leaving you staring at the tiled walls, questioning your life choices, and going through a borderline existential crisis. The ground is a peerless specimen of fine horticulture (and no, I am not being sardonic). The wide variety of flowers and the neatly trimmed green grass provide quite a pleasant view, especially when you and your friend are taking a little time away from the lecture hall.

The library is the ideal place for a quick little nap (and, of course, catching up on all the lectures you zoned out in). Just be sure not to get caught sleeping. The common room is a bit underwhelming, but you'll barely find yourself going there, as the stairs make for a popular hangout spot. Groups of students huddle close together, whispering excitedly, with barely any room to put your foot on the steps. Either take the elevator (which is never vacant, by the way), or feel like an unwelcome intruder making your way across the stairwell.

In a few weeks, I came to the conclusion that SMDC is a realm of its own, with its independent policies. And despite some (or most) of them being extreme, they do bring (a little) value to our development as students, particularly in building our tolerance and resilience. As my first year comes to a close, SMDC feels a bit more familiar, and the regulations a bit less ludicrous.





Muhammad Tanzil Aamir
2nd Year MBBS

Triggers were pulled, bullets were poured into the bodies, and red blood gushed out like scarlet mini fountains . It all happened in a flash. Recovery was to run and save lives ,even that crushed many under the feet.

Sudden thunders were reinforcing squawks and shrieks. The fetid and fusty smell of gunpowder scattered high and low through the environment.

Mobs charged at the Muslim's peaceful procession from all directions and tore apart the pages of harmony and humanity.

Unlike the way they attacked fearlessly, in a short while they disappeared in thin air. It didn't take them long to put many lives to death . The green grassy ground with dew wore a red blanket of scattered organs and limbs, smashed bodies, cries of injured ones, painful past words of dying ones, and the smell of blood and gunpowder high and low. Disastrous dark and smoky scenes

THE CARNAGE

were left behind by brutal assassins.

This event was regarded as the Great Calcutta Killing on the direct action day 1946, August 16, when, upon the Muslim league's request, people peacefully gathered all around British India to show the numerical count of the Muslim population to prevent the British Raj from treating them like a small violent minority from __the

reason behind their reluctance to grant partition.

Ironically, the British government called the incident a Hindu-Muslim riot rather than annihilation despite having clear evidence of it.

Many lives were laid in the way of liberty that day, which added to the sacrifices that a great nation gave to attain a separate homeland.



Things I Wish I Knew Before Med School



Hadia Saroya
Second Year MBBS

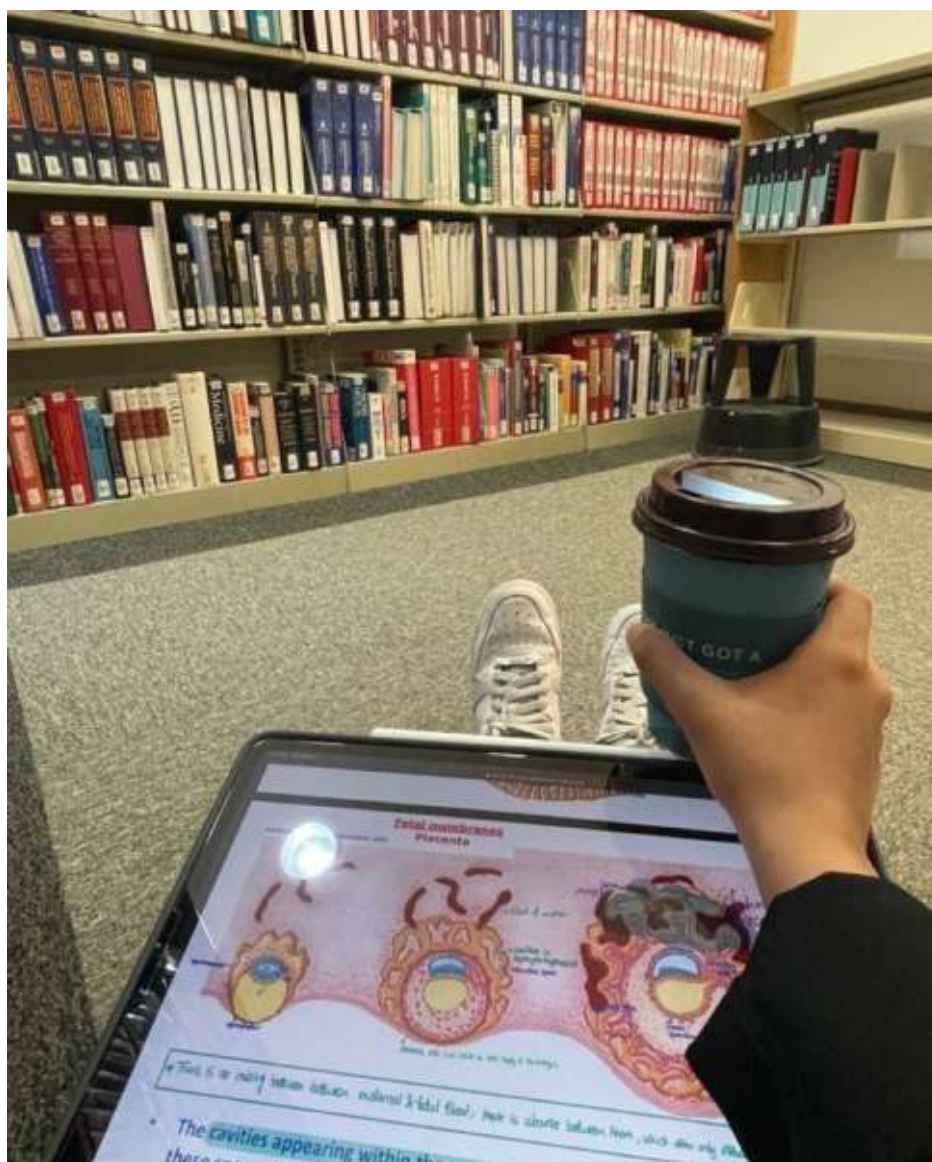
Medical school is a beast of its own, difficult to explain to people not in one. When I am asked how I feel about it, I can only say that I hate it. Upon conveying this sentiment to my mother (who wanted me to go there— but whose mother doesn't?), I was told the story of her friend's daughter who felt a lot like I did but grew to “love” the place. How emotionally stunted the girl must be, thought I. While I can never bring myself to love med school, I can now understand why people do.

However, this does not mean that my body and soul do not riot when I am in it. Firstly, because the place feels exactly like Bentham's Panopticon (do search up this great love of SMDC!). I sometimes feel like my goal every single day is to avoid disciplinary action—humiliation being a particular favourite—from being taken against me for providing my brain with stimulation (talking

with batchmates, etc.) that it desperately craves. As such, I am forced to sit through lectures, which I can only endure with the help of my daydreaming tendencies. I used to think these were attention-span deficit-induced distractions, but increasingly, they seem like a blessing. By the fifth year, I might just be able to hash out the next Great American Novel. But then again, this is just a daydream. Also, I often find myself thinking just how apathetic to students' other

needs and sentiments policymakers who codified the ninety-percent attendance policy are. Few would love a place that takes power away from them only to put it in the hands of people who seem as if they could care less about them.

The second reason I do not like med school is because of the culture of individualism that is so prevalent here. While this is baked into medicine as a profession, future doctors get their first taste of it here. Essentially, the only



thing that belongs to us here are our own personal achievements and efforts. While the reward that comes after the grind can feel exhilarating and cathartic, nothing is free of cost. I often like to tell my best friend (not a doctor, good on her) that there are three objects in this friendship: her, me, and His/Her/Their Majesty, The Field of Medicine. Like anything royal, medicine has demands that one has no choice but to fulfill. Chiefly, that it will guzzle the time one can otherwise spend with their loved ones. As such, it strains relationships and makes it difficult to form new ones. Thus, doctors can become lonely creatures. I find it difficult to love a place that makes me feel so lonesome and lonely sometimes.

Thirdly, I believe med school forces one to exist as a caricature of oneself because they feel that this is not their place or community. One can never truly be themselves with most people they encounter simply because it is not wise to do so. Being yourself would mean being vulnerable—being open about one's dreams, aspirations, insecurities, and allowing others to witness one's great as well as not-so-great moments. However, such vulnerability can expose a person to the judgment of others who do not really know them because they only got to know of each other's existence so recently. Yet, here they are, having to spend eight hours a day, eight to nine months a year for five whole years together. What a conundrum, then, to be in such close proximity to people who will never get to

know the true you! This is not a situation that can cater to a social animal's intrinsic desire for a wider community that is accepting of them to which they can belong. This situation was the real killer that ensured I would consider med school to be an unloving and gloomy place.

Back to the girl who began to love med school! While her sentiments were a real head-scratcher, the more time that I spend in this place, the more the mystery resolves itself. Instantly, I think of the fact that med school will, in the end, make her a doctor, which is what she wanted to be in the first place. However, this is a more solemn feeling—love, in opposition, feels like it would be more vibrant and jubilant. Now, it seems like she felt this way because she found her people.

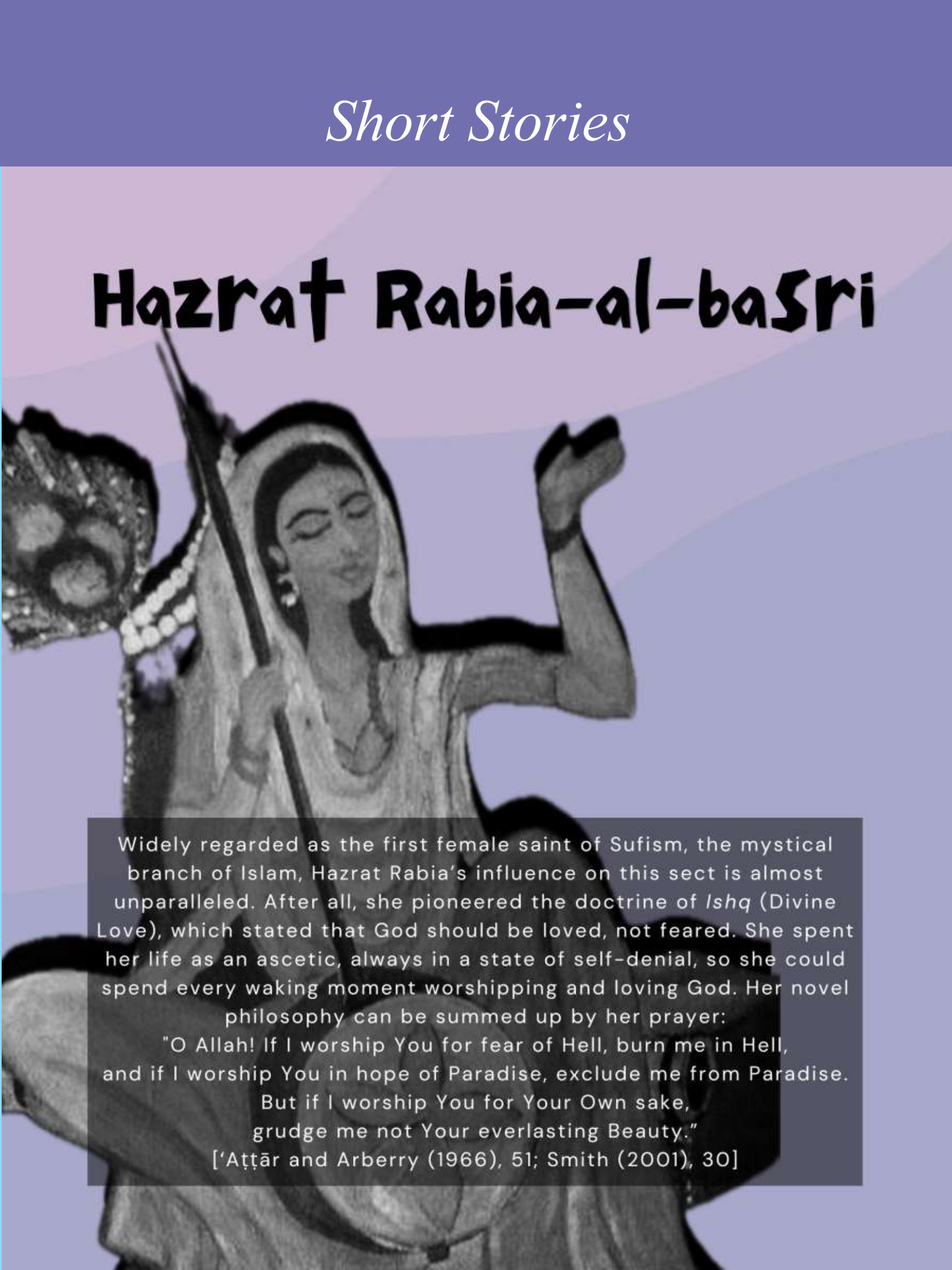
I have a firm belief that the ability of human beings to truly connect with each other triumphs even the dourest of places. While it is easy to discount friendships formed in med school as being situational and fickle, the fact of the matter is that friends in med school see you as you truly are—with strengths and flaws—and choose to love you still. Interestingly, while the general populace may not know much about you, the people in your immediate circle will certainly have many opportunities to observe you. Initially, a girl in my friend circle and I had some friction because it just felt like we were too different to get along yet had to share the same space as each other all day, every day. It was annoying—we had some passive-

aggressive confrontations. Yet, something remarkable happened during one arts-and-craft-themed hangout. The prompt was to make something for the other person from playdough, and she was randomly selected to make something for me. Because she knew how much I loved KFC (before the Palestinian genocide), as she had seen me order it after many a final exam ended, she decided to make a meticulously well-crafted bucket of their fried chicken for me. It was gorgeous; I was touched. It showed, firstly, that she cared enough about others to put so much thought into making something so thoughtful, and secondly, that she could work so hard to give them something she knew they would like. When that bit of her shone through, the bit of me that reciprocates someone's thoughtfulness with being kind and caring towards them shone through. And that is how we became very close friends. So, the loneliness that one feels because of med school began to wear off a little.

In conclusion, while med school is incredibly rough, there are moments of tenderness, compassion, and care that one can experience with friends who will fight against the everyday apathy that medicine as a subject, the administration and educators, and batchmates have for you. So, the thing I wish I knew before joining med school? You will be able to fight and overcome things that bring you down with the right people alongside you.

Short Stories

Hazrat Rabia-al-basri



Widely regarded as the first female saint of Sufism, the mystical branch of Islam, Hazrat Rabia's influence on this sect is almost unparalleled. After all, she pioneered the doctrine of *Ishq* (Divine Love), which stated that God should be loved, not feared. She spent her life as an ascetic, always in a state of self-denial, so she could spend every waking moment worshipping and loving God. Her novel philosophy can be summed up by her prayer:

"O Allah! If I worship You for fear of Hell, burn me in Hell, and if I worship You in hope of Paradise, exclude me from Paradise.

But if I worship You for Your Own sake, grudge me not Your everlasting Beauty."

[Aṭṭār and Arberry (1966), 51; Smith (2001), 30]



THE WEAVER'S TAPESTRY



Maha Jawwad
4th Year MBBS

In a serene village nestled between rolling hills, there was an elderly weaver named Mira. Her tapestries were legendary, each one a vibrant story of colors and patterns that seemed to tell the tale of the entire village. People marveled at her creations, believing they held secrets to life's mysteries.

One year, a tragic event struck the village. A devastating fire consumed Mira's workshop, leaving her without the tools or materials to create her beloved tapestries. The villagers were heartbroken for her, and Mira herself felt lost. Her art had been her life's work, and without it, she felt adrift.

Months passed, and Mira struggled to find meaning in her loss. She spent her days wandering

the hills, contemplating her fate. One day, as she walked near a riverbank, she came across a series of fallen leaves drifting in the current. Each leaf had intricate patterns that the river had etched onto them, creating natural tapestries of their own.

Inspired by this discovery, Mira decided to weave with the materials she had—simple threads and scraps from the ruined workshop. She began creating pieces that, while modest, conveyed a profound sense of beauty and resilience. The villagers, seeing her spirit, rallied to support her, offering whatever they could to help.

As time passed, Mira's new tapestries began to reflect the heartache and hope she had experienced. They were imbued with a deeper richness, telling stories of recovery, community, and the unexpected paths that life can take. They became even more cherished than before.

Years later, a traveling scholar visited the village and admired Mira's work. He shared with her an

old saying: "The tapestry of life is woven with threads of both joy and sorrow. Time reveals the pattern and shows us that all events, however difficult, fit into a greater design."

Mira reflected on this. She realized that the fire, though devastating, had led her to discover a new form of expression and a stronger bond with her community. What had seemed like a catastrophe had, in fact, set her on a path to a more profound understanding of her art and life.

The caption of Mira's story became well-known: "In the grand tapestry of life, even the threads of adversity weave patterns of beauty and purpose. Time reveals that every event, no matter how challenging, is part of a greater design, unfolding for the good."

And so, the village learned from Mira's example that everything, no matter how difficult, happens for a reason. Time, with its gentle wisdom, reveals that what seems like a setback often guides us toward greater growth and understanding.



Maheen Hassan
3rd Year MBBS

Burdened Thoughts

Around 1 a.m., she stepped downstairs. Passing through the hallway, she went outside into the hostel garden. She settled on a stair step and took a sip of the tea she was holding.

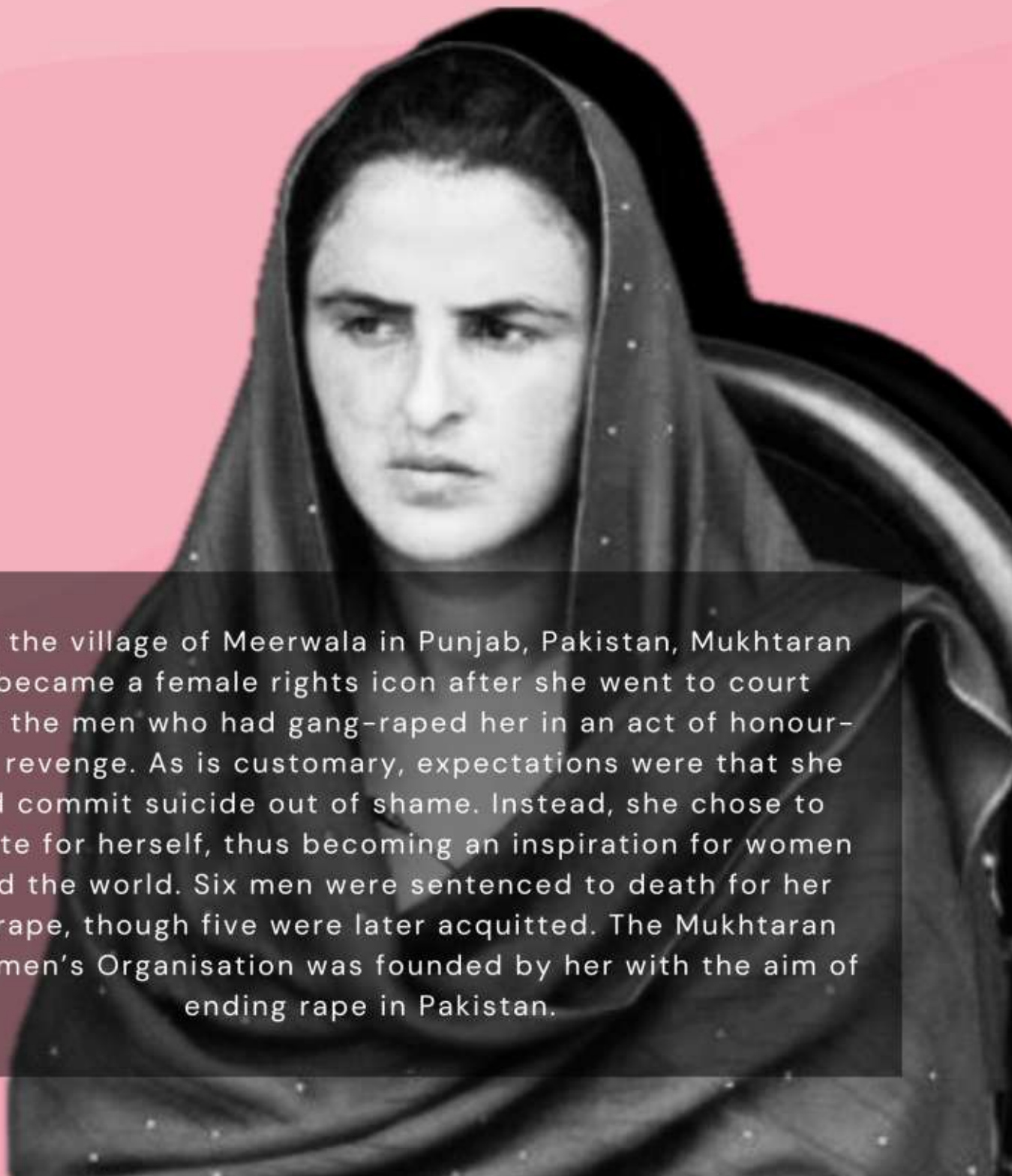
The sip triggered a trail of thoughts— responsibilities, regrets, desires, all mixed with unidentified emotions.

Anyone who looked at her could see how lost she was. She realized this when she tried to take another sip but found the cup empty. She had already finished it minutes ago. With the empty cup in her hand, she longed for her head to be as empty of thoughts as the cup.



Poems

Mukhtaran Mai



Born in the village of Meerwala in Punjab, Pakistan, Mukhtaran Mai became a female rights icon after she went to court against the men who had gang-raped her in an act of honour-driven revenge. As is customary, expectations were that she would commit suicide out of shame. Instead, she chose to advocate for herself, thus becoming an inspiration for women around the world. Six men were sentenced to death for her gang-rape, though five were later acquitted. The Mukhtaran Mai Women's Organisation was founded by her with the aim of ending rape in Pakistan.



Alisha Noor
Final Year

A Silent World

Some body asked me, if I've ever got scared
I replied,
I get scared every night at the thought of
being born in Palestine
Where colonisers would ever my home, with
no mercy in their eyes
If I were old and disabled, they would burn
me alive and laugh at my ashes
If I were a child, they would kill my beloved in
front of my eyes, behead me ,tear my
childhood apart
If I were a young, they would make me hate
my existence, wanting me to wish for death
My remains would we left in the street , with
no one to cry over them
But amongst all,
I'm scared, scared to live in a world where
people kept silent on my death



Aiza Naseer
Final Year

Friendships that feel like coming home

a refreshing sip of water after the sun's
relentless blow
They're the rarest breath of air when suffocation
looms near,
a treasure found unexpectedly, like a bill in an
old jean's rear
Like hot chocolate in the winter's icy embrace,
They endure storms and hardships with
unwavering grace
Forgiving missteps, cherishing your kind heart,
Nurturing growth, never tearing apart
They're the lifeline that keeps your spirit alive,
Through time and distance, they forever thrive
For in their presence, burdens are light,
Like dawn's first rays that banish night,
In their eyes, reflections of our own,
Friendships that feel like coming home



AMOR TRANSCENDIT SPATIUM

Oh, distance! How you part two hearts,
And make their love a distant art,
But know, you cannot break apart
The bond that love did first impart.

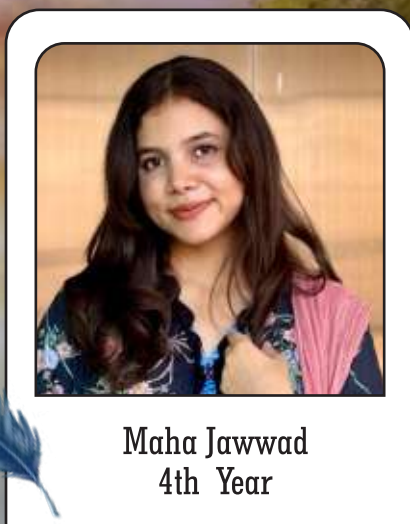
I see you in the stars at night,
A shimmering beam of love and light.
I feel your touch in every breeze,
That whispers secrets in the trees

Though oceans may rage, and winds may blow,
Our love remains steadfast and aglow,
For true love knows no bounds nor space,
And endures, with unyielding grace.

My dearest love, wherever you may be,
Know that you're forever close to me,
For even though we're worlds apart,
You live within the beating of my heart.

So let us cherish, what we've got,
And keep the flame, of love so hot,
For in the end, it means a lot
To have a love, that faileth not.





Maha Jawwad
4th Year

The Alchemy of Hope

In the quiet dawn, where dreams awake,
A shift begins, a gentle quake,
When shadows lift from eyes that strain,
And hope renews its soft refrain.

A heart once heavy finds its song,
In silver threads where thoughts belong,
The world transforms, a vibrant hue,
When skies are painted bright and new.

With every thought that soars above,
In realms of kindness, light, and love,
The path ahead, though winding still,
Turns into fields of hope and will.

The whispers of the dawn's first light,
Unveil the colors of the night,
And in this realm where dreams take flight,
Life's burdens lift and spirits light.

Embrace the sun, let worries fade,
In positive thoughts, life's joys cascade,
The changes start from deep within,
Where light and hope and strength begin.

When doubt would murmur in the dark,
A brighter spark ignites the heart,
And every challenge, once so vast,
Becomes a bridge to futures cast.

As clouds of gloom give way to clear,
The promise of a new frontier,
Where every thought of good you sow,
Brings forth a garden set to grow.

With faith and trust in each new day,
The dawn of change will find its way,
In every step, both bold and free,
Life shifts to grace and harmony.

APRICITY

A noon of December, cold and somber
At grandma's rooftop, we used to gather
Holding oranges; sweet orbs in our hands
Hide and seek, we played with the strands
Sitting on a cot there
Pure face with orange hair
Love and warmth, her eyes told
My tiny hands she used to hold
Having a stick; a faithful friend by her side
Orange peels we used to hide
Scolding us, not to hide those peels
Superstitious, it felt, like ancient seals
December, it comes every year
Making those nostalgic moments very clear
Feeling bereft on that rooftop alone
She'll not be there, had I known
Apricity to my winter
A precious pearl, with her eyes so tender
In marks of my tears
She will always be there



Misha Afzal
3rd Year





Yumna Shahid
Final Year

Cotton Candy

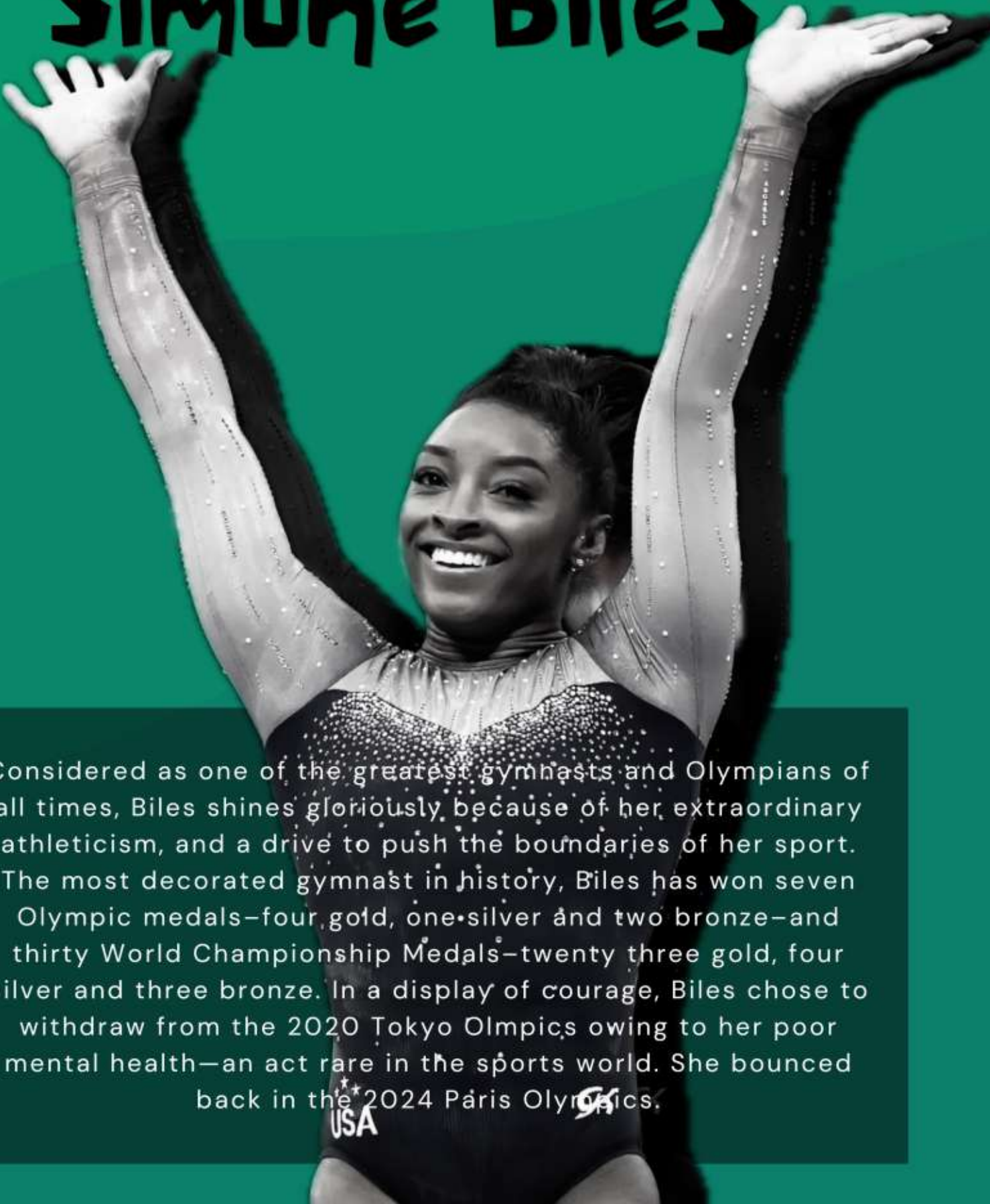
Be lost in the sight of sunlight
My happiness tranquillised
As if my morning swept away
The day ended without a start
I no longer longed for ensnaring, thus beauty
As if my sight was to be gone!
Long some where?

The hasty approach of sky
Mine eyes shattered
The Serenity of clouds
Laid as puff of cotton candy
The softness of breeze
Shattering coldness I felt
Even so being gentle
As touched mine heart

A ray of tranquillity
Be found the sunshine
My hands hovering in air
I wondered if I could touch the sky
Longed for the unravelling beauty
The day started with an end
As if my sight was lost?
There some where!

Interviews

Simone Biles

A black and white photograph of Simone Biles, a professional gymnast, smiling broadly with her arms raised in a celebratory gesture. She is wearing a black leotard with white sequins and white arm warmers. The background is a solid teal color.

Considered as one of the greatest gymnasts and Olympians of all times, Biles shines gloriously because of her extraordinary athleticism, and a drive to push the boundaries of her sport. The most decorated gymnast in history, Biles has won seven Olympic medals—four gold, one silver and two bronze—and thirty World Championship Medals—twenty three gold, four silver and three bronze. In a display of courage, Biles chose to withdraw from the 2020 Tokyo Olympics owing to her poor mental health—an act rare in the sports world. She bounced back in the 2024 Paris Olympics.

USA

USA

DR ATHAR



Q1: What drew you to the field of medicine initially, and why did you choose to specialize in Physiology?

From first year MBBS, I always wanted to explore the human body—its complexity proves God's existence. Initially, I wanted to be a doctor and a scientist, moving into research. While I was focused on the race of grades, Physiology stood out thanks to a fantastic teacher who sparked my interest. Though many suggested other specialties, I always had a soft spot for basic sciences. After some setbacks, I focused on MPhil, and the journey continued. Teaching is a fulfilling role, and I'm glad I ended up in research, where I could contribute something new.

Q2: You had an accident that affected your eye. How did you overcome that challenge, and did it impact your career?

Accidents happen, and I've always believed that God doesn't burden one with what they can't handle. While initially facing frustration, I remained hopeful, knowing it was part of a bigger plan. The accident didn't impact my career significantly—though some delays occurred, I trusted everything would unfold in its own time. It was a hard test, but I found strength in faith, and today, I'm hopeful for full recovery.

Q3: After your eye injury, you were asked to teach the eye in special senses. How was that experience?

Surprisingly, I had more fun teaching it! My personal experience with vision loss gave me a deeper appreciation for the subject. It made me realize how much I had taken sight for granted, and this newfound perspective enriched my teaching.

Q4: You did your MBBS in Karachi and now work in Lahore. How has this transition impacted your professional life?

Karachi is fast-paced and competitive, with a strong emphasis on academics. In contrast, Lahore has a more laid-back vibe but still offers good opportunities. I've had exposure to different work environments in various cities, and I appreciate the diversity in healthcare settings. Karachi has its advantages, but Lahore offers a more peaceful life, especially in terms of safety.

Q5: Are you a foodie?

Back in my student days, definitely! Life was simpler, and food was a great escape. But now, with responsibilities, I've toned it down. However, I still miss Karachi's food—the memories of student life make it special, though Lahore's food is fantastic too.

Q6: You have a pragmatic teaching style, which fosters a positive environment. How do you approach it?

I try to make concepts simple and

relatable. Teaching requires effort, and if I'm not passionate about the subject, neither will the students be. I avoid humiliation and try to build a rapport with students. I believe in respect, and I strive to make learning enjoyable. Positive reinforcement is key, and humor helps make complex material easier to digest.

Q7: What do you find most difficult about teaching?

Teaching students who don't seem interested is challenging, but I see it as an opportunity. I try to



understand why they aren't engaging and address the issue personally. Building a relationship helps, and it's rewarding when you can inspire someone to take interest in the subject.

Q8: How have you seen changes in the practice of medicine over the years?

Medicine has become more standardized, and there's a stronger focus on research now. The curriculum has also improved, making medical education more structured. While practitioners have always had to stay updated, the emphasis on research and evidence-based practice is a positive shift.

Q9: What changes have you noticed in student attitudes over time?

Students today are more oriented—they know what they're getting into, the exams they need to take, and their options. Unlike when I was a student, there's now more awareness and guidance, which makes the journey smoother for them.

Q10: How do you stay motivated in Pakistan's unique work culture?

There are challenges everywhere, whether in Pakistan or abroad. I stay positive, focus on my goals, and avoid engaging in negative behavior. Challenges are part of life, but faith helps me stay grounded. Always strive to improve, and remember that patience and perseverance bring ease.

Dr M.Muneeb

***Post: Associate Professor in Cardiology Department,
Interventional Cardiologist at Shalamar Hospital***

Dr. Muhammad Muneeb is a distinguished cardiologist with a high patient satisfaction rate at Shalamar Hospital, holding an F.C.P.S. in Cardiology. He completed his undergraduate medical education at the prestigious King Edward Medical University, graduating in 2007-08. Dr. Muneeb further honed his expertise through a comprehensive cardiology internship and residency at the Punjab Institute of Cardiology, Lahore, completing his training in 2014. In recognition of his outstanding academic performance, he was awarded the Gold Medal in 2015 after earning his F.C.P.S. in Cardiology. Following his fellowship, Dr. Muneeb joined the Cardiology Department at Shalamar Hospital, where he continues to provide expert cardiovascular care, specializing in angioplasty and angiography. His commitment to the field is reflected in his clinical excellence and dedication to improving patient outcomes.

Q1. Can you share some insights about your early life and what inspired you to pursue a career in medicine?

Ans: Early life was challenging. My father worked abroad, so it was



just me and my mother at home. In 1996, when I was in grade six, I had a serious accident that resulted in a neurovascular injury to my right leg. I was treated at Shalamar Hospital, where doctors initially recommended amputation. However, an orthopedic surgeon took the risk of performing a high-stakes vascular repair surgery, which, thankfully, was successful. I remained bedridden for six months, which brought significant physical and financial strain on my family.

After matriculation, I dreamed of becoming an aeronautical engineer, but my mother persuaded me to take the MDCAT. To my surprise, I scored 90% and ranked 99th in Punjab, which led me to King Edward Medical University. Ironically, I disliked studying medicine throughout most of MBBS. I even made several attempts to retrieve my documents from the administration to leave the field, but I was unsuccessful.

Everything changed during my house job when my mother passed away. It was at that moment, six months into my house job, that I decided to honor her dream. Her passing ignited a newfound passion in me, and I committed myself fully to the field of medicine.

Q2: You have been awarded a gold medal for your performance in FCPS Cardiology. How did it impact your personal and professional life?

Ans: Perhaps it was luck that earned me this medal. It's an honor, of course, but I never felt it

significantly changed my life. It doesn't define who I am—it's simply a recognition that motivated me to put in even more effort. The real challenge begins once you've achieved something. It pushed me to commit to constant hard work and dedication, as maintaining success is often more difficult than achieving it.

Q3. What motivated you to specialize in cardiology, and what do you find most rewarding about this field?

Ans: During my general surgery rotation in my house job, I recall caring for a critical patient. It was around 1:30 a.m., and all I wanted was sleep—so I did. That moment made me realize that if my desire for sleep outweighed my commitment to the surgery, perhaps surgery wasn't the right path for me. In my next rotation, I was assigned to the medicine ward, where I discovered my passion for it. Over time, I developed a deep interest in cardiology. What drew me to cardiology was the ability to see patients recover and regain their independence, rather than becoming a burden to themselves or others. The immediate, tangible results in cardiology continue to fascinate me to this day.

Q4. Cardiology is a demanding specialty that requires immense focus and dedication. How do you handle the pressure and high-stakes nature of managing critical cardiovascular conditions and maintain a healthy work-life balance?

Ans: When I entered this field, I was fully aware of the challenges that came with it, so I never complained about the hardships. It's a demanding and stressful profession, and free time is rare. When I do get some time off, I make it a priority to spend it with family and friends. I also love to travel, and I take every opportunity to explore new places as a way to recharge and refresh myself.

Q5. Can you describe a case that had a profound impact on your career and shaped your approach as a cardiologist? What lessons did you take from it?

Ans: Let me share a recent experience. I had a six-year-old patient who collapsed in the ER. After 35 minutes of CPR, he remained unresponsive, and most assumed he had passed away. But I couldn't bring myself to give up on such a young life, so I continued. Miraculously, in the 40th minute, I felt a pulse. By the 45th minute, he was fully revived and immediately taken for an angioplasty. After spending 3-4 days on a ventilator, he walked out of the hospital on the 5th day as if nothing had happened. This experience reaffirmed my belief in trusting your inner voice. A similar incident occurred when I performed CPR on someone who collapsed in the Haram. Despite others giving up, I persisted, and by the Grace of Allah, the patient was resuscitated. To me, it's a matter of belief. If one has faith in themselves and puts in the effort, almost anything is possible.

Q5. What advice do you have for students who are unsure about which medical specialty to pursue?

Ans: There's no single right answer to this question, as everyone has their own perspective. However, I always advise my students to keep an open mind about their future. The truth is, you can never fully plan it. Take my own experience, for example. I never thought I'd become a doctor, yet here I am. I once aspired to be a surgeon, but I'm now a cardiologist. You never know where life will lead you, so it's important to embrace change. In the meantime, focus on self-development. I encourage my students to be honest with themselves and their profession, set SMART goals, and aim as high as possible. By doing so, they will build the courage and confidence needed to face whatever challenges come their way.

Q6: What inspired you to become the patron of our literary society, and what is your vision for its future?

Ans: As has often been the case in my life, I entered this society by chance, without a strong literary background. My journey here began thanks to two of the most remarkable individuals I've met—Dr. Hammad and Dr. Lubna. Although they are no longer part of this institution, I now serve as the head of the society they envisioned. My vision for this society is to eliminate the fear of failure that holds students back, suppressing their abilities and talents. I want my students to experience failure once, so they

can remember the feeling and free themselves from this fear, using it as a catalyst for success. Additionally, I want my junior colleagues and students to represent Shalamar on a national stage. This can only be achieved by providing them with a platform where they can showcase their talents, while offering the support they need in both their successes and setbacks.

Q4: Our literary society is celebrated for its creativity and innovation. Can you share an event or competition organized by the society that particularly stood out to you or made a significant impact?

Ans: The Literary Society has consistently outdone itself year after year, with each one filled with memorable moments. However, one particular incident stands out to me. A few years ago, during Dr. Emad Munir's presidency, we encountered a major issue with the ticket management for our events. Under normal circumstances, such a problem could have caused panic, but the finance secretary at the time, Dr. Rohma Javed, emerged as a true savior. At just 22 years old, her foresight and meticulous record-keeping were remarkable. She had maintained a detailed log of all ticket sales, including names, class years, and ID numbers of every purchaser. Within minutes, she was able to pinpoint the issue, and the problem was swiftly resolved. Her exceptional handling of the situation reignited my faith in the students of this society and



further motivated me to support them in all their endeavors.

Q.6 Do you have a message for students who are passionate about literature and eager to develop their skills as readers, writers, and thinkers?

Ans: I believe that everyone is inherently introverted. No one is born extroverted; rather, those who speak out have simply overcome the fear that once held them back. It's not that they are naturally extroverted—they've learned not to be constrained by what others think of them. This fear stifles our ability to speak, think critically, and analyze situations. My goal for my students is to help them confront and conquer this fear, empowering them to express themselves and unlock their true potential as critical thinkers.

DR FARRUKH KAMAL

HOD Professor Pathology, Consultant Histopathologist at Shalamar Hospital
Qualifications: MBBS, MCPS (Pathology), FCPS (histopathology)



Q1: Can you share a bit about your early life and what inspired you to pursue a career in medicine

Life was much simpler during my childhood. We would simply attend school and return home—there were no academies or tuitions. We had plenty of free time to enjoy, whether it was playing sports or riding our bicycles. I was always a high achiever, though I never seriously considered medicine at first. However, it was common at the time for high achievers to pursue science. Following that path, I attended Government College Lahore and eventually enrolled in King Edward Medical College.

Q2: What is one achievement you are most proud of? personal/ professional

My proudest achievements at the postgraduate level is having trained 58 FCPS graduates in histopathology. At the undergraduate level, one of my greatest achievements is the rapport I build with students during professional viva exams. Initially, they may feel hesitant, but by the second day, they become so comfortable that they prefer me over the internal examiners.

Q3: What values or principles do you live by, and how have they shaped both your personal and professional life?

I believe a doctor's life should center on honesty. Doctors, medical colleges, and hospitals exist for the welfare of patients. Workshops and conferences are secondary if professors aren't focused on their main job—teaching. When you work honestly, students recognize and respond, knowing you're committed to their growth. Mutual respect is the

foundation of a healthy classroom.

4-Can you recall a moment in your personal life that significantly impacted your approach to patient care?

As a child, I would observe the long lines outside the general practitioner's office, fascinated by the respect people gave him despite his simplicity. He didn't need wealth or a fancy car to command status in the community; he earned it through the dignity of his white coat.

5-With 38 years of experience, how have you seen the field of pathology evolve, and what advancements have had the most significant impact on patient care?

The pace of change, especially in the last decade, has been rapid. Now, everything feels disposable, with better models emerging every year. In pathology, this shift is comparable to the evolution of computers from bulky desktops to sophisticated mobile phones. Similarly, medical machinery and tests have become simpler and more efficient. What was once cutting-edge, like the electron microscope, is now being replaced by more user-friendly instruments.

6-As the Head of the Pathology Department, how would you assess the level of interest and knowledge in pathology among medical students today?

I believe all medical students are serious and motivated; they just need proper guidance and encouragement to spark their interest. We must also be sympathetic to their demanding schedules. For instance, when I arrived, I learned they used to

schedule tests right after vacations, which I find inconsiderate of students' personal lives. Another example is when I wrote on the board in a 4th-year class, only to realize it wasn't visible to those in the back row. I've also noticed students often have their mobile phones out, which can be highly distracting. It's essential that students focus during class and prioritize understanding core concepts, as these form the foundation of their future practice. My teaching is focused on interaction, and I believe a teacher should now act as a facilitator, maintaining a light and approachable atmosphere.

7-How would you compare the attitudes of students in government institutions versus those in private institutes?

I don't see a stark difference between colleges, but each has its unique traditions. I would rate King Edward the highest for its immense respect toward faculty. During my time at FJ, I noticed significant improvements. I've spent limited time in the private sector, so I can't fully assess it, but it seems that attendance is given a lot of undue importance. Many students are focused on leaving the country, prioritizing foreign exams over patient care, which is disheartening. This brain drain, coupled with the new modular system, which is tailored to international standards but overlooks Pakistan's unique healthcare challenges, is concerning.

8-Looking back at your career, what is one piece of advice you wish you had received when you started?

This question takes me back to my

time at King Edward, where our principal emphasized that, as doctors, we are distinct from the general population. We are in a serving profession with a greater purpose, which requires us to remain honest and prioritize serving humanity as our foremost goal.

9- What would you say to medical students who are considering a specialization in histopathology?

Unfortunately, pathology is a dependent field in a corrupt country, and as an ethical histopathological practitioner, the scope is limited since you can't compete with the larger labs. If students are interested in teaching, I believe there are other basic sciences that are much easier to pursue. Since FCPS pathology exam is one of the most challenging exams, I would encourage my students to consider independent practices such as surgery, ophthalmology, or ENT. By quickly learning how to use the latest technology, they can adapt and thrive in this evolving medical landscape.

10- What are some of your hobbies or interests during your leisure time?

Because free time has become scarce, my interests have also diminished compared to back in the day. I used to be an all-rounder, enjoying sports like cricket, hockey, and table tennis. I also had a keen interest in Islamic history, mystery novels, and poetry. Nowadays, what interests me most is taking long walks and observing the everyday life of the common man as it gives the chance to reflect on the challenges our country faces.

SANA KHURSHEED

An Activist and lawyer

Q1: As a child, were there any defining moments or experiences that shaped your passion for advocacy?

As a teenager, I was involved in a car accident that left me disabled. Coming to terms with this new reality was incredibly challenging, especially at such a young age. Being a wheelchair user and nearly losing my life, I experienced a shift in perspective that reshaped how I saw the world. The challenges I faced made me realise how different life can be, and the importance of embracing and navigating those differences. This realisation sparked a passion for advocacy, particularly for accessibility and inclusion. It also taught me that we often wait for others to make changes, but we must take the first step ourselves. The journey has been tough, but it has taught me resilience, purpose, and the power of personal action.

Q2: Growing up, who were your biggest influences or role models, and how did they impact your journey?

Growing up, I found inspiration from many people, both locally and internationally. However, the most profound influence came from my immediate family, particularly my mother. While it may sound cliché, she is one of the strongest people I know and has been a constant source of



support, inspiration, and guidance. My family, as a whole, has played a critical role in shaping who I am today.

Q3: What motivated your decision to pursue law as a career, and how did your being differently-abled influence that choice?

Before my accident, I was admitted to medical college, but after the accident, my focus on education completely faded. A few years later, during a follow-up appointment, my consultant asked me what I had been doing, and it made me realise I had wasted four years feeling sorry for myself. That was a turning point. I decided to take control of my life again, and since becoming a doctor was no longer an option, I chose law. My grandfather was a lawyer, so I felt a connection to the field. I completed my degree independently, and it turned out

to be empowering and fulfilling. Looking back, everything aligned. I didn't pursue law to become a lawyer, but it led me to advocate for accessibility. Life has a way of falling into place, and I'm grateful for how it all worked out.

Q4: Are there any beliefs or values that you hold particularly close, and strive to uphold even as you are facing challenges in your career?

I think beliefs, convictions, and principles are big words when you first hear them. You don't know how they'll apply to your life until you start living it. For me, I've always been clear about one thing: I believed in myself, even when others doubted me.

After my accident, I struggled with bitterness and resentment. I thought, "I'm disabled now; I don't need to do anything—why study, eat, go out, or have friends?" It was a fight within myself. My

family reminded me that, at my core, I was still the same Sana. Once I realized that, I started living again.

I learned to ignore negativity and pick my battles wisely. You can't engage with every negative comment or person. Instead, focus on worthwhile things. Even if you feel alone, remember: you are enough. Self-conviction is what drives you forward.

For example, I started my advocacy journey with one social media post about accessibility, then filed a petition in the Lahore High Court. It was just me and my advocate, Ali Chughtai. We won. One voice, one person, with conviction, can make a difference.

Q5: In a society with deeply rooted stigmas, how do you maintain hope and optimism for change?

It's not easy. When I was newly injured, I felt self-conscious.



People stared, whispered, and asked my family about me instead of addressing me directly. I felt invisible.

But over time, I realized society sees you as you see yourself. Once I grew comfortable in my body, society became comfortable too. Self-confidence is powerful. It protects you, makes negativity bounce off you, and helps you see rude remarks as ignorance rather than personal attacks.

Acceptance of yourself changes everything. When you are confident in who you are, you gain the strength to maintain hope and work for change.

Q6: What does being a female activist in Pakistan entail? Would you wish this for others?

Being a female activist in Pakistan has pros and cons. Sometimes, being a woman means people listen to you if you present yourself a certain way like speaking in English or dressing a certain way. That's superficial, but it happens.

On the downside, people often don't take you seriously because of your gender or age. For instance, when we petitioned for ramps in public spaces, we were dismissed as childish and impractical.

But if you truly believe in your cause, none of those matters. Stay persistent, stick to your guns, and don't stop until people listen. It took me years to achieve my goals, but I succeeded.

My advice to all activists is: don't give up. Activism anywhere is challenging, and in Pakistan, it's harder for women, but change is possible if you keep pushing forward.

Q7: Given that Pakistan is a

country where laws are often slow to form and even slower to implement, does this ever discourage you?

Of course, it does. I mean, it took us four years to get the law passed, and that was because we were lucky to have a judge like Justice Jawwad Hassan, who made the government listen to our demands. It is a painstakingly slow process. You have to be a realist, not an idealist, if you want to make it. We got the law passed in December 2022, but we are still working on the implementation.

It is important to have a positive outlook and see the glass as half full. Their approach might not be what you want; however, at least they are trying now. I have worked far too hard to be angry, but it can still, at times, get frustrating. However, in our people's defense, the mindset is a result of years and years of conditioning. You have to change the charity-based lens through which we view disabled people. I had to decondition myself at times. I thought I was the one being unreasonable for demanding a ramp. I had to decondition myself so I could understand where they're coming from. Basically, you have to always stay laser-focused and get on with the work.

Q8: If you woke up one day with the power to change one fundamental flaw in this country, what would it be?

I would want each and every individual to develop empathy because it is what we lack the most, and it is something you can't beat into a person—it has to be their own decision. If someone chooses to be obnoxious and

ignorant, we can't do much about it. Empathy, not sympathy, because empathy gives due respect to the other person.

Q9: What is the work landscape like for disabled individuals in Pakistan, and what are some of the common biases and misconceptions you've encountered?

The landscape is very difficult because we lack the basic infrastructure. Visible disabilities, like hearing or visual impairments, can still be catered to at times, but there is a whole array of disabilities that are more quiet. No one is catering to them. It is extremely hard to be independent and make your own money.

This is what we are trying to tackle with the Disabilities Act. We are working to empower disabled people and show society that they are worth your time and bring value to the table. My dream is to see everyone with a disability recognized for their potential and not unfairly dismissed because of what they are lacking.

Q10: What is the work landscape like for disabled individuals in Pakistan, and what are some of the common biases and misconceptions you've encountered?

The working landscape is very difficult for disabled people because we lack the adequate infrastructure and accessibility, for any disability. Visible disabilities such as those affecting vision, hearing and mobility may be catered for but there is a broad spectrum of invisible disabilities that are misunderstood and ignored. It is very difficult for

disabled people become financially independent because we lack even the basic infrastructure to accommodate us. This is what we've tried to tackle in the law. InShaAllah this will change a lot of things because as I've said before, we need to empower disabled people. We need to them make them feel included in our society and make their families realize that they contribute to the income and are productive members of the society. I want people to realize that people with disabilities bring value to other people's lives and are like just any other individuals in the country. It's my dream to see every person with disability to be recognized by the potential they have and not be dismissed because they are disabled.

Q11: Throughout your journey as an activist, who have been your role models, and how have they influenced your work and perspective on advocacy?

I see many people around me who are working hard to pursue their goals. My own journey began after my injury—it was deeply personal for me. However, I've come to admire those who, despite not having experienced what I have, are still dedicated to raising awareness and fighting for rights. These individuals truly inspire me. I often think if I hadn't experienced the accident and ended up in a wheelchair, would I have lived a life of ignorance? Would I have developed the same level of empathy I have now? I hope I would have but honestly, I'm not sure. That's why I find it so admirable when people advocate for others, especially in a country

like ours, where raising a voice for a cause can be met with resistance from everyone. I'm truly inspired by everyone who fights these battles, whether silently or vocally, and I am especially moved by their strength and resilience.

Q12: Is there a particular moment in your journey as an activist that stands out as a turning point?

I'm not really sure but I think when we were dismissed for being very childish and impractical, it triggered something in us. We were obviously offended but it also fueled us forward to go bigger and ask for more than just a ramp and a disabled toilet.

Q13: What is your perspective on

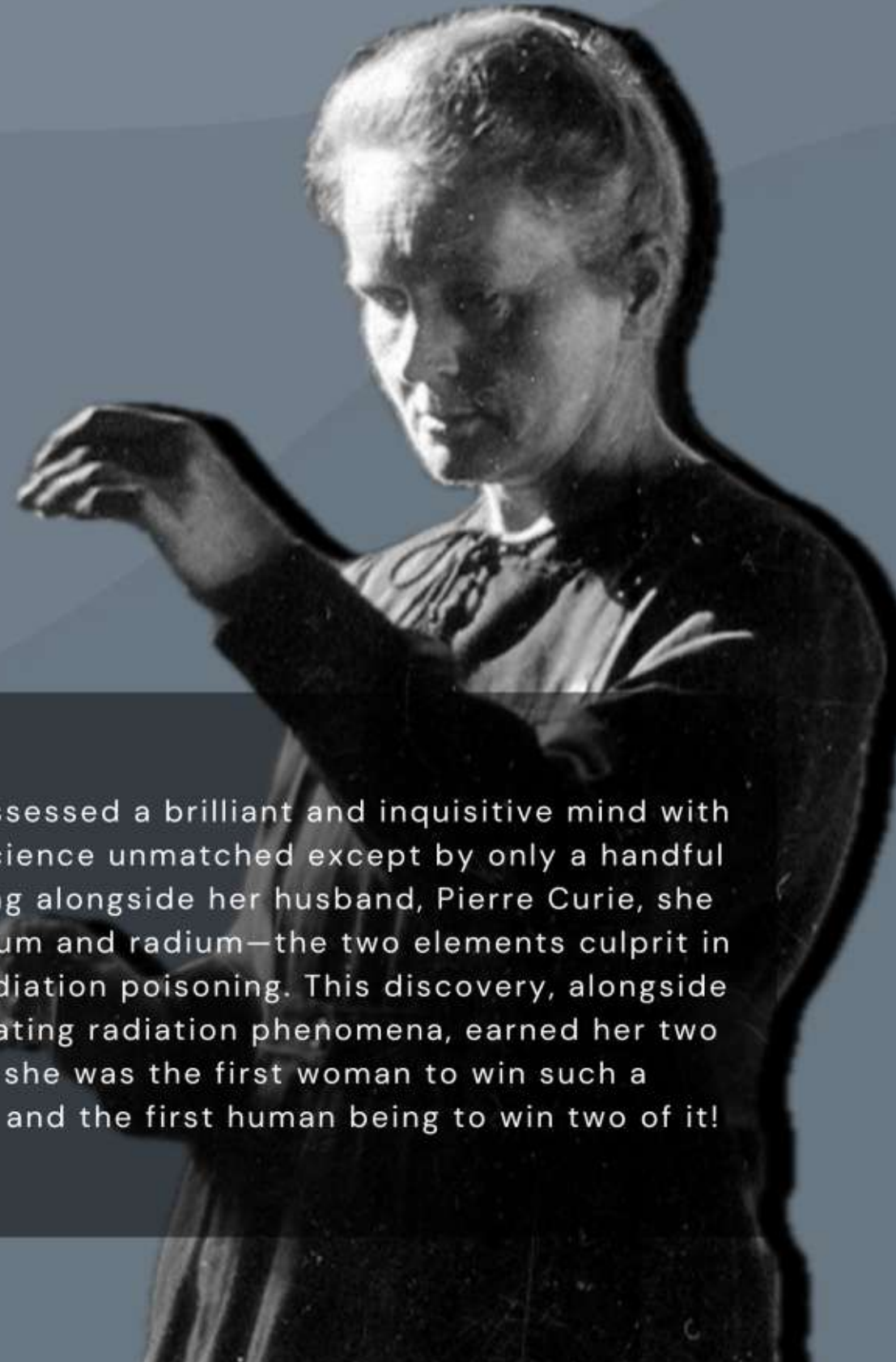
feminism in Pakistan, and what advice would you give to women striving for equality and empowerment?

Equality should be inherent, not something we need to fight for. No one is superior to anyone else; we are all equal. There's no need to debate this, especially with men, because I know my worth. The real competition is with ourselves—focusing on personal growth and improvement. Women should accept their equality without needing validation from anyone, as we already know our value. My advice is to stop wasting energy on unnecessary fights. Trust your abilities and let your actions speak for themselves.



Book Review

Marie Skłodowska Curie



Madame Curie possessed a brilliant and inquisitive mind with a dedication to science unmatched except by only a handful of people. Working alongside her husband, Pierre Curie, she discovered polonium and radium—the two elements culprit in her death from radiation poisoning. This discovery, alongside her work investigating radiation phenomena, earned her two Nobel Prizes; she was the first woman to win such a prestigious prize, and the first human being to win two of it!

A THOUSAND SPLENDID SUNS



Maira Azim
Final Year MBBS

A Thousand Splendid Suns, by Khaled Hosseini, is a poignant story of love, sacrifice and resilience set against the tumultuous backdrop of Afghanistan's history during the 1960s to the early 2000s. The novel delves into the lives of two women, Mariam and Laila, each leading separate lives till fate intertwines them in a tale of love, loss and hope.

The story begins with Mariam, an illegitimate child of a wealthy businessman, and explores how that shaped her childhood to be vastly different from other children her age. Longing for acceptance and yearning to be loved, societal scorn and a father's betrayal lead her into a life of hardship when she is married off to Rasheed, a much older and an

abusive man. Years later, but having grown up in the same neighbourhood where Mariam and Rasheed lived, Laila

enters Rasheed's household in tragic circumstances. Initially at odds with one another, the two women forge a bond that becomes their strength.

The story, told masterfully in Hosseini's captivating writing style, is a testament to the enduring strength and hope of women in the face of oppression. While sorrowful and heart wrenching, it is suffused with hope and love equally powerful, making it an unforgettable and emotional read.

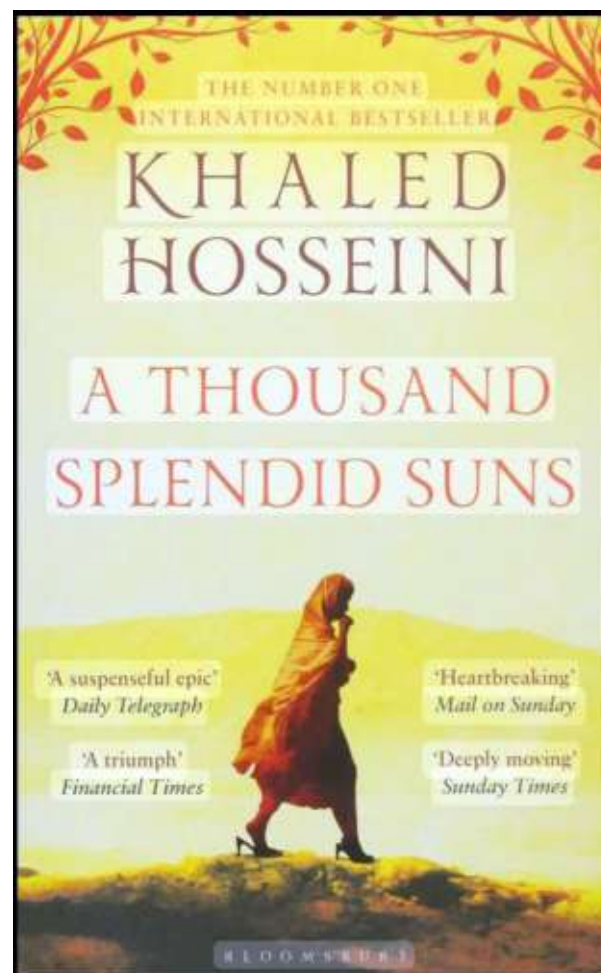
Hosseini's ability to describe war torn Afghanistan with the devastating impact on ordinary people through a succinctly humanised lens is truly remarkable. Instead of hard facts of the war and mere numbers, his evocative style breathes life into the characters and merges the personal with the political.

The characters provide a window and an opportunity to glance into the real lives of real people, with all their lived experiences.

Mariam, ever responsible and armoured in her quiet dignity, hardened against the harsh realities of her unfortunate

circumstances. Laila, a fiery spirit, fighting against the misfortune that threatens them at every turn. Rasheed, the cruel yet very real villain of the story. All of these characters are brought to life by Hosseini's vivid storytelling.

While this story may break your heart with the strife and hardships of the characters, it will mend it in equal measure with the tales of love and hope it is enriched with. Recommended for anyone looking for an unforgettably emotional read.



PET SEMATARY BY STEPHEN KING



Maira Azim
Final Year MBBS

Pet Sematary, by Stephen King, is a haunting exploration of grief, loss and human choices when faced with these tragedies. Said to be one of the most disturbing of his works by the author himself, it does not solely rely on the supernatural to add to the horror but delves deep into the dark recesses of the human mind.

Plot Overview

The story follows Dr Louis Creed who moves in with his wife, Rachel, their two children, Ellie and Gage, and their pet cat, Church, to the small town of Ludlow, Maine. Everything seems idyllic, except for roaring

Orinoco trucks that whiz past every so often on the main road just outside the Creed residence. That, and an eerie burial place where children of Ludlow have long since carried the tradition of burying their

beloved pets. Seemingly a safe place, but what lies beyond is an ancient burial ground with a dark and sinister power that prays on human grief and loss. When tragedy strikes the Creeds, Louis must make a choice: to let nature take its course, or regain what was lost, at the cost of everything he holds dear.

Themes

At the heart of the novel, there are themes of grief and loss, and the extent to which people will go to reverse what nature has ordained. The story also explores the darkness of the human mind, what grief makes people do, the allure and inevitable danger of things forbidden and evil. Lastly, it is relatable in that it makes readers confront their own fears of death and mortality, and question whether certain boundaries should ever be crossed, even when the choice

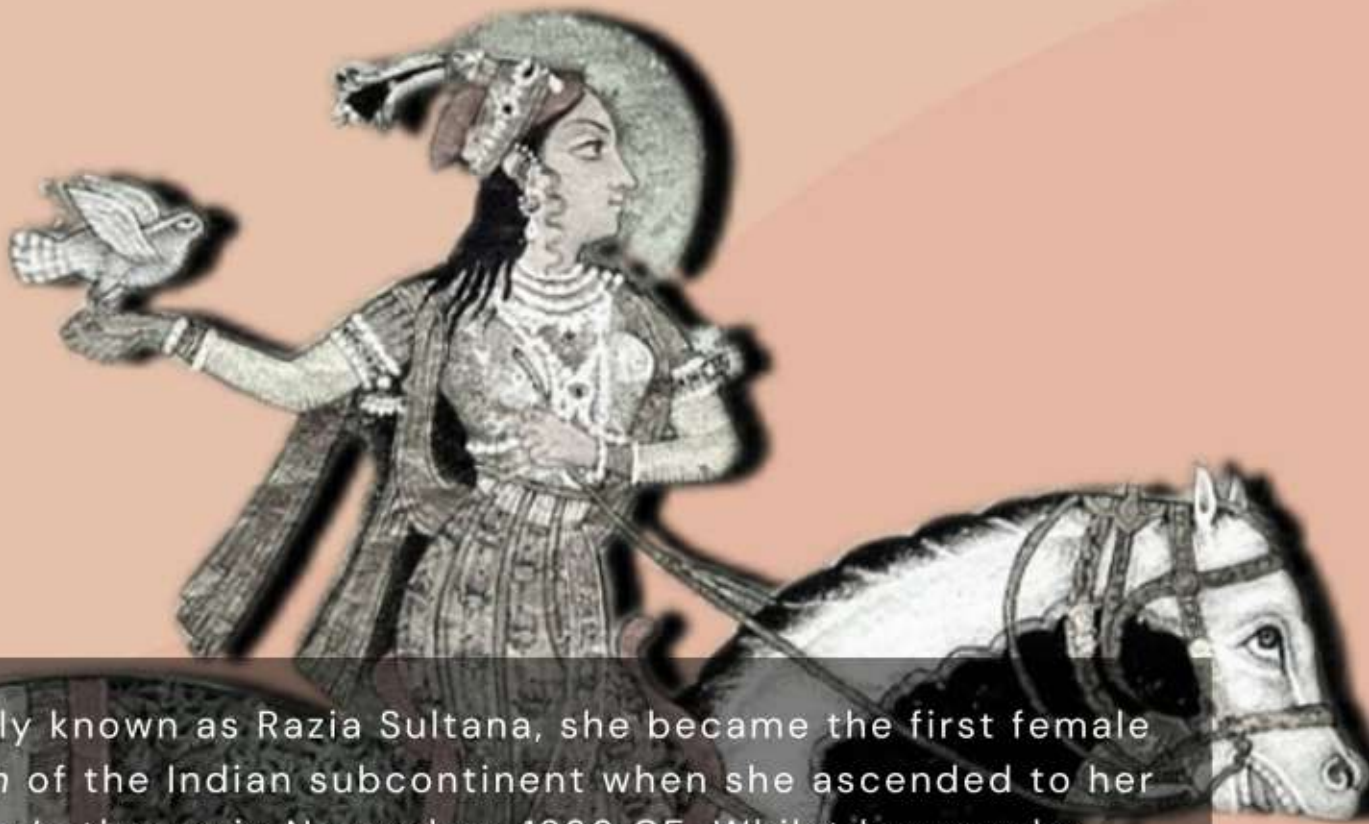
would give back that which was lost.

The uniqueness of Pet Sematary is in the fact that it seamlessly blends raw emotion with horror, making it relatable to anyone who reads it. Perhaps that is why the story stays with you long after the final page. To anyone looking for a thrilling read and who doesn't get easily spooked, Pet Sematary is definitely one of the greats.



Humour

Raziyaat ud-dunya wa ud-Din



Popularly known as Razia Sultana, she became the first female *badshah* of the Indian subcontinent when she ascended to her father's throne in November, 1236 CE. Whilst her gender identity naturally made her accession unprecedented in subcontinental history, it was also remarkable because the public support behind her ascension made it very democratic for the times. As a ruler, she exerted her own authority by minting coins in her own name and making public appearances. Such boldness led to her predominantly male nobility revolting against her. Ultimately, she was deposed by her half-brother, and executed on the 15th of October, 1240.

20 YEARS FROM NOW

Qarshi Cafeteria

Introduced virtual menu but still managed to confuse everyone

**Sugar Gang
(Final year)**

Stars in netflix series titled "Survival of the fittest"

Dr Talat:

Still traumatized by students not learning trauma module

**Usman Arshad
(2nd year):**

"Finally became SAT president 1000 disputes later"

**Abeer Shafi
(Final year):**

Still Giving Ted talks on how to eliminate male privilege.

**Mujtaba Adnan
(3rd year):**

Still trying to teach Scrabble rules

**Abeera Awan
(3rd year):**

won the award for Queen of Expressions

**Fatima Shafqat
(4th year):**

Best Influencer of Pakistan

**Sir Sikandar GS
(3rd year):**

Revolutionized all the societies of SMDC but only by yapping

"FIRST IMPRESSIONS LAST"



we've all likely heard this way too often, but it's not necessarily true. My first day stepping into SMDC as a 1st year student had me in awe of the crisp-cut brick building with tall glass windows and doors. Having watched one too many coming of age movies, I expected my young adult life to come with an air of freedom and flexibility. I thought life after A levels was supposed to be much more liberating and free-flowing, with only some semblance of check and balance, after all I am no longer in school.

This wonderment and conviction were ephemeral however, for very soon I was introduced to the infamous 90/60 policy; Shalamar's pride and joy, and the bane of most student's existence. Scrubs and overalls took the place of uniforms but I don't mind too much (at least it saves me the decision fatigue of picking an outfit daily). Homework got rebranded as "complete your logbooks task 1-18" (in 2 business

days by the way) and the firm check on attendance for each and every lecture even surpassed high school.

The cafeteria doubles as a meeting spot and though most students question the menu, you'll see majority of us scarfing it down. The parking lot is at your own risk and there is a high chance your car will get stuck between others for at least a few hours, so forget about going for a quick coffee run during the break, the instant coffee from the café will compensate instead. Being 10 minutes late will warrant that the lecture hall door is locked and you're left staring at the tiled walls, questioning your life choices and going through a borderline existential crisis. The ground is a peerless specimen of fine horticulture (and no I am not being sardonic), the wide variety of flowers and the neatly trimmed green grass is quite a pleasant view, even more so when you and your friend are taking a little time

away from the lecture hall.

The library is the ideal place for a quick little nap (and of course catching up on all the lectures you were zoned out in), just be sure to not get caught sleeping. The common room is a bit underwhelming but you'll barely find yourself going there as the stairs make for a popular hangout spot. Groups of students huddled close together whispering excitedly, barely any room to put your foot on the steps. Either take the elevator (which is never vacant by the way) or feel like an unwelcome intruder making your way across the stairwell.

In a few weeks, I came to the conclusion that SMDC is a realm of its own, with its independent policies, and despite some (most) of them being extreme, they do bring (a little) value to our development as students, particularly in building our tolerance and resilience. As 1st year comes to a close, SMDC feels a bit more familiar, and the regulations a bit less ludicrous.

Travelogue

The female Palestinian Journalists of Gaza

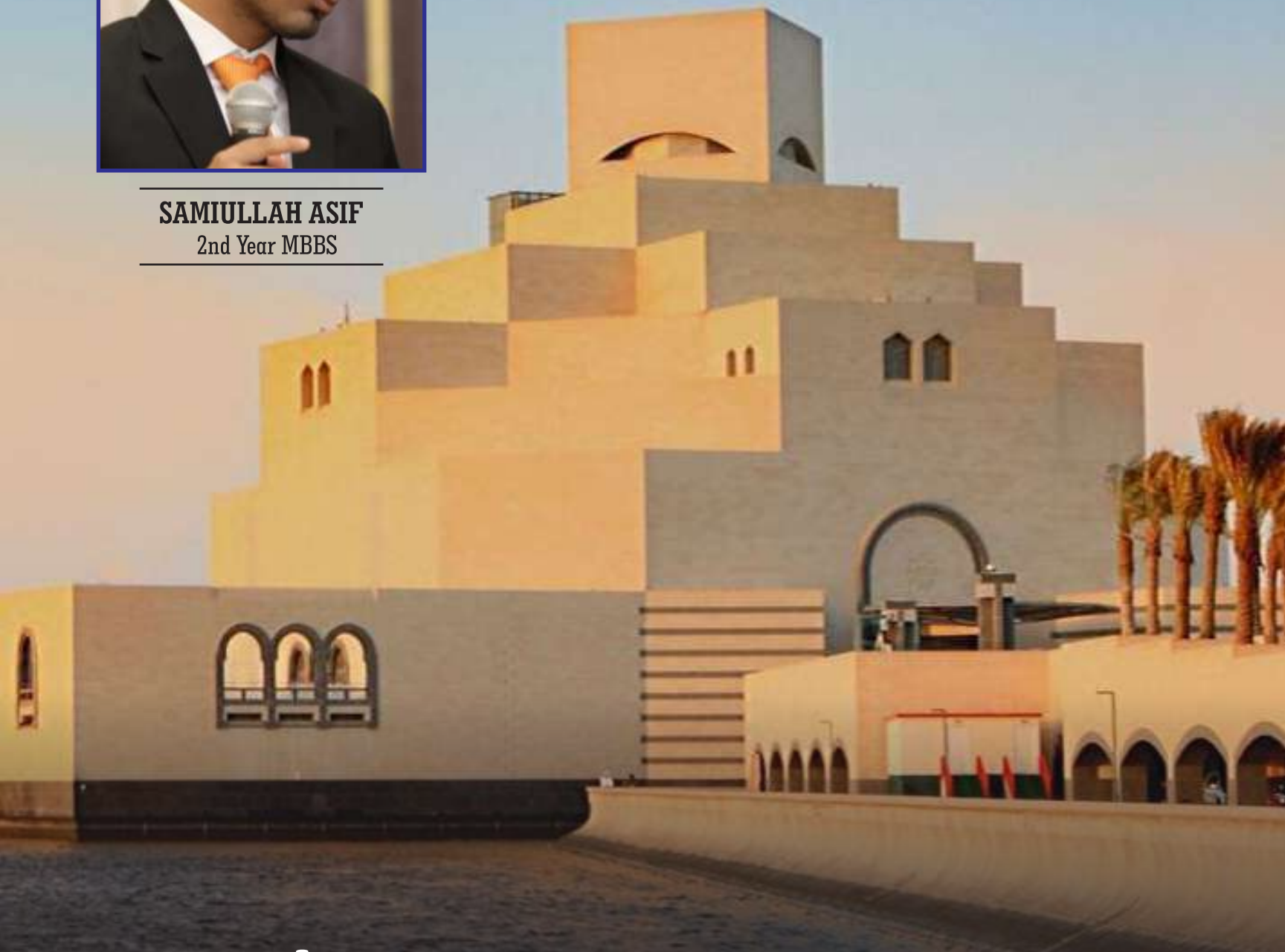
In an age where humanity has unprecedented access to the Truth via photographs and videos, it appears to be more distorted than ever. To many, it seems like journalism has been hacked by the powerful, the heartless. In times like this, female Palestinian journalists shine through because of their determination to show the world the true face of the Israel. Furthermore, during the process, they face challenges unique to their gender. They are the ultimate truth tellers of this age. Journalism owes them a debt that cannot be paid, whether it acknowledges it or not.





SAMIULLAH ASIF
2nd Year MBBS

Doha Daires



I am the last person who should be writing a travelogue. Why you may ask? It's because I'm not a travel person. Motion and I have never gotten along and I have always preferred to stay in a familiar area. However, I never imagined that, as I stood in Allama Iqbal International Airport, Lahore ready to travel 1,867 km to Doha, Qatar, that my whole perspective was going to take a 180° turn.



As soon as I got off the airplane at Hammad International Airport in Doha after 3 hours, it felt as if the golden desert sunshine was beckoning me towards it as the soft zephyr whispered tales of history. Despite my tiredness, my fascination with the new environment led me through Katara Cultural Village, where the high wind towers contrasted with the intricately carved mosques, both appearing as if preserved from different eras in time. The next day, I visited the Museum of Islamic Art, a modern architectural masterpiece standing erect in an artificial island, appearing like a mirage in

the desert sand. Inside, there was plenty of precious art on display, all testifying to the superior craftsmanship and inventiveness for which the Islamic world was known for. I marveled at the collections in the museum which ranged from beautiful ceramics of Al- Andalus to the fine quality textiles from Turkey, Iran and India. The museum also housed a page from the Blue Quran, a manuscript from a thousand years ago. It seemed as though every step I took in this gallery was a leap back in time, with each piece offering a glimpse into a world marked by elegance and refinement.



In the evening, I went to Souq Waqif, a marketplace where the mud buildings evoke a bygone era while remaining a lively hub of commerce and gossip. The scent of cardamom and saffron enveloped the market as I walked through, while the chants of the shopkeepers advertising their goods blended together like an orchestra. There, prices were bargained for souvenirs and spices, and my taste buds burst

from delight, as I savored local delicacies like the spicy Makhboos and the sweet Kunafa. While walking through these kinds of places one gets reminded of an eternal ritual that blends trade and civilization perfectly. On my way back to the hotel, I discovered a traditional Qatari coffee shop where I met a tall, intimidating but friendly local named Abdul. Conversing with me in basic Urdu, although with

difficulty, he made a cardamom flavored coffee which we consumed while sitting on an elaborately constructed woolen rug watching people around us. There he narrated his childhood experiences when he used to play in sand dunes and learnt old Arabic traditions from his forefathers. After some time, with a bittersweet feeling in my heart, I bid farewell to Abdul as the sun sank below the horizon on my way back to my hotel, filled with Qatari warmth and hospitality





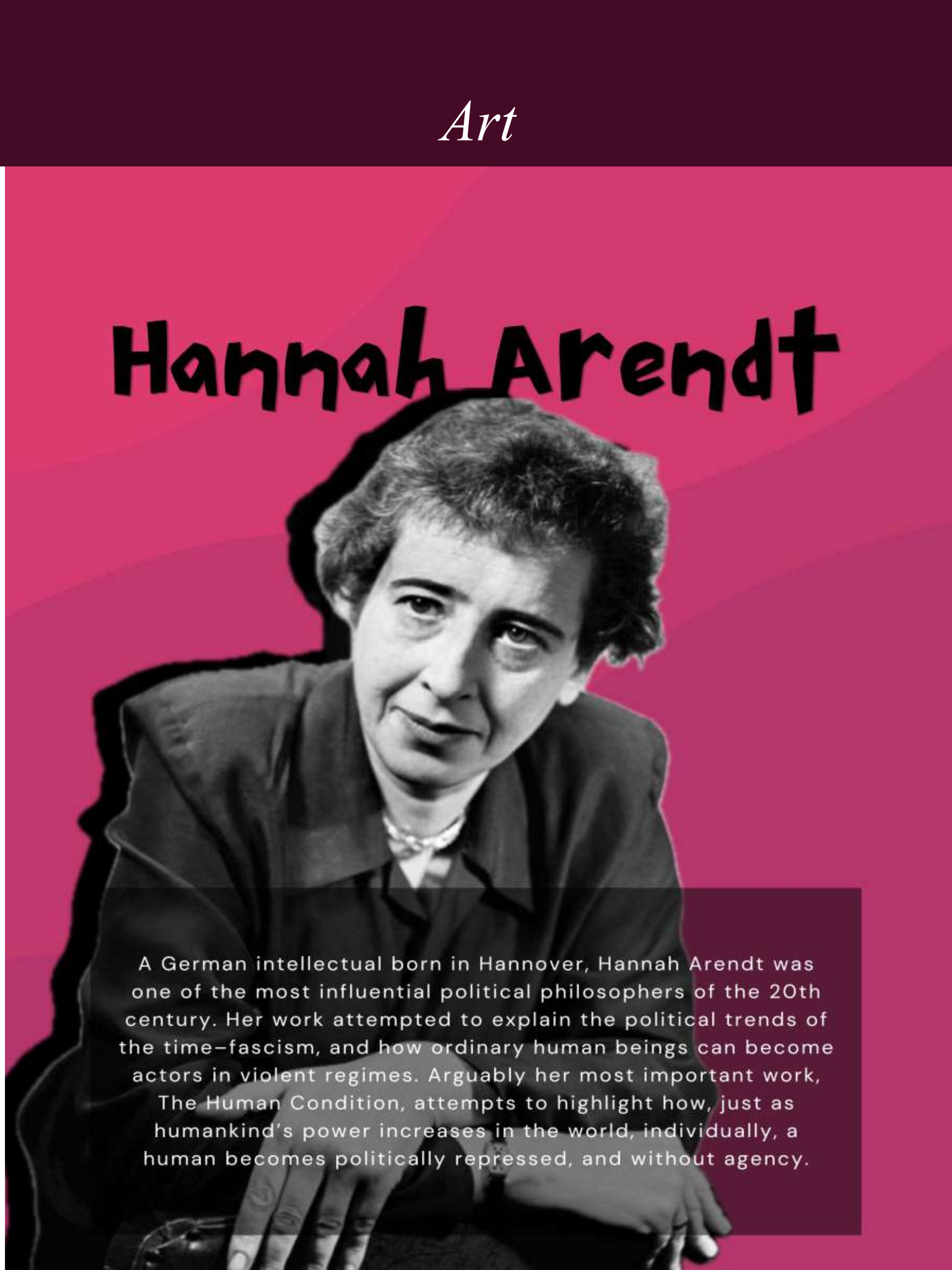
My final day in Qatar was a much awaited desert adventure. I went dune-bashing in a 4x4, feeling the rush as we soared over the sand. Later, I rode a camel while watching the sunset, the warm desert wind blowing around me and that is when I realized that I had never experienced such a marvel of nature's tranquility.

Even to this day, I find myself reminiscing about my time in Doha and I have never regretted my journey there. Qatar, you've left a lasting impression on me, and I'll be back.



Art

Hannah Arendt

A black and white portrait of Hannah Arendt, a German intellectual and political philosopher. She is shown from the chest up, wearing a dark jacket and a necklace. Her hair is short and styled. She is looking slightly to the right of the camera with a thoughtful expression. The background is a solid, vibrant pink color.

A German intellectual born in Hannover, Hannah Arendt was one of the most influential political philosophers of the 20th century. Her work attempted to explain the political trends of the time—fascism, and how ordinary human beings can become actors in violent regimes. Arguably her most important work, *The Human Condition*, attempts to highlight how, just as humankind's power increases in the world, individually, a human becomes politically repressed, and without agency.

ALISHA NOOR

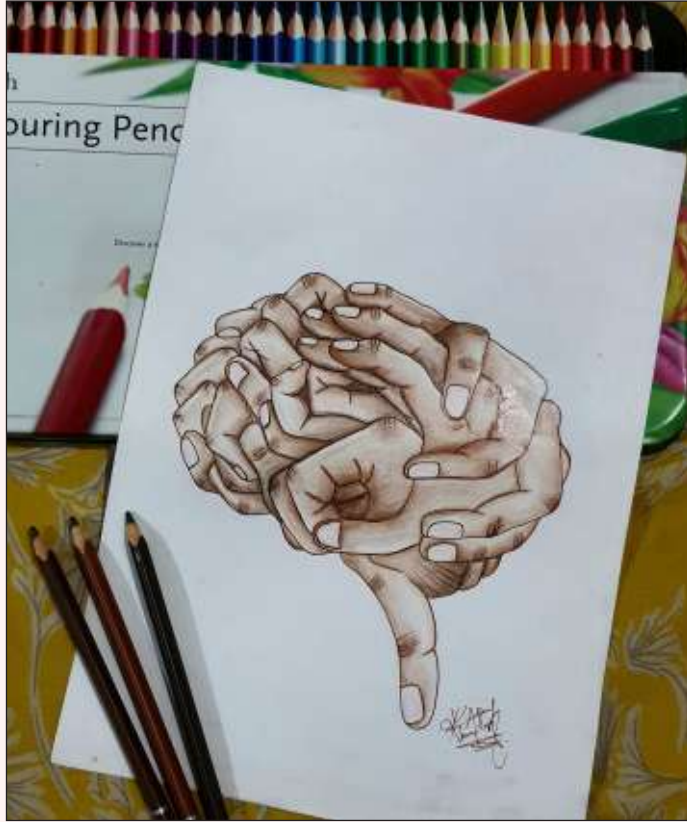
FINAL YEAR





Shahzaib Zahid
4th Year MBBS

Yumna shahid
First Year MBBS



Satire

Florence Nightingale



She was the founder of modern nursing as well as a social reformer and a brilliant statistician. Because Nightingale believed her *raison d'être* was to serve humanity, in contradiction to societal expectations, she became a nurse instead of a homemaker. In this field, Nightingale proved remarkable. Shocked by the poor sanitation and general living conditions of wounded British soldiers during the Crimean War, she set out to reform the institution of nursing. The practice of frequent handwashing, providing ventilation, and administering a proper diet are credited to her.

Robo Medics: A Satirical Journey into Pakistan's Futuristic Hospitals



MAHA JAWWAD
4th Year MBBS

In a not-so-distant future in Pakistan, where chai walas have been replaced by tea-dispensing bots and the latest fashion trend is wearing a surgical mask designed by Apple, welcome to the world of RoboMedics, where tradition meets technology in a symphony of chai breaks and circuit boards.

Picture this: you enter the lobby of Lahore Medibot Hospital, where instead of the usual chaotic scene of patients and their entourages, you're greeted by NurseBot 9000. This sleek, metallic marvel navigates the throng with the grace of a cricket player dodging bouncers, scanning patients' retinas for appointment details faster than you can say "Inshallah."

As you stroll down the corridors, you encounter DoctorBot RX, a humanoid figure sporting a stethoscope with more computing power than a dozen Peshawari naans. It diagnoses ailments with the precision of a Lahore traffic warden, but lacks the gentle bedside manner of your grandmother's herbalist.

In the surgical wing, SurgicalBot 2000 reigns supreme. Its mechanical arms glide through

surgeries like a samosa-maker at Eid, promising precision that would make a neurosurgeon blush. Forget about traditional scalpel techniques—this bot wields lasers like a diwali firecracker, ensuring clean incisions and minimal scarring while blasting the latest Coke Studio hits for patient entertainment.

Meanwhile, in the pediatric ward, ChildCareBot Bano charms young





patients with interactive storytelling sessions that blend folklore with digital magic. From the adventures of Heer and Ranjha to the escapades of a mischievous rickshaw-wallah-turned-robot, every tale ends with giggles and promises of halwa from the hospital's famed sweet shop. Of course, not everyone embraces the robotic revolution. Elderly patients, their spirits as resilient as the centuries-old banyan trees in Lahore's gardens, reminisce about the days when a doctor's hand on their shoulder and a nurse's comforting pat were as soothing as a late-night qawwali session. "These metal beings lack adaab," muses Ammi Jan, as she sips her cardamom-infused doodh patti in

the courtyard. "No one asks about my family back in Sialkot anymore."

Meanwhile, outside the hospital walls, street vendors continue to hawk their wares, offering herbal remedies that promise to cure everything from a broken heart to a broken iPhone screen. "You can't trust those metal beings," declares Hakeem Riaz, as he waves a bundle of dried herbs in the air like a magic wand. "Nothing beats a good cup of haldi doodh and a few prayers to heal what ails you."

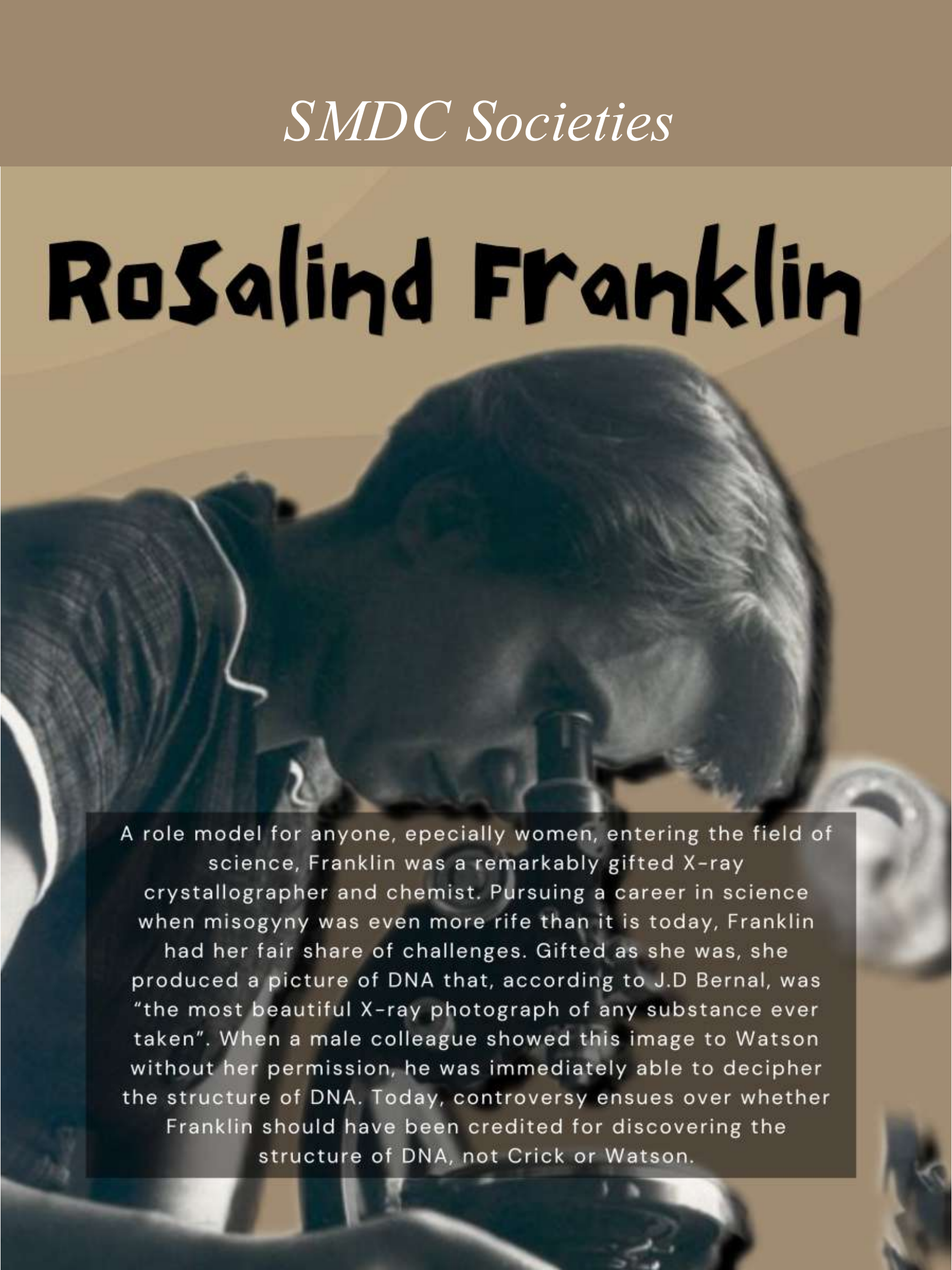
As the sun sets over RoboMedics Hospital, casting long shadows across the courtyard where patients and their families gather,

one thing becomes clear: Pakistan's healthcare system may be embracing technology, but the heart and soul of healing still lie in the warmth of human connection, the resilience of cultural traditions, and the enduring spirit that refuses to be automated.

So here's to a future where robots and humans coexist in harmony, where chai breaks involve debating the merits of AI diagnostics versus ancient remedies, and where every patient—whether treated by bots or blessed by hakeems—finds solace in the shared journey towards health and well-being, Pakistani style.

SMDC Societies

Rosalind Franklin

A black and white photograph of Rosalind Franklin, a scientist, looking through a microscope. She is wearing a dark, patterned dress. The background is a soft, out-of-focus light color.

A role model for anyone, especially women, entering the field of science, Franklin was a remarkably gifted X-ray crystallographer and chemist. Pursuing a career in science when misogyny was even more rife than it is today, Franklin had her fair share of challenges. Gifted as she was, she produced a picture of DNA that, according to J.D Bernal, was "the most beautiful X-ray photograph of any substance ever taken". When a male colleague showed this image to Watson without her permission, he was immediately able to decipher the structure of DNA. Today, controversy ensues over whether Franklin should have been credited for discovering the structure of DNA, not Crick or Watson.



SMDC MUSIC SOCIETY



The Annual Music Fest 2024 was nothing short of spectacular, bringing together music enthusiasts and fans for an unforgettable evening of rhythm, energy, and entertainment. This year's highlight was the sensational Pakistani band, Young Stunners, featuring Talha Anjum and Talha Yunus, whose stellar performance captivated the crowd. Known for their revolutionary contributions to Urdu rap and hip-hop, the Young Stunners have become a household name in Pakistan's music scene, delivering chart-topping hits like Gumaan and Why Not Meri Jaan.

Their lyrical brilliance and relatable themes have resonated deeply with audiences, making them the perfect headliners for this prestigious event.

The evening commenced with a breathtaking opening performance by the incredibly talented Aimah Bukhari. Renowned for her soulful covers of popular tracks,





Aimah set the stage with an enchanting repertoire that drew the audience into the vibrant atmosphere of the festival. Her melodic voice and captivating presence created the perfect prelude to the much-anticipated main act.

As the lights dimmed and the energy in the air surged, the Young Stunners took to the stage, greeted by thunderous applause and cheers. Talha Anjum and Talha Yunus delivered an electrifying performance, blending their iconic rap verses with high-energy beats. Tracks like Don't Mind and Afsanay had the crowd singing along and waving their hands in unison. The synergy between the performers and the audience was palpable, creating an experience that will be cherished by all in attendance. The band's effortless stage presence and heartfelt interaction with fans made their

performance the highlight of the evening.

Adding to the event's vibrant atmosphere, food stalls featuring a variety of cuisines were set up across the venue, ensuring that attendees could indulge in delightful treats while enjoying the music. The blend of delectable food and mesmerizing performances made the event a complete sensory experience.

As the night unfolded, the energy soared to new heights with the much-anticipated DJ segment. DJ Zee took over the stage, spinning beats that kept the crowd on their feet till the very end. The DJ night was the perfect conclusion to a day filled with unforgettable performances. Zee's expertly curated playlist and infectious energy ensured the festival ended on a high note, leaving everyone in awe.

This grand event would not have been possible without the dedicated efforts of the society





presidents, Alina Shahid and Zoraiz Usman. Their meticulous planning and unwavering commitment ensured that every detail of the festival was executed flawlessly. Their leadership and vision brought the community together for a celebration that will be remembered for years to come. A special acknowledgment goes to Dr. Maaz ul Hassan, our esteemed faculty head, whose guidance and support were instrumental in the event's success. Dr. Maaz's dedication to fostering cultural and creative expression within the community was the driving force behind this

remarkable event.

The Annual Music Fest 2024 was not just an event—it was a celebration of music, unity, and joy. From Aimah Bukhari's soulful opening act to the electrifying performances of Young Stunners and DJ Zee, every moment of the night resonated with passion and excitement. The audience's enthusiastic participation and the vibrant atmosphere made this year's festival a phenomenal success.

We look forward to many more nights like this, where music brings us together and creates memories that last a lifetime.



The Shalamarians Arts and Photography Club: A Resplendent Return to Creativity

Under the visionary guidance of Dr. Maryam Riaz Tarar, the Shalamarians Arts and Photography Club has made a triumphant return in 2024, reigniting the flames of artistic passion at Shalamar Medical and Dental College (SMDC). Led by the able hands of Presidents Ahmad Subhan, Laiba Imran, and Hania Latif, the club has not only revived its cherished traditions but also introduced a series of events that have captivated the creative hearts of students across the country.

A shining moment this year was the eagerly awaited photowalk to Katas Raj Temples, which marked the first post-pandemic excursion for the club. This event offered participants the opportunity to immerse themselves in the timeless beauty of Katas Raj, capturing the rich heritage and architectural splendor of the site through their lenses. The photowalk was not only a technical exercise in photography but also a celebration of history and culture, providing students from diverse disciplines a chance to



reconnect with the art of visual storytelling. Following this, the Cine'Art and Film Festival 2024 emerged as a crowning achievement for the club. This national-level festival, which seamlessly combined the worlds of film, photography, and visual arts, attracted an extraordinary array of submissions from across Pakistan. The event witnessed participation from renowned institutions, including the prestigious National College of Arts (NCA) and COMSATS, alongside some of the country's leading medical colleges. The festival was a rich tapestry of creativity, where aspiring filmmakers, photographers, and artists showcased their talents on a grand scale. Esteemed guests such as Khawar Riaz, Michelle Farooqi, and Subhan Noor (Vader Snaps) graced the event, offering their insights and mentorship, which greatly enriched the experience for all involved.

The Olympiad 2024 was a resounding success, setting new records for team participation and delivering an unforgettable experience for all. This vibrant

series of games not only showcased the incredible creativity and innovation of the organizing society but also led to playful competition among students. From the thrilling twists of Murder Mystery to the ingenious challenges of Creative Construct, the high-energy Scavenger Hunt, and the laughter-filled rounds of Charades, every activity was designed to spark excitement and engagement. The hard work and dedication of the society members paid off in creating a lively and inclusive atmosphere, where students came together to compete, collaborate, and enjoy a unique lineup of games that truly set this event apart.

The Wipeout Obstacle Course proved to be one of the most memorable highlights of Summer Fiesta, which was organized through the collective efforts of all the societies at Shalamar.

Leaving participants exhilarated and soaked in fun, this event has made a mark for all those who thrive on adventure. Featuring a challenging water ball pit, the course tested



teams' speed, teamwork, and resilience in a thrilling race against time. The unexpected twist of a sudden change in weather only added to the excitement, turning the course into an adrenaline-fueled adventure. Teams worked together to dodge water balloons, navigate slippery obstacles, and cheer each other on—all in the spirit of securing the coveted Best Team Trophy. The Wipeout Obstacle Course perfectly blended chaos and camaraderie, creating an unforgettable experience for everyone involved. What truly sets the Shalamarians Arts and Photography Club apart is its remarkable versatility—an inclusive society that goes beyond the traditional realms of art, photography, and film. While the club has always been a vibrant platform for visual creativity, through events like the photowalk to Katas Raj Temples and Cine'Art and Film Festival, it also embraces innovative experiences that inspire creativity in a broader sense. From the strategic thinking involved in the Olympiad to the physical adventure of the Wipeout



Obstacle Course, the club's events ignite the imagination and foster creativity in students from all walks of life. Whether one is a filmmaker, a photographer, a thrill-seeker, or someone who enjoys problem-solving, the club offers something for everyone. Its dynamic range of activities, both artistic and experiential, allows students to explore their creativity in diverse and exciting ways, making it an inclusive space where all kinds of creative minds can flourish.

Thanks to the unwavering dedication of Dr. Maryam Riaz Tarar and the inspiring leadership of Presidents Ahmad Subhan, Laiba Imran, and Hania Latif, the Shalamarians Arts and Photography Club has once again proven that creativity flourishes in any environment. This year's events have set a new standard for artistic engagement, leaving an indelible mark on the cultural landscape of SMDC and beyond, and reaffirming the club's role as a beacon of artistic expression and inspiration.



SAT FOUNDATION



Shab-e-Abi Talib (SAT) emerged in April 2021 during the height of the COVID-19 pandemic when economic hardships were at their peak. Established by Muhammad Osama Riaz, an MBBS student at SMDC, SAT began with a simple yet powerful mission: to serve humanity by supporting the communities in Pakistan. This Society's work is not confined by religion; it serves all communities regardless of background, reinforcing the belief that humanity transcends boundaries. Starting with a small group of dedicated individuals, the organization has grown into a beacon of hope, committed to uplifting lives in regions like Thar, Balochistan, Gilgit Baltistan, and South Punjab. Guided by the principle that "charity begins at home," SAT has tackled numerous challenges with unwavering dedication. Their first project, installing solar-powered water pumps in Thar, provided safe drinking water to





underserved communities, demonstrating that their mission transcends religious and cultural boundaries. From its inception, SAT has grown significantly, executing impactful projects such as Umeed School to offer free education to children, blood donation society, organizing medical camps, and setting up vocational centre in Mianwali that empower women by equipping them with skills to support their families.

The name "Shab-e-Abi Talib" pays homage to the difficult journey of the Prophet Muhammad (PBUH) and his followers, who endured extreme hardships during their time in the valley of Shab-e-Abi Talib. This legacy of resilience and perseverance continues to inspire SAT's work, motivating them to bring hope and relief to those facing their own struggles today. SAT's notable achievements include the "Haq Haqdaar Tak" initiative, which provided critical support to flood victims. SAT has also

launched "Kitaabon Ki Duniya," establishing libraries in underprivileged communities to promote education. One of the most significant recent efforts includes fundraising and on-ground support for Gaza, including food distribution, medical aid, water tank distribution, sending an ambulance for displaced families showcasing SAT's dedication to global humanitarian causes.

SAT is focused on expanding its impact by establishing permanent dispensaries, schools, and vocational centers in remote areas of Pakistan. The organization also aims to extend its mission to global humanitarian crises in regions such as Syria, Palestine, and Turkey. Declared officially as an NGO, SAT's mission is to be a beacon of hope and support for the oppressed and underprivileged, continuously working to make the world a better place, proving that even in the toughest times, humanity's spirit



of giving can light the way forward. The details of major projects covered by SAT are mentioned below:

The seminar titled "From Preparation to Success - Your AMC Journey" was a comprehensive and interactive session aimed at guiding medical students through the process of preparing for the Australian Medical Council (AMC) exams. The event was tailored to provide both a roadmap for effective preparation and valuable insights into successfully navigating the journey from student life to a professional medical career.

Shab e Abi Talib Foundation Pakistan launched its impactful "Ration Drive" in August 2024, with a dedicated focus on supporting marginalized communities facing economic hardships. The initiative officially commenced on August 8, 2024, with the provision of essential rations to a widow living in the remote area of Essa Nagri, P/O Manu Pur Chicho Ki Maliyan, in Sheikupura.

This endeavor is not merely about distributing food; it represents a broader commitment to social responsibility and community upliftment. By addressing immediate nutritional needs, the foundation aims to provide a lifeline to individuals and families who are particularly vulnerable due to socioeconomic factors. The selection of Essa Nagri highlights the foundation's strategy to reach underserved regions, where access to basic necessities is often limited.

Between July and August, the Medical Camp team organized two healthcare camps in disadvantaged areas of Lahore. The first camp was held in the Harbanspura region on July 28th, followed by a second in the SKZ slums on August 25th. These camps provided healthcare services, including free medication, to over 400 individuals. To ensure the smooth delivery of services, more than 20 organizing committee members, 55+ medical students from SMDC, and over 10 doctors participated in



the initiative. As part of its newly established project 'Kitaabon ki Dunya,' the SAT Welfare Department successfully conducted a book drive, collecting approximately 200 books across 5 cartons. These books were used to establish the first reading corner at Al Marah Foundation, an orphanage, providing a diverse range of children's books to foster advanced learning. In addition to setting up the reading corner, the SAT Welfare Department also conducted an educational session with the children at Al Marah, further enriching their learning experience. Furthermore, the SAT Welfare Department implemented a monthly subscription system to ensure sustainable funding for

future reading corners, enabling it to expand its reach and impact. These initiatives aim to promote a love for reading and support the educational development of underprivileged communities. Each of SAT's multifaceted initiatives serves as a testament to its overarching vision: to be a catalyst for positive change in the most vulnerable communities. The society's relentless pursuit of its mission has illuminated pathways for growth, resilience, and hope, making a substantial difference in the lives of thousands. By focusing on health, education, welfare, and crisis relief, SAT continues to pave the way for sustainable community transformation and empowerment across Pakistan.



Internal Medicine Interest Group – SMDC



The Internal Medicine Interest Group at Shalamar Medical and Dental College (IMIG-SMDC) is an organization dedicated to fostering the interests of medical students in internal medicine and providing early exposure to information and opportunities related to the field.

The Vision:

Founding IMIG was a response to a growing need among medical students, including myself, for structured opportunities to explore internal medicine early in their careers. Internal medicine, with its broad scope, is often seen as a backbone of healthcare, dealing with a wide range of adult diseases. However, many medical students do not fully grasp the diverse opportunities available within this specialty

until much later in their training. This realization is what led me to create a space where students could actively engage with the discipline, explore subspecialties, and receive mentorship from practicing internists and residents.

Structure:

The structure of IMIG comprises of six divisions:

Education Division:

The Education Division organizes seminars and workshops focused on key areas of Internal Medicine, including preparation for international examinations, regulatory registrations, and both on-campus and online educational activities.

Alumni Division:

This division fosters connections between

medical students and alumni who have pursued diverse specialization pathways. By facilitating mentorship and guidance, we help undergraduate students make informed decisions about their future career trajectories in medicine.

Ambassadors Division:

With a network of over 150 ambassadors from medical colleges across Pakistan, as well as international representatives, the Ambassadors Division aims to expand the reach of our organization. These ambassadors actively promote participation and collaboration between their institutions, similar groups, and IMIG-SMDC.

Research Division:

The Research Division oversees the Shalamar Research Network (SMR), which is supervised by the Head of the Department of Research at our institution. This program provides opportunities for medical students to engage in research under expert guidance, advancing their understanding of clinical and academic research.

Community Outreach Division:

This division exposes medical students to community service and volunteering opportunities, cultivating empathy and social responsibility. Prioritizing the welfare of local communities helps medical students develop critical skills essential to becoming compassionate doctors. Involvement in these activities also reflects a strong commitment to service and adds valuable experience to their professional development.

Media Division:

The Media Division manages all social media platforms, creating professional content and promotional materials. This division also encourages media collaborations, ensuring effective communication and engagement with our audience.

Mission and Objectives:

The mission of IMIG-SMDC is centered around three primary objectives:

- **Facilitating Informed Decision-Making:** To provide students with early access to relevant information, helping them make well-informed choices regarding their career paths in medicine.
- **Establishing Supportive Networks:** To connect individuals with shared interests in internal medicine, enabling peer support and collaborative growth within the field.
- **Enhancing Professional Development:** To support students in building their CVs by offering exposure to a variety of activities, including research projects, volunteering opportunities, and other relevant experiences that contribute to their overall professional development.

Signature Programs and Activities:

33 activities have been conducted by the organization so far:

Activities related to the educational aspect:

USMLE Guide Post, USMLE Resources Explained, How to: FCPS, PLAB E-Quest, How to: STEP 1 Preparation, How to: STEP 2 CK, Meet the Matched, AMBOSS Discount, Clinicals Unlocked, USMLE vs PLAB, Time is of the Essence, From Yale to the OR, Elevate to Success

Part 1 and Part 2, AHA Certified BLS Programme (IMIG x KSL), Podcast – Vital Signs.

Activities related to Ambassador Program and Volunteering:

The Ambassador Programme, Rasad-e-Falasteen (IMIG x SAT x MSAP), Parwaaz Volunteer Series (including 6 volunteer visits).

Activities related to the research aspect:

Research 101, The Art of Research, Medical Research Roadmap: Paper Reading and Topic Selection, Medical Research Roadmap: Literature Search and Study Design, Medical Research Roadmap: IRB Proposal Writing.

Growth and Impact:

The group was founded on August 23rd, 2023 following discussions with the Head of Department of Internal Medicine and Principal

of SMDC. The first term spanned one year, concluding on August 30th, 2024. Initially the group was started with 18 Executive Board Officers (medical students who made the running body of the organization) and 50 general members, which has expanded to 30 EBOs and over 400 members in one year, as the second term begins.

As the group continues to grow, it remains steadfast in its commitment to inspiring the next generation of internists and improving healthcare outcomes for the communities it serves.

Founder IMIG-SMDC,
President IMIG-SMDC (2023-2024),
Zainab Faisal.





SMDC LITERARY SOCIETY

The year 2024 was a landmark year for the SMDC Literary Society, marked by record-breaking participation, groundbreaking events, and a renewed spirit of literary and cultural excellence. Under the leadership of Aamina Sajid, Hamza Saleem, and Ayesha Fatima Niazi, the society reached unprecedented heights. Among the standout events of the year was the 10th All Pakistan Declamation Competition, a flagship tradition that once again attracted exceptional speakers from across the country, continuing to uphold SMDC's

reputation as a hub for eloquence and intellectual engagement. Adding to the year's achievements was the launch of the First All Pakistan Parliamentary Debates, a pioneering effort that brought together some of the finest parliamentary debaters from institutions nationwide. This event quickly earned its place as a hallmark of quality and competition within the debating circuit. The All Pakistan Literary Competition also witnessed extraordinary success, achieving the highest number of submissions in the society's history. This





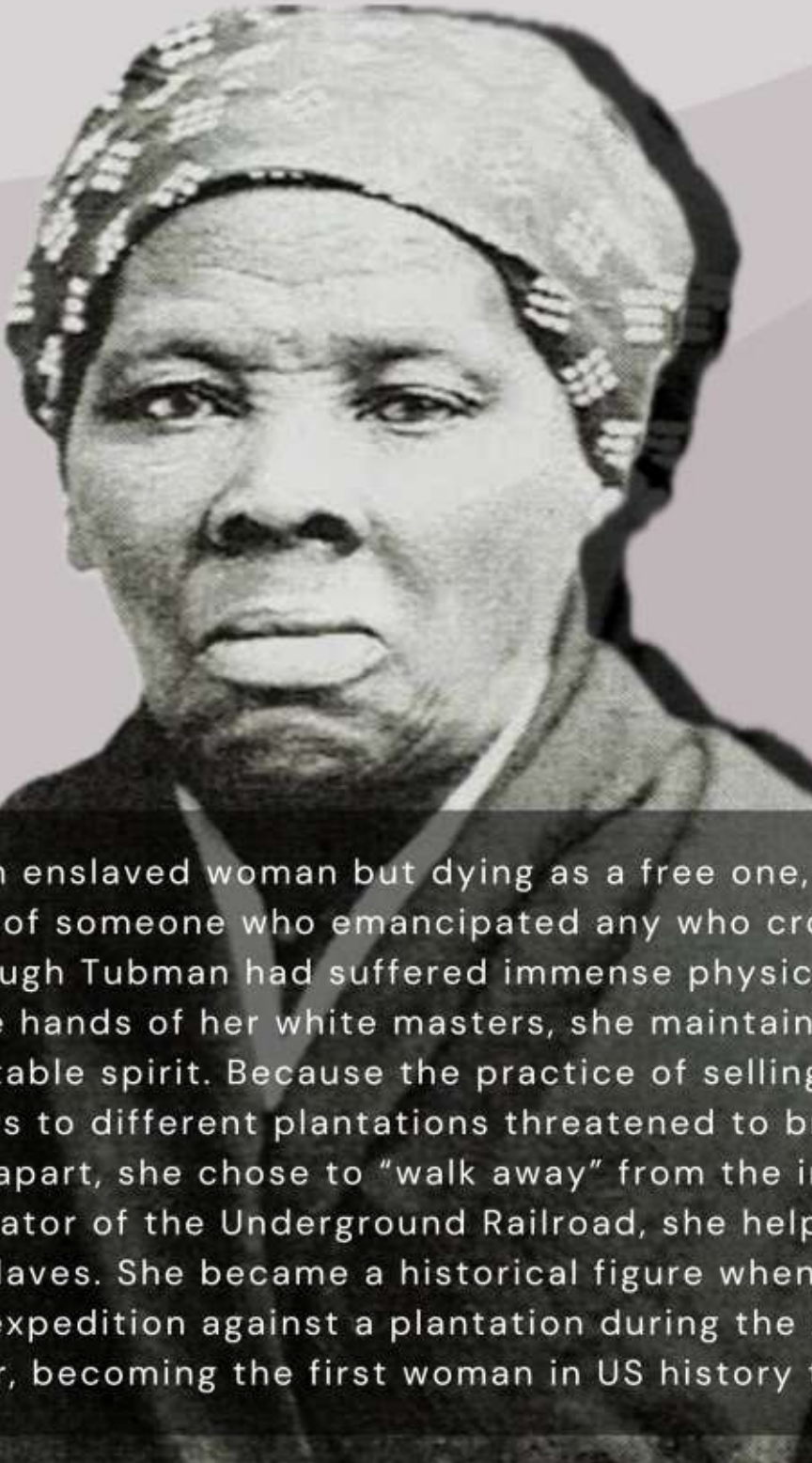
overwhelming response reaffirmed the society's standing as a trusted platform for emerging literary talent across Pakistan. Beyond competitions, the society remained committed to fostering cultural appreciation through its signature gatherings. The Annual Mushaira once again resonated with powerful poetic voices, while the Annual

Qawali Night, featuring the acclaimed Santo and his ensemble, delivered an unforgettable evening of music and soulful tradition. Every event of 2024 was met with overwhelming participation and acclaim, reflecting the society's sustained excellence and vibrant role within both the SMDC community and the broader literary landscape of Pakistan.



Pictures Gallery

Harriet "Moses" Tubman



Born as an enslaved woman but dying as a free one, Tubman's legacy is of someone who emancipated any who crossed her path. Though Tubman had suffered immense physical cruelty at the hands of her white masters, she maintained an indomitable spirit. Because the practice of selling family members to different plantations threatened to break the Tubmans apart, she chose to "walk away" from the institution. As operator of the Underground Railroad, she helped free seventy slaves. She became a historical figure when she led a military expedition against a plantation during the American Civil War, becoming the first woman in US history to do so.















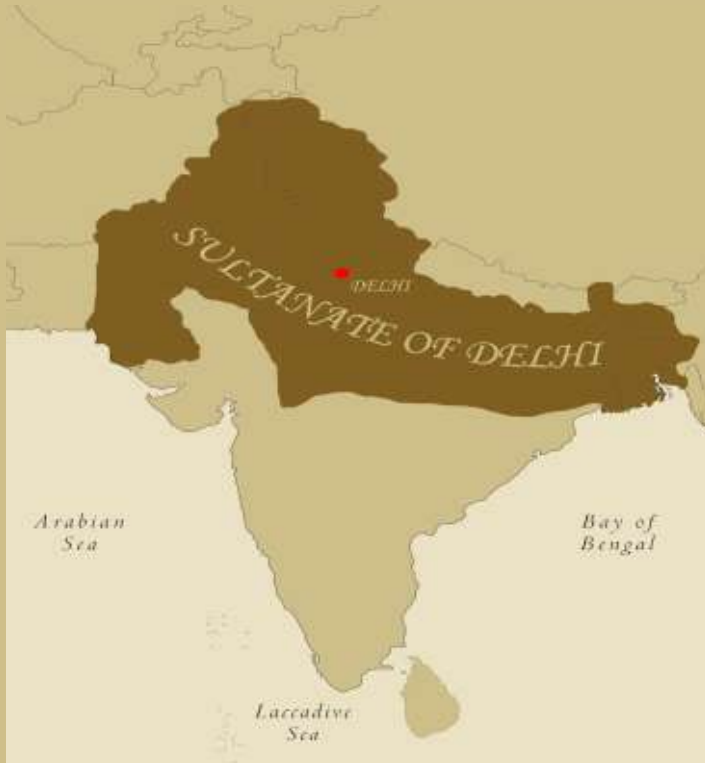






سلاطین دہلی

1206ء میں سلطان محمد غوری کی وفات کے بعد امور سلطنت قطب الدین ایبک نے سنبھالا جو بعد ازاں بالترتیب مملوک، خلجی، تغلق، سادات اور لودھی خاندان میں منتقل ہوا۔ جسے مغل سلطان بابر نے 1526ء میں ختم کیا۔ ان تین صدیوں میں ہندوستان کے ہر کونے میں اسلام کی باقاعدہ ترویج ممکن ہوئے۔ علاوہ ازیں اہم کارناموں میں سے ایک کہ خلجی خاندان نے منگول حملوں کا خاطر جواب دے کر ہندوستان کو تباہی سے بچایا۔ مگر تغلق، تیموری حملوں کا دفاع نہ کر سکے جس کے بعد سادات خاندان نے نظام سنبھالا۔





SAMI ULLAH ASIF



HADIA SORAYA



SABEEKA SIKANDAR

**SPECIAL MENTION TO OUR
VOLUNTEERS WHO WORKED HARD
TO MAKE THIS EDITION SUCCESSFUL**

"شیدو" کہلاتا ہے۔

شیدو کی تاریخ کافی دلچسپ ہے۔ شاہ اسماعیل شہید اور مہاراجہ رنجیت سنگھ کے درمیان لڑی جانے والی جنگ جس میں مسلمانوں کی کثیر تعداد میں شہید ہونے کی وجہ سے اس بستی کا نام شہیدو پڑ گیا جو کہ امتدادِ زمانہ سے شیدو ہو گیا۔

تاریخ کی کتابوں کے مطالعہ نے میرا اشتیاق بڑھایا اور میں نے اذن سفر پا کر اپنا رحمت سفر باندھا۔ براستہ CPEC میری منزل تھی شیدو، تحصیل خیر آباد، ضلع نوشہرہ۔ CPEC بذات خود ایک شاہکار ہے۔ چین کے سرحدی صوبے سے لیکر گوادری کی خشک بندرگاہ تک یہ مکمل کارپٹ روڈ میرے آبائی ضلع میانوالی سے ہو کر گزرتا ہے۔

اسی خوبصورت اور شاندار راستے نے مجھے اٹک جا پہنچایا۔ شیر دریا، پنجاب کے تمام دریا اپنے پانیوں میں سموئے، پختون خواہ کی خوبصورتی کے عکاس دریائے کابل سے ہم آغوش ہو رہا تھا۔ جیسے دن بھر کا تھکا ہوا پنچھی اپنے پروں کی تھکن سمیٹے گھونسلے میں آکر گر پڑے۔ وہیں سڑک کے بائیں جانب تاریخ کے ہزاروں راز اپنے سینے میں چھپائے قلعہ اٹک تھا۔ پہاڑوں کی ڈھلوانوں کے عین مساوی عظیم الشان دیواروں کو دیکھ کر میرے ذہن میں جیسے اس دور کی فلم چلنے لگی۔ دریا پار کرتے دشمنوں کی فوج پر مسلسل قلعہ کی دیواروں سے تیر برسائے جارہے تھے۔ قلعہ میں گھنٹیاں بجا کر سب کو خبردار کیا جا رہا تھا کہ دشمن قریب ہے۔ دروازوں کا پہرہ بڑھایا جا رہا تھا۔

ابھی یہ منظر چل ہی رہا تھا کہ گاڑی کی اچانک بریک نے میرا دھیان حال کی طرف واپس مبذول کروایا۔ پولیس چوکی پر سب گاڑیوں کو چیک کیا جا رہا تھا۔ اسی اثناء میں میری نظر سامنے ایک سائن بورڈ پر پڑی۔

✓ خیر رائے

Welcome to Khyber PakhtunKhwā

صوبہ خیبر پختونخواہ کی حدود کا آغاز ہوتے ہی ہوا میں خنکی اور تازگی آگئی

تھی۔ ایک دم سے درجہ حرارت میں واضح فرق محسوس کر کے ہم تھل کی تپتی ریتوں کے باسی گویا ششدر تھے۔ اللہ تعالیٰ نے پاکستان کو بہت خوبصورتی سے نوازا ہے اور یہ خوبصورتی بلا مبالغہ انسانی ذہن کو دنگ کر دینے والی تھی۔ ضلع نوشہرہ کا پر فضا منظر سڑک کے دونوں کنارے لگے درختوں سے دو بالا ہو رہا تھا۔ میرا ذہن ابھی دریائے سندھ و کابل کے سنگم، قلعہ اٹک کی حشمت اور خیبر پختونخواہ کی خوبصورتی کو جذب کرنے میں گم ہی تھا کہ ہم منزل پر پہنچ چکے تھے۔

آج ہم جن کے ہاں دعوت پہ آئے تھے ان سے ہماری خاندانی دوستی کی جڑیں تین نسلوں تک سفر کرتی ہیں۔ ہم سب کو دیکھ کہ ان تمام گھر والوں کے چہروں پر عجب خوشی تھی۔ ہمارا پرتپاک استقبال کیا گیا۔ دو مختلف زبانوں کے بولنے والوں، دو الگ صوبوں میں رہنے والوں کے دل گویا ایک ہی تال پر دھڑک رہے تھے۔ ہماری طرف سے دیئے گئے تحائف لیکر میزبانوں کی خوشی دیدنی تھی۔ سرائیکی اور پشتو کا فرق ہمارے دلوں میں فرق پیدا نہیں کر پایا تھا۔ دو پہر کا کھانا پختونوں کی روایتی مہمان نوازی کا منہ بولتا ثبوت تھا۔ انواع و اقسام کے لذیذ کھانوں سے کھانے کی میز لدی ہوئی تھی۔ گھنٹے منٹوں کی مانند گزرتے جا رہے تھے۔ اور دیکھتے ہی دیکھتے واپسی کا وقت آن پہنچا۔ بھاری دل کے ساتھ ہم نے رخصت طلب کی، تحائف اور دیدہ نم سے انہوں نے ہمیں الوداع کیا۔

واپسی پر گاڑی کے پہیوں کی روانی دل پر گراں گزر رہی تھی۔ سندھ ساگا و کابل دریا گویا مجھے خیر باد کہہ رہے تھے۔ قلعہ اٹک کی عظیم الشان دیواروں کے پیچھے پنہاں تاریخ مجھے ہاتھ ہلا کر الوداع کہہ رہی تھی اور خیبر پختون خواہ کی دھرتی خدا حافظ کر رہی تھی۔

برہان انٹر چینج سے گاڑی کا رخ میانوالی کی طرف ہوا تو ایسا لگا کہ کوچ اپنی ڈار سے نکھڑ رہی ہو۔ ہم، نیازی قبیلہ، اصلاً پختون، سازشاً پنجاب میں شامل کیے گئے تھے۔ آج مجھے اپنے بڑے بزرگوں کا دکھ سمجھ میں آ رہا تھا کہ اپنی ثقافت، اپنی زبان کھودینے کا احساس کیسا ہوتا ہے۔

پھر اوطن



عائشہ فاطمہ نیازی
ڈی پی ٹی فائنل ایئر

لہذا ناول ہو یا سفر نامہ خون دل میں انگلیاں ڈبو کر ہی لکھا جاتا ہے۔
ایک طویل کشمکش کے بعد مجھ پر اس سفر حیرت و مسرت کے بیاں کا راستہ
منکشف ہوا۔

سورج کی چمکتی کرنیں، تلواروں کی بیدار سطح سے ٹکرا کر آنکھوں کو خیرہ کر
رہی تھیں۔ چہار جانب اللہ اکبر کے نعروں اور تلواروں کی جھنکار میں سپاہ
اسلام کی قیادت کرتے ہوئے شاہ اسماعیل شہید میرے ذہن کے کینوس پر
نمودار ہوئے۔ موجودہ ضلع نوشہرہ کا ایک نواحی گاؤں میدان جنگ تھا جو کہ

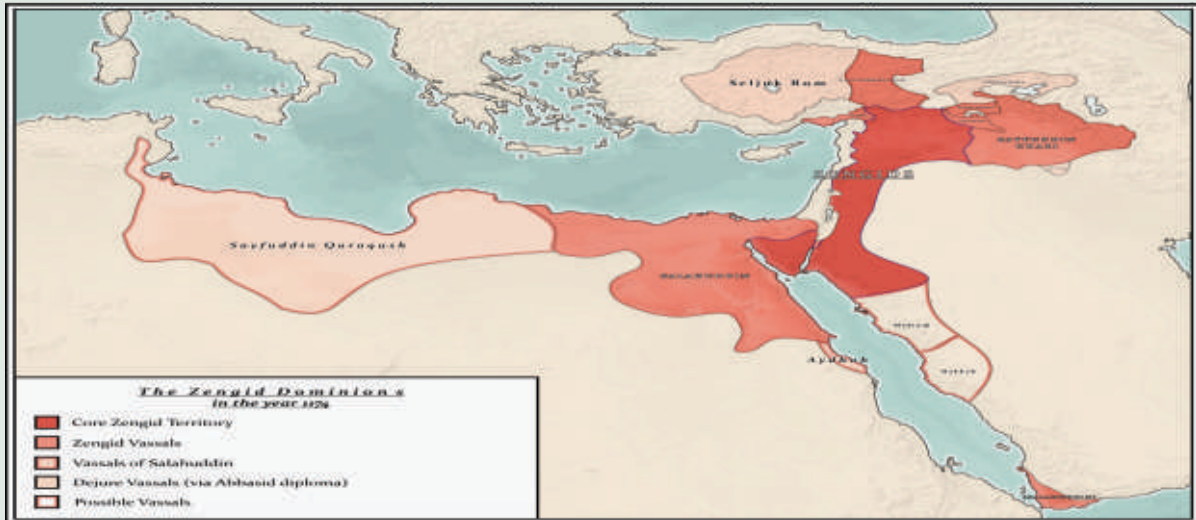
گیبریل گارسیا مارکیز کو تو آپ سب جانتے ہوں گے۔ مارکیز ایک
مدت سے کشمکش کا شکار تھا کہ ناول "ایک سو برس کی تنہائی" کا آغاز کس
طرح کرے۔ پھر ایک روز جب وہ چھٹیاں گزارنے کے لیے گھر سے نکلتا
ہے تو اسٹیرنگ ویل پر ہاتھ رکھے اس کے ذہن کی بتی چمکتی ہے اور وہ فقرہ
منصہء شہود پر آتا ہے جو مارکیز کو نوبل پرائز کے ایوانوں تک لے جاتا ہے۔

"تاریخ اس روشنائی سے لکھی جاتی ہے جو نظر نہیں آتی، شاعری آنسوؤں
سے لکھی جاتی ہے اور نثر تم اپنے خون سے لکھتے ہو۔۔۔۔"

سفر نامہ

زنگی اور ایوبی ریاست

عظیم سلجوقی سلطان احمد سنجر کے دور میں عماد الدین زنگی ملک شام کے عطا بیگ کا درجہ حاصل کیا۔ بعد ازاں سلطان نور الدین زنگی نے سلجوقی زوال کے بعد ریاست کی بنیاد ڈالی۔ اور حریم شریفین اور حجاج کرام کے راستوں کی حفاظت کے علاوہ صلیبیوں کو متعدد محازوں پر شکست دی اور القدس کے حصول کی کوششیں تیز کیں۔ بعد ازاں سلطان نور الدین 1147ء اور نوجوان صاحب زادے سلطان اصالح کی وفات کے بعد صلاح الدین ایوبی نے ایوبی سلطنت قائم کی اور مصر تا یمن تا حلب حکم رائج کیا البتہ موصل میں زنگی ریاست منگول حملوں تک قائم رہی۔ 1187ء میں یروشلم کو آزاد کروا کر صلیبیوں کو سرزمین عرب سے نکال دیا۔ ایوبی حکومت 1260ء تک حلب اور مصر میں قائم رہی۔



ٹھنڈی چائے

سنتے ہی ناکارہ عاشق بولتا ہے کہ مرشد بیٹھ جاؤ
کیونکہ ماحول میں افسردگی برپا ہے۔ ہمارے علی
بھائی کا مسئلہ سنگین ہے۔ اصل میں جناب کو

Love at first sight

کاشوق تو پہلے سے ہی متوقع تھا

لیکن اس باراک محترمہ سے

Friendzoned

ہونے کا شرف حاصل کر کے آئیں ہیں۔

سگریٹ کا اک کش لگاتے ہوئے کوچ بولتے ہیں

کہ پارٹی میں شمولیت مبارک ہو آپکو، اک کام

کرو کہ اک میسج لکھو اور پھر کمال دیکھو۔ اس بات

کا سننے کا انتظار تھا کہ علی موبائل اٹھاتا ہے اور کوچ

صاحب کے دیے گئے الفاظ کو میسج کی شکل میں

ڈھال کر محترمہ کو بھیج دیتا ہے۔ لالہ چارکپ

چائے بھیج دو مہربانی۔ چائے ابھی میز پر پہنچتی ہی

ہے کہ ریپلائے آتا ہے جس میں محترمہ مثبت

اثرات ظاہر کرتی ہیں اور پیار کا اقرار کرتی ہیں۔

علی کا یہ میسج دیکھتے ہی دل باغ باغ ہو جاتا ہے۔

کوچ صاحب اک بات بتائیں کہ جب آپ

اتنی مہارت رکھتے ہیں تو خود کیوں سنگل بیٹھے

ہیں۔ جس پر کوچ صاحب کہتے ہیں کہ بیٹا کوچ

کھیلا نہیں کرتے۔

پھر بھی بتائیں تو صحیح کہ ماجرہ کیا ہے اس

سنگل پن کا۔ بھائی، بات ہے کچھ عرصے پہلے

کی کہ ہم بھی تمہارے والی کرسی پر بیٹھے تھے لیکن

میری والی کرسی پر کوئی موجود نہیں تھا، میں نہیں



محمد حمزہ

گویا چائے جو میرے دل کے برتن کو یوں
بھرتی ہے جیسے بہاروں میں ثبات ہو، کبھی شکر کم
ہو تو دل میں اک پل کی نفرت شمار ہو جاتی ہے اور
کبھی زیادہ چیخ ڈال دیئے جائیں تو دل اپنا برتن
الٹا دیتا ہے۔ یہ رکس جو میرے اندر اپنا مقام
جمائے بیٹھا ہے اس کے مطلب سے میں بے
آشنا ہوں لیکن اک بات اچھی ہے کہ دل کا حال
جاننا ہو تو چائے سے بہتر کوئی اور شے نہیں۔ اسی
طرح سلسلہ پیش کیا جاتا ہے کچھ دوستوں کا اک
چائے کے گرد جس میں غور و فکر کی شخصیت ہیں
محترم عرفان جن کو کوچ بھی کہا جاتا ہے، کیوں کہا
جاتا ہے؟ جاننے کیلئے چائے کی میز پر براجمان
ہوتے ہیں۔

کوچ صاحب اپنی کرسی پر تشریف فرما ہوتے
ہی تین لوگوں کی بھر محفل میں کہتے ہیں، ”ہاں جی
بادشاہوں کیا عنوان ہے اس لطف کا“ جس کو

چاہتا کہ جس سفر کو میں نے دیکھا تم بھی دیکھو۔
اس بات کا سننا تھا کہ خاموشی کی لپیٹ میں ہم
سب آگئے اور اک احساس نامعلوم طاری ہوا
جس کو میں جان نہیں پایا۔ لیکن کوچ صاحب آپ

Move on

کیوں نہیں کرتے۔

عرفان بھائی کہتے ہیں کہ یہ چائے کو دیکھ

رہے ہو، ہم اس کو محبت کرتے ہیں چاہے اس میں

شکر کم ہو یا زیادہ، علاقہ چچی والی ہو یا ادراک والی۔

اگر میں کہوں کہ چائے چھوڑ دیتے ہیں کیونکہ اس

کے نقصانات ہیں تو چھوڑ دو گے؟ نہیں نا، کیونکہ

جیسی بھی ہو ہمیں پسند ہے۔ بس یہی بات ہے کہ

جیسی بھی ہو ہم چھوڑ نہیں سکتے۔ علی بھائی یہ سنتے

ہیں اور کہتے ہیں کہ بھائی چائے ٹھنڈی ہو گئی ہے

اتنی دیر بھی رکنا نہیں چاہئے، گرم کر سکتے ہیں لیکن

زہر پینے سے اچھا ہے کہ چھوڑ دینا چاہیے۔

طنز و مزاح

آل چنگیز

اولاد چنگیز خان میں سب سے پہلے مسلمان ہونے والے حکمران سلطان برک خان تھے جنہوں نے گولڈن ہارڈ پر اسلامی پرچم لہرایا۔ اور ہلاکو خان کے خلاف 1326ء میں اعلان جہاد کیا۔ علاوہ ازیں چغتائی خان کی ریاست نے 14ویں صدی میں اسلام کو بطور سرکاری مذہب اختیار کیا۔ اسی طرح اوائل چودویں صدی میں غزن خان کے قبول اسلام کے بعد الحانی ریاست نے اسلام کو اپنایا۔ گوکہ مسلم منگول اندرونی خانہ جنگی مصروف عمل رہے جو باعث ثابت ہوئی مگر وہ دور سے دین اسلام دنیا کے مختلف کونوں میں پہنچنے میں معاون ثابت ہوا۔ اور کے مسلم معاشرے پر کئی مثبت اثرات مرتب ہوئے۔



یہ ہے زندگی

زندگی بہت آسان ہوتی ہے مگر ہم بے کار کی ٹینشنوں میں اس کو ضائع کر دیتے ہیں یہ نہیں ملا وہ نہیں ملا، اس نے بات نہیں کی اُس نے نہیں کی، بے کار کی باتیں ہیں سب کوئی بات نہیں کرتا تو اُس میں افسوس کیسا، سب کی اپنی زندگی ہے اور اپنے کردار، رشتہ خون کا ہو یا احساس کا کسی کو مجبور کر کے اپنی طرف متوجہ کرنا غلط ہے، سکون کریں اپنے ساتھ رہنا سیکھیں، کام کریں اور فارغ وقت میں اپنا پسندیدہ مشغلہ جو بھی ہے اُس میں مصروف رہیں، بس بے کار کی باتوں میں الجھنا چھوڑ دیں، جیسے آٹے میں نمک ہو یا نہ ہو روٹی بن جاتی ہینہ ایسے ہی ساتھ کوئی ہو یا نہ ہو زندگی گزر رہی جانی ہے بس خود پر توجہ دیں اور زندگی گزاریں۔

الجھی ہوئی زندگی، تھکے ہوئے ہم،
زرا ہنس کے ٹال دو، یہ زندگی کے غم



زوہیب ہاشمی
فریالوجی ڈپارٹمنٹ

بات بدل دیتے ہیں

اب تیرے ذکر پہ ہم بات بدل دیتے ہیں،
الجھی زندگی کے حالات بدل دیتے ہیں۔
کون چلتا ہے اب ساتھ قدم با قدم،
زرا سی غلطی پہ جذبات بدل دیتے ہیں۔
میں تو کہتا ہوں کہ اب کون اپنا ہے یہاں،
لوگ تو آغوش میں اوقات بدل دیتے ہیں۔
تھک ہار کہ اب خود سے یہ کہتے ہیں،
ہم اپنی ہی عادات بدل دیتے ہیں۔



پریشانی، شرمندگی اور اذیت کو ہم پر کھول کے رکھ دیتا ہے۔

باپ کی کبھی کبھی بلاوجہ خاموشی، کبھی پرانے دوستوں میں بے وجہ تہمتیں اچھے کپڑوں کو ناپسند کر کے پرانوں کو فخر سے پہننا، کھانوں میں اپنی سادگی پر فخر۔ کبھی کبھی سر جھکائے اپنے چھوٹے چھوٹے کاموں میں مگن ہونے کی وجہ کبھی بغیر وجہ تھکاوٹ کے بہانے سر شام بتی بجھا کر لیٹ جانا نظریں جھکائے، انتہائی محویت سے عبادت کرنا، سمجھ تو آنا شروع ہو جاتا ہے لیکن بہت دیر بعد جب ہم خود راتوں کو جاگ جاگ کر دوسرے شہروں میں گئے بچوں پر آیت الکرسی کے دائرے پھونکتے ہیں۔

جب ہم سردی میں وضو کرتے ہوئے اچانک سوچتے ہیں پوچھ ہی لیں بیٹا آپ کے ہاں گرم پانی آتا ہے؟

جوان اولاد کے مستقبل، شادیوں کی فکر، ہزار تانے بانے جوڑتا باپ، تھک ہار کر عبادت میں پناہ ڈھونڈتا ہے۔ تب یاد آتا ہے، ہمارا باپ بھی ایک ایک حرف، ایک ایک آیت پر، زک رک کر بچوں کی سلامتی، خوشی، بہتر مستقبل کی دعائیں ہی کرتا ہوگا۔ ہر نماز کے بعد، اٹھے کپکپاتے ہاتھ اپنی دعاؤں کو بھول جاتے ہونگے، ہماری طرح ہمارا باپ بھی ایک ایک بچے کو نمناک آنکھوں سے اللہ کی پناہ میں دیتا ہوگا۔ سر شام کبھی کبھی کمرے کی بتی بجھا کر اس فکر کی آگ میں جلتا ہوگا کہ میں نے اپنی اولاد کے لئے بہت کم کیا؟

اولاد کو باپ بہت دیر سے یاد آتا ہے، اتنی دیر سے کہ ہم اسے چھونے، محسوس کرنے، اس کی ہر تلخی، اذیت، فکر کا ازالہ کرنے سے محروم ہو جاتے ہیں۔

یہ ایک عجیب احساس ہے، جو وقت کے بعد اپنی اصل شکل میں ہمیں پہچین ضرور کرتا ہے

لیکن یہ حقیقتیں جن پر بروقت عیاں ہو جائیں وہی خوش قسمت اولادیں

ہیں۔

اولاد ہوتے ہوئے ہم سمجھتے ہیں باپ کا چھونا، پیار کرنا، دل سے لگانا، یہ تو بچپن کی باتیں ہیں۔ باپ بن کر آنکھیں بھیگ جاتی ہیں۔ پتہ نہیں باپ نے کتنی دفعہ دل ہی دل میں ہمیں چھاتی سے لگانے کو بازو کھولے ہوں گے؟

پیار کے لئے اس کے ہونٹ تڑپے ہوں گے اور ہماری بے باک جوانیوں نے اسے یہ موقع نہیں دیا ہوگا۔

ہم جیسے درمیانے طبقے کے سفید پوش لوگوں کی ہر خواہش، ہر دعا، ہر تمنا، اولاد سے شروع ہو کر اولاد پر ہی ختم ہو جاتی ہے۔

لیکن کم ہی باپ ہوں گے جو یہ احساس اپنی اولاد کو اپنی زندگی میں دلا سکے ہوں۔

یہ ایک چھپا، میٹھا میٹھا درد ہے جو باپ اپنے ساتھ لے جاتا ہے۔ اولاد کے لئے، بہت کچھ کر کے بھی کچھ نہ کر سکنے کی ایک خلش، آخری وقت تک ایک باپ کو بے چین رکھتی ہے، اور یہ سب بہت شدت سے محسوس ہوتا ہے۔

جب ہم باپ بنتے ہیں۔ بڑھاپے کی دلیلیز پر قدم رکھتے ہیں تو باپ کے دل کا حال جیسے قدرت ہمارے دلوں میں منتقل کر دیتی ہے۔

اولاد اگر باپ کے دل میں اپنے لئے محبت کو کھلی آنکھوں سے، وقت پر دیکھ لے تو شاید اسے یقین ہو جائے کہ دنیا میں باپ سے زیادہ اولاد کا کوئی دوست نہیں ہوتا۔

اگر آپ کے والد زندہ ہیں اور آپ بیباک دور جوانی سے گزر رہے ہیں تو باپ کی چھاتی سے چھاتی ضرور ملایا کریں۔

اللہ تعالیٰ آپ پڑھنے والوں میں سے جن کے والد اس دنیا کو چھوڑ چکے ان سمیت میرے والد کی کامل و اکمل بخشش فرمائے۔

آمین



میرے باپ نے میرے لیے کیا ہی کیا۔۔؟

سمجھ نہیں آتیں یا ہم سمجھنے کی کوشش نہیں کرتے اس لئے کہ ہمارے سامنے وقت کی ضرورت ہوتی ہے۔ دنیا سے مقابلے کا بھوت سوار ہوتا ہے۔ جلد سے جلد سب کچھ پانے کی جستجو میں ہم کچھ کھو بھی رہے ہوتے ہیں جس کا احساس بہت دیر سے ہوتا ہے۔

بہت سی اولادیں وقتی محرومیوں کا پہلا ذمہ دار اپنے باپ کو قرار دے کر ہر چیز سے بری الزمہ ہو جاتی ہیں۔

وقت گزر جاتا ہے اچھا بھی برا بھی اور اتنی تیزی سے گزرتا ہے کہ انسان پلک جھپکتے ماضی کی کہانیوں کو اپنے ارد گرد منڈلاتے دیکھنا شروع کر دیتا ہے۔ جوانی، پڑھائی، نوکری، شادی، اولاد اور پھر وہی اسٹیج، وہی کردار، جو نبھاتے ہوئے ہر لمحہ اپنے باپ کا چہرہ آنکھوں کے سامنے آ کر، باپ کی ہر سوچ، احساس، فکر،

محنت ہمارے باپ نے کی ہوتی بچت کی ہوتی کچھ بنایا ہوتا تو آج ہم بھی فلاں کی طرح عالیشان گھر گاڑی میں گھوم رہے ہوتے کہاں ہو؟ کب آؤ گے؟

زیادہ دیر نہ کرنا جیسے سوالات انتہائی فضول اور فالتو سے لگتے ہیں سو بیڑ تو پہنا ہے کچھ اور بھی پہن لو سردی بہت ہے انسان سوچتا ہے کہ اولڈ فیشن کی وجہ سے والد کو باہر کی دنیا کا اندازہ نہیں۔ اکثر اولادیں اپنے باپ کو ایک ہی معیار پر پرکھتی ہیں گھر، گاڑی، پلاٹ، بینک بیلنس، کاروبار اور اپنی ناکامیوں کو باپ کے کھاتے میں ڈال کر خود سُرخرو ہو جاتے ہیں ہمارے پاس بھی کچھ ہوتا تو اچھے اسکول میں پڑھتے کاروبار کرتے۔

اس میں شک نہیں اولاد کے لئے آئیڈیل بھی ان کا باپ ہی ہوتا ہے لیکن کچھ باتیں جوانی میں



محمد انجم کامران
لابریری ایس ایم ڈی سی

جوانی میں انسان باپ کو شک کی نگاہ سے دیکھتا رہتا ہے جیسے باپ کو ہمارے مسائل تکلیفوں یا ضرورتوں کا احساس ہی نہیں یہ نئے دور کے تقاضوں کو نہیں سمجھتا۔ کبھی کبھی ہم اپنے باپ کا موازنہ بھی کرنا شروع کر دیتے ہیں۔ اتنی

پس پردہ

سلطنتِ مغلیہ

1526ء میں تیموری ترک سلطان ظہیر الدین بابر نے سمرقند گوانے کے بعد ہندوستان پر فیصلہ کن حملہ کر کے نیا نظام قائم کیا جسے اکبر نے وسعت دی اور سلطان اورنگزیب عالمگیر نے برما سے کابل تک پھیلا یا۔ اپنے عروج پر دنیا کے ایک چوتھائی مجموعی داخلی پیداوار کی مالک تھی۔ 1857ء میں برطانوی راج نے عظیم دور کا خاتمہ کیا۔ ہندوستان کے اس سنہری دور میں ہرن اور صنعت کو ترقی ملی جو کے تاحال متاثر کن ہے۔





کوڑی حلیم

تحریر: سمیع سیکنڈ ایرایم بی بی ایس

باہر رکھی بڑی دیگ پر پڑتی ہے، جس میں لذیذ حلیم تیار کی جا رہی ہوتی ہے۔ اس کے ساتھ ہی ایک تندور لگا ہوا ہے جس میں سے گرم نان نکل رہے ہوتے ہیں۔ یہاں اکثر لوگوں کی لمبی قطار لگی ہوتی ہے جو اپنی باری کا انتظار کر رہے ہوتے ہیں۔

جیسے ہی آپ قطار میں اپنی باری کا انتظار کرتے ہیں، آپ کو تندور سے نکلنے والے نان کی خوشبو محسوس ہوتی ہے، جو بھوک کو اور بھی بڑھا دیتی ہے۔ آخر کار جب آپ کی باری آتی ہے، تو آپ کو ایک پلیٹ میں حلیم پیش کی جاتی ہے جو پیاز، سبز مرچ، اور کوڑی حلیم کا خفیہ مسالہ لگا کر پیش کی جاتی ہے۔ اس کے ساتھ گرم نان ہوتا ہے جو اس حلیم کے ذائقے کو اور بھی بڑھا دیتا ہے۔

کوڑی حلیم کا ذائقہ منفرد اور لاجواب ہے، اور اس کے مسالے کی ترکیب ایک راز ہے جسے صرف وہاں کے باورچی جانتے ہیں۔

سیکرٹریٹ چوک، امیر ہوٹل کے قریب واقع "کوڑی حلیم" لاہور کی ایک مشہور جگہ ہے، جہاں حلیم کی خوشبو ہر آنے والے کو اپنی طرف کھینچتی ہے۔ 35 سال پہلے محمد معراج الدین نے اس ہوٹل کی بنیاد رکھی، اور اپنی محنت اور خفیہ مسالے کے ساتھ اس حلیم کو ایک منفرد مقام دیا۔ آج کوڑی حلیم کا ذائقہ نہ صرف لاہور بلکہ ملک بھر میں مشہور ہے۔

حلیم کی اصل کہانی صدیوں پرانی ہے۔ اس کا آغاز عربی ڈش "ہر لیس" سے ہوا، جو مغلیہ دور میں ہندوستان لائی گئی۔ حلیم نے آہستہ آہستہ ہندوستانی ذائقوں کو اپنایا، خاص طور پر حیدرآباد اور اورنگ آباد جیسے شہروں میں یہ ڈش مقبول ہوئی۔ کوڑی حلیم بھی اسی حیدرآبادی حلیم کی روایت سے متاثر ہے، لیکن معراج الدین نے اسے اپنے خاص مسالوں اور پکانے کے منفرد طریقے سے ایک نیا اور مزیدار ذائقہ دیا ہے۔

جب آپ کوڑی حلیم کے قریب پہنچتے ہیں، تو سب سے پہلے آپ کی نظر

لاہور لاہور اے

سلطنت عثمانیہ

1302ء میں سلجوقی زوال اور منگول استحصال کے پیش نظر اونغوز ترک قبیلہ کائی کے سردار عثمان غازی نے ایک نئے نظام کی بنیاد ڈالی جو پچھتر صدیوں تک قائم رہا اور یہ بادشاہت تین براعظموں اور کئی سمندروں تک پھیل گئی۔ 1453ء میں سلطان محمد فاتح نے قسطنطنیہ فتح کر کے بشارت پوری کی اور نیا دار الحکومت قائم کی۔ 1516ء عیسوی میں سلطان سلیم خان یاوز نے عباسی خلافت کا خاتمہ کر کے اختیار خلافت حاصل کیا۔ سلطان سلیمان عالیشان کے دور خلافت عروج کو پہنچا اور ہر محاز پر مسلمانوں کے حقوق کا دفاع کیا۔ اور ہر صنعت کو جدت بخشی۔ 1924ء میں عالمی جنگ کی شکست کے بعد عظیم الشان سلطنت کا خاتمہ ہوا۔



غزل

میں ٹھہری بے گناہ، دنیا جب تھک گئی
ہوتے چھلنی ہزار بار یہ روح بھی تب تھک گئی

کیا دنیا نے مجھے سنگ سار اتنا کہ
پہنچتے ہوئے آہ تا نوک لب تھک گئی

چاہیے نہیں کوئی اپنا مجھے بہلانے کے لیے
میری چاہ محبت بھی، نہ جانے کب تھک گئی

گپ چپ اندھیر تھی جو ازل سے
کرتے صبح کا انتظار، وہ شب تھک گئی

نہیں جینا اور مجھے کہ بس اب
کرتے زندگی سے وفا، یا رب! تھک گئی



فارقلیط فہیم

معافی نامہ لے جا



یمینی

انجم کی جھرمٹ میں قیدی بن گئے
سورج کی گردش میں اجرامِ ضلکی ستارہ
اونچی بلندیوں تک چھو گئی بادلوں کی
نیلے آفاق میں طائرلا ہوتی ہو بیٹھی
سوکھی ہوئی پھلواری خزاں کے پتوں کی
ناڑک ہے ہرکلی اُس کی نیم خوابی سے
خود شناسی انا کو نہ توڑ سکیں
افسوس کہیں ماہِ کامل نہ کھو بیٹھیں
فردِ قائم کیا ہے اے مقدر تو ہی بتا
رہن سہن کیا ہے اے قسمت تو ہی سکھا
بیرونِ سوچ اور اندر جاں پرسوز
تقدیر کیا چاہتی کھٹن اس بات کی
معافی نامہ لے جا، زہتِ سفر کر لے
آخری سراغ کو دیکھتے چل پڑے

محبت کا رنگ



سعود سعادت

محبت کا رنگ، دل میں بسا ہوا
یادوں کا گلستاں، خوشبو سا چھا ہوا

راتوں کی چاندنی، خاموشی سے کہے
دل کی یہ داستاں، خوابوں میں چھپا ہوا

ہمتی ہوئی باتیں، دل میں جو رہ گئی
آنکھوں کے راستے، اشکوں میں بہا ہوا

وصل کی تمنا، دل میں جو جگائے
جدائی کا درد، دل میں دبا ہوا

خوابوں کے راستے، ہم بھی چلے گئے
یادوں کا قافلہ، دل میں سجا ہوا



غزل

کشمالہ ظہیر

تیری اک جلمک کی صدا حواہش رہی
تو آیا سامنے نجانے کیوں یہ نگاہ اٹھی نہیں
ساری رات میں نے اسی سوچ میں گزار دی
یہ حیا ہے میری یا کہیں انا تو نہیں
تیرے وصف لکھنا ہے مشغلہ میرا
مگر تجھے غور سے کبھی میں نے دیکھا نہیں
تیرے قدموں کی آہٹ سے پہچان لیا تجھے
پہلے تو کبھی مجھے ایسا الہام ہوا نہیں
اور تیرے حاصل کی مجھے کوئی حواہش نہیں
محبت کوئی ایک ہو جانے کا نام نہیں

غزل

تلخ رویوں کے تیر کام کر گئے ہیں کیا
یہ درختِ محبت کے، جھڑ گئے ہیں کیا

یہ فعلے عشق کے، آتشِ انتظار کی
دید کی تمنا کی جڑ پکڑ گئے ہیں کیا

تکے ملبے کے، ذکرِ خلافت کا رہتا ہے
فرقے ترک کرنے سے آپ ڈر گئے ہیں کیا

ہر بار دیتے ہو، مثلِ ظلم، نمرود و جہل
عہدِ حالیہ کے فرعون، مر گئے ہیں کیا

دلِ شکستہ کا کارساز ایک ہی تو ہے
سوا خدا کے کسی دوسرے در گئے ہیں کیا

تیری قربت تو قر، یہ دوری ہے گراں
حد سے تمھاری یاد کے باہر گئے ہیں کیا

عائشہ فضل

نظم: عکس

آنکھوں میں اشک لیے وہ مجھے گھورتا رہا
نگاہ پر نگاہ رکھے کوئی داستان پڑھتا رہا
اُداسی میری آنکھوں میں واضح تھی مگر
وہ خود آنکھوں میں آنسو لیے حال سناتا رہا

سب ٹھیک ہے، مسکرا کر میں اُسے کہتا رہا
وہ پھر بھی کیوں مجھ پر ترس کھاتا رہا
رہ رہ کر، وہ تھک ہار کر ہنگامہ سربازار میں
وہ میرا عکس مجھ سے لپٹ لپٹ کر دوتا رہا

آئینے میں دیکھ کر مجھے، جو عکس ملتا رہا
وہ سچ کی تلاش میں، پل پل مرتا رہا
اُس عکس کے پیچھے، چھپا راز تھا کوئی
گہرائی میں جب گیا، تو سب کچھ گھلتا رہا

خاموش، ساکن کھڑا، وہ ٹکڑوں میں ٹوٹتا رہا
البتہ گنگن چھونے کا، وہ خواب دیکھتا رہا
دل کا حال، ہر منظر خود پر نقش کیے
وہ چاند مانند تاریکی میں بھی مسکراتا رہا

عائشہ فضل

شالا مار کا قصہ، فرحان کی زبانی

کالج کی بس بھی کچھ کم نہیں،
اے سی کا چلنا، جیسے ہو کوئی چال
گرمی میں ہم سب پگھلتے جائیں،
پراے سی کی خواہش تو، رہے ہی بے حال

ساتھ فیصد اسیسمنٹ کا حکم،
نویں فیصد حاضری کا بھی سم،
یہاں تو کچھ بھی نہیں ہے آسان،
”نا منظور، نا منظور بھی سنائی دے کم“

فرحان کو بھی یہ قصہ سناؤ،
دوستوں کو ہنساؤ،
مسکراؤ اور گاؤ،
کہ شالا مار کا رنگ،
ہے کچھ اور ہی، یارو!

شالا مار میڈیکل، کالج ہمارا،
چھوٹا سا، جیسے کوئی نظارہ
دن میں کئی بار حسین چہرے ملیں،
ہر موڑ پر ملے وہی، دوبارہ

اسکرب کے بغیر نہ داخلہ ملے،
رنگین کپڑوں میں تو باہر ہی پھنسے
یہاں کے اصول ہیں بہت ہی سخت،
کالج کا ماحول کچھ زیادہ ہی سخت

حاضری بائیومیٹرک کی قید میں،
پروکسی کی کوئی بھی جان نہیں
لیکچر کے بعد دروازہ بند،
جو باہر رہ جائے، وہ جانے کا بھی نہیں

کینے کا حال ہے بالکل خراب،
کھانے کا ذائقہ، جیسے ہو عذاب
بیٹھ کر سوچیں، میں اور دوست،
”انگلش مس کرا کے باہر چلتے ہیں، یارو!“

سوال

تم مجھ سے پوچھتے ہو اس غم کی کہانی
ہاں مگر تم کہاں جانتے ہو محبت کے معنی؟
یہ اک راز ہے، جو دل میں دفن ہے اک مدت سے
یہ اک لاش ہے، جس پہ کفن ہے اک مدت سے
دل کی لگی کو تم محبت کہتے ہو
ارے بھائی تم کس دنیا میں رہتے ہو؟
یہ اک شام ہے جو ڈھلنے کو ہے
یہ اک قفس ہے جو کھلنے کو ہے
ہاں اک ویرانی سی ہے اس دل میں
وہ خواہش پرانی سی ہے اس دل میں
اُس کا کیا بھروسا، کل وہ موجود نہ ہو
شاید پھر کبھی اُس سے گفتگو نہ ہو
زعم تھے اس فانی دنیا سے کیوں امید ہے
شاید تو کل اس جہاں میں ہی نہ ہو



زعم

غزل

میری تو کل ہی فرشتوں سے کوئی بات ہوئی ہے
بتاتے ہیں کہ کل ہی عشق کی برسات ہوئی ہے
میں کہتا ہوں کہ میری بھی کسی سے بات ہوئی ہے
وہ کہتے ہیں کہ پھر یہ آخری ملاقات ہوئی ہے
میں کہتا ہوں کہ میری بھی پڑی ہے نظر ظلفوں پر
وہ کہتے ہیں زرہ خیال کریو یہ ہیں گھائل پر
میں کہتا ہوں کہ میں فدا ہوں ان کی مسکراہٹ پر
وہ کہتے ہیں کہ زرہ خیال کریو یہ ہے نشہ پر
میں کہتا ہوں کہ میں چاہتا تھا کہ مجھ سے پچھڑ کر وہ خوش رہے
لیکن وہ خوش ہوئے تو بڑا دکھ ہوا مجھے
وہ کہتے ہیں کہ ضیا بہت ہو گیا ہے راج
میں کہتا ہوں کہ کوئی ہے دل میں جو رکھے گا لاج



عبدالرحیم
سال اول ایم بی بی ایس

شعر و سخن

براعظم افریقہ

ممالیک مصر نے 1250ء ایوبی حکمرانوں کو برطرف کر کے اپنے فرمانروا ہونے کا اعلان کیا۔ 1260ء میں سلطان سیف الدین قطز کی فوج نے سلطان رکن الدین بیبرس کی کمان میں منگولوں کو عین جالوت کے مقام پر شکست دی اور حریم شریفین کی حفاظت کی بعد ازاں صلیبیوں کیخلاف القدس کا دفاع کیا۔ مملوک دور 1571ء میں عثمانیوں سے بغاوت اور شکست تک قائم رہا۔ علاوہ ازیں افریقہ کی عظیم الشان مسلم بادشاہت سلطنتِ ممالی تاریخ میں سن 1226ء تا 1680ء اپنی زامارت اور سونے کی فراوانی کی وجہ سے منفرد مقام رکھتی ہے۔ اُمّ اسلامیین میں مانسا موسیٰ کا نام شاید رہتی دنیا تک سرفہرست رہے گا۔



مگر۔۔۔۔۔ جھوٹ کہتی ہے میری ماں کہ مایوس مت ہو سب ٹھیک ہو جائے گا سب صبر کا گھونٹ پینے کو کہتے ہیں اب تو مجھ میں اسے پینے کی سکت باقی نہیں"

وہ دیر تک وحشت زدہ آنکھوں سے پٹکھے کو گھورتا رہا "میں بہت تھک گیا ہوں میں زندہ نہیں رہنا چاہتا" شاید کہ وہ اللہ کی حرام کردہ عمل خودکشی کے بارے میں سوچ رہا تھا اور اگلے ہی چند لمحوں میں اُس پر نیند تاری ہو گئی.....

رسی گلے کے گرد لپٹی تھی سانس آہستہ آہستہ رکتی جا رہی تھی کہ اب ہاتھ گلے تک پہنچ چکے تھے۔ دل، دماغ اور سارے وجود کی ایک ہی کوشش تھی کہ کسی طرح یہ رسی ڈھیلی پر جائے یوں لگتا تھا کہ وہ ہونے جا رہا ہے جو نہیں ہونا چاہیے تھا، خودکشی کا بچھتا والیے اب پٹکھے سے لٹکے وارث کی سانس ختم ہونے کو تھی۔ وہ مرنا نہیں چاہتا تھا.....

وارث کی لاش صحن کے وسط میں لوگوں کے جھوم میں پڑی ایک خوفناک منظر پیش کر رہی تھی۔ یہاں صبح ہونے کو تھی ایک طرف چند مرد حضرات کفن دفن کے انتظامات کی بات کر رہے تھے اور دوسری طرف عجیب سی گھٹن اور افسردگی کا ماحول تھا، کبھی اونچے اور کبھی دھیمے سے رویا جا رہا تھا، فجر کی اذان، درمیان میں پڑے مردے کے چہرے کے مڑھائے خدو خال ایک وحشت زدہ منظر پیش کر رہے تھے۔ لاش کے چہرے کو دیکھ کر یوں لگتا تھا جیسے کوئی صدیوں سے اس ظالم دنیا میں زندہ، غم کا مارا شخص بیجان ہوا سامنے پڑا ہے جو ہر چیز سے بیزار ہو کر دنیا سے رخصت ہو چکا تھا۔

پاس بیٹھی وارث کی ماں جو صدمے کے مارے اپنے لخت جگر کی لاش پر نظر جمائے بیٹھی تھی، سکتے سے باہر آ کر کہتی ہے: "کیا کیا بیٹا آخرت اُجاڑ بیٹھے تم تو میری نافرمانی نہ کرتے تھے کیوں رب کی رحمت سے مایوس ہو گئے تمہارے بعد اب کون سہارا ہے ہم دونوں کا؟؟" وارث، میں مرنا نہیں

چاہتا تھا شاید وہ لاش اپنی ماں سے بہت کچھ کہنا چاہ رہی تھی۔۔۔۔۔

وارث کی چھوٹی بہن جب بھی کپکپاتے ہاتھوں سے وارث کی لاش پر سے کفن ہٹاتی اُس کی درد بھری چیخ ماحول میں اور زیادہ وحشت برپا کر دیتی۔ اگر وارث زندہ ہوتا تو اپنے پیاروں کو تکلیف میں روتا چلاتا دیکھتا تو کبھی دنیا سے جانے کا نہ سوچتا۔۔۔

وارث کی قبر کی کھدائی جاری تھی اُس کا وجود چیخ چیخ کر کہہ رہا تھا "مت ڈالو مجھ پر مٹی، مجھے خاک میں مت ملاؤ میں یہاں ہوں مجھے دیکھو"

دفنانے والے عزیز اقارب یوں قدم پھیرے جیسے ایک فرض کی ادائیگی سے آزاد گھروں کو چل دیے ہوں۔ وارث اپنی قبر میں ٹانگوں کے بل بیٹھے سر پر دونوں ہاتھ رکھے ڈر کے مارے کپکپاتے ہونٹوں سے رونا چاہ رہا تھا پر نہیں ہو سکا۔

وارث نے جب خود کو تاریک قبر میں بے بس، تنہا اور بے سہارا پایا تو وہ چیخنے لگا اپنی آواز اُسے خود کو اب جا کر قبر میں سنائی دی مگر اس پکار کو سننے والا کوئی نہ تھا ابھی تو صرف دنیا والوں کو برداشت کر کے آیا تھا اب تو مالک حقیقی کو بھی جواب دہ ہونا تھا۔ وہ اپنا انجام جانتا تھا۔ قبر کی زمین اُس کے اوپر، نیچے، دائیں اور بائیں جانب سے تنگ ہونے لگی وارث کا سانس اٹک چکا تھا بلکل اُس ریشم کے کپڑے کی مانند جسے نوک دار کانٹوں پر گھسیٹا جا رہا ہو یہاں تک کہ پوری طرح سانس رکتا، بے چینی سے وارث نیند سے بیدار ہو گیا۔

"میں زندہ ہوں شکر ہے میں زندہ ہوں؛ اُفف بہت ڈراونا خواب تھا"

پیسے سے شرابور، بڑھتی اور گھٹتی دھڑکنوں کے ساتھ، کانپتے ہاتھوں سے پانی کا گلاس حلق میں انڈیل دیا۔ وارث کی زبان پر بلا اختیار ایک ہی فقرہ جاری تھا

"مر جانے کی وحشت، زندگی جینے کی وحشت سے زیادہ ہے"

۹ حسرت



عائشہ فضل

ہر شب سونے سے پہلے وہ تاریک
منظر آنکھوں میں فلم کی طرح یاد آ رہا تھا جو وارث
کا ذہنی توازن خراب کر رہا تھا۔

پڑوسیوں اور دوستوں کا وارث پر سی ایس
ایس میں ناکامی پر طنز، جگہ جگہ کی خواری کے بعد
بھی نوکری کا نہ ملنا، ماں باپ پر بوجھ بننے کے
طعنے، مصیبت میں ساتھ کھڑے جگرمی دوست کا
قتل اور افرامی جدائی سب سے بڑھ کر.....

"سب دل رکھنے کی باتیں کرتے ہیں کوئی
خواب پورا نہیں ہوتا" مایوس چہرہ لیے وارث چار
دیواری کے تاریخ کمرے میں ایک خستہ حال
پلنگ پر لیٹے کروٹ لیتا ہے "میں تو اس جہاں
میں ایک پاؤں کے نیچے چلی ہوئی چیونٹی ہوں جو
کسی کو نظر نہیں آتا افرام!....." ایک آنسو جو شاید

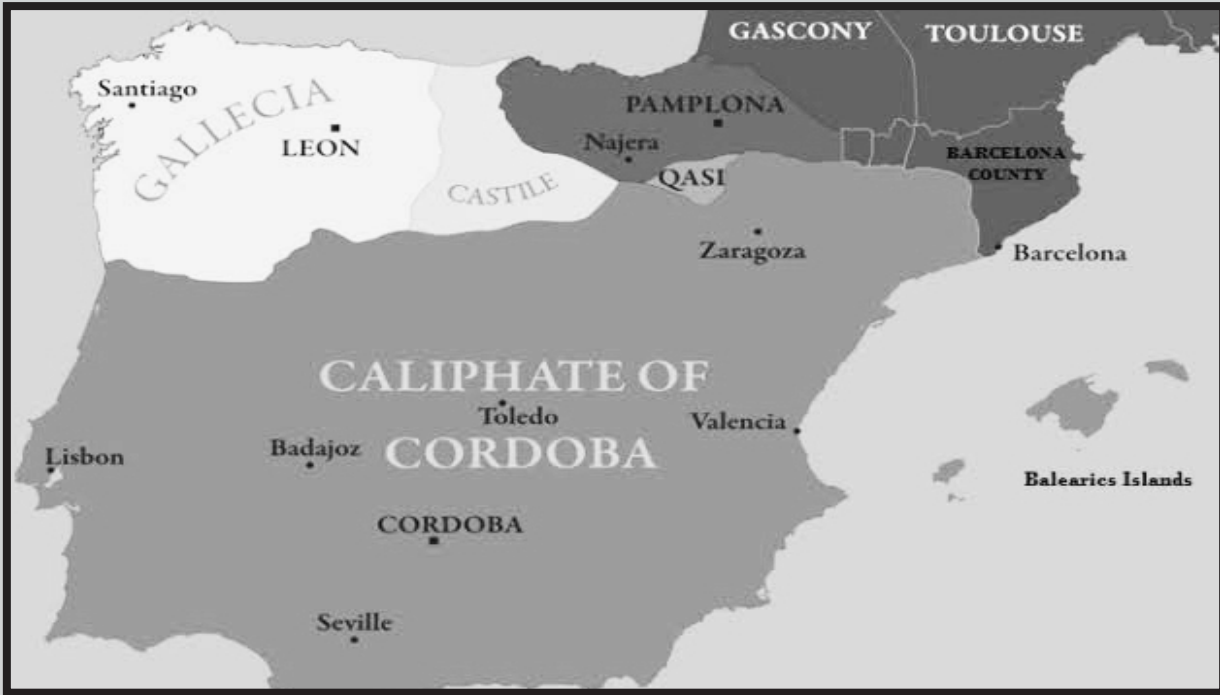
جگہ نہ ہوتا جہاں پاؤں رکھنے کو زمین اور چھت کو
آسمان نہیں۔ وارث سیدھا لیٹے اوپر چلتے پکھے کو
دیکھتا ہے "اے خدا تجھ سے کوئی گلہ نہیں

مکمل داستان کہہ رہا ہو تکیہ اپنے اندر چھپا لیتا ہے
"عورت تو بنی ہی بے وفائی کی رسم کو زندہ
رکھنے کے لیے ہے، علی یار تو ہوتا تو آج میں اس

دستِ شفقت

خلافت بنو امیہ

اندرونی خانہ جنگی اور اختلافات کی دوران حضرت امیر معاویہ رضی اللہ عنہ نے 640ء شام میں حکومت قائم کی جو بعد ازاں آل مروان کو منتقل ہوگی۔ 750ء میں زوال تک مسلمانوں کا پرچم فرانس کے قلعوں سے لے کر ہندوستان کی عمارات سے کاشغر کی دیواروں تک لہرایا گیا۔ اس زمانے میں دور عمر بن عبدالعزیز سب سے زیادہ خوشحال رہا۔ بعد ازاں عبدالرحمن اموی نے ہسپانیہ دوبارہ فتح کر کے دوسرے اموی دور کی بنیاد ڈالی۔



اسرائیلی فوج کی طرف سے بے گناہ عوام پر بمباری، معصوم بچوں کا قتل، خواتین کی عصمت دری اور گھروں کی تباہی معمول کی بن چکا ہے۔ یہ وہ مناظر ہیں جنہیں دیکھ کر دل دہل جاتا ہے، لیکن امت مسلمہ کی غیرت پھر بھی جاگنے کا نام نہیں لیتی۔

کی محمد ﷺ سے وفا تو نے تو ہم تیرے ہیں
یہ جہاں جی زہے کیا، لوح و قلم تیرے ہیں
کی جنگ، جسے عرب اسرائیل جنگ بھی کہا جاتا ہے، نے فلسطینی عوام کے لئے مزید مشکلات پیدا کر دی۔ 1967ء اسرائیل نے نہ صرف مغربی کنارے اور غزہ کی پٹی پر قبضہ کر لیا بلکہ بیت المقدس پر بھی اپنا تسلط جمالیا۔ یہ وہ وقت تھا جب عالم اسلام کو اتحاد اور یکجہتی کا مظاہرہ کرنا چاہیے تھا، لیکن افسوس کہ سیاسی مفادات نے اس اتحاد کو ممکن نہ ہونے دیا۔

ہزاروں سال نرگس اپنی بے نوری پہ روتی ہے
بڑی مشکل سے ہوتا ہے چمن میں دیدہ و رپیدا
امت مسلمہ کی بے حسی اور عالمی طاقتوں کی مداخلت نے فلسطینی عوام کی مشکلات میں اضافہ کیا۔ فلسطین کے مسئلے کو حل کرنے کے لئے کئی عالمی تنظیمیں اور ممالک نے مذاکرات کئے، لیکن ان کا نتیجہ صرف رہا۔ فلسطینی عوام آج بھی ظلم و ستم کا شکار ہیں اور ان کی مدد کے لئے کوئی موثر قدم نہیں اٹھایا گیا۔

حال ہی میں، غزہ کی پٹی پر اسرائیلی حملے نے ایک بار پھر فلسطینی عوام کی مظلومیت کو دنیا کے سامنے بے نقاب کیا۔ اسرائیلی فضائی حملوں میں سینکڑوں بے گناہ افراد شہید ہو گئے، جن میں بچے اور خواتین بھی شامل تھیں۔ یہ حملے انسانی حقوق کی کھلی خلاف ورزی ہیں، لیکن عالمی برادری کی خاموشی ایک سوالیہ نشان بن چکی ہے۔

ہر لحظہ ہے مومن کی نئی آن نئی شان
گفتا ر میں کردار میں اللہ کی برہان

امت مسلمہ کے کئی ممالک نے بیانات جاری کئے اور احتجاج کیا، لیکن عملی اقدام کی کمی نے ان بیانات کو بے اثر رک ردیا۔ اسلامی تعاون تنظیم (او آئی سی) کی بے حسی اور غیر فعال کردار نے فلسطینی عوام کی امیدوں کو مزید دھچکا پہنچایا۔ ان حالات میں، فلسطینی عوام خود کو تنہا محسوس کر رہے ہیں اور ان کی نظریں عالم اسلام کی طرف لگی ہوئی ہیں۔

فلسطین کے مسئلے کا حل نکالنے کے لئے امت مسلمہ کو یکجہتی کا مظاہرہ کرنا ہوگا۔ سیاسی مفادات کو بالائے طاق رکھ کر انسانیت کی فلاح و بہبود کے لئے کام کرنا ہوگا۔ اسلامی ممالک کو عالمی فورمز پر فلسطینی عوام کی حمایت میں مضبوط آواز اٹھانی ہوگی اور عملی اقدامات کرنے ہوں گے۔

یہ مسجد یہ مینار یہ محراب یہ منبر
ایک زندہ و جاوید تہذیب کی علامت ہیں

اس کے علاوہ، امت مسلمہ کو اپنی اقتصادی طاقت کا استعمال کرتے ہوئے اسرائیل پر دباؤ ڈالنا ہوگا۔ اسرائیلی مصنوعات کا بائیکاٹ، سفارتی تعلقات کی معطلی اور عالمی سطح پر اسرائیل کی مذمت جیسے اقدامات اہم ثابت ہو سکتے ہیں۔

رات کی تاریکی میں، فلسطین کے ایک بچے کی آواز سنائی دی، "ماں، کیا ہم کبھی آزاد ہوں گے؟" ماں کے آنکھوں میں آنسو تھے، لیکن اس نے اپنے بچے کو گلے لگا لیا اور کہا، "بیٹا، امید کا دامن کبھی نہ چھوڑنا۔ ایک دن یہ ظلم و ستم ختم ہوگا، اور ہماری سر زمین پر امن اور محبت کا سورج طلوع ہوگا۔"

امت مسلمہ کے لئے یہ وقت ہے کہ وہ اس بچے کی امیدوں کو حقیقت کا رنگ دیں۔ فلسطین کی آزادی اور انصاف کے لئے جدوجہد کرنا ہر مسلمان کا فرض ہے۔ اگر ہم آج خاموش رہے، تو کل تاریخ ہمیں کبھی معاف نہیں کرے گی۔ اللہ ہمیں ہمت اور اتحاد عطا فرمائے تاکہ ہم فلسطین کے مظلوم عوام کی مدد کر سکیں۔ آمین۔

امت مسلمہ اور فلسطین



ثناء جاوید

فلسطین کی سرزمین جو تاریخی اور مذہبی لحاظ سے اہمیت کی حامل ہے، جہاں بیت المقدس واقع ہے، صدیوں سے مظلومیت کی علامت بن چکی ہے۔ 1948ء میں اسرائیل کی ناجائز ریاست کے قیام کے بعد سے فلسطینی عوام مسلسل ظلم و ستم کا شکار ہیں۔ ایک ایسے عوام، جن کا قصور صرف اتنا ہے کہ وہ اپنی زمین پر، اپنے گھروں میں، اپنی مسجد میں عبادت کرنا چاہتے ہیں۔ خون دل دے کے نکھاریں گے رخ برگ گلاب ہم نے گلشن کے تحفظ کی قسم کھائی ہے فلسطینی عوام کی تکالیف اور مصائب کا اندازہ لگانا بہت مشکل ہے۔

گھٹا ٹوپ اندھیری رات کا منظر تھا، جب پہلی بار فلسطین کے معصوم بچوں کی چیخیں عالم اسلام کی خاموش فضا میں گونجیں۔ کوئی نہیں جانتا تھا کہ یہ چیخیں محض ایک رات کی داستان نہیں، بلکہ ایک طویل آزمائش کی کہانی کی ابتداء تھیں۔ ہر چیخ، ہر آہ، ہر آنسو کی قیمت چکانے کے لئے امت مسلمہ کی غیرت اور مسلم بھائی چارے کا امتحان لیا جا رہا تھا۔

درد دل کے واسطے پیدا کیا انسان کو ورنہ طاعت کے لئے کچھ کم نہ تھے کرویاں

تب ہی حویلی کی بالائی منزل پر کمرے میں پڑے خط پر لکھا تھا۔
التمش اور اس کے پاکستان کے نام:

"التمش میں نے بھی تمہاری اور ملک کی محبت میں قربانی دے دی۔ میں
نہیں جانتی اس کے بعد کیا ہوگا مگر تم کہتے ہو نہ کے تمہارے پاکستان میں
سب محفوظ ہونگے تو دیکھو اپنی چھوٹی کی طرح تمہارے نام کو اپنے ساتھ لیکر
میں بھی اپنی عزت کے لیے قربان ہو رہی ہوں تاکہ تمہارے پاکستان میں کسی
حوا کی بیٹی کی عزت کو کچھ نہ ہو"

پس،

تمہاری حوا
التمش کی حوا

محسوس ہوئی اور پھر ایک کے بعد ایک بے اختیار اسے حوا کی یاد آئی تھی اور تب
ہی زندگی اسے کم لگنے لگی تھی۔

چھوٹی کا انصاف، نیا گھر، ملک، حوا کے ساتھ زندگی جیسے بہت پیچھے کہیں
رہ گئی تھی۔

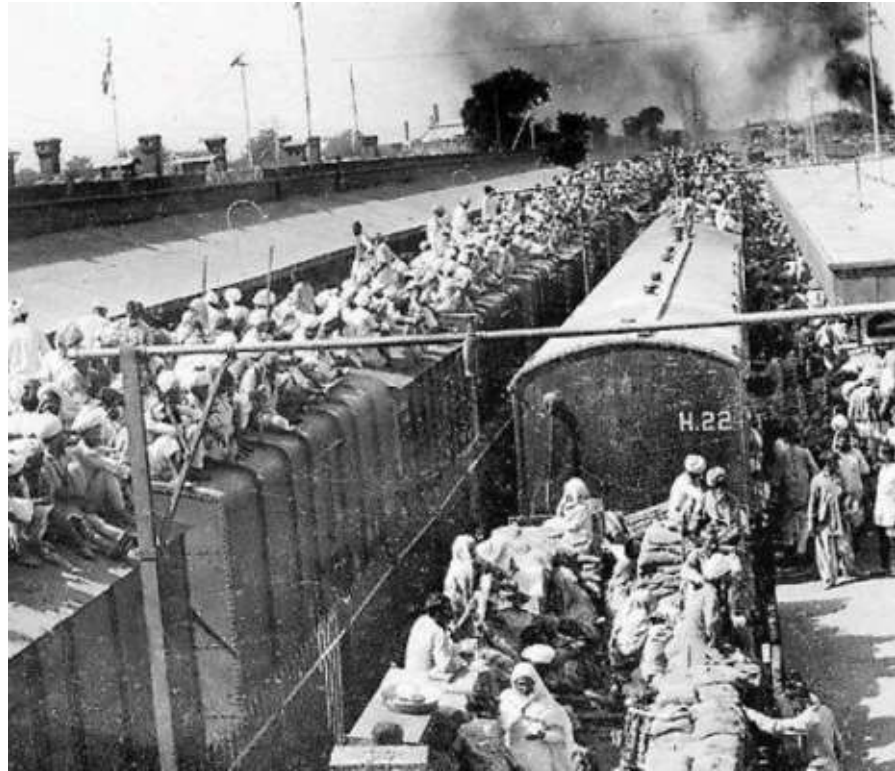
سانس تھی کہ رک سی گئی تھی اور تب ہی آنکھوں کے پردے میں حوا کا چہرہ
آیا تھا۔

اور پھر آخری سانس تھی اور آنکھیں حوا کے ساتھ ہی بند ہو گئی تھیں۔

اگست 1947ء

”پاکستان ایک آزاد مملکت ہے
”آپ سب کو پاکستان مبارک

1947ء کے گچھ مناظر



تبھی حوا کو اپنی اور التمش کی ملاقات یاد آئی تھی۔

چراغ کی روشنی تلے دونوں خاموش تھے، مگر یہ خاموشی بھی بہت کچھ بولتی ہے۔

کیسی رہی تحریک؟

الحمد للہ! شعور ترقی کر رہا ہے تم دیکھنا بہت جلد ہم آزاد ہونگے۔

اپنا ملک اپنے لوگ میں تم اور ہمارا گھر۔

پتہ ہے!

میں نے اخبار میں پڑھا تھا کہ ہمارے ملک میں اپنا دین ہوگا، کوئی نا انصافی نہیں ہوگی اور سب مل کر رہیں گے۔

کوئی کسی کی بہن بیٹی کو نہیں دیکھے گا اور نہ ہی کوئی اور کوئی لڑکی ہماری چھوٹی کی طرح بیٹھ چڑھے گی۔

اب کہ التمش نے اپنی گردن اٹھا کے حوا کے چہرے کو دیکھا جس کی آنکھوں سے پانی بس بہنے والا تھا۔

اور تب ہی اُس کے دل سے دعا نکلی تھی کہ اس کے لوگوں کی جان و مال کی قربانیوں کا صلہ اسے ایسے ہی ہے ملک کی صورت میں ملے جیسا حوا کہہ رہی تھی۔

اگست 1947ء

امی! کل ہمیں یہاں سے لاہور کے لیے نکلنا ہے اور وہاں ہو بھائی ملیں گے۔

ہمیں اتنے مہینے ہو گئے ہیں اب تو ان کو دیکھے۔

حوا نے چھوٹے خالہ زاد کا چہرہ دیکھا پھر اپنی خالا کو اور بے اختیار اس کو التمش کی یاد آئی۔

آخر کار اب ہجر ختم ہونے کو تھا۔

کل وہ دہلی سے لاہور جائیں گے اور پھر ہمیشہ کے لیے اپنے ملک میں۔ اسی سوچ کے ساتھ وہ سونے لیٹی تھی مگر آنکھ اپنی ماں کی چیخ و پکار پر کھلی تھی۔ باہر نکل کر دیکھا تو کچھ لوگ ماں کو یرغمال بنا رہے تھے اور خالہ زاد بھائی

اور اسکی بہن کا چہرہ نا دیکھے جانے کے قابل ہو رکھا تھا اور خالہ اپنی آخری سانسوں پر تھی۔

حوا کی چیخ بلا اختیار تھی جس پر دو لوگ اس کے کمرے کی جانب بڑھے تھے۔ اپنے کمرے کے کورا بند کرنے کے بعد اسے کوئی رائے فرار نہ سوجھی تو قلم

اٹھایا کچھ لکھا اور پھر اپنے اگلے قدم کو سوچنے لگی۔

کیا اس کے علاوہ کوئی حل تھا؟

نہیں نہ تو کوئی حل تھا اور نہ ہی راستہ۔

کیا یہ سب ٹھیک ہے؟

ہاں!

مگر پھر التمش کا کیا ہوگا؟

اور ہمارے ملک کا اور ہمارے نئے گھر کا؟

اور پھر چھوٹی کو انصاف کون دلائے گا؟

دروازہ ٹوٹنے کی آواز نے اس کے خیالات میں خلل ڈالا تھا۔

اب سوچنے کا وقت نہیں تھا۔

حوانے وہی کیا جو صحیح تھا۔

جب تک وہ آدمی اس تک پہنچتا، حوا کا دوپٹہ ہوا میں جھول رہا تھا اور اس

آدمی نے نہ دوپٹہ پکڑنے کی کوشش کیا اور نہ ہی نیچے دیکھنے کی۔

وہ جانتا تھا بالائی منزل سے کودنے کے بعد حوا کی سانسوں کا کوئی سہارا نہ

تھا۔

دہلی:

اور دوسری طرف مسلم لیگ کے مرکزی دفتر پر حملے میں کارکنان شہید ہو

رہے تھے۔

دو گروہوں کے درمیان قبائلی مسئلے کو ختم کروانے کے لیے التمش ان کے

درمیان آیا تھا مگر اسے نوعیت جا انداز تب ہوا جب وہ لوگ آپس میں ہتھیار

تانے کھڑے تھے اور تب ہی التمش کو اپنے سینے میں کچھ سلاخ سی جاتی ہوئی

بنتِ حوا

ایمانِ فاطمہ شہزاد چوہدری

مئی 1947ء

لکھنؤ

مسلمانوں! اللہ اُس کے رسول اور اُس کی کتاب کے مطابق ہم آزاد ہیں اور آزادی ہمارا حق ہے! اٹھو اپنے لیے اور اپنے لوگوں کے لیے! فتح ایمان والوں کی ہوگی۔ انشاء اللہ

مسلم لیگ کی تحریک اگلے ہفتہ کو لکھنؤ سے دہلی کی طرف روانہ ہوگی اور پھر وہاں سے لاہور جا کر ہم اپنی منزل کی طرف بڑھیں گے۔ ارے لنتمش بیٹا! تم لوگوں کو کامیاب کرے جو اپنے گھر، مال اور اسباب یہی چھوڑے جا رہے ہو۔ شکریہ باباجی

حویلی کا دروازہ کھلا اور لویہ آئی چٹی حویلی کی رونق ابو ابو! لنتمش بھائی آگئے۔

مقابل کا چہرہ خوشی سے کھل اٹھا اور چہرے کی سرخی بے ساختہ تھی۔

خالہ بی!

بھائی آگئے ہیں۔

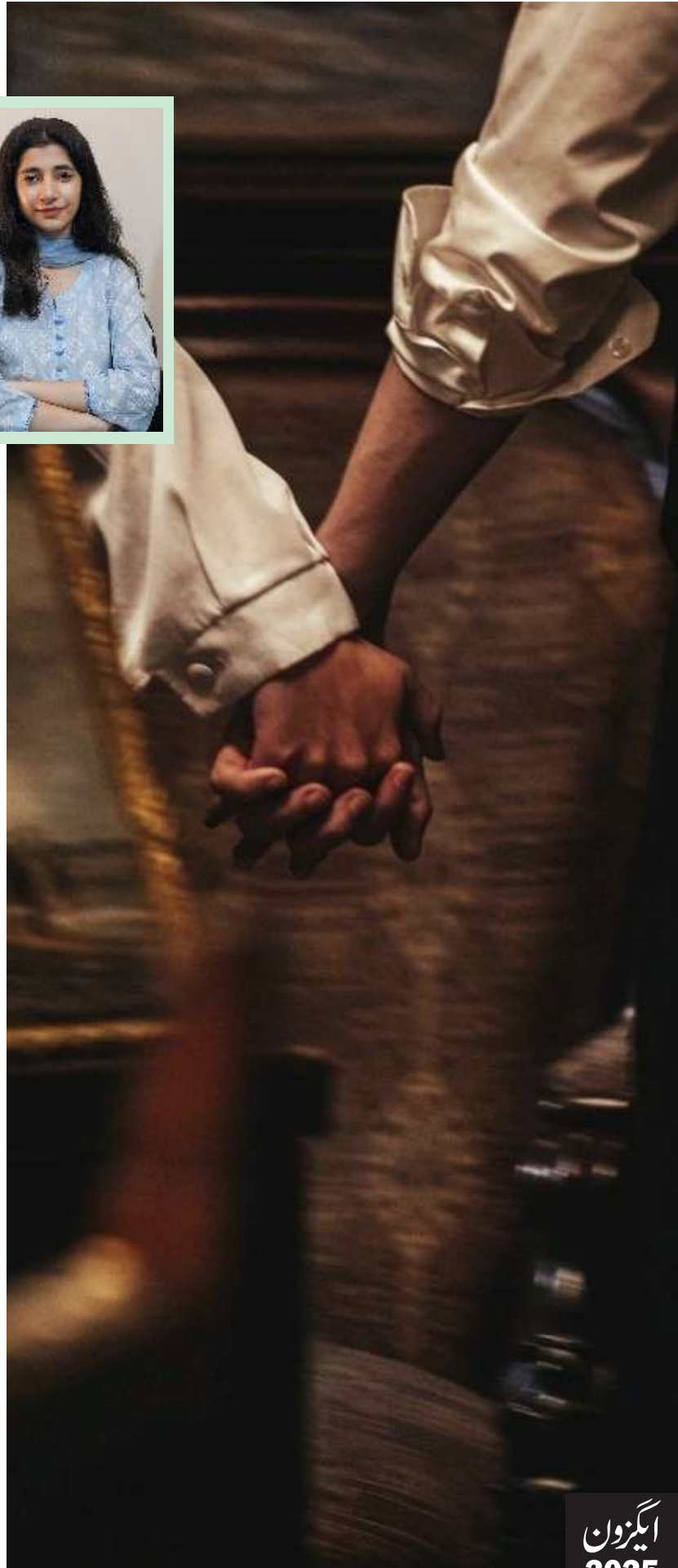
ارے بڑی بی! نظراتارو میرا لعل واپس آ گیا ہے۔

ماں صدقے جائے۔ میرا چاند

ارے اماں! اندر تو آنے دو۔ آ جا جا۔ ارے شہو کھانا لگا

کھانے کی میز پر سب کی زبان پر اپنے سوالات تھے اور لنتمش صاحب جواب دے رہے تھے۔ اگر خاموش تھا تو ایک نفس جو صرف لنتمش کو سن رہا تھا۔

تھا۔



افسانے

سلطنت سلجوقیہ

1050ء میں سلطان طغرل بیگ نے ماورائے نہر سے نکل اصفہان اور بغداد فتح کر کے باقاعدہ سلطنت کی بنیاد ڈالی۔ جسے سلطان الپ ارسلان نے بازنطینیوں کو ہرا کر اناطولیہ تک پھیلا دیا۔ بعد ازاں سلطان ملک شاہ اور سلیم احمد نے عروج بخشا۔ اور ہرماز پر مسلمانوں اور حریم شریفین کا دفاع کیا۔ اسی اثناء میں رومی سلجوقی راج کو نیہ اناطولیہ میں دوبارہ قائم ہوا جو 13ویں صدی میں منگول یلغار کے بعد زوال کا شکار ہوا۔



ایک دوسرے کا مقدر

شام کہ اس پار، فضا میں چھائے سکوت جیسا۔۔۔ دل پہ کسی کے
نقوش ٹھہر جانے کا منظر بھی کیسا دل فریب ہوتا ہوگا۔
کیسے کوئی چپ کر کے کسی کے دل پہ وحی سا نازل ہوتا ہوگا۔
خاموشی سے بند ان آنکھوں کے راستے، دل کا سفر کرتے کوئی کیسے
روح تک اتر جاتا ہوگا۔ شاید تب، اس لمحے محبت ہوتی ہوگی۔ یا شاید
اس سے بہت پہلے کہیں جب بس بے چین سی نظر کسی ایک شناسا شخص
کی تلاش میں سرگرداں رہنے لگی ہوگی۔ یا شاید تب جب بہت سے
افراد کے درمیان بیٹھے دو لوگوں کے درمیان بنا کچھ کہے ایک ذرا سی
مسکراہٹ کا تبادلہ ہوا ہوگا۔ یا پھر تب جب اس کی تکلیف نے
پریشان کیا ہوگا۔ یا اس سب سے بہت پہلے جب اللہ نے انہی دو
لوگوں کو ایک دوسرے کا مقدر بنایا ہوگا۔



فارقلیط فہیم

در تھا گھلا پر بیٹھے رہے پر سمیٹ کر
 جائے اماں ہی جیسے قفس میں تھی
 پھر صیاد بدنام نہیں ہوا کرتے وہ اہل دل پہ گرفت کر کے اہل جنوں کو
 خوب نعرے لگانے کی، شہروں میں آگ لگانے کی مہلت دیتے ہیں اور فہم
 کے مجرم اپنے ہاتھوں سے اپنے زوال کے ذائقے لکھ ڈالتے ہیں
 اپنی بربادی کا سینے تو مزے کی ہے
 زندگی سے یوں کھیلے جیسے دوسرے کی ہے

اصل غلامی وہ ہے جس میں سوچ پر پہرے ہوں، جہاں تخلیق پر جبر ہو،
 جہاں سوچنے پر پابندی ہو، جہاں شعور کے نور کو اندھیری قباؤں میں
 چھپانے کی کوشش ہو، جہاں گمان کے جنگلوں میں گم کردہ فسوں کے بجھتے
 ہوئے چراغ ہوں۔

آج کیا میرے وطن کا یہی امید نہیں ہے؟ مگر امید ہے کہ فہم و ادراک
 کا رستہ نئی نسل کی فکرِ جوان کے تازہ گلابوں کی بے مثل مہکار سے چمن
 زیست کو یوں آراستہ کرے گا کہ زمانے کو خبر ہوگی

ہو میں نئے پرندوں کی اڑانوں کا شور چمکے گا

منزل تیرے یقین کی اس پار ہے مگر

گھنے ہیں راہ میں جنگلِ گمان کے

فہم کے دروازے بند کرنے والوں نے نئے ذہنوں پر ظلم کیا ہے زبان
 بندی کے دستور نے شعور کو جس طرح پامال کیا ہے اس کا خمیازہ ہمارا طالب
 علم، ہمارا معلم، ہمارا لکھاری صدیوں تک اٹھائے گا۔ یہ ایسا بارگراں ہے
 جس کے ہوتے سفر و شوار ہو جائے گا از حد شوار

ہاتھ تو کاٹ دیے کوزہ گروں کہ ہم نے

معجزے کی وہی امید مگر چاک سے ہے

ہماری حالت ان پرندوں سی نہ ہو جائے جو پروں کے ہوتے ہوئے
 اڑنا بھول جاتے ہیں اور رزقِ اسیری ہی مقدر سمجھ کے قفس کی تیلیوں پر
 قناعت کر کے آسمان کی وسعتِ آزاد سے محروم ہو کے سمجھتے ہیں کہ شاید دانہ
 روزینہ ہی سب کچھ ہے

اس پرندے کو کیا شاہین ہونا ہے۔

پھر قیدی، سوچ کے غلام، ذہن پر لوہے کی ٹوپیاں چڑھائے، مغربی
 لائبریز، کبھی لبرل ازم، کبھی دقیانوسی، کبھی نام نہاد منافرت کے سانچوں میں
 ڈھل ڈھل کے سوچ کے تابوت پہ آخری کیلوں کا بندوبست اپنی خواہش
 سے کرتے ہیں۔ پھر جسم آزاد اور روح قید ہو جاتی ہے۔ انسان کٹھ پتلی بن
 کے ان دیکھے جالوں میں رہتے ہیں اور اپنی زبان بولنے میں شرم محسوس
 کرتے ہیں، اپنا روایتی لباس انہیں ترقی کی راہ میں رکاوٹ لگتا ہے اور وہ
 اپنے تہذیبی ورثے کے وراث بننے سے کتراتے ہیں





آزادی تفہیم

سید محمد فیروز شاہ کا قول ہے
"اپنے تراشے ہوئے رستوں پر چلنے کا لطف ہی کچھ اور :
قرآن کریم میں بارہا غور کرنے کا موقع ملتا ہے
اپنی دنیا آپ پیدا کر اگر زندوں میں
سر آدم ہے ضمیر کن فکاں ہے :

فہم اپنے ہی ذہن کا وہ راستہ ہے جو ابتدائی تربیت اور راہنمائی کے بعد
خود تلاش کر کے تراشا جائے تو مسائل کے کوہ گراں کو چاک کرتا ہوا خوشبو سے
مہکتا، تابندہ زمانوں سے روشن، آنکھ کو خیرہ کرتا رستہ نونکل آئے جو قابل تقلید
بھی ہو اور آزاد فضا کی سعید و نوید بھی اور اہل دل کے شعوری سفر کی بشارت
بھی۔

سولفظی کہانی

”شریعت“

”میں حضرت عمر فاروق کا نظام شریعت نافذ کرونگا، نا انصافی جڑوں سے اُکھاڑ پھینکونگا، اسلامی اصولوں کی پابندی کرواؤں گا، مظلوموں کا ساتھ دوں گا، کوئی بھوکا نہیں سوئے گا، ایک بار وزیر اعظم بن جانے دو بس۔۔۔“

اختر مجھے اکثر یہی کہتا رہتا تھا۔ ہماری ایک عرصہ دراز سے ملاقات نہ ہوئی تھی۔ آج ہم اتفاقاً ملے۔ چائے کے کپ ہاتھ میں تھامے، گپ شپ شروع ہوئی۔

باتوں باتوں میں اختر کا فون بجنے لگا اور میں نے اُسے غصے سے فون پر یہ کہتے سنا: ”تجھے ایک بار سمجھ نہیں آتی؟ کتنی بار کہا ہے۔۔۔“ میں سود کے بغیر قرض نہیں دیتا!“



عائشہ فضل



نقشِ خیال

خلافتِ عباسیہ

750 عیسوی میں خانوادہ حضرت عباس بن عبدالمطلب رضی اللہ عنہ نے اموی خلیفہ کے خلاف اعلان جنگ کر کے سلطنت کی بنیاد ڈالی جو 1285ء میں سقوط بغداد تک قائم رہی۔ اس اثنا میں ہر فنون میں ترقی حاصل کی جس میں طب، کیمیا، جغرافیہ اور فلکیات سرفہرست ہیں۔ اپنے عروج پر آذربائیجان سے تیونس تک عباسی حکم چلتا تھا۔ 1285ء تا 1571ء عباسی خلفاء ممالیک مصر کے زیرِ امان رہے۔



سنہرے الفاظ

ڈاکٹر صدف

زندگی میں سب سے اہم چیز جو آپ کو آگے بڑھاتی ہے وہ "Goal to Achieve" ہے

ہارون یوسف

اس لئے زندگی میں کامیاب ہونے کے لئے اُس مطلوبہ ہدف (goal to achieve) کا تعین کرنا اور صدقِ دل سے اس پر محنت کرنا ضروری ہے۔

دُنیا آسائشات سے سکونِ قلب کا حصول لازم و ملزوم نہیں۔ اپنے مریض کا دیانتداری اور اصول پسندی کے ساتھ بغیر کسی دنیاوی لالچ کے علاج کرنے سے جو اطمینانِ قلب ملتا ہے وہ بے مثال ہے۔

زندگی کے ہر لمحہ سے لطف اندوز ہوں اور اسے کھل کر جینا۔ ہمیشہ خود سے کمزور افراد کی طرف دیکھنا اور شکر بجالاتے رہنا کیونکہ اللہ شکر ادا کرنے والے کو ہی نوازتا ہے۔ میں نے اپنے ہر مریض کو عزت دی ہے، بغیر جنرل اور پرائیویٹ مریض کے امتیاز کے، بے شک اللہ تعالیٰ نے اس نیت کی بدولت مجھے ہمیشہ بہت نوازا ہے۔

زندگی میں مشکلات سے خوف زدہ نہ ہوں اور ان کا ڈٹ کر مقابلہ کریں، مدد اللہ کی ذات کرے گی۔ یقین کامل رکھیں کہ شفاء اللہ کی ذات کی عطا کردہ ہے۔ آج بھی اس پیشے کی بہت عزت اور اسکوپ (Scope) ہے اور ہمیں اپنے رویے اور محنت سے بڑھانا ہے۔

بطور سرجن، میں نے طالب علمی سے لے کر جونیئر کنسلٹنٹ بننے تک کئی چیلنجز اور مخالفتوں کا سامنا کیا، خاص طور پر جب کچھ نیا اور تخلیقی کرنے کی کوشش کی۔ ایسے وقت ذہنی دباؤ کا باعث بنتے ہیں، لیکن انہی سے سیکھ کر انسان آگے بڑھتا ہے۔ میں نے ہمیشہ لوگوں کی عزت ان کے کردار سے کی، نہ کہ صرف عہدے سے۔ ایمان دار اور محنتی لوگ ابتدا میں مشکلات کا سامنا کرتے ہیں، مگر وقت کے ساتھ کامیابی ان کا مقدر بنتی ہے۔ میری نصیحت ہے کہ اپنی اندرونی آواز سنیں، دل سے کام کریں، اور ہمیشہ مہربان رہیں۔ آپ وہ مقام حاصل کریں گے جس کا کبھی تصور بھی نہ کیا ہوگا۔



وَمَا الْحَيٰوةُ الدُّنْيَا اِلَّا مَتَعُ الْغُرُوْرِ ﴿۱۸۵﴾

The present world is only an illusory pleasure (Quran 3:185)

صراطِ مستقیم



دین یا دنیا؟

حلال روزی کمائے کہ اس کو خاندان کے نان و نفقہ کا ذمہ دار بنایا گیا ہے تو اس حلال روزے کو کمانے میں گزارا ہوا ہر لمحہ نیکی بن جاتا ہے۔ اور اگر عورت اس بات کو سمجھ لے کہ اسلام میں اس کی ایک انفرادی اور مضبوط پہچان ہے، تو وہ مرد اور عورت کی برابری کی جنگ سے باہر آ کر اپنے کردار کو بہتر طریقے سے نبھا سکتی ہے۔ اگر ہم دین کو اپنی اولین ترجیح بنائیں تو ہوم میکرز کے طور پر عورت کا سماجی کردار ہمیں احساس کمتری کا شکار نہیں کر سکتا۔ اسی طرح، اپنے ذہن کو منفی خیالات، بغض، حسد، اور تکبر سے پاک رکھنا بھی عبادت ہے۔ اس فتنے کے دور میں نگاہوں کی حفاظت بھی دین کے لیے کوشش میں شمار ہوتی ہے۔ مختصراً، دین اور دنیا کے درمیان توازن نہیں بلکہ زندگی کے ہر پہلو میں دین کے مطابق عمل کرنا ہے۔

کیا لے کر جائیں گے؟
دین یا دنیا؟ یہ سوال دراصل غلط ہے کیونکہ دین اور دنیا ایک دوسرے سے جدا نہیں ہیں۔ یوں سمجھیں کہ قرآن و سنت کے علم کا عملی مظاہرہ کرنے کے لیے یہ دنیا بنائی گئی ہے۔ اس دنیا کا کردار صرف ایک عملی تربیت گاہ کے طور پر ہے۔ نماز، روزہ، زکوٰۃ، اور حج دین کے اہم ستون ہیں۔ حلال روزی کمانا، حقوق و فرائض کا خیال رکھنا، اپنے اہل خانہ کو وقت دینا، اور مشکل حالات میں ہمارا رد عمل؛ یہ سب امور جنہیں ہم دنیا داری سمجھتے ہیں، حقیقت میں دین ہی ہیں۔
ماں باپ کا اولاد کی اچھی تربیت میں وقت دینا نیکی ہے، اور ایک رحم دل و عادل نسل چھوڑنا قیامت تک کے لیے صدقہ جاریہ بن جاتا ہے۔ اگر مرد اپنے سماجی کردار کو ذہن میں رکھتے ہوئے



سائرہ
فائل ایئر

ہم میں سے بہت سے لوگ اس سوال کا جواب تلاش کرتے کرتے اپنی زندگی کا ایک بڑا حصہ گزار چکے ہیں۔ اس دنیا میں رہتے ہوئے دین کا انتخاب کیسے کیا جا سکتا ہے؟ اگر ہم اپنی عارضی زندگی کی مصروفیات میں سے دین کے لیے وقت نہیں نکالتے تو آخرت کی لامتناہی زندگی میں

خلافت راشدہ

جناب حضرت محمد مصطفیٰ ﷺ کے وصال ظاہری کے بعد ریاست مدینہ کے سربراہ یکے بعد دیگرے حضرت ابو بکر حضرت عمر حضرت عثمان حضرت علی اور حضرت حسن رضی اللہ عنہم 40 ہجری 661ء تک منتخب ہوئے۔ جس دوران پہلی اسلامی ریاست ملک مغرب سے لے کر ایشیا کو چک بھیل گئی۔ قیصر و کسری کے ادوار اختتام کو پہنچنے۔ دین اسلام کی شمع ہر سو پھیلی اور مسلمانوں نے کرہ عرض پر تاقیامت باقی رہنے والے اداوار کا آغاز کیا۔ اسی طریقہ پر چلتے ہوئے حضرت عبداللہ بن زبیر رضی اللہ عنہ نے 683 سے 692ء تک حجاز پر عارضی نظام خلافت قائم کی۔



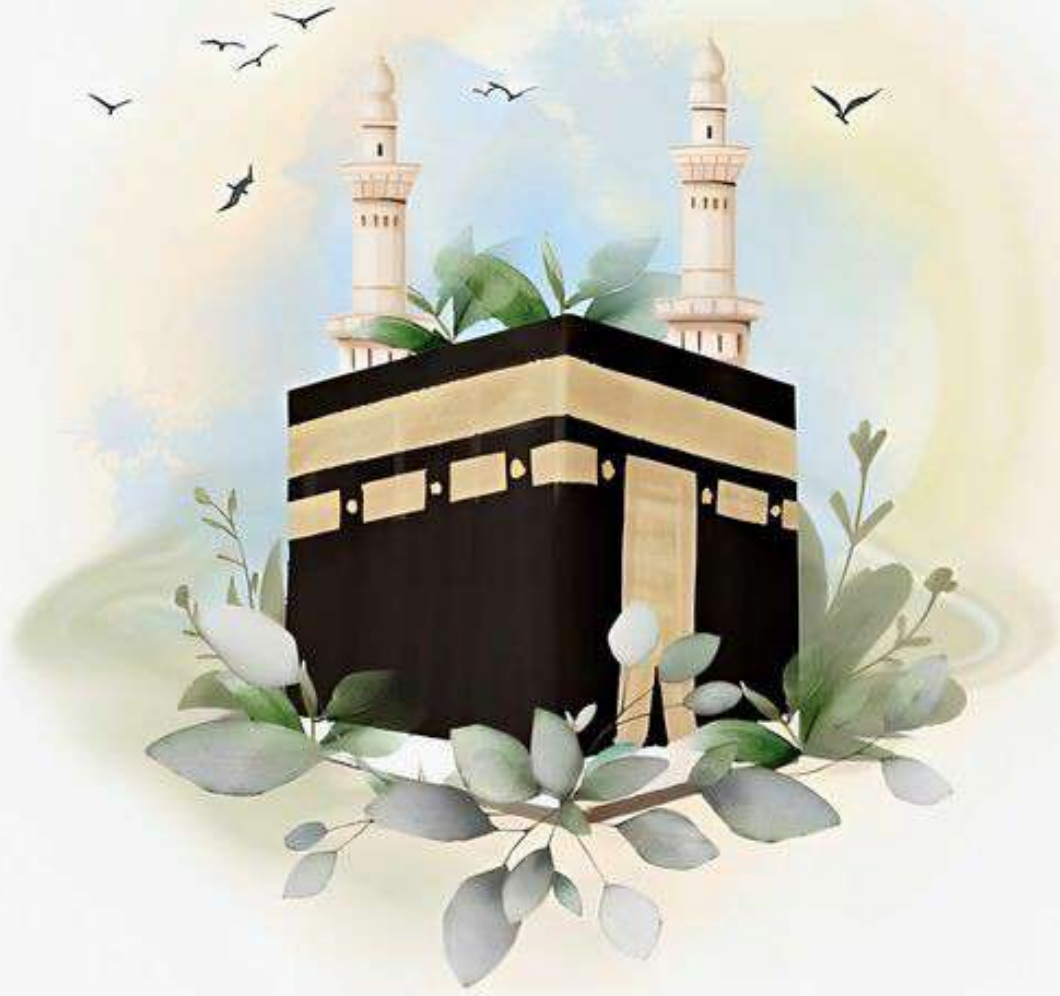
نعت



عبدالایزدمحبت
سال چہارم ایم بی بی ایس

یہ بدولت ہے جن ﷺ کے ساتو جہاں
عرش معلیٰ پہ نام جن ﷺ کا لکھا
فتح مکہ طریق احسن کیا
ہیں وسیلہ وہی ﷺ ہیں بخشش کا
ہیں وہی آخری نبی ﷺ پیشک
مستند ذات ﷺ کا حوالہ بھی
مجھ سے عظمت ہو ان ﷺ کی کیسے بیاں
تمکنت میں ہے جن ﷺ کے کل قرآن

حمد باری تعالیٰ



عبدالایزدمحبت
سال چہارم ایم بی بی ایس

وہ رازق، وہی رب ہے
وہ خالق، وہی سب ہے
جو منصف، سو جابر شُد
وہ ظاہر کہ باطن شُد
جو حاکم، جو غالب بھی
وہی انتہا حُب کی
ہمی اس کے نائب ہیں
جو رحمت کے طالب ہیں

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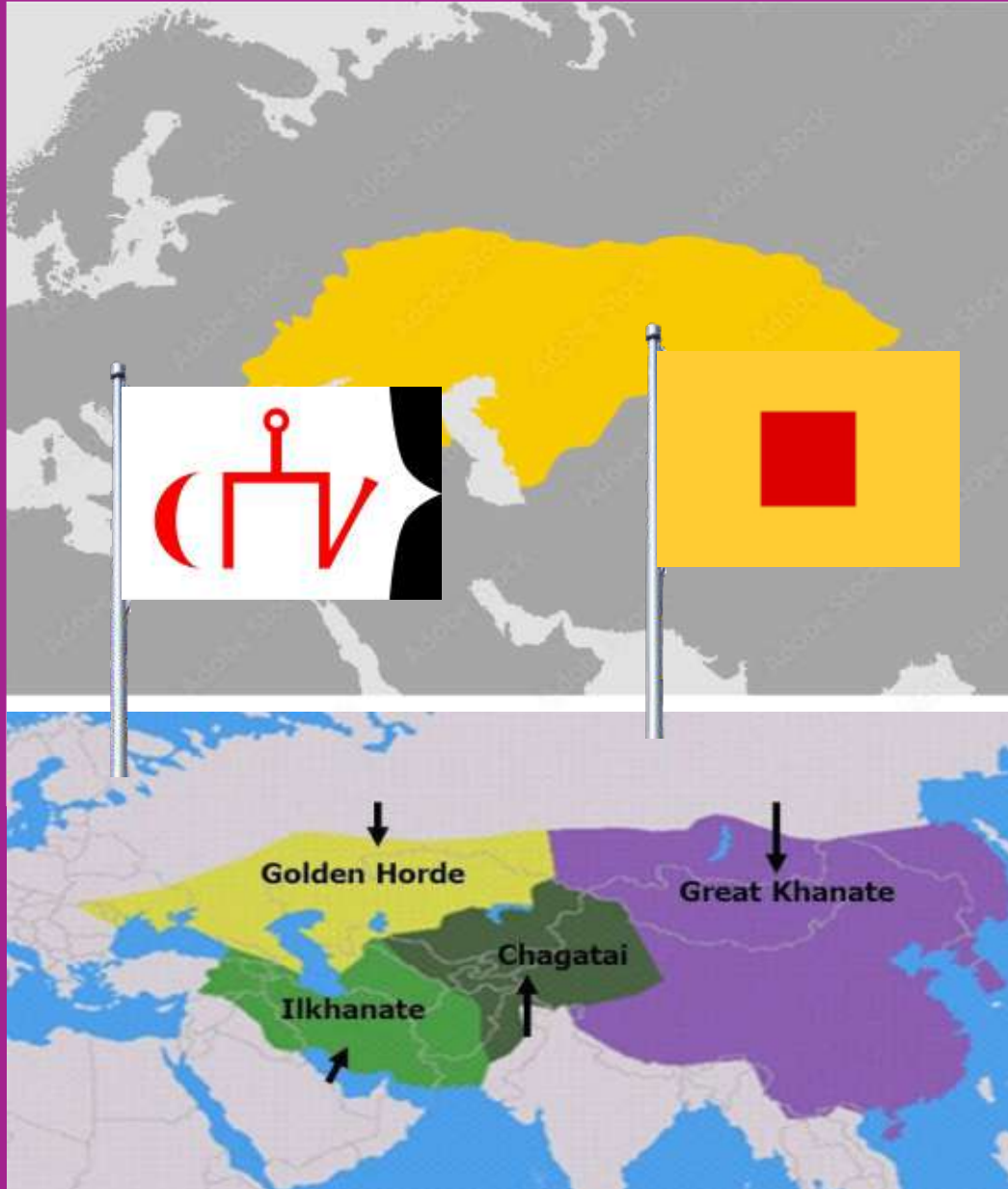


غزنوی سلطنت 971-1186ء

غزنوی سلطنت کا قیام سبکتگین نے 971ء میں کیا، جبکہ اس کے بیٹے محمود غزنوی نے 799ء سے 1030ء کے درمیان ہندوستان پر کئی حملے کیے اور ہندو رجاؤں کو شکست دے کر افغانستان اور شمالی ہندوستان میں مستحکم نظام قائم کیا۔

غوری سلطنت 1149-1215ء

غوری سلطنت کا آغاز شہاب الدین محمد غوری نے 1149ء میں کیا۔ یہ سلطنت افغانستان کے غور علاقے میں قائم ہوئی اور اس نے ہندوستان میں بھی فتوحات حاصل کیں، جو بعد میں سلطنتِ دہلی کی بنیاد بنی۔



فاطمہ زہرہ

سال 2024ء کا ایڈیشن، ایک نئے جذبے، نئی محنت اور بہتر نیت کے ساتھ آپ کے سامنے پیش کیا جا رہا ہے۔ Axon صرف ایک میگزین نہیں بلکہ ہر اس لمحے کا عکس ہے جو طلبہ نے سیکھے، بڑھنے اور تخلیق کرنے میں صرف کیا۔ اس سال بھی ہم نے کوشش کی کہ ہر مضمون، ہر صفحہ اور ہر تحریر میں وہ جذبہ جھلکے جو اس ادارے کی پہچان ہے۔

ادارتی ٹیم کے ہر رکن نے اپنی پوری ذمہ داری اور محبت کے ساتھ کام کیا، اور اسی جذبے نے اس ایڈیشن کو مکمل شکل دی۔ اس مرتبہ ایڈیٹوریل ٹیم میں محمد تنزیل اور رانا سکندر کی کاوشیں قابل تحسین ہیں، جنہوں نے ہر مرحلے پر بہترین صلاحیتوں کا مظاہرہ کیا۔ ساتھ ہی رضا کار سمیع اللہ نے بھی بھرپور انداز میں اپنا حصہ ڈالا، جس کے ہم تہہ دل سے شکر گزار ہیں۔

ہم تہہ دل سے پرنسپل پروفیسر ڈاکٹر زاہد بشیر اور پروفیسر ڈاکٹر ایم۔ اے۔ واجد کے بھی شکر گزار ہیں، جن کی مسلسل سرپرستی اور حوصلہ افزائی ہمارے لیے ہمیشہ رہنمائی کا ذریعہ بنی رہی۔ ان کی شفقت اور اعتماد کے بغیر یہ سفر ممکن نہ ہوتا۔ یہ شمارہ ان لمحات کی یادگار ہے جو ہم سب نے بطور ٹیم ایک خواب کو حقیقت میں بدلنے کے لیے گزارے۔ دعا ہے کہ Axon 2024 پڑھنے والوں کے دل کو چھوئے، سوچ کو جگائے، اور اگلے ایڈیشن کے لیے ایک نئی امید اور نئی سوچ کا آغاز کرے۔

اکیلا کیا کرے گا کوئی پرچھائیں بن کے
مل کے چلو تو کارواں بنتا ہے



آمنہ ساجد
چیف ایڈیٹر



فاطمہ زہرا
اردو ایڈیٹر



محمد تنزیل
اردو اسسٹنٹ ایڈیٹر



رانا سکندر
اردو سب ایڈیٹر



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

اللَّهُمَّ زِدْنِي عِلْمًا

My lord increase me in Knowledge



ایگزون

دسواں شماره
2024

