



UCPT TIMES

An Expression of Self



2023



United College of Physical Therapy

 ucpt.edu.pk

 /United College of Physical Therapy

 admission@ucpt.edu.pk

 0346-8280070, 0346-8280071

 United College of Physical Therapy, Korangi Creek Road, behind CBM, Karachi, Pakistan



CREDITS

— Patron in Chief —

Dr. Bilal Faiz Khan

— Patron —

Dr. Danish Muhammad Khan

— Editor in Chief —

Dr. Erum Tanveer

— Managing Editor —

Saher Jabeen Ali

— Magazine Incharge —

Dr. Vinod Kumar

— DEAN —

Brig.Rtd Prof. Dr. Khalid Hassan Mahmood

— Student Editors —

Kiran Konain, Iqba Murtaza, Aaima Warda

— Student Team —

Tuba Salam
Masooma Naqvi
Asad Shabih
Kiran Konain

Iqba Murtaza
Aaima Warda
Mirza Nabeel
Eelaf Qureshi

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MESSAGES



MESSAGE FROM PATRON IN CHIEF

Physical Therapy – A Need of the Day

It is with immense pleasure that I write these words for the Magazine UCPTimes, of United College of Physical Therapy, (UCPT), our sister institution at United Medical and Dental College.

Physical Therapy is indeed a Need of the Day, as patients of Orthopedics, Surgery, Pulmonology, Cardiology, Medicine and Neurology all are entirely dependent on Physical Therapy for their rehabilitation and complete and quick recovery. It is with this view in mind that UCPT was established here and I am happy to state that in the short time of just four years ago,

it has established itself as the leading Physical Therapy institution of our city. It has very qualified and experienced teachers and state of the art, latest and most modern equipment for treating complex cases requiring physical therapy for quick recovery.

I feel proud that all our intuitions UMDC, UCPT and UCNM, have the highest rating from their respective regulatory bodies of the Government and the HEC.

I wish all students and faculty greater success as they step into the professional world.

*Prof. Dr. Bilal Faiz Khan
MBBS, MD*

01

02

MESSAGE FROM PATRON

It gives me great pleasure to write these lines for the magazine of our United College of Physical Therapy.

The UCPT was established as it was felt it is the need of modern rehabilitation therapy based on Evidence Based Medicine.

Almost all specialties are dependent on Physical Therapy for the complete recovery of their patients after their main treatment has been given, e.g. Cardiology, OBGYN, Orthopedics and Surgery.

UCPT in a short duration of time has progressed and its results of Karachi University is very impressive. It has most modern equipment and also has very qualified faculty.

Dr. Danish Muhammad Khan

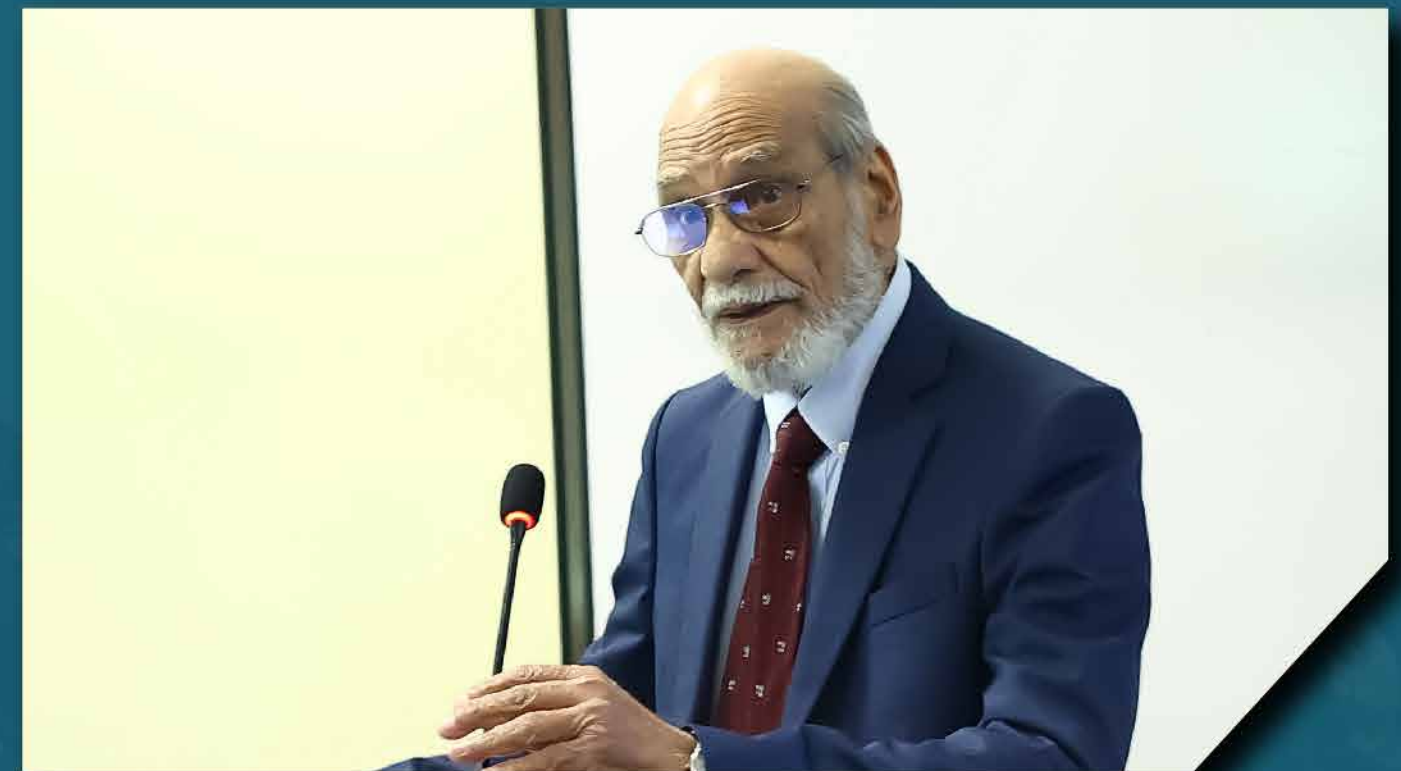


03

MESSAGE FROM DEAN

It gives me an immense pleasure to write a message for the magazine being published by United College of Physical Therapy. Publication of a magazine where students participate in expressing their thoughts is a very welcoming sign. In addition to the scientific subjects some literacy items are expected to be included. Physical Therapy may not be lifesaving field but it certainly makes life worth living in many conditions. I have seen the creativity, hard work and pride in their profession amongst the students of United College of Physical Therapy. I am sure they will do very well in their profession wherever they may go in Pakistan or abroad. I would like to congratulate the Principal, Dr. Erum Tanveer, an enthusiastic, dynamic person, the faculty of this institution and pray their magazine will have an impact on the readers.

Brig.Rtd Prof. Dr. Khalid Hassan Mahmood





MESSAGE FROM EDITOR IN CHIEF

As the Principal of UCPT, my dream has always been to see my students thrive in every avenue I can provide. Through the introduction of The Persona magazine, I have witnessed the many talents of my students that I never would have gotten the opportunity to see before. They have received a place to express themselves and bring honour to the name of our college. As an institution, United College of Physical Therapy encourages growth and passion in learning. It has given me great pride to see my students step forward and participate in such diverse ventures. I hope The Persona magazine acts as a vessel for the exhibition of all the talents brimming to the top in our students.

*Dr. Erum Tanveer
Principal of UCPT*

04

MESSAGE FROM MAGAGING EDITOR

Dear Students,

It is with great excitement that I welcome you to the first edition of our college magazine. This magazine has been created with the aim of providing a platform for students to showcase their talents, share their experiences and express their views on a wide range of topics. As the in charge of this magazine, I am proud to announce that this first edition features a diverse range of articles, stories, and opinions from students, faculty, and staff members. From thought-provoking pieces on current events to creative works of fiction, there is something for everyone in this edition.

We believe that this magazine will serve as a valuable source of information and inspiration for all members of our college community. It will provide a space for us to come together, learn from one another, and celebrate our collective achievements.

I would like to extend my heartfelt thanks to all the students, faculty, and staff who have contributed to this edition. Your efforts have made this magazine a reality, and I am confident that it will be well-received by the entire college community. So sit back, relax, and enjoy the first edition of our college magazine!

Saher Jabeen Ali

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MESSAGE FROM MAGAZINE INCHARGE

There is nothing in this world that brings me more joy than seeing my students excel. I have always had a passion for teaching, and in my years of working at UCPT I have learned many things from my own students. I feel very proud to see that those students have shared their thoughts and beliefs in this magazine, as I believe their intellect needs to be celebrated and acknowledged. This is the very first installation of The Persona magazine, and I wholeheartedly hope this continues on as a legacy for the future of United College of Physical Therapy as we have so much more to show and create.

*Dr. Vinod Kumar
Vice Principal of UCPT*



07

MESSAGE FROM STUDENT EDITOR

The Persona Magazine is a real passion project of mine. From a very young age, I have always been engrossed in the art of writing and I have always been searching for outlets to display my work. Had it not been for the passionate speech from my professor that one dreary anatomy class, I might not have gained the courage to go through with the arduous process of creating a college magazine. So for that, shout out Sir Sumeet! And most importantly, shout out Ma'am Erum, who has been a consistent presence around me and has been the most supportive figure throughout these few months. I am most thankful for her guidance. I would also like to give credit to the many students that stepped up to participate in The Persona magazine. Seeing so many of my peers express their thoughts and feelings in their own individual ways had the writer inside of me preening with joy. I pray endlessly that The Persona magazine thrives on for many more years to come, and becomes a treasured archive for the brains of UCPT.

*Kiran Konain
Class of 2024*





MESSAGE FROM STUDENT EDITOR

Your Persona is constructed from plenty of elements, it could be driven by mystery, sophistication, and deceit or solemn. As for me, I identify myself as a cinephile at all times, who's always trying to catch the foreshadows in Martin Scorsese films or calm her manipulated mind down after watching a Christopher Nolan film. Even though I manage to soak myself in the aesthetic of Franz Kafka, assorting a magazine definitely was a first for me!

Within these pages you will discover a diverse range of personas that might gain your recognition. I extend my greatest appreciation to Dr. Erum Tanveer for the inauguration of this magazine and to gather a dedicated, most creative team who has worked sincerely on this magazine.

The Persona Magazine was created to accommodate few of the many ingenious minds in UCPT. Young talents have found their first exposure through this platform which mirrors their different faces of artistic development. I am pleased to know that this magazine is the embodiment of distinctiveness. My best wishes for the entire endeavor.

*Aaima Warda
Class of 2026*

MESSAGE FROM STUDENT EDITOR

”مسلمان کو مسلمان کر دیا طوفان مغرب نے
تلاطم ہائے دریائی سے ہے گوہر کی سیرانی“

ہم اپنے الفاظ کی طاقت سے دنیا کو اندھیروں سے نجات دلا سکتے ہیں اور اپنی سوچ کو الفاظ کی شکل دے کر لوگوں کو آگاہی دے سکتے ہیں۔ اور اس طرح ہم یونائٹڈ میڈیکل اینڈ ڈنٹل کالج کے بچوں کو یہ پلیٹ فام میسر کر رہے ہیں جہاں وہ اپنی مثبت سوچ اور اپنی خداداد صلاحیتوں کا استعمال کرتے ہوئے دنیا کو بدل سکیں اور برائی کا خاتمہ کر سکیں۔
- عقبہ مرضی -

09



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UCPT DAIRIES



Orientation Day

Within a heavy air of anticipation and excitement, students of the class of 2026 UCPT sat in the auditorium on 6th March 2022 and attended their university Orientation Day. Through the compering done by Syed Rohain Danish and Syeda Quratulain Fatima, the event was directed along with addresses of encouragement by the honorable Board of Governors and the UCPT Principal Dr. Erum Tanveer along with introductions to the faculty and details on the campus and degree.

The students were provided refreshments in the cafeteria and given a chance to socialize, and soon after were directed by students and teachers in groups for a tour of the campus and facilities to familiarize themselves with the same walls and ceilings they'd be seeing every day.

The Orientation Day ended successfully and left the students with renewed vigor for their future life at the United College of Physical Therapy.

White Coat Ceremony

As a tradition, the white coat ceremony was held at UCPT on 21st March 2022. The ceremony commenced with the tilawat of verses from the Quran. Dr. Bilal Faiz Khan, Dean, of Academic Affairs, Dr. Danish Muhammad Khan, Director of Operations, and Dr. Erum Tanveer, Principal addressed the freshers. They were reminded that the white coat symbolizes their commitment to serving humanity.

The speakers briefed them about promoting a culture that benefits communities at large. They were made aware of the challenges they would face in the years to come and how to be resilient. During the ceremony, a white coat was handed over to the students; this ceremony represented the sanctity of the Hippocratic Oath, signifying their entrance into the medical profession. Students enthusiastically attended the ceremony; they were surrounded by their class fellows, faculty, friends, and mentors to mark a new beginning.



Pakistan Day Celebration

The brimming energy clung to every particle in the air, as students from UMDC, UCPT, and UCNM sat together donned in their cultural garb, united as one.

The Pakistan Resolution Day Celebration held on 24th March 2022 was a definitive success, starting from the passionate addresses from the respected chief guest's Brig (R) Anwar-ul-Huda Khan of PWF and Mr. Jameel Yousuf, along with the board of governors Dean Brig (R) Prof. Dr. Khalid Hassan Mahmood and Dean of Academic Affairs Prof. Dr. Bilal Faiz. Carried out along the hosting of Syed Rohain Danish, Kiran Konain, Faiqa, and Ali were magnificent displays of talent from all departments, ranging from song and dance to skits and speeches managed and arranged by Principal Dr. Erum Tanveer of UCPT, Dr. Naveed of UMDC, and Sir Osama of UCNM. Throughout the day, the university walls shone with the passion and patriotism emanating from the students.

All strung by the vibrant performances from the students, and the transfixing words from the respected seniors. It can be safely said the event was a success in celebration and rousing the hearts and minds of all in attendance for the sake of our great country Pakistan.



Welcome Party

On 19th March 2022, a party was thrown to welcome the class of 2026 at UCPT/ UMDC. The event commenced with the speech of Dr. Erum Tanveer, the Principal of UCPT. She warmly welcomed the students and extended her support to the student body.

The faculty and students of UCPT and UMDC played a vital role in organizing this event. They wholeheartedly participated to make this event a success. The theme of the party was 'Bollywood'. One could see a multitude of colorful sarees and gowns. The hostesses of the show were Eilaf Qureshi

from UCPT and Fizza from UMDC. There were enthralling performances by the students: they danced to the beat in synch, and it was simply a treat to watch. The melodious singers melted the hearts of the audience. However; stellar performance was the 'Mushaira'; it was an amalgam of sarcasm and humor and was thoroughly enjoyed by the audience. Literally, everyone burst into laughter, a sheer reflection of the student's creativity.

Afterward, as a tradition, the titles for the lady and the lord of the evening were given to Eilaf Qureshi and Yasir Khan from UCPT. The performances were followed by the scrumptious dinner. The welcome party ended on a happy note and with memories to cherish for a lifetime.

Physical Therapy Awareness Campaign

In honor of World Physical therapy Day, teams of students accompanied by faculty members visited various educational Institutes to spread awareness about Physical Therapy. Kiran Konain and Rohain Danish accompanied by Pushpa Lohana and Dr. Vinod Kumar visited The City School, and Areesha Fatima, Areej Mahnoor, Ramsha Ghufraan, Zainab, and Dr. Sumeet Kumar visited The Educators.

Students gave presentations and discussed the importance of physical therapy and activity with the students and teachers in attendance, also encouraging participation in therapeutic exercises and demonstrating easy-to-do stretching exercises. The students in attendance listened intently and learned about the work of a Physical Therapist with renewed interest, and left the campuses with feelings of pride in their profession and studies.



Educational Trip to Dar-ul-Sukoon and MALC

On October 13th, 2022 students of the United College of Physical Therapy made an educational visit to Dar-ul-Sukoon and Marie Adelaide Leprosy Centre, exploring the nobility of each institution.

Where MALC warmly welcomed the students; arranging exceptional informative lectures about Leprosy.

Dar-ul-Sukoon was a sentimental but unique experience as the children and their lifestyle inspired the students despite facing the uncertainties of life.



World Physical Therapy Day

After weeks of being bent over Styrofoam sheets and clay, students finally arrived on 8th September 2022 at a college adorned in blue and white for the celebration of World Physical Therapy Day.

After a Tilawat and addresses from the honorable Board of Governors and faculty, all 18 groups lined behind their projects under the marquee and presented their models of hard work to the judges.

The hosts Aima Warda and Syeda Salsabeel Zehra expertly directed the event along, and soon after the project display, all students were redirected back to the comfort of the auditorium for the prize distribution ceremony and brief presentation by Ms. Kiran Konain on The Detrimental Effect of Student Life on Physical Health. Under the banner of "Let's Make the World Healthier", World PT Day wrapped up successfully, with the shield distribution to winner and runner-up teams.



Mega Beach Party

Students and teachers alike stepped into the beige walls of the beach hut and geared up for a day full of laughter and glee. On 3rd November 2022, all four batches of UCPT joined with the faculty and administration visited Turtle Beach for the much awaited picnic event. Under the heat of the blazing sun, everyone enjoyed playing in the water with their peers and even participated in the Rang Party! The coaster rides to and fro, combined with all the adventure in between were the final ingredients into making this trip a most memorable one indeed.

Open Day Celebration

The United College of Physical Therapy Open Day took off on a sunny Friday, 7th October 2022 with the students of different institutes attending, brewing with a mixture of anticipation and curiosity. The event commenced with Tilawat followed by a welcome address by Dr. Erum Tanveer, the Principal of UCPT. A presentation depicting the details of the campus and the degree was given by Vice Principal Dr. Vinod Kumar, along with a brief presentation on the Role of Physiotherapy by Student Ambassador Kiran Konain.

The event was expertly hosted by Nabeel and Elaf, with different segments involving an introductory speech by all six Student Ambassadors and a video depicting student life at UCPT. Soon afterward, a gaming session was arranged in the recreation room where the students enjoyed a glimpse of the potential life in UCPT, and were given a tour by the teachers and student volunteers.

The event ended successfully, with all the students feeling a sense of pride and joy in what we hope to be a newfound passion for them all.





HUMANS OF UCPT

A Conversation with Dr. Danish Muhammad Khan



The setting for this one was as follows; a large board accented in warm shades of brown and beige inhabited by a ginormous rounded table in the middle of it, with the subject of this conversation Dr. Danish accompanied by Dr. Erum, who were both in the middle of a very serious discussion when Minhal and myself entered on our tip toes with ours neck bent and eyes wide. We seated ourselves on the plush velvet seats facing a very engaged Dr. Danish, and began our conversation asking him about a difficult time in his life.

He started, "There will always be challenges in your life, every day is a new challenge. You have to adapt to it, and whoever is unable to adapt is left behind. A difficult time, no, it never really came. I've been able to get over it. You have to have belief in Allah, the belief that there is something working for a higher cause. I think the most difficult time was losing my father, but still, you believe in Allah and therefore the higher cause and you are able to overcome it."

He continued with an ease in his posture and tone, "Other than that, exams and all were easy! Student life is fun! And that's because you're studying thousands of years of text, in 4 to 5 years only. From the knowledge of anatomy to the physics behind it. It is a very strong medium you are learning. I used to enjoy my education quite a bit, and I think that's part of the deal. Although, working in Pakistan has a lot of challenges. It really isn't "fun" here right now. Because of the scarcity of resources there is a lot of struggle, but you all are the future. It is a tough place to be in right now, but you have to slog along. Unfortunately, this is the meaning of life."

Staying within that realm, we asked him what his biggest fear was. His response came deftly.

"Biggest fear is that our system survives and works. The mission and vision that we have made is somehow missed, and our quality is compromised. That is my biggest fear. I will not compromise on quality. I will do my best for that. And of course, with the financial constraints of the whole nation, the question arises where do you draw the line? We don't want to cut corners, but also want the viability. That's the biggest fear. Viability. Two years from now, three years from now, what will we be doing? After the pandemic, the world has been shifted left and right on its axis, and the way of the world has become the survival of the fittest. I hope we are all fit enough to survive."

Continuing the conversation, we geared him towards sharing his thoughts on whether giving up is ever the right choice.

"Tactical retreats, changing of strategies, I wouldn't count giving up as being a part of that." He replied.

"Let me give you an example, there was a bird that visited my house daily and used to smack it's head on the glass window all the time. What he actually wanted to do was make a nest in the window. We explained and explained to that bird. We'd close the window and he'd fly in from the bottom, close the door and he'd find another way. It's not really giving up, he was pursuing a thing that really had no logical sense. So 'give up' you should never say. You learn in medicine, if you believe in the Hereafter and you believe that there is an end to this current life and there is a future elsewhere; then you don't torture the patient or turn them into an experiment. Like the frog experiment in physiology. So there's a lot you can do with a human being. You have to have a higher level of ethics and planning. It takes time, that's why you need to have that clinical experience, and meet the right people. The younger you are the more you hone in those skills. You learn eventually that isn't giving up, it's strategizing."

We further asked him to say a words of encouragement to the struggling students.

"Work hard and study. Without studying you will never understand. There's no osmosis in learning. You have to read your books and you have to give it the proper number of hours. It's like if a pilot flies a plane with a fake degree, the plane will crash without any question. It's a skill that you learn. The more you read the better you understand. Of course the hours are limited, which is why you need to work hard. Develop a system of trust. We have an internal code always help each other no matter how far or near. That code should also be inculcated in our own institution as well. Always support each other. Don't misguide your own colleagues; don't read this book don't read that book. Do not promote cheating. Bring yourself to an ethical standard. At this time, you have a proper window to learn. You're healthy your parents are healthy. You don't have fifty other problems to deal with. You should be learning the things that will aid you in career enhancement. And career enhancement will not stop at becoming a physical therapist in Pakistan but also internationally. There's a huge scope out there. And you must realize that. Don't give up just because you're a lady or you're struggling with your background. There's lots of places to go, and you'll never be alone. That's the power of the global village."

Steering the conversation towards his own experiences as a student, we asked him to relive the moment he witnessed his first patient death.

"Usually in a hospital setting you're in a very objective environment, a patient's death is viewed very objectively. At the moment, you don't feel it. But later on you do remember. Especially if it's a patient you've talked to before. There is grief to be felt. You did your best but you were unable. It was a tough thing to deal with, and it still is. That's just how life is. The most emotional scene I witnessed was about a woman in America who had gone out to a party, and had collapsed and immediately died. Her boyfriend was with her, holding a small baby. When I went to tell him, he climbed on the table and screamed 'Wake her up! Wake her up!' Unfortunately in this world, the rate of substance abuse is very high. I still feel incredibly sorry for the child."

With a somber tone in the conversation, Minhal shifted the conversation and asked Dr. Danish if he ever came upon a time machine and went back 10 years, what would he say to his younger self? Hearing that question, he perked up instantly,

"That's a fun question! I would tell my younger self don't be that trusting. Unfortunately the folks that you have in this country are..." he trailed off. "That's why we are a poor nation. To be a wealthy and successful person you have to be trusting, and the other person has to be trustworthy. It creates a synchronized chain of events, a domino effect that allows you to become a system. An easy example, here in Karachi, you'll be on the road and the car next to you will turn abruptly without an indicator. You can't trust anyone or anything. But we are trying in our institution to maintain a system of trust within each other."

Lastly, we took a deep breath and bought the conversation to its ending note. I asked him what he would want his legacy to be, and he replied with a simplicity that created a lasting impact.

"Good hard working honest person who did his best for the country and the Muslims."

A Conversation with Dr. Erum Tanveer

*Kiran Konain, Minhal Rafiq
Batch #3*



Dr. Erum's undying passion drove her to get enrolled in Bachelors of Physical Therapy which was a commencement for gratifying her aspiration of becoming a doctor. Yearning to constantly keep developing her erudition she got a post graduate degree (PPDPT) in 2013, MBA in 2018. She is a Certified Clinical Research Professional and a Kinesiotaping Practitioner from KTAI, USA. She is also a Certified Sports Trainer from Sports Medicine Australia. Dr. Erum began her occupational advancement by being Rehabilitation Specialist in Tabbha Heart Institute. After that she got her foot in the door with her novel job in Isra University as Lecturer, she resigned this tenure as Assistant Professor. She was delegated as Vice Principal of SBB Deewan University. After that she worked as the Additional Director of Hidayat Institute of Rehabilitation Sciences. Presently she is Principal of United College of Physical therapy thanks to her acquired attributes.

Kiran and I sat in her cozy office and we commenced the interview. We asked her, what is the reason behind her unstoppable enthusiasm? Suddenly there was sparkle in her eyes and she took a long sigh indicating her pride.

She said, "I had always wanted to be the son of my family. Although I do have younger brother, I have always had keen sense of responsibility. My goal was always to make my father proud, and to bring a difference in this patriarchal world as a woman in a higher position."

With her chin up she concluded, "I am a self-made woman."

We asked her about what she looks for in people when employing or giving admission.

"I look for competency and diligence," she replied, "along with a broad vision. I am not usually impressed by the people who have short term goals and don't have the passion to hustle. Whoever doesn't have a vision is similar to a short horse in a long race. If they are determined individuals it creates a positive impact on the people around them, and they attract good things." She added, "It doesn't matter what language you speak. If you are able to convey correctly and politely then you are a person of great discipline."

We further asked her whether there was ever a turning point in her life that truly influenced her future. She was lost in her thoughts for a second and with careful consideration replied, "Yes! Something did happen in my personal life that changed my perspective on my life and made me more driven. It really helped me prioritize my professional life above all other things."

Continuing the flow of the conversation on her own, Dr. Erum related her own struggles to her wishes for her current student.

"I want my students to be at the same place where I am. As a leader I want to produce more learned individuals. It would be a very proud moment for me to see my students thriving and working in many diverse fields. I myself never faced failure as a student. I was always second, and never regretted that at all. Because as a student, I was studying alongside my own teachers that had taken my viva's during my Bachelor's. Topping in a class I shared with my teachers was more than enough for me."

As two young women ourselves with lots to look up to, we asked her about her own inspirations.

"My sole inspiration was Dr Sumera Imran Khan the Principal of Ziauddin. I wanted to be just like, a woman of discipline and principle, along with that recklessness I saw in myself too!"

Encouraging her to continue, we mentioned how she herself is in a point in her life where she is also a role model to many. We asked her how she manages that responsibility.

"I work hard to create spaces for women in every avenue. I'll tell you a story of my own life. Back in 2019, there were no female sports trainers in Pakistan. A team from Sports Medicine Australia had come and where looking for someone to represent them. I was one of the only two girls amongst the many male candidates, and after excruciating hard work I surpassed everyone and gained the title of Master Trainer. Even then I faced many adversities as a woman, and after all I have gone through I am very grateful to hold that privilege. Today there are many female sports trainers, and it brings me joy to know that the traditions of male dominated spaces in sports are finally breaking and making space for the many capable women."

She ended the session with her deep words that struck us straight in our hearts, as we related with each and every thing she said.

"I want women to be strong and independent, and to let go of their own hesitance and internal gender phobia. I recognize that in our society women have many restrictions. That is why I have always been fascinated by men and the abundant freedom they have. I want to feel that same freedom."

*Shariya Sheikh, Kiran Konain
Class of 2024, 2025*



A Conversation with Dr. Vinod Kumar



Dr. Vinod Kumar did his BSPT from JMPC, and his P.P.D.P.T from Isra University. That was followed by M.Phil in Sports Medicine and Manipulative Physiotherapy from Isra University, and he is now currently working on his Phd from Ziauddin University. He started his teaching career in 2010 at Isra University as a Senior Lecturer and Assistant Professor. He joined UCPT in 2021 where he now works as a Vice Principal and Associate Professor.

As constant students of Dr. Vinod's, Minhal and I settled ourselves comfortably onto the bed in the Kinesiology lab and greeted our sir with an air of relief around us. Dr. Vinod grabbed my notebook from my hands with a twinkle in his eye, and commandeered the interview before I even got a chance to introduce the concept.

He read off the questions, the first one in the list being about a lesson he learnt as a teacher. Slightly smiling to himself, he retreated into his seat and began answering.

"The most important lesson I learnt was about students. You can never judge a student. I have seen students who at first, I never thought would amount to anything, but at the end of the year during graduation had become my most favourite and most successful students. The opposite has also happened. There are students who have come in with very good percentages and IQ, but by the time they reached their graduation, they lost the fruits of the efforts they put in the beginning as they were unable to maintain it. So as a teacher, the biggest lesson for me is to never judge a student, as they might turn a complete 360 on their personality and aims at any time."

He added, "Grades will never define a student's career. I have seen students that remained in the top 10 of their respective classes, but by the time they came to their practical fields they weren't able to have an impact."

"I have also seen students that weren't part of top 10" he joked, "In fact, they did come in the 10, but from the bottom, who are now very successful."

Following that answer, we asked him what he thinks is the most difficult part of being a teacher..

"My way of teaching is that I always incorporate a light and comedic atmosphere in my lectures that are otherwise difficult. The most problematic task for me is that my jokes never offend a student's moral values or hurt them, whether it is fifty students in attendance or just five. And another thing I find difficult is bringing the non-interactive students towards participation in class and involvement in their studies. I always ask myself, what can I do to bring them forward?"

Brimming with curiosity for his answer, we asked our long time professor how he measures intelligence. His reply brought us great insight into his mindset.

"I don't believe in one concrete method of measuring intelligence as they change from time to time. You may have heard stories of young children whose IQ's are higher than Einstein. The thing that matters the most is resources. In my opinion, no one can surpass Einstein's IQ because his was measured during a time where resources were scarce. Today you many resources in your arsenal that you can use to study and learn, and then after that challenge the knowledge. So with those resources, your IQ should be high. And if it isn't, that's worrying. From a personal point of view, the students that participate and absorb the knowledge I give properly, even if they are unable to communicate that right away are intelligent to me. As the students that take an interest in class are ones that will go very far in life. Though again this is subjective observation. There may be students who do not enjoy my subject, but are very bright in others. Therefore I do not believe that intelligence can ever be measured."

Next we asked him to share his opinions on what he likes the most and likes the least about the physical therapy field.

"The thing I love the most, is no matter how many protocols you've studied, every patient will always be its own case. Take 10 patients that came with the same disease, have the same gender, are the same age, and apply the same treatment for all. There will be a different result for each patient, and you have to manipulate your technique according to the particularity of your patient's case. To me this is challenging, but I also enjoy it. You get to learn new things every time. The thing I like the least is something that doesn't have a demand in our field, which is students doing internships during their student life. In 3rd year of 4th year, where you have your main subject's Therapeutic Exercises and Manual Therapy, students leave those to go work as interns in clinics instead. This stunts their theoretical knowledge. Because of this, students get stuck in one place. They are unable to progress in their studies, as theoretical and practical knowledge are equally important. Practical knowledge you gain your whole life by experiencing the clinical world. But theoretical knowledge has a limited time frame. It is very rare for a student to pick up their books and revise their knowledge after graduation. The books usually stay in the shelves."

Concluding the conversation, Minhal and I asked Dr. Vinod if he ever had the chance to re-choose his career, what path he would take. His reply was prompt, as it came to him easily.

"I currently work as a teacher, and I am a teacher only because I love this profession. I had started teaching from a very young age, and if I were given the opportunity to choose again I would still go for teaching. Maybe in another world, I would've been an engineering teacher, or an MBBS teacher because I enjoy teaching practical subjects. So, yes I would choose being a teacher again. I started my career as a lecturer in 2010, and now it is 2023 and I have now become a Vice Principal."

His lasting words left us with a feeling of great assuredness in the steadfastness of our professor. As students experiencing the turbulence of our twenties, the finality in his answer eased some of the worries in our minds.

**Kiran Konain, Minhal Rafiq
Batch #3**



My Journey Through Medical School



8th Feb 2019 was the day I entered the college premises as a first year DPT student, excited that I was finally starting the journey that I had worked so hard for. I had high hopes in myself, my teachers and the institute I had enrolled in. In the moment, I felt like I could conquer the world. After all, how hard could this journey be? Little did I know that surviving five years of medical school is a challenge that not only requires hard work and dedication but also a strong support system. Here are some tips and tricks which helped me through my journey.

The journey of becoming a doctor is filled with long hours of studying, gruelling exams, and hands-on experience in the clinical setting. As someone who is currently in my 5th year of medical school and has been through my fair share of highs and lows, I can attest to the difficulties and obstacles that come with this path. However, with determination and the right approach, it is possible to overcome these challenges and succeed in your goals.

One of the many things I learnt from this experience is to maintain a positive attitude. There will be times when you will feel like the walls are closing in on you, and there is no possible way out for you. You must always remember that it is just your mind playing tricks on you, and there is always a solution for every problem. Of course, this is easier said than done as the workload can be overwhelming at times, you will be having your CATs, tons of assignments pending, a presentation to deliver and above all a dramatic situation among your friends. However, it is important to remember why you chose this path in the first place and to focus on the end goal. Learn to prioritise and do important tasks first. This will help you stay motivated and keep your eye on the prize, even when the road ahead seems difficult.

Remembering my first day in the institution, there was a heavy sense of dread that had settled in my bones. After spending years with the same friends, the sudden new environment and the people that came with it were terrifying to behold. This leads me to another important aspect of surviving medical school which is developing a strong support system. This can come in many forms, including family, friends, classmates, seniors and teachers. I remember during my first week how I tried to blend in with rest of the students. Everyone was very warm and friendly, making me feel welcomed and putting my mind at ease. Trust me when I say this, having the right group of friends around yourself can make dealing with things so much easier. It is important to reach out to your friends, seniors and teachers for help and support when needed, as they can provide much-needed encouragement and a listening ear when times get tough.

Effective time management is another critical aspect of going through medical school. With the large workload and long hours, it is essential to prioritize and manage your time efficiently. This can involve creating a schedule and sticking to it, as well as taking regular breaks to recharge and refresh. Additionally, it is important to focus on self-care and to make time for activities that bring you joy, such as exercise, hobbies, or spending time with friends and family. Personally, I learned time management the hard way! With patience and perseverance, I was able to take one step at a time and reach my goals.

One of the biggest challenges of medical school is mastering the vast amount of information that is required. As a first-year student, I was very eager to dive right into my anatomy and physiology books and start all my reading from day one but we all know it's not that easy to take all the information in at once. To succeed, it is important to find an effective studying method that works for you, and to stay organized. This can involve creating study guides, utilizing flashcards, and reviewing notes regularly. You can also seek out additional resources, such as tutors or study groups, if needed. Remember, everyone brings something unique to the table.

Finally, gaining hands-on experience in the clinical setting is an essential aspect of medical school. This provides a real-world application of the knowledge and skills learned in the classroom, and helps to prepare you for the challenges of working as a physical therapist. Also, it provides an opportunity to work with patients and healthcare professionals, and to gain a better understanding of the medical field and the impact that you can have as a physical therapist. However, I realised that in order to look after my patients, I had to look after myself and maintain my own wellbeing first.

In conclusion, being a medical student has been an incredibly rewarding journey. Surviving five years of medical school is a significant accomplishment and requires hard work, dedication, and a strong support system. By maintaining a positive attitude, developing a support network, practicing effective time management, mastering the required information, and gaining hands-on experience, it is possible to overcome the challenges and succeed in your goals. The journey may be difficult, but the reward of becoming a doctor and making a difference in people's lives is worth it. As I reminisce about my memories of all these years, I'd like to thank all my teachers, friends and everyone else for all their support in helping me get this far. Hopefully, I'll continue to grow as a doctor and as a human.

To whoever reading this, I impart the best of luck for your future endeavours! :)

**Syeda Fatima Sughra
Batch #1**

UCPT CHRONICLES

My name is Arsal, and I hold the pleasure of being a 5th year student of United College of Physical Therapy. My past four years at this institution have been filled with laughter, growth, and unforgettable experiences. I'd like to share with you my journey, year by year, and the humorous moments that have made each year unique.

Year 1: The Year of the Firsts. I remember walking into United College for the first time, feeling like a fish out of water. I was nervous, excited, and completely unaware of what was to come. On the first day of anatomy class, I was introduced to the human skeleton, and it was fear at first sight. I was horrified to see rows and rows of skeletons, and I couldn't help but think, 'What have I gotten myself into?' My nerves were put to rest, however, when I met my classmates, and we bonded over our mutual fear of anatomy. Little did we know that we would soon become anatomy experts and conquer our fears with flying colours.

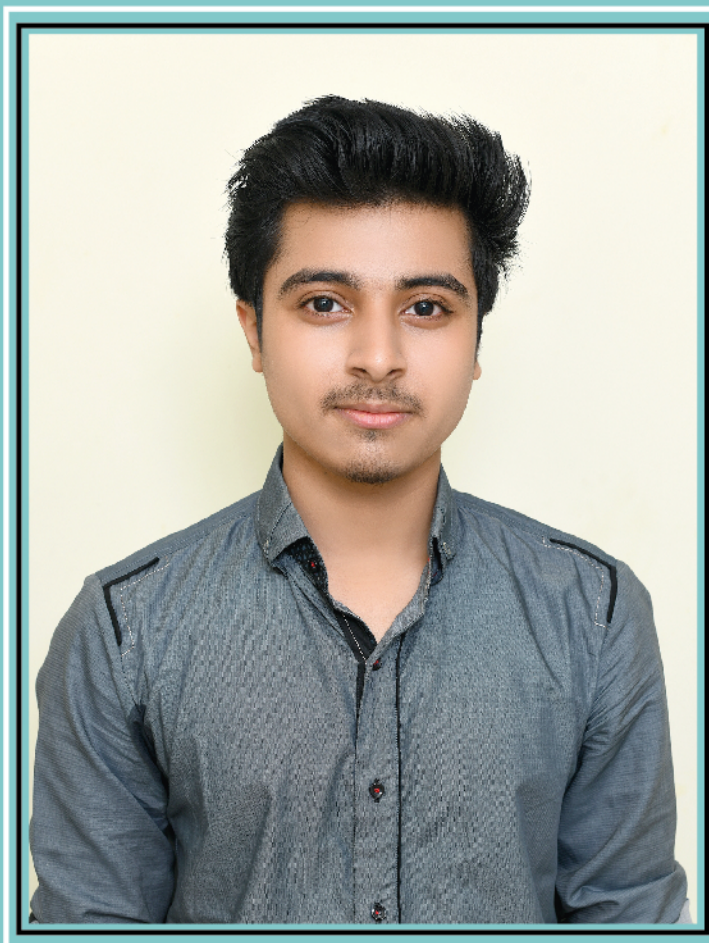
Year 2: The Practical Jokers In my second year, my classmates and I had become quite comfortable with each other, and our playful personalities had emerged. One day, during a particularly boring lecture, one of my classmates snuck up behind me and tickled my neck. I had jumped out of my seat with a shout, serving much amusement to the entire class. From that day on, our lecture halls were filled with giggles and practical jokes, and we even dubbed ourselves "The Practical Jokers."

Year 3: The Year of Adventures, Year 3 at United College was filled with adventures and new challenges. One of my favourite memories was when my classmates and I took a field trip to a local rehabilitation center. Our goal was to learn about the different types of rehabilitation equipment and how to properly use them. Little did we know that we were in for a wild ride. As we were demonstrating the equipment, one of my classmates got stuck in a standing frame and we had to use all of our physical therapy knowledge to get him out. It was a hilarious and embarrassing moment, but it taught us the importance of being prepared for anything in the world of physical therapy.

Year 4: the best thing of this year was the World Physical Therapy Day, where we were given the opportunity to showcase our talents in a wide variety of projects. I must admit, I was a bit nervous, but my classmates encouraged me to participate. I ended up earning the first prize and I never knew the hidden talent inside of me of being so creative.

In conclusion, my four years at United College of Physical Therapy were filled with laughter, growth, and unforgettable experiences. I am grateful for the education I received and the memories I made. United College is not just a college, but a family, and I am proud to be a part of it. I am confident that my experience at United College has and will continue to prepare me for a successful career in physical therapy, and with the Grace of Allah Almighty I look forward to making a difference in the lives of my patients in the future.

**Arsal Mushtaq
Class of 2023**



A Conversation with Patient (Ms. Arfa)

Ms. Arfa arrived in the Physical Therapy O.P.D with an unsteady gait and determined eyes. She was followed by two women, who had their arms constantly at the ready to catch her lest she fall. But Ms. Arfa walked assuredly, even with a wobble in her step. We introduced ourselves, Minhal Rafiq and myself Kiran Konain and told her we were here to ask a few questions about her journey to recovery. She sat with her back straight and palms clasped; a posture signifying full control. Though her voice trembled in a whisper, the only indicator of her nervousness.

She began as such,

"Before my delivery I was unable to walk properly. Though I had a normal delivery, the doctors did a 'small operation' (an episiotomy for the readers that may be confused). They gave me an injection, and operated on me for three long hours."

She spoke with the fervor of someone reliving a pain- with her short disjointed sentences, and wanting to get it over with as quickly as possible.

"Some people say it happened because of the injection, some people say it just happened randomly. It was very very painful. After the operation my legs weren't working at all. It completely felt like my legs didn't exist at all. Then I was admitted to a clinic, and there I walked using a walker. They took the walker from me soon after and told me to walk on my own. I did as they asked, I started walking on my own and suddenly my knees folded and I fell to the ground. It was such a bad fall, that so many doctors gathered around me while I was lying on the floor but were still unable to lift me up. And from there I was completely on the stretcher. Not even the wheelchair, but the stretcher. I was told to get my physiotherapy done then. So we came here."

Her voice held a note of reverence from here onwards,

"I came here on a wheelchair, and now with the grace of Allah, after a month and half of extreme hard work I am now able to walk by myself."

Her voice slowly gained in timber, a confidence in her tone now ever-present. "A thousand and a million thanks to Allah."

She continued. "The most difficult part of the physical therapy were the stretching exercises as they were very painful. I am so grateful to Dr. Maryam, she really supported me through it all. My main goal for now is to be able to sit on the ground. I can sit on a sofa or chair, but sitting on the ground is still very difficult for me. Though when I look back on how I was two months ago, a task like that seems little in comparison."

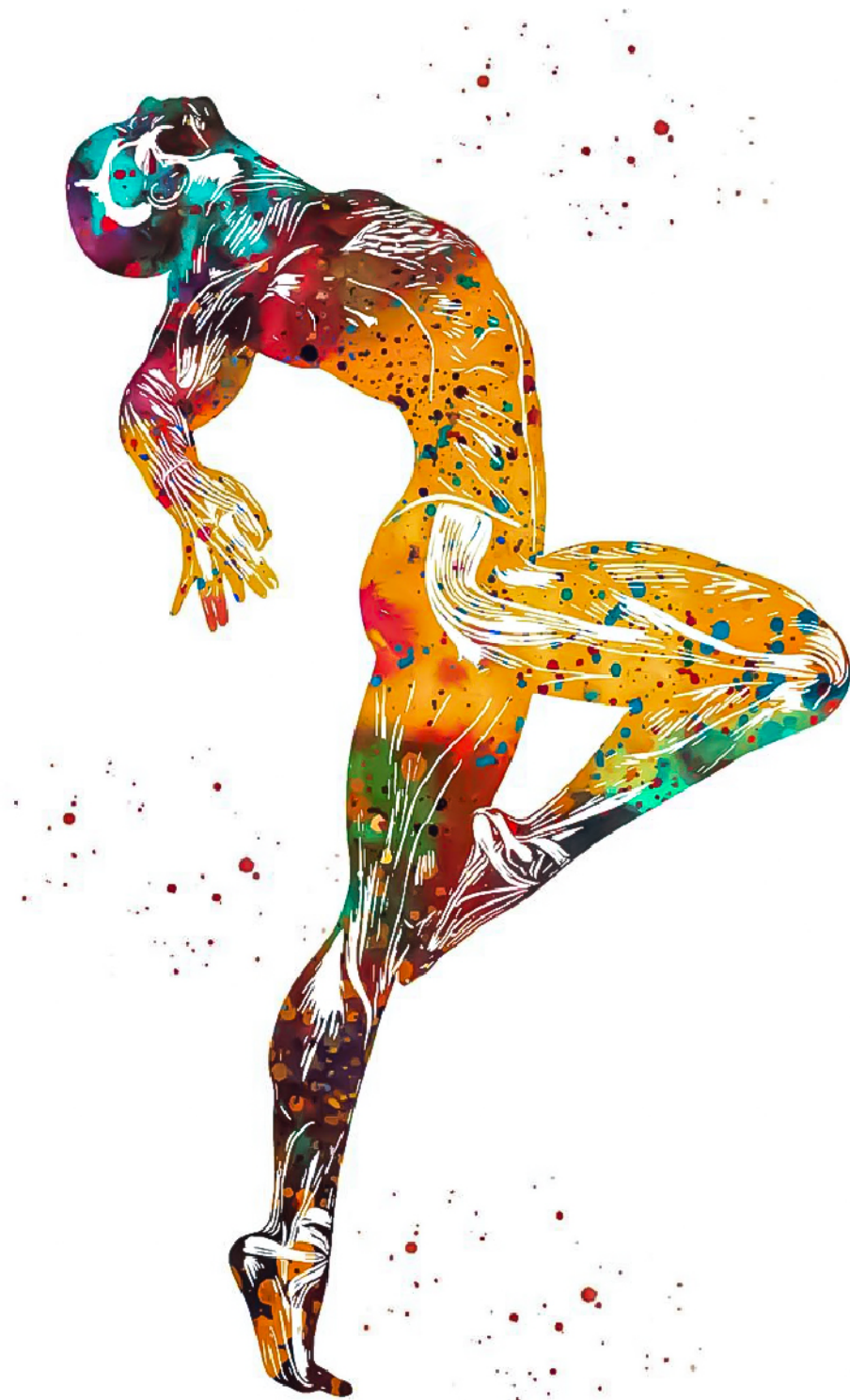
With a gentle tone, Minhal asked her about how her mental health was affected by her injury, and in reply Ms. Arfa slowly collapsed into tears. Her otherwise straight back slumped, and she covered her teary face with her hands. Within seconds, she raised herself again and took a deep breath and answered our question. It was the purest show of strength we had ever seen.

"Regarding my mental health, my sister in law, my mother, and my sister's really helped me. My hands and feet were both completely unable to work. I couldn't even hold my child in my own arms. He is four months old now. I was completely restricted to the bed." Her voice slightly trembling, she continued, "Even for the bathroom. Now thanks to Allah, it is a lot better. I had really lost all hope that there might be a future where I may be able to walk again, or hold my son in my arms and care for him like I've seen all other mothers do. I am so very grateful to the doctors and to my family for the support they have shown me. Without them, I wouldn't be where I am today."

We believe, Ms. Arfa, that your ardent wish for recovery and your great strength played a major role in your rehabilitation as well. And for that we are immensely proud of you.

**Kiran Konain, Minhal Rafiq
Class of 2025**





LA SCIENTIA

Prosthetics and the Future of Rehabilitation

In the world of physical therapy to rehabilitate means to return an individual to his former, healthier self. To achieve this many tools are used which help enable the human body progress back into its original state, one such tool is a prosthesis. The future of physical rehabilitation relies heavily on the advancements of technology, over a 1000 years ago it was considered unimaginable for people who were caught in tragedies and had lost the ability to move their limbs to still act as a functional member of society, however nowadays, the field of prosthetics fills this gap in the rehabilitation process.

Currently prosthetics are designed with a human's anatomy in mind, this is because the purpose is not to enhance an individual's motoric function, but to simply restore them to how a normal body would look and feel and allow them to gain the most independence possible. The present climate of technology allows prosthetics to work as a normal limb would, but why stop there?

Humans have been trying for decades now to enhance the anatomical form and the progress is showing, Bionics or biologically inspired engineering uses prosthetics as a base for further enhancements to help aid patients in their daily lives, this can range from something as small as a hearing aid to entire bionic arms or legs. Globally there are 1 million new cases of amputation every year, this translates to one amputation every 30 seconds, given this

tremendous requirement of artificial limbs, the cost can become quite pricey, ranging from anywhere between \$5,000 to \$50,000. Aside from this maintenance due to wear and tear over a period of 4 to 5 years is required, after which they must be replaced. The future of prosthetics must focus on a manufacturing process which considers both the cost of production and the heavy demand if we are to allow the maximum amount of people to be rehabilitated.

The integration of A.I into prosthetics is also a major game changer, the algorithm present in the A.I allows the interpretation of nerve signals from the muscles of the amputee to better control and respond to stimulus.

Regenerative peripheral nerve interface (RNPI) is a technique that works on all types of amputations, this involves a surgeon taking a muscle and wrapping it around an amputated nerve ending to produce improved stimuli for the algorithm in the A.I of the prosthetic to pick up. Although the signals are currently weak and require Intramuscular Electromyography (iEMG) which are expensive pieces of technology that are presently not readily available, however the future is bright, these insufficiencies may change in the next decade or so.

In conclusion, the implementation of prosthetics into the recovery process and allowing an individual to not become accustomed to his lack of mobility, but help him with external technology to regain his/her lifestyle pre-amputation is going to be the future of rehabilitation in the field of physical therapy.

*Syed Rohain Danish
Class of 2025*

The Perils of Homework on Your Back!

Common Postural Dysfunctions in Students

It's not uncommon to end a daily Zoom online class without a raging headache pounding on your skull. Neither is it uncommon to hear your mother say, 'It's all that phones fault!' Well, I'm here to tell you that she's not entirely wrong. It is the phones fault, or more specifically the way we bend ourselves almost backwards to view the content on said phone. Lest it be a laptop, a notebook, or a phone; a student's posture is always in need of immediate correction.

But what exactly is posture? It can be loosely defined as the way we look in the different positions of our body.

Fault in posture occurs due to deviation of spine after prolonged muscle and joint imbalance. It leads to abnormalities in the spinal column, lower extremities, and the thorax (Milenković 2007), along with cardio-respiratory issues (Patel 2016) if left untreated for too long. Additionally, debilitating pain in head, neck, and shoulder region is observed (Feldman 2001; Adams 2009; Barrey 2013). Such symptoms are detected, to name a few. It's not entirely the students fault, with the rise of COVID-19 and lack of facilitated learning spaces, home learning has permitted students a laxity wherein taking a class sprawled on the bed is entirely acceptable. Such unmonitored behavior can lead to a number of postural dysfunctions.

The most commonly found conditions in students are kyphosis, lordosis, kypho-lordosis, and flat back; as per research done by Kosinac in 2008 and Stoliński, Tyrakowski, Kozinoga, and Kotwicki in 2018. In fact, the aforementioned dysfunctions not only manifest themselves physiologically and pathologically, but also concern the visual aesthetics of a person. Thus, they are closely connected with matters of self-esteem and mental wellness.

Do not lose all hope, though! These are curable conditions, but require a mindfulness and dexterity like no other. It is always best to consult a professional physiotherapist to concur the lengths of the damage, and devise a plan of care that is suitable for both patient and doctor.

Psychological awareness is also very important, as you may leave the doctor's office feeling relieved of pain but easily return back to the damaging habits at home. It is hence, important to assess and improve our working conditions.

Taking breaks in between work, stretching and exercising regularly, improving our diet, and introducing PT-approved tools and amenities into our lifestyle are all ways we can progress towards a healthier and more stable way of living.

From the student writing to the student reading, I sympathize with you. Such unconscious habits are hard to break, but it must be understood that if not corrected now, they will serve to become irremediable complications for future you. Exercise vigilance for your health, and most definitely read this article sitting straight!

Kiran Konain
Class of 2025

Self-Management of Hypertension

If you have hypertension, or know someone that has hypertension then there must be a number of thoughts and queries in your mind, and you also marvel at the thought of the future.

Remember that hypertension or high blood pressure isn't an illness in itself. It is crucial to create some changes to your lifestyle as one should try to control the cardiovascular (CV) risk factors, with the aid of the medications that are required to reduce blood pressure level. Making changes in your lifestyle will considerably scale back high pressure level in the patients.

In particular, by taking the following measures;

- Stop smoking
- Control your weight
- Eat healthy diet
- Control polygenic diseases and cholesterol levels
- Stay physically active
- Reduce stress
- Reduce salt intake in your diet
- Avoid recreational drugs and alcohol

By partaking in such lifestyle changes, there will be a significant effect on the patient's blood pressure level. These changes will also help reduce the dependency for medications in some patients. There is also a magnanimous role of daily exercises in the maintenance of high blood pressure. Importance is given to exercise regimes that keep you moving (dynamic) and allow plenty of air in (aerobic). Examples of these are brisk walking, swimming, cycling, or even dancing!

You must avoid any type of exercise that involves staying in one place and straining to raise or move something, like in weight lifting. These are known as static exercises. They put strain on your heart and can raise your blood pressure level. Alternatively, even if your high pressure level is controlled by medication you must first discuss with your doctor before participating in any 'extreme' sports like skydiving, or motor racing. If you're unsure whether or not your sport is safe or is classified as 'extreme sport', then consult with your doctor. Controlling hypertension may reduce the danger of several heart conditions and strokes.

With the help of modern technology, patients can measure their own blood pressure at home by using a sphygmomanometer and having someone at home monitor their blood pressure levels daily. Now the self-management of hypertension is feasible for individuals of all ages. Health-related apps offer a good manner of supporting high blood pressure self-management. Therein comes the necessity for patients and healthcare professionals to learn about the effectiveness of those apps and therefore the levels of privacy and security that they fulfill.

The truth is that there is widespread accessibility along with convenience in the form of smartphone apps that have variety of functions that will support the self-management of high blood pressure. But out of all the ones that are available, few are truly effective. Several apps lack security measures and don't offer any proof of their effectiveness and value which compromises their reliability.

To conclude, it is imperative for the self-management of hypertension to adopt dynamic physical activity in your lifestyle, along with suitable changes in diet and leisure and regularity in taking the prescribed medications. If one is using any application to aid in their routine for self-management, they must first research the reliability of the app before use, as it is too easy nowadays to get scammed. For a condition as serious as hypertension, that can lead to many more cardiovascular diseases if not managed, one should truly be careful with their daily routines and rituals. We encourage a healthy lifestyle for all patients affected by hypertension!

Tuba Salam, Syeda Amna Ahmed
Class of 2023

The World of Therapies

MANUAL THERAPY

"Don't mask your pain, treat the cause of your pain with Manual therapy."

Manual therapy (MT) has been a standard approach since the time of Hippocrates. Manual practitioners have been known as "bonesetters" in historical times. It is one of the earliest, non-invasive, long-lasting treatments. It is considered to be a method of intervening therapeutically, involving the application of movement to the body-centered to gain ROM, joint play, and modulate pain. When joint play is affected, it impairs range of motion. The word "passive movement" refers to movement that is applied to the recipient rather than movement that is generated by the recipient. However, forms of guided active movement and isometric muscle contractions are also considered to fall under the umbrella term of manual therapy. Practitioners undertaking MT will use clinical reasoning to determine the parameters, location, and objectives of the applied movement and will typically label the type of MT used, based on the tissue perceived as being targeted. The application of contact to the body to guide or evoke motion will influence skin, fascia, neural, vascular, lymphatic, myogenic, and atherogenic tissue. It is mostly used to deal with neuro-musculoskeletal conditions. When manual therapy is applied it stimulates mechanoreceptors which consequently decreases pain and moves the synovial fluid across the joint, which in turn increases nutrients in that area, improves the mobility of hypomobile joints, and maintains extensibility and tensile strength of articular tissues.



MASSAGE THERAPY

Massage may be amongst the oldest healing traditions. Several historic cultures including the ancient Greeks, Egyptians, Chinese and Indians were convinced of the therapeutic properties of massage and used it to treat a range of ailments. Massage medical care (including myotherapy) is the practice of kneading or manipulating a person's muscles and alternative soft-tissue so as to enhance their success in health. It is a kind of manual medical care that features holding, moving, and applying pressure to the muscles, tendons, ligaments and connective tissue. The term 'massage therapy' is employed to explain a type of technique during which pressure of a certain intensity is applied.

Massage and myotherapy have been shown to be useful in the treatment of;

- Sub-acute or chronic low back pain
- Delayed onset muscle soreness (DOMS)
- Anxiety or stress
- Soft tissue injuries
- Hypertension
- Insomnia



One of the immediate advantages of massage could be a feeling of deep relaxation and calm. This happens as a result of the massage prompting the discharge of endorphins (neurotransmitters) that turn on the feeling of accomplishment and relaxation. Levels of stress hormones, like adrenaline and hydrocortisone are also reduced. It also allows reduced muscle tension along with improved circulation and the stimulation of the vascular system. Additionally, it increases joint quality and adaptability and allows improved recovery of soft tissue injuries a further benefit of massage therapy is that it heightens mental alertness and reduces anxiety and depression.

During application, typically massage practitioners use either oil or talcum to permit their hands to slide over somebody's skin. Sometimes, a sheet or skinny piece of fabric can be used for an equivalent impact. Different types of massage might include;

- Myotherapy
- Therapeutic – conjointly called 'Western' or 'Swedish' massage.
- Lymphatic drain
- Aromatherapy
- Reflexology
- Shiatsu
- Sports massage

There are some instances where massage and myotherapy might not be counseled, or a physician or specialist referral ought to be obtained, together with (but not restricted to):

- During gestation
- If person has skin rashes, cuts or infections
- If person has any fractures or broken bones are suspected
- If person includes a life threatening health problem.

MANUAL THERAPY

The concept of "hydrotherapy" refers to the use of water as a type of therapy in any form. For medical purposes, it can be used to treat acute skin issues like burns and septic ulcers, as well as chronic health concerns like arthritis and fibromyalgia. In scientific research, hydrotherapy has been proven to increase strength and general fitness in persons with various forms of arthritis. The exercises are easily modifiable to one's specific needs. Hydrotherapy has numerous capabilities that enable water to cure; it can store and transport heat and energy, as well as dissolve other substances such as minerals and salts. The temperature of the water relaxes your muscles and relieves joint pain, helping you to work out more effectively. The weight of your body is supported by the water, which helps to reduce discomfort and promote joint's range of motion. Water can also be utilized to offer resistance to your joints while you move them. Hydrotherapy as part of your physiotherapy treatment can provide a number of advantages including;

- Pain relief
- Quicker recovery from surgery
- Re-education and encouragement of normal movement
- Allows those who are unable to bear weight out of the water to perform weight-lifting tasks
- Supports affected individuals to stand (due to the buoyancy effect of water)
- Enhance walking technique
- Enhance aerobic fitness levels
- Enhance balance and coordination
- Strengthening of weak muscles



Mehak Sawlani, Syeda Amna Ahmad, Habiba Class of 2023

R.I.C.E Versus M.E.A.T

R.I.C.E method has been a frequent method of therapy against acute soft tissue injuries or bone injuries since 1978. Many people in their regular daily life have either come across this term or seen it in action after an acute injury.

However, researchers and doctors are analyzing and reviewing the facts of the long-term and short-term effects of the R.I.C.E. protocol. They are discovering that this might not be the best way to cure serious injuries. The usage of this protocol may prolong the negative effects of acute injuries. On the other hand, new therapy modalities and protocols, such as the M.E.A.T protocol are gaining popularity in terms of delivering excellent treatment, and are considerably more successful and superior alternatives.

R.I.C.E METHOD

- Rest
- Ice
- Compression
- Elevation

Remember when you used to play football and injure yourself while doing so?

Remember how your nurse had to elevate your ankle and then wrap it in an ice pack that day? It is a standard reaction, the R.I.C.E protocol.

R.I.C.E. is a method for decreasing the redness, swelling, and inflammation that arises after an acute injury. Depending on the degree of swelling, it may also dull the discomfort at the damaged spot. But the dilemma that rises is that inflammation is an increase in blood flow as a response to an injury as a method of healing, so why do we try to stop it? And if not R.I.C.E, then what other alternative can we employ for use?

M.E.A.T METHOD

M.E.A.T METHOD:

That is when the M.E.A.T protocol comes in handy. The acronym M.E.A.T stands for

- Movements
- Exercises
- Analgesics
- Treatments

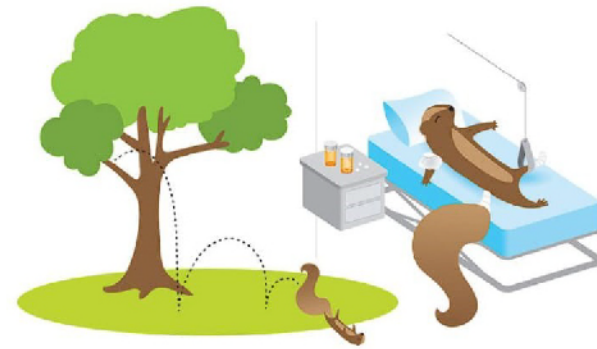
This protocol aims to increase the blood flow to the injured or inflamed area to fasten up the healing process while also improving the range of motion and preventing instability.

Let us provide an extensive breakdown of the M.E.A.T method, starting with:

MOVEMENT: The first element of this procedure instructs that the inflamed or damaged region should be moved as quickly as feasible (without exceeding the pain tolerance limit, of course). A slight amount of stress applied to the ligament will aid in the efficient development of the new tissue.

EXERCISE: As the discomfort begins to subside, we proceed to the next stage, which is exercise. In this stage, mobility improves by performing correct exercises within the range of tolerance. Along with the elimination of cell debris, it enhances the healing process by increasing circulation around the injured area.

ANALGESICS: The third principle of M.E.A.T aims to control the pain during the healing process by nutritional advice, herbal recommendations, and natural remedies to reduce the pain.



NATURE DOES NOT USE R.I.C.E.

TREATMENT: The final step of the M.E.A.T protocol focuses on the treatment by carrying out early therapies that are either passive or manual in nature. These are performed by working with a physical therapist or any other trained specialist, along with constructing a long-term plan according to patient needs.

WHY M.E.A.T OVER R.I.C.E?

R.I.C.E method is a true and tested mode of treatment in Pakistan. But now, we are seeing recent researches and systematic reviews that are contrary to that view. According to the one published by Van den Bekerom in the Journal of Athletic Training in 2012, the R.I.C.E protocol for healing injuries is detrimental to the healing process. However, there is a plethora of evidence to support the claim that exercise and gentle movement (which are the first things in the M.E.A.T protocol) are way more helpful in expedite recovery, preventing instability in the joint, and improving the range of motion.

Arsal Mushtaq, Mehwish Ahmed
Class of 2023

Myth Busting: Covid-19 Vaccine

With the imminent return of the ever-feared Covid-19, it is essential to learn the facts about the vaccines and stay educated about the pandemic and all matters regarding it.

Myth no. 1: The vaccines aren't safe because they were developed rapidly.

The COVID-19 vaccines themselves have developed quickly, however the clinical trials that examined the safety and efficacy of the vaccine were conducted in the proper method. Researchers state that "Safety wasn't compromised in any manner. It was the era of the 80's when scientists took so long while performing tasks, however due to scientific advances we have remodeled, as we have realized that the viruses are spreading so quickly."

Myth no.2: Immuno-deficient patients shouldn't get vaccinated.

Immuno-deficient patients should definitely get vaccinated. The vaccine won't hurt you since it doesn't contain a live virus. Immuno-deficient people should get protection from COVID-19, but you can talk to your doctor if you have any specific concerns.

Myth no. 3: The COVID-19 vaccines can alter DNA.

Vaccines like Pfizer or Moderna produce their effects by using messenger RNA, therefore it can be concluded that this is where the rumor stems from. In fact, mRNA primarily provides our cells the blueprints for the factories which will build the macromolecule to save us from COVID-19. As a result of this mode of action, some individuals fear that mRNA can cause the virus to travel into the DNA and alter it; but fear not it doesn't even come in the nucleus of the cell where the DNA is found.

Myth no. 4: If a female gets vaccinated, it could make her infertile.

A common myth where people think that the vaccines might cause infertility, but it must be known that there is no clinical or theoretical proof that can support that statement. On the contrary, we all know that pregnant ladies with COVID-19 infections are more prone to miscarriage or premature labour, which provides an additional reason to get vaccinated as soon as possible.

Myth no. 5: A vaccinated person doesn't need to wear masks or practice social distancing.

It is important to know that a vaccinated person most definitely still has to wear masks and maintain social distancing protocols. How do you know that the people around you are vaccinated or not? Even then, no vaccine is a 100% effective. In fact, effectiveness of 95% is considered as a high percentage, still leaving a 5% chance of no protection. It is imperative to wear your masks and practice correct protocol so that one day we may see a day where we are free of this disease that plagues our world.

Rabel
Class of 2023

Physical Therapy Myths vs Facts

MYTHS	vs.	FACTS
Physical therapy is only for people who have had surgery or suffered a serious injury.		Physical therapy is not just for post-surgery or serious injury cases. It can be beneficial for a wide range of conditions, such as chronic pain, arthritis, muscle fatigue, and sports injuries, to name a few.
Physical therapy is painful and uncomfortable.		Physical therapy is designed to help alleviate pain & discomfort, not cause it. While some types of therapy may cause mild discomfort or soreness, PTs are skilled to modify treatment plans to ensure that they are comfortable.
Physical therapy is too expensive.		The cost of physical therapy varies depending on factors such as the type of therapy and location. However, many insurance plans cover physical therapy, and there are also government-funded programs that offer low-cost or free therapy.
Physical therapy takes a long time to show results.		The amount of time it takes to see results from physical therapy depends on the individual and the condition being treated. In many cases, patients can see significant improvement in just a few sessions.
You don't need physical therapy if you can just rest and take medication.		While rest and medication can be helpful in managing pain and symptoms, they do not address the underlying issues that cause pain or impair function. Physical therapy can help address these issues and improve overall function and mobility.

Arsal Mushtaq
Class of 2023

An Introduction to Emsculpt

The universe that we live in is living proof of the fact that life is constantly progressing and evolving as time passes by. What we thought we could never achieve or think to be possible only in dreams is now a reality. As the common conception goes, we think that building up muscles, breaking down fat, and achieving a chiseled physique can only be achieved by lifting heavy weights in a gymnasium.

Now though, we are no more bounded by our dated ideas of fitness. Today the future begins.

Introducing to you all a new advancement in the department of physical fitness, a revolutionary invention called Emsculpt which will change the fitness world as we know it. Now there isn't any need to hit the gym or perform heavy cardio to burn those calories and lose wobbly fat of yours. Just use this non-invasive HIFEM (High Intensity Focused Electromagnetic Energy) on the spot where you want to either build up the muscle or break down the fat, and let this device do its magic. Now you all might be wondering, is it safe? Does it really work? Well, the answer to that question lies in the fact that this is the first FDA-approved device to eliminate fat cells and tone muscles. So, in short, yes! Emsculpt is exactly what you've been looking for this whole time, and I am happy to have brought it to your attention.

Mehwish Ahmed
Class of 2023

Drug for Diabetes

In 2022, the U.S Food and Drug Administration approved the Tirzepatide (C 225 H 348 N 48 O 68) injection for Type 2 Diabetes in adults to improve blood sugar level. It is 99% bound to plasma Albumin. Mounjaro is the brand name of Tirzepatide. By comparing it clinically, it is more effective than other diabetes therapies.

Patrick Archdeacon, (M.D., Associate Director of the Division of Diabetes, Lipid Disorders, and Obesity in the FDA's Center for Drug Evaluation and Research) said: "Given the challenges many patients experience in achieving their target blood sugar goals, today's approval of Mounjaro is an important advance in the treatment of type 2 diabetes."

As we know about Type 2 Diabetes, it is most common type, and in this the body cannot use or make insulin properly or normally. Due to this, glucose level remains high in the blood (Hyperglycemia). According to one of the researches, more than 30 million Americans have Type 2 Diabetes. During five clinical trials, the different dosage of Tirzepatide (5mg, 10mg and 15mg) were given either as other diabetes medicine or a stand-alone therapy. Two hormones Glucagon-like peptide-1 (GLP-1) and glucose-dependent insulin-tropic polypeptide (GIP) which control the blood sugar level, are activated by Mounjaro, which leads to improved blood sugar control. Tirzepatide is given under the skin by injection, once a week as per requirement. In deep research for dosage, it can be seen that 15mg of Mounjaro had lowering effect on the HemoglobinA1c (HbA1c) level by 1.6% more than Placebo when used as stand-alone therapy, and 1.5% more than Placebo when used in combination with a long acting insulin. There are some serious side effects of this being used long term such as stomach pain, heart burn, recurrent fever, vomiting, and swelling of the face throat or tongue, difficulty in breathing and fast heartbeat. Other side effects include sour stomach, constipation, diarrhea and belching. Furthermore, very serious allergic reactions to this drug are rare.

The key point is that, Mounjaro was not studied in those patients who has a history of Pancreatitis and not indicated for the patients with Type 1 Diabetes.

Javeria Siddiqui
Class of 2026

CPR

A Life Saver

“And whoever saves a life it is as though he had saved the lives of all mankind”

Holy Quran (5:32)

Every year, thousands of people die in accidents or by cardiac arrest. Sometimes they are fortunate enough to get to an emergency center, though it is true that many lose their lives during this life threatening journey. We do not always need doctors or paramedic staff to save lives. These days it is imperative for everyone to learn first aid and CPR so they can prevent people from losing their lives.

Not only doctors, but every human being should be able to save a life. To save a life, one should have not only have courage, but should also have the correct knowledge and technique to be of some help.

(Khan, Domeier, Honeycutt, Chu, Compton, 2006) Cardiopulmonary Resuscitation is an emergency lifesaving procedure which is supposed to be performed by any individual regardless of the profession of the person performing it. When someone collapses or is unable to breathe, an individual has to provide chest compression along with artificial breathing to revive the patient. If the CPR is performed within the first few minutes of collapsing, there are greater chances of regaining the patient and is much more beneficial for the patients' health than waiting for the help can ever be.

There are some basic steps to save a life through CPR which are essential to know before practicing CPR on someone whose death may be just around the corner!

CPR comprises of:

1. Chest compressions
2. Artificial breaths (mouth to mouth breaths)

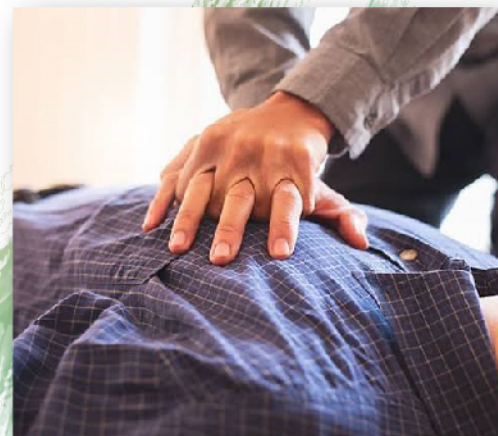
Before you start performing CPR, you should follow some steps which are crucial for the safety of the dying person and they are as follows:

1. Call for help!
2. Lay the person on his back and open the airway
3. Check his breathing/pulse
4. If he is not breathing, start CPR
5. Perform 30 chest compressions
6. Perform two rescue breaths (mouth to mouth)
7. Repeat until the help arrives or you cannot carry on with the process

These were the basic steps that a person should know to save a life.

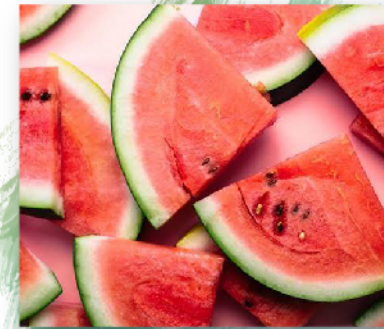
No one actually knows when it's his time or when he would need a life saver, so we all should be ready to give our best to be helpful. Remember! A person who saves a life is a hero. So, be a hero and save a life! Learn CPR and teach others as well!

Asad Shabih
Class of 2024



Fruits to Include

in your Daily Life

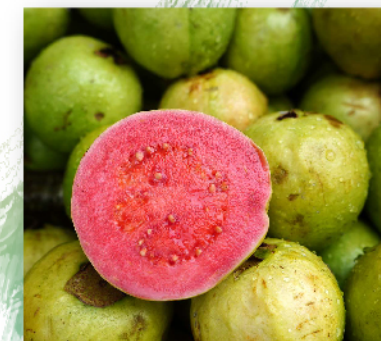


1. WATERMELON

- . It is almost 92% water. It helps you stay hydrated.
- . May improve your heart health.
- . It may help to prevent risk of cancer and diabetes as part of healthy lifestyle.
- . It has a natural pigment called beta-cryptoxanthin that may protect your joints from inflammation.
- . Vitamins A, B6 and C help your skin to stay soft, healthy and smooth.

2. KIWI'S

- . Some research has proven that eating kiwi as a pre-bedtime snack allows an easier time falling asleep.
- . It improves digestive system and may help with asthma.
- . It has vitamin C and antioxidants which boost immunity.
- . Kiwi is valuable for ocular health too.



3. GUAVA

- . It also boosts your immune system.
- . It is rich in vitamin C, potassium, fiber and fair amount of folate.
- . It may help lower blood sugar levels and improve digestive system.
- . Guava is rich in Lycopene (powerful antioxidant), that is effective in neutralizing and lowering the cancer cells in your body.

It has a low glycemic index, which prevents your blood sugar levels from rising up.

It also helps in weight loss and during pregnancy.

4. CANTALOUPE

- . Cantaloupe is rich in vitamin C, potassium and folate.
- . It has high water content almost 90%. It helps you keep hydrated.
- . It is a great source of fibers.
- . Its orange color indicates that it is a great source of beta-carotene which turns into vitamin A in the body, and supports eye health. It promotes the supply of oxygen to brain.



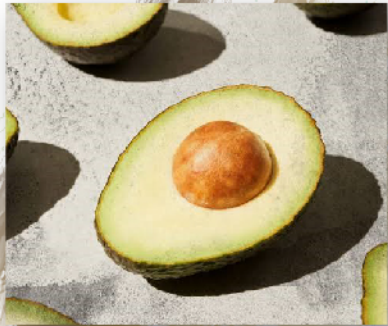


5. STRAWBERRIES

- Strawberries are rich in folate, they are effective in the formation of red blood cells.
- It has vitamin C, this gives the skin elasticity and delays the formation of wrinkles.
- It also helps to improve the lipid profile of blood by lowering LDL and triglycerides level.
- It helps in strengthening memory and weight control.

6. GRAPEFRUIT

- Grapefruit improves systolic blood pressure.
- Raw grapefruit also has a low glycemic index which means it does not raise the blood sugar level.
- Grapefruit may accelerate wound healing.
- It also improves heart health. It lowers the risk factors for heart disease such as high blood pressure and cholesterol.
- It is useful for kidney stones preventions.



7. AVOCADO

- The presence of folate in this, helps to reduce depression. It also regulates sleep and mood patterns.
- It helps healthy fetal development and reduces risk of miscarriage and neural tube defects.
- It is a powerhouse of many nutrients like, vitamins, minerals, antioxidants, and fatty acids making it is essential for skin.
- It is great for vision.

YOGA

*Javeria Nadeem
Class of 2026*

“UNITE THE BODY WITH SOUL”

Yoga for Everyone

It doesn't matter if you're the kind of person that occasionally runs and exercises, or you like to spend a lot of time on your computer screen; it is imperative for you as a student who sits in class for long periods of time to participate in yoga as it is an awesome way to relax and ultimately improve your overall performance.

The word "yoga" originates from the Sanskrit word 'yuj' which means 'UNION' of mind and body, which can be proven as it provides relaxation mentally and physically.

It also improves the flexibility and strength of our body, and plays a role in the maintenance of body systems, along with improving co-ordination and balance by providing stability and an increase in range of motion.

Furthermore, it also maintains the hormonal level, and boost up your mood by ridding you of stress so you can start your day feeling fresh and happy. You can also schedule your yoga session for the end of the day by performing some stretches at night to improve your sleep.

Poses

1) Aashtanga (Pranayama) Breathing Exercise

2) Tree Pose

Benefits: Improves balance and stability in legs, strengthens the ligaments and tendon of the feet.

3) Camel Pose

Benefits: Reduces fat on thighs, opens the chest hence improving respiration, loosens up the vertebrae, stretches and strengthens the shoulders and back, improves posture.

4) Child Pose

Benefits: Increases blood flow to your head and neck, relieves any tension in your pelvis, stretches out your ankles, opens your hips, and stimulates your digestive system.

5) Shoulder Stand Pose

Benefits: It is calming and it quietens the nervous system, the thyroid and para-thyroid are nourished with blood, it reduces fatigue and can help you to improve your sleep, stretches the shoulders and neck.



*Muhammad Ishfaque Khatri
Class of 2025*

Physical Benefits of Prayer

This article discusses the physical benefits of Islamic prayer for the human body. While reciting a specific supplication, the worshiper must move through a variety of body positions during the act of prayer. Salah requires standing, bowing, and sitting in succession, all of which are forms of physical activity. Different parts of the body move in different ways during each position. Some muscles contract isometrically, or to the same length, while others contract approximately or isotonicly, or to the same tension.

The prayers' are movements that would make muscles stronger and more flexible overall. This encourages health and well-being through moderate exercise, particularly for the large muscle group. Physical activity not only provides excellent exercise, but it also breaks up the monotony of chores.

Salah, which means 'Muslim Ritual' or 'Islamic prayer' in Arabic, is a spiritual practice that Muslims must engage in at least five times a day. The spiritual significance of Salah is the subject of a great deal of discussion. However, the physical significance is frequently overlooked. This article examines Muslim prayer practices. The information presented in this article will assist the health or fitness professional in determining the significance of the Prayer positions and may make it easier for them to prescribe an individualized exercise plan for Muslims with special medical needs. These simple positions are suitable for non-Muslims who do not practice prayer.

Comparisons have also been drawn from Yoga exercise postures for ease of understanding.

Salah Postures

Prayers are performed with a variety of postures and movements. There are a certain number of Rak'ah, each of which consists of 7-9 postures.

For each prayer, the posture sequence is fixed and repeated several times.

Takbir (standing): Takbir, a standing position, is the first step in Salah; the individual raises his hands to the level of his ears at the beginning.

Qayyam (standing): Second Position: Bringing the hands down to the waist and relaxing the shoulders will help you breathe more easily. Between the calcaneus and the distal end of the metatarsal bones, the body weight is evenly distributed on both feet when standing.

Ruku (bowing): Bending over with hands on knees and back straight for a few seconds before rising back into an upright position. The forward-bending Rukuh position is best for a person's lower vertebrae because it relaxes the lower back, relieves hip pain, knee pain, ankle pain, and toe pain, and it keeps your shoulders, elbow, wrist, knees, and ankles flexible.

Sajdah (prostration): In the prostration known as Sajdah or Sujud, the individual kneels and places his or her hands and forehead on the ground. Seven body parts continue to touch the floor. The perineal muscles actively contract as you rise from Prostration, pulling the trunk back to the sitting position. In a similar vein, when standing up from Prostration, the cervical muscles are once more actively engaged, strengthening the muscles that are associated with the male reproductive system.

Jalsa/Tashahhud (sitting): The toes are extended, the knees and hips are locked, and the muscles at the front of the ankle and foot are stretched. Good posture will help strengthen the core muscles in the lower back.

Salam: The head is turned to the right and left in Salah at the end. Salam is a great exercise for the neck and upper vertebrae. The head moves around the cervical vertebra in a rotational motion. While stretching the trapezius muscles, this also increases the neck's range of motion.

Salah is a perfect harmony and balance of continuous, gentle muscle contraction and relaxation. It includes isometric contraction exercises and a variety of stretching techniques. These easy, gentle exercises are appropriate for people of all ages and conditions.

Zoha Khan
Class of 2024

Stretching for Stress Relief:

A Guide to Simple Physical Therapy Stretches That Can Help You Chill Out

Stress is an unfortunate reality of life, but it doesn't have to take over your day. Physical therapy stretches can be a great way to relieve stress and anxiety. Here are some simple stretches that you can do to help you relax and unwind:

Neck stretch: Tilt your head to one side, and gently apply pressure with your hand. Hold for 30 seconds, and then repeat on the other side.

Shoulder stretch: Reach one arm across your chest, and use your other arm to gently pull it towards you. Hold for 30 seconds, and then repeat on the other side.

Hamstring stretch: Sit on the floor with your legs straight in front of you, and reach towards your toes. Hold for 30 seconds.

Hip stretch: Sit on the floor with your legs crossed, and gently push your knees towards the ground. Hold for 30 seconds.

Child's pose: Kneel on the floor, and sit back on your heels. Reach your arms forward, and rest your head on the ground. Hold for 30 seconds.

Stretching can be a great way to relax and de-stress, but don't forget to breathe deeply and take your time with each stretch. And don't worry if you don't look like a contortionist - just do what feels good for your body.

So go ahead, grab a mat, and start stretching your stress away! Your mind and body will thank you.

Arsal Mushtaq
Class of 2023



POETRY AND PROSE

Summer versus Winter

Summer and winter are the two classic seasons of the year, stemming from Earth's tilt on its planetary axis. Despite the widespread popularity of both seasons, they are nothing alike; even the shallowest comparison of the two yields a vast variety of differences, chiefly in matters of: the weather and its effects, popular foods, and seasonal clothing. The nature of this disparity is the point of discussion of this essay.

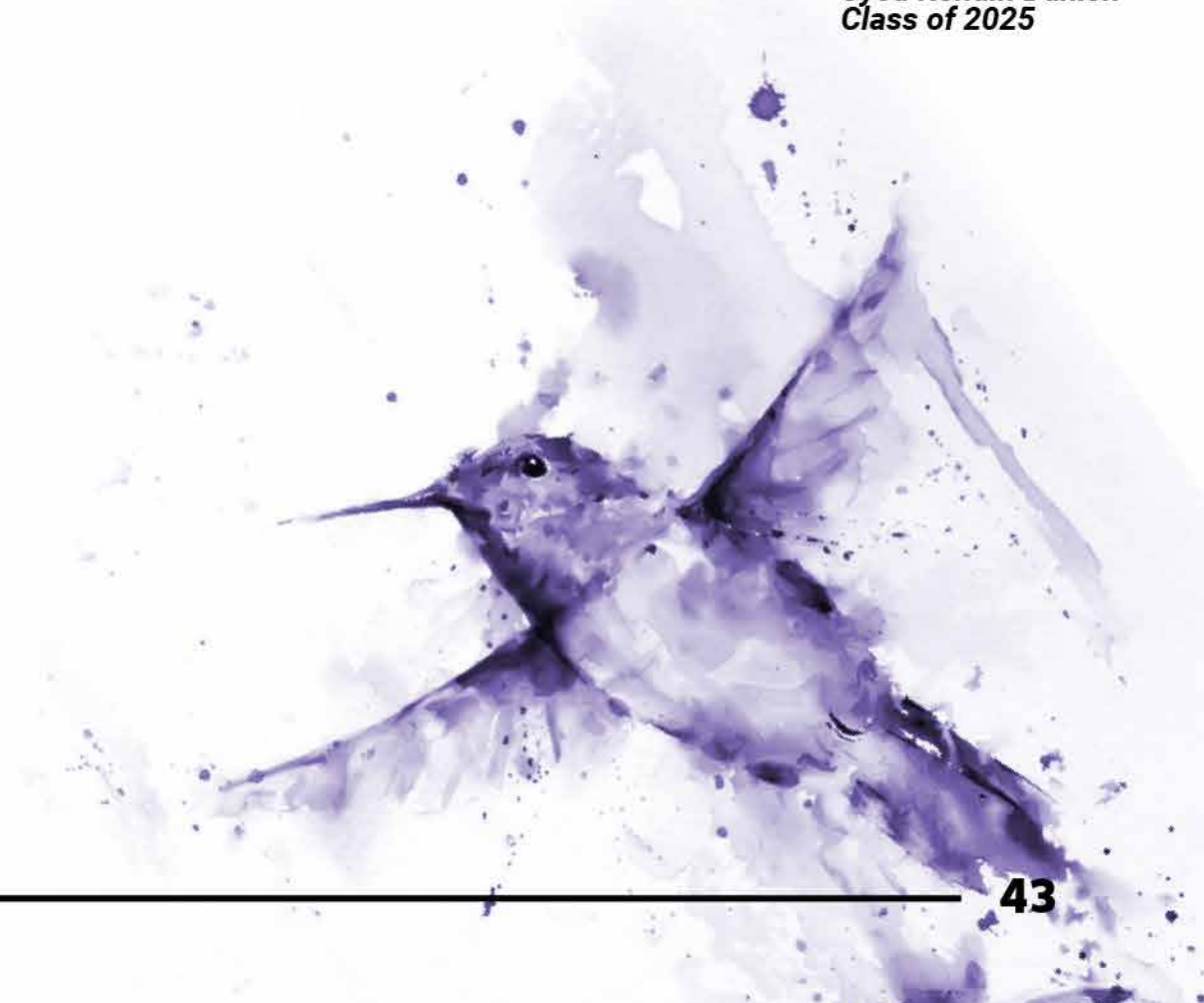
The first and foremost difference between summer and winter, as well as the most immediately apparent one, is the large difference in weather. Summer is known for its warm climate, sultry winds, and sprawling sunlight. There is clearly a certain charm associated with the pleasant warmth that summer entails; surely you have spent a fair few afternoons basking in the sunlight, perhaps in a pool or on a beach. The advent of the summer vacations is also highly anticipated by all students. However, the intensity of this heat can often become too much for comfort. Winter, in stark contrast, is known for its cold breezes, snow-kissed landscapes, and cozily heated households. Many look forward to the temperatures dropping, bringing about the opportunity to curl up near a fireplace and get comfortable. Doubtless, you may have also visited winter resorts, which are the prime destination to enjoy the cold winds. Similar to summer however, winter may also prove unpleasant, should the temperature drop a tad too low.

The second prominent matter of comparison between the two seasons is the difference in food items eaten during each. Summers are host to a number of tropical fruits like mangoes and watermelons, cool ice creams, and refreshing juices. These foods simply do not taste the same when not accompanied by the radiant summer heat. In the winters however, food items like warm soups, nutritious oatmeal, and various dry fruits, become more widespread. One can seldom describe the pure euphoria of devouring a hot lava cake during the winters.

Finally, there is a sizable difference between the clothing worn in each season. The summer days entail light, loose clothing such as shorts, tanks, and t-shirts, which are often accompanied by sunglasses to guard against the intense sunlight. Many look forward to flaunting their ensemble of clothing in the carefree summer days. This sense of clothing is a bold contrast to the clothes adorned during the winters, which consist chiefly of warm sweaters, jackets, multi-layered shirts, and fur coats. The winter days are considered by most to be the height of fashion, allowing one to mix and match various combinations of jackets and shirts to achieve a stylish look.

It is abundantly clear, then, just how unlike summer and winter are. Variety is the spice of life, as they say, so it is nice to spend different times of the year in lifestyles that are poles apart. I am personally of the mind that winter is the superior season, owing to my deep liking for the fashion that it entails and the cozy feeling of keeping warm indoors.

*Syed Rohain Danish
Class of 2025*



It's Okay to be Different

Imagine a world where people do not accept that their own identity and always change themselves to fit the mold. The world should never come to this; being different is a chance to show people who you really are. Even though being the same as everyone else makes life easier, being unique is always better than being the same as everyone else. It is always okay to be different in one's own way.

We live in a world where society has conditioned each and every one of us to act and behave in the same way as everyone else. Conformity is the norm. Society has the true essence of the word 'individuality', so much so that they might as well scratch that word out from the dictionary.

As a result, there are many people who are not living in their own identity just to please others. Some have their dreams crushed before they even take a chance to start, because society tells them they won't make it as it's a path less taken. So many voices and ideas are never expressed out of fear of rejection and judgment from their peers. It is seen often, that people are then forced to do things they don't like just so they can 'fit' in with the group.

Well, I say enough of this!

They don't own our life! We're not robots that they can just program us to behave like others! And we certainly don't owe them anything! It's OKAY to be yourself- to be the one who is different from others and lives life according to their own needs and wants. For all the students reading this, you should know it is OKAY to not have good grades and excel in class like the rest of your classmates. To all the teenagers reading this, it's OKAY to have different hobbies and interests from your friends because everyone has his/her own thing. To all the women reading this, it is OKAY to not be married at 27 like the rest of your buddies because society tells us it's the 'right' age to do so.

Life is too short to be living our lives the way others want us to live. We certainly don't need anyone's 'permission' to do what we want. We only get to live in this world once so might as well make the best of it. So at the end of the day, don't be afraid to be yourself, seize the day and be yourself!

Syeda Shafaq Ansari
Class of 2025

Success and Failure

A man cannot always be successful in life, and the idea of complete success has been achieved by none so far. That lies in the reality of failures, which tend to attack when you least expect it all from different angles. They may be in the form of fiscal issues, health issues, or even societal issues. Indeed, successful men are bound to fail even after succeeding in life. One must understand that failures punctuate the downsides of the medication. Take it like this, it's similar to a pupil appearing for a test and scoring bad marks. Maybe, his medication wasn't acceptable.

There is no crime in making miscalculations, but not learning from them, clearly is. Indeed if one has failed several times, there is no detriment in giving it another try.

The story of KFC is one that is frequently heard.

The true story is about the constant failures and struggles of Colonel Harland Sanders. But in the end, he remains determined even after failing more than a 1000 times. He eventually succeeded at the age of 65, which is considered the age for withdrawal for most people. Faith and belief in oneself are the main ingredients in helping one succeed. It just goes to show what determination, fidelity, and ambition can do.

Failures gives you another chance to come back with vigor, and energy. It is the biggest teacher in everyone's life as it helps you reach new heights and reveals new eventualities for you. Failure shapes and molds you into a stronger person.

The sooner as you realize, failure will always be part of life, the better you will be at learning from your miscalculations. In the event that you fail, there are two things that you must evaluate; recognize the reason for failure and try to make it work, or realize it's not going to work, and move on to the next idea.

Failure is ineluctable in life but it also gives us the chance to jump back, to learn from our mistakes, and helps us to enjoy success. Failure can be disturbing, still, as Winston Churchill reminded us, "Success is each about going from failure to failure without losing enthusiasm".

In last, there are colorful simple rules that you can follow to become truly successful. It entirely depends on the person as he might have his/her way of getting success.

- 1) Always be Passionate about doing the things that you love to do.
- 2) Always work hard for the dreams that you want to achieve.
- 3) Desirable effects are attained only through harmonious sweats.
- 4) Always be good and try to be humble in any situation though it's tough. Focusing on yourself is more important than focusing on what others are doing.

Muberza Sheikh
Class of 2025

Gender Stereotypes in Advertisements

Advertisements are always at the top in catching an audience's attention in order to publicize a brand or product. During the scene of an advertisement, it is common to see both males and females playing their stereotypical roles every time. The audience is tired of watching the same repeated melodrama of the woman in the kitchen or standing by the washing machine while the man goes to the office or lounges by a sofa watching TV. By showing all of this, we are not only creating a gender stereotype but we are setting an entirely false narrative that teaches a bias.

Are women the only ones that use sunscreen and soap? Are men the only ones that can drive bikes and cars? The clear and obvious answer to that is "NO". There is no label on products that only allows a certain gender to use them. Men can use beauty products, and women can use gadgets too. Boys can wear pink dresses and girls can wear blue suits too. An elderly woman can go to the gym with no issue, and an elderly man can cook a meal for his family too.

Additionally, we must also discuss the forgotten third gender, who breathe and exist on this planet just like any other gender. But according to advertising companies, only males and females fit to use the products. Does the transgender community not drink the same tea or use the same perfume as the rest of the world? Then why can't we show the real world to the audience? Do they really believe we are not aware of the reality are blindly trusting the false world they have created?

It is important to create a space for the representation of all humans, so that we are one step closer to achieving equality within all people. These advertisement companies need to stop their capitalistic ventures and recreate the world to show us what is really true.

Mirza Muhammad Nabeel Baig
Class of 2026



Defy Limits, Embrace Physical Therapy: A Journey to Wellness

Listen up and heed, this poem's quite unique
A motivator for your therapy, it's what we seek!
With laughter and cheer, we'll conquer the fear,
And make progress, year after year!

Your muscles may be sore, your joints a little tight,
But with each therapy session, things will turn out right
It may seem tough at first, like you're crawling up a hill,
But with each step, you'll feel a burst, of strength, power and will.

So let's get to work, and let's have some fun,
With silly games, and exercises that are second to none.

We'll dance and sing, and give it our all,
And before you know it, you'll be standing tall!
So don't be shy or meek, give PT a try,
It's sure to be a treat, and leave you feeling high!

So keep your chin up high, and show that winning grin,
Physical therapy's the key, to a stronger you within!
And when you're done and through, you'll shout it from the roof,
Physical therapy rocks, it's the ultimate proof!

Arsal Mushtaq, Mehwish Ahmed
Class of 2023



You Say

You say I'm just like you
Because you like silence
And I like it too
But, we can't be more different than we already are
You think you are too good, too perfect, too kind
I know I am flawed, too messed up
I am not like you
You like to mind everything
I don't mind anything at all
I am not like you
You blame others
I think everything is my fault
I am a little too inarticulate
You express yourself just fine
I am not like you
You misinterpret, judge, and compare
I observe, listen and understand
You say I am the only one that understands you
But what about you?
Have you ever even tried to understand me?
I am not like you
How can I be?
You're too self-righteous,
I am not.
I forgive and forget,
You remember and avenge
I am not like you
I know being me is a sin,
And you pride yourself on being a saint
I am not like you
I cower and hide
You stand up for yourself every time
You speak your mind
My words become a lump and get stuck in my throat
I am not like you
Not even a little bit
Just because you like silence,
And I dwell in it too
Don't, not even for a second
Think,
That I am like you.

Syeda Shafaq Ansari
Class of 2025



In My God

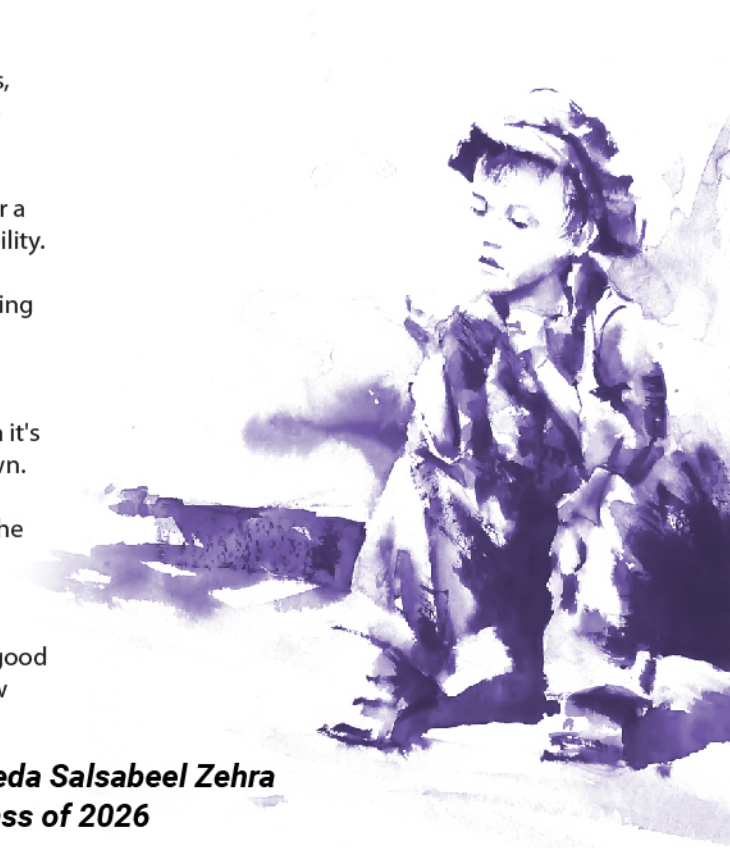
With God, I'll find my home,
On the mountaintops
And the deserted hills,
In the middle of a valley
Or the shore of the sea,
I'll be happy and I'll not be alone
As long as I have faith
In my God.

Masooma Naqvi
Class of 2024

The Vacillations

It was a nightfall of cold and I sat there looking out of my window.
I saw how every wave of the wind made some leaves shatter down,
promulgating the arrival of the winter.
I wondered, for how to allow a new season to pass, we have to let go of
the old ones. Even if it were the most verdent leaves of it.
I saw a little boy walking down the alley. He smiled everytime a new
wave of wind hits his face, experiencing for the first time.
I wondered, for how new seasons can bring elation and pure bliss,
making you obliterate many things and look forward, enough to
sometimes even make you forget the figurative sorrows of past.
I saw a bird flying by, it caught my eye. It was eagerly searching for a
new place to stay, a place that could bring better warmth and amiability.
I wondered, how new seasons can lead us to new destinations. Letting
go of the venerable old homes, even if they were built with the
enthusiastic desires and our very own hands.
I saw the sun coming out at the dawn, lightning up the horizon with it's
gleaming shafts and with it's arrival, the cold slightly dwindles down.
I wondered, how everything comes for a reason. How beautifully the
impact of one subtles down the other. How with every end, we
commemorate a new beginning.
I wonder and I observe, every new season brings a new change, for good
or better. It brings variations within you, leaving signs for the new
impending intervals that await you ; for life, is unpredictable.

Syeda Salsabeel Zehra
Class of 2026



Alone

That fiery maiden glimmering in the night sky's elevation, whom mortals call the Moon,
The enchantress guiding the unguided in wilderness, the object of fairness, the damsel in distress
My eyes press shut as I lie on the grassy rug, absorbing warmth from the burning woods
The midnight breeze brings me back to life time to time from the vast oceans of slumber,
That heavenly groom on the night of doom,
Dances on the beat of her unseen feet in the wedding night heard by the angels alone,
Words begin to flow from my mouth as they ripen from the fire's warmth:
"Oh constant Lover, Oh seeker in motion, I admire Your devotion,
Every revolution, every run, brings You closer to the Sun
Day and night, I observe your flight, from nothingness You arise, towards nothingness You depart,
On Your path You lift oceans, Lovers find in You their inspirations,
Despite this, You are alone, how do You find serenity knowing there is no remedy to this endless journey,"
She replied:
"My beauty lies in my isolation, You men worship that which is not in your possession,
I am far, beyond reach, you desire for what you cannot achieve,
You ask for the remedy to my loneliness, it lies in my realization,
As You fall asleep beneath the uncharted hemispheres, I look around and hear,
I see the stars falling down, But when they hit the ground, I realize,
They are nothing but stone, That's how you learn to live alone!
My soul departs knowing I am apart, from that Praised One, the Beloved of God (SAW),
My fairness is made a witness to His Holiness, for the sake of His honour, I opened my chest (in two!),
On that night of Miracle, I was reborn with Love, Behold, I arise from Love towards Love I depart"

Bakhtawar Sardar
Class of 2024



Be And It Is

Once a man of understanding thought about existential presence
Even a tiny leaflet can't move of its own will
He is always an eternal part of your intuition
Highly close, not away from your vision
World was inhabited when there was nothing
He is Omnipotent, verily He is Everything
From Him you are inseparable
When I was losing all divine energy inside, He was there to stand by my side
He is everywhere
From your hardships and sorrows,
He is not unaware
He is the Eminent Painter, every colour belongs to Him
Come close to Him so He can eradicate your dark clouds

Umair
Class of 2025



Good Days and Bad Days

Some are rough, some are bright
Days and nights
With a very rough ride
I give up that which is beyond the pale
I fall, I rise with a spark in my eyes
I hit the books and take a rest
Something for my best because,
Some are rough, some are bright
Days and nights with a very rough ride
A dream to achieve
For my parents pride
Turning sufferings into something
Which is worth the misery
Days maybe rough
And nights are worst
But there's a hope in my heart,
There's a rainbow after rain
Some are rough, some are bright
A day is bright after a rough ride

*Eelaf Qureshi
Class of 2026*

Home II

"We've won", they said
Their words dripping with mania.
"We've won", he had repeated
"We've won this land".

Home's eyes stared ahead,
"You lost", he had wanted to say,
He had wanted to scream to shout to strangle;
To paint the walls of this jail with his own blood let be,
To carve his names in the rubble-
To read his names in the smokes.
Home lay still though,
Home lay still with eyes unmoving and hard.

They rocked in velvet chairs, knees bouncing
In a desperate plea for an answer.
"We've won!" they repeated again,
Fervor and disbelief painted their volumes.
Sweat along their brow fell in torrents on the silk,
Their own eyes wide with fear.

"Are you afraid of my death?" Home had wondered.
Is he afraid of my life? Home knew.
His bleeding fingers traced the words of his city,
Home wrote and wrote and wrote;

As if the words in red would hand him bullets of his own.
Home recorded its life in crimson,
He whispered unto himself;

"Ya Allah, if my death was imminent,
Then let my life be not be his omission."

*Kiran Konain
Class of 2025*

Sometimes

Sometimes it's better
To keep quiet, no fight
Sometimes it's better
To be in dark, no light
Sometimes it's better
To be in sky like kite
Sometimes it's better
To be someone's light
Sometimes it's better
To trust the process, that might
Sometimes it's better
To find peace in night
Sometimes it's better to cry
When words choke you so tight

Iqba Murtaza
Class of 2025

احترامِ استاد

یہ جو استاد ہوتے ہیں
ہماری پہچان ہوتے ہیں

کامیابی کی کہانی میں اہم کردار ہوتے ہیں
ہر ایک کہانی کا مرکزی کردار ہوتے ہیں

یہ جو استاد ہوتے ہیں
بڑے بے مثال ہوتے ہیں

انہی کے علم کی روشنی سے ہم فیضیاب ہیں
ہمیں منزل پر پہنچا کر یہ کتنا شاد ہوتے ہیں

یہ جو استاد ہوتے ہیں
کامیابی کا راز ہوتے ہیں

جو کرتے ہیں ادب ان کا وہی خوشحال ہوتے ہیں
بے ادبی کے اصولوں پر چلنے والے ناکام ہوتے ہیں

ہمیں کامیاب ہوتے دیکھ کر یہ کتنا فخر کرتے ہیں
یہ جو استاد ہوتے ہیں مرکزی کردار ہوتے ہیں

از: اقصیٰ ملک اعوان۔
کلاس 2025

ہمت نہ ہارو

میرے پیارو ہمت نہ ہارو!
گرتے گرتے سنبھلو یارو!

لگے جو حوصلے پست تم کو
اقبال کی شاعری سے کام لینا

پڑھ کر اس کو سمجھ تم لینا
اپنے حوصلے بلند تم رکھنا

کتاب کو تم دوست بنا لو
گرتے گرتے سنبھلو یارو!

ارادوں کو تم نیک بنا لو
میرے پیارو ہمت نہ ہارو!

از: اقصیٰ ملک اعوان۔
کلاس 2025



بچپن ہی بس پیارا تھا

بچپن ہی بس پیارا تھا
جگ لگتا حسیں سارا تھا

کوئی ملتا اجنبی بھی
لگتا ہم کو ہمارا تھا

مجھ سے نہ کسی کو تھی حسد
میں بس سب کا دلارا تھا

گودوں میں رہتے سب کی ہم
بچپن ایسے گزارا تھا

کالی طویل راتوں میں
راہ دکھاتا ستارہ تھا

ہائے!!!

بس بچپن ہی پیارا تھا
جگ لگتا حسیں سارا تھا

از قلم: عبّیٰ مرتضیٰ
کلاس 2025



میرے یار

بنایا تو نے ہے میری عقل کا اچار
سچ تو یہ ہے تو ہی ہے میرا سچا یار

کام کرنے میں آتی ہے تمہیں عار
ایسے تو بندہ تو ہے بالکل بیکار

تمہیں سمجھنے سے میں نے ہے مانی ہار
کیوں کہ تو کبھی ہے قمر تو کبھی ستار

موجودگی سے تیری ہے میری زندگی گزار
کیسے کروں بیان تم سے ہے کتنا یار

از قلم: عقبی مرتضیٰ
کلاس 2025

سمجھ بیٹھے ہیں

اگلے کی خوشی کو غم سمجھ بیٹھے ہیں
جو خوش ہوا سے جم کھ بیٹھے ہیں

فوقیت تو کسی کو کسی پر بھی نہیں
کیوں خود کو لوگ کم سمجھ بیٹھے ہیں

جس کی رسی رب نے ڈھیلی چھوڑ رکھی ہے
اشرف المخلوقات اسے سب سمجھ بیٹھے ہیں

اے اللہ! تو کرم کرا اور انہیں سمجھ دے
جو دنیا سے نیکی کو ختم سمجھ بیٹھے ہیں

از قلم: عقبی مرتضیٰ
کلاس 2025



قصاص خون تمنا کا مانگیں کس سے

سورج ہوں زندگی کی رتق چھوڑ جاؤں گی
میں ڈوب بھی گئی تو شفق چھوڑ جاؤں گی!

تاریخ کر بلائے سخن! دیکھنا کہ میں
خون جگر سے لکھ کے ورق چھوڑ جاؤں گی!

۱۱ اکتوبر ۱۹۲۸ء کا منظر ہے۔ کونڈ کے اڑپورٹ سے ایک جہاز اڑان بھرتا ہے۔ فضاؤں کا سینہ چیرتا ہوا کراچی میں آتا ہے۔ ایک نجیف و نزار مرلیض کو ایببولینس میں ڈالا جاتا ہے۔ ایببولینس روانہ ہوتی ہے مگر راستے میں خراب ہو جاتی ہے۔ بروقت طبی امداد میسر نہ ہونے کی وجہ سے پوری قوم کی نبضیں ابھارنے والے کی اپنی نبضیں ڈوب جاتی ہیں۔

منظر بدلتا ہے۔ ۱۶ اکتوبر ۱۹۵۱ء کا دن ہے، کمپنی باغ راولپنڈی میں جلسہ عام ہے۔ پنڈال میں چالیس، پچاس ہزار کا مجمع ہے۔ ایک طرف مائیک سے قائد ملت کی خوشنما آواز بلند ہوتی ہے۔ دوسری طرف افغانی باشندے اکبر کے پستول سے دو گولیاں نکلتی ہیں۔ ملت کے لیے اٹھنے والی قائد ملت کی آواز کو ہمیشہ ہمیشہ کے لیے خاموش ہو جاتی ہے۔

منظر بدلتا ہے۔ ایک بیوہ اپنے اکلوتے بیٹے کو اسکول بھیجتی ہے۔ اسکول پر دہشت گردوں کا حملہ ہوتا ہے۔ اور بیوہ کے نصیب کی آخری جتنی بھی گل ہو جاتی ہے۔ منظر بدلتا ہے۔ قوم کی معصوم بیٹی، کسی بھیڑیے کی درندگی کا شکار ہو جاتی ہے۔

منظر بدلتا ہے۔ لاہور کے ہتھتے بستے بازار میں بم دھماکہ قیامت صغریٰ پکا کر دیتا ہے۔ کہیں جیل کی سلاخوں کے پیچھے بے گناہ ایڑیاں رگڑ رگڑ کر مر جاتے ہیں۔ تو کہیں مری کا عرفانی طوفان سیاحوں کا قبرستان بن جاتا ہے۔

کراچی کا سنسان راستہ، راولپنڈی کا کمپنی باغ، اور پشاور کا آرمی اسکول ہی نہیں، وطن عزیز کا ڈرہ ڈرہ اپنی تاریک آنکھیں اور تاریک تر نصیب لیے زبان حال سے چلا رہا ہے کہ،

قصاص خون تمنا کا مانگے کس سے؟ --- کناہ گارہے کون؟ ---

خون بہا کیا ہے؟

وطن کی سوگوار فضاؤں سے نکل کر، اقوام عالم کی بے ضمیری بھی ملاحظہ ہو۔ فلسطین میں ظلم و بربریت کے پہاڑ توڑے جاتے ہیں۔ مگر امن کے سفیر چین کی بانسری بجا رہے ہیں۔ برما میں امت مسلمہ کے قتل کا بازار گرم ہوتا ہے، مگر حقوق انسانی کے دعوے دار سوئے رہتے ہیں۔ کشمیر میں اٹوٹ انگ کی سفاکانہ ضد خون کی ہولی کھیلتی ہے۔ مگر اقوام عالم پر سکوت طاری ہے۔

سواب میں نے بھی ٹھانی ہے کہ، اب منظر نہیں بدلتا، اب خون تمنا کا ہونے نہیں دینا، اب قصاص کی بھیک نہیں مانگنی بلکہ نعرہ دلگیر بن کر، عزم شبیر (ع) بن کر، اور حیدر کی شمشیر بن کر اب تقدیر کو بدلتا ہے۔ اس نظام کو بدلتا ہے۔ اور اس کا خون طلب میں، میرا ہونے لگا ہے تو کوئی پرواہ نہیں کیونکہ،

خون پھر خون ہے نیچے گا تو جم جائے گا

ظلم پھر ظلم ہے بڑھے گا تو مٹ جائے گا

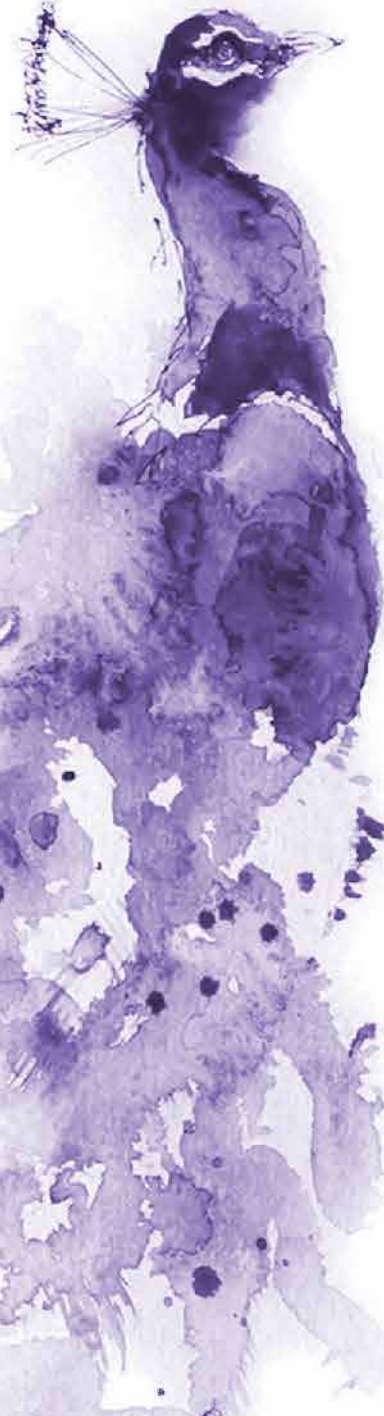
اقوام عالم کو یہ خبر کر دی جائے۔ سامراجی خداؤں کو بتادیا جائے کہ، میں اقبال کی شاہین ہوں۔ میں پرواز سے تھک کر نہیں گرتی۔ میں قہاری بھی ہوں اور غفاری بھی۔ قدوسی بھی ہوں اور جبروت بھی۔ حیدری فقر بھی میرا اور دولت عثمانی بھی میری۔ عصائے کلیسی بھی میرا اور ضربید الہی بھی میرا۔ میں زندگی کی آنکھوں میں آنکھیں ڈال کر یہ کہتی ہوں کہ؛

قاتل میرا نشان مٹانے پہ ہے بھند
میں بھی سناں کی نوک پہ سر چھوڑ جاؤں گی

میں اپنے ڈوبنے کی علامت کے طور پر
دریا میں اک آدھ بھنور چھوڑ جاؤں گی

لشکر کریں گے میری دلیری پہ تبصرے
مگر بھی زندگی خبر چھوڑ جاؤں گی۔

۔ جویر یہ رزاق۔
کلاس 2023



ENTERTAINMENT CORNER

A Physical Therapist's World of Riddles

1. I help improve range of motion and function, but there can be hard work, that's no fun. I'm part of physical therapy, that's true. What am I?

Answer: Kinesiology

2. I'm a key part of recovery, making you stronger, now and forever. I work your muscles, through and through. What am I?

Answer: Therapeutic Exercise

3. I make sure your body can perform, through rest, exercise, and in a warm. I help regulate physical activity. What am I?

Answer: Exercise Physiology

4. I help to analyze how you move, from your head down to your feet groove. A crucial aspect of physical therapy, What am I?

Answer: Biomechanics

5. I use combination of electrical stimulation and therapies, To help reduce pain and rehabilitation. A common tool in physical therapy. What am I?

Answer: Electrotherapy

6. I help measure and analyze data, in medical research, I'm quite the leader. I play a big role in physical therapy. What am I?

Answer: Biostatistics

7. I help understand how light and sound work, In medical settings, I'm an important perk. What am I?

Answer: Medical Physics

8. In physical therapy, I play a role to study how people interact with their environment, each other, and that's a fact. What am I?

Answer: Sociology

9. In physical therapy, I'm an important part to promote overall health and wellness, through nutrition, exercise, and mental happiness. What am I?

Answer: Health & Wellness

10. I focus on bones, joints, and muscles, helping to restore function, that's a must. In physical therapy, I have a home, what am I?

Answer: Musculoskeletal Physical Therapy

11. I specialize in physical therapies involving the nervous system, helping patients recover from impossible, that's my emblem. What am I?

Answer: Neurological Physical Therapy

12. In physical therapy, I play a role of study of how to answer questions, through research, data, and scientific functions. What am I?

Answer: Scientific Inquiry & Research Methodology

13. I focus on injury prevention in athletes, helping them recover and perform, that's neat. What am I?

Answer: Sports Physical Therapy

Arsal Mushtaq, Mehwish Ahmed
Class of 2023

Chuckles with Physiotherapists!

1. What do you call a physical therapist who is really good at their job?

Answer: A body mechanic.

2. Why did the physical therapist marry the weight bench?

Answer: To get a little support in their life.

3. Why was the physical therapist always calm?

Answer: Because they had a lot of patients.

4. What do you call a physical therapist who is bad at their job?

Answer: A motionless therapist.

5. Why do physical therapists make such good detectives?

Answer: Because they know how to use their "muscle memory"!

6. Why did the physical therapist go to the bank?

Answer: To deposit all the pain they caused their patients.

7. Why did the physical therapist become a magician?

Answer: To make the pain disappear!

8. Why did the physical therapist take up painting?

Answer: To add a splash of color to their patient's lives!

9. Why did the physical therapist call the police?

Answer: Because they had a lot of muscle theft on their hands!

10. Why did the physical therapist join a wrestling club?

Answer: To make sure their patients never pinned down by pain.

**Arsal Mushtaq, Mehwish Ahmed, Anisa Khan
Class of 2023**

The Shawshank Redemption: A Movie Review

"Hope is a good thing, maybe the best of things, and no good thing ever dies."

Excerpt from The Shawshank Redemption

The Shawshank Redemption, directed by Frank Darabont, is a movie about hope, patience, bravery, freedom and faith. It is based on the novel "Different Seasons" by Stephen King about a man who is sent to maximum security prison who manages to show other inmates perseverance and provides a sense of optimism in the bleakest of places, under the most difficult of circumstances.

It may perhaps be a slow paced movie, yet it owns a great and deep message that grows on you during the subterranean progress of this story, which maybe is part of the idea too, to give us a perception of the leaden passage of time before the glory of the final redemption.

It builds a world that you become a part of, with hints of humour and warmth of the brotherhood portrayed by the characters in this film.

Mainly the film is an allegory about holding onto the sense of personal worth, despite everything falling into pieces around you.

**Aaima Warda
Class of 2026**

SE7EN: A Movie Review

Seven by David Fincher can easily be described as one of the greatest psychological thrillers of the 90's. It has an engaging story which leaves the audience constantly questioning as the course of the film proceeds.

This movie evolves into something far more than your average crime drama. The antagonist murderer is driven by the seven deadly sins which is made into the central theme of the movie precisely, producing a grim feeling projected by a little creative violence in the film which is so iconic with the atmosphere of tension in a metropolitan region.

Seven features Detective Somerset who is forced to call off his retirement, and a temperamental Detective Mills who arrives as steady persona. Consequently, they both have to pair up in a team to solve the series of murders based on the seven deadly sins. And keep in mind, all this, while trying to prevent the next victim from falling. From start to finish, it is a masterful story with appealing visuals and a gripping rollercoaster of emotions.

**Aaima Warda
Class of 2026**

Think like a Monk: A Book Review

Think like a Monk is one of the bestselling books of the twenty first century. This is written by a well-known writer Jay Shetty and it is designed to be a self-help book. Be sure to not judge this book by its cover as think like a monk doesn't mean you become a monk, definitely not. The author studied many successful personal life stories and writes down some tips on how to become a successful individual on your own despite the many failures that might arise to hinder your path. Below I will be sharing the tips Shetty mentioned for true achievement of monk-like mentality.

Burning Desire:

This is the first and most important step of all. You have to have a burning desire within yourself that will make you if you are unable to accomplish it. As without passion, nothing would be fulfilled. Shetty says to create such a desire in your life, one that kills your comfort zone and burns a fire in your body.

Absolute:

The second step is that you have to acknowledge your own abilities and don't ever underestimate yourself. You cannot rely on others. You cannot expect anything from someone else. You only have yourself, and you can achieve your own goals. If you cannot believe in your own self, then who will? You are responsible for your own, not others.

Self-task:

In this stage, you have to understand your true value and power. You have to figure out the condition of your family, the society, and your health both mental and physical. Can your health or your circumstances accept all the goals you wish to follow? If not then, you need to build all those things first and then pursue your passion.

Don't Buy Into Your Own Hype:

You're not your success or failure. Sustain humility after you've achieved something. When you are complimented, commended, or rewarded, neither lap it up nor reject it. Be gracious in the moment, and afterward remind yourself of how hard you worked, and recognize the sacrifices you made. Then ask yourself who helped you develop that skill. Think of your parents, your teachers, your mentors. Someone had to invest their time, money, and energy to make you who you are today. Remember and give thanks to the people who gave you the skills you're getting recognition for. Sharing the success with them keeps you humble.

Imagination:

Author says, you will not achieve any goals if you don't imagine them. For example, if you want to buy a Ferrari, then you have to sit in the Ferrari and check its features, feel it with a deep heart, create a picture within your brain. If you visualize a thing in your brain, your unconscious mind forces your brain into believing that this is your reality.

Plan:

This is also one of the most vital pillars of becoming a successful person. Until and unless you don't implement on the actions of following your dreams and imaginations, there will be no outcome. For that implementation, you need to plan. You can do that making a timetable for your daily tasks and goal completion, and give yourself a deadline for accomplishing your purpose. These things create a soft and encouraging environment and allow you to get up and complete your tasks.

Massive Action:

Take action and don't wait for the perfect time. There is no flawless time for you to take a step to do something. You have to make the time perfect, rather than waiting for it to be perfect.

Be Persistent:

According to the author, most people fail and become unsuccessful in the world, because they give up before reaching the endpoint. There will always be turbulence in the waves, but you need to hold fast and not step off the boat. No one reaches the endpoint on the first day, everything takes time. You have to work consistently.

Round from Failure:

There are very few people in the universe that become successful without meeting failure. But most of them failed. There is a story of Thomas Edison in the book, where it was said that he failed 99 times before finally inventing the light bulb. He said that there are 99 ways not to make the bulb, but there is only one way to make the bulb. So, find your one way and know that failure is a part of success.

Take a Risk:

This is the point where most people stop their ship because of fear, fear of losing their things, money, capital, and land. Shetty says that today we can see big factories, machines, scientific theories, and inventions. These are all things made by people who took the risk. He says always be ready to take risks because without it, it is possible you're not able to reach your last destination.

Self-improvement:

This is the final stage that is most significant for everyone. To fully achieve self-improvement, you have to be aware of the present time and your present thoughts and behaviors. Learn to change yourself and your circumstances with the passage of time and never give up during your journey.

Self-improvement:

I took great inspiration from this book, and perhaps I'll come away from it planning a fresh start. Maybe I'm thinking about how to change my routines, to listen to my mind in new ways, to bring more gratitude into my life. Though it is possible, when I wake up tomorrow, things might go the wrong way for me. My lesson here is that, the universe isn't going to suddenly give us green lights all the way to our goals. It's a huge mistake to expect life to always give you the fruits of your labor right away. The externals will never be perfect, you've to go your way and take life with you.

Pushpa Lohana
Class of 2025

ARTS & CRAFTS



Mahrukh Siddiqui

Every word has consequences, every silence too.

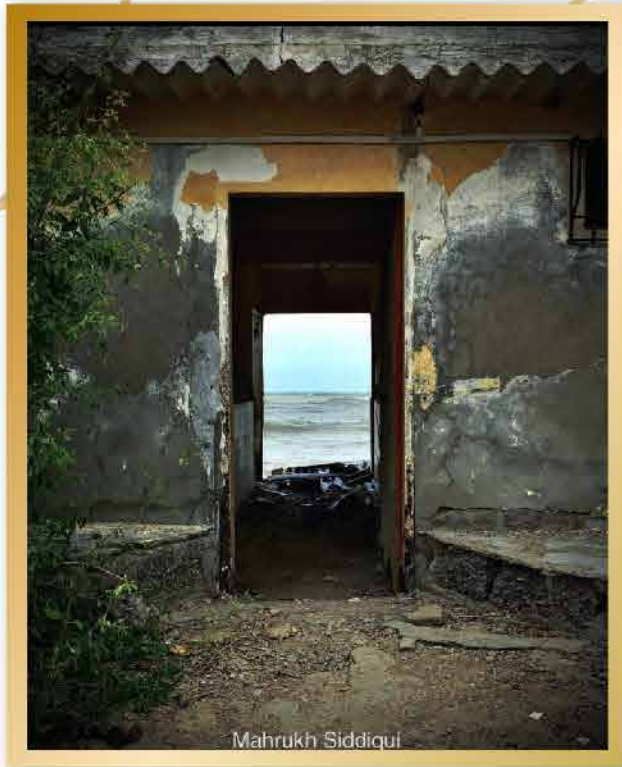
Mahrukh Siddique
Class of 2024



Mahrukh Siddiqui

The tired sunsets and the tired people, It takes a lifetime to die and
no time at all.

Mahrukh Siddique
Class of 2024



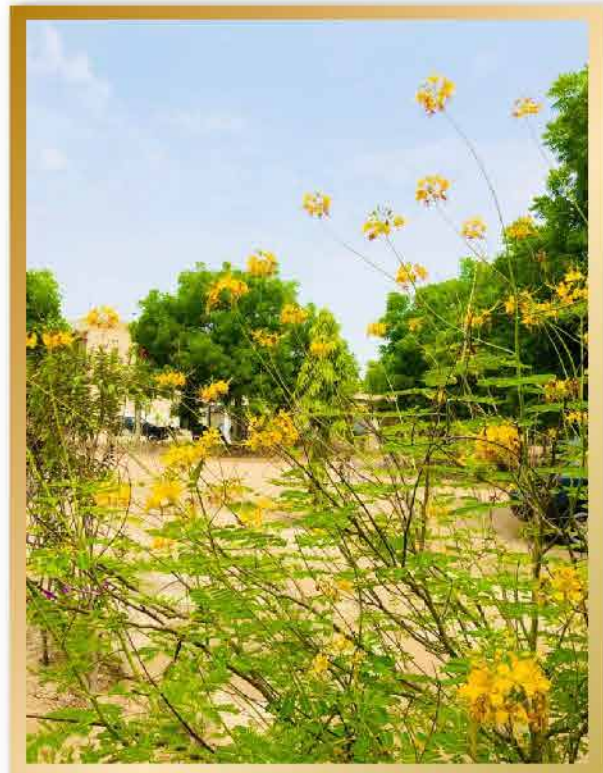
If you gaze long enough into an abyss, the abyss will gaze back into you.

Mahrukh Siddique
Class of 2024



The tiny seed knew in order to grow it needed to be drop in dirt, covered in darkness and struggle to reach the light -SANDRA KRING.

Minhal Rafiq
Class of 2025



Little yellow flowers dancing in the breeze Little yellow flowers Huddled round the trees
Little yellow flowers Seemed to know my pain Little yellow flowers In my memory will remain.
- VALERIE DOHREN.

Minhal Rafiq
Class of 2025



Lionel Messi; The Greatest Of All Time

Laiba Bibi
Class of 2025



What has he found who has lost God? And what has he lost
who has found God? -Ibn 'Ata' Allah Al-Iskandari

Laiba Bibi
Class of 2025



The halo of a soft sunset awaiting its morning

Syed Shahnawaz Hussain
Class of 2026



Up in the deepening sky above the City, lights appeared
white and rare as diamonds coming on in the delicate purple blue dusk.

Syed Shahnawaz Hussain
Class of 2026



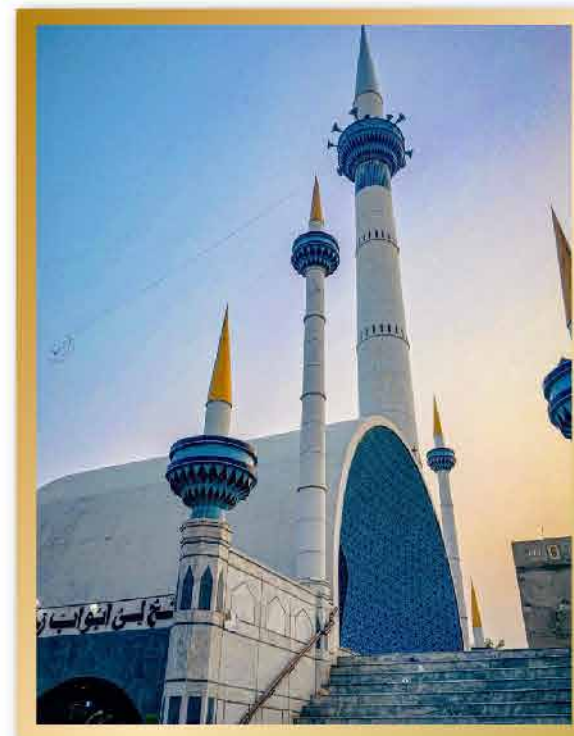
But he who dares not grasp the thorn Should never crave the rose.

Iqba Murtaza
Class of 2025



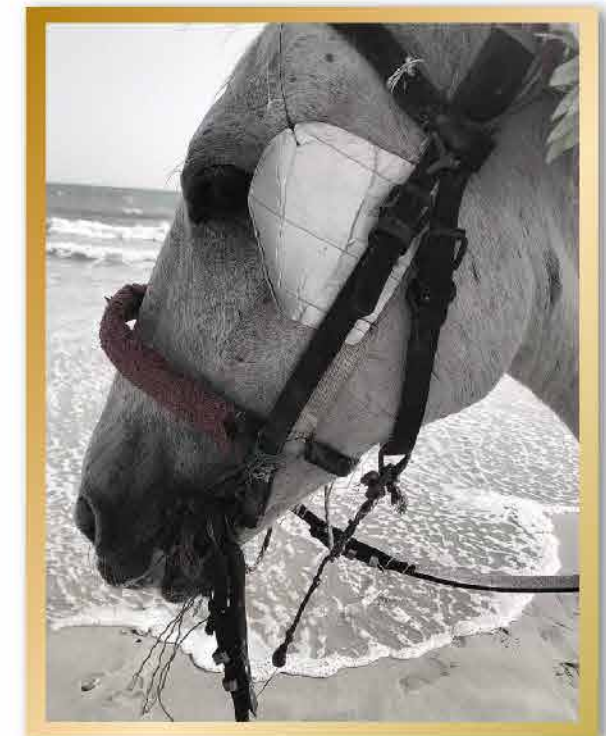
Adieu to disappointment and spleen. What are men to rocks and mountains?
- Jane Austen

Iqba Murtaza
Class of 2025



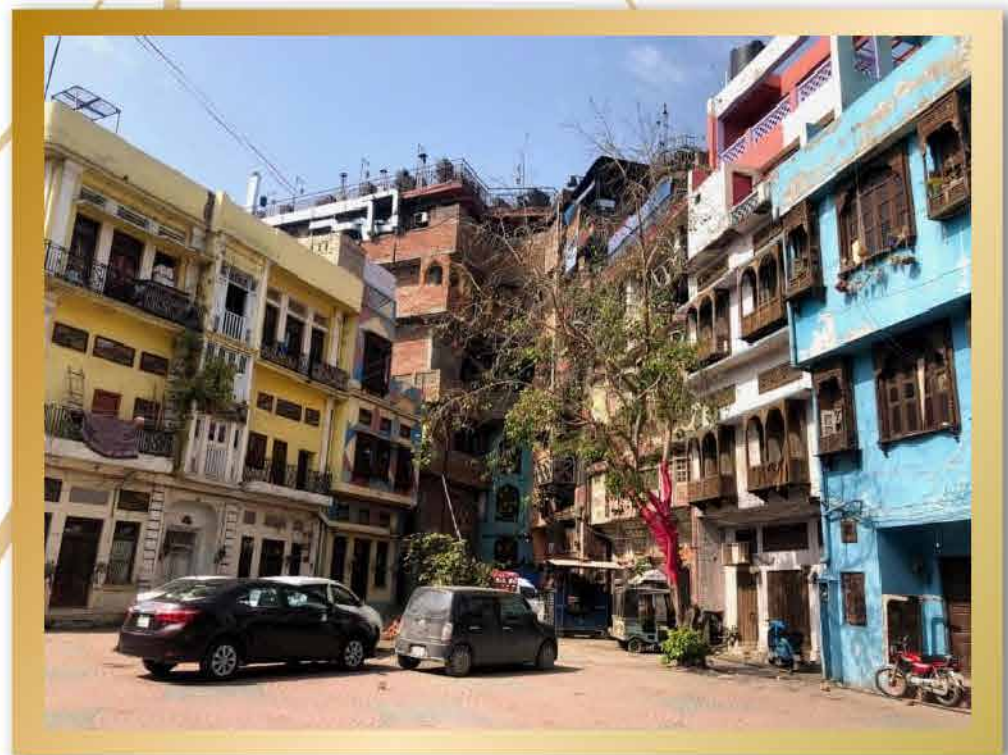
God is in the details.

Muskan Altaf
Class of 2025



Four legs good , two legs bad.

Muskan Altaf
Class of 2025



We shape our buildings: thereafter they shape us. -Winston Churchill

Muskan Altaf
Class of 2025



Benazir
Class of 2026