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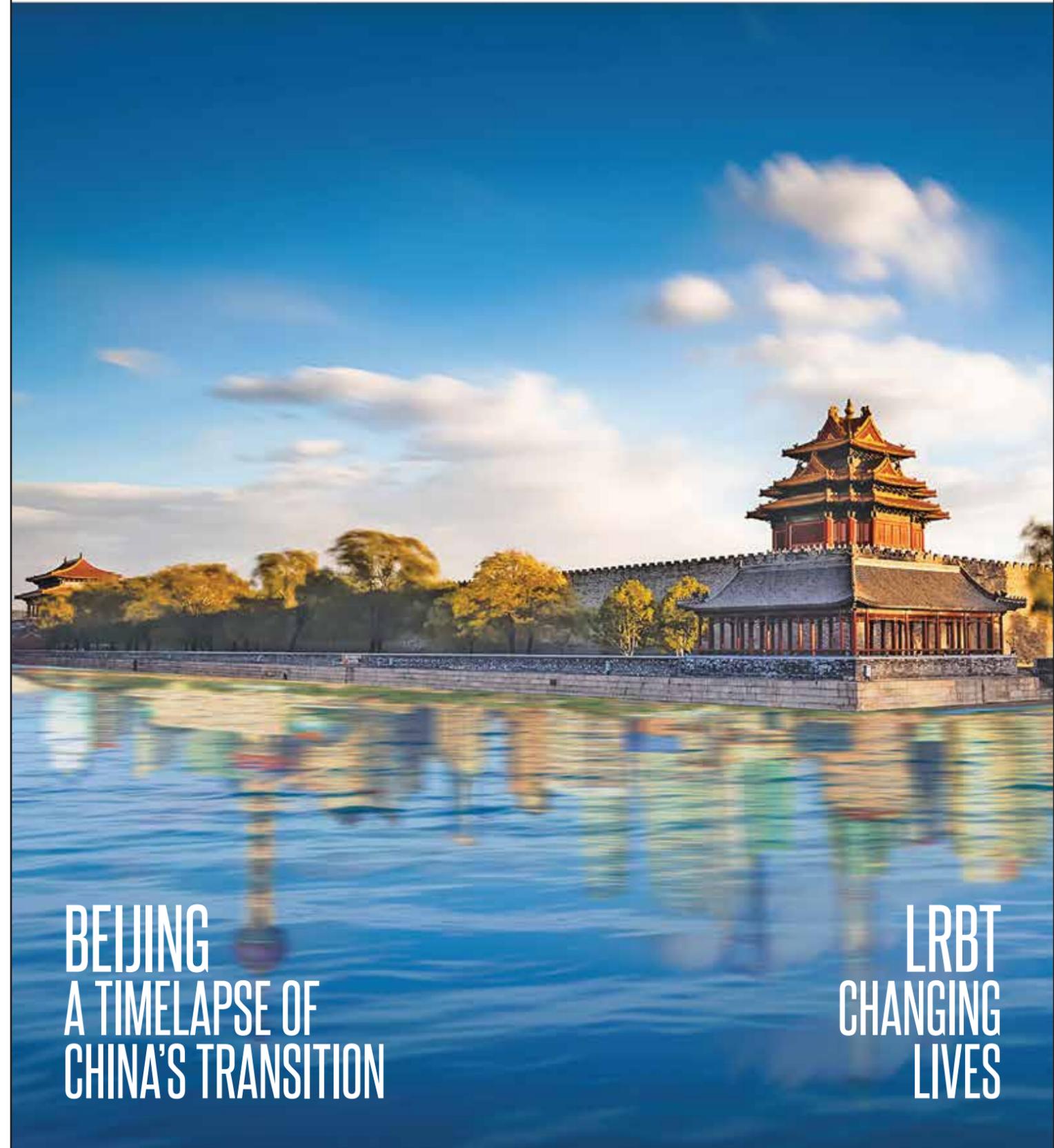
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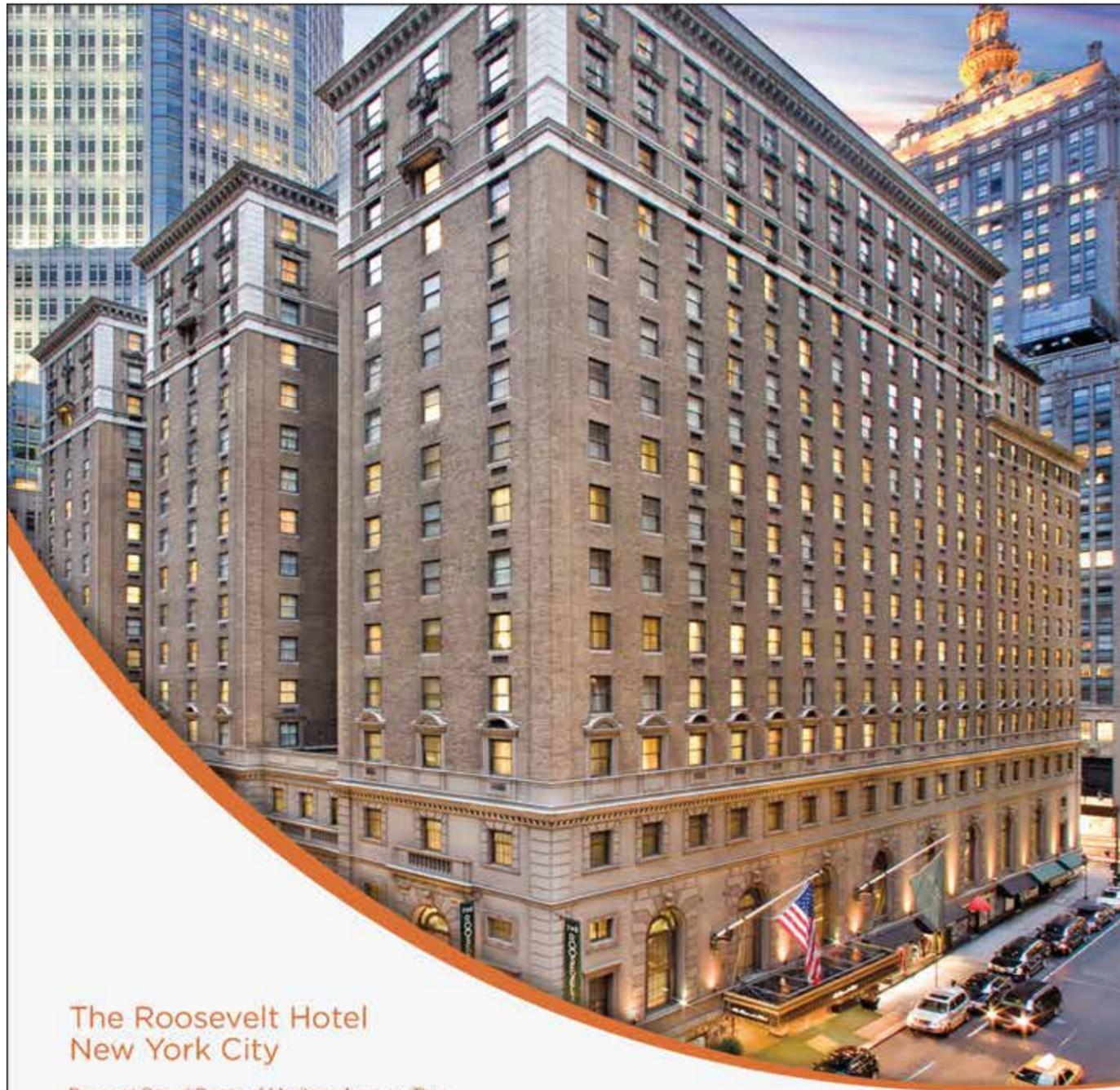
Volume: 42 Issue: 02

In-Flight Magazine



BEIJING A TIMELAPSE OF CHINA'S TRANSITION

LRBT CHANGING LIVES



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PATRON-IN-CHIEF Nayyar Hayat
VICE PATRON Tahir Niaz
EDITOR-IN-CHIEF Muhammad Aamir Memon
GROUP EDITOR Khalid Saleem khalid@rg-blue.com
DIRECTOR COMMERCIAL Yawar Anis yawar@rg-blue.com
EDITOR Qasim Raza qasim@rg-blue.com
SENIOR EDITOR Haroon ur Rashid
DESIGN & CONTENT Team RG Blue

SPECIAL CONTRIBUTIONS

Mustansar Hussain Tarar
Amjad Islam Amjad

CONTRIBUTING PHOTOGRAPHERS

Asmar Hussain, Obaid Chawla, Fazal Khaliq

CONTRIBUTING WRITERS

Zurain Imam, Uzma Nawaz, Jane Mountain, Saleha Abbasi, Seemi Saeed, Heena Jadev Sunil

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RG BLUE Communications (Pvt.) Limited

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D-113/2,
Miran Muhammad Shah Road
+92 21 3236 1296 - 97

Lahore
Room No. 8
Hafeez Suits,
69/2, Gulberg.

Islamabad
Shauq 8 Plaza,
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805 Opal Tower,
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ads.humsafar@rg-blue.com

CONTRIBUTION

contribution.humsafar@rg-blue.com

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And I Quote...



The new issue of Humsafar is in your hands. We have transformed it into a very interesting in-flight magazine that covers lifestyle, travel and many other aspects of life. As Pakistan International Airlines has started direct flights to Beijing, we thought that our cover story should also feature this magnificent city of China. This feature will give our readers an insight into what this city has to offer and how people can make the most of it.

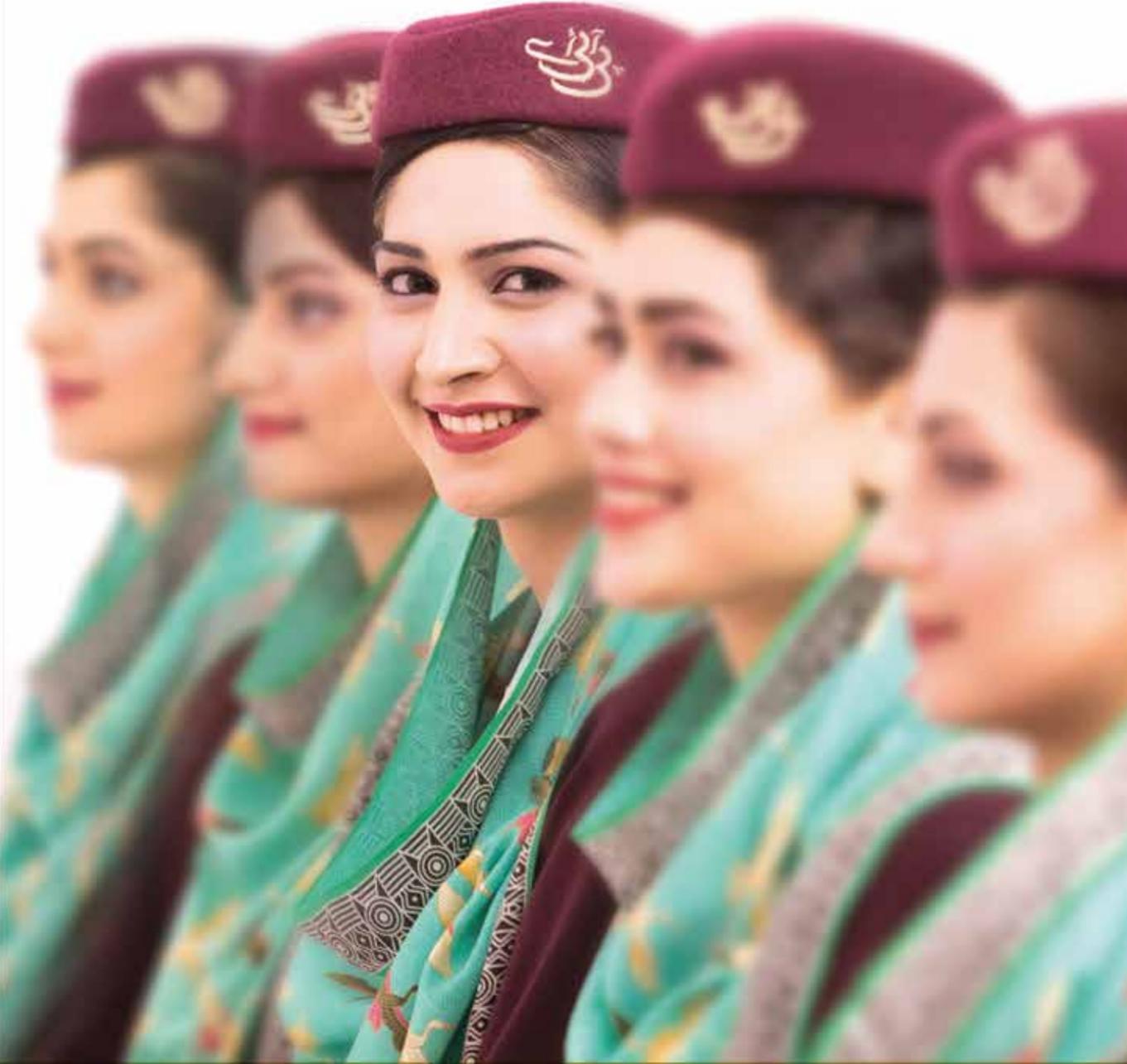
Along with your usual dose of entertainment, in our sub-feature we have highlighted the noble work being done by LRBT in Pakistan. In Pakistan, they are offering almost every eye treatment and surgery for free.

In the Urdu section, an unpublished poem by one of the best Urdu poets Amjad Islam Amjad is included. A chapter from Lahore Awargi by Mustansar Hussain Tarar is also there which is about his memories of his teenage years - a very gripping read.

Normally while travelling, people are usually busy on their laptops or tablets and don't really care for reading. We want to change this trend, that is why we have included a little bit of everything in our magazine. For example, if you have the wanderlust gene, you will enjoy our travel section, if you are an Urdu literature buff we have something for you, if you love fashion then you should definitely check Humsafar out.

I am very thankful to the team for their relentless work. I hope this edition of Humsafar is an interesting read for you. As always, I would count on your feedback in helping us improve. Bon Voyage!

Qasim Raza
Editor

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BEIJING — A TIMELAPSE OF CHINA'S TRANSITION

JANE MOUNTAIN



With the *Great Wall* on its doorstep and a bounty of enticing Imperial-era monuments in the city centre, Beijing has long attracted visitors who want a peek inside China's legendary and notorious past. The 2008 Olympics revealed another city altogether — a cosmopolitan metropolis racing headlong into the future. But behind the chaos of modern Beijing and the magnificent facade of the historic one, a third city beckons. Visitors can find plenty of hidden delights if they know where to look.

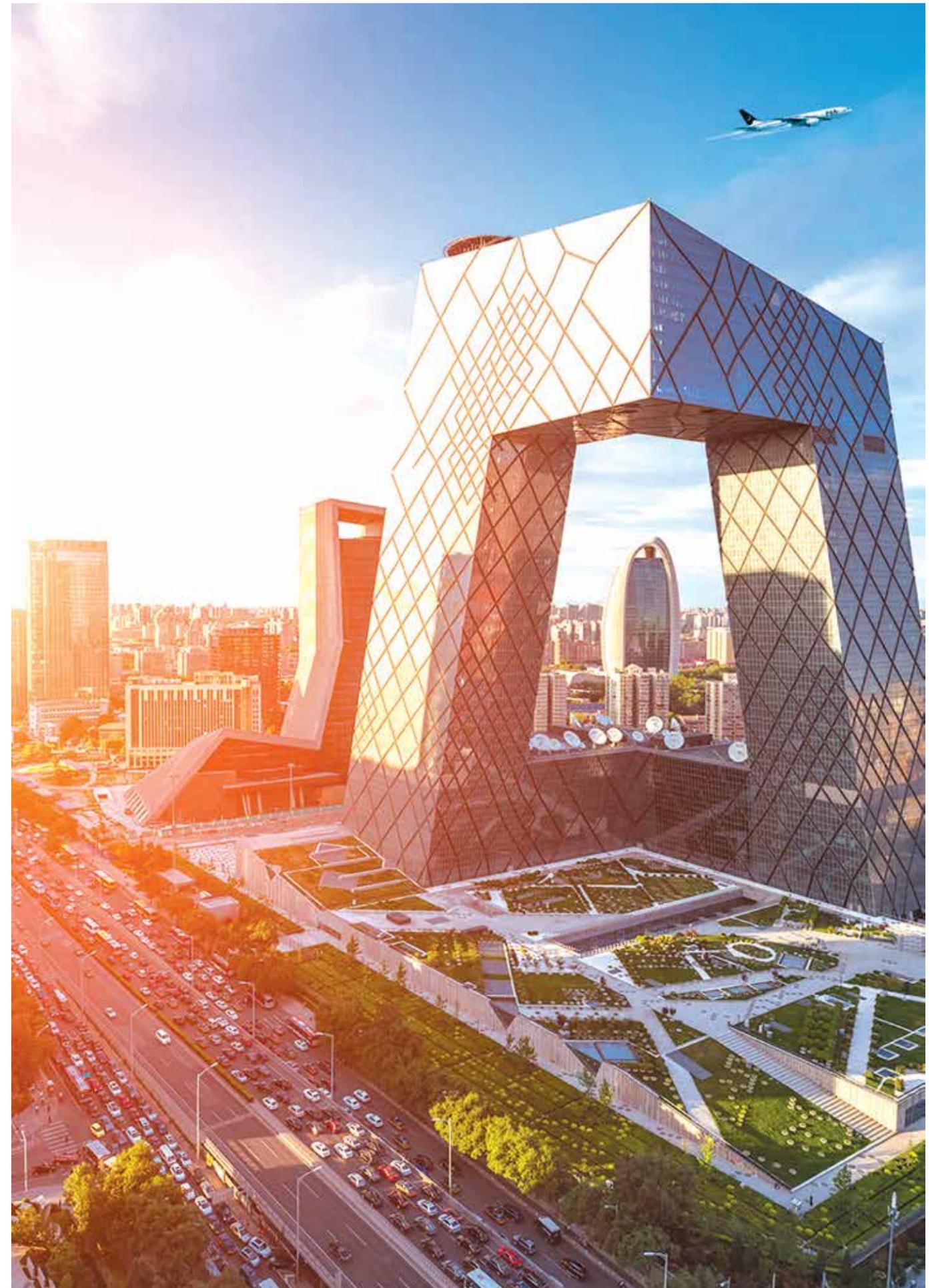
The Forbidden City and Tiananmen Square are the hub of the city, forming a central north-south axis. To the east you'll find modern Beijing where a forest of audaciously designed skyscrapers hides an abundance of futuristic hotels, restaurants and shopping centres.

To the west and north are the city's best-preserved Hutong neighbourhoods as well as an offbeat

collection of independent cafes and bars. The Olympic Village and the Summer Palace are north and northwest of the city centre, while to the south is Qianmen, an historically gritty area that has sustained a radical facelift in recent years.

Offbeat activities in Beijing

Get lost in a Hutong Beijing's Hutongs are the yang to the imperial palace's yin. Discover how the common man has lived for centuries inside these maze-like residential districts lined with traditional single-storey courtyard homes. Lose yourself in the alleyways near the Drum Tower, where elderly men and women gather to play traditional Chinese board games and children run and squeal underfoot.



Experience Traditional Chinese Medicine For massage fans, a traditional Chinese medicine treatment like cupping or scraping is an essential Beijing experience. Said to purge toxins from the body, they are supposed to relieve a wide range of conditions, including aches and pains, anxiety and depression and even the common cold. They can also be painful and might leave you covered in purple welts.

Visit Caochangdi Art District Founded by Ai Weiwei, China's most famous contemporary artist, Caochangdi Art District has blossomed into an eclectic showcase of cutting-edge Chinese art. It's a bit of a trek to get there, so hire a taxi and leave a full afternoon for your visit.

Eating out in Beijing

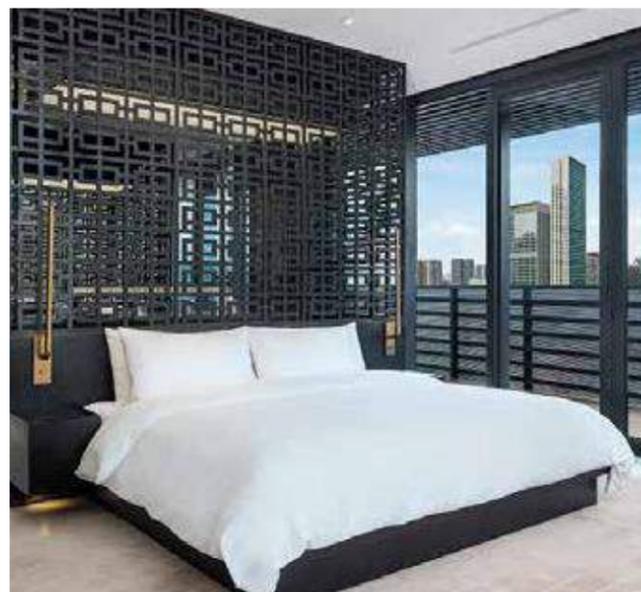
Li Qun Roast Duck Often cited as serving the best roast duck in the city, this unassuming courtyard restaurant is the ideal place to sample Beijing's signature dish. Whole ducks are roasted over open pear-wood fires in this traditional restaurant located in one of Beijing's original Hutongs.



SUHU - Vegetarian Tiger At the outstanding SUHU - Vegetarian Tiger, elegant plates of plant-based Chinese food are served to crowds of equally elegant customers. Don't miss the vegetarian sweet and sour fish or try your luck with the vegan Peking duck. A range of dietary requirements are catered for, so don't be shy if you need something special.

Black Sesame Kitchen Located in an elegant courtyard near the Forbidden City, Black Sesame Kitchen offers a family-style dining experience every Tuesday and Friday night. It's a great way to meet people from all over the world and to sample a huge variety of traditional Chinese dishes in one sitting. Book ahead to ensure your spot at the communal table.

Where to sleep in Beijing



The Opposite House Spacious modern rooms with floor-to-ceiling windows supply incredible views of the city, while the pool, spa and multiple restaurants provide a luxurious retreat from the Beijing's frenetic streets.

Shichahai Sandalwood Boutique Hotel This small hotel on the northern edge of Beihai Park is a re-imagining of Xinghua Mansion, a former Qing Dynasty residence. The traditional Qing decor has been carefully restored while the courtyard is the ideal space to enjoy pre-dinner cocktails.

Hotel Éclat Housed inside an imposing glass pyramid just steps from Ritan Park, Hotel Éclat's sophisticated accommodation is enhanced by a stunning art collection, including pieces by Andy Warhol and Salvador Dali. The hotel is part of Parkview Green, where guests will find some of the best shopping and dining in the city.

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Getting around Beijing

Taxi Taxis are an easy way to get around Beijing but because of the city's omnipresent traffic, they may not be the quickest. Official Beijing taxis have a sign on the roof and a yellow stripe running the length of the car. Avoid unofficial taxis and make sure to have the name of your destination written out in Chinese characters.

Subway The subway is by far the most efficient and inexpensive way to get around the city. The system is spotlessly clean, organised and simple to use, maps are easy to read and each train car has a sign in English indicating the upcoming stop. Be prepared to walk long distances at station interchanges.

Cycling It is the most exciting way to get around Beijing. You can rent a bike, borrow one from your hotel or sign up for a guided bicycle tour. Bike lanes are plentiful but are almost always crowded with scooters, motorbikes and pedi-cabs! Not for the unadventurous.

Shopping in Beijing

From vibrant shopping centres to plazas and bustling malls, shopping in Beijing is an exciting affair. Some of the best places to shop include Wangfujing Street, Qianmen Street, The Silk Market, Panjiayuan Market and Hongqiao Market amongst many others. While there, do not forget to grab some authentic Chinese specialities like porcelain, cloisonné, beautiful silks, jade and Chinese tea. Candied fruits and confectionaries can be great presents for friends and family.

When to visit Beijing

The best time to visit Beijing is in September or October, when summer's heat is waning and pollution is usually manageable. Spring is also a good time to visit, as the weather is warming and strong winds help clear the skies. Domestic tourists flood the city during the early May and early October national holidays, so it's best to avoid these times. Also avoid Chinese New Year (late January to early February) when half the country is on the move and many businesses are closed.



Centre of Excellence for **Kidney and Bladder** Diseases

The Kidney Centre (TKC) started its operations in 1985 as a small 2-machine dialysis unit – today, it stands tall among the communities it serves. Caring for thousands, TKC has expanded from specialized renal care to a state-of-the-art, full-service, 100-bed hospital.

Our state-of-the-art Dialysis Unit runs in four shifts, features sixty six dialysis machines and has additional bright and open space designed to give patients enhanced comfort and privacy. With this expansion, we are now able to perform 82,500 dialysis sessions annually.

We offer a broad spectrum of services including specialized non-invasive cardiac services, as well as gastrointestinal diagnostic and therapeutic procedures. We have 4 operation theaters, ICU, emergency, pharmacy, radiology, inpatient and outpatient services.

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- Diabetology
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- Kidney Transplant
- Free Welfare Clinic
- Physiotherapy

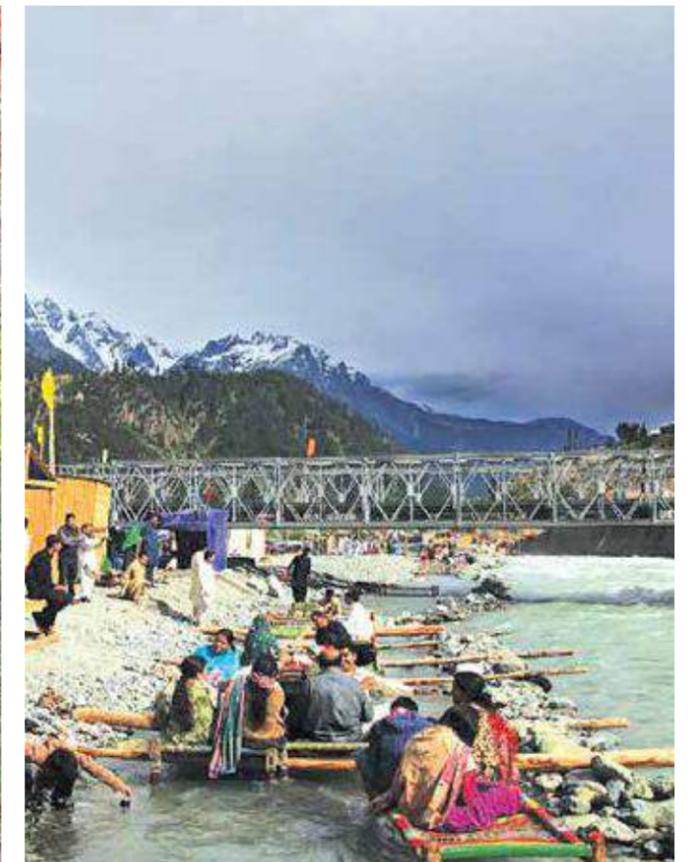
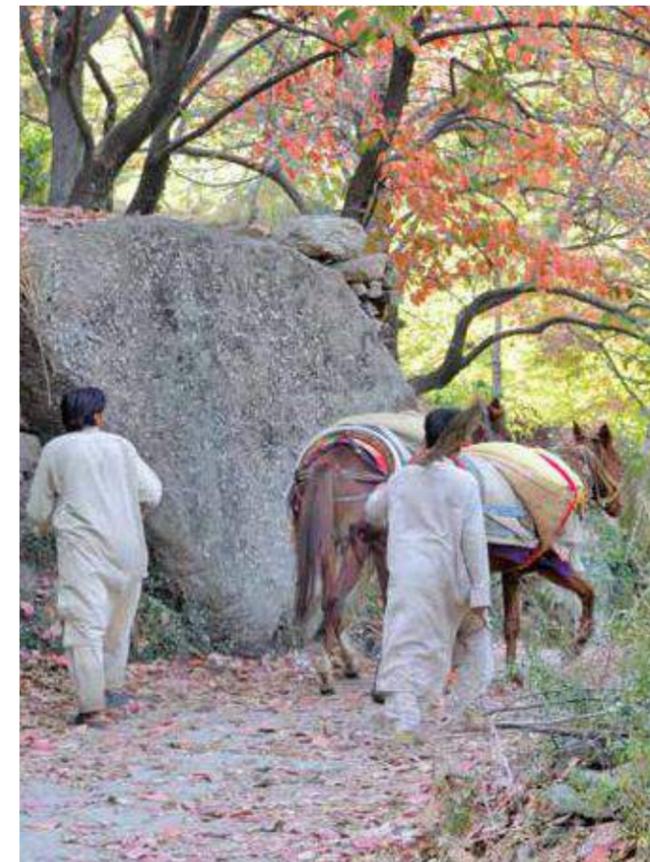
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THE HEAVENLY SWAT

Historically known as Uddyana, Swat is a river valley and an administrative district in the Khyber Pakhtunkhwa province of Pakistan. It is also known as the Switzerland of Pakistan. Swat is an ideal place for leisure lovers, hikers, and archeologists. The capital of Swat is Saidu Sharif and the languages spoken in the valley are Pashto, Gojri, Torwali and Kohistani.



FASHION ALPHABET D AND E

ZURAIN IMAM



Dupatta

The dupatta is a long, multi-purpose scarf that is essential to many South Asian women's suits. Most commonly worn with shalwar kameez and the kurta, dupatta is also worn over the choli or gharara. The material varies according to the suit. The word dupatta is a combination of 'du' meaning two, and 'patta' meaning strip of cloth, originally from Sanskrit.

It has long been a symbol of modesty in South Asian dress. There is no single way of wearing the dupatta. A dupatta is traditionally worn across both shoulders. However, it can be worn like a cape around the entire torso. In current fashions, the dupatta is frequently draped over one shoulder and even over just the arms.

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Diane Von Fürstenberg

Belgian-American fashion designer best known for her iconic wrap dress whose global luxury lifestyle company, Diane von Furstenberg (DVF) is available in over 70 countries and 45 free-standing shops worldwide.

In 1974, she introduced the influential knitted jersey 'wrap dress'. After the phenomenal success of the wrap dress, Furstenberg was featured on the cover of Newsweek magazine in 1976, the accompanying article declared her "the most marketable woman since Coco Chanel".

Furstenberg re-launched her company in 1997, and re-introduced the wrap dress, which gained popularity with an entirely new generation of women. Her clothes have been worn by many celebrities including Catherine, Duchess of Cambridge, Gwyneth Paltrow, Madonna amongst others.

Von Fürstenberg is currently president of the Council of Fashion Designers of America (CFDA), a position she has held since 2006.

In 2014, she was listed as the 68th most powerful woman in the world by Forbes and in 2015 was included in the Time 100, as an Icon, by Time Magazine.

Epaulettes

In French meaning "little shoulders" Epaulettes are a type of ornamental shoulder piece or decorative shoulder adornment used originally as an insignia of rank by armed forces and other agencies, lending an air of authenticity to replica styles. In fashion, epaulettes are used as a trim or decorative detail to add width and effect.

Epaulettes are also found on the trench coat, the safari jacket, and other garments. Balmain and Burberry Prorsum have been the greatest champions of the epaulet recently in the west, while Pakistani designer **Shehla Chatoor** is known to add jewelled epaulettes in her historically-inspired couture creations.

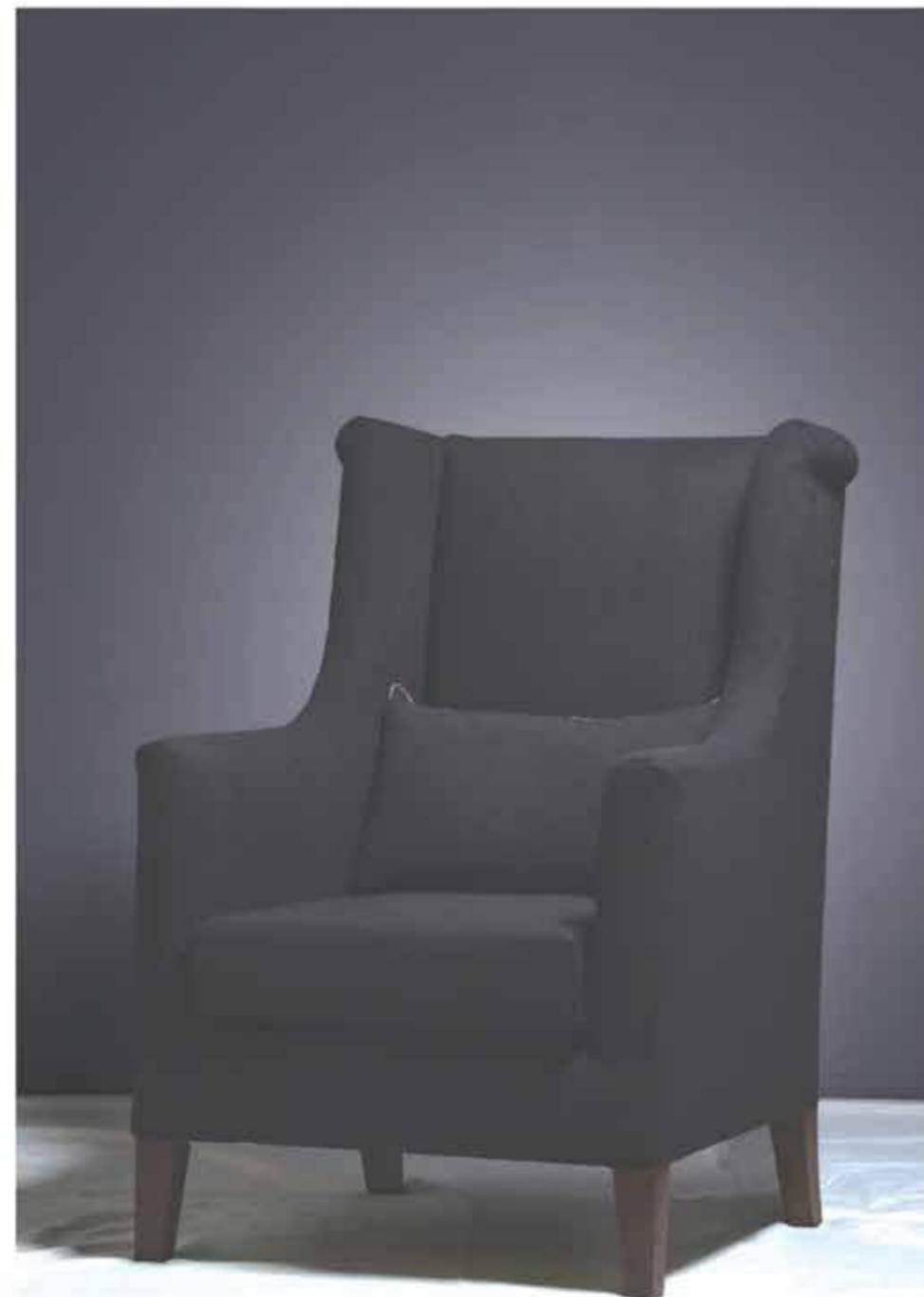


Empire Line or Waist

A dress silhouette which has a fitted bodice ending just below the bust giving a high-waisted appearance and a gathered skirt which is long and loosely fitting but skims the body rather than being supported by voluminous petticoats. The outline is especially flattering to pear shapes, wishing to disguise the stomach area or emphasise the bust. The shape of the dress also helps to lengthen the body's appearance. This type of silhouette is very popular in western wedding gowns.

The style began as part of Neoclassical fashion, reviving styles from Greco-Roman art which showed women wearing loose fitting rectangular tunics known as peplos or the more common chiton which were belted under the bust, providing support for women and a cool, comfortable outfit suitable for the warm climate.

The name of this style comes from the high-waisted styles popular during the reign of the French Emperor Napoleon Bonaparte (1804-1814). Napoleon's first Empress Joséphine de Beauharnais was influential in popularising the style around Europe.

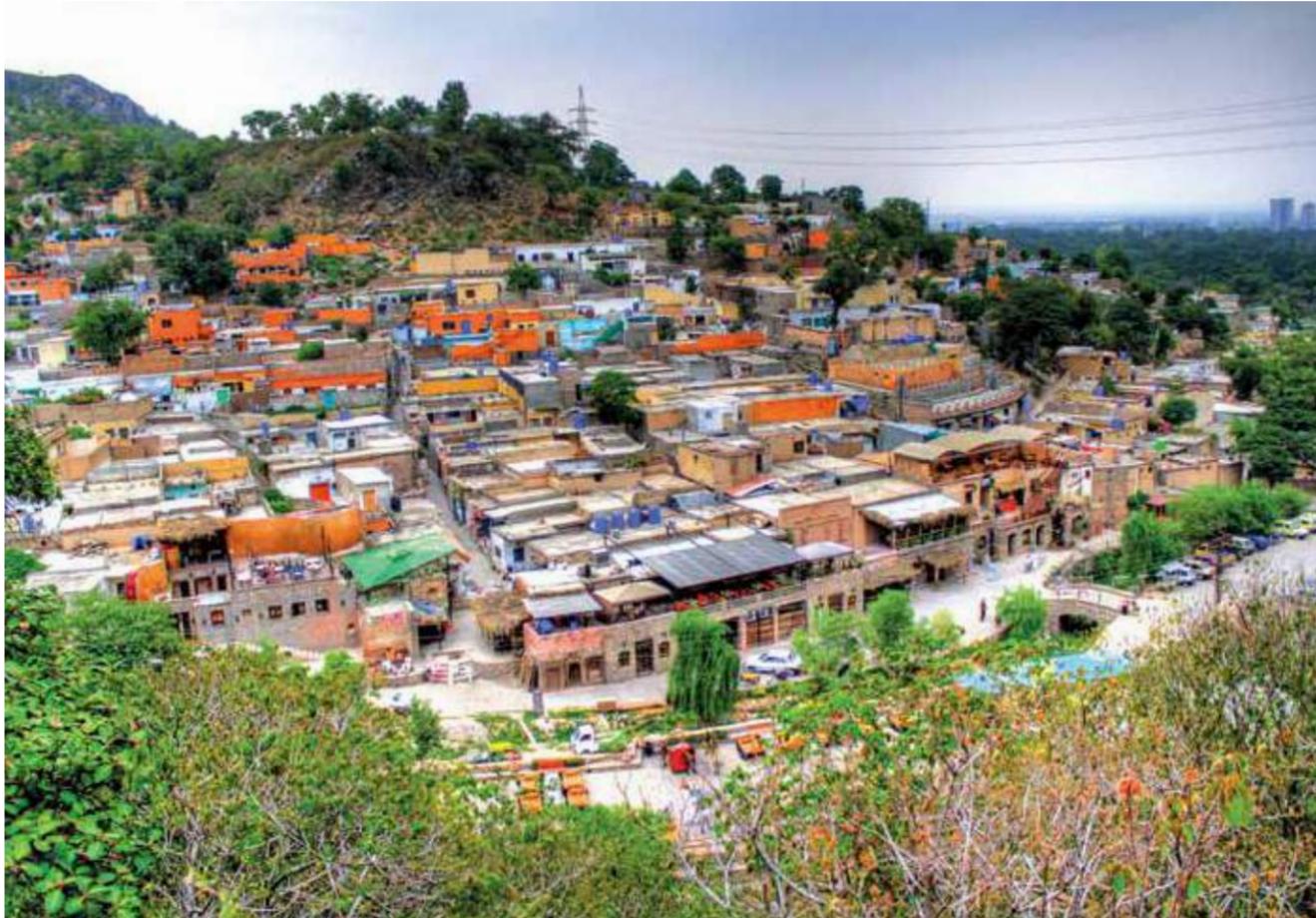


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SAIDPUR VILLAGE THE HISTORICAL MARVEL SET IN TIME

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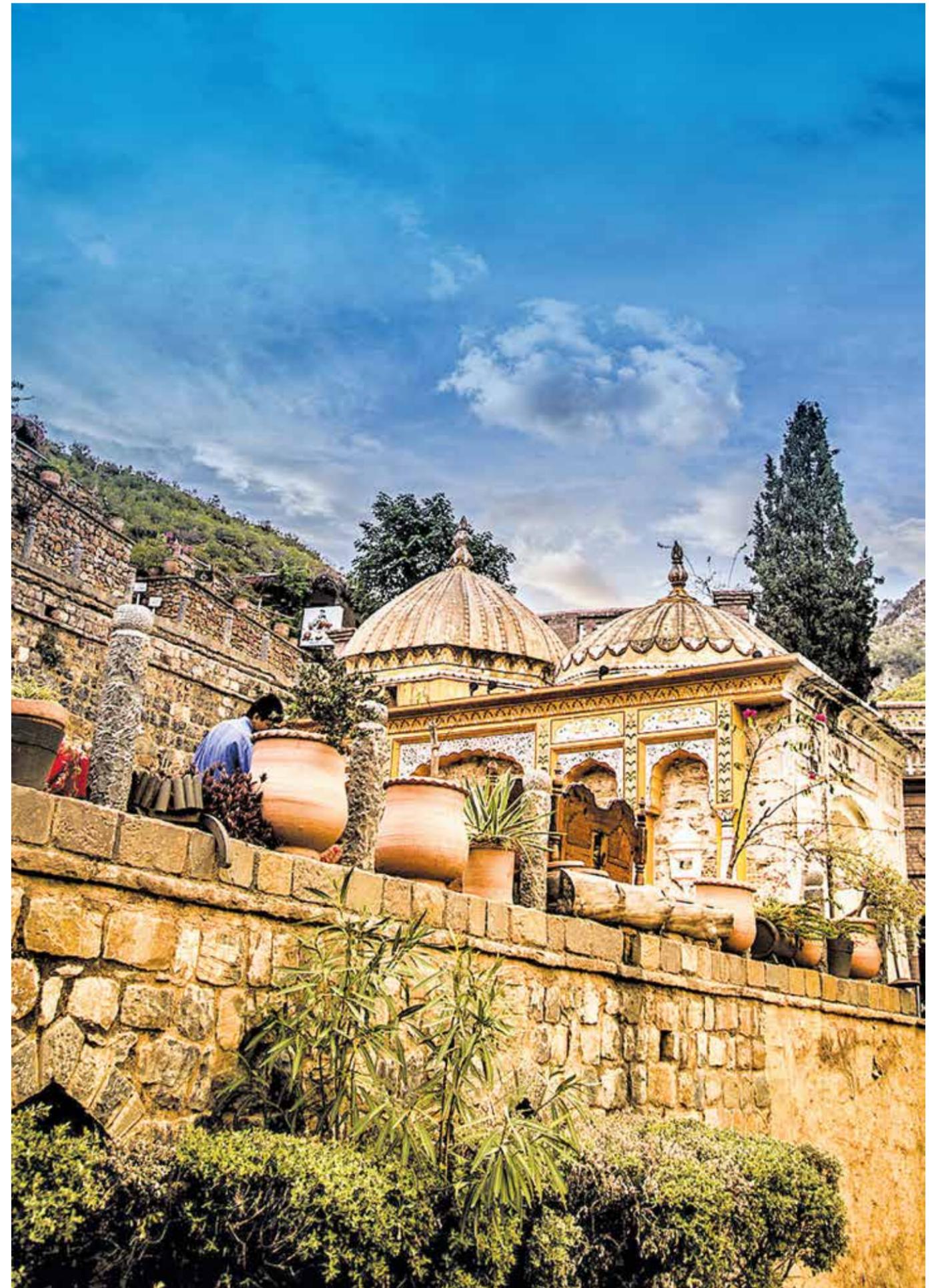
Islamabad, the modern functional city, with mountains in its backdrop, presents an unparalleled character making it breathtakingly beautiful.

A hub for bureaucrats and diplomats, with its nucleus of country offices, UN and Embassy Missions, it is where people from the world over come to work. However, there is more to this regimental city built on a grid that slowly begins to melt one's heart and engulfs one to embrace the culture, cuisine and tradition of this amazing city.

The Unique Ambiance

Several places located within and outside the city are unique, however, one in contrast to the urban city grid particularly stands out. A little village tucked away at the foot of the magnificent Margalla Hills, where the traces of many civilisations are still found. Saidpur Village. The 'Nomad Art Gallery' located here, and Taneez, the high-end sterling silver jewellery and home accessories outlet is a rare treat for art lovers.

Featuring some of the best restaurants in the city that attract people from all walks of life, the variety of cuisine is an experience in itself.



Architecture

Dating back 500 years, the village is named after Sultan Said Khan, son of the chief of the Potohar region. During the time of the Mughal Emperor Babur, Said was married to the daughter of Mughal Emperor Jahangir. At that time, Saidpur Village with its fresh water streams served as a resort and a resting place for the ruler. Later on, it was taken over by the Hindu rulers and civilisations including Buddhist, Ashoka, Greek, Colonial, Mughals and Gandhara who have all had their footprints here.

In 2006, the Capital Development Authority through the ambassador of France, engaged a French architect to renovate the village and was able to preserve an old Hindu temple, a Gurdwara and an ancient school. The Village is now revived to serve as an ideal tourist attraction.

Food

A rugged signboard of 'Saidpur Village' on the Margalla Road directs one to the village where a tea kiosk at the edge of the road welcomes visitors. As one drives through the rural setting amid lush greenery on either side of the broad meandering street, the first set of restaurants and shops emerges. The famous 'Charsi Tikka' restaurant where the scrumptious aroma takes one to the city of Peshawar

serves the specialty of barbecued lamb and *karhai* mainly cooked in salt, the *namkeen tikka*. Here the long wait is worthwhile to indulge in the savoury delights. 'Des Pardes' is a restaurant set in one of the most scenic locations; the cobbled stone steps leads to an elevated platform at the foot of the mountain where the restaurant sprawls. Here traditional music and cuisine takes one back to the Mughal era to enjoy some of the centuries old recipes and feel mesmerised by the unique blend of cuisines and culture. Coupled with the traditional cuisine, there are a few Chinese and fast food dishes as well. To enjoy a mix of barbecue, curries, traditional seafood and lentils, 'Andaaz', an upscale traditional Pakistani restaurant is the place where the Southeast Asian flavours, attention to detail and top quality service make the experience memorable.

The incredible interior with double height space built on three levels gives a grand setting to the whole place. The *shahi tukras*, a local specialty here, are considered one of the best desserts in the city.

Saidpur Village is an amalgam of cultural delights including food, architecture and a unique ambiance that takes one to the region's rich historical past and its present glory.



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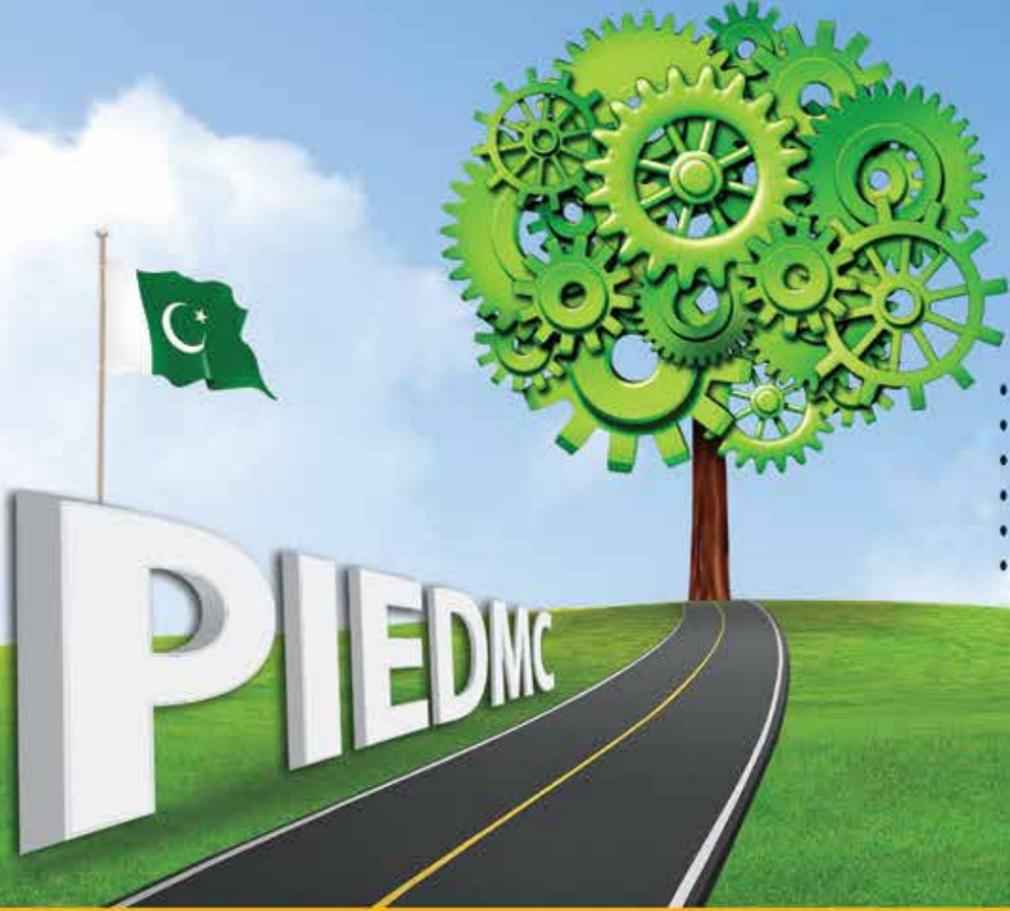
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Keep sunglasses in your small hand-carry suitcase

Keep a map of the city that you will land in

Keep a secondary cell phone there just in case...

Keep a separate pressed shirt in case of spills...

Take off your watch
Keep an extra pair of shoes in the day bag so any mishap can be easily dealt with

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Put in your ear plugs

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Before Travel Check List

- Copies of identification
- Inform bank of travel
- Confirm reservations
- Check weather forecast
- Secure carry-on

The Basics



Items for men

- Jacket
- Chapstick
- Guidebooks
- Binoculars



Items for women

- Cosmetics
- Jewellery
- Hand Lotion
- Scarf/Duppata
- Sun Shades



Items for kids

- Toffees
- Ear Plugs
- Small Toy
- Tissue Paper
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LRBT – CHANGING LIVES

SALEHA ABBASI



Eye diseases are one of the most common health issues faced by people in Pakistan. Lack of awareness on preventive care and inadequate medical facilities is further worsening the situation. There is, however, a glimmer of hope as 80% of cases of visual impairment are curable, provided sufficient medical care is accessible to the patient.

An aptly named ‘benevolent trust’ is actively fighting curable visual impairments in Pakistan for the last three decades. The Layton Rahmatulla Benevolent Trust (LRBT) has treated over 35 million patients so far and has impacted many families whose sole breadwinners were suffering from visual impairments. The aim of LRBT is to provide access to quality medical services overcoming any financial limitations. For an institution solely dependent on donations, treating 36% of the patients in the country is a commendable feat. To make this work, the staff at LRBT makes tremendous sacrifices by associating a multitude of tasks for each administrative role. “Since we are a very lean organisation, our

administrative costs only form for 4.6% of our total operating expenditure, which is the lowest for any charitable organisation in the country, and quite possibly the world”. Shabana Shahzad; Resource Development Manager at LRBT.



Eye-opening facts

Approximately, 11% of the population suffers from either blindness or impaired vision. More than 21 million people are affected by it, of which 2.5 million are children.

“Our vision is to rid Pakistan of curable blindness as we firmly believe that if these patients are treated, they will not only become productive members of the society and contribute to the economy but their children will have a better future too. We believe no man, woman or child should suffer from any level of impaired vision simply because of not being able to afford treatment, which is why our services are entirely free for those who cannot afford to pay for them,” Shabana adds.

How it started

This vision was established in December 1984 when two friends, Graham Layton and Zaka Rahmatulla, retired successful businessmen, decided to form LRBT to provide quality eye care to the underprivileged. Though their intentions were charitable, they believed that the treatment given to patients, regardless of their background, must in no way make them feel that they are receiving second-rate treatment. Hence, from day one, the guiding principle was to not only extend free eye care to the less fortunate, but also make sure that the quality of service is exemplary. From a solitary mobile clinic in Tando Bago in lower Sindh in November 1985, LRBT has grown to 19 eye hospitals and 55 community eye health centres (CEHCs) spread over all the country treating more than 94,000 patients nationwide. The network of clinics and hospitals is spread in such a way to ensure that most Pakistanis are no more than 200 kilometres from any LRBT facility.

Cataract on the rise

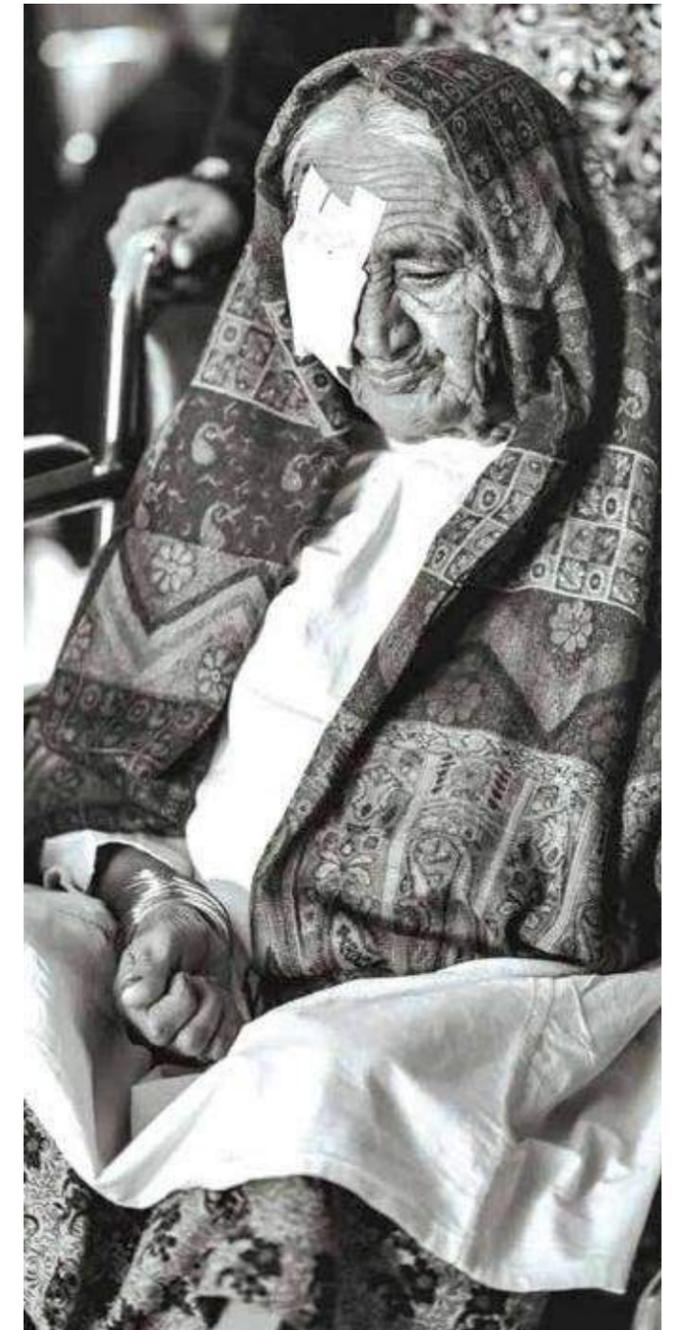
The most common complaint LRBT facilities receive from patients is of cataract, which a majority of people think is caused due to old age only – a misconception that LRBT endeavours to rectify. “Cataract can be caused by many other reasons such as severe exposure to the sun, an injury to the eyes or any ailment left untreated for a long time. The best part is that cataract is curable. However, if left untreated cataract is the most likely factor to cause blindness”, opines Shabana.

Preventive care

As per experts at LRBT, preventive care and awareness can help limit the widespread of cataract. It is essential to avoid direct exposure to the sun for long periods, and to shield the eyes from sunlight by wearing sunglasses. A healthy diet, rich in vitamin A, will go a long way in keeping one’s eyes healthy. Spending long

hours in front of a computer screen without blinking can cause unnecessary stress and fatigue for the eyes. It is advised to follow the 20-20-20 rule: every 20 minutes, look away about 20 feet in distance for 20 seconds. This can help relieve eyestrain.

Spreading the word about the commendable work that LRBT is doing and reaching out to help is one way to help those suffering from visual impairments.



THE YIN AND YANG OF CHINESE CUISINE

U Z M A N A W A Z



Relishing Chinese cuisine is an experience that many fancy to appreciate repeatedly. The variety, unique flavour and the essence of its preparation makes Chinese cuisine one of the world's most preferred. It is one of the rare cuisines that employ many food preparation techniques such as broiled, steamed, barbecued and fried. Food is preserved through pickling, salting and drying and then frying in deep oil for use.

On events such as the Chinese New Year, weddings and other celebrations, the quantity of dishes prepared matters the most. The Chinese prefer to adorn their tables with as many dishes as possible to celebrate significant moments through food. However, few dishes have become as popular as festive food lately, including the fish cakes and rice balls. On birthdays, noodles and steamed buns are necessary, as they relate to long life.

Contrary to common belief that Chinese cuisine is bland, it is just the opposite as the use of spices and hot peppers in their food is far more than any other. Pinyin is a peppercorn used widely that has an intense flavour and makes the mouth go numb.

Regional Diversity

Quintessential to its regional standings, there are four different cuisines that originate from various regions of China. Cantonese is from the Canton province in the south, Mandarin is from northern China, Shanghai originates from eastern coast whereas Szechuan cuisine is from inland China. Hakka and Mongolian are adopted cuisines from neighbouring countries.

Balance and Harmony

Chinese belief in Yin and Yang is quite apparent in food preparation as well. All the ingredients are used in the right balance to create a harmony of flavour and taste. The most essential ingredients being soya sauce, sesame oil, Chinese vinegar, ginger and garlic with spring onion part of almost all dishes.



Snacks and Beverages

For snacks, Dim Sum – a bite-sized snack filled dumplings with shrimp balls and Sue Mai – kebabs wrapped in tofu skin are two varieties. Spring rolls – fried rolls filled with vegetables and meat are a common evening snack.

There is no concept of cold beverage in China and that includes water too as in Chinese culture, drinking cold water is considered bad for health. The only two hot beverages widely enjoyed are tea and soup. The variety of soups is endless, starting from plain, boiled rice water called Sheefa, taken as breakfast tea to gourmet soups such as hot and sour, wonton soup and beef noodle soup enjoyed at lunch and dinner.

Desserts

Similar to beverages, there are no cold desserts in Chinese cuisine. Mango pudding or Baat Bo Fon (rice pudding) served hot and fruit fritters prepared with fried bananas, apples or peach and served with caramel sauce are two popular desserts. Neen Gow is New Year's cake that is served hot by dipping the cake slice in egg and fried in oil.



The Speciality

Most popular food in Chinese cuisine is the Hot Pot that is cooked on the serving table. With a history of more than 1,000 years, Hot Pot contains hot spicy broth that is used to prepare the dish on the table. Strips of raw meat, cut vegetables and beans along with spices and condiments are offered and the guest may prepare the dish as per his/her own choice by selecting the meat (fish, prawn, chicken or beef) vegetables, noodles and beans and adding to the spicy broth and cooking it on the table.

The other famous dish not-to-be-missed while in China is the Peking Duck which is served as either thin slices of skin dipped in garlic sauce, meat served with steamed pancakes or as a broth with stir fried rice.

Information courtesy Mr. Joseph of The China Town Restaurant, Karachi, Pakistan

THE INTRUDERS ARE HERE!

HEENA JADEV SUNIL



Although it was not unusual since crankiness was her second nature, out of curiosity I peeped through the leaves to check what is causing her to wail. Her voice boomed through this small patch of forest. I jerked upright, wondering why she would be alerting the trespassers like this. She should know that these are perilous days and we need to keep a low profile. I tried to calm myself, gambling on the notion that her shrieks would probably drown in the bizarre uproar caused by the intruders, in the 'out of bounds' zone.

Despite that, I panicked as her howl continued, "Get away from me you scoundrel!" I noticed a 7-year-old boy staring at Neem with a hint of annoyance. "Do not come near me." She scolded him. "Neem, will you please lower your voice. Some of us are trying to meditate," Mangifera, the old one, said irritably. "He is a menace," Neem grumbled, and thankfully stopped screaming at last. "They are all a menace, so don't make too much of a fuss. Stop acting so antsy," said Malus Pumila, the wise one.

"You know what this innocent lad will do to me in a few years' time; axe me down like others. I wish this lad does not come anywhere near me," she finished haughtily. The boy eyed her and started carving a letter on the trunk using a sharp object. "Somebody get this boy away from me." Malus Pumila freaked. The boy made a face and said, "You are ugly." "Ugly? Did he just call me ugly? He definitely has a death wish," Malus Pumila grumbled, dejection thick in her voice. "But I like the apple pies you help mum make," the boy finished, skipping his way out. Just then, I noticed two men marching idly our way holding a long iron tool with a sharp edge and wooden handle. I stared at these strangers, perplexed, when it dawned upon me. Intruders? They were here.

My heart fluttered and I could feel sweat trickling down my back. This was it. They are here to remove us from our homes! A loud noise filled the air, drowning our cries into the daunting afternoon, when suddenly I heard the familiar fluttering sounds of wings near me. I was shrieking in terror with a hundred others crying for help. The skies had turned crimson and the winds howled.

And before everything would black out in front of me, my parents held me in their warm embrace. "We are safe, little one," my Pa said soothingly. "For now," said Ma. In that moment, our nest on the ancient Pipal tree, again became a hazardous place for me in this treacherous world as the trees went down one by one.



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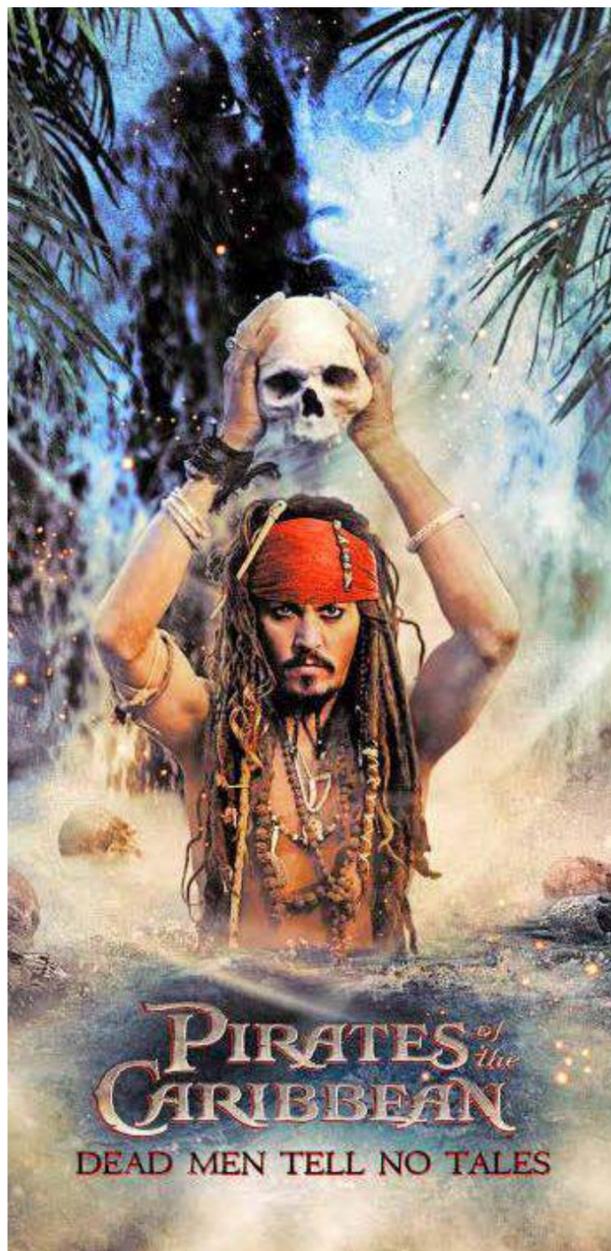
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MOVIES NOT TO BE MISSED



In this action-packed adventure, the out of luck Captain Jack Sparrow finds himself face to face with hostile ghost pirates, including his old nemesis, the chilling Captain Salazar determined to kill every pirate at sea... including him.

Directors: Joachim Rønning, Espen Sandberg
*ring: Johnny Depp, Geoffrey Rush, Javier Bardem

Alien Covenant

The sequel of Prometheus sees the crew of the colony ship Covenant bound for a remote planet on the far side of the galaxy. During the journey, they realise that things are not as perfect as they seem but actually dark and frightening.

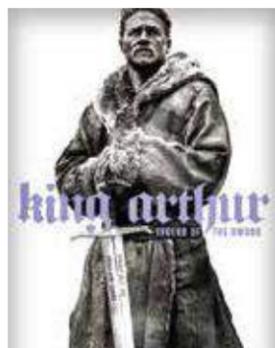
Director: Ridley Scott
*ring: Katherine Waterston, Michael Fassbender, Naomi Rapace



King Arthur: Legend of the Sword

This epic movie is an iconic take on the archetypal Excalibur myth, highlighting King Arthur's life on the streets to his journey to the throne. Famed filmmaker Guy Ritchie is behind this classic action adventure.

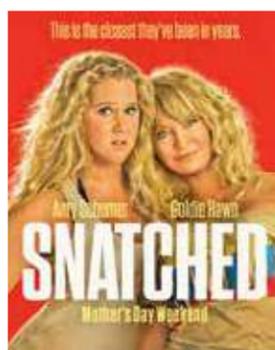
Director: Guy Ritchie
*ring: Charlie Hunnam, Idris Elba, Elizabeth Olsen



Snatched

Reckless dreamer Emily convinces her ultra-careful mother, Linda to go on an adventure with her. Forced to work together they learn a lot about each other. This hilarious comedy is anything but predictable and leaves the viewer in stitches.

Director: Jonathan Levine
*ring: Amy Schumer, Goldie Hawn



Chalay Thay Saath

Shot in the exquisite northern areas of Pakistan, Chalay Thay Saath looks like an emotional roller coaster. The film revolves around the character of Resham (Syra) in her debut role.

Director: Umer Adil
*ring: Syra Shehroz, Kent S Leung, Zhalay Sarhadi, Behroze Sabzwari



The Taste of Pakistan



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PAKISTAN AMONG TOP ECONOMIES

U Z M A N A W A Z



The recent report published by Pricewaterhouse Coopers titled “The long view: How will the global economic order change by 2050” predicts Pakistan amongst the world’s top 20 powerful economies by 2030.

The report ranks 32 of the largest economies in the world, which together currently account for around 85% of global GDP. The rankings are based on global gross domestic measured by Purchasing Power Parity (PPP) that determines the economic status as per the developments taking place in that region and the living standards of the people.

Pakistan’s inclusion in this list currently at number 24, reaching 20 by 2030 and jumping to number 16 by

2050 is an encouraging factor and unquestionably, not a surprise at all as the country has all the potential to reach the predicted goal. It is without a doubt a certainty that Pakistan attains a powerful economic position in the years to come.

The report confirms, “By 2050, emerging economies such as Mexico and Indonesia are likely to be larger than the UK and France, while Pakistan and Egypt could overtake Italy and Canada.”

China, Pakistan’s biggest ally tops the list and is stated to be the most powerful economy in the world currently and likely to maintain its position until 2050.

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Opportunities for business – winning in emerging markets

The report outlines numerous challenges and opportunities that nations can observe to lead them in the right direction. Some of the key factors likely to determine their economic stability include:

Growth in the quality of labour (Human Capital)

Pakistan today stands at the forefront of empowering the youth. With a staggering young population, the focus on training and development facilities has augmented in the recent years. The case in point are numerous incubation centres and entrepreneurship training modules mushrooming nationwide fast empowering the youth. This healthy growth has created a positive environment that fosters and ensures 'human capital' development in Pakistan. Furthermore, many productive jobs are now on the offer for the unemployed youth through international franchise business in the transportation and consumer goods sector providing economic strength and upgrading the lifestyle.

Technological and infrastructural progress

As per the report, *“To realise their full economic potential, emerging market governments need to implement structural reforms to improve their macroeconomic stability, infrastructure and institutions”* suggesting that technological and infrastructural progress is a key factor that drives improvement in Total Factor Productivity (TFP) of any country. The \$54 billion worth of China Pakistan Economic Corridor (CPEC) agreement signed in 2014 is a precise pointer and a game changer for Pakistan. Rapidly improving the technological and infrastructural advancements in Pakistan, the 39 projects involve developing highways, railways and pipelines and enhancing energy related projects, industrial parks and tourism ventures. Regional connectivity and diverse investments through CPEC is likely to augment GDP of the country.

Openness to trade and foreign investment

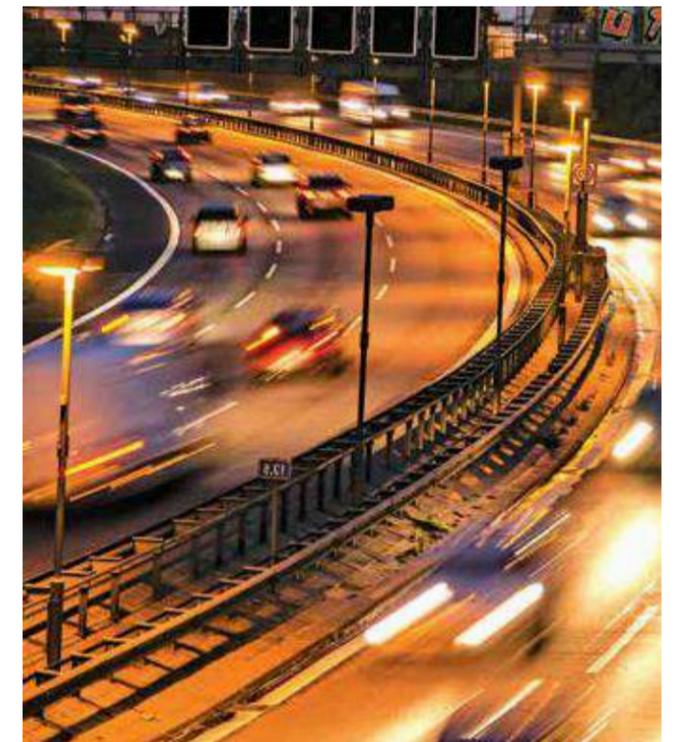
The report implies that countries that devise fruitful policies to improve their foreign trade investment are likely to boost their economic power. Looking at

Pakistan's policies and development at this front, the Foreign Direct Investment (FDI) has jumped by 6% in the last one year opening doors to boosting manufacturing facilities across automobile, agriculture, education, textiles, energy and consumer goods segments.

The power of natural resources

As per the report, “natural resources such as oil, gas and precious metals can bring wealth to a nation.” Pakistan is one of the world's populous countries when it comes to natural resources. It has the world's fifth largest gold mine in Balochistan, world's second largest salt mine in Punjab and world's sixth largest coal mine also in Punjab. Pakistan has three of the biggest mountains of the world ensuring huge glaciers supply water in the rivers.

All these factors are clear pointers towards a prosperous Pakistan. These are definitely interesting times for the country; with a robust economic development, Pakistan stands at a forefront of providing excellent investment opportunities and business development. Moreover, the country opens its doors to welcome tourism initiatives through cultural diversity, ensuring a healthy and vigorous economic path.



Spot the Differences



Find hidden letters in this picture



Guess the City

Look at the pictures, read the clues and guess which amazing cities are these

It is known as the fruit garden of Pakistan
It is the largest city of Balochistan
Sleeping Beauty Mountain is located here
The beautiful Hanna Lake lies nearby
It also has a PSL T20 team called Gladiators



It has an iconic skyline
Its citizens live longer than anyone else
Subways are open 24/7
Sesame Street was born here
It is also known as The Big Apple

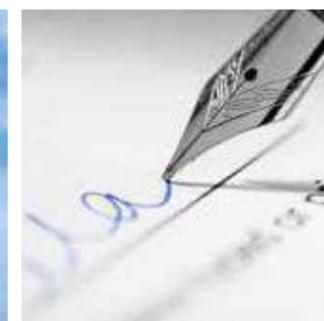
Sultan Qaboos Mosque is the largest mosque here
Al Baleed archaeological site is also located here
Tomb of Prophet Ayub lies around 40 kilometres from this city on Jebal Ittin
Crowne Plaza Resort is one of the best places to stay
Sultan's splendid palace is also here



Answers on page 48

4 Pictures 1 Word

Look at the pictures and guess the word



Answers on page 48

News for Kidz



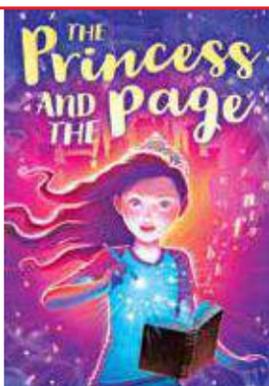
The Boss Baby

An animated wonder, a concept that is very near to every child's heart. A suit-wearing briefcase-carrying baby pairs up with his seven-year old brother to stop the dastardly plot of the CEO of Puppy Co. The voice overs of Miles Christopher Bakshi, Alec Baldwin and Eric Bell Jr. have made this movie a must watch.

The Princess and the Page

Written by Christina Farley

Keira comes from a long line of Word Weavers who bring their stories to life when they use a magical pen. But Keira's mom is scared of their family's history because the Word Weavers have been hunted for generations for their power. As a result, she stops Keira from writing.

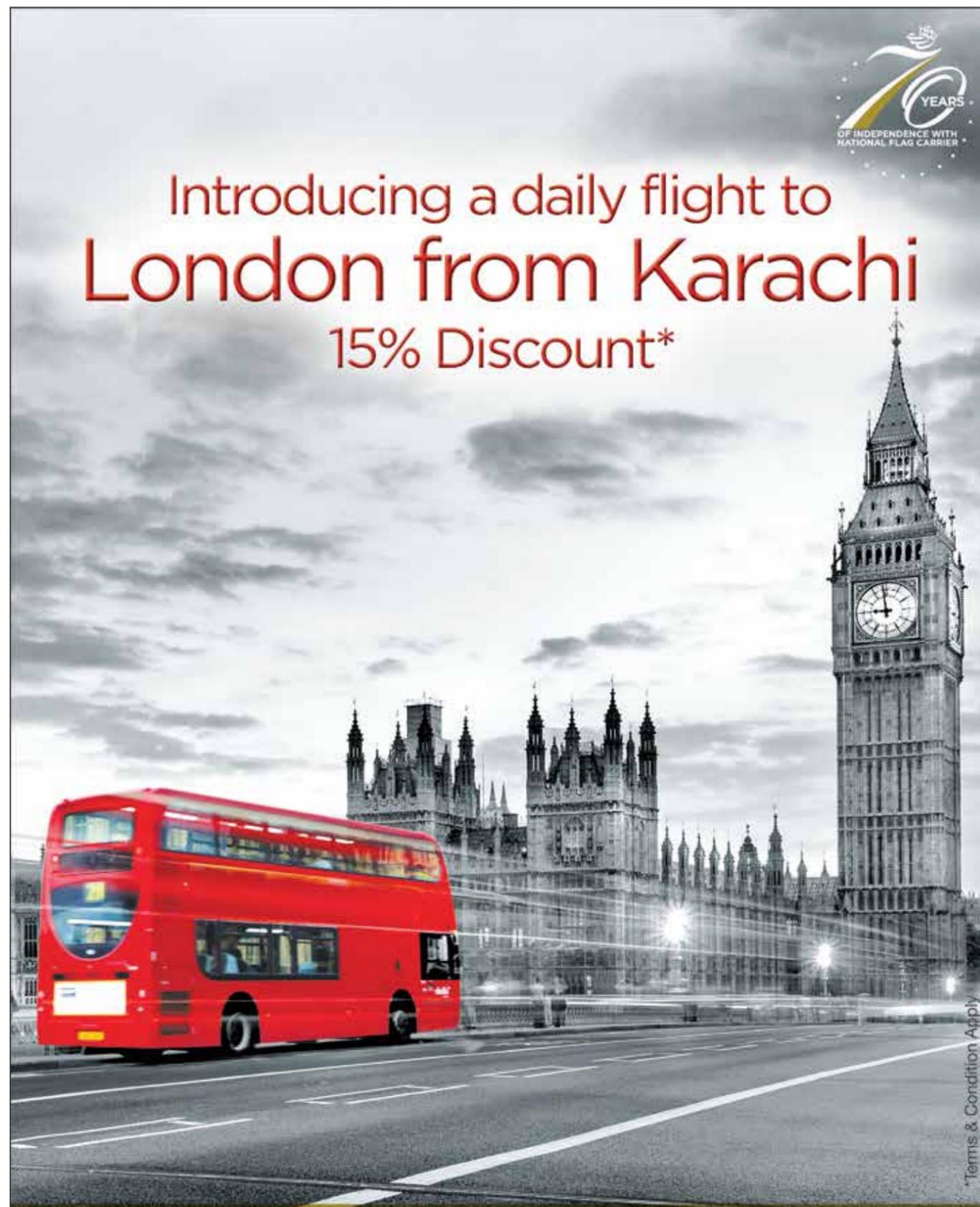


Think and Learn Smart Kids Cycle

Turn your child's fun time into education with the Think and Learn Smart Kids Cycle. This fun and fantastic bike encourages kids to cycle faster and learn more. Like a small version of an exercise bike, this one has a tablet stand on the front for app pairing. Connecting with the game, kids can pedal faster to play and win, rather than sitting in front of a TV, becoming a couch potato.

Lego Marvel Super Heroes

The biggest and best superhero game on Xbox One is easily LEGO Marvel Super Heroes. Featuring just about every beloved Marvel hero and villain you can think of – The X-Men, Spider Man, Iron Man and more – this game gives you the massive, open world of Manhattan to explore while trying to stop an evil plot by Loki and Doctor Doom.



*Discount offer valid till 27 May 2017
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STEP UP TO ZUMBA

U Z M A N A W A Z



An energising music beat, comfortable gear and shoes and a pleasant company dancing to a fast rhythm; sounds like an exciting proposition to remain healthy. Sounds easy and simple too without the hassles of running along the tracks or stretching for hours to burn fat. Dancing is definitely more fun.

Zumba, created by a Colombian dancer and choreographer Alberto Perez during 1990 is all about a fitness dance programme that you can enjoy to the fullest without relying on machines, tools and gadgets. Following dance steps in a stimulating environment works wonders to reap the many benefits of Zumba such as reducing heart health risks, keeping excess pounds at bay and strengthening heart, not to

forget boosting the mood too. Further gains are socialising and mingling with like-minded people, improving motion and posture, and building strength.

Zumba classes are typically for an hour and consist of low and high impact dance movements that result in burning between 500 to 1000 calories. The invigorating music of Salsa, Flamenco, Samba, Tango, Mambo and Cha-cha-cha are commonly used to inspire the participants.

The flexibility of Zumba makes it an ideal dance regime for all ages ranging from toddlers to the elderly.

Zumba Toning is precisely about using 1 or 2.5 pounds of weight to help tone specific areas of the body.

Aqua Zumba is doing a dance activity inside a water pool. By doing so, there is an extra effort needed to work against the water pressure, hence the results are incredible. Plus during sweltering months, the coolness of the water makes it more enjoyable.

Zumbatomic is a dance class fashioned for younger feet between 4 to 7 and 8 to 12 years. These movements are less strenuous, more fun with activities incorporated to make it less mundane for kids.

Zumba Sentao is the latest that involves the use of a chair, around which various dance movements are performed.

The dos and don'ts

Get a medical clearance from your doctor before joining any Zumba class. It is always good to know if your heart can cope with the intensity of the one-hour session.

Wear light, comfortable, non-slippery sneakers and easy clothes to help you get through the session.

Keep yourself hydrated by sipping water frequently during the Zumba dance. Take a light meal of salads before your Zumba class.

Do not continue dancing if you find yourself catching your breath. Take breaks if possible.

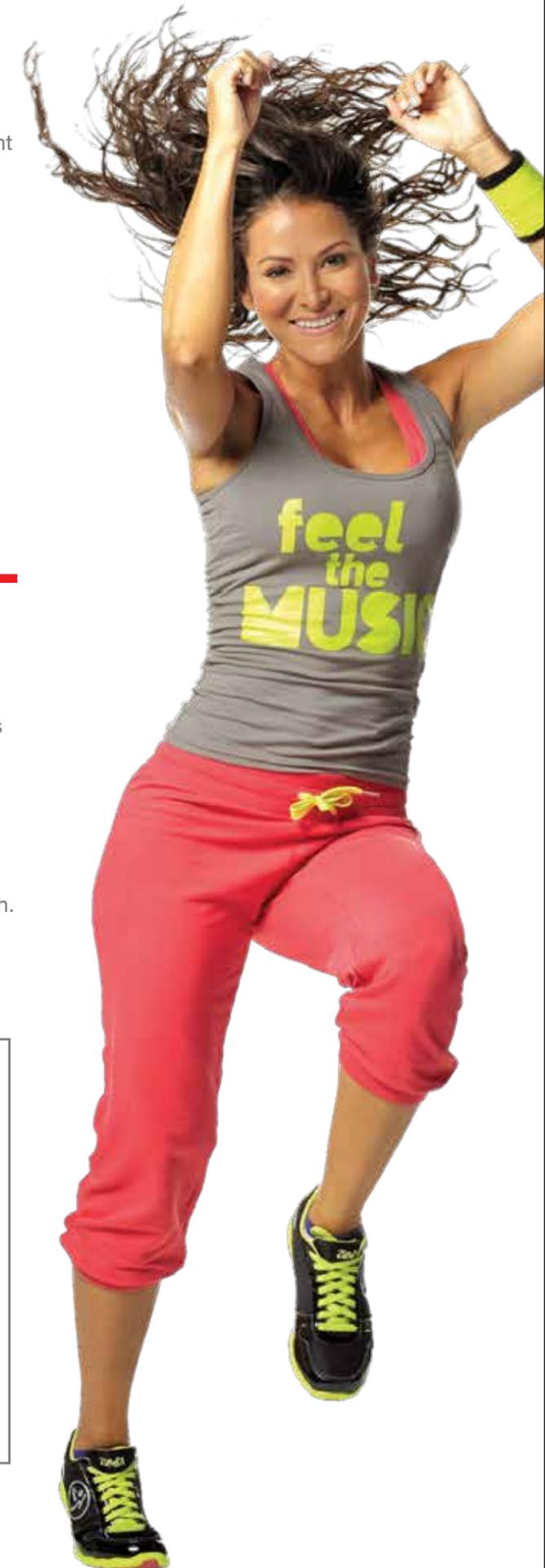
Always consult a trained Zumba specialist to advise you on the right dance class suitable for you.

A specialist's point of view

Zumba is a refined form of aerobics. It is a systematic dance movement to raise your heartbeat and lose your calories. Since the music is the most happening thing, people enjoy this. Doing Zumba for just 20 minutes makes the person feel energetic and is as good as running or walking for one hour. It is a fun and easy to follow class.

Before starting any health regime, you must discuss your individual problems and fitness requirements with your instructor.

Sadaf Aman is a trained Zumba practitioner who has received international certification courses in Yoga and Zumba.



TECH GADGETS

3D-Scanning PC

It is niche, but the Sprout G2, with its integrated 3D and 2D scanners, is perfect for product designers, CGI creators and other folks who can benefit from incorporating 3D models into their workflow. It also has a stylus-enabled touch mat that acts as a second screen.

Price: \$179



Kuri the Robot Nanny

Essentially a mobile security camera with some smart-home control capabilities, when Kuri ships about a year from now it will roam around your home checking on your kids and pets when you're not home. It looks like a robot though so it's cool just for that.

Price: \$700

Bragi Dash

The Dash is a pair of wireless Bluetooth earbuds that provide natural, passive noise isolation that can be shut off with a swipe of your hand and a built-in mic that transmits via bone induction. While it connects to your phone via Bluetooth, the Dash holds up to 1,000 songs in its on-board memory. Dash can track your heart rate, calories, oxygen saturation, and other body vitals, thanks to a coterie of built-in sensors.

Price: \$300



Nabi Aristotle Voice Assistant for kids

It's a baby monitor with Amazon Alexa voice-activated smart assistant. It answers your questions, and maybe your kids' questions too. It orders more diapers when you run out of them and soothes babies back to sleep automatically. The Aristotle, by toymaker Mattel, sounds like a new parent's dream gadget.

Price: \$299



Acer Predator 21 X Gaming Laptop

Acer had us at the price of \$9,000 for a gaming laptop (that's about £7,300 or AU\$12,400). But it also has a ginormous 21-inch curved screen – the first in a laptop – and an eye-tracking camera. Of course, it has nine heat pipes to cool the two GeForce GTX 1080 GPUs and two power supplies, four speakers and two subwoofers, plus it weighs 19.4 pounds (8.8 kg).

Price: \$8,999



Smart and Blue's Hydrao Smart Showerheads

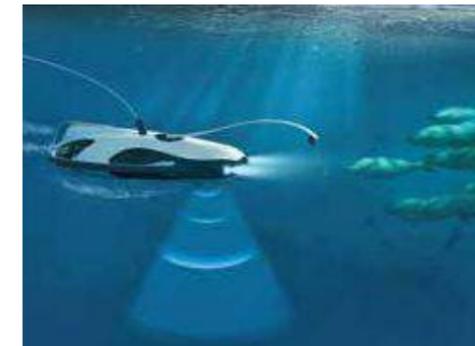
French company Smart and Blue showed its Hydrao range of showerheads recently. They are fitted with LED lights that change colour, from green to blue to purple to red, based on how long you have been showering. The aim here is to cut unnecessarily long showers short, saving you money on utility bills in the process.

Price: \$169

Sleep Number 360 Smart Bed

Not everyone has pets to lie on their feet and keep them toasty. So Sleep Number made a bed that knows when you've got cold feet and turns heat on at the bottom of the bed. In theory, the mattress changes its Sleep Number settings to compensate for changes in position and while it can't stop someone snoring, if it senses you are, it raises your head to reduce your volume.

Price: \$4,000



PowerVision PowerRay Underwater Drone

This underwater drone can submerge up to 98 feet (30 metres) and record 4K videos. With its add-on Fishfinder sonar it can detect fish up to 131 feet (40 metres) away and lures them with a blue light. PowerVision will be offering VR goggles that allow you to robot around by tilting your head.

Price: \$2,000

Guess the City answers: 01 Quetta, 02 New York, 03 Salalah
4 Pictures 1 Word answer: Sign

EVENTS THIS SEASON

U Z M A N A W A Z



Baisakhi Festival

Baisakhi, also known as Vaisakhi, is a religious festival celebrated by Sikhs that marks the beginning of the new year in April. On this day, Gurdwaras are decorated and Sikhs visit and bathe in lakes or rivers before visiting local Gurdwaras. Community fairs and processions are part of the festival where people gather, socialise and share festive foods. Thousands of Sikh pilgrims from many parts of the world visit the famous Gurdwaras located in Pakistan including Sachcha Sauda, Panja Sahib, Narowal and Nankana Saheb to perform their religious rituals. It also commemorates the harvesting season of the year, an occasion to bathe in sacred rivers and offer thanks for the bounty.

April 13th and 14th, when the Gurdwaras across Punjab, Pakistan become the centre of attraction as thousands of Sikh come in flocks to celebrate their new year

Daachi Arts and Crafts Exhibition

For cultural enthusiasts in love with Pakistani crafts, this is a great time to visit the Daachi Arts and Crafts Exhibition in Lahore at the end of April. The beauty of Pakistani textiles, pottery, Hunza shawls, crafts from Gilgit, Phulkari from Haripur, hand-painted furniture and truck art will come alive at this three-day event. To heighten their experience, visitors can enjoy the local cuisine, paintings and intermingle with local artisans.



April 22nd to April 24th at Grande Banquet Hall, Upper Mall Lahore when the splendor of Pakistani craft will unfold

National Mushroom Festival

Under the aegis of the Agri Tourism Development Corporation of Pakistan, a two-day National Mushroom Festival is celebrated in Islamabad near Murree. The festival begins by a mushroom hunting expedition followed by a cultivation and cooking workshops for all ages to enjoy. In this stunning spring season in Islamabad, it is an excellent opportunity for mushroom lovers to gather and enjoy the nature's beauty.

April 9th and 10th at Pakistan Museum of Natural History, Garden Avenue, Shakarparian, Islamabad, is the place to visit for an amazing agri-tour

Tagham Festival

The striking beauty of Shimshal Valley located in Gilgit Baltistan is a converging point for the century-old Tagham Festival celebrated to mark the start of spring and harvesting season. In Shimshal, Tagham is celebrated on the first day of April every year, when people of the valley formally start farming. Traditional cuisine including "Semn" and "Mul" are prepared and visitors can enjoy the traditional rituals including setting fire to leaves of a plant called "Yarz" and throwing wheat seeds on the roof of an old house followed by a game that features a man attired and acting like a bull.



April 1st at Shimshal, Gojal Valley, Gilgit Baltistan

Chillam Joshi Festival

This cultural, four-day festival attracts many tourists from around the world who come to the amazing treks of Shimshal to enjoy the colours of the festival and to celebrate the arrival of spring. The hospitality of the locals amidst the famous cultural Kalash dances by women in traditional garb, cuisine and display of precious gems and artifacts are a treat for the visitors.

May 12th to May 15th at Shimshal, Gojal Valley where the beauty of spring intermingles with festivities

Carnival of Cultures

Attracting millions of visitors from worldwide, Germany's famous Carnival of Cultures is a four-day festival held in May that unveils the multicultural spirit of Germany. Processions, exotic food, colourful costumes, dances and traditional performances with concerts embellish the festival with colours and lights. Samba, Reggae and Calypso are the famous dances to enjoy here.

June 2nd to June 5th in Berlin, Germany



Cannes Film Festival

Founded in 1946, the attraction of the celebrated Cannes Film Festival continues to enthrall many. Akin to Nova, the city of Cannes lights up on this annual film festival where previews of new films of all genres, including documentaries from around the world are shown and movies are awarded.



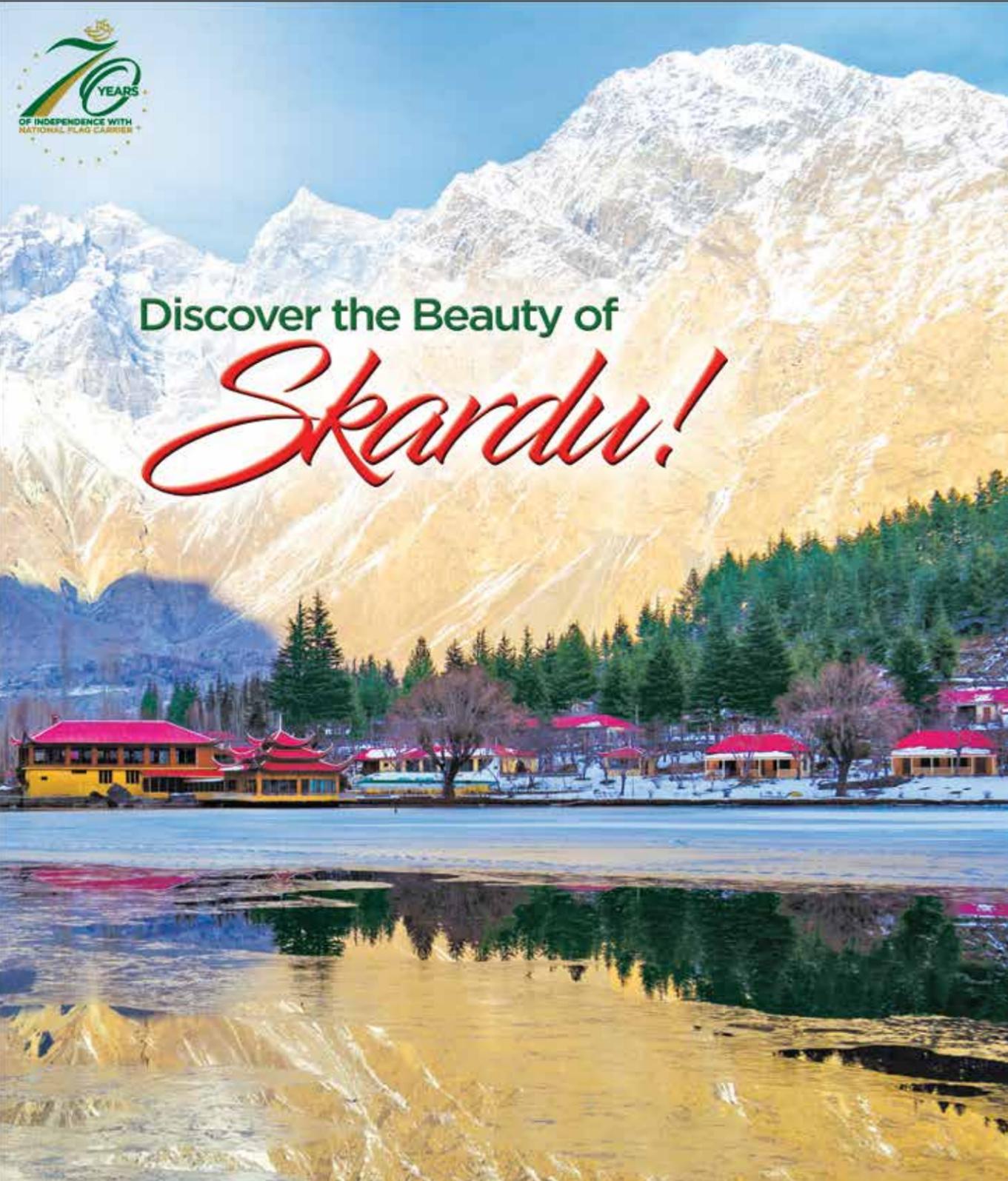
May 17th to May 28th in Cannes, France

French Open

A world-famous sports event unveils in Paris by the end of May to show spectacular players at their best. Known as the premier clay-court tennis championship, the French Open venues come alive with preparations in full swing. Sports fans gather here each year to witness some of the world's best players. Ranked among the top four tennis tournaments including Australian Open, Wimbledon and US Open, this championship is the only one played in a clay court, the others featuring grass and hard floor.

May 28th to June 11th at Paris, France





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Bahawalpur, Rahim Yar Khan



Peshawar, D.G. Khan, Chitral



Gilgit, Skardu



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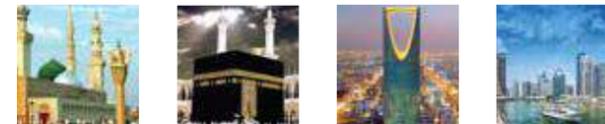
London, Manchester, Birmingham



Oslo, Copenhagen, Paris, Milan, Barcelona



Madina, Jeddah, Riyadh, Dammam



Sharjah, Dubai, Abu Dhabi, Kuwait, Doha



Bahrain, Muscat, Salalah



Beijing, Kuala Lumpur, Tokyo



Kabul, Delhi, Mumbai, Dhaka





AND I QUOTE...



Travel

“For my part, I travel not to go anywhere, but to go. I travel for travel’s sake. The great affair is to move.” - *Robert Louis Stevenson*

“Travel makes one modest. You see what a tiny place you occupy in the world.” - *Gustave Flaubert*

“The use of traveling is to regulate imagination with reality and instead of thinking of how things may be, see them as they are.” - *Samuel Johnson*

“To travel is to discover that everyone is wrong about other countries.” - *Aldous Huxley*

“Travel brings power and love back into your life.” - *Jalaluddin Rumi*

Time

“The two most powerful warriors are patience and time.” - *Leo Tolstoy*

“The time is always right to do what is right.” - *Martin Luther King, Jr.*

“The time you feel lonely is the time you most need to be by yourself.” - *Douglas Coupland*

“Time is what we want most, but what we use worst.” - *William Penn*

“Time has been transformed and we have changed; it has advanced and set us in motion; it has unveiled its face, inspiring us with bewilderment and exhilaration.” - *Khalil Gibran*

Friendship

“The greatest gift of life is friendship and I have received it.” - *Hubert H. Humphrey*

“There is nothing on this earth more to be prized than true friendship.” - *Thomas Aquinas*

“Friendship always benefits; love sometimes injures.” - *Seneca*

“True friendship comes when the silence between two people is comfortable.” - *David Tyson*

Idealism

“What I've learnt is that life is a balance between idealism and realism.” - *Peter Hook*

“Life without idealism is empty indeed. We just hope or starve to death.” - *Pearl S. Buck*

“Let hope inspire you, but let not idealism blind you. Don't look back, you can never look back.” - *Don Henley*

“We must rekindle the fire of idealism in our society.” - *Joe Biden*



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ایک صاحب کتابوں کی مشہور دکان پر بیچنے اور بیکنے سے پوچھا، کیا آپ کے پاس وہ کتاب ہے جس کا نام، مرد عورتوں کے آقا ہیں، سیکزمین نے جواب دیا، اس فلور پر صرف علم و فنون کی کتابیں ہیں آپ دوسری منزل پر تشریف لے جائیں، فلشن صرف اسی فلور پر ہے۔" 

مرزا غالب قید کر لئے گئے اور جب آزاد ہوئے تو میاں کالے صاحب کے مکان میں آکر رہنے لگے، ایک روز وہ میاں کالے صاحب کے ساتھ بیٹھے تھے کہ کسی نے آکر قید سے رہائی کی مبارکباد دی تو مرزا غالب برجستہ بولے، "کون۔۔۔ قید سے چھوٹا ہے، پہلے گورے کی قید میں تھا اب کالے کی قید میں ہوں۔" 

پطرس بخاری ریڈیو پاکستان کے اسٹیشن ڈائریکٹر تھے مولانا ظفر علی خان کو تقریر کے لئے بلا یا گیا، تقریر کے بعد مولانا پطرس کے دفتر میں آکر بیٹھ گئے۔ بات شروع کرنے کی غرض سے مولانا نے پوچھا، پطرس یہ تانپورے اور تمبورے میں کیا فرق ہے۔ پطرس نے جواب میں بولا، "مولانا آپ کی عمر کیا ہوگی؟" اس پر مولانا گڑبڑا گئے اور بولے، "بھئی یہی کوئی پچھتر سال ہوگی،" پطرس جھٹ سے بولے، "مولانا صاحب جب آپ نے اپنی زندگی کے پچھتر برس یہ جانے بنا ہی گزار دیئے تو دو چار برس اور گزار لیں۔" 

ریل کے سفر میں اوپر والی برتھ پر مجاز، درمیانی برتھ پر جوش ملیح آبادی اور چلی برتھ پر فراق گورکھ پوری سفر کر رہے تھے، اچانک جوش نے فراق سے پوچھا، "گھو پتی تمہاری عمر کیا ہوگی،" فراق نے جواب دیا، "یہی کوئی دس برس" اور جوش سے فوراً سوال کر لیا، "شیر حسن تمہاری عمر کیا ہوگی،" جوش نے برجستہ جواب دیا "یہی کوئی پانچ یا زیادہ سے زیادہ چھ برس،" اس پر اوپر کی برتھ پر لیٹے مجاز نے اپنا منہ چادر سے چھپاتے ہوئے بولا، "بزرگوار مجھ سے میری عمر مت پوچھ لینا میں ابھی پیدا ہی نہیں ہوا۔" (یہ تمام شعراء پچپن سے زیادہ عمر کے تھے) 

ایک سردار جی سائنسدان بن گئے۔ ایک تجربے کے دوران انہوں نے ایک کبھی کے پرکاٹ ڈالے اور زور سے چلائے "اڑ جا۔۔۔" پر کبھی نہیں اڑی! سردار نے لاگ بک نکالی اور لکھا "تجربے سے ثابت ہوا کہ اگر کبھی کے پرکاٹ دیتے جائیں تو وہ سن نہیں سکتی۔۔۔!!!" 

ایک بادشاہ نے اعلان کیا کہ جو کوئی میری پسند کا پھل لائے گا۔ اس کے برابر ہیرے جواہرات انعام دوں گا اور اگر پسند نہ آیا تو وہی پھل لانے والے کو دنگنا بھی پڑے گا۔ ایک مسلمان ایک ہیر لایا جو بادشاہ کو پسند نہ آیا اور مسلمان نے اسے آسانی سے کھالیا۔

پھر ایک ہندو ایک سیب لایا۔ وہ بھی بادشاہ کو پسند نہ آیا اور بادشاہ نے ہندو کو سیب نگننے کا حکم دیا۔ ہندو زور زور سے رونے لگا مگر اچانک ہنسنے لگا۔ بادشاہ نے رونے اور ہنسنے کی وجہ پوچھی تو ہندو نے کہا کہ رویا اس لئے کہ میں یہ سیب نگل نہیں سکتا اور ہنسا اس لئے کہ باہر کھڑے تھوڑا سا سیب لایا ہے۔ 

جنگل میں شیر کی شادی ہو رہی تھی جب بارات چلنے لگی تو اچانک ایک چوہا بارات کے آگے ناپننے لگا۔ شیر نے اس سے کہا "بھئی تم کیوں ناچ رہے ہو؟ یہ کسی چوہے کی شادی تو نہیں ہے۔" چوہا بولا۔

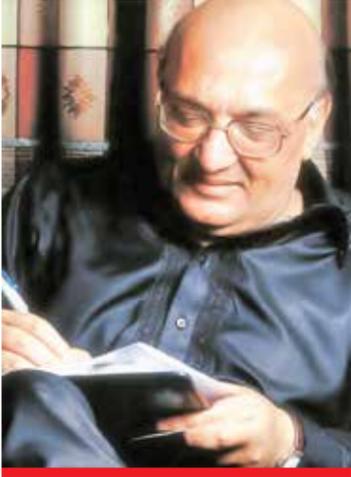
"شادی سے پہلے میں بھی شیر ہوا کرتا تھا۔" 

غزل

دوسرا رخ

اُس شخص کو ملال بہت دیر سے ہوا
زخموں کا اندمال بہت دیر سے ہوا
گھلنی تھیں جس کے ہاتھ سے گر ہیں یقین کی
ظاہر وہ اک خیال بہت دیر سے ہوا
اک عمر اپنے آپ سے غافل تھی زندگی
دل آئینہ مثال بہت سے دیر سے ہوا
اندر سے کب کی بیٹھ چکی تھی یہ سلطنت
کہنے کو گو زوال بہت دیر سے ہوا
اُس جانِ انتظار کی بے مہر آنکھ پر
روشن ہمارا حال بہت دیر سے ہوا
ٹھہری تھی ساری زندگی جس کے جواب پر
ہم سے وہ اک سوال بہت دیر سے ہوا
ٹوٹا جو ایک بھاگتے لمحے کے شور میں
وہ رابطہ بحال بہت دیر سے ہوا
وہ جا چکا تو درد نے سیکھی ہنروری
دل صاحبِ کمال بہت دیر سے ہوا
امجد ہم اہل درد کے حالِ تباہ سے
واقف وہ خوش جمال بہت دیر سے ہوا

یہ مسافت بھی عجب جاؤ ہے
ڈورسی ہے جو اُلجھتی ہی چلی جاتی ہے
بعض اوقات تو اس ڈور کے سلجھاؤ کا
لاکھ سوچو یہ کوئی راستہ ملتا ہی نہیں
میل کٹتے ہیں مگر فاصلہ گھٹتا ہی نہیں۔



اور پھر یوں بھی ہوا ہے یک دم
سامنے آئی ہے منزل یونہی چلتے چلتے
گمشدہ رنگ پلٹنے لگے منظر کی طرف
رک گیا شام کا سورج وہیں ڈھلتے ڈھلتے۔

اُس نے آہستہ سے جس وقت پکارا ہم کو
دیکھتا رہ گیا ہر ایک ستارا ہم کو
دل کشا لمس کی بے ساختہ سرشاری میں
مل گیا ایک تبسم کا سہارا ہم کو
راستے کی کوئی مشکل نہیں آڑے آئی
اُس کی آنکھوں نے کیا ایسا اشارہ ہم کو
یہ رفاقت بھی عجب جاؤ ہے۔

شیروانی اور انگرکھا۔۔۔ لازوال ملبوسات

زیرین امام

اسی کی دہائی میں چمکدار پیڑز، ریشمی اور چمکدار کپڑے، چوڑی دار پاجامے، انارکلی اور انگرکھا کی دھوم مچی ہوئی تھی مگر گزشتہ دو دہائیوں سے یہ سب شادی بیاہ کے ہی مواقع پر پہنے جاتے ہیں جس کی سب سے بڑی وجہ خواتین کا کئی پیشوں کا اپنانا ہے جہاں اس طرح کے ملبوسات پہنے نہیں جاسکتے۔ انگرکھے کو زندہ رکھنے میں کئی پاکستانی فیشن ڈیزائنرز کی انتھک محنت اور لگن شامل ہے جن میں نوشہ میاں، امیر عدنان اور دیکپ پروانی مردانہ انگرکھے کے اور نیلوفر شاہد، فائزہ سمیع، شائیل انصاری اور HSY کے نام خواتین انگرکھے کے حوالے سے قابل ذکر ہیں۔



کہتے ہیں کہ فیشن بس چند روزہ ہی رہ کر دم توڑ جاتا ہے یا جیسا زبان یار میں کہا جاتا ہے کہ بس آیا اور آؤٹ ڈیٹ ہو گیا۔۔۔ مگر کچھ ملبوسات اور لوازمات ایسے بھی ہیں جو صدیوں سے چلے آ رہے ہیں اور وقت ان کو ہر انہیں پایا۔۔۔ جیسے ہمارے اپنے وطن کے شیروانی اور انگرکھا۔ چونکہ لیڈیز فرسٹ مہذب دنیا میں رائج ہے اس لئے پہلے انگرکھے کی بات ہو جائے۔ انگرکھا سنسکرت کے لفظ انگرکشا سے ماخوذ ہے جس کا مطلب ہے ہاتھ اور پاؤں کی حفاظت، دراصل ایک زمانے میں یہ مردانہ لباس تھا اور جنگوں کے مواقع پر پہنا جاتا تھا۔ اس لباس کا تذکرہ آئینہ کبریٰ میں ابوالفضل نے کیا جو اکبر بادشاہ کے نورتوں میں سے تھا۔ یہ لمبی آستھیوں پر مشتمل ایک گاؤن یا کوٹ تھا جو گجرات اور راجستھان کے جنگجو پہنا کرتے تھے۔

یہ لباس اپنی اسی حالت میں آج بھی نیپال، بنگلہ دیش، بھارت اور پاکستان میں پہنا جاتا ہے۔ راجستھان کے علاقے میں تو امیر ترین لوگ بھی اس کو خاص خاص مواقع پر زیب تن کرتے ہیں اور غربا اور گاؤں کے کسان وغیرہ انگرکھی پہنتے ہیں جو کم قیمت کپڑے سے بنا اور لمبائی میں آدھا ہوتا ہے اور اس کو پٹیا کہا جاتا ہے۔ یہاں ایک دلچسپ بات برسیمل تذکرہ کرتے جلیں کہ مغلیہ دور میں سیدھے ہاتھ کی طرف مسلمان انگرکھا باندھا کرتے تھے اور ہندو لائے ہاتھ کی طرف۔ آج تک راجستھان میں یہی طریقہ رائج ہے۔ انگرکھا تنکو نے طریقے سے بھی باندھا جاتا رہا ہے، جس میں اندر کی طرف ایک بیٹیل لگایا جاتا ہے جس کو عرف عام میں پردہ کہا جاتا ہے۔

خوش قسمتی سے جسم کو مزید قابل حرکت بنانے کے لئے انگرکھے میں جوتہ بلیاں وقتاً فوقتاً کی جاتی رہیں ان کی وجہ سے انگرکھے کی زندگی بڑھتی رہی۔ یہاں تک کے جدید زمانے کے کئی فیشن ڈیزائنرز کی توجہ انگرکھے کی جانب ہے اور یہ ملبوس اب مغرب کے فیشن ڈیزائنرز کی توجہ کا بھی مرکز بن گیا ہے۔ خواتین میں راجستھانی انگرکھا زیادہ مقبول ہے جو تقریباً پیٹ کی لمبائی تک ہوتا ہے اور نیچے سے ایک گھیر کی شکل اختیار کر لیتا ہے۔ خواتین کا انگرکھا ڈھیلا ہوتا ہے جس کی گریوں سے اس کو تنگ کر لیا جاتا ہے۔ فیشن کی جدید دنیا میں انگرکھے کو A-LINE کٹ کہا جاسکتا ہے۔

اب کرتے ہیں شیروانی کی بات۔۔۔

شیروانی ایک ایسا ملبوس ہے جس پر وقت کی دھول جم ہی نہیں سکی۔ یہ بنیادی طور پر ایک لمبا کوٹ ٹائپ کا لبادہ ہے جس کی ابتداء برصغیر سے ہی ہوئی۔ شیروانی اور برطانوی فرائک کوٹ ایک جیسے ہی ملبوس ہیں اور گلمان بھی ہے کہ اس معاملے میں گورے نے ہماری نقل کی اور شیروانی سے متاثر ہو کر فرائک کوٹ بنایا۔ دراصل 1820 کے برٹش انڈیا دور میں انگریز شیروانی سے بے حد متاثر ہوئے اور پہلی مرتبہ کرتہ، پاجامہ اور لمبے کوٹ کا ایک فیوژن تیار کر دیا اور یہ فیوژن پورے برطانیہ کا اس زمانے کا مقبول ترین لباس بن گیا۔ اب بات کرتے ہیں اپنے دیس کی۔۔۔ ایک زمانے میں شیروانی دھوتی کے ساتھ بھی پہنی جاتی تھی پھر چوڑی دار پاجامہ، شلوار، کھلا پاجامہ اور پینٹ تک شیروانی کے نیچے پہنے جانے لگی۔ ہمارے قائد محمد علی جناح نے شیروانی کو ایک نئی شان عطا کی جب وہ جناح کیپ اور شیروانی زیب تن کرتے تھے تو تھری پیس سوٹ ایک عام سال لباس نظر آتا تھا۔ پھر ہمارے ملک کے تمام تر سربراہان نے یہ لباس خاص مواقع پر پہنا۔ ہمارے ڈیزائنرز نے رنگ برنگی شیروانیاں اختراع کرنی شروع کیں جن میں گونا گونا کناری اور دیدہ زیب کڑھائی بھی استعمال ہوتی ہے۔

امیر عدنان نے 1990 میں شیروانی کو ایک بالکل نیا روپ عطا کیا اور کسٹڈ و شیروانی تک متعارف کروادی۔ پھر نوشہ میاں، بے ڈاٹ، دیکپ پروانی، HSY اور کئی نوجوان فیشن ڈیزائنرز نے اپنی تخلیقی صلاحیتوں کے بل پر اس ملبوس کو ایک نئی جہت عطا کی۔

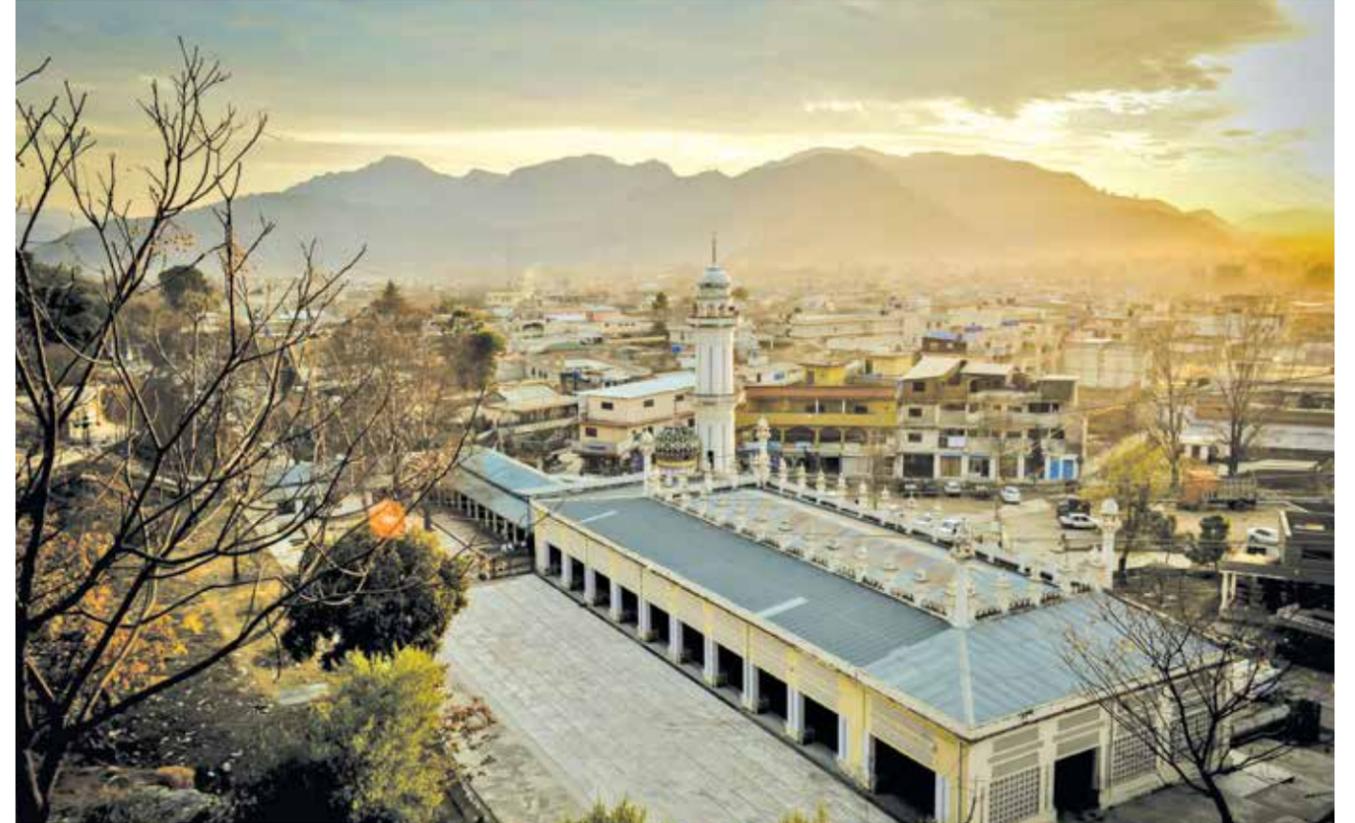
شیروانی ایک فیشن ایبل لباس بن چکی ہے اور نا صرف بارات کے موقع پر دولہا اس کو پہنتا ہے۔ شیروانی فیشن شو کی جان بھی ہے۔



فرائک کوٹ

چلتے ہو تو ایبٹ آباد کو چلئے

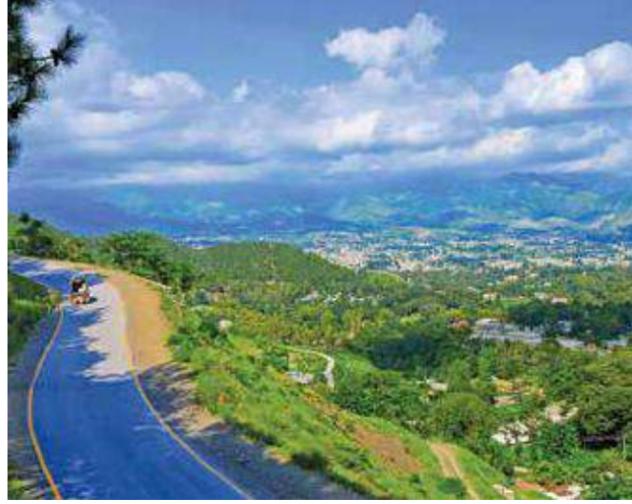
قاسم رضا



بچھلے برس کراچی سے ایبٹ آباد ہم اپنے ایک ٹی وی شو کی ریکارڈنگ کے لئے گئے۔ ہمارا قیام تو ایک دن پر محیط تھا مگر ایبٹ آباد کی خوبصورتی کے سحر میں ایسے جکڑے گئے کہ ہمارا قیام چار دن کا ہو گیا۔ رات گیارہ بجے لگ بھگ ہم ایبٹ آباد پہنچے اور ایک گیسٹ ہاؤس میں ڈیرا جما لئے۔ پہلی صبح آنکھ کھلتے ہی موڈ خوشگوار ہو گیا کیونکہ علی الصبح بارش سے ڈھل کر ایبٹ آباد اجلا اجلا اور صاف صاف نظر آ رہا تھا۔ ناشتہ کرتے ہوئے ہم اور ہمارے کریو کے چاروں لوگ بلاوجہ مسکرائے چلے جا رہے تھے۔ گرما گرم چائے کی چسکیاں لیتے ہوئے عشرت ہماری پروڈیوسر نے کوسٹر کے ڈرائیور (جس کو ہم نے ناشتے کے لئے ہال میں بلا لیا تھا) کو بولا "آپ ہمارے گائیڈ ہیں آج ہمارا شوٹ نہیں تو آپ کے مطابق کونسی جگہ سب سے خوبصورت ہے ہمیں اس جگہ ہی جانا ہے جو آپ بتائیں۔" یہ سن کر چھوٹے قد کے گھنی مونچھوں والے ہزارہ وال ڈرائیور کے اندر کا گائیڈ انگڑائی لے کر اٹھا اور اس نے ہندکو جسے ہم گلابی پنجابی کہتے ہیں میں بولا "سرجی سب سے بہتر جعفر باغ ہے۔" تو عشرت نے سب کو کہا کہ کھانے کے بعد ہم سب جعفر باغ کیلئے نکلیں گے۔

گے، "فون پر عشرت تھیں۔۔۔ ہم فوراً گیسٹ ہاؤس پہنچے اور گرما گرم نان چینی کباب کے ساتھ مزے لے لے کر کھانے لگے۔ ہماری کوسٹر جعفر باغ کے لئے نکلی تو بھرے پیٹ پر نیند کا شدید حملہ ہوا، مگر یہ نیند اس وقت مکمل طور پر اڑ گئی جب کوسٹر سرسبز پہاڑوں کے درمیان واقع ایک انتہائی خوبصورت آبادی سے گزری۔ ہم سب کے منہ بے ساختہ کوسٹر کی کھڑکیوں سے باہر کی طرف مڑ گئے۔ پوری وادی بارش کے بعد رنگ برنگے پھولوں سے ڈھکی ہوئی تھی۔ جنگلی گھاس میں لال لال پھول، ہرے بھرے کھیت اور ان میں گھومتے دنبے سفید رنگ کی بیل بوٹیاں لگ رہے تھے۔ ہم سب پر طاری اس سحر کو ایک آواز نے توڑا۔۔۔ "سرجی ایس توں اگے تاساں پیدل جاو۔۔۔ رستہ نہیں اے اگے۔" اب سمجھ آیا کہ یہ جنت نظر نکلا جعفر باغ نامی گاؤں ہے جو ایبٹ آباد کی حدود میں ہی آتا ہے، ہم کوسٹر سے اترے تو ایک چوڑی سی کچی پگڈنڈی پر نرم اور گیلی مٹی ہماری منظر تھی۔ ہم مٹی میں قدم جما کر آگے بڑھنے لگے۔ ہمارے قدم اس وقت تھے جب ہمارے سامنے ایک سرسبز وادی نظر آئی جہاں ہر پودا، ہر پھول، ہر پرندہ بارش میں نہا کر ٹھنڈی ہوا میں جھوم رہا تھا ایسا لگتا تھا یہ سب ملکر خالق کائنات کا شکر ادا کر رہے ہوں۔

یہ مٹی کے دن تھے جب کراچی میں ہم گرمی سے بلہلا کر تیز پکھے کے نیچے بیٹھے ہوتے ہیں اور اسی گرم ترین مہینے میں ہم ایبٹ آباد کے جعفر باغ میں جیکٹ، ٹوپیاں اور مفلر پہنے، تھرماس سے



نکالی گئی گرما گرم چائے کی چسکیاں لے رہے تھے۔ اندھیرا ہوتے ہی ہم واپس شہر آگئے اور گرم گرم نانوں کے ساتھ بالٹی گوشت، دنبا کڑا ہی اور چیلی کبابوں کے مزے لینے لگے۔ تو آپ کب جا رہے ہیں حسین لوگوں اور دلفریب مناظر سے بھرپور ایبٹ آباد کو؟



والاسٹیورٹ گریجر سکارا موٹو میں تلوار بازی کرتا ہے اور کبھی وائلڈنا تھ کی برفوں میں سفید ہوتا ہے۔ مانی منڈا ڈورلس ڈے کے سراسر اگا رہی ہے (ڈورلس ڈے ابھی کچھ عرصہ پہلے شدید بوزھی ہو کر مر گئی ہے)۔ اگر یہ ایک دیسی سینما ہے تو سکرین پر کبھی راج کپور تو کبھی دلپ کمار خمار کی حالت میں کہتا ہے کہ "پارو، میری ماں مر گئی" اور ان زمانوں میں کئی شائقین صرف یہ ڈائیاگ سننے کی خاطر ریوالی سینما کے گیٹ کیپر کو ایک بچہ ٹی تھما کر سینما ہال میں جاتے تھے اور "پارو، میری ماں مر گئی" سن کر باہر آ جاتے تھے۔

میرے باجی اگرچہ بہت لبرل اور روشن خیال تھے، میں منٹو کے افسانے اس لیے بھی پڑھ سکتا تھا کہ ہمارے ہمسائے تھے اور وہ میرے یار تھے لیکن باجی اتنے لبرل بھی نہ تھے کہ اپنے کراؤن پرنس کو انگریزی فلموں کی عربی اور فاشی کے پلے باندھ دیتے، چنانچہ کراؤن پرنس نے فلمی بے راہ روی کی ایک راہ ڈھونڈ لی۔ ریگل سینما، لکشمی مینشن کے پار تھا، میں وہاں کوئی فلم دیکھتا، انٹرویل ہوتا تو بھاگ بھاگ اپنے فلیٹ نمبر 17 کی پوری باؤن سیڑھیاں بھلا نک کر اپنے گھر آ جاتا اور قطع طور پر یہ ظاہر ہونے دیتا کہ میں ہانپ رہا ہوں، ہونک رہا ہوں کہ باؤن سیڑھیاں بہر طور باؤن ہوتی ہیں۔۔۔ کیا ون نہیں ہو سکتیں۔۔۔ میں ایک معصوم سی شکل بنائے گھر کے ہر فرد کے ساتھ بیلو ہائے کرتا، اپنی موجودگی ثابت کرتا، دس منٹ بعد روفو چکر ہوتا، وہی باؤن سیڑھیاں اترتا، لکشمی مینشن سے نکل کر ریگل چوک کراس کر کے ریگل سینما کے اندر جا پہنچتا جہاں انٹرویل کا اختتام ہو رہا ہوتا اور ہال کی روشنیاں مدھم ہونے لگتیں۔۔۔ یہ سلسلہ نہایت خوش اسلوبی سے چلتا رہا اور پھر ایک سانحہ ہو گیا۔



ریگل سینما میں دکھائی جانے والی فلم تھی کو وڈس۔۔۔ قدیم روم کی ایک داستان، جس کے آخر میں روم جل رہا ہے اور نیرو بانسری بجا رہا ہے۔ نیرو کا کردار ان زمانوں کے بہت اثر انگیز اداکار۔ ایک موٹے اداکار پیٹر اسٹونف نے ادا کیا تھا۔ انٹرویل ہوا اور میں حسب منصوبہ سینما سے نکل کر بھاگتا ہوا، باؤن سیڑھیاں طے کر کے اپنے فلیٹ کے صحن میں نمودار ہو گیا۔۔۔ اپنی موجودگی ثابت کر کے واپس سیڑھیوں کے دروازے کی طرف لپکا تو کیا دیکھتا ہوں کہ میری گوری چٹی، سوئی پھیسی رحمت بی بی چلی آ رہی ہیں، انہوں نے مجھے دیکھ کر فرط جذبات سے مغلوب ہو کر چبھتا مار لیا کہ۔۔۔ وے مستنصر۔۔۔ میں تم سے اداس ہو گئی تھی، میں صرف تمہیں دیکھنے کی خاطر اپنے منڈی بہاؤ الدین کے چک سے چلی آئی ہوں۔۔۔ مجھے دیکھنے دو، اُن کی گرفت سے آزاد ہونا ممکن ہی نہ تھا، اگرچہ مجھے اُن کے بالوں سے لسی کی مہک آتی تھی پروہ میری بہت پیاری پھوپھی تھیں اور یوں میں لوٹ نہ سکا، جب وہ رخصت ہو گئیں تب میں نے کو وڈس کا باقیہ نصف حصہ اور انجام دیکھا۔

چند عجیب و غریب پابندیاں

گر میلان میں رہنا ہے تو صرف مسکراتا ہے

اٹلی کی میٹرو پولیس نے اداسی اور رونے پر مکمل بین لگا دیا ہے۔ اس معاملے پر حکام کا موقف ہے کہ اس شہر کی یہ ضرورت ہے کہ دن کے چوبیس گھنٹے مسکرایا جائے، صرف جنازوں اور ہسپتالوں پر یہ پابندی لاگو نہیں ہوگی۔ قانون کی خلاف ورزی کرنے والوں پر بھاری جرمانہ عائد کیا جائے گا۔ تو اگر میلان جانا ہے۔۔۔ تو مسکراتے رہنا ہے۔



گولڈفش تششے کے مرتبان میں پالنا ممنوع

میلان شہر سے صرف چند کلومیٹر کے فاصلے پر موزہ نامی شہر ہے جہاں سن 2004 سے گولڈفش تششے کے باؤل یا مرتبان میں رکھ کر پالنا قابل سزا اور جرمانہ جرم ہے۔ حکام کے مطابق تششے کی اندر کی طرف مچھلی کو بگڑی ہوئی شکلیں نظر آتی ہیں اس کی وجہ سے بیچاری مچھلی کی بصارت کمزور ہو جاتی ہے اور مچھلی کو عینک کون پہنائے!!!!



مردہ مچھلی سے ایک دوسرے کو مارنا ممنوع

انگلستان کے ساحلی شہر لائم ریجز جو مغربی ڈورسٹ میں واقع ہے میں ایک انتہائی عجیب و غریب روایت تھی جسے conger cuddling کہا جاتا تھا، 2006 میں اس روایت پر مکمل پابندی عائد کر دی گئی۔ اس میں مردہ بام یا ایل مچھلی کو ہنر کی طرح پکڑ کر ایک دوسرے کو مارا جاتا تھا یعنی باقاعدہ مقابلہ لڑا جاتا تھا۔ جانوروں کے تحفظ کی عالمی تنظیموں کی مداخلت پر مقامی حکام نے اس کھیل اور روایت پر مکمل پابندی عائد کر دی۔



مشہور کارٹون ونی داؤہہ پر مکمل پابندی

وسطی پولینڈ کے چھوٹے شہر ٹوشین میں بچوں کے پسندیدہ کارٹون کردار ونی داؤہہ پر میبلوں، کارنیول اور کھلے میدانوں میں آنے پر مکمل پابندی عائد کر دی گئی۔ اس سلسلے میں مقامی حکام کا موقف ہے کہ پوہ آدھا عریاں ہوتا ہے اور اس کے پورے جسم پر صرف ایک لال رنگ کی کوئی ہوتی ہے اور یہ چیز فاشی کے زمرے میں آتی ہے جو بچوں کے لئے قطعاً نامناسب ہے۔



بلب بدلنے پر 10 ڈالر جرمانہ

آپ اپنے گھر میں یا دوکان اور آفس میں بجلی کا بلب تبدیل کرنا ایک نہایت معمولی کام سمجھتے ہوں گے مگر یہ کام آپ آسٹریلیا کے شہر وکٹوریہ میں کرنے کا سوچنے کا بھی نہیں کیونکہ اگر آپ لائسنس یافتہ الیکٹریشن نہیں تو بلب تبدیل کرنے پر آپ پریس آسٹریلیا ڈالر جرمانہ فوری عائد کر دیا جائے گا۔



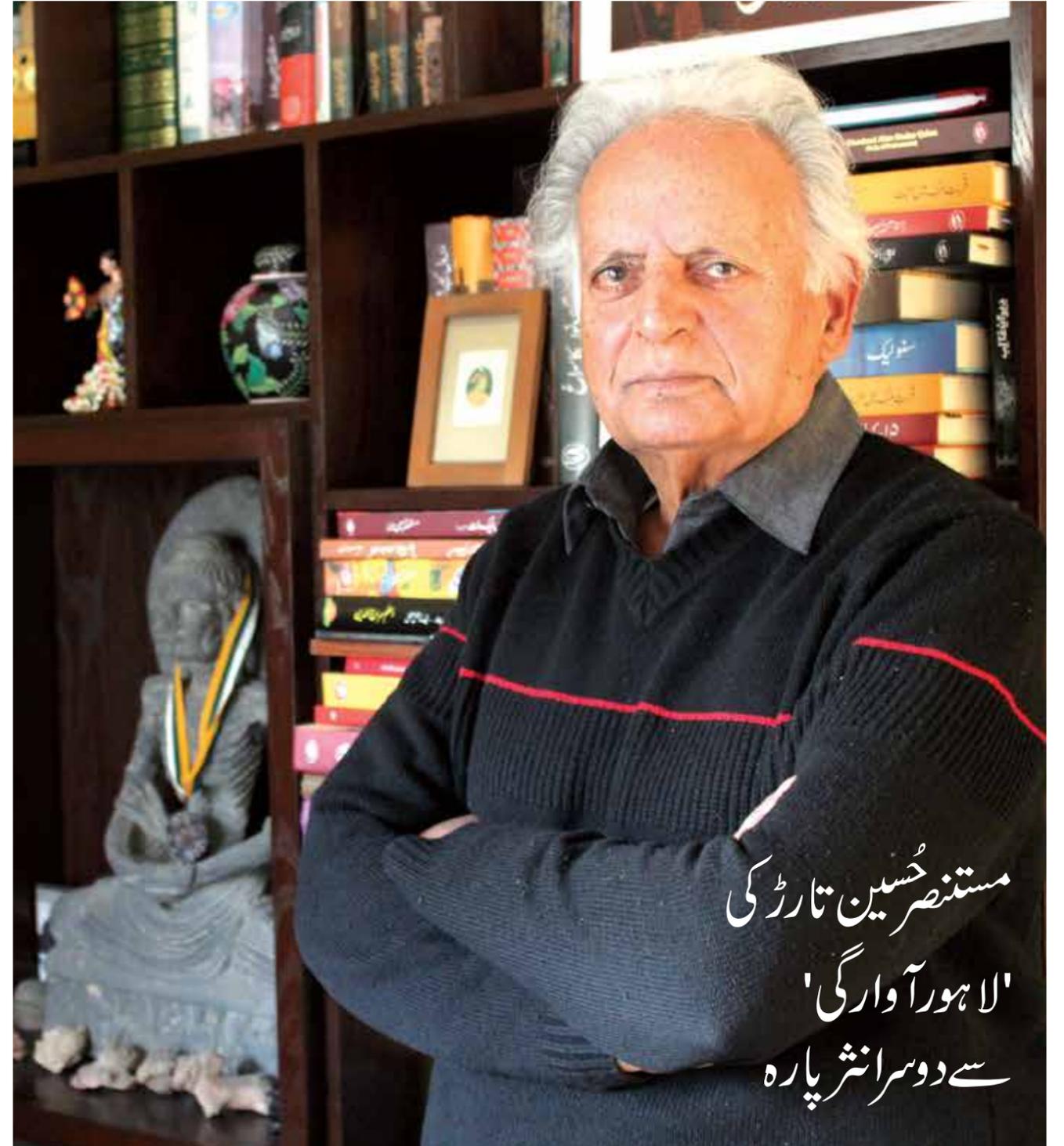
مرتا ممنوع ہے

اسپین کے چھوٹے سے اُندلسی شہر لئارو میں کچھ عرصے کے لئے مرنے کو غیر قانونی قرار دے دیا گیا تھا۔ قصہ کچھ یوں ہے کہ اس چھوٹے سے چار ہزار نفوس پر مشتمل شہر میں قبرستان نہیں تھا اور مقامی حکام کی قطعاً اراضی کے لئے جو ڈیل چل رہی تھی اس کو سزا انجام دینے میں کافی وقت درکار تھا تو مقامی حکام نے مرنے پر پابندی لگا دی، اس مسئلہ خیز قانون پر ملک کے سیاست دانوں اور عوام نے شدید رد عمل کا اظہار کیا جسے کچھ عرصے کے بعد معطل کر دیا گیا۔



'سینما گھروں کا گھراہور'

مستنصر حسین تارڑ



مستنصر حسین تارڑ کی
'لاہور آوارگی'
سے دوسرا نثر پارہ

لاہور اس لئے بھی لاہور ہوا کرتا تھا کہ یہ سینما گھروں کا گھر تھا۔ آپ نے پہلے تو باقاعدہ جنگ و جدل کر کے۔۔۔ مار دھاڑ کر کے، اپنے جیب خرچ سے آناً ذہن جمع کر کے، گیلری کا ٹکٹ سوارو پے میں حاصل کیا ہے۔۔۔ اور یاد رہے لاہور کے سینما گھروں میں کسی ہٹ فلم کے لئے کھڑکی سے ٹکٹ خریدنا، اُسے حاصل کرنا اور دو بوجھنا، ایک خدا داد آرٹ ہوتا تھا اور قدرت کی جانب سے صرف چند ایک افراد کو ہی یہ صلاحیت ودیعت ہوتی تھی، اپنے کیسے ٹکٹوں کی کھڑکی پر جوم کرتے شائقین کو دھکیلنا ہے، پھر اکثر ان کے سروں پر گانڈ کرتے، پھسلے کھڑکی تک پہنچ کر اُسکی تیکنا نے میں اپنی وہ مٹھی گھسیڑ کر عین فروخت کرنے والے کے سامنے کھول دینی ہے جس میں ٹکٹ کی رقم بند ہے۔



اور ان زمانوں میں محبت ہونے کا ایک اور پہلو تھا کہ کسی نئی فلم کے پہلے شو کے موقع پر آپ گیلری وغیرہ نہیں بلکہ یونیورسٹی کی آخری لکڑی کی نشستوں پر دس آنے والی کلاس میں ایک فلم دیکھیں۔۔۔ مجھے یاد ہے کہ ریگل سینما میں عید کے روز کسی نئی ٹارزن فلم کا افتتاح ہونا تھا اور ان زمانوں میں آج کے جیمز بانڈ کی مانند ٹارزن بھی بدلتے رہتے تھے تو ان دنوں مشہور ہاڈی بلڈ اور تیراک جانی وزملر تازہ ترین ٹارزن تھا۔ میں نے عید کی نماز پڑھنے کے فوراً بعد اپنے چند جگر دوستوں کے ہمراہ تقریباً ساڑھے دس بجے ریگل سینما کی دس آنے والی کھڑکی کے آگے بیٹھا کر لیا۔ ساڑھے تین بجے پہلا شو تھا، عید کا پورا دن نہایت خوشی خوشی اور خوش اسلوبی سے اُس کھڑکی کے سامنے قطار بنائے گزارا دیا۔۔۔ اور عید کے روز نئی فلم کے پہلے شو کو دس آنے کی کلاس میں دیکھ کر سرخرو ہو گیا۔۔۔ بعد ازاں بہت سے مال روڈ اور کشمی میٹن کے باسی مجھے از حد رشک کی نظروں سے دیکھتے تھے کہ یہ ہے وہ شخص۔۔۔ سینما گھر کے اندر داخل ہوئے تو گویا ایک جادوگری میں آگئے۔۔۔ دیواروں میں نصب پیکروں سے اگر یہ ایک انگریزی فلموں کا سینما گھر ہے تو مغربی گیتوں کی ڈھنسی ہال کی نیم تاریکی میں گونجتی ہیں اور اگر اردو فلم ہے تو تازہ ترین گیت سُریلے ہوتے ہیں۔۔۔ اور تو اور گرمیوں میں دیواروں پر آویزاں سچے چل رہے ہوتے ہیں۔۔۔ اور ٹکٹ خریدنے کی جستجو میں جو پسینہ بہ رہے ہوتے ہیں اُن کو نکھاتے ہیں۔۔۔ موسیقی کے علاوہ "ٹھنڈی بوتل" کے نعرے لگاتے حضرات بوتلوں کی شیشہ گری کو چاہیوں کے ساتھ جل ترنگ آپ کو متوجہ کرتے ہیں اور اگر فلم انگریزی ہے تو "چپس پوٹیو چپس" کی صدائیں آتی ہیں اور تب ہال کی روشنیاں دھیرے دھیرے مدہم ہوتی ہیں اور اسکرین سے آگے تناہوار شیشی پردہ ہولے ہولے سرکے لگتا ہے اور جب سحر انگیز، دل کو دھڑکانے والا نظارہ ہوتا تھا، پردہ سرکنا جاتا ہے اور سفید سکرین نمایاں ہوتی جاتی ہے اور تب اُس سکرین پر کوہ قاف کی جادوگری نکس ہونے لگتی ہے اور آپ تقریباً مدہوش ہو جاتے ہیں کہ وہاں ٹارزن ہے جو کھڑکی کے گھر چھ سے گشتیاں لڑ رہا ہے، استھر ولیم کا متناسب بدن پانیوں میں تیر رہا ہے، سفید قلموں

فہرست مضامین



07

سفرنامہ
چلتے ہو تو ایبٹ آباد کو چلئے



06

دلچسپ وحیرت انگیز



03

جہان مستنصر
'سینما گھروں کا گھر لاہور'



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ادبی پارہ
نظم امجد اسلام امجد



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ٹھونے
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فیشن
شیروانی اور انگرکھا۔۔۔
لازوال ملبوسات



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HOTEL Scribe PARIS

1 Rue Scribe 75009 Paris, France
(+33) 1/44712424 | h0663@accor.com
www.hotel-scribe.com