



BETWEEN THE LINES

DECEMBER 2025 | VOLUME 1 | ISSUE 1

MAGAZINE

A
Celebration
of Language,
Literature,
and
Learning.

“We read to know we are
not alone.” – C.S. Lewis

In the World
of Words

Echoes of
Expression

Where Creativity
Meets Academia





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WORDS THAT LEAD: A MESSAGE FROM THE PATRON-IN-CHIEF

It gives me immense pleasure to extend my warmest regards to the English Literary Society for their remarkable initiative in publishing *Between the Lines*. This magazine reflects not only the intellectual vibrancy of our students but also the creative spirit that defines the Department of English at MUST.

The English Department holds a vital place within the academic fabric of Mirpur University of Science and Technology (MUST). I fully support its continued growth and commend the faculty and students for their dedication to literary exploration, critical inquiry, and artistic expression. Endeavors like this magazine enrich the university's academic culture and inspire meaningful engagement with the humanities—an essential pillar in building a well-rounded, progressive society.

At MUST, we are committed to nurturing all domains of knowledge—cognitive, affective, and creative—and it is heartening to witness such vibrant contributions from our students and educators. I congratulate the entire editorial team and look forward to seeing *Between the Lines* flourish in the years to come.

Patron-in-Chief

Prof. Dr. Muhammad Younus Javed, SI(M)

Vice Chancellor

Mirpur University of Science and Technology
(MUST)



WORDS OF ENCOURAGEMENT: A MESSAGE FROM THE PATRON

It fills me with great pride to present this edition of *Between the Lines*, the literary voice of English Department MUST. A magazine is more than a collection of writings – it is a reflection of the intellectual spirit, creative courage, and thoughtful curiosity of our students. Within these pages, I see not only talent, but also a sincere engagement with literature as a living experience that shapes minds and nurtures character.

Our students have demonstrated commendable dedication in cultivating a culture of reading, dialogue, and artistic expression. Their work reminds us that literature is not merely to be studied; it is to be felt, debated, questioned, and lived. I am especially pleased to see emerging voices exploring diverse themes with maturity, insight, and originality.

I extend my heartfelt appreciation to the editorial team, contributors, and volunteers whose efforts have brought this publication to life. May this magazine continue to serve as a platform that encourages creativity, critical thought, and a love for language. I wish all our students continued growth and success. May they always read deeply, write bravely, and think beyond the lines.

Dr. Zafar Iqbal

Dean & Patron

A VISION REALIZED: A NOTE FROM THE CHIEF EDITOR & FOUNDER

Dr. Sehrish Shafi

Editor-in-Chief & Founder
Head of Department
Department of English, MUST

Dear Readers,

The journey toward this magazine began long before the first word was written. Over the years, the English Literary Society has grown in spirit, ambition, and creativity. Each year, we set a goal — not merely to accomplish an event, but to leave behind a mark that reflects who we are. Last year, our dream was the English Literary Festival, and together, we turned that dream into a living celebration of literature, language, and shared experience.

After that achievement, I felt there was still something missing — something lasting. Our students needed a space not just to perform or attend, but to express, reflect, and preserve the voices that make our department what it is. A place where their ideas would continue to speak, even when the moment passes. That is when the idea of this magazine found its shape.

The name *Between the Lines* came naturally. Literature is not only in what is written — it is in what is meant, felt, implied, hinted, and held quietly beneath the words. Linguistics teaches us how language carries meaning, but literature teaches us how meaning carries the heart. Between the Lines is where the unspoken emotions live — where thought becomes art, and art becomes memory.



After months of writing, editing, designing, and believing together, our dream now rests in your hands. Every page carries a voice, every voice carries a story, and every story carries the identity of our department — thoughtful, curious, compassionate, and alive.

As Rabindranath Tagore wrote:

“Let my thoughts come to you, when I am gone, like the afterglow of sunset.”

To hold this magazine is to hold memories — preserved, shared, and continued. And I am deeply grateful to my team, whose dedication and trust made this dream not only possible, but enduring.

May this be the first of many.

IN THOUGHT AND COUNSEL: A MESSAGE FROM THE SENIOR ADVISOR



It has been an honor to accompany our students in the journey that led to the creation of *Between the Lines*. This magazine is not only a compilation of creative and critical writings; it is a testament to the perseverance, talent, and intellectual spirit of our department. Within these pages, one finds the curiosity of young thinkers, the honesty of emerging voices, and the evolving confidence of writers discovering their place in the world.

The English Literary Society has always stood for more than events and gatherings. It has been a space where ideas breathe, where friendships form around literature, and where the love of language becomes a shared identity. *Between the Lines* now preserves that spirit in a lasting form. It offers our students a voice that will endure, reminding them that their thoughts matter, their perspectives have weight, and their words deserve to be heard.

I congratulate the editorial team and every contributor for their commitment to this vision. May this magazine continue to grow, to inspire, and to uphold the tradition of meaningful expression in our department. I am proud of what has been achieved, and even more hopeful for what is still to come.

Dr. Toqeer Ahmed
Senior Advisor, *Between the Lines*



FROM BEHIND THE PAGES: ASSOCIATE EDITOR'S NOTE

It is with immense joy and a touch of nervous excitement that I welcome you to the very first issue of *Between the Lines*, the official magazine of our English Literary Society. What you hold is more than a collection of words; it is a blooming garden of student voices, critical ideas, and creative dreams taking shape on paper.

This magazine began as a quiet vision, sparked one afternoon over shared conversation and teacups steeped in metaphors, when Dr. Sehrish and I spoke of the need for something lasting. From that moment to this printed reality, the journey has been one of dedication, patience, late evenings, and heartfelt collaboration. To be part of this beginning, to help plant a seed that we hope will grow into a tradition at MUST, is an honour I will carry with me always.

No project of this nature comes to life alone. My heartfelt gratitude goes to the pride of our department, **Iman Aziz**, whose quick responses, assistance, and presence have been my anchor at every step. Her help with gathering materials, refining content, and offering clarity exactly when it was needed made this process not only possible, but joyful. A special thanks is also due to our dear students **Zainab Fatima** and **Muhammad Mubashir**, whose lens captured the soul of our department. The images in this magazine are more than photographs; they are memories preserved, moments held still, and reflections of who we are. Their work ensures that this magazine is not only read but felt.

I feel deeply privileged to be part of shaping what we hope will become a lasting tradition at MUST — a platform where language thrives, and where every whispered thought and bold idea finds a home. May *Between the Lines* continue to grow beyond us, carrying our voices forward in ways time cannot erase.

Asma Kaleem
Associate Editor, *Between the Lines*

BETWEEN OUR LINES: MESSAGE FROM THE CO-EDITORS



Iman Aziz
President ELS
Co-Editor

Between the Lines is more than a magazine, it's a piece of my heart stitched into every word. From the stories we told to the emotions we framed, each line carries a vision and the countless hours my team and I poured into ELS. This issue is not just something we created, it's something we lived, breathed and believed in.



Mohammad Muneeb
Finance Head ELS
Co-Editor

This magazine stands as a reminder that literature is alive in every one of us — in our stories, struggles, and shared laughter. May Between the Lines inspire readers to write, read, and dream beyond the margins.



Zainab Fatima
Media Head
Co-Editor

Working on Between the Lines has been a journey of discovery — of language, art, and the power of collaboration. I hope each reader finds a piece of themselves hidden somewhere in these pages.

Special Mention

Camera Credits

Captured all of the events of English Department and ELS with heart and dedication.

"I have always loved standing behind the lens — it's where I feel most myself. Being trusted by my teachers and the English Literary Society to preserve these moments is something I take immense pride in. Every photograph is more than an image; it's a memory, a feeling, a moment we'll look back on. Thank you for believing in me and allowing me to frame your stories."

— Mohammad Mubashir



Meet our Faculty



Dr. Asma Iqbal Kayani



Ms. Saima Yasmeen



Ms. Ambreen Rahim



Ms. Nabeela Khalid



Ms. Asma Riaz



Ms. Hafsa Ameer



Ms. Maryam Munir



Ms. Aneesa Kulsoom



Ms. Zarish Tariq



THE PILLARS OF THE



ENGLISH DEPARTMENT

In Retrospect: The ELS Journey

The English Literary Society (ELS), founded on 21st February 2024 in the English Department of Mirpur University of Science and Technology (MUST) by Dr. Sehrish Shafi, is more than a club; it is a growing community of readers, writers, performers, and thinkers who believe in the transformative power of literature. The Society began under the guidance of its first advisor, Mr. Toqeer Ahmed, whose early efforts and thoughtful interviews helped shape its foundation.

Since its inception, ELS has worked with commitment to create meaningful literary experiences that connect students to the world of ideas, imagination, and intellectual growth. Guided by the quiet vision of its President, Iman Aziz, the Society has grown into a space where creativity and purpose flow seamlessly together.

Our mission is to cultivate a space where voices can be heard, stories can be shared, and students can grow intellectually and emotionally through literary engagement. From organizing reading circles that bring together young thinkers to visits to Mirpur's first library and hosting the inaugural English Literary Festival, ELS continues to enrich the academic and cultural life of the university. Through workshops, open mics, stage performances, panel discussions, and the publication of the ELS magazine *Between the Lines*, the Society nurtures a passion for the written and spoken word. We welcome all who believe in the power of expression and the joy of storytelling.

The visual identity of the Society was beautifully established through its official logo, designed by the main advisor Ms. Asma Kaleem, giving ELS a distinct and lasting symbol of its purpose and spirit.



Within the Circle of ELS



Within the circle of ELS is a team defined by creativity and collaboration. Each member has contributed meaningfully to transforming ideas into successful events and giving shape to the Society's vision.



At the helm of ELS stands Iman Aziz (President), whose quiet vision and creative direction have shaped the Society into a thriving platform for literary expression. Supporting her are Suhail Abbas (Senior Vice President) and Zunaira Butt (Junior Vice President), whose commitment and teamwork continue to strengthen the Society's foundation.

Abdur Raheem (General Secretary) ensures smooth coordination across all activities, keeping the spirit of collaboration alive in every endeavor.



Behind every successful event stands a team of passionate organizers. Led by Laiba Sagheer (Team Lead), the Organizer Team including

Muqaddas Yousaf, Laiba Zaheer, Amama Imtiaz, Malaika Pervaiz, Neha Ghaffar, Khadija Tul Kubra, and Sehrish Batool works with precision, creativity, and dedication to bring each idea to life.



The Media Team, led by Zainab Fatima, captures the heart of every ELS moment through creative storytelling and striking visuals. Its members, Rozia Rehman, Zobia Shakeel, Iqra Sehzaadi, Hamna Qayyum, Zainab Mubashir, Natasha Banaras, Maryam Mushtaq, and Naima Pari, play a vital role in ensuring that the Society's voice reaches every corner of the university community.



The Decor Team, guided by Esha Khurshid, turns imagination into atmosphere, transforming every pace into a world of literary wonder. Her talented team Marwa Qaiser, Khadija Sajjad, Ayesha Arshad, Shaiza Ashfaq, Areeba Nawaz, Aleena Talib, Tayyba Farooq, Ayesha Imtiaz, Maryam Kamran, Alisha Sharif, and Chamen Araa infuses each event with beauty and meaning.



Ensuring that every plan unfolds seamlessly, the Runners' Squad, including M. Ramzan, Rashid Alam, Husnat Qureshi, Ibtesam Javed, and Moeen Aslam, keeps ELS events running smoothly with energy, coordination, and enthusiasm.

The financial backbone of the Society is led by Muneeb ur Rehman (Finance Head), whose careful management and foresight sustain ELS activities throughout the year.



Bridging the Society with the student community, the Student Coordinator Committee, led by Aqsa Bukhari, fosters participation and engagement across campus. The team Areeba Shafique, Nayab Suleman, Ayesha Mehmood, and Qudsia Bano ensures that every student voice is heard and every talent finds its stage.

Together, they form the heart of the English Literary Society, a family of passionate minds where ideas grow, voices are heard, and the love for literature brings everyone closer.

EVENTS



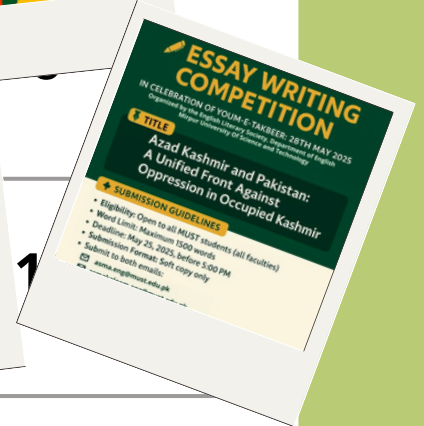
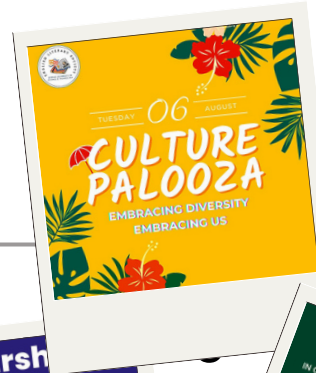
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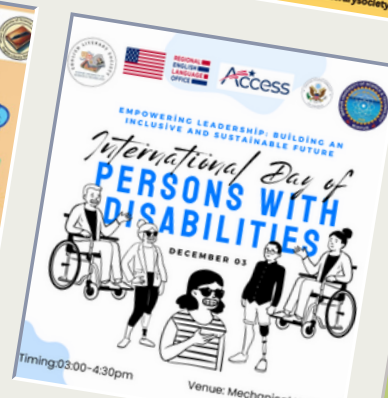
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ELS READING CIRCLE SERIES:

A Celebration of Words and Minds

STEP INTO THE WORLD OF STORIES, IDEAS AND IMAGINATION! THE READING CIRCLE SERIES BY THE ENGLISH LITERARY SOCIETY TURNED ORDINARY AFTERNOONS INTO LIVELY DISCUSSIONS, CREATIVE THOUGHTS AND UNFORGETTABLE LITERARY ADVENTURES.

On May 21, 2024, the English Literary Society at MUST University began an exciting new literary journey titled "Reading Realm." Under the kind supervision of Mam Asma Kaleem and Mam Hafsa Ameer, this circle aimed to inspire students to read deeply, think critically, and appreciate the beauty of literature in all its forms.

The purpose was simple yet meaningful – to create a warm and welcoming literary space where students from different semesters and academic disciplines could come together, share ideas, and explore diverse genres. Guided by their curiosity and love for books, students engaged in thoughtful discussions that strengthened their analytical and creative thinking skills.

From the very first session to the most recent visit, every meeting carried its own charm and excitement. The Reading Circle took participants on a journey through time, exploring short stories, poetry, modern fiction, and even cinematic adaptations. Each session brought new insights and memorable conversations.

Here's a look back at the wonderful sessions that made "Reading Realm" truly special:

1. May 23, 2024 – Introductory Session & "The Oval Portrait" by Edgar Allan Poe
2. May 30, 2024 – "Narrating Pakistan" – Falling Better at Preface
3. August 02, 2024 – "The Turn of the Screw" by Henry James
4. October 31, 2024 – "The Landlady" by Roald Dahl
5. November 07, 2024 – Allama Iqbal's Poetry
6. November 14, 2024 – "The Last Leaf" by O. Henry
7. November 22, 2024 – "The Veldt" by Ray Bradbury
8. November 29, 2024 – Faiz Ahmed Faiz's Poetry
9. December 19, 2024 – "Haider" – A Cinematic Retelling of Shakespeare's Hamlet
10. December 27, 2024 – "The Blue Umbrella" by Ruskin Bond
11. January 03, 2025 – "Miss Brill" by Katherine Mansfield
12. January 17, 2025 – "Silence" by Haruki Murakami
13. January 23, 2025 – "From Oppression to Expression: Resistance Literature in Conflict and Postcolonial Contexts" – A special visit to Mian Muhammad Bakhsh Library, Mirpur



"The Reading Circle was a wonderful initiative for students to truly delve into literature."

—Marwa Qaiser



"It was more than reading together; it was learning from each other. Every session left me inspired."

—Suhail Abbas

INFORMATIVE SESSIONS

The Department of English, MUST, organized two highly insightful sessions aimed at enhancing students' academic and professional awareness.

Navigating CMS

On May 26, 2024, Ms. Ambreen Raheem conducted a comprehensive session on CMS Navigation, guiding students through the university's academic portal. She explained in detail how to access results, track grades, calculate GPA, and understand the semester system, offering clarity on the technical and procedural aspects essential for smooth academic progress. The session proved immensely beneficial, especially for new students adapting to the system.



Scholarship Insights

Later, on June 13, 2024, Mr. Toqeer Ahmed delivered an engaging presentation titled "Scholarship Insights," where he introduced students to a wide range of national and international scholarship opportunities. He elaborated on eligibility criteria, application processes, and strategies for successful submissions, encouraging students to aim higher and explore global academic avenues.

Both sessions reflected the department's dedication to student development beyond the classroom, equipping learners with the knowledge, confidence, and practical tools to excel academically and professionally.

ELS Students Participate in the National Kashmir Workshop

Learning, Reflection, and Representation



From April 22 to April 25, 2024, members of the English Literary Society (ELS) represented the Department of English at the National Kashmir Workshop held at Iqbal Auditorium, Bhimber, organized by the Pakistan Army. The four-day workshop brought together participants from Mirpur, Bhimber, Barnala and Kotli, serving as a platform for learning, dialogue and patriotism.

The ELS senior cabinet, along with other active members, attended with great enthusiasm and commitment. Their participation reflected the society's academic spirit and dedication to engaging in national conversations beyond the classroom. The students actively attended sessions, interacted with speakers and contributed thoughtfully during discussions embodying ELS's vision of promoting critical thinking, civic awareness and leadership.

The workshop featured several distinguished speakers, including Lt Gen (R) Sher Afgan, who spoke on global politics and the Kashmir issue; Mr. Raja Sajjad Latif (Director KPRI), who discussed the history and relevance of the conflict; and Dr. Mariam Fatima from NDU,



who analyzed the legal aspects of Article 370. Other sessions were led by the Commander 3 AK Brigade, Chief Secretary AJK Mr. Dawood Bareach, and Syed Anwaar Hassan, PTV News Anchor and Director, who emphasized media's role in shaping perceptions.

Representing ELS with pride, President Iman Aziz delivered a reflective presentation on the final day, summarizing the group's four-day learning experience.

The workshop was a remarkable experience for the English Literary Society, strengthening their understanding of the Kashmir issue and reinforcing the society's mission to inspire informed, articulate and socially conscious students who contribute meaningfully to national dialogue.

The Department of English at Mirpur University of Science and Technology (MUST) hosted the Creative Classroom Challenge on June 4, 2024, a vibrant celebration of imagination, teamwork and artistic expression. Students from all semesters participated enthusiastically, transforming their classrooms into creative spaces that reflected literary and linguistic brilliance.

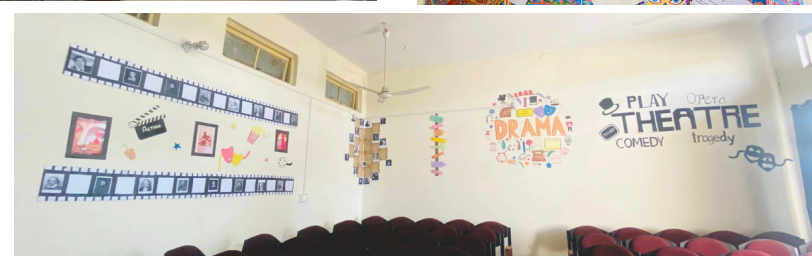
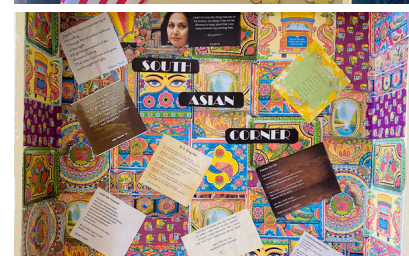
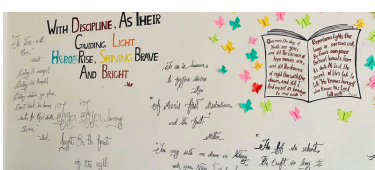
CREATIVE CLASSROOM CHALLENGE

Each class selected a unique theme, showcasing both intellectual depth and aesthetic vision. BS II presented the Iqbal Room (Poetry), BS IV designed the Shakespeare Room (Drama), BS V (Old Bridging) created the Saussure Room (Linguistics), BS V (New Bridging) developed the Chomsky Room (Linguistics) and BS VI curated the Austen Room (Novels).

Where Literature Met Art

The department came alive with color, creativity, and collaboration and the atmosphere was one of excitement and pride, as each classroom reflected not only artistic talent but also deep literary understanding.

The event was judged by Dr. Sehrish Shafi, Head of the Department of English, who appreciated the students' teamwork and creative spirit. BS IV emerged as the winner, while BS VI secured the runner-up position. Dr. Rashida Hussain, Dean of the Faculty of Natural and Applied Sciences (FN&AS), awarded certificates to the deserving teams, appreciating their dedication and vision. The Creative Classroom Challenge beautifully captured the spirit of the department proving that literature is not only read, but lived, imagined and brought to life through creativity and collaboration.





SOLIDARITY FOR HUMANITY

Rally for Palestine



On December 28, 2023, the Department of English, Mirpur University of Science and Technology (MUST) took a heartfelt stand in solidarity with the people of Palestine. Students and faculty united in a peaceful rally, expressing compassion, unity, and awareness for the humanitarian suffering faced by countless innocent lives.

Carrying handmade posters and banners, participants marched across the campus in a solidarity walk, symbolizing hope for justice and peace. The event resonated with powerful speeches and messages of empathy, reminding all that humanity transcends borders.

This initiative reflected the department's deep social consciousness and belief that education and literature cultivate not only intellect but moral responsibility. The students of the English Department proved that learning extends beyond books, it lives through empathy, action, and awareness.

The rally drew participation from across the university, uniting students under one message of human dignity and peace. In standing with Palestine and Kashmir, the Department of English reaffirmed that the voice of youth and academia holds the strength to inspire compassion and global awareness, a voice that stands unwavering²¹ for humanity.



International Day of Persons with Disabilities

Students added depth and emotion to the event through moving speeches, touching poems, and a thought-provoking stage play portraying the daily challenges faced by individuals with special needs, especially those with speech disorders. Each performance served as a reminder of the courage, resilience and determination that define these individuals.

The Head of Department, Dr. Sehrish Shafi, concluded the program by acknowledging the extraordinary talents of persons with disabilities and emphasizing the collective responsibility to build a more inclusive and supportive society. The event left the audience inspired and deeply moved, a true celebration of empathy, empowerment and equality.



Inspiring Awareness Through Empathy and Action



On December 03, 2024, the English Literary Society (ELS), in collaboration with the Access Program, marked the International Day of Persons with Disabilities with heartfelt enthusiasm and purpose. The theme, “Amplifying Leadership of Persons with Disabilities for an Inclusive and Sustainable Future,” set the tone for an event filled with motivation and hope.

The celebration began with inspiring talks by guest speakers and faculty members, including Mr. Siraj, a visually impaired educator who shared his remarkable journey. His story highlighted the importance of accessibility and the need to provide equal opportunities in every sphere of life.





Culture Palooza:

A Celebration of Diversity and Tradition



Color, culture and creativity came together as the English Literary Society celebrated the beauty of diversity in the most vibrant way possible!

On Tuesday, August 06, 2024, the English Literary Society (ELS) at MUST University brought the spirit of tradition to life with “Culture Palooza,” a joyful festival celebrating the rich diversity of the Department of English.

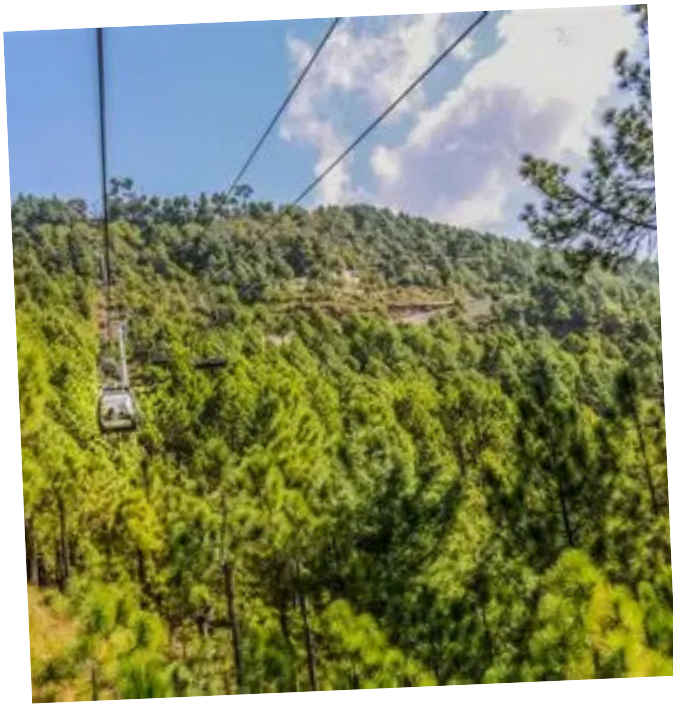
The department was filled with color and excitement as students and teachers dressed in beautiful traditional outfits, turning the space into a lively cultural display. Lectures and presentations were delivered in local languages and even teachers added regional dialects to their lessons, creating a warm and familiar environment that truly celebrated every culture.



One of the day’s main highlights was the Traditional Attire Competition, where students proudly showcased their heritage with grace and confidence. Laughter and applause filled the halls as everyone voted for the most stunning outfit and the winners were announced – Ms. Chaman Ara secured the first position, while Mr. Muneeb claimed the second.

Beyond the competition, the department was beautifully decorated with rich fabrics, festive hangings and traditional patterns, creating an atmosphere full of warmth and joy.

More than just an event, Culture Palooza was a heartwarming celebration of unity and cultural pride. It reminded everyone that the Department of English is not only a place for learning, it is also a home where languages, traditions and stories come together in one beautiful spirit.



THE ULTIMATE MOUNTAIN ESCAPE

On December 21, 2024, the senior semester of the Department of English set off on a delightful trip to Murree, with a scenic visit to Patriata, its famous hill station. The crisp winter air and peaceful landscape welcomed everyone like a fresh breeze, offering the perfect break from their busy academic routine.

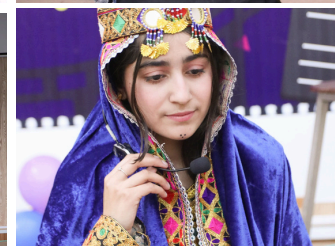
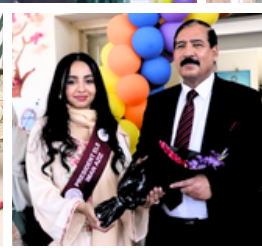
Students and faculty shared joyful moments together as they explored the picturesque surroundings. The breathtaking chairlift ride at Patriata, the pine-covered hills, and the lively charm of Murree created a day full of laughter, warmth and memories that will last a lifetime.

On their way back, the group made a stop at Giga Mall, where everyone enjoyed shopping, snacks and some relaxed fun before heading home.

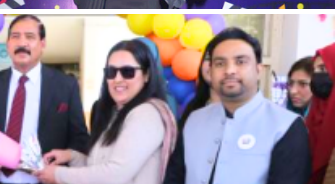
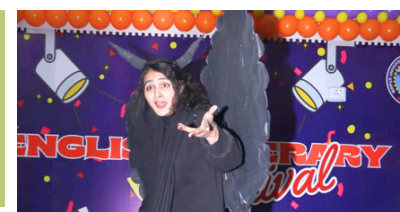
Laughter Echoes in the Hills!

More than just a trip, it was a refreshing experience that strengthened bonds, renewed spirits and left everyone looking forward to the next great adventure.





ENGLISH LITERARY FESTIVAL



On Thursday, February 06, 2025, the Department of English at Mirpur University of Science and Technology (MUST), in collaboration with the English Literary Society (ELS), hosted its first-ever English Literary Festival at the Mechanical Hall, City Campus.

The event was graced by the honorable Brig (R) Prof. Dr. Muhammad Younus Javed SI (M), Vice Chancellor of MUST, who was warmly welcomed by Dr. Sehrish Shafi, Coordinator of the Department of English, along with Mr. Tamoor Akbar, Additional Registrar, faculty members, and enthusiastic students.

This grand celebration of literature and culture unfolded in two vibrant parts. The first part, held inside the Mechanical Hall, featured an array of literary performances and dramatic representations.

Under the leadership of ELS President, Iman Aziz, the festival opened with a heartfelt recitation by Muneeb-ur-Rahman, a fifth-semester student, setting an inspiring tone for the day.

The audience was then taken on a powerful journey through world literature from the intense tragedy of Christopher Marlowe's "Dr. Faustus" performed by fifth-semester students, to the captivating adaptation of Shakespeare's

Hamlet, titled "Haider," staged by the talented first-semester students. The hall continued to resonate with artistic expression through a melodic vocal performance of "Saif-ul-Malook," followed by dramatic renditions of "Heer Ranjha" by Waris Shah and the Pashto folktale "Yousaf Khan & Sher Bano." Each act beautifully captured the cultural diversity and emotional richness of literature.

From words to
world

ENGLISH LITERARY FESTIVAL

A Stage, A Story
Where Words
Found Life

The second part of the festival came alive in front of the Department of English, where every class set up its own vibrant stall. These stalls reflected the creativity and teamwork of students showcasing books, traditional art, cultural décor, food, and handcrafted items. The colorful displays and welcoming ambiance turned the department courtyard into a lively cultural fair, drawing students, teachers, and visitors alike.

Expressing her gratitude, Ms. Asma Kaleem, ELS Coordinator, thanked the Vice Chancellor for his constant support and encouragement. Dr. Sehrish Shafi highlighted the festival's purpose to showcase the literary and cultural treasures that shape our identity and to provide students a platform to express their talents beyond the classroom.

In his remarks, Brig (R) Prof. Dr. Muhammad Younus Javed appreciated Dr. Sehrish Shafi for her leadership and the Department of English for organizing such a creative and inspiring event, calling it "a proud moment for MUST."

The celebration concluded with certificate distribution, group photographs, and a visit to the beautifully adorned stalls, where the Vice Chancellor admired the students' efforts and creativity.

In its inaugural year, the English Literary Festival left a lasting impression celebrating the power of words, the unity of cultures, and the joy of creativity that continues to inspire the Department of English.





ELECTIONS

On Tuesday, April 22, 2025, the Department of English at MUST proudly conducted its much anticipated Class Representative Elections, a day that brought democratic values to life with unmatched enthusiasm and spirit.

Cast, Count, Celebrate

The classrooms were beautifully adorned for the occasion — colorful posters, vibrant decorations, and ballot boxes set the scene for a truly festive atmosphere. Excitement filled the air as students prepared to make their voices heard and take part in shaping the leadership for their semester.

Each candidate was assigned a unique election symbol, ensuring that every voter could identify their choice easily. Before the voting began, candidates delivered passionate and heartfelt speeches, sharing their ideas, visions, and plans for making the semester more engaging and collaborative. Their words were met with loud applause, a clear reflection of the students' involvement and encouragement.



The Spirit of Student Leadership

As voting commenced, the energy remained high. Students lined up eagerly, casting their votes with a sense of pride and responsibility. Laughter, anticipation, and teamwork filled the halls as everyone embraced the true spirit of democracy.

The day ended on a note of success and unity. The event not only produced new representatives but also showcased the Department of English's commitment to nurturing leadership, participation, and mutual respect. It was more than just an election — it was a celebration of student voice, collaboration, and community.





A DAY OF HOPE AND HUMANITY: ELS at KORT

On April 25, 2025, the English Literary Society (ELS) of MUST University embarked on a heartfelt visit to the Kashmir Orphan Relief Trust (KORT) a non-profit sanctuary devoted to the care and education of orphaned and underprivileged children. Established in 2005 after the devastating earthquake, KORT stands as a beacon of hope and resilience for countless young lives across Kashmir and Pakistan.

Led by Dr. Asma Iqbal Kiani, Ms. Aasma Riaz, and Ms. Nabeela Khalid, the ELS students had the opportunity to witness KORT's inspiring work up close. Mr. Ali Raza, a representative of the trust, warmly welcomed the group and guided them through the facility, sharing insights about its mission and the life-changing services it provides from education, shelter, and healthcare to vocational

training that empowers children to become confident and independent adults.

As the students walked through the lively corridors, interacted with the children and observed their bright smiles and enthusiasm, the visit transformed from a simple educational trip into an emotional experience. Every story, every laugh and every shared moment reflected the incredible strength and hope that KORT nurtures daily.

The ELS members left deeply moved, carrying with them a renewed understanding of compassion, humanity, and the transformative power of education. The visit served as a touching reminder that true learning extends beyond classrooms it begins where empathy meets action and where hearts open to serve others.



Essay Writing Competition to Celebrate Youm-e-Takbeer



Penning Patriotism with Purpose

On May 26, 2025, the English Literary Society (ELS) at MUST organized a thought-provoking essay writing competition to commemorate Youm-e-Takbeer (28th May) a day that symbolizes Pakistan's strength, pride and resilience.

The theme, "Azad Kashmir and Pakistan: A United Front Against Oppression in Kashmir," encouraged students from across the university to express their insights, emotions and patriotic spirit through the power of words. Submissions poured in via email, each essay reflecting a unique perspective and heartfelt connection to the cause.

Entries were meticulously reviewed by Dr. Asma Iqbal Kiani and Ms. Asma Kaleem, who praised the participants for their thoughtful research and sincerity. After careful evaluation, the top three essays were selected for distinction, marking a proud moment for the talented writers.

To honor the winners, Brig (R) Prof. Dr. Muhammad Younus Javed SI (M), Vice Chancellor of MUST, graced the event and personally presented certificates to the top three participants. Appreciation certificates were also awarded to all contestants for their enthusiastic participation and commitment.

The competition was more than just an academic exercise it was a celebration of unity, courage and shared purpose. Through their essays, students not only reflected on the struggles of Kashmir but also reaffirmed the unbreakable bond between Azad Kashmir and Pakistan, standing together in spirit and conviction.



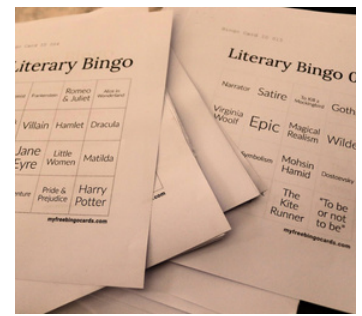
LITERARY BINGO AT MUSTIVAL 2025

Play. Learn. Win.
A Literary Game with a Twist



On June 24, 2025, the English Literary Society (ELS) added a spark of excitement to Mustival 2025 with an innovative and engaging event “Literary Bingo.” Held at the Electrical Examination Hall, MUST, from 11:00 AM to 12:00 PM, the session combined learning and fun in a fast-paced game that celebrated reading, imagination and quick thinking.

The event was graced by Dr. Toqeer Ahmed, Advisor of ELS, as the Guest of Honor, along with faculty members from the Department of English — Ms. Hafsa Ameer, Ms. Zarish and Ms. Maryum Munir, who served as judges, bringing literary insight and encouragement to the competition. Their presence added both academic depth and lively enthusiasm to the atmosphere.



Literary Bingo featured two thrilling rounds: the first designed as an accessible and enjoyable start for all participants and the second crafted to test deeper literary knowledge and sharp recall. Each round filled the hall with laughter, anticipation, and the cheerful buzz of friendly competition.

The talented winners of the event were:

- 🥇 1st Place: Ms. Marwa Qaiser
- 🥈 2nd Place: Ms. Khatija Tul Kubra
- 🥉 3rd Place: Ms. Rozina

From concept to execution, Literary Bingo was a resounding success an interactive, knowledge based activity that captured the spirit of Mustival 2025. It celebrated not only the love of literature but also the joy of community, creativity and intellectual play.



CREATIVE WRITING

Poetry Corner

SUBMISSIONS BY STUDENTS

She
dreams

“Poetry lifts the veil from the hidden beauty of the world, and makes familiar objects be as if they were not familiar.”

— Percy Bysshe Shelley, from *A Defence of Poetry*

Echoes of Sorrow

Aqsa Batool Bukhari - Session: 2022 - 2026

Oh, the Flower of Jannah
Oh, the Heart of your "Maa"
We are ashamed as Ummah
We are ashamed as Ummah
As we are under the same sky
Beneath that sky you cry
Beneath the same sky, where olives sway.
Where children's laughter fades to dismay.
Their hearts aflame with sorrow's sway
Their cries echoing night and dismay
Their voices are silenced, their hopes at bay
Their future uncertain night and day.
We are ashamed as Ummah
May your souls rest in Jannah... (Ameen)

Are We Truly Muslims

Zainab Fatima - Session: 2022 - 2026

Our sisters and brothers are burning,
While we sit and watch, their pain unlearning.
Can't we feel their anguish, their cries unheard?
Let's look back at our history and the bravery that was stirred.
In Karbala, 72 stood strong and true,
In Badr, 313 fought for justice and saw it through.
They were the Muslims, who stood for what's right,
Not like us, who pretend and hide from the fight.
Palestinian people suffer, and we do nothing
You're picking dresses for Eid,
While they are preparing to meet their fate.
Names written on arms, a final goodbye,
As homes are destroyed, and hopes denied.
A threat of air raids, a constant fear,
Burning everything, leaving nothing clear.
But still they stand, resilient and strong,
Refusing to surrender, where they belong.
Are we really Muslims? Or just a pretence?
Do we stand for justice, or just make excuses and offence?
Let's wake up and remember our past,
And be the Muslims we claim to be, at last.

As the Time Spent Day by Day

By Maryam Kamran — Session: 2022-2026

I thought how a world be so mean
Thousands of innocent people died, and the world just seen
Empty pockets, hearts full of grief
Even if I wrote a book on Palestine, it's so brief
As the time spent day by day
I thought how a world be so mean

The Forgotten Ones

By Khadija Tul Kubra — Session: 2022-2026

Oh people, you own everything, but you own nothing.
Ask the people of Palestine what they endure.
A sensation of fear that grips their hearts,
Rafah owns the silence that screams with every lost breath.
Gaza trembles beneath the thunder of bombs.
From Hebron to Gaza, the cry is the same:
"Give us bread, give us water, give us life."
In the midst of conflict, a silent crisis unfolds:
Children without food, families without water, a people
without hope.
They scream, they cry, but unanswered and unheard,
And the world watches, silent and still.

Believe, for Allah's Help is Undeniably Near

By Feeza Shakeel — Session: 2022–2026

The walls of our home, once adorned in red,
Now bear witness to the blood and tears I've shed.
Each day, my people, like paper, are torn,
Every moment, a painful legacy is borne.
The screams, the groans—too much to bear,
Memories that will forever remain crystal clear.
The portrait of my family, shattered on the shelf,
Just as my heart broke when I buried them myself.
I try to minimize the pain as much as I can,
Yet nightmares remain, haunting all they can.
Amidst the rubble, hope tries to bloom,
A fragile bud in this landscape of gloom.
Echoes of shells and bombs deafen my ears,
Their voices alone break through, calming my fears.
I cling to them, even if it's just an illusion—
Ummi, Abbi, Ukhti, Akhi flickering in my vision.
Their whispers reassure, "Worry not, my dear.
Believe, for Allah's help is undeniably near."

Panic Attack

By Muhammad Moiz — Session: 2024–2028

Whenever my mind fell into memories
My soul shivers & heart cries
I feel overburdened and anxious
An imaginary sight of a war
Past threatens future and kills present
I am drowning into a dark sea
Where dead fishes of hopes
Float along waves of hate
I wish I would've witnessed
Birds of joy flying in the sky of peace
Instead, I have dreadful experiences
And some unwanted painful breaths

Let me go

By Iman Aziz — Session: 2021–2025

I have travelled so far to reach you,
Or am I still at the starting line?
I don't even know if there has ever been a journey
A journey that I took.
What if I am late?
Would you have flown away?
You said you'd be waiting,
And I know it's the last time,
My last chance at my first love.
Oh love, what should I do now?
Aching and yearning,
Dying to reach you.
Oh, this misery that has befallen us.



We Are Sorry Pakistan

By Maryam Kamran— Session: 2022–2026

We are sorry Pakistan
For what we do again and again
You gave us fame
But we give you shame
You raised us in this world
We dropped you in the world
You gave us many things which we can't explain
But we are sorry it's all in vain
You gave us identity with your name
But we spoil it with our political game
You honored us in the world
But we dishonored you in the world
No one spared any effort in erasing you
God himself has been your protector at all times.

Roots of Memory

By Zainab Fatima - Session: 2022- 2026

Memories and people that are unforgettable,
Reminding us of regrets and happiness.
Like a tree that sips from the earth,
Yet never stops growing, shedding its skin of birth.
Making moments that can never be replicated,
Reminding us of our flaws and our greatest creations.
Just as the tree's rings tell the story of its past,
Our memories remind us of where we've been,
And who we are at last.

Seasons of Us

By Zainab Fatima - Session: 2022 - 2026

I will be with you until the world ends,
Holding your hands, walking down the streets.
From making memories to solving problems,
From getting angry to playing with each other,
From calming each other to protecting each other,
From laughing to crying together,
We will grow together in our imagination.
From walking down the streets under the moonlight,
To dancing in the rain, we will create a world of our own.
Our love will be like a tree,
growing stronger with each passing season.
I will be with you till your last breath,
For you are my forever, my beginning, and my end.

Kashmir, Felt Not Framed

By Zoya Tahir — Session: 2021–2025

I still remember the calm of Neelum Valley,
Where rivers spoke in soft whispers, gently and freely.
And mountains stood like gentle guardians,
Watching, listening, understanding—no demands or battalions.
At Toli Peer, I stood above the clouds,
The breeze wrapping around me like a warm memory
that enshrouds.
The sky felt close enough to touch,
And the world below looked far, far away—never too much.
I didn't take many pictures,
Some moments belong only to the heart's scriptures.
Every turn, every breeze,
Felt like the world paused just for me with ease.
Some places don't ask for words—
Kashmir just asks you to feel.

What If I Were a Tree

By Tehreem Fatima

What if I were a tree,
Many birds would live on me,
Singing, resting, flying free—
What if I were a tree?
Everyone would depend on me,
For air, for shade, for life to be—
What if I were a tree?
Everyone would care for me,
I would give and give, without any grief—
What if I were a tree?

The Killer Gaze

By Hussnain Banaras - Session: 2024 - 2028

The way you and I met was deadly sweet,
The meeting of your gaze with mine — a deadly feat.
When I see you, I forget the moon above,
The meeting of your eyes with mine was a killer of love.
In Ramadan nights, I wish to see you all my days,
Ah, your sleepy-eyed glance was a deadly blaze.
The gift you gave, I'll keep my whole life through,
Placing that ring on my hand was a killer move too.
Hussnain, you knew she wasn't written in your fate,
Yet finding joy with her was a deadly state.



The One Who Is Everywhere

By Esha Khurshid— Session: 2022–2026

Oh God!
I found You everywhere,
I found You everywhere.
From east to west,
West to east,
From Heaven to earth,
Earth to Heaven—
I found You everywhere,
I found You everywhere.
From valleys to mountains,
Mountains to valleys,
From rivers to oceans,
Oceans to rivers
I found You everywhere,
I found You everywhere.
From hearts to minds,
Minds to hearts,
From eyes to ears,
Ears to eyes
I found You everywhere,
I found You everywhere.
From hardship to ease,
Ease to hardship,
From pain to healing,
Healing to pain
I found You everywhere,
I found You everywhere.
From shadow to sun,
Sun to shadow,
From flowers to fragrance,
Fragrance to flowers
I found You everywhere,
I found You everywhere.
From hunger to thirst,
Thirst to hunger,
From health to wealth,
Wealth to health
I found You everywhere,
I found You everywhere.

My Eternal Moon

By Alisha Sharif - Session: 2022–2026

I once had a moon,
But I have lost my comfort zone.
He made my world so bright and true,
Now everything reminds me of you.

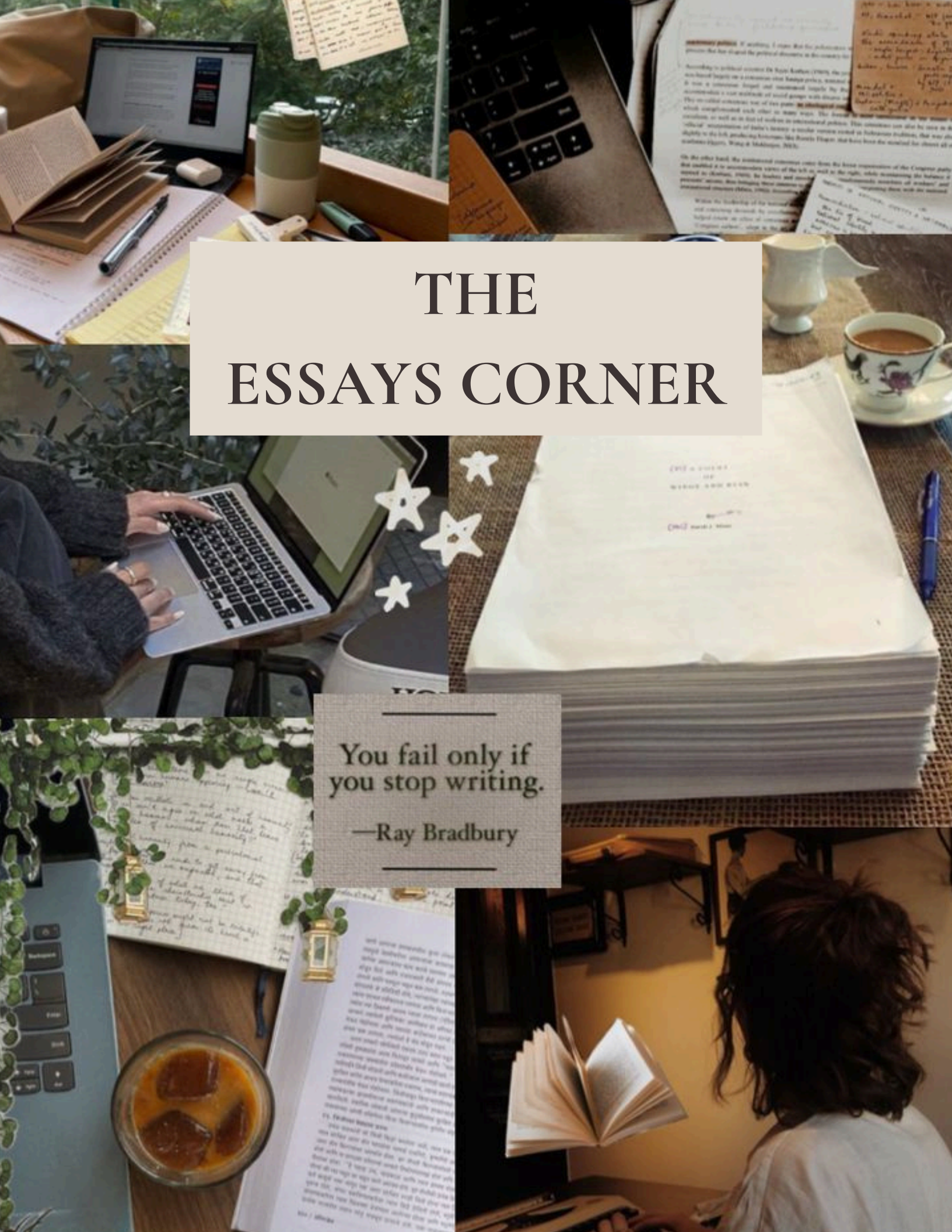
I'll meet him again soon,
I miss him every afternoon.
When i sit alone at home,
I feel his love in every room.

When I will meet him again in Jannah's,
My heart will bloom.
For he is my father,
My Eternal moon.

Final Destination

By Sohail Abbas - Session: 2022 - 2026

One day
We go
And go forever.



THE ESSAYS CORNER

You fail only if
you stop writing.
—Ray Bradbury



Life: A Series of Decisions

By Asma Batool

Life is a series of decisions. Every day, we make choices: what to say, what to do, which rules to follow. Some decisions feel small, like what to eat, where to go, or what to wear according to the weather. And some decisions change everything: where to live, who to trust, whether to take a risk or stay where we are.

We never truly know how a single choice can change the rest of our lives. Every choice shapes our personality, our future, and our mindset. Yet, the hardest part is that there is no perfect way to decide. We hesitate, we overthink possibilities, and we fear making the wrong decision. Sometimes fear, doubt, and the opinions of others keep us stuck, and we choose nothing.

But the truth is that no decision is ever completely right or wrong. Every choice teaches us something. Mistakes lead to lessons, and lessons lead to growth. Regret cannot change the past; only how we move forward matters.

So trust yourself. Listen to your heart. Take responsibility for your path. Believe that whatever happens, you have the strength to face it.

Because in the end, the decisions you make today are the steps that lead you to where you are meant to be.



A Strange Traveller

By Esha Khurshid

You wake up each day and rush into the world: work, deadlines, traffic, screens. You chase success, comfort, and a name. Yet deep inside, something feels missing. You walk through life but forget where you are going.

One day, you pass by the mosque. The call to prayer rises, but your mind is crowded with plans, payments, and problems. You tell yourself you will pray later, when life is calmer. But peace never comes in this noisy world.

Everyone around you is running toward careers, status, and bigger houses. But no one stops to ask: What is all this for?

You feel lost. You fall and rise again. You feel pressure to keep succeeding in a world that never slows down. Yet the more you gain, the emptier you feel.

Then one night, you dream of a traveller.

He tells you:

“This life is not the destination. It is the road. A test. A journey through illusion.”

You ask, “Then what is the real destination?”

He points to your heart and says,

“Remember your Creator. You came from Him, and you will return to Him. The world is not home. You are only passing through.”

You wake up with tears. The next morning, you walk into the mosque and listen. Something shifts, not outside, but within.

You finally understand:

You are not here to chase the world.

You are here to find your way back.

You are a traveller on this earth. And the journey begins when you remember where you are going.

Moral: You walked through dust with blinded eyes, yet home is where the spirit flies.

In Loving Memory of My Beloved Grandfather

By Hafsa Zahid

In remembrance of my beloved grandfather, Controller (Retired), Ch. Abdul Hameed, Late)

It is hard to put into words what my grandfather, Muhammad Hameed, meant to me. He was more than just a guiding figure in my life; he was my mentor, my storyteller, my best friend, and my greatest source of warmth and wisdom. His laughter could light up a room, and his advice had a way of making everything feel alright.

I remember the evenings we spent together. I remember the Eids we celebrated side by side. I remember the occasions of both joy and sorrow when you were there with me and with our whole family. I remember the way you used to call me by my nickname, Hifaz. I wish I could hear you call me that just once more, but you are no longer here.

He shared tales of love and courage. He had a way of making history feel alive. His hands, wrinkled yet steady and strong, were a source of comfort whenever I needed reassurance.

I still remember that my grandfather loved England's Werther's Original Butterscotch Toffees. Whenever I ate them, he would call out, "Hifaz, give me one." But today, he is nowhere to be found. The grandfather who lived with me, who loved me, is gone. Baba, losing you is the greatest loss of my life.

I can never forget the week before his passing. Whenever I recall it, it feels painfully fresh. That week was very difficult for him. He would say, "I won't survive... I can't breathe." He could neither eat nor drink. He could not sleep. He was anxious and he wept, repeating again and again, "I won't survive. I feel empty inside."

On October 15, 2018, the day he left home for the hospital, he waved goodbye. I felt a fear inside, wondering, What if he never comes back? And that evening at 6 PM, I received the heartbreaking news. He was gone. He left me with tears and countless memories.

He believed in kindness, in the power of a simple smile, and in treating others with respect. His wisdom was gentle but deep:

"The greatest wealth is not money, but the love you leave behind."

Even though he is no longer physically with me, I feel his presence in the smallest things: his favorite book, Musaddas-e-Haali, his watch, and the habits he instilled in us. I miss his voice, his advice, and the way he would hug me and say, "Don't worry, everything will be alright."

My dear grandfather, you are deeply missed. Your love and teachings will remain in my heart forever. I hope to carry forward your legacy of kindness, patience, and love.

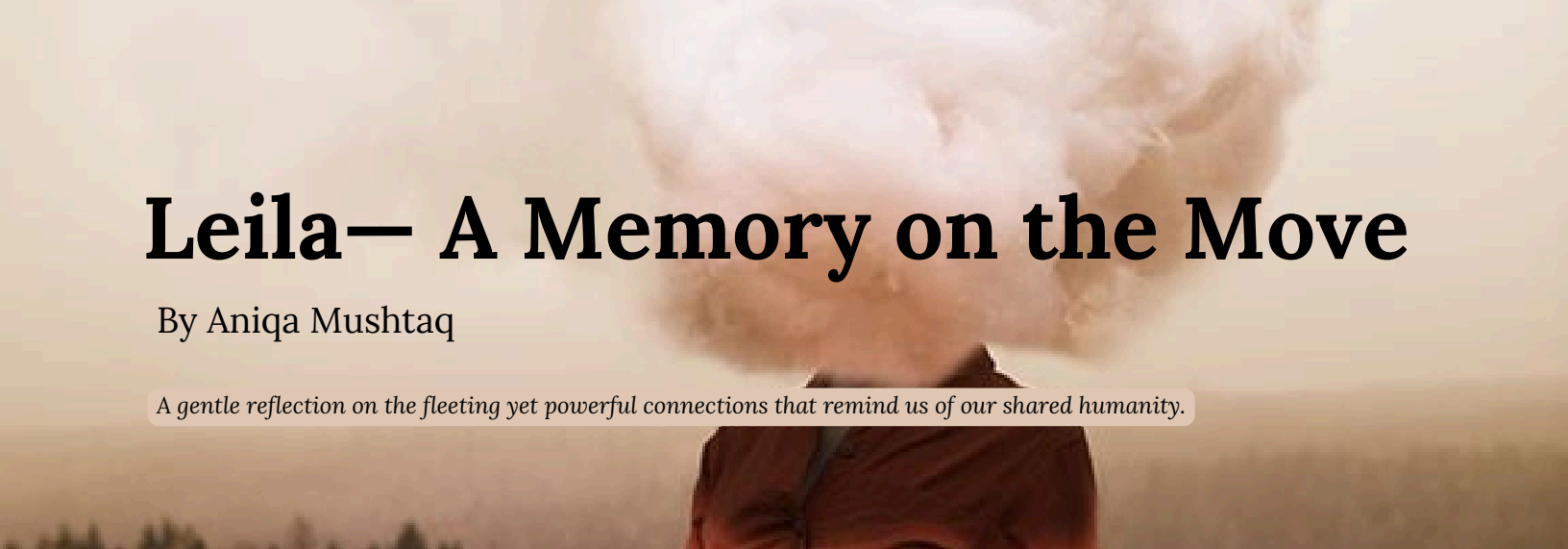
Until we meet again.

May Allah (SWT) grant you the highest rank in Jannah.

Ameen, Summa Ameen.

The Short Stories Corner





Leila— A Memory on the Move

By Aniq Mushtaq

A gentle reflection on the fleeting yet powerful connections that remind us of our shared humanity.

The faint smell of diesel mingled with the mild November chill as the bus rattled past sleepy towns. From my window seat on the left, I was lost in the blur of trees and shifting signboards when a flash of shocking pink broke my gaze.

A little girl, perhaps ten, sat on the bench across from me, facing forward. She wore a pink hoodie that glowed against the dull interior of the bus. With her little hands, she held a small scarf over her head and tightly around her neck, bracing against the sharp wind rushing through the bus window — an effort that seemed heavier than her strength. Her posture was guarded; she sat quietly, eyes lowered yet curious, as if trying to shrink from the world around her.

Something in her reminded me of my younger self — timid, hesitant, swallowed by a crowd of grown-ups. Perhaps this is how it always feels among strangers. She kept tugging at the edge of her scarf as though it might shield her from all eyes. Loneliness hung about her like a thin mist.

When our eyes met, I caught the flicker of unease in her shy stare — the quiet tension of being adrift among strangers. I wanted to reach through that silence, to say something that might make her feel safe. So, I smiled. She hesitated, then smiled back — a bright, sudden curve that revealed a row of white teeth and lit her whole face. And in that instant, something changed: her shoulders relaxed, her gaze rose to the moving scenery outside. She was no longer shrinking; she was seeing.

I leaned forward a little and asked gently, “What’s your name?”

She looked up, hesitated for a second, then said softly, “Leila.”

“That’s a lovely name,” I smiled. “Are you traveling alone?”

She shook her head quickly. “No, with my Nani. We’re going to see my mother.”

“That’s nice,” I said, as the bus swayed gently along the road. “Do you live with your Nani?”

She nodded. “Yes. I’m from a valley near Samahni — surrounded by hills and quiet fields.”

“That sounds beautiful,” I said, picturing the stillness of the hills. “And your mother?”

“She lives in Mirpur,” Leila replied, her voice low, her fingers playing with the edge of her scarf.

I must have looked a little puzzled because she leaned closer and whispered, “My mother got married recently.”

Her voice trembled. “My father... he’s in a mental hospital.”

For a moment, the hum of the bus dimmed around us. I stayed quiet, not wanting to break her small courage.

She continued softly, her eyes fixed on the window. “Mother says I should stay with Nani for a few more months... until she takes me with her.”

Her tone sank under the weight of grief, yet lifted with a fragile hope — and I felt how both sorrow and happiness could exist together.

After a pause, she turned toward me. “Where are you going?”

“To the university,” I replied. “I’m a student there.”

Her eyes widened, a spark of surprise lighting them. “University?” she repeated softly, as if tasting the unfamiliar word.

I nodded, smiling. She didn’t say anything more, but the way she looked at me — half curious, half awed — felt like watching a small window open in her world.

Something in her story tugged at a familiar thread within me. I remembered my own childhood — living with my grandmother while my mother was ill, waiting for her return the same way Leila waited for hers.

Outside, the wind pressed softly against the windows. The road curved between green slopes, and in that small shared silence, I felt the gentle truth of connection — two lives, briefly crossing in motion, carrying the same longing in different ages.

When I asked if she knew this city, she shook her head.

“I’ve only travelled here a few times,” she whispered — and I sensed it was always to see her mother.

I told her about the place — about Mangla Dam nearby, where the water shines a calm turquoise under the sun and the road curves close enough for travellers to catch its quiet beauty. She listened intently, her eyes widening as though she were seeing it for the first time.

Before we reached the city, her stop arrived. Her Nani called her name, and she stood up quickly, clutching her scarf once more. Just before stepping down, she turned back, waved, and reached out to shake my hand — her palm small and warm.

As her pink hoodie disappeared into the crowd, I realized how easily walls built by class, language, or pain can melt — if only we look at each other long enough to see the human beneath. Sometimes, strangers leave the deepest imprints, reminding us that kindness travels farther than the destination itself.

Long after that journey ended, I found myself praying for her — for her wish to live with her mother, for her strength to grow with grace, and for her smile to stay untouched by the noise of the world.

I have come to realize that human connection often begins in the quietest moments — when we dare to look beyond our own thoughts and meet another’s eyes with warmth. We move through life surrounded by strangers, each carrying unseen stories, fears, and dreams. Yet a single gesture of kindness, a few words, or a genuine smile can dissolve the distance between hearts.

In a world that keeps us busy and guarded, it is easy to forget how deeply we need one another — to listen, to be seen, to be felt. Sometimes, the simplest act of reaching out becomes an anchor, reminding us that empathy is not just an emotion but a form of recognition — a way of saying, I see you. You matter. You are not alone.

So much remains unspoken in the spaces between us. But perhaps the beauty of being human lies in those rare moments when we choose connection over indifference, and in doing so, make the world — and ourselves — a little more alive.



BOOK REVIEWS



by Marwa Qaisar





Fairy Tale — Stephen King

One of Stephen King's most enchanting works, "Fairy Tale" follows Charlie as he recounts the chain of events that lead him into a magical underworld where good and evil are at war. The surreal beauty of the fantasy world makes it feel more real than the world of ordinary humans.

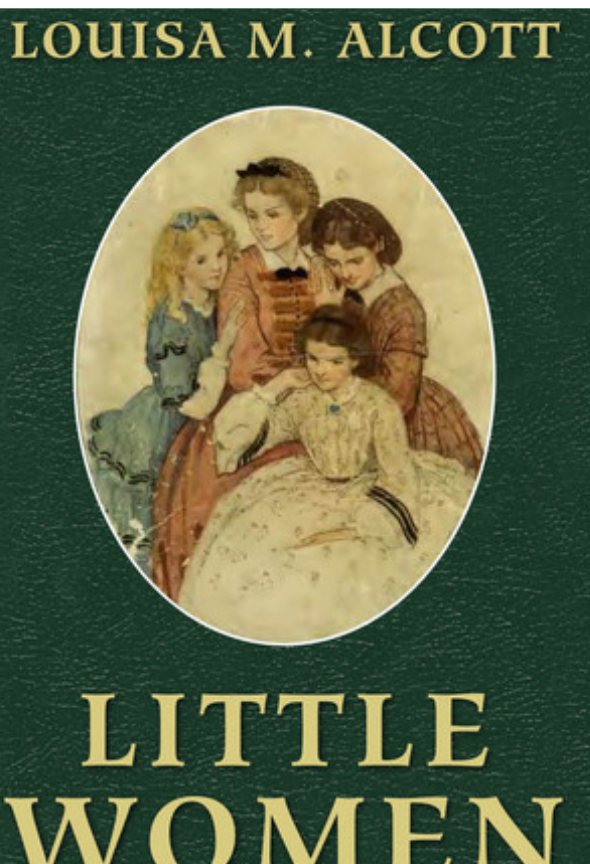
The book itself is a spell — each page opens into a new adventure filled with peril, love, courage, and destiny. It reflects the core of traditional fairy tales: curses, shadows, and the innocent awaiting a hero. A spellbinding story that allows the reader to taste friendship, hope, wonder, and devastation in equal measure.



Before the Coffee Gets Cold — Toshikazu Kawaguchi

Would you still travel to the past, even if it would not change the present? Like the rich aroma of coffee, Toshikazu Kawaguchi's best-selling novel "Before the Coffee Gets Cold" transports you to a mysterious café in Japan, famous for an urban legend of time travel. The café contains a single seat from which one can travel back in time — but only until the coffee gets cold.

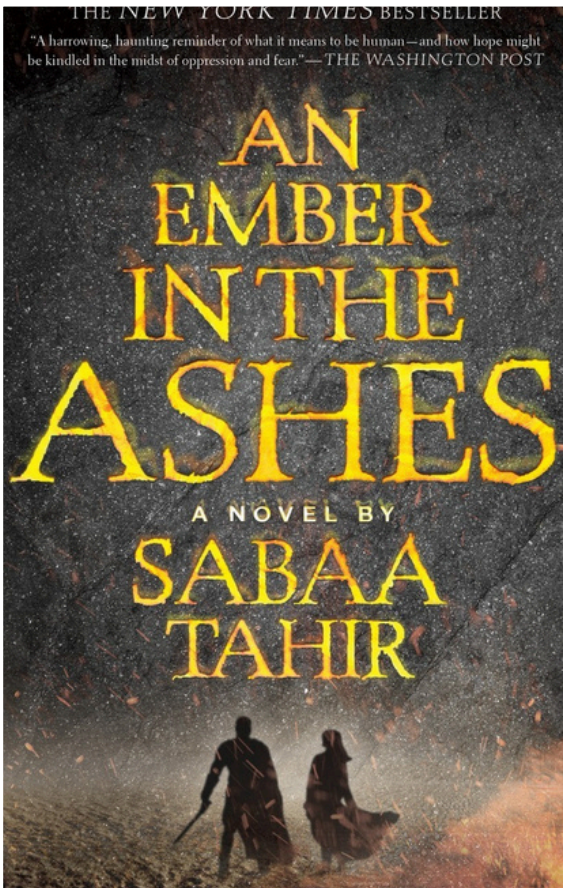
Kazu Tokita, the waitress, prepares the special coffee for a lover, a sister, a wife, and a mother — each given one final chance to meet the person they long for. As the shimmering steam rises from the cup, readers are invited into a tender journey of love, regret, hope, and acceptance. The novel beautifully captures the struggles of confronting emotions one can neither change nor escape. These heart-wrenching tales resonate deeply, often drawing tears from the reader.



Little Women — Louisa May Alcott

In "Little Women", Louisa May Alcott portrays the lives of four American sisters in the mid-19th century, who struggle with poverty while their father is away at war. Each sister embodies a distinct and inspiring personality, trying to balance dreams and duty.

The narrative emphasizes that with every hardship comes ease. Every chapter opens a new moment in the girls' lives, yet ends with reflection and wisdom. Whether you sew, write, paint, or play the piano — your ambitions have value and deserve recognition beyond societal expectations. Alcott's commentary on womanhood stands as an early form of feminist literature, still profoundly relevant today.



An Ember in the Ashes – Sabaa Tahir

In “An Ember in the Ashes”, Sabaa Tahir blends elements of fantasy with cultural echoes reminiscent of South Asian and Middle Eastern histories. Through complex characters and high-stakes conflict, she explores identity, resistance, and moral courage.

The persecution of Scholars by the Martials reflects real-world histories of oppression and genocide. The story encourages readers to confront the centuries-old curses of brutality and enslavement.

Another powerful message of the novel is that no matter what mistakes shape your past, you always hold the power to rebuild what is broken.



All the Bright Places – Jennifer Niven

“All the Bright Places” makes one question how easily hope can slip away. Through the intertwined lives of Theodore and Violet, both suffering from depression, Jennifer Niven exposes the silent grief hidden within mental illness.

The novel highlights how societal stigma and parental neglect can allow emotional wounds to deepen — sometimes fatally. It tenderly shows how two people can find light in each other while still struggling to escape the darkness inside themselves. Their journey reminds us that healing is not always linear, and sometimes the brightest souls are the ones fighting the hardest battles.

Sometimes, a person does not seek to be loved — they simply want to be understood.



VERNACULAR CORNER

اردو شاعری اور مضامین

پاک و ہندو مشاعرے کراچی میں کتاب میل

پاک و ہندو مشاعرے کراچی میں کتاب میل

مونا حاحسن قادری نقاد، محقق اور موزخ، ۲۵

مونا حاحسن قادری نقاد، محقق اور موزخ، ۲۵

شاہد سجاد

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پاک و ہندو مشاعرے کراچی میں کتاب میل

مونا حاحسن قادری نقاد، محقق اور موزخ، ۲۵

مونا حاحسن قادری نقاد، محقق اور موزخ، ۲۵

شاہد سجاد

شاہد سجاد



وفا کی تلاش

یہ مٹی کے بتوں میں تم وفا ڈھونڈ رہے ہو
کیسے انسان ہو کہ دوزخ میں بہشت کا سماں ڈھونڈ رہے ہو
ہے بجا گلا پھر بھی شکوہ ارباب وفا ڈھونڈ رہے ہو -
مغربی تہذیب میں مشغول بھی تم ہو
اور سکون دل بھی ڈھونڈ رہے ہو

یعنی ہوا بھی چلے اور دیا بھی جلتا رہے
کفر کے اطوار بھی اپناؤ اور مومن کے اوصاف بھی ڈھونڈ رہے ہو۔

ظرف

سے عام فہم ہی سہی تصنع نہیں رکھتے
ظرافت میں بھی ہم اہل کمال ہوتے ہیں -
اوائل عمر، وجید عصر ہونے کا ہنر رکھتے ہیں -
ہم ہجو نہیں، منشا جو بیان کرتے ہیں -

لابتہ صغیر

اذانوں کی دلسوز آوازیں، قضا ہوتا ہوا سورج
سبھی اس جہاں میں رہ جائیں گے، لیکن ہم نہ ہوں گے

پرندوں کی خوش الحان آوازیں، ان کی باہمی محبت
سب اس جہاں میں رہ جائے گا، لیکن ہم نہ ہوں گے

اداسی کی رت میں، میرے کانوں کو چھو کر تسلی دینے والی ہوائیں
شام کے سہانے مناظر، اور چاند سے میری محبت
سب اس جہاں میں رہ جائے گا، ہم نہ ہوں گے

میرے بعد، ہجر کی آگ، آنکھوں کا رونا، ترسنا
دل کی دھڑکنوں کا تیز ہو کر جھبھے ستانا
اور لبوں کی تبسم
سب اس جہاں میں رہ جائیں گے، لیکن ہم نہ ہوں گے

ایمان سعدیہ

آخری ملاقات

چپ چپ سے لفظ تھے، آنکھوں میں رات تھی،
ہم تھے، تم تھے، اور جدا ہونے کی بات تھی۔

ہاتھ تھاما تم نے، کچھ کہا بھی نہیں،
دل رو رہا تھا، پر صدا بھی نہیں۔

ایک لمحے میں صدیوں کا فاصلہ آیا،
تم چل دیے، اور میرا جہاں سُن سا چھا گیا۔

تیری خوشبو اب بھی میرے ہاتھوں میں ہے،
آج بھی وہ لمحہ میری راتوں میں ہے۔

جو لفظ نہ کہے، وہ آنکھوں نے کہا،
یہ آخری اجورہ بھی کیسا وفا؟

نہ شکایت، نہ گلہ، بس ایک دعا،
تم خوش رہو، یہ دل کی صدا۔

حسنین بنارس



کیا لکھوں کیا بتاؤں کیا کہوں
کچھ بھی باقی نہیں اب کہ میں کہوں
یہ فاصلہ جو بڑھا سمیٹا نہ جاسکا
ممکن نہیں، مگر کوشش میں کیا برا؟

علم کی ہو جستجو ایسی کہ دل بہک نہ پائے
پھر نہ دیکھی نیند ویسی جو چین لے لے آئے

یہ غیرت بھی بڑی بالکمال چیز ہے
ملے تو کمال نہ ملے تو محال

اڑنے والوں کو سہارا نہیں چاہیے، بشر
وہ اپنی منزل تک پہنچنا خوب جانتے ہیں

سورج کو چھو تو نہیں سکتے
میرا کچھ کر تو نہیں سکتے
موسم کو تم بدل نہ پاؤ
میری مسکراہٹ دیکھ نہ پاؤ
ہمارا معیار کچھ ایسا ہے
چاہ کے بھی تم پہنچ نہ پاؤ

محمد بشر

خاموشی کا ہنر

صورت حال جو میسر ہو پالیتے ہیں
زد نہیں کرتے، جو ملے کھالیتے ہیں

حالات نے جب سے کی ہم سے یوں غداری
پرائے تو پرانے، اپنوں کو بھی اپنالیتے ہیں

ہم وہ ماہر فنون ہیں کہ کبھی بھی
بھی محبت کی چنگاری سلگالیتے ہیں

صرف یہی خوش ہے کہ بات کرنے کی رہی اجازت و گرنہ
ہمارے بڑے تو آنکھ اٹھانے کو حاشیہ بنا لیتے ہیں

لبوں پہ شکوہ نہیں، آنکھوں میں راز چھپائے،
جو درد سہہ نہ سکیں، اُن کو دعا دیتے ہیں۔

وقت جب بھی آزماتا ہے اپنی شدت سے،
ہم خود کو پھر بھی مسکرا کے سنوار لیتے ہیں۔

یہ تو رہا ہمارا مقدر کہ، منیب ہمیں
کوئی روکے، تو اپنا نیا راستہ بنا لیتے ہیں

محمد منیب الرحمن

کتابی جائزہ۔ "جھوٹے روپ کے درشن" (راجہ انور 1976)

محمد عثمان روف

میں اسے ناول سمجھ رہا تھا لیکن جب اسے پڑھنا شروع کیا تو یہ جان کر کافی باؤسی ہوئی یہ تو خطوط ہیں۔ مگر خطوط کے ذریعے پوری کہانی کا قاری پر عیاں ہو جانا ایک منفرد انداز ہے۔ اب اتنی فراغت نصیب میں نہیں ہے کہ کوئی کتاب ایک نشست میں مکمل کر سکوں۔ مگر یہ کتاب کھولی تو اس نے مجھے اپنے آپ کو بند نہ کرنے دیا۔ ایک ہی نشست میں یہ کتاب مکمل کی۔ خطوط کے ذریعے محبت کی یہ داستان پڑھنا ایک دلچسپ تجربہ رہا۔ "جھوٹے روپ کے درشن" راجہ انور کی ایک بے حد دلچسپ اور چونکا دینے والی خودنوشت ہے جو محض ذاتی یادداشتوں سے زیادہ، ایک دور کی سیاسی، سماجی اور فکری عکاسی پیش کرتی ہے۔ اس کتاب میں راجہ انور نے اپنی ذاتی زندگی کے تجربات کو بے باکی اور سچائی سے بیان کیا ہے، خاص طور پر ان دنوں کی داستان جب وہ بھٹو دور میں جمہوری جدوجہد کا حصہ بنے، اور پھر سیاسی مخالفت کی پاداش میں قید و بند کی صعوبتیں برداشت کیں۔ ان کا انداز تحریر سادہ، رواں اور بے ساختہ ہے، جو قاری کو اپنے ساتھ بہا لے جاتا ہے۔ کتاب میں انسان کی فطری کمزوریوں، سیاسی وفاداریوں اور وقت کے ساتھ بدلتے چہروں کو انتہائی باریکی سے بیان کیا گیا ہے۔ یہ کتاب تاریخ کی کئی کتابوں سے زیادہ سچی اور کوری محسوس ہوئی۔ کنول (مرکزی کردار)، راجہ انور کی محبت کی وہ کہانی ہے جو خواب، تڑپ اور ادھورے پن کا حسین امتزاج ہے۔

ان کی محبت بے لوث اور سچی تھی، جو وقت اور حالات کے ساتھ بچھڑنے کے باوجود ہمیشہ دل و تحریر میں زندہ رہی۔ کنول کا ذکر ان کی تحریر کو جذباتی گہرائی اور خوبصورتی عطا کرتا ہے۔ "جھوٹے روپ کے درشن" راجہ صاحب کی اپنی محبوبہ کو لکھے گئے خطوط اور چند خطوط کنول کے ان کو لکھے ہوئے تھے، ان پر بنی ہے۔ میرے لیے حیرت کی بات یہ ہے کہ کوئی اپنے بارے میں اتنا سچ اور کھلا سچ لکھ سکتا ہے؟ محض ان خطوط سے آپ ایک سیاسی اور باشعور طالب علم کی ٹھانٹیں مارتی ہوئی محبت کا اندازہ لگا سکتے ہیں تو خطوط کے علاوہ جو وقت انہوں نے گزارا وہ کیسا ہوگا۔ یہ خطوط انہوں نے اپنی محبوبہ کی اجازت سے اور اصلی ناموں سے چھاپے ہیں۔ میں تو محبوبہ کی دلیری پر بھی حیران ہوں۔ "جھوٹے روپ کے درشن" میں راجہ صاحب مجنوں بھی نظر آتے اور سچائی کے زہر اگلتے بھی۔ بظاہر اس سادہ سی کہانی میں زندگی کے بہت سے پہلو، بہت سے سچ پوری طرح عیاں ہوتے ہیں۔ یہ اس مختصر سی کہانی میں اتنا کچھ دیکھنے کو ملتا ہے کہ اس کا خلاصہ لکھنا ممکن نہیں۔

یہ کتاب ہر اس شخص کو پڑھنی چاہیے جو سچ کا متلاشی ہو۔ اس کا آخری خط نیگم صاحبہ پڑھ کر سمجھ میں آتا ہے کہ راجہ صاحب اپنے جذبات کو لے کر بہت گھرے تھے۔ وہ جذبات محبت کے ہوں، ناپسندیدگی کے یا انتقام کے۔ نوعمری میں اگر کسی نے "جھوٹے روپ کے درشن" نہیں پڑھی تو گویا اس نے اپنے مطالعے کی سمت متعین ہی نہیں کی۔ "میں سماجی زنجیروں کو توڑنا چاہتا ہوں، کیونکہ میں آزادیدا ہوا تھا، میں رولیتوں کا دشمن ہوں اس لیے کہ یہ رولیتیں میں نے نہیں بنائی، میں ان کی حقیقت سے آشنا ہوں، میں خاندانی رئیسوں کی عزت نہیں کرتا اس لیے کہ ان کے اجداد بادشاہوں کے خواجہ سرا تھے یا پھر انگریزوں کے کاسہ لیس، یہ زمینیں انھیں غداری کے عوض ملی، اس دولت پر ان کا کوئی حق نہیں، وہ یہ دولت ماں کے پیٹ سے اپنے ساتھ نہ لائے تھے، یہ ہم غریبوں کا خون ہے!" میں اکثر کتاب پڑھتے ہوئے دل کو بھا جانے والی اور میرے بے ترتیب خیالوں کو الفاظ کی ایک جامع شکل دینے والی لائنوں کو ہائی لائٹ کر دیتا ہوں لیکن اس کتاب میں یہ تردد نہ کرنا پڑا، کیوں کہ پوری کتاب کے ہر جملے میں ایسی لفاظی اور ادب کا ذائقہ ہے کہ چلھ کر خود ہی فیصلہ کر لینا۔ اس کتاب کے بارے میں اکثر یہ رائے پائی جاتی ہے کہ یہ نوجوانوں کے پڑھنے کی کتاب ہے، اس بنا پر خود کو خوش نصیب سمجھتا ہوں کہ نوجوانی میں ہی پڑھ لی، لیکن میری رائے ہے کہ یہ عمر کے کسی حصے میں بھی مل جاتی تو میں عینیت جان کر خوب دجونی سے پڑھتا۔

وجہ یہ ہے کہ میرے نزدیک راجہ انور نے محبت کرنے والوں کے ساتھ معاشرتی نا انصافیوں اور بہت سی معاشرتی برائیوں کو کمال خوبصورتی سے بیان کیا ہے۔ کتاب پڑھ کر محسوس ہو رہا تھا کہ یہ ہر اس نوجوان کی کہانی ہے جو بغیر سونے کا پیچ منہ میں لے، دولت کی ہوس میں ڈوبے، بے حس لوگوں کے ہجوم میں آنکھ کھولتا ہے اور قدم قدم پر خلوص کی توہین کے ساتھ اس جس زندہ معاشرے میں سانس لینے پر مجبور ہوتا ہے۔ کتاب سے لی گئی مذکورہ چند سطروں میں افلاس کی محرومیوں اور صاحب زر لوگوں کی ان کے حقوق پر ڈاکہ زنی کو کمال مہارت سے بیان کیا گیا ہے: "اور پھر یہ سارے حسین اتفاق افسروں کے ہی مقدر میں کیوں ہیں؟ ان کے لیے ہر لمحہ اتفاق اور ہمارے لیے ہر اتفاق ایک سانحہ! میری سرکاریہ نہ تو تقدیر ہے نہ اتفاق ہے بلکہ ان کی جہنم بھومی کا کرشمہ ہے۔"

جسے لوگ لکشمی کے حسین نام سے یاد کرتے ہیں "یہ تو سنا ہوگا کہ زندگی ایک ہے اور پڑھنے کے لیے کتابیں بہت زیادہ ہیں۔ راجہ انور کی کتاب "جھوٹے روپ کے درشن" پڑھتے ہوئے محسوس کیا کہ یار یہی وہ کتاب ہے جو میری کتاب پڑھنے کی بھوک کو مٹا سکتی ہے۔ چند صفحے پڑھنے کے بعد کتاب بند کر دیتا تھا کہ کہیں ختم نہ ہو جائے۔ دل کر رہا تھا بس یونہی خطوط کا یہ سلسلہ جاری رہے اور میں یوں ہی اسے پڑھتا رہوں، لیکن بلا کی تاخیر کرنے کے بعد بھی بد قسمتی سے کتاب ختم ہو گئی۔

نوجوان کی ذہنی صحت

جب سے دنیاوی طبعیت کے ظلمکار ہوئے
رہمتیں چھن گئی ہم سے کنگار ہوئے
جب سے نیت آگیا اس قوم کے موبائل پر
مرکز علم و ادب گردے انبار ہوئے
زندگی ہو گئی دلدل کی طرح جھجھکے
الجھنیں بڑھ گئی جب سے سمجھدار ہوئے

نوجوان کسی بھی قوم کا سب سے قیمتی سرمایہ ہوتے ہیں، جو مستقبل کی تعمیر اور ترقی میں بنیادی کردار ادا کرتے ہیں۔ وہ عمر ہوتی ہے جب ایک شخص کی شخصیت تشکیل پا رہی ہوتی ہے اور اس کی سوچ و فکر میں پختگی آنا شروع ہو جاتی ہے۔ لیکن آج کے جدید دور میں، جہاں سائنس اور ٹیکنالوجی نے زندگی کو بے حد سہولت بخش بنایا ہے، وہیں اس نے کئی نئے چیلنجز بھی پیدا کر دیے ہیں۔ خاص طور پر نوجوانوں کی ذہنی صحت ایک اہم مسئلہ بنتی جا رہی ہے۔ انٹرنیٹ اور سوشل میڈیا کے وسیع استعمال نے ان کی طرز زندگی، خیالات، اور رویوں پر گہرے اثرات مرتب کر رہا ہے۔ ایک طرف معلومات کی آگاہی کا سمندر ہے، لیکن دوسری طرف جذباتی دباؤ، تناؤ، اور احساس کمتری جیسے مسائل کا سامنا کرنا پڑ رہا ہے۔ نوجوانوں کے لیے ضروری ہے کہ وہ اپنی ذہنی صحت کا خیال رکھیں اور ایسے عوامل کو سمجھیں جو ان کے دماغی سکون پر منفی اثر ڈال سکتے ہیں۔

سوشل میڈیا ایک ایسی دنیا ہے جہاں ہر شخص اپنی زندگی کے خوبصورت پہلوؤں کو نمایاں کرتا ہے، جبکہ حقیقت اس سے بالکل مختلف ہوتی ہے۔ نوجوان جب دوسروں کی چمکتی دیکتی زندگیوں کا موازنہ اپنی عام زندگی سے کرتے ہیں تو احساس کمتری کا شکار ہو جاتے ہیں۔ وہ سوچنے لگتے ہیں کہ شاید ان کی زندگی دوسروں کے مقابلے میں کم خوشگوار یا کم کامیاب ہے، جبکہ حقیقت میں سوشل میڈیا پر نظر آنے والی چیزیں اکثر غیر حقیقی اور مبالغہ آمیز ہوتی ہیں۔ اس مسلسل موازنے کی عادت نوجوانوں کے اندر خود اعتمادی کی کمی پیدا کر رہی ہے اور نوجوان اپنی اصل قدر و قیمت کو بھولنے لگے ہیں۔ سوشل میڈیا کی اس نفسیاتی جنگ میں وہ اپنی شناخت کو کھو بیٹھے ہیں اور دوسروں کی منظوری کو اپنی خوشی کا معیار بناتے ہوئے ہیں۔ اسی لیے نوجوانوں کے لیے ضروری ہے کہ وہ خود کو سوشل میڈیا کے غیر ضروری دباؤ سے آزاد کریں اور اپنی اصل زندگی پر توجہ دیں، بجائے اس کے کہ وہ "لائکس" اور "منٹس" کے محتاج ہو جائیں۔

سوشل میڈیا کے بے تحاشہ استعمال کے نتیجے میں ڈپریشن اور اینگرائی کے کیسز میں بھی تیزی سے اضافہ ہو رہا ہے۔ مسلسل سکون پر وقت گزارنے اور دوسروں کی زندگیوں کو دیکھ کر اپنی زندگی کو کم تر محسوس کرنے سے نوجوان شدید ذہنی دباؤ کا شکار ہو رہے ہیں۔ یہ کیفیت ان کے مزاج کو بدل رہی ہے، جس سے وہ تہائی، اداسی اور نا اُمیدی کے شکار ہو رہے ہیں۔ مزید یہ کہ، سائبر بلیٹنگ (Cyberbullying) اور لائن لائن ہراساں بھی ایک بڑا مسئلہ ہے، جو نوجوانوں کی ذہنی صحت پر انتہائی منفی اثر ہو رہا ہے۔ جب کوئی نوجوان انٹرنیٹ پر نفرت انگیز تبصروں یا نامنندہ رویوں کا سامنا کرتا ہے تو وہ خود کو بے بس محسوس کرتا ہے اور بعض اوقات یہ صورتحال خودکشی جیسے انتہائی قدم اٹھانے کی طرف بھی لے جاتا ہے۔ اس لیے نوجوانوں کو چاہیے کہ وہ سوشل میڈیا کو ایک محدود دائرے میں رکھیں اور اپنی ذہنی صحت کو اولین ترجیح دیں۔ علامہ اقبال:

بہتر ہے کہ سیکھا دے ان شیروں کو رم آہو
کہ باقی نہ رہے شیر کی شیر کی کا فسانہ
کرتے ہیں غلاموں کو غلامی یہ رضامند
اور تاویل مسائل کو بناتے ہیں بہانہ

سوشل میڈیا کے غیر محدود استعمال نے نوجوانوں کی زندگی کے معمولات کو بھی شدید متاثر کیا ہے۔ رات دیر تک فون اسکرین پر نظر میں جمائے رکھنا، مسلسل نوٹیفیکیشن پیپک کرنا اور بے مقصد سکروولنگ ایک ایسا عمل ہے جو نہ صرف قیمتی وقت ضائع کرتا ہے بلکہ نیند کے معیار کو بھی بری طرح متاثر کرتا ہے۔ تحقیق کے مطابق، اسکرین سے خارج ہونے والی نیلی روشنی نیند کے بارمون میلانین (Melatonin) کی پیداوار کو کم کر دیتی ہے، جس کی وجہ سے نیند کے مسائل، جھکن اور ذہنی تناؤ بڑھ رہا ہے۔ نیند کی کمی نے نوجوانوں کی توجہ، یادداشت، اور فیصلہ سازی کی صلاحیت کو کمزور کر دیا ہے، جس کے نتیجے میں وہ اپنی تعلیمی اور سماجی زندگی میں بھی مشکلات کا سامنا کرنے لگے ہیں۔ اس لیے ضروری ہے کہ نوجوان سونے سے کم از کم ایک گھنٹہ پہلے موبائل فون اور دیگر اسکرینز سے دور رہیں اور اپنی نیند کے معمولات کو بہتر بنانے کی کوشش کریں۔ یہ کہنا غلط ہوگا کہ سوشل میڈیا صرف نقصان دہ ہے، کیونکہ یہ معلومات، آگاہی، اور سماجی روابط کا ایک موثر ذریعہ بھی ہے۔ مسئلہ اس کے بے تحاشہ اور غیر متوازن استعمال کا ہے۔ اگر نوجوان سوشل میڈیا کو ایک مثبت طریقے سے استعمال کریں تو یہ ان کے لیے فائدہ مند ثابت ہو سکتا ہے۔ وہ تعلیمی مواد تک رسائی حاصل کر سکتے ہیں، نئی مہارتیں سیکھ سکتے ہیں، اور اپنے خیالات کو دوسروں تک پہنچانے کے لیے اسے ایک موثر پلیٹ فارم ثابت ہو سکتا ہے۔ لیکن اس کے لیے ضروری ہے کہ وہ اپنی آن لائن سرگرمیوں کو کنٹرول میں رکھیں اور وقت کا دانشمندانہ استعمال کریں۔ انہیں چاہیے کہ دن میں کچھ وقت سوشل میڈیا سے دور رہیں، خاص طور پر سونے سے پہلے، تاکہ وہ اپنی حقیقی زندگی پر زیادہ توجہ دے سکیں۔

نوجوانوں کو چاہیے کہ وہ سوشل میڈیا کے بجائے حقیقی زندگی میں تعلقات کو زیادہ اہمیت دیں۔ اپنے دوستوں اور اہل خانہ کے ساتھ وقت گزاریں، کھیل کود میں حصہ لیں، اور کتابوں کے مطالعے کو اپنی زندگی کا حصہ بنائیں۔ کتابوں سے دوری کے باعث ہی نوجوان آج ذہنی دباؤ کا زیادہ شکار ہو رہے ہیں۔ جب ہم کتابوں کا مطالعہ کرتے ہیں تو ہماری سوچ وسیع ہوتی ہے، ہم نئے نظریات اور خیالات کو سمجھتے ہیں، اور ہماری ذہنی صلاحیتیں مزید بہتر ہوتی ہیں۔ اگر نوجوان اپنے وقت کا بہترین استعمال کریں اور اپنی توانائیاں تعمیری سرگرمیوں میں لگائیں تو وہ اپنی ذہنی صحت کو بہتر بنا سکتے ہیں اور زندگی میں کامیابی حاصل کر سکتے ہیں۔ علامہ اقبال:

خود پلے نہیں قرآن کو بدل دیتے ہیں
ہوئے کس درجے بے توفیق فقیہانِ حرم
اور جانتا ہوں کے مشرق کی اندھیری رات میں
بے بدبضا ہے پیرانِ حرم کی آستین
اور عصر حاضر کے تقاضاؤں سے ہے لیکن یہ خوف
کہ ہو نہ جائے آشکار شرمینگر کہیں
العذر آئیں پیغمبر سے سوار العذر
خافظ ناموس زن مرد آزما مرد اقریں

سوشل میڈیا ایک دودھاری تلوار ہے، جو ایک طرف سہولت اور آگاہی فراہم کرتا ہے، تو دوسری طرف ذہنی دباؤ اور جذباتی عدم استحکام کا باعث بھی بناتا ہے۔ نوجوانوں کو چاہیے کہ وہ اسے اپنی زندگی پر حاوی نہ ہونے دیں، بلکہ اس کا مثبت اور متوازن استعمال کریں۔ سب سے اہم بات یہ ہے کہ وہ اپنی اصل شناخت کو پہچانیں اور خود کو سوشل میڈیا کی چکاچوند میں گھونسنے سے بچائیں۔ حقیقی خوشی اور ذہنی سکون تب ہی ممکن ہے جب ہم اپنی اصل زندگی پر توجہ دیں، اپنی قابلیت پر یقین رکھیں اور خود کو دوسروں کے ساتھ غیر ضروری طور پر موازنہ کرنے سے باز آئیں۔ زندگی وہی خوبصورت ہے جو چھٹی ہے، اور سکون وہی پائیدار ہے جو خود کی پہچان سے حاصل ہو۔ علامہ محمد اقبال:

جوانوں کو میری آہ سحر دے
پھر ان شاہین بچوں کو ال و پر دے
خدایا آرزو میری یہی ہے
میرا نور بصیرت عام کر دے

محمد بشر

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THE MEMORY LANE

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BLUE DAY



GET TOGETHER' 23



Mother Language Day

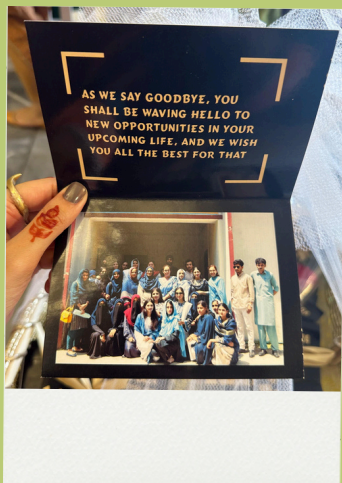


WALK FOR PALESTINE



WORLD POETRY DAY





Farewell 2024

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Farewell'25





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