

SOUTHERN SCHOLARS

EDITION 6TH | JULY - SEPTEMBER 2019

WHY ARE CHILDREN
OUT OF SCHOOL?

TECHNOLOGY
GOOD OR BAD?

THE FIRSSTEVEVER
ISP MUN 2019

SOCIETY 5.0



ENERGY CRISIS
IN PAKISTAN

WE STAND
WITH KASHMIR



**INSTITUTE OF
SOUTHERN PUNJAB**

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Pioneer Chartered Degree Awarding Institute (DAI) in South Punjab

EDITORIAL

What has worked in the last 10 years is no longer working in the same way.
You know you need to change. **But how?**

Today we are living in an age where it isn't possible to keep up with
the pace of change and face the world's greatest challenges.

Unless we can unlock new superpowers.

Modern society has reached its limits & it is evolving into a new type of Society called **"Society 5.0"**.

In Society 5.0, People will be expected to exercise rich imaginations to identify a variety of needs & challenges scattered across society and the scenarios to solve them, as well as creativity to realize such solutions by using digital technologies & data.

Society 5.0 will be an Imagination Society, where digital transformation combines with the creativity of diverse people to bring about "problem solving" and "value creation" that leads us to sustainable development. It is a concept that can contribute to the achievement of the Sustainable Development Goals (SDGs) adopted by the United Nations.

In Society 5.0 three things will play a major role.

1. Big Data 2. IoT (Internet of Things) 3. Artificial intelligence.

Big Data Collected by IoT will be converted into a new type of intelligence by AI & will reach every corner of society. As we move into Society 5.0, lives of all people will be more comfortable and sustainable as people are provided with only the product and services in the amounts and at the time needed.

With this, change is also required for new & existing Entrepreneurs.

Society 5.0 will lead to the idea of Entrepreneur 5.0.

Entrepreneur 4.0 chose between employee or employer. Between being a tech startup, social entrepreneur or digital nomad. Between online or offline.

Entrepreneur 5.0 creates a job instead of getting a job: As both employee & employer. They value making money, making a difference and living their best life with Income, Impact and Insight.

They use AI, AR and the digital layer to be both offline & online, hi touch & hi tech.
They are the new renaissance man and woman.

It is the time that we dive into these ideas to futureproof ourselves.

Dr. Syed Nadeem Abidi
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MODERN
LEARNING
SYSTEM

NEW WAYS OF LEARNING

The world is changing, so are classrooms at ISP. We call it the Modern Learning System (MLS). It's a new approach to learning where students are equally engaged in the process of learning as an instructor. Students not only study their curriculum but they experience it. From class activities to on-field experiments, we at ISP believe at learning by doing. MLS is one of the key components of our student development. And that's what makes our students EXCEPTIONAL.

_ Shoaeb Hameed Mohel
(Manager Trainings & Communications, ISP)



SPACE INNOVATIONS BROUGHT DOWN TO EARTH

"Speaking of saving lives,
space exploration could
save all our lives"

We have all seen images of the divine globe of our Earth as seen from space. Some of the first of these pictures were taken by the astronauts of the Apollo Moon program. They described how it felt to see the entire Earth at once, our twinkling colorful planet with its tantalizing blanket of air and clouds, out there all alone, floating in the blackness of space. The images of Earth that have been sent back by faraway spacecraft such as Voyager and Galileo on their way to other planets in our solar system have suggested to us even more powerfully how small, fragile, and beautiful is our home. But space technology has done far more for Earth and its inhabitants than just inspire us with pretty pictures of our home. You are undoubtedly familiar with the use of satellites. Question is why are you building satellites for space when there are so many problems to fix here on Earth? It's a perfectly rational question. The short answer is that we need to go to space to help us here on Earth. Satellites have played a gigantic role in improving the state of the world and will do even more. The global coverage of satellites offers a unique, fact-based perspective that can help us overcome our greatest challenges.

Information from these spacecrafts can help us improve agricultural harvests and protect the environment from loss and stop deforestation. They've helped us to connect the world through the internet and communication, an intangible service for millions. Satellites in space have done much for us so far and, in the future, they will offer much more.

It is very important to the future of life on our planet to understand how what we do affects the delicate balance of the environment. Using information from satellites, we are beginning to understand how pollution from our cars, factories, and even household products affects our atmosphere.

We use satellites to predict the weather. We may not be able to change the weather, but having an idea ahead of time what it's likely to do gives us the chance to prepare.

Satellites have been studying the oceans. They have helped us to understand the complex movement of ocean water and to make long-term weather predictions. Because the oceans store a lot of heat, they have a great effect on the weather. Humans did not evolve to go into space, but we go there anyway. That has led to the development of various technologies that feed back into the economy and improve our lives on Earth. Without space programs, we wouldn't have GPS, accurate weather prediction, solar cells, or the ultraviolet filters in sunglasses and cameras. There's also medical research happening in space right now that could cure diseases and prolong human lives, and these experiments can't be done on Earth. Space exploration could save your life.

Speaking of saving lives, space exploration could save all our lives. Our solar system has calmed down a lot since the early eons, but there are still uncountable big asteroids and comets out there that could smack into the planet. It's happened several times in the past, each one causing a mass extinction. It's not a matter of if another large asteroid hits Earth, but when. A robust space program is the only hope we have of deflecting such an object.

There are currently more than 7 billion humans, which is a lot. However, we're all crammed together on this one planet. If something happened to Earth, our species could be wiped out. Colonizing other bodies in the solar system is a way to create a "backup" of humanity that will survive no matter what happens to Earth. Maybe future humans will be Martians who will never set foot on Earth.

There are more practical reasons for space exploration, but one of the principal reasons we must continue is that WE ARE EXPLORERS! That's why humans from our earliest upright steps, we've strived to learn more about the world around us, and this allowed us to build civilization. Exploring space is an opportunity not only to discover new worlds and build advanced technologies, but to work together toward a larger goal irrespective of nationality, race, or gender. If we stop exploring, we stop being human.



Movahib Anwar

Trainer, SEDC

Institute of Southern Punjab, Multan

ISP WOMEN BLOCK

ISP believes in equal rights of education for both men and women. Not only we support women's education but we take every possible step that can ensure an easy and convenient system of education for women. Honorable Rector, ISP, Mr. Asim Nazeer Ahmad had the vision to build a dedicated facility for females where they can study in a distinguished and productive environment. ISP Women Block is a result of that vision. This dedicated women block has all the modern facilities that regular students are enjoying. Technically equipped lecture halls, Fatima Jinnah Auditorium, Indoor sports facility, cafeteria, and modern infrastructure assures the best learning experience for female students who choose to be enrolled in a dedicated block for women.



MEASURING CLOCKS



Man's obsession with the idea of time is nothing new especially when we, human beings, look at it in the context of the evolution of different ages, cultural changes, up-gradation of knowledge, advancement and on top of everything our collective fear of staying unaware of the meaning of our existence. Exploring various fields of knowledge, education, research and self-exploration helped investigating new gateways to man's inner self which inevitably opened new possibilities for how we developed new cultures or we can say that our quest in search of absolute wisdom gave birth to various cultures. We made cultures and then cultures started to make us in return. With every passing philosophical and technological-advancement year, man became pleasantly bewildered and his surroundings determined the bigger part of his understanding about his present time, social development, relationship with other beings, perception about knowledge and himself.

Every decade, century and millennium evolved through the social and cultural changes and with the desire to embrace a new culture, man jilted the previous philosophy of how we should live this life.

"we are not self-defined creatures,
but time-defined beings
in an unmeasurable time,
how ironical"

But what were the reasons which made man accept all the changes every time a new era started? To me, the biggest reason was the fear of being unable to survive in the constantly changing world. Human beings did not only adopt everything for the sake of making progress, but for it was heavily imposed collectively on the masses or it was our desire to satiate our instinctive curiosity and to do better with ourselves, and just to get rid of the mutual problems that we faced in the past in the form of famine, plague and the violent threats from other beings around us.

In the past, every age and time had its own ruthless demands from humans and every next generation opened their eyes into a changing time with new challenges waiting for them to grow up and face them but the teenager of every new era thinks that the world has always been the same and it has always been like this before his arrival.

All the ruthless demands of the time suggested a certain life-philosophy to every new era and man should be congratulated for coping up with almost most of it and made it till the twenty-first century; the era of global culture. But what about now? Our present time is perhaps the most unmeasurable time of all the ages. I am not sure if we live in the best time in the history of man or the worst, but, I think, considering both as true at the same time would be a better proposition.

In the past, every era had its physical and cognitive demands to have human beings survive and protect himself which he managed to fulfill with the passage of time or at least learned to keep up with most of the demands but what about now? Are the demands of our present time the same as before? Of course, they are not the same, but the question is of humans' physical and cognitive abilities to cope up with the needs of the time. We have made ourselves healthier and equipped ourselves with more information than ever before but have we defined our time on purpose or did this time with all of its attributes just accidentally bumped into us?

In the twenty-first century, humanity woke up and found itself into a hilariously facilitating time and serving us with only the answers we always had questions for, but, now, do we have the right queries for those answers? Are we sure that this is the meaning of life we always searched for? Is this the lifestyle we always wanted to maintain? do we have appropriate desires which serve the purpose of our existence? The present time is relentlessly imposing a life which we were never meant to live. The time-demands are astonishingly changing every day leaving us with the question of "who do we have to be?" We, even after being collectively more qualified than ever before, are still unable to fulfill the needs of the time and to make ourselves feel happy. It's not that we are unable to suffice the needs of our time, but the question that "are the demands appropriate?" The question of appropriate demands becomes trivial as soon as we think of our survival in this constantly modifying world. The idea that how quickly we are convinced to put everything aside for the sake of survival does not show our weakness, but reflects how distorted and unmeasurable our time has become.

Our present is again the time which is constantly making us something which we surely are not. At least for now, we are not self-defined creatures, but time-defined beings in an unmeasurable time, how ironical. it's something which is preparing us to take us back in the time when we asked ourselves better questions when we did not have answers but now that we have answers, do we have better questions according to our time? The so-called answers have made us run out of philosophical content which could possibly be the biggest threat in the coming times. Here, declaring one thing as a problem would, tomorrow, turn out to be a blessing and that is the real challenge for our cognitive abilities in this present time. The problem of our time is to achieve a perception about ourselves and the world around us and with the endless options available for new perceptions, it is inevitable to be lost. We, today, have everything and yet not happy, do everything and yet not self-fulfilled, know everything and yet bewildered, surrounded by people and yet alone, regularly connected and yet fragmented. How long shall we create and facilitate a global culture that creates us in return or shall we create ourselves to recreate our being-ness? We collectively need to create a global culture to which we can contribute for the sake of better living, not the culture which contributes to influencing our individual and collective being-ness. We need to precisely measure our time with not the clock-arms which sounds like a count down toward our annihilation, but with the ones which are infinite and do not make us time-defined but a creature self-defined. We need to build perceptions for our time not to give answers but to add better questions that facilitate humanity to attain peace, creativity and joy.



Ali Khurram

Writer, Musician, Thinker



STAFF LOUNGE

ISP Staff Lounge is state of the art in-house restaurant open for Faculty, Management, and Staff. Staff Lounge is a perfect place to take a short break and have a delicious lunch along with your work family. It has 13 different menus repeated every cycle and meets all the quality standards. At ISP we believe in leaving no stone unturned in taking care of our esteemed management.





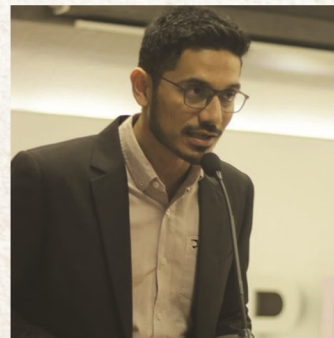
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ISPMUN'19

INSTITUTE OF SOUTHERN PUNJAB MULTAN
MODEL UNITED NATIONS

It is really not developing or developed nations, it is UNITED NATIONS. Model United Nation (MUN) Conferences are the diplomatic conferences that model and replicate United Nations. As a globally recognized activity, hundreds and thousands of MUN Conferences are conducted by the young students every month across the globe. Someone rightly said that “It is not G-5, G-8 or G-20, It is G195”. MUN conferences provide a chance to the young delegates to understand and represent the global perspectives of issues having certain level of gravity affecting nations and to comprehend the voices of the other members of global village over the same issue by conducting the committee sessions and passing resolutions. A Syrian delegate of THI-MUN nicely stated that “This is not a resolution, this is a REVOLUTION” as it concludes the matter over the collective insights of member states.

MUN Club of Institute of Southern Punjab Multan conducted the ever-first university-level Model United Nation (MUN) Conference in South Punjab on 4th and 5th of November 2019. A number of 120 delegates got themselves registered under 6 committees. The committees were chaired by 13 well known chairs who have a strong portfolio on national and international MUN conferences. Statistics showed that 20 institutes from different parts of the country participated in the conference.



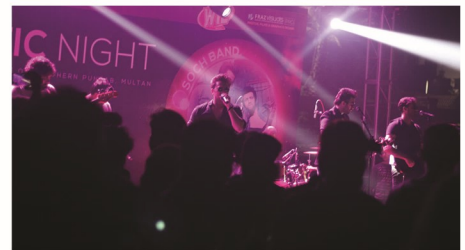
Following are the details of committees and issues over which heated discussions took place

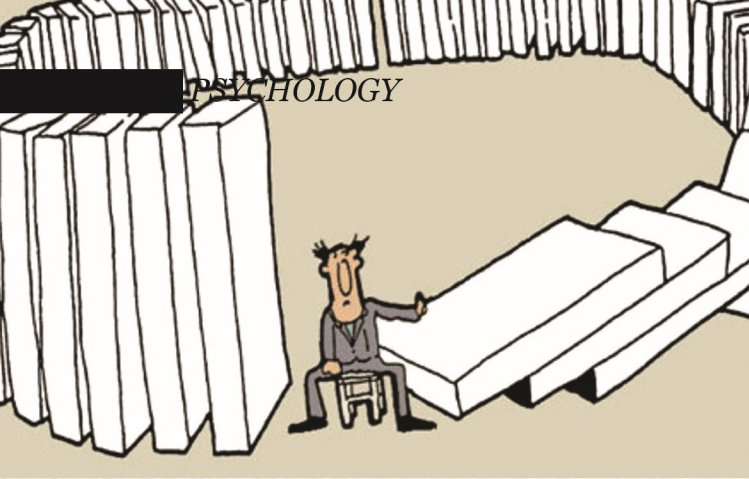
Sr#	Committees	Topics
1.	United Nations Human Rights Council (UNHRC)	1: Kashmir dispute 2: Human Rights violations against Muslims of Rohingya
2.	The Disarmament and International Security Committee (DISEC)	1: Outer Space Warfare and its effects on current deterrent situation 2: Nuclear Non-Proliferation and Global Disarmament
3.	Special Political and Decolonization Committee (SPECPOL)	1: Political implications of international use of Unmanned Aerial Vehicles (UAVs) / Drones 2: Militarization and colonization of space
4.	United Nations Women (UNWOMEN)	1: Elimination of all forms of discrimination against women 2: Strengthening accountability in sexual exploitation and abuse cases
5.	United Nations Security Council (UNSC)	1: Pakistan-KSA conflict 2: Kashmir Issue and right of Self-Determination
6.	Pakistan National Assembly (PNA)	1: Accountability in Pakistan

Discussions were held in multiple intervals and every member state took their complete share of time to express the narratives of their respective states. Upon reaching on the conclusions, the resolutions were passed and saved.

On the lighter side, such conferences are coupled with socials which, in simpler words, are the entertainment activities. Along with multiple other entertainment activities stretching to 2 days of the conference, A musical night named “Mystic night” was arranged in the evening of 4th of November which provided a great deal of enjoyment to the delegates, chairs, organizers as well as the students of the institute. The musical event was mystified by the popular Pakistani music band “Soch Band”.

Joining and participating such internationally recognized platforms not only allows the participants to become acquainted with the global issues but also offers them opportunities of public speaking, meeting new people and experiencing new places, practicing diplomacy and negotiation skills, enhancing their leadership abilities and having sense of how the real conference of United Nations operates and functions. Institute of Southern Punjab has established a trend which is newer among the universities of the southern region of Punjab and I wish that the practice may start a culture of establishing MUN clubs in Higher Education Levels and empower and activate students of this region to broaden their field of experience and horizons of exposures through such gentle platforms.





What is karma? You get what you give. Each action creates a reciprocal action - the reaction; therefore, karma is the result of those previous actions which have to be manifested accordingly. Once you throw away the stone, it must fall; each of our actions, too, including words or even thoughts, the perfect architecture of laws never forgets - it is the work of the perfect precision.

Some people do not believe in karma, others see everything in the hands of fate and they immerse themselves in helpless struggle of life. Many of them talk about Allah's will and in their false humility they say: "It was supposed to be like this, it was destined". Was it destined? Such questions are based on ignorance. There is nothing here that is doomed to happen or destined to anyone. Such an attitude is derived from a tendency to get rid of the responsibility for our lives, nothing more. Do you not remember? After all, Allah gave us the right of free will. But what kind of freedom it would have been if we had already dealt with what is destined - with what will happen to us? Nothing like the destined destiny does exist here, whether directly or indirectly, we are solely responsible for everything that happens to us.

The man's life is like a farmer's life. The farmer sows seeds in the soil all around him and later he reaps the results. Thus, somebody walks through the blossomed garden; somebody else must struggle his way through the thorn bush and the thistles - everyone according to what he or she sowed. That soil is the material world, those seeds are thoughts, words and actions; and our situation in life and also what we get from everyday life is the harvest. Some seeds bring fruits instantly, for some of them it takes long time to mellow. It does not matter if we sow those seeds directly ourselves or if we entice others to do this or do that; then they sow something into our life, too, because everything what we have is also indirectly caused by ourselves.

The first way how to change our life is to become aware of what we are "sowing". If we kick people, then we will receive our kicks back later; if we steal, then the same thing, too, will happen to us... so it is the completely simple principle - you just need to watch the life around you and perceive human lives and life situations.

SOUTHERN SCHOLARS

KARMA

YOU GET WHAT YOU GIVE

Many people are confused by not seeing the causes of successes and sufferings in their lives, or that their actions do not bring benefits or destruction immediately. It is because the reaction law works in its speed and it is, too, not restricted just into one human life. Slowing down of manifestations of our thoughts, words and actions is exactly that thing which gives us both the option of freewill and also the amount of time necessary for recompense. For example, if intolerance would create stomach contractions immediately, or if by wishing someone else's death the wisher would immediately die, how could then ignorant people become less ignorant? Therefore, many of the outcomes of our actions often return over time, when man becomes mature and when he can face the consequences of what he sowed consciously, so it can be used for his advantage and for his knowledge about what is right and what is not. The best way how to learn is to feel the results of wrong previous actions on our skin. Exactly by knowing what is right and wrong, the man's spirit can learn to distinguish and thus it will become conscious. As a result, karma becomes his best tutor.

Karma is something alive; it is something made by us, and we will have to experience it whether we like it or not. But the way how karma will appear is totally in our hands, because karma brings only such effects on us which we allow it to have by our temporary emanation. Practically, it means that karma will take the same form of a picture as we think, act and talk just right now - if we envy somebody, then we emit darkness, or if we wish only good things to somebody, then we emit light...

Every man participates in the creation process of karma, whether it is a personal karma, a group's karma or a nation's karma, because karma is not made only by actions but also by words and thoughts - nobody can live without the mind. And we always deal with thoughts that ripen to words and actions. Therefore, the most effective way how to create good karma is to be aware of our thoughts and reject all dark ideas immediately in their earliest beginning.

Do not forget: your destiny is in your own hands, and your karma unfolds from your thoughts you deal with right now in your mind - because everything what happens takes always place in the eternal presence.



Sidra Jamil Qadri

Psychologist, Trainer, SEDC
Institute of Southern Punjab



THE *TERRACE* CAFE

At ISP, we love to eat. And we love to eat healthy. This is why ISP has established state of the art facilities for both administration and students.

Terrace Cafe is a modern cafe that has quality food at the best prices for students. It's a fully air-conditioned cafe that keeps hundreds of students cool and provides them a phenomenal environment to eat and to study.





SMART INVESTING

The majority of the population especially in developing countries is too busy with day jobs and delay investing in the capital market until middle age. This is one of the main reasons that anomalies and inefficiencies are present in these markets through which only certain politicians or business tycoons gain abnormal returns. If the general public (especially Millennials) will start taking more interest in their local capital market then a semi-strong efficient form of the market can be attained and public pressure will mitigate the ulcer of inside trading. Nonetheless, before investing in the stock market, the general public should understand that they cannot grow their investing within days. Generally, investors start selling their stocks in panic when the economy faces any bust period.

Value investing focuses on generating steady, long-term profits by ignoring the current market and picking companies with high intrinsic value. Although as a financial researcher we develop advance frameworks and models to reach market efficiencies, investment in the stock market is not that complicated. A rational investor always analyzes the long-term evolution and management principles of a company before investing. There is a wide range of financial analyses including fundamental, technical and industry analysis which can be learned from a financial expert. Investing without any current and future knowledge of a firm is idiocy. Most of the investors who lose their money in the market usually follow the masses. Thus, when a large group of people is telling you to invest in an ABC company, just run away.

In order to minimize the risk, do not invest in a single stock. Diversify your portfolio by choosing different industries and different companies with zero or at least a weak correlation. The defensive investor should divide his funds between high-grade bonds and high-grade common stocks.

A fundamental guiding rule is that the investor should never have less than 25% or more than 75% of his funds in common stocks. The standard division should be equal ones of 50-50 between stock and bonds. A sound reason to increase the percentage in common stocks is when there are more stocks in a bear market at a bargain price. Conversely, they should reduce the common stock component to below 50% when the market level has become dangerously high.

Although there are numerous stock-picking rules, some general rules can save your investment in the long-term. For instance, exclude small and more volatile firms from your portfolio. Current assets should be at least twice of current liabilities for industrial firms. Long-term debt should not be more than net current assets. Positive earnings for each of the past 10 years. Uninterrupted dividend for the past 20 years. No more than 15 times average earnings of the past 3 years. Furthermore, there should be a moderate level of price to assets. Should not be more than 1.5 times the book value last reported. However, a low pe ratio below 15 can justify a higher price to book value. PE ratio x PB ratio should not be more than 22.5. An intelligent investor never looks for crazy profits but focuses on safe and steady returns



Dr. Farzan Yahya

Dr. Farzan Yahya
Assistant Professor, Southern Business School
ISP, Multan

Pakistan Day 2019

At Institute of Southern Punjab, we have a tradition to celebrate National days with zest and zeal. Pakistan Day is one of the most significant day for our nation in this regard. An annual get together of ISP faculty and staff was organized which was headed by Honorable Rector, Institute of Southern Punjab, Mr. Asim Nazir Ahmad. Deans and HODs of all the departments spoke on the current situation of Pakistan and what role we, as a nation, can play to improve the situation of our homeland. In the end Honorable Rector addressed to the present faculty and staff members, shedding light on the positive side of our country. He shared his insightful remarks on how we have accomplished so much with very scarce resources and how we all can make a difference with our individual contribution for a prosperous Pakistan.



Orientation Ceremony 2019

Just like every year Institute of Southern Punjab made sure to give the warmest welcome to its new students. Students gathered in the amazingly decorated premises of institute and given the briefing by all the departments for their ease in the journey they are just starting. Also the event is packed with fun performances by Dramatic, Music and other societies.



DIGITAL MARKETING

Basics and Career Opportunities

Digital marketing. A fancy word that surfaces across every industry. It contains a whole world of opportunities for organizations and professionals alike. So, let's start the discussion on what is Digital Marketing.

Whenever we advertise or market a product or service or anything that can be sold through an online medium, it comes under the bracket of digital marketing. The time you start a television ad or email marketing campaign, you connect with through various digital channels such as mobile applications, social media, email, search engines, etc.

In the past decade, the easy availability of mobile phones and access to the internet has enhanced its popularity.

"Today, 3.3 billion people use social media in some capacity or the other."

Undoubtedly, marketing and types of digital marketing methods are core functions of a business. This also means that businesses still require an in-house team to manage various aspects of marketing. That is where freshly graduated students can find opportunities.

It is necessary to understand that most marketers in the digital arena are self-taught. But, that doesn't change the fact that you require knowledge of traditional marketing. Through the fundamentals of traditional marketing, digital marketing channels are embraced.

Digital marketing is using digital channels to reach out to more number of audience and build a customer base wider than before. Due to the easy availability of a huge customer base, internet marketing helps the business pitch more customers than traditional sources. Further, if you are wondering what is online marketing or what is internet market, these are the synonyms of what is digital marketing. Check the types of digital marketing techniques which includes Search Engine Optimization (SEO), Content Marketing, Social Media Marketing, Pay Per Click (PPC), Affiliate Marketing, Native Advertising, Marketing Automation, and Email Marketing.

Today the digital economy of the country is growing at an unprecedented rate. Due to the ubiquitous presence of digital devices, the digital world is creating more jobs every second. Digital marketing channels offers a series of career options to everyone. You don't have to undertake rote learning. You just have to

For instance, a person who understands and enjoys coding can become a web designer or UI designer. If coding is not your genre, you can become a content writer and start content marketing. There are endless options for you in different types of digital marketing domains. Few are listed here, for example, Web Designer/Web Developer, Content Developer/Marketer, Search Engine Optimization Executive, Search Engine Marketing (SEM), Pay-per-click (PPC) experts and Social Media Manager. Although entering this field or finding an option for various types of digital marketing is easy, it is not simple to learn digital marketing. There are no official degrees or majors on it. Most of the people in this field will tell you how they would love to complete a degree in it or pursue a master's course in it.

However, currently, it is not possible. Even if some colleges and universities offer a course in digital marketing as a subject, they don't offer much. Just having an overview of digital marketing definition or gaining academic knowledge won't help you achieve anything. The absence of practical knowledge in these courses creates a void that can keep you from achieving success. Further, it is a vast discipline that can't be learned in one semester or one lecture. You have to dedicate yourself to the concepts to gain an all-round knowledge of its aspects. The changing industry parameters and increasing domains in the field make this task even more complicated.

However, don't be disheartened. There is a solution to it. You can acquire help from various sources such as online tutorials, blog posts from learned industry leaders, and third-party courses. Explore options, check the above sections to analyze the domain you want to gain expertise in, and then move forward. But, remember that to be a digital marketer, you should have knowledge of what is internet marketing, the types of digital marketing and digital marketing examples.



Hamid Irfan Najmi

Trainer, SEDC
Institute of Southern Punjab

Campus France Paksitan

An interactive Seminar was held by at ISP Multan by Head of Campus France Pakistan to educate students about scope and opportunities of Education in France.



Seminar on Anit-Corruption

Seminar on Anti Corruption and awareness walk with Director NAB Mr. Abdul Hafeez Khan organized by Character Building Society.



Nutrition and Balanced Diet Workshop

An informative Session was conducted on the Topics of Nutrition and Balanced Diet and Hygiene by Dr Iffat Omer Bucha organized in collaboration with Population Welfare Department of Government of Punjab



ASKING THE IMPORTANT QUESTION



I believe that each human is as intelligent as Albert Einstein, the only difference is; Either they don't explore their right domain or they simply don't ask important questions!

This article is about shuffling the brain to ask important questions that change history. Famous philosophers, poets, artists, scientists, thinkers, they all had one thing in common, they worked on finding answers to important questions.

For instance, Isaac Newton was a simple teacher, lying under a tree reading a book when suddenly, an apple fell on his head, despite its hard fall, Newton didn't exclaim 'Stupid Tree', instead, he asked an important question, why did the apple fall on him. Rather than going upwards or sideways, why did it fall on him? Asking this important question gave a purpose to his simple life and thus he explored the concept of gravity.

Asking questions broadens up your brain and motivates you to progress further and harder than others. Unfortunately, some students think that asking the question will make them look stupid.

“The one who asks the question is a fool for just 5 minutes while the person who never asks a question remains a fool forever” – Chinese proverb

It's an established truth that even the stupidest of the questions find important answers and eventually something is learned out of them. In my childhood, there was a detective TV show in which an overcoat clad confused man used to solve mysteries. He was a detective with one squinty eye who was a master of questioning his suspects. He was pretty awkward himself. He had a limping gait and kept his head cocked on one side. His overcoat was always crumpled. His targets often underestimated him. And that is the way he liked it. He'd ask them questions that seemed stupid. Then, just as they were leaving the interview, he'd say, 'Just one more thing.' And he'd fix them with his squinty gaze and ask a killer question that showed up everything they were saying as a lie. I loved that character!

The detective's questions always got to the truth. And his technique was simple. He'd follow the story. One simple question led to the next and the next. But the liars always had a gap in their story. There was a lesson in there for me. As a researcher, I'd often step into my detective persona and used to ask steam of questions that hardly made any sense at the time they were asked, but eventually, answers started coming my way.

Asking questions require confidence, critical thinking, and interest in exploring reality. In the case of students, asking questions to initiate a better understanding of the topic. The journey to every great exploration begins with a single 'Why?'.

You wake up early in the morning, you stretch yourself or jump out of the bed, when you scratch your head while thinking or when your fingers get all pruned in water, have you ever asked yourself 'Why?', have you ever questioned how even the cheapest watches maintain the time?

Ask yourself, after the end of this article, are you still silent and waiting for your phone to 'ding' up notification or are you curious to find answers to the question asked above?

Keep a critical eye on everything and trust me one day the world will know your name.

Stay hungry, stay foolish and ask lots of questions.



Arslan Javed

Trainer
SEDC
Institute of Southern Punjab

EUPHORIA

Do you in Pakistan around 50 million people are suffering from common mental disorders. These afflict 15 to 35 million adults besides 20 million children according to local media. Only 400 psychiatrists are available in Pakistan, which means there is roughly 1 psychiatrist available per half a million people.

Keeping this in mind and realizing the need of the hour Institute of Southern Punjab decided to create awareness, provide a platform and kill the stigma and labialization attached to mental health and has taken the initiative of “Euphoria”.

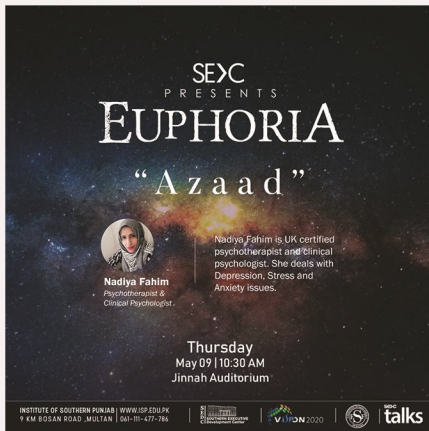
Euphoria's literal meaning is a state of intense happiness and self-confidence. “Euphoria” is a talk show in which guests from the field of psychology and mental health are invited for the detailed discussion. Various topics to bring more peace and happiness to life are discussed. Students now have a platform to observe the ratio of problems they are going through and find solutions given by experts and specialized people.

So far Institute of Southern Punjab has conducted 4 fruitful and full of solutions euphoric, magical episodes of “Euphoria”. We are proud to be one of the very few institutes that are focusing on the mental health related problems of the students and the staff.

Ambar Sarfraz (Trainer & Psychologist)



EUPHORIA

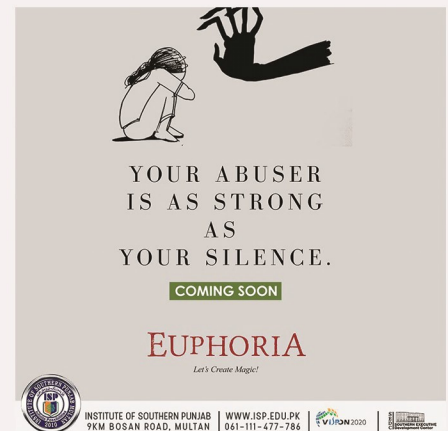


1. Azaad

First session of Euphoria was done with “Nadya Faheem” UK certified Psychotherapist. The topic discussed was the effect of “Judgment” on psychological and mental health. Also shared how we can be strong in the face of judgment and stigmatization when it comes to mental and psychological health.

2. Resilient in the face of violence

First session of Euphoria was done with “Nadya Faheem” UK certified Psychotherapist. The topic discussed was the effect of “Judgment” on psychological and mental health. Also shared how we can be strong in the face of judgment and stigmatization when it comes to mental and psychological health.

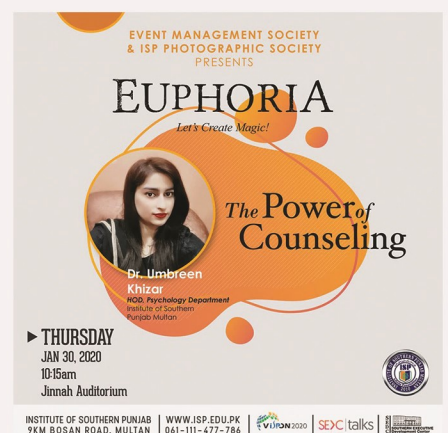


3. Depression

The third worthy speaker was “Dr. Yusra Hanif” assistant professor of psychiatry at Multan Medical and Dental College. She did her post graduation from Agha Khan Medical College and Hospital, Karachi. 10 years of experience in managing psychiatric illnesses and optimizing mental health. In this episode she talked about “Depression” and helped understand the common myths and their solutions about depression also how it is the most under-treated and misunderstood concept of mental health.

4. The Power of Counseling:

The fourth episode of Euphoria is done with the “Dr. Umbreen Khizar” who is Head of Psychology Department at Institute of Southern Punjab, got PHD from Malaysia and is a highly motivated personality. She enlightened the students on “The Power of Counseling”. She shared with the audience how counseling is one of the most effective way to treat neurotic problems and the myths related to counseling



COLORISM

Aliya was looking at herself in the mirror, washing away her tears and trying to hide her pain with the layers and layers of makeup. After 15 rejections, she was once again being forced by her family to go in front of 'Rishta' people. With the hope of not getting rejected this time, she entered the drawing-room with the tray in her hand to serve tea to the guests. She was wearing a beautiful red kurta, looking extremely elegant with the dupatta on the head. No matter how much she was trying to hide her emotions, the tension on her face was obvious. The moment she entered the room, the boy's mother examined her for long and said: "Sorry, we are looking for a fair daughter in law for our son, your daughter is dark." Aliya is highly qualified, but unfortunately, beauty comes before qualification in our society.

Billboards of every street, every road are flooded with advertisements of fairness creams, spreading the toxic message to the world that fair is beautiful. Not a single advertisement on the billboards promotes dark complexion. Every day a girl gets rejected due to dark complexion. Women around the world are spending a larger amount of money on invasive procedures such as skin bleaching, chemical peels, lasers, steroid cocktails, whitening pills, and intravenous injections. These products can be life-threatening but women are putting their lives on stake due to severe societal pressure.

Young girls are becoming a major victim of colorism, young dark complexion girls as per society's standards of beauty consider themselves ugly. They are developing insecurities about themselves and there are hence losing confidence. Brands are making a large amounts of money from these fairness creams. Fairness creams are sold more than Coca Cola around South Asia. Celebrities who are the role models of many people are endorsing these products and spreading this poisonous message to the world.

I was astonished to see an advertisement on the tv a few days back, in an advertisement girl wanted to become an air hostess to support her family financially but, she gets rejected in an interview because of her dark complexion. She later gets introduced to fair and lovely through a friend which miraculously fairs her complexion and she gets her desired job. According to this advertisement, beauty comes before talent and education.

The infection of Colourism emerged and engraved in the roots of our culture in the era of Colonialism. In the colonial era, fair-skinned people were symbolized as powerful and successful whereas dark complexion people were considered weak. This notion got engraved in our culture. Britain stopped ruling us, but they left behind the obsession of fair complexion in our culture.

The media is a major source through which culture ideals are prevailed, articulated and internalized. Advertisement plays a vital role in the production of knowledge not just in reflecting ideologies, but in building them. The adverts of skin lightening products mock and denigrate people with a dark complexion. They reinforce the dichotomy and hierarchy between the two-color types. Whiteness is considered as a market of colonial superiority. Adverts provide economic and cultural values to fair skin by connecting fairness with gender, such adverts present male dominance.

The mindsets of people are to be changed. Media should stop promoting fairness as beauty. Advertisement authorities should ban color-based advertisements. Celebrities should stop endorsing fairness creams and take a step towards cutting the roots of colorism from our culture and society.



Zahra A.

BA(Hons) International Marketing and Business .



5 Steps to Solve *Pakistan's* Energy Crisis

Right now, we are at about three percent power generation from nuclear sources, which have to go up to at least 10 percent.

1. Replacing thermal power fuel

Pakistan produces about 81 percent of its electricity through oil and gas which costs us about 9.4 billion dollars. To put it in other terms, that is about 53 percent of our total exports and is the biggest cost on our import bill. Now given that our reliance on thermal power is so large, we simply cannot dismantle it and magically move to hydropower, however, we can change the fuel used to gain thermal power. Instead of using oil and gas, both of which are getting more expensive and have volatile international prices, we can move towards using coal.

But not the Thar coal, I will explain why later, but imported coal. If we were to import clean coal and use that as a fuel instead of oil and gas, it would cost us less as the price of coal is more stable than that of oil and gas in the international market. This can bring some sort of price stability in our electricity prices that keep changing due to changes in international market prices.

2. Moving past the myth of Thar coal

Yes, there is coal in Thar, but assuming that it can be used immediately or it will solve all our energy problems is a myth propagated by a few people and political parties for their personal gains. Experts agree that Thar coal is highly unstable – making it difficult to transport it from one location to another – and even its gasification is not risk-free.

On location gasification also requires heavy investment, which has practical difficulties due to the unstable nature of the coal deposits. So instead of wasting time and effort on this, we should focus on importing coal to replace the ever-increasing oil and gas bill.

3. Improved energy mix

Energy mix refers to the sources of energy we utilize in Pakistan to fulfill our overall energy needs. I need to give credit to the previous government on this one as they are the first ones to talk about the holistic energy mix and not just the CNG or the electricity crisis.

The fact is that all our energy is interdependent have previously advocated that we need to move off CNG as we simply do not have enough of it to supply to all the commercial, industrial and domestic users. It's about time that any future energy strategy Pakistan is supposed to have comes with a proper energy mix to solve our issues. We need more hydel plants and renewable energy projects. In the next five years, the aim should be at getting five percent of our total power supply from renewable sources and to also use nuclear power we are so proud of, to provide electricity. Right now, we are at about three percent power generation from nuclear sources, which have to go up to at least 10 percent. Hence an overall improved energy mix is what can solve our issues in the long run.



4. Stand-alone power projects

This is a suggestion that I gave at the conference and I am advocating it now again. About 40 percent of Pakistan is off the national grid; that means they effectively get to no electricity.

The way our grid operates, it is already suffering from heavy line losses and other technical issues, which makes it extremely hard and costly to get 40 percent of Pakistan on to the national grid. However, there are solutions to this.

We can finance independent stand-alone power projects that can function in areas where there is no national grid, this way the local communities and businessmen can set up their own energy solutions without taking prior permission from the National Electric Power Regulatory Authority (NEPRA) like they have to now. This will enable them to set up small scale solar panels and plants in their communities and sell electricity locally. Small wind farms can also be used in areas that are close to wind corridors.

The bottom line is, let the people who are living in areas that don't come under the national grid, do whatever they can to supply themselves with electricity without any government involvement.

5. Dismantle the national grid

The national grid needs to be dismantled and provincialized, because, under the 18th amendment, the profits of power generation go to the province that is producing the power, meaning if electricity is being produced at Tarbela, royalties of that are being paid to KP Government by all other provinces. However, they sell it to the national grid and then the national grid sells it down to the District Electrical Supply Companies who further sell the power to the consumers. This way, if there is a shortfall, the national grid chooses the electricity supply patterns and hence decides which areas suffer outages the most.

If we dismantle the national grid and change the electricity supply to an open market, where provincial grids can buy energy directly from the source, it would improve the power supply and be more financially beneficial for the power-producing province. This way, the provinces with the

Most issues with electricity supply can simply outbid others to get enough for their local demand. This would not be privatization but 'provincialization' and will encourage provincial governments to start doing more for their people instead of relying on the federal government.

This can eventually lead to provinces working harder to upgrade their grids and reduce their line losses as their people would know exactly who to blame if the power goes out. I think it is time we started thinking on these lines given that the 18th amendment has already been passed and provincial autonomy is our future.



Engr. Rana Sarmad Mahmood

Ph.D. Scholar Lecturer Department of
Electrical Engineering, ISP

KASHMIR

Solidarity Day 2020

'KASHMIR', when this name is echoed, instead of cheering up for its mesmerizing beauty and colorful warm culture, a wave of sorrow and grief runs through our hearts.

All these years we have been celebrating the freedom of Azad Kashmir from the Brutal forces on 5th of February.

This time we need to raise voice for our Brothers, Sisters, Kids, Mothers & Fathers locked in the world biggest jail comprising of a whole state "Maqbuza Kashmir"

This time lets raise our voices & actions high enough so that those innocent souls must gain strength to rebuilt their power to stand & fight for their right against inhuman brutality by monstrous, cold hearted forces.

Let's Say No to Brutality on Kashmir

Because Freedom is our Right and lets set our Heaven on Earth Free. To show solidarity with our brothers and sisters on this day, SEDC organized a Kashmir solidarity day where Dramatic Society paid tribute to the sufferers in Kashmir by making a short video. There were addresses by faculty and management of ISP and speeches by ISP students.





WAR WITH THE PAST

There are many elements in life that cause an unsatisfied life. For instance staying on war with our past, unfair treatment of society and our wishes not coming true. Let's talk about our war with the past. The true war has never been waged by society; these are just obstacles against which we challenge ourselves with. The true war is with our past. We all wage war with the past and in return, it leaves its scars. It becomes a parasite if we don't confront it, slowly eating us away.

We shouldn't try to bury the past. Sooner or later it will come back to haunt us. We should confront it to find the cause of it only then we can be at peace with ourselves. Let the past die kill it if you have to its only way to become what you're meant to be, it holds us back. Whatever happened it happened for our reason be it for better or worse the wise thing will be trying to learn from it, not to dwell in it by thinking why it happened to me or if I had enough sense in me I would have done something else. What could've or what would've should be swept away. Running from it will just prolong the effect, in the end, it will hit you like a tidal wave and you will be swept away like a disposable plastic can.

Accept what has happened to you what you are today is the result of your past. Only by accepting who you are we can truly get what we want. The only way to be at peace with yourself is by confronting the demons which trouble you. The deeper we go into and try to understand why it happened or because of what particular person it happened the better it is for us. Just sitting and crying like a child won't be of any use. Try to find some meaning in it or some lesson.

Let's say you got betrayed by one of your friends so you move on to find a lesson in it like, don't trust anyone so easily. Next time you'll be more careful. Learn from the past don't let it control you. Life is short don't waste time in things that could have happened if you would have done something differently. It's a lesson that's how you learn.

M. OMER

Computer Science Department
Institute of Southern Punjab Multan

ISP STUDENT SERVICE CENTER

The reason hundred and thousand of people chose ISP is that we keep the student at the center point of our services. To make the life of a student easier, ISP has a Student Service Center where they can visit and get their issues discussed and resolved. From the degree section to the accounts department, from course allocation to exam issues, SSC is there to make sure your issue gets resolved on a priority basis.



ISP SPORTS SPIRIT

A healthy brain blooms in a healthy body. ISP Sports Department along with ISP Sports Society conducts sports activities on a regular basis. ISP has provided its students with all the sports facilities. From Basketball ground to Football ground, from Cricket ground to indoor games, we have it all. To encourage physical activities among students, the ISP Sports department regularly engages faculty and administration in sports as well.



DARBAR 2020

DARBAR 2020 "All Pakistan Trilingual Declamation Contest" Round 1 took place with prestigious proceedings of flag hosting ceremony by honorable dignitaries of ISP. 18 judges from renowned institutes who are famous for beating on provincial and national level competitions were welcomed with honor. Delegates, from the institutes across the country, were given opportunity to deliver speeches on a highly competitive platform. Out of highly prepared participants the best ones were chosen for the final round. A remarkable " Mushaira " by " Faisal Hashmi" was arranged for a soothing evening and the closing of round first round. Institute of Southern Punjab always provides such platforms to young leaders, not only from South Punjab, but from across the country.



A Morning with Shahid Khan Afridi

Institute of southern Punjab has a tradition of inviting people from diverse areas of education, sports and all over industries. Recently ISP invited the heart throb of nation Mr. Shahid Khan Afridi, known as Lala and our very own Boom Boom. This was a cause based visit which was a fund generation activity to raise awareness and funds for the support of education in marginal areas of Pakistan. Students were over joyed to meet him and took pictures with him. Afridi addressed the public and his fans were over joyed, they clicked selfies, and were extremely happy to meet the super star.



Transport Staff Training

To ensure the quality of services and a pleasing journey Institute of Southern Punjab organizes regular capacity building training sessions for transport staff. The staff was engaged in personality development and student handling training. Honorable Rector ISP, Mr. Asim Nazir Ahmad addressed the staff and advised them to continuously improve themselves as employees and as individuals.





BAD NEWS IS, TIME FLIES THE GOOD NEWS IS YOU'RE THE PILOT

One thing that is commonly associated with each other is time and money. We commonly use this that time is money. But it also confuses, if time is like money then everyone doesn't have the money. This is misleading and causes misunderstanding. Everyone has time, equal amounts of time—but not everyone has equal amounts of money.

You may have noticed that those who struggle with a sense of too little time are often the same people who struggle with effective time management. Time is familiar to many but well understood by few. One of the common hindrances to the proper understanding of time is the use of time and money analogies. There are ways in which time and money are similar. But there are important ways that time and money are quite different.

So how is Time like Money? In 2 key ways.

THERE ARE FINITE AMOUNTS OF TIME AND MONEY

Nobody has more than 24 hours each day. From the most powerful to the weakest—no one has more time than anyone else. It's the great equalizer of the human race. Now it's true that not everyone has equal amounts of discretionary time. If you must labor 20 hours each day to make a living, there are things you will not be able to accomplish in the 4 remaining hours of the day. But you still have 24 hours each day—just like everyone else. What's also true for everyone is that there's a finite amount of time for each person. Not only is every human being limited to 24 hours each day, every human being has only so many days allotted to them in a lifetime.

At some point each person will run out of time because they've run out of life. There are no exceptions. Whether you live to age 20 and have 175,000 hours or you live to age 100 and have 876,000 hours. At some point we will all run out of time. It's important to remember this and to live like we know it's true. Because it is. I don't need to remind you that there are finite amounts of money. We know this all too well.

TIME AND MONEY MUST BE EXCHANGED FOR SOMETHING VALUED

But not only are there finite amounts of time—both time and money must be exchanged for something else. Suppose you had \$5 million in a bank account. But you never withdrew any of the funds? What if you never wrote any checks? What if you never spent a dime of the \$5 million? What practical benefit would it provide? Short answer...NONE. Money only has value when it's exchanged for something ELSE of value. Money in and of itself only represents potential value through what you exchange the money for.

Just as money must be exchanged for something else, time too must be exchanged for something else. You can exchange time for: sleep, travel, work, conversation, study, reading, eating and exercise.

If you go to bed at 10:00pm and sleep until 6:00am, you've exchanged 8 hours of your time for 8 hours of sleep. You can never recover that time. It's gone forever. But you've exchanged the time for something of value—rest. It's a wise exchange. I recommend it. But what if you chose to stay AWAKE for those 8 hours and read? Or watch television? Or watch cat videos on the internet?

Or write a long-overdue letter to a friend? Or eat a bag of potato chips? Or bake a cake? Or change the oil on your car?

Each of these would be an exchange as well. And in none of the cases would you be able to retrieve the 8 hours any more than you could if you exchanged the 8 hours for a night's sleep. You're going to exchange the time no matter what you do. Every minute of every hour of every day of every year you will exchange for something. The only question is what you will exchange the minutes for. You really have no other say in the matter.

So that's 2 important ways that time and money are similar. But how are time and money dissimilar? How are time and money different? Good question. Time and money are different in 2 key ways.

YOU CANNOT STORE OR SAVE TIME

Have you ever said or heard the following expressions?

- That will save time.
- When I retire, I'll have more time.
- When I finish this project, I'll have the time for that.

These expressions imply that there will be more time available if we do or don't do certain things. But this is simply not true. We cannot manufacture or create time. Time is simply a period in which we can make an exchange. We cannot save the exchange for some future period. We cannot store away some of the period for later use. Time does not work that way. Time must either be used in the moment or it will be gone forever. It cannot be retrieved—it can only be used. It can only be exchanged for something else.

What we mean by the above expressions is that at some other time, we will make a different exchange than we're making right now. Tomorrow I will mow the lawn in exchange for 90 minutes. Today I'm going to exchange the 90 minutes for something else.

If I do a particular thing in a more efficient way—I can then use some of the remaining time available for something else. But in no meaningful sense will I be saving time. Time cannot be saved. Time can only be exchanged or lost. Time cannot be saved or stored.

YOU CANNOT ACQUIRE MORE TIME THAN YOU ALREADY HAVE

If I'm short some money for something I want to buy, I have some options. I can work more hours and acquire more money. Or I can try to find the item for a lower cost. Or I can sell something I currently own and use the proceeds to buy the item. I can almost always acquire more money than I currently have. I will simply need to exchange something I currently have for money that I don't currently have.

But this cannot be done with time. Each day we are gifted with 24 hours. We can use the gift any way we choose. We can use it wisely, efficiently, and productively—if we choose. Or we can use it foolishly, wastefully, and worthlessly—if we choose... But in 24 hours the time will be gone—regardless of how well or poorly we exchange the time.

A sobering reality is that we will never have more time than we have right now. Never. We will never have more than 24 hours each day we live. Not when we're older. Not when we finish school. Not when we get that promotion. Not when the kids are grown and leave home. Not when we retire. Not when we clean out the garage. We will never have more time than we have right now. The good news is that we can manage our time better. We can make better exchanges with the time we now have. We can choose to exchange our time for things of greater value rather than of lesser value. Things that move us closer to our goals. Things that help others move closer to their goals.

Let's summarize

This is really the point of the quotation where we began. The bad news is that time flies. The bad news is even worse than that. The bad news includes that there is only finite amount of time. We have only so much time allotted to us. When it's gone—it's gone. It cannot be retrieved.

The bad news includes the fact that time cannot be saved or stored. It can only be used now or lost forever. The good news is that YOU'RE THE PILOT! You're in control of the way you exchange your time. You're in charge of how you use the hours, days, and years that you have. You probably have a lot of time available. Probably hundreds of thousands of hours. But you don't have unlimited amounts. And you cannot create more. Nor can you store it. Someday it will all be gone. But good news remains... Though time flies...you're the pilot. You just need to be a good pilot. Just like I need to be a good pilot.

The next time you ask yourself, where did the time go? You now have an answer to your own question: I exchanged it for something else. The only question is what did you exchange it for? I hope it was for something of value.

Always utilize your time for something that worth it, that enhances your value, your goodwill. Have a good day.



Mian Mahmood Raza

Trainer, SEDC
Institute of Southern Punjab

E-Rozgar by Government of Punjab

In the backdrop of soaring un-employment and financial challenges it has become a paramount duty of educational sectors to steer the educated youth in the right direction. ISP recently organized a session on e-rozgar which gave students the learning of how freelancing can be one of the most diverse tools and skills to provide opportunities for them and to earn sustainable income. Students were amazed and enthusiastically participated in the session. This program is not just a training program but a revolution that will help generate employment and prepare Students to run in the race of future of work around the world. Such sessions not only educate students but instils a role of efficiency and productivity as well.



Annual Mushayera (Literary Society)

South Punjab has a rich and diverse culture of poets, writers and columnists. Tehzeeb Hafi is among one of these emerging poets who have major fan following across the whole nation. Literary society initiated an annual mushaira “urdu hai mera naam”, Famous poets from all over Multan and our south region were a part of this. They very famous Mr. Tehzeeb Haafi won hearts of all the gathering and collected applaude and appreciation from all his fans.



THE INVISIBLE CROWD

This planet is getting more populous over time. The crowd is increasing, but the social circles are decreasing. Here I refer to the social circle one can count on in difficult times, not the virtual existence of social media aliens. Loneliness has got a new definition. In this era, loneliness is not about the absence of people, but the absence of connections and bonding we share with people.

Dealing with this loneliness is a mammoth task. One can struggle through it for a specific period until that threshold breaks and one gets pushed into the darkness of one's own world. This is how it starts, the dark journey of mental illness. Things get worse. One easily gets stigmatized. A society that was never there to rescue someone drowning into darkness suddenly appears with multiple slogans to label that individual with foul tags. Such a person becomes a soft target of this very crowd discussed before. What adds to it is the negative response and the distances made from that victimized person. It increases the density of darkness in one's life. The initial phase of mental illness then transforms into a chronic phase which ultimately leads to destruction. Such a victim is either found in an asylum or along the roadside.

People are a cure for other people. People are a cause of destruction for other people as well. The difference is that we as an individual of the modern era do not understand the need for mutual survival. Instead, our goals and objectives are self-oriented where there is no space for any other being.

Firstly, our emotional bonds and spiritual connections get weaken. Parenting somehow gets wrong.

Friendships are neglected. Parents are taken for granted. Relations are developed on mutual short-term benefits. Everything is prioritized after filtering it through a prism that sorts out things beneficial for personal growth. This false perception of personal growth excludes mental stability and peace of mind. The need and importance of psychological well-being is understood once it has crossed the safety levels. All that remains is unresolved chaos called mental illness. Sigmund Freud was also of this view that unsorted turbulences in development cause distress that is expressed through mental disorders.

Directly or indirectly, no job in this world serves anyone other than humans. No career-development and personality growth is possible by excluding humans. It really matters how you deal and connect with your fellow humans. The existence of this very connection affects the overall life of an individual. It is therefore very important to make this planet a happy and peaceful place for humans to live. It can be done by creating space for others and prioritizing humanitarian concerns over personal concerns.

An altruistic approach and acceptance of individual differences can help a lot in understanding others. Once we start caring for others, neither us or anyone else can easily fall prey to the darkness.



Saadia Zia

Lecturer
Department of Psychology

IPS Annual Prize Distribution

As one of the largest private sector educational institutes in Pakistan, we at ISP believe that it's our responsibility to give back to our local community. And we do that with our very successful project ISP Public School. IPS is a project to serve the local and less privileged community by providing them with high quality free education with the closest proximity of their town. The school is completely free and students are not only provided with free books, stationery and uniforms but with the best education. Recently IPS Annual Prize distribution was held at Iqbal Auditorium, Institute of Southern Punjab Multan. Honorable Rector ISP graced the event with his presence and appreciated the students who participated in the event and displayed their confidence and talents in front of a huge audience. Honorable Rector instructed the administration of SEDC to pay regular visits to the school for the capacity building of children. All the participants were appreciated and encouraged by presenting them with prizes on their outstanding academic performance by our worthy Rector Asim Nazir Ahmad.



Mehfil-e-Meelaad-e-Mustafa (S.A.W)

Spiritual society of Institute of Southern Punjab arranged Mehil e Meelad Mustafa (P.B.U.H) for the students like every year. Students and guests read soul touching naats and let everyone go into the depths of spirituality.



STEP INTO SELF LOVE



How many times in a day, week or month we tell ourselves that are valuable and important?

Did we ever get the time out to tell ourselves that we are loveable, likable and respectable?

Do we ever stop looking towards others to give us permission to feel worthy?

We all have heard about the terms “Self-esteem” and “Self-respect” but did we ever go to the core of it and get the time out of our busy lives to analyze ourselves that where we stand in this regard.

“Self-esteem” in easy words is simply our perception about us. If we just find out how much we love, like and respect us without letting it effect by what anyone else has to say about us. We will know about our “Self-esteem”. But the tricky part is our habits related to self-esteem are mostly unconscious.

Some of the toxic unconscious habits, which are making our self-esteem low, are:

1. Talking bad about us, sometimes simply in humor, sometimes out of embarrassment and sometimes simply out of habit.

2. Keep procrastinating, it gives us a feeling that we are losing control over our lives and damage our self-esteem in a lot of ways because every time we miss a deadline we feel like a failure.

3. We are a victim of perfectionism and set too high standards and expectations, which eventually leads us to feel like a failure.

4. Comparing ourselves with others is another way we to keep ourselves feeling bad and not accepting that we have our differences and embracing our imperfections.

5. Not being assertive and constantly saying “Yes” to everything kills our self-esteem because we don’t dare to stand for who we truly are and for what we truly want.

6. Putting others first, when we put others' needs before our needs, we are simply telling ourselves that we are not important. Taking care of others is beautiful but at the same time taking care of our own selves is mandatory because no one can do it for us.

7. Not letting of the negative past experiences are keeping us away from the happiness of today. Focusing on the present moment and living in “Now” is what keeps our self-esteem high.

In short, treat yourself the way you treat your best friend. When we become conscious of these habits and be aware of them it becomes possible to break them and boost self-esteem naturally.

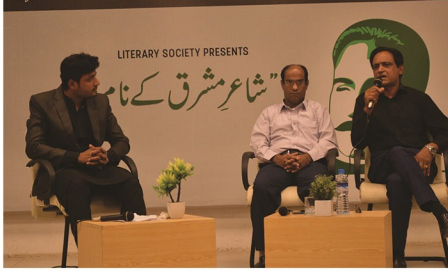


Ambar Sarfaraz

Psychologist, Trainer, SEDC
Institute of Southern Punjab

IQBAL DAY

Literary Society of ISP organized a discussion form to celebrate the birth of Hazrat Allama Muhammad Iqbal. The worthy guests were Head of department of Urdu Dr. Mansoor and Dr. Shakeel who shared their valuable knowledge and wisdom with the audience. The event emphasized on the critical analysis of Iqbal's message to the nation, and how we can become a better nation if we follow his message.



YOUM-E-HUSSAIN (R.A)

Institute of Southern Punjab has a ritual of organizing and commemorating all historically and religiously impactful days. With the start of our new Islamic Calendar comes the sacred month of Muharram. Spiritual Society of ESF Presented "Yom e Hussain" a day to commemorate and honor the biggest sacrificial event in the history of Islam. Such events tend to religiously and emotionally provoke students and make them realize that what immense sacrifices were made. The day started with sermons that retold the history and story of this day and ended with prayers for all Muslim Ummah across the World facing oppression.



EDUCATION AT CROSSROADS

In the lights of the constitution of Pakistan, free education holds a fundamental right for every Pakistani child aged 5-16 (Article 25-A). The fact that only 6% of Pakistanis got aware of their right to free education, reveals a remarkable resentment. Since independence, it seems we are yet to achieve desirable results in the national education cycle and the dilemma is getting pass smoothly generation by generation. According to the research published by Alif Ailaan 2013, 25 million children were found out of school for inexplicit reasons. This classroom absenteeism still breaths unaddressed.

The fact that only 6% of Pakistanis got aware of their right to free education, reveals a remarkable resentment

WHY ARE CHILDREN OUT OF SCHOOL?

الف اعلان Alif Ailaan

25
MILLION
OUT OF SCHOOL BOYS & GIRLS

There are 25 million boys and girls between the ages of 5 & 16 who are **not in school**.

70%

As many as 70% of these out-of-school children have **never been enrolled in a school**.

INFRASTRUCTURE

The absence of **toilets** and **boundary walls** are major factors preventing girls from attending school.



Electricity



Drinking water



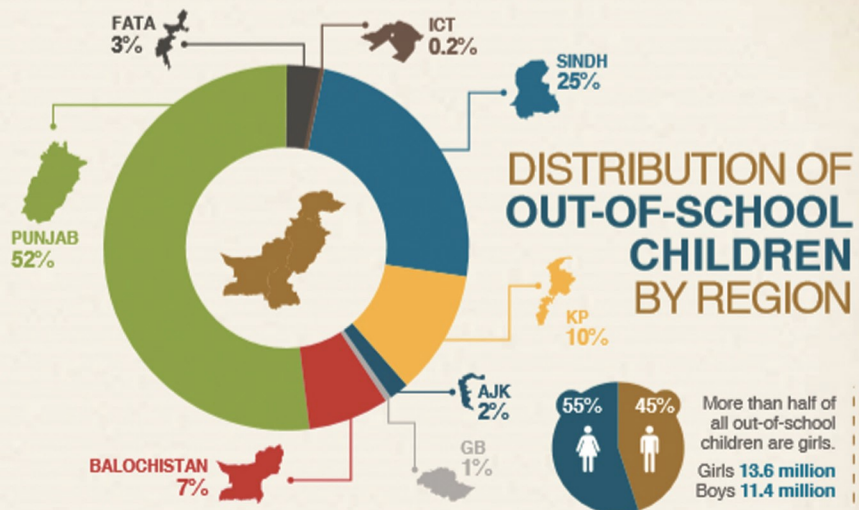
Toilet



Satisfactory buildings



Boundary wall



On any given day, up to **18%** of government teachers are absent from their classrooms.

17% of girls and **15%** of boys drop out of school because their parents believe education is too expensive.

76% of children enrolled in government schools commute to school on foot. 13% of girls and 5% of boys drop out of school because of the distance to school and travel time.

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Source: ASER data on out-of-school children by gender and region, 2013; Alif Ailaan, 2014. 25 Million Broken Promises: The Crisis of Pakistan's Out-of-School Children. Islamabad: Alif Ailaan.

The report further uncovered the fact that the satisfaction level of Pakistani citizens with their education system was found critical. Only 53% of people considered that the education quality in Pakistan is good. Moreover, 49% of people think we are lagging behind other countries in the region.

Furthermore, the infrastructure and teaching facilities across schools and colleges raise a huge question mark, when it comes to government institutions. The electricity, drinking water, toilets, building structure, boundary walls and other basic materials of the same kind are in such an obnoxious condition that at times one feels ashamed of what's been available for the aged 5 to 16 and how we are trying to sketch future of Pakistan. On the other hand, the absenteeism of teachers in the classroom, accompanied by their aims to run their private academies for their financial stakes, unleashes a horrific realm. So overall, not only access to education but also the quality of education in our country raises questions on the education system of the country. The survey also highlights that 49% of citizens think that the education quality in Pakistan, as compared to its neighbors, seems poor while 38% feel good about the quality, and 13% felt insane to the situation.

The question of a girl's education is another grey area of Pakistan's education system. The questionnaire had two very important statements to be asked from the public. According to the first report, 17 percent of Pakistanis think that all girls are in school. In fact, only two-thirds are enrolled. Furthermore, in schools, the proportion of girls aged 6-10 was less than 39%, as responded by the people. So, these threatening indicators reflect the horrific performance of the education system, especially in regard to girls. All we know, the population of our country was recorded 210-220 million in the 2017 census of Pakistan. Out of which more than 100 million are females. So, one must get a clear picture that education of what ratio of population is under some serious stress. Basically, the scope of education must be spread equally in urban spheres as well as at the countryside. One must understand that the problem of education traced in the city is significantly different from what we find in villages. The importance given to education in villages is quite low when we compare it to the metropolitans of Pakistan.

Not only scope but also the education facilities and quality of instructors must get improved in the countryside. Similarly, People living in small towns aren't comfortable sending small children to the neighboring town for the matter of primary education. Governments must understand the importance of a strong education scope in rural areas. As it would not only enhance the wisdom of equality of rights and equity growth in our country but also marginalize, what major problems municipal authorities are facing in cities in the form of urbanization.

After knowing the facts, here arises the question that either just the political governments in our country have failed to deliver on education fronts or it's about us as a nation that we failed to develop an inestimable and sustainable education culture that might contribute to accomplishing our national and human development goals? Well, many intellectuals are of the view that it is an amalgamation of both units. As the British Author quotes,

"We stigmatize mistakes. And we're now running national educational systems where mistakes are the worst thing you can make – and the result is that we are educating people out of their creative capacities." – Ken Robinson

Out of all, one thing is for sure that the great nations are great because they made their education systems as rich as their civilization. We need to develop a national consensus to retreat from where we were left behind in a modern and civilized world. In the opinion of many, it's the time for the government to call upon a countrywide "Education Emergency". So that, from here we might be able to shape up the future of the country in most desirable terms. Otherwise, our national system will remain deprived of great guns.



Haseeb Khan Khakwani

Business Scholar & Educationist

وژن 2020۔۔۔ جدوجہد کے آئینے میں



ترقی کی منازل طے کرنے کیلئے جیسے فکری شعور اور اجتماعی جدوجہد وقت کی اہم ضرورت ہے ایسے ہی ایک باصلاحیت اور دوراندیش رہنما کے فیصلہ ساز کردار کی اہمیت سے انکار ممکن نہیں۔ بانی وریکٹر ادارہ ہنداجناب عاصم نذیر احمد نے وژن 2020 کی بنیاد رکھی تو ابتدائی طور پر اس کے تین پہلوؤں پر زیادہ زور دیا۔

۱۔ کوالٹی ان ٹیک ۲۔ کوالٹی انفراسٹرکچر ۳۔ کوالٹی فیکٹی وٹاف

جہاں تک راقم کو یاد پڑتا ہے ریکٹر صاحب نے ہر میٹنگ، تقریب، فنکشن اور سالانہ اجتماعات میں وژن 2020 کی اہمیت پر مسلسل بات کر کے اپنے تمام وٹاف، فیکٹی حتیٰ کہ طلباء و طالبات میں نہ صرف وژن 2020 کا فکری شعور بیدار کیا بلکہ انہیں اس بات کا احساس دلایا کہ جو لوگ شارٹ ٹرم اور لانگ ٹرم وژن کے بغیر کام کرتے ہیں انہیں اپنے مقاصد کے حصول میں مشکلات پیش آتی ہیں۔ وژن 2020 کو پایہ تکمیل تک پہنچانے میں جہاں ریکٹر صاحب کی انتھک جدوجہد اور جنوبی پنجاب میں معیاری تعلیم کے فروغ کا جذبہ کارفرما ہے۔ وہیں ISP کی انتظامیہ نے بھی ان کے شانہ بشانہ کام کر کے ان کے وژن 2020 کے خواب کو شرمندہ تعبیر کرنے کیلئے بھرپور ساتھ دیا ہے۔

’ISP میرٹ پیسڈ پالیسی‘ کا قیام اس سلسلے کی کڑی تھا کہ ISP ملتان میں جنوبی پنجاب کے قابل اور با اعتماد طلباء و طالبات کو معیاری تعلیم کے مواقع فراہم کئے جائیں جس پر الحمد للہ گزشتہ سال سے ISP ایڈمیشن آفس مکمل طور پر عمل پیرا ہے اور شفاف میرٹ پالیسی کو اپناتے ہوئے طلباء و طالبات کو داخلوں کی سہولت میسر کی جا رہی ہے۔

طلباء و طالبات ای سسٹم کے ذریعے اپنے پسندیدہ پروگرام میں اپلائی کرتے ہیں۔ ایڈمیشن کمیٹی پالیسی کے مطابق ان کا میرٹ بناتی ہے اور مشہور شدہ سیٹوں کے تحت میرٹ پر پورا اترنے والے مطلوبہ طلباء و طالبات کی فہرستیں تیار کر کے اسی سسٹم میں آویزاں کر دی جاتی ہیں اس سے نہ صرف جنوبی پنجاب بلکہ پورے ملک کے طلباء و طالبات کو صوبے کے نامور اور شاندار ادارے میں انتہائی مناسب فیس میں معیاری تعلیم حاصل کرنے کا موقع ملتا ہے۔

کوالٹی فیکٹی وٹاف کے انتخاب کیلئے سلیکشن بورڈ کا قیام و کردار قابل تحسین ہے۔ ISP کا HR ڈیپارٹمنٹ فیکٹی وٹاف کے انتخاب کا ابتدائی عمل مکمل کر کے امیدواران کی فہرست سلیکشن بورڈ کو بھیجتا ہے جہاں پر قابل اور مستند فیکٹی وٹاف کے حتمی انتخاب کو یقینی بنایا جاتا ہے۔

ISP ملتان کی پُر شکوہ اور جدید سہولیات سے مزین تمام عمارتیں ریکٹر صاحب کے وژن 2020 کی حقیقی آئینہ دار ہیں۔ ISP مین کیمپس کے کلاس رومز، فیکٹی آفسز، آڈیٹوریمز، مسجد، ورکشاپس اور سدرن ایگزیکٹو ویلپمنٹ سنٹر کی تعمیر میں جدید فن تعمیر کو ملحوظ خاطر رکھا گیا ہے۔

مجھے یاد ہے کہ اکتوبر 2016ء میں جب راقم نے ISP ملتان کے سدرن ایگزیکٹو ویلپمنٹ سنٹر میں بطور ڈپٹی ڈائریکٹر ٹریننگ شمولیت اختیار کی تو SEDC بلاک کی تعمیر جاری تھی جس کے جدید طرز تعمیر کا بڑا چرچہ تھا اس لئے ایڈمن بلاک کے کانفرنس روم میں ابتدائی ٹریننگ کے بعد SEDC ٹیم کو بلاک فور میں منتقل کر دیا گیا۔ جہاں پر سدرن ایگزیکٹو ویلپمنٹ سنٹر نے تقریباً ایک سال تک ISP کے مختلف ڈیپارٹمنٹس کے طلباء و طالبات کی بہترین ٹریننگ کا عملی کام جاری رکھا۔ جب SEDC بلاک کی تعمیر مکمل ہوئی تو راقم کو کام کیلئے دفتر دیا گیا اس پر یار لوگوں نے بڑا شور و غوغا کیا کہ ایک دیہاتی افسر کو اتنے شاندار دفتر میں بٹھادیا گیا ہے۔ یہ تو بعد میں معلوم ہوا کہ وہ سارا شور و غوغا راقم کے دفتر میں نصب اس جدید AC کی وجہ سے تھا جو کم بجلی ہونے پر بھی دفتر کو ٹھنڈا رکھتا تھا۔ واللہ ہوا عالم۔

خیر بھلا ہو ISP کی اعلیٰ انتظامیہ کا، جب تک راقم SEDC میں رہا اپنے اسی دفتر میں فرائض سرانجام دیتا رہا۔ ہم بات کر رہے تھے ISP کے کوالٹی انفراسٹرکچر کی۔ آپ جیسے ہی باب علی سے ISP مین کیمپس میں داخل ہوتے ہیں ابتدائی چار بلاکس پر مشتمل پُر شکوہ عمارتیں آپ کا استقبال کرتی ہیں۔ چاروں بلاکس کے درمیان میں سرسبز و شاداب فاونٹین، باربی کیولناز اور درخت جہاں عمارت کی خوبصورتی کو چار چاند لگاتے ہیں وہاں آنے والے کی آنکھوں کو بھی تراوت بخشتے ہیں، باب اقراء

سے باہر نکلنے سے پہلے دائیں طرف فٹ بال و باسکٹ بال گراؤنڈ اور بے بی ڈے کیئر سنٹر موجود ہیں۔ باب افراد سے باہر نکلیں تو دائیں طرف ہی نئی تعمیر شدہ تین منزلہ جامع مسجد رحمۃ للعالمین نظر آتی ہے جامع مسجد رحمۃ للعالمین اپنے آپ میں ایک شاہکار ہے جس میں 2000 نمازی بیک وقت نماز ادا کر سکتے ہیں ایسی مساجد تعلیمی اداروں میں کم دیکھنے کو ملتی ہیں۔

جامع مسجد رحمۃ للعالمین سے آگے جائیں تو ایک وسیع و عریض ٹرانسپورٹ ورکشاپ نظر آتی ہے جہاں پر ISP ملتان کے ٹرانسپورٹ سسٹم کیلئے وسیع پارکنگ اور سروس اسٹیشن کی سہولت مہیا کی گئی ہے۔

جامع مسجد کے ساتھ باب حشمت، ISP سپورٹس کے گراؤنڈ کا داخلی راستہ ہے ISP سپورٹس گراؤنڈ میں ہر سال جنوبی پنجاب کا سب سے بڑا سپورٹس گالا منعقد کیا جاتا ہے جس کے مختلف مقابلہ جات میں ISP کے طلباء و طالبات حصہ لیتے ہیں اور بے شمار انعامات جیت کر ISP کا نام روشن کرتے ہیں۔ مسجد کے عقب میں ویمن بلاک اور ISP کلینک کی عمارت دیکھنے لائق ہے جس کی انتظار گاہ سے لے کر کلاس رومز، آڈیٹوریم، لائبریری، گیمرز رومز، کیفے ٹیریا اور گیلریز دیدہ و زیب فرنیچر اور بہترین مصوری کے کام سے مزین ہیں۔ ویمن کمپس کے بغل میں ISP کلینک کی سہولت مہیا کی گئی ہے جہاں روزانہ کی بنیاد پر انتہائی قابل میڈیکل آفیسر و سٹاف نرس موجود رہتے ہیں جو کسی بھی امیر جنسی کی صورت میں تمام طلباء و طالبات اور ملازمین کو مفت ابتدائی طبی امداد مہیا کرتے ہیں اور اگر بیماری پیچیدہ ہو تو مریض کو نشتر ہسپتال میں ریفر کر دیا جاتا ہے۔ ISP کلینک میں جینیٹوریل سٹاف کو مفت علاج معالجہ کی سہولت میسر ہے۔ ISP کلینک کے بالکل عقب میں ملحقہ ٹیس کیفے موجود ہے۔ ISP ٹیس کیفے اعلیٰ کوالٹی اور معیاری ریسٹورنٹ کی طرز پر تعمیر کیا گیا ہے جس کا انفراسٹرکچر اور خوبصورت انٹیریئر بانی و ریکٹر ادارہ ہذا جناب عاصم نذیر احمد کا خود ڈیزائن کردہ ہے۔ ٹیس کیفے میں بیٹھ کر آپ انتہائی مناسب قیمت پر معیاری فوڈ سے لطف اٹھا سکتے ہیں تھوڑا سا آگے جائیں تو بلاک فور جسے فارمیسی بلاک بھی کہا جاتا ہے اپنی پوری شان و شوکت کے ساتھ نظر آتا ہے۔ بلاک فور ہی میں سنٹرل لائبریری اور ریسورس سنٹر موجود ہیں۔ سنٹرل لائبریری میں تمام پروگرام کی کتب دستیاب ہیں تمام طلباء و طالبات اور ملازمین طے کردہ لائحہ عمل کے مطابق کتب کا اجراء کروا سکتے ہیں۔ لائبریری کے ساتھ گارڈن کیفے کے نام سے ایک آؤٹ ڈور فوڈ فیسلٹی مہیا کی گئی ہے جہاں کئی ایکڑ رقبے پر مشتمل باغات (Seating Area) میں تبدیل کر دیا گیا ہے جہاں پر بیٹھ کر طلباء و طالبات انواع و اقسام کے کھانوں کا مزہ لیتے ہیں کئی ایکڑ رقبے کو کیفے کے لیے وقف کرنا معیاری سہولیات مہیا کرنے کی واضح دلیل ہے۔

گارڈن کیفے کے مشرق میں نیٹ کورڈ سپورٹس کمپلیکس کا قیام ایک نہایت ہی قابل تعریف قدم ہے جس سے نہ صرف طلباء و طالبات میں صحت مندانہ سرگرمیوں میں حصہ لینے کا جذبہ پروان چڑھے گا بلکہ یہ سرگرمیاں ان کے بہترین تعلیمی نتائج میں بھی مددگار ثابت ہوگی۔ کالونی گیٹ سے ISP مین کمپس میں داخل ہوتے ہی پہلی دیدہ زیب عمارت ISP ایڈمیشن آفس کی ہے جس کے ساتھ ہی ایک وسیع و عریض خوبصورت لان آپ کا استقبال کرتا ہے۔ تھوڑا سا آگے جا کر جیسے ہی دائیں طرف ٹرن کریں تو بائیں ہاتھ پہ پہلی عمارت ISP سٹاف لاونج کی ہے۔ ISP سٹاف لاونج بنیادی طور پر دو حصوں پر مشتمل ہے اس کی بالائی منزل پر جینیٹوریل سٹاف اور زیریں منزل پر تمام فیکلٹی و سٹاف کیلئے روزانہ کی بنیاد پر دوپہر کے کھانے کا انتظام کیا جاتا ہے۔ ISP انتظامیہ نے اپنے سینکڑوں ملازمین کیلئے معیاری اور مفت کھانے کی فراہمی کا بیڑہ اٹھایا ہے جو کہ پاکستان میں اپنی مثال آپ ہے۔ ISP سٹاف لاونج کا سنٹرلی ایئر کنڈیشنڈ اور مسکور کن ماحول، دوپہر کے کھانے کا لطف دو بالا کر دیتا ہے۔

الغرض ISP ملتان جدید فرن تعمیر، منفرد سہولیات، باصلاحیت و دوراندیش انتظامیہ اور ذہین و محنتی طلباء و طالبات کا حسین امتزاج اور قابل تقلید تعلیمی ادارہ ہے۔ اپنے ان اشعار کے ساتھ کہ:

میری دعا ہے خدائے برتر۔

فلک سے اونچا مقام بخشے۔

اس درگاہ کو دوام بخشے۔

دعا گو ہوں کہ اللہ عزوجل ISP ملتان کے بانی اور ان کی ساری ٹیم کو معیاری فروغ تعلیم کے ذریعے نہ صرف جنوبی پنجاب بلکہ پاکستان کی تعمیر و ترقی میں اہم کردار ادا کرنے کی ہمت و استطاعت عطا کیے رکھے اور ISP ملتان کو دن رات چلگنی ترقی عطا فرمائے۔ آمین

رانا عابد حسین

ڈپٹی ڈائریکٹر (ریکڑ سکریٹ)

ISP، ملتان



یہاں آپ دیکھ گئے کہ آپ اکیلے نہیں مقابلہ گھبرانے بنا دوسروں کی تجربات سے تیزی سے سیکھنے علم اور مہارتوں میں اضافہ سے آپ خود اعتمادی بڑھتی ہے اور جلد ہی آپ خود کعبہ پہلے سے کہیں بہتر اور بڑے آرام کردہ میں پائے جاتے ہیں جسے ابتداء میں گاڑی چلانا مشکل لگتا ہے اور بہت توجہ چاہتا ہے لیکن پھر ایک وقت آتا ہے آپ ایک ہاتھ سے گاڑی چلاتے ہیں دوسروں سے کچھ کھاتے پیتے ہیں اور ساتھ میں باتیں بھی کر رہے ہوتے ہیں یہ شعوری اہلیت ہے کبھی آپ سیکھ رہے تھے اور آج سکھانے کے قابل ہو چکے ہیں۔

حقیقی انسانی ترقی اجتماعی ہے انفرادی ہیئت ادھوری ہے۔ یعنی اگر کوئی شخص اکیلا ہی ترقی کرنا چاہتا ہو یا قیوں کو نظر انداز کرے تو تباہی کا راستہ ہے لیکن اگر آپ میں سیکھنے کی تڑپ اور کامیابیاں، خوشیاں اور آسانیاں بانٹنے کا جذبہ موجود (Growth Zone) ہے تو بس قدم اٹھائیں۔ آپ ترقی کی راہ پر گامزن ہیں اسی کو ترقی کا دائرہ کہتے ہیں۔

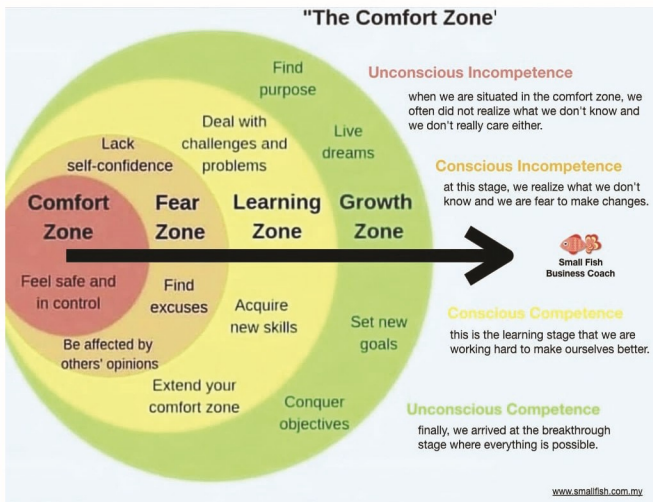
یہاں آپ کی لگن کو توانائی ملتی ہے آپ اپنے لیے مزید بڑے اور مقاصد کا تعین کرتے ہیں اور اسی حکمت عملی کے تحت انہیں بھی حاصل کرتے ہیں پھر یہی آپ کا طرز زندگی بن جاتا ہے۔

تخلیقی ذہن کے حامل افراد یکسانیت سے جلد اکتا جاتے ہیں اور کچھ ہٹ کر اور بہترین کرنے کی لگن ہی نمایاں مقام حاصل کرنے والوں کا خاصہ ہے۔

میں لکھتا ہے (Like the flowing river) عظیم قصبہ گویا ولولہ کو بلو اپنی کتاب کبھی بھی ایک منزل پہ نہ رکھیں۔ اچھی منزل وہی ہے جو خود حرکت میں ہے۔

کائنات سفر میں ہے وہی بہتر ہے چلتا جا رہا ہے۔

ہر اک مقام سے آگے مقام تیرا
حیات ذوق سفر کے سوا کچھ بھی نہیں
صائمہ علی



خود چراغ بنانا

شاعر مشرق علامہ ڈاکٹر محمد اقبال صاحب فرماتے ہیں

آئین نو سے ڈرنا طرز کھن پر اڑنا

منزل یہی کٹھن ہے قوموں کی زندگی میں

اس شعر میں ایک ایسے عمومی انسانی رویہ کی بات کر رہے ہیں جو اپنی انسانی ترقی کو رکاوٹ بنا کر تبدیلی کے عمل میں سب سے بڑی رکاوٹ ہے ساتھ ہی انہوں نے حل بھی پیش کر دیا ہے کہ یہاں سیکھیں اور خود کو بدلیں تو بس آگے بڑھیں۔

ہم کیوں بدلیں، ضرورت کیا ہے؟ اور ایسے بہت سے دیگر سوالات کا تعلق ایک ایسی ذہنی ورجذ باقی حالت سے ہے جس میں ہم معمولات کے عادی ہو چکے ہیں اور ان میں خود کو محفوظ خیال کرتے ہیں ہمیں ایسا لگتا ہے کہ تمام چیزیں ہمارے قابو میں ہیں ان میں سے مزید کسی بہتری کی ضرورت یا گنجائش نہیں۔ ایسے میں ہمیں اکثر اندازہ ہی نہیں ہو پاتا کہ ہمارے موجودہ حالات معمولات میں بہت کچھ مزید بھی ممکن ہے چونکہ ہمیں علم نہیں لہذا پرواہ بھی نہیں اسے (Unconscious یا اہلی Incompetence) ہے

اس کیفیت کو آرام کردہ جس (Comfort Zone) جس کی وجہ سے ایک خوبصورت کیفیت آرام کردہ ہے۔

ہم میں سے ہر کوئی اپنی زندگی کو بہترین اور یادگار بنانا چاہے گا اور ایک ہی جگہ کھڑے رہنے سے یہ ممکن نہیں تبدیلی ایک ناگزیر اور مسلسل عمل ہے ایسے میں بہت سے ایسے مکانات ہر لمحہ پیدا ہو رہے ہیں جن سے ہماری تقدیر بدل سکتی ہیں ہم اپنی من چاہے زندگی جی سکتے ہیں

لیکن اکیسے؟ یہ جاننے کی کوشش بھی بہت سے لوگ نہیں کرتے تو بنیادی چیز یہ جذبہ ہے کہ ہمیں اپنی زندگی میں اپنے ارد گرد کے لوگوں میں اور ماحول میں بہتری لانی ہے یہی آپ دکھایا جائے گا کہ کیا ممکن ہے اور کی کہاں ہے کیا امر کہتے ہیں آپ جان گئے کہ کیا کچھ ہو سکتا ہے اب یہ (Conscious Incompetence) مانع ہے اس کیفیت کو شعوری یا اہلی دیکھنا ہے کہ کیسے ہوگا۔

دراصل ہمارا ذہن اپنے آرام کردہ سے باہر آنے کے لیے بہت جواز تلاش کرتا ہے اور ایسے میں دوسروں کو منفی آراء بھی حوصلہ شکن ہوتی ہیں لیکن جاگتی آنکھوں سے خواب دیکھنے والی ترقی کی راہ کے مسافر ہر خوف کو ہرا کر سیکھنے میں شامل ہو جاتے ہیں (Learning Zone) کے عمل

the EXCEPTIONALS

INSTITUTE OF SOUTHERN PUNJAB



It was the day when under the warmth of the shining sun, the first sight of a glorious atmosphere appears to me. No doubt a sight that not only looks to be fascinating but passionate dreams of getting knowledge appears to be a reality. It was none other than the Institute of Southern Punjab Multan. The most important factor about ISP is not just getting better at academic activities, but discovering and developing the skills inside. Entering in Rotract Society was the first step that gave a base to build my personality. Arranging sessions of different personalities from all walks of life gave me knowledge of different experiences.

From these activities, I got knowledge and confidence in managing things that took me to the amazing event “ISP Got Talent”. I was chosen as the Head of the Team management committee. People got to know me and collaborated with me. By getting this confidence, I was honored to be selected as the Secretary-General in Executive Student Forum.

I was passionate about organizing events. So I fulfilled my responsibilities with great zeal. I proved myself both in academic and co-curricular activities such as organizing the events and working with teams. I was thrilled to be able to work on the biggest event of ISP, “ISP Fun Vaganza”. After learning from all of these platforms I was blessed to be appointed as the Head/CO of Executive Student Forum. I faced different challenges during this journey but they only made me a stronger person. After getting on the leadership position in ESF, we organized the “Orientation Ceremony Fall 2019”. During this journey, I received a lot of respect and love from everyone which is priceless for me. ESF is a family that I will cherish throughout my life. ISP gave me a lot of experience and sweet memories. My institute has prepared me to cope with difficulties and challenges at any stage of my future life. I’m grateful to ISP administration and SEDC leadership to provide me with the opportunity to change my life by working with the amazing team.

We are ISP, We are exceptional.

FOR A BETTER TOMORROW



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