

January in History

January 28, 1933

The name Pakistan was coined by Choudhry Rehmat Ali Khan.

January 01, 1955

Pakistan International Airlines came into being

January 01, 1961

Decimal coinage introduced in Pakistan.

January 05, 1963

First trade agreement is signed between Pakistan and China.

January 01, 1981

Interest free banking was introduced.

January 01, 1983

First three F-16 Jets reached Pakistan.

January 12, 1992

Lahore-Islamabad Motorway project launched.

What's inside:

- Apple teams up with Pakistani musician.
- North-South gas pipeline to complete per schedule
- CPEC termed game changer.
- Ho Mann Jahaan in it's second phase of success.
- Gilgat Baltistan education initiative galvanises Greenwich students.
- Pakistan economy to grow in 2016 despite challenges.

“You want to welcome life you have to welcome surprises” - Dr. Pfau



In 1960, Dr Ruth Pfau decided to dedicate her life to the battle against leprosy in Pakistan. For her remarkable efforts, Dr Pfau has been awarded several awards and medals including Nishan-e-Quaid-i-Azam, Hilal-e-Pakistan, and Sitara-e-Quaid-i-Azam. Along with her efforts to eradicate leprosy, Dr Pfau is also working on community based rehabilitation (CBR), with special focus on enhancing the quality of life for people with disabilities and their families.

Dr Pfau is undoubtedly an embodiment of empathy. For over 50 years, she has relentlessly worked to ease the suffering of lepers in Pakistan. Because of her monumental efforts, WHO declared Pakistan as one of the first countries in Asia to control leprosy. It would not be wrong to call her the ‘Mother Teresa of Pakistan’.

In an interview with Positive Post Dr Pfau said, ‘Pakistan is a beautiful country and it's full of surprises, so I always love to be in Pakistan’.

She said she is not sure whether others also find Pakistan so welcoming, but she didn't face any difficulty while working in Pakistan.

I very much like whoever came up with this idea. I have always thought that people should concentrate on the positive side of things. There is enough positivity in the world around us, but you have to search for it.’

While sharing her thoughts on humanity and life she said “*humanity is the one I meet on the staircase, or anywhere on the road. Humanity, I would think of it as those who need our help and our response.*”

She further added, “*Life is different; it is sometimes difficult, sometimes very difficult, and sometimes even cruel. Be ready at any time for any surprise. You want to welcome life, you have to welcome*

surprises. Everybody should take a look at his or her life and see what they can concretely do. I would say, as long as you love the people you meet, you will find some way to make it a little bit better and get a smile out there somewhere.”

While appreciating Positive Post, Dr Pfau said ‘It is so rare that somebody capitalizes on the positive aspects. I very much like whoever came up with this idea. I have always thought that people should concentrate on the positive side of things. There is enough positivity in the world around us, but you have to search for it.’

In her message to the youth, she said, “*Every young person should know how nice it is when you have the opportunity to help somebody and give a smile to a patient.*”

Its people like Dr Pfau who make you believe in the power of optimism and positivity that can reduce all hardships and troubles to nothing.

By Eesha Ghani - Editor



Editor's Note

As we find ourselves gearing up for the new year let's take a moment to reflect on the year past, 2015.

I'm sure many of us had our hurdles to deal with, but what matters is that we make it through with lessons learnt.

As cliché as it sounds I would advise all the youngsters to begin this year with solid goals and resolutions.

Many of us try to stick to our resolutions yet barely make it half way without forgetting or dropping them.

Perhaps if we gave ourselves and those around us a good dose of positivity every time we falter. It'll be easier to maintain our objectives.

Remember, to err is human and there is no short cut to experience!

Every time we find ourselves slipping we must find it within us to pull ourselves back up and continue on with a positive outlook.

You have 365 new fresh days to outdo yourself and prove to others that you can.

North-South gas pipeline to complete per schedule

The Ministry of Petroleum and Natural Resources, categorically confirmed the initiation and in-time completion of North-South gas pipeline project as per schedule.

“Construction of North-South gas pipeline project will hopefully begin and conclude as per the given schedule agreed upon by the governments of Pakistan and Russia,” official sources in the Ministry said.

Commenting on some reports over the imposition of sanctions on a Russian company contracted to lay the pipeline, they said that Pakistan had nothing to do with it. “If any Russian company has been blacklisted under any international sanction, it (Russia) will assign the task to someone else.”

However, they said, Pakistan had not been officially conveyed about any sanctions imposed on the company concerned with laying the pipeline. Under the project, a 1,100-kilometre pipeline from Karachi to Lahore with Russian investment worth \$2 billion would be built.

“The project is of great significance to Pakistan as it would help supply the additional volume of imported gas from the country's



South to the rest of the areas,” said the sources, adding that due to the efforts of the present government Liquefied Natural Gas (LNG) terminal was constructed in Karachi in a record time.

They further said that around 12.4bcm (billion cubic meters) of gas would be transported from Karachi to Lahore per annum via a 42 inch diameter pipeline, and the project's first phase is likely to be completed by December 2017.

The pipeline would connect LNG terminals located in Karachi with those in Lahore. The sources said Pakistan was passing through a severe energy crisis and the project would prove to be a milestone in overcoming it.

Courtesy: The Express Tribune

Growth strategy: Govt focusing on speedy economic recovery

The government is pursuing a comprehensive programme of speedy economic development, Chief Minister Shahbaz Sharif said on Monday.

He was talking to World Bank Country Director in Pakistan Patchamutha Illango. Enhancing cooperation in education, health, irrigation and skill development sectors between the Punjab government and the World Bank came under discussion.

“A comprehensive programme is being implemented in the Punjab to make youth skillful according to the needs of local and foreign markets. The Punjab government wants to further expand the scope of the programme and the cooperation of World Bank will be welcomed in this regard,” Sharif said.

Following the meeting, a senior Punjab government official told The Express Tribune that World Bank President Jim Yong King



would visit Pakistan next month.

“He will sign several memoranda of understandings (MoUs) with the Punjab government for the skill development of youth in the province,” he said.

“The Dubai Expo will be held in 2020. The FIFA World Cup is in Qatar in 2022. There

is a huge demand for Pakistani skill and non-skilled labour in these two countries. Punjab can send skilled manpower to these countries. Keeping this in view, the MoUs will be signed with World Bank to impart skill training to youth and send them to these two countries as skilled labourers,” he said.

Courtesy: The Express Tribune

Gilgit-Baltistan education initiative galvanises Karachi's Greenwich University Students

Karachi's Greenwich University students embarked on a donation drive to serve education in Gilgit-Baltistan (G-B). The initiative which kicked off on January 12 has been undertaken to implement Inspire Initiative's education project in Gilgit-Baltistan.

Activities to collect donations include washing cars, serving food at local restaurants, arranging a movie screening on campus, and selling food and old books. "Such activities are key in our goal to help underprivileged students and should be done on a routine basis," said Navaid Jafri, a student at the varsity.

Dr. Farooqui, a senior-professor at Greenwich University who supervised donation drive for the initiative, said educating the underprivileged was the best service to the nation. "The efforts towards education especially in the northern areas is a cause of great motivation for me and my students," said Farooqui.

The donation drive successfully collected Rs0.5 million which will be handed over to present director of Inspire Initiative Ayesha Farooqui.

"Education is the foremost and basic necessity for every individual and it's our responsibility to help those who are deprived of this necessity," said Shehneez Saeed, a student part of the donation drive.

The Inspire journey started back in 2007 when British-Pakistani Bushra Farooqui visited Baltistan for the first time with a group of trekkers from the UK for a charity trek to K-2 Base Camp.

The initiative was funded by



Bushra Farooqui and two other expats from the UK. The number of students soon grew to 360 girls within a span of three years.

Currently, 180 children, both girls and boys between the ages of four and 14 years, are enrolled at the two schools adopted by Inspire.

The children are taught English, Urdu, mathematics, general knowledge, social studies, Islamiyat and science. The ratio of female to male students is 50:50 and with these two schools,

Inspire is catering to at least 70% of Sadpara valley's primary school-going children, adds Farooqui.

Inspire covers all the costs, including salaries and training of teachers, school supplies, furniture, stationery, uniforms, bags and books. All the volunteers are Skardu-based and tend to the day-to-day operations of the school by liaising with the teachers and village education committee (VEC).

Courtesy: The Express Tribune

The wall of kindness: An Iranian venture to feed the poor comes to Pakistan

The Pakistani leg of this venture is run by Ismat Ali, who is a lecturer by profession. "I was inspired by this setup in Iran. It has now gone to Germany as well. I believe that by showing a kind gesture one can have a peaceful life now and in the hereafter."

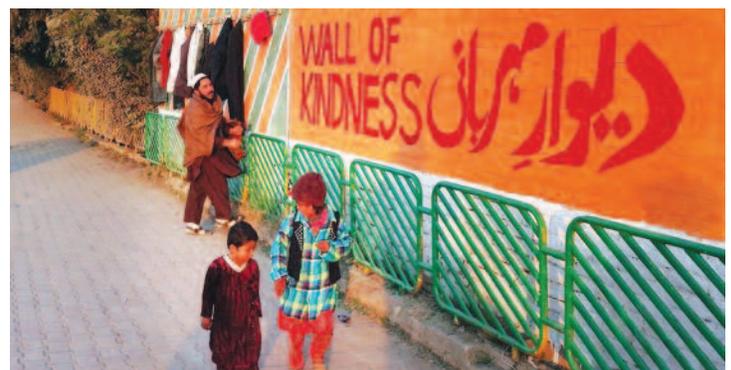
The idea is something like this: people donate clothes, food items and anything else they wish which are then stacked beside a particular wall in the city. In Karachi the first deewar-e-mehrbaani was set up at M. T Khan road on January 15 and got an overwhelming response from people in need who helped themselves.

Ismat also told that she felt the

need to do this because a majority of people show apathy toward those in need: "People are not coming out of their houses to help the less privileged so I took this step to do my share."

A chart pasted on the wall read: "Jis cheez ki zarurat ho le jaye, badle me sirf hurf-e-dua de jaye" (take away whatever you need in exchange for a word of prayer)." Ismat added that the clothes placed at the wall were in mint condition and they made sure that those who took the things were not hesitant to partake of this charity.

"We told [people who came to collect items] them to take whatever they liked without hesita-



tion. However we realised that most of them were in need of food items so the next time we plan a wall, we'll keep more rashan [rations] to cater to the demand," she explained.

As of now, Ismat wishes to take the initiative to Lahore and has aimed for 100 such 'walls' all

over the city: "I plan offer two nawafil and share it with my friend. To have a 100 walls is my dream."

Ismat plans to hold the next drive in February in DHA.

*By Nida Latif BS485390
Courtesy: Dawn News*

HEC win women's skiing championship

Higher Education Commission (HEC) clinched the Sadia Khan Women and Children Ski Championship after two days of slalom and giant slalom competitions in Naltar, Gilgit-Baltistan.

HEC's Ifra Wali, the 2011 South Asian Winter Games gold-medallist who was featuring in a skiing competition for the first time since breaking her ankle in Austria last year, clinched gold in the giant slalom event by clocking 32.38sec. Her teammate Fatima Sohail finished second,

followed by PAF's Zainab Sohail.

"This is the first competition I am participating in a year and I'm extremely glad with the recovery [from my injury]," Ifra told The Express Tribune. "It was a great run, made all the more special as we won the championship. I know I've bettered my timing and Fatima was really close. I really wanted to win the giant slalom event since I couldn't do too well in slalom [as Fatima claimed gold]."

Courtesy: The Express Tribune



Pakistani woman wins global humanitarian award



A Pakistani woman has been awarded the first-ever Global Humanitarian Award for Women's and Children's Health for her contributions to Pakistan's health and education sector.

Chairman of the Aman Foundation, Fayeza Naqvi, along with her husband Arif Naqvi was honoured as one of the four winners of the first-ever Global Humanitarian Award for Women's and Children's Health at the 2016 International Conference on Family Planning (ICFP) in Nusa Dua, Indonesia.

Upon winning the award, Naqvi said, "Aman is dedicated to promoting the centrality of family, and dignity of life for all. The 'Sukh' program was created with this mission in mind, and seeks to foster gender equality, by giving women the power of choice.

"We believe that healthy, educated and empowered women build strong families and productive communities. Aman aims to develop programs that convene international partners to bring best practise and expertise in collaboration with local government to ensure a sustainable impact," she said.

"I am honoured to accept this award on behalf of the Aman Foundation and look forward to working closely with my fellow awardees in furthering the cause of family planning and maternal health," she added.

The award recognises individuals who, with great vision and leadership, invest private wealth for the advancement of reproductive, maternal, neonatal and child health, especially family planning, at regional, as well as global level.

Courtesy: The Express Tribune

Reaching for the skies: Gilgit's very own Wright brother

Kabir Khan always dreamed of becoming a pilot and soaring over the towering mountains surrounding Gilgit city. That dream could not become reality, but he found another way to satiate his thirst for touching the skies.

Over the past two years, Khan has single-handedly made 10 different kinds of aircraft using various kinds of material, including plywood and aluminum frames. "This is a passion and a way to satiate my thirst for flying," he told The Express Tribune.

Khan does not have a professional degree in and currently serves in a government office as a computer operator. "It was my desire to make aircraft but it wasn't an easy task given that it required time, money and material besides some human resource," says Khan.

"I design the aircraft by downloading images from the internet," he said, while explaining the four to six-month long process of completing one project. "I use raw material wherever possible to give it shape."

The first plane he made was a

Cessna 182, which took him about five months to prepare and cost about Rs25,000. Unfortunately, it crashed the same day while landing.

Khan, however, didn't lose heart. He immediately began making another, even better plane. It was a Falcon 25, which suffered the same fate after flying for five minutes.

The failures, however, didn't deter Khan's efforts. He then made a Wing Dragon which finally proved to be his maiden success. "It flew for more than five minutes and as high as 1,000 feet," said the architect, adding that the plane wings measured a combined 48 inches.

At present, more than seven planes are in Khan's fleet, which also include two jet planes (Raptor F22) measuring seven and three feet, respectively.



Moreover, Khan finances his hobby from his own pocket. "I save up to Rs5,000 from my salary every month and when I have enough at my disposal, I start work."

But a lack of assistance and availability of parts in Gilgit market pose another challenge for Khan. For parts, he says, he approaches markets in Rawalpindi, Lahore and Karachi while the real help comes from his brother.

Khan's hobby isn't restricted to model planes.

One day, he plans to make a single-seat plan for himself. But his elder brother, Nadeem, says to do that they'd have to face the biggest hurdle yet: permission from their mother. "Our mother fears for his life and that is perhaps the biggest reason my brother has yet to embark on that adventure," said Nadeem.

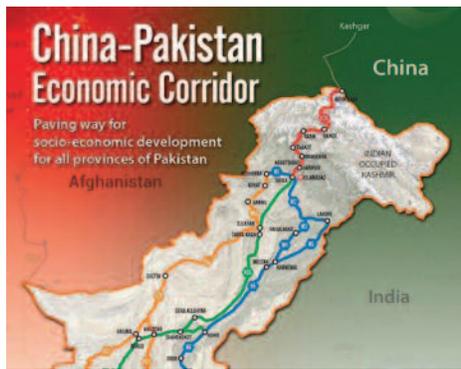
Courtesy: The Express Tribune

CPEC termed Game Changer

The China-Pakistan Economic Corridor (CPEC) project is crucial for Pakistan's economic stability and national security and it should not be made controversial like Kalabagh Dam, said Minister for Inter-Provincial Coordination, Riaz Hussain Pirzada.

"CPEC is a game changer for Pakistan and the entire region and nobody will be allowed to make it controversial," he said while responding to a question about the reservations of smaller provinces about the change in the project's western route.

He said the CPEC project would pass



through the entire country and all provinces will benefit from, in particular the backward areas of Khyber Pakhtunkhwa and Balochistan.

Courtesy: Dawn News

Apple teams up with Pakistani musician, artist Usman Riaz for iPad art demo

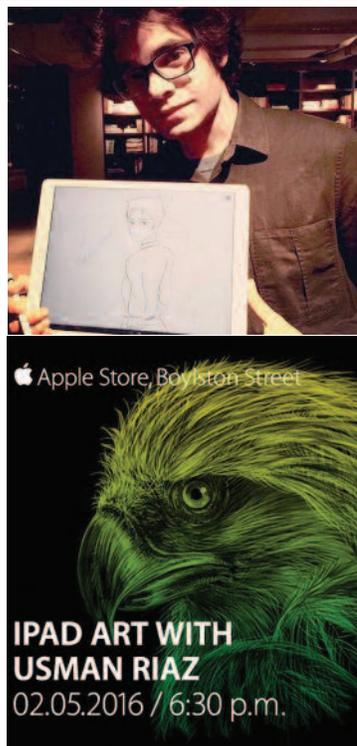
It isn't surprising that Apple has roped in talented musician Usman Riaz to present a live demo of his art works and share with audiences not only do his fingers work magic on a guitar and piano, but he also has mad drawing skills.

The youngest Ted Global Fellow from Karachi will be giving a live demo of his art work process for upcoming animated film *The Glassworker*, along with other works using the iPad Pro, Apple Pencil, and Paper by FiftyThree. Usman Riaz named as the youngest ever TED senior fellow.

Usman shared the poster of the event with fans: → He will be joined by Rachel Romano of the FiftyThree team who will also share tips on making the most of the app that allows artists to create art in a whole new way.

He also shared a teaser of his forthcoming animated movie on his Facebook page, Mano Animation Studios, the special one-minute teaser of which will debut at TED 2016

*By Nida Latif BS485390
Courtesy: The Express Tribune*



Pakistan tames Sri Lanka to qualify for Asia Cup final

Pakistan blind cricket team kept their winning streak intact in the ongoing Asia Cup T20 Cricket for Blind, winning their third consecutive match against Sri Lanka by 90 runs and in the process qualified for the summit clash of the tournament.

According to information made available here, Sri Lanka won the toss and invited Pakistan to bat first at Jawaharlal Nehru International Stadium in Kochi, India. Pakistan posted a massive total of 214 runs on board for the loss of eight wickets in allotted 20 overs.



With this win, Pakistan blind cricket team qualified for the final of the Asia Cup.

Courtesy: The News

Pakistan economy to grow in 2016 despite challenges



Implementation of China Pakistan Economic Corridor, or CPEC, rising large scale manufacturing and the upcoming infrastructure projects in the West-Central Asia Zone are some of the strong business indicators that central bank has outlined as factors, which will boost Pakistan's economy in 2016.

Overall there is good news and hope of good prospects. But, State Bank of Pakistan, or SBP, also indicates several challenges, which must be tackled. It said: "Some improvements are already visible from the changes in the key macroeconomic indicators. Economic activity seems to be gearing up as large scale manufacturing, or LSM, has recorded a noticeable increase over the last year."

LSM output growth rose to 3.9 per cent in the first quarter of fiscal year 2016 from 2.6 per cent in like period of FY-2015. The growth of the economy was confirmed by "the strong profitability of the banking sector", in spite of the currently declining interest rates and their reduced spreads. The interest rate decline is pushing the private business greatly. A "visible improvement in the transport sector, storage and communications are key positives."

Yet another sign of hope is the fact, "the current account deficit has narrowed down as it was comfortably financed by higher financial inflows, the foreign exchange reserves recorded an all-time high and rose to more than \$21 billion which are sufficient to meet the country's import bill for seven months.

The business, particularly foreign investors and companies operating in Pakistan, are happy over their prospects and profits. Atif Bajwa, president of Overseas Investors Chamber of Commerce Industry, or OICCI says their latest Perceptions and Investment Survey 2015 indicates 82 per cent of members foresee continuing growth in their business, and are generally committed to making further investments in Pakistan.

Courtesy: Khaleej Times

Karachi food festival ends leaving savoury memories



24th Jan 2016 being the last day of the second edition of the Karachi Eat Festival 2016 at the Frere Hall, it was expected to be a jam-packed affair and so it was.

Hordes of people were seen in queues at the entrance as well as massive traffic gridlocks roads leading to the Frere Hall.

With a wide range of food stalls surrounding the entire area one could feel the pleasant smell of cuisine ranging from savoury items to sweet ones. While a man tossed a sizzling Chapli Kebab at one booth, a lady all the way from Denmark invited all to try open faced Danish sandwiches.

At the other side, diners like Sattar Bakhsh, Chai Wala and Chairman Mao drew customers by selling their signature menu items. The chandeliers decorated in the trees' branches providing a well lit feel to ambience gave attendees an opportunity to take better pictures at the photo booth as they chomped on eatables which could be easily carried.

The sitting arrangement was comparatively better this time for those who wanted to sit and eat.

Stalls like The Patio sold fresh pasta rolled out from machines as their ravioli were consumed like hot cakes. Distinct items like Nutella Gol Gappas, Churros and Choc and waffles which are not perhaps readily avail-



able remained popular while strawberry samosas and nitrogen ice cream were sorely missed by those who attended the festival last time.

With the event's promotion going on since 10th of January, a huge turnover was expected but it probably even exceeded the organisers' expectations.



Unlike last year when parking remained a huge issue, this time the organiser, Omar Omari of CKO Event Architecture, said extra area was dedicated for parking.

By Nida Latif BS485390
Courtesy: Dawn News



From wedding photographer to Pakistan's premier cinematographer



Amidst the glitz and glamour of the film industry, there exists one lone ranger who undertakes a lot of the hard work but is rarely ever recognised. To paraphrase visionary film-maker Cecil B DeMille's words, "This figure, a giant in his industry, is the cinematographer ... the sine qua non of a profession which often boasts that no one in its ranks is indispensable."

Though it may be unfair to regard Rana Kamran as a shadow in the dark, it is only over the past few years that the Director of Photography (DOP) has managed to make an indelible mark for himself. For instance, a year has passed since Na Maloom Afraad (NMA) first saw the light of day but Rana continues to receive laurels for his impressive work in the comedy hit till today.

Despite this, the cinematographer believes there is nothing exceptional about his work. Speaking with The Express Tribune, Rana called it a stroke of luck from being in the right place, at the right time. "When Nabeel Qureshi wrote the screenplay for NMA, the first thing I said was that the script is so comprehensive, it wouldn't require much from a DOP," he shared. "If you look at it now, you would note that the shots are actually very basic and static. We simply tried to create perfect ambience and light the scenes," added Rana.

"There are so many innovations taking place in terms of film-making technology [and styles] that it has become near imperative for film-makers and audiences to keep moving forward," he said. "You never know, people might not even remember NMA 10 years from now." But with numerous high-profile projects such as Quetta, Janaan and Actor In Law in the pipeline, it seems unlikely that Rana's work will be forgotten any soon.

Courtesy: Dawn News

Waris Shah's Heer Ranjha: Poetry enthusiasts keep love saga alive



Paraga, an organisation working for promotion of literature, organised a musical evening at the Pakistan Academy of Letters (PAL) to celebrate successful culmination its weekly

recitation of Heer Ranjha by Waris Shah, which lasted for as many as 156 days, organised jointly by the Pakistan Punjabi Adabi Parchar, Pehla Per, and Punjabi Parchar.

Rawalpindi-based kafi and folk singer Shaukat Manzoor sang Heer Ranjha — a love saga written nearly three centuries ago in southern Punjab — mesmerising the audience with a fair share of women in attendance, harkening them back to the true spirit of the region.

In his opening remarks, Tariq Bhatti of Paraga said that the moving spirit behind the initiative was that it was time to understand the classical texts and not just eulogise the

poets. Jawad Ahmed accompanied Manzoor on flute, while Ijaz Hussain was on the tabla. Going beyond Heer, Manzoor also sang other popular folk and classical songs. The closing stroke came in the form of dhamal on the everpopular “Dam mast qalandar, mast mast.”

Explaining about Waris Shah's poetry, Poet Manzar Naqvi, said,

“these texts tell us of a society that does not discriminate on the basis of caste and creed.”

Paraga has now moved on to reading Baba Farid.

Courtesy: The Express Tribune

Sarmad Khoosat's 'Manto' wins at Jaipur Film Festival



Looks like Manto is making waves in India — Sarmad Sultan Khoosat's biopic on the iconoclast short story writer Saadat Hasan Manto won him the award for 'Best Actor' award as well as the prize for 'Best Sound and Editing'.

While Sarmad played the role of Manto, it



was Jamal Rehman who looked after the sound and editing of the film. Sarmad thanked everyone for their best wishes and prayers after he won the award at the fest and was congratulated by many including Sharmeen Obaid-Chinoy, Samina Peerzada, Savera Nadeem among others.

Manto was the opening film at the festival that kicked off on January 2 along with Bollywood hit Piku. The film has been making rounds all over the globe and had also seen a sold-out show at Washington DC South Asian Film Festival. Not only that, it was also screened at Harvard, Yale, Columbia, University of California, Berkeley, Georgetown University and University of Texas, Austin.

Courtesy: The Express Tribune

PM launches health scheme for the poor



Prime Minister Nawaz Sharif launched a state-run health insurance programme and described it as the first step towards making Pakistan a welfare state.

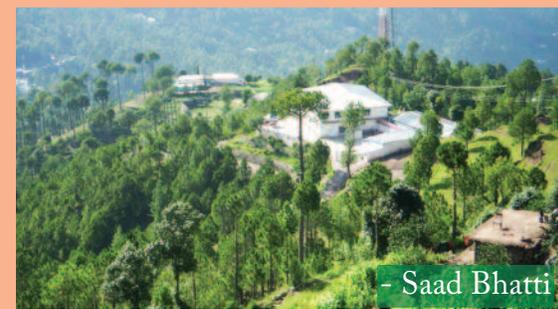
Initially, the initiative has been launched for the benefit of people of Islamabad, but later on it will be expanded to all parts of Punjab, Balochistan and the Federally Administered Tribal Areas (Fata), according to officials.



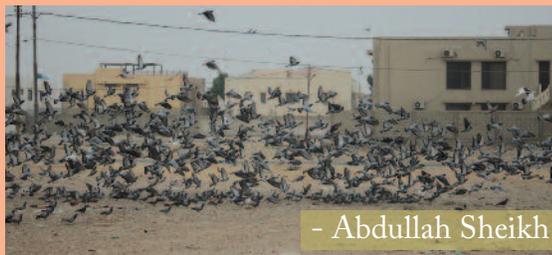
Titled the “PM's National Health Programme”, the scheme has been launched in 15 districts of Islamabad in the first phase and will be expanded to 23 districts in the second phase. Around 1.2 million families will get free healthcare facilities in the first phase.

Courtesy: Dawn News

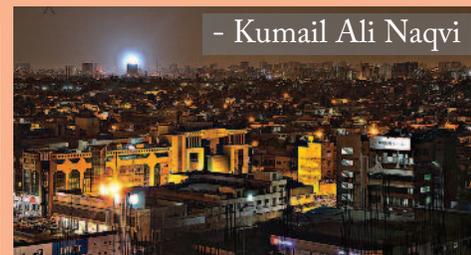
Pictures of the Month - By Greenwich Students



- Saad Bhatti



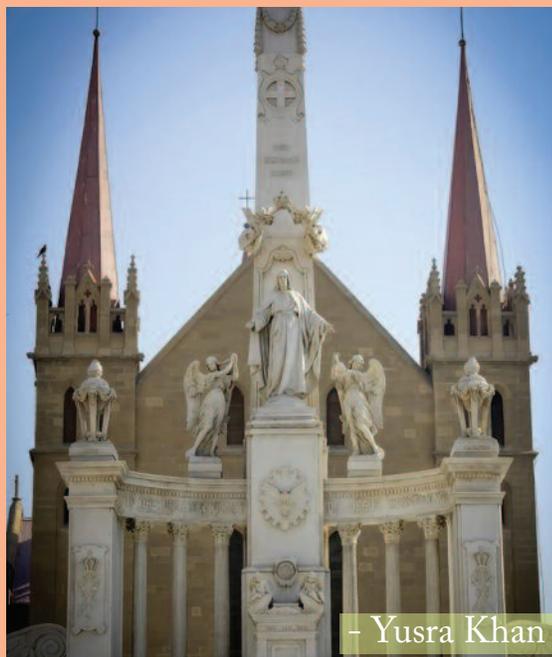
- Abdullah Sheikh



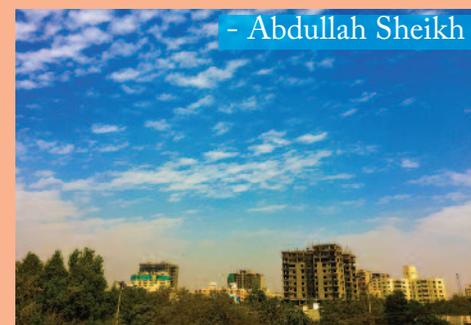
- Kumail Ali Naqvi



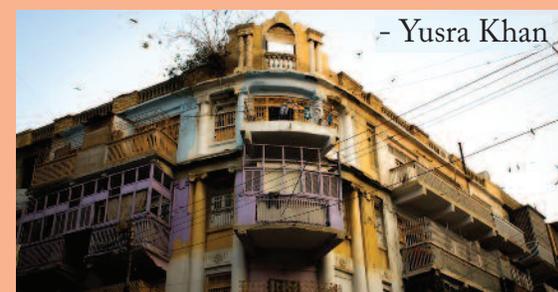
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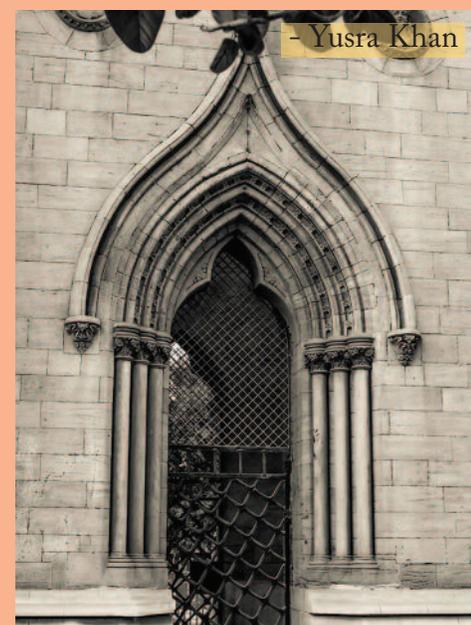
- Yusra Khan



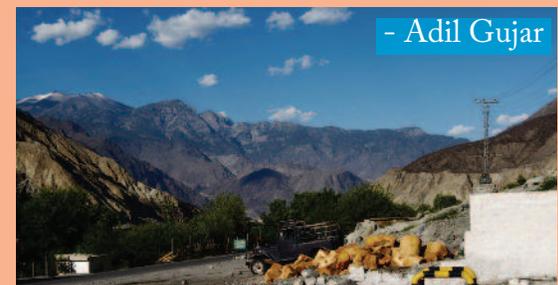
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- Yusra Khan



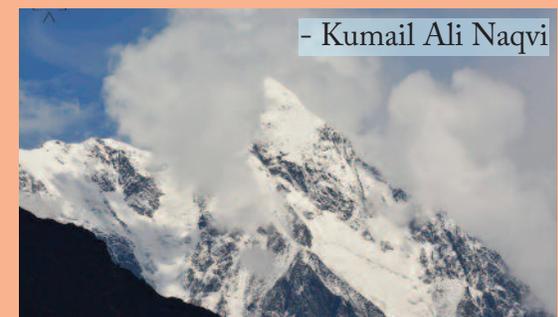
- Yusra Khan



- Adil Gujar



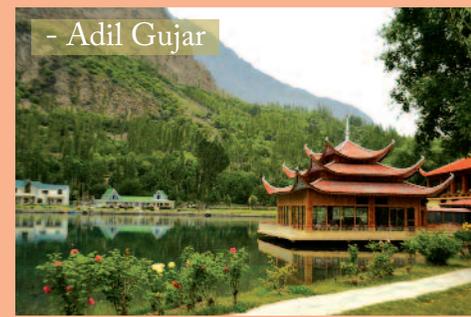
- Kumail Ali Naqvi



- Kumail Ali Naqvi



- Saad Bhatti



- Adil Gujar

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