



LUMIÈRE

Arts & Words

2024 | VOLUME 7



LUMIÈRE

Art & words

2024 | VOLUME 7



TEAM LUMIÈRE

DR. SADIA NAZEER

EDITOR IN CHIEF

M. SHUMAILA ASHEE

CO-EDITOR

EDITORS

GULRUKH SHAH

BOOKS REVIEWS

MEMOONA MUNTAHA

SHORT STORIES

SANA SHAH

PHOTOGRAPHY

MARYAM MANSOOR

ALUMNI INTERVIEW

ALEENA SAEED &

POEMS

LAIBA ARIF

ANFAL

ART

NAYAB SAQIB GHANI

ARTICLES & COVER



Vice Chancellor's Note



Dear readers,

Lumière is a celebration of the incredible talent within our university. It reflects the sensitivity and creativity of our students, their ability to observe the world around them, and their gift for turning their thoughts into powerful prose and poetry. This magazine is a glimpse into the minds of future leaders, thinkers, and changemakers.

Behind every page of Lumière is the hard work and passion of our dedicated team. Their commitment to showcasing authentic voices with grace and creativity is truly inspiring.

I invite you to dive into the world of Lumière, to lose yourself in the magic of words and the beauty of ideas. May it inspire you, move you, and light up your imagination.

Warmest Regards,
Professor Dr. Safia Ahmed.
Vice Chancellor, SBBWUP.
Patron-in-Chief, Lumière.



Message from the Chief Editor



Dear gentle readers,

Lumière is more than just a book—it's a gathering of hearts and minds. It's a space where readers, writers, and dreamers come together, united by the stories we share. Through these narratives, we connect deeply, walking alongside characters as they navigate their joys and struggles, and in doing so, we learn more about ourselves and the world around us. In Lumière, we find comfort, spark new ideas, and rediscover the timeless magic that only stories can bring. It's a place where words come alive and where we all belong.

Happy Reading!

Warm regards,

Dr. Sadia Nazeer.

Head of English Department.

Chief Editor, Lumière Magazine.



Message from the Co-Editor



My lovely readers,

Reading is like opening a door to endless dreams. Words come alive, painting stories across the canvas of our minds like stars lighting up the night sky. Every page turned is a step into a new adventure, a quiet conversation with characters who feel as real as friends, their lives etched in the ink of the stories they inhabit.

As a co-editor of *Lumière*, I've seen how stories can change us. They give life to characters, making them breathe and walk alongside us in our thoughts. Through books, we travel across time and space, stepping into different worlds and feeling the heartbeat of lives unlike our own. Stories connect us, teaching us to see the world through others' eyes and reminding us of the shared humanity that binds us all.

Lumière is more than just a collection of words—it's a celebration of the magic of storytelling. It's a place where ideas shine, where voices are heard, and where the power of literature touches hearts and minds.

May your journey with *Lumière* fill you with wonder, warmth, and the joy of discovering stories that stay with you long after the last page is turned.

Happy reading, dear friends.

Shumaila Ashee,

Lecturer of the Department of English Language & Literature.

Co-editor, *Lumière Magazine*.

GENDER INEQUALITY in Pakistan

Sarah Khan

Whenever the word “inequality” comes to our mind, it gives us a concept of an unjust situation—a situation without equality. We are facing distinct inequalities around the country like; income inequality, health inequality, political inequality, and the list goes on. However, this analysis is going to focus on only gender inequality in Pakistan.

Gender inequality means differences in status due to gender/sex. Gender inequality refers to a situation in which males and females are not treated equally and the men are considered superior to women. In Pakistan, there is a huge gap based on different gender. According to the “Global gender gap index report 2018” released by the World Economic Forum” (WEF), Pakistan has been placed 148 out of 149 countries, the second worst country, regarding gender inequality in the world. It shows that the gender gap in Pakistan is alarmingly wider. Women in Pakistan may appear to be subordinate to their husbands or fathers. Economically, women keep being paid lower wages than men in the same job position called the “wage gap”. Further, when it comes to domestic chores and childcare, most people still consider these tasks linked to women only. Women make up nearly half of the total population (48.8 percent) which reveals that they are the real asset and strength of the country.

While arguing about the causes or reasons of gender discrimination, one of the major reasons is illiteracy. Pakistan is among those countries where female literacy rate is very low. The female literacy rate is 48% against the male literacy rate; which is 70%. Women find it very hard to get an education even in today’s advanced society. They are the victims of the violence as they are not allowed to go outside in order to be educated. The lack of access to education for females is part of a broader landscape of gender inequality in Pakistan.

According to the Pakistan Ministry of education, there are a total of 146,691 primary schools in Pakistan of these, 43.8% are schools for boys, 31.5% are for girls and the remaining 24.7% are schools with a mix of both girls and boys. It clearly shows gender discrimination in Pakistan because Pakistan has fewer schools for girls than for boys.

When it comes to a female's later life, women in Pakistan have seen discrimination in employment more than males. It is a male-dominated society where mostly male family members do not want their women to work on an equal basis with them. In the employment sectors, there are fewer females in decision making and there are very few females as compared to males in the higher posts. If we try to observe, we will find clearly; how females are discriminated against and very few females reach the highest posts.

There is no denying that the status of women in health, education and participation especially in labor markets and politics is also unsatisfactory. Reportedly, only 25% of women are involved in the workforce, far less than the world average (48.7). When it comes to financial autonomy, only 7% of women in the country have financial services accounts.

Furthermore, violence against women has been on the rise in Pakistan, a country of over 200 million people. It has been sixth on the list of domestic violence issued by the Thomson Reuters Foundation. It is a fact that many of the women in Pakistan are treated as second-class citizens because of which violence against women is openly practiced in our society. Approximately, 20 to 30% of women in Pakistan have suffered from different forms of abuse such as rap, domestic violence, psychological abuse, emotional abuse, acid throwing, honor killing, forced marriages sexual harassment, etc.



There is a culture of silence in Pakistan; whenever a woman is harassed, she cannot file the FIR, for saving her and her family's face. Apart from this, a report confirmed that per year 50 to 70% of women go to psychiatrists, just to deal with being sexually harassed. A large number of women are affected by sexual harassment who neither can be happy nor can be able to do something for the development of their country, as according to another survey carried out in workplaces, 93% of women are sexually harassed in combinedly both government and private sectors.

According to statistics collected by white ribbon Pakistan, an NGO working for women's rights, sexual violence between 2004 and 2016. Over 15,000 cases of honor crimes were registered. There were more than 1,800 cases of domestic violence and over 5,500 cases of kidnapping of women during this period. In fact, the number of sexual harassment cases has been increased from 4,734 in 2016 to 7,514 in 2019. This huge rise indicates that sexual harassment is still on the top.



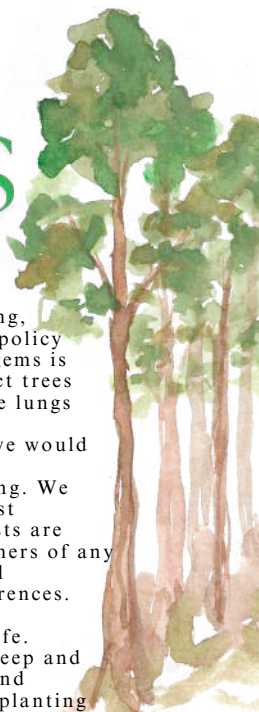
In Pakistan, people are living in a patriarchal society where men are considered dominant and misogynist, have hold on their houses, and consider themselves superior beings. Contrary to this, women are symbolized as weak and helpless in this society. Consequently, it promotes gender discrimination and distinctions between the rights of men and women. This negligence prevents women from showing their talents and skills to society and stops them from fully contributing to the development of their country.

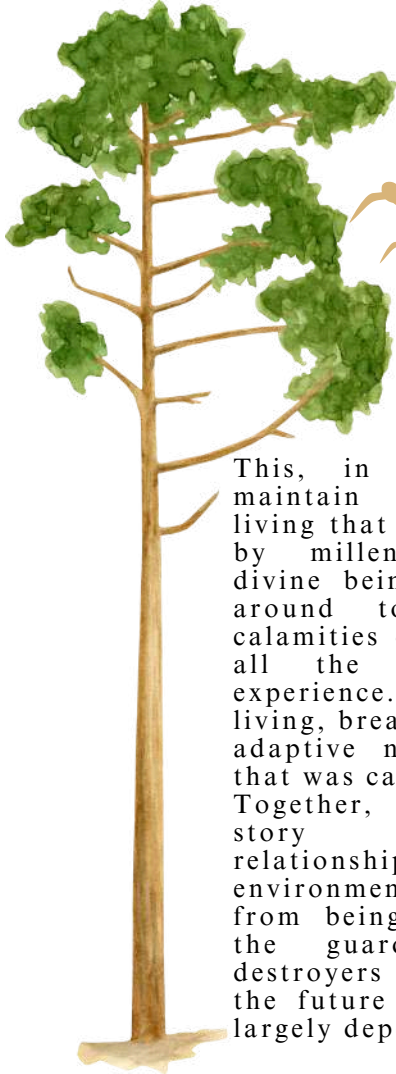
TREES

Syeda Malaikah

Trees are life. The very life of our planet allows oxygen-providing, shelter-providing, and food-providing life forms. The best policy needed to safeguard the Earth's natural gems is to work even harder, regularly, to protect trees because trees are, as the saying goes, "the lungs of our land." Indeed, if we remove them from our equation, their absence means we would be out of existence. When forests are cut down, the consequences will be devastating. We shall all be living in a world that is almost completely barren of life. Trees and forests are a global asset, and they are the equal owners of any living person, regardless of international boundaries, ages, and civilizational differences. Planting a tree is a pleasure in itself, but cutting it is equivalent to putting out a life. The consequences of such an action are deep and wide, and it interferes with ecosystems and delicate equilibrium. On the other hand, planting a tree has been considered putting into practice hope—hope of a new life, hope of prolongation of the life of earth, and hope of its health. Thus, trees are the purest treasures for our offspring, at least for our children and grandchildren. They are the custodians of our history; the guards of our generations to be. It is of tremendous importance to keep trees because the balance of our planet depends on it.

As someone very much said it appropriately, "The trees are our lungs, the rivers our circulation, the air our breath, and the earth our body." Such a remark is not only profound but also reflects that, in essence, the existing and living environments are subtly interwoven. To protect trees, rivers, air, and land is to preserve life, or the very essence of human life.





This, in my view, is to maintain the harmonious living that has been conducted by millennia. Trees are divine beings that have been around to experience the calamities of time and survive all the tests of human experience. They stand as living, breathing proof of their adaptive nature and wisdom that was carved in their bark. Together, we can retell the story of humanity's relationship with the environment. So let us change from being the exploiters to the guardians; from the destroyers to protectors. For the future of our planet will largely depend on it.

Silence

the Strongest Weapon

Memoona Muntaha

Quiet people are the most liked ones in a society. They are not liked only to mind their own business but also, are usually perceived as calm people. They seem to be mysterious, and their opponents know little about their strengths and weaknesses, at least not enough to harm them.

We can see different types of these people in our society. Those who remain silent on everything, be it right or wrong, are the people who lack motivation toward the betterment of anything. I call them the "silent spectators.". They do not play any role in the betterment of their society, and are habitual of turning a blind eye towards the issues, even if they are able to help. For such people silence is a way to save their faces from being on the bad side of anyone and remain in the shell they have made around them of their cowardice, to raise their voices against any evil or injustice happening in their society. Because of these silent spectators, their silence becomes a powerful weapon for the opposition—the evildoers, who hauntingly rule the minds of a group of people, doing as they please against the rights of people.

Then there are those who are the "silent observers.". These people use silence as their power. The silent observers know when, where and how to speak. They, before being a part of any discussions or putting forward their point of views or opinions about anything, try to understand the situation or topic thoroughly, they listen to what others have to say about that certain topic and proceed with making points in their minds as if they have to say anything against or in support of the topic, or they might conclude things easily then others as they take good enough time to process everything inside their minds.

If meeting some difficult-to-convince personalities, they would always let the person talk and let him have more part of the conversation, to understand how to treat or deal with him noticing small gestures, postures, reactions, etc. They stay silent for a long while and speak little but the coherent and concise thing that is all needed. Such people also get paid the most attention to, when they choose to speak, people around them are all ears towards them. Because when they talk, they talk wisely and their talk is effective.

As it is said, nothing is right or wrong, good or bad, but it depends on the user of it. So goes with silence, whether it is used wisely or cowardly, cleverly or attentively, it is completely up to the person what benefit he takes from it. Yet, one thing is for sure, that people do like silent people be it for their wisdom and being challenging or because of their silent following, for they are not seen as a threat.





The **PARADISE**
OF *Pakistan*

Aleena Saeed

Skardu, the land of scenic beauty is often termed as “Brazil of Pakistan”. It has many fascinating points of exploration including Manthokha waterfall, located in the heart of vast and mysterious mountains. Its water falls from a great height, resembling a hail. The area is surrounded by fragrant trees, causing the wind to smell floral. The sound of the wind and waves mixing together produces a melody similar to a nightingale’s song. Skardu has numerous other visiting spots, including forts and valleys such as Kharpocho Fort; a historical fort built in the sixteenth century that catches the attention of all its visitors. It is a blend of Tibetan and Islamic styles, showcasing the region’s rich cultural heritage. Now, Kharpocho Fort has been restored and converted into a museum and heritage hotel. People visit it for its rich history and cultural heritage, and Khaplu Valley which is located 100 km east of Skardu in the Ghanche district of Pakistan. It is a breathtakingly beautiful destination. It is known for its landscapes and historic sites. The valley is situated along the Shyok River and offers stunning views of the Karakoram mountains.

Skardu also consists of many mesmerizing lakes, whose beauty overtakes the people who come to see them. Lower Kachura Lake is one of them. It is surrounded by beautiful green trees and its color comes alive with vibrant shades when the sun shines on it.

With these heavenly places and more, Skardu is a must-visit place for all the people seeking peace and the real beauty of nature.

HOW *social media* *shaping our views* on **BODY IMAGE**

Sana Shah

Social media is everywhere in our lives now. It is where we catch up with friends, share our moments, and find new things to be interested in. But sometimes it can also make us feel pretty bad about ourselves, especially when it comes to how we look.

While scrolling through TikTok and Instagram, it feels like everyone else is living a perfect life in a perfect body. We see people with flawless skin, perfect abs, and a style that looks effortlessly cool. It is hard not to compare yourselves with these seemingly perfect images. But the problem is what we see on social media is far from the truth. Those pictures are perfectly edited, with many filters smoothing out all the unwanted things making them look like they just stepped off a runway. And it is not just about the photos themselves. A lot of influencers and celebrities use social media to showcase their fitness routines, and beauty secrets and even sell diet products. They often look amazing, but it is important to remember that these images are usually heavily edited and do not show the whole picture. These people often have access to resources that most of us do not, like personal trainers, nutritionists, and even cosmetic procedures. So, when we compare ourselves to these highly edited, professionally managed images, it is easy to feel like we are not up to the standards.

But it is not all bad news. There is a growing movement towards body positivity and self-acceptance on social media. More people are using hashtags like #BodyPositivity, #LoveYourBody, and #NoFilter to celebrate natural beauty and challenge unrealistic standards. This shift towards being real and inclusive is helping to build a more supportive online community where all body types are valued.

So, how can we use social media without letting it negatively impact our body image? Start by curating your feed. Follow accounts that promote healthy, realistic body images and make you feel good about yourself. Do not hesitate to unfollow those that make you feel bad or push unrealistic expectations. Remember, what you see online is just a highlight reel, not the whole story. Behind every perfect photo is a person with their own insecurities.



Social media is a tool, and like any tool, it is all about how you use it. By focusing on authenticity and rejecting the idea that we need to look a certain way to be valued, we can create a healthier, more positive space for ourselves online. And maybe, just maybe, **the best filter is no filter at all.**

Easy, Child OR
EASY CHILD

Umaima Farooq | VIII Semester

The integration of a middle and easy child with being the eldest daughter is a deafening echo of silence. Your place in the family can feel like a whisper amidst the louder voices of your siblings. You move carefully, always aware not to add to your parents' burdens, already heavy with life's challenges and the needs of your brothers and sisters. Even though you're always there, it often feels like your voice gets lost, drowned out by the concerns and demands that fill your parents' lives.

There's a quiet ache inside you, a gentle jealousy, as you watch your parents give gifts and attention to your troubled siblings. They don't seem to truly see you or understand what you need. Sometimes, you long for something simple, like wearing a dress they've chosen for you—a small sign that they notice and care. But instead, you find yourself making these choices alone, developing an independence that feels more like a necessity than a freedom.

You've become self-sufficient, saving money so you don't have to ask your parents for financial help, knowing that might be just another worry for them. This self-reliance, while something to be proud of, also deepens your sense of being the "not-so-known" child, quietly finding your way in the background.



Being labeled the "easy child" is both a shield and a shadow. It suggests simplicity as if your lack of causing trouble means you don't need attention or care. When affection occasionally comes your way, you might pull back, feeling as though you don't deserve it. This feeling has led you to create a private world of your own, a place where your feelings and desires are acknowledged and understood, free from the limiting labels placed upon you. And yet, when your parents call you their "easy child," it doesn't feel like the compliment it's meant to be. Instead, it seems like a gentle way of overlooking the depth and complexity of who you are. Every time you hear those words, it's as if a piece of you breaks, the part of you that longs to be truly seen and understood.

In this quiet, reflective space, you navigate the strange paradox of being both seen and unseen, recognized yet misunderstood. You try to reconcile your worth with the label of "easy," seeking a balance between the independence you've developed and your deep longing to be genuinely noticed and valued for who you are.



Positive Mindset

Laiba Arif | VIII Semester

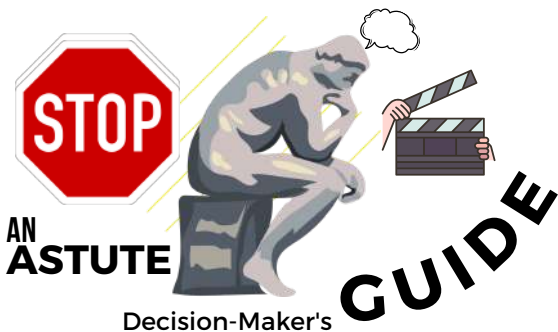


We live in an exceptionally advanced world. New technologies, discoveries, and advancements sometimes make it difficult to focus on our dreams and goals.

With so many things happening in our surroundings, new trends every day, the latest fashion, and extremely different preferences, at times, it makes us think that we as individuals are not doing enough, that we are left somewhere far behind. This feeling makes us rush things up, to keep up with the ever-advancing world we lose ourselves somewhere. The fear of failing and being looked down upon starts eating our brains like bacteria. Slowly and gradually this fear develops into much bigger problems for individuals. Youth of this day and age are most susceptible to developing anxiety, depression, insomnia, social fears, and several other medical conditions.

With all these problems in mind, it is important to focus on our mental health and maintain a positive mindset. It may take a lot of courage and energy to survive in this world but people who do not fear failure who do not fear falling or lagging can only succeed. We need to think about the fact that whatever may be happening in this world, at the end of the day we are all humans with a thousand different emotions and perspectives. It is not humanly possible to be good at everything, we have to encounter failures at various points in life. We need to engrave in our minds that failure is only a step to success rather than the end of the world. If we keep thinking that we are not good at things, it will eventually become a disease and rot our brains.

We need to keep ourselves our priority, this is the positive mindset that will help us survive in this cruel world!



Nayab Saqib Ghani | Senior Editor

We are living in a world where everything moves at lightning speed, and getting caught up in the endless cycle of overthinking is easy. People often find themselves trapped in a whirlwind of thoughts, feeling as though the universe revolves around their problems and the issues they face. It is a common story—one where heartbreak feels all-consuming, and every decision carries the weight of the world. The pain of a broken heart has a way of making time stand still, leaving people to wonder where things went wrong and why they were not enough. But life has its way of teaching lessons, often through pain and loss, to prepare us for something greater. In despair, there comes a moment of clarity. A realization that perhaps falling in love a little late is not a misstep but rather falling in love at the right time. It is not about the timing we imagine for ourselves, but the timing that life has set for us. Trusting that things unfold exactly when they should, even if it feels frustrating or unfair, is the key to understanding life's rhythm. Making the right decisions isn't about acting hastily. It's about knowing when to stop when to think, and when to act. It's about understanding that the right time to do something is not dictated by fear or anxiety, but by a moment when the heart and mind align, ready to take the next step. The art of decision-making lies in patience and recognizing that sometimes, the best action is to wait. Waiting for the perfect moment is not a sign of inaction but of wisdom. It's about allowing life to unfold naturally and trusting the process. And when that moment comes—when everything aligns right—that's when action is taken.

Four Guidelines for Astute Decision-Making

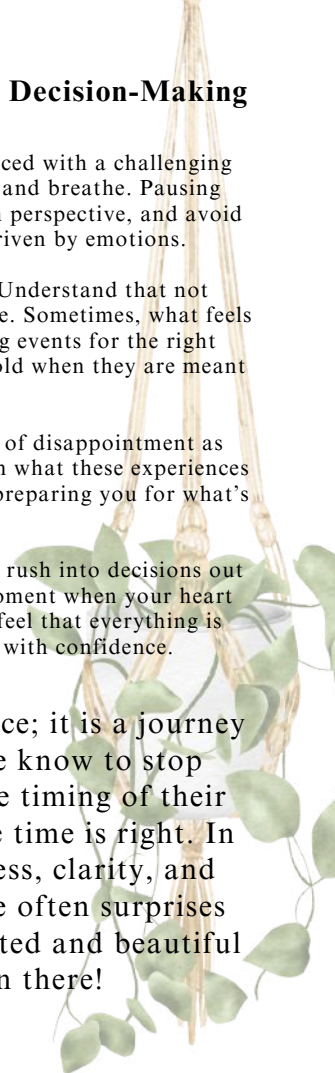
Pause Before You React - When faced with a challenging situation, take a moment to stop and breathe. Pausing allows you to clear your mind, gain perspective, and avoid making impulsive decisions driven by emotions.

Trust the Timing of Your Life - Understand that not everything happens on your schedule. Sometimes, what feels like a delay is simply life-aligning events for the right moment. Trust that things will unfold when they are meant to.

Reflect and Learn - Use moments of disappointment as opportunities for growth. Reflect on what these experiences are teaching you and how they are preparing you for what's ahead.

Act When the Time is Right - Don't rush into decisions out of fear or anxiety. Wait for the moment when your heart and mind are in sync. When you feel that everything is aligned, take decisive action with confidence.

Remember, life is not a race; it is a journey to be savored. The wise know to stop overthinking, to trust the timing of their lives, and to act when the time is right. In those moments of stillness, clarity, and action, they find that life often surprises them in the most unexpected and beautiful ways. So, hang in there!



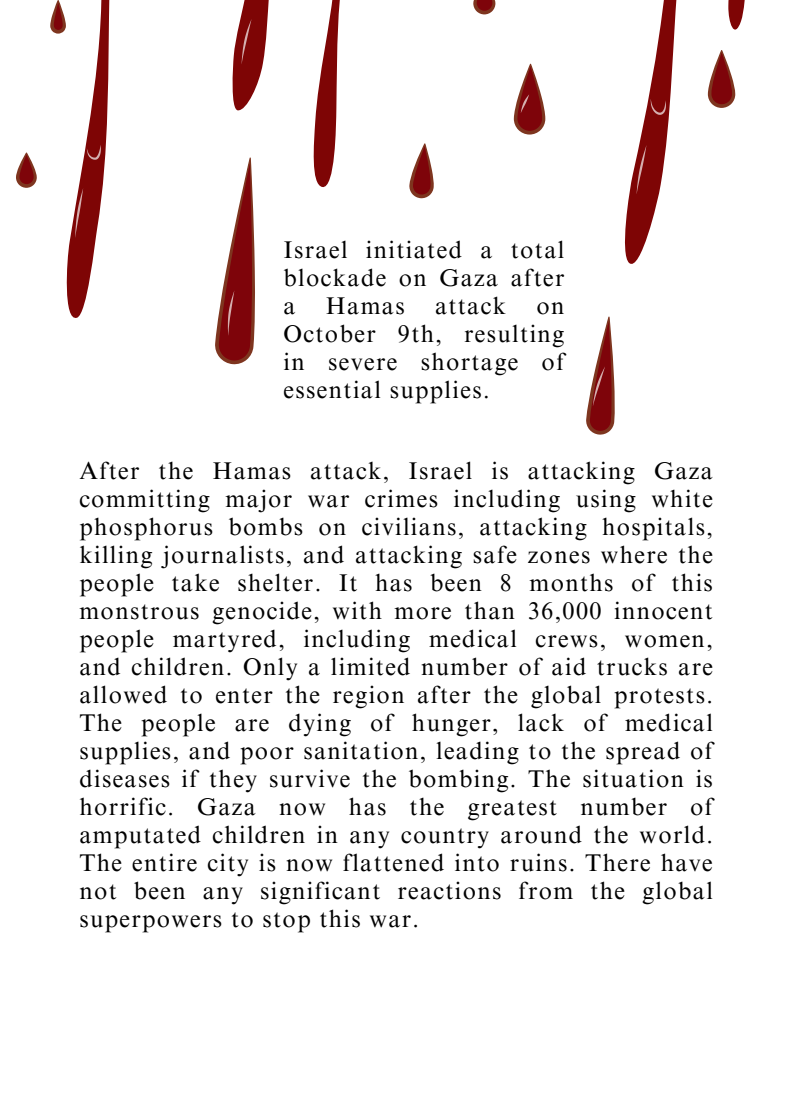
What is happening IN فلسطين



Gulrukh | Student Editor

The issue of Palestine has been a burning global concern recently, rooted in a complex history that continues to shape the conflict. The Israeli-Palestinian issue traces back nearly a century when Britain, during World War I, promised to establish a national home for the Jewish people in Palestine. This led to a significant increase in the Jewish population in the region. Between 1918 and 1947, the Jewish population in Palestine increased from 6 percent to 33 percent.

As tensions escalated, armed Zionist militias began attacking Palestinians, leading to mass exodus known as the Nakba in 1948. The conflict intensified further with the Six-day War in 1967, displacing even more Palestinians. These conflicts resulted in the deaths of thousands of people.

The background of the page is white, with numerous red blood drops of various sizes falling from the top edge. Some drops are large and elongated, while others are small and teardrop-shaped. The drops are scattered across the entire page, creating a somber and graphic atmosphere.

Israel initiated a total blockade on Gaza after a Hamas attack on October 9th, resulting in severe shortage of essential supplies.

After the Hamas attack, Israel is attacking Gaza committing major war crimes including using white phosphorus bombs on civilians, attacking hospitals, killing journalists, and attacking safe zones where the people take shelter. It has been 8 months of this monstrous genocide, with more than 36,000 innocent people martyred, including medical crews, women, and children. Only a limited number of aid trucks are allowed to enter the region after the global protests. The people are dying of hunger, lack of medical supplies, and poor sanitation, leading to the spread of diseases if they survive the bombing. The situation is horrific. Gaza now has the greatest number of amputated children in any country around the world. The entire city is now flattened into ruins. There have not been any significant reactions from the global superpowers to stop this war.

People from all around the world, from different religions and nationalities are coming together and demanding a ceasefire in Gaza. These protests have been very effective in raising awareness among the ignorant people about this issue. Social media is also playing a key role in fueling the fire of freedom. This is the only way to make a change as the Global leaders have been quiet. People need to understand the severity of the situation. This is not a War but a Mass-Murder and a Genocide of the innocent Palestinians.



‘From the river to the sea,
Palestine will be Free!’

ROOMS





THE SETTLING SELF

Memoona Muntaha | VIII Semester

My quiet lips hide the loud city inside
me.

My shining eyes hide the blue soul
inside me.

My still breath hides the anxious
waves inside me.

My gleeful face hides the rustling
thoughts inside me.

Oh, how have I failed to represent the
real me?

Oh! I just remembered, there is no real
me!



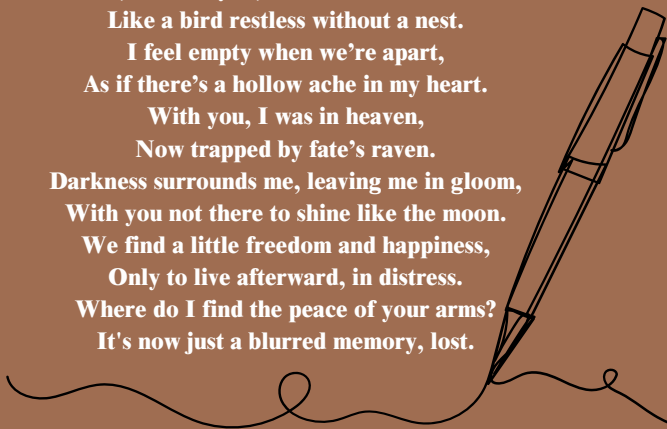
Ansharah Alam | English Department

Black as coal,
Soft as wool,
Green as grass,
Strong like brass,
Sour as lemon,
Sweet as venom,
White as crystal,
Clean as the ocean,
High as the sky,
Low as the sea,
Hard as steel,
Necessary as a meal,
Life is hard, yet it's life.

I Took My Pen To Write For You

Alishba Haq | Graduate

I took my pen to write for you,
After a long time of joy with you.
There was no time to think,
Anything but you, despite everything.
We lived together as if we were one,
Never straying for even once.
But now it's time to part ways,
Live our lives from each other away.
I'm filled with dread at losing you,
Insecure, because I love you.
Be with me always spiritually,
If we can't be together physically.
Your presence was a peaceful breeze,
I was a bird floating in the sky with ease.
Now, without you, I have nowhere to rest
Like a bird restless without a nest.
I feel empty when we're apart,
As if there's a hollow ache in my heart.
With you, I was in heaven,
Now trapped by fate's raven.
Darkness surrounds me, leaving me in gloom,
With you not there to shine like the moon.
We find a little freedom and happiness,
Only to live afterward, in distress.
Where do I find the peace of your arms?
It's now just a blurred memory, lost.



You and I

Maryam Mansoor



Amidst the lush green valleys,
Surrounded by the snow-attired mountains,
On the grass, I lie,
With an old wooden house in my sight.
In that house, I see just you and I.
Standing by the kitchen counter,
Baking and laughing both together.
You are baking chocolate cupcakes
And from your coffee mug, steam comes out.
In that very instant, a question slips out of my mouth.
I ask you, whom are you baking these cupcakes for?
A slight smirk appears on your face, and you reply,
For the one I can never leave apart,
For the one who is very close to my heart.
I ask you over and over again,
'Can you please tell me her name?'
And then you say, it's none other than you boo,
You are my life and beyond,
It's just you and only you
And I can never imagine losing you.

The Inner Voice

Hafsa Zeb | Graduate

In the field of battle, I found a soul that is you,
In diverse voices, I only heard the true voice of
you,

When I was sobbing, I felt your rainy eyes,
When I was twinkling, I witnessed your pure smile,
When I was speaking for myself, I saw everyone's
backs except yours,
That 'You' is not anyone but your soul that resides
inside you.



Until we meet again

Roshnee Khan | VIII Semester

Across the miles, my heart finds you.
In every moment, my love shines true.
Though oceans wide and time zones apart,
You remain the beat within my heart.

In dreams, I see your smiling face.
Wishing I could hold you in this place.
But distance can't diminish our flame,
Love knows no bounds, it's not tamed.

With every sunrise, I think of you,
With every starry night, my heart renews.
The world may separate us for now,
But my love for you will forever grow.

In the silence, I hear your voice,
A gentle whisper, a heartfelt choice.
To love you more with each passing day,
Until we meet again, in a brighter way.

HOP&

Roshnee Khan VIII Semester

**“When thoughts are racing like a big storm,
And your mind is confused and torn.
Just breathe, let go, and be still.
And find peace in the quiet, gentle will.**

**Your heart has been heavy, your soul tired,
From worries and fears that won't retire.
But know you can put them down.
And walk away without a sound.**

**You've felt lost, alone, and given up too.
But in the quiet, a small spark shines through.
A light that guides you, a flame that stays,
Helping you move forward through life's tough days.**

**Take a step back and let the world go by.
While you find your balance and reach for the sky.
Remember, you are strong, you are free,
Your heart can heal and be happy again; you'll see.”**

THE NIGHTINGALE'S SONG



Aleena Saeed | VIII Semester

While I worriedly sat leaning against an oriental tree,
A nightingale sat on my shoulder and started singing
a song in my ear.

Saying, while you are engaged in worldly problems,
Your soul whispers for freedom.

Free your soul and contemplate why we are born.
For if we die, will we be able to think?

Think how clouds dance and the sky changes its
pretty colors.

And what is deep under the ground?
And whether blue is God's favourite color?

Think all of it and answer me this:
Will your heart beat for love after death?

Or is there another life after death?

While it was singing all this to me,
Golden rays of the sun started hitting my eyes.

And all of a sudden I was awake.

THE SPIRIT OF HOPE

Asma Nawaz | Graduate

The spirit of hope is blessed.
More than a little doubt,
Drives me to the way around the
mysterious vault,
More like a thrilling fantasy,
In the light, I reached there.
I opened the door of the dark vault.
Inside, I found nothing except a piece
of paper.
There written on it with enigmatic,
unheard words.
Thou show here, but the spirit lies
somewhere unknown.
Unseen spirits haunt me here.
Just to make me feel his absence here?
With the disappointment in my heart,
A glare of lamplight I saw from feet
away in the darkness of the vault,
I went after the glare of the lamp, with
no voice being heard and no vision
seeing me.



**When I reached the dark forest, I lost
the light!**

**All the darkness came around and
embraced me.**

**I yelled out loud with trepidation!
With the fear, the spirit has betrayed
me?**

**Swiftly, I start walking with heed.
To not lose the path where light
vanished.**

**I trudge upon the wild grass,
I gathered the splintered strength within.
In a trice, I saw the first ray of sunlight.
It was dawn after the heavy, dark night.**

**I shouted with rage!
Where is the Spirit Sage?**

**A breeze flowed gently.
Within a voice cosset,
It was within you, in the dark forest,
It was within you, in the dark forest.**





A WHISPER OF TRUTH

Hafsa Zeb

I saw a man with his perfect smile,
Standing far away, a million miles.

But as close as he is to the divine,
He pats me with whispering wisdom
and advice so fine.

This world, my child, is not as it seems.
Beware of false smiles and their hidden
schemes.

Monsters lurk behind every smile,
Trust in my smile; it's true and
worthwhile.

ODE TO THE MIND

Roshnee Khan | VIII Semester

The magic that the mind holds,
It is a wonder that never grows old.
Where ideas and imaginations unfold,
And creativity knows no bounds to hold.
A realm of wonder, a world to mold.
Where thoughts and dreams are made of gold.

And the impossible becomes possible to hold.
A place where innovation is born to grow.
With every thought, a new path is chosen.
And the wind's eye sees a future unspoken.

Where the possibilities are endless and unbroken,
And the boundaries of reality are spoken.
A world of wonder where dreams are awakened,
And the mind's magic is forever unspoken.

And so the mind's magic like a river flows,
Ever-changing, yet it always glows.
For in the mind's magic, we find our greatest might.
And the power to shape our lives with all its light.



A DANCE OF PARADOX

Mahnour Mohmand | VIII Semester

What do you think of me and a tree?

One soul is bound; another is wild and carefree.
One paints reality, another a shadow underneath.

What do you think of me and the water?

One is a mirror, and the other is a mere reflection.
One dwelling in esteemed thoughts, another in
mighty streams.

One soul is bound; another is chargeless and
exuberance-free.

What do you think of me and the moon?

One is opaque, and the other provides light to thee.
One seeks pleasure; the other is still in dark
ecstasy.

What do you think of me and the sun?

One shines bright, and another has just begun.
One radiates warmth; the other is still cold.
One soul is bound; another is young and bold.

What do you think of me and the wind?

One is gentle, and the other is wild and unkind.
One brings calm; the other brings strife.
One soul is bound; another is a fleeting life.

What do you think of me and a flower?
One gives fragrance, and the other keeps secrets.
One blooms with grace; the other is still asleep.
One soul is bound, and the other's heart beats.

What do you think of me and the earth?
One is grounded, and the other gives birth.
One is stable; the other is in motion.
One soul is bound; another is in devotion.

Tell me what you think of me?



tearful

BETRAYAL



Nayab Saqib Ghani | Senior Editor

We were not even arguing this time;
as soon as I turned my face to him, he
instantly held a knife against my
throat
instead of his usual arsenal of soul-
piercing words,
with a tear rolling down his face as he
struggled to speak,
revealing he was not in control—
someone else was forcing him into this
action.



BOOK REVIEWS

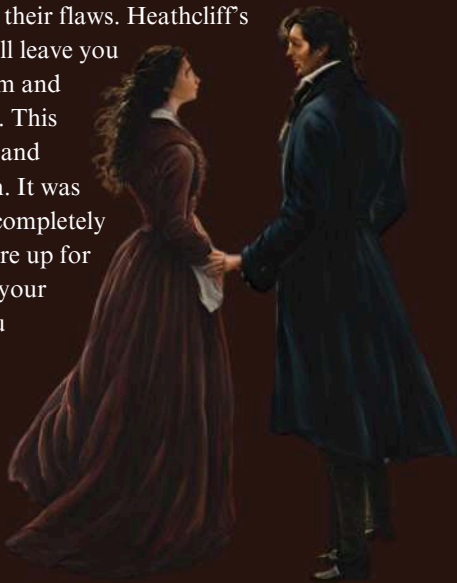
7 DAYS ONLY IF YOU

Wuthering Heights

By Emily Brontë

Laiba Arif | VIII Semester

Wuthering Heights is a wild, emotional rollercoaster that pulls you into the intense love story of Catherine and Heathcliff. Through Mrs. Dean's storytelling, we experience their turbulent lives, from their chaotic childhoods to their heartbreaking choices. The characters Catherine, Heathcliff, Hareton, Little Cathy, and Linton—are so vivid, you'll feel everything they feel: love, rage, and even sympathy for their flaws. Heathcliff's passion and revenge will leave you torn between hating him and understanding his pain. This book is raw, powerful, and impossible to put down. It was my first classic, and it completely swept me away. If you're up for a story that will wreck your heart and stay with you forever, give it a read!



A Thousand Splendid Suns

Khaled Hosseini

Syeda Masooma

A splendid read indeed! This book, among Hosseini's works, is my absolute favorite. It is filled with intense emotions and heart-wrenching moments.

The book beautifully portrays the lives of two women fighting against all odds and situations in war and its effects on their life. It also highlights the issue within families regarding the birth of a girl child.

Through this masterpiece, the author reminds the world of what Afghanistan has gone through, and how you would not find a single person alive who has not lost something or everything. Without a doubt, this book holds a special place in my heart.

Rating: 5/5

The Silent Patient



Maryam Mansoor | VIII Semester

The Silent Patient is a gripping psychological thriller that masterfully unravels the complexities of the human mind. Alex Michaelides crafts a suspenseful narrative centered on Alicia, a woman who shoots her husband five times and then falls into complete silence. The real intrigue lies not in the crime itself but in the reason behind it, which is skillfully revealed at the novel's shocking conclusion.

Dr. Theo, Alicia's therapist, is a key figure in untangling her silence—yet, he is far more entangled in her story than he first appears. Michaelides' writing is immersive, weaving themes of betrayal, hypocrisy, and suppressed rage into a chilling tale of psychological manipulation.

What makes this novel unforgettable is its unpredictability. Just when you think you've figured it out, the story takes a turn that leaves you speechless. If you love psychological thrillers that challenge your perceptions, *The Silent Patient* is a must-read.



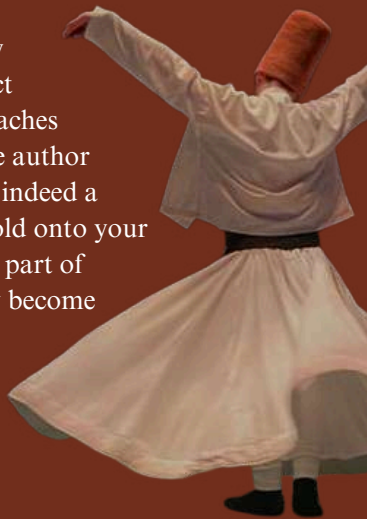
The Forty Rules Of Love

Elif Shafak

Syeda Masooma

This book embodies the essence of love and passion, reminding us how much we lack in our lives. It is a spiritual guide that leads one toward forgiveness, compassion, pity, love, and friendship. Shams Tabriz, the main character, teaches the audience how to live life by sharing forty rules. It is only a matter of choice of how we want to treat others or react to situations, and this book teaches both. I am truly grateful to the author for this amazing tale, which is indeed a masterpiece. This book will hold onto your heart, and if not completely, a part of your heart and soul will surely become more polite and soft towards others and, above all, towards yourself.

Rating: 5/5



SLAUGHTERHOUSE-



FIVE A NOVEL

KURT

VONNEGUT

Nimra Javid | VIII Semester

Slaughterhouse-Five is a fictional book written by Kurt Vonnegut. It is full of dark humor, mocking how people were killing each other over small mistakes while a world war was already ongoing, causing thousands of deaths. In this book, Billy Pilgrim, the protagonist, travels back and forth in time, visiting different periods of his life, such as his childhood, adulthood, and his time in Dresden during the war. He also sees himself in the future.

This book is rich in history, detailing World War II. It also contains religious content, discussing Jesus Christ and whether he truly died. It is rich in literature, with various references to books by different writers. Billy is heavily influenced by Kilgore Trout, a science fiction writer. The phrase "So it goes" is repeated throughout the book whenever the death of any human or animal is mentioned. This book made me so curious about the events of World War II that I researched and read more about it. It was an adventurous book for me, and I would give it 8 out of 10.



THE MAIDENS

ALEX
MICHAELIDES

Syeda Masooma

This book is mind-blowing with unbelievable twists.

It is a story that revolves around Mariana, a wealthy woman from Athens, Greece. Her husband dies, and later, she discovers a murder that takes place in Cambridge, where her niece, Zoe, studies. Mariana, who has not properly mourned her dead husband, faces many things (THE TWISTS).

She accuses Edward Fosca, a professor at Cambridge, of the murders or, rather, sacrifices. But then...THE TWISTS will have you unhinged!

If you loved "The Silent Patient" by Alex Michaelides, then I think you will love this one even more! It's unbelievable and mind-blowing!!!

Rating: 5/5, but this one deserves more.



JANNAT KE PATTAY

By Nemra Ahmed

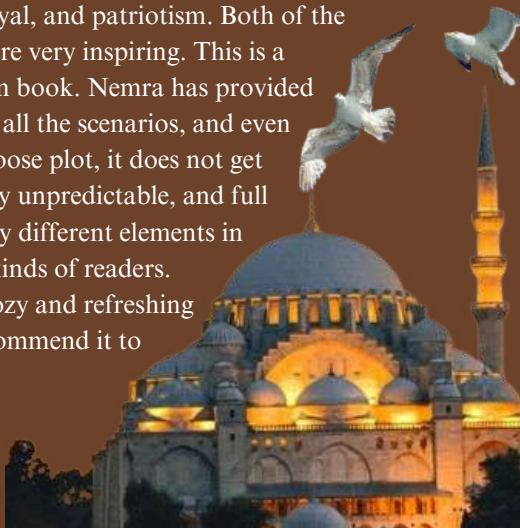
Gulrukh Shah | VIII Semester

Jannat Ke Patay is a very popular Urdu novel written by Nemra Ahmed. It tells the story of how a young girl, Haya Suleiman, embarks on a spiritual journey towards God.

Her husband, Jihan Sikander, also plays a significant role in her journey. The story is mostly set in Turkey, where Haya goes to pursue her education. She finds her way towards God by combatting many hardships along the way.

This book has elements of suspense, love, mystery, spirituality, betrayal, and patriotism. Both of the main characters are very inspiring. This is a beautifully written book. Nemra has provided fine details about all the scenarios, and even though it has a loose plot, it does not get boring and is very unpredictable, and full of surprises. Many different elements in it will satisfy all kinds of readers.

It is also a very cozy and refreshing read. I highly recommend it to everyone.





The Kite Runner

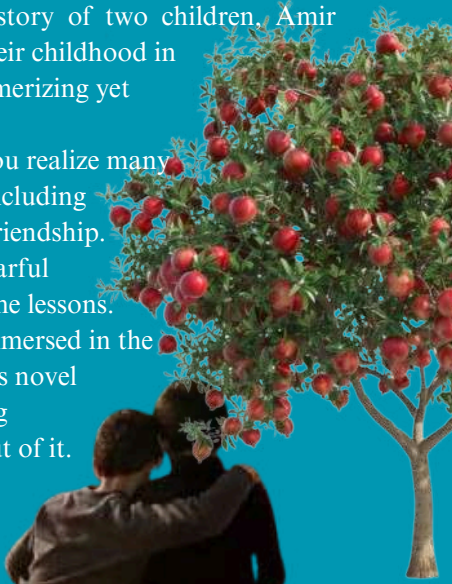
Khaled Hosseini

Syeda Masooma

This book is indeed a masterpiece created by Hosseini. It is emotionally charged, powerful, and heartbreaking. The way the author shares and describes the story of two children, Amir and Hassan, and their childhood in Afghanistan is mesmerizing yet heart-wrenching.

This book makes you realize many things about life, including the importance of friendship. It contains many tearful moments and lifetime lessons.

I was completely immersed in the the excellence of this novel and remember being unable to pull me out of it.



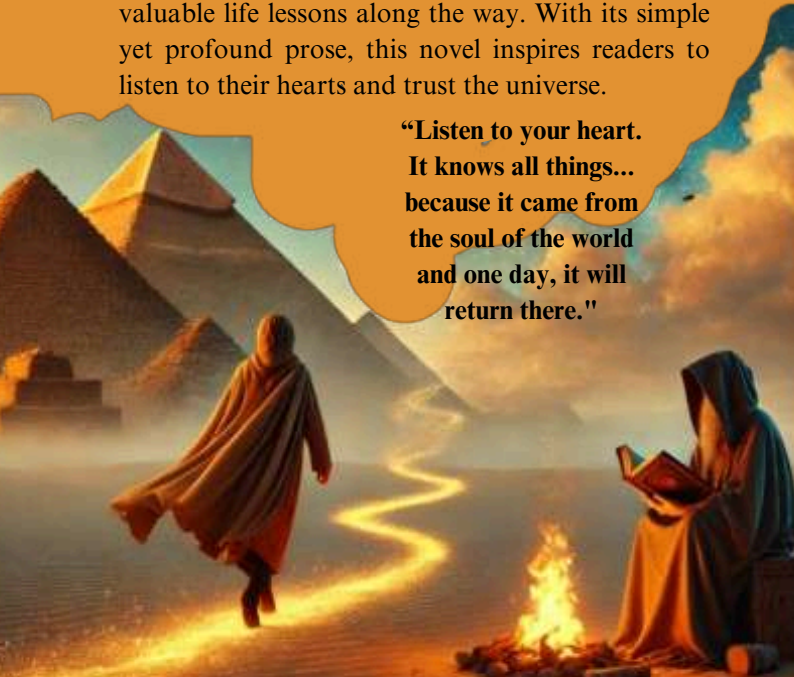
The ALCHEMIST

Paulo Coelho

Roshnee Khan | VIII Semester

The Alchemist is a timeless tale of spiritual journey, self-discovery, and the power of dreams. A young shepherd named Santiago embarks on a quest to fulfill his legend, facing challenges and learning valuable life lessons along the way. With its simple yet profound prose, this novel inspires readers to listen to their hearts and trust the universe.

**“Listen to your heart.
It knows all things...
because it came from
the soul of the world
and one day, it will
return there.”**



Friends, Lovers, and the Big Terrible Thing

MATTHEW PERRY

Nayab Saqib Ghani | Senior Editor

"Friends, Lovers, and the Big Terrible Thing" by Matthew Perry is a raw, heartfelt memoir that takes readers on an emotional journey through the highs and lows of his life. With his signature wit and honesty, Perry opens up about his struggles with addiction, his career, and the relationships that



shaped him. While the book dives into the darker moments of his life, it's ultimately a story of resilience, hope, and redemption. Fans of "Friends" will appreciate the behind-the-scenes glimpses, but it's Perry's vulnerability and courage that make this memoir truly unforgettable. A touching and inspiring read that reminds us of the power of perseverance and the importance of human connection.

Rating: 4/5 (miss you Matty)



Alumni INTERVIEWS

TANZEELA HAQ

Q: How would you describe your experience with Lumiere in a word or a phrase?

A: Lumiere gave me a new lens, a new perspective to look at things and people.

Q: How has being an alumni impacted you professionally?

A: My time as a student editor opened up many opportunities for me. It enhanced my skills in writing and creating content. Currently, I am working as a professional writer in the UAE, and my experience with Lumiere boosted my chances of getting this position.

Q: What was your favorite thing about working as a student editor?

A: I have always loved working as a student editor, but the bonding with my teachers and fellow editors will always be one of my best core memories. I am someone who remains reserved but Lumiere gave me my best friend, Nayab.

Q: What was your favorite thing about working as a student editor?

Q: What inspired you to join Lumiere and what kept you motivated to continue contributing to it?

A: Well, it is a funny story. I never applied for Lumiere. One day, one of our teachers called me and just kind of informed me that tomorrow, I had an interview scheduled and that I had to submit an article by evening. At first, I was caught by surprise but when I went for the interview, they liked my work and hired me. As it turned out, one of our instructors had recommended me, which was something very huge for me. From there onwards, my passion for writing and publishing kept me going.

Q: What challenges did you face while working for the magazine, and how did you overcome them?

A: At the start, I had problems communicating and had severe stress about doing everything right but luckily, I had a very supportive team. My senior, Anila helped me a lot and guided me through all the steps. I learned the hard way that you cannot master something overnight; you have to go through trial and error but you have to keep trying because we grow a little every day.

Q: How did you balance your editorial responsibilities with your studies and personal life?

A: When it came to studies vs editorial responsibilities or anything else, our teachers always made it easier for us to prioritize our studies. They had always been very supportive and understood that studies came before anything else. That's why Lumiere never encourages any of its members to miss out on their classes or overwork them during exams.

Q: Do you have any tips or advice for the current team members of Lumiere?

A: Well, as a tip, I would suggest you get out of your comfort zone and try new things and learn how to adapt. Sometimes you will be asked to write something very formal, but the next day you will have to make something more trendy, so learn to adapt accordingly. Plus read! Read, read, and read! Reading will help you in very surprising ways.





SHATTER
STORIES



Golden Hues & Literary Muse

Immersed in the world of Peer-e-Kamil and It Ends With Us, some of the most captivating stories captured in stunning images. These beautiful photos, taken by Aleena Saeed from the English Department, perfectly capture the essence of the books. The warm, golden light creates a captivating atmosphere, highlighting the intricate details of the objects and adding a touch of warmth and luxury. Surrounded by vibrant flowers and elegant accessories, she immerses herself in stories that resonate deeply, capturing a glimpse of life's complexities.



A Moment of Campus Serenity



My university's serene beauty captured in a single frame. I feel lucky to call this place home. Alishba captured the perfect moment on campus: a day filled with sunshine and fresh air. The lush greenery, clear blue sky, and fluffy clouds create a captivating and inviting atmosphere.

Bookish Beauty



The love and passion for reading can transport you to new dimensions of life. These photos, captured by Syeda Masooma Hashmi from the English Department at NUML, project her passion for reading. Masooma's love for books shines through her carefully curated collection, which features gripping titles like 'A Thousand Splendid Suns' and the heart-warming 'The Kite Runner' by Khaled Hosseini. Each story invites her into new worlds, reflecting her passion for reading and the adventures that await within the pages.



Syeda Masooma Hashmi

Spring Vibes!



Spring vibes are in full bloom!
A symphony of color and life.
The vibrant reds, yellows, and
magentas, along with the
intricate details, never cease to
amaze. These beautiful photos,
taken by Alishba Razaq from
the Law Department, perfectly
capture the vibrant energy of
our campus.

It is a moment of pure joy, a
reminder that beauty can be
found in the simplest of things.
A vibrant butterfly gracefully
rests on a marigold, and
crimson blooms showcase
nature's beauty. Alishba
captured the flowers in a
moment of stillness,
highlighting her love for floral
intricacies and the delicate
connection between pollinators
and blooming flowers in a lush
garden.



A Daisy's Calm

In a world often filled with chaos and uncertainty, this solitary daisy brings a sense of tranquility. This mesmerizing photo, taken by Aqsa Mehmood from the Department of Microbiology, captures the daisy's vibrant yellow center and soft white petals, creating a harmonious contrast against the backdrop of a clear blue sky. A moment of pure bliss, captured in a single frame.



SHORT STORIES

April 21

Dear Mr. [unclear]

I was taken so long to respond to your letter, I certainly was pleased to get it and to hear that you enjoyed the book sent. I hope there wasn't too much trouble before your letter discovered where it came from. I found that the confusion is understandable.

I noticed what you had written you have when I was in elementary school the news were very strict about our handwriting. My writing used to be pretty nice, but when the girls started getting a little slappy, I don't write so often as I used to and so on out of practice. I've always thought that it was important to be able to write clearly and neatly. I'm a good typewriter, that's what I do for a living, but I need to concentrate just a little more. I don't want to let anyone keep my handwriting from getting better with you and I hope you'll be so good as to play around with me. I think that would be a great idea. I'm glad to hear you're enjoying the book and to

THE OLIVE TREES IN THE RUBBLE

Nayab Saqib Ghani | Senior Editor

In Gaza, where the air often carried the weight of loss, there was a neighborhood reduced to rubble. Amid the broken concrete and shattered lives stood an old olive tree. Its trunk was gnarled, its branches twisted, but it held firm, as if refusing to let go of the earth that had nurtured it for generations. To

the people who lived

there, the tree

was more

than just a

tree—it was a

symbol of

their resilience,

their history, their hope.

Yasmin, a girl of

twelve with wide,

curious eyes,

often sat beneath

the tree.

She'd run her

fingers over its

rough bark,

remembering

her father's

voice.



He used to tell her stories about their ancestors who had planted the tree long ago. “This tree,” he’d say, “has seen wars, droughts, and storms. But it’s still here. Just like us.”

But her father was gone now, taken by the same violence that had turned their neighborhood to dust. Yasmin’s heart ached with a heaviness she couldn’t put into words. She looked around at the ruins, at the faces of her neighbors—thin, tired, and worn—and wondered how anyone could still believe in hope. It felt like the world had forgotten them.

One evening, as the sky turned shades of orange and pink, Yasmin’s grandmother, Umm Karim, shuffled over to the tree. Her hands, wrinkled and calloused, carried a small clay pot filled with soil. She sat beside Yasmin and held out the pot. “Help me with this,” she said, her voice soft but steady.

Yasmin frowned. “What’s the point? Nothing grows here anymore. Everything’s gone.”

Yasmin hesitated but took the seed. Together, they planted it in the pot, patting the soil gently around it. Umm Karim poured a little water over it, careful not to waste a drop. As Yasmin watched, she felt something shift inside her—a tiny spark she hadn't felt in a long time. It wasn't much, but it was there. Hope.

Days passed, and Yasmin checked the pot every morning. One day, she saw it—a tiny green shoot breaking through the soil. She called her grandmother, who smiled and placed a hand on Yasmin's shoulder. "See?" she said. "I told you."

Word spread quickly. Neighbors began to gather, bringing whatever seeds they could find—olives, herbs, even flowers. They scavenged for pots, buckets, anything that could hold soil. Slowly, the rubble around the olive tree began to transform. Green shoots sprouted everywhere, defiant and alive. Children laughed as they helped water the plants, and elders sat in the shade, sharing stories of the land they loved.

The old olive tree still stood, its branches now sheltering not just Yasmin and her grandmother, but an entire community. It was a reminder that even in the face of loss, even when the world felt broken, they were still here. Still standing. Still fighting.

Yasmin looked at the garden growing around her and realized something. Hope wasn't something you lost—it was something you carried, even when it felt heavy. It was in the soil, in the seeds, in the hands that planted them, and in the hearts of those who refused to give up.

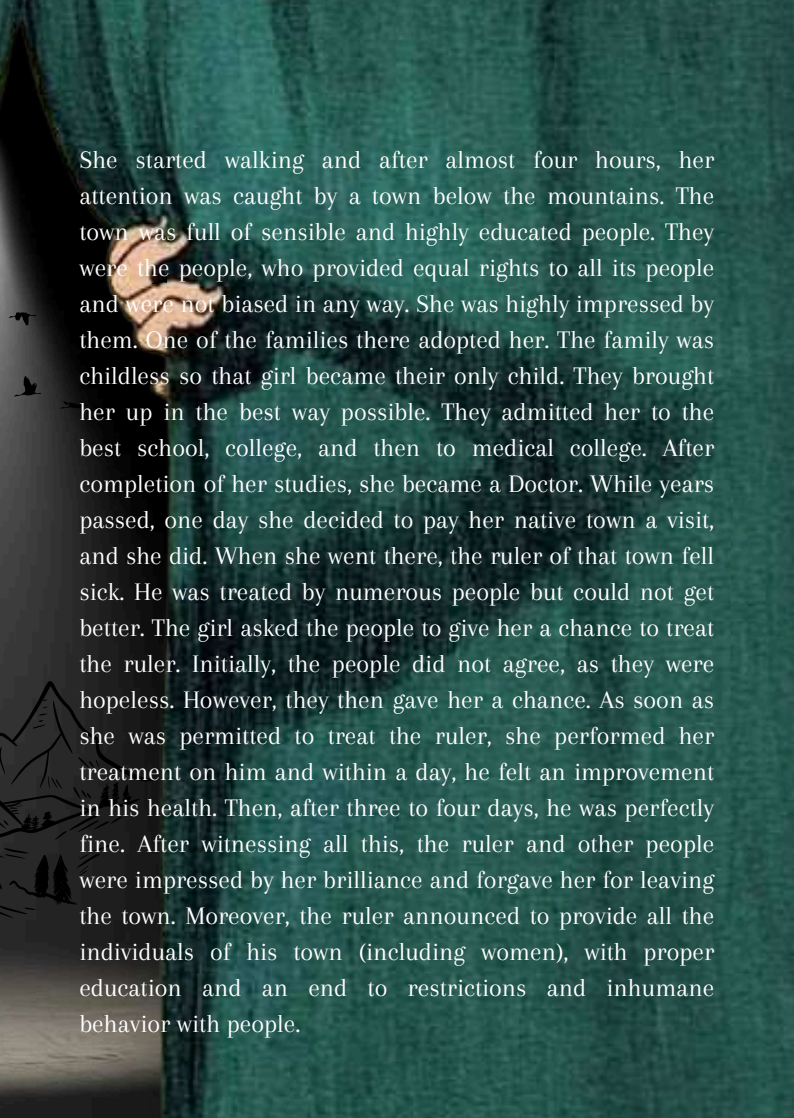
The storm hadn't won. The tree still stood. And so did they.



A World Apart

Aleena | VIII Semester

Living is more important than just understanding life. Mountains had been their home for as long as anyone could remember. The ruling system there was very different. Women were not given enough opportunities as compared to men. There was only one big institution where only men were allowed to get an education and that too of specific books. Although women worked all day, they were still not allowed to get an education and were deprived of many other opportunities. The lifestyle and mindset of the people there was very conservative. They had no knowledge of this universe, and the ones who among them were individual thinkers and would go against the rules of the place, were hanged upside down for seven days and were killed terribly afterward. Among those people, there was a girl. A girl, entirely different from the rest of the natives. She wanted to explore the world and was curious to know what existed beyond their town. She was fed up with the ruling system of her town and wanted to bring a change there, which was only possible if she could escape that place to have her grip on different opportunities. So, she escaped. She did not know where she was going but she had a mindset that she would surely bring a change in her town and for that, leaving her town was mandatory.

The background is a solid green color. On the left side, there is a vertical illustration of a hand holding a scroll. The hand is rendered in a light brown or tan color, with fingers wrapped around a white scroll. Below the hand, there is a simple line drawing of a mountain range with a few trees and a small building. The text is centered on the page and is written in a white, serif font. It tells a story of a girl who becomes a doctor and returns to her hometown to cure a ruler, leading to social reforms.

She started walking and after almost four hours, her attention was caught by a town below the mountains. The town was full of sensible and highly educated people. They were the people, who provided equal rights to all its people and were not biased in any way. She was highly impressed by them. One of the families there adopted her. The family was childless so that girl became their only child. They brought her up in the best way possible. They admitted her to the best school, college, and then to medical college. After completion of her studies, she became a Doctor. While years passed, one day she decided to pay her native town a visit, and she did. When she went there, the ruler of that town fell sick. He was treated by numerous people but could not get better. The girl asked the people to give her a chance to treat the ruler. Initially, the people did not agree, as they were hopeless. However, they then gave her a chance. As soon as she was permitted to treat the ruler, she performed her treatment on him and within a day, he felt an improvement in his health. Then, after three to four days, he was perfectly fine. After witnessing all this, the ruler and other people were impressed by her brilliance and forgave her for leaving the town. Moreover, the ruler announced to provide all the individuals of his town (including women), with proper education and an end to restrictions and inhumane behavior with people.

NEW *CONSTRUCTIONS*

NEW Achievements



MAIN ENTRY



RESEARCH CENTRE -ACADEMIC BLOCK 5



NURSURY - BEHIND DVC HALL



VC OFFICE



HOSTEL





WOMEN DEVELOPMENTAL CENTRE



GYM



SALON



WOMEN LOUNGE



LAB



Shaheed Benazir Bhutto Women University Peshawar



Email: submissions.lumiere2022@gmail.com

Website: <http://sbbwu.edu.pk/sbbwu/>