

THE LARGEST SELLING ENGLISH MONTHLY MAGAZINE

www.shemagazinepk.com

SHE

MARCH 2019

SMART.
HOT.
FASHION!

12
SPRING
NAIL ART
INSPOS

■ PARIS
FASHION WEEK '19
TAKEOVER BY

SYEDA AMERA

KETO
DIET
101



HEALTHY
RECIPES

KEEP YOUR
ENERGY
UP
WITHOUT CAFFEINE,
ALL DAY

SHE

since 1963

THE LARGEST SELLING ENGLISH MONTHLY MAGAZINE

shemagazinepk.com

EDITOR

ZUHRA KARIM

MANAGING EDITOR

MASOOD SHEIK

SENIOR EDITOR

WAJHA SHAHID

ASSISTANT EDITOR

SAIRA AZIZ

SENIOR ART DESIGNER & MARKETING EXECUTIVE

ZIA ZUBERI

ASSISTANT ART DESIGNER

MOHAMMAD YOUSUF

ADVERTISING MANAGER

SH. MOHAMMAD NADEEM

**LAHORE OFFICE
ADVERTISING REPRESENTATIVE**

SYED AFRAZ ALI NAZISH

LIKE US AT:

facebook.com/SHE-Magazine-Official
twitter.com/shemagazine63
instagram.com/shemagazineofficial

Karachi Office

20-F, Third Floor, 24th Commercial Street,
DHA Phase 2 Extension, Karachi.
Tel.: [021] 35885688, 35885689
shezed@cyber.net.pk
magazineshe@gmail.com

Lahore Office

180 G, Model Town,
Lahore.
Tel: 042-35917388
Mbl: 0300-4214400

SHE REGD: SS-30

Published each month by Zuhra Karim, 10/A West
Street, Defence Housing Authority, Karachi.
Printed by Noorani Printing & Packaging Industry,
Plot # E-41, Korangi Ind. Area (P&T Society),
Postal Code 74900 Karachi Pakistan
Ph: 35053025, 35053026, 35053027
The contents of this magazine may not be reprinted
without permission.

MAKE **PEACE,** NOT **WAR**

The past couple of weeks have been extremely tense and critical as we witnessed a conflict beginning to build up between India and Pakistan. It all started with India blaming Pakistan for a suicide bombing attack on its soldiers in Kashmir.

Despite Pakistan's denial of any involvement in the incident and their offer to help India find the real culprits, India continued to remain hostile and eventually ended up violating Pakistan's airspace by crossing over the Line of Control at the pretext of attacking JEM facility. While this was hailed as a victory by India, Pakistan followed this up by shooting down Indian planes who had crossed into the territory again and capturing an Indian pilot.

While all this drama was unfolding, there was a hue and cry on both sides of the border and we witnessed a large majority of media, influencers and even general public just rooting for war. It is imperative to understand that the repercussions of war for both countries will be catastrophic.

Both India and Pakistan are struggling with basic issues like health, poverty, education and access to clean water. A war at this stage would not only halt the progress but would in-fact put both countries backwards by decades. The matter is further exacerbated by the fact that both countries are nuclear powers – which essentially means that if a war was to break out between the two nations, there would not be much left to fight for on either side.

Fortunately, Pakistan government under the leadership of Prime Minister Imran Khan has been able to handle this situation in an extremely mature and sensible manner. Imran Khan's narrative from the very beginning was about promoting peace and resolving the situation through collective dialogue as opposed to war. The same message was re-iterated internally on forums like senate and Parliament and also across the international media. More importantly, the prime minister backed his words with actions by releasing and ensuring the safe return of Indian pilot, Abhinandan back to his country.

With his mature handling of the situation, Imran Khan has proven himself to be a world class leader and statesman and is being lauded by both critics and supporters alike, even from across the border.

In these uncertain times, it is re-assuring to see that our government under the PM's leadership is ready to take on the toughest of challenges and has the capability to manage them in the best possible way. Here is hoping that peace prevails in the region and we continue to grow together.



FISHERWOMAN OF MY MOHENJO-DARO

THE WORK OF JAMIL NAQSH
at the JAMIL NAQSH MUSEUM

MARJORIE HUSAIN

Now a part of the permanent collection of the Jamil Naqsh Museum, a collection of work titled: *Fisherwoman of My Mohenjodaro*, Karachi is a body of work that must be seen. The museum built by the artist's architect son, Cezanne, is full of the artist's work. The latest artworks of the artist is unlike the former collections. Yet looking closely at the paintings, one discovers coloration as found in the artist's abstract work. Closely examining a semi-abstract figurative piece, one discovered among the abstraction, a perfect, detailed foot, one that could belong to the artist's miniature series.

Jamil Naqsh has traveled far from his youth in Kairana, Uttar Pradesh. It was there he began his connection with the pigeons he loves. As a small boy in Lahore, he was upset to find the tomb of the Empress Nur Jehan a broken construction until he saw the birds nesting among the broken bricks, seemingly the company of the Empress.

Jamil Naqsh left the Lahore College of Arts, after two years of study in order to spend all his time working on miniature paintings with the Ustad Mohammad Sharif. One has admired the artist's work since the sixties. He is an artist who has been appreciated worldwide, but his thoughts and feelings have always been entirely his own. One remembers the early days of the sixties, when an American company had visited Karachi and was keen to show Naqsh's work in the USA. The artist refused to meet them or to discuss the idea, when questioned he replied: "An artist

must be known in his own country before showing his work abroad." One always enjoyed a conversation with Jamil Naqsh, when his thoughtful comments made utter sense. Now residing in London where his work is shown at the Pontone Gallery, the artist continues to devote his time to his work, seldom meeting visitors.

Available at the museum is a beautiful book about the latest collection written by Qudus Mirza. As a foreword, Sobia Naqsh, Director of the Karachi Museum, described how the exhibition was given the title: "*Fisherwoman of My Mohenjo-Daro*."

It happened during the sixties, when Sir Mortimer Wheeler was visiting the Karachi Press Club. Jamil asked him why the bronze antique figurine found at Mohenjo-Daro was called the "Dancing Girl of Mohenjo-Daro."

Sir Mortimer answered: "It is your Mohenjo-Daro, so call her what you want to call her." Jamil Naqsh remained silent on this subject for years until he decided that the exquisite ancient figure was a fisherwoman. So as Sobia Naqsh related: "Naqsh has responded half a century later. 'She is indeed a Fisher Woman of his Mohenjo-Daro'."

One hopes that art schools in Karachi as well as further afield will visit the Jamil Naqsh Museum. Here one discovers the various years of the artists' work. The figures, the colorful abstractions and his latest, fascinating work, all shown in a beautiful setting; creating timeless peace. It is a place where one is, for a time, in another, more peaceful world.





24X42 MIRAGE OVER THE RIVER



16X20 HORSE IN ARMOR

A.Q ARIF'S PANORAMA OF HERITAGE AT ARTCITI GALLERY

MARJORIE HUSAIN

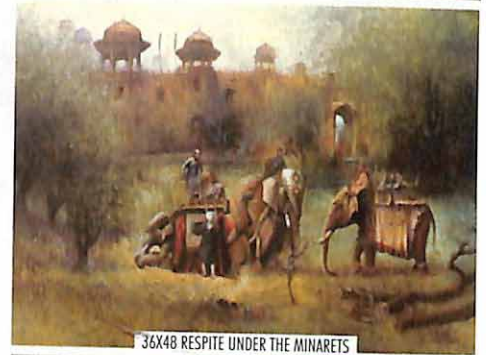
"To an observer, the ancient structure floating in diaphanous mist, appear to emerge majestically incorporeal depths of dreamy objects. Casting an inescapable magnetic spell, these are the artworks of A.C Arif who paints with a maven's insight and proficiency of a pundit. As much as a brief glance of these canvasses instantly reveals the artist's identity owing to the deep-rooted signature style that the artist honed over decades of ceaseless application." (M.Saeed Kureshi)

One of Pakistan's most distinguished artists, since his graduation from the Karachi School of Art in 1996, A.Q.Arif has held numerous exhibitions of his work, throughout Pakistan and in countries abroad. The architectural elements of his work, often surrounded by beautiful landscapes began when as a young artist, he showed his work in Lahore, and was fascinated by the beauty of the rural areas. The impression of the historic buildings and lush countryside inspired Arif to increase the scale of his work, and with a mixed media technique, the artist began introducing historic elements with nature. Freely using a mixed media technique, Arif created paintings that earned him international acclaim. The show that continued till February 2019, offered art students an opportunity of viewing the artist's historically magical work. Unfortunately, it appears that art students of present times in Karachi are seldom seen visiting art galleries, places where they could learn of the past growth of art in the city, and the importance of history to landscapes. In Arif's paintings one discovers ancient palaces, with jharoka's, colourful rivers, royal livestock and fighting el-

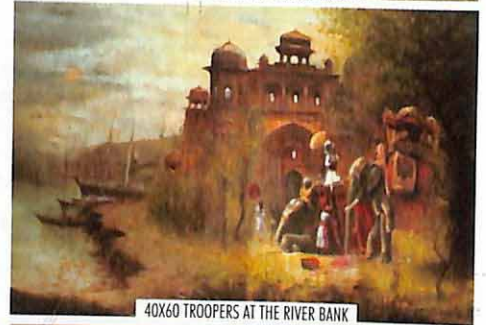
ephants. Arif is the master of the mirage and the sunset, there is magic in his landscapes as one gazes upon blue skies of dawn, and reminds us of the river merchants of Bhamore. The artist's work has been shown in numerous parts of the world, and highly appreciated by artists as well as art enthusiasts. He has shown in India, Jeddah, Italy, Singapore, USA, Dubai and in London. Arif's ability to create each magical scenario, with vibrant colouration is the outcome of the time the artist spends at his work, creating landscapes embellished by the artist's imagination. Arif explained that his choice of structure is usually limited to the famous buildings of the Mughal time period.

"I choose to use earth tones and the shades of night sky because to me they depict our soil. So whether it is my stretch from the fort in Agra, to the glorious landscape in Jhelum to the very heart of our Mughul Empire in Shahi Qila, Lahore, there are no boundaries" (A.Q.Arif)

The exhibition by A.Q.Arif held at Artciti Gallery was a beautiful adventure, One may also view the virtual exhibition at www.artciti.com



36X48 RESPITE UNDER THE MINARETS



40X60 TROOPERS AT THE RIVER BANK



30X36 THE ROYAL LIVESTOCK



24X60 DAWN IN BLUE

THE LARGEST SELLING ENTERTAINMENT MONTHLY MAGAZINE

www.shemagazinepk.com

SHE

MARCH 2019

THE COOLEST
SPRING
TRENDS

Chokers/Collar
Style Neck
Jewellery &
Hairpins,
Barrettes,
Clips

**ZEN
TO
DONE**

10 habits to
help you
organize
your life like
a pro!

THE
**IMAN
ALI**
YOU DIDN'T
KNOW

SPRING
COOL

ADORABLE LOOKS
by ROSE BEAUTY PARLOUR