

## Pakistan Navy Operationalizes Naval Air Station at Turbat

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## PNS MUJAHID (164)

PNS MUJAHID (164); an "ERIDAN CLASS" Mine hunter and last ship of its class inducted in PN, was indigenously built in PN Dockyard Karachi, with assistance of DCN Lorient and commissioned on 09 July 1998. Commander Zafar Mahmood Abbasi PN (presently Vice Admiral/COS) was the first Commanding Officer of the ship.

PNS MUJAHID was fitted with state of the art mine hunting system. With her highly accurate detection and intervention system, ship can detect and neutralize all types of mines. To keep the magnetic signature low, Glass Reinforced Plastic and Corrosion

Resisting Light Alloys have been used in the construction of ship's hull and superstructure.

The ship proceeded on cruise to Gulf countries in February 1998 and April 2006. The ship also participated in International Mine Counter Measure Exercise-2014 (MCMEX-14) at Bahrain for the first time in October 2014. Moreover, the ship underwent first ever Magnetic Ranging at Jubail (Saudi Arabia) in November 2014.

The Ship won the efficiency of MCMV category in 2005, 2006 and 2014, respectively.



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# NAVY NEWS

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# Message of Chief of the Naval Staff on the occasion of World Oceans Day

Admiral Muhammad Zakaullah



World Oceans Day is celebrated globally to highlight the significance of oceans and to promote awareness for sustainable use of oceans and marine resources. The theme selected this year to promote the spirit of the day is "Our Oceans, Our Future".

Life on earth is dependent on oceans and healthy oceans are crucial for marine life and billions of people living on this planet. Oceans are immense resource of minerals and food which offer unlimited benefits for living beings. Today these oceans are under great pressure due to human activities. World Oceans Day reminds us to pledge for the protection of oceans from various perils as our future is

strongly tied to the oceans.

Pakistan Navy also observes this day regularly with an aim to promote importance of oceans in Pakistan. Pakistan is blessed with over 1000 KM coastline and a large Exclusive Economic Zone and Continental Shelf with abundance of living and non-living resources. However, our living resources are endangered due to over exploitation and illicit practices. Pollution in coastal waters is another peril that needs to be addressed collectively by people and the concerned authorities.

Pakistan Navy has remained cognizant of the need for sustainable usage of oceans so that our future generations

can also benefit from this treasure trove. A number of events and activities have been arranged by PN to highlight the significance of the Day and to raise awareness about oceans and marine resources. An active and forthcoming participation by all under Command will help promote the essence of the day.

On this day, let us re-affirm our commitment for the sustainable use of oceans while endeavoring to protect its precious resources for our future generations. PN will continue to play an important role in the global and national efforts to protect and preserve the oceans. ☒☒

# Operationalization of Naval Air Station Turbat...

*Another Milestone in PN Chronicles*



Operationalization Ceremony of Naval Air Station Turbat was held at PNS SIDDIQ, Turbat Baluchistan. Mr Khawaja Muhammad Asif, Minister for Defence was Chief Guest on the occasion. Chief of the Naval Staff, Admiral Muhammad Zakauallah was also present in the ceremony .

Mr Khawaja Muhammad Asif, Minister for Defence, during his address highlighted that this major Naval facility will boost Pakistan Navy's capability for the defence of motherland, enhancing the Naval power over the Arabian Sea and especially its strategic reach

Westwards. He said that the dual utilization of Naval Air Station Turbat will accrue dividends both for the maritime defence and in the economic sector by yielding best value for money.

Minister for Defence further added that the development of Naval Air Station Turbat would definitely provide a vital link for air transportation and as a Base for Naval Operations besides providing required support to CPEC project. With the realization of intra-regional connectivity, Baluchistan will act as a gateway to Pakistan. The Chief Guest also lauded

strenuous efforts of Pakistan Navy for operational pursuits and for contribution towards socio-economic uplift of the area by providing quality education, healthcare facilities and employment opportunities for the local populace. He also assured all out support of Govt of Pakistan to strengthen Pakistan Navy – "the Guardian of the Sea" to discharge onerous responsibilities in the most befitting and efficient manner.

Earlier in his welcome address, Commander Coast Rear Admiral Abdul Aleem highlighted strategic



and economic importance of Naval Air Station. He also underlined Pakistan Navy's efforts in providing quality education, healthcare and employment to the people of Baluchistan in general and the people of Turbat in particular. Commander Coast extended his felicitations to all PN officers who remained associated with this mega project and made untiring efforts in turning this dream into reality. He also thanked the Ministry of Defence for providing all out support towards completion of this state of the art Air Station. The operationalization of newly developed Naval Air Station Turbat will provide Pakistan Navy with the much needed depth, flexibility and reach to counter emerging challenges of deterring terrorism at sea, curbing piracy and carrying out maritime security

operations. The new runway has been constructed as per modern standard and it will also have the capability to handle heavier aircraft, not only for Pakistan Navy but also of Sister Services and Civil Airlines. The very fact that this runway is planned to be used by private sector as well, will surely boost economic activities in the region. The development of Naval Air Station at Western periphery of Pakistan is one amongst many steps undertaken by PN for socio-economic uplift of the country.

During the ceremony, Pakistan Navy P3C Aircraft, Z9EC and Sea King helicopters participated in an impressive fly past. The ceremony was attended by a large number of PN, military and local civil dignitaries. ☒☒





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# A Healthier PLANET



*Jennifer McKay*  
Australian Disaster  
Management Consultant

World Oceans Day and World Environment Day fall within a few days of each other on 5 and 8 June respectively. Designated as special days by the United Nations, the two are intrinsically linked. Addressing the importance of both should be at the forefront of all our minds if we are to have a healthier planet for next generations. Pakistan Navy can be seen here as a major supporter of both these important days.

The theme of this year's World Oceans Day is "Our Oceans, Our Future". World Environment Day's theme is "Connecting People to Nature". If we look at these two themes together, then the focus should perhaps be, "What we do

on and to our land, affects our oceans". We cannot have one without the other. They must be in harmony. Getting outdoors and experiencing nature is a wonderful experience for young and old. To preserve nature is an even more wonderful experience.

Last year prior to World Oceans Day and World Environment Day, Pakistan Navy pledged to plant more than one million mangrove saplings as part of its initiatives to preserve the marine environment and to raise awareness of the importance of mangrove protection amongst the public. This target has been achieved and future planting programmes are on the agenda. The awareness campaigns have

added much to the understanding of why mangroves are important, that protecting them and the coastal environment is critical to protection of marine life, and that they provide as a barrier against natural disasters. This is a great achievement and contribution to the environment.

This year's Pakistan Navy initiatives to celebrate both important days include campaign through lectures to focus on the importance of preserving the environment and ensuring clean oceans. Pamphlets, leaflets and banners will be distributed to schools, colleges, and residential areas for awareness of wider audience. Essay, charts, and



speech competitions will also be held at schools and colleges. Video clips of activities will be shared through social media and cable operators to raise community awareness. Two vital components of the celebrations will be cleanup campaigns of harbours/ports and beach walk to clean up the litter on the beaches.

Helping the public to understand the threats to the environment is not an easy task. But we should not shrink from this. Everyone can make a difference if they think about their actions. I have written previously about the impact of plastics on the waterways of Pakistan. The environmental problems caused by plastics

cannot be stressed often enough. In the past year the 'Ban the Bag' movement has taken hold in many places around the world. Cities are starting to ban all disposable plastic bags, take-away food and drink containers, and other forms of this noxious threat to the environment including the oceans. This is a big step forward. While this campaign is gaining resonance around the world, much more needs to be done. But the problems now seem so big that many feel "what can I, as just one person do to make a real difference?" There are examples that can inspire us.

In 1987, an Australian yachtsman, Ian Kiernan, sailed in the BOC

Challenge around-the-world yacht race. Fulfilling a dream to sail through the legendary Sargasso Sea in the Atlantic, known for its beautiful long golden Sargassum seaweed and mysterious tales, he was horrified to discover that what he expected to be a pristine and magical environment, was full of rubbish. This lit a spark in Kiernan's imagination and when he returned to Sydney, he joined forces with a friend, Kim McKay, to run a campaign – Clean Up Sydney Harbour.

Although Australia has strong environmental laws today, rubbish finds its way into the waterways. Sydney siders responded in force to the campaign and 40,000 volunteers joined forces on and around Sydney's beautiful harbour. They cleaned up plastic containers, glass bottles, rusted car bodies, cigarette butts, and other rubbish and a new annual environmental campaign was born. In 1990, 300,000 volunteers across the nation participated in the first Clean Up Australia campaign. Since then, over 27 million volunteer hours have been donated and over 288,000 tonnes of rubbish have been cleared across Australia in the annual efforts.

In 1993, with the support of the United Nations Environment Programme (UNEP), Kiernan and McKay took the programme global with Clean Up the World. Today, an estimated 35 million people in 120 countries take part in this environmental initiative. So when we ask ourselves, "can one person make a difference?" the answer is clearly "yes".

Across our world's oceans, there are now five "garbage patches" where millions of tons of plastics and other rubbish congregate over millions of square kilometers.

The patches are located in each of the heart of the world's five gyres – North and South Atlantic, North and South Pacific, and the Indian Ocean. In simple terms, as identified by National Geographic, "A gyre is a large system of circular ocean currents formed by global wind patterns and forces created by Earth's rotation. The movement of the world's major ocean gyres helps drive the "ocean conveyor belt." The ocean conveyor belt circulates ocean water around the entire planet. "Debris picked up by the currents drifts into these stationary areas and, due to the lack of movement in the water, can accumulate for years.

The Indian Ocean Garbage Patch was first discovered by Marcus Eriksen - a marine scientist and founder of the 5 Gyres Institute - and his crew. It comprises an area of at least five million square kilometres in size, but with no clear boundaries. This patch came to greater prominence in the search for Malaysian Airlines flight MH370 which is believed to have disappeared somewhere between the coasts of Australia and the Africa. Search aircraft and ships participating in the extensive search noted the enormous amount of rubbish floating in the ocean including plastics, shipping containers, and other junk that had drifted into this garbage patch.

For marine life and sea birds, the millions of tons of plastics and other rubbish floating in the oceans and washing up shores can be fatal. Ingesting pieces of plastics entering their food chain, or wrapping around them can cause an agonizing and slow death. For ships at sea, rubbish and other junk floating in the oceans can cause catastrophe. This has to change but the problem of cleaning the oceans seems almost

insurmountable.

New ideas and technologies are being explored. A 21 year old Dutch entrepreneur, Boyan Slat, has developed an innovative technology to address this enormous challenge. Through The Ocean Cleanup, a relatively new scientific environmental organization, Slat and his colleagues believe that new technology can clean up the oceans in a fraction of the time experts have generally believed would be required. If this system proves to be the case, it will be one of the great inventions of this century.

According to the Ocean Cleanup website, instead of going after the plastic, Boyan has devised a system through which, driven by the ocean currents, the plastic would concentrate itself, reducing the theoretical cleanup time from millennium to years. The system, which involves a static platform that passively collects plastics when wind and ocean currents push debris to the 2000-meter booms, will be the longest floating structure ever deployed in the ocean. The plastic will then be picked up by ships using a conveyor belt. There are also plans underway to recycle it into biofuel.

But the greatest challenge remains. How do we stop humans destroying the environment through ignorance, all forms of pollution, destruction of natural habitat, and non-environmentally-friendly planning? Industry pours massive amount of chemicals and poisonous pollution into waterways every year. Raw sewerage runs into the waterways because towns and villages do not have adequate infrastructure. Ships release oil and waste into the harbours and oceans. Developers destroy trees and mangroves

to build new developments and infrastructure. Air pollution is growing because of inadequate legislation and enforcement. Education is critical, not only for children but for adults, governments, and corporations. Governments have the prime responsibility to develop comprehensive environment legislation and to enforce it at every level with significant penalties.

Awareness and public advocacy will be helpful. There is a profound logic that Pakistan Navy taking a lead in awareness campaigns of the importance of the marine environment as the correlation in people's minds between oceans and the Navy is obvious. Although the Navy already partners with organisations such as the International Union for Conservation of Nature (IUCN), Mangroves for the Future (MFF) Pakistan, World Wildlife Fund and other environmental groups, it would be good to see these partnerships expanded throughout the country.

Every day should be World Oceans and Environment Day. Once a year is not enough. The problems are dire and we all need to step up to the challenge today and every day to ensure that what we do does not destroy something as precious as our land and ocean environment. Connecting with nature helps us understand this so it is time to look around us, and grasp the magnitude and impact of human intervention. Every one of us can make a difference by our actions and making our voices heard to make change for the better. Our planet, and future generations will be grateful. ☒☒



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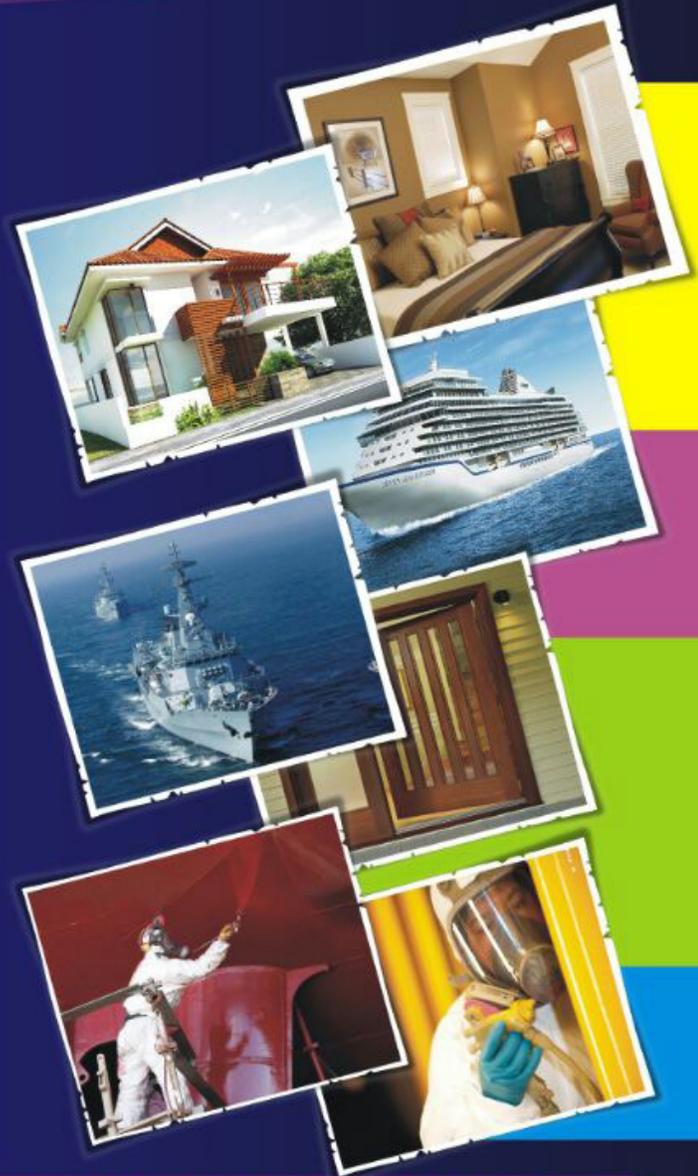
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# CNS visits Indonesia & China



Chief of the Naval Staff Admiral Muhammad Zakaullah visited Indonesia and China. During the visit the Naval Chief met a number of dignitaries of both the countries.

## During his visit to Indonesia

Chief of the Naval Staff called on Chief of the Indonesian Navy, Admiral Ade Supandi, Commandant Marine Corps, Maj Gen Bambang Suwanto, and Commandant Western Fleet Command, Rear Admiral An Kumia of Indonesia.

Upon his arrival at Indonesian Naval Headquarters, the Admiral was received by his counterpart, Chief of the Indonesian Navy, Admiral Ade Supandi. Guard of Honour was also presented to the Naval Chief on the occasion.

During the meeting, Admiral Muhammad Zakaullah dilated upon matters of mutual interest and bilateral naval collaboration.

Chief of the Indonesian Navy acknowledged the significance of close and strong bilateral naval association in diverse realms between Pakistan Navy and Indonesian Navy. Admiral Zakaullah thanked Admiral Ade Supandi for active participation by Indonesian Navy in Multinational Naval Exercise AMAN 17 to join hands for common resolve of 'Together for Peace' and also looked forward to further enhancing the interaction between both navies through port calls and Passage Exercises (PASSEXs). Chief of the Indonesian Navy, while lauding the professional acumen and commitment of PN personnel, highly appreciated the efforts of Pakistan Navy to maintain collaborative security in the Indian Ocean and beyond.

During the meeting with Commandant Marine Corps, Maj Gen Bambang Suwanto and Commandant Fleet Command,

Rear Admiral An Kumia, diverse matters of professional interest ranging from Maritime Security and Stability, Coalition Maritime Campaign Plan (CMCP), Counter Piracy Operations, drug trafficking and various avenues to enhance interoperability between Pakistan and Indonesian Navy were dilated upon.

Naval Chief also highlighted Pakistan's commitment and performance in fight against terrorism in general and Pakistan Navy's efforts for maintaining regional peace and security in particular. The dignitaries acknowledged strong foundations and historical ties between Pakistan and Indonesia and lauded PN efforts and focused commitments in support of collaborative maritime security in the region and extending cooperation in diverse fields to Indonesian Navy.





**During his visit to China,** the Naval Chief called on Commander PLA(N) China, Vice Admiral Shen Jinlong.

Upon arrival at PLA(N) Headquarters at Beijing China, the Admiral was received by Commander PLA(N) China, Vice Admiral Shen Jinlong. Ceremonial Guard of Honour was presented to the Naval Chief on the occasion.

Prior to the formal call on, the Naval Chief was given detailed briefings regarding PLA(N) China. During the call on, Admiral Muhammad Zakauallah shed light on bilateral naval collaboration between Pakistan Navy and PLA Navy including Maritime Security and Stability, Coalition Maritime Campaign Plan (CMCP), Counter Piracy Operations, drug

trafficking and joint collaboration in various projects. The Naval Chief also looked forward to further enhancing the interaction between both navies through port calls, Bilateral Naval Exercises and exchange of training programmes at various levels.

Commander PLA(N), acknowledged the significance of close and

strong bilateral naval association in diverse realms between Pakistan Navy and PLA Navy. While lauding the professional acumen and commitment of PN personnel, Vice Admiral Shen Jinlong highly appreciated the efforts of Pakistan Navy for spearheading various initiatives for maritime security . ❖❖



# 46<sup>th</sup> CONVOCATION - PN War College



The Convocation ceremony of 46th Pakistan Navy Staff Course was held at Pakistan Navy War College, Lahore. Chief of the Naval Staff, Admiral Muhammad Zakaullah, graced the ceremony as Chief Guest and conferred Masters Degrees in War Studies (Maritime) to 43 graduates from Pakistan Navy, Pak Army, Pakistan Air Force and 20 officers from Allied countries including Bangladesh, China, Egypt, Indonesia, Jordan, Malaysia, Myanmar, Nigeria, Saudi Arabia, Sri-Lanka and UAE.

The Naval Chief while addressing on the occasion highlighted that quest for resources and influence is generating competition and new alignments, in an evolving and uncertain world. In our region, the stakeholders are increasingly turning towards sea and significant investments are being made towards strategic and conventional build up of naval forces. This is evident from the near permanent

presence of large number of Extra Regional Forces in the area. He further said that Pakistan is a peace loving country that seeks to pursue its legitimate economic and security interests. However, in the obtaining environment, the need for a strong Navy could not have been felt more profoundly.

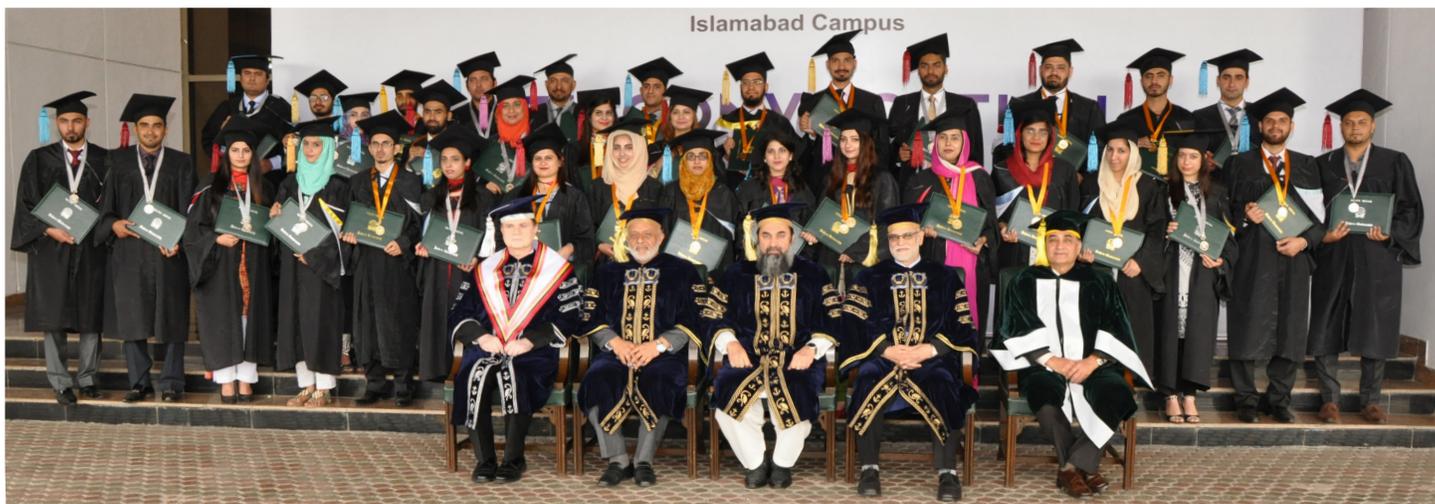
While advising the graduating officers, Admiral Zakaullah emphasized that an officer in the leadership position must face future challenges boldly with a professional approach and make best use of knowledge and skills acquired in the service of respective navies. Citing the healthy participation of Allied Course Participants, the Naval Chief said that Pakistan and Pakistan Navy will now have twenty more Ambassadors and friends forever and hoped that Allied Officers will stay connected with new friends made during the year and PN War College.

The Naval Chief congratulated the graduating officers and acknowledged the resolve of PN War College and forthright support of National Defence University in undertaking all the activities of the course.

Earlier in his welcome address, Commandant PN War College, Rear Admiral Moazzam Ilyas summarized the professional and academic activities in which the graduating officers were imparted skills during the course. He said that the presence of sizeable number of graduating allied officers is indeed encouraging and signifies the fraternal bonds between these countries and Pakistan and above all between our Navies.

The ceremony was attended by a large number of distinguished civilian guests and Senior Officers of the Armed Forces of Pakistan. ⊗ ⊗

# Bahria University's 17<sup>th</sup> Convocation



Bahria University Islamabad Campus held its 17th Convocation at Jinnah Convention Center Islamabad. Minister of State for Federal Education and Professional Training, Muhammad Baligh ur Rehman was the Chief Guest of the ceremony and conferred degrees on the graduating students of Masters and Undergraduate programmes. In total 719 degrees were awarded to the Undergraduate and Graduate students of Management Sciences, Humanities & Social Sciences, Computer Sciences, Computer Engineering, Law, Earth & Environmental Sciences, Electrical Engineering and Software Engineering Departments.

Minister of State for Federal Education and Professional Training, Muhammad Baligh ur Rehman awarded 21 Gold and 16 Silver Medals to various students who achieved top positions in their respective programmes.

Addressing on the occasion, Minister of State for Federal Education and Professional Training, congratulated the graduating students on their splendid success and lauded Bahria University Islamabad Campus for providing exceptional knowledge to the graduated students in their respective disciplines enabling them to lead a professionally rewarding life. He appreciated the role of Bahria University for contributing in strengthening human resource of the country.

While addressing the students, the Chief Guest emphasized that "The real struggle of your lives has only just begun. A myriad of new challenges and options are on your horizons. It is now time for you to show the world the values, the brain power and the sense of responsibility inculcated in you by your alma mater". He appreciated the efforts of University management for emphasizing on

skills development of the students that will make Bahria University an attractive institution for teaching and learning. He encouraged the graduating students by advising them to be original, creative and to follow their passion and dreams; urging the academia to contribute something of value to the society.

Earlier in his welcome address, Rector Bahria University Vice Admiral (Rtd) Tanveer Faiz said that Bahria University has done its best to equip with necessary institutional tools, fundamental principles of conducting scholastic enquiry, quality training for your communication and interpersonal skills. He acknowledged particularly the role of HEC, Punjab Government and Ministry of IT for sponsoring number of scholarships for Students of Bahria University as they are helping to provide an opportunity to students coming from low income background to pursue quality education. ☒☒

# Keel laying ceremony of 32 Tons Bollard Pull Tug at KS&EW



Keel laying ceremony of 32 Tons Bollard Pull (BP) Tug being built for Pakistan Navy, was held at Karachi Shipyard & Engineering Works (KS&EW). Vice Admiral Arifullah Hussaini, Deputy Chief of Naval Staff (Projects) was Chief Guest on the occasion.

The Tug has a 34 meter overall length with displacement of 481 tons with a maximum speed of 12 knots. It is also fitted with a very robust fendering arrangement for tugging operations of almost all sizes of ships and craft.

While speaking on the occasion, the Chief Guest highly appreciated the achievement of this important milestone and said that construction of 32 tons BP Tug is indeed a clear manifestation of PN

vision to pursue self reliance in ship construction. He acknowledged all out support of Ministry of Defence Production and strenuous efforts of Karachi Shipyard towards attaining this goal.

Vice Admiral Arifullah Hussaini highlighted that Pakistan Navy is pursuing new inductions of platforms with focus on indigenisation and is continuously awarding contracts to KS&EW for construction of ships. This will not only ensure timely availability of required ships for PN but will also go a long way in consolidating the shipbuilding industry in Pakistan.

Earlier, Rear Admiral Syed Hasan Nasir Shah, MD KS&EW in his welcome address said that a

similar vessel was delivered to PN in 2014 which is performing exceptionally good. He also gave a brief outlook of ongoing projects and said that presently KS&EW is undertaking 9 x shipbuilding projects which includes Fleet tanker for PN, MPVs for Pakistan Maritime Agency, Fast Attack Craft(Missile), Multi Purpose Barge for PN and Bridge Erection Boats for Pak Army. MD KS&EW also thanked Ministry of Defence Production and especially Pakistan Navy for reposing confidence in KS&EW.

The ceremony was attended by high ranking officials from GoP, Pakistan Navy, corporate sector and KS&EW. ❖❖

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# MY NAME IS HABIT

Abu Afnan

I am a good servant but a bad master. I am faceless, you make me ugly or beautiful but I am your permanent companion. I am your greatest helper or heaviest burden. I will thrust you to the heights of life or drag you down to the bottom of failure. I am completely at your command. You can easily manage me—you must merely be firm with me. Just tell me how you want something done and after a few lessons I will be at your service. I am the servant of all great kings and, alas, of all defeated generals, as well. Those who are great, I have made them great. Those who are failures, I have made them failures. I can make or mar or ruin—it makes no difference to me. You can take me, train me, be firm with me, and I will place the world at your feet. Be easy with me and I will destroy you. My name is Habit.

Habits are things we do repeatedly. But most of the time we're hardly

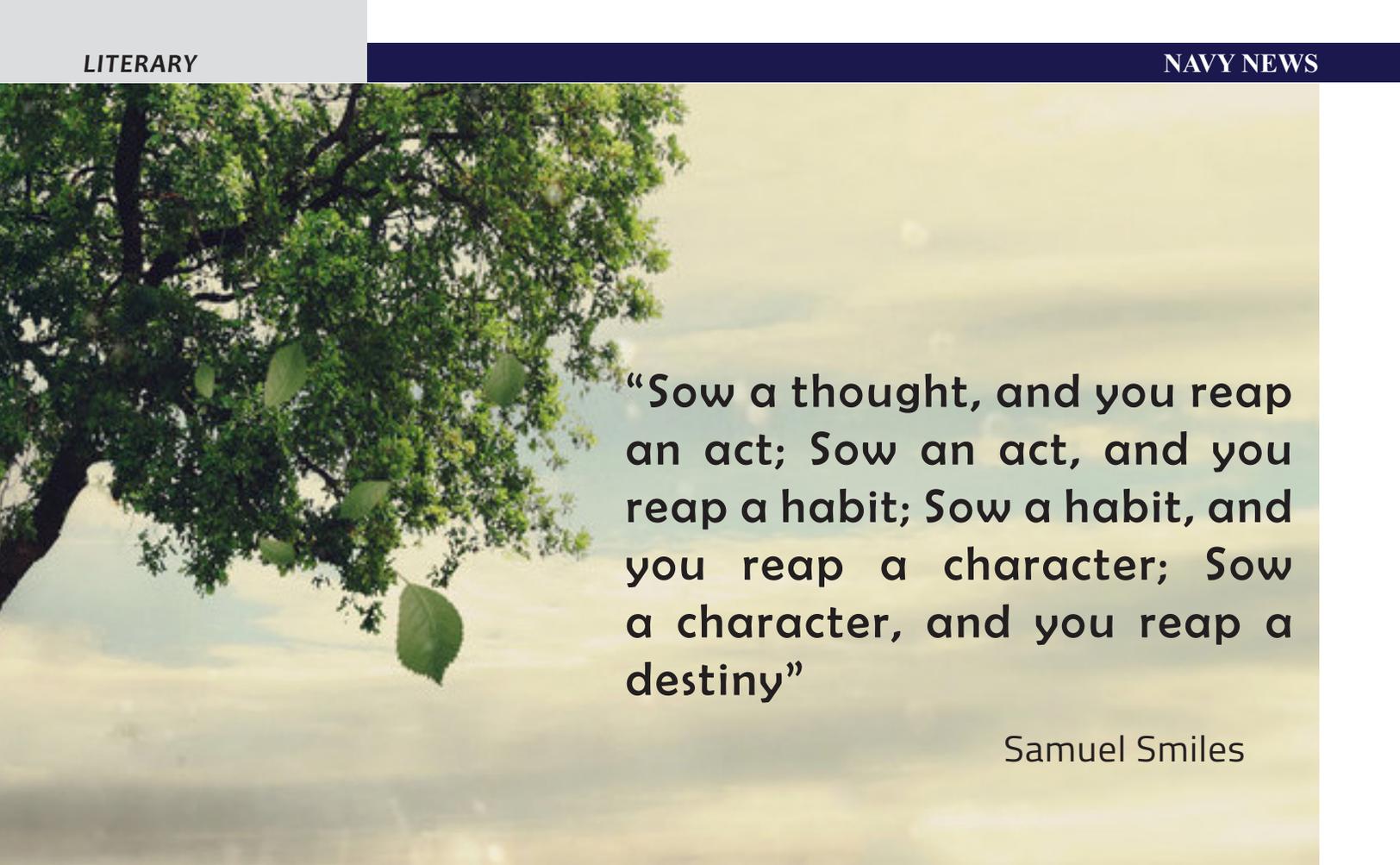
aware that we even have them. Just like when we are riding a fast moving car; we can't feel its speed unless it strikes against something. Repeated actions have greatest potentials to change an individual. If you don't believe, read this fable.

Famous mythological figure Aladdin had a magic lamp; and when he used to rub it, a Genie appeared and would perform greatest and impossible tasks for his master Aladdin. However, due to availability of all riches and facilities of life, the offspring of Aladdin got lazy, lethargic and lackluster. After the death of Aladdin, unfortunately that magic lamp also lost somewhere, and the third generation of Aladdin family became poor and deprived of basic necessities of life.

The grand grand son of Aladdin one day was lying on the dirty floor of his one roomed house; hungry,

dejected, melancholic and thinking retrospectively about the glorious life of his ancestor Aladdin who had a magic lamp.

He got a brain wave, and abruptly got up and started searching through the junk placed in a corner of his room. He found an old dilapidated and rusted lamp. He thought it as the same lamp belonged to his grand grand father Aladdin. He started cleaning it and rubbed it again and again. Astonishingly an explosion occurred and a huge Genie appeared in the room; bowed his head to young Aladdin and asked him any services. "Take this note of fifty rupees, go and bring two loafs of bread and some gravy for me" young Aladdin ordered the Genie. He was surprised to hear that, as he could have brought a plenty of the best cuisine from all over the world in no time. Anyways, he nodded his head and went out to a nearby roadside hotel and brought the



**“Sow a thought, and you reap an act; Sow an act, and you reap a habit; Sow a habit, and you reap a character; Sow a character, and you reap a destiny”**

Samuel Smiles

food for him. The next order was to clean his dirty room and after that young Aladdin handed over the Genie a love letter to deliver to a girl lived next door neighbour. The Genie was confused: he could have brought before him the Helen of Troy or Cleopatra or any other belle femme. Since he was his master, he goes and completes the task.

Young Aladdin started assigning very small house hold chores to the Genie ranging from cleaning the washroom, act as baby sitter for the kids in the locality, mending cloths, dressing the mustache etc. After a couple of months young Aladdin felt that the height of Genie is reducing rapidly and he has also become very lazy to perform the tasks and always grumbling and murmuring. His behaviour became complaining, sullen, procrastinating, delaying and of malicious disobedience. Young Aladdin continued to ask

him to do very tiny and meager things all day.

To his dismay, after six months, erstwhile nine feet tall Genie became a three feet dwarf just because repeatedly doing very small things far below his capability. Irritated by his laziness and inefficient performance, one day young Aladdin asked him to leave his home. The Genie, now a pygmy, left his house in search of a job in any road side hotel or cafe. This is what a repeated action or habit can do-turned a Genie into a tiny dwarf.

Habits are powerful factors in our lives. Because they are consistent, often unconscious patterns, they constantly express our character and produce our effectiveness or ineffectiveness. As Horace Mann, the great educator, once said, “Habits are like a cable. We weave a strand of it every day and soon it cannot be broken.”

However, some habits are good, such as exercising regularly, planning ahead, showing respect for others, reading beyond your profession and some are bad, including thinking negatively, feeling inferior or superior, blaming others, complaining circumstances, procrastinations, laziness and always using phrases “only if” and “would that” etc. Our habits are our destiny as a renowned writer Samuel Smiles puts it:

“Sow a thought, and you reap an act; Sow an act, and you reap a habit; Sow a habit, and you reap a character; Sow a character, and you reap a destiny.”

In the words of Stephen Covey, habits have tremendous gravity pull -- more than most people realize or would admit. Breaking deeply embedded habitual tendencies such as procrastination, impatience, criticalness, or

selfishness that violate basic principles of human effectiveness involves more than a little willpower and a few minor changes in our lives. "Lift off" takes a tremendous effort, but once we break out of the gravity pull, our freedom takes on a whole new dimension. Like any natural force, gravity pull can work with us or against us. The gravity pull of some of our habits may currently be keeping us from going where we want to go. But it is also gravity pull that keeps our world together, that keeps the planets in their orbits and our universe in order. It is a powerful force, and if we use it effectively, we can use the gravity pull of habit to create the cohesiveness and order necessary to establish effectiveness in our lives.

Let's review ourselves objectively and overcome the strong gravity pull of change; the gravity pull which has been formed by the years of unaudited repeated actions. Let's adopt good habits and get rid of bad ones; but this is only possible through our conscious efforts. There is no more encouraging fact than the unquestionable ability of man to elevate his life by conscious endeavor. Today is the high time to start, as Victor Hugo puts it, "Nothing is more powerful than an idea whose time has come." We must fix ourselves before we can fix others. If we want to make a change in our life, the place to begin is with ourselves; not with our parents, our boss, our spouse, our teacher, or our colleagues. All change begins with us. As very aptly has been described by a scholar,

"When I was young and free and my imagination had no limits, I dreamed of changing the world; As I grew older and wiser I realized

the world would not change. And I decided to shorten my sights somewhat and change only my country.

But it too seemed immovable. As I entered my twilight years, in one last desperate attempt, I sought to change only my family, those closest to me, but alas they would have none of it. And now here I lie on my death bed and realize (perhaps for the first time) that if only I'd changed myself first, then by example I may have influenced my family and with their encouragement and support I may have bettered my country, and who knows I may have changed the world."

The real tragedy is the tragedy of the man who never in his life braces himself for his one supreme effort—he never stretches to his full capacity, never stands up to his full stature as Arnold Bennett said. Some of the parameters for adopting good habits, researched by scholars and renowned managers are as mentioned:

- » *Always seek and merit divine help.*
- » *Never compromise with honesty.*
- » *Hear both sides before judging.*
- » *Obtain counsel of others.*
- » *Don't procrastinate your work; in the words of Shakespeare, "If it be now, 'it is not to come. If it be not to come, it will be now. If it be not now, yet it will come—the readiness is all."*
- » *Defend those who are*

*absent.*

- » *Develop one new proficiency a year i.e, typing skills, a new language, a short course, or any practical skill.*
- » *Be sincere yet decisive.*
- » *Plan tomorrow's work today; always cut once and measure twice.*
- » *Never complain, criticize or blame your circumstances. Try to improve the situation within the available resources.*
- » *Maintain a positive attitude.*
- » *Keep a sense of humor.*
- » *Be orderly in person and in work.*
- » *Do not fear mistakes.... fear only the absence of creative, constructive, and corrective responses to those mistakes.*
- » *Listen twice as much as you speak.*
- » *Concentrate all abilities and efforts on the task at hand, not worrying about the next job or promotion.*
- » *Always remember that what lies behind us and what lies before us are tiny matters compared to what lies within us.*
- » *Don't seek strength from your power and authority because "If who I am is what I have and what I have is lost, then who am I?"* ☒☒



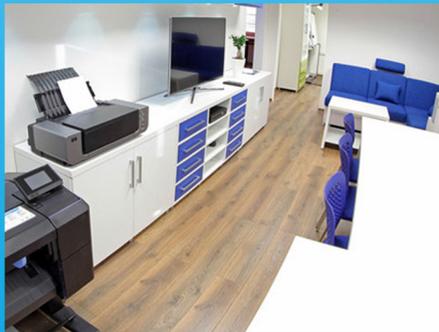
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# PNS ZULFIQUAR's goodwill cum training visit to Singapore

Pakistan Navy Ship ZULFIQUAR with embarked helicopter undertook goodwill cum training visit of Singapore and participated in Republic of Singapore Navy's (RSN) 50th anniversary celebrations. During stay at Singapore port, ship actively participated in International Maritime Review (IMR) 2017, International Maritime Defence Exhibition Asia (IMDEX) 2017 and Maritime Information Sharing Exercise 2017.

Upon arrival off Singapore, PN warship was welcomed at sea by Republic of Singapore Navy Ship GALLANT and after anchoring off Changi Naval Base, ship was warmly received by Defence Attache of Pakistan and Singapore Navy officials.

Commander Pakistan Fleet, Vice Admiral Kaleem Shoukat along with Commanding Officer attended



various events in connection with RSN 50th anniversary celebrations which beside others included Opening ceremony of IMDEX Asia-17 and International Maritime Security Conference. The visit provided ample

opportunity to Pak Navy officers and men to learn through professional interactions with their counterparts from 21 participating navies. ☒☒

