meat, beef, sea food is there in the

air-conditioned glass cupboards.

There was burner for individual

uests on the tables and one can

bring meet, beef, fish or prawn and

fat and cook it and eat it. That was

a fun but here it was altogether dif-

ferent. There was a Salad Bar with

different types of Salad including

fresh green Salad, different variety

of dressings, chilies and pastes plus

fruits. We were first served appetiz-

different varieties of lamb meat

all beautifully cut in thin layers

and very well presented. I asked

my host about all this to which

he explained that it is meat from

lamb from different portions. There

were beef balls and a large variety

used a special passage and taking

elevators, we went up three levels

from where the train had to depart.

I asked my friend for all this special

treatment by the staff, to which

he also enquired and then shared

with me that in China there are

three railways stations where

passengers of Business Lounge

get this special treatment and

Changsha was one of them. There

were just five minutes left and train

departed exactly on time. The last

few hours were very tense for me

hence I thanked God Almighty

that everything went well. On the

## Some Random Reflections, Observations of 8-Days visit to Shanghai & Changsha cities of China Visiting Shanghai after 38 Years was full of fun and a fascinating experience

Emirates. Since I am not addicted

to colored water, I ordered for

mushrooms with rice and orange

juice. There was a large variety in

appetizer and Salads and seasonal

ruits. After lunch I again had about

two and half hours sleep. The total

flight time from Dubai including

the time difference was about

eleven hours. Our scheduled ar-

rival at Shanghai Airport was 7.30

PM. I was a bit worried because if

my host or any of his staff is not

at the airport, what will happen

## By Shaukat Ali Jawaid

I had first visited Peoples Republic of China in 1985 when it had just for the first time opened itself to the outside world. Accompanied by my friend Dr. M.H. A. Baig a noted ENT Head & Neck Surgeons, we planned to attend the Internaitonal Conference on Laryngeal Cancer at Shenyang about a thousand miles from Beijing. During that visit we also spent few days in Beijing and also went to Shanghai for a four days' trip. Though I have visited China again in 2006, 2008 and 2009 but this was my second visit to Shanghai the cosmopolitan city, business and financial capital of China after

almost thirty-eight years. In 1985, the Shanghai Airport had a few large halls in an old building for the passengers with no ceiling fans and people had to use paper fans to overcome heat and sweat. Now in 2024, Shanghai Airport is one of the most modern Airports of Peoples Republic of China. I boarded Emirate Flight at Karachi on March 20th at 10.30 PM via Dubai and after eight hours stay at Dubai which was quite cumbersome took the flight to Shanghai at 6.15 early in the morning next day. I had been waiting in the B & C section of the airport and when the flight to Shanghai appeared on the Flight enquiries board, it had to depart from section-A of the airport. Hence rushed to take the train to A section of the airport and reached the desired check-in counter in time. When I reached at the gate one of the airport staff looking at my Business Class boarding card, enquired was I travelling in Business Class. When I said Yes, he told me to go to the Business Lounge for boarding as all such passengers are taken direct to the plane from there. I did not know that gate at which he agreed to help me and after well over ten to twelve minutes' walk and then using Elevators went three floor up and he then directed me to the Business Lounge. I thanked him. When I got in and tried to check in I was told that mine was a special business class ticket on which lounge facility is not allowed. If I want to avail this facility, I had to pay one hundred seventy-five US dollars. At first I cursed myself as to why I listened to my airport staff friend who offered to help me find business lounge. In fact, I was under the impression that I may not use the lounge facility but will be allowed

the river from the hotel window. other option? I was told I had to go down at level-3 and find the gate there. I rushed in panic to find the lifts, had to take out my spectacles to see to press the level -3 button. It was very anxious moments. On coming down I looked at the original gate direction from where I had come and stated walking speedily to reach the designated gate. On the whole it was a good walk accompanied with lot of anxiety. When I reached the gate, all passengers had checked in and gone downstairs in the waiting area. On rushing to the designated area, I could see many other Business Class passengers like me were also waiting there. After few minutes all the passenhad good sleep and as usual got up cook whatever one wants as all the world with a huge population. gers were taken to the plane and the Flight departed for Shanghai

and how to find taxi and reach the hotel in the city. The flight landed exactly on time and while on way to the emigration countries, I saw a few computers installed and some foreign passengers were scanning their passports. On enquiry I was told that if you get it scanned here by the time you reach the emigration counter, your data will be there and it will take just few seconds to clear the emigration. That is exactly what happened and it took just four minutes to be exact and I had cleared the emigration. By the time we reached the belt to get our baggage, it was already there. Earlier I was worried whether the baggage will be transferred to Shanghai flight in time. When I went out, my host Mr. Alex Li was already there and he immediately recognized me though we had never met earlier but had some meetings on Zoom. It was a great sigh of relief. Outside there were many taxi drives waiting for passengers but my host told me that most often they do fleece the foreigners hence it is always better and I always use Uber. Hence, we went to the designated area and he called for Uber. There was great rush and it looked as if everyone was using Uber. It took about fifteen to twenty minutes before we had our taxi and started journey towards the city. It took almost one hour to reach Hotel Intercontinental Shanghai located on the river bank where my host had arranged accommodation. By the time we checked in it was almost 10.15 PM exactly about twenty-four hours when I had left from Karachi. Despite the fact that Emirate Business Class flight was very comfortable and I had good sleep on way but still I was too ired. My friend had ordere for a room with good view and it was a wonderful site of the city and to board from that gate which was not the case. I asked what is the

I wanted to take my medications before going to sleep and started looking for water. The décor furniture and fixtures of the hotel room were excellent and also a bit complicated and it took almost fiffind water, I looked at the Fridge not water. I closed the bottle, kept many guests had to wait for their welcome investors, foreign investit there and started searching for turn. Here again it was a wonderful ment is encouraged and protected. water before I call the Reception. experience. Luckily I could see four water but earlier I had failed to spot it. I rean Restaurant where one has to one of the biggest economies in

orders from the business class pasearly at 6.00 AM. After shower I sat beside the window and had good ngers and let me confess this was my first travel in Business Class in view of the city. Many people were ers and then the waitress brought jogging on the river bank but I decided against and had about twenty minutes' walk in the room. We had agreed to meet at 8.30 AM in the lobby to have breakfast together. Once Alex Li came, we went to the breakfast area. There were five different sections in the big restau- of mushrooms, vegetables and rant and there was no problem as noodles which we were supposed regards finding Halal Food. There to cook in the boiling water taste-



With faculty members of Dept. of Cardiovascular and Thoracic Surgery at First Changsha Hospital on March 26th 2024.

on March 21st hence I had good dining table. Hotel staff came first rest, went for a walk on the river bank and again rested in the room enjoying the city site, the high rise ildings, overhead bridges on the river and flyovers all visible from the room. It was a fascinating scene. Having good breakfast, there was no need for lunch and we decided to meet again at 4.30 PM.

Dinner at a Muslim Restaurant We again went for a brief walk on the river bank for about half an hour and then decided to go for Dinner in a Muslim Restaurant located on the river bank near poured boiling water and then also lit the lamp underneath. Within few minutes the water had started boiling. This was the time my host started putting in some pieces of lamb meat and mushrooms, other vegetables which was ready to eat. We brought some dressings, chilies

the working at Pakistan Journal paste and started enjoying our of Medical Sciences, the types of dinner. Having experienced eating manuscripts which we accept, how with sticks during my earlier visits to get published in an Impact Factor to China and Korea, I did not find it much difficult to use the sticks. Journal and sharing some useful We spent almost about one and tips for the prospective authors a half hours at the dinner table. Hotel Intercontinental. During my 
Luckily they had also provided a any trauma to their submitted earlier visit to Shanghai in 1985, small jar of sweet yogurt which I manuscripts and ensure quick



Meeting in progress at Surgical Intensive Care Unit of Shanghai Xinhua Hospital on March 21st 2024.

A view of Shanghai from the River Bank.

we had lot of difficulty in finding thoroughly enjoyed after the bit publication, a guided tour of the Muslim Restaurant and even when spicy dinner. The Restaurant was Surgical ICU, we departed. At night we found one, could not order food over flowing with guests who were our host had arranged dinner and as the Girl Waitresses could not all enjoying the Muslim delicacies the timing was 5.30 PM. We had understand English and we could offered by the Restaurant. I was about one hour to do some window not speak Chinese and having re-told it is a very famous Muslim turned once without having food, Restaurant which attracts large had tried again and found some number of customers daily. It was teen minutes to find out what was Canadian who had come to our a good day and we decided to retire where. Before that having failed to rescue and ordered some dishes in hotel. Before going to sleep I did on our behalf at dinner time. Ear- enjoy some local and international and took out a bottle with white lier during Lunch, we had to be programmes on the TV including colour. Since it had information in content with just fruits. I thought CNN and BBC which also helped Chinese I could not find out what it there won't be many people in the a lot in understanding the phenomwas. Having thought it to be water, Muslim Restaurant. When we went enal progress Peoples Republic of I decided to check it first and once in there were a few but within half China has made during the last few I opened the bottle and had a sip, an hour it was all full having a seat-decades. The economy is growing it dawned upon me that it was ing capacity of about seventy and fast and the Chinese authorities Almost zero crime rate and political Some years ago while visiting stability provides excellent opporbottles in one corner on side table Seoul, I had tried the food at Ko-tunity to the foreign investors in

the dining table.

shopping. I was keen to buy some books hence tried to look for some bookstore as well. We did find one but it had all books in Chinese. We were told that for finding books in English language, we will have to go to an Internaitonal Book store which was quite far away, hence we decided to explore that next day. When we reached the dinner venue a very special Chinese Restaurant with too many small rooms specially decorated for small parties and gatherings, our host had just come. After about fifteen minutes other invited faculty members also arrived. I am very fond of good crockery hence was amazed to see the quality of the stuff laid down on

It all started with a round of Red Wine which was put in a big jar and our host and her younger colleagues were serving. I could not find orange juice, nor did I ask avoid, no water was available, all must have consumed during

While on one hand I was im-

CONTINUED ON PAGE 5

the dinner. While everybody was cheering each other by touching each other's glass of wine, I would use Chinese tea to wish them well. Our host had ordered for too many dishes and the food was good for over ten to twelve people while we were just six. Some dishes were very spicy, others were quite good and tasty. Sea food fish and prawns, mushrooms, vegetables and numerus other dishes were

March 23rd was again a free day

at Shanghai, hence I decided to

discover the city. I was surprised to

see lot of cycles at different places

on roads, in bazars ad outside the

to buy for the tourists. However,

I just confined to window shop-

ping. We also visited the old city

area where old traditional Chinese

buildings are still preserved. These

were small lanes with numerous

souvenir shops again full of tourists

and it was almost difficult to walk

through the rush.

served and we had almost fifteen course dinner. Dinner meetings courtesy of Dr. Rogrong Ren con-I was told are often used for discussing business apart from social sultant anesthetist and Assistant to the Deputy Chief of the Unit. networking. The dinner lasted well over two hours. We also had The timing decided was 12.30 in good discussion wherein my friend the afternoon. We had some rest Alex Li served as interpreter. The after breakfast and then left for the doctors can speak English but were hospital. It took about half an hour. not so fluent in spoken English lan-The hospital located in the busy guage. Hence it was again a great area was very neat and clean. I had fun. Returned back to the hotel at never seen any litter on the river about 9.30 PM to have a good sleep. bank or on the roads. Early morn-

Meeting at Surgical ICU at

Shanghai Xinhua Hospital

professional engagement. A pre-

sentation at the **Shanghai Xinhua** 

Hospital arranged through the

ing the roads used to be cleaned

and washed. The hotel is located

in some very calm surroundings,

being the business and financial

area, there were very few people

On March 22<sup>nd</sup>, I had the first

hotel. On enquiry I was told that seen all around. It was very calm they are available for rent. People and quiet but on reaching the city, use it for going to Metro station or realized that now we were among nearby shopping centers or other the sea of people. places of interest. One just has to We took the lifts to reach the unlock them using Mobile App, Surgical ICU which was located in take a ride to the desired destinaa multistory building. There were tion and then dump it there and six lifts but all of them always lock it with mobile. The rent will be remained overcrowded which recharged to their credit card. After flected the rush of patients many of breakfast we took taxi and went whom were being taken on wheelto the city, first we enjoyed the chairs or stretchers. On reaching the Yu Gardens one the most famous meeting venue, we were welcomed tourist's attractions. There were by the staff. I enquired about the hundreds of tourists, public toilets facilities available in this 2000-bed were very neat and clean continhospital having 3,940 employees. uously being serviced. Again no It has a 16-bed Surgical ICU ward. litter anywhere, could not see any Most of the admitted patients were beggars either anywhere, the place over fifty years of age. After presenwas very well maintained. Then we tation and good interactive discusmoved to the city, had a good walk sion during which we discussed on the Walk street where no automobiles are allowed. It was again full of tourists and plenty of shops, eating places, souvenirs and a lot

> River separates Shanghai East from the West. City has a population of over thirty million. It is connected with numerous long underground tunnels, flyovers and overhead bridges on the river. While walking in the Bazars, one can feel the vibration of underround Metros of which I was told here are over twenty underground stations. We also saw an old apartin small apartments and use public toilets. They have no facilities to take shower daily which is a luxury for them and for that they have to again go to public Baths. We then managed to find the Internaitonal Book Store and I bought two books, one about History of Shanghai and the other about China. I have just read one of them and found it very informative and intend to read the other one soon. We walked through different bazars and when tired, decided to go back to the Hotel.

mensely enjoying my visit, I was also depressed at the same time. It was fascinating to see the development and progress made by China during the last few decades but we in Pakistan keep on fighting among ourselves. We are busy in destroying our own country. The corrupt politicians, corrupt bureaucracy, corrupt judiciary and establishment is not far behind in contributing their own share in this destruction. They all and in fact we all can take credit for this destruction. Deteriorating law and order situation, the unending wave of terrorism introfor cold drink which I most often duced because of Afghan War has left us nowhere. In China the whole hence I decided to be content with economy is documented, everyone I Chinese Tea. The tea pot set in saw was using Mobile App to make the center was being constantly payments through credit cards but filled with warm water and I do in Pakistan most of us are reluctant not know how many tea pots we to pay taxes honestly, many greedy

Some Random Reflections, **Observations of Visit to China** 

to the train using elevators to go

up three levels. I was immensely

impressed with this personal ser-

vice. Train departed exact on time.

It was a pleasant and very com-

fortable journey lasting almost

well-developed having numer-

ous blocks of high rise buildings,

the countryside farming, greenery

and corrupt traders and not at all business class passengers, she willing to enter the tax net, whenev- opened another door and took us er the authorities try to bring them in the tax net, they through their associations blackmail authorities and resort to strikes and shutter down. What a pity. The result is that every successive government has to depend on IMF and other five hours. On way it stopped at cannot afford the luxury of having an independent foreign and trade policy. The religious leaders are not far behind, instead of contributing their share in the progress and prosperity of the country, they have divided the nation into numerous Firqas and religious beliefs. Most of these religious leaders seldom guide the nation and the youth on the right path but are busy in spreading hatred. Politicians are not prepared to talk to each other and politics has been converted into animosity, hence how can such a Nation progress and prosper, have peace and political stability which are essential pre-requests for economic development. So far there seems to be no danger of political stability unless the politicians, bureaucracy, judiciary and establishment all decide that enough was enough and let us move forward.

May 1, 2024

## Travel to Changshaw

by Bullet Train The next day on March 24th we had to take train for Changsha provincial Capital of Hunan province. We decided to check out at 11.00AM since our train was to depart at 2.30 in the afternoon. While checking out, I had to face yet another embarrassing situation as the receptionist told my host while he wanted to settle the bill that your guest has consumed one bottle of wine. He did not believe it and told her that my guest had been with me for the last three days and he never touched wine anywhere. She said, you better ask him. He asked me that they are charging for a bottle of wine which they claim you have consumed. At this I realized my stupidity and explained him that on the night we arrived and checked In, I did open a bottle with white colour from the fridge as I could not find water and thinking it may be water, opened it only to realize that it was not so. Hence closed it and kept it as finally I could find water. But since I had opened the bottle, my friend had to pay the penalty for my stupidity for which I was ashamed

We took taxi and reached Shanghai Railway station in little over one hour. It was a long driv Shanghai Railways Station is quite deep almost three levels. It is a city in its own with twelve platforms, numerous trains departing for different destinations. Though my friend had got business class ticket booked in advance but I had to show my passport at every stage while entering the station, checking into the business lounge come up on the road. Mr. Alex Li could not resist and bought it for on the station and while getting out of the station. We relaxed in most well-furnished business ing for Uber which shows how expensive and one could just look class lounge which had a wide popular this mode of transport at them but cannot afford to buy. variety of snacks, drinks, tea, is in China. It took about twenty coffee and what not. Just relaxed minutes before we got our Uber there as it was still about thira and then again an hour to reach ty minutes. Hence enjoyed the Hotel Intercontinental Changsha the hostess in the lounge took us bank. It was almost 10.00 PM and to the platform from where our we decided to meet at breakfast not have to be in the quee, being if I want to have early breakfast

and different crops which were and city. After about two hours of strained stiff shoulder and neck rest we decided to explore the big cultivated. At times it was plains, muscles but soon I felt a bit relaxed. at other times we passed through shoping mall adjacent to the Ho-Accompanied with light music, small mountains and through the tel Intercontinental. It was a four

from the hotel window. Since Mr.

Alex Li is a member of the Hotel

with a special view of the river

tunnels and sometimes through forests. The train was moving at a speed of 316 KM per hour but sitting inside we were just relaxed and in fact decided to stretch ourself on the comfortable seats which were just like the aero plane seats. We had about two hours sleep as well when we were woke up to order for the dinner which was freshly prepared and then served after half an hour. We reached Changsha station exactly on time i.e. 7.30 PM. It was again a very big underground railway station and it took us almost over

look at these industrial cities on two hours were spent in the hotel

way to Changsha which were all room enjoying the splendid view

flyovers. Also had a chance to see chain, we were provided rooms

half an hour walking within the in a famous Japanese brand store, station and taking elevators to 
I spotted beautiful Jacket which I

A view of Changsha city and the River from the Hotel Window.

ordered for Uber and we could sixty-five US dollars. All the stuff in see dozens of passengers wait- different branded shops were very

With Alex Li at Yu Park a famous tourist spot on the river bank in Changsha

and on right photographed in an old city area.

train had to depart and we did at 9.00 AM. Mr. Alex wished that had another thought and decided to buy another piece for his in-laws be pleased.

eight cubicles were busy and we twelve times to cheer each other by passengers on the platform, she last two months.

I can go and enjoy but I decided there was no hurry hence will go He got my name registered and booked a slot after half an hour. We enjoyed Yogurt, fruits, nuts visited few shops and came back to the massage center. I was taken to and Salad first before having

some sweet dish made of egg and nuts. I was also delighted to see Pumpkins seeds along with nuts as they are very useful for BPH and I take it regularly. The whole day was free but we were invited to dinner by Visiting Chief Cardiothoracic Surgeon at First Changsha Hospital at 6.00 PM. It global financial institutions. Hence, a few important stations. It also also started raining and it was not purpose built pillow so that one since we lack strong economy, we provided me an opportunity to possible to go out anywhere. First can breathe comfortably. These

will have to wait for half an hour. a small air-conditioned cubicle and the girl asked me to take off my shirt. My friend had earlier briefed her about the type of massage and the timings as she could not speak English. The lights were put off with just dim light and I was asked to lie down with my head facing the ground on the bed with a special

girls are not physiotherapists or people prefer one child whether

rehabilitations specialists but they

are trained in different techniques

of massage and do their job pro-

fessionally well. At first it was a

bit painful as she started massage

Dinner at Changsha

**Chinese Restaurant** 

that our host had just finished the

surgery and will be late by half an

hour. Before leaving for the dinner,

Mr. Alex Li purchased a bottle of

Mautai one of the famous brands

my childhood I had heard that

there is a wine in China which is

named Mautai. Now I had seen it.

different packing's, gift packs and

bought a bottle which cost him

it works well.

touching each other's glass while I used my Glass of Water to cheer them all as there was no juice nor any cold drink. It was a good exercise. During the discussion it was revealed that cancer is very common in China particularly lung cancer. They have managed to control air pollution to a great extent but smoking remains a problem. People do not listen but once they get afflicted and are diagnosed to be suffering from cancer, they are very much scared but then it is too late. One child policy is no more being enforced but on the whole

to have more children, he said

no not at all? It is very difficult

to bring them up, arranging for

their education. Moreover, every

body works hence who will take

care of the kids. Everyone pays

health insurance and they get

free treatment in public hospitals.

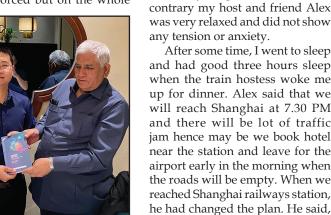
However, if someone wishes to

get some special treatment like use

of American Valves or Japanese

stuff during surgery, they have to

Last Day full of



After some time, I went to sleep and had good three hours sleep when the train hostess woke me up for dinner. Alex said that we vill reach Shanghai at 7.30 PM and there will be lot of traffic jam hence may be we book hotel near the station and leave for the airport early in the morning when the roads will be empty. When we reached Shanghai railways station, he had changed the plan. He said, et us check in at a hotel near the airport so that there is no problem early in the morning. It took almost forty-five minutes for us to come out of the railway station and then we took Taxi and it took one and it is boy or girl. I asked one of the gusts who deals in electro medical an hour to reach Hotel Ramada Inn equipment how many children he where he had booked our rooms. has, he said two sons. Do you plan Shanghai has two airports. The

other airport is located just adjacent

to the railways station. Both the

station and airport are linked with the other airport with metro train. Both the airports are far away from each other, one on one end of the city and the other on other end. It took us one and a half hour to reach Hotel Ramada Inn passing through various tunnels. When we checked in it was 10.00 PM. This hotel offers a shuttle service to the airport. was told to have some sleep and come to the Reception at 2.20 AM to avail the Airport Shuttle which will leave at 2.30 and Alex said he will be there to see me off. I was a bit anxious and also little worried hence there was no question of any sleep. I just passed sometime and then had shower at 1.00 AM and got ready as it will be again almost eleven hours' flight. Alex came at 2.20 and said goodbye to me at 2.30 AM asked the driver to drop me at Terminal-2 at the Departure gate. I was the only passenger in the shuttle. When I reached the airport most of the departure gates were closed only one at a little distance was open. Went in and looked for Emirates flight counter since as per the given schedule they were supposed to start Check in at 2.15 M. However, check in started at 3.30 AM and with this the tension also vanished. Flight departed by the staff of Dept. of Caro decided to relax and had good four vascular and Thoracic Surgery hours sleep on comfortable seats located on the 20th floor of this of Business Class which stretch hospital building. Unfortunately, so much that it almost becomes a Bed. I slept for almost four and a half hours when I was asked to very conscious and worried. Hence order for the lunch. Enjoyed the Emirates hospitality in the business class, reached Dubai and there was great sigh of relief. There was almost five hours stop, hoping that my luggage will be transferred to Karachi flight, boarded the flight and landed at Karachi Airport at 9.15 PM on March 27th 2024. After emigration formalities which just took few minutes as there was only one flight, I was immensely delighted to see my luggage which had arrived within no time and reached home at 10.15 PM. The only problem I encountered

during the visit was failure to find the direction of Qibla in hotel rooms to offer prayers and lack of Muslim Shower in the washrooms for which One has to make alternate arrangements. Whatever the comfort, there is nothing like the sweet home and the sleep on one's own bed. On the Then we spotted a massage this twelve course dinner. Alex in at the Business Lounge, there whole it was a great fun adventure center. My friend asked me that I Li poured Maouti in small glass were just ten minutes left. The and eight days' visit to China was must be tired hence must enjoy this tiny jugs and I though they will staff was very kind. One of the very informative. I also enjoyed massage. It will relax my shoulders drink from it but then I saw still staffer a young girl was very kind and relaxed and in fact it was and neck which does get affected most tiny glasses which were to help. My friend asked her to help a good well-earned holiday for with long flights. At first I was a bit used for taking sips from wine. with my luggage, he will manage me away from home and office reluctant but then agreed. When we During the course of dinner, all himself. She took my luggage routine which I badly needed enquired, we were told that all the the participants stood up at least and while rushing through the having been too busy during the



round of Surgical ICU and on extreme right presenting a copy of the book on "Scientific Writing" to Xiaoxiong Xiao visiting Chief Cardiothoracic Surgeon at First Changsha Hospital at the dinner he hosed on March 25th 2024.

Dinner at a Muslim Restaurant

story shopping complex having numerous famous Japanese, Chinese, Italian, French, US brands besides numerous restaurants, shops offering all sort of stuff and not to forget the massage centers. I suddenly noticed a dim light typical Chinese environment with

ominently written 999 Girls. Two young girls with infectious smile were inviting customers. I enquired from my host what it is? I was told it is a BarBQ restaurant with some very romantic surroundings inside. We went for window shopping but then when we were

languages. He decided to buy one hospitality. After fifteen minutes which is again located on the river for his elderly parents saying that they travel a lot and will find it extremely useful. After some time, he who he said are also elderly and live in Canada where my parents in numerous languages. Hence also live. It struck me immediately how thoughtful it was on his part; it will not only be a wonderful gift for his in laws but his wife will also

My friend went to another shop

and spotted an AI device very small

in size. It could translate in eighteen

Tension and Anxiety Last day in Changsha March 26th the massage activity lasted for was full of tension and anxiety. The meeting at First Changsha Hospital about an hour when she showed was scheduled at 11.00 AM so that me the watch which was an indiin the morning our friend and cation that my time was up. There host **Dr. Xiaoke QI** could do some was no extra massage indication surgery. It was decided to check out from either side. I got up, put on early at about 10.00 AM and take the shirt and then she offered tea uggage with us so that we can rush and some snacks. My friend was to the railway station soon after the waiting outside and we left the meeting as the Train was to depart center thanking her. I did learn a few Chinese words during these few days SheShe means Thank You and Nehaan means Hellow Dr. Xioake Qi the visiting Thoracic Surgeon at the First Changsha Hospital had organized a dinner at 6.00 PM. We reached the hotel in time only to get the message

pay for it.

at 1.48 in the afternoon. I have a very bad habit and always try to avoid such self-inflicted stress and strain which affects one's health and plan well in advance but here I was helpless, the meeting time had to be fixed in consultation with the host and I had to follow my friend Alex. We reached hospital well in time and were welcomed our friend the host had not vet finished surgery and we were all of wine in China. I remember in when Dr. Li Ke Chief Director of Vascular Surgery arrived, we decided to go ahead with the meeting. After the presentation and There was a very big shop of wine discussions which revolved around in the hotel where this brand in how to further enhance academic collaboration between Chinese sizes were on display. Mr. Alex researchers and Pakistan, helping them get their research published four hundred fifty US dollars. He in Impact Factor Journals, the also told me that it is a culture that meeting ended at 12.45 and without when you go for a dinner you take taking the lunch which our hosts a bottle of wine with you. It is a had arranged, we decided to rush norm and nothing special. While to the railways station. I was too hotel staff at the front desk are much worried as this was the last fluent in English, other staff uses train to Shanghai and I had early Artificial Intelligence mobile which morning flight at 6.15 AM for has in built facility of translation Karachi via Dubai. If we miss the they communicate using that and train, what will happen. Luckily this tension filled time passed and we were able to reach the station The dinner as usual lasted for over two hours. Numerous just fifteen minutes before the Chinese delicacy were served in departure time. When we checked

## and I stretched myself and went to sleep. I had a good four hours sleep and by the time I woke up, it

exactly on time at 9.15 AM. After

breakfast, I was too tired of eight

hours waiting at the airport but

since my host had arranged my

flight in Business Class, I decided to have some sleep. In Flight service

of Emirate was as usual excellent

The Airhostess took individual

was lunch time.