

## HERITAGE OF "THE CITY OF LIGHT"

FARRAH ASADULLAH



The term "heritage" describes the natural, cultural, and historical resources that have been passed down through generations and are valuable to both the present and the future. A society's history, traditions, beliefs, and customs are represented by both concrete and abstract elements known as "cultural heritage". Physical treasures, like monuments, structures, artefacts, documents, and landscapes, are examples of tangible heritage. These sites and artefacts are frequently regarded as important to a culture's memory, history, and identity. Cultural practises, customs, traditions, and knowledge are examples of intangible heritage.

Heritage is critical to the preservation of a society's history, identity, and cultural diversity. Additionally, it offers a sense of continuity and connection to earlier generations and can support community development and social cohesion. Heritage locations and artefacts are frequently top tourist destinations that boost the economy and encourage cross-cultural interaction.

Karachi - "The City of Lights" is the largest metropolis in Pakistan and home to a rich cultural heritage that reflects its diverse history and influences. The city's heritage is a blend of Hindu, Islamic, British, and modern influences. Frere Hall, Empress Market, Merewether Tower, Mohatta Palace, Jehangir Kothari Parade are just a few of the notable colonial-era buildings in the city, whereas the Jinnah Mausoleum (1971), Teen Talwar or Three Swords (1973), The State Bank Museum (2004) and Chess Corner & Street Library (2022) are newer additions.

Natural disasters, urbanisation, development, and neglect can all pose threats to heritage. Long-term practises and policies that balance economic development and cultural preservation are required for heritage preservation, as heritage can play an important role in an individual's overall well-being.

## INSTRUCTIONS TO AUTHORS



The JPPS agrees to accept manuscripts prepared in accordance with the "Uniform Requirements submitted to the Biomedical Journals" published in the British Medical Journal 1991; 302:334-41.

All material submitted for publication should be sent exclusively to the Journal of Pakistan Psychiatric Society. Work that has already been reported in a published paper or is described in a paper sent or accepted elsewhere for publication should not be submitted. However, a complete report following publication of a preliminary report, usually in the form of an abstract, or a paper that has been presented at a scientific meeting, if not published in full in a proceedings or similar publication, may be submitted. Press reports of meetings will not be considered as breach of this rule, but such reports should not be amplified by additional data or copies of tables and illustrations. In case of doubt, a copy of the published material should be included with a manuscript to help the editors decide how to deal with the matter.

### ETHICAL CONSIDERATIONS

If tables, illustrations or photographs, which have already been published, are included, a letter of permission for re-publication should be obtained from author(s) as well as the editor of the journal where it was previously published.

Written permission to reproduce photographs of patients, whose identity is not disguised, should be sent with the manuscript; otherwise the eyes will be blackened out.

### MATERIAL FOR PUBLICATION

The material submitted for publication may be in the form of an Original research, a Review Article, Special article, Commentary, Short communication, a Case Report, Recent Advances, New techniques, Debates, Book/CDs Review on Clinical/Medical Education, Adverse Drug Reports or a Letter to the Editor. Original articles should normally report original research of relevance to clinical medicine, and may appear either as papers or as short communications. The paper should be of about 2000 words, with no more than six tables or illustrations; short communications should be of about 600 words, with one table or illustration and no more than five references. Clinical case reports and brief or negative research findings may appear in this section. Review article should consist of structured overview of some relatively narrow topic providing background and recent development with reference of original literature. An author can write a review article only if he/she has written a minimum of three original research article and some case reports on the same topic.

Letters should normally not exceed 400 words, have no more than 05 references, and be signed by all the authors; preference is given to those that take up points made in contributions published in the journal. Editorials are written by invitation.

Authors should keep one copy of their manuscript for reference and send three copies (laser copies or inkjet, photocopies are not accepted) to the Editor. The author

should also submit an electronic copy of the manuscript typed in MS Word. Any illustrations or photographs should also be sent in duplicate. People from outside Pakistan can also email their manuscript.

Each manuscript should include a title page (containing e-mail address, fax and phone numbers of the corresponding author), abstract, text, acknowledgements (if any), references, tables, and legends. Each component should begin on a new page, in the following sequence: title page; abstract and at least five key words; text; acknowledgements; references; tables (each table, complete with title and footnotes, should be merged in the manuscript); and legends for illustrations.

The manuscript should be typed in double spacing on 8 1/2" X 11" (21.5cm X 28.0 cm) white bond paper with one inch (2.5cms) margin on both sides. It should not exceed 20 pages, excluding tables and references. There should be no more than 40 references in an Original Article and no more than 60 in a Review Article. If prepared on a word processor / computer, the diskette, properly protected, or CDs should be sent with the manuscript.

### TABLES AND ILLUSTRATIONS

Tables and illustrations should be merged within the text of the paper, and legends to illustrations should be typed on the same sheet. Tables should be simple, and should supplement rather than duplicate information in the text; tables repeating information will be omitted. Each table should have a title and be typed in double space without horizontal and vertical lines on an 8 1/2" X 11" (21.5 X 28.0 cm) paper. Tables should be numbered consecutively with Roman numerals in the order they are mentioned in the text. Page number should be in the upper right corner. If abbreviations are used, they should be explained in footnotes and when they first appear in text. When graphs, scattergrams, or histograms are submitted, the numerical data on which they are based should be supplied. All graphs should be made with MS Excel and be sent as a separate Excel file even if merged in the manuscript. For scanned photographs highest resolution should be used.

### S.I. UNITS

System International (S.I) Unit measurement should be used. All drugs must be mentioned in their generic form. The commercial name may, however, be mentioned within brackets, if necessary.

### FIGURES AND PHOTOGRAPHS

Figures and photographs should only be sent when data cannot be expressed in any other form. They must be unmounted, glossy prints in sharp focus, 5" X 7" (12.7X17.3 cm) in size. They may be in black and white or in color. Negatives, transparencies, and X-ray films should not be submitted. The number of the figure, the name of the author(s) should be printed on the back of each figure/photograph. The top of the figure must be identified by the author. These figures and photographs must be cited in the text in consecutive order. Legends must be typed on the same paper. Legends for photomicrographs should indicate the magnification, internal scale and the method of staining. Photographs in published articles will not be returned.



## REFERENCES

References should be numbered in the order in which they are cited in the text. At the end of the article, the full list of references should give the names and initials of all authors (unless there are more than six when only the first six should be given followed by et al). The authors' names are followed by the title of the article; title of the journal abbreviated according to the style of the Index Medicus (see "List of Journals Indexed," printed yearly in the January issue of Index Medicus); year volume and page number; e. g.: Hall, RR. The healing of tissues by CO<sub>2</sub> laser. Br J. Surg: 1971; 58:222-225. Reference to books should give the names of editors, place of publication, publisher, and year. The author must verify the references against the original documents before submitting the article.

## PEER REVIEW

Every paper will be read by at least two members of the editorial board. The papers selected will then be sent to one or more external reviewers. If statistical analysis is included, further examination by a statistician will be carried out.

## ABSTRACT

Abstracts of original article should be in structured format with following sub-headings:

- i. Objective
- ii. Design
- iii. Place & duration of study
- iv. Subjects & Methods
- v. Result
- vi. Conclusion

Four elements should be addressed: why did you start, what did you do, what did you find, and what does it mean. Why did you start is the objective. What did you do constitutes the methodology and could include design, setting, patients or other participants, interventions, and outcome measures. What did you find is the results, and what does it mean would constitute your conclusions. Please label each section clearly with the appropriate sub-headings. Structured abstract for an original article should not be more than 250 words.

Review article, case report and other requires a short, unstructured abstract. Commentaries do not require abstract.

## INTRODUCTION

This should include the purpose of the article. The rationale for the study or observation should be summarized; only strictly pertinent references should be cited; the subject should not be extensively reviewed. Data or conclusions from the work being reported should not be presented.

## METHODS

Study design and sampling methods should be mentioned. Obsolete terms such as retrospective studies should not be used. The selection of the observational or experimental subjects (patients or experimental animals, including controls)

should be described clearly. The methods and the apparatus used should be identified (with the manufacturer's name and address in parentheses), and procedures described in sufficient detail to allow other workers to reproduce the results. References to established methods should be given, including statistical methods; references and brief descriptions for methods that have been published but are not well-known should be provided; new or substantially modified methods should be described, giving reasons for using them, and evaluating their limitations. All drugs and chemicals used should be identified precisely, including generic name(s), dose(s), and route(s) of administration.

## RESULTS

These should be presented in a logical sequence in the text, tables, and illustrations. All the data in the tables or illustrations should not be repeated in the text; only important observations should be emphasized or summarized.

## DISCUSSION

The author's comment on the results, supported with contemporary references, including arguments and analysis of identical work done by other workers. A summary is not required. Brief acknowledgement may be made at the end.

## CONCLUSION

Conclusion should be provided under separate heading and highlight new aspects arising from the study. It should be in accordance with the objectives.

## SUBMISSION

Submit your article in MS word format with following documents;

### a) Letter of Submission

- A letter of submission should declare the following:
- i. The conception, conduction, Analysis, and reporting of the research is original idea/ effort of the authors.
  - ii. The manuscript has not been published or submitted to be published in part or full to anywhere else in any capacity.
  - iii. All the authors are mutually agreed to publish the manuscript.
  - iv. The understanding that authors stand informed that as the article is accepted by JPPS, copy rights would be transferred to JPPS.

### b) Undertaking Statement

Undertaking statement should list each of the authors, his or her affiliation, his or her contribution in the study/manuscript, and his/her signatures in tabular format (as shown on the web site: [www.jpps.pk](http://www.jpps.pk)).

### c) A copy of Ethical Approval of the research from concerned competent authority.

## SUBMIT TO JPPS AT:

[www.jpps.pk](http://www.jpps.pk)

For queries email to: [editorjppspak@gmail.com](mailto:editorjppspak@gmail.com)

Phone: (021)33375617. Mobile: +923312111525

Correspondence:

Prof. Dr. M. Iqbal Afridi

JPPS Editorial Office, Pak International Hospital, 39-C, 22nd East Street, Phase I, DHA, Karachi, Sindh, Pakistan - 75500