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To rise above the tide

Informal

EDUCATIONAL MAGAZINE

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WORLD TEACHERS DAY



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ADDICTION TELEVISION

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2017

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Editorial NOTE

I've written about it before and said a lot of what I write here, the word reading represents a slew of ideas. It's a verb, but it's such a familiar idea and outwardly passive processes that it works almost like a noun.

Reading is probably one of the most beneficial and feasible activities that a person can do. It is through reading that a person is going to be able to discover new ideas, concepts, places, and people. Some people even describe reading as a journey that starts as the opening of a page, and finishes as the last page is turned. The reason why reading is so important is because reading is relaxing to our mind and soul; it is a way for children to reach out to the world, and it improves our thinking process.

There has never been a generation of young people more immersed in digital media than this one. From computers to smart-phone apps to e-books, electronic media has permeated the lives of many of today's students since babyhood.

A survey from Common Sense media, a research and advocacy group, finds, in fact, that 72 percent of children ages 8 and younger have used a mobile device to play a game, watch a video, or use an app and that's from a survey conducted three years ago. The proportion of children using mobile has undoubtedly grown since.

The ubiquitous use of digital technology raises important questions for educators, especially those charged with preparing students to be literate in modern society. Of course, students must know how to read and write text, whether on a computer screen or on paper. As it turns out, experts and educators define digital literacy in various ways. For many, though, the term encompasses a wide range of skills beyond reading and writing, including reading on an e-reader, assessing the credibility of a website, or creating and sharing YouTube videos.

So Read Read and Read; that's what this magazine is all about.....!!

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Letter to the editor

Hello Ed,

It's been a great experience to read Informal. "Books under no light" was totally fabulous and oh! Please print the recipe for a choco ice cream and lyrics were truly great.

Anum Imtaiz

Hey Eddy,

I am very excited while writing to you, this magazine is most addicted and interesting magazine. The facts that you provides are really very relevant to me; I always love to read them and share them with my family and my friends, rest it was all very informative. I admire your concern about education and all I want is to wish you, stay interesting and awesome magazine.

Hamza Murtaza

Hey Ed,

Your September's issue was really very thrilling and it totally kept me hooked up till the end. Wise advice and cover story was my favorite and I am kind of inspired by the context. An article on pets was incredible as well and child grooming was worth reading.

Usman Ali

Hi Ed,

Informal is an awesome magazine and its great always found everything related to education in last issue. Well your September issue was good as it was full with good articles like do be a good child, books under no lights, child grooming, how teenagers see summers and quotations on education. Well for October issue I want to request to please add my letter in your magazine.

Muhammad Ahmed

Hey Informal,

I loved the way you publish stuff giving information to young ones. You are doing a fantastic job. I love reading your magazine. All your articles were really very informative and some of them are heart touching. I would really like to appreciate the article by Amina Munir on sacrifice for Eid. The cover story was very helpful and useful.

Nasira

Hello,

I liked informal a lot. Well, you are doing a commendable job and to be honest, I love reading your monthly issue. It just never got bored and I am glad to be an avid reader and it helps me a lot through my school. Informal is so different and interesting, you always choose best for your readers.

Saqlain Mirza

Hey Ed,

I feel proud to have such a wonderful magazine in Pakistan. Informal has become a part of my life and I can't spend my month without buying a new issue. I would say thumbs up to each and every contributor of the magazine and simply just love cover story and sacrifice for Eid.

Asad Jalil

Hello Eddy,


I am regular reader of informal and I must say that it is the best magazine for the teens and the younger generation. September issue was just amazing. Words can't describe how I loved September issue, especially Books under no light.

Muhammad Zaheer

Write us at informal.pk@gmail.com

We recived too many letters from our valued readers every month through mail and e-mail, however, due to shortage of space we are publishing only few selected letters.

DO BE A GOOD SPEAKER



Confidence is the most important tip in advice, as whole of the structure of speech is dependent on the factor of confidence of speaker. Confidence is the key for a good speech; confidence even over-powers the content also.

Speaking in a public gathering might be a relatively different thing from speeches at educational institutions. Doing speeches of such breed are good if rightly used. This gives you confidence of speaking your words in front of thousands of people. Delivering a speech is not an easy job, the speaker has to express his thoughts and impress his listeners.

Most significant thing for the speaker is to clear every bit of his concept to his audience by selecting adequate words in order to make the audience understand completely about what he is saying, but this is not the chief issue that a speaker has to face in his speech, as every speaker no matter at what position or level he is speaking, real and hard time problem for any speaker is nervousness; shown by his actions, really makes him to loss his temperament and in worst cases, makes the speaker to lose his overall confidence as well.

How your nervousness is shown while delivering a speech or speaking to a gathering? You standing on your one feet, moving your legs in to and fro motion, hands in pockets, fidgets with speech, coughing, stammers, loses place and hiding your sight from your audience. Don't worry! Its solution is "Keep Calm".

It is very important to be calm in these situations, as you are already under extra-pressure to do the best and need not to do anything which would further raise pressure on you. Keeping calm is the best option to go for in a situation like this, which not only gives you a room to build up your confidence but also makes a bridge in between you and your audience. This will connect the listeners with the speaker in

a very up-right way, from which ultimately the benefit will be of speaker and the benefit will be the good response of audience towards him.

Cool-down, your audience is not a shark, no-one is going to harm you, and it is just your fear. If you notice these symptoms in you, than follow these steps:

- Don't say or speak too much, even don't speak too fast that your words in speech are not understandable to others. Speak in a moderate tone and use balanced pitch. You should sound well and clear to listener. Listener should effortlessly listen your speech, avoid using such voice that would annoy your audience.
- Slaves of paper can never become a good spokesperson. Reading your speech from paper is a bad habit, it may confuse you the most and it might result in mixing-up your statements or might make you unable to manage your thinking timing with your speech delivering. Prepare your speech well and have confidence in you, while avoiding paper reading.

How your nervousness is shown while delivering a speech or speaking to a gathering? You standing on your one feet, moving your legs in to and fro motion, hands in pockets, fidgets with speech, coughing, stammers, loses place and hiding your sight from your audience. Don't worry! Its solution is "Keep Calm".



- Pronunciation of words is one of the surest tests of any speaker. There may be some really confusing words that are hard to pronounce and can break your flow of speaking, these sorts of words need a lot of practice for perfection. Pronounce your words accurately and never let yourself to fumble. Another solution of this query is to eliminate all those words that cause hard work for you to speak them and choose some easy but impactful words instead.

- Inflection in speech is known as the rise and fall of speaker's voice during his speech. Inflection tends to break speaker's monotony, hence save yourself from inflection and practice your speech for couple of times.

- The last but not the least is your confidence, having confidence in your speech takes you to victory stand. Have confidence in your research on topic, do eye-to-eye contact with your audience, understand your audience and convey your thoughts to them properly with confidence.

Confidence is the most important tip in advice, as whole of the structure of speech is dependent on the factor of confidence of speaker. Confidence is the key for a good speech; confidence even neglects the content also. If your content is not up to the mark but you have confidence in yourself, your speaking will be effective even then.

On the other hand, never be a paper reader and in case, when you lose some of your material



than be confident and say material which comes to your mind in your own words to fill the gap. Knowing that it is not an easy thing but once you are out of it, surely you will stand first in all ranks. Improvement in speech is visible when you experience the situation for couple of times.





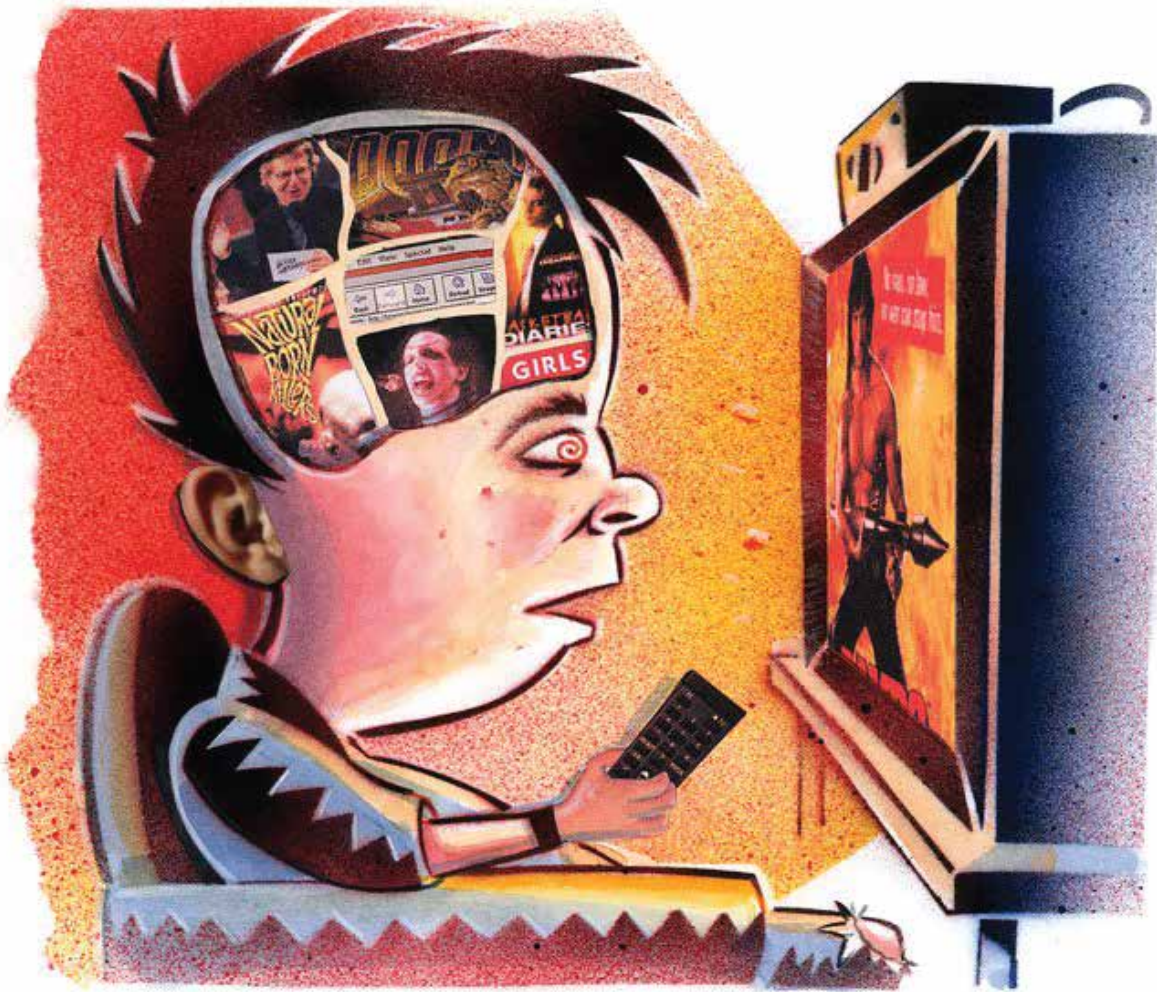
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THE PLUG-IN ADDICTION TELEVISION

Without any doubt, television has occupied itself as an important position in our daily life, being beneficial to different people in different ways. Primary, television is a grand resource for supplying information and is a useful means to provide education at every level.

Once television was just an invention which was used for entertainment purposes, but now it has become one of the most important needs of human life. Television has its reach to a vast number of viewers which are in regular use of it. This invention of twentieth century has a tremendous response of people from every part of the world, and it would not be wrong to say that the television has now become a “plug-in addiction” for everyone.

In the present times, where internet is considered to be the most vital creation, television is not less than it. On television everything can be attained; information, education, knowledge, entertainment and what not.....

Without any doubt, television has occupied itself as an important position in our daily life, being beneficial to different people in different ways. Primary, television is a grand resource for supplying information and is a useful means to provide education at every level. Television makes people to see what is going on around them by giving current news, weather reports, sport events, or information about places and criminals, in addition to every other thing happening around the world. For example, watching the “Most Wanted” crime shows give people some information about criminals to take precautions for their own safety.

Television also feeds people with information and knowledge without going anywhere. There are programs, such as education, history, travel, or discovery that people can learn about places, cultures, and histories of other countries or learn about the world of wild animals. Moreover, watching television can help people improve their information on everything, while improving their listening skills, vocabulary, or the ways people communicate across the globe.

However, television also brings a lot of drawbacks to our society in many modes, such as it shows a number of unwanted scenes which are frequently shown on television screen for instance use of alcohol and smoking, which is destroying the minds of our young generation.

Television follows the “open policy”, while showing everything without any concern the content is appropriate for the society or not. When our younger generation watches people using alcohol on television screen, they also start using it without knowing what alcohol would do to them in the long run. Similarly when they see people smoking on the television screen, they think smoking is a sign of adulthood and starts

to smoke. These kind of issues are associated with the use of television, which itself is giving rise to many other problems in our society and especially in our younger generation.

There was a time when people use to believe that non-fiction (reality) is always better and upper than the fiction, realistic approach is always useful than fiction or imaginary approach. But now fiction has become the most important segment of television, unrealistic content is always on top priority of channel owners, and are rated more than any other realistic content; Harry Potter, Super Man, Bat Man, Spider Man along with many other, are the perfect example of meaningless and unrealistic content with high ratings on television.

Even the informative content on television such as the talk shows are leaving a very awful impression of people, as people are always bashing on one another during the debates in talk shows, being stubborn to admit the reality and keeps on shouting their own point of view. This gives a very bad and ill impression of people of a country at international level, as people in other countries when look this kind of behavior on screen from individuals, thinks it is the overall behavior of people of that specific country. Here



problem is not only with these people, not observing a calm and sober attitude in front of the camera but the fault is of television too, as it makes people more aggressive in order to make their own point of view.

Television is also making people lazy to a great deal, as people sit and watch television for long hours and do not do any other work during that time, which is increasing great threats of obesity in people. Popcorns, snacks, chips and cold drinks along with other junk and unhealthy foods are very much common eatables while watching television, but what people don't understand is, these eatables are making them to gain weight in a very dangerous manner and not only weight but also giving a rise in the cholesterol level of people, which in leading to high blood pressure cases and more number of heart attacks than ever before. It is not about the television only, but it is also about other technology devices as well, which includes cell phones, ipads, tablets, laptops and gaming devices.

Children are also wasting their precious time on television, in which they should be studying, which is not only affecting their studies and grades but also making them less interested in studies. Every child sees fun times as an opportunity to quit studies, and television has made this excuse of children way easier. Now a child does not need to go outside of their homes for enjoyment but they can sit home and waste their time on television instead of studies.

Excessive use of television is also initiating many diseases and syndromes in children, out of which the most important are; weight gaining and weak eye sight. Children spending more time watching television, have to go down to their weak eye sight as watching television for long hours results in affecting their eye sight, which means now they would also have problems in studying with poor eye vision, and would have to face even more difficulty now regarding maintaining their interest in studies.

It's a nightmare for parent, watching their children catching diseases in front of them and they on the other hand are not able to do anything because children are way too much busy with television screen and other technology devices. At times, children do try to reduce their television hours but they again adopt their routines of watching it for long hours, as they couldn't resist the addiction of this plug-in drug.

This clears by vivid means, that television has now become a "plug-in addiction" for everyone and especially the children who are fighting television for them to be back on their study routines. But just like real-time drugs which are not at all easy to quit and are highly addictive.

Children are also wasting their precious time on television, in which they should be studying, which is not only affecting their studies and grades but also making them less interested in studies.



Television is also very addictive in nature, once it is on the nerves of people, it would be difficult to quit it.

In many countries government had specially took the responsibility and got on to the ground in order to make people more aware of the hazards of watching television for long hours. Parents also have paid their due responsibility in reducing television hours of their children. In countries like America, parents are very much conscious regarding the television time of their children and they don't allow their children to watch television more than an hour in a day.

In Pakistan parents should also strictly monitor television time period of their children so that children might not waste their study time on television and might not ruin their future or may not catch any ill health condition such as weak eye sights. On the other hand government should also step in to initiate awareness campaigns for both parent and children, so they may perform their due duties and make the country to develop utterly. ■



MILLENNIUM
ROOTS SCHOOLS



MILLENNIUM
SCHOOLS

Back to
School!

Bag Organization
School Rules
Creative Writing Notice
Mathematics Guideline for Parents
Welcome Note Preparatory School

Bag Organization and Guidelines for Parents



FIRST DAY PACK

Session 2016-2017

Millennium International Primary Programme (MIPP)

Millennium International Lower Secondary Programme (MILSP)

TRIBUTE TO OUR TEACHERS!!

“A good teacher is like a candle – it consumes itself to light the way for others.” (Mustafa Kemal Atatürk)

Teacher day is celebrated on 5th of October with the values of teachers as the guide of soles in every society of humanity. In the flowing lives, we at some pace leave our teachers behind and move ahead to our future but we deprive the importance of teachers in our societies and the only chance to make the individuals is to make them realize about the importance of the teachers. For this occasion, 5th is celebrated with the slogan high-lighting the importance of teachers.

Teachers day help students to value their teachers as they are the true mentors in educational fields, moreover it builds the respect and sense of harmony that finally leads in the betterment of the relationship of students with their teachers. Not only students but teachers also see the different sides of their students other then the subject of study.

Teachers share their sentiments with their students, having affection, honesty and friendly relation with their student on this day, which is nearly impossible thought-out the busy year. Teacher’s day builds hope and confidence in students and a family is formed within the sphere of schools. This day is warmly celebrated thought-out the state, including almost every institution.

The day was celebrated in a huge number of schools, colleges, universities and as well as in other academic institutions of Pakistan. Students gave tributes to their teachers and showed their affection with them.

Same in account, LCWU (Lahore College for Women University), Kips, LGS and various other schools and colleges also celebrated this day with many countable seminars that objected to educate students with the awareness on this account, also teachers shared their mild experiences and at the end there was the conceptual interaction between the two fellow

parties.

Remarks of Students:

Khizar Zaheer (Lahore Lyceum): I am blessed to have fantastic teacher, who are always available to us and very patient.

Minahil (Lahore Lyceum): I have great instructors, very knowledgeable and great speakers. I would definitely take their teachings to my practical life. My teachers have a great love for their job and had always kept me in tuned the whole way through.

Arslan Ali (L.G.S): I am thankful to God for giving me chance to have guidance from such good teachers, who not only are fantastic with their class room work but also provides us with knowledge driven through their experiences towards life. ■





Health Tips

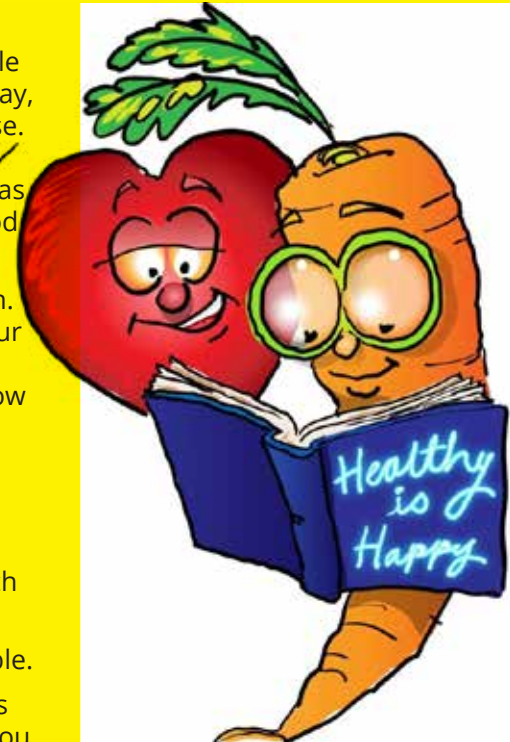


Raising a family isn't always easy. You are busy, and so are your children. There is a lot to do in little time. But the stakes are high. Today, many kids are overweight or obese.

A healthy, active lifestyle can help maintain weight. It also can prevent health issues, such as diabetes, heart disease, asthma, and high blood pressure.

It is important to create healthy habits early on. These will help you make smart choices for your family. Children imitate their parents, so it's important to set a good example. The tips below can help your family be healthy and happy.

1. Start the day with a healthy breakfast. It refuels the body and provides energy for the day.
2. Let kids help plan and prepare 1 meal each week.
3. Eat together as a family as often as possible.
4. Take time eating, and chew slowly. It takes 20 minutes for the brain to tell the body that you are full.
5. Eat more vegetables and fresh fruits. Aim for a total of 2 cups of fruit and 2 1/2 cups of vegetables each day.
6. Eat more whole grains. Examples include oats, brown rice, rye, and whole-wheat pasta. Try to eat at least 3 ounces of whole grains each day.
7. Drink plenty of fluids. Choose water, low-fat or nonfat milk, and low-calorie beverages.
8. Serve a variety of foods.
9. Serve food in small portions.
10. Choose snacks that provide nutrients and energy. These are essential for active, growing children.



In Talks with Faryal Shahzad

Q. How were you as a child?

An introvert and shy. Though, I often enjoyed meeting new people I was mostly reserve and didn't mingle easily. My Convent schooling, however, helped somewhat hone my social skills. As a student I was not very studious, though I enjoyed reading books outside of school curriculum.

Q. What are your views about your up-bringing at home?

I was brought up in a home where I always saw my father go to bed with a book in his hand, while he always encouraged me and my two brothers to do the same. As children we were motivated to scribble our thoughts too, which I usually enjoyed doing and would always, later, share my writings with my father. Both my parents were always very supportive of what I wanted to do in life. My mother was rather strict though, but I think it's good to have a parent who teaches you discipline and restraint.

Q. Who do you inspire the most?

Well, honestly I think this is a question that you should be asking people who know me, but I think I have always, mostly, managed to inspire my students wherever I have served as a teacher.

Q. Why you decided to be in the field of media?

It was not a decision that I made at all! It was just the propulsion of events that brought me here. I didn't even have a degree in Journalism when I started writing for Dawn at the age of 20. I have writing in my blood, since both my father and grandfather used to write for Pakistan Times. Whenever something or some events around me chagrined me in any way, I would type what I felt and send it to 'Letters to the Editor' section of Dawn, and it would get published. Later, I was encouraged to elaborate my thoughts in articles and I started sending my write-ups to Dawn Lahore.

Q. How has been your journey with "DAWN"?

Dawn has been one of the best places to work. My experience writing for Dawn gave me a lot to cherish and helped me grow tremendously.

Q. According to you, how a student may be successful in his/her life?

Students should widen their horizon and not confine their learning to the classroom alone. Learn about life, and learn life skills. And, most of all travel and read. Practical life requires much more to succeed than what is taught in the classroom.

Q. What is your point of view on the current education system of Pakistan?

What bothers me as regards the current education system is the fact that we have no system of our own. It's all imported and borrowed, be it GCE or the Baccalaureate system. I'm not against these foreign systems, but I think that the very purpose of bringing these systems here should be to help improve our own in light of our experiences with the foreign systems, which we haven't been able to do so far.

Q. You are a media person and a teacher additionally, which part is tougher than the other one?

I think being a teacher is much tougher, since it's the responsibility of so many future professionals that lies on your shoulders. Their success is dependent upon how well you can teach and train them for practical life.

Q. Which type of students you like the most?

Honest ones.

Q. Do you ever have to face gender discrimination in profession, as a "booming lady" in field?

Fortunately, never so at my workplace, since Dawn has a very progressive, open environment. Though, a couple of times I had to face so during field work, like while gathering information for one of my articles on the state of public hospitals in Punjab.



Top 5 High Schools in New York

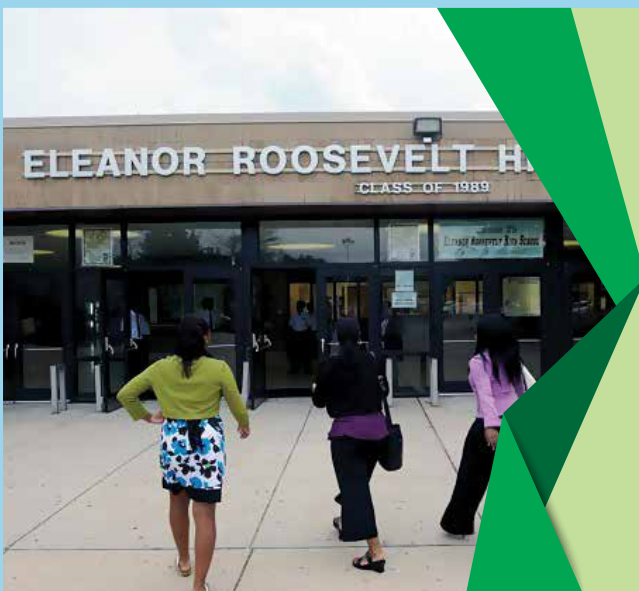
These high schools are at top of the list in the ranking of best public high schools, according to New York Post. Admission to these selective schools is not based on entrance exams like the SHSAT, but mostly on middle-school grades, state exam scores, attendance and punctuality.

TOWNSEND HARRIS HIGH SCHOOL

Graduation rate: 100% | College ready: 100%
College enrollment: 100% | % Taking SAT: 97.1
Average total SAT score: 1981 | # Taking AP tests: 309
AP Pass rate: 90.3%

This highly desired Flushing school appeals to motivated high-achievers from all five boroughs. In 2015, 5,996 applied for 306 freshman seats. With an emphasis on the classics, all students take two years of Greek or Latin. The rich curriculum seeks to instill a mastery of the humanities and an appreciation of nature, the arts, math and science.

All classes are honors, AP or college level. Offers career and technical education courses in engineering, law, scientific research and audiovisual technology. The building boasts a DNA lab and TV studio. Scholars conduct research at Queens College, NYU and Rockefeller University. Seniors earn tuition-free credits at Queens College and have access to the campus gym, library and cafeteria.



ELEANOR ROOSEVELT HIGH SCHOOL

Enrollment: 541 | Graduation rate: 100%
College ready: 99.2% | College enrollment: 95.3%
% Taking SAT: 86 | Average total SAT score: 1889
Taking AP tests: 111 | AP Pass rate: 91%

Coveted Upper East Side school prizes community service along with academics. Its 125 freshman seats attracted 5,582 applications in 2015, offers 11 AP classes, a college English class in partnership with St. John's University and an array of science, technology, engineering and mathematics (STEM) and arts classes. Starting this year, all students can take AP World History in 10th grade and AP US History in 11th. Science and math are required all four years.

The affectionately nicknamed "ElRo" has the only high school team competing in the city's annual Construction competition. Joining professional architects and engineers, students collect hundreds of cans of food, use them to build giant art pieces, and then donate them to a food pantry.



NEW EXPLORATIONS INTO SCIENCE

Admission: Priority to continuing 8th graders; grades 83-100; state exams: Levels 2.7-4.5; attendance; on-site test

Enrollment: 1,735 | **Graduation rate:** 97.5%

College ready: 96.7% | **College enrollment:** 82.3%

% Taking SAT: 91 | **Average total SAT score:** 1859

Taking AP tests: 116 | **AP Pass rate:** 85.3%

The city's only K-12 gifted school, Nest offers AP classes starting in ninth grade and accelerated math and science programs. Students must submit a special request for testing, and competition for 160 freshman seats is fierce — last year, 3,097 students applied. Electives include digital storytelling, mythology and gymnastics; language courses are offered in Mandarin, Latin, Spanish, Italian and French.

The school has many clubs, including robotics and chess, and sports like fencing and track, plus science and arts internship opportunities at local universities. A new student-curated open mic series showcases kids' musical, poetry, comedy.

BACCALAUREATE SCHOOL FOR GLOBAL EDUCATION

Admission: Priority to continuing 8th graders; grades 90-100; state exams: Levels 3.1-4.5; attendance

Enrollment: 478 | **Graduation rate:** 100%

College ready: 98.5% | **College enrollment:** 98.4

% Taking SAT: 98.5% | **Average total SAT score:** 1881

With a laid-back feel yet ambitious mission, this 7-12 Astoria school steers students toward the prestigious International Baccalaureate degree in a light-filled building that was once a pocketbook factory. Juniors and seniors take IB exams for college credits in experimental sciences, math, foreign language (Mandarin, Spanish or French), world literature, history and art. The program requires 100 hours of community service in grades seven to 10, and 150 hours of "creativity, action or service" in grades 11 and 12. Students complete a 4,000-word extended essay on a topic of their choice — anything from "How to Make a Thermoelectric Cooler" to "Writing Fiction Stories."



SCHOLARS' ACADEMY

Admission: Priority to continuing 8th graders; grades, state exams, attendance

Enrollment: 1,302 | **Graduation rate:** 99.2%

College ready: 97.5% | **College enrollment:** 90.6%

% Taking SAT: 99.2 | **Average total SAT score:** 1716

Taking AP tests: 87 | **AP Pass rate:** 78.2%

This academically accelerated 6-12 school on the Rockaway peninsula offers an ambitious curriculum and cutting-edge tech to prepare students for 21st-century careers. Kids use iPad, Chrome books, and Mac Books and choose from 10 AP courses. In the upper grades, they can earn up to 20 college credits through a partnership with St. Francis College in Brooklyn.

Exceptional drama club marching and concert bands and visual arts, the Key Club leads charitable efforts, including the Leaf Crunch cleanup day in Forest Park and food collections for City Harvest.

Under Water Tales

Silence of waves explains some dreadful stories of past and many hidden mysteries inside it, which are included in the studies of "Sea Legends". These sea legends are explained and are well-known by many of us, such as the "Bermuda Triangle" or one of the most horrifying incidents from past, which was the sinking of "Titanic".



On hearing the word "Sea", we at once, have a picture of millions of droplets stockpiled together and spreading the blue over, like a covering on earth. We all know that earth is covered with one percent of land and three percent of water. That three percent of water is divided into oceans, seas, rivers, lake and streams. Sea is savour with the truth that it is salty, that means it contains water but not for the purpose of drinking. But yes! It is true that, through different processes it can be made to use for drinking purposes. Sea is filled with several exciting creatures, mainly named as fishes. Not only fishes but several plants and rocks are founded deep underneath. We can find some thrilling facts of sciences in shallow black basements of sea. Scientists and researchers are still shockingly analyzing the reality of sea.

Sea not only serve us as a part for fishes or water only, but sea is beneficently used in many other ways like firstly sea is used for the source of transportation or even in trading. Don't forget it was sea and oceans that enabled Columbus to travel across and discover America, today's rushing and lashing countries, fighting for their economy prefer trading their goods to other countries from sea. People ship their goods on huge cargo ships through sea.

Secondly, sea gives us with an addition in our food's variety, making it a great source for food. Fishes of many different species are part of human feed. Whereas, plants in sea are used in medicine along with many types of fishes, which serves as medical purposes and are used by various pharmaceutical companies.

Having a sea in the country could be a great attraction for tourism; sea shores, sea voyage, fishing and sea resorts, attracts a gigantic range of people for a great source of amusement.

Silence of waves explains some dreadful stories of past and many hidden mysteries inside it, which are included in the studies of "Sea Legends". These sea legends are explained and are well-known by many of us, such as the "Bermuda Triangle" or one of the most horrifying incidents from past, which was the sinking of "Titanic". All these mysteries and sea legends are buried deep under the waters.

We also have heard many stories of pirates and their big blacklisted ships with the boxes of looted gold, out of which some are now under the waters of sea. Many researchers and treasure hunters had found real treasure, while many lost their lives in the way between.

Sea is considered as brutal and deadly among many people but for some it is in their happy memories. For the matter of fact, seas in current era are at their worst times. Growing industries are throwing the huge amount of industrial waste into the sea; this industrial waste is highly toxic in nature, which kills the marine life immediately and makes the beauty of sea to go on cracks. Growing population is also a problem for sea, as growing population means increased rate of pollution caused by the population, dunked into the water of sea.

Government of very country, state or region should take this matter under their priority list in order to save the beauty and benefits of sea. We should also rest the greatness of sea and its creatures, in order to keep on having the benefits from sea in future. ■

VTech Smart Watch Plus

analogue and digital watch faces, plus a stopwatch and timer. The three built-in games are the weakest part of the package (and don't expect amazing photos from the camera), but the rest of the features make the Kidizoom Smart Watch Plus a fun wristband for kids or irony-friendly hipsters.

Less of an activity wristband and more of a fun gadget watch, the VTech Kidizoom Smart Watch Plus costs a little more than the Leapfrog Leap-Band but has more functions, such as a camera (still and video) plus a variety of games and apps.

The still and video camera, plus hilarious voice recorder with effects, will liven up any party. There are tons of



Nintendo Wii U

The Nintendo "Wii U" is the latest in a long history of gaming consoles from Nintendo. The gamepad controller is unique, allow children to play video games on the controller while others might be watching movies on the television. With an internet connection, the "Wii U" allows children and their friends and families to play certain games together online. The software used is one of the best, which makes "Wii U" games a joyful experience for children and families.



Samsung Galaxy Note 8 launched in Pakistan



Samsung has launched its most advanced Galaxy Note 8 smart-device that features the fascinating S-Pen and numerous other revolutionary technologies, to enrich the lives of tech-savvy consumers. A grand ceremony was held at the Expo Center. President of Samsung Pakistan – Mr. Y.J. Kim was the chief-guest.

This long-awaited smartphone redefines what you can do with a phone and inspires the users to 'Do Bigger Things'. Some of the fascinating features of the Note 8 include; a 6.3-inch Quad HD+ Super AMOLED (Infinity) display, Android 7.1.1 Nougat Operating System, 64GB internal memory (expandable). The device boasts a powerful Dual 12MP camera at the back with OIS and a Wide-angle f/1.7, telephoto lens, along with an 8MP front-camera. All this is powered by a 3300 mAh battery.

The President of Samsung Pakistan & Afghanistan Mr. Y. J. Kim stated that: "We are proud to introduce this power-packed device, which promises a whole new world of info-tainment and multi-tasking, with powerful global connectivity, for the consumers aspiring to excel in today's highly competitive and fast-paced world. It empowers and inspires the user to do, what others think they can't do."

The Head of Samsung Mobiles Mr. Umar Ghumman stated that: "A phone that defined Big – has just got Bigger, as the design of the Note 8 has evolved with a bigger infinity display. With the power S-Pen technology, this Phablet will surely exceed every customer's expectations, giving them more freedom to express their creativity and share their ideas instantly with their audience around the globe." ■



Little Chocolate Ice-Cream Balls

METHOD:

Fill a small jug with hot water. Place the corn flour in a bowl. Dip a scoop in the hot water and use a tea towel to quickly dry. Use an ice cream scoop to get perfect balls of ice-cream. Place the ball in the corn flour and toss to coat. Use your hands to quickly roll the ball until smooth. Place the ball on a baking tray. Cover with plastic wrap and place in the freezer. Place the chocolate melts in a small microwave bowl. Heat (uncovered) at Medium/500watts/50% for 1 minute. Use a clean, dry metal spoon to stir the chocolate. Heat it for a further 1 minute or until almost melted. Stir until smooth. Set aside for 10 minutes to cool slightly. Use a fork to dip 1 ice-cream ball into the melted chocolate to evenly coat. Place on a clean baking tray and sprinkle with hundreds and thousands.

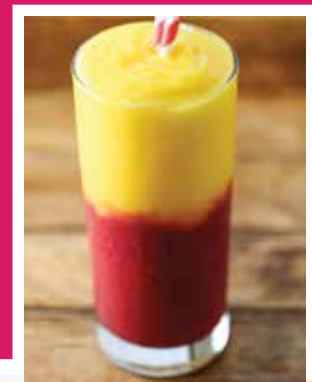


Mango & Strawberry Smoothie



METHOD:

Carefully spoon 2 tbsp of the thick coconut cream from the top of the can into a bowl. Add the thickened cream. Use an electric mixer to beat until soft peaks form. Divide half the crumbled biscuits among 4 tumblers. Top with half the mango or strawberry, cream mixture and strawberry pulp. Continue layering with remaining grinded biscuits, mango, cream mixture and strawberry pulp. Chill until required. Just before serving, sprinkle with coconut or a little bit of sugar.





Food in Town "Street 360"

"Street 360" is an American style Fusion food Restaurant serving yummiest food from around the world under one roof.

Street 360 has a standard yet diverse menu but with their own unique twist on things which make the food even more delicious and appetizing. "Being unique" is the key word at "Street 360", while other food chains are stuck with their same menu(s).

Great ambience specially painted walls and decor of antiques there. Cake pizza is trending a lot with a huge demand of other pizzas too. Corporative staff makes it even nice place to hang out with friends.

"Monster Shakes" is truly unique in its presentation and taste and is attracting the eye of the town. Everyone wants to try "Monster Shakes" and once they try it, they are passionate about the aroma and the taste of it.

Excellent food, excellent drink, and fantastic staff service definitely worth many more visits in the future.

Come enjoy the food and arts in a retro street style ambience!!!



Joining Hands to Fight Polio



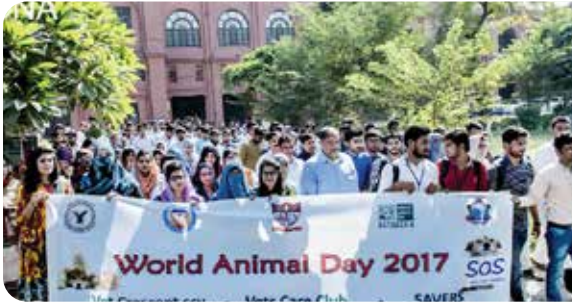
Rotary Club of Lahore Pearl & RCL City jointly organized a Polio and literacy awareness campaign at "Door of Awareness" an organization that is providing education and vocational training to the underprivileged residing in the slums of Lahore. The program was informative in which President Rotary Mrs, Faiza Qamar appreciated this cause and gave a healthy speech to motivate the Rotarians and the participants of the event. The Chairperson of Door of Awareness - Mrs, Ruba Humayun said "She started this organization with few homeless children with providing them food and education free and today this mission become so big that she is educating more than 1,000 children, and she will carry this mission all over Pakistan "In the event Sheikh Parvez, Col (R) Sajid, Miss Roma Rizvi, Mr. Rizwan Ahmad and other attended a symbolic walk for Polio Cause.



Malala Yousafzai Meets PM Shahid Khaqan

Pakistani activist for female education and the youngest-ever Nobel Prize laureate Malala Yousafzai has met Prime Minister Shahid Khaqan Abbasi on the sidelines of the 72nd session of the UN General Assembly. The activist for female education sought PM's support to promote education in rural areas, especially in Swat.

She also urged the present government should make education its manifesto. While admiring Malala's contribution towards education and her efforts to raise the status of girls, PM Shahid Khaqan Abbasi responded that education is the forefront agenda of the present government as no investment would yield dividends without investing in the education sector.



WORLD ANIMAL DAY

The mission of World Animal Day, according to the official "World Animal Day" is "To raise the status of animals in order to improve welfare standards around the globe. Building the celebration of World Animal Day unites the animal welfare movement, mobilizing it into a global force to make the world a better place for all animals. World Animal Day was observed on Wednesday 4, October with the aim to highlight animal issues, raise voice for their rights and urge everyone to protect and love animal by providing a better natural environment to them.

Bloomfield Hall School Islamabad

Students experimented food nutrients in their science laboratory, which enabled them to have a close glimpse of inside containing of food nutrients and increased knowledge of food particles.



City School Model Town

Group photo of "City School" affiliates at Queen's Baton Rally.

Beaconhouse Gulberg

"National Grandparent's Day" celebrated at TNS Beaconhouse Gulberg, where grandparents gathered for their little stars.



KIPS Johar Town

Students enjoyed reading on a books fair held at Kips Johar town campus Lahore. Book fair had a wide range of books for students, including the books of national and international interest, written by well-known writers. According to the administration of Kips, these types of book fairs serve a great importance in promoting the culture of "book-reading" in Pakistan, while giving the blessing of knowledge to the students.



Libra (September 23 – October 22)

Strengths: Cooperative, Diplomatic, Gracious, Fair-Minded, Social

You cannot make a mistake, not even if you surprise yourself by incredible choices and sudden turns in behavior that no one is expecting right now. You belong to the element of Air and this should give you the speed and the element of surprise you need to move in a new direction.

Don't listen to anyone's suggestions when you know what the right thing to do is. It takes a while for you to reach your decisions anyway, so don't let anyone distract you from them

Strengths & Weaknesses

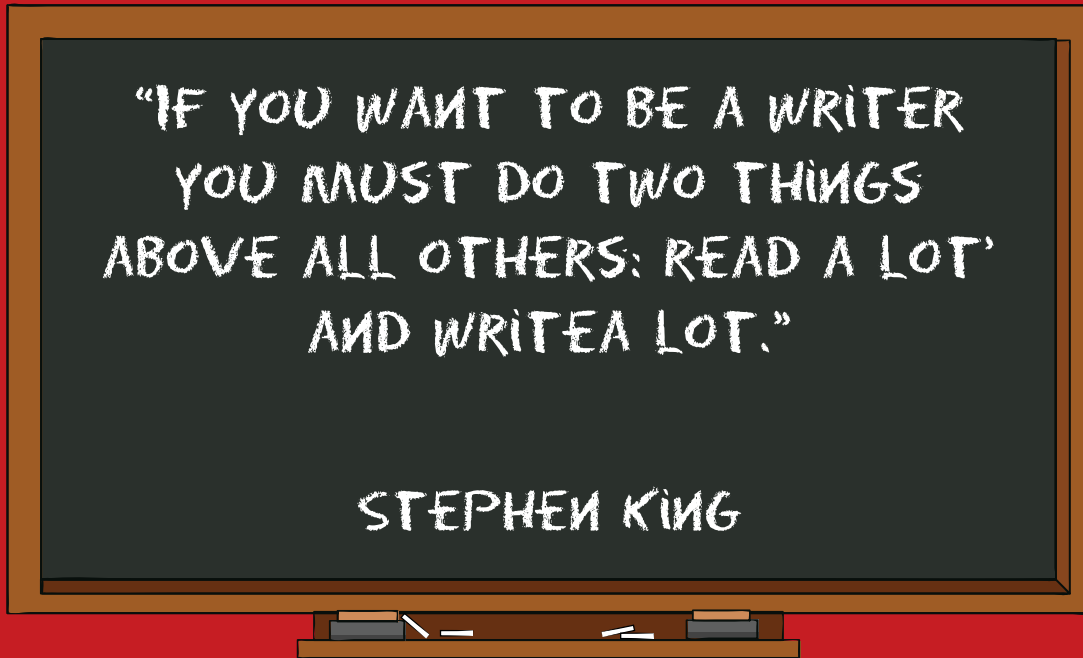
Strengths – The biggest qualities of Libra are their tact, fineness and their ability to take responsibility. This is a sign that leads us to our final verdict, and when in a good place, satisfied and confident, a Libra can be just and incredibly balanced. The thing they strive for is quality in relationships with others and they will put a lot of their energy into ways to improve lives of those around them.

Weaknesses – That justice Libra feels is their obligation to serve is sometimes colored with judgment and resentment. Every person born under this Sun sign has to understand that this is a challenge of the Ego and it always needs to be pushed up, fed, so they can get confident and ready to face every challenge that comes with an "I can" attitude. In case of truly poorly built personality, other people's opinions will have a great influence over their life, making their search for satisfaction really hard.



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Paul Collingwood Hopes

T20s help International Cricket return to Pakistan

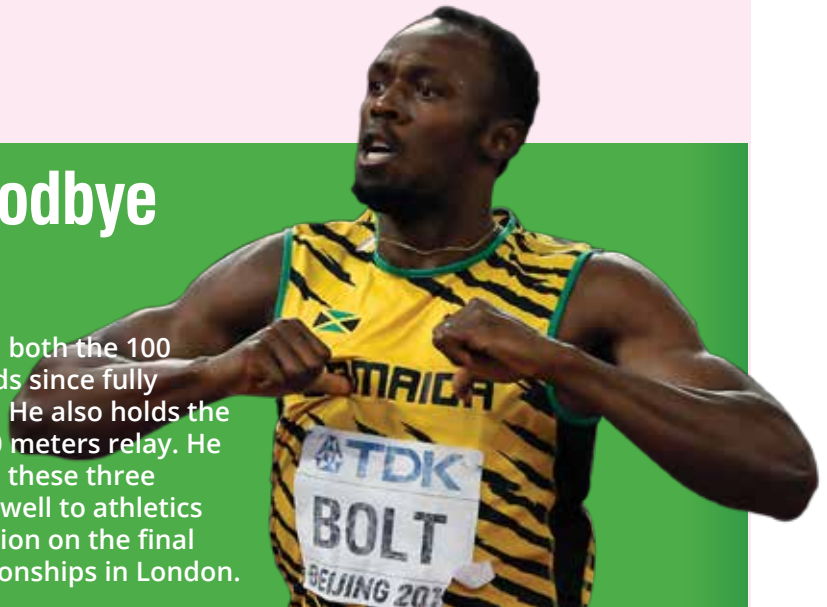
Paul Collingwood says he hopes the World XI Twenty20 tour in Pakistan "can be a significant step" in international cricket returning to the country.

The ex-England all-rounder is part of a World XI squad which will play in Lahore on 12, 13 and 15 September. It will be the first international cricket in Pakistan since the attack on Sri Lanka's team bus in Lahore in 2009.

"Getting home games again, although there is a little way to go, would be a big thing," said Collingwood. The Durham player sought safety assurances before agreeing to take part and said the team will receive "head of state" protection.

Bolt says final goodbye to athletics

Usain Bolt is the first person to hold both the 100 meters and 200 meters world records since fully automatic time became mandatory. He also holds the world record as a part of the 4 × 100 meters relay. He is the reigning Olympic champion in these three events. Usain Bolt says his final farewell to athletics and performs his signature celebration on the final night of the World Athletics Championships in London.



England to host Australia in ODI series in 2018, Plus Tests v Pakistan & India

England will host Australia in six limited-over matches next summer, in between Test series against Pakistan and India, according to News Telegraph.

England and Australia will play five one-day internationals and a Twenty20 in June - four months after the sides meet in Australia following the Ashes.

Joe Root's side plays two Tests against Pakistan starting on 24 May before facing Scotland in an ODI in Edinburgh. They also play three T20s, three ODIs and five Tests against India. The Tests, which start on 1 August, will be held at Edgbaston, Lord's, Trent Bridge, Southampton and The Oval. England lost a five-Test series 4-0 in India last winter, after which Alastair Cook resigned as captain and ODI skipper Root was appointed as his successor.



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