

VOL:02, ISSUE:1  
AUGUST, 2018

# Informal

TO RISE ABOVE THE TIDE

EDUCATIONAL MAGAZINE

## MOTIVATING TEACHERS BUILDING THE FUTURE OF STUDENTS

COVER STORY PAGE: 10

IN CONVERSATION WITH

**“SABA FAISAL”**

PAGE: 22

**Rejoice of 14th August  
The Independence  
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**ORGANIC FOOD:  
HYPE OR HOPE?**

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**WORDS, WORDS, WORDS**

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# Editorial NOTE

Education is very important tool for everyone to succeed in life and get something different. It helps a lot in lessening the challenges of life difficult life. Knowledge gained throughout the education period enables each and every individual confident about their life. It opens various doors to the opportunities of achieving better prospects in life so promotes career growth. Many awareness programmes has been run by the government in enhance the value of education in rural areas. It brings feeling of equality among all people in the society and promotes growth and development of the country.

Education plays a paramount role in the modern technological world. Now-a-days, there are many ways to enhance the education level. The whole criteria of education have been changed now. We can study through the distance learning programmes after the 12th standard together with the job. Education is not so costly, anyone one with less money may study continuously. We can get admission in the big and popular universities with fewer fees through the distance learning. Other small training institutes are providing education to enhance the skill level in particular field.

Better education is very necessary for all to go ahead in the life and get success. It develops confidence and helps building personality of a person. School education plays a great role in everyone's life. The whole education has been divided into three divisions such as the primary education, secondary education and Higher Secondary education. All the divisions of education have their own importance and benefits. Primary education prepares the base which helps throughout the life, secondary education prepares the path for further study and higher secondary education prepares the ultimate path of the future and whole life. Our good or bad education decides that which type of person we would in the future.



**Farooq Ahmad Malik**  
(Editor-In-Chief)

**Abdul Saboor**  
(Sub Editor)

**M. Adeel Hashmi**  
GM Marketing

**Muhammad Ahsan**  
Marketing Manager

**Talal Ishfaq**  
(Manager Sales)

**Umar Ishtiaq**  
International news reporter -Dubai  
Email: umar.ishtiaq@hotmail.com

**Haider Syed**  
(International news Reporter-France)  
Email: golden\_spirit84@hotmail.com

**M. Naeem Mughal**  
(Sr. Graphic Designer)

**Saima Yousafi**  
Administration Manager

**Amjad Jamil**  
(Manager Printing & Distribution)

**Legal Advisor:** M . Arif Parvez Butt  
(Advocate High Court Lahore)

**Office:** Munawar Chambers Office No-6,  
Mozang Road, lahore. Ph: 042-37350442

**Head Office:** #249, 2nd Floor Ashiana center,  
78-D/1, Main Boulevard Gulberg III, Lahore.  
Ph: + 92 42 35152542

Email: informal.pk@gmail.com | www.informal.pk

**Rawalpindi Office:** N-35/40, Opp Police Station,  
Rawalpindi. 0333-8115798

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# Letter to the editor

## **Hi Editor,**

I love to read Informal magazine. There are many interesting topics in your edition of July 2018 likewise advice, cover story, health tips and more. Thank You for publishing such a great magazine. I really enjoy reading Informal. I hope that future issues will carry much more about education scenario is Pakistan.

**Hira Farrukh (Class IV T - City School Model Town)**

## **Hey Informal,**

A wonderful magazine which is based on entertaining and informative content for students and which provides a real break from the serious and bored material to. It is Priceless. I just want to compliment you on the colorful topic selection and I enjoyed seeing the variety of designs. This was so refreshing I read the entire magazine. Well done, this issue was a nice "step out of the box" moment for you guys.

**Ayesha Gondal**

## **Hey Editor,**

It was just delightful on several levels. It took me about half an hour to get it, but when I did I was taken away with the creativity of the understanding as well as serious treatment of subjects, such as education, or exams. Most of the articles in the line were playful and fun to read, especially cover story "The Roots of Pakistan's Education", as it was necessary for the students. I have for months been proud of the magazine and leave my copy in the school library when I have finished reading it.

**Farwah Shahid**

## **Hey Informal,**

Your last issue was just Fab! In three words it was astonishing, beautiful and inviting. I had been looking for such an educational magazine but always failed. I always seek those levels and you

and your wonderful staff reached them in your first try. Last month's magazine was a perfect departure from the past editions where significant topics were discussed, described and questioned. So keep experimenting.

**Ali Chaudhary**

## **Hi Informal,**

While I generally love and respect your magazine for the ways it approaches the students with grace, balance and soul, the last issue left me with the same feelings. Love the May issue and the magazine is always great but this one is fun and unexpected. Thanks for a fresh and unique reading experience. I've had the pleasure of reading your magazine. Blech! This is the first time I've ever finished an issue in less than a week.

**Nadia Zohaib**

## **Hi Editor,**

Your magazine has a good composition of interesting and informative content along with a wide range of topics. I would like to make a request to write something about the process of this our brain carries out the process of memorization. Generally, we don't notice this process, so I think it will be better to write something related to this topic.

**Farwah Ch**

## **Hey Editor,**

I'm cool with the examination style idea. It's not really my things, but I respect the editorial imperative to go in new directions from time to time. It's was so fun and clever, I loved the cover story by Abdul Saboor and all other articles. Magazine of last month was attractive and pretty so keep up the good work and make us surprise with each new issue!

**Kashif Butt**

**Write us at [informal.pk@gmail.com](mailto: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.



# Rejoice of 14<sup>th</sup> August The Independence Day of Pakistan!

**1** 4th August the day of Pakistan is a common day for other nations, but this is most valuable day for Pakistani nation in history of Pakistan. In Urdu language it is called as "Yom-e-Istiqal". On 14th August 1947 the world saw a new country "Islamic Republic of Pakistan" as an independent country. Remember that according to Islamic calendar Pakistan became on 27th of Ramadan when Allah blessed Muslims with the pious homeland.

14th August, is our Independence Day and it means a day when we had got freedom not only from our ruthless rulers but freedom from humiliation. At this day we got our own identity and our own values. Pakistan came into being in 1947 as a sovereign state. 14th August is a day when, efforts of our national heroes are appreciated and celebrated and a day when we get our name and respect. Being Muslims we have our own values, traditions and religion. We Muslims celebrate this day with complete satisfaction and pleasure of being in a separate region where we enjoy freedom of living in every way. Pakistan is a democratic parliamentary federal Islamic republic state. Pakistan has its four provinces, Punjab, Sindh, Baluchistan and Khyber Pakhtunkhwa.

The day started with the gun's fires at early morning. In the morning prayers everybody pray for the progress and prosperity of the country. Changing of guards and guard of honor is presented on the tombs of Quid-e-Azam and Allama Iqbal. Most of the peoples carry the flag

badges and other great leaders of the freedom moment. The badges of Quid-e-Azam and Allama Iqbal are most famous among others. Different schools, colleges and companies arrange the seminars to remember and appreciate the efforts of the freedom fighters. All the major buildings and official building are decorated with the lights and lasers. It is a very special day among the children because it is national holiday. Children put little paper flags on their streets and homes to celebrate this day of 14 August. On the other hands elders put big flags on the roof of their homes and on the vehicles and motor bikes. A great gesture could be seen on the day of freedom in Pakistan.

Everybody has its own celebration style but now we are going to tell you a dangerous thing. In Pakistan few young boys celebrate 14 August in a very dangerous way. Racing and one wheeling is reported on this event and every year many young ones die due to this factor. They do not know that freedom is the meaning of freedom of expressions not the freedom of illegal activities. A huge numbers of bikers put the silencers off from their motor bikes and generate the unbearable noises. The parents and other law enforcement authorities need to be very strict on this issue. Whole Pakistani national celebrate this day with excitement and keen interest. We all should pray at this day of best for our pious land and promise ourselves that we would not let any harm on it and will work for its defense till the day of our last breath.

# Freedom lies in being bold



"No nation can rise to the height of glory unless your women are side by side with you. We are victims of evil customs. It is a crime against humanity that our women are shut up within the four walls of the houses as prisoners. There is no sanction anywhere for the deplorable condition in which our women have to live."

**Muhammad Ali Jinnah**

To survive in peace and harmony, united and strong, we must have one people, one nation, one flag. A freedom without a commitment to others, a freedom without love or charity or duty or patriotism, is unworthy of our founding ideals, and those who died in their defense. Happy Independence Day!

**Nadeem Afzal, Chief Operating Officer, American Lycetuff, Junior & Upper School**



Independence is a day of great jubilation as well as great responsibility. Celebrate this Independence by committing to serve Pakistan. Happy Independence Day!

**Fatima Batool, Lecturer, University of Lahore (UOL).**

I believe life without independence is like a body without spirit. Pakistan is exceptionally fortunate to celebrate 71 years of independence this time, a moment of gratitude & pride for all of us. Let's pray for a bright future with new resolution & determination. Happy Independence Day!

**Zeba Nasir, Head Bloomfield Hall School Islamabad.**



Message for next generation you should take pride of being Pakistani. This will increase your self-esteem. Be creative, equip yourself with different skills along with your degree and become unstoppable in taking Pakistan forward. Happy Independence Day!

**Sadaf Ahmad, CEO, Robotics Club.**

Independence is important for a country because it's the very reason of the country's existence as it gives a nation the right to decide its own fate. Happy Independence Day!

**Mrs. Uzma Jameel, Principal, American Lycetuff Township.**





Looking forward to celebrate the 71st Independence Day of Pakistan with the hope of having a new and prosperous Pakistan - Let us celebrate our freedom with the hope of having an honest and sincere leader who would free our nation of terrorism, discrimination and poverty. May we have a leader who would ensure justice, health care and education for all - May we have a leadership that steers Pakistan out of the devastating energy crisis, severe water shortage and environmental disaster that we are headed towards. Let us acknowledge the sacrifices of our ancestors and uphold the meaning of the white in our flag, which represents the rights of minorities. Our heroes made this day a reality and we need to spread the message of unity and peace to the world. I quote Quaid-e-Azam: "Pakistan not only means freedom and independence but the Muslim ideology which has to be preserved." Let us pledge to protect, uphold and promote peace, progress and prosperity in Pakistan. Let all corners of our land of the pure resonate with "Pakistan Zindabad"!

**Saeeda Salim, Director and Principal, SISA - School of International Studies in Sciences & Arts (Lahore and Islamabad)**

The 14th August is a momentous day for Pakistan and its citizens – a celebration of independence that translated a dream into reality 71 years ago, our forefathers enabling the existence of Pakistan we cherish today. Forty years ago private educational institutions outside of religious based schools were scarce, something of a luxury. The City School started its journey in 1978, marking this year as their 40th anniversary of providing educational opportunities for students and employment and training of teachers. Today, The City School is a network of over 170 schools nationwide, inculcating the same patriotism amongst our students as that which inspired our students 40 years ago.

The past has paved the way for the future. Today, we teach over 67,000 students nationwide – giving more access to quality education to many so that they are able to compete internationally with vigor and strength – representing Pakistan. This year, their O and A level results are announced on Pakistan Independence Day, making it the most memorable day of all, congratulations to them all, as they move forward to a bright future in a Pakistan created by their forefathers. On that very note, The City School wishes everyone a very Happy Independence Day.!

**Fiona Hallworth, Administrator, City Schools**



"This 14th August, I choose to pen down a message for the parents of young children living in Pakistan. I would urge parents to reflect on what knowledge, skills, attitudes and values they would like their children to cultivate during their formative years. As an educationist, I come across parents on a daily basis and see how deeply invested they are in their children's learning. Lastly while we're at it please let's also teaches them to be more compassionate and empathetic towards fellow living beings and the planet that we live in. Happy Independence Day!!

**Lalah Rukh, Founder & Director, Science Fuse**

### **THOUSANDS LAID DOWN THEIR LIVES, SO THE COUNTRY BREATH THIS DAY.**

At KIPS we are passionate to contribute by emerging the youths who are determinant to add towards the magnificence and glory of the country. We are through the indispensable phase to develop the visionary leaders who can outshine the forte and has the influence to fortify our origins.

We must realize that freedom is a responsibility to ensure that we maintain the vision to distinguish us as a SOVEREIGN THRIVING NATION. Our Independence Day marks a milestone in our remarkable journey and forecasts the instigation, charged by the essence and vigor to chart a brighter future. Let all of us be united and raise the flag of Pakistan higher to rejoice and sustain our Independence. PAKISTAN ZIDABAD! **KIPS School**







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# MOTIVATING TEACHERS BUILDING THE FUTURE OF STUDENTS

**A teacher must act as the support person when the student needs help. Support can come in many forms such as a coach, leader and even a counselor. In professional circles, a teacher may even have to support other teachers leading a particular subject matter.**

**T**eachers play vital roles in the lives of the students in their classrooms. Teachers are best known for the role of educating the students that are placed in their care. Beyond that, teachers serve many other roles in the classroom. Teachers set the tone of their classrooms, build a warm environment, mentor and nurture students, become role models, and listen and look for signs of trouble.

The most common role a teacher plays in the classroom is to teach knowledge to children. Teachers are given a curriculum they must follow that meets state guidelines. This curriculum is followed by the teacher so that throughout the year, all pertinent knowledge is dispensed to the students. Teachers teach in many ways including lectures, small group activities and hands-on learning activities. Teachers also play an important role in the classroom when it comes to the environment. Students often mimic a teacher's actions. If the teacher prepares a warm, happy environment, students are more likely to be happy. An environment set by the teacher can be either positive or negative. If students sense the teacher is angry, students may react negatively to that and therefore learning can be impaired. Teachers are responsible for the social behavior in their classrooms. This behavior is primarily a reflection of the teacher's actions and the environment she sets.

Teachers typically do not think of themselves as role models, however, inadvertently they are. Students spend a great deal of time with their teacher and therefore, the teacher becomes a role model to them. This can be a positive or negative effect depending on the teacher. Teachers are there not only to teach the children, but also to love and care for them. Teachers are typically highly respected by people in the community and therefore become a role model

to students and parents. Mentoring is a natural role taken on by teachers, whether it is intentional or not. This again can have positive or negative effects on children. Mentoring is a way a teacher encourages students to strive to be the best they can. This also includes encouraging students to enjoy learning. Part of mentoring consists of listening to students. By taking time to listen to what students say, teachers impart to students a sense of ownership in the classroom. This helps build their confidence and helps them want to be successful.

Another role played by teachers is a protector role. Teachers are taught to look for signs of trouble in the students. When students' behaviors change or physical signs of abuse are noticed, teachers are required to look into the problem. Teachers must follow faculty procedures when it comes to following up on all signs of trouble. Teachers' roles today are considerably different than they used to be. Teachers were once issued a specific curriculum to teach, and a set of instructions on how to teach it, using the same methods for all students. In today's world, a teacher's role is quite multifaceted. Their job is to counsel students, help them learn how to use their knowledge and integrate it into their lives so they will become valuable members of society. Teachers are encouraged to adapt learning methods to each individual student's learning, to challenge and inspire them to learn.

Students are the ones who need support when learning a new skill or piece of information. A teacher must act as the support person when the student needs this help. Support can come in many forms such as a coach, leader and even a counselor. In professional circles, a teacher may even have to support other teachers leading a particular subject matter. One of the top roles a teacher must fill is that of a resource specialists.





There will be many people who will come to the teacher seeking information. Even if the person is only seeking a source of information, the teacher is the one who must know how to find what the student is

looking for.



One last important role a teacher must fill is that of a learner. Anyone who has been involved in a profession long enough knows that there is always something new to learn. A learner is a person who is always growing in life and will never claim that they know it all. A teacher will be challenged everyday with a new task that will help them grow into a better person.



In today's world, being a teacher is an incredible challenge. Beyond the day to day of teaching and marking, teachers are faced with students with behavioral or family issues, learning disabilities, and more. As a school administrator, keeping your teachers motivated is one of your most important roles. Here are ten tips to keep your teachers motivated throughout the course! Role of a school administrator is to make the teachers' lives easier so that they can teach and the students can learn. Help teachers as much as possible when they have a heavier workload. Consider asking the teachers what they need help with before jumping in, so that they do not feel like they are micromanaging. Make sure to also help your teachers through monotonous tasks with software tools.



If a teacher feels valued, you won't need to worry about motivating them. These teachers will know how to stay motivated. Keeping your teachers motivated can be a challenge. But it is an essential part of your students' overall success. Great teachers are those that are motivated to excel and take pride in their students' success both inside and outside the classroom. Take the time to experiment with some of these tips to find what works best in your school!



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# *Organic Food: Hype or Hope?*

ORGANIC FARMING PRACTICES REDUCE POLLUTION, CONSERVE WATER, REDUCE SOIL EROSION, INCREASE SOIL FERTILITY, AND USE LESS ENERGY. FARMING WITHOUT PESTICIDES IS ALSO BETTER FOR NEARBY BIRDS AND ANIMALS AS WELL AS PEOPLE WHO LIVE CLOSE TO FARMS.

Organic food has become very popular. But navigating the maze of organic food labels, benefits, and claims can be confusing. Is organic food really better for your mental and physical health? Do GMOs and pesticides cause cancer and other diseases? Are there chemicals in rest of the food materials? The fact of the matters is, we need to see deeply into this matter to make an educated judgment. But, on the other hand individuals preferring organic food has an edge, as organic food proponents often claim they eat organic foods because they feel organic foods are safer and more nutritious. Common statements from those preferring organic food are "I don't like chemicals in my foods," "natural has to be safer than artificial," or "I prefer pesticide-free food."

Over the past two decades the sale of organic foods has increased dramatically. Today's organic food system includes a combination of small and large food producers, local and global distribution networks, and a wide variety of products including processed foods, fruits, vegetables, meats and dairy. Organic agricultural methods are internationally regulated and legally enforced by many nations, based heavily on the standards set by International Federation of Organic Agriculture Movements. Organic food is a multi-billion dollar industry. Consumers often pay two times the amount of money for organic versus conventional food. The standards for organic certification of food vary worldwide. When asking whether or a not a food is organic one is asking about the methods used in production of the food. When asking about the safety and nutritional content, concerns other than just production method are being addressed.

The term "organic" refers to the way agricultural products are grown and processed, while the regulations vary from country to country. Organic crops are grown without the use of synthetic pesticides, bioengineered genes (GMOs), petroleum-based fertilizers, and sewage sludge-based fertilizers. Organic livestock grown for meat, eggs, and dairy products must have access to the outdoors and be given organic feed. They may not be given antibiotics, growth hormones, or any animal by-products.

How your food is grown or raised can have a major impact on your mental and emotional health as well as the environment. Organic foods often have more beneficial nutrients, such as antioxidants, than their conventionally-grown counterparts and people with allergies to foods, chemicals, or preservatives often find their symptoms lessen or go away when they eat only organic foods.

Organic produce contains fewer pesticides. Chemicals such as fungicides, herbicides, and



insecticides are widely used in conventional agriculture and residues remain on (and in) the food we eat. Organic food is often fresher because it doesn't contain preservatives that make it last longer. Organic produce is often (but not always, so watch where it is from) produced on smaller farms near where it is sold.

Organic farming is better for the environment. Organic farming practices reduce pollution, conserve water, reduce soil erosion, increase soil fertility, and use less energy. Farming without pesticides is also better for nearby birds and animals as well as people who live close to farms.

Organically raised animals are not given antibiotics, growth hormones, or fed animal byproducts. Feeding livestock animal byproducts increases the risk of mad cow disease (BSE) and the use of antibiotics can create antibiotic-resistant strains of bacteria. Organically-raised animals are given more space to move around and access to the outdoors, which help to keep them healthy.

# NATHIA GALI

## A Perfect Nature Spot to Beat the Heat

**N**athia Gali is a mountain resort town or hill station in Abbottabad District of Khyber Pakhtunkhwa, Pakistan. It is located at the center of the Galyat range, where several hill-stations are situated, closely connected to each other, and with their names mostly ending in 'Gali'. Nathiagali is known for its scenic beauty, hiking tracks and pleasant weather, which is much cooler than the rest of the Galyat due to it being at a greater altitude. It is situated 34 kilometers at one hour's drive away from both Murree and Abbottabad, lying midway between these two places. The drive time from Islamabad is usually about two hours, unless there is a lot of traffic.

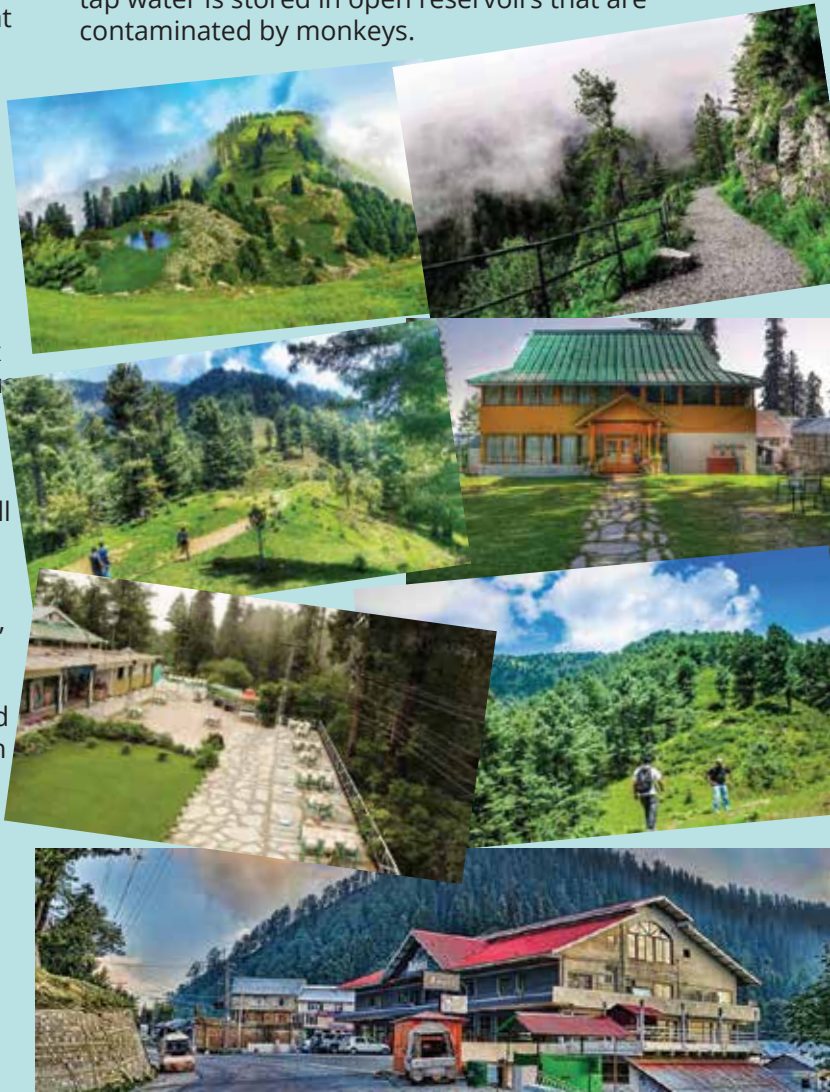
The town is filled with breath taking views and is surrounded by picture perfect mountain areas, making for a destination that looks nothing less than heaven on earth. Its these very natural beauty sceneries that make this town an attractive tourist destination. The town has a mix of beauties and is the ideal destination for various kinds of travel enthusiasts, be it adventurers or nature aficionados. For the wildlife enthusiasts, the town is home to various species of insects, birds, Rhesus Monkeys and the almost extinct Hill Leopard that can be spotted in the forest of the Ayubia National park.

For the Adventurers, the mountain of Mukshpuri, with an elevation of 9200 feet, makes for a great trekking route. Also labelled "Heaven on Earth", Nathiagali is famous for its thick deep forests and luscious meadows. You can find accommodation ranging from low cost huts and motels to high end hotels all in one place. Book in advance through our website as Nathiagali is a popular tourist destination and rooms tend to fill up fast.

Nathia Gali's Church is a beautiful timber church.

It's been recently renovated, and it's one of the main attractions in Nathia Gali. After you visit the Church, you should head to the top of Miran Jani. The trail to the top starts just behind the Governor's house, and offers beautiful views of the pine forests.

If you are planning on going on a hike, go in a group and take rain gear. It is suggested to only drink bottled water, because in many areas the tap water is stored in open reservoirs that are contaminated by monkeys.





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# How Teens Can Stay Fit and Healthy

**A**ny type of regular, physical activity can improve your fitness and your health. The most important thing is that you keep moving!

Exercise should be a regular part of your day, like brushing your teeth, eating, and sleeping. It can be in gym class, joining a sports team, or working out on your own. Keep the following tips in mind:

- Stay positive and have fun. A good mental attitude is important. Find an activity that you think is fun. You are more likely to keep with it if you choose something you like. A lot of people find it's more fun to exercise with someone else, so see if you can find a friend or family member to be active with you.
- Take it one step at a time. Small changes can add up to better fitness. For example, walk or ride your bike to school or to a friend's house instead of getting a ride. Get on or off the bus several blocks away and walk the rest of the way. Use the stairs instead of taking the elevator or escalator.
- Getting your heart pumping. Whatever you choose, make sure it includes aerobic activity that makes you breathe harder and increases your heart rate. This is the best type of exercise because it increases your fitness level and makes your heart and lungs work better. It also burns off body fat. Examples of aerobic activities are basketball, running, or swimming.
- Don't forget to warm up with some easy exercises or mild stretching before you do any physical activity. This warms your muscles up and may help protect against injury. Stretching makes your muscles and joints more flexible too. It is also important to stretch out after you exercise to cool down your muscles.

Your goal should be to do some type of exercise every day. It is best to do some kind of aerobic activity without stopping for at least 20 to 30 minutes each





# REVIEW ON *The Crew 2*



**I**t's the roads between cities where *The Crew 2* shines. Those great swathes of highway that curve through deserts, snake through canyons, and cut through forests. Here the game's immense scale, arcade handling, and palpable sense of speed coalesce into something genuinely thrilling, especially if you have a couple of friends driving alongside you. But it's a feeling that doesn't last, because outside of these blissful moments the game is absolutely determined to sabotage the purity of its driving with endless nonsense.

*The Crew 2* is an open world racer set in a massive, condensed approximation of the continental United States. To give you an idea of its size, it took me 46 minutes to drive non-stop from Los Angeles to New York City in a Ferrari 458. It's a vast and varied setting, and it's undoubtedly the best thing about it. There's fun to be had in just aimlessly driving from state to state, watching the scenery change around you, visiting famous landmarks (of which there are, curiously, fewer than the first game). But the game gets impatient when you do

this, insisting you focus on earning followers for some non-specific social media network instead: the primary metric of your success in *The Crew 2*.

*The Crew 2* is not a great driving game, but the cars are far superior to every other mode of transport. The arcade handling is smooth and responsive, but has none of the wonderful, weighted nuance of the *Forza Horizon* games. The cars all feel vaguely the same and the physics are cartoonish bouncy, like your chassis is made of hard rubber. But when you hit those long desert roads, which seem to go on forever, it's hard not to feel a rush of excitement. This is where the size of the map earns its keep, giving you miles of road to tear up and a powerful feeling of travelling across a great distance.

The first *Crew* improved dramatically after a series of post-launch updates, and we wouldn't be surprised if the sequel received the same treatment. But right now this is a full price game released by one of the biggest publishers in the world.

# INVENTION STORY OF French Fires

**P**otatoes were first introduced to Europe not through the French or Belgians, but through the Spanish. In 1537, Jimenez de Quesada and his Spanish forces encountered a village in Colombia where all the natives had fled. Among other things, they found in the native's food stuffs potatoes, which the Spanish initially called "truffles". Around 20 years later, potatoes were brought back to Spain and also introduced to Italy. Historical accounts indicate that the Belgians were possibly frying up thin strips of potatoes as early as the late 17th century (though some claim it wasn't until the late 18th century) in the Meuse Valley between Dinant and Liège, in Belgium. Back in the time, when the rivers froze up thick enough, it tended to make it somewhat difficult to get fish. So instead of frying up fish in these times, they would cut up potatoes in long thin slices, and fry them up as they did the fish. The French also claim to be the inventors of the fry, which makes sense as far as the name goes. Apparently, nobody claimed the invention, nor did anyone take note of who invented the fry. The search for proof is still an ongoing project, however. My vote is on the French inventor, simply because the name fits.

## INVENTION STORY OF

**T**he history of popcorn is deep throughout the Americas, where corn is a staple food, but the oldest popcorn known to date was found in New Mexico. Deep in a dry cave known as the "Bat Cave" small heads of corn were discovered, as well as several individual popped kernels. This discovery was made by Herbert Dick and Earle Smith in 1948. The kernels have since been carbon dated to be approximately 5,600 years old. Native Americans throughout North America also have a rich history documenting consumption of popcorn. In addition to the kernels found in New Mexico, a kernel approximately 1,000 years old was found in Utah in a cave that was thought to be inhabited by Pueblo Indians. French explorers that came to the new world found popcorn being made by the Iroquois Indians in the Great Lakes region as well. New Americans continued to love and consume popcorn and by the 1800s it was one of the most popular snack foods. Popcorn was not only commonly made at home, but it was also sold at general stores, concession stands, carnivals, and circuses. Today, Americans eat approximately 17 billion quarts of popped corn per year and the number only seems to climb.

## MOVIE REVIEW



# ANT-MAN AND THE WASP

Director: Peyton Reed  
 Writers: Chris McKenna, Erik Sommers  
 Stars: Paul Rudd, Evangeline Lilly, Michael Douglas, Michelle Pfeiffer

**Ant Man and the Wasp Story:** Scott Lang, (Paul Rudd as Ant man) the former convict turned ant-riding, size-altering superhero is indebted to help Dr Hank Pym (Michael Douglas) and his daughter Hope aka the Wasp (Evangeline Lilly), for what he did to them two years ago. The three must dig into the past to unravel secrets that attract the unsolicited attention of their unusual nemesis.

**Ant Man and the Wasp Review:** how do they do it? Despite hordes of Marvel films being unleashed on the audience at regular intervals, superhero exhaustion is nowhere in sight. Set after 'Captain America: Civil War' and leading up to the events of 'Avengers: Infinity War', 'the Ant-man sequel is a thrilling fun ride that engages you emotionally and amuses you with its CGI antics and comic demeanor.

The sequel sees Scott Lang smartly juggling between his fatherhood duties, tackling the FBI

and a new superhero mission. Though the shrinking ability of the protagonists is the film's USP, what lies at the heart of this film is the father-son bond between Casey-Scott and Hank-Hope.

Peyton Reed lets human relationships drive the narrative. Not once does he allow the 'juicy tech stuff' to own his film, which is refreshing and perhaps the reason why Marvel films command such a massive fan base across the globe. Michael Pena's superb presence and rapid-fire monologue coupled with a rant on truth serum turns out to be the film's funniest scene. However, what does feel underwhelming are the 'villains' or the lack of real ones per se.

Overall, 'Ant-Man' and the Wasp is the Marvel underdog that scores big, replicating the nature of the ongoing Football World Cup. It also explains why Lang didn't join the Avengers in Infinity War. Watch it!



# In Conversation with “Saba Faisal”

is the National Director, SOS Children's Villages Pakistan

**Q. Tell us about yourself?**

**Ans.** Born and raised in Lahore and being the eldest child, I learnt the importance of responsibility and problem solving at an early age. I joined SOS Children's Villages in Pakistan in January 2017. Before joining SOS, I worked for the education sector for almost 19 years, specifically in the administration and management department.

**Q. What was the reason to join SOS?**

**Ans.** Growing up in Lahore, I was always aware of the presence of SOS Children's Villages Pakistan. But I had never had the chance to visit any project. I was introduced to our president through a mutual friend. They had been looking to fill up this position. After the first meeting, I had the privilege of being offered the position. Having worked in the private sector for many years, I was a bit hesitant jumping into the non-profit sector. I think it was my motherly instinct which compelled me to seriously consider this option. I was also encouraged by my family and friends and above all, I received tremendous support from our

president.

**Q. Can you please tell us about some of your projects?**

**Ans.** SOS Children's Villages of Pakistan is proud to be making a meaningful contribution to nation building by developing a comprehensive social program for rehabilitating the most vulnerable members of our society – orphans and abandoned children. This is our duty as concerned human beings. Our methodology is very simple and very basic. These children should be provided a home and all the advantages of a family life as similar as possible to that of a normal home. To achieve this end we establish SOS Children's Villages based on four principles – “The Village”, “The Home”, “A Mother” and “Brothers and Sisters”.

In Pakistan we are in our 42nd year of service. From the first project opened in 1977 we have grown to 56 projects. These include 14 Children's Villages, 4 residential hostels, 12 Youth Homes, 22 Community Schools, 4 Technical and

Vocational Centers, 3 Medical centers and 4 Children's homes. We presently have SOS Children's Villages and homes in Lahore, Dhodial, Karachi, Faisalabad, Rawalpindi, Sargodha, Multan, Khairpur, Jamshoro, Muzaffarabad, Peshawar, Quetta, Islamabad, Kharian and Sialkot.

**Q. What is the toughest part of the job for you?**

**Ans.** Challenges are the part and parcel of any job, and these challenges enable us to strive for excellence. I think my toughest day was my first encounter with all the children. It was an overwhelming experience, which brought tears to my eyes. I think it was the mother in me, who was crying at the hard and traumatic backgrounds of these children. I wanted to immediately hug and kiss away all their troubles.

**Q. What is the admission criterion for the children to get enrolled in SOS?**

**Ans.** The detailed admission criterion is listed on our website. Enrollment age varies from newborn to 10 years. These include;

- Complete orphan, without either parent
- Children whose mothers have remarried and abandoned the children
- Children whose mothers are suffering from a terminal illness and father is deceased
- Lost or abandoned children

**Q. How would you describe the essence of success?**

**Ans.** SOS Children's Villages Pakistan takes pride in our unique approach towards children and I believe that this has been the cornerstone of our success.

It is in how we put our fundamental belief "Every child belongs to a family and grows with love, respect and security." into action that sets us apart.

We believe that to provide a loving home, you have to understand that every child is unique. Every child comes from a different background, has different needs and different dreams. We are different because we truly put the child at the center of everything we do. We get to know every child and young person in our care, and each one has an individual development plan. We talk with the children and involve them. The individual child's best interests are at the heart of every decision. The other important factor of our success has been the continuous support of our donors and sponsors. We make it possible for children to live as children, to feel loved, protected and comfortable enough to build happy memories. I think this is our biggest achievement.

**Q. What is your greatest Strength?**



**Ans.** My greatest strength lies with the immense support of my president and my board. I firmly believe that the success of any organization lies with its human capital. And by recognizing their efforts and giving them respect, we gain the important traits of loyalty, determination and trust.

**Q. Can you please enlighten us with your future plans in this Organization?**

**Ans.** Our future plans are to keep on providing quality care to all the affected children of our community. SOS Children's Villages do not admit those children who have mothers – unless they have remarried and left their children with relatives, in which case they are categorized as "Social orphans".

SOS Children's Villages Pakistan started a pilot project in 2015 for the children of women-headed households in Johar Town, Lahore. This need was identified and SOS Children's Villages Pakistan started work on this project.

The objective is to relieve the mothers of the responsibility of looking after the needs of the children, thus making it possible for them to find employment. We have already 4 such "Children's Homes" operating in 4 cities.

**Q. Any message you want to give Children & Parents through our Magazine?**

**Ans.** My wish for all the children in our care is the wish any mother would have for her loved ones to see them happy, well rounded, confident and responsible citizens of the country!

And for the parents, our children are our most prized possession. Please cherish them with all your heart.



# The Robotics Club Engulfs in Activity Day

The Robotics Club overwhelmed in an activity day, in which students and members of the club built robotics and structures from scratch and learnt this ultimate art. The day taught students the general process of building a robot starting from an idea to having the robot working and functional. The day was further instigated by the addition of Lego play and young students enjoyed while building interesting things out of Lego bricks. Lego Play and storytelling sessions allowed children to use their creativity while developing their imagination, dexterity, and physical, cognitive, and emotional strength. These are 21st century skills and are important to healthy brain development. It is through play that children of every age engage and interact in the world around them. Using LEGO bricks is the perfect opportunity for building fine skills! LEGO bricks are a great manipulative to work the fingers as children build and even pick up LEGO pieces. Children love the thrill of building and they can do this for hours, building up strong little muscles in their hands that will help them do other skills, such as learn to write.





## Tuition fee payment via UnionPay doubles in 2018

About 4,000 educational institutions outside mainland China now accept UnionPay cards for tuition fee payment. The amount of tuition fees paid with UnionPay cards in the first five months of 2018 is up two-and-a-half times its 2017 level. According to China's Ministry of Education, there are more than 600,000 Chinese students studying abroad in 2017, reaching 608,400, while UnionPay is the most frequent-used payment option of Chinese students in making cross-border payments. Several online education payment solutions including Easy Transfer, iEduPay and Imperial Bank of Canada (CIBC) started accepting UnionPay cards recently.



## Google launches education search feature in US



Google has entered into the education search space in a more determined way, introducing a new search feature for students looking for a university or a college course in the US. When searching for an institution, information such as cost, admissions or graduation rates will be made available in the featured snippet directly on Search. "Information is scattered across the internet, and it's not always clear what factors to consider and which pieces of information will be most useful for your decision," Google product manager Jacob Schonberg explained in a blog. To design the feature, Google worked with education researchers, non-profit organizations and high-school counselors.

## US-India HE event builds trade appetite

Many US universities convened with Indian institutions, trade bodies and US government representatives in DC last month to discuss ways to build education and research ties with India, in an event titled the US-India Knowledge Exchange. Organised by market-entry experts, Sannam S4 and the US-India Strategic Partnership Forum, the day-long event was deemed successful in developing paths for greater cooperation between US and Indian higher education. According to Sannam S4 founder Adrian Mutton, there was "significant interest" in expanding research and collaboration activities between the two countries.



## China shuts down 234 partnership programs



Beijing's Ministry of Education has shut down more than one-fifth of the Sino-foreign joint programs and institutes on tertiary education. The ministry released a statement listing 234 terminated transnational programs of its total 2,342 programs, including five jointly managed institutions. The ministry aimed to eliminate under-resourced programs, it said. According to the British Council, most cancelled programs had already seen their approval period expire, while others had voluntarily stopped recruiting new students. The ministry's website also clarifies that all students from 234 institutions and programs named on the ministry's list have completed their studies.

## UK outlines Brexit aims for stakeholders

Students should "continue to benefit from world leading universities and the cultural experiences the UK and the EU" after the UK leaves the EU, the British government has announced in a white paper. However, stakeholders have called for clarity following the document's publication. The UK government has proposed a framework that "respects the UK's control of its borders" as the same time helping students and young people to benefit from cultural exchanges such as Erasmus+. But free movement will be ended. "That allows us to avoid what is effectively the discriminatory approach," the UK secretary of state for exiting the EU, Dominic Raab said.



## Google's Women Techmakers Scholars Program Initiates

Women Techmakers Scholars Program (2018) Asia-Pacific is accepting applications from computer science related undergraduate and graduate female students currently enrolled at an accredited university. Formerly known as Google Anita Borg Memorial Scholarship Program, the Women Techmakers Scholars Program aims to create gender equality in the field of computer science by offering scholarships to female students from all over the world to develop them as role models and leaders in the field. The program offers the following: an academic scholarship worth 7000 Euro along personal and professional development through workshops and training while connecting with mentors from Google.



## 400 Million Allotted for Women's Campus of Bannu University by Interim Government

The interim Khyber Pakhtunkhwa government has approved Rs 400 million to build a women campus at Bannu University. The Bannu University of Science and Technology (BUST) will be set up with the assistance from the Ghulam Ishaq Khan Institute (GIK). BUST Vice Chancellor and caretaker Chief Minister Dost Muhammad Khan held a meeting in which the decision was approved. The CM also directed to establish a BUST campus in North Waziristan as well. GIK will provide training to the staff of the newly established university along with setting up a department of international standards.



## HEC Suspends University Rankings over Credibility Issue

Higher Education Commission (HEC) announced that it is suspending its practice of ranking universities, after many questions were raised on the credibility of the process used to rank them. Addressing a press conference, Chairman HEC Dr Tariq Banuri said that the Commission would no more rank universities in the country, as it is not the job of a regulator. There are many other institutions for such jobs, he added. Expressing concerns over the declining quality of higher education and 20 percent cut on budgetary allocation for HEC; he said that the future of students has been put on stake, besides squeezing universities over expenses.

## PEC to Award International Professional Engineer Certification



Pakistani engineers are now International Professional Engineers after the Washington Accord and PEC reach an agreement. Pakistani engineers can now use the title "International Professional Engineer" after the Washington Accord (IPEA) and Pakistan Engineering Council (PEC) reached an agreement. The Washington Accord granted PEC the authority to accredit its engineers as "International Professional Engineer." As per the agreement, PEC can now award this title to engineers from all engineering disciplines. The Washington Accord extended PEC's authority on June 29, 2018, after both bodies reached an understanding.

## Queno Puts a School inside a Mobile App

Farida Kanwal arrived in the bustling city of Karachi from the green and peaceful environs of Hunza at the age of two. Hunza is a mountainous valley in the extreme north of Pakistan, and the family lived in a remote village. Farida's mother saw a good education as the key to progress and decided to leave the family home and move to Karachi, to give her daughter a better future. Farida enrolled in the Aga Khan School Gymkhana in Karachi and did her Intermediate at the DHA College. Encouraged by her mother, she took the next step, graduating from Sir Syed University with computer science as a major.



## Breach of Personal Data to Lead to Rs 5 Million Fine and 2 Years Jail Time

The Ministry of Information Technology and Telecommunication has drafted "Personal Data Protection Bill 2018" proposing maximum punishment of up to two years imprisonment and Rs 5 million in fine on unlawful processing of personal data. According to the "Personal Data Protection Bill 2018", the Constitution of the Islamic Republic of Pakistan guarantees privacy of home alongside dignity of every man and woman as their fundamental right under its Article 14. The objectives of the bill states that digitization of businesses and various public services employing modern computing technologies.



## Less than 56% Children in Pakistan go to Schools

Despite improvement over the past few years, literacy remains at an alarmingly low level in Pakistan. According to the Pakistan Education Statistics 2016-17 developed by the Academy of Educational Planning and Management (AEPAM), 22.84 million out of 51.53 million children aged between 5 and 16 are out of schools, amounting to a staggering 44%. While the number of children attending school has increased in the past few years – 5.21 million more kids were enrolled in schools from 2012-13 to 2016-17 – and out of school children's numbers has reduced by 3.11 million, the overall numbers are still dismal with only 56% children going to school.



## HEC Chairperson to Establish 10 Autonomous Universities



Prof. Dr. Tariq Banuri, Chairperson Higher Education Commission (HEC), has stated that the purpose of HEC is to invest in students and help them attain success while addressing gender disparity. He said this while addressing faculty and students of Fatima Jinnah Women University (FJWU), Rawalpindi. Addressing the female students, he said, "Whatever you want to become, HEC is here to support you." The Chairperson outlined the targets he has specified in his vision statement. "I want to see at least 10 universities fully autonomous at the end of my term, as this will be a start to the process of giving autonomy to higher education institutions," he said.

## Research Conducted by LUMS Students to be at Presented ACM's conference



A research on Free Basics, conducted by LUMS' students and professor, will be presented at ACM's conference in Hungary. The Lahore University of Management Sciences' (LUMS) Chair and Associate Professor's research has been accepted to present at ACM SIGCOMM 2018 Conference. The research paper by LUMS' team provides a detailed and an independent empirical analysis on Free Basics, its users, working, and content and cellular service providers. The time span for the collection of the above-mentioned data was spread over nine months in three countries where the Free Basics service was deployed.

## Superior University to Train Future Entrepreneurs

Superior University aims to provide a creative environment where future generations can develop their skills and be well-equipped for problem-solving in business. To accomplish this, the university lays emphasis on building a success-oriented mindset and character in conjunction with the right educational tools. The university also offers a split degree program, as well as the ERASMUS and Mevlana Exchange programs, which help its students take advantage of international exposure. The university also holds international conferences and seminars to bridge the gap between the industry and educational sector. Superior University is also creating an entrepreneurial environment where students become job creators instead of job seekers.





# WORDS, WORDS, WORDS

**I**n London for the summer holidays, and wishing I had opted for the cooler climes of Lahore, (it's 33 degrees today, for goodness' sake! I didn't come here for THIS! I come to London for the constant drizzle, greyness and gloom of my childhood years, not an unremitting heatwave without a drop of rain!), I am struck as usual by the language shifts which have occurred since my last trip to the UK last summer.

One wouldn't imagine that language can alter within the span of a year or so, but it actually does and I've been aware of it ever since the nineteen eighties, those dreadful days of the horrid Margaret Thatcher, when people's perspectives and attitudes were actively encouraged to change gear, and to change according to the political thinking du jour, the Market Force; no longer were Brits proud of the Welfare State, the 'Nanny State' as the Tories then scornfully dubbed it, but they were now desperate to leave all that socialist, equality nonsense behind and to Get Ahead, to become personally 'upwardly mobile' and devil take the hindmost! Social housing was sold off to those able to buy their own homes, which has led to the chronic housing shortage in Britain today and the rough sleepers one encounters on so many streets. (They were thoughtfully removed by the police from the streets of Windsor in time for the royal wedding this year.) The mentality engendered by the Thatcher era was competitive and cut-throat and the language changed to reflect this:

"Well, when you see what you want, you've got to go for it, haven't you?"

Returning from Pakistan in those days, I had last heard the term 'go for' in my childhood, when my grandmother had warned me in her quaint old-fashioned way, to beware of ill-tempered dogs because they might 'go for you'. The image was of teeth bared, snarling and dripping saliva at one's ankles. But suddenly, this phrase 'go for' was being used in a positive manner, and often in admiration of the single-minded strivers who knew what they wanted and were not afraid to pursue it to the bitter end, (probably with teeth bared, snarling and dripping saliva, too!) This use of 'go for' as in 'go for it' has remained in currency today, but used with rather less energy and impetus, meaning 'Go ahead; why not?' and there are fewer and fewer of us who remember the dog-attack connotations of Grandma's Victorian idiom.

Another eighties set of phrases which have, thank goodness, just about disappeared now, were nautical in their inspiration:

"Run it up the flagpole and see who salutes it." (Let's try out this clever idea and see who is taken in by its cunning.)

"Back off! Child on Board!" (Aggressive notice placed in the back windscreen of cars to admonish drivers who might dare drive too closely to the car in front.)

"This is too much information for him to take on board." (For him to understand)

"I'm not onboard with that." (Not in agreement with that)

Why all this nautical stuff attained such common-parlance status, I cannot really fathom, unless it was in some way hinting wistfully at the days when Britannia ruled the waves?

Nowadays, there are two new phrases which I've noticed being slipped into conversation all the time: 'to be honest' and 'to be fair'. One might ask someone how he or she is getting along, and the answer will be:

"Oh, fine thanks, to be honest."

Or "Well, to be fair, things are going quite well."

Now, why on earth would one want to use these unnecessary additions? I think I heard their constant use for the first time last year, and was tempted to ask the speaker what the DIS-honest or UN-fair answer might be. But perhaps this latest linguistic trend demonstrates a subconscious yearning for a return to the pre-Thatcher days, or the pre-fake news Trump era, and the hope for a Corbyn or Sanders-style fair and honest future. Who knows? Certainly not the users of these phrases.

Another onewhich has me fairly wincing each time I hear it is 'going forward' in place of 'in future'.

"So, what are your plans going forward?"

Quite the reverse of my plans going backward, I should imagine.

A habit of speech which has been with us for a good few years now, commencing its tenure in the late eighties/early nineties I think, and showing only little tendency to abate, is the questioning tone when making a statement:

"I go to college?"

"He's eating his lunch now?" as if the speaker is checking that we understand the meaning of 'college' or 'lunch'; SO annoying, and clearly American in origin. Perhaps the slight waning in this trend is owing to the dawning on more and more people that Trump is a foul embarrassment to humanity and that perhaps all things American are not to be imitated.

But, going forward, and to be honest, good luck, Imran Khan! May our next Prime Minister bring fairness, honesty, tolerance and, in short, go for it!

# Informal

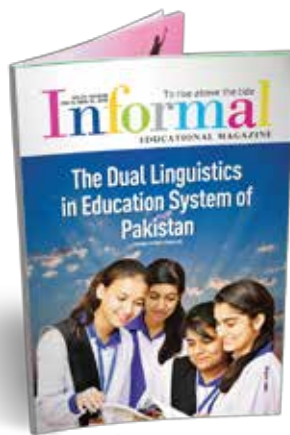
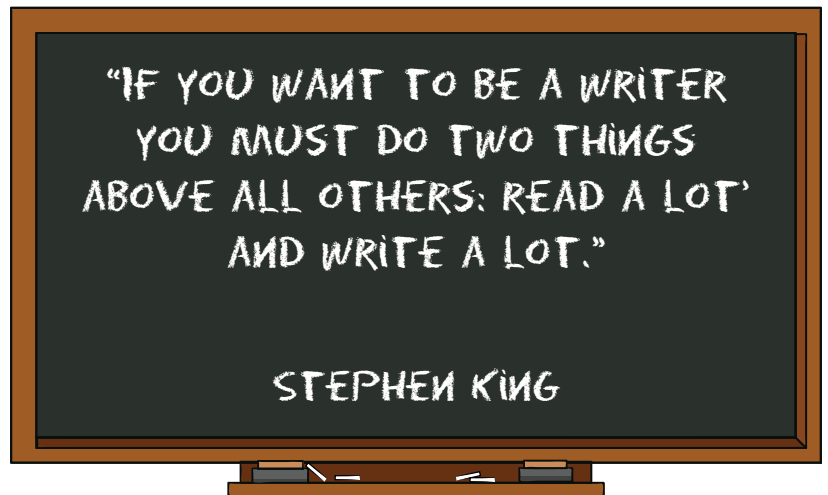
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# Apple iPad (2018) Review

Since its launch, the iPad has the 'wow factor' in terms of design and performance. It is and has been streets ahead of anything its rivals have come up with. No Android tablet has come close to matching the iPad in terms of hardware or software implementation. So, every time a new iPad is launched there is a great sense of anticipation. Technically, it is new as the software is certainly new even though the design remains intact.

Apple is targeting the education sector with the 6th-gen iPad (or iPad 2018), so much so that the launch event was held in a school. What's different in the new iPad is the support for Apple Pencil to make it an effective 'educational tool' in multiple ways. Before we get into the detailed review of the new iPad, let's get a few basics out of the way.

The iPad (2018) comes in two variants and is already available in India. Both the Wi-Fi only and Wi-Fi + Cellular version comes in 32GB and 128GB storage models and in four colors - of which, the Rose Gold color is the first in the tablet line up.

The design has always been the core competence of the iPad and Apple hasn't changed it with the new version. It shares the same look as the last year's 9.7-inch iPad. This means there are no trimmed bezels as in the last 10.5-inch iPad or fancy iPhone features such as "Face-ID".

The Pencil works in exactly the same way as it does with the 2017 iPad Pro models. You can scroll through apps, sketch, draw, write and do literally everything that can be done using fingers. It is pressure sensitive as well and proved to be of great help while we used it for days. You can charge the Pencil by simply opening the cap and plugging it into the iPad's lightning port.

Apple has cleverly included the Pencil and has targeted its use at students. After all, most students love to scribble to show their artistic side or just for fun. With improved AR focus, animations are better and for students visual content is more fun and easier to remember.



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