

VOL:02, ISSUE:06
JANUARY, 2019

Informal

TO RISE ABOVE THE TIDE

EDUCATIONAL MAGAZINE

SLIDING EDUCATION SLOPE 2K18

Cover Story | Page: 10

In Conversation with

Muhammad Zahid Waraich

Page: 06

"Leads Group"

**Introduces Woodless
ECO-Friendly Pencils**

Use! Reuse! Recycle!

Page: 13

"Cheers to New Year!"

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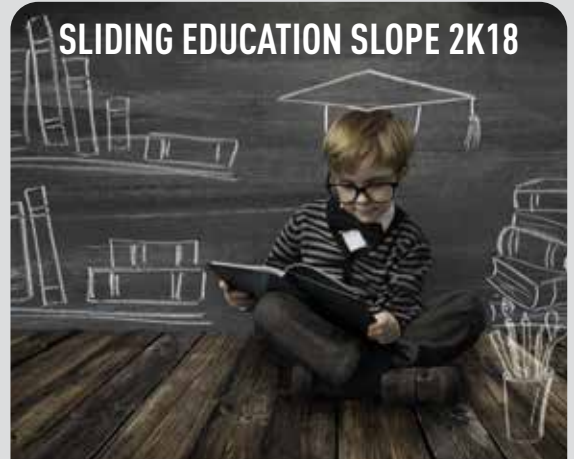


Editorial NOTE

The skill development is not a new concept, but it is becoming increasingly important. The continuing pace of change in business and management means that what we learned in our initial training courses soon becomes dated and irrelevant. It has been estimated that the half-life of skilled knowledge is about seven years. Furthermore, the amount of knowledge and skills continues to increase. Skill development has become knowledge intensive: we have entered the skilled-based economy.

In this new world, it is impossible for us to know all that there is to know, yet access to the skilled and knowledge base is increasingly readily available. So what will make us developed skill specialist, rather than poor ones, is that our knowledge is more relevant, and more current, and is applied more efficiently and effectively.

The work-place has also changed, with the result that in business and management are expected to have a wider range of skills. We increasingly work in teams on projects and much of what we do is virtual rather than tangible. As one project ends, another begins, and so we move from project to project, from team to team, and from one work-place to another. Indeed, for many, the increasingly itinerant nature of work leads us into several different careers during our working lives. These are strong, compelling reasons for professional development skills for manager, but there are many more.



SLIDING EDUCATION SLOPE 2K18

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Letter to the editor

Informal gives track to its reader that follows them to success, and the readers believes in your magazine. Education is one of the basic thing that every individual should have and informal make it easy with its morals and tips. Informal keep its reader update with the news and the new technology, and it's an all-rounder.

Burhan Butt (Lahore Grammar School)

Informal is, in my view, a well-wisher of children's health and is always focusing on things that might better their physical and mental health. One of the hidden quality of your magazine is this it plays with the psychology of its reader in positive manner that forced them to be good.

Arslan Ali (University of Lahore)

This magazine is encouraging the students to develop their writing and reading skills. Student's work are always welcomed and added in your magazine, this give your reader new motivation and attraction. I love the way you guys raise hardcore issues in simple and easy-said words. Informal never disappoint its reader and always surprise the readers with something different and interesting.

Muhammad Hamza (Government College)

It's been almost a year reading this tremendous magazine and there is something that makes its truly unique to others. This magazine is perfect and gives best combos, like health with education and technology with studies or news with entertainment. You guys are doing great job, wish to see more of your experiments with this piece of flyer.

Omar Razzaq (Forman Christian College)

Informal is just dipping its readers into ocean of knowledge, with that it is lighting the life of students. Someone had, for the first time mentioned and highlighted some minor problems that almost every student had or is facing. Keep it up, great work guys.

Danish Ahmad (Superior College)

Informal is spreading the rays of education to every corner of Pakistan and it is never a waste to read it, rather it's a great gain each and every time. Your topics elaborate students and groom them magically. And I would say education in 2019 is not going to be as simple as it was but will be more about computer studies. In addition to that, education and computers are more assorted with each other.

Khuram (Punjab College)

Informal has become the voice of Pakistani students, it's the only magazine that highlights the academic issues but let me make a request that, augment a political sections, from where the students are indirectly linked with the governmental tier and would know, how the government is solving the young's issues, Thanks!

Maria Saleem (Lahore Grammar School)

I'm really loving the work you and your team are doing and let me admit I shoddily wait for your monthly issue and this time from this podium I would like to give a lesson to kids that they should change their modes of learning and make it more through the technology because our future is all based upon it. Students should concern eBooks to render their knowledge.

Amir. M (LCWU)

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.

In Conversation with Muhammad Zahid Waraich

Mr. Zahid is the Chief Operating Officer (COO) of ILM Group of Colleges

Q. Introduce yourself to our readers and tell us for how long you have been associated with this institution?

Ans. I am Chief Operating Officer of ILM Group of Colleges. My qualification includes; MS from Punjab University (PU). I had done my graduation from "FC", along with this I have another degree of MBA. I'm linked with this institution for past 25 years and had gained much experience. I not only see the working of operating office but also managed Student's Council and later headed the administration too. I opened my eyes in Sargodha and had my early education from there and with the curse of time, I shifted to Lahore and there I continued my studies.

Q. What is the core objective of ILM Group of Colleges?

Ans. Currently 50 such colleges are operating in Punjab and the main theory of this college is to give value-based and norms-oriented education to its students. On the other hand, what differentiate us with other colleges is that we do not focus on few students that may produce some positions in Board rather we treat each and every student same and equal. Students are given with similar degree of attention and concepts. With our strict controlling and monitoring system, we managed to improve the grades of every individual. Our expert Student's Advisors check and hold the record of each student and analyze student's progress.

Q. Is your institution able to satisfy the parents?

Ans. Yes, our college is closely connected with the parents. The system works as a triangle where students are linked with teachers and teachers are linked with the parents. We inform the parents of their child's progress regularly. Moreover, we cover all specific requirements of Board of Intermediate. We have software through which every parent gets text messages in which marks, attendance or any other information is shared with the parents to keep them updated.



Q. What is ILM's contribution to the Nation?

Ans. Our students are there in almost every field, ILMains are doctors, teachers, engineers, bureaucrats, pilots etc. We train our students for best future and for this we make them visit different universities and make their interaction with Heads of different fields. We make them attend sessions, seminars and career counselors give students the track according to their personality and interest.

Q. Enlighten us about your slogan "EVERY STUDENT MATTERS".

Ans. The slogan of ILM is clear and simple to its associates. In our institution every student is given equal importance and concern, they are valued and are better understood. We study the personality and nature of every individual and teachers treat them accordingly. For ILM every student matters! Our first priority is our Students, each and every policy or rule is made for them and their betterment. Opinions and complaints of students are at high considerations.

Q. What role you see of private institutions in community where there are enough government institutions?

Ans. With no doubts, government institutions are necessary as well as they are playing a remarkable role but still for perfect balance state needs the private institutions for rapid progress and development of the country. The private education gives its citizens a certain status in education. Some courses are taught in a different and upgraded way and by expert teachers in private sector. So private institutions are always valued and are important along with the government counterparts.

Q. How you see the infrastructure of ILM Group of Colleges?

Ans. Infrastructure of ILM is advanced and high-tech, we have all required LABs, Libraries and enough class-rooms. Our Science LABs are all updated and class-rooms have all those basics that is there in other colleges. We give our students with best environment to study and function on their goals. The ILM gives

clean and tidy vibes for our student to focus more on their studies. Our faculty is also leading the name of this institution and teachers are chosen on merit and are trained before they are sent to educate our students. We collect students' feedback on teachers and similarly, teachers' feedbacks on principle. On the basis of this statics, we prepare the reports that are later used for future.

Q. What would be your message for our young readers?

Ans. My only message to the readers of this magazine and my students is that they should devote themselves and do as much hard work as they can do. The only way to success is to have a positive competition around highly intellectuals. Students

should work to fulfill their dreams, explore their surrounding and handle their lives with their self-intelligence. Another important thing that every student should know is to take their parent's advice seriously; this advice is free of cost and highly beneficial for them. ■





Falcon Public School arranged a Sports Gala for students the winners are standing on their positions holding there medals and certificates



Students of Bloomfield Hall School Township Branch enjoying the day while playing



Beaconhouse Cantt Lahore students showing their work at science expo which was arranged at their school



Beaconhouse Defence Campus students while there visit to the National History Museum



Group photo of students on the Annual prize distribution ceremony of Qazi Group of Schools



American Lycetuff Junior branch students' group photo while visit to Joyland Lahore



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“The New Deal 2023” is a new plan and the most significant one by the Government to uplift the Education Sector of Pakistan. This program is going to be in action to increase the literacy rate, register all unlicensed schools, promote sports activities, and increase competition among schools.



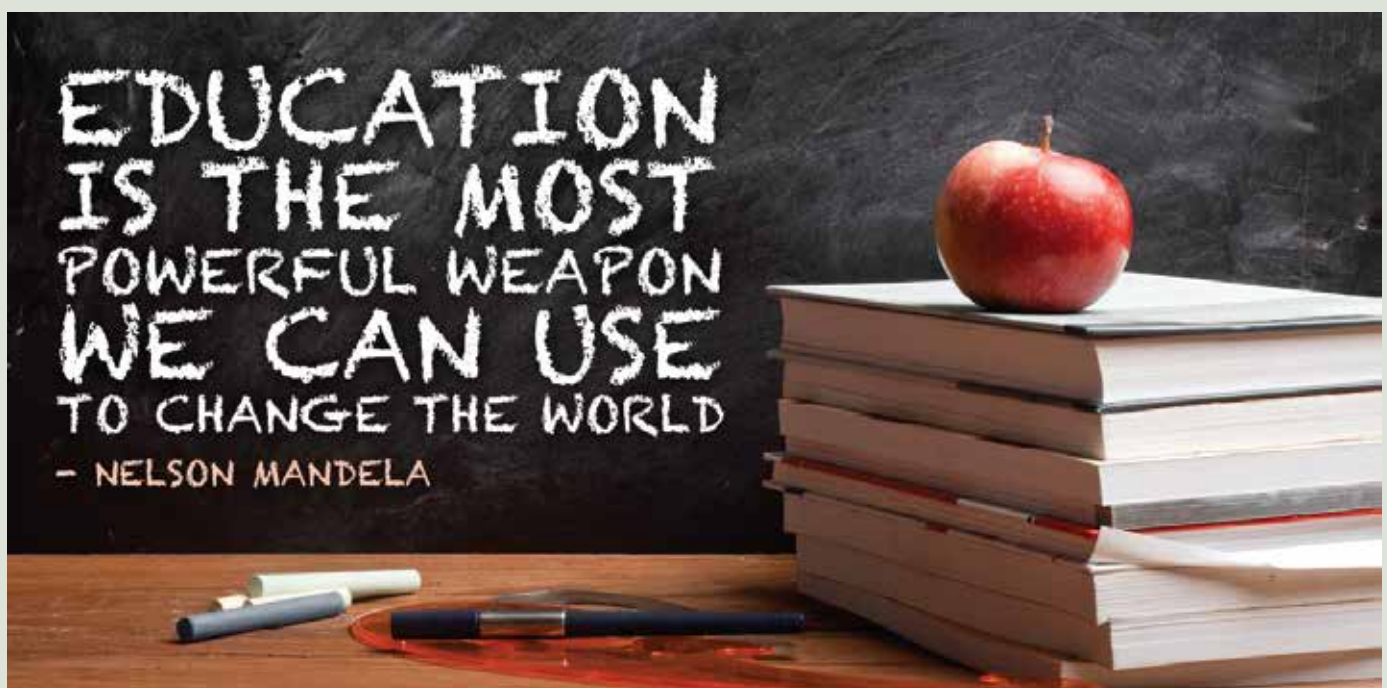
At the start of the 100 day plan educational minister vowed to create a framework under which they can bring 20 million children in schools and for this Minister for Federal Education and Professional Training Shafqat Mahmood had meeting with provincial Education Minister where they discussed to implement a uniform Education System. As, a uniform education system would make it easy to raise our literacy rate which is already at 56%. A Uniform Education System will allow the government to set up a standard by which they can evaluate the country's overall progress under the umbrella of a single system. On the stance of a single education system most people argue that it is not a good way because you cannot tell what a child is capable or what his passion is in a single educational structure, but some says it will bring stability in the education sector of Pakistan.

One the other stand, the existing education system is also producing some successful individuals and providing incubation to any student who wants to be a doctor, engineer, pilot, government officer or an entrepreneur – students do need some basic knowledge to get along so they can pursue their goals. Education's basic role is to provide the skills, personality, thinking and guidance so a student may choose his/her career wisely, and up to intermediate level there are some subjects which tell us about our culture, history, religion and science that are necessary for students to know. So the contemporary Education System of Pakistan is not to be criticized all of the time, as it is still producing some of the most intellectual and productive individuals.

Sir Sayed, Muhammad Ali Jinnah, Allama Muhammad Iqbal and all other scholars if we study their life we can find they have something common and it was clarity of their goals, diligence and a will-power for education. Our Education System can do it if teachers are well trained and well equipped to play the part of understanding every students' individuality and capabilities. Federal Minister Mr. Shafqat Mehmood and Provincial Ministers are looking forward to bring all those children into schools and in upcoming session they are going to enroll 1.5 million children and this is going to be a big hit for the government of PTI. Areas where schools are in less quantity they will start a second shift so all students can learn. And, to make the deficiency of teachers they are looking to enroll more of them so it will also initiate more job opportunities for teachers as well.

Senate Standing Committee on Federal Education and Professional Training agreed for creating a uniform education system for capital. The Committee stated our current education system is widening the gap between rich and poor while private schools are not focusing on Islamic studies, Ethical studies and Pakistan studies. They also affirmed to remove the gap between the quality of education for poor and rich.

Higher Education Commission (HEC) and British Council launched Pakistan-UK education gateway which includes split PhD programmes, standard PhD programmes, student and faculty exchange, easy student mobility, involvement of fund providing agencies and research entities, quality and governance at higher education institutions, and capacity building through short training



programmes - there are seven elements of the Pakistan-UK Gateway from Research Partnerships; helping to find PhD Scholarships for Pakistanis to supporting Leadership development and introducing Quality Assurance systems. Bringing more opportunities through Distance Learning, more Pakistani students studying in the UK, building on Pakistan's position as a market for Transnational education and finally a compulsory three credit course on Citizenship modeled on Active Citizens. These services will not only allow people to access PhD and MPhil degrees with more passion but it will also make sure that they can pursue their careers with utmost determination, while such opportunities are like way to dreams for some students who are aiming to study abroad.

Nowadays the biggest reason due to which student are out of school is that they cannot pay their fee. As an initiative Supreme Court has ordered private schools of the country to cut their fees by 20%. It is a healthy step and good news for middle class families who want their children to study in private sector with good infrastructure and good tools. In respect to the order of Supreme Court some of the private schools of Pakistan have reduced their fee, but on the other hand most of the schools are still stubborn in this regard.

"The New Deal 2023" is a new plan and the most significant one the Government to uplift the Education Sector of Pakistan. This program is going to be in action to increase the literacy rate, register all unlicensed schools, promote sports activities, and increase competition among schools. Government is also aiming to launch the Integrated Management Information System (IMIS) to foster data-driven decision making and devising data-based performance management system, adding that its PC-1 was ready. The IMIS would connect 450,000 teachers with the department, who would get promotions by pressing a button.

The year 2017 had been pretty good for the education sector of Pakistan as there were various significant updates and growth seeking actions initiated in order to uplift the Education System of Pakistan. And, with the arrival of PTI's Government public is expecting to see exponential development and further scalability of a productive Education system in Pakistan. ■



“Leads Group” Introduces Woodless ECO-Friendly Pencils Use! Reuse! Recycle!



Leads Group has set an example by introducing Pencils that are entirely made-up of used paper and newspaper trash. These innovative and Eco-Friendly Pencils have zero wood material in them, which makes these Pencils a legitimate answer to Pakistan's Environmental conditions. Leads Group has come up with the initiative of introducing Recyclable Pencils that are made from the newspaper trash in order to ensure the safety of the Green Belt and avoid the cut down of trees to make pencils.

Leads deserve special appreciation for going out of their way and helping in country's battle against pollution. Moreover, a product which is recyclable and eco-friendly affirms to the “Clean Pakistan, Green Pakistan” program of Prime Minister Imran Khan. With these Pencils in hand, saving wood and preserving nature is a simple matter of making the right choices instead of conjuring useless wood pencils that requires cut down of trees.

These pencils are about 172 mm in length and comfortably thick for children of all ages to use. The glue used is not just of extremely good quality but also gives a cushion effect to the lead so that it does not break if the pencil is dropped. Moreover, the glue has an amazing waterproofing effect on the newsprint material;

it helps ensure the paper does not get soggy even if it is left in water for more than six hours at a stretch. The newspaper sheet is cut into half, horizontally. The piece of lead, which is placed at one corner and has to be stuck manually, a machine is used to tightly roll the paper around the lead and special glue is applied simultaneously and evenly inside all the layers.

About 15-20 billion pencils are made each year. So if a 60-foot tall tree, 3-4 feet in width were used in making the pencil, it would take about 60,000 of those trees. But, the recyclable pencils are set out to replace the wooden pencils to save Environment. The use of trees for the manufacturing of pencils leads to unnecessary deforestation. The effects of this are seen in the massive environmental crisis that we're facing. Recycling just a single 2.5-foot stack of waste papers to make pencils will save a tremendous amount of tress.

“Leads Group” has done its work, now this is an opportunity for us to teach our kids at an early age that they can make a difference. Contribute to the environment by choosing the eco friendly pencils made out of recycled paper. Do your bit to help avoid deforestation for the sake of making pencils. Why cut down trees to make them when they can be made from recycled paper. ■

"Cheers to New Year!"



Nobody would ever choose to be an orphan or abandoned by their family. It is lonely, painful, and frightening. When children are raised with chronic loss, without the psychological or physical protection they need and certainly deserve, it is most natural for them to internalize incredible fear. Children are totally dependent on caretakers to provide safety in their environment. When they do not have this safety, they grow up believing that the world is an unsafe place, that people are not to be trusted, and that they do not deserve positive attention and adequate care.

Orphans, are a vulnerable, unprotected group, that have not only experienced the immense grief of losing one or both of their parents, but are also at especially high risk of abuse because they have no one looking out for their best interests.

The children in our care are no longer orphans but have become members of our family. They receive encouragement, love, education, shelter, food and all the other essentials. This shows them a glimpse of what the family life is.

SOS Children's Villages Pakistan is committed to this vision. We wish to transform children and raise them with the loving care that they deserve. The passion we feel is to focus on the individual child and nurture him towards a better future. We are focused on mentoring, teaching and equipping our children with emotional and practical skills.

We believe that our family-style home provides the stable, nurturing environment our children need to develop into healthy and well-balanced adults.

We hope that with the advent of another year, we continue on our mission. And along this journey, we invite all our donors and supporters to help us with our cause of making it possible for children to feel loved, protected and comfortable enough to build wonderful happy memories.

Saba Faisal, National Director: SOS Children's Villages Pakistan



Our New Year's Resolution last year was to abolish one-time-use plastic from our branch and I am delighted to say that we have been successful in this. Children bring their own flasks to school and fill them from coolers so that we use no plastic water bottles. We have designed cloth bags to replace plastic shoppers. This year we shall continue to spread the word to our students and parents that the environment needs our care and protection; we will attempt to counteract the ravaging of our world by the conscienceless corporations by teaching children how vital it is to be thinking, careful individuals.

Ms. Angela Williams, Principal: Bloomfield Hall School Gulberg



LAPS is beginning its another exciting year and we are delighted to do our part in offering a world-class education, based on individual learning and equipping the new generation with skills of new era and producing socially responsible citizens who can apply critical thinking skills with collaborating with others. My vision includes ensuring that every student grows to their highest potential and gain the personal abilities through diverse learning opportunities that allows them to construct knowledge with social and integrated experiences. Preparing students with core knowledge as well as creative minds is the need of time and I look forward to working with the community to continue our path towards excellence and student-centered learning.

Mr. Amjad Baig, CEO: LAPS School System



We need a new beginning every year! We should enter into 2019 with an open mind and a fresh way of thinking. A new year signifies an opportunity to initiate a fresh start. We must forget resentments and aim towards new dreams... new expectations... new goals... new opportunities and new challenges. It means hard work to create a healthy environment and let go of the past... be generous and look to the future. May Allah keep Pakistan safe and secure from all evils. "Cheers to a new year and another chance for us to get it right." Best wishes to all in 2019.

Saeeda Salim, Director-Principal: School of Intl. Studies in Sciences & Arts (SISA)



"Each day of our lives we make deposits in the memory banks of our children."

We are living in digital era and in this learning requires, knowing how to learn. It's not necessarily within four walls. Students are more inclined to find information by accessing the Internet through cell phones and computers. Similarly, many teachers are monitoring and issuing assignments via virtual classrooms. Students must develop strong critical thinking, communication and creativity to interconnect with this complex world. They must demonstrate digital literacy as well as civic responsibility. Technology allows for 24/7 access to information, constant social interaction, and easily created and shared digital content. In this setting, educators can influence technology to create an engaging and personalized environment to meet the emerging educational needs of this generation.

It is possible if we Leading the future from childhood. Early childhood learning is the foundation of further education. We should motivate and challenge children, expand their perception of the world, their language, and develop their values. We see ICT as an important component of today's learning process. We should engage our students in MULIMODEL LEARNING. Using more than one method enables the child to more likely remember the taught concept. It's our responsibility to provide an environment that incorporates several learning styles.

Mohsina Mukhtar, CEO, TALEEM Consultancy



With every year comes the desire to start life afresh. Many of us make New Resolutions to develop new habits. This year plan to fix the bad habits first. It will be the right way to give life a new start.

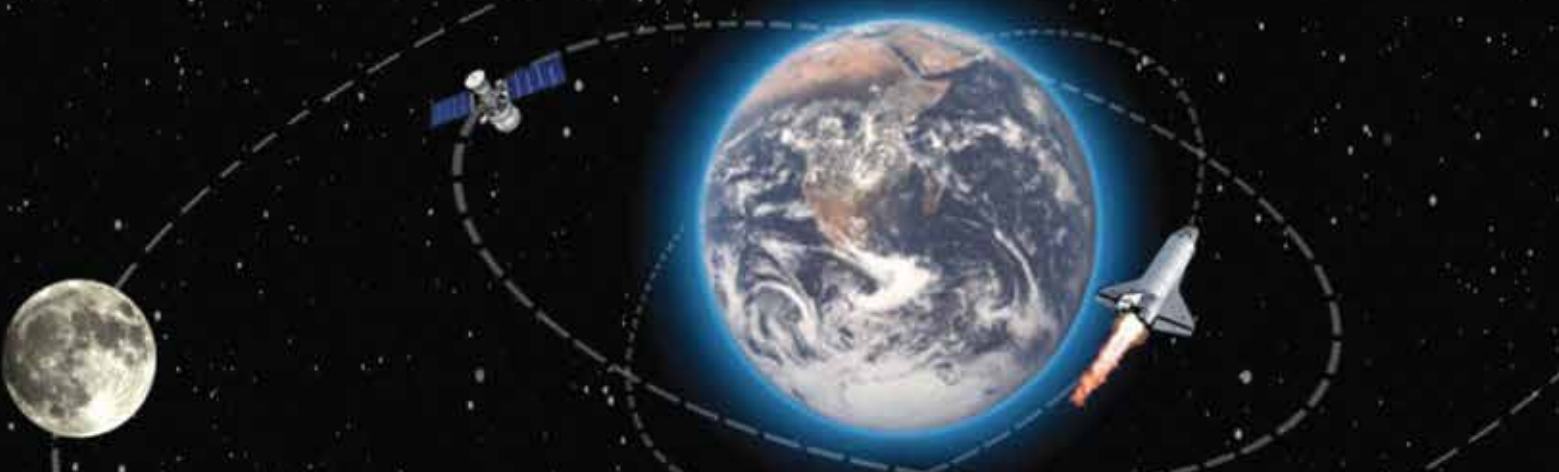
Fatima Batool, Asst. Professor: Ministry of Defence



New Year's Message: I'd like to wish all readers a very Happy New Year. Science Fuse aims to work harder than ever to nurture our children's sense of wonder, curiosity and their ability to ask questions and think critically. We also hope to reach out to many more students from underprivileged backgrounds because we strongly believe that if these children get a chance to experience informal science education, our world would be in a much better shape. If these children develop a passion for learning in something they care about then they would be less likely to drop out of school. And staying in school gives them a chance to better the world.

Wishing you a very Happy New Year!

Lalah Rukh, Co-Founder: Science Fuse



Tell Me Why does the Moon Orbit Earth?

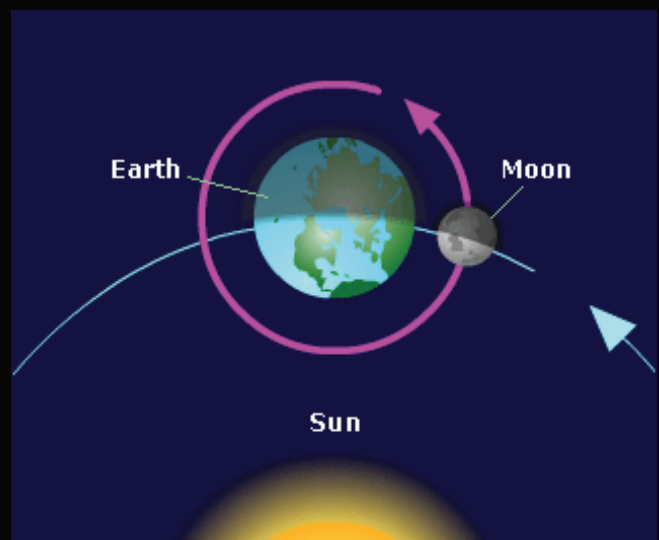
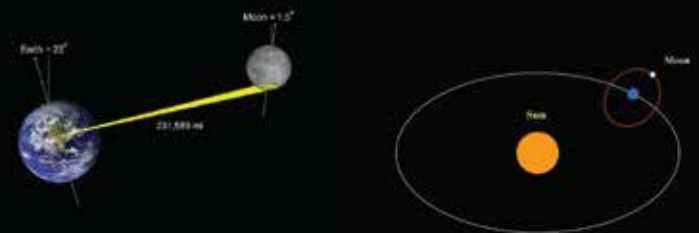
The moon orbits Earth and when it orbits, it travels in a circle around Earth. There is a force between Earth and the moon called gravity. Because of gravity, larger objects pull smaller ones toward them. Earth is larger than the moon, so Earth pulls on the moon. At the same time, Earth is being pulled by the sun. The sun is larger than Earth. The balance between those two "pulls" is what keeps the moon in orbit around Earth. People say the moon shines.

However, the moon does not actually have any light of its own. What we see as its light is really the sun's light reflecting off of the moon. As the moon orbits Earth, Earth orbits the sun. We see different amounts of light on the moon depending on its position. We call the changes in the moon's appearance lunar phases. From one new moon to the next new moon is one complete lunar cycle. It takes the moon between 27 and 28 days to complete an orbit around Earth.

The moon's orbit is measured from one new moon to the next new moon. It starts in the west and moves toward the east. To complete one full orbit, the moon travels about 1,423,000 miles. The moon travels very fast. It moves at 2,288 miles per hour.

Sun exerts roughly twice as much gravitational force on the Moon as does the Earth. You can calculate that from Newton's Law of Universal Gravitation by comparing M/R^2 to m/r^2 , where "R" is the distance from the Sun, "r" is the distance from the Earth to the Moon, M is the Sun's mass, and m is the Earth's mass. As it turns

out, however, that force comparison is meaningless in this context. ■



Empty Moments!



AKASHA AMJAD

The perfect blue sky is streaking with the crimson colors as the sun leaves its mark before sinking in the horizon of emerald green trees. I am sitting under the rustling branches of a tree, enjoying the moment as it is. I just want to be. What does one think about when all their fears have come true? Hence, I am resorting to this single moment as a moment of escape. I could hear the faint voice of a violin in the neighborhood. The melancholic tune is touching my soul and giving me the ecstatic pleasure of just being in connection with my inner self. Even when the world is falling apart, the mere connection that one feels with one's soul, can make instances of life so beautiful. This is the most indecisive phase of my life. Only when I thought my life was composed and headed in the right direction, everything fell apart. At times, stability and happiness comes along with monotony and boredom in your life. As I sat there, the memories of Hashim coming back from work with that aura of importance came to my mind. He expected me to be pleased with his arrival and welcome him with a clean house and children. However, as the time passed, I found myself devoid of emotions to offer Hashim. I would smile, but that smile would be forced. Explaining all this to anyone was very difficult. I had everything. A loving and caring husband, a child to take care of, a bunch of friends who were performing similar roles in their lives as me.

Somewhere, in changing the diapers of my child and washing the same dishes everyday, I had lost the burning desire and passion from my life. I smiled as I recalled how childish my dreams were when I was in my teenage. I wanted to conquer the world. I wanted to be the best. In what field or what way, I did not know. All that I know was that I had to be huge. My persona had to be immense.

Now, after so many years, that desire was whispering again. How mean is it of me, that under all this sorrow and after bearing this entire burden, my heart is finally getting a sigh of relief. Was I caged in my marriage? But that is what I always wanted. I wanted to be a good housewife, an exemplary cook, and an excellent mother. I used to feel so proud when everyone will admire me in parties. All the other girls were jealous of my perfection.

However, in an attempt to uphold the expectations of the society, I became someone that I barely recognized. The husband that I married for love became a housemate with whom I shared responsibilities. My child that was supposed to complete my life instead brought emptiness in my life. Why did that happen? Maybe, the responsibilities the everyday life clipped my wings. And now that Hashim is gone forever, I can feel that desire resurfacing. There was a time when I could not have imagined my life without him. He was my love. He was supposed to bring happiness in my life. He fulfilled his promises. He did bring the joys in my life that he promised. It was me who was mistaken. I wanted more from life. But I was too afraid to demand that. When I heard the news of Hashim's death, I felt like I was sinking into nothingness. I never imagined that I would somehow have the strength to come out of that trauma. But I did. Or Maybe I didn't.

There is a new strength that one finds, when one has already faced their worst fears. That strength is the reason that I see the colors in the sky, the beauty of the trees, and the melody in the chirping sounds of the birds. I feel more alive than I have ever done in my life. Finally, in this moment I can feel the significance of my every breath and what I can still achieve. I want to fly high. Once again!

Eating Dry Fruits in Winter is Healthy

Dry fruits are some of the healthiest alternatives to salty, fried snacks and a great way to satiate your cravings to nibble something or the other during winters. They also work to satisfy a sweet craving while, providing you the much needed nutrients, vitamins and heat in the winter chill. Dry fruits are a quick and delicious way to derive energy during a busy day.

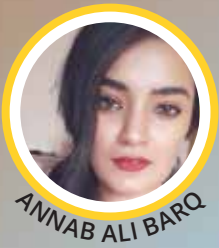
No diet regime is complete without dry fruits as they are packed with various nutrients and essential fats. They also have a number of skin benefits and form a major ingredient of beauty products. Fondly called the 'king of dry fruits', almonds are a powerhouse of essential fatty acids, fiber and protein. They are a great natural source of vitamin E, zinc and selenium. They are known to promote blood circulation, improve hemoglobin levels and reduce cholesterol and thereby, helping in the prevention of lung and breast cancer. Almonds are also very filling, making them the perfect snack item for your healthy diet plan.

Almonds when used in face packs leave your skin

radiant and baby soft, even in severe dry winter days. You can make a paste of almonds with milk, apply onto your face for about 20 minutes and then wash off with water. They are also used in many medicines and almond oil is used for hair treatments. Figs, better known as Anjeer is packed with vitamin, mineral and fiber. Figs are a source of vitamin A, vitamin B1, vitamin B2, calcium, manganese, sodium, iron, phosphorus and chlorine. They are also rich in potassium and help to control blood sugar. These are excellent for diabetic patients as they help to reduce the amount of insulin needed by diabetic patients. It helps in treatment of a wide range of diseases including constipation, indigestion, cough, bronchitis and asthma.

Dry fruits are helpful in dealing with a host of winter related problems such as cold and flu. In the cold winds of winter, dry fruits are generally relished by all and sundry. In our country dry fruits are used in a host of dishes including sweets, gravies and while baking cakes and pastries too. Eating dry fruits is a healthy habit, be sure to take it up this winter.





ANNAB ALI BARQ



Importance of International Relation in 21st Century

International relations can be defined in simple terms which are the pattern of action reaction and interaction of different countries around the world. It can be proved as from the beginning of time as humans started to emerge into groups, cities, city-states and modern state system. One primary feature also the most important one which is that man cannot live in isolation same is the case with states they cannot live in isolation. Preservation of interests and objectives is core content as the interests vary so the characteristics form themselves into communities. These wants and desires are showed and respected in the form of polices which are adopted by the humans in different levels. Divergences of these wants can lead to a problem and result in conflicts. Conflict is basically a difference of opinion; two methods can help resolve a conflict peaceful one and hostile coercive method.

The prehistoric era, different groups use to interact with each other that interaction was

propelled by different reasons including cooperation, economic needs, protection and resources etc. during the city-state system interaction use to take place on the bases bilateral and multi literal agreements. The three sticking features were defense, trade and religion States are to have good and bad relations on the bases of these three. So according to the professor of international relations it can be defined as an actual relation that take place across the national boundaries or as the body of knowledge which we have of those relation at any given time.

Moreover there are two theories of international relations idealism and realism. According to realism, states work only to increase their own power relative to that of other states. Realism also claims the following:

- The world is a harsh and dangerous place. The only certainty in the world is power. A powerful state will always be able to outdo and outlast weaker competitors. The most important and reliable form of power is military power.

- A state's primary interest is self-preservation. Therefore, the state must seek power and must always protect itself
- There is no overarching power that can enforce global rules or punish bad behavior.
- Moral behavior is very risky because it can undermine a state's ability to protect itself.
- The international system itself drives states to use military force and to war. Leaders may be moral, but they must not let moral concerns guide foreign policy.
- International organizations and law have no power or force; they exist only as long as states accept them.

Politicians have practiced realism as long as states have existed. Most scholars and politicians during the Cold War viewed international relations through a realist lens. Neither the United States nor the Soviet Union trusted the other, and each sought allies to protect itself and increase its political and military influence abroad. Realism has also featured prominently in the administration of George W. Bush.

The idealism is a specific school of liberalism that stresses the need for states to pursue moral goals and to act ethically in the international arena. Idealists believe that behavior considered immoral on an interpersonal level is also immoral in foreign policy. Therefore, idealists argue that dishonesty, trickery, and violence should be shunned. In the United States, idealism has usually been associated with the Democratic Party since World War I.

For idealist what unites human being is more important than what divides them. Woodrow Wilson gave practical shape to idealism through treaty of Versailles 1918 which brought an end to world war one and league of nation was also formed. The political principle of idealism is to strive for establishing international diplomacy bases on parliamentary democracy. Power and national interest are important components of IR the concept of power have various dimensions. According to treaty of vesvalliya 1648 "state are

sovergn actors" due to capability of state states were proclaimed as actors.

Power is a central concept in international relations, but its meaning is contested. Predominately, it is understood as control over resources, others, and/or outcomes; however, scholars increasingly recognize that these conceptions of power are inadequate. Progress towards a more sophisticated understanding of power relations is hampered by outdated meta-theoretical assumptions about the structure of concepts. At the heart of many debates about contested concepts lies the assumption that definitions must capture a singular, unifying essence of concepts, and that specifications of sub-types must be contained within the bounds specified by one overarching definition. Recent developments in cognitive science reveal that these assumptions—prevalent in the Western political thought—are untenable. Dispensing with these assumptions makes room for a richer understanding of the different types of power. It allows us to develop a typology of power that includes not only the dimension of power that is associated with domination, coercion, oppression, exploitation, military might, and violence, but also the dimension that relates to the capacity of a collectivity to stabilize and shape political order based on a horizontal social contract. These two dimensions cannot be contained under one overarching definition of power.

World affairs since the end of the Cold War have made it clear that the traditional view of power is too narrow. In this context, I argue that Hannah Arendt's conception of power as corresponding, in her words, "to the human ability not just to act, but to act in concert," offers invaluable insights. I build on Arendt's insights about horizontally generated power to distinguish four different types of power in international relations: coercive power, bargaining power, concerted power, and political power. Coercive power and bargaining power are different forms of 'power as control'. They depend on military



and economic resources. My explication and analyses of concerted power and political power provide grounds to believe that it may be possible to replace political dynamics in which violence always looms as an immediate, if implicit, threat with dynamics that relegate violence to the margins—even in relations between states.

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Moving towards the concept of balance of power At the core of the balance of power theory is the idea that national security is enhanced when military capabilities are distributed so that no one state is strong enough to dominate all others. If one state gains inordinate power, the theory predicts that it will take advantage of its strength and attack weaker neighbors thereby providing an incentive for those threatened to unite in a defensive coalition. Some realists maintain that this would be more stable as aggression would appear unattractive and would be averted if there was equilibrium of power between the rival coalitions.

When confronted by a significant external threat, states may balance or bandwagon. Balancing is defined as allying with others against the prevailing threat, whereas bandwagoning refers to alignment with the source of danger. Along with inter-realist debates about the prevalence of balancing in alliance patterns, other schools of international relations, such as constructivists, are also critical of the balance of power theory, disputing core realist assumptions regarding the international system and the behavior of states.

Cold war's end was the beginning of globalization. It played an important role in IR. The event that took place during the cold war the end of cold war denotes a major change in international relations, the end of historical era

and the beginning of another which the few have labeled as the age of globalization.

Globalization is one of the most vibrant, contested, and debated issues in modern international relations. The process is subject to a wide-ranging number of definitions, but most scholars and observers agree that it represents a global process of increasing economic, cultural, and political interdependence and integration, with deep historical roots. It is a process fostered by liberalized international trade and innovations in information technology and communication, which has been promoted and managed to a greater or lesser degree by international institutions, multinational corporations, national governments (especially the United States), international nongovernmental organizations, and even individuals with access to the Internet. The field is particularly subject to the vagaries of events, and as such it is a dynamic literature that is constantly in flux. Nevertheless, the basic outlines of the field are clear. Economic interdependence remains the most obvious and significant manifestation of globalization. Nevertheless, scholars have increasingly turned their attention to the myriad additional symptoms of this process; in particular, challenges to the state's primacy, migration, global security concerns, culture, crime, the environment, and technology. It remains a controversial process that has engendered both withering critiques and staunch defenses, while other scholars debate whether the process is irresistible, irrevocable, reversible, or even whether it represents the global reality at all.

It seems that IR took a step to improvement after cold war and its practicality became immense that it is now pursued as a subject to explain its origins and how vast it is and no matter what these relations need to be maintained. ■



Coffee or Tea?

Your preference is written in your DNA



According to Science - whether people prefer coffee or tea may boil down to a matter of taste genetics.

People with a version of a gene that increases sensitivity to the bitter flavor of caffeine tend to be coffee drinkers, according to Scientific Reports. Tea drinkers tended to be less sensitive to caffeine's bitter taste, but have versions of genes that increase sensitivity to the bitterness of other chemicals, the researchers found. It's long been thought that people avoid eating bitter foods because bitterness is an indicator of poison, says John Hayes, a taste researcher at Penn State who was not involved in the study.

In the new study, researchers examined DNA variants of genes involved in detecting the bitter taste of the chemicals caffeine, quinine that bitter taste in tonic water and propylthiouracil, or PROP, a synthetic chemical not naturally found in food or drink. Other bitter components naturally in coffee and tea may trigger the same taste responses as quinine and PROP do, Hayes says.

People who had the highest genetic score for detecting caffeine's bitterness were 20 percent

more likely to be heavy coffee drinkers, downing four or more cups a day, than those without the increased sensitivity, the researchers calculate. Researchers had thought that people who are genetically inclined to taste bitter more intensely might avoid bitter beverages.

Coffee drinkers may have learned to enjoy caffeine's bitterness because it's a sign of the buzz the chemical provides. But tea drinkers may not actually like the bitterness of PROP and quinine, says Cornelis, a nutritional and genetic epidemiologist at Northwestern University Feinberg School of Medicine in Chicago. Rather, people tend to stick with either coffee or tea, so the tea result may just be a rejection of coffee.

It's unclear how big of a role bitter taste genes play in determining whether someone chooses coffee or tea. In previous studies that sought genetic variants linked to coffee consumption, taste genes did not come up. Instead, genes involved in breaking down caffeine may play bigger role in determining how much coffee or tea people drink.



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Annual Project Exhibition organised by Society of Department of Electrical Engineering GCU

One day Annual Project Exhibition (APEX) 2018 was organised by the Electrical Engineering Department of Government College University Lahore at the university's Abdus Salam Hall. About 30 smart devices were put on display which included AI-based home automation device, compressed air energy storage system, fire-fighting robot with wireless control, smart scoreboard for basketball, Google supported traffic management system, autonomous self-balancing military robot, visible light communication system, water quality monitoring system and voice control wheelchair for the physically-challenged.

Prof. Dr. Hassan Amir Shah VC of GCU inaugurated the exhibition, where students from all over the Pakistan displayed their Final Year Projects. Apart from the cash prizes the top three project groups received, this exhibition provided an opportunity for the students to present their ingenious ideas before the officials of top-level firms and for the firms to get benefited from students' talent and skills. Overall, it was a perfect platform for showcasing ideas and their utilization.

Speaking on the occasion, Vice Chancellor Prof Dr Hassan Amir Shah said knowledge was nothing without its practical implementation; these students had worked very hard on their projects ranged from automation to power electronics to surveillance. He said the market had become highly competitive, so the university graduates had to be highly innovative and technically sound to survive. The Vice Chancellor also guided the students about the further research on their projects.

GCU Electrical Engineering Department Chairperson Dr Junaid Zafar said APEX 2018 was aimed at providing opportunities to the students to demonstrate their knowledge and technical skills to the companies but also educate and motivate the other students to come up with more innovative ideas and technologies.



Exploring Science in an Exciting Mode with “Science Fuse - STEAM Winter Camp”

When people say they don't like science it's often because of bad experiences they've had while learning or engaging with science as children. That's why we believe it's important to focus on early childhood education and make learning Science a fun, hands-on and sensory experience right from an early age. With this in mind we conducted a four day STEAM Camp for preschoolers to let preschoolers:

- Explore Science through play
- Be clay-fully creative with Pottery
- Dabble in the art of Printmaking

The camp featured over twenty hands-on and exciting activities to encourage children's discovery through play, asking questions, exploration and using creativity to solve simple problems. Our carefully curated learning experience fused Arts with Science and let children investigate how the world around them works, testing it with their tiny fingers, watching it change, listening to its sounds, and feeling its textures. It aimed at nurturing children's sense of curiosity, their critical thinking and fine motor skills and encourages social interaction. Children left our camp with a big smile and an even bigger sense of curiosity.



Pakistan-UK Education Gateway launched

A closer collaboration between the UK and Pakistan has recently been sealed by the launch of the Pakistan-UK Education Gateway, established by the British Council and the Higher Education Commission Pakistan. The framework will focus on several main areas: collaborative research, higher education leadership, quality assurance, distance learning, international mobility, TNE, and community engagement. It will support the goals set out by the Higher Education Commission strategy to 2025 for the higher education sector in the country, including a 15% growth in enrolments and an increase of 40% in faculty members with a PhD.



Supreme Court Orders Private Schools to Cut Fee by 20%

In a landmark decision, the Supreme Court has ordered private schools of the country to cut their fees by 20 percent. The decision came on Thursday noon in private school fee hike sou motu case heard by a bench of the top court headed by Chief Justice Mian Saqib Nisar. Private schools' lawyer, deputy auditor general and the chairman of the Federal Board of Revenue (FBR) attended the hearing. The apex court, in its interim order, has ordered private schools to pay back half of the fee charged over the summer holidays within two months. The order only applies to the schools that are charging more than Rs.5000 per month.



Sindh Govt Partners With Microsoft for Tech Advancements in Education



According to Pakistan National Human Development Report, Pakistan currently has more young people than ever before recorded in its history. The report highlights how the country's youth can be a critical force for development, if they are empowered with education and knowledge. In line with this, Microsoft, in collaboration with the Government of Sindh, School Education & Literacy Department, Information Science & Technology Department and Sindh Education Foundation, today hosted a 'Microsoft Edu Day' at the Movenpick Hotel in Karachi. The Minister, Information Science & Technology, Taimur Talpur, graced the occasion as Chief Guest.

A School in the US to Be Named After Malala Yousafzai



As a new addition to the long list of honors and awards, a school in the US will be named after the world's youngest Nobel laureate, Malala Yousafzai. A Texas school is going to be named after Malala Yousafzai following a unanimous decision taken by the state's district system. The Fort Bed ISD board of trustees decided that Elementary School 51 in the state of Texas will be renamed as Malala Yousafzai Elementary School. It was further revealed that the young activist's work had also been in line with the benchmark for the selection of the name as it included making a noteworthy contribution in society.

ICMAP, ICAP & ACCA Graduates No Longer Require HEC Equivalence Certificates

The Higher Education Commission (HEC) has announced that it will not issue an equivalence letter for the Final Examination Certificates awarded by the Institute of Chartered Accountants of Pakistan (ICAP), Institute of Cost and Management Accountants of Pakistan (ICMAP), and Membership of the Association of Chartered Certified Accountants (ACCA), U.K. In a notification, HEC stated that it recognizes the certificates of aforementioned institutions as equivalent to Master of Commerce (M.Com.) degree. Therefore, the authority will not issue any equivalence letter for the above certificates.



Private Sector to Increase Involvement in Public Education in Sindh

The provincial government of Sindh has decided to increase the footprint of the private sector in matters related to public sector education. As part of the strategy, the government has decided to handover the Teachers' Training Institutes and newly-constructed schools in the province to the private sector. The decision was taken at a meeting of the Public Private Partnership (PPP), which held at Chief Minister House with CM Murad Ali Shah in the chair. To bring professionalism in Teachers Training Institutes, it has been decided to handover these organizations to the private sector. Currently, the Sindh government is running 29 teachers training facilities in the province.



30th Convocation of Pakistan Navy Engineering College (PNEC)

To commemorate the academic accomplishments of students, the 30th Convocation of Pakistan Navy Engineering College (PNEC), a constituent college of National University of Sciences & Technology (NUST), was held at Bahria Auditorium. Dr Arif Alvi, President Islamic Republic of Pakistan, graced the occasion as chief guest, and conferred degrees upon the graduates and medals among the distinction holders. Prominent among others present at the occasion were Admiral Zafar Mahmood Abbasi, Chief of the Naval Staff; Lt Gen Naweed Zaman, HI (M), (Retd), Rector NUST; Rear Admiral Asif Khaliq, Commander Karachi and Commodore Habib-ur-Rehman, Commandant PNEC.



Akhuwat Foundation initiates "Akhuwat Health Service" for Underprivileged



For health recovery of poor people "Akhuwat Health Service" has been initiated by "Akhuwat" which is giving its services without any fees to the people with low income and to the people who are living their lives below poverty-line from a long time. "Akhuwat" has created network of medical services with low charges by cooperation of different hospitals, clinics, health centers and pharmacies where until now 265000 patients have got free treatment. In first step they have plans to import corneas from Sri Lanka following to further beneficial advancements for the sake under-privileged people.

President Alvi Launches Artificial Computing Initiative (PIAIC)



President Arif Alvi launched the Presidential Initiative for Artificial Intelligence & Computing (PIAIC) a few days ago. As per the details, "PIAIC is an interdisciplinary hub for mass education, research, and business in artificial intelligence (AI), data science, cloud computing, edge computing, blockchain, and the internet of things (IoT) related fields." The initiative comes in a bid to enable Pakistan in making an imprint on the world's path towards the fourth industrial revolution. It aims to transform the fields of education, research, and business in Pakistan. One-year programs available under the PIAIC include Artificial Intelligence, Cloud Native Computing, and Blockchain.

Federal Minister Chaudhry Fawad Hussain attends Ceremony at Pak School System

Federal Minister for Information and Broadcasting Chaudhry Fawad Hussain said the Pakistan Tehreek-e-Insaf (PTI) government would ensure provision of all basic facilities to the people by initiating mega development projects. Addressing a prize distribution ceremony here at Pak School System, the minister said the government was committed to improve the standard of education and practical steps were being to achieve the target. He said improving the quality of education at all levels particularly for girls was the priority of the government in order to play an effective role in development of society.



MPOWER secures \$110m, expands to Canada

International student loan provider MPOWER Financing has raised \$110million in funding to support new product growth and technology enhancements, and expand its student loan portfolio, while the company expands into Canada. \$100 million will be used as loan capital to lend to "high potential" international and DACA students to pursue an education in the US or Canada, while the remaining \$10m in equity funding which will be used for MPOWER's internal operations, expanding the team, investing in new technologies, and marketing budget. It will also fund an expansion into Canada, where MPOWER will offer an international student loan program at 12 universities across Ontario and British Columbia.



Isolated Turkmenistan launches first messaging app



The repressive central Asian nation of Turkmenistan, where the likes of Facebook and Whatsapp are banned, launched its first messaging app. The privately developed BizBarde app will "allow the exchange of messages, files, photos and videos," the state Yaslyk television station said. "The dream to create the first Turkmen messenger came to me a long time ago," CEO Eziz Beknazarov said. The application is available via the Google Android platform as well as Apple's iOS and Microsoft Windows. One of the world's most isolated regimes, the ex-Soviet republic has blocked Western services including Twitter and Viber, along with popular Russian networks Odnoklassniki and VKontakte.

Astronauts return safely to Earth from Space Station

Three members of the International Space Station's crew returned safely to Earth, landing in Kazakhstan on a Russian Soyuz craft, NASA reported. It was the first return from the space station since October, when U.S. astronaut Nick Hague and Russian cosmonaut Alexey Ovchinin landed unharmed on the Kazakh steppe after their rocket bound for the station failed two minutes after liftoff. NASA astronaut Serena Auñón-Chancellor landed along with her German crewmate Alexander Gerst of the European Space Agency (ESA) and Russian cosmonaut Sergey Prokopyev at 12:02 a.m. EST (11:02 a.m. local time, 0502 GMT). Auñón-Chancellor had been in space for 197 days.



US Department of State endorses education agencies



The US Department of State has officially endorsed the usage of education agents, for the first time, by attending the AIRC conference and speaking in collaborative tones at a plenary alongside counterparts from the US Department of Commerce. This is an historic and significant move, given the EducationUSA network managed by the State Dept had previously not maintained business relations with agents, unlike the Department of Commerce. It is also a coup for AIRC, the membership organisation that vets and approves education agency members, who can then connect with its US institutional members.

Scientists discover most distant object in solar system

Astronomers have discovered the most distant object in the solar system, a dwarf planet about 120 astronomical units from the sun. The distance is 120 times the distance between the Earth and the Sun, so far away that its discoverers called it "Farout," though its official name is 2018 VG18. "Farout" is about 300 miles in diameter and has a "pinkish, reddish hue to it," according to Scott Sheppard of the Carnegie Institution for Science in Washington, one of the scientists who made the discovery. Its pinkish color also suggests that the planet is covered in ice, said the scientist.



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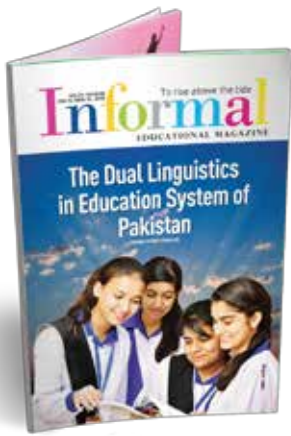
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Interactive Activities good for Children's Learning

According to a new research Real-world learning experiences, like interactive activities and summer camps, can significantly improve children's knowledge in a matter of just days, a new study suggests. Researchers found that 4 to 9 years old kids knew more about how animals are classified after a four-day camp at a zoo. It wasn't that children who attended just knew more facts about animals, the researchers noted. The camp actually improved how they organized what they knew a key component of learning.

"This suggests organization of knowledge doesn't require years to happen. It can occur with a short, naturalistic learning experience," said Layla Unger, lead author of the study and a postdoctoral researcher in psychology at The Ohio State University. This study is one of the first to show how quickly knowledge organization changes can occur in children. "We didn't know if it would take months or years for children to accomplish this. Now we have evidence that it can happen in days," Unger said.

The study involved 28 children who took part in a four-day summer zoo camp in Pittsburgh. They were compared to 32 children who participated in a different summer camp in a nearby neighborhood of Pittsburgh, which was not at the zoo and didn't involve animals. At the beginning and end of each camp, all children completed two different tests that measured how well they understood the differences between mammals, birds and reptiles.

The zoo camp consisted of lessons, interactions with preserved and live animals, tours of the zoo, games and craft sessions. Unger noted that both camps in the study charged parents for their children to attend and attracted mostly kids from middle-class families and above. That could be an issue for families who can't afford to send their children to camps. ■





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