

Magnitude of Visual Education

IN CONVERSATION WITH ASAD MANZOOR WATTOO

OF SCHOOL TEACHERS

| Page: 18

Tell Me Why Earthquakes Occur

DON'T RAISE YOUR VOICE, IMPROVE YOUR ARGUMENT



KENNIS SERIES



First Time Ever In Pakistan Application Based Syllabus

KENNIS SERIES STEP ONE, TWO, THREE

Available for Download From 15th February

C O N T E N T S



Editorial Note Letter to Editor	04 05
SCIENCE FUSE	
Moon is a lifeless world once again! China's Plants on Moon Died	06
TELL ME WHY	
Tell Me Why Earthquakes Occur	07
INNOVATIONS	
Invention Story of Cadbury and Toblerone	08
RESEARCH	
Successful Students Tend to Sleep More, Researchers say	10
ARTICLE	
Pre-Retirement of School Teachers	11
Don't Raise Your Voice, Improve Your Argument	12
COVER STORY	
Magnitude of Visual Education	14
INTERVIEW	
In Conversation with Asad Manzoor Wattoo	18
HEALTH	
Students should In-Take A Healthy Breakfast!	20
World Informal News	21 22
ARTICLE	
A Race to No Where!	24
EVENT	
American Lycetuff School glorifies in Annual Sports Gala LAPSIANS Engulf in the Cultural	25
Festival with Enthusiastic Performances B2B Media Group organized 2nd	26
Pakistan Paper & Stationery Show	28

Editorial NOTE

Reading is one of the most important skills a student can learn because it would be difficult to master any subject without knowing how to read? Reading is an important skill because it helps us in school, helps to understand life outside of school, and last but not least, it develops one's imagination and creativity.

In the first place, reading helps us in school. Without having the ability to read, it would be difficult to do homework and even participate in sports! If you need information for a school assignments there are many books, websites, and even news articles to read. If you struggle in math, science, social studies, or other subjects, there are many tutoring books that you can get that will help you during school and even over the school break. Reading skills really come in handy!

Reading helps us understand life outside of school. Have you ever wondered about what's around us right now? Like, how the rocks formed and the invention of planes, there is many more to read that you still don't know about. Have you ever pictured about how your future will look like? If you don't have the ability to read it would be nearly impossible to get a job. You wouldn't be able to read numbers, signs, and even traffic lights.

Finally, reading develops ones imagination and creativity. When we read for pleasure, we are able to let our imaginations go wild. Reading gives us all a chance to relax and free our minds from anything else happening, especially after a long busy day away from home. We don't only read books; there are also craft books, cook books, and activity books.

Farooq Ahmad Malik (Editor-In-Chief)

FEBRUARY, 2019

Magnitude of Visual Education



Farooq Ahmad Malik (Editor-In-Chief)

Rana Umar Farooq (Deputy Editor)

Afnan Afzal Malik Executive editor

Abdul Saboor (Sub Editor)

Talal Ishafaq (Manager Marketing) + 92 331 921 1111

Danial Haider (Marketing Executive) + 92 324 840 27 75

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: + 92 331 921 1111 Email: informal.pk@gmail.com | www.informal.pk

Rawalpindi Office: N-35/40, Opp. Police Station,
Rawalpindi. 0333-811 5798Printed at: Hasnain Ilyas PrintersHouse#1 Basement Aslam Arcade,
16 Macload Road Lahore. (PCPB / 174-1)Publisher: Waseem AhmedRs. 100/-

Please send us your article,stories,events, pictures to publish in Informal Magazine at informal.pk@gmail.com I'm really obsessed with your magazine and the way you are training the fledglings but this time I had a massage for the kids who are reading your magazine - stay encouraged and always believe in yourselves because no-one else except you will do so. People do not know about your dreams and how serious you are about them. Raise your voices and let everyone know what bothers you.

Khuram (Punjab College)

Your magazine is one that informs about everything necessary for a student. I like the way you present a combo of education with health. "HEALTH" is one of the essentials of live and could never be compromised at any price. A student is successful if he's good at health and studies and its shocking that health and success are inter-linked with each other, so stop been junk and be healthy.

M. Haroon (Lahore Grammar School)

You are doing an amazing job and with this I would add one thing that hygiene is a good habit and in everyday live it should be implemented and considered as an obligatory element of your life. Cleanliness and sanitation is something that every kid should be made practice at formal and informal institutions both. Rest, thanks and keep doing what you are doing.

Abdullah Asif (Punjab College)

You and your team are doing something that nobody had witnessed before in Pakistan. You guys had taken the great responsibility and with every new issue you fulfill your duty. I liked your article about space or related to it, they are great and I'm waiting to read more on it. Informal is the only magazine who balances topics, ranging from informative to entertainment. Never stop, keep going!

Amina Munir (LCWU)

From Covers to the articles I like INFORMAL on whole and lets mention you as the voices of young and how you highlight their matters, every single thing in your magazine is worth reading! With this I ought to say that education along with the recreation is necessary for every student. Where you had a timetable for studies make one for enjoyment but keep in minds that too much of anything is lethal.

Alvina Shaheen (LCWU)

I like 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. In my view a well-wisher of children's health and is always focusing on things that might better their physical and mental health.

Omar Razzaq (Forman Christian College)

One of the best quality of your magazine is this it engage its reader in positive manner that forced them to be good. 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 new happenings in Education sector.

Arslan Ali (University of Lahore)

Informal a wonderful magazine which is based on entertaining and informative content for students and which provides a genuine break from the serious and bored material to. It is incalculable.

Bilal Ahmad (Government College)

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.

www.informal.pk 05

SCIENCE FUSE

CHINA'S PLANTS ON MOON DIED Moon Is a lifeless world once again!

he cotton plants that sprouted on the moon's far side aboard China's Chang'e 4 lander are dead, done in by the bitter cold of the lengthy lunar night. These photosynthesizing pioneers were part of Chang'e 4's biological experiment, which also included seeds of potato, rapeseed and Arabidopsis plants, as well as fruit-fly eggs and yeast. These organisms were encased in a 5.7-lb. (2.6 kilograms) canister, which touched town on the lunar far side with the Chang'e 4 lander-rover on the night of January 2nd.

The experiment which began just hours after the historic touchdown inside the far side's 115-mile-wide (186 kilometers) Von Kármán Crater, aimed to assess how plants and animals grow and develop in the alien lunar environment. The moon's surface features low gravity, high radiation levels and extreme temperature swings. The cotton seeds were able to handle these harsh conditions, at least initially, becoming the first plants ever to sprout on the surface of another world. (Chinese space officials haven't said how the other organisms did.)

The dead plants will rot after day breaks over Von Kármán late this month. But the canister is an enclosed system, so the decaying material will not leak onto the lunar surface, Chinese space officials said. The cotton seeds are not the first plants ever to sprout off Earth. Astronauts have tended a variety of minigardens in Earth orbit, aboard Russia's Mir space station, the International Space Station and China's Tiangong-2 space lab.

Chang'e 4 is part of China's ambitious program of robotic lunar exploration. The nation launched the Chang'e 1 and Chang'e 2 moon orbiters in 2007 and 2010, respectively, and put the Chang'e 3 lander-rover pair on the lunar near side in December 2013.

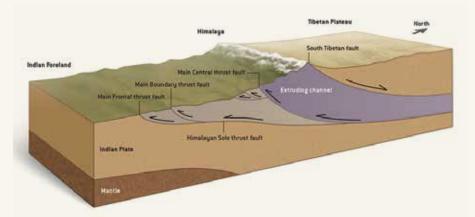


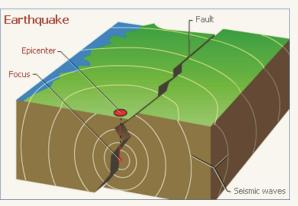
Tell Me Why Earthquakes Occur

n earthquake is ground shaking caused by a sudden movement of rock in the earth's crust. Such movements occur along faults, which are thin zones of crushed rock separating blocks of crust. When one block suddenly slips and moves relative to the other along a fault, the energy released creates vibrations called seismic waves that radiate up through the crust to the earth's surface, causing the ground to shake.

The rocks that make up the crust of the Earth are full of fractures. On some of these fractures known as faults rocks slip past each other as the crust rearranges itself in the process known as plate tectonics. But this slipping doesn't happen easily rocks are stiff, rough, and under a lot of pressure from rocks around and above them. Because of this, rocks can pull at or push on each other on either side of a fault for long periods of time without moving much at all, which builds up a lot of stress in the rocks. When rocks do finally slip past each other, they move suddenly, releasing the built up stress all at once and sending shockwaves through the surrounding rocks. The shaking that results is what we call an earthquake.

Some earthquakes, known as "induced" earthquakes, can be caused by human activities. These activities include the filling of reservoirs behind dams for water supplies and hydroelectric energy production; extraction of groundwater, oil, or gas; underground injection of water for geothermal energy production; and underground injection of wastewater from the oil and gas industry. Earthquakes may last only a few seconds or may continue for up to several minutes. They can occur at any time of the day or night and at any time of the year.





INVENTIONS

INVENTION STORY OF Cadbur Dairy Milk

he original Dairy Milk bar ("with a glass and a half of fresh milk") was launched in 1905. Cadbury Dairy Milk is a brand of milk chocolate manufactured by Cadbury. It was introduced in the United Kingdom in 1905 and now consists of a number of products. Every product in the Dairy Milk line is made with exclusively milk chocolate. In 2014, Dairy Milk was ranked the best-selling chocolate bar in the UK. It is manufactured and distributed by the Hershey Company in the U.S. under licence from Cadbury. Cadbury has always tried to keep a strong association with milk, with slogans such as "a glass and a half of full cream milk in every half pound" and advertisements that feature a glass of milk pouring out and forming the bar.

INVENTION TOBLERONE **STORY OF**

nobury

adbury

Onde

oblerone was created by **Theodor Tobler** (1876-1941) in Bern, Switzerland, in 1908. Theodor

A TOBLERO Tobler, with his cousin Emil Baumann, developed a unique milk chocolate including nougat, almonds and honey with a distinctive triangular shape. The triangular shape of the Matterhorn in the Swiss Alps is commonly believed to have given Theodor Tobler his inspiration for the shape of Toblerone. However, according to Theodor's sons, the triangular shape originates from a pyramid shape that dancers at the Folies Bergères created as the finale of a show that Theodor saw. Some early advertisements for Tobler chocolate appeared in the international languages Esperanto and Ido.



*DON'T MISS WEEKEND COURSES IN DHA AND JOHAR TOWN

THE ROBOTICS CLUB PAKISTAN

JOIN US FOR FUN AND LEARNING. THERE WILL BE PLENTY OF INNOVATION!

New session from 2nd Feb in DHA & 3rd Feb in JOHAR TOWN



25%

RSVP BY CALLING OUR TEAM
AT 333 345 6531.

Reach Us

GIFT VOUCHER

Discount

- One Voucher is valid for one course.
- This Gift voucher is not for sale.
- This gift voucher cannot be replaced with cash claim
- One person can only redeem it.
- The Robotics Club Pakistan reserve the right to change or cancel this offer anytime without prior notice

+923333456531 info@roboticsclubpk.com www.roboticsclubpk.com facebook: roboticsclubpk

SUCCESSFUL Students tend to sleep more, researchers say

any students give up sleep to get good grades, but research shows that students who sleep more get better grades. Members of the Student Health Advisory Council (SHAC), who provide a student perspective to University Health Service (UHS), identified sleep as a top focus this year. They consulted noted sleep researchers and developed recommendations for clinicians about how to address sleep with student patients.

ESEARCH

It's no secret that college students tend to skimp on sleep to squeeze the most out of 24 hours. But this generation is different, and researchers are increasingly focusing on college students because they are one of the most sleep-deprived populations. College students go to bed one to two hours later and sleep less per night on average compared to previous generations. As a result, 75% of U-M undergraduates do not sleep enough to feel rested on five or more days per week, and 19% reported that sleep difficulties had an impact on academic performance in the

past year.

The amount of sleep that a college student gets is one of the strongest predictors of academic success. Sleep plays a key role in helping students fix and consolidate memories, plus prevent decay of memories. Without sleep, people work harder and but don't do as well. With these facts in mind, the Student Health Advisory Council made the following recommendations for UHS clinicians to consider in their work with students, which may also help you as you talk with your student.

Emphasize behavioral changes to improve sleep. Medicine is rarely necessary. Students can practice relaxation techniques before bed to increase quality of sleep, avoid doing homework immediately before (or in) bed, and avoid TV and computer use before bed. Encourage napping. Most students don't get a full night's sleep every night, and naps help them make up the difference. Research shows that napping 10-45 minutes (before entering REM sleep) can increase performance.





PRE-RETIREMENT OF SCHOOL TEACHERS

n KPK, from last few months the Educational Department has been receiving a lot of pre-retirement applications because of teachers' inability to teach English and Science subjects; specifically in English language. It is because of the transition of educational teaching medium form Urdu to English. In Spite of, a year ago British Council and Education Department KPK jointly spent around PKR 1 billion to hold training sessions for teachers across the province to improve English language and teaching skills. But this couldn't help much because learning English Language and teaching Science subjects in English is a different story.

Various teachers are giving Pre-Retirement applications because most of them were recruited in 1980s and 1990s on basis of Matriculation and Intermediate Education. Whereas, contemporary time demand teachers who are fluent in English so they could teach Science subjects along with English subject to students fluently in English.

Imparting proficiency in English language should begin right from the school level. As it is being said that English language is being accepted worldwide it is important for the students and teachers to master in this particular language. In a typical classroom especially in a country like Pakistan, what happens is that the teachers take lectures of classes on the vocabulary, grammar, tenses and all such technicalities with their dull and dry drills - But at the end of the day when it comes to actually speaking the language for real, the students and teachers may fail to even utter a word. The crux of this problem lies under the fact that it is to be understood that English is not just a subject; it is a skill subject and should be learnt in a different way to master it. It is important that the teachers should make it to a point to enlighten the students mind with the right way of learning the language.

It is very essential to lay a strong foundation as in most of the syllabus the lessons be it in any subjects they are being written in English language and henceforth it is important for the student to understand the lessons clearly. Similarly say for example if a student wants to go for higher studies in another country, again English is the only language that is worldly accepted as a common mode of communication. Therefore, in order to produce individuals who can survive in this competitive world we need to make sure that teachers are fluent in English and have a grip on the language.

ARTICI F

DON'T RAISE YOUR VOICE, IMPROVE YOUR ARGUMENT

ebate is a great device for engaging students and bringing life to the classroom. Using debates in the classroom can help students understand essential critical-thinking and presentation of vocal skills. Decades of academic research have proven about the benefits that are captivated by engaging students in debate are numerous. Debate provides experiences that are conducive to life-changing, cognitive, and presentational skills. In addition, through debate individuals acquire unique educational benefits as they learn and polish skills far beyond what can be learnt in any other setting.

Debate helps learners to see the power of deploying rational, reasoned arguments and compelling evidence in action. It enables them to elucidate their standpoint through utilizing rhetorical eloquence. It instills in debaters a great sense of poise and confidence. It teaches them the skills of researching, organizing, and presenting information in a compelling fashion. Debates offers students the opportunity in critical thinking, development of their academic research skills, improvement in their communication abilities, solution of problems in





LSEAD Quadrangular Series

eams, Eight speakers, our of fiery speeches!



a creative way, and an increase in their self-confidence.

School students that participate in debates frequently engage in writing, analysis of information, and in-depth, thorough library or Internet research, they stand a better chance of obtaining higher marks in comparison with students who do not participate in debates. Moreover, debaters are more likely to undertake post-graduation programs. Debates help students in expressing their views in an effective manner and to respond to arguments cogently with which they do not agree. Moreover, debate participants are generally the most well-read and well-informed students in their class. The scope of students' studies (from world peace to the challenges to democracy) means that debate students are participating in a worldwide exam of issues and problems faced by humanity.

One of the primary educational objectives of schools is teaching critical-thinking skills, and no class performs this better than a strategic debate. The foundation of education should be debate. True learning takes place primarily through debate. If you fail to articulate an idea and offer a rational defense, then your mind will become a slave to someone else's thoughts or opinions or a slave to your own fluctuating impulses.

Martin Luther King was a debater at Boston University, Boris Johnson and David Cameron were prominent Oxford Union members. Barack Obama attributes his success to his ability to debate and many senior members of the judiciary and the media cut their teeth on the competitive debating scene.





Magnitude of Visual Education Tell Me and I'll Forget, Show Me and I'll Remember!

In Pakistan, Visual Education is being promoted at School, College and University level. In fact, some of academic institutions have recognized, appraised and have own the significance of Visual Learning. Many of the students are being taught with the help of Projectors, LED screens and Tablets for explaining difficult concepts in a creative way for better understanding of students.



COVER STORY

isuals help learners grasp concepts easily by stimulating imagination and affecting their cognitive capabilities. Besides, the visual language is also known to have the potential to stretch 'human bandwidth' which comprises absorbing, comprehending and analyzing new information. Visual thinking is a learning style where the learner better understands and retains information when ideas, words and concepts are associated with images. Research tells us that the majority of students in a regular classroom need to see information in order to learn it. Some common visual learning strategies include creating graphic organizers, diagramming, mind mapping, outlining and more.

The majority of students in this generation of technology and change are visual learners. They learn information best by seeing it in an example format, like a picture, map, graph, or video. These students are excellent at visualizing objects, plans and outcomes in a spatial sense, and enjoy drawing out their answers in different colors to explain their thought process. Students of all ages are far more likely to remember visuals rather than words. This technique will help increase not only their memory of school work, but also of faces, directions, etc. For example, a student may not be grasping a concept in math using numbers, but once they visualize the same concept in picture format they will understand right away and then convert their answer back to numerical form if needed. In a visual format students can process and retain information much faster and with more reliability. Visuals break down information into manageable pieces that are easier to absorb. Parents should encourage visual learning as much as possible.

Research of Cuban (2001) indicated the psychology of visual aids as under, 1% of what is learned from the sense of Taste, 1.5% of what is learned from the sense of Touch, 3.5% of what is learned from the logic of Smell, 11% of what is learned from the logic of Hearing and 83% of what is learned from the sense of Sight. Also people generally remember, 10% of what they read, 20% of what they hear, 30% of what they see, 50% of what they hear and See, and 70% of what they say. Therefore, it is easy to learn through visuals than just words. Let's have a deep analysis of visual education and video learning by observing different fields in which visual learning is helping out students and where















COVER STORY



it can be utilized in order to educate students on a massive level. As far video learning is concern its impacts are far greater than anyone can think of.

In Medical Science, Molecular Biology, Chemistry, Physics, Space Science and all such fields that involve tools and experimentations to prove and to show case the concept to students could use visual education. In medical field it would be quite easy to demonstrate students through visuals and short videos about how a human heart works, rather than showing its images and pointing out the pathway of oxygenated and deoxygenated blood. Same is for Chemistry, Physics and Molecular Biology where you can see the bonding, shapes, working and all other properties with better understanding in the form of visuals in comparison to something just drawn or written on paper. When it comes to getting an idea of what an atom looks like, fundamentally our books use 2D images whereas such concepts can be better understood by 3D visuals. Similarly, in Pakistan at Intermediate level there are concepts of VSEPR theory, Molecular Orbital Theory and Hybridization concepts which cannot be understood easily by textbooks but with Visual Education and video learning these concepts and theories can be easily conceptualized by the students.

In Pakistan, Visual Education is being promoted at School, College and University level. In fact, some of academic institutions have recognized, appraised and have own the significance of Visual Learning. Many of the students are being taught with the help of Projectors, LED screens and Tablets for explaining difficult concepts in a creative way for better understanding of students.

When we talk about science researches like what is blood brain barrier, how immune system operate against bacteria, or how genetics work along with other important conceptions "Hashem Al-Ghaili" is a perfect platform for learning. Hashem Al-Ghaili is a social communicator and an online platform for Visual Learning with 31 million page likes on Facebook and 289000 subscribers on YouTube. It includes visuals and short videos of advanced detailed researches by précising and explaining it in explicitly easy way.

Currently, students often use YouTube to view video content for entertainment, news and social trends. So why not use this for educational purposes? In our fast-paced technological society education has to adapt to new platforms and methods of presenting topics as opposed to an encyclopedia, dictionary or textbook.





ONE MONTH AT A TIME

We Are Fun and Educational - Our Month long 'Scientists at School' program brings Science alive in classrooms. Our Science Communicators bring subject expertise, discovery-based learning methodologies, and specialised materials to your school, creating a fun and hands-on STEM learning experience for every child. Joining us is a guarantee that your school and we are working together to prepare your young scientists for a future STEM-based career.

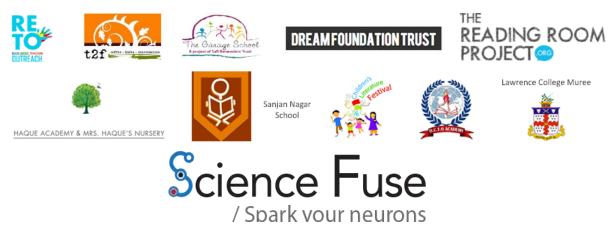
WHAT YOU NEED TO KNOW

Duration: Four Modules in One Month Topics: Chemical Wonders The Science Of Sound Rocket Science and Forces Water Powered Fun Age Group: 7 - 12 years Each Module: Is Two Days - 90 minutes on each day

Book Your Scientist At School Program Today!

For queries please reach out to the Science Fuse team at 0321 128 8701, 0321 6111 557, 0321 5801 422 or at lalah_rukh@hotmail.com or visit us at www.sciencefuse.com.

OUR PARTNERS INCLUDE



IN CONVERSATION WITH ASAD MANZOOR WATTOO

Asad Manzoor Wattoo is the Managing Director of "LEADS Group"

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

Ans. I am Asad Manzoor Wattoo, Managing Director of "LEADS Group" - which includes Lahore LEADS University, LEADS Group of Colleges and LEADS School System. I have done my O/A levels from The International School of Choueifat then completed my Higher Education from Susex University, UK.

Q. What is the main objective of your institution?

Ans. Our main objective is to build the nation according to the international standards of curriculum and practical Islamic moderate personality development in caring and conducive learning environment.

Q. What is LEADS contribution to the Nation?

Ans. The LEADS School System is working day and night to eliminate the illiteracy and to provide quality education without discrimination of gender/ social status or area.

Q. How do you see the infrastructure of LEADS Group of Colleges?

Ans. The entire infrastructure of LEADS School System is based on our vision which is to produce leaders for the nation through a holistic development of individuals by providing sound knowledge, higher analytical ability and commitment to generous service and respect for the Nation.

Q. How LEADS is different than other institutions?

Ans. LEADS School System is different from other schools due to its international standardized curriculum, health care plan, individual study plan, student concealing, modern teaching methodology and quranic education through E-Learning.

Q. What sort of activities your institution brings in for Students apart from regular studies?

Ans. LEADS School System has an extensive range of co-curricular activities and programs to give every student the opportunity to find areas of interest and challenges. These activities include music, competitive sports, debating, serving community dramatics, arts, a student representative council. It also offers clubs & societies to promote "Leadership Skills" and polish inborn characteristics.

Q. How do you recruit and maintain quality teachers and staff members?

Ans. We recruit highly qualified and experienced faculty. Professional development to upgrade the content knowledge and pedagogical skills of teachers we provide workshops, refreshment courses, seminars and conferences and also emphasize on research work.

Q. How do you communicate with the parents of your students?

Ans. By conducting curricular and co-curricular activities, PTMs and through web portal we remain in touch with parents on every step of learning process.

Q. What is the best part you like about your students?

Ans. The best part I like about our students is the fact that our students are confident and focused on the vision of their destiny.

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

Ans. My massage to youth is to groom and educate themselves, so that they become a true Muslim and responsible citizens in future.

Projects of LEADS Groups



LAHORE

LEADS UNIVERSITY



LEADS

GROUP OF COLLEGES



LEADS SCHOOL SYSTEM



Students should In-Take a Healthy Breakfast!

n an effort to take advantage of more sleep, students often get up at the last minute to get ready for their day. However, when you're in a rush, you miss a vital step that can offer great health benefits to your day. That step is preparing and eating breakfast!

Eating a healthy breakfast is crucial to a healthy diet and a well-managed day. When you skip breakfast you miss out on the nutrients and energy it can provide for a busy schedule of studying and going to class or labs. After all, breakfast is widely considered to be the most important meal of the day.

Eating breakfast gives you the nutrients to start your day on a happy note. Since your body is deprived of nutrients and energy during the hours you are asleep, your blood sugar is low in the morning. This can cause many people to feel cranky and irritable throughout the day. Eating breakfast will improve your blood sugar levels so that you can stay alert and energized for the start of your day. Plus, it can also greatly improve your mental health in the morning. You won't be annoyed when you get hungry before lunch time.

Eating a breakfast of lean meats, vegetables, and fruits, with whole grains can improve your energy and your concentration. Breakfast containing fruits like vitamin C can help your brain signals function properly so that you're more awake and alert throughout the day. Your brain needs the energy provided by a healthy breakfast so it can function to the best of its ability. You'll feel less tired and groggy once your breakfast is processed and stored into fuel for your brain!

Skipping breakfast may affect your child's concentration or leave them feeling 'fuzzy'. This is because the brain is starving for energy and needs fuel from nutritious foods like grainy bread, breakfast cereals, fruit and milk so it can function at its very best throughout the day. To ensure your children are receiving the benefits of breakfast, choose a healthy breakfast meal which is high in fibre, has a low Glycemic Index (GI) and includes some protein.



Union renews concerns on English skills

Australia's National Tertiary Education Union has called on universities to ensure they do not enroll international students who are likely to struggle during their studies, renewing concerns over the recruitment of students with low English proficiency. The union, which represents academic and administrative staff across the tertiary education sector, said HEIs must act ethically and provide adequate support services to help both domestic and international students. However, NTEU's claims have received pushback from within the industry, with the Tertiary Education Quality and Standards Agency defending its current standards.



Time determining factor in Language Learning



Learning to speak a new language may be as simple as using a mobile app, but the amount of time studying and motivation are still the most important determining factors in improving proficiency, according to a study by Michigan State University and language learning app provider Babbel. The Learning Spanish with Babbelreport, which tracked the progress of 85 participants using Babbel to learn Spanish, found of the 54 who completed all study requirements, virtually all showed improvements in one or more areas of language learning. Among the report's findings, 59% of participants' improved oral proficiency by at least one ACTFL sublevel, however, results improved further the more time was spent using the app.

UK Education Exports hit £19.9 Billion

Education exports and transnational education activity was estimated to be £19.9 billion in 2016, according to newly released UK government statistics, which indicates a 26% increase from 2010 figures. Over six years, total education exports increased by 22% to £18.1bn, while TNE activity revenue rose by 73%, reaching £1.9bn. Revenue from HEIs makes up the majority of the total export figures, with £13.4bn for 2016. That is 67% of total export revenue, while products & services and TNE revenue both account for £1.9bn for the year each. Independent schools improved their revenue streams from £630m in 2010 to £930m, an increase of 48%.



Scientists develop 'Liquid Fuel' to store solar energy up to 18 years



There have been various evolving innovations taking place in the solar industry, and recently scientists in Sweden have conceived and developed a specialised fluid, called a solar thermal fuel, that can store energy from the sun for more than a decade. "A solar thermal fuel is like a rechargeable battery, but instead of electricity, you put sunlight in and get heat out, which can be triggered on demand," Jeffrey Grossman, an engineer who works with these materials at the MIT explained to an international media house. Scientists from the Chalmers University of Technology in Sweden have been working to improve the fluid which is technically a molecule in liquid form composed of carbon, hydrogen and nitrogen.

2018 was Fourth Hottest Year on Record

The last four years have been the world's hottest since record-keeping began, with 2018 the fourth warmest on record, according to data published Thursday by US research group Berkeley Earth. Temperatures in 2018 were around 1.16 degrees Celsius (2.09 degrees Fahrenheit) above the average temperature of the second half of the 19th century, from 1850-1900, often used as a pre-industrial baseline for global temperature targets. "Global mean temperature in 2018 was colder than 2015, 2016, and 2017, but warmer than every previously observed year prior to 2015," the report said



Pakistani Teacher Shortlisted for Cambridge's Teacher Award

Cambridge University Press has shortlisted a Pakistani teacher, Ahmed Saya, for the 'Most Dedicated Teacher' award. Ahmed Saya, an A-level teacher from Karachi, is one of the six brilliant minds around the world to be shortlisted for the prize. The competition included entries of 3500+ teachers from over 140 countries for the prestigious award. Cambridge's official Twitter handle said it was a tough call, but they shortlisted six teachers for this year's Dedicated Teacher Awards. "It was a tough decision for the judges but they have now decided on the 6 finalists for the Dedicated Teacher Awards 2019," it read.



Punjab Govt. to Establish Three New Technology Universities

The Punjab government is working on the establishment of three new technology universities in the province to serve the need of skilled human force. Minister for Industries, Aslam Iqbal, told the Punjab Assembly in the question hour. As per the details, the new universities will be set up in Attock, D.G Khan, and Mandi Bhauddin. The House also got to know that the provincial government has allocated over Rs. 1069 million for the promotion of small industries. Earlier, Chief Minister Punjab Sardar Usman Buzdar had revealed that the government has decided to establish three international-standard universities in Punjab.





LEADS School System's Love for Science

A Science is a subject where student from different levels gain knowledge through practical implementation. In LEADS School System activity base teaching methodology are used for joining & Senior Students, The love to learn the magic of science through the projects, Now Science education had become very highly competitive and innovative, technology sound to learn more and more, The LEADS School System organized a workshop to display the different experiences, Performed by the Students to provoke the interest and hands on activities, According to their Science subject as Shown in the Picture.

Pakistan's Govt. to Increase the Literacy Rate to 70% within next 4 Years



Minister for Federal Education and Professional Training Shafqat Mahmood has said that the government is chalking out a plan to increase the literacy rate from 58 percent to 70 percent in the coming four years. He said that the education ministry has made a plan called 'National Literacy Campaign', which will be launched all over the country. The minister further added that as per this campaign, the government will establish 5,000 literacy and skills development centers in all districts of the four provinces. Moreover, there will also be a National Coordination Center to ensure consensus among all the stakeholders in the literacy campaign.

HEC and Microsoft Launch Imagine Cup 2019

The Higher Education Commission (HEC) and Microsoft Pakistan launched Imagine Cup 2019 during a ceremony held at the Commission Secretariat. The ceremony also marked signing of a Memorandum of Understanding between HEC and five universities for collaboration in the functioning of HEC EduTV. Dr. Tariq Banuri, Chairman HEC graced the occasion as chief guest. Lt. Gen. (Retd.) Muhammad Asghar, Executive Director HEC, Mr. Abid Zaidi, Country Manager Microsoft, Mr. Mike Yeh, Assistant General Counsel, Microsoft, Middle East and a number of Vice Chancellors, faculty members and students were also present.



High Commissioner commends Growing Number of Pakistani Scholars to Australia

Australian High Commissioner to Pakistan, Margaret Adamson commended the growing number of Pakistanis who make Australia their first choice for education and professional development. She expressed these views at a reception hosted here in honor of Pakistani scholars with an aim to celebrate the successful completion of their courses undertaken by 56 Australia Awards scholars. As many as 35 new Australia Awardees Pakistani scholars more than half of them women selected for Masters-level scholarships at Australian universities in January 2019. Returned scholars will join an active and engaged community of Australian alumni in Pakistan.



Rs. 1.3b Funds Demanded for Colleges' Missing Facilities in Faisalabad

The Directorate of Colleges Faisalabad has demanded Rs 1.3 billion funds from the provincial government for provision of missing facilities in the colleges in the division. According to media reports, the amount will be spent on construction of classrooms, science labs, IT labs, residences, multi-purpose buildings, lecture theatres, purchase of new buses, water filtration plants and provision of other basic facilities in 26 government colleges of the division. The core purpose of this fund is to uplift the educational standards by adding-up the missing facilities in the colleges in order to give quality education to students.



Allama Iqbal Open University to hold Conference on Research and Practices in Education



An international; Conference on Research and Practices in education (ICRPE) will be held here in February at main campus of Allama Iqbal Open University (AIOU). The theme of conference is Social Impact of Research. The event is scheduled to take place from February 19 to 20, a press release Saturday said. For past three years, the University's Faculty of Education has been regularly holding ICRPE to share with the researchers and teaching community new development and trends in the educational sector. Oral presentation, posters presentation, round table discussions, panel presentations and projects will be held during the two days conference.

Three Day Workshop concludes at Fatima Jinnah Women University



The closing session of the workshop on "Professional Development for Faculty" was held at Fatima Jinnah Women University. Speaking on the occasion, Prof. Dr. Samina Amin Qadir said that professional development is the process of improving staff skills and competencies needed to produce outstanding educational results for students. Faculty development programs and resources are envisioned to educating faculty in effective teaching techniques and in establishing a faculty learning community across disciplines. Dr. Irum Gul talked about on Stress Management and said everyone suffers from stress on some level and no one is immune to it.

Multan Library Organizes 57 Seminars, Six Free Language Classes

The Multan Library organised 57 seminars and six free language classes from March 2018 to January 2019 to attract people towards book reading and capacity building of youth. The Library administration started free language courses including three classes for spoken English, one for Chinese, one for basic computer literacy and one for personality development for capacity building of the youth. Talking to APP, in-charge Library Muhammad Saleem said that all basic facilities were being provided to visitors in library. He said that a large number of books, computers, free internet and other facilities have been made available at the Library.



A Race to No Where!

1st century is the era of rapid change. There is a huge shift in our living styles, professions, education and technology as compared to our ancestor's. Hundreds of new inventions are made every day. People want advanced technological tinge in everything. So in order to survive in this era and to cope with future competitive times, people think opting science subjects is the only option. A good quality education is meant only as medical or engineering.

Taking Pakistani society as an example, every year, around 55000 students appear in medical entry test while there are only 3400 seats in (Punjab) public sector. This means that the remaining students either consume one more year of their life and repeat the test or spend thousands of rupees to study private medical. This is the result of the over emphasized importance of science and technology. Both parents and children believes in a promising, prosper future if they will opt sciences.

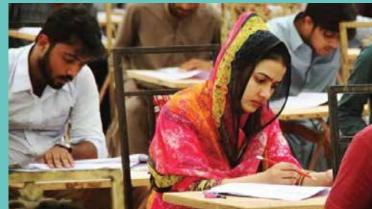
Advancement in science and technology, no doubt, has revolutionized the society but it has created a sense of anarchy. There is a race going on. Everybody is running without knowing where this path is leading them. This anarchic condition has ignored the importance of social sciences and arts in our society. Social sciences and humanities play a great role in forming societies.

Alexander pope says "the proper study of man is man". Humanists study man, but not as an animal who have risen as a result of an evolution. The creation of art and literature as reflections of interpretations and imaginations give us an insight into past and emotional responses people had to different events.

Science and technological education creates inventors but the subject like social sciences and humanities creates good leaders. They broaden the horizon of understanding of an individual. Social sciences encourages a more accepting behavior towards complex concepts such as feminism, world peace, social movements and much more, while helps us understand these in new ways and explore different possibilities. If humanities and social sciences are of this grave importance then why are we as a society not accepting these subjects and not encouraging students to take up these subjects? This is because these subjects will not provide anyone with real vocation. There are no job ads for a poet, a philosopher and an artist. That is why parents and children alike thinks, a proper designated job with good social status will only come their way by studying science and technology.

It is not wrong to look for a good job which is financially stable, after all an individual's survival depends on it. But ignoring social sciences and humanities completely and running towards the accumulation of a handsome amount of income has left our society in a ball of tangled yarn.

Need of hour is to be more accepting towards the social sciences and humanities subjects. Students should not be forced into running a blind race leading nowhere. Parents should focus on their children's satisfaction and interest and not only on his/her future social position. If we will stop running this race of accumulating just wealth and focus on understanding ourselves more deeply, only then we will be able to develop as an individual as well as a society. In this time, human beings cannot afford being aloof to the social thought process if they want to get themselves out of this quick sand of anarchy.



American Lycetuff School glorifies in Annual Sports Gala

American Lycetuff School rejoices the Annual Sports Gala which w as held at Punjab Stadium. Punjab Sports Minister Rai Taimoor Khan Bhatti was the Chief Guest for the event. The Annual Sports Gala ceremony was attended by a large number of students and their parents. Students presented excellent performances and received huge appreciation from the audience. Prizes were also distributed among the prominent performers on this occasion. For all the prize winners it was a proud moment as they were the source of pride for American Lycetuff.

























LAPSIANS Engulf in the Cultural Festival with Enthusiastic Performances

LAPS celebrated cultural festival which featured sizzling actives that caught the attention of the audience. The event was thrilled when little LAPSIANS dressed in different traditional outfits representing all provinces and a range of different traditions in Pakistan. Parents were pleased to see the showcase of talent by their children and applauded abundantly while getting entertained by the amusing performances of their little ones. The main highlight of the occasion included an act which portrayed the Unity of our Nation at a broader aspect; including individuals from different fields of Pakistan such as doctors, police officers, farmers, engineers, businessmen, teachers, politicians and general public. The Cultural Festival was an Infotainment event with the theme of highlighting the Unity of our Nation and the Glorification of its people.













FRANCHISE IN SCHOOL EDUCATION

TEAM UP WITH EXPERIENCE 30 YEARS OF EXCELLENCE

CREATE THE PRESCHOOL OF THE FUTURE....TODAY! NGS Preschool is looking for BUSINESS PARTNERS to take care of its Franchise Business in various cities of Pakistan. If you are a professional with entrepreneurial qualities, you can become our partner and earn in six figures.

YOUR BENEFITS

- Instant Credibility
- Excellent Rate of Return
- Low Investment
- It Support with Web Portal
- Complete Business
 Guidance
- Start-Up Kit
- Staff Recruitment and Training
- Quality Assurance







G+



For Further Information Head Office: 22D/1 Gulberg III, Lahore Pakistan. PH# 042-3575

Head Office: 22D/1 Gulberg III, Lahore Pakistan. PH# 042-35752910 Mob# 0321-4993054, 0310-4450277 Email: franchise@ngs.edu.pk Website: www.ngspreschool.com



B2B Media Group organized 2nd Pakistan Paper & Stationery Show (2019) "Everything from Paper to Stationery under One Roof"

Paper and Stationery Show (2019) organised by B2B Media Group provided a great opportunity to buyers, sellers, technical and commercial experts to show case their expertise for three days under one roof with visitors from all over Pakistan and abroad. B2B Media Group presented the 2nd Pakistan Paper & Stationery (P&S), keeping in view of the greater demand of Paper and Stationery products in Pakistan and the growing business activities in terms of manufacturing base and trading of the same products and their raw materials. Students from different schools also marked their participation on this occasion by having a glimpse of different stationery essentials. Students also used the stationery for some fun activities such as drawing, painting and sketching.





All Right! I want to subscribe to Informal

Price per Issue: 100	Name
1 Year Package	Address
12 issues Rs. @ 1200	
After Discount Rs. @ 1000	O Post Code Tel No. Cell No.
IMPORTANT INFORMATION * Courier charges are included. * Cheque should be in the name of " Informal." * Orders are accepted against PKR only. * Please allow 1-2 week for processing of subscription * For further details e-mail us at: informal.pk@gmail.com	Email
Send This form Along with cheque at Following address Office#249, 2nd Floor Ashiana Center, 78-D/1, Main Boulevard, Gulberg III, LAHORE. Cell: 0331-921 1111 email: informal.pk@gmai	I am paying by Cheque/Draft/Cash

Soft Play Specialist

KIDDY JOY

Safe Fun for Every one



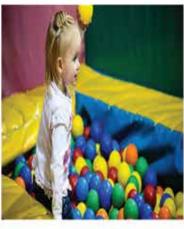


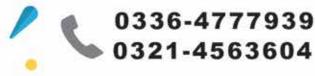






with 100% quality

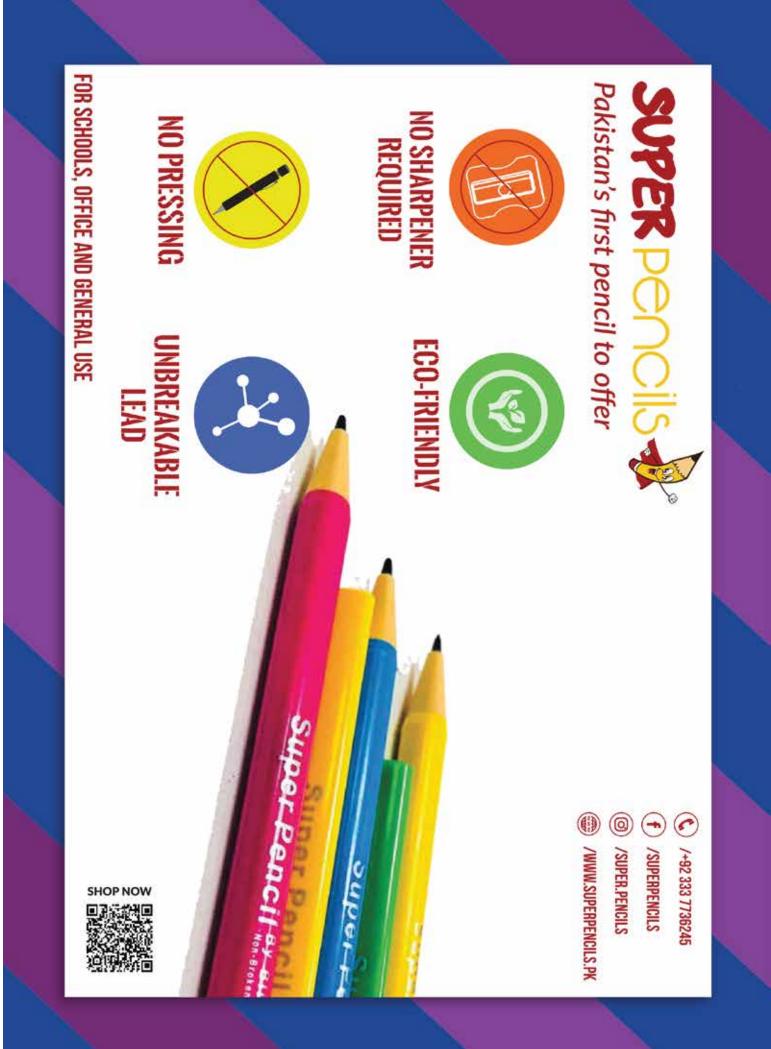






🕻 kiddyjoy80@gmail.com







SCHOOL SYSTEM

In House **Facilities**

- Spoken English
- Mineral Water
- 50% Discount Tuition fee from LEADS College & University
- Art
- Library
- Health & Care
- Sports & Games
- **Career Counseling**
- Co-Curricular Activities
- Child Centered Learning
- Individual Education Plan .
- Modern Teaching Methods
- Interactive PTM's
- **Quranic Translation & Naazra**
- **Educational & Excursion Visits**
- Effective Assessment & Evaluation
- Well Equipped Computer & Science Labs
- Intensive Professional Training Sessions for the Faculty
- Quality & "LIFE SKILLS" Based Education
- Integrated, Inquiry and Project Based Learning
- Curriculum Based on National And International Standards

Aims & Objectives

Admission

Open

- Holistic Development of Character
- Academic Excellence & Life Skills Based Education
- Strong Leadership And International & Cultural Academic Exchange
- Islamic Culture & Discipline
- Physical Fitness



www.leadsschools.com.pk