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TO RISE ABOVE THE TIDE

# Informal

EDUCATIONAL MAGAZINE

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# Editorial NOTE

The primary duty of a student is to learn and acquire knowledge. Their main duty consists of improving their intellect and widening their mental capabilities. Unfortunately, many students forget this goal and spend their school days uselessly enjoying and idling away their time. Only later they realise the result of their folly.

Students are the repository of all that is vital and vigorous in society. They are the vital forces in the social organism. If the students do not come upto our expectations simply because they are led astray and their vigor is drained away, the radiance of our hopes is likely to be dimmed. It is essential, therefore, that students should realize this and make full preparations for playing their proper role in society and answering the call of the time to come.

This leads us to the consideration of the duties which the students should discharge in order to become good citizens of tomorrow and when we talk of duties, the terms 'rights' naturally occurs to us. The students of today, unfortunately, are conscious of only their rights. It is good that they should have a consciousness of these too, for they are the basic conditions of freedom. But, what is more important to understand is the fact that rights do not stand by themselves. They grow out of duties.

Hence the need is to be more conscious about duties than about rights. Duties of students can be divided into four categories: (1) Duties to themselves, (2) Duties to the family, (3) Duties to the society and the (4) Duties to the humanity. The first duty of students is towards themselves. They should try to have good health, for a sound mind lives in a sound body. One cannot do anything great without good health, however much one wants to do so. For this purpose they should take part in games and sports.

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# Letter to the editor

Your magazine is one that informs about everything necessary for a student. I am pleased to read your magazine and the way you are educate your audience. This time I had a massage for the teenagers who are reading your magazine, stay focused and always believe in yourself. Your magazine has motivated me enough. Keep it up!

**Omar Razzaq (Forman Christian College)**

Your Cover Story was just amazing! It was informative griping the facts. I also agree with your concerns visual education in order to build a better future for ourselves and for our generations to come. Schools and colleges should also starting emphasizing on the element of visual learning.

**Saqlain Mirza (Karachi Grammar School)**

Informal gives path to its reader that follows them to being responsible citizens of society. 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. 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.

**Amina Munir (LCWU)**

It's been a gleaming experience to read your last month's magazine. You were able to highlight some of the most important concerns which are important to in the field of education. I think if you guys keep on doing a job like this, then soon our society will change the way it looks and deals the field of education.

**Rabia Aslam (Lahore Grammar School)**

Your magazine is doing a marvelous job, by giving useful information in one publication. The thing I liked the most about this magazine is, your selection of topics. I personally like the "Science Fuse" section, which I read when I'm looking for some interesting and unique content.

**Alvina Shaheen (LCWU)**

The story I liked the most was the cover story of this month, which showed a true significance of "elearning" and according to me the time has come that schools of Pakistan should also focus on the element of technology in education. You guys are doing a good job. Keep it up!

**Abdullah Asif (Punjab College)**

It is a wonderful experience to read your magazine; it is perfect for students particularly. Cover story and Science Fuse are my most favorite segments in the magazine of every month. By reading these, I get to know about some outside the box information which helps me through my information seeking procession.

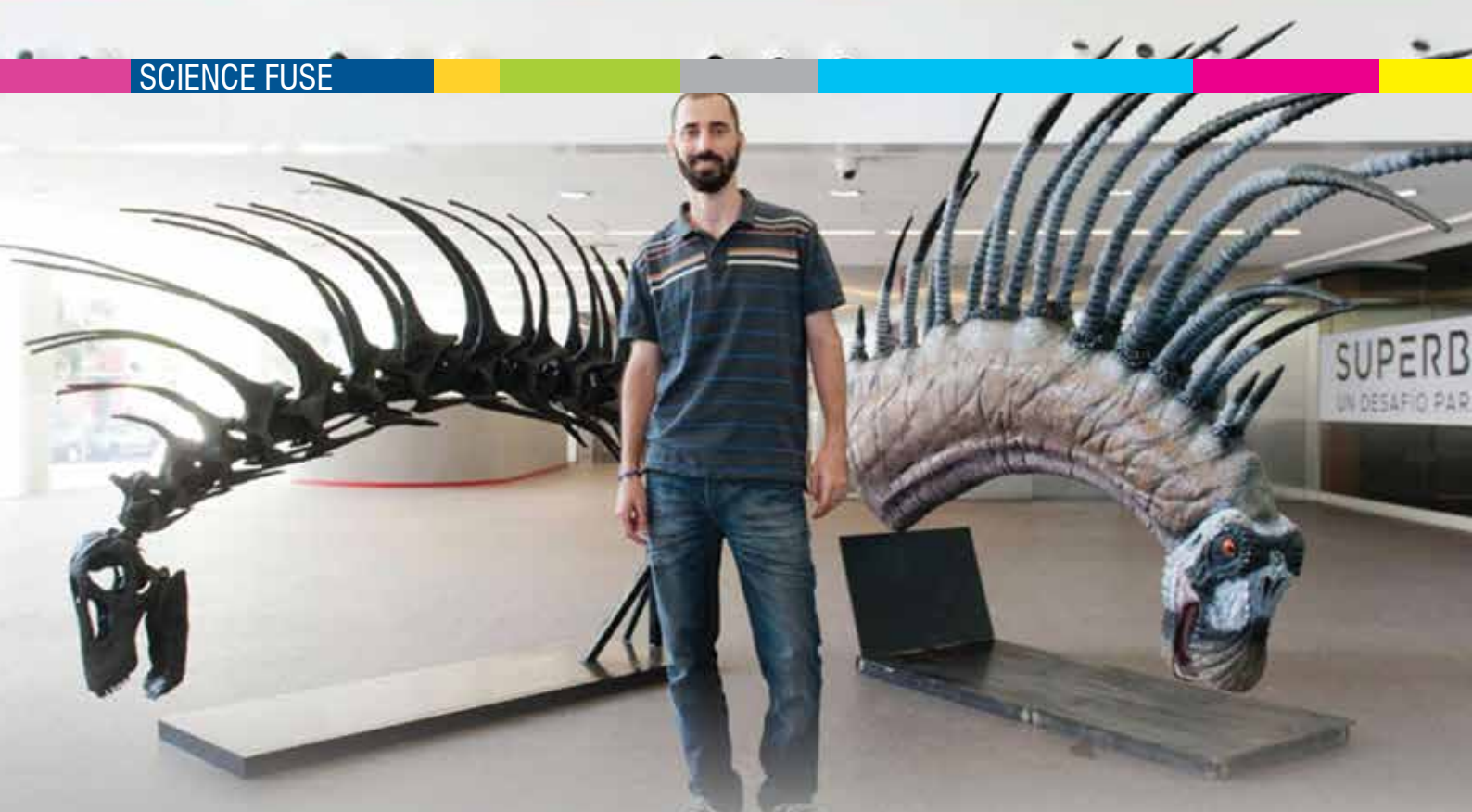
**Bilal Ahmad (Government College)**

I would like to say that your magazine is highly informative and at the same time it is highly interesting. I like all of your content of all the sections and your selection of matter is always unique. I especially like the science sections, which includes interesting new updates in the field of science.

**Danish Ahmad (Superior College)**

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

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



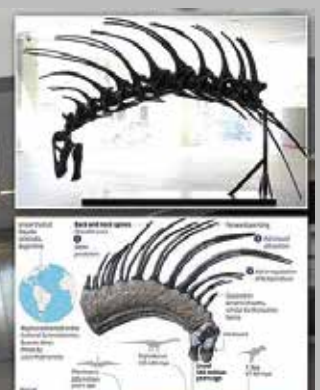
# SKELETON OF DINOSAUR WITH A 'MOHAWK' OF SPIKES DISCOVERED IN ARGENTINA

Paleontologists in southern Argentina have uncovered a dinosaur unlike anything ever seen before. Roaming Patagonia around 140 million years ago in the Cretaceous, these majestic herbivores featured long, forward-pointing spikes - a mohawk rising up from their spine. These spikes might have performed a defensive role, but their exact purpose has unveiled a fascinating new mystery.

According to a new research published in *Scientific Reports*, the dinosaur, now known as the herbivore *Bajadasaurus Pronuspinax* (pronounced "BA-HAD-AH-SAURUS" "PRONE-OO-SPIN-ACKS"), had two-foot-long spikes protruding from its back. They were likely similar to horns seen on modern-day antelopes with thick keratin covering the bone spikes. The latter part of its name means "bent over forward spine," owing to its most distinctive feature. The dinosaurs belonged to the sauropod family, which were known to have long necks and tails. This specific dinosaur likely measured about 30 feet long.

The dinosaur's spikes were likely used to fend off predators and make it more difficult and deterring to attack. The sharp spikes, creating a mohawk along the dinosaur's back are long and thin enough that they would have likely been surrounded by keratin in order to not break off during an attack. Analysis of the *Bajadasaurus* skull and teeth has suggested that they had grazed on low-lying plants. Their eye sockets were located near the roof of the skull, allowing them to keep watch for predators while they munched on foliage.

Prior to this latest discovery, paleontologists had uncovered another South American dicraeosauridae with spikes, *Amargasaurus cazaui*. This sleek-looking sauropod lived around 15 million years after *Bajadasaurus*, but its spikes were much shorter and they leaned backward instead of forward. However, *Bajadasaurus* is notable both for the size of its spikes and their forward-leaning orientation. The longest of the rod-like neural spines measured nearly 5 feet in length, close to 150 centimeters. ■





# Tell Me Why Rain Clouds Are Dark?

**I**t's pretty well-known that most clouds are white, while rain clouds are usually a darker shade of gray. But why are rain clouds so dark? Let's start by discussing how clouds form. The air around you is full of water in its gaseous form, called water vapor. When the air near the ground warms, it starts to rise, taking the water vapor along with it.

The main reason why rain clouds are dark is due to their particulate density. As clouds are formed from minuscule water droplets and/or ice crystals, the denser they are packed, the lighter radiating from the Sun is scattered and dispersed by them, lending a darker appearance to their lower sections. The air starts to cool as it rises higher into the sky, causing the water vapor to condense onto atmospheric dust from volcanoes, car exhaust and other sources. The resulting water droplets and ice crystals coalesce,

or join together, to form clouds.

Unlike atmospheric particles that scatter more blue light than other colors (making the sky blue), the tiny cloud particles equally scatter all colors of light, which together make up white light. However, rain clouds are gray instead of white because of their thickness, or height. That is, a cloud gets thicker and denser as it gathers more water droplets and ice crystals the thicker it gets, the more light it scatters, resulting in less light penetrating all the way through it.

The particles on the underside of the rain cloud don't have a lot of light to scatter to your eyes, so the base appears gray as you look on from the ground below. This effect becomes more pronounced the larger the water droplets get such as right before they're large enough to fall from the sky as rain or snow because they become more efficient at absorbing light, rather than scattering it. ■



**B**ubble gum was first invented by the American businessman and candy maker Frank H. Fler in 1906. He created a recipe for chewing gum that could be blown in to a bubble, and called the product "Blibbler-Blubber". However, the mixture was too brittle and sticky to be sold. It wasn't until 1928 that an employee of Fler's company came up with a way to improve the product. Walter Diemer added latex to the bubble gum recipe, and the new mixture was named "Dubble Bubble". To help sell bubble gum, Walter Diemer went to candy shops and taught the salespeople how to blow bubbles, so that they could show customers how to do it. Dubble Bubble remained the only bubble gum on the market until the Topps Company introduced Bazooka bubble gum in 1947. Before putting bubble gum into production in 1928, Diemer wrapped 100 pieces of Dubble Bubble, and tested selling it at a local candy shop. The shop sold out in the first day.

## INVENTION STORY OF BUBBLE GUM



## INVENTION STORY OF CHOCOLATE BARS

**T**he history of chocolate bars actually began back in 1847. The first chocolate bar was made in Britain by Joseph Fry and his son, who pressed a paste made of cocoa powder and sugar into a bar shape. The chocolate bar was further developed in 1849 when John Cadbury introduced his brand of the chocolate bar. Fry and Cadbury later joined forces to become great chocolate confectioners. The first milk chocolate bar was made by Henry Nestle and Daniel Peter and was created by adding milk to the traditional chocolate recipe. This results in a creamier taste and smoother texture. During World War I, chocolate bars gained huge interest as the American government began buying up large quantities of chocolate in 20- to 40-pound hunks. These huge blocks of chocolate were used to provide candy bars for the soldiers fighting overseas. The candy remained in demand after the war, as the returning soldiers had grown accustomed to the sweet treat. More than 40,000 different candy bar varieties appeared after the end of the war to meet the demands of the chocolate-hungry public.







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# PROCESSED FOODS

## MAY INCREASE DEATH RISK: NEW STUDY

According to a new study, eating more ultra processed foods such as sugary drinks and ready-made meals increases the risk of all-cause mortality. There has never been a closer eye watching the average diet of people in the United States than there is today.

Rising obesity and diabetes rates have spurred furious research into the exact role of the "Western diet." We already know that high levels of sugar and fat can have a detrimental impact on various systems of the body. However, the full scale of the damage is only coming into focus now.

As part of this new push to examine the impacts of diet on health and longevity, a group of French scientists focused on ultraprocessed foods. The term "ultraprocessed" refers to food products that manufacturers have put through industrial processes and contain a range of ingredients. Some examples include sugary drinks, breads, ready-made meals, confectionaries, and processed meats.

According to the authors of the latest study, scientists have already linked ultraprocessed products with a range of conditions, including "obesity, hypertension, and cancer." They are generally high in energy, fat, and sugar or salt, and low in fiber, which helps explain their links to disease risk. However, on top of this, they tend to contain a range of artificial ingredients that might also play a role in some conditions.

Although scientists had previously linked ultraprocessed foods to many health conditions, until now, none had examined their impact on overall mortality. A new study, which now appears in JAMA Internal Medicine, set out to fill this gap. To investigate, the scientists took data from the French NutriNet-Santé Study. In total, they followed 44,551 individuals aged 45 or older for an average of 7.1 years. Each volunteer completed a web-based

form that asked about their food intake, and they provided information about their lifestyle, weight, height, levels of physical activity, and socioeconomic status. The scientists saw that consuming higher levels of ultraprocessed foods was associated with being younger, earning less, having a lower level of education, living alone, exercising less, and having a higher body mass index (BMI). ■

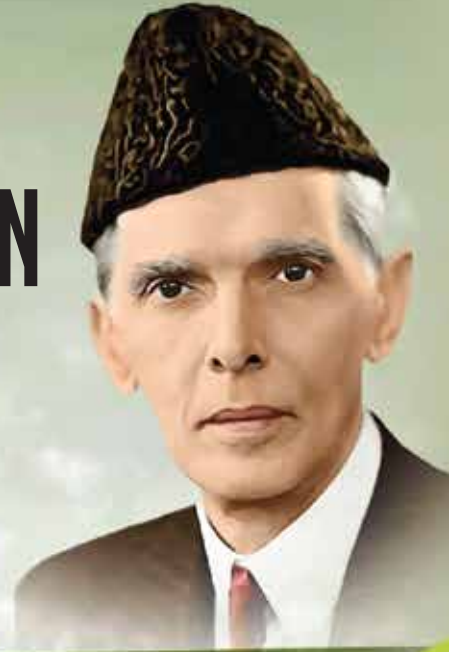




**23** MARCH  
**PAKISTAN**  
**DAY** یوم پاکستان

# PAKISTAN RESOLUTION DAY

**Today, Pakistan is not a dream,  
it has carved into a reality! Once a  
resolution, it then became the only  
destiny for millions of Muslims.**



**P**akistan Day is a public holiday in Pakistan to remember the Lahore Resolution on March 23 each year. The word "Pakistan" was never used but the Lahore Resolution is considered a major milestone in the Muslim struggle for an independent state. Pakistan Day is a public holiday. It is a day off for the general population, and schools and most businesses are closed. In 2019 it falls on a Saturday. Due to this, some businesses may choose to follow Saturday opening hours.

Pakistan's national flag is hoisted on public and governmental buildings at dawn on Pakistan Day. A 31-gun salute in Islamabad and a 21-gun salute in provincial capitals are fired. A change of guard occurs at the mausoleums of Muhammad Iqbal (commonly known as Allama Iqbal) and Muhammad Ali Jinnah (commonly known as Quaid-i-Azam or the Supreme Leader), followed by garlands being laid.

A main feature of Pakistan Day celebrations is a parade at Constitution Avenue in Islamabad. An award ceremony is organized where the president gives military and civilian awards to

recognize recipients' achievements and contributions to Pakistan. Pakistan Day festivals, parties, national songs and debate competitions are featured throughout the day, which sees many people spend time with families, friends and loved ones. Pakistan Day specials are broadcast on radio and TV. Special prayers are offered for peace and prosperity. Pakistan Day is a public holiday in Pakistan on March 23. Government offices, banks, post offices, educational institutions and businesses are closed, except for some multinational organizations.

'The Lahore Resolution' was passed by the working committee of All India Muslim League; the endorsement of the same was done by the mammoth congregation of Muslims on March 23rd, 1940 who were gathered there from all across the British India. Minar-e-Pakistan (Pakistan Minaret) is a minaret (a type of tower) in Iqbal Park in the city of Lahore. It was built to venerate the Lahore Resolution. The minaret is constructed where the Lahore Resolution was passed. This monument symbolizes a blossoming flower and reflects the blissfulness of independence. ■

# SHOULD JUNK FOOD BE BANNED IN SCHOOLS?

**Schools have a great possibility to educate young people about the importance of being healthy.**





**I**s it the responsibility of schools to ban junk food and promote a healthy lifestyle for children of all ages between 6-18? Yes, yes it is. The element of schools promoting a healthy lifestyle is as important as the children's parents' responsibility. Schools have as much impact in that department as children are fed during school hours.

When talking about school we think of children learning different subjects, history, math, science and etc. But, learning about health and healthy life choices is as important as any other subject, and that should not just be restricted to classrooms. Schools have a great possibility to educate young people about the importance of being healthy.

Schools have a responsibility to provide healthy food choices and not just the cheapest ones (which usually happens to be the unhealthy kind). The majority of schools have contracts with unhealthy food suppliers. Most of the budget usually goes to funding sports. What the school boards do not realize is that eating healthy is a crucial part of staying fit, and if the school districts were to pick healthier food suppliers they would see that local food suppliers would gladly provide them these choices, as it is good business for them.

Junk food is bad and not good for our health. According to the Health Foundation, most of the junk foods such as biscuits, confectionery, burgers, instant noodles and soft drinks are of

low nutritional value. These foods which are high in fat and sugar will contribute to the childhood obesity. The schools will face the problem of weight gain among the children. The problem becomes worse if the children do not get enough physical activity. Furthermore, Dental Association reports that the sale of soft drinks lead to the decline in dental health of primary school children. Hence, the unhealthy food must be prohibited in the school canteens as it is unhealthy to the school children.

Most of the junk foods sold in school canteens contained chemical additives to give colour and flavor instead of lengthening the shelf life of the junk foods. These additives have been shown to cause behavioral problem such as hyperactivity and poor concentration among the children and when such foods are readily available at school every day, students cannot get the nutrients they need for healthy development and growth, and their learning potential is reduced.

As a conclusion, the sale of junk foods in school canteens should be phased out progressively because junk foods bring more harm than good to children. The sale of junk food in school canteens give bad effect to the school children's health, create litter problem in the school compound and lead to the changes of student's behavior. Lastly, school authorities are responsible to put the welfare and safety of students in priority by banning the sale of junk food in school canteens. ■



# KNOWLEDGE FLOATS IN A SEA OF MORAL VALUES!

The knowledge students learn from mathematics, science, history and languages will amount to nothing if schools do not teach them moral values. Knowledge gained in school is only one goal of education. The primary goals of education should be enabling students to gain knowledge and moral values.





**T**oday, ethics has an important place in all areas of life. Education is also a fundamental process of human life. Therefore, in education "ethics" has a very important and effective role.

In order to be a good human, ethics should be placed as a course in educational system. Ethics are well founded standards that make the actions right and wrong. It helps categorize different values such as integrity discipline and honesty among others and apply them in daily lives. Ethics influences behavior and allows an individual to make the right choices. Without ethics it will be very difficult to regulate life and act responsibly. While the importance of ethics can't be ignored in any walk of life it's imperative that they are practiced in the field of education. Ethics in education are essential as they help run the system smoothly. It sets the standards of what's acceptable and what's not hence protecting the interests of both the educators and the learners.

Ethics in education has been given a lot of importance over the years and institutions are designing courses that help students understand these ethics. Ethics in education are applicable on both the instructors as well as the students. While it's the teacher's job to make the students aware about these ethics the school management often takes it upon them to familiarize the instructors with the ethics that are relevant to their profession.

Students must be taught ethics and their importance. Students should participate in moral building activities. This should not be taught like science or math but should be taught in interactive and innovative sessions. Student level involvement and interaction can make this a very interesting issue. Schools can organize group discussions with experts, it can be taught in the form of story, or rhyme or act can be presented to clarify the concept of ethic.

The knowledge students learn from mathematics, science, history and languages will amount to nothing if schools do not teach them moral values. Knowledge gained in school is only one goal of education. The primary goals of education should be enabling students to gain knowledge and moral values.

This is more important than accumulating knowledge since having moral values and respect for others forms the basis of a child's future behavior. A disciplined citizenry makes for a prosperous nation. First World nations, like







Japan, have disciplined citizens as they are teaching moral values in their schools. Unfortunately, many of the role models of young people are setting bad examples. So, it is high time that we develop an education system in Pakistan based on the imparting of ethical education to the students in order to raise individuals who are intellectually curious have high moral values.

Examples of the lack of moral values and disrespect for the rights of others are easy to spot in our streets. Drivers and motorists cross a red light when there are no cops around (lack of moral values), and do not slow down or stop when approaching a pedestrian lane even when a pedestrian is crossing (disrespect for the rights of others). Every day, students are exposed to violence, dishonesty, and other social problems in the media and the real world. How many times have we heard about bullying in schools? What about other times when students are caught cheating on exams? Then, too, we read about bullying in school and fights between gangs. If moral values were taught in schools, we would have fewer of these problems.

Students must be taught that dishonesty and cheating are wrong, and will get you nowhere in the future. As a student, one is only hurting himself or herself by cheating, because this action will eventually catch up to you in the end with bad consequences. Our indifference to morality is clear from the widespread corruption in our society. There is no sphere of public administration where this evil does not rule supreme. Bribery has become a common feature of our public life we have to start from the grassroots level to impart moral education to our children.

There is a special need today for evolving a new system of education which must be in tune with our major values of national tradition and integration. The students of today, if properly taught, will become the teachers of the future with a vision for multiculturalism and peaceful

co-existence. Moral education can be given through value education curriculum by all boards and universities. At school level, the syllabus should include folk tales, stories of patriotism, biographies of legends, poems, and parables providing valuable lessons for the student. At university level community services has introduced a scheme of value education among students. Imparting human values to the students is the need of the hour. Moral education is most successful when it is passive and indirect. ■







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# EXPLORING DIMENSIONS OF ABROAD STUDIES WITH CO-DIRECTORS OF HIGHBROW



**RANA INAM ULLAH KHAN**  
Director of Highbrow International

**Q. What is the perspective behind the word "HIGHBROW" and why you picked this name?**

**Ans.** The word Highbrow means intellectual or intelligent group of educated people and scholars. Highbrow is based on education within the sphere of educated companies, while the whole concept revolves around the sophisticated and refined intellectuals who are seeking knowledge. This is the reason we choose this name "Highbrow" for our start-up.

**Q. Tell us when Highbrow was established?**

**Ans.** It was back in 2002, when the two official partners of Highbrow; Shahid Mehmood Afzal and Rana Mehmood Afzal were graduated and aimed to work and contribute their experience in educational sector and established Highbrow. Core objective is to give benefit to community for educative concerns, and indirectly it would increase the trend of abroad education and this will ultimately result in the provision of quality education and qualified individuals in Pakistan.

**Q. What sort of services Highbrow grants to intellectuals?**

**Ans.** Since 2002, we are striving to provide excellent services to our clients in order to make their immigration or study abroad visa process smooth

and easy going. The aim of Highbrow is to provide all sorts of services under one specific roof. Highbrow private limited is a parent association under which "Highbrow Law Association" functions and it works purely for Immigration and Corporate Laws. In general, we provide immigrate facilities, IETLS preparation, spoken English and several other courses that are demanded for abroad immigration.

**Q. Which programs run under Highbrow International Limited?**

**Ans.** Highbrow international has initiated "Highbrow Education Concern"; it functions for 13 well-known countries for under-graduate and post-graduate students, PhDs, diplomas and other courses and degrees. Second on the list is "Highbrow Institutional of Model Studies", this cooperates with British Council as platinum partner and Pearson for VUE Test Centre, that is based in America and about 1000+ test are been conducted till now.

**Q. What is the difference between Study based Immigration and Professional Immigration?**

**Ans.** The only difference is of their terms, the study based immigration is always for temporary time period while the professional immigration is



## SHAHID MAHMOOD AFZAL

Director of Highbrow International

mostly for permanent time. This is why students after completing their abroad studies, return to their respective countries. They opt foreign education for quality study and to associate themselves with top rank institutions. On the other hand, the professional individuals are living permanently in overseas states as their business set-ups are present there.

**Q. What challenges are faced by the students when they go for abroad studies?**

**Ans.** The major problem starts when students focus more on jobs rather than applying that time to studies, this approach affects their future career. In many situations, there is limitation on students in regard to their working hours like in UK - students are only allowed to work for 10 hours in a week. Despite the fact that students are supporting themselves and their families, but still I would advise them to study hard and complete their degrees first. Afterwards, they should try to associate themselves with legal jobs opportunities.

**Q. Why our talented students face difficulties while applying for foreign VISA?**

**Ans.** The main reason for this VISA issue is the

Foreign Policy towards Pakistani students. Foreign countries are more likely to prefer Indian students over Pakistani students. This is because India is a leading country in South Asian region and maintained comparatively good relation with western states. Pakistani government had never worked for students and their studies in foreign countries. Hence, our talented students are always deprived of big opportunities.

**Q. What advice would you give to people who had or are about to go for abroad studies?**

**Ans.** The thing that would benefit the most is skills, because if you are educated and have less or no experience, then you should take with you some skills that would help you through your hard times. Next do take a look at all courses, their scope and significance and later conclude to choose any specific field. The student going abroad should analyze that which profession is in demand in that particular country. Students should get their degrees completed and keep their work aside while avoid getting involved in illegal activities. Individuals should represent their country and their family in a pleasant way and should portray magnificent manners.

# Good Walk for a Good Health!

**W**alking is a great way to improve or maintain your overall health. Just 30 minutes every day can increase cardiovascular fitness, strengthen bones, reduce excess body fat, and boost muscle power and endurance. It can also reduce your risk of developing conditions such as heart disease, type 2 diabetes, osteoporosis and some cancers. Unlike some other forms of exercise, walking is free and doesn't require any special equipment or training.

Walking helps to improve your heart health and even scientists have reported that walking is the best exercise for sedentary individuals, especially adults, to reduce the risk of heart and cardiovascular diseases. In another study published scientists confirmed that men and women of 65 years of age or older, who walked for at least 4 hours every week, were at less risk of cardiovascular disease. So, make sure to walk for 4 hours or more a week to keep heart



disease, cardiovascular disease, and stroke.

Walking at least 30 minutes a day, five days a week can reduce your risk for coronary heart disease by about 19 percent. And your risk may reduce even more when you increase the duration or distance you walk per day. A small study found that taking a 15-minute walk three times a day (after breakfast, lunch, and dinner) improved blood sugar levels more than taking a 45-minute walk at another point during the day.

Walking fast burns more kilojoules per hour than walking slowly, but this doesn't mean you have to push yourself until you're breathless. Instead, pace yourself so that you can still talk. This simple rule of thumb means that you walk safely within your target heart rate, which brings about health gains. The best way to warm up is to walk slowly. Start off each walk at a leisurely pace to give your muscles time to warm up, and then pick up the speed. ■



## EU continues Bangladesh education support with €205m funding

In a huge boost to the education sector in Bangladesh, the European Union has committed to providing €205m funding for the development of the country's lifelong learning approach, bringing together primary education and TVET. This was announced alongside the launch of the Human Capital Development Program 2021 that aims to support Bangladesh to achieve its Sustainable Development Goals in education. According to latest UNESCO data, Bangladesh boasts a higher literacy rate than India, Pakistan, Nepal and Bhutan on the global literacy index at 72% with the literacy rate for men and women aged between 15 to 24 years at 92% in 2016.



## International students fall short at Oscars



At least two international students were involved in several films nominated for the Oscars, but neither came away with the famous prize this year. Marta Baidek and Guy Lubin, both international graduates of the MetFilm School in London, were involved in the production of three Academy Award nominated films – 'Solo: A Star Wars Story'; 'Ready, Player One'; and 'Isle of Dogs'. Baidek, who is Portuguese, studied a bachelor's in Practical Filmmaking at the London institution and went on to specialise in visual effects and animation.

## NASA clears SpaceX test flight to space station

NASA gave its final go-ahead on Friday to billionaire entrepreneur Elon Musk's SpaceX company to conduct its first unmanned test flight of a newly designed crew capsule to the International Space Station on March 2. The approval cleared a key hurdle for SpaceX in its quest to help NASA revive America's human spaceflight program, stalled since space shuttle missions came to an end in 2011. NASA has awarded SpaceX \$2.6 billion, and aerospace rival Boeing Co \$4.2 billion to build separate rocket and capsule launch systems to carry U.S. astronauts to and from the space station, an orbital research laboratory that flies 250 miles (402 km) above Earth.



## Schoolboy builds Nuclear Reactor in playroom Lab



A 14-year-old schoolboy has reportedly become the youngest known person in the world to build a functioning nuclear fusion reactor in his family's spare room. The enterprising teenager namely Jackson Oswald built a nuclear laboratory from customised vacuums, pumps and chambers bought on eBay by his parents - costing the family a total of \$10,000. The equipment uses 50,000 volts of electricity to heat deuterium gas and fuse the nuclei to release energy. According to Jason Hull, an administrator on the website, Oswald has now been added to the hobbyist group's list of successful fusioners.

## China develops World's first Female AI News Anchor

China's Xinhua News Agency announced that it will debut their female-gendered AI news anchor in March. China's state owned TV channel Xinhua unveiled its latest effort to deliver content via artificial intelligence by introducing Xin Xiaomeng, the Agency's first female-gendered AI news presenter. Xinhua News Agency has announced this week that the world's first female AI news anchor is expected to make her professional debut during the upcoming meetings of China's national legislature in March. The female-gendered system has been developed in collaboration with Chinese search engine company Soguo and has been named Xin Xiaomeng.



## Punjab Government Abolishes PEC Exams for Class 5 and 8

The Punjab government has announced plans to abolish Punjab Examination Commission (PEC) exams for students of class 5th and 8th to reduce the burden on the children. This was announced by the Education Minister, Murad Raas, while addressing the ceremony for Punjab Educational Reforms in Lahore. "The digital textbooks for four and five class have been launched, and an android application has also been introduced which is an important step towards a digital revolution in education," the minister said during his address. The minister said that the government is focused on educating the out of school children and wants to minimize the dropout rate in the province.



## CM Buzdar Launches Punjab Education Reforms

The government of Punjab has launched a comprehensive education reform program focusing on three critical areas of learning, access & equity and governance. The program titled 'The New Deal 2018-2023' was launched by Chief Minister Usman Buzdar at a ceremony held in Lahore. The New Deal is a multi-pronged reform agenda to restructure the very idea of public education in the province. He stated that under The New Deal, Urdu will be the medium of instruction at primary level while English will be taught as a subject. Further, the Compulsory Education Act will also be amended so parents can be held responsible for the schooling of the children, he added.



## CDA Rejects Plan to Establish University in PM House



The Capital Development Authority (CDA) has reportedly shot down the idea of Islamabad National University (INU) in the Prime Minister House citing security reasons. The CDA has raised an objection on the plan saying that the PM House is situated within the federal capital's high-security Red Zone. Following the development, the Higher Education Commission (HEC) has reportedly postponed the plan to convert PM House building into a university. HEC is reportedly considering another educational institution – situated half-a-kilometer behind the PM House building – for this plan. The proposed institution is supposed to be a degree awarding institute and will only host three to four research centers.

## Sindh Govt. Issues Notices to Private School Still Charging High Fees



The Sindh government has issued notices to several elite private schools in Karachi to submit a report on the implementation of court orders to return the extra fee. The notices have been issued by the Directorate of Private Institutions, Sindh. The recipient schools include some very influential ones such as Karachi Grammar School and the C.A.S School. This is the first time after a long while that these schools have been served with any kind of notice. The recipient schools include both Clifton and Saddar campuses of Karachi Grammar School, British Overseas School DHA, Nixor College DHA, Academia Civitas, Civilization, Reflection, and Creek Schools.

## Punjab Govt. Establishes a Literacy Center for Transgenders

Punjab Literacy Department has started an education center for transgender individuals in Lodhran. According to District Education Officer, there are 60 adult literacy centers in Lodhran. However, there was no such school designated for transgender persons. Therefore, the department inaugurated the first one on February 11. As per the details, 20 transgender persons have enrolled in the center. These individuals are getting basic education in Urdu, English, and arithmetic. It is pertinent to mention here that last year, the School Education Department (SED) in Punjab directed the district education authorities to ensure that transgender children are treated equally in both public and private schools in the province.





## CoA Student Becomes First Pakistani Woman with European Aircraft Maintenance License

Rosheen Saleem Vazeer has become the first Pakistani woman to receive the European Aircraft Maintenance Engineer (AME) license. She is a student of the Centre of Aviation, enrolled at the institute for a three-year EASA Modular Aircraft Maintenance Engineering program. Additionally, she has completed three years of practical experience at the center. After gaining the European AME license, Rosheen is now able to work in more than 180 countries across the globe where EASA standards are applicable. According to Managing Director CoA, Talha Izhar, they believe that the aviation sector can contribute a lot to the country's economy. He said that the license costs about Rs. 8 million globally.



## Punjab Forbids Govt. Teachers from Giving Private Tuition

The Punjab government has barred public school teachers from giving private tuitions. Punjab Education Department stated that the decision is aimed towards improving the deteriorating education quality in the province. The notification issued on Wednesday stated that teachers will neither be able to teach at an academy nor give private tuition. Those found violating the order will face strict punishment or a possible suspension, it said. "The teachers will also not be able to take private tuition of the children they are teaching at their schools. In case of violation, the teachers would have to face action under the Punjab Employees Efficiency, Discipline and Accountability Act (PEEDA) 2006," states the order.



## Report Finds Small Improvements in Pakistan's Education Sector



About 20 million or around 17 percent of children were reported to be out of school in 2018 compared to 19 percent during 2016, says the Annual Status of Education Report (ASER) 2018. 83 percent of children between the ages of 6 years to 16 years old were enrolled in schools in 2018 as compared to 81 percent in 2016, stated the ASER 2018. The survey was conducted by Idara-e-Taleem-o-Aagahi (ITA) in joint cooperation of with many civil society and partner bodies including the DCHD, CRDO, CMDO, Developm Alternativesives, Hamza Development Foundation, Society for Human Development, EHED Foundation.

## Swabi Schools Witness 31pc Increase in Enrolment Rate after UNHCR's Intervention



Government schools in district Swabi in Khyber Pakhtunkhwa have seen 31 per cent increase in their students enrolment rate after UNHCR's intervention. The project, funded by the Federal Republic of Germany and launched by UNHCR and the provincial government was aimed at strengthening the existing infrastructure, expanding the capacity of three government schools and creating safer learning environment. These schools were without adequate facilities. UNHCR through the Refugee Affected and Hosting Areas (RAHA) program constructed and rehabilitated 28 classrooms, 20 latrines and provided furniture sets for students and teachers for all the 28 classrooms. The newly-constructed and rehabilitated schools were handed over to the provincial Education Department at an inauguration ceremony held in Swabi.

## Provincial Ministers Livestock from KPK, Baluchistan & Punjab Visited UVAS Ravi Campus

The Minister Livestock Khyber Pakhtunkhwa (KPK) Mohibullah Khan, Minister Livestock Baluchistan Mitha Khan Kakar and Minister Livestock Punjab Sardar Husnain Bahadur Dareshak paid a visit along with UVAS Vice-Chancellor Meritorious Prof Dr Talat Naseer Pasha and Secretary Livestock & Dairy Development Department Punjab at University of Veterinary and Animal Sciences (UVAS) Lahore's Ravi Campus Pattoki. They visited different departments of Ravi Campus including Akram Complex and Central Laboratory Complex (CLC) which is comprising on different laboratories including Animal Nutrition Lab, Diagnostic lab, Genetics and Genomics lab, Leather and Fiber lab, Feed chemistry lab, Meat Technology lab, Feed Hygiene and Safety lab, Sensory Evaluation lab and In-vitro Embryo production lab.





# Delusional Individuals: A Parenting Dilemma

**B**eing on the journey of parenthood myself, this question that is it okay to raise your kids with a sense of entitlement to success, pops up in my mind every now and then.

While, it is normal human behaviour to express extreme affection for their children, is it necessary to give them a false sense of entitlement? Is it okay for children to grow up thinking that they are innately special in some way and that they have the right to the best in everything? While, this sense of being important in some intrinsic way boosts the confidence of children, it can also act in a counterproductive way. Many children with this sense of entitlement, given by their parents, are set for a rude awakening when they enter the realms of practical world.

Although, every child is the star of their parents' eyes and the centre of their world, he/she is not guaranteed that position in the real world. Ingraining this sense of entitlement in children is not only harmful for children; it also hampers the development of their personality. As they are given this feeling that they are important despite their achievements in life, it reduces their urge to actually do something great in life. Thinking that you deserve the best without putting in any hard work or effort will reduce their desire to become successful and create a name for themselves. One strives for fame, success and prominence in life when they understand that they are not worth much without the hard work. Being delusional about one's worth, takes away the desire to become successful in one's professional or personal life.

While this is the one end of the spectrum, on the other end parents do not give any attention or importance to their children at all. This leads to another range of behavioural issues later in life. These children grow up with a sense of worthlessness and will easily get manipulated by others in thinking less of themselves. They tend to follow others more rather than considering leading the way.

It is a fact that balance is the most important characteristic of living happy and content life. All mental, emotional and physical problems have some connection with the loss of balance in one's life. The religion of Islam also teaches "mianarawi" (the middle path). Hence, this applies to parenting as well. When raising their children parents should be mindful of the fact that the way they treat their kids will act as a window of the real world for them. If they pamper them extensively and overlook their mistakes, the children will grow up to be unaware and unapologetic about their bad traits and will not be able to rectify them. This attitude in turn will hamper them from having a realistic view of the world. As a result, the bubble that they are living in will burst one day, leaving them feeling deceived and downtrodden. On the other hand, if children are ignored & considered worthless by their parents, they will grow up with similar feelings. They will be fearful of voicing their opinions and will crave for social acceptance.

In conclusion, while it is human nature to love their children immensely, it is also important to give them a reality check every now and then. To teach them that success comes to those who strive for it with patience and hard work and no one is born entitled to it. ■







**Mian Atif ur Rahman**  
CEO Native Schools

# Overprotective Parenting or Helicopter Parenting



**O**verprotective parenting affects kid's well-being and emotional behavior. Helicopter parenting may negatively affect children's emotional well-being and behavior.

Children with over controlling parents may struggle in school or social environments.

It's natural for parents to do whatever they can to keep their children safe & healthy. But Children need space to learn or grow on their own.

A new study found that over controlling parenting can negatively impact the child's ability to manage their emotions and behaviors.

They may be less able to deal with the challenging demands of growing up especially with navigating the complex social and school environment.

Children who cannot regulate their emotions and behavior effectively are more likely to act out in the class room and to have a harder time making friends.

Research shows that parents who are constantly guiding their child by telling him or her, what to play with, how to play with a toy and how to clean up after playtime and being too strict or demanding leads them to abnormal reactions.

These kids react in a variety of ways, some we have defiant, while others show apathetic mood or some may show frustration.

A study shows that over controlling parenting when a child is at the age of 2 years are associated with poorer emotions and behavior regulation at the age of 5 years.

In Contrast, the child is more emotionally regulated at age 5 the less likely he or she will have emotional problems and the more likely he or she will have better social skills at age 10.

Similarly, by age 10, children with better impulse control will less likely to experience emotional and social problems and will more likely to do better in school or social circle.

Children rely on care givers for guidance and understanding of their emotions, they need parents who are sensitive to their needs, who recognize their capability of managing a situation.

This helps children in developing the ability to handle challenging situations as they grow up and lead to better mental and physical health.

A simple four step method for kids to teach them skills:

1. ***You do it for them.***
2. ***You do it with them.***
3. ***Watch them doing.***
4. ***They can do it independently.***

We should let the kids have to make their own mistakes growing up to gain higher level of confidence.

We all know that life is all about having confidence, for example if you took the wrong path you must have the courage to get back to right path, if you fall down you have the confidence to get back up. In both situations all you need is confidence in yourself to get back on the track of life.

Parenting mistakes are quite common but their price is too high with our own unrestraint, over indulgence, inconsistency, or over busyness, we make our children nervous & naughty.

You are capable of avoiding this!

You only have to cherish understand, respect and love your kids.

Change your behavior for the better generation!





# LEADS SCHOOL SYSTEM

LEADS School System is a renowned educational network of the LEADS Group. LSS Corporate office conducted annual orientation day on 21<sup>st</sup> February 2019. Theme of the day was the "Child Centered Education". More than 100 campuses attended the function. It was focused on involvement of child practically on every step of school life. The entire function was a showcase of talent which was blended of creative, informative, research based and amusing performances introduced by LEADS educational teaching learning process. The event was thrilled when student of LSS dress in different traditional outfits representing all provinces cultural heritage. They highlighted the occasion the spirit of unity in our nation and glorification of Pakistani people. In the end, the Managing Director Mr. Asad Manzor Wattoo distributed the prizes for the best performance in different events.







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# Celebrations Arise As Bloomfield Hall School Marks 35 Years of Excellence

Countrywide celebrations arise as Bloomfield Hall School marks 35 years of Excellence on 8th February, 2019. Campuses of Bloomfield Hall School all over Pakistan indulged in this heartiest 35 year celebration. The school was decorated with colourful balloons, buntings and Bloomfield Hall School (BHS) posters were released in the air to mark the day. Students participated eagerly in the celebrations by making exciting cards, posters and collage work which was followed by distribution of sweets among the children. The celebration was finally brought to zeal by the cake cutting ceremony by significant personalities of BHS.

Bloomfield Hall is one of the major educational institutions in Pakistan. It was established in 1984 by educationists from the UK and Pakistan. The aim of the project was to provide British style education leading ultimately to British qualifications. Students of Bloomfield Hall are prepared for the GCE 'O' and 'A' level examinations of the UK examining bodies. Since its establishment, Bloomfield Hall has developed in two major directions. It has opened schools in various cities in Pakistan.





# Bloomfield Hall Gulberg Branch celebrated 35 years of excellence with its drama, 'Kes' by Barry Hines

'Kes' is the story of a neglected, bullied and unloved boy, Billy Casper, who finds meaning in life only through his love of a kestrel hawk which he rears and trains. The students acted with sincerity and realism; special mention must go to Zaeem Afzal who played Billy, Mohd Ahad, Billy's bullying elder brother, Hadi??? The punishing Headmaster and Elisha Haroon, the football-crazy sports teacher. The production was greatly enhanced by the choice of background music, particularly Pink Floyd's 'We don't need no education'.





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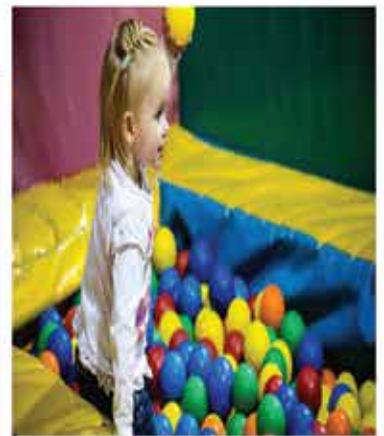
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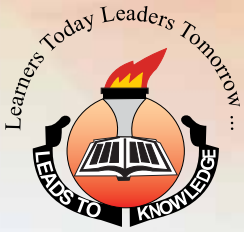
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- Quality & "LIFE SKILLS" Based Education
- Integrated, Inquiry and Project Based Learning
- Curriculum Based on National And International Standards

## Aims & Objectives

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

Projects of LEADS GROUP



LAHORE  
LEADS UNIVERSITY



LEADS  
GROUP OF COLLEGES



LEADS  
SCHOOL SYSTEM

