

VOL:02, ISSUE:09
APRIL, 2019

TO RISE ABOVE THE TIDE

Informal

EDUCATIONAL MAGAZINE

Escalating Education Sector of Pakistan

Tell Me Why
Sun Turns Red during
Sunrise & Sunset?

WORLD EARTH DAY
OUR EARTH, OUR FUTURE!

Science Education
EXPERIMENT. FAIL, LEARN. REPEAT



Price: 100/-



SISA

*School of International Studies
in Sciences & Arts*

SUMMER PROGRAM 2019

Session # 1

13th till 31st May, 2019

Session # 2

17th June till 2nd Aug, 2019



SWIMMING

(male & female coaches)

CHESS

(M r. A .Q .R ana)

Olympian

N ational G rand M aster



ADMISSIONS OPEN

Daycare & Preschool to O' - A' Levels & Matric (Boys & Girls)

Pre O' LEVEL & Pre A' LEVEL (with complete resource material)



READING LAB

Vocabulary

C reative Writing

ADVENTURE CLUB

C amping & Scouting

H iking & Trekking

FOOTBALL

(Boys & G irls)



Main Campus: 12-13, J1 Johar Town Lhr. Ph: (042) 35951444-45, 03214014259-58

Islamabad: 31 Mauve Area, Shan-ul-Haq Haqee Rd, G-9/1, Isbd. Ph: (051) 2286701, 2286412

[facebook.com/SISAeducationPk](https://www.facebook.com/SISAeducationPk)

twitter.com/SISAeducationPk

CONTENTS

A P R i L

Editorial Note	04
Letter to Editor	05

SCIENCE FUSE

South Korea and China using Artificial Rain to Wash away Air Pollution	06
--	----

TELL ME WHY

Tell Me Why Sun Turns Red during Sunrise & Sunset?	07
--	----

INNOVATIONS

Invention Stories of Internet & Microsoft Windows	08
---	----

RESEARCH

Study finds Potential Risk with Self Driving Cars: Inaccurately Detecting People with Dark Skin Colour	10
--	----

ARTICLE

World Earth Day Our Earth, Our Future!	11
---	----

WISE ADVICE

Science Education: Experiment. Fail, Learn. Repeat	12
--	----

COVER STORY

Escalating Education Sector of Pakistan	14
---	----

INTERVIEW

In Conversation with Nasrullah Chaudhary	18
--	----

HEALTH

Good Sleep Leads to Excellent Health	20
--------------------------------------	----

World Informal News	21 22
---------------------	----------

ARTICLE

Facebook Launches Innovation Lab in Pakistan	24
Let them Live their Childhood	25

EVENT

Native Schools Organizes Training Session	26
School of International Studies in Science and Arts (SISA) celebrated 23rd March	28
Native Schools indulge in an Astonishing Annual Prize Distribution Ceremony	29

Editorial NOTE

A good citizen is the one who is helpful and broad minded. He stays calm and doesn't make life of others harder. It is the responsibility of every person to keep its area clean, so a good citizen never throws trash on the streets. He helps others in every way possible. He remains nice and fair to his neighbors. A good citizen is not a mischief maker. The responsibility of a good citizen that they are always ready to sacrifice his everything even his life for the sake and defense of his mother land and he work for the welfare of our nation. To obey law and orders are also the responsibility of a good citizen because if they are done anything against the law and order then the system of the whole country will disturbed.

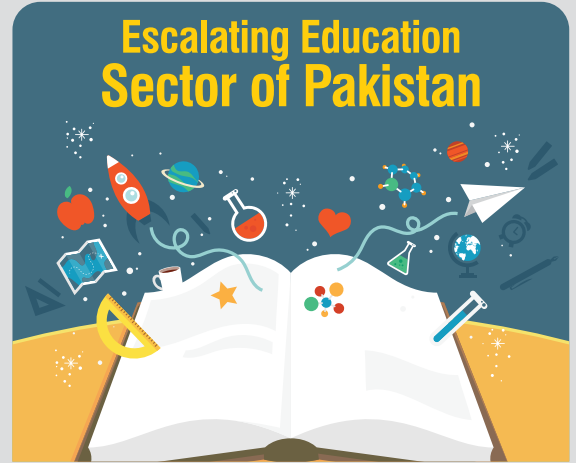
We all live in one country or other and our birth makes us the citizen of that country. Our country gives us identity and in turn, it is our responsibility to be a good citizen. There are some responsibilities of the good citizen that every person must follow. These responsibilities don't only improve our surroundings but also give inner peace.

In those countries, the people's do not obey the law and orders where the crime rate will be increased day by day and in that countries the life of the citizens suffer and they face so many hardships. The biggest duty of the every citizen to make a peaceful society and always organized that festivals which increase the peace in life and peoples are interlinked with each other.

Lastly, a citizen must be ready, if he has the ability and is called upon to do so, to render active voluntary service to his city or country, by serving on municipalities, education committees, and other public bodies, or even in the central legislature. Good citizens have no right to leave the management of local or national institutions to professional politicians.



Farooq Ahmad Malik
(Editor-In-Chief)



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)

Muhammad Kamran
Media Sales Representative (South)
Email: syed.kamran@informal.pk
Cell: +92 346 120 9991

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 5798

Printed at: Hasnain Ilyas Printers

House#1 Basement Aslam Arcade,
16 Macload Road Lahore. (PCPB / 174-1)

Publisher: Waseem Ahmed **Rs. 100/-**

Please send us your article, stories, events,
pictures to publish in Informal Magazine at
informal.pk@gmail.com



Letter to the editor

You and your whole team are doing a very good job. As a reader, I like to read informal and impatiently wait for its monthly copy. I really liked the cover story of last month. In fact, every story is interesting due to the creative headlines you make for your stories. Kindly, add my note in your "letter to editor" section.

Arsal Salman (Punjab College)

Your magazine is an educational magazine in a true sense. I have read your many issue now, well I must say; your selection of topics is very sensible. You promote education and information by making it interesting for the teenagers - very story has a lesson to learn. This magazine has all what a student or an education seeker needs. Looking forward for new surprises!

Komal Sohail (Lahore Grammar School)

The story I liked the most was the cover story of this month, which as always highlighted the significance of community education. Now a days' what happens is; schools had kept themselves confined to the traditional ways of communication. Therefore, the topic of your last month's cover story was very important and realistic to the current system of education.

Farwah Ch (U.E.T)

Your magazine of last month was just mind-boggling. I really enjoyed reading it in my spare time. The topics you selected not only benefits' the students. It's a magazine with highly informative material. Keep it up, Informal! I also have a request; kindly add a section a history of Pakistan. So we could have a better understanding for our historical significance along with the contemporary education sector.

Amina Munir (LCWU)

I am reading your magazine from the very first issue and I just like your topic selection that covers the untold side of the education system of Pakistan and helps students to realize what education really means. Your magazine is more than just a magazine, as it guides the teenagers as a best mentor.

Alvina Shaheen (LCWU)

Your magazine is like a bridge in between students and their education system. The stories you write in your magazine provides an inside into the positive points and as well as the problems of our education system. So, it's a good source of guidance for us to know our education system upside down.

Sheikh Ali (Forman Christian College)

It's been a brilliant experience to read your last month's magazine. You were able to highlight some of the most important concerns which are important to be processed in the field of education. I think it time that schools of Pakistan should start emphasizing the significance of community education.

Arslan Ali (University of Lahore)

Informal is excellent with educational content, it has given me confidence to speak in public gathering. I had improved my communication skills and vocabulary. The section of "Wise Advice" and "Cover Story" are always informational and attractive.

Zakir Khan (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.



SOUTH KOREA AND CHINA USING ARTIFICIAL RAIN TO WASH AWAY AIR POLLUTION

Air pollution has become a major problem no matter where you live, and it can get particularly bad in Seoul, the capital of South Korea and so the government authorities are taking drastic action to try and deal with the smog that settles over the city. The latest plan from President Moon Jae-in is to create artificial rain showers to effectively wash the air pollution out of the sky. It's a strategy we have seen before, but there is still no solid evidence that it actually works.

The idea is called cloud seeding: specific chemicals are released into the air, usually by planes, with the intention of encouraging water droplets to form. The rain that is created then attracts and pulls polluting aerosol particles out of the sky as it falls. That is the theory, anyway. Previous experiments have been inconclusive as to whether cloud seeding actually works, and South Korea itself made a failed attempt to force air-clearing showers back in January.

So far the technique has been used to try and

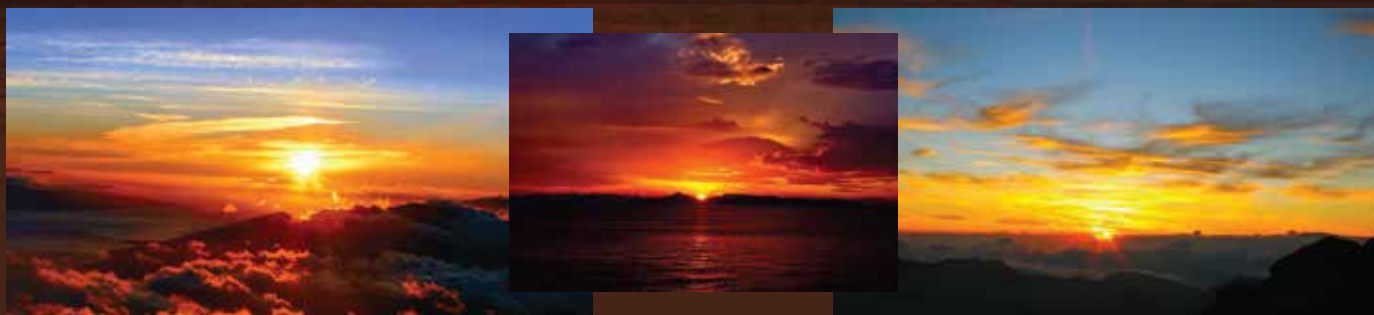
ensure good weather for the Beijing Olympics and to solve water shortages, but specific types of clouds have to be present to begin with in order to give precipitation an artificial boost. Aside from cloud seeding, there is also an ongoing debate about the long-term effectiveness of using water to clear away pollution.

Nevertheless, South Korea is going to give it another go. The project is being undertaken in partnership with China, as a lot of the fine dust particles clogging up the atmosphere are originating from the neighbouring country. Apparently the artificial rain showers will be generated above the Yellow Sea, to the west of the Korean Peninsula.

Thailand used artificial rain in January to deal with its own air pollution issues. The so-called solution did not appear to work effectively as a week later schools were shut down due to poor air quality. The process involved seeding the atmosphere with particles to promote the formation of clouds and it should help disperse pollution when the clouds rain out. ■



Tell Me Why Sun Turns Red during Sunrise & Sunset?



The colors of the sunset result from a phenomenon called "Scattering". Molecules and small particles in the atmosphere change the direction of light rays, causing them to scatter.

Scattering affects the color of light coming from the sky, but the details are determined by the wavelength of the light and the size of the particle. The short-wavelength blue and violet are scattered by molecules in the air much more than other colors of the spectrum.

This is why blue and violet light reaches our eyes from all directions on a clear day. But because we can't see violet very well, the sky appears blue. Therefore, light other than red is mostly scattered away and sunrise and sunset appears to be "Red".

Scattering also explains the colors of the sunrise and sunset, Ackerman says - "Because the sun is low on the horizon, sunlight passes through more air at sunset and sunrise than during the day, when the sun is higher in the sky. More

atmosphere means more molecules to scatter the violet and blue light away from your eyes. If the path is long enough, all of the blue and violet light scatters out of your line of sight. The other colors continue on their way to your eyes. This is why sunsets are often yellow, orange, and red."

And because red has the longest wavelength of any visible light, the sun is red when it's on the horizon, where its extremely long path through the atmosphere blocks all other colors. Similarly, cloud droplets (typically 10 millionths to 100 millionths of a meter) are much larger than visible light waves, so they scatter light without much color variation. This is why light scattered by clouds takes on the same color as the incoming light. For example, clouds will appear white or gray at midday and orange or red at sunrise or sunset. In this way, clouds act as a screen on which nature's colors are painted. This is why sunsets or sunrises are so much prettier when some clouds are available to show us the colors. ■

Long before the technology existed to actually build the Internet, many scientists had already anticipated the existence of worldwide networks of information. Nikola Tesla toyed with the idea of a “world wireless system”. The first workable prototype of the Internet came in the late 1960s with the creation of ARPANET, or the Advanced Research Projects Agency Network. Originally funded by the U.S. Department of Defense, ARPANET used packet switching to allow multiple computers to communicate on a single network. The technology continued to grow in the 1970s after scientists Robert Kahn and Vinton Cerf developed Transmission Control Protocol and Internet Protocol, or TCP/IP, a communications model that set standards for how data could be transmitted between multiple networks. ARPANET adopted TCP/IP on January 1, 1983, and from there researchers began to assemble the “network of networks” that became the modern Internet. The online world then took on a more

INVENTION STORY OF INTERNET

recognizable form in 1990, when computer scientist Tim Berners-Lee invented the World Wide Web. While it's often confused with the Internet itself, the web is actually just the most common means of accessing data online in the form of websites and hyperlinks. The web helped popularize the Internet among the public, and served as a crucial step in developing the vast trove of information that most of us now access on a daily basis.

Invention Story of Microsoft Windows

Windows OS, computer operating system (OS) developed by Microsoft Corporation to run personal computers (PCs). Approximately 90 percent of PCs run some version of Windows. The first version of Windows, released in 1985, was simply a GUI offered as an extension of Microsoft's existing disk operating system, or MS-DOS. With the 2001 release of Windows XP, Microsoft united its various Windows packages under a single banner, offering multiple editions for consumers, businesses, multimedia developers, and others. The highly successful XP standard was succeeded in late 2006 by Windows Vista, which experienced a troubled rollout and met

with considerable marketplace resistance, quickly acquiring a reputation for being a large, slow, and resource-consuming system. Responding to Vista's disappointing adoption rate, Microsoft in 2009 released Windows 7. Windows 8 in 2012 offered a start screen with applications appearing as tiles on a grid and the ability to synchronize settings so users could log on to another Windows 8 machine and use their preferred settings. In 2015 Microsoft released Windows 10, which came with Cortana, a digital personal assistant like Apple's Siri, and the Web browser Microsoft Edge, which replaced Internet Explorer. Microsoft also announced that Windows 10 would be the last version of Windows, meaning that users would receive regular updates to the OS but that no more large-scale revisions would be done.





SCHOOL CRAFTS

FOR SCHOOLS AND PARKS

NATIVE GROUP

www.schoolcrafts.com.pk



- ★ **Montessori Furniture / Montessori Material**
- ★ **School Furniture - Educational Toys**
- ★ **Indoor Soft Play / Outdoor Play Equipment**



FACTORY / DISPLAY CENTRE LAHORE

Plot No. 283 Opposite Kot Lakpath Railway Station, Peco Road, Near Naeem Electronics, Lahore, Pakistan. Cell # 0300-9488890

DISPLAY CENTRE RAWALPINDI

Plot # 851 A-1, Near Signal Army Unit, Main Peshawar Road, Opp Chure Depo, Rawalpindi Cantt, Pakistan. 0309-9488890

STUDY FINDS POTENTIAL RISK WITH SELF DRIVING CARS: INACCURATELY DETECTING PEOPLE WITH DARK SKIN COLOUR

A new study from the Georgia Institute of Technology suggests autonomous driving systems may experience more difficulty while detecting pedestrians with dark skin than those with light skin. This means that if you are a person with dark skin, you may be more likely than your white friends to get hit by a self-driving car.

The researchers responsible for the study had eight image-detection systems for analyzing images of pedestrians. The people in the photos were separated into two groups based on how their skin tones aligned with the Fitzpatrick skin type scale, which divides skin tones into six categories.

One group consisted of pedestrians who fell into one of the three lightest categories on the Fitzpatrick scale, while the other group consisted of pedestrians who fell into one of the three darkest categories on the Fitzpatrick scale. The image-detection systems then attempted to identify all of the pedestrians in the images, and the researchers compared the systems' abilities to detect light-skinned pedestrians versus dark-skinned pedestrians.

On average, the image-detection systems were 5 percent less accurate at detecting dark-skinned pedestrians, even when the researchers controlled for variables that may have been able to explain the disparity, like pedestrians who were partially blocked from view or the time of day the photo was taken. The researchers suggested that the differences in pedestrian-detection accuracy could result from not having enough dark-skinned pedestrians in the images used to train the systems, as well as the systems' insufficient emphasis on learning from the smaller population of dark-skinned pedestrians.

It has been noted that the study has not been peer-reviewed and did not use the same image-detection systems or image sets featured in current self-driving vehicles. The study recommended companies developing autonomous-driving technology to pay a particular attention to the methods being used



for training self-driving vehicles for identifying pedestrians accurately. ■

WORLD EARTH DAY

OUR EARTH, OUR FUTURE!



Earth Day is an annual event celebrated on April 22. Worldwide, various events are held to demonstrate support for environmental protection. First celebrated in 1970, Earth Day now includes events in more than 193 countries, which are now coordinated globally by the Earth Day Network. On 22nd April 2009 the United Nations General Assembly adopted a resolution declaring 22nd April as the "International Mother Earth Day". The resolution was adopted to reaffirm the agenda of sustainable development and also to acknowledge the role of Earth.

Our Earth is the only planet in the Universe where life is possible till date. It is very necessary to maintain the natural assets of the earth in order to continue the life on the earth. In the rush of the crowd, the most intelligent creature of the God called human is slowly losing its humanity and forgot to take care of the planet that gave it life and started using its resources very ruthlessly. The 22nd of April has been marked as an Earth Day to make the human race get aware about the importance of their planet.

A USA senator from Wisconsin, Gaylord Nelson had founded the day to make the people aware

about day to day increasing rate of the industrialization as well as the careless attitude of the people living on the earth. The step was taken by him to promote the idea of natural balance among people as well as encourage them for respecting the assets of the planet. It is very necessary to take care of the environmental issues to stay healthy and alive as cruel people have mercilessly utilized its resources and depleted its life supporting resources over the centuries.

One of the big examples of it is the depletion of the Ozone layer which prevents us from the ultra violet rays of the sun. Another big problem of the environment is death of rivers by getting mixed with the industrial toxic materials which leads to the global warming. Increasing industrialization on daily basis leads to deforestation which ultimately leads to the rise in Earth temperature. These are the life ending dangers on the earth forever which can be lessens through the small steps such as new trees plantation, inhibiting the deforestation, limiting the vehicles use to reduce air pollution, enhancing the energy conservation through reducing the unnecessary use of electricity. Such small steps become a big step if taken care by the people worldwide together.



SCIENCE

Education

EXPERIMENT. FAIL, LEARN. REPEAT

The systems of roads, lights, sidewalks and other infrastructure are carefully designed by civil engineers and planners. The smartphone in the student's hand is a miracle of modern computer scientific engineering.

Why is science education important in our schools? We are surrounded by technology and the products of science every day. Public policy decisions that affect every aspect of our lives are based in scientific evidence. And, of course, the immensely complex natural world that surrounds us illustrates infinite scientific concepts. As children grow up in an increasingly technologically and scientifically advanced world, they need to be scientifically literate to succeed.

Ideally, teaching the scientific method to students is teaching them how to think, learn, solve problems and make informed decisions. These skills are integral to every aspect of a student's education and life, from school to career. The study of science fires curiosity about phenomena in the world around them and offers opportunities to find explanations. It engages learners at many levels, linking direct practical experience with scientific ideas. Experimentation and modeling are used to develop and evaluate explanations, encouraging critical and creative thought. People learn how knowledge and understanding in science are rooted in evidence.

Science is everywhere. A student rides to school on a bus, and in that instance alone, there are many examples of technology based on the scientific method. The school bus is a product of many areas of science and technology, including mechanical engineering and innovation. The systems of roads, lights, sidewalks and other



infrastructure are carefully designed by civil engineers and planners. The smartphone in the student's hand is a miracle of modern computer scientific engineering. Outside the window, trees turn sunlight into stored energy and create the oxygen we need to survive. Whether "natural" or human-derived, every aspect of a student's life is filled with science from their own internal biology to the flat-screen TV in the living room.

Science education is one of the most important subjects in school due to its relevance to students' lives and the universally applicable problem-solving and critical thinking skills it uses and develops. These are lifelong skills that allow students to generate ideas, weigh decisions intelligently and even understand the evidence behind public policy-making. Teaching technological literacy, critical thinking and problem-solving through science education gives students the skills and knowledge they need to succeed in school and beyond. ■

Escalating Education Sector of Pakistan

- “Goodbye Mr. Chips” Removed From Syllabus after 55 Years
- Federal and Provincial Government to introduce a Uniform Educational System
- China to Invest Rs. 6 Billion for Digitizing KP Schools
- Pakistan and Turkey to Undertake 13 Joint Research Projects





The education system of Pakistan has seen loads of ups and downs, but convivially with ongoing planning of new reforms and features to be initiated in the education sector, it is expected that soon our education system will be on a track where meritocracy will prevail and outcome will be fruitful.

It is necessary for children to have both formal and informal education. The formal educational is provided in schools and colleges in the form of courses, classes and exams, whereas informal education go on for life but the seed for the curiosity of informal educational among students may also be rooted at the formal level. We all are aware of the novel Mr. Chips which is (or to be specific "has been") a part of intermediate Part II English syllabus. Recently, Mr. Chips has been replaced by Serat-ul-Nabi (Stories from Prophet's life), a very bold and much appreciated step taken by the government of PTI - because, without learning about the Man who laid the foundation of Islam and showed the right path we cannot be successful spiritually and professionally. Such steps are well appraised by the general public of Pakistan, teachers and the student body.

Federal and Provincial government is aiming to introduce a uniform educational system all around the country, to encourage competition and to create a common platform where our future generations can compete and learn. A uniform educational system may not sound too astonishing but its influence will be far more lasting and effective because it will not only allow a common platform for education but also for sports. Previously, our education system did not provide such platform but now it is going to do so.

Chief Minister Usman Buzdar, lately revealed the Punjab government's five-year education policy "The New Deal 2018-23" to transform school education with the focus on improving, learning, access, retention and equity and governance. Government is mainly aiming to enroll the children of 3 years to 4 years who are currently out of school with the objective to improve the literacy rate to a new level. CM Punjab has also announced that his government will soon launch an online portal for transfers and postings of school teachers, while stating that the portal will help eradicate corruption and ease the transfer of teachers. The chief minister also said that the previous government had burdened the teachers





with the responsibility of enrollment of students and their attendance. However, the present government is changing the rules by bringing reform programs in the education sector.

Without good teachers it is hard for our educational system to progress and current education system do not look well for our teachers because the incentives are not good which may attract the brilliant teaching minds and as compared to other countries where teachers are able to make about thousands of dollar, but in Pakistan the situation is quite fragile. Government already had planned to give the PhD scholars the opportunity to serve as teachers and with current reforms in transition to English medium system the aged teachers are in quite difficulty to teach and many of them are seeking retirement which will create space for these new scholars.

In Khyber Pakhtunkhwa, a special drive will be launched to enroll maximum number of students in schools from the new academic year. In a statement issued, Adviser to Chief Minister on education, Ziaullah Bangash said a target of one million children has been fixed for enrollment in government schools. Meanwhile, the government has also sanctioned the posts of female Assistant Secretary and Assistant Controller in educational boards throughout the province to facilitate girl students. The core objective of this drive is to strength the education system of KPK.

This multi directional progress in the education sector of Pakistan has compelled the government of China to invest Rs. 6 billion for digitalizing the curriculum of Khyber Pakhtunkhwa schools. According to a report, when the government of China decided to bring reforms in the country's education system, it invited the representatives of the education departments from the four provinces. The project will be completed in three phases. First, a few selected schools would be digitized in the first phase. After its completion and making it a



success story, the project would be implemented in other schools across the province and might even swell out to other provinces.

Moreover, the higher education bodies of Pakistan and Turkey have agreed to sponsor 13 joint research projects under the second phase of the Pakistan-Turkey Researchers Mobility Grant Program. The program aims to develop cooperation between the higher education institutions of the two countries. The selected students will get the mobility grant jointly by the Higher Education Commissions (HEC) and Turkey's Council of Higher Education (CoHE). ■



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

NGS Providing World Class Educational Solutions
Education



NCUK
THE UNIVERSITY CONSORTIUM

For Further Information

Head Office: 22D/1 Gulberg III, Lahore Pakistan. PH# 042-35752910 Mob# 03366117421

Email: franchise@ngs.edu.pk Website: www.ngspreschool.com





In Conversation With
**NASRULLAH
 CHAUDHARY**
 IS THE CHIEF EXECUTIVE OF "MY SCHOOL"

Q. Enlighten us with your early life episodes and when did you laid the foundation of "My School"?

Ans. I did my BS from Punjab University, later completed my LLB. Moreover, I did my Master in Islamic Studies and Political Sciences. I served as lecturer for a year in a government institution and for later 10 years I worked with different educational institutions. In 2015, I initiated "Taleem" academic leadership and intellectual mentoring private limited. Taleem was established for educational purposes and to uplift educational standard in schools of Pakistan – "Taleem" also provide resources and funds to schools that lack such facilities and standards. In 2016, "My School" was established and in 2017 it held its second sessions with grace.

Q. What is the prime focus of "My School"?

Ans. It focuses on quality education that is implemented in this practical world. In Pakistan, there are 4 phases of education;

- 1) Education is optional
- 2) There should be education
- 3) Quality education is necessary
- 4) Quantitative education is obligatory

And, we are currently moving through the 4th phase.

Government had made several changes in its policies and UN had also passed resolutions – according to which by the end of 2025 every child should be in school. "My School" courage to give education based on conceptual reality and pragmatic approach.

Q. Total how many branches of "My School" are operating in Pakistan and how it differs from other institutions?

Ans. Total 55 campuses are operating in Pakistan with exception of Sindh. "My School" is difference because we focus on pre-schooling where we start from career mapping of our students. Career mapping begin from Dreaming and Dreams are the basics of playgroup where blank minds are motivated, guided and trained. Till 3rd class, our career mapping is mostly complete at plotting level from where the real journey starts. Till class 7, we provide our students with necessary protocols which they would need in their future. And, in 8th grade, students study with their independent attitudes and intellectual curiosity. In 9th grade, a student is able to choose his path of flight!

Q. What is your opinion that in which age career counseling should be given to



students?

Ans. Career counseling in Pakistan is usually given at stage after graduation but we believe it should be cleared to every of its student from an early age, so teachers are trained accordingly to be the best councilors to help connect students to their relevant fields. And, this encourages students to take certain initiatives that may be grateful for them in future. So, counseling at age of beginners is significant as compare to acquire it after graduation.

Q. To what extent MY SCHOOL's teachers are capable to meet the standards of education as you proclaim?

Ans. Our teachers are selected on talent rather than merit; they had to pass several tests to be eligible. We offer our teachers training camps once a month that makes them a perfect career councilor to sharp and shape the future of our students. We aim to council students at initial stage while others do so it after graduation.

Q. How you manage to congregate parents in guiding workshops and what is your motive in doing so?

Ans. On frequent accounts, we arrange meetings with parents, in which our motive is to talk about parent-children relation. We aim to bond parents with their kids to healthy ties. In our workshop we not only invite parents but ordinary people are also welcomed to attend and acknowledge our efforts. Different drills are conducted to make

sure parents would know the practical implementation of their actions in different scenarios.

Q. How you compare private schooling institutions with government's policies regarding fees?


Ans. Though, there is a great difference in fee-plans of private institutions and government one. And government, now days is having a great check on schools but still while considering the expenditures of private education schools should offer reasonable fee which would be affordable for parents of middle-class. Whereas private institution including their standard education provision expenditure in fee that demarcates the fee boundary line between government and private sectors, "My School" serve its duty in this regard by defining low fee-schedule and even scholarships for orphans, while many of our students are studying free in different branches around Pakistan.

Q. What would be your message for our reader?

Ans. I would like to send my message to parent that they should play their role as "ideal parent" for their children. Mother's role should not be limited to do household and father's role as "ATM", both the souls should collectively play their parts to groom their children as true guides. Mothers are considered as the soul-person who develops and polishes their children's personality. I would also request parent to give a balance time to their children on daily basis. ■

GOOD SLEEP

Leads to Excellent Health

A photograph of a person sleeping peacefully in a bed, covered with a white blanket. In the foreground, a brass alarm clock sits on a bedside table. The scene is dimly lit, suggesting a bedroom at night.

In the past, sleep was often ignored by doctors and surrounded by myths. Now, though, we are beginning to understand the importance of sleep to overall health and well-being.

We've learned, for example, that when people get less than 6 to 7 hours of sleep each night, they are at a greater risk of developing diseases. Heart attacks and strokes are more likely to occur during the early morning hours, which may be due to the way sleep interacts with the blood vessels. Lack of sleep has been associated with worsening of blood pressure and cholesterol, which are risk factors for heart disease and stroke. Your heart will be healthier if you get between 7 and 9 hours of sleep each night.

When your body is sleep deficient, it goes into a state of stress. The body's functions are put on high alert, which causes high blood pressure and the production of stress hormones. High blood pressure increases your risk for heart attack and stroke, and the stress hormones make it harder to fall asleep. Learn relaxation techniques to counteract the effects of stress and fall asleep

faster.

Increased stress hormones caused by lack of sleep raises the level of inflammation in your body. This creates a greater risk for heart-related conditions, as well as cancer and diabetes. A good night's sleep makes you feel energized and alert the next day. Being engaged and active not only feels great but increases your chances for another good night's sleep. When you wake up feeling refreshed, use that energy to get out into the daylight, do active things, and be engaged with your world.

Researchers do not fully understand why we sleep and dream, but they have found that sleep plays an important role in a process called memory consolidation. During sleep, your body may be resting, but your brain is busy processing your day, making connections between events, sensory input, feelings, and memories. Deep sleep is a very important time for your brain to make memories and links, and getting more quality sleep will help you remember and process things better. ■

'Languages Canada' conference spotlights diversity and visa changes

Discussions around diversification, the central role of languages in internationalisation and upcoming changes to student visas kept the 180 attendees at the annual Languages Canada conference busy across the three-day event, held for the first time in Manitoba's capital, Winnipeg. New national strategy and restoring access to work for language students were also earmarked as priorities for the association, along with continued monitoring of the implementation of newly introduced biometrics requirements. "Our focus on diversification is not just of source markets but also on the types of opportunities for our members, going beyond student recruitment to tapping into opportunities for in-country capacity building," LC's director of international affairs and operations Rachel Lindsey stated.



Olympics: Tokyo 2020 unveils robots to help wheelchair users



Tokyo 2020 Olympics and Paralympics organizers launched their ambitious Robot Project, unveiling two of the robots designed to assist supporters, workers and athletes at the Games. The two products, Toyota's Human Support Robot (HSR) and the Power Assist Suit from Panasonic, were demonstrated to the public for the first time in Tokyo. The HSR, a small white robot with built-in facial features, will assist wheelchair users at the Olympics. The robots can carry food and other goods, guide viewers to their seats and provide event information. "We will support people at the Olympics and at the stadium in wheelchair accessible areas," said Minoru Yamauchi, who is in charge of Toyota's 2020 robots program.

Scientists develop 'acoustic metamaterial' that blocks sound, but not air or light

By combining math with 3D printing, researchers from the Boston University have created a new material that seemingly defies logic: light and air have no trouble passing through it but sound cannot. "The idea is that we can now mathematically design an object that can block the sounds of anything," researcher Xin Zhang said in a press release meaning the future could be far quieter than the present. In a paper published in the journal Physical Review B, the researchers describe the work that went into creating what they call as an "acoustic metamaterial."



UK Govt. announces new international education strategy



Ambitions to grow international student numbers by 30% and boost the economic impact of the industry to £35bn annually by 2030 are at the centre of the new UK International Education Strategy. Announced today by the education secretary Damian Hinds and the international trade secretary Liam Fox, the strategy includes a number of measures to boost the sector's role in the global market as the country prepares to leave the EU. "As we prepare to leave the EU it is more important than ever to reach out to our global partners and maximise the potential of our best assets – that includes our education offer and the international students this attracts," Hinds said in a statement.

Beijing dominates Chinese international schools rank

Five Beijing international schools have made the top 10 list of international schools in China, while Shanghai institutions held four places, a Hurun Education survey has found. The Hurun Education Top International Schools in China 2018 surveyed at least 330 school principals, senior teachers, investors, overseas study agents, and government departments, in China between July and December 2018. In the second year of the ranking, Beijing replaced Shanghai as the city with the most international schools on the list, Rupert Hoogewerf, chairman and chief researcher of Hurun Education, highlighted. In total, 26 schools in Beijing made the top 100 list, compared to 23 in Shanghai. Last year the figures were 21 and 26, respectively.



Research on USAID's Reading Interventions Launched

U.S. Agency for International Development (USAID) Director for Sindh and Balochistan, Michael Hryshchshyn, launched a report on research recently conducted to assess the significance of reading interventions under USAID Sindh Basic Education Program (SBEP). The report titled 'Early Grade Reading Innovations for Quality Education - Prospects for Scaling up,' was launched at an event organized by Sindh Capacity Development Project (SCDP), a component of SBEP. The research was commissioned to Aga Khan University's Institute for Educational Development (AKU-IED), and analyzes the goals achieved under USAID's Sindh Reading Program (SRP), another component of SBEP aimed at improving early grade reading abilities of grade 1 and 2 students in government schools in target districts of Sindh.



Government to Form Separate Association of Top Universities

The government has decided to form a association of the country's top ten universities to get them in the list of world's best 100 higher educational institutions. The committee will select Pakistan's top ten universities. It will also compile a report on the selection of the top ten universities and will present it to the Prime Minister's Task Force on Education. Furthermore, the funding of the selected universities will also be separate from other educational institutions. This step is to give special focus to the universities that have the potential to make the list of top 100 international universities.



Punjab Govt. to Launch Online Portal for Teachers' Transfer Soon



Chief Minister Sardar Usman Buzdar has announced that his government will soon launch an online portal for transfers and postings of school teachers. He announced this in a tweet while stating that the portal will help eradicate corruption and ease the transfer of teachers. The provincial executive further stated that the system will spare the teachers from frequent visits to different offices. The chief minister also said that the previous government had burdened the teachers with the responsibility of enrollment of students and their attendance. However, the present government is changing the rules by bringing reform programs in the education sector.

HEC Will Collect 20% Revenue of Public Sector Universities Until 2022



The Higher Education Commission (HEC) has decided to change its policy of transferring funds to public sector universities under newly devised rules and regulations by the government. According to an official, HEC is determined to bind all public sector universities till 2022 for collecting 20 percent revenue of their revenue for itself to meet its needs. HEC will formulate new policies for transfer of funds to all public sector universities. To finalize the policy regarding fund transfers, the Vice Chancellors Committee has constituted a new committee, consisting of Vice-Chancellors and representatives from HEC. The official said that the universities would be allocated funds for development projects in the light of recommendations given by the committee.

NUST Team Wins HEC-Microsoft Imagine Cup 2019 National Finals

The team "EKKO-Wave Therapeutic Device" from National University of Sciences and Technology (NUST), Islamabad has won the National Finals of Imagine Cup 2019, organized by Higher Education Commission (HEC) and Microsoft Pakistan. The winning team will now travel to Amsterdam for the World Regional Finals. The Global Finals will be held in Seattle. Out of 48 finalist teams, NUST team has won the Imagine Cup Nation Finals. Shafqat Mahmood, Federal Minister for Federal Education and Professional Training was the chief guest of the ceremony, which was attended by Dr. Tariq Banuri, Chairman HEC, Lt. Gen. (Retd.) Muhammad Asghar, Executive Director HEC, Abid Zaidi, Country Manager - Microsoft, Vice Chancellors and a large number



Pakistan Oxygen to Invest Rs. 5.1 Billion to Set Up the Largest ASU in the Country

The Board of Directors of Pakistan Oxygen Limited (PAKOXY) have formally approved an investment plan of approximately Rs. 5.1 billion to set-up the latest and most efficient Air Separation Unit (ASU) in Pakistan. Pakistan Oxygen, which is a leading supplier of industrial & medical gases, pipeline services and welding solutions in Pakistan, approved this investment plan in the meeting which held on March 18, 2019. Last year, the company notified the PSX about an investment plan of about Rs. 4.4 billion to set-up the largest air separation plant in Pakistan, which will be capable of producing up to 250 tons per day of Air Separation Unit (ASU) products.



Special Drive Launches to Enroll Maximum Student in Schools

In Khyber Pakhtunkhwa, a special drive will be launched to enroll maximum number of students in schools from the new academic year. In a statement issued, Adviser to Chief Minister on education, Ziaullah Bangash said a target of one million children has been fixed for enrollment in government schools. Meanwhile, the government has also sanctioned the posts of female Assistant Secretary and Assistant Controller in educational boards throughout the province to facilitate girl students. The core objective of this drive is to strength the education system of KPK.



Khyber-Pakhtunkhwa Launches School Cricket League to Promote Sports



The Khyber-Pakhtunkhwa (K-P) government will sponsor the first cricket league at school level in Pakistan. Matches between eight teams from Peshawar, Malakand Bannu and Hazara will start from December 26 and the final will be played at Hayatabad sports complex on December 29, Peshawar Zalmi Foundation Director Cricket Operation Muhammad Akram said. "In order to promote sports, the incumbent government established playgrounds in 10,000 government schools," said K-P Minister for Elementary and Secondary Education Atif Khan. It will be Pakistan's first school cricket league and third in the world after South Africa and Sri Lanka. "This initiative will help in searching talent at grass root level," Atif said.

AHC-Kinnaird Girls' Cricket Cup 2019



The Australian High Commission (AHC) and the Kinnaird College for Women with the support of the Pakistan Cricket Board (PCB) hosted the Girls' Cricket Cup 2019. The AHC-Kinnaird Girls' Cricket Cup 2019 involved teams from six schools and sports institutes including Government Shuhda-e APS Memorial Girls High School Model Town, Government Central Model School Gulberg, The City School Shalimar Campus, Kinnaird Cricket, Unique Cricket and Galaxy Sports academies for underprivileged girls. Australia's High Commissioner to Pakistan Margaret Adamson congratulated the schools on their participation and welcomed the support of the Kinnaird College and PCB for the Girls' Cricket Cup.

Status of Education Report shows Promising Improvements

The Annual Status of Education Report 2018 (ASER) for Punjab was launched in Lahore, showing promising improvements in education sector of the country's most populous province. In its eighth iteration, the ASER Punjab report is Pakistan's largest citizen-led effort to take stock of the education sector and one based on large-scale household surveys. ASER is managed by Idara-e-Taleem-o-Aagahi (ITA) in partnership with nine civil society and partner bodies including the DCHD, CRDO, CMDO, Development Alternatives, Hamza Development Foundation, Society for Human Development and EHED Foundation etc. The Punjab report for 2018 revealed that as many as 89% children aged 6-16 were enrolled in schools per latest estimates, up from 86% in 2016.





facebook Innovation Lab Pakistan



Facebook and Pakistan's Ministry of Information Technology along with the National Technology Fund (IGNITE) launched the first Facebook Innovation Lab located in the National Incubation Centre (NIC) at the Lahore University of Management Sciences. The lab will focus on facilitating developers and startups and be a learning platform to connect with mentors to learn about new technology. It will be a physical space where entrepreneurs can come together to take part in workshops, seminars and learn new skills to develop innovative products. The event was attended by several thought leaders from across the world who came together and debated on issues such as women and technology; the impact that VR has on social good and impactful ways to harness technology for social good.

The Facebook Innovation Lab Pakistan is the first innovation lab launched by the social media giant in Pakistan. It will focus on providing infrastructure access to developers, entrepreneurs and community groups enabling them to network, train and grow their expertise. It will also help developers build products and applications using emerging technology like Virtual Reality (VR).

The Lab will give start-ups the infrastructure and the access they need to refine and scale their business models so they can succeed in Pakistan and scale internationally. The Lab not only provides a showcase of the latest technology, but participants will be matched with mentors, as well as connect with Facebook's global and exclusive experts, industry leaders, and specialists in product innovation, business growth, and data protection.

Participants will be able to access FbStart, a global programme designed to help start-ups build and grow their businesses. Finally, participants will be encouraged to connect and support other developers and entrepreneurs through Developer Circles, a community-driven programme for developer collaboration. Facebook Innovation Lab Pakistan also aims at encouraging South Asia's spirit of entrepreneurship and start-up growth. In addition, the Lab will also host initiatives such as housing community events and workshops and providing training for start-ups. A key feature of the Lab is that it welcomes start-ups and entrepreneurs based in Pakistan who would like to deep dive into the emerging technology space. ■





Mian Atif ur Rahman
CEO Native Schools

Let them Live their Childhood

Lack of Independence

Parents who always watch and scrutinize their child's life, such over protection leaves psychological issues. Some parents force their children to spend life according to given orders: they force their children by saying these type of phrases "Do this", "Don't do this, it with hurt you. These phrases make the kids stop doing things and they think, the world is a dangerous place, its better not to do anything. These messages will make the child afraid of making any decisions passiveness and irresponsibility also appear in children.

Instead parents should say; "Be careful" "Look after yourself". Parents should allow kids to make their own decisions and draw conclusions independently.

Depression! Feeling of guilt

Don't let them think, they are failures and fools. To motivate them, Say: you can do it, try again, think again – you will find the answers or let's do it together.

Harmful addiction of Extreme sports

If parent always tells child how many problems he or she caused to their life, the child will conclude that everyone would be better off without him or her. As a result, when child grow into an adult he/she subconsciously finds way to destroy himself by indulging in smoking, drugs, alcohol consumption or extreme sports. The solution is simple: just accept them the way they are and told them that: I Love you just the way you are.

Personal life issues

Directive not to trust anyone will lead that perceiving the world as a hostile with traps everywhere. The essence of this is that you think that your child is too young to understand what's good for them, so you decide every little thing yourself for them. You may be right, but if your children live with constant limitation, they will eventually rebel against them and when they become grownups they may have trust issues.

Search for a parent partner

When a child is up to do something and parents say: you are too young for that! This is the perfect way to raise a "kidult". This child will probably stay too young forever and always remain dependent and needing a parenting partner in every event of

Psychological problems in children caused by parenting behavior

their lives.

Suppression of own talents and lack of initiative

Don't use these phrases while talking with your child:

Don't be smart with me!

Stop daydreaming!

The child will grow up without having his own opinion, initiative, or leadership qualities. And one day as an adult they will probably drown their ambitions in alcohol, smoking, fun and even indulge in extremely dangerous sports.

Closeness! Suppression of Emotions

A lack of emotions and sensitivity in parents towards their children can't be ignored by their child's subconscious. When a child is frequently told to stop crying or complaining, the child closes in on himself. Their suppressed feelings can turn into psychosomatic issues in which the body gets worn down by things like constant worry and stress.

Extremely low self esteem & desire to be someone else

Parents who compare their child with more "accomplished" kids will get a self critical teenage and then this will result in an adult with inferiority complex. Inferiority complex is an unrealistic feeling of general inadequacy caused by actual or supposed inferiority in one sphere, sometimes marked by aggressive behavior in compensation. So parents should never compare their child with other kids.

Avoid these phrases while talking to your kids:

Look how much better he does it than you

You are worse than everyone else

Our children are our future but they have their own future too so taking care of their future is also our responsibility.

Once you identify the problem you should start talking about the solution. This way you can change the world and can give our kids a splendid future!

Native Schools Organizes Training Session on the Concept of Student Quality Circles

One day facilitators training workshop was organized by Native Schools on the concept of Student Quality Circles. The guests for the session were; Dr. Kamran Moosa, Mr. Abdul Wahid Mir, Mr. Muhammad Gul, Mr. Fayyaz Ahmed.

Session was also attended by honorable Mr. Raza-ur-Rehman (MD, Native Schools), Mr. Mian Atif (CEO, Native Schools), Mr. Salman Maqsood (MD, KIPS) along with teachers, associates and educationists belonging to various institutions of Pakistan.

The core feature of this convention was; students are the presenting case studies on key issues faced by the youth. During the convention, the speakers specifically focused on inculcating desired characteristics in students, quality education and sustainability, initiatives for youth development, empowering the students and efforts needed to cope with the challenges and creating awareness among students. The workshop ended with encouraging feedback from the participants.





ARE YOU A ROBOTICS SCHOOL?

If not, call us now to launch **ROBOTICS** in your school!

*As low as 300/child per workshop



The Robotics Club Pakistan

BUILD | CODE | PLAY

Reach Us

+923333456531

info@roboticsclubpk.com

www.roboticsclubpk.com

facebook: roboticsclubpk



Incubated in LUMS NIC LAHORE

School of International Studies in Science and Arts (SISA) celebrated 23rd March chanting National Songs

With chanting love and affection of country SISA celebrated 23rd March, Pakistan Resolution Day. On this special day students were informed about the importance of Pakistan Resolution and its association with Minar-e-Pakistan, Lahore. The day was celebrated with various in-house activities like dressing up in green and white/traditional outfits, singing national songs, face painting, quizzes, making badges, performing tableaux, special morning presentations by junior students, national songs competition, paying tribute to the national heroes and delivering speeches on the significance of the day. A competition of short poems and national songs can also be held where participants would have to write national songs or poems. This can also be done as a class exercise where everyone just pens down what is in their hearts about their beloved country. Instead of merely reciting the toughest of the national songs, teachers elaborated what the poet is actually trying to say. In a casual set up, not that of the typical classroom teaching style, lectures given to make students become aware of the meaning of the different national songs.



Native Schools indulge in an Astonishing Annual Prize Distribution Ceremony

Native Schools arranged a memorable Annual Prize Distribution ceremony to reward students for their excellence. In this event students of Native Schools participated in different acts and won the hearts of the audience. Parents appreciated their kids and were also called on stage to get the shields of annual prize distribution. Mr. Mian Atif-ur-Rahman (CEO, Native Schools) and Mr. Raza-ur-Rehman (MD, Native Schools) along with the distinguished guests Mr. Qazi Muhammad Naem Anjum (President, Awan-E-Taleem) and Mr. Muhammad Ikram Khan (President, Serving Schools Foundation) attended the remarkable event and distributed the winning shields among the students.

The Annual Prize Distribution Ceremony was held to appreciate the Students who followed the School's motto of hand work leads to success. The ceremony commenced by invoking God's blessings, followed by the welcome address which opened a gateway to live enthusiasm for the audience and parents of students who participated in different activities and won shields. Native Schools took pride to recognize and reward the efforts of every dedicated student. To celebrate the success of the students who have scaled great heights to distinguish themselves in studies and in other co-curricular activities.

For all the prize winners it was a proud moment as they were a source of motivation for those who did not win any prizes but aim to win in the next Annual Prize Distribution. Mr. Atif-ur-Rahman congratulated the winners and encouraged more students to be on stage next year. He also praised teachers for their all-round progress and brought home to the student's their duties and responsibilities.



Soft Play Specialist

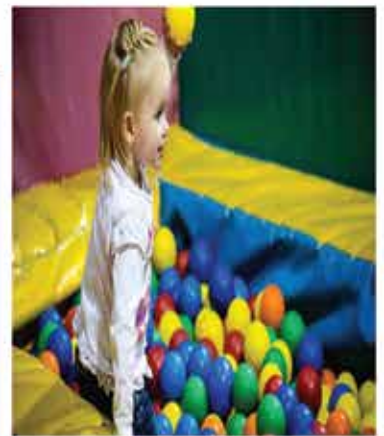
KIDDY JOY

Safe Fun for Every one



**Soft Play
&
Trampoline**

**Park Installation
with 100% quality**



0336-4777939
0321-4563604

 kiddyjoy80@gmail.com

SUPER Pencils



Pakistan's first pencil to offer



/+92 333 7736245



/SUPERCENCILS



/SUPER.PENCILS



/WWW.SUPERCENCILS.PK



**NO SHARPENER
REQUIRED**



ECO-FRIENDLY



NO PRESSING



**UNBREAKABLE
LEAD**



FOR SCHOOLS, OFFICE AND GENERAL USE

SHOP NOW



صفائی کی ریت
جراثیم سے جیت



ANTIBACTERIAL
SOAP



پراچہ سوپ اینڈ کیمیکل انڈسٹریز پرائیویٹ لمیٹڈ جھنگ روڈ، سدھار، فیصل آباد

Ph: 041-2558047-48, 0322-2558047

