

VOL:02, ISSUE:12
AUGUST, 2019

Informal

TO RISE ABOVE THE TIDE

EDUCATIONAL MAGAZINE

The **Best** way to **Predict** your
Future is to **Create** it

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There is No Shortcut to Achievement

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ITS FIRST ASTRONAUT
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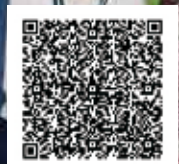


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Editorial NOTE

Summer camp is a tried-and-true tradition around the world, students of all ages gather together to spend their school vacation participating in fun summer activities. It's well known in the field of child psychology that summer camp has great benefits and enhance students' social skills and general mental and physical health.

On every camp we have run, the friendships and connections formed during camp between both campers and campers and staff have been some of the most impacting memories of those camps. Never is this so evident as on the last day of camp when children are often in tears saying goodbye to new friends.

With video games, Facebook and smartphones all vying for a young person's attention, the national epidemic of obesity and inactivity won't be easy to overcome. Camp facilitates an environment where kids learn that to succeed they must work together with their peers and their camp leaders. Whether they're working to build a campfire together, playing a game, or preparing a meal, campers learn to problem-solve to accomplish their goals. Through teamwork, kids learn that they are each an integral part of the camp community where they can feel a sense of acceptance and belonging.

Just like traditional summer camps, students will develop stronger senses of self-reliance and independence while away at an academic camp. They'll be 100% responsible for their own learning and progress, and will have to juggle being away from home while also focusing on learning. This helps students prepare for college, where the newfound sense of freedom and independence can sometimes be jarring.

Many students don't have the opportunity to travel when they're in middle or high school whether it's busy schedules, budget restrictions, or a little bit of anxiety about leaving home. However, attending an academic summer camp in another city can be a transformative experience for students. They get to explore different ways of life, meet new kinds of people, and develop a sense of the world at large.

Farooq Ahmad Malik
(Editor-In-Chief)

AUGUST, 2019

The **Best** way to **Predict**
your **Future** is to **Create** it



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Circular Road, 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. 150/-**

Please send us your article, stories, events,
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Letter to the editor

I recently had the good fortune of reading INFORMAL Magazine. It was well-written and contained wise, practical advice for students and educationists. In fact, I have already benefited from your cover story and a wide range of articles. You pointed out several things that I will remember for years to come. I look forward to reading your next informative work. Thank you!

Ali Chaudhary (Lahore Grammar School)

I always enjoy reading your magazine. You have a gift for discussing interactions in truthful yet amusing ways. It seems I can always identify experiences in my own academic life with those you describe. Your articles help us realize that our problems are typical, and we can solve them in constructive ways. Thank you and keep this good content coming.

Hamza Akram (FC College Lahore)

I want to tell you how much I appreciated your clearly written and thought-provoking content. Your article expresses both the positive and negative aspects of the education system of Pakistan, without taking an emotional stance on either side of the issue. Thank you for your thorough research and clear writing.

Wajahat Raiz (Punjab College)

I liked your articles and especially the cover stories, they are great and I'm waiting to read more on it. Informal is the only magazine who balances topics, ranging from informative to entertainment. You and your team are doing something that nobody had noticed before in Pakistan.

Amina Munir (LCWU)

I am an admirer of children's health and am always focusing on things that might better their physical and mental health. It is well written, elegantly designed and really well done. I don't have any more feedback beyond 'good job!' It's pretty perfect as far as I'm concerned.

Alvina Shaheen (LCWU)

I like the way you guys raise hardcore issues in simple and easy-said words. Great layout, great photos, great print samples. I feel like it is both a publication and a unique paper sample as well. I think it looks good and I would recommend the magazine to my fellows as well.

Ayesha Akram (Government College and University)

Informal keep its reader update with the new happenings in Education sector. It's a very well produced magazine and I'd definitely recommend it to other friends because they need all the inspiration they can get from your wholesome content. You are doing a great job! Keep it up.

Arslan Ali (University of Lahore)

Your magazine is a hub of informative content for students which provide authentic information along with a wide range of topics specifically selected to enrich a student mind.

Saad Ijaz (Punjab University)

Robots to Install Telescopes on Moon to Explore Space

A NASA-funded lab in Colorado aims to send robots there to deploy telescopes that will look far into our galaxy, remotely operated by orbiting astronauts. The radio telescopes, to be planted on the far side of the moon, are among a plethora of projects underway by the US space agency, private companies and other nations that will transform the moonscape in the coming decade.

"This is not your grandfather's Apollo program that we're looking at," said Jack Burns, director of the Network for Exploration and Space Science at the University of Colorado, which is working on the telescope project. "This is really a very different kind of program and very importantly it's going to involve machines and humans working together," Burns said.

Astronauts will be able to control the rover's single robotic arm from an orbital lunar outpost called Gateway, which an international

consortium of space agencies is building. The platform will provide access to and from the moon's surface and serve as a refueling station for deep space missions.

Working out of a small lab on the Boulder campus, Mellinkoff and two fellow graduate students have built a prototype of the robot named Armstrong (named for the first man on the moon, Neil Armstrong).

The Americans are not alone in their latest moon quest, unlike a half-century ago. In January, the China National Space Administration landed a spacecraft on the far side of the moon, with a long-term aim of building a base on the moon.

It is being predicted that in roughly 20 years, the moon will be dotted with inflatable hotels for deep-pocketed tourists and mining sites where robotic drills dig under the moon's south pole for frozen water that can be synthesized into rocket fuel for missions back to Earth or further out to Mars.



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Tell Me Why PLUTO ISN'T A PLANET ANYMORE?

For more than 70 years, Pluto was one of nine planets recognized in our Solar System. But in 2006, it was relegated to the status of dwarf planet by the International Astronomical Union (IAU).

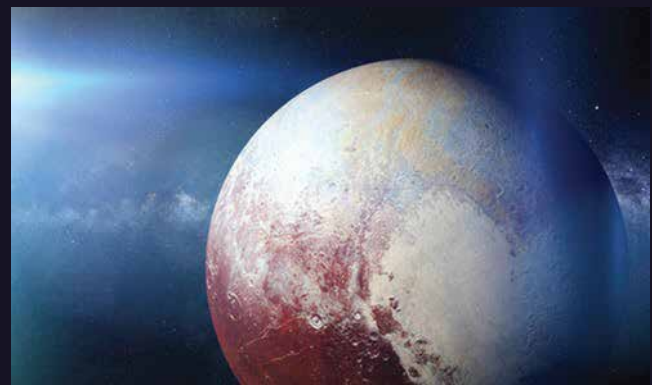
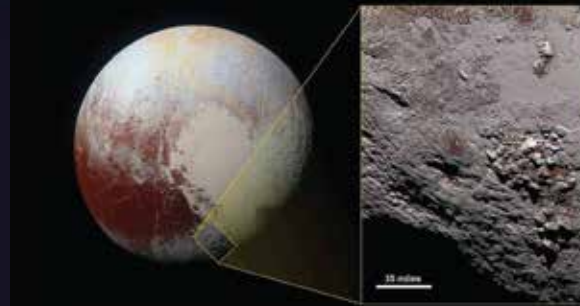
The International Astronomical Union (IAU) downgraded the status of Pluto to that of a dwarf planet because it did not meet the three criteria the IAU uses to define a full-sized planet. Essentially Pluto meets all the criteria except one—it “has not cleared its neighboring region of other objects.”

The three criteria of the IAU for a full-sized planet are:

1. It is in orbit around the Sun.
2. It has sufficient mass to assume hydrostatic equilibrium (a nearly round shape).
3. It has "cleared the neighborhood" around its orbit.

So, in August 2006 the International Astronomical Union (IAU) downgraded the status of Pluto to that of “dwarf planet” as Pluto meets only two of these criteria, losing out on the third. In all the billions of years it has lived there, it has not managed to clear its neighborhood.

A “dwarf planet,” as defined by the IAU, is a celestial body in direct orbit of the Sun that is massive enough that its shape is controlled by gravitational forces rather than mechanical forces (and is thus ellipsoid in shape), but has not cleared its neighboring region of other objects. Any large body that does not meet these criteria is now classed as a “dwarf planet,” and that includes Pluto, which shares its orbital neighborhood with Kuiper belt objects such as the plutinos.



Several years later, many still don't quite understand all the fuss, nor why Pluto was knocked from its planetary position. But the solar system's transformation from nine planets to eight was a long time in the making and helps put in a nutshell one of the greatest strengths of science.



INVENTION STORY OF

Intel (Intel Corporation, American manufacturer of semiconductor computer circuits) is headquartered in Santa Clara, California. The company's name comes from "integrated electronics." Intel was founded in July 1968 by American engineers Robert Noyce and Gordon Moore. Unlike the archetypal Silicon Valley start-up business with its fabled origins in a youthful founder's garage, Intel opened its doors with \$2.5 million in funding arranged by Arthur Rock. Noyce, Moore, and Grove served as chairman and chief executive officer (CEO) in succession during the first three decades of the company's history.

Intel's initial products were memory chips, including the world's first metal oxide semiconductor, the 1101, which did not sell well. In 1971, Intel introduced the erasable programmable read-only memory (EPROM) chip, which was the company's most successful product line until 1985.

By the end of the century, Intel and compatible chips from companies like AMD were found in every PC except Apple Inc.'s Macintosh. In 2017 Intel ranked 47 on the Fortune 500 list of the largest American companies.



INVENTION STORY OF WINDMILL

A windmill is a mill that converts the energy of wind into rotational energy by means of vanes called sails or blades. Centuries ago, windmills usually were used to mill grain, pump water, or both. Thus they often were gristmills, windpumps, or both. The majority of modern windmills take the form of wind turbines used to generate electricity, or windpumps used to pump water, either for land drainage or to extract groundwater. The windwheel of the Greek engineer Heron of Alexandria in the first century is the earliest known instance of using a wind-driven wheel to power a machine. Another early example of a wind-driven wheel was the prayer wheel, which has been used in Tibet and China since the fourth century. The first practical windmills had sails that rotated in a horizontal plane, around a vertical axis. According to Ahmad Y. al-Hassan, these panemone windmills were invented in eastern Persia as recorded by the Persian geographer Estakhri in the ninth century.

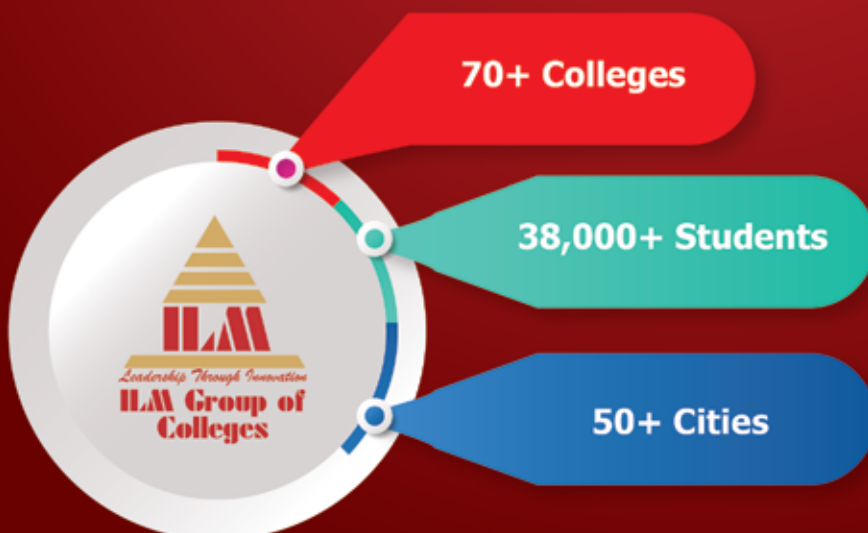


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RESEARCH FINDS A POSSIBLE LINK BETWEEN SUGARY DRINKS AND CANCER



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Drinking a lot of sugary drinks increase the risk of developing cancer. The findings of a large study in France do suggest, however, that limiting intake of sugar-sweetened drinks may help to cut the number of cancer cases in a population, the scientists said.

Consumption of sugary drinks has risen worldwide in the last few decades and is linked to obesity, which itself increases cancer risk. The World Health Organization recommends that people should limit their daily intake of sugar to less than 10% of their total energy intake, but also says a further reduction to below 5%, or about 25 grams a day, would be healthier.

Many countries, including Britain, Belgium, France, Hungary and Mexico, have introduced, or are about to introduce, taxes on sugar with the aim of improving people's health. The

researchers also adjusted for several confounding cancer risk factors, including age, educational level, family history, smoking and physical activity levels.

The results showed that a 100 millilitre (ml) a day increase in consumption of sugary drinks was linked to an 18% increased risk of overall cancer and a 22% increased risk of breast cancer.

When the sugary drinkers were divided into those who drank fruit juices and those who drank other sweet drinks, both groups were also linked with a higher risk of overall cancer.

For prostate and colorectal cancers, no link was found, but the researchers said this might have been because the numbers of cases of these cancers in the study participants was limited. Experts not directly involved in the work said it was a well-conducted and robust study and finds a great risk of developing cancer due to the consumption of sugary drinks.



PAKISTAN TO SEND ITS FIRST ASTRONAUT TO SPACE IN 2022



Fawad Chaudhry, Minister for Science and Technology, said the selection process of the astronaut for the space mission would start from February 2020.

Pakistan's Space Program has been announced 50 years after the U.S. Apollo 11 mission put the first man on the moon, marks a new departure after focusing on developing communication satellites for Pakistan. Taking to Twitter, Chaudhry wrote: "Proud to announce that selection process for the first Pakistani to be sent to space shall begin from Feb 2020." "Fifty people will be shortlisted - list will then come down to 25 and in 2022, we will send our first person to space," he wrote, adding "this will be the biggest space event of our history."

Minister for Science and Technology revealed that initially 50 pilots will be selected, from which the list will be brought down to 25 and then 10. He added that 10 pilots will be trained and eventually one pilot will be sent to space. Speaking to media, Chaudhry said that the "Air

Force will be the custodian of the selection process," adding that all around the world pilots are selected for space missions.

Last year, Pakistan launched two indigenously-built satellites into the orbit, using a Chinese launch vehicle. The satellites were launched onboard the Chinese Long March (LM-2C) rocket from the Jiuquan Satellite Launch Centre located at the Gobi desert, China, The Express Tribune reported.

One of them was a remote sensing satellite (PRSS1) a dual-purpose Earth observational and optical satellite. The second test satellite launched was a PAK-TES-1A to enhance satellite manufacture capabilities in the country.

Pakistan's National Space Agency SUPARCO (Space and Upper Atmosphere Research Commission) was set up in 1961. It launched its first communication satellite 50 years later with help from a subsidiary of China Aerospace and Technology Corporation.

PLAY, LEARN AND GROW TOGETHER

In Holland, China and Japan early education focuses on learning skills, character and habits which make you successful. Whereas, in Pakistan early education is more focused on cramming which kills the inventive ability of students and ruin their logical thinking.



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Children under age of 5 years are more passionate about learning than the adults on the same concepts. Early education system of countries all around the world shows that ethics and mannerism is more important than other general learning as they teach less about academics and more about the ethics and other type of learning. In Holland, China and Japan early education focuses on learning skills, character and habits which make you successful. Whereas, in Pakistan early education is more focused on cramming which kills the inventive ability of students and ruin their logical thinking.

When we read stories of successful people whether they are scientists like Nikola Tesla who lighted the world with AC Current or writers like Napoleon Hill who gave people the vision of their passion, all have one thing common, a strong early education which furnished their skill so they could become what we see. Goal of early education must be development of rational and logical thinking to tackle any situation and to increase intellectual curiosity to question and seek what is better for one.

Early education is not restricted to learning us learning by three basic means what we see, what we learn or read and what we hear. In Pakistan it is quite clear that teachers are not advanced enough as compare to the teachers in America or any other world top ranking foreign country. When we talk about the educational system in



foreign countries there are certain privileges for teachers and students, especially in early education they monitor the psychological and mental factors associated with the child development in early education. Teachers are trained so they can mend the child in a way that he grow with habits and attributes which enable him to become a competent person where in Pakistan there is no such thing.

In Pakistan early education system has no focus on logical, rational and creative learning or any sort of sports. It is merely focused on the things that are well known to all of us. Books, cramming, homework and other such activities which are found to be major cause of eradication of creative and logical thinking from our youth. As far ethics are concern there is no special classes or books for teaching ethics and there is no special tests that teacher can get aware of it. But it is hoped with reforms mention in educational reforms it might bring some sort of revolution in learning procedure of young children because they are most of them are unable to find the right line of their career.



The Best way to Predict your Future is to Create it

Students produced an overall admirable result this year and government should not only acknowledge the hard work of the students but should also transform the education sector of Pakistan by introducing reforms in order to produce even better result next year.





In order to encourage individuals to invest in education, the government of Pakistan needs to subsidize education and particularly the basic education where the social returns are higher as compared to any other level.

It was a gratifying moment for most of the students and especially the position holders when The Board of Intermediate & Secondary Education (BISE), Lahore announced the result of Secondary School Certificate (Matriculation) Annual Examinations 2019.

An interesting thing to notice was the students of private schools bagged the most of the top positions in the examinations held under the BISE Lahore. Now, either this was because of the fact that the teachers are a bit more competent in private institutes or students who study in private institutes have a wide range of learning facilities. However, private institutions deserve appreciation as their students not only raise the name of their schools in overall Matric Examination 2019, but also sent a clear-cut message that the education in Pakistan is getting better with every passing day.

Position holders got a special protocol and a token of appreciation as names of the position holders were announced by Lahore BISE Chairman Professor Chaudhry Muhammad Ismail and other officials in a press conference at the board's office. Danish Athar (Crescent Model Higher Secondary School for Boys, Shadman) led with overall 1st position in the Board by securing 1092 out of total 1100 marks.

The overall second position was shared by three students, Anoosha Zakaria (Punjab Girls High School, Johar Town), Syed Hasan Abbas (Lahore



Reliance Boys High School, Allama Iqbal Town) and Muhammad Affan Amir (American Lycetuff High School for Boys, Gulshan Ravi) by securing 1090 marks out of 1100 marks. While, the overall third position was shared by two students, Saba Iqbal (Divisional Public Girls High School, Model Town) and Saira Hayat (Govt. Model Girls High School, Model Town) by securing 1089 marks each.

In Science Group (boys), the topper is Danish Athar, while the second position was shared by Syed Hasan Abbas and Muhammad Affan Amir. The third position in this group was shared by three students: Muhammad Ghufraan Baig (Qazi Grammar Boys High School, Qanchi Amer Sidhu) Ammar Nadeem (Ali Public Boys High School, Rehmanpura) and Hassan Akbar Goraya (Government High School No.1, Shahkot, Nankana Sahib). Whereas, in Science group (girls) the topper is Anoosha Zakaria, while Saba Iqbal and Saira Hayat shared the second position. The third position in this group was shared by three students, Kanwal Fatima (Divisional Public Girls High School, Model Town) Eman Shafquat (Cathedral Girls High School No.4, Model Town) and Arhama Shahid (EFA Girls High School, Ferozepur Road, Kahna Nau) by securing 1,088 marks.

In Humanities Group (boys), Usman Iftikhar (Muslim Public Model High School, Damu Ana Road, Sheikhpura) got the first position by obtaining 988 marks while the second position was bagged by Mubashir Liaqat (Government



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Islah-e- Moashra High School, Shadbagh) by earning 982 marks while the third position, was shared by Wahab Yousaf (private candidate from Lahore) and Muhammad Abbas (Government High School, Jia Bagga, Lahore) by securing 981 marks each. Whereas, In Humanities group (girls), the first position was bagged by Sehrish Afzal (Pak Angels Foundation Girls High School, Gulshan-e-Ravi) by securing 1042 marks while Malaika (Mohtarma Benazir Bhutto Shaheed Trust Model High School for Girls, Lahore Cantt) got second position with 1034 marks. Yasmeeen Fozia (Government Girls High School, Salamatpura) with 1028 marks secured the third position in the group.

Students produced an overall admirable result this year and government should not only acknowledge the hard work of the students but should also transform the education sector of Pakistan by introducing reforms in order to produce even better result next year.

In order to encourage individuals to invest in education, the government of Pakistan needs to subsidize education and particularly the basic education where the social returns are higher as compared to any other level. Pakistan's government has been targeting the education sector through supply side interventions and inadequate attention has been paid to the demand side.

Subsidizing education, such as subsidies in school fees for low-income parents or the provision of free meals in schools, as all parents want to make their children educated by sending them to school but sometimes due to the lack of resources, they have to deprive their children even from the basic education; Therefore, subsidies can set the equality of opportunities for them to develop their abilities and also the financial problems are no more burden.





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Opportunities don't happen. You **create** them

In Conversation with

Bilal Hanif Chohan

is the Director of "The Spirit Schools"



Q. Tell us about yourself and your association with Superior Group?

Ans. I am an educationist associated with the Superior Group of Colleges which is an initiative of Chaudary Abdur Rehman, who is an educationist and also a teacher – a passionate one. Our educational setup is based on his initiatives and his solid vision.

Q. What is the core objective of your institute and how do you plan to take it forward?

Ans. In our institutional setup there are 300 schools and until now we have opened two universities and by the end of 2020, we will open 3 more universities. Our core objective is to develop the I.Q (intelligent quotient) and E.Q (emotional quotient) in our students. We believe in helping others and "facilitating the human spirit", and with this vision we are running our institutional setup. In our "Montessori System" we teach kids how to do things through practical demonstrations. We also took initiative of "The Spirit Schools" in order to uplift the children from grass-root level.

The need of our nation is; parents should prefer the potential and passion of their children over their own desires.

Q. Are you satisfied with our current education system?

Ans. There are many gaps in our educational system, as we don't have any systematic content. In Private Sector we are teaching something else and in Government Sector we are teaching something else. Other than this, we have issues of practical learning, in our system practical learning is not satisfying. If we talk about developed nations, their system supports innovative learning and that's why they are capable of doing things all by themselves. There is no such thing in our educational system, there is only cramming – and a whole lot of it.



Q. What step your institute is taking for skill development of the students?

Ans. We teach our students how to identify a problem, solve problems and skill development. We also organize different co-curricular activities to support their emotional quotient. In Superior Group, the direction in which we are taking the students is to become problem solvers and entrepreneurs. We teach them how to take initiative and execute it. Early on, we used to teach this to our management groups but with initiative of Sir Abdur Rehman we are teaching this to students of every field now. Likewise, we are teaching doctors these things so they may open their own clinics and manage them. After this, we saw a big change in Superior University and we want this to spread so we can attain the dream of a flourished Pakistan.

Q. This time students produced an overall good result in Matric and we saw multiple children holding same positions, does our education system seem to be improving?

Ans. Our system is not like it used to be a decade

ago, it has improved a lot, and now we get pinpoint stuff and objective questions and this is the reason that students are able to uphold a good result. Children of our nation are very much talented and they are performing very well even with the limited resources.

Q. When you're dealing with the people of backward and rural areas, how do you convince them to send their children to school?

Ans. I think people belonging to a backward area have more thirst for knowledge and education. In our modern areas, education is easily available but in rural and backward areas where it is not easily available, those areas have more thirst for education and people in those areas learn passionately.

Q. How should government shape the policies to assist the private sector?

Ans. Private Sector is playing a vital role in uplifting the education system of Pakistan, if we close all private sector institutes then the public sector alone is not enough to run the system. Therefore, Government should take feedback and opinion from all private institutes in order to make better policies.

Q. What message would you convey to the parents and our readers?

Ans. The message I want to give is "action" whatever you do you need to act and second one is Knowledge, we are hoping that parents teach their children the right things in a right way. Parents should make sure their children are opting for careers which they are passionate about, not what their parents want them to go for. The need of our nation is; parents should prefer the potential and passion of their children over their own desires.





14th
AUGUST

THE INDEPENDENCE DAY OF PAKISTAN

“WITH FAITH, DISCIPLINE AND SELFLESS DEVOTION TO DUTY, THERE IS NOTHING WORTHWHILE THAT YOU CANNOT ACHIEVE.”

MUHAMMAD ALI JINNAH

1 4th August the day of Pakistan is a common day for other nations, but this is most valuable day for Pakistani nation in history of Pakistan. In Urdu language it is called as “Yom-e-Istiqlal”. Every year on August 14, cities and villages across Pakistan come alive in a celebration of independence and national pride.

On 14th August 1947 the world saw a new country “Islamic Republic of Pakistan” as an independent country. Remember that according to Islamic calendar Pakistan became on 27th of Ramadan when Allah blessed Muslims with the pious homeland. This day is an occasion to promote patriotism and national unity. The word “Pakistan” is combination of two words “Pak” means pious and “stan” means homeland. Both words belong to Persian and Urdu language.

Celebrations in the country begin in the days leading up to August 14. The national flag can be seen in various sizes on balconies, cars and iconic landmarks. Green and white fairy lights illuminate the streets. Shopkeepers are prepared with

Independence Day t-shirts, green and white traditional clothes and badges representing Pakistan’s flag. On the roadside, locals can be found selling similar items, except in wooden carts that can be pushed from one place to another.

People all over Pakistan celebrate Independence Day with patriotic passion. People visit national monuments and places of national significance to celebrate Independence Day. This is also a time to meet relatives, exchange gifts and visit recreational spots. Moreover, events held during the day include special theatre shows, national song competitions, concerts, and Independence Day pageants. Radio and television stations broadcast national songs and specially prepared Independence Day programs.

Pakistan’s Independence Day also pays homage to people who devoted their lives for Pakistan’s freedom movement and made sacrifices to attain Pakistan’s independence. Being a true Pakistani we must celebrate 14th August by thanking to All Mighty Allah for giving this homeland.



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“Virgin Galactic” Space-Tourism company to go Public

Billionaire Richard Branson's space-tourism venture, Virgin Galactic, plans to go public by the end of this year as part of a deal with a special purpose acquisition company (SPAC) created by venture-capital firms Social Capital and Hedosophia, the companies said. The SPAC, Social Capital Hedosophia Holdings Corp, will take a 49% stake in Virgin Galactic, valuing the deal at pro forma enterprise value of \$1.5 billion. "Delighted to share that @VirginGalactic has taken a huge step to becoming the first ever publicly listed human spaceflight company," Branson said in a message to his 12.6 million followers on Twitter.



China to reduce oversized Classes to improve Education



China aims to eliminate "super-sized" classes that accommodate more than 66 students in Primary and middle schools nationwide by the end of 2020, according to a guideline released. The proportion of "large-sized" classes with over 56 students will be kept to no more than 5 percent by 2020, said the document, jointly issued by the Ministry of Education, the National Development and Reform Commission and the Ministry of Finance. Oversized classes have long been a prominent issue in China's compulsory education system, as quality education resources are insufficient in some regions.

Nine African Universities sign agreements in China

Nine African universities have signed cooperation agreements various Chinese universities and think-tanks, aimed at establishing academic collaborations in the fields of humanities and social sciences. Various representatives of the universities signed the agreements during a two weeks tour of China in June, sponsored by the newly established China-Africa Institute – an initiative of the Chinese Academy of Social Sciences. The bilateral pacts will be followed by the inking of Memorandums of Understandings on a late date, according to Jairos Kangira, dean of Faculty of Humanities and Social Sciences at the University of Namibia who was part of the delegation.



United World Colleges (UWC) opens second school in Africa



United World Colleges, a network of institutions specialised in the education of students aged 16 to 19, has announced the launch of its second school in Africa, which will join its family of now 18 schools around the globe. UWC East Africa is due to open in August at the International School Moshi, which consists of two campuses in Tanzania and was originally set up in 1969. The new school will be the provider's second school on the continent its other being in Eswatini, in southern Africa. The move will see a "substantial change" in the student body.

Musk shows off Progress on Brain-Machine Interface

Futurist entrepreneur Elon Musk revealed his Neuralink startup is making progress on an interface linking brains with computers and said they hope to begin testing on people next year. Musk has long contended that a neural lace meshing minds with machines is vital if people are going to avoid being so outpaced by artificial intelligence that, under the best of circumstances, humans would be akin to "house cats." Musk and members of the Neuralink team laid out progress they have made on their mission at an event held in San Francisco to recruit talent in software, robotics, neuroscience and more.



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HEC Chairman meets Vice Chancellors to discuss Financial Issues

The Chairman Higher Education Commission (HEC) Dr. Tariq Banuri met with a group of Vice Chancellors and Rectors of the private sector to discuss avenues for streamlining their financial management. During the meeting the participants also discussed other issues including, statutory requirements, land requirement, faculty requirement, affiliated colleges and sub-campuses, media alerts and business model. The Chairman HEC apprised the participants of the inspection Calendar developed by the Quality Assurance Agency (QAA) so that universities are in a better position to meet the minimum HEC standards well in time. Dr. Banuri was also sympathetic about the matter of issuing parental alerts and he requested the participants to help HEC develop protocols of issuing media alerts.



Sindh Education and Literacy Department launched an Online Portal

Sindh Education and Literacy Department has launched an online portal to digitize the registration process and fee structures of all private schools in the province. The portal called "Directorate of Inspection & Registration of Private Institutions, Sindh" has the record of all private schools' fee structures and their admission procedure. The initiative will make it easier for the parents to see if the schools are overcharging them. They can also verify if the schools their children go to are registered with the education department. Moreover, the web portal will also help the school owners get their schools (re)registered with the government.



PTCL Introduces a Free Educational Series for Children



Pakistan Telecommunication Company Limited (PTCL) collaborates with Mera Sabaq Learning Systems to bring a unique educational series for children called 'Alif Say Yay' on PTCL Smart TV and Smart TV App. The series covers multiple video tutorials especially created to enable early education of children. The content is hosted on PTCL's Video-on-Demand section, which is free of cost for all users. Through this content, every child can have access and gain an understanding of the Urdu alphabets in a fun and unconventional way regardless of their economic and social background. "PTCL, being a socially responsible organization believes that education is the foundation of a progressive society", said Syed Mazhar Hussain, Chief HR Officer - PTCL.

PMDC implements new Format for Entry Tests in Medical Universities



Pakistan Medical and Dental Council (PMDC) have directed all the universities to adopt the newly approved format for Medical and Dental College Assessment Test (MD-CAT). In the statement, PMDC has told that the council held a meeting under Acting President Dr. Amir Zaman, which is scheduled to take place on August 25. It said that the council has prepared a new format for the entry test in consultation with the subject experts recommended by the admitting universities. Now, the universities are required to notify and publish the approved syllabus to facilitate the students appearing in the upcoming MD-CAT.

Madaris to Get New Curriculum: Education Minister

In a meeting, the federal government and Ittihad-e-Tanzimat-e-Madaris Pakistan (ITMP) have decided to launch a new curriculum for madrassas in the country. The Federal Minister for Education and Professional Training, Shafqat Mahmood told the media of the decisions taken during the meeting. The meeting agreed that the Federal Board of Education (FBE) will conduct madrassa students' exams of compulsory subjects and issue their results of Matric and Intermediate levels. The successful candidates will receive certificates from the board. "Now, Madaris will be responsible for conducting exams of religious subjects, while the federal education board will conduct exams of compulsory subjects," he said.



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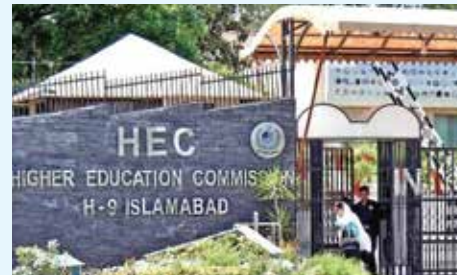
Comsats University launches Rs 1 billion Artificial Intelligence Project

To promote a culture of world-class higher education in Pakistan and to keep up with the modern trends in technology, Comsats University Islamabad has launched a Rs 1 billion project on Artificial Intelligence. The project is likely to begin next year and the authorities have already started purchasing the equipment. According to the reports, the project is dubbed as the brainchild of Comsats Rector, Raheel Qamar. The project will be run by a consortium of 6 universities including Punjab University (PU), NED University of Engineering and Technology Karachi, University of Engineering Technology (UET) Peshawar and Lahore, National University of Science and Technology (NUST) and Comsats University Islamabad.



HEC Sets Rs. 5,000 Fee for Urgent Degree Verification

The Higher Education Commission (HEC) has set up special booths for urgent degree verification at its headquarters and all regional offices. The urgent verification of degrees will now cost Rs. 5,000, besides the normal fee of Rs. 800. HEC has set a target of Rs. 500,000 per day for urgent degree verification. It will yield additional revenue of Rs. 150 million annually, helping the education watchdog overcome the looming financial crisis. Director-General Attestation and Equivalence, Tahir Zaidi has said that the new procedure will eliminate nepotism, ensuring that the needy are served on a priority basis.



1 in 4 Pakistani Kids Will Not Complete Primary Education by 2030



United Nations Educational, Scientific, and Cultural Organization (UNESCO) has projected that one in four children will not be able to complete primary schooling in Pakistan by the 2030 deadline for the Sustainable Development Goals (SDGs). UNESCO has prepared new projections as the 2030 deadline for the SDGs is near. The projections indicate that the world is off-track from education commitments and the progress has slowed down immensely. One in six with age 6-17 will still be excluded at that time - as many students are dropping out currently, 40 percent of the students will still not be completing their secondary education by 2030.

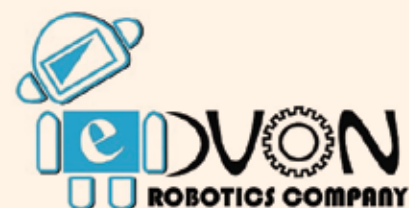
HEC to launch Two-Year Degrees to boost Employability



Executive Director HEC Lt Gen (R) Muhammad Asghar made a revelation that the Higher Education Commission (HEC) is going to start a two-year Associate Degree Program from 2020. He said that the program will be initiated by next year in some institutions and will be expanded to other universities gradually. Lt Gen (ret) Asghar said that the program wants to provide maximum employment opportunities for the students by inculcating the knowledge and skills in them as required by most organizations. The HEC director highlighted that the Associate Degree Program will be initiated for institutions that are currently not offering four year BS Programs.

Karachi-Based EDVON Robotics to provide STEM based Platform

A Karachi-based robotics startup, EDVON Robotics is planning on introducing a STEM-based experiential learning platform for students with a target of impacting 1 million students by 2022. The initiative aims to equip the young minds with 21st-century skills like robotics, coding, mechanical designing, electronics, problem-solving, self-learning, and collaboration to name a few. The project also aims at empowering work-at-home women, who want to educate their students despite having limited resources. EDVON employs such women for manufacturing and packaging of the STEM Robotics Kits, thereby allowing them to earn more and invest in the education of their children and by allowing students to develop new skills.



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Punjab Government to Replace Marks with Grades for Matric & Intermediate



The government of Punjab has given the approval to replace the marks system with a grading system for the Matric and Intermediate examinations. The change has been made for bringing the present education system on a level with the O and A levels.

The change was suggested by Inter Board Committee of Chairman (IBCC) and was approved by Chief Minister Usman Buzdar. The new system will also shift focus from rote learning to analytical skills and critical thinking.

After the implementation of the system, the students will finally be out of the race to score 'more' marks and will be awarded A+, A, B, C and D grades based on their performance in the examinations.

This will shift the focus from scoring more marks to critical thinking, which is important as per the dynamics of the modern education system. The government is hopeful that this step will bring Pakistan's education sphere equal to international in terms of quality. Moreover, the change in system is aimed at getting rid of the

academy mafia and to eliminate irregularities in the marks given in written exams and practicals. Additionally, Provincial Minister for Higher Education Raja Yasir Sarfraz Humayun had sought suggestions to eliminate corrupt and cheating mafia from the examination system and making it according to international standards.

In the initial stage, the result of 9th grade will be announced according to the grading system this year. Depending on the success rate, it will be applied to higher classes from the coming year, the government official stated.

The official from the Punjab government told the media sources that the province's education department is working tirelessly to alleviate the quality being offered, increase analytical skills and make the system cheating proof. This will eliminate discrimination in the education system as students of public and private schools will be graded using the same criteria. However, the IBCC chairman Dr. Muhammad Ismail says that he is looking forward to receiving the summary after the approval.



By: Ch. Salahuddin

Competent VS Incompetent People!

1 – They Think, Say, & Do Negative Things

- They see problems in every opportunity.
- They complain that the sun is too hot.
- They curse the rain for ruining their plans for the day.
- They blame the wind for ruining their hair.
- They see the problems but never the solutions.

2 – They Act Before They Think

- They move based on instinctive motives.
- Then they see something better and regret & curse for not able to take advantage of the bargain.
- They spend & spend again until nothing is left.
- They don't think about the consequences.

3 – They Talk Much More Than They Listen

- They always engage in talks that would make them heroes.
- They want to be the star of the show.
- In their mind they're always correct.
- They reject suggestions because that will make them feel inferior.

4 – They Give Up Easily

- They quit upon recognizing the first signs of failure but successful people treat failures as stepping stones to success.
- Incompetent people don't have the persistence to go on and fulfill their dreams.
- Then they go & search for a new one.
- Same story & same results.

5 – They Try to Bring Others Down

- They become jealous of other successful individuals.
- They're too proud to ask for advice.
- They could've asked these successful ones nicely.
- Moreover, they're too negative to accomplish anything.

6 – They Waste Their Time

- They just waste their precious time in eating, drinking, smoking, watching TV, chatting.
- They don't know what to do next.
- There should be a proper balance between work & pleasure.

7 – They Take the Easy Way Out

- They don't want any suffering or hardship but want a good life.
- If there are two roads to choose from, they would choose the wider road with less reward than the narrower road with much better rewards at the end.

8 – They Hide Their Weaknesses

- They always try to hide their weaknesses.
- They pose themselves as very intelligent and competent but they fail to hide their incompetency.

9 – They Always Complain

- They are in habit of complaining instead of asking.
- They always complain about everyone and even everything.
- They believe that they behave good to all but none is good to them.
- Complaining is passive, not active.

10 – They Always Say Yes

- They always say yes to please the people even when they want to say no.
- Then they find themselves unhappily going through the motions.
- They don't have courage to say no to the people.

Conclusion

If you want to have a fantastic life, never engage yourself in these deadly habits that incompetent people do.





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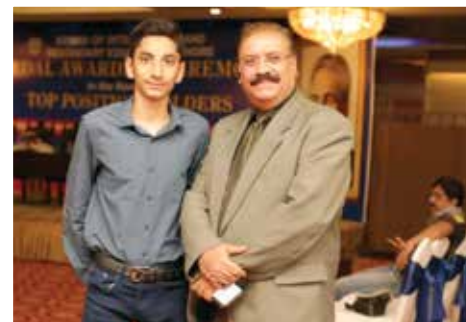
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Celebrations Sparks at AMERICAN LYCETUFF (DNK GROUP) as **AFFAN AAMIR** Secures 2nd Position in BISE Lahore

Affan Aamir, a student of American Lycetuff (DNK Group), secures 2nd position in BISE Lahore examination with 1090 marks. The administration of American Lycetuff (DNK Group) awarded the position holder with prestigious gifts as a token of appreciation. While, the names of position holders were especially announced by Lahore BISE Chairman Professor Chaudhry Muhammad Ismail.

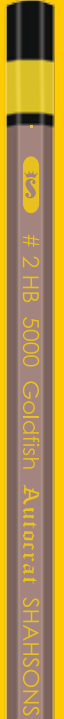
Medal was awarded to Affan Aamir in a medal awarding ceremony which was presided over by Punjab Higher Education Minister Mr. Raja Yasir Humayun Sarfraz and Schools Minister Dr. Murad Raas. Moreover, Lahore BISE Chairman Prof. Ch Muhammad Ismail, officials, high-achievers, their parents and teachers also attended the ceremony.



Annual Prize Distribution at Jinnah Basic School and Girls College

To celebrate the accomplishments of the students and to encourage them for the best performance in future, Annual Prize Distribution Ceremony was held at Jinnah School Mansehra. Ms. Naghmana Sardar (DEO, Mansehra) graced the occasion as Chief Guest, while Ms. Bushra Aziz (Directress – SOS Village, Dhodial) was the Guest of Honor. The students mesmerized the audience with their performances which included Speeches, PT Drills, Tableaus and Presentations. The school choir sang beautifully and was applauded by all. Mr. Fayyaz Ahmed (Director, Jinnah Colleges) shared the institute's achievements in the Annual Report of curricular and co-curricular activities. He emphasized the importance of these activities in facilitating the students to become independent thinkers.

The Chief Guest and Guest of Honor were truly impressed by the arrangement and high standards set by the deserving recipients of the award ceremony. The proud parents, staff and the administration cheered the prize winners for their outstanding performance and result.



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There is No Shortcut to Achievement

Danish Athar s/o Athar Nauffeez

Crescent Model Higher Secondary School, Shadman

Roll Number: 231564

Marks: 1092

1st Position



First off, I would like to say that nothing is possible without Allah Almighty's will and His blessing. Allah Almighty will make things easier for you by a great margin. Respect your elders and be kind to your juniors, both by age and by rank. About education and academics, many students do not realize the importance of knowledge till it's too late. Knowledge, truly, is power. When you have knowledge, your presence is felt by everyone and your opinion penetrates into their minds. Through knowledge, you can serve yourself, your parents and your country. At one point, it may even ascend geographical limits and you may be able to serve humanity in itself like Sind Ibn Ali, Al-Zahrawy, Ibn Sina or Ibn Tufail. But education is more than books and words. It is your grooming and your growth. If education does not make you a better person, it's not useful. Try to implement the good stuff you read about in books and follow your teachers' advice.

Some people think success lies in the books alone. It does not. Knowledge has no limits. The Holy Prophet PBUH said:

"The word of wisdom is the lost property of the believer. Wherever he finds it, he is most deserving of it." (Source: Sunan al-Tirmidhi 2687). Gather as much knowledge as you can. Look around you and you will find new things everywhere. Listen to what people say, read books and do other activities. Everything will make you learn. Do not restrict yourselves to books alone. Play games and do sports. They will teach you a lot as well. But the key is to manage your time between studies and other stuff. Both are important. Leaving either of them will hurt you in the long run. Once you learn to organize your activities and prioritize stuff, you will definitely pave your way to success. **Thank you.**

2nd Position

Anoosha Zakaria D/O Muhammad Zakaria

The Punjab Girls High School Johar Town

Roll Number: 142247

Marks: 1090



It is a blessing of Allah Almighty and the prayers of my parents. My teachers had played a vital role in my achievement as they really made my concepts clear and guided me to a path of hard work. With the help of Allah and prayers of my parents and teachers I will clinch achievements in future as well.

Muhammad Affan Amir S/O Amir Ejaz Qureshi

American Lycetuff School Gulshan Ravi (DNK Group)

Roll Number: 250118

Marks: 1090

2nd Position



It is by the grace of Allah Almighty that I got 1090 marks and secured 2nd position in Lahore board. My message to all youngsters is first of all respect your parents and teachers and always obey them. They are your well wishers. They will always give you the right advice. Whenever you find difficulty these are the persons that can bring you out of it. Secondly you must have some aim in your life and then work hard to achieve your goal. Always remember. Hard work is the key to success.

3rd Position

Saba Iqbal D/O Muhammad Iqbal | Divisional Public Girls Higher Secondary School Model Town

Roll Number: 142360 | Marks: 1089

With the grace of Allah I have scored 3rd position in Matric and I would like to dedicate this achievement to my parents who had been praying for me day and night. My parents are very supportive and always push me to do hard work in studies.





3rd Position

Ammar Nadeem S/O Nadeem Iqbal

Ali Public High School Rehmanpura

Roll Number: 235115

Marks: 1087

First of all I'm grateful to Allah Almighty, thankful to my teachers and parents who helped me in achieving distinction.

My message for the students is to work hard with devotion and consistency which always leads to success. Always respect the teachers and parents. Don't waste your time in the excessive use of mobile phone.

Hassan Akbar Goraya S/O Ali Akbar

Govt. High School Shahkot, Nankana Sahib

Roll Number: 194321

Marks: 1087

The secret behind my achievement is hard work accompanied by smart work. Surely, hard work is the key to success. But this is the age of smart work. Smart work simply makes your goal easy. So, never forget it while chasing your target. Try your best and then leave it to Allah, who knows better what is good and what is bad for you. Serve your parents as a "Smart Work" trick to get your success ready to be blessed. Here I want to share with you a fact, which I consider as one of the hurdles in our national development that is the ultra-conservative thinking and nature of our nation. This is the modern era, where success requires you also to be modern. You can't follow the rules of 60's or 70's while living in the 21st century. So, we all need to come out of this conservativeness. We should follow the modernity keeping in view the teachings of Islam. For those who consider it anti-Islamic, a single hadith of Rasool (PBUH) does this all. **"A wise man is the one who lives in accordance with the time"**

One thing which I want myself to convey is that we have to bring some crucial reforms to our educational system. It is an unimaginable system where a single number/mark can take you to a new height and that same number/mark can bring you back to the ground. This race of marks has left our student's abilities and talents, rusted and useless. While their attention has diverted from exploring and discovering the world to marks only. Thus, reforms are required to get out degrees and certificates recognized and honored outside our country. So, don't let it go the dirty way it is going and become a voice to change this system. **May Allah bless us all.**

3rd Position



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3rd Position

Muhammad Ghufraan Baig S/O Usman Baig

Qazi Grammar Boys High School

Roll Number: 223855

Marks: 1087

May peace be upon all of u!

"Starting with the name of Allah who is most beneficial and merciful!"

Dear readers! Especially students, induce a strong emotional feeling of "I Can" in yourself. I owe my success to this inner self-belief. There is only a difference of this feeling between a hero and a failure; 'I can do this'. The sweetest dish, Success, comprises of 60% self-belief, 30% hardwork and 10% your interaction and behaviour.

"Man achieves, whatever he seeks for" (Al-Quran). Dear students! Never lose heart at any stage of your life. I also failed multiple of times to achieve my target. I strived to get position at primary and secondary levels but in vain. I was disappointed. Then, I strived for admission in PAF College, I passed all entry tests but at last I was not recommended after medical test. My disappointment was too intense after such. I wept bitterly in patches for a week but I did not give up. Fire was lit in my heart. I worked hard consistently with same pace and after two years my efforts bore fruit. Always remember: "I Can is more important than I.Q". Stay focused, be humble and bang. Shortly, I beg you to pray for our homeland also. May u have a successful and pleasant life. Thank you!

3rd Position

Arhama Shahid D/O Shahid Latif Sheikh

EFA Girls High School Main Ferozepur Road Lahore

Roll Number: 132344

Marks: 1088

First of all, I would like to thank Allah Almighty that I was able to score such good marks in my examination. Then, I would like to express gratitude to my mother as whatever I have achieved today is due to the prayers of my mother and the hard work of my teachers. Secondly, I would like to give a message to all the students to work hard and pray for the blessings of Allah Almighty.

Excess Body-Weight Accelerates Brain Ageing

Obesity is associated with multiple health risks. It is always advised to keep weight under control. Unhealthy weight can put you at a higher risk of diabetes, cardiovascular diseases and hypertension. The adverse effects of obesity are well known. A study claims that obesity can affect your brain health as well. To keep your brain functioning intact you must try to maintain a healthy weight. High BMI will also make it difficult for you to complete day to day tasks.

A recent study highlighted the effect of excess weight on your brain health. The study found that people with higher body mass indexes are linked to thinning of the cortex in the brain. This further leads to Alzheimer's disease. To avoid this adverse effect of obesity on your brain, you must try to maintain a normal body mass index since childhood. If you are obese, there is an urgent need for you to lose weight to lead a healthy life.

Obesity is increasing among people day by day. It has slowly become a common condition among children and young adults. Sedentary lifestyle and consumption of unhealthy diet are two main factors which contribute to obesity. Today people spend more time indoor on technology which leads to less physical activity throughout the day. It can make it difficult especially for children to lead a healthy future tomorrow.

You must watch the amount of food you are consuming. Controlling your portion size does not mean that you have to sacrifice with the nutrition. Eat a healthy and balanced meal which contains all the nutrients with minimum calories. It is often advised to exercise for at least 30 minutes daily. You can simply go for a walk or choose your favourite workout to stay fit. Lack of physical activity is one of the major factors which contribute to obesity.



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