

VOL:03, ISSUE:01  
SEPTEMBER, 2019

# Informal

TO RISE ABOVE THE TIDE

EDUCATIONAL MAGAZINE

## The Swimming Pool Safety Conundrum

Page: 12

## Aftab Sons and Fazal Sons Marks Glory on this Independence Day

Page: 29

In Conversation with

## Mian Atif-ur-Rahman

Page: 18



## Pakistani Gamer Arslan Siddiqui Wins Tekken 7 At Evo 2019 Tournament

Page: 11

# A LEARNING CURVE IS ESSENTIAL FOR GROWTH

Cover Story | Page: 14



Price: 150/-





# THE SPIRIT SCHOOLS

A Project of Superior Group of Colleges

## A Serial ENTREPRENEUR of PAKISTAN

Prof. Dr. Ch. Abdul Rehman  
Chairman  
The Superior Group



By the grace of Almighty Allah  
we are the Fastest Growing  
Educational Group of Pakistan at present

The idea of The Spirit Schools is to produce students with the spirit of patriotism and education to become the leading institute of Pakistan that comprises of a superior nation. We make spiritians ready to serve the nation. Way forward to progressive Pakistan. In time of complex internal and external challenges, its our will to educate and empower youth to share the best of them to make Pakistan a knowledge loving country. As a part of our shared dream and your support for an educational revolution, became a part of Superior by joining The Spirit Schools.

### Vision

To become a first choice school by bringing excellence in student's life through quality education.

### Mission

We are committed to strengthen the spirit of students by bringing positive change into their personal and career lives through self-awareness, self-management, social interaction, and relationship management thus, adding values to our nation and ultimately to humanity.

### Values

- Agility
- Student Success
- Excellence
- Fairness
- Innovation & creativity
- Socially Responsible



### ACADEMIC EXCELLENCE

The curriculum provides a concrete foundation for the challenging early years of a child's life based on activity forms of learning stimulating a curious mind to discover a new world. Our centrally regulated academic setup ensures that students develop into responsible, respectful, academically sound and confident beings who can communicate effectively and function as successful global citizens to meet the challenges of the 21st century.

### Our ACADEMICS ACHIEVEMENTS 2016-19

2016	94%	2018	98.3%
2017	96.8%	2019	99%



## Why The Spirit School?



E-LEARNING FOR PRESCHOOLERS IS  
LEARNING WITH FUN AND GOES BEYOND  
CONVENTIONAL TEACHING STYLES

We believe in learning that is experiential (learning by doing) rather than learning that is based merely on books. As the sense of sight carries approximately 70% of the absorption rate in the learning process of children aged 1-6, TSS offers a fun enriched methodology at preschool by supplementing its in-house developed publications by audio-visual aid customized to the internationally recognized syllabus.



DEVELOPMENT OF A WELL-ROUNDED PERSONALITY  
THROUGH A SOCIAL ETHICAL ENVIRONMENT-LEARNING OF  
LIFE & SOCIAL SKILLS

With the integration of life skills and personality enhancing activities, our students acquire a broad knowledge base, be strong in languages and Mathematics, be able to understand contemporary issues and be informed and responsible citizens. They build up a strong foundation underlying Spirit's pillars of knowledge, skills, ethics, positive thinking and communication.

Come & join us  
to be Superior



### In Matriculation



BASED CURRICULUM



## THE SPIRIT SCHOOLS

Learning Strengthens the Spirit

A Project of Superior Group of Colleges

[f/TheSpiritSchool](https://www.facebook.com/TheSpiritSchool)

[www.tss.edu.pk](http://www.tss.edu.pk)

[thespiritschools](https://www.instagram.com/thespiritschools)

[@spiritschools](https://www.twitter.com/spiritschools)

### FEATURES:

- Visual Learning
- Purposefully Equipped Classrooms
- Developing Social & Moral Values
- Highly Trained & Motivated Faculty
- Parent Teacher Liaison
- Academic Monitoring
- Educational Technology
- Modern Day Facilities
- Online Web Portal & Mobile App

START with SPIRIT  
to be Superior

مجھے سپرٹ سکول میں پڑھنا ہے۔

## ADMISSIONS OPEN

PLAYGROUP TO MATRIC

LET'S BUILD A SUPERIOR PAKISTAN

### FRANCHISE OPPORTUNITY



150 Cities

350+ Schools

80,000+ Students

Corporate Office:  
39-L, Gulberg III, Lahore,  
042-111-00-00-78

South:  
Regional Office  
0336-9995995

North:  
Regional Office  
0332-5311436

Faisalabad:  
Regional Office  
0300-8468675

Multan:  
Regional Office  
0300-6370707

Gujranwala:  
Regional Office  
0321-6413008

FOR ADMISSIONS  
Visit Your Nearest Campus



# CONTENTS

# SEPTEMBER

Editorial Note	04
Letter to Editor	05
<b>SCIENCE FUSE</b>	
World's first 'Solar Road' tears to Failure	06
<b>TELL ME WHY</b>	
Tell Me Why Honey Bees Make Honey?	07
<b>INVENTIONS</b>	
Invention Story of Candle and Map	08
<b>RESEARCH</b>	
Air Pollution Smoking About 25 Cigarettes A Day: Researchers	10
<b>ARTICLE</b>	
Pakistani Gamer Arslan Siddiqui Wins Tekken 7 At Evo 2019 Tournament	11
<b>WISE ADVICE</b>	
The Swimming Pool Safety Conundrum	12
<b>COVER STORY</b>	
A Learning Curve Is Essential For Growth	14
<b>INTERVIEW</b>	
In Conversation with Mian Atif-ur-Rahman	18
<b>ARTICLE</b>	
Optimise Learning Through STEM	20
World Informal News	21
	22
<b>ARTICLE</b>	
Sindh Government Bans Selling and Use of Plastic Bags from October	24
Wrong Language of Children: Reasons and Rectifications	25
<b>EVENT</b>	
Academic Board of Bloomfield Hall School Organised Distinctive Training Sessions	31
Allied School holds High Achievers Ceremony 2019	27
Lahore Lyceum Azadi Carnival 2019	28
Aftab Sons and Fazal Sons Marks Glory on this Independence Day	29
Jinnah Basic School & College Mansehra celebrated the Farewell of Pioneer Batch	33
<b>HEALTH</b>	
Staying Healthy in Hot and Humid	30



SHAHSONS



PENCIL

Goldfish®

www.shahsons.com



SHAHSONS



GRIP

PICASSO®

www.shahsons.com

# Editorial NOTE

Higher education is touted to lead to a number of benefits, including financial security and a prosperous career. However, the role of education in the 21st century plays a big part in other aspects of your life, like improving the overall quality of your life, health, and having more opportunities present themselves to you.

The roles of higher education in sustainable economic and social development increase year by year, and this will continue over the next decades. Higher education can be seen as a focal point of knowledge and its application, an institution which makes a great contribution to the economic growth and development through fostering innovation and increasing higher skills. It is looked as a way to improve the quality of life and address major social and global challenges. Higher education is broadly defined as one of key drivers of growth performance, prosperity and competitiveness.

UNESCO says its social role provides the link between the intellectual and educational role of universities on one hand and the development of society on the other. Raising skills holds the key to higher living standards and well-being. Investing in knowledge creation and enabling its diffusion is the key to creating high-wage employment and enhancing productivity growth, points out OECD.

Higher education enable individuals to expand their knowledge and skills, express their thoughts clearly in speech and in writing, grasp abstract concepts and theories, and increase their understanding of the world and their community. Higher education includes most professional education and is strongly vocationally or professionally oriented. Higher education differs from other forms of post-secondary (after high school) education such as vocational education. Vocational education is a form of secondary or postsecondary education but is considered non-academic as compared to higher education.

**Farooq Ahmad Malik**  
(Editor-In-Chief)

SEPTEMBER, 2019

A LEARNING CURVE IS  
ESSENTIAL FOR GROWTH



**Farooq Ahmad Malik**  
(Editor-In-Chief)

**Rana Umar Farooq**  
(Deputy Editor)

**Abdul Saboor**  
(Sub Editor)

**Talal Ishafaq**  
(Manager Marketing) + 92 331 921 1111

**Farhan Waqar**  
(Marketing Executive) + 92 308 445 5333

**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: CreativeZone, Office#2, O/59,**  
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,  
pictures to publish in Informal Magazine at  
**informal.pk@gmail.com**

# Letter to the editor

The content of your magazine is constructed beautifully and also contains relevant information especially for students and their teachers. I always read your magazine with utmost interest and like the content diversification of the magazine. I look forward to read the informative content of your next issue. Kindly, include my letter in your "letter to editor" section. Thank you!

**Amir Shahzad (Allied School)**

An astonishing magazine which is based entirely on informative content for students and which provides a real break from the serious and bored material to. I just want to compliment you on the colorful topic selection and I enjoyed seeing the variety of designs. This was so refreshing I read the entire magazine. Well done, this issue was a real motivation especially for the High Achievers' in the Matric Examination 2019. Keep it up!

**Farwah Shahid (GC College Lahore)**

The experience your reading your magazine is just enchanting on several levels. It took me about half an hour to get it, but when I did I was taken away with the creativity of the understanding as well as serious treatment of subjects, such as education, or exams. Most of the articles in the line were playful and fun to read, especially cover story, as it was necessary for the position holders of Matric.

**Wajahat Raiz (Punjab College)**

I have for months been proud of the magazine and leave my copy in the school library when I have finished reading it. There were many interesting topics in your edition of August 2019; likewise advice, cover story, health and more. Thank You for publishing such a great magazine. I really enjoy reading Informal. I hope that future issues will hold much more about improving the

education picture in Pakistan.

**Amina Munir (LCWU)**

Your last issue was outstanding as it praised the efforts of Matric Position Holders. It was wisely written, as various significant topics were discussed, described and questioned – providing students every bit of information regarding respected topics. I feel like it is both a publication and a unique paper sample as well.

**Alvina Shaheen (LCWU)**

While I generally love and respect your magazine for the ways it approaches the students with grace, balance and soul, the last issue left me with the same feelings. Your magazine is always great in terms of its content and creative illustrations. Thanks for a fresh and unique reading experience. I've had the pleasure of reading your magazine. I always finish INFORMAL Magazine in less than a week.

**Hina Amir (Lahore Grammar School)**

Your magazine is a collection of informative topics for students which provide authentic information along with a wide range of topics specifically selected to enhance knowledge of the students. Magazine of last month was attractive and pretty so keep up the good work and make us surprise with each new issue!

**Arslan Ali (University of Lahore)**

I am a big fan of informal magazine. You and your team do a wonderful job. You guys attempt a bump in the road and you do it in an excellent manner. I'd just like to compliment the magazine staff on the latest edition; I read it with great interest. So I just want to stay stick to what has earned the magazine its reputation for excellence.

**Wajahat Raiz (Punjab College)**

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

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

[www.informal.pk](http://www.informal.pk) | 05

Goldfish  
Red

COLOR

Goldfish®

[www.shahsons.com](http://www.shahsons.com)



SHAHSONS



ORIA

PICASSO®

www.shahsons.com

SCIENCE FUSE

By: Bilal Ahmed



# World's first 'Solar Road' tears to Failure

In July 2016, the French daily newspaper Le Monde reported that the 0.6-mile (1 kilometre) solar road was a fiasco. In December 2016, when the trial road was unveiled, the French Ministry of the Environment called it "unprecedented".

French officials said the road, made of photovoltaic panels, would generate electricity to power streetlights in Tourouvre, a local town. But less than three years later, a report published by Global Construction Review says France's road dream may be over.

Cracks have appeared, and in 2018, part of the road had to be demolished due to damage from wear and tear. Even at its peak, the road was only producing half of the expected energy, because engineers didn't take into consideration rotting leaves falling on the road.

It was all smiles and high hopes in 2016, when the world's first solar panel road, called Wattway,

opened. France spent US\$5.2 million on 0.6 miles (1 kilometre) of road, and 30,000 square feet (3,000 square metres) of solar panels. It was hailed as the longest solar road in the world.

The French minister for energy said she wanted to have solar panels on one mile of road every 621 miles in the country within the next five years. Despite grey skies on the day of the inauguration, France was leading the world for solar transportation, but realistically nothing really happened.

It was an impractical move beginning a solar panel trial in Normandy, France, since the region doesn't have the most sunshine. The city only has 44 days of strong sunshine in a year. Thunderstorms also reportedly broke solar panels on the road.

The trial road was meant to produce about 150,000 kWh a year, which is enough power to provide light for up to 5,000 people, every day. Instead, it was making just fewer than 80,000 in 2018, and fewer than 40,000 by July 2019.



# TELL ME WHY HONEY BEES MAKE HONEY?

**H**oney bees need to make honey so that they can survive during the cold winter months. They make the honey prior to the cold setting in and store it to be eaten during this time. This is done because there are fewer flowers during the winter. Even if some flowers were around, honey bees are not able to forage what is available due to the cold.

They need to store food because honeybee colonies need enough in storage to feed not only the queen but the entire colony alive during the winter. This requires a lot of honey as a colony of honey bees can number in the tens of thousands. Honey is a great source of nutrients and energy for the bees due to its high sugar content. This makes honey the perfect food since they expend a great amount of energy beating their wings, which must be done throughout the winter in order to manage the temperature inside the hive.

Honey is ideal for bees as it is full of nutrients and is a great energy food, because it is high in sugars. When you consider that whilst flying, a honey bee's wings beat about 11,400 times per minute, needing a great deal of energy which is only fulfilled by honey they produce.

The first step in the process of making honey is for the honey bees to go out and harvest nectar from flowers. The vast majority of honey bees in a colony are workers, whose purpose it is to gather the nectar. A lot of bees need to be workers because an individual honey bee will only produce about 1/12 of a teaspoon of honey during its lifespan. Upon retrieving nectar from a flower, honey bees' salivary glands will let out an enzyme that mixes with the nectar. Once they return to the hive, the nectar will then be stored in the honeycomb, a wax structure made up of many individual hexagonal shaped cells.





SHAHSONS



SHINE

PICASSO®

www.shahsons.com

INVENTIONS

# INVENTION STORY OF CANDLE

**C**andles have been used for light and to illuminate man's celebrations for more than 5,000 years, yet little is known about their origin. The earliest use of candles is often attributed to the Ancient Egyptians, who made rushlights or torches by soaking the pithy core of reeds in melted animal fat. However, the rushlights had no wick like a true candle. While the Egyptians were using wicked candles in 3,000 B.C, historians have found evidence that many other early civilizations developed wicked candles. A major improvement came in the Middle Ages, when beeswax candles were introduced in Europe. Unlike animal-based tallow, beeswax burned pure and cleanly, without producing a smoky flame. The growth of the whaling industry in the late 18th century brought the first major change in candlemaking since the Middle Ages, when spermaceti, a wax obtained by crystallizing sperm whale oil, became available in quantity. Most of the major developments impacting contemporary candlemaking occurred during the 19th century. In the 1820s, French chemist discovered how to extract stearic acid from animal fatty acids. This led to the development of stearin wax, which was hard, durable and burned cleanly. Stearin candles remain popular in Europe today.



# INVENTION STORY OF MAP

**C**artography is the art and science of making maps. The oldest known maps are preserved on Babylonian clay tablets from about 2300 B.C. Cartography was considerably advanced in ancient Greece. The concept of a spherical Earth was well known among Greek philosophers by the time of Aristotle (350 B.C.) and has been accepted by all geographers since. During the Medieval period, European maps were dominated by religious views. The T-O map was common. In this map format, Jerusalem was depicted at the center and east was oriented toward the map top. Meanwhile, cartography developed along more practical and realistic lines in Arabic lands, including the Mediterranean region. All maps were, of course, drawn and illuminated by hand, which made the distribution of maps extremely limited. The invention of printing made maps much more widely available beginning in the 15th century. Printing with engraved copper plates appeared in the 16th century and continued to be the standard until photographic techniques were developed. The first whole-world maps began to appear in the early 16th century. Maps became increasingly accurate and factual during the 17th, 18th and 19th centuries with the application of scientific methods.







# VITAMIN SE BHARA FRUIT KA PUNCH

Manufactured By:



**S.M FOOD MAKERS LIMITED.**  
1-Km, New Central Jail Road, Multan, Pakistan.

- [facebook.com/gibspakistan](https://facebook.com/gibspakistan)
- [twitter.com/gibspakistan](https://twitter.com/gibspakistan)
- [instagram.com/gibspakistan](https://instagram.com/gibspakistan)
- [www.smfoods.pk](http://www.smfoods.pk)
- [info@smfoods.pk](mailto:info@smfoods.pk)
- +92 61 111 124 555



SHAHSONS

# AIR POLLUTION SMOKING ABOUT 25 CIGARETTES A DAY: RESEARCHERS



MARKER

PICASSO®

www.shahsons.com

**R**esearchers have found that ozone air pollution which is increasing with climate change can accelerate lung disease as much as smoking a pack of cigarettes containing 20-25 cigarettes a day.

“We were surprised to see how strong air pollution’s impact was on the progression of emphysema on lung scans, in the same league as the effects of cigarette smoking, which is by far the best-known cause of emphysema,” said Joel Kaufman, Professor at the University of Washington.

If you live in areas with increased levels of ozone, researchers found an increase in emphysema roughly the equivalent of smoking a pack of cigarettes a day for 29 years. The study, published in the journal JAMA, demonstrates an association between long-term exposure to major air pollutants – especially ozone – with an increase in emphysema seen on lung scans. Emphysema is a condition in which destruction of lung tissue leads to wheezing, coughing and shortness of breath and increases the risk of death.

The results are based on an extensive, 18-year study involving more than 7,000 people and a detailed examination of the air pollution they encountered between 2000 and 2018 in six metropolitan regions across the US. The participants were drawn from the Multi-Ethnic Study of Atherosclerosis (MESA) Air and Lung

studies.

Using a CT scan, researchers were able to see that that exposure to each of the pollutants was associated with the development of emphysema, a lung condition that causes shortness of breath, and is usually associated with cigarette smoking. It’s a debilitating chronic disease that shrinks the amount of oxygen that reaches your bloodstream.



SHAHSONS



# PAKISTANI GAMER ARSLAN SIDDIQUI WINS TEKKEN 7 AT EVO 2019 TOURNAMENT

**P**akistani gamer Arslan "Ash" Siddiqui on Sunday won the Tekken 7 Championship at the Evolution Championship Series (Evo 2019 tournament), held in Las Vegas of the United States' Nevada, becoming the first national player in the history win the Championship. Arslan Siddiqui, who played the Tekken 7 Championship at the Mandalay Bay Convention Center on August 4, 2019, and goes by the username Arslan\_Ash, bowed down and touched his head to the ground in gratitude as he was crowned the World's Tekken 7 Champion.

In the Tekken 7 Grand Finale, Siddiqui beat South Korea's legendary Jae-Min "Knee" Bae. His win is a monumental one, especially in light of the fact that he was almost a nobody in the Tekken community a year ago; now, he is the best Tekken 7 player in the whole world.

Siddiqui's win was a fascinating and nail-biting match for the fighting game community (FCG) and he returned home with almost \$14,000 in prize money. Siddiqui, now 23, plays with the character Kazumi Mishima, who is an antagonist in the fighting game and known for being the ex-wife of Heihachi Mishima and the daughter-in-law of Jinpachi Mishima.

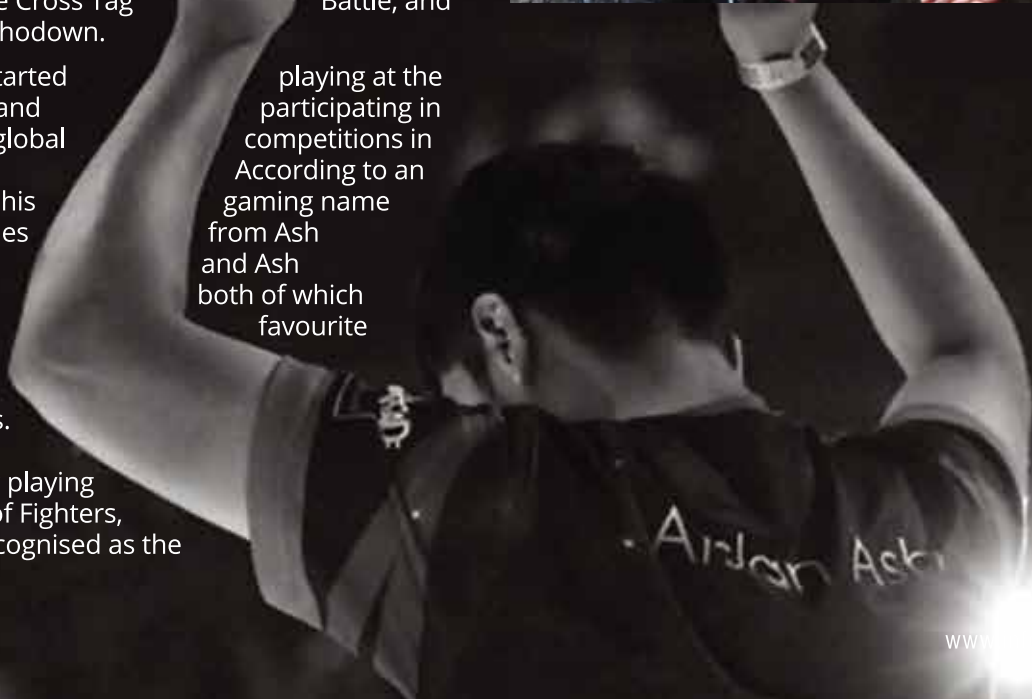
Tekken 7 was one of the nine offered at the event, apart Street Fighter Arcade Super Smash Bros Mortal Kombat 11, Soul Under Night In-Birth, Z, BlazBlue Cross Tag Samurai Shodown.

Siddiqui started age of 11 and local and global 2018. According to an interview, his "Ash" comes from Crimson Ketchum, and his

playing at the participating in competitions in According to an gaming name from Ash and Ash both of which favourite

characters. Originally known for playing The King of Fighters, he was recognised as the

best player from Pakistan and ranked Number 1 in Tekken Tag Tournament 2 and The King of Fighters XIII. He single-handedly beat the regional competition in at OUG Tournament 2018 to qualify for the King of Fighters XIV Finals and now the Tekken gaming community is astounded by the stunning performance of Siddiqui.



SHARPENER

Goldfish®

www.shahsons.com



SHAHSONS



MARKER

PICASSO®

www.shahsons.com

# THE SWIMMING POOL SAFETY CONUNDRUM

An effective way to prevent accidents is to implement multiple layers of protection: lifeguard supervision, safety barriers, door and pool alarms, regular inspections, training lessons and CPR.





ERASER

Goldfish®

Aquatic activities play a significant role in the lifestyle of many Australians. It is highly likely that students will be involved in some form of aquatic activity during their schooling. If aquatic activities are to provide beneficial, enjoyable and safe experiences, it is essential that schools make students and pool management aware of the importance of water safety and equip students with the necessary skills for safety and survival.

Recently, Sindh's School Education and Literacy Department had to call private schools in Karachi to temporarily stop letting students swim in their swimming pools after a sad incident took place, where a sixth-grade student drowned at Habib Public School during a swimming class.

Schools should take this matter seriously and immediately increase monitoring along with security of swimming pools. Hence, an effective way to prevent accidents is to implement multiple layers of protection: lifeguard supervision, safety barriers, door and pool alarms, regular inspections, training lessons and CPR.

Many schools as part of sport, physical education or special focus programs should conduct programs such as; Weekly training and instruction sessions which provide for water safety, life saving and advanced swimming programs intensive learn to swim and water safety programs.

For all swimming programs and activities parents must be informed of full details of the location, supervision to be provided and planned activities to be undertaken when seeking their written permission. The permission note must contain a

clause authorizing medical aid if it is considered necessary by the supervising teacher.

A minimum of two supervisors, one of whom must be a teacher, with appropriate expertise and qualifications must be present at all times. Lifeguards at pools can only be used for supervision and counted in supervision ratios if they do not have general lifeguard duties at the venue at that time and their sole responsibility at the time is to the students in the program. Principals and organizing teachers should take into account such factors as age, ability, experience and maturity of the students and experience of the adult supervisors when arranging supervision.

A major factor when determining 'pool supervision' that teachers must give their students in aquatic activities is the swimming ability of the students in the class. Therefore, a reasonable assessment of student swimming ability should be made as close to the commencement of the activity as possible. The activity supervision plan should include provision for students when they are not swimming. This would indicate where these students should be, what they can do and how they are supervised.

The lifeguard must ensure that appropriate rescue equipment, such as buoyancy and reaching aids, are readily available at the venue. Hoists for access to the pool may be required for some students with disabilities. Regular inspections must be made to ensure that all teaching aids and safety equipment are in good condition. Teaching aids must be stored separately from chemical stores and plant rooms. A well-equipped medical kit including resuscitation mask with a one way valve must be readily available for the safety of students.





SHAHSONS



GRIP

PICASSO®

[www.shahsons.com](http://www.shahsons.com)

# A LEARNING CURVE IS ESSENTIAL FOR GROWTH

If you wish to study abroad then it's relatively impossible to get into any university in the US or UK without social activities. Universities in the US & UK want to see that you have gone above your intended field of study and have made a difference to excel in your area of interest.





**T**here is so much pressure on students, especially in secondary schools, to perform well in their examinations in order to achieve excellent grades. This, by all means, is not wrong – wanting students to perform exemplarily well in their exams is normal. The problem comes in when students have no life outside their classrooms, or no “Social Life”; when all they do and think about is their books. Their world just revolves around books, with no room for their development as human beings.

Many parents, guardians, and students themselves do not understand the importance of extracurricular activities. Teachers in many schools have had to convince some parents and guardians to permit their children to participate in extracurricular activities. This is because the parents feel that those afterschool activities distract them from their studies, or caused them to get home late. Some students also feel that they do not need the activities; all they need is to concentrate on their books. Some students worry that participating in social activities may take away too much time from their schoolwork, thus hurting their grades; however, extracurricular activities can actually improve your grades and your outlook on school in general!

Co-curricular activities are just as important as academics. They both complement each other to develop a well-rounded student with more social skills than one who only concentrates on their

books. Education should go beyond the four classroom walls; it should be more than just books. There are so many activities that a student can choose from, including sports such as athletics, football, and rugby, cricket, debate, chess or even mentor sessions.

Let's be honest, making friends can be hard but one of the easiest ways to make friends is through social activities. Each social activity you engage in provides you with another opportunity to expand your social network, which will also come in handy when you're looking for a job. For example, if you make a few friends doing community service at school you might decide start a volunteer club together and really make an impact in your community.

Students who participate in co-curricular activities have a sense of commitment to whatever they are involved in. This is because as they take part in whatever sports or club activity they are a member of, they have to commit to it and give their all, and this commitment extends to all other areas of their lives.

It also gives you the chance to explore you're passions to discover things you may be interested beyond academics while taking some time off hitting the book. On top of all of the benefits of extracurricular activities we already talked about, one of the greatest advantages extracurricular activities give you are real-world skills, such as: setting-up goals, teamwork, time management, prioritizing, problem solving,





SHAHSONS



ORIA

PICASSO®

www.shahsons.com

**Surprisingly, social activities are even more important to US universities. In fact, social activities and leadership account for about 30% of your application.**



critical thinking, quality of leadership and public speaking.

The more you achieve success through activities you're passionate about, the more your self confidence will improve. For example, let's say you're really good at debates and your teacher encourages you to get involved in competitions. You join the school team and start training for the Annual Debate Competition. During the process you realize how fun debates/public speaking can be and how talented you actually are, which gives your confidence a huge boost.

Participating different social activities also boosts your resume and increase your chances to get a job you applied for. As one of the ways companies may assess your ability and work ethic is through your social activities. For example, if you were on a debating team, the company would know that you work well with others, can argue a point professionally and have public speaking experience.

If you wish to study abroad then it's relatively impossible to get into any university in the US or UK without social activities. Universities in the US & UK want to see that you have gone above your intended field of study and have made a difference to excel in your area of interest.

Surprisingly, social activities are even more important to US universities. In fact, social activities and leadership account for about 30% of your application. Moreover, international universities do not limit you to just one passion so if you want to study science but also love filmmaking, taking part in activities such as scriptwriting, directing your own films, international film competitions, holding movie nights to raise money for an environmental science cause you care about and being the president of the science club on campus will immensely increase your chances of getting into international universities.





# AMERICAN LYCETUFF DNK SCHOOL SYSTEM

[www.americanlycetuff.edu.pk](http://www.americanlycetuff.edu.pk)

## O-LEVEL MAY 2019 RESULT

**188 A\*s & A's**

**HIGH  
ACHIEVERS**

MURTAZA KAZMI	6 A*s 2 A's
MAHA QAISER	6 A*s 2 A's
ATIQA	6 A*s 2 A's
FAIQ SOHAIL	4 A*s 4 A's
ABDUL HADI	3 A*s 4 A's
ABDUL MOIZ	2 A*s 6 A's
BAKHTAWAR	2 A*s 6 A's

By the Grace of Almighty Allah, we are pleased to announce



**2<sup>nd</sup>**  
**POSITION**  
IN LAHORE BOARD

**AFFAN AAMIR**

Roll no. 250118.

**1090**  
**marks**



# Knowing is not enough; we must apply

In Conversation with  
**Mian Atif-ur-Rahman**  
 is the CEO of "Native Educational Gateway Native Schools"

**Q. Tell us about yourself and an account of your respected field?**

**Ans.** I'm the CEO of Native Group and I'm also associated with the designing and printing field. My technical field is a big support for me and to accomplish it I had worked a lot. My father encompassed a great role in my personal development, he said to do things you need to be dedicated and while you start to gain focus, you will soon experience difficulties and coming out of these difficulties will create your image - without these difficulties you are nothing.

**Q. As a CEO, how you support the "Native Group"?**

**Ans.** As far as support is concern, I merge it with the vision that until you make developments and adaptations in your institution, you cannot support it - by this you improve your institution. I have a role in it and each one of us have a role in developing and improving the organization to support it.



**Q. What kind of inspiration you possess for yourself and your institution?**

**Ans.** I am an inspired person and I have values which are important, these values are and taught to me by my father. My father was an inspiring person and he inspired others as well, so, having such an inspiring person at home one could easily get Inspirational strength.

**Q. Currently, where do you see Native Group standing?**

**Ans.** We are doing well! We have multiple branches all around the country. We have 35 branches all over Pakistan and in coming session our strength will be enhanced up to 40. In addition to it, People who work with us help us to maintain and run our system. Students who learn and groom in our institutions are basically taught by our best teachers who update their parents in all matters.

**Q. In your own perspective, what is education?**

**Ans.** For me education means to polish and draw the potential of a student. Education is originated from a Greek word "Edu" which means to draw. Our goal is to draw the inner potential of students so they may become what they are destined to be. In Quran, Allah told us that he created man himself and he created man with beauty. So, this beauty cannot be confined to superficial appearance, there is something more in it and it is our inner capabilities.

**Q. What role school can play in developing the moral values of a student?**

**Ans.** Parents, teacher and student is a triangle in which student is taught ethics. What school teaches must be endorsed by parents. The there are social values and Islamic moral values, until

you treat both in same way you cannot get the maximum output.

**Q. How an individual can become a good entrepreneur/educationist?**

**Ans.** I have a formula for this; it is 3F formula. First F stands for Focus; your focus must be good, you must be aware of your goals. Second F stands for fear; our fear develops our motivation. Third is the element of faith; our faith allows us to overcome fears.

**Q. What is the motive behind teaching Chinese language in your institution?**

**Ans.** CPEC is a mega project which is providing and will provide more jobs in future. Instead of waiting for such time, we are preparing our students for future and developing their interest in it. Now, our students know counting, speaking and other notions of Chinese language.

**Q. Apparently, government in trying to eliminate marking system with grading system for Matric and Intermediate, is it a good step?**

**Ans.** Yes, it is a good step but still there is no proper infrastructural plan for this initiative to be fully implemented in your education system. Therefore, government should initiate an adequate plan first, which will give authenticity to the grading system.

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

**Ans.** Our extensive conversation is a message itself. Moral values play a significant role in uplifting a society. Moral values not only make us law abiding citizen but a good human being. Wise individuals help their neighbors - this lesson holds great moral significance. We as a part of the society must help each other as moral value teaches us the values of being a good citizenship and a god human being.



**Our goal is to draw the inner potential of students so they may become what they are destined to be.**



SHAHSONS



SHINE

PICASSO®

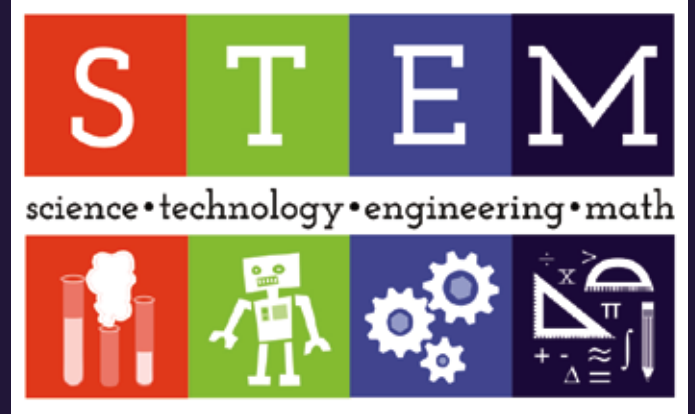
www.shahsons.com

ARTICLE



By: Zeba Nasir

Member BHS (Academic & Editorial Board)



# Optimise Learning Through STEM

**S**TEM is an abbreviation of Science, Technology, Engineering and Mathematics. National Science Foundation (NSF) at the US introduced it in 2001. STEM is vital because it saturates every fragment of our lives. STEM curriculum is centered on the four main disciplines Science, Technology, Engineering, Mathematics, which provide a set of gears for understanding the world around us, and enables us to create a feasible future for our planet Earth.

STEM is for everyone and not just for specialists. It promotes a critical thinking through collective intelligence, as it is highly collaborative. When the children work in a group of different intellectual brainpowers, they always come up with a number of innovative solutions for a single problem. The subject disciplinary structure also enables students to master the basic skills, which eventually lead to a successful future career. STEM is prevailing to be an extensive part of the school curriculum nowadays.

Implementing STEM in Preschool is an amazing idea to facilitate students about these four disciplines. The hands-on activities during STEM projects endorse a long-term memory in children. STEM creates an interest right at the gross level to access the child's attribute towards a certain subject. It actually sparks a passion for their future profession.

STEM teacher holds a dual responsibility of being a facilitator and a monitor at the same time. STEM facilitator provides a lot of guidance but fewer instructions and helps the children identify a STEM challenge, plan an engineering design to make their own model, perform a sample testing & evaluation, and communicate their findings. The failure model should not be discouraged, as it is always an initial step towards ultimate success. The findings can be redesigned to discover the best solution of a real life problem.

STEM transforms the students in to visual learners. The practical activities enable them to absorb Science, Mathematics, Engineering and Technology together at the same time at early stage. Later the students realise that the solution of any real life problem is not beyond their access.

STEM curriculum is designed analytically to stay current with ever-changing technology and Science. STEM can be integrated in schools by making STEM an extensive part of the school curriculum. Exhibiting STEM project, involving the parents in live STEM classes and celebrating STEM Wonder Day are some other ways to incorporate STEM in the schools. It is obvious that a time is about to come when STEM Education will become an unavoidable feature of the school's academic structure.



## UK University to offer free Masters Degrees

Undergraduate students studying at the University of Law Business School in the UK who complete a degree with the university will have their tuition fees waived for their master's if they continue to study at the institution. Students will have to meet the course requirements and immediately go on to the master's course after graduating from their bachelors. The offer is open to both domestic and international students who enrol from this year onwards and has the potential to help students save up to £17,000. With campuses in London, Birmingham, Manchester, Leeds and Nottingham, students will be able to take courses in different locations across the UK.



## Global Economic impact of International Students estimated at \$300B



International students pursuing tertiary education had an estimated global economic impact of \$300 billion in 2016, new figures from StudyPortals have revealed. However, the confluence of higher costs and lower prospects of work threatens the sustainability of international student mobility. The first of its kind to look at the economic impact of international students globally rather than at a national level, the 'Beyond \$300 Billion' analysis also used UNESCO data on the 5.1 million globally mobile degree-seeking students in 2016 to analyze trends and patterns of mobility.

## New bank in US launched for International Students

A new "challenger bank" has been launched aimed expressly at international students headed to the US – and the entrepreneur behind the new venture is a former international student himself. North Loop is an idea from Tahem Veer Verma, an established entrepreneur who has already had one successful exit from his first start-up, English language learning app Enguru. International students can sign up for an account before they travel to the US, and "their debit card is already waiting" on arrival, said Verma, mailed to an address provided.



## Lack of Foreign language teachers in Vietnam



The Ministry of Education and Training in Vietnam has once again expressed concerns that the quality of foreign language instruction in the country is preventing English proficiency goals from being met. The ministry recently revealed that the average English scores over the last three years were below 5.0 on a ten-point scale, with attainment significantly lower outside the major cities. "If anyone wants to get a higher salary or go abroad, they need to learn English. All students in Vietnam must study English at school from grade one and do about three lessons per week," Hieu Nguyen of GrowGreen Vietnam.

## AFS launches program for Greek Students

The Stavros Niarchos Foundation has awarded a \$525,000 grant to AFS Intercultural Programs to launch a Global Citizen Scholarship Program for high school students from Greece to participate in an exchange program abroad. The scholarship program will provide 50+ Greek youths with year-long, semester-long, and trimester-long scholarships. The new scholarship program will help Greek students develop the global competence needed to collaborate and communicate across cultures and create personal ties between people in other countries and Greece, both widening the perspective of Greek youth and enabling citizens around the world to get to know Greek culture in a positive and personal way.





### Zong successfully carries out Pakistan's first 5G trials

Zong, China Mobile Pakistan (CMPak), successfully conducted trials of its fifth generation (5G) wireless network, the first 5G trial in Pakistan. The trials make Zong, which operates 12,000 4G sites with more than 13 million 4G customers, the first and only operator to officially test 5G services in the country. "CMPak has been committed to serving livelihood of Pakistanis, boosting Pakistan's economy, and continuously improving its network capabilities and service level by relying on China Mobile Group's strong support. Zong has become the first operator in Pakistan to successfully conduct 5G trial and this is yet another milestone for us," said Zong Chairman and CEO Wang Hua.



### Flava Supports Gilgit-Baltistan Girls Football League to Promote Women in the Region

Haleeb Foods, one of the leading food and beverages company of Pakistan partners with Gilgit-Baltistan Girls Football League 2019 under the banner of Flava - the most nutritious and delicious flavoured milk brand. Announcing a fully sponsored Higher Education Scholarship for the winner of the tournament, Sami Qahar Head of Marketing Haleeb Foods said "This partnership is deeply focused towards providing women a conducive environment to progression. Flava has a strong commitment towards making Pakistan a healthier nation and through this initiative we are supporting the girls realize their true potential." Gilgit-Baltistan Girls Football League is an initiative founded by two young and enthusiastic sisters Karishma and Sumaira Inayat.



### University of Sargodha approves BA/BSC programs



The Academic Council of the University of Sargodha approved the phasing out of BA/BSC programmes and the launch of two-year Associate Degree Program (ADP) in its affiliated colleges and for external/private candidates. The ADP, introduced last month by the Higher Education Commission (HEC), includes a general education requirement. It aims to prepare the young graduates equipped with employable and marketable skills. These skills would encourage them to become an efficient labour force to speed up the wheel of economic productivity and inclusive growth in Pakistan.

### Germany supports Virology Center at University of Karachi



German universities were providing technical assistance to Dr. Panjwani Center for Molecular Medicine and Drug Research, University of Karachi (UoK) to set up a Virology Center. Pakistani and German scientists expressed these views in a meeting recently held at the Dr. Panjwani Center, said a statement. They observed that although Pakistan has the first highest global burden of viral diseases, the country lacks the national capacity in the field of virology. The country has suffered a dilemma of infectious diseases such as dengue, Crimean-Congo fever, hepatitis, measles, and polio etc, they added.

### University of Sindh Jamshoro launches E-Portal

The Information Technology Services Centre University of Sindh Jamshoro launched student-friendly E-portal designed exclusively to provide a wide range of online amenities to its 35000 on-campus student populace. The Vice Chancellor Prof. Dr. Fateh Muhammad Burfat inaugurated the state-of- the art, cutting-edge digital facility in a simple yet graceful ceremony at the Senate Hall of the Vice Chancellor Secretariat in the presence of campus pro vice chancellors, deans, academic and administrative heads, faculty, officers, employees and students.



SHAHSONS



MARKER

PICASSO®

www.shahsons.com

## HEC honours 52 Pakistani Scholars for their Research work

The Higher Education Commission has awarded 52 Pakistani researchers and scholars for their outstanding work in the spheres of research, innovation and publication statement. Dr Tariq Banuri, Chairman HEC was chief guest on the occasion, while Dr Anwar-ul-Hassan Gillani, Vice Chancellor University of Haripur was the guest of honour. The ceremony was also attended by Dr Masoom Yasinzai, Rector International Islamic University. A statement said that Outstanding Research Awards programme is an initiative to recognise and celebrate the achievements of Pakistani researchers and scholars in research, innovation and publications.



## Pakistan Medical and Dental Council completes Inspection of 168 Medical Colleges

The Pakistan Medical and Dental Council (PMDC) have completed nationwide inspections of 168 medical and dental public and private colleges in order to improve the standard of medical education. PMDC President Prof Dr Tariq Bhutta said the Council had decided to close down those institutions which failed to sustain the minimum standards to maintain the international recognition of standard of MBBS and BDS programmes. He said the inspection and evaluation criteria for recognition of the colleges had been revised, and after its pilot-test, implemented by the Council. The objective of inspections was to enhance the standards of medical and dental education.



## International Conference held at NUST



International conference on role of artificial intelligence in environment monitoring was held at NUST School of Electrical Engineering & Computer Science (SEECs). The conference's theme this year was Artificial intelligence, A game changer for climate change and the environment. The conference brought together renowned scholars and scientists from across the globe. Addressing the closing session, the chief guest, State Minister for Climate Change Ms Zartaj Gul, praised NUST for organizing a conference of high academic value. Zartaj Gul said that currently our government is running a plastic bag ban campaign in Islamabad and our priority is to implement this ban in whole Pakistan.

## Shafqat Mahmood takes notice of Private Schools' Domination



Minister for education Shafqat Mahmood took a serious note of reports that certain private school systems were forcing students to buy entire package of text and notebooks at exorbitant prices from designated shops. He said this practice was not acceptable as most parents could not afford to buy costly books and stationery items for their children. "What is especially difficult for parents is that they are being forced to buy textbooks which can easily be passed on from older brothers and sisters to their younger ones once they move on to a senior class," he said.

## USAID delegation visits University of Veterinary and Animal Sciences Lahore

The Deputy Chief of United States Agency for International Development (USAID) Agriculture Office Mr. Malick Haidra visited the University of Veterinary and Animal Sciences Lahore and called on Pro Vice-Chancellor Prof Dr Masood Rabbani at City Campus Lahore. Mr Malick Haidra was accompanied by Asad Ullah Khan, COR, USAID, Muhammad Junaid, COP USAID PEEP, and Dr Sanauallah, Livestock Specialist USAID PEEP. Later a detailed meeting of the delegation was held with UVAS Senior faculty members. Addressing the meeting, Prof Dr Masood Rabbani spoke about the historic collaboration between UVAS and USAID for the uplift of livestock, dairy sector especially farming community of rural areas in Punjab.



# Sindh Government Bans Selling and Use of Plastic Bags from October

The Environment and Alternative Energy Department Sindh announced a ban on the use of plastic bags. According to Sindh Adviser on Environment Murtaza Wahab, the ban will come into effect from October 1.

The provincial adviser said that there will be a ban on manufacturing, selling and use of plastic bags, adding that a big reason for choking of drains is due to these bags. The ministry's spokesman said that Murtaza Wahab also distributed bags made of cloth among people at Do Talwar – a locality in Karachi.

Senator Wahab shared a message from Sindh Chief Minister Murad Ali Shah, urging residents to replace plastic bags with cloth bags, on Twitter. "Sindh Govt has started an awareness campaign against the use of Plastic Bags for being disastrous to environment. CM Sindh requests citizens to support the campaign & help Sindh Govt save the environment. It has been decided that plastic bags won't be allowed from 1st October," he tweeted.

The CM's advisor asked the general public to cooperate with the Sindh government in this campaign, adding that the factories and shops using plastic bags as well as the media should also play their part in the betterment of their city and lifestyle. Further, he said that after the violators will be dealt with according to the Law after 1st October 2019 and after the ban period action will be taken against the sellers, manufacturers and users of plastic bags.

The ban on plastic bags has been the talk of the country for a few days as political leaders seem to be preparing for a cleanliness drive for the betterment of the environment in more areas than one. Earlier, Foreign Minister Shah Mahmood Qureshi had emphasised the importance of a cleaner and greener environment. Qureshi is set to kick-off an environment-friendly campaign aimed at the eradication of plastic shopping bags from the capital. Devastatingly, according to a 2018 survey report of Environment Protection Department, as many as 55 billion plastic bags are used per year in Pakistan while the amount of plastic use is increasing by 15 per cent each year.







ERASER

Goldfish®



By: Ch. Salahuddin

# Wrong Language of Children: Reasons and Rectifications

When parents listen their children of four to ten years abusing and using bad language they realize the great damage which has been done due to their negligence and careless attitude. To rectify this you have to stop the use of bad language immediately.

A child is the effigy of the parents. He learns every basic practice from his home. In our religion the first thing a child hears is Azan, the name of Allah Almighty so that he always remembers his creator but with time he also listen talks and abuses of his parents. All he listens from ears as input comes out from his lips as output.

Fear is innate and when the child is forbidden from wrong doings and bad language in the early age by threatening him from Allah like do not do this otherwise Allah will get angry or He will punish. And sometimes to get truth from the child he is compelled to sworn by Allah. This habit decreases the fear of Allah Almighty from child's heart and he thinks that Allah has never appeared to punish him on his wrong doings so he starts using this reference as a shield.

If there are many children in home with much age difference then their harsh attitude and abuses in contrast to their parents' behavior got an alarming situation for parents. When parents listen their children of four to ten years abusing and using bad language they realize the great damage which has been done due to their negligence and careless attitude. Then by following the saying "No use to cry over spilt milk" parents consider it the most difficult to rectify these consequences of bad upbringing.

Some children behave badly despite of strict control of parents and teachers. In such cases they also learn other bad habits. According to researches such children lack some neurochemicals which cause such problems of learning and behavior. Psychologists consider such defensive attitude of children as a great damage to their personality. This is known as Tic Disorder.

The parents who cannot afford heavy fees of psychologists they must themselves keep an eye on bad habits of their children. Media, fictional characters and cartoon characters also influence the habits of children. Moreover, they also learn from maids, servants, drivers and neighbors. When elders use bad language for servants they actually set a bad example for children to follow.

Teach the children about bad meanings of abuses and forbid them to use such words as an expression of anger. Practice yourself in front of them that how to control anger and how to behave during anger in a gentle and decent manner. Tell them that abuses can hurt the feelings of other people. Condemn the bad languages of TV programmes and negative characters and instruct children not to follow them. Give them good moral and motivational story books and provide them good role models.





# SCHOOL CRAFTS

FOR SCHOOLS AND PARKS

NATIVE GROUP

[www.schoolcrafts.com.pk](http://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

# Allied School holds High Achievers CEREMONY 2019

The largest educational network in Pakistan – “Allied Schools”, conducted High Achievers Award Ceremony in order to award the students and teachers of Allied Schools, EFA Schools and Resource Academia with medals and certificates for the distinctive result in the Matric Board Exams 2019 across Pakistan. The ceremony took place at the Auditorium of University of Central Punjab, Lahore. The ceremony was graced with the presence of brilliant students, their teachers, parents and education experts. 731 students of Allied Schools secured more than one thousand numbers. 2701 students got A\* grade, whereas 1872 students passed with A grade. Moreover, Arhama Shahid of the Tayyaba Campus Lahore secured 3rd position in Lahore Board (Science Group) with 1088 marks. She was awarded with Rs. 1 Lakh. Roshan Zahra Rizvi of the Bhakkar Campus Sargodha of Sargodha Board (Science Group) was also awarded Rs. 1 Lakh for scoring 1083 marks. Similarly, an enormous amount of thirteen lakh and three thousand was distributed among other high achievers and teachers of Allied Schools for showing an excellent result in the Intermediate and Secondary Education Examination 2019.



PENCIL

Goldfish®

www.shahsons.com



SHAHSONS

EVENT

# The Lahore Lyceum Azadi Carnival 2019



The Lahore Lyceum organised a stunning Azadi Carnival to rejoice the love for Pakistan and showcase the ultimate strength of unity. The school administration welcomed all the guests and appreciated their presence at this patriotic occasion.

The ceremony started with the recitation and National Anthem. The program continued with thrilling kids' competitions, musical chair, games, magic show, national parade, flag waving, food stalls, cultural representation of all the provinces of Pakistan and many other activities in keeping with the celebratory carnival.

A huge number of students and their parents, employees, faculty members and guests took to the varsity ground embellished with competitions, games and dressing shows, poetry and national songs contests.



PICASSO® ORIA



www.shahsons.com

# Aftab Sons and Fazal Sons Marks Glory on this Independence Day

Aftab Sons Writing Instrument Industries and Fazal Sons Match Industries celebrated the Independence Day of Pakistan with special giveaways to the people. As it is important to inculcate the love for our country through such giveaways and interactive activates. This is to make people realize the monumental efforts made by great Muslim personalities in liberating Pakistan.

People and especially the students were pleased to receive and win over gifts such as Pakistani flag batches, stickers, writing instruments, writing pads, mugs, bangles and match boxes.

People were also engaged in various interesting activities like message writing in order to showcase their love for Pakistan and photo contests - the winners got unique gifts. While, social media users around the corner connect-ed, participated and shared their love and feelings for the beloved country on this occasion.



Red  
JUMBO WAX CRAYON

JUMBO CRAYON

Goldfish®

www.shahsons.com



SHAHSONS

PICASSO GRIP

GRIP

PICASSO®

www.shahsons.com



# Staying **HEALTHY** in **HOT** and **HUMID**

**W**eather extremities are always difficult to deal with. A freezing cold wintry morning or the blistering heat of the summer sun, it's always difficult to deal with changing weather conditions. But nothing beats the fury of a hot and sultry day. Humidity combined with heat is the last thing you wish to see on any forecast.

As rains take a break during Monsoon, the sun comes out and all of a sudden, it gets hot and humid. Humidity is dreaded universally. You can't sit, you can't walk, playing your favorite sport becomes a challenge, and hanging out with friends isn't 'cool' anymore.

Choose the right kind of beverages and leave the wrong kind of liquids. Avoid a high intake of fizzy beverages and include more water in your diet. You can go for water based squash, juices, and other preparations. The idea is to minimize dehydration.

You need to avoid foods which will increase your metabolic heat. It is important to go for foods which will have a cooling effect on your body. Try to avoid non vegetarian meals and actually anything with high protein. The importance of a well-balanced diet must be acknowledged.

You may think that exposing your body to the sun is extremely important. Well it is, but be careful about it when the air is hot and humid. You can catch sunburns and in turn the body's ability to cool. Moreover, sunshine means sweating. Humidity will squeeze out a lot of juice from your body without even seeking your consent. So don't trouble your body any further and try to avoid the sun.

# Academic Board of Bloomfield Hall School Organised Distinctive Training Sessions

BHS Academic Board organised training sessions in all of the three regions on "STEM Education " & "Marshall Cavendish Science " which were conducted by Ms. Zeba Nasir (Member Academic & Editorial Board). The delegates from all the branches participated in these sessions to share the benefits of mutual learning. The training session equipped the delegates to face the changing times and understand the needs of a learner and transform their teaching methodology to make learning more interesting and meaningful for the students. The sessions also focused on enhancing the knowledge and training of teachers on areas such as providing strong communication and interpersonal skills.



GRIP

PICASSO®

# AMERICAN LYCETUFF DNK SCHOOL SYSTEM

## 9<sup>TH</sup> RESULT 2019

**125 A+**  
POSITIONS  
**72 450+**  
POSITIONS

**487**  
EMAN  
FATIMA  
Roll No.435974

**489**  
MUHAMMAD  
AHMAD  
Roll No.572946

**488**  
IFRA  
ARSHAD  
Roll No.479619

EESHA WAQAR 486	MISBAH 486	ZIAN IMTIAZ 485	FIZZAH ASHFAQ 482	ZAINAB NOMAN 480	ATIQA 480	FATIMA AHMED 479
LYEBA ABBASI 479	M. SAAD 479	SAJJAL JAMIL 478	KHADIJA NADEEM 478	MISHA MALIK 477	NOOR UL HUDA 476	ASWAH HASSAN 476
MINAL KAMRAN 476	M. SAAD NADEEM 476	RAFIA IMRAN 475	M. ISMAIL 475	RAHEEN ZAHID 474	TALHA AZHAR 474	ABOULLAH 474
MINAHIL HASEEB 473	AHMAD ALI 473	FAHAD SOHAIL 472	ARDOJ AMIR 470	HUMNA BHATTI 469	BAKHTAWAR 469	IDRA KHAWAR 468
MALAIKA LIQAT 468	SAMEEN EJAZ 467	ABDUL HADI 467	LARAIB SAEED 466	HIFZA FAISAL 465	ARDOOSH IMRAN 465	KHAMIS RAZA 465
ZAINAB IMRAN 464	MUSTABSHERA 464	ALI MUHAMMAD 464	ZARA FAWAD 463	AYESHA SHEHZAD 463	ASAD FAISAL 463	M. SAAD AMJAD 463
AFIA NASEEM 462	TAIBA NISAR 460	SUNBAL 460	AYESHA FARAN 460	GULL-E-ZAHRA 459	RAMEEN 459	ASHEER AHMED 459
HAMZA SHAHBAZ 458	IMRAN AHMAD 458	M. MUZMIL 457	AYESHA KHALID 456	MINAHIL KHAN 456	ABOULLAH BIN NASIR 456	NAWAL ASAD 455
MINA FATIMA 455	NIMRA ALI 455	KAIWAN IMRAN 455	MARIA MAQSOOD 454	LAIBA UMAR 453	LAIBA SHAHID 453	M. ZEESHAN 453
KHIZRA LARAIB 452	RABIA IFTIKHAR 452	TALHA YASIN 452	FATIMA IMTIAZ 451	FARZEEN DAISSER 451	EISHA HANIF 450	



# Jinnah Basic School & College Mansehra celebrated the Farewell of Pioneer Batch

Administration of Jinnah Colleges exhibited its compassion for the pioneer batch by arranging a special ceremony in the honour of golden Pakhlans and their families. Gold emblems were presented as a token of love to the pioneer students as a farewell gift. Mr. Zaheer-ul-Islam Shah (Commissioner Hazara Division) graced the occasion with his presence. Moreover, Mr. Zaheer-ul-Islam enlightened the audience with his words and appreciated the efforts of Jinnah Colleges in imparting quality education and cultivating young minds. Mr. Fayyaz Ahmed (Director Jinnah Colleges) addressed the gathering and shared the journey of love, affection and achievement of the pioneer students. Principal - Ms. Safia Janis Khan concluded the ceremony with her kind words and wished the students best of luck for their future.



PENCIL

Goldfish®

www.shahsons.com

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](mailto:kiddyjoy80@gmail.com)

SINCE 1981



# NATIVE SCHOOLS

## NATIONWIDE FRANCHISE CALL

& CONVERT YOUR EXISTING SCHOOL

### NATIVE SCHOOLS



## JOIN TODAY!

TO BECOME OUR BUSINESS PARTNER  
OWN A SECURE & SUCCESSFUL BUSINESS VENTURE

NETWORK OF 35 BRANCHES ALL OVER PAKISTAN AND GROWING



Qasim Ali Shah  
Director



Mian Atif-ur-Rahman  
CEO



Mian Riza-ur-Rahman  
Managing Director

#### OUR SERVICES & SUPPORT

- Conceptual Method of Studies & complete Planning
  - Activities based learning
- Media Coverage & Marketing Assistance
  - Chinese Language Program
  - Centralized Examination System
    - Grooming Activities
- Career Counseling and Character Building
- Special Focus on Sports & Extra Co-Curricular
  - Regular Quality Assurance Surveys
  - Online School Management System
  - Regular Training and Supervision

[native.edu.pk](http://native.edu.pk)

Food Court



Dodgem Cars

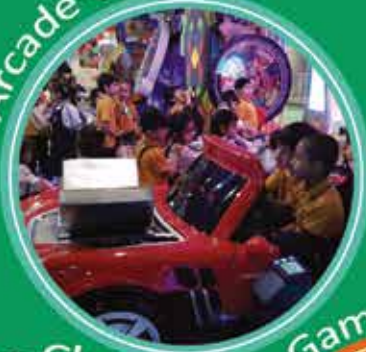


ICE Skating



**ALL  
UNDER ONE  
ROOF**

Arcade Games



Magic Show



Soft Playarea



Fitness Club



VR Games



**CONTACT**  
FOR ADVANCE BOOKING

0333-7689996

Info@saybcity.com

3rd Floor ATC Mall MM Alam Road Lahore



**FREE  
SKATING**

0333-7689996

3RD FLOOR ATC MALL MM ALAM ROAD LAHORE



NOT FOR SALE

**Terms and Conditions**

- This gift voucher is not fore sale
- One Gift Voucher is valid for one person only
- This Gift Voucher can't be replaced with cash claim
- This offer is valid for limited time only
- One person can only redeem one voucher in a day