

VOL:03, ISSUE:02
OCTOBER, 2019

Informal

TO RISE ABOVE THE TIDE

EDUCATIONAL MAGAZINE

BETTER TO BE AN EMINENT THAN TO BE A PROMINENT

Cover Story | Page: 14

PAKISTANI STUDENTS IN UK WILL
NOW GET A 2-YEAR WORK VISA

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In Conversation with

Nusrat Ahmed Hamdani

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TELL ME WHY
**AMAZON RAINFOREST
IS BURNING?**

Page: 07

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OCTOBER, 2019

Editorial NOTE

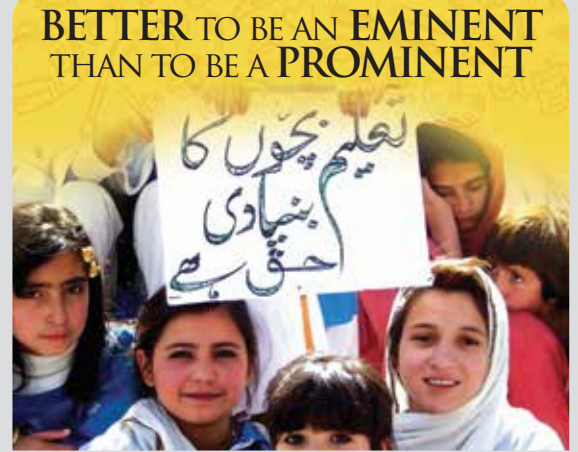
Policies help define rules, regulations, procedures and protocols for schools. All of these are necessary to help a school run smoothly and safely and ensure that students receive a quality education. Schools have policies for several reasons. Policies establish rules and regulations to guide acceptable behavior and ensure that the school environment is safe for students, teachers and school staff. School policies also help create a productive learning environment.

In order for rules and regulations to be in place and enforced, policies are created, often by the local school board. Having these policies in place means there are determined procedures for how school operations are handled, down to every minute detail, so that educators, staff and students know what is expected and can act accordingly. This saves time, prevents confusion and unifies the school.

Students, teachers and staff members deserve to feel physically and psychologically secure in their environment. In order to create this environment, policies are created and instated that establish safety standards for the physical environment and mental state of students and staff. This is done by creating policies such as fire drills, anti-bullying policies and mental health guidelines.

Policies are important because they help a school establish rules and procedures and create standards of quality for learning and safety, as well as expectations and accountability. Without these, schools would lack the structure and function necessary to provide the educational needs of students. Ultimately, policies are necessary to the success and safety of a school.

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Letter to the editor



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Your Cover Story was simple eye-opening; it was informative and based on facts. I also agree with your concerns that schools and colleges are not focusing enough on the co-curricular in order to build a better future for our young generations. Schools and colleges should also start emphasizing on the element of co-curricular.

Abdul Rehman (Punjab College)

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

Hamza Murtaza (Lahore Grammar School)

Your magazine is doing a stunning job, by giving practical information in one publication. The thing I liked the most about this magazine is, your selection of topics. I personally like the "Cover Story" section, which I read when I'm looking for some serious matter to penetrate into my consciousness. Your team is doing a phenomenal job. Keep it up!

Tauseek Zakir (University of Lahore)

INFORMAL is a wonderful magazine which is based on informative and science oriented content for students and which provides a real break from the serious and bored material to. It is Priceless! 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. The credit goes to the team of INFORMAL for making it such a noteworthy magazine.

Amina Munir (LCWU)

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

Alvina Shaheen (LCWU)

Your magazine has a good composition of interesting and informative content along with a wide range of topics. I'd just like to compliment the magazine staff on the latest edition: I read it with great interest. I look forward to reading your next informative work. Thank you!

Sulman Amir (Allied School)

I would like to say that your magazine is very informative and at the same time it is very interesting. I like all of your content of all the sections and your selection of matter is always unique. I especially like the news sections, which includes the segments of National and Internal News. This always helps me in staying up-to-date with the current happenings in the field of education and much more.

Arslan Ali (University of Lahore)

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

Faraz Sheikh (GCU Lahore)

Write us at 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 | 05

Water found in the **Atmosphere** of a Planet beyond our Solar System

Scientists for the first time have detected water in the atmosphere of an Earth-like planet orbiting a distant star, evidence that a key ingredient for life exists beyond our solar system.

Water vapor was found in the atmosphere of K2-18b, one of hundreds of "super-Earths" - worlds ranging in size between Earth and Neptune - documented in a growing new field of astronomy devoted to the exploration of so-called exoplanets elsewhere in the Milky Way galaxy.

More than 4,000 exoplanets of all types and sizes have been detected overall. The latest discovery was reported in research by a team of scientists at University College London (UCL) published in the peer-reviewed journal *Nature Astronomy*.

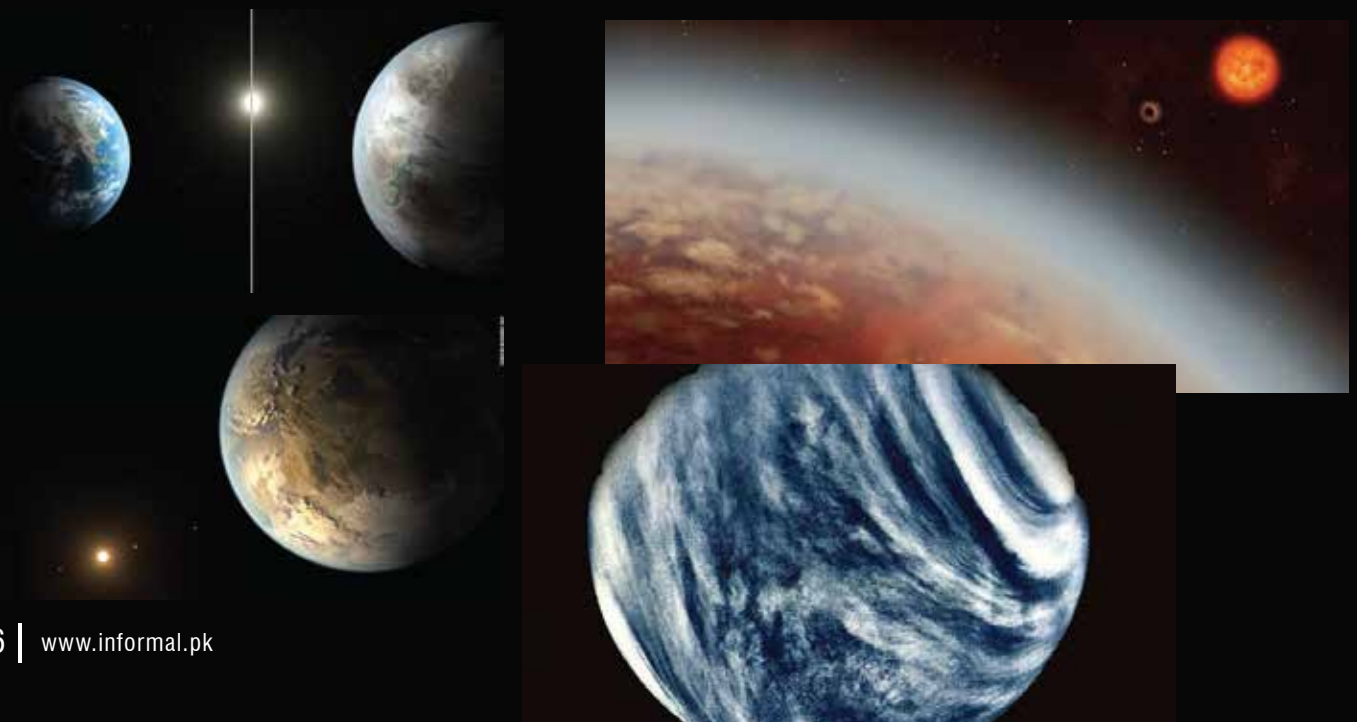
"We found water," UCL astrophysicist Ingo Waldmann told Reuters of the breakthrough, revealed from observations made with the

Hubble Space Telescope, which analyzed starlight filtered through K2-18b's atmosphere.

More precisely, it marks the first time scientists have found water in the atmosphere around a super-Earth - as opposed to a gas giant - orbiting a star within its "habitable zone," just the right distance for liquid water to potentially exist on the surface.

Unfortunately, K2-18b orbits a dwarf star and lies 100 light years from Earth. While light from the sun takes several minutes to reach Earth, light from K2-18b's star takes a century to reach our planet, so for us to travel there is impossible. Aside from the tremendous distance separating Earth from K2-18b, the exoplanet is likely exposed to far more radiation than Earth, diminishing the prospects for life evolving there.

However, the discovery brings astronomers closer to answering the fundamental question of how unique Earth is in the universe.



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TELL ME WHY AMAZON RAINFOREST IS BURNING?

The Amazon rainforest, the vessel holding a massive amount of the world's oxygen, is burning at a rate scientists have never seen before.

The Amazon is regarded as vital in the fight against global warming due to its ability to absorb carbon from the air. It's often referred to as the "lungs of the Earth," as more than 20 per cent of the world's oxygen is produced there.

While wildfires in the Amazon are not entirely uncommon, the way they are spreading is driving concern. The Amazon rainforest has been "fire-resistant" for much of its history because of its natural environment, according to the National Oceanic and Atmospheric Administration, but can go through hot spells.

While drought can be a factor in rainforest fires, INPE researchers have said there is nothing abnormal about the climate or rainfall amounts in the Amazon this year. "The dry season creates the favourable conditions for the use and spread of fire, but starting a fire is the work of humans, either deliberately or by accident," said, Alberto Setzer (INPE researcher).

Human activities; farming, mining and drilling are

what scientists say are exacerbating the situation now. In Brazil, cattle farmers start fires deliberately to clear forest to make way for ranching, and it's not always legal. In Mato Grosso and Para, where Brazil's agricultural frontier has expanded and pushed into the forest basin, more deforestation has been recorded and wildfires have increased.

The World Wildlife Fund estimates that more than a quarter of the Amazon will be without trees by 2030 if the current rate of deforestation continues. The fears surrounding deforestation have grown under Bolsonaro, who has vowed to develop the region for farming and mining since coming into office, ignoring international concern over deforestation and climate change.

Other countries working to fight climate change have started to take notice. Norway and Germany have pulled out of funding for projects to quell deforestation in Brazil. Environmental groups have also not shied away from firing back at Bolsonaro. Greenpeace called the president and his government a "threat to the climate equilibrium" and warned that Brazil would shoulder a "heavy cost" to its economy under his policies.

INVENTION STORY OF RADAR

The first practical radar system was produced in 1935 by the British physicist Sir Robert Watson-Watt, and by 1939 England had established a chain of radar stations along its south and east coasts to detect aggressors in the air or on the sea. In 1935 Watson-Watt wrote a paper entitled "The Detection of Aircraft by Radio Methods". His idea was based on the bouncing of a radio wave against an object and measuring its travel to provide targeting information. It was called radar (radio detection and ranging). By the outbreak of the Second World War in September 1939, Watson-Watt had designed and installed a chain of radar stations along the East and South coast of England. Radar was also used by ships and aircraft during the war. Germany was using radar by 1940 but Japan never used it effectively. The United States had a good radar system and it was able to predict the attack on Pearl Harbor an hour before it happened.

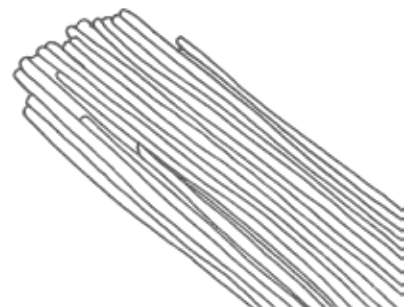
INVENTION STORY OF CONTACT LENS

Though contact lenses seem to be a recent phenomenon, the famous Italian architect, mathematician and inventor Leonardo da Vinci (1452-1519) produced the first known sketches (in 1508) that suggested the optics of the human eye could be altered by placing the cornea directly in contact with water. In 1827, English astronomer Sir John Herschel proposed the idea of making a mold of a person's eyes. German glassblower F.A. Muller used Herschel's ideas to create the first known glass contact lens in 1887. In 1936, New York optometrist William Feinbloom (1904-1985) introduced scleral lenses made of a combination of glass and plastic that were significantly lighter than older glass-blown contacts. In 1948, California optician Kevin Tuohy (1919-1968) introduced the first contact lenses that resembled modern gas permeable (GP) contact lenses of today. Now, despite the availability of rigid gas permeable contacts that often provide sharper vision than soft lenses and extremely good oxygen permeability, more than 90 percent of contact lenses prescribed in the United States are soft lenses.





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SLEEPLESSNESS LINKED WITH HIGH RISK OF HEART DISEASES: RESEARCHERS

People suffering from insomnia (also known as sleeplessness, is a sleep disorder in which people have trouble sleeping) may have an increased risk of coronary artery disease, heart failure and stroke, according to new research in the American Heart Association's journal *Circulation*.

Data from more than a million people found that genetic liability to insomnia may increase the risk of coronary artery disease, heart failure and stroke. Among types of ischemic stroke, genetic liability to insomnia was primarily associated with an increased risk of large artery stroke.

Previous observational studies have found an association between insomnia, which affects up to 30% of the general population, and an increased risk of developing heart disease and stroke. These observational studies were unable to determine whether insomnia is a cause, or if it is just associated with them, explained Susanna Larsson, Ph.D., lead study author and associate professor of cardiovascular and nutritional epidemiology at Karolinska Institutet in Stockholm, Sweden.

In this first-of-its-kind study on insomnia, Larsson and a colleague applied Mendelian randomization, a technique that uses genetic variants known to be connected with a potential risk factor, such as insomnia, to reduce bias in the results. The 1.3 million participants with or without heart disease and stroke were drawn

from four major public studies and groups. Researchers found genetic variants for insomnia were associated with significantly higher odds of coronary artery disease, heart failure and ischemic stroke -- particularly large artery stroke, but not atrial fibrillation.

"It's important to identify the underlying reason for insomnia and treat it," Larsson said. "Sleep is a behavior that can be changed by new habits and stress management."

A limitation to this study is that the results represent a genetic variant link to insomnia rather than insomnia itself. According to Larsson, it was not possible to determine whether or not the individuals with cardiovascular disease had insomnia.





KPK Assembly approves Resolution to appoint Psychologists in Schools & Colleges

- Schools that are charging 5,000 PKR or more per month to have a psychologist as a part of faculty.
- Schools that are charging less than 5000 PKR are required to arrange at least a session per week with the psychologists.
- All the colleges are ought to have a psychologist as a part of the faculty.

Khyber Pakhtunkhwa (KP) assembly has adopted a resolution to have psychologists included as faculty in schools and colleges to cater to the students' emotional, behavioral, and educational needs. Pakistan Tehrik-e-Insaf (PTI) MPA Ayesha Bano presented the resolution which was passed with majority approval.

Even the children in today's world can't avoid serious traumatic conditions and resort to self-harm. They may become a victim of such traumatic conditions either because of their domestic issues or due to any kind of harassment or abuse that they have to suffer.

Now, Provincial Assembly of Khyber Pakhtunkhwa has adopted a resolution that would necessitate psychologists to be the part of faculty to cater to the educational needs of students apart from helping them to meet the emotional and behavioral issues.

Ayesha Bano – Member of Provincial Assembly from PTI has issued a number of approved resolutions in this regard.

"It has been noticed that like adults, children also struggle with psychological pressure. Too many commitments, conflict in their families and problems with peers are all stressors that overwhelm children," states the resolution.

The resolution also highlighted that due to domestic issues and societal pressures, and due to lack of awareness children become afflicted on drugs and attempt suicide, adding that the child abuse incidents are frequently reported and are consistently on the rise.

The resolution requires schools that are charging 5,000 PKR or more than this amount per month to have a psychologist as a part of the faculty. Whereas the schools that are charging less than 5000 PKR are required to arrange at least a session per week with the psychologists to facilitate the students.



PERSONAL DEVELOPMENT SEPARATES YOU FROM THE CROWD

Presence of psychologists in schools and colleges of Pakistan will allow students, families, educators, and members of the community understand and resolve both long-term, chronic problems and short-term issues that students are facing.



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Times have changed! While academic matters are still the main focus of schools, social, economic and political factors have altered the school environment. In this setting, school psychologists have emerged as advocates for children, providing compassion and guidance to ensure that students' emotional issues are addressed appropriately. School psychologists play various roles in the school system, including that of crisis counselors, testing facilitators and community outreach coordinators, among other roles.

The school psychologist may work as part of a team that includes the teachers, guidance counselor and social worker. The expertise of the school psychologist is especially helpful in addressing the needs of children with chronic conditions and making sure that they thrive in the classroom setting.

School psychologists play a crucial role in providing expert observations, testing and developing Individualized Education Plans that address the needs of children. It is unfortunate that misdeed and violence have extended to the schools. The fragile psyche of young students is greatly affected by witnessing or even just hearing of these incidents. The school psychologist should always part of the school crisis team that will be ready to provide counseling and emotional support to children touched by tragedies, including death of fellow students, teachers and other catastrophic events that may affect students directly or indirectly.

Youth violence includes different behaviors that can harm someone physically and emotionally.



School violence may happen on campus or offsite at school-sponsored events. Bullying, verbal threats, physical threats have, unfortunately, become part of the environment in some schools. In order to counter these issues, presence of a psychologist as a permanent member of the faculty or having regular sessions from a visiting psychologist is mandatory of schools and colleges in Pakistan.

Recently, the Provincial Assembly of Khyber Pakhtunkhwa passed a resolution that would necessitate psychologists to be the part of faculty to cater to the educational needs of students apart from helping them to meet the emotional and behavioral issues. "It has been noticed that like adults, children also struggle with psychological pressure. Too many commitments, conflict in their families and problems with peers are all stressors that overwhelm children," states the resolution.

Presence of psychologists in schools and colleges of Pakistan will allow students, families, educators, and members of the community understand and resolve both long-term, chronic problems and short-term issues that students are facing. They are a highly skilled and ready resource in the effort to ensure that all children and youth thrive in school, at home, and in life.

Moreover, psychologists may meet with students one-on-one or in groups to discuss specific academic, social, or emotional issues. Counseling sessions usually require the psychologist to write up a note about the content of the session and develop interventions that address students' needs (such as for anxiety or attention problems).



BETTER TO BE AN EMINENT THAN TO BE A PROMINENT

According to statistics, 35-40% of educational institutes are run by the private sector, while 60-66% of educational institutes are run by the public sector of Pakistan. These public and private sector institutes have collectively raised the literacy rate of Pakistan over the recent years.

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Federal Education Ministry claimed that it has enrolled over 7,000 out of school children in the first phase of enrollment drive.

Education is the fundamental right of every citizen of Pakistan, as the Article 25-A of the constitution of Pakistan compels the state to provide free and compulsory quality education to children of the age group of five to sixteen years. Yet, Private sector provides a great support to the government sector in uplifting the educational structure of Pakistan.

Government and Private sector, both are attempting their best to fulfill the duty of opening public and private sector schools, colleges and universities in order to provide education to the citizens of Pakistan. According to statistics, 35-40% of educational institutes are run by the private sector, while 60-66% of educational institutes are run by the public sector of Pakistan. These public and private sector institutes have collectively raised the literacy rate of Pakistan over the recent years. However, the syllabus which is being taught in government institutes is quite different from the syllabus being taught in private institutions.

Evidently, in a developing country like Pakistan, it is the duty of Public and Private sector to collectively coexist and fortify the education system of the country. At times, the private sector has to endure some rigid policies of government without the realization of the government that private sector plays a significant role in strengthening the educational setup.

According to an estimate by UNICEF, around 22.8

million children between the age of 5 and 16, 44 percent of the total population of this age group, are not in schools, which is the second-highest number in the world and is also a doubt on the performance of the government sector of Pakistan. Even tough, government schools and colleges have gigantic buildings, but the lack of facilities and quality teaching staff is wrecking the capacity of government sector to uphold the education system of Pakistan.

Instead of improving the infrastructure and appointing competent teaching staff in government schools, recently Punjab government has reportedly decided to hand over two thousand government schools to local non-government organizations (NGOs) and multiple NGOs have approached the provincial government requesting no-objection certificates (NOCs) for taking charge of these schools. The teachers' association of Punjab, on the other hand, seems to be devastated with this decision.

Moreover, lack of government funding has led three universities of KPK to go bankrupt due to financial crisis. The University of Peshawar, Khyber Pakhtunkhwa Agriculture University and Gomal University Dera Ismail Khan are the universities that are tripping due to lack of funds.

The so-called Daanish Schools came under discussion when the Auditor General of Pakistan (AGP) reported that the "Punjab School Education Department" and the "Daanish Schools & Centres of Excellence Authority" have





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COVER STORY

combined irregularities of Rs 172.909 million. The audit report revealed irregularities including crooked appointments of staff without advertisement and approval, failure to deposit unspent balance into government treasury, overpayment of salaries, irregular expenditure on procurements, non-deduction of taxes and non-production of record for the audit spent on development work.

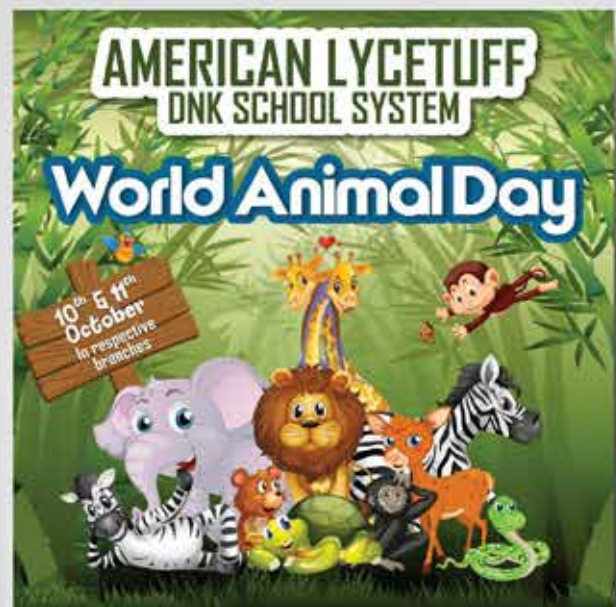
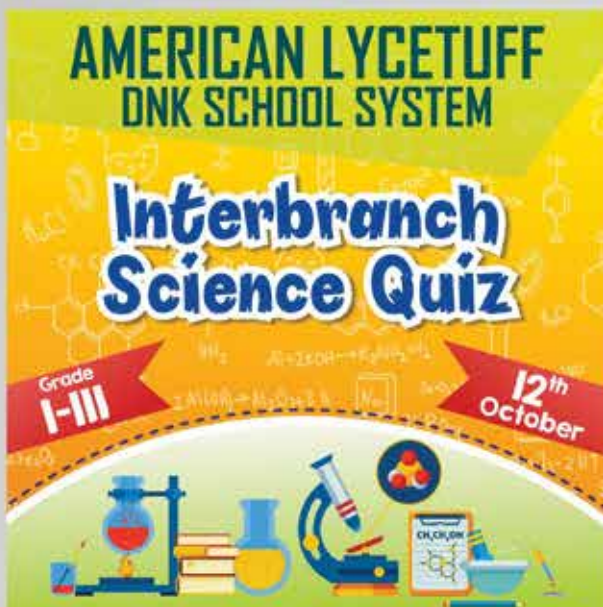
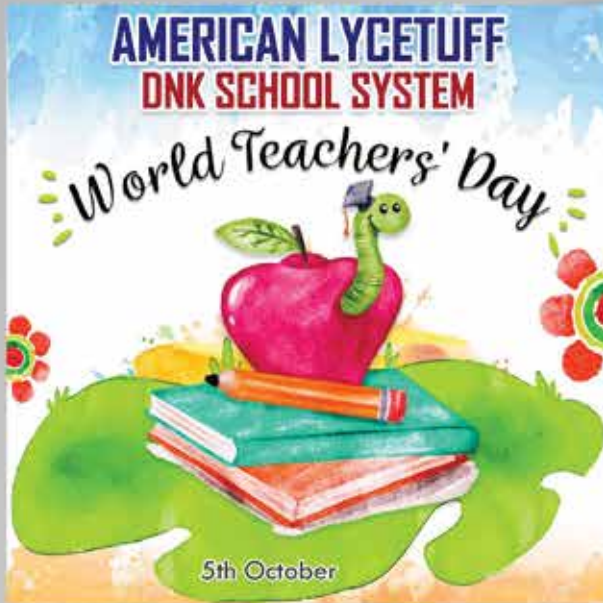
Nonetheless, there are some encouraging updates with respect to government's role in education division – as, recently the Federal Education Ministry claimed that it has enrolled over 7,000 out of school children in the first phase of enrollment drive. The government kick-started the second phase for out of school children in the federal capital. Federal Minister for Education and Professional Training Shafqat Mahmood formally launched the second phase while expressing the commitment to bring the out of school children to school. Under the enrolment drive, about 7,188 children have so far been enrolled. In the first phase, children between the ages of five and seven years were enrolled while in the second phase, children between the ages of eight and twelve years are being enrolled. Moreover, the government of Khyber Pakhtunkhwa (KP) has rolled out a five-year education plan aimed to revolutionize the current education system of the province. The Ministry of Education Department of Primary and Secondary announced the plan for the next five years – from 2019 to 2023. The program includes teachers' training and curriculum reforms, establishment and upgradation of schools and appointment of new teaching staff. The department intends to hire 65,000 new teachers, including 11,000 primary teachers in the next five years.

Recently, Noshaba Zafar, the daughter of a truck driver, scored the highest marks in Punjab University's history. Noshaba also received Rs. 1 Lakh cash prize from the Vice-Chancellor of PU, Prof. Niaz Ahmed Akhtar. This vindicates the aptitude of students in the government institutes and if government improves the facilities and appoint quality teachers, then more students like Noshaba Zafar will emerge and take the education system and Pakistan towards excellence.



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Leadership is the Capacity to Translate Vision into Reality

In Conversation with
Nusrat Ahmed Hamdani
is the Founder & CEO of "Institute of Professional Excellence"

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

Ans. Since, last 27 years I am serving in education field. I started my career as a teacher in 1993.

I have earned experience in teacher education, motivation at work, formation of policies and procedures, quality assurance, entrepreneurship and capacity building.

At the start of my career I didn't know much about teaching techniques, methods and approaches. Later, I have joined Beaconhouse, Head Office as they launched "The Educators", then I realized that we need to work on 'Curriculum Designing, Student Learning Objectives & Outcomes (SLOs), Teaching Methods, development of Teaching and Learning Resources, Formative & Summative Assessment. We have prepared centralized school operations manuals for Academics, Administration, Health Safety Environment (HSE) and Life Skills. I have been visiting schools across the country for the compliance of policies and conducted post evaluation trainings.

Q. Tell us about the institute that you are running and notions that you have initiated here?

Ans. I have launched "Institute of Professional Excellence" in October, 2016—aiming to address all issues relate to schools, teachers, students and parents. Therefore, I left my job and set up my owned Institute where I can work independently. IPE work for teachers'

education, introduce modern teaching methodologies and evaluate multiple elements which needs to be adhered by the institutes. We also conduct evaluation of academics practices, and assessment of principal, teachers and students' performance. Similarly, we provide services for student's aptitude tests to channelize their skills and abilities. Parents have significant role in student learning, so purposefully we organize guidance and counselling sessions for them.

Q. How you work on the attributes of teachers and infuse effective methodologies in them?

Ans. It is a dilemma that teaching profession is selected as last choice. We should have zero tolerance for mistakes and negligence as we deal with human beings. Therefore, we visit schools and make them realize that schools nourish students as successful and responsible citizens.

Teachers have diversified role to be performed in classroom. It is very important that they should be well trained. Besides, they should have job security, attractive salary package and incentives.

Q. Currently, what are the projects that you are engaged in?

Ans. Apart from the education services IPE is extending services for youth. IPE has established youth forum where they participate, express their ideas and collaborate with experts to groom themselves. Women welfare activities are being performed to promote small

Teachers have diversified role to be performed in classroom. It is very important that they should be well trained. Besides, they should have job security, attractive salary package and incentives.

businesses at low cost investment, we offer interest free micro financing facility to a needy people on easy terms and conditions. Furthermore, skills development cell is also working and short course are being offered along with job guaranty. ensured. Training session for prisoners' behaviors and self-management are organized.

Q. Do you think Pakistan is growing in terms of education sector?

Ans. Keeping view my previous experience and the current scenario; yes, when we compare public and private sector change is visible in private sector where project based learning (PBL), 4Cs (communication, creativity, critical thinking & collaboration), all learning domains concentrated; cognitive, affective and psychomotor, SLOs planned & lesson planning is being done, teaching is shifted teacher to students centered. Group and pair work, role play and project based presentation is used. Whereas, the government sector has more funds but change process is very slow.

Q. How can we produce quality teachers for our young students?

Ans. More training institutes should be set up across the country where training sessions should be held on a regular basis. "Attitude" "Skill" and "Ability" test of a teacher should be done before hiring. Pre and in-service trainings along with continuous professional development should be done. Mechanism for periodic performance review should be placed in all institutes.

Q. How can we inject the element of practical learning in our teachers?

Ans. Teaching profession has responsibility to educate the students and in development of behaviors and skills. Therefore, teachers should be knowledgeable and trained to teach, understand child psychology and behavior, curriculum planning & review, community development and self-management. They should hold educational degrees e.g. B.Ed., M.Ed., MA, ELM and more others. Similarly, theoretical knowledge and teaching practice should be mandatory and prerequisite of teaching profession.

Q. Enlighten us about the various modes of effective teaching methods?

Ans. Multiple teaching techniques, methods and approaches should be used; as we taught language (English/ Urdu) as subject, therefore, we should improve and enhance skills (speaking, listening, reading and writing) in language teaching. On the other hand, in science and mathematics problem solving skills, discovery learning, inductive & deductive method, observation and analytical skills and experiential skills

should be enhanced. Learning objectives and learning outcomes and all activities should be well planned. Students should be allowed to share their ideas, thoughts, experiences, using language skills and show of their findings. They should be allowed to bring innovation and display their ideas in front of class so that their communication and creative skills can be enhanced.

Q. If you could go in the past, is there anything that you would like to change?

Ans. Yes! Many things, above all, I wish could write biography of my father. As he was an officer in Pakistan Navy and an eye witness of many activities performed by Pak Navy in his tenure e.g. fall of Dhaka, 1965 and 1971 wars. He told me hundreds of stories which I heard multiple times, if I could have recorded them then I would easily have created a book out of it. Furthermore, if I could go back then motivate youngsters to become artist, poet, writer or tourist. Apart from my current profession I am nature lover who always possessed to discover its beauty and then display it on canvas, express it in poetic form, or explore it as tourist.

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

Ans. As we all knew, education play its vital role in any society and in the history of civilization. Islam advises us "seek knowledge cradle to grave". Teaching and training demands high quality standards to be adhered across the board from preschool up to higher education Institutes. It can be ensured through sufficient funds allocation, right person for right job, recognition of services, acknowledgement and appreciation of dedication, criticism for improvement, planning of education commission that provide forum for collaboration between public and private sector, orientation of key performance indicators, continuous professional development mechanism and performance evaluation. IPE aims to form state of the art professional development Institutes across the Pakistan. In Shaa Allah

Q. Your message for *INFORMAL Magazine*?

Ans. I am very grateful and honored to be interviewed by your editorial board. I have gone through few previous versions of your magazine. It is appreciated that you are covering almost all areas of life. It is my humbled submission that Informal Educational Board should be formed that contact or visit educational institutes and collect issues and then suggest their solutions. It will be a great contribution from the forum of your magazine. May your magazine flourish day and night. Ameen. Pakistan Zindabad !



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Pakistani Students in UK will now get a 2-Year Work Visa

Under the new proposals for international students' visa policy; Pakistani students will be able to stay in the United Kingdom for a period of two years after graduation. The UK Home Office has relaxed the visa policy to accommodate international students who were previously allowed to look for a job in the UK within 4 months of passing out from bachelors or masters degree programs.

Now, all international students will be allowed to stay in the UK for two years after completing their graduation from a British university to find a job, under new proposals announced by the Home Office.

UK Prime Minister, Boris Johnson, believes that the new policy will enable students to find careers in the UK and 'unlock their potential'. The current visa policy for international students was formulated by Theresa May who was the Home Minister back in 2012. The Department of Education aims to increase the number of international students from 460,000 to 600,000 in the next 10 years.

The new move reverses a decision made in 2012 by former home secretary Theresa May that forced overseas students to leave four months after finishing their degree. Prime Minister Boris Johnson said the change would see students

"unlock their potential" and find careers in the UK.

The new policy will come into effect starting next year and it comes as good news for students from across the globe will now have more opportunities in the UK. Likewise, from next year, all international graduates will qualify for a two-year period to work in the UK, increasing their chances of finding long-term employment after studying. However, the student must be studying at an institution with a track record in upholding immigration checks.



Western Union & TRUE North simplify Payments for Students

Western Union has announced a collaboration with TRUE North to enable students to pay tuition and expenses using a simplified payment process without hidden charges to the institution. The collaboration will leverage Western Union's international payments solution, GlobalPay for Students, to provide students and parents and agents the ability to review payment options in advance with a price comparison tool to lock-in exchange rates for up to 72 hours. The GlobalPay for Students platform provides transparency with the ability to track payment status through the online portal, mobile messages and email.



Harrow School Online set to launch in 2020



The UK's Harrow School has announced it will launch a "virtual sixth form" to teach A-levels online from September 2020. The Harrow School Online will charge £15,000-a-year, and students will receive one-on-one academic tutorials, live online lessons, and regular coaching sessions for support. The school expects to see demand from markets including China, Russia, Nigeria, UAE and Hong Kong, where the brick and mortar school currently sees significant interest. "We live in a rapidly changing world, and education must too adapt to the new challenges this presents, and reflect young people's lifestyles and aspirations," Harrow School Online's principal Heather Rhodes said.

NASA marked Megadeal with Lockheed for Moon Mission

NASA marked almost \$3 billion to Lockheed Martin to build three Orion capsules, to allow US astronauts to return to the moon by 2024. The megadeal calls for a first phase including three capsules for \$2.7 billion, for Artemis missions III to V, to take astronauts back to the moon. Each capsule can carry four astronauts. The space agency plans to order three more capsules during fiscal year 2022 for missions VI to VIII, for a total of \$1.9 billion, said a NASA statement. Six other capsules can be ordered later.



French Researchers building new Scanner to tackle Brain Disease



French researchers are developing what they say is the most powerful Magnetic Resonance Imaging (MRI) scanner in the world which will use a supermagnet the weight of a blue whale and should allow earlier diagnosis of diseases such as Parkinson's. "We can potentially detect the disease in its earlier stages and, consequently, monitor it more precisely" Nicolas Boulant the project's scientific director, told Reuters. MRI, which has been in use for decades, allows physicians to see which parts of the brain have been damaged while a patient is still alive.

€60K Grant for Regional African University Program

The European Union is supporting the establishment of a regional virtual university for Eastern and Southern Africa, aimed at fostering regional integration in the 21 member-states Common Market for Eastern and Southern Africa (COMESA). The EU is extending €60,000 to support scholarships for a master's degree program in Regional Integration to be offered by Kenya's Kenyatta University in collaboration with other higher learning institutions from member states. Through the capacity building program of the Africa Caribbean and Pacific group known as TradeCom II, the grant will support the training of an initial group of 40 students.





Quaid-e-Azam University Among Times Global Top 500 Rankings

Quaid-e-Azam University has made it to the top 500 universities around the world in Times Higher Education World University Rankings 2020. QAU is the only Pakistani university included in the 2020 edition of the annual ranking placed at number 401-500. The list ranked 1400 varsities from 92 countries across the world. Among them are 14 Pakistani universities listed below. Leading the ranking for the fourth consecutive year is the UK's University of Oxford. The California Institute of Technology has improved its ranking to grab the second place, while The University of Cambridge dropped to the third position.



Punjab Government Plans to Hand Over 2000 Schools to NGOs

Punjab government has reportedly decided to hand over two thousand government schools to local non-government organizations (NGOs). According to various reports, the procedural work for the handover has already been started. Meanwhile, multiple NGOs have approached the provincial government requesting no-objection certificates (NOCs) for taking charge of these schools. The teachers' association in Punjab, on the other hand, has rejected the decision calling it a breach of their contracts. They have threatened to launch massive protests across the province against the development.



UNIDO and NUST join hands for 'First Biomass Cluster in Pakistan'



The United Nations Industrial Development Organization (UNIDO) and National University of Sciences and Technology (NUST) have joined hands for the development of first 'Biomass Cluster in Pakistan'. The core objective of the project is to promote market-based adoption of modern biomass energy conversion technologies for power generation in Small and Medium Enterprises (SMEs) and rural areas in Pakistan. An inaugural consultative meeting was held on Monday at the U.S Pakistan Center for Advanced Studies in Energy, NUST under the banner of UNIDO's Program Promoting Sustainable Energy production and Use from Biomass in Pakistan.

Bahria University Orders Strict Separation of Men and Women on Campus



Bahria University is famous for making controversial decisions which was criticized on the social media. "Seating of male and female student be separated in classrooms. Likewise, outstation visits and grouping in projects be also made separately," reads the notification. Last time, the university administration banned jeans, shorts, and T-shirts for female students and introduced shalwar kameez as the official dress code for them. Now, the varsity has gone a step farther to stop female and male students from being together anywhere on the campus. The wacky policy has also restricted them from taking part in group projects.

KPK Govt. Withdraws Notification of Compulsory Abaya for Girls

The Khyber Pakhtunkhwa (KP) government has withdrawn its earlier notification that mandated Abaya for school and college girls in the province. A notification circulated in Haripur district made it compulsory for female students of government institutions to cover themselves up adequately while going to schools or colleges. Adviser to Chief Minister on Elementary and Secondary Education Ziaullah Bangash said that the decision was taken after observing "some situations in various parts of the province." Succumbing to public backlash, the senior KP minister Shaukat Yousafzai announced that the notification had been retracted.



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Pakistani Students in UK to get an extended 2-Year Work Visa

Under the new proposals for international students' visa policy; Pakistani students will be able to stay in the United Kingdom for a period of two years after graduation. The UK Home Office has relaxed the visa policy to accommodate international students who were previously allowed to look for a job in the UK within 4 months of passing out from bachelors or masters degree programs. UK Prime Minister, Boris Johnson, believes that the new policy will enable students to find careers in the UK and 'unlock their potential'.



Sindh University organizes Youth Convention 2019

As a significant co-curricular move forward, the Institute of business Administration University of Sindh in collaboration with the Ultimate Associate and Sindh Youth Affairs Department, organized daylong "Rise and Shine Youth Empowerment Convention 2019" at Shaikh Ayaz Auditorium. The Vice Chancellor Prof. Dr. Fateh Muhammad Burfat who presided over the convention said in his presidential remarks that youth comprised the largest population pocket of Pakistan possessing extraordinary zeal and a patriotic poise to take Pakistan to dizzy heights of progress. "Youth are my power. 35,000 SU students I reckon my might and muscle."



Supreme Court Reverts Private School Fees to January 2017 Level



The Supreme Court of Pakistan has struck down demands of increasing the school fee against the order of the apex court. Following the ruling, any illegal hike in fees would be considered null and void. Private school fees will now be reverted to January 2017's rates. A three-judge bench while hearing petitions regarding exuberant fee increase by private schools passed this judgment on Friday. The bench comprised of Chief Justice Asif Saeed Khosa, Justice Ijazul Ahsan and Justice Faisal Arab. "Excessively increased fee since 2017 in violation of the law", Court said.

Shafqat Mahmood urges Stakeholders to play vital role for Education



Federal Minister for Education and Professional Training, Shafqat Mahmood called upon all stakeholders to play their role in turning education sector into free of politics with major focus on up-gradation of standard and quality of the courses and training offered to the children and youth of the country. Inaugurating the National Institute of Virology at the Dr. Panjwani Center for Molecular Medicine and Drug Research (PCMD), University of Karachi, he said - the government was trying to unite all provinces on one point of education as this sector should be free from politics.

Federal Education Minister Mr. Shafqat Mehmood visited TCF

Federal Minister for Education and Professional Training Shafqat Mehmood visited The Citizens Foundation (TCF), Head Office where he met with the Founding Members and Senior Management of TCF. The purpose of the visit was to introduce Mr. Shafqat Mehmood to TCF and its impact in the field of education whilst also discuss the need for strengthening cooperation to address the education crisis in Pakistan. Mr. Shafqat commended on TCF's work and was impressed by its scale of operations and success in breaking down barriers to education for the less privileged children of Pakistan.



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Morality: To Rise and Shine as a Nation

Morality is a very wide topic, it defines what should be our moral values and our character should reflect these values. Morality is a vast subject and it covers our behavior, conduct, our social norms, relationship management, our life style, our style of doing business, our eating habits, our life at home and at our neighbor hood, cleanliness, dressing up and all related aspects of life. According to Islam there is no aspect of life about which Allah the Almighty and His Messenger (PBUH) has not guided us in a clear and simple way.

"When you are greeted with a greeting, greet in return with what is better than it or at least return it equally. Certainly, Allah is Ever a Careful Account Taker of all things". (Verse number 86, Surah An-Nisa)

"Whether you (mankind) disclose (by good words of thanks) a good deed (done to you in the form of a favor by someone), or conceal it, or pardon and evil....Verily, Allah is ever Oft-Pardoning, All powerful."

Hadith References:

It has been narrated by Hazrat Abdullah bin Omer (R.A. – Allah be pleased with him) that the Holy Prophet (PBUH) said: "Good among you are those who have good moral character."

This is narrated in Al-Bukhari and Al-Muslim and it has been narrated by Hazrat Abu Huraira (R.A.) that the Holy Prophet (PBUH) said: "I have been sent to perfect the moral deeds."

This is also narrated by Al-Tirmidhi that "to curse, taunt, use abusive language or to talk non-sense does not suit a Mu'min."

These are some references to judge the importance of Morality and how much emphasis Allah the Almighty puts on Morality and how important for us to improve our moral deeds. Allah the Almighty wants us to perform every act in an improved way to keep our moral character high for our betterment and the betterment of humanity. For this we have to take care of our small deeds. For example, if a person is delivering a speech on stage or in front of people, he always comes in preparation that's why one cannot judge him well, so in order to know a person it is necessary to judge his small deeds, the deeds which he performs in his daily life. Therefore, we should keep a watch on daily conduct while performing routine activities.

Islam educates us about all kinds of manners and etiquettes like meeting with people. One should say "Salam" first in a well mannered way, we have to be polite. While shaking hand it should not be so hard that it seems as you will break the others person's fingers

nor so gentle that it seems as you don't want to shake hand with the person.

We don't have to criticize anyone as it is forbidden in Islam; one must know that criticizing is a major immorality. The person who objects others unintentionally assumes as though he is a perfect person, and he considers the other one as inferior; and in my opinion Islam defines that perhaps the one who considers himself perfect. Who doubts other, is inferior. Therefore, neither Allah nor Allah's Messenger (PBUH) or any companion (R.A.) or Auliya have allowed anyone to criticize other. That is why it is said that you should do fight against the evil but should not criticize others or raise objections.

Many people have the bad habit to taunt others. Sometime, someone has a defect in his body which is from Allah: someone has defect in legs, someone has defect in eyes, someone in ears and someone in complexion. We taunt them for their defects, whereas Allah is the Giver of everything and the Authority to take all these things back. People hurt with taunting, so the one who taunts others is not a Mu'min.

There is another important issue which I want to put light is wedding events which we attend, we observe people enter like a herd of sheep running to eat. In the same way, we run for food. We neither take care of other's dress nor about wastage of food.

Undoubtedly, the secret of development of the western society, which our community have completely ignored and which morally and ethically is the most important aspect – that is to queue up. All the corruption, evil is due to the reason that we do not queue up.

The point is why morality has been emphasized, this is because the principle is if you want Allah to forgive you, your children to be obedient to you, your life to be spent happily and peacefully, people to respect you then start treating His creatures in the same way as you want Allah the Almighty to treat you.

We perform Dhikr, and cleanliness for our personal purification; but when we become well mannered, this will benefit the society in a better way. It is the way to make the society, in which Humans are living, a welfare state. We all should purify ourselves and also make efforts for betterment of society on the whole and spend a well-mannered life. May Allah the Almighty grant me and you the ability to become well-mannered. Aameen!





By: Ch. Salahuddin

Pessimism Causes Depression/Anxiety

Medically, depression must be diagnosed timely just like any other physical disease. People suffering from depression need love and attention the same way any other patient needs. **"Hopelessness"** has been declared as a sin in Islam. Anyone who looks into the negative angles even in positive aspects of any matter of life can be considered a **"Dejected Person"**. A dejected person remains in the state of an unknown fear; he considers a common rope as a snake to him; and his heart beat runs out of control on hearing even a slight sound/voice. All the time, he remains in the state of an unknown fear; and ultimately such feelings overcome his personality. Whereas, one should always be ready to face/ overcome every problem of life bravely, otherwise survival in this world becomes very challenging. Joy and sorrow/ troubles are part and parcel of the life; to get rid of them is like impossibilities. As a matter of fact, **"sorrows"** make the **"joys"** more cherished in the life. Factually, we always gaze for pleasure in life but even then we inevitably come across "sorrows". Sign of a healthy person is that he accepts the realities and tends to find harmony and inclines to disremember/ overlook any acrimonious/ grief-stricken incidents. When somebody becomes downhearted/ dejected/ hopeless, is known to be in a state of **"Depression/ Anxiety"**. Physicians opine that if **"Depression"** is not controlled/ cured timely, it may become the most hazardous sickness, seconding the heart attack in grading. Irony of the fate in our society is that, the general public is poorly cognizant of these actualities. It's very imperative to create awareness/ consciousness in the general public about this dangerous disease before it's too late. More or less every category of the society is affected by this disease without any discrimination of being rich or poor. 90% ratio of the affected avoids the medication so that the others do not label them as **"mentally sick"**; and only 10% of the affected take it serious and consider themselves for proper medication. According to the experts, as a ratio, females are more affected by this disease than of males. One female amongst every four and one male amongst every seven are sufferer of this disease. According to few physicians, depression/ anxiety is not only a mental disease rather it is a biological disease just like **"Diabetes"**. The only difference is that, it has psychological symptoms that are actually due to biological changes as result of the depression; which makes the sufferer even **"disheartened of life"**.

The individuals suffering from depression constantly remain preoccupied of the **"fear of unknowns/ untoward incidents"**. They remain in this state until they themselves realize that whatever they think is wrong and baseless and they can overcome all the

situations (they come across) bravely. According to the clinicians, it's also a bitter reality that it's not too easy to bring a patient of **"depression"** back to the normal life. Medically, depression must be diagnosed timely just like any other physical disease. People suffering from depression need love and attention the same way any other patient needs.

The Westerners are comparatively more aware of this disease. There, the individuals suffering from Depression don't face any difficulties in getting treatment facilities/psychological counseling. No one in Western countries feels shy in accepting if affected by depression. In this world, perhaps it's only our country where **"Depression"** is taken as **"mental illness/ madness"**; rather it is preferred to stay quiet on such cases. Depress patient also does not want to create glitches for his/ her family members.

According to the medics, effective medicines are available to cure this disease. Whereas it should be taken care of that the patient is not trapped/ handled by any incompetent doctor/ hakeem, who definitely have all the chances to fail in curing this disease. Irony of our society is that we purchase and take the medicines without any proper prescription. According to the specialists, changes in hormones may also lead the women to serious depression. During depression, human body's immunity/ defensive system also gets disturbed.

Depression always has symptoms; it is always useful to visit any competent consultant in the very initial stages otherwise the condition keeps getting worsened. As for as males are concerned, they usually get chances to discuss their problems/ mental worries with their friends; whereas on the other hand, the women cannot share their feelings/ worries/ complications as they usually stay busy at home and feel isolation. The women have otherwise been normally found less cooperative with each other within women even they are more than one in same home.



Spirit Schools held the High Achievers Award Ceremony 2019

To celebrate the accomplishments of the students and to encourage them for an excellent performance in future, The Spirit Schools held the High Achievers Award Ceremony 2019 at Superior University, Lahore. Students, teachers and administration attended the event. The students who were nominated by their schools for being high achievers introduced themselves and spoke about their subjects, grades and achievements in life. The administration of The Spirit Schools awarded the high achievers with certificates, medals, prizes and various other prestigious gifts as a token of appreciation.

Chief Guest of this event was Ms. Tabinda Usman (Manager PR & Industrial Linkages CMACED), while the speakers' panel for this award ceremony included: Mr. Haseeb Khan (Director Communications), Mr. Bilal Hanif Chohan (Director Schools), Mr. Bilal Javed (Head of Operations), and Ms. Rizwana Anwar (Dean Academics). Chief Guest and the speakers were truly impressed by the arrangement and high standards set by the deserving recipients of the award ceremony. The proud teachers and the TSS administration cheered the prize winners for their outstanding performance and result.





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Jinnah Colleges Mansehra organized Kids Olympiad 2019

Sports activities always motivate students to prove their ability with agility leading to sportsmanship. With the idea to provide a platform to junior class students, 3rd Kids Olympiad was organized by Jinnah Colleges Mansehra. Different schools were invited to be a part of this fun filled and exciting day. Kids took a part in excited games and activities such as the Tricycle Hurdle Race, Puzzle Hunt and Pool Game. Highlight of the day was Baby Crawling Competition which was really a feast to watch. Chief Guest Prof. Rana Tabassum (GGC No.1 Mansehra) appreciated the efforts of Jinnah Colleges for coming up with unique and innovative ideas for students. Winners of all streams were awarded with certificates and shields.



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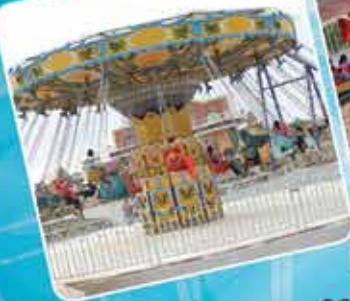
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DENGUE: Signs, Symptoms, Prevention and Control



Dengue is a mosquito-borne viral disease which is transmitted by female mosquitoes mainly of the species *Aedes aegypti* and, to a lesser extent, *Ae. albopictus*. This mosquito also transmits chikungunya, yellow fever and Zika infection.

In Punjab, the number of dengue cases has risen to 3,709 as 133 new patients were diagnosed Monday with the epidemic virus.

Signs and Symptoms:

The disease has a sudden onset and symptoms may include;

- Fever for 3 to 7 days
- Intense headache and pain behind the eyes
- Muscle and joint pain
- Loss of appetite
- Vomiting and diarrhoea
- Skin rash
- Bleeding, usually from the nose or gums.

Diagnosis:

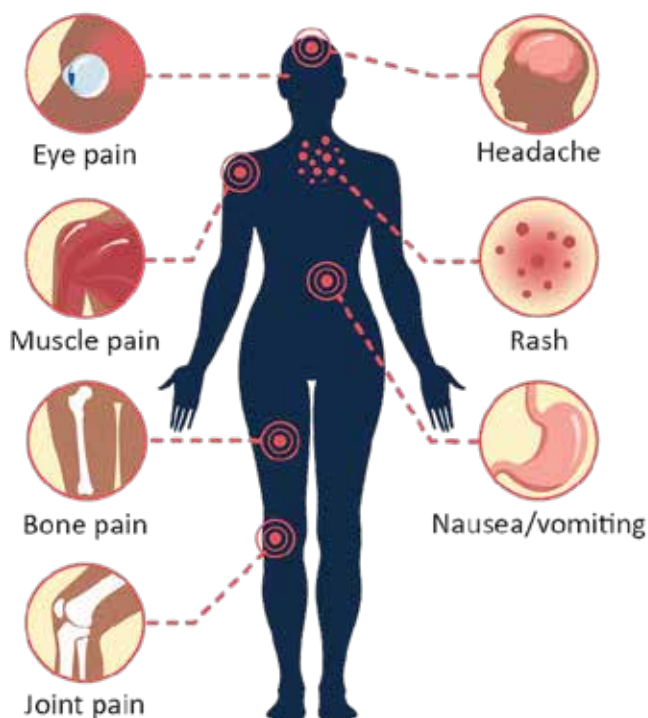
Diagnosis of dengue fever is made by clinical presentation and a blood test.

Prevention and Control:

At present, the main method to control or prevent the transmission of dengue virus is to combat vector mosquitoes through:

- Preventing mosquitoes from accessing egg-laying habitats by environmental management and modification;

- Disposing of solid waste properly and removing artificial man-made habitats;
- Covering, emptying and cleaning of domestic water storage containers on a weekly basis;
- Applying appropriate insecticides to water storage outdoor containers;
- Using of personal household protection measures, such as window screens, long-sleeved clothes, repellents, insecticide treated materials, coils and vaporizers (These measures have to be observed during the day both at home and place of work since the mosquito bites during the day);
- Improving community participation and mobilization for sustained vector control;
- Applying insecticides as space spraying during outbreaks as one of the emergency vector-control measures;
- Active monitoring and surveillance of vectors should be carried out to determine effectiveness of control interventions.



The Knowledge School Network organized Professional Development Training Session

The Knowledge School Network (TKS) Head Office organized a one-day professional development training session in collaboration with University of Management and Technology. The training workshop was conducted by eminent educationists on "Classroom Ecology" on 28th September, 2019 at UMT, Lahore. Participants from other renowned networks of Lahore, The Educators, The Smart School, Ali Institute, University of Education, Kinnaird Academy and 23 TKS campuses from Lahore and its nearby vicinity participated in this session. All participants unanimously appreciated that value of this activity and requested for conducting such like training regularly.



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Students of Misber School visits Paramount Book Fair

Books play a significant role in our life. Books are packed with knowledge, insights into a happy life, life lessons, love, prayer and helpful advice. To cherish the wisdom of books, students of Misber School were invited to Paramount Book Fair - where they participated in several fun activities, visited different book stalls and bought their favorite books. Students had a great time at the fair with their teachers and peers.

Paramount Publishers had immense collection of quality books, which fascinated the eager minds of young students and teachers providing them a wide variety of books to satisfy their thirst for reading and knowledge. Paramount Books was established in 1948 and thus has been in operation for over 70 years. Today, it enjoys the status of being one of Pakistan's leading publishers and booksellers



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