

VOL:03, ISSUE:03
NOVEMBER, 2019

Informal

TO RISE ABOVE THE TIDE

EDUCATIONAL MAGAZINE

EDUCATION
IS A PATH, NOT A
DESTINATION!

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TELL ME WHY
WE FORGET
OUR DREAMS?

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Mr. Shahid Warsi
CEO "AFAQ"

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Editorial NOTE

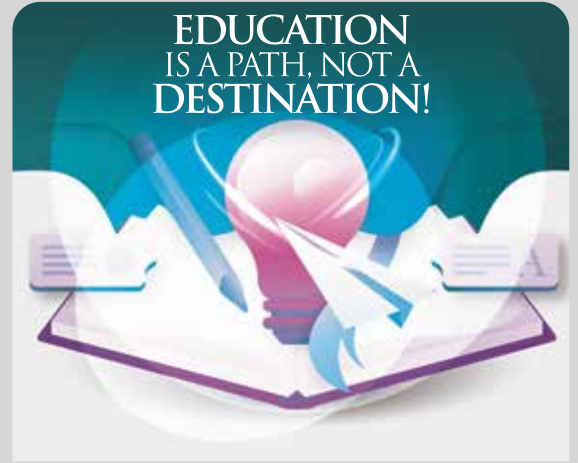
Education is the path of a bright future and a good life. Education is significant and gives an opportunity to learn skills and gain knowledge. A Good education gives you a better lime and understanding about the life. Education is the only key that can develop a whole generation of responsible human beings who can absorb good teachings and can impart it to many others. But the question arises in mind that what type of education, we should emphasize more. On one side is theory and on the other side is the practical application of theory. But out of these two which is more valuable for the student.

Practical education means gain knowledge with practical experience. Practical education is better because then you actually know how to do things in the real world. The best part of practical knowledge is whatever we learn through the practical way this knowledge will remain in our brain for a long period. In practical education, we learn the facts in an interesting manner which are the best part of the learning, if you enjoy your study then you never be bored or feel nervous of your education. Today our education system needs a practical approach; therefore they are an emphasis on "hands on learning", practical knowledge or education in every course whether it is computer course or teaching course. Practical knowledge can give the best exposure of learning to students or those who want to learn. The scope of practical knowledge is very wide and you can enhance your knowledge through the practical approach of education. There are some things you can only learn through doing and experiencing. Practical knowledge can often lead to a deeper understanding of a concept through the act of doing and personal experience.

Therefore, in order to have perfect learning experience one should gain both practical and theoretical knowledge. Without theoretical education, practical education is not effective. You can practice with confidence if you know its theory also. So both educations are better to achieve competence.

Farooq Ahmad Malik
(Editor-In-Chief)

NOVEMBER, 2019



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Letter to the editor



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Your Cover Story of last month was utterly factual, informative and highlighted the reality of education system of Pakistan. You were able to highlight some of the most important topics which were important to highlight in order to uplift our education system. It's been a wonderful experience to read your last month's issue.

Salman Muneeb (Lahore Grammar School)

I'm loving the work INFORMAL magazine is doing and let me admit I always wait for your monthly issue and this time from this platform I would like to give a lesson to students; it's high time that we start focusing on how we are studying instead of what we are studying. Students should factor-in the element of interest and conceptual learning instead of just going through or cramming.

Hafsa Sohail (Beaconhouse School Lahore)

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

Tauseek Zakir (University of Lahore)

Your magazine is educating people especially young's mind. The selection of topic is tremendous. It's a wonderful experience till now and waiting for the new adventure in upcoming magazine. I would love to see my letter in your magazine. 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)

I feel proud to have informal in my bookshelf and I must say it's the most informative magazine with fresh contents for teens and specially students of all ages. Your cover story of this moth really highlighted the major issue with the education system of Pakistan and also gave some suggestions for those problems.

Alvina Shaheen (LCWU)

It's been an astounding experience to read your last month's magazine. You were able to highlight some of the most important concerns which are important to be processed in the field of education. It's exciting to have a new magazine each month. Each time you guys hit with the most interesting topics. I really wait for the next issue and I adore each and every section of informal magazine.

Sulman Amir (Allied School)

Your magazine is doing a marvelous job, by giving useful information in one publication. The thing I liked the most about this magazine is, your selection of topics. I personally like your Cover Stories, which I read when I'm looking for some serious matter to penetrate into my mind. Thank you for your thorough research and clear writing. Keep up it up!

Arslan Ali (University of Lahore)

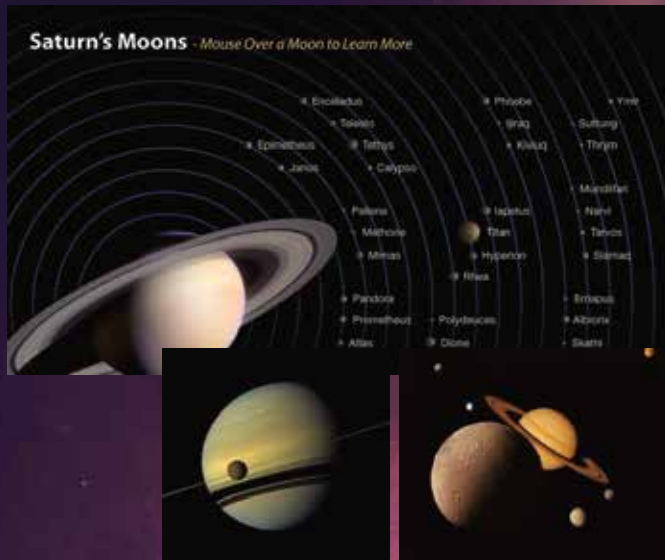
It is a magnificent experience to read your magazine; it is perfect for students predominantly. Cover story and Wise Advice are my most favorite in the magazine of every month. By reading these, I get to know about some outside the box information which helps me through my information seeking procession.

Farwah Aftab (UET Lahore)

Write us at informal.pk@gmail.com

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

www.informal.pk | 05



Saturn is the new “Moon King” of our solar system, with astronomers spotting 20 more of them orbiting the giant ringed planet, bringing its total count to 82 - three more than Jupiter. The newly identified small moons, ranging from about 2 to 4 miles (3 to 6 km) in diameter, were detected using the Subaru telescope in Hawaii by a research team led by astronomer Scott Sheppard of the Carnegie Institution for Science in Washington.

The discovery was announced this week by the International Astronomical Union’s Minor Planet Center. One of the moons orbits at an astounding distance of about 15 million miles (24 million km) from Saturn, farther away than any of its other moons. By comparison, Earth’s moon orbits about 240,000 miles (386,000 km) from the planet.

Seventeen of the newly detected Saturnian moons are orbiting in the opposite direction of the planet’s rotation. The other three orbit in the same direction Saturn spins, as is typically the case. A number of the moons appear to be

fragments of once-larger moons that broke up in long-ago collisions with other moons or passing comets or asteroids, which is similar to some of the 79 moons orbiting Jupiter.

Saturn, a gas giant made up mostly of hydrogen and helium, is the second-largest planet in the solar system and the sixth from the sun. Its diameter of about 72,000 miles (116,000 km) dwarfs Earth’s diameter of about 7,900 miles (12,700 km).

“These new moons show us the solar system was a very chaotic place in the distant past, with objects flying all over the place. These are the last remnants of the objects that formed in the giant planet region, as all of the other objects that formed in this region have either been ejected or incorporated into the planets themselves,” said astronomer Sheppard.

The newly identified moons are much smaller than Saturn’s largest; the icy world Titan, whose diameter of about 3,200 miles (5,150 km) exceeds that of the innermost planet, Mercury.

SATURN becomes the “Moon King” with 82 Moons



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TELL ME WHY

WE FORGET OUR DREAMS?

When we sleep, our brains go through four stages. The first stage includes the transition from wakefulness to sleep, when the body slows down from its daytime rhythm and "twitches" its way into sleep. The second stage, also of non-REM sleep, involves light sleep. The third stage of sleep is deeper, and it provides the profound kind of rest that one needs to feel refreshed in the morning.

Finally, the time when our brains do most of their dreaming is called the REM sleep stage. But why do we forget our dreams most of the time? Perhaps the most compelling explanation is the absence of the hormone norepinephrine in the cerebral cortex, a brain region that plays a key role in memory, thought, language and consciousness. A study published in 2002 in the American Journal of Psychiatry supports the theory that the presence of norepinephrine enhances memory in humans, although its role in learning and recall remains controversial. A lack of norepinephrine, however, does not completely explain why we

forget dreams so easily. Recent research suggests that dreaming lies on a continuum with other forms of mental functioning, which are all characterized by activity in the cerebral cortex. The dreaming/reverie end involves some of the most creative and "far out" material. This type of less consciously directed thinking, however, is not easy to remember. Can you recall where your mind wandered while you were brushing your teeth this morning?

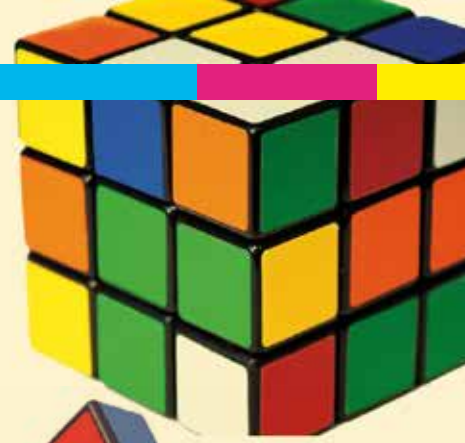
In general, we are very good at forgetting nonessentials. In fact, many of our thoughts, not just those we have while dreaming, are lost. We tend to recall only things that we think about often or that have emotional significance; a problem, a date, a meeting.

Even though most dreams disappear, certain ones tend to remain. These dreams were so beautiful or wacky; they captured our attention and increased activity in our DLPFC. Thus, the more impressive your dream or thought, the more likely you are to remember it



INVENTION STORY OF RUBIK'S CUBE

After many different prototypes and versions of the cube being created, in 1974 Erno Rubik finally finished his final prototype 3×3 Rubik's Cube. The cube was fairly large and made out of wood, with corners that were cut down due to the size of the object. Then, Rubik realised he couldn't actually solve what he had created, and spent a month figuring out how to do so. The cube was released for the first time in Budapest toy shops in late 1977. The version that was released meant the cube could not easily be pulled apart or broken, ideal qualities of children's toys. It took several years before the cube was actually released worldwide. In early 1980, the Rubik's Cube made its international debut in toy fairs across the world. In 1980 and 1981, the Rubik's Cube received the UK Toy of the Year award, and in the first 3 years of its release it sold 100 million units. The cube today has sold over 3 times that figure, making it the best-selling toy of all time.



INVENTION STORY OF CHESS

Until Wilhelm Steinitz became the first official World Chess Champion in 1886, the game of chess was in a steady flux. According to chess historians, chess is one of the oldest games in existence; it originated around the 6th century AD. In those times, The Persian Kings believed that war was the most effective school in which to learn the values of decision-making, endurance, circumspection and bravery. Because of this, it is believed that war was chosen as the model for the game. Chess made its way via the expanding Arabian empire to Europe. The rules of chess changed numerous times until the 1880's. The first official World Chess Championship was hosted in 1886. Chess is known the world over, played by numerous fans, but its roots and origins are not clear and are highly debatable. There are a variety of legends, stories, and plain guesses, starting from a dispute over where it came from and ending with when chess began.





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Researchers Produced Biodegradable Plastic Bags that Dissolves in Water



Two researchers from Chile, Roberto Astete and Cristian Olivares, produced a biodegradable plastic bag named SoluBag which dissolves in water. They discovered the formula

while experimenting with biodegradable detergent. The team used PVA, a polyvinyl alcohol that dissolves in water, as their chemical base and then replaced the oil derivatives to ensure the bag would degrade over time. It is the oil derivatives in plastic bags that mean they do not break down but instead remain in the environment, causing serious harm to marine life and natural environments.

“Our product comes from a limestone that does not hurt the environment,” explains Astete, the general director of SoluBag, a company that hopes to start selling the bags in Chile from October, 2019.

The Chilean government has launched various initiatives to reduce the use of plastics. From August, it will become one of the first countries in Latin America to ban the use of traditional plastic

bags in stores. The idea was first put forward under the former government of President Michelle Bachelet, who proposed a ban on plastic in coastal regions, and it was extended by current President to the whole country.

In the presence of Media, Astete and Olivares demonstrate two products: plastic bags that dissolve in cold water and reusable canvas bags that break down in hot water. “What remains in the water is carbon,” says Astete, which medical tests show “has no effect on the human body.” To prove that what is left behind in warm water is “harmless,” - he also drank a few glasses of the water.

Astete and Olivares are not the first to create biodegradable plastic bags. In 2009, Indonesian biologist Kevin Kumala launched Avani Eco, an eco-friendly company that makes biodegradable and compostable products. Kumala began the project when he returned to his home in Bali, after spending a decade in the United States, and saw the once-pristine beaches strewn with plastic.



KPK Govt. introduces E-registration System for Private Schools



The government Khyber Pakhtunkhwa (KPK) has launched a new E-registration policy for online registration of private schools. Under the new system, the process of registration of private schools will be streamlined. Moreover, the provincial government will be able to regulate matters concerning private schools in accordance with the law.

Chairing a meeting regarding private schools registration authority, Advisor to Chief Minister Ziaullah Bangash said that the aim of E-registration was to facilitate private schools in the registration process and to regulate them as per government policy.

He said that different committees have been constituted as per court orders to determine fee of private schools, the appointment of officers at Tehsil and district levels. The committees also included scrutiny committee at district level and committees for recovery of summer holidays fees in installments.

He said that registration of tuition centers and academies would start soon under the ambit of the private schools' registration authority. He also said that normal registration fee date is December 31, 2019, adding that so far over 850 schools have been registered in the Hazara division.

The meeting was informed that so far 1950 schools have been registered under special drive started in Mardan, Malakand, Khyber districts taking the figure of total registered schools from 3600 to 5550 within two months and generating revenue of Rs 23 million.

Earlier, Chief Minister Khyber Pakhtunkhwa Mahmood Khan had directed the concerned authorities to expedite the process of recruitment of teachers. As per details, the KP chief minister has also directed authorities to expedite the recruitment process in the merged districts to provide better health and education facilities to tribal people. "Government is taking effective steps for the development and prosperity of tribal districts," said CM Mahmood.



PRESCHOOL A Nurturing and Creative World

A quality preschool education provides children with cognitive, behavioral and social skills they cannot learn at home. Teachers find it easier to teach a child who possesses a strong preschool education background in language skills.



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Most parents consider Kindergarten the official start of their child's education; the years preceding this milestone are an important time for learning as well. Children enter Kindergarten usually at around five years old – but the first five years of life are a critical period for setting the foundations of learning. In fact, the preschool years may be the most important learning time of all. Preschool education is now considered not just a good idea, but very important for a child's scholastic success. "At preschool, they become exposed to numbers, letters, and shapes. And, more important, they learn how to socialize, get along with other children, share, and contribute to circle time.

Children who attend preschool are better equipped for kindergarten than children who do not. Preschool education gives students a head start and prepares them for the challenges of primary school. According to a highly-cited and groundbreaking 2004 research, preschool attendance enhances all-round development in children, and an early start (before the age of three) is even better.

In preschool, children will learn to strengthen their social and emotional development. Children learn how to compromise, be respectful and problem solve. Preschool provides an environment for children to explore, gain a sense of self, play with peers and build self-confidence. Children learn they can accomplish tasks and make decisions without the help of their parents. High quality preschools balance one-one attention with group activities. Examples of activities include groups working together to solve a problem, complete an activity, contribute to a story, or an individual student working one-on-one with an adult.

Behavior management is a major part of preschool learning. In preschool, children learn how to be students. Children learn patience, how to raise their hands and take turns. Children also learn how to share the teacher's attention. Children also learn about routine, following directions and waiting.

In pre-school, children learn they can actually do things for themselves. Children will learn to wash their hands, go to the bathroom and take off their shoes without an adult doing it for them. Children may have classroom jobs and take pride in helping out in the classroom. Learning new skills helps builds confidence.

A quality preschool education provides children with cognitive, behavioral and social skills they cannot learn at home. Teachers find it easier to teach a child who possesses a strong preschool education background in language skills, listening comprehension, attention management skills, and a positive attitude toward learning.

Preschool learning both in the classroom and at home provide a child with a strong foundation and ensure that they enter Kindergarten ready to learn; in fact, a certain level of knowledge is expected of children entering school due to the emphasis on preschool learning in recent years.



EDUCATION IS A PATH, NOT A DESTINATION!



Your grades don't define you, but still they do matter in your academic life, in your higher studies, and even in your practical life. This is something many students need to hear.

A high grade point average shows people that you were willing to put in the effort when you needed to and that you pushed yourself to do your best. It shows that you are willing to do what you need to when you set your mind on something and that is what an employer wants in an employee. The amount of stress that is put on students these days between trying to balance school, homework, extracurricular activities, social lives, sleep and a healthy lifestyle is being considered as a health epidemic

However, your grades don't define you, but still they do matter in your academic life, in your higher studies, and even in your practical life. This is something many students need to hear. Not everyone gets straight A's, and the weight of grades sometimes brings us down. In an effort to comfort those who aren't getting the grades they want, the mantra "your grades don't define you" has spread around. To be fair, it is true and something you should keep in mind. But many students have warped the meaning of this saying into thinking grades don't matter and you don't need to try to do well in school.

There may be flaws in many grading systems, sometimes in the education system itself, but grades do still hold value. It may be a tough truth to swallow, but you're only hurting yourself if you pretend like grades don't matter. Colleges look at grades, scholarship organizations look at grades,

and employers look at grades too.

However, it requires a lot of studying. It requires late nights. Sometimes you have to miss out on fun stuff to make sure you finish that project. Sometimes you wake up at 3 a.m. with a drooly textbook on your face. But setting goals is about sacrifice, and if you want that perfect transcript, you have to accept that you'll deal with a ton of stress.

The link between success and stress has become so strong in some students' minds that they actually view stress as proof that they're good students. They humble-brag about how late they stayed up last night writing a paper or how many hundreds of flashcards they made. The prevailing view is that if you're not pulling your hair out, then you're not really trying.

You may be stressed-out and still getting good grades, but you could be achieving those grades (and better) in far less time with far less pain and suffering. Imagine a world in which you could get A's as efficiently as possible. All of that free time that used to go to study for hours can instead go to sports, filmmaking, or any of the activities that really expand your learning (and make that college application truly pop).

The most important change that you can make today is to stop stressing when you study. The best students get amazing grades and actually enjoy the process. And every student can have





that experience. The key is to shift your focus from what you're studying to how you're studying. The minute that stress starts to get in the way, just relax yourself by taking your mind off, and then start over.

Students spend a lot of time stressing about how much they have to do. It gets them no closer to mastering the material, and it's no fun either. So, take your attention off how much work you have to do and put it on work you can do. Pick one vocabulary word and learn it. Do one problem from your math homework. Doing anything you can to chip away at that assignment will get your attention off the stress and back where it belongs.

Being good at something means you "get it" right away, right? Wrong. Rushing is a surefire way to guarantee mistakes. Scientists have studied experts in every field and found that to become great, those experts focus their practice on only one thing: accuracy. The people who become world-class go as slowly as they need to make sure that every move is 100% correct. They know that with more and more practice, they'll get faster at that skill. (In fact, your brain is wired to make you faster at the things you practice.) Slow down and focus on doing the work correctly.

The key is to shift your focus from what you're studying to how you're studying.



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“Knowledge has a Beginning but no End”

In Conversation with
Mr. Shahid Warsi
is the CEO of “AFAQ”

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

Ans. I have worked at different capacities in different organizations. I am serving in the Education Sector for more than two decades. Currently I am the CEO of Association For Academic Quality (AFAQ). I have been associated particularly with the Research Department and have worked for Curriculum Development, Teacher’s Training and School System Development. I have visited almost 40 different countries to observe their education systems. I am privileged of giving trainings in 17 different countries as well. Working as a Curriculum Consultant of World Bank is another feather in my cap. Moreover, I am honored for being a part of the committee that wrote the “Global Standards of Education” in Geneva Switzerland as an expert representing the Government of Pakistan.

Q. How long have you been associated with AFAQ?

Ans. I have been associated with AFAQ since 2003 and I joined AFAQ as the Director Training. Before this I was working in the Center for Education Research and Development (CERD).

Q. How AFAQ has grown from just a house in Lahore to a major organisation?

Ans. In 2003 AFAQ was working with limited scope, focusing research and training domains. AFAQ which was only limited



to a house in Lahore, now has branches in 30 different cities of Pakistan and has more than 600 employees. Now, AFAQ is a well-reputed organisation in public and private sectors and even all over the world as well.

During the last 20 years, AFAQ has played an important role in the development of education and now every year teachers attend the seminars conducted by AFAQ. Recently, AFAQ has helped principals of Pakistan to groom professionally through a well-designed course held in UK (Ireland) and in the same spirit AFAQ has arranged another tour to Japan for principals to compare and improve their own educational systems.

Q. Tell us about the countrywide reach of AFAQ.

Ans. AFAQ has a well organised branched system that spreads out in 30 cities all over Pakistan. We conduct trainings in 90% of the Districts of Pakistan through our teacher training programs and special seminars.

Q. Enlighten us about significant attainments and products offered by AFAQ.

Ans. AFAQ offers a wide range of books for students from pre-nursery to grade 8 and along with that, we have children's literature including encyclopedia and readers. Encyclopedia published weekly with the latest research and discussion on particular topic covering "Countries, Animals, Inventions and Personalities." We also have teachers support materials, digital resources and different models that are provided to the school for their development. AFAQ has also provided the Federal Center of Education with their 70 to 80% publications.

Q. How much emphasis you put on the element of learning?

Ans. We are quite focused on it and most of our readers have eBooks. We have also introduced augmented reality in a contract with Russia over the past two years.

Q. As you know education is shifting to STEM, so what role does AFAQ play in the aspect?

Ans. Our various activities are related to STEM education but STEM based education system does not provide a concrete foundation and diverse curriculum. Keeping all these flaws in view, AFAQ decided to develop its own curriculum supporting STEM education.

Q. What type of courses and diplomas does AFAQ offer?

Ans. There are more than 150 training modules available consisting of quality improvement, school leadership, TOT programs, pedagogy, character building and subject based training. We offer 3 and 6 month courses on effective teaching and leadership. There are more than 100 titles offering diplomas.



Q. How do you define the qualities of a good teacher?

Ans. A good teacher should have a relevant subject command with an effective plan to convey his/her knowledge in a strategic way to students. They should improve creative thinking skills in students so that they can strive best in the 21st century.

Q. What role AFAQ is playing in making Pakistan progress towards a better education system?

Ans. AFAQ is playing a major role in providing quality education, where the improvement steps taken by the Ministry are given by AFAQ.

Q. What message you would convey to the readers of our magazine?

Ans. I would to take this opportunity to appreciate the team to highlight the aspects relevant to education and its importance in this day and age. My message to the readers of your magazine is to bring their learning into reality as implementation is the key to success.

AFAQ is playing a major role in providing quality education, where the improvement steps taken by the ministry are given by AFAQ.

PAKISTANI STUDENTS INVENTS CHEAP ARTIFICIAL SKIN

While briefing the Senate Standing Committee on Science and Technology, the Rector-COMSATS revealed that the students of the COMSATS University (Islamabad) have prepared artificial skin that costs much less than imported artificial skin.

The artificial skin is widely used in Burn and Trauma centers that are spread across the country. It is also used for treating the victims of acid attacks. The COMSATS official also stated that one of the talented students has managed to create a bandage that can cure diabetics.

He said, 'Our students have carried a successful experiment of preparing super-cheap artificial skin that will cost just 22 cents per square inch.' He further explained that the skin that is being imported from the US right now costs around 22 USD per square inch. He added that this development would help revolutionize burn treatments that are happening in Pakistan.

The Rector further added that the university currently enjoys the 131st position in the region and has more than 400 foreign students. He also said that all of these students are being taught by local teachers. He said, 'We have over 400 international students but no foreign teacher in our faculty.' The committee was being chaired by Senator Mushtaq Ghani, who congratulated COMSATS officials for achieving these feats.

COMSATS University aspires to be both one of the top research institutions and one of the best higher education providers in the country. It envisages becoming a university by the name of "COMSATS University", for which the legal documentation is under process with the Government of Pakistan. The vision being pursued by the CUI is to become one of the top 100 universities in the developing world. The CUI further intends to earn a place among the top 500 universities of the world by the year 2020.



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US and China dominate International University Rankings

The US and China have dominated in the US News & World Report 2020 Best Global Universities Rankings, further cementing research reputations of the two countries' institutions. The new edition of the US-produced academic rankings evaluates 1,500 universities, up from 1,250 last year. There were 249 American institutions in the report, accounting for 16.6% of all universities featured. Chinese universities accounted for 12.5% of the total share. In both the engineering and computer science rankings, four of the top 10 schools are based in China. The UK had 86 universities included (5.7%) and then Japan with 82 (5.5%). Germany was fifth in the overall world rankings with 66 universities (4.4%).



British Council celebrates work of UK Alumnis



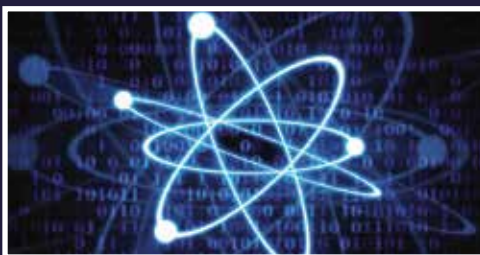
Alumni of UK universities from Bangladesh, South Africa and Egypt were recognised by the British Council's Study UK Alumni Awards 2019. Winners of three categories were acknowledged for their research, social development and entrepreneurialism. Transitional justice specialist and alumni of SOAS University of London and Durham Law School, Durham University, Noha Aboueldahab, was handed the Professional Achievement award for her research on human rights, politics and international law in the Middle East and North Africa. British Council's CEO, Sir Ciarán Devane, who hosted the winners at the organisation's headquarters in London spoke of their 'exceptional' work.

Student housing boom in Europe and Australia

Student accommodation investors with large amounts of capital are targeting "super-sized" cities with vast numbers of international students. However cities with smaller student populations can be a good option for student accommodation developers due to a current lack of housing. Investment in student accommodation has seen significant growth the last ten years, with markets in Europe and Australia booming, the research indicated. Global student housing investment went from \$0.9bn in 2009 to \$17.4bn in 2018, marking a growth of 1833.3%, according to the report. The region that saw the highest increase was Central and Eastern Europe, where between 2008 and 2018 there was an increase of 92%.



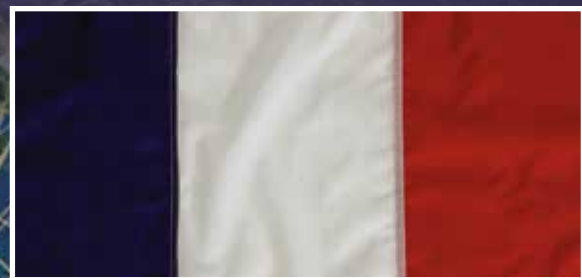
Quantum leap in Computing as Scientists claim 'Supremacy'



Scientists claimed to have achieved a near-mythical state of computing in which a new generation of machine vastly outperforms the world's fastest super-computer, known as "quantum supremacy". A team of experts working on Google's Sycamore machine said their quantum system had executed a calculation in 200 seconds that would have taken a classic computer 10,000 years to complete. A rival team at IBM has already expressed scepticism about their claim. But if verified and harnessed, the Google device could make even the world's most powerful supercomputers -- capable of performing a giddy 20,000 trillion calculations per second -- look like an early 2000s flip-phone.

France Ramps up Campaign to Attract 500k Students

As part of France's bid to attract 500,000 international students to its shores by 2027, Campus France has announced a new international campaign to give a voice to those who have chosen France for their studies. Currently, around 343,000 international students are enrolled in the French higher education system. It will use an interactive game centred around the theme of young students' "dreams" and posters featuring alumni from French schools, as well as various testimonials on social media targeting students around the world.



PM Imran Khan laid the Foundation of Baba Guru Nanak University

Prime Minister Imran Khan laid the foundation stone of Baba Guru Nanak University on October 28. The establishment of this university in Nankana Sahib was announced earlier this year when PM Khan was in the town for a Spring Tree Plantation Campaign. The ceremony was also attended by Punjab's Chief Minister, other provincial and federal ministers, and foreign ambassadors. Baba Guru Nanak University will be built on ten acres of land, and the project will cost Rs. 6 billion. As many as 10,000 students will benefit from this university.



Teachers, Students, Staff Awarded by Fauji Foundation

Fauji Foundation establishment recognizing the contributions of teachers and staff in the field of education besides the students for excelling in acquiring educational qualification decorated 185 individuals who excelled in respective fields. Lieutenant General Syed Tariq Nadeem Gilani, Hilal-e-Imtiaz (Military), (Retired), Managing Director Fauji Foundation being chief guest at the award ceremony said Fauji Foundation was committed to provide best facilities particularly in health and education sectors to the ex-servicemen and their families. He said in the coming years Fauji Foundation was establishing more health and educational amenities in far-flung districts of the country to fulfill its commitment to deliver the best health care and education to our beneficiaries.



Punjab to Shutdown Private Unregistered Schools



Punjab government has issued a seven-day deadline to private schools for issuing new fee vouchers as per the directives of the Supreme Court. The provincial education minister, Murad Raas, has ordered all private schools across the province to comply with the recalculated fee by District Register Authority' (DRAs) in 2017. "We have sent notices to all such schools with a limited timeframe to get them registered. All unregistered schools will be shut down as soon as the deadline ends," he said. He requested the parents to first refer to the online Complaint Management System (CMS) and only visit DEAs if it doesn't get sorted online.

Research Center at China named after Pakistani Scientist



The Hunan University of Chinese Medicine (HUCM) has decided to establish "Academician Professor Atta-ur-Rahman One Belt and One Road TCM Research Center" at its main campus in Changsha, capital of China's Hunan province. The grand opening ceremony of the proposed center will be held on October 24 in HUCM, along with the Annual Bio-TCM International Conference, according to an official statement issued here on Saturday "This center is indeed a humble recognition of Prof. Atta-ur-Rahman tremendous scientific contributions in the field of traditional medicine, and his leadership of developing scientific collaboration between the two countries", Wei Wang, Professor at Hunan University of Chinese Medicine said.

PM Imran Khan launched the "Kamyab Jawan Program"

Prime Minister Imran Khan launched the "Kamyab Jawan Program", an initiative aimed at economically empowering the youth. The youth which included a huge number of female students posed for selfies as they waved their passes in excitement before entering the venue where the prime minister was due to address them. Under the program, a vast array of projects and initiatives would be taken in education, skill training, entrepreneurship, and civic engagement for country's youth. Speaking at the ceremony, the prime minister congratulated Usman Dar, Special Assistant to Prime Minister on Youth Affairs, and his team for their efforts in launching the program.





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UET Peshawar and PASTIC Hold Training Workshop on SPSS

The Office of Research Innovation and Commercialization (ORIC) UET Peshawar and the Pakistan Scientific and Technological information Centre (PASTIC), Peshawar jointly organized a two day training workshop titled SPSS. As many as 50 participants from various universities including the University of Peshawar, UET Peshawar, Shaheed Benazir Bhutto Women University Peshawar, Agriculture University Peshawar, Khushal Khan Khattat University Karak, National Centre of Excellence in Physical Chemistry-University of Peshawar, Islamia college University Peshawar, UET Mardan and Peshawar Medical College attended the training and learned the SPSS learning.



Punjab HEC Starts Receiving Applications for ITGs

Punjab Higher education Commission (PHEC) has started receiving applications for a new round of international travel grants (ITGs) from the eligible faculty members, non-teaching staff and PhD scholars of provincially chartered public and private sector universities and public sector colleges of Punjab. The PHEC has so far awarded a total of 481 international travel grants (ITGs) to the scholars in 29 meetings. The PHEC offered international travel grants to public and private sector universities and public sector colleges of the province.



Canadian Delegation visits Pir Mehr Ali Shah Arid Agriculture University



The delegation from Canadian Industry & University of Prince Edward Island, Canada and Pir Mehr Ali Shah Arid Agriculture University Rawalpindi (PMAS-AAUR) have agreed to initiate collaboration in research projects & academic programs and stressed the need for strong academia-industry linkages through developing human resources, technologies and policy formulations. It was decided in a meeting chaired by PMAS-AAUR Vice Chancellor Prof. Dr. Qamar Zaman with Canadian delegation including Allan Dale, Director Industry Partnership, Dr. Aitazaz Farooque Associate Professor of the University of Prince Edward Island, Canada, Mr. Andrew Hall and Blake Doyle, Co-Founder A2B Design Engineering, Canada along with deans/directors of PMAS-AAUR.

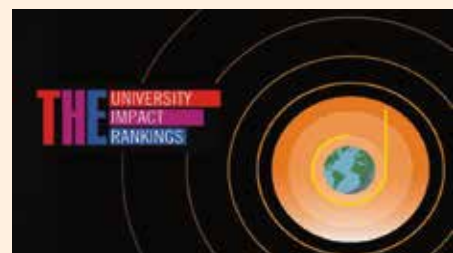
Sindh Agriculture University approves Admission Policy for Undergraduate Program



The 111th meeting of Sindh Agriculture University's approved the annual 2018 report of the varsity besides discussing and considering other matters of importance. The public relations officers informed that Vice Chancellor Prof. Dr. Mujeebuddin Sahrai chaired the meeting. The syndicate approved the admission policy for the undergraduate program 2019-20. The Vice Chancellor Mehran University of Engineering and Technology Prof. Dr. Abdul Aziz Uqaili, Higher education Commission's Member, A Q Mughal, Registrar Ghulam Mohiuddin Qureshi and other members attended the meeting.

10 Pakistani Universities Ranked in World's University Impact Ranking

Ten Pakistani universities have been ranked among the top universities in the world in the Times Higher Education (THE)'s list. "THE" is a weekly UK-based magazine that issues its annual list of world's most influential universities. The list called 'University Impact Rankings 2019' has included 10 Pakistani varsities in different categories. List of Pakistani varsities that made it to the University Impact Rankings 2019; NED University, University of Agriculture Faisalabad, Ghulam Ishaq Khan University, University of Veterinary Lahore, COMSATS University Islamabad, Government College University Lahore, International Islamic University Islamabad, NUST Islamabad, University of Peshawar, and Quaid-i-Azam University.



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Our precious planet Earth is on the edge of devastation. We celebrate Earth Day every year but we do

not yield it so seriously. We, as the most responsible creature on Earth, should focus on our attitude about the management of tons and tons of waste produced by us. We have to create an influential awareness about the non-biodegradable waste. A significant initiative to manage daily waste is to use the Eco-Friendly dustbins instead of traditional dustbins.

Eco-Friendly dustbins are the dustbins, which do no harm the environment. They are based upon 3R's theory (Reduce, Reuse, and Recycle).

We can throw different types of litter in separate dustbins.

- **Recycle:** plastic containers /can /glass bottles/metallic waste etc.
- **Reuse:** paper litter/ cardboard/newspaper etc.
- **Reduce:** food/fruit wastes/other wastes etc.

Later on, the litter can be either given to some NGO or collected by the sweepers, who already use to do this practice by segregating the collected litter and selling the recycling and reusing material to scrap shop and throwing other wastes to the landfill.

We can even stop using plastic liners for dustbins,

instead we can use green bug liner to keep our dustbins clean. The **Green Bug Liner** are made from discarded newspapers, which is again a vital step towards recycling.

We can initiate this campaign in our schools to produce awareness amongst our students. It's a very practical and economic step, which every school can opt easily.

The dustbins can be placed in projecting areas of the school. An awareness session can be conducted in the morning assembly and a continuous check can be kept throughout the session.

With a resolution of making the planet Earth worth living, we have to play our substantial role to create a hygienic environment by using the Eco-friendly dustbins.

Lets' join hands in hands to mark this effective campaign as **LITTLE THINGS CAN MAKE A BIG DIFFERENCE.**

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By: Ch. Salahuddin

Rebellion In Children And How To Get Rid of It

In the current times, a lot has been found on children's development and parents know the best as to how children learn and how childhood's feelings and thoughts affect their future's wishes and preferences.

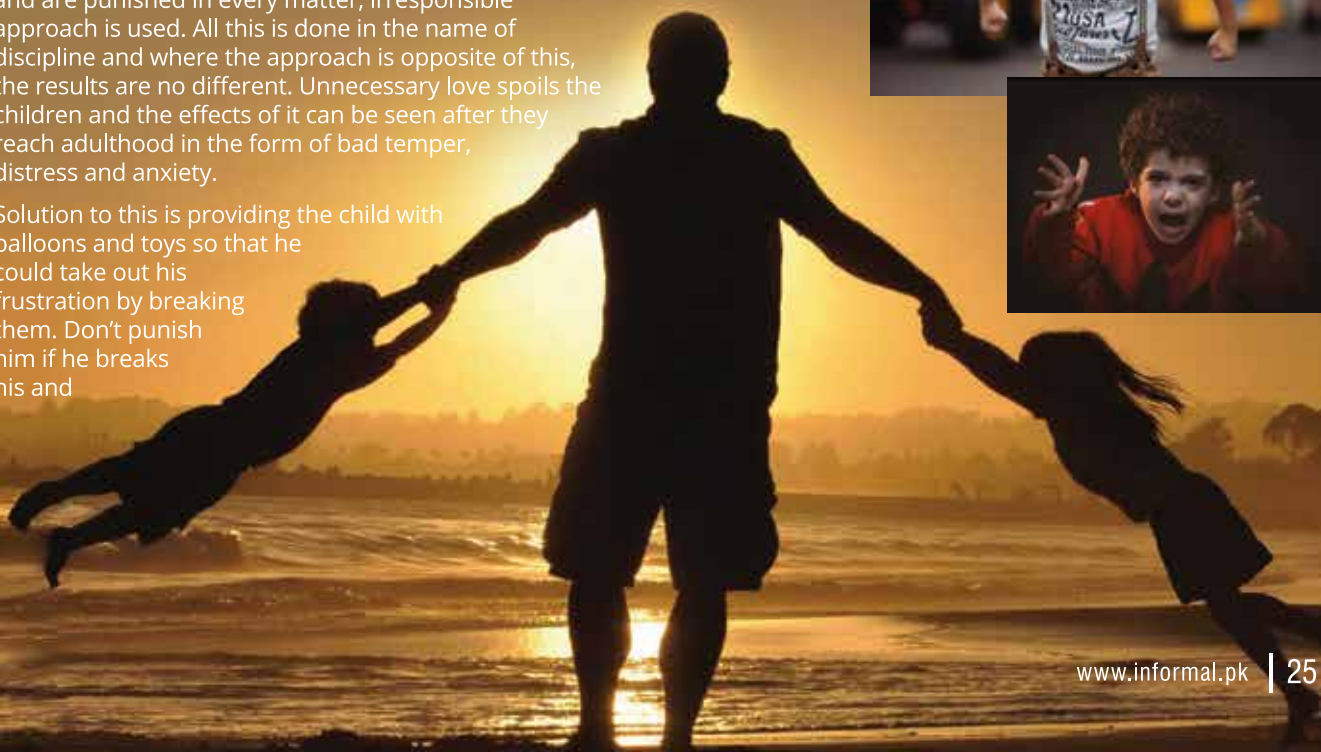
Changing notions on children's upbringing has put a lot of wise parents in an odd delusion. Till the starting of the prior century, this theory was widely common that not using power in the upbringing of children leads to faults in upbringing of children. In other words, obedience of the house chief and fulfilling his orders was compulsory. On any of the children's mistakes no excuse was heard, only punishment was given. Children used to spend very little time with parents at home. In the rich families, children were on the mercy of maids and employees where as in the poor families, children used to be busy in physical exercises or used to be outside homes in the fields playing. Nowadays children spend most of their time in the nearness of their parents. That's why the issue of discipline in children has become of huge importance.

In the current times, a lot has been found on children's development and parents know the best as to how children learn and how childhood's feelings and thoughts affect their future's wishes and preferences. After knowing this parents are now worried as to why and how to use ways for a good upbringing of their children? In context to the nourishment of children, different philosophies ranging from strict discipline to very mild discipline are present. In this regard, parents are advised to use their common sense. Too much and too less discipline, both are harmful. They are beaten and are punished in every matter, irresponsible approach is used. All this is done in the name of discipline and where the approach is opposite of this, the results are no different. Unnecessary love spoils the children and the effects of it can be seen after they reach adulthood in the form of bad temper, distress and anxiety.

Solution to this is providing the child with balloons and toys so that he could take out his frustration by breaking them. Don't punish him if he breaks his and

others' toys by mistake and if punishment is necessary then the punishment should not be lethargic and in accordance with the mistake so that it is known to him that such attitude is intolerable. Punishment should not be physical or prolonged. Another problem faced by parents is that they ask this question, "to what extent should we debate with a child and making them understand our point through testimonies?" the answer to this is based on the child's age temper and household's atmosphere. Children of small age are habitual of saying "no". They are too young to have any form of debate, so avoiding it is better. For any order, any simple reasoning is enough.

Parents should also be careful about the nature of instructions and orders, that they are practicable. Strict policy is a must but the parents should also consider that at this point of child's nourishment, expectations from him. Parents should make the child aware of the task and if he has any reservations, he would inform them. As the child grown up, his ability to understand instructions increases. I don't think any parent would like that the child follows all instructions without thinking about it being blind folded. Children respect their parents who take care of their children's sentiments. They respect their inclinations towards new experiments. If the child presents with a solid point, they are ready to retract their commands. Killing the child's wishes and dispositions just in the name of discipline is no wisdom.



NATIONAL GRAMMAR SCHOOL LIBERTY CAMPUS HELD SPORTS FESTIVAL

National Grammar School Liberty Campus held the 6th edition of NGS Sports Festival. Students from all over the city joined for an exciting three days filled with sporty competitiveness. The NGS Sports Fest is known for its magnanimity and provides students a platform to exhibit & hone their skills.

The events included were: Swimming, Cricket, Futsal, Badminton, Table Tennis, Throw ball, Snooker, Cross Country, Basketball, Tug of War, Dodge the Ball, FIFA '20 [Ps4], Chess, Arm Wrestling, and Rainbow Six Siege.



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Volka Food International and Shahid Afridi Foundation collaborated on "Road to Education Tour"

Volka Food International and Shahid Khan Afridi (Brand Ambassador Volka Food and Global Chairman Shahid Afridi Foundation) successfully collaborated on "Road to Education Tour" going through various cities.

Ch.Zulfiqar Ali Anjum (Chairman S.M.Food Groups of Industries Volka Food International) and Ch. Saim Zulfiqar (CEO VOLKA FOOD International) made this collaboration successful in an effort to facilitate underprivileged, out of school children, especially girls. The partnership is yet another step in educating 22.8 million out of school children in Pakistan.

Shahid Afridi led the journey starting from Multan and ending at Lahore from October 21 to 31, 2019, covering over 16 cities across Punjab during the 11- day tour. Speaking on the occasion, celebrated cricketer said that logo of Shahid Afridi Foundation was "Hope Not Out." He informed that we could revolutionize our society by educating our girls adding that his foundation was working for education under "Road to Education" campaign.

The tour focuses on raising awareness about the importance of education especially for girls and establishing a volunteer base for the initiatives taken by Shahid Afridi Foundation.



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Lahore Science Mela 2019

A two-day Lahore Science Mela 2019 organised by the Khwarizmi Science Society (KSS) in collaboration with Ali Institute of Education (AIE) started at the Ali Institute. The Lahore Science Mela acted a platform for scientific organisations to introduce themselves to the public. The Pakistan Atomic Energy Commission (PAEC) pursuing its vision of nuclear technology for peaceful purposes also showcased its contribution to engineering, health, power, agriculture and biotechnology.

The visiting students and researchers took special interests in the PAEC pavilion. They were particularly fascinated by the interactive models and simulations. They were keen to learn about PAEC contribution to international science research forums like CERN and IAEA. The visitors were also briefed about nuclear power as a clean, environment-friendly source of energy. Interactive sessions of PAEC scientists were also arranged with the general public and students to present the soft image of the PAEC as a progressive public sector organization engaged in cutting edge technological innovations.



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By: Akasha Amjad

Women Creativity and Cleaning!

The thing with cleaning and other household chores is that they never end. Your house is perfectly clean this morning and an absolute mess by the end of the day. If you have an infant in the house and a man as a husband, you know what I am talking about. The tragedy is that women have been inherently conditioned to prioritize these cyclical tasks over things that inspire them and that soothe their souls. I have been raised up in a similar way. I just cannot work in dirty surroundings. But, here I am. Writing this article amidst undone laundry, unfolded clothes, undone dishes and dirty floors. After struggling to write anything for the last 5 months with an infant, I have come to the golden realization; that this is the only way to do it. If I want to write, I just have to do it now. If I want to paint, that needs to be done right now. And not after I have gained a backache from the unending chores of cleaning and cooking, and lost the motivation to be creative at all.

Historically, women have been raised up to believe that the responsibility to maintain liveable conditions in the place they reside, falls on their shoulders alone. The men were supposed to be the bread-winners of the house. Hence, they went out, did work, earned money, came back and relaxed. However, the line between work and leisure was never clear for women. Their work never really started or finished on a specific time and therefore they ended up in an anxious space of pending work all the time. In the book, *The Second Sex*, Simone de Beauvoir elaborates how there are few tasks more

tedious and torturous than the housework because of its endless repetition and inability to reach completion. With the evolution of societies, these gendered roles have been altered to some extent, but the division is still skewed. Men have been contributing much more to housework in the developed countries as they were doing historically. However, there still exists a large gap. According to Forbes, women tend to do much more work than men at home even when they are doing work outside home. My point here is that this unequal division of emotional, mental and physical labour at homes tend to take a toll on especially those women who tend to work in creative fields. As creative work cannot just be done in timely slots. It needs a certain environment and ambience for the thought process to start working. As a result, women tend to end up distracted with creating these environments that are conducive for their work and emerge with little or no time for their actual work.

With this article, I would like to urge all the women to prioritize their creativity over their daily chores. While it is good to start on a crisp and clean desk, it is good to start in the first place. If that clean and tidy house is costing them the actual creative endeavours, then it is better to just start in a messy place. Focus on the end result and less on the means to that end. Do the things that are kept as rewards for the end of day and that tend to never be fulfilled. For men, I would just urge and request them to help the women in getting there. To understand the importance of little things that help in maintaining that spark of creativity. To understand, that as intellectual and social creatures, it is incumbent on them to realize the shared space as their responsibility as well.





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EDUCATION INSTITUTIONS OF PUNJAB PARTNERS WITH MICROSOFT TO HIGHLIGHT TECHNOLOGICAL ADVANCEMENTS IN EDUCATION

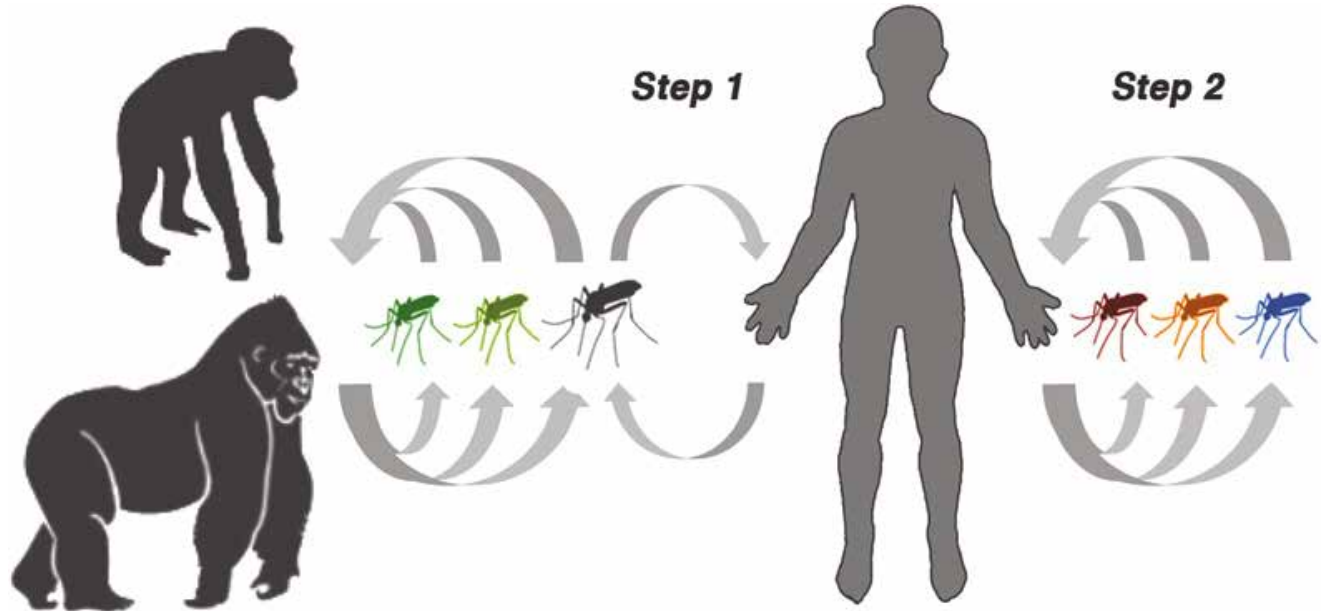
Microsoft in collaboration with the Punjab School Education Department, Punjab TEVTA and Punjab Group of Colleges hosted a seminar in Education dubbed 'Microsoft Edu Day'. The seminar brought together delegates from across the region to showcase the latest technology designed specifically for the education sector to promote immersive, inclusive and 21st century learning.

The event was graced by Provincial Minister of Punjab for School Education, Dr. Murad Raas; Chairman Punjab TEVTA, Mr. Ali Salman Siddiqui; Director Technical, Sindh Education Foundation, Ms. Shahpara Rizvi; Advisor to Education Minister Punjab; Ms. Aasiya Khurram Agha, Consultant Higher Education Commission, Mr Asif Shahid Khan; Microsoft Country General Manger, Mr. Abid Zaidi; Microsoft Country Education Lead, Mr. Jibran Jamshad & Microsoft Education Transformation Lead, Ms. Jaye Richards-Hill in addition to relevant stakeholders of the Education sector.

"Developing digital skills from primary school age has become a necessity, as youth navigate an increasingly technological world. With technology in the classrooms, learners can develop digital skills for the 21st century job market," says Provincial Minister of Punjab for School Education; Dr. Murad Raas" While it's essential that learners are upskilled, it's also important that educators are empowered and provided with adequate resources to successfully carry out lessons in the classroom."



Scientists Found how Malaria was Transferred from Gorillas to Humans



Scientists have traced the origin of one of the most deadly diseases, "Malaria". A team of scientists resurrected a 50,000-year-old gene sequence and analyzed it to figure out how the world's deadliest malaria parasite jumped from gorillas to humans - giving insight into the origins of one of human history's biggest killers.

Scientists said their work also deepens understanding of a process known as zoonosis, when a pathogen that can infect animals acquires genetic changes enabling it to infect humans, as has been the case with diseases such as flu and Ebola.

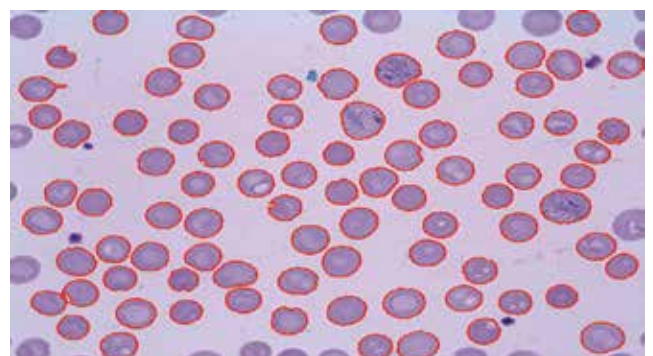
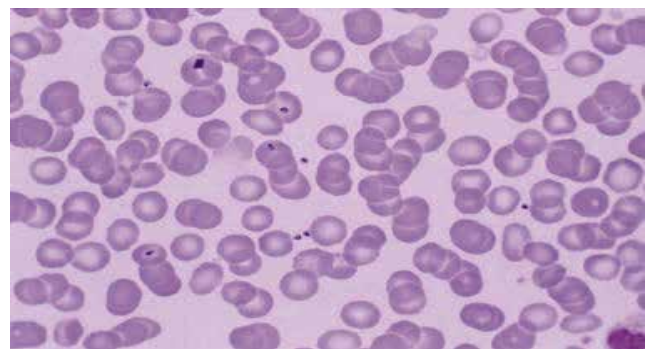
But, in the case of the most deadly form of the malaria parasite, *Plasmodium falciparum*, this analysis found that it gained its ability to infect human blood cells from a section of DNA that had transferred from a gorilla parasite. By analyzing the crucial DNA sequence, the scientists found it included a gene that produces a protein called RH5 which binds to a protein receptor in human red blood cells.

"The fact that this ancestral RH5 protein was able to bind to red blood cell receptor(s) from both humans and gorillas immediately provided a molecular explanation for how *P. falciparum* evolved to infect humans," said Francis Galaway (Wellcome Sanger Institute and France's Montpellier University).

Malaria is spread by mosquitoes and infects around 216 million people a year worldwide,

according to World Health Organization (WHO) data. The disease kills more than 400,000 people a year, the vast majority of them babies and children in the poorest parts of Africa.

Previously it has been estimated that malaria has been responsible for more human deaths than any other disease. Therefore, it is both important and interesting to understand the molecular pathways that enabled this deadly parasite to infect humans.



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