

VOL:03, ISSUE:05
JANUARY, 2020

Informal

TO RISE ABOVE THE TIDE

EDUCATIONAL MAGAZINE

PUNJAB'S INTERIOR DEPARTMENT CONDUCTS A SECURITY AUDIT OF 4,894 GOVERNMENT SCHOOLS

Cover Story | Page: 14

*"Developing Creative Thinkers
and Innovators for Tomorrow"*

Behram Shah

Director Business Development
"NGSPreschool"

Page: 18

**School Facilities
Advancing Human
Understanding**

Page: 12

**University of South Asia hosted
the 4th Convocation'19**

Page: 34

**2nd Rectors' Conference
organized by Superior University**

Page: 29



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CONTENTS

JANUARY

Editorial Note	04
Letter to Editor	05
SCIENCE FUSE	
Astronomers Find Earth Size Planet 66.5 Light Years Away	06
TELL ME WHY	
Tell Me Why Do Book Smell?	07
INVENTIONS	
Invention Story of Straw and Scotch Tape	08
RESEARCH	
Greenland is Losing Ice Seven Times Faster than in the 1990s: Scientists	10
WISE ADVICE	
School Facilities Advancing Human Understanding	12
COVER STORY	
Punjab's Interior Department Conducts a Security Audit of 4,894 Government Schools	14
INTERVIEW	
In Conversation with "Behram Shah"	18
ARTICLE	
Healthy Breakfast Makes You Energetic	20
World	21
Informal News	22
EVENTS	
BHS opened new state-of-the-art branch in Askari X	26
Jinnah Colleges Mansehra Celebrates Annual Sports Gala	27
Annual Business Conference organised by The Spirit Schools	28
2nd Rectors' Conference organized by Superior University	29
MOU signed in between Aspire Colleges and Sundas Foundation	31
Graduates Awarded with Degrees at UCP's 22nd Convocation	33
University of South Asia hosted the 4th Convocation'19	34
HEALTH	
Walking to Work Reduces the Risk of Diabetes	30





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Editorial NOTE

Student life is said to be the golden period of any individual, because student life is the most important part of human life. It is the period of pure joy and happiness, because the mind of a student is free from cares and worries of a grown-up life.

In this period, the character of man is built. So, it is called the formative period of human life. Every student should try his best to make the best use of his student life.

The primary duty of a student is to learn and to acquire knowledge. He must do all his work at the right moment and maintain punctuality and discipline. He must remember that if a student becomes successful in his student career and his character is built on a sound basic, he will be able to shine in any sphere of life and serve his society and countries.

A student should spend most of his time of this golden period in reading and learning. A good student never waste his time fixed for reading uselessly. But he must not be a book-worm being always engaged in his studies. He should also be careful about his health and spend some time daily in some sports and games. He should try to develop his body and mind at the same time.

As a student he must try to develop his intellect. He should also try to acquire some good qualities like obedience, dutifulness, respect on elders and love and sympathy for fellow man in the society. The duty of a student is to obey his parents and teachers and respect the elders of the society.

Students are the future hope of country. So every student should try to be the best citizen in all respect, so that he may serve his country as far as he can.

Farooq Ahmad Malik
(Editor-In-Chief)

JANUARY, 2020

**PUNJAB'S INTERIOR DEPARTMENT CONDUCTS
A SECURITY AUDIT OF 4,894 GOVERNMENT SCHOOLS**



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

Letter to the editor

A wonderful magazine which is based on interesting and informative 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 interesting topic selection in the form of a colourful layout. This was so refreshing that I read the entire magazine in a single go. Well done, keep it up!

Salman Muneeb (Lahore Grammar School)

I recently a good fortune 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!

Hafsa Sohail (Beaconhouse School Lahore)

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

Tauseek Zakir (University of Lahore)

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

Amina Munir (LCWU)

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

Alvina Shaheen (LCWU)

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 the "Wise Advice" section, which I read when I'm looking for some serious matter to penetrate into my soul.

Sulman Amir (Allied School)

Informal has become the voice of Pakistani students, it's the only magazine that rise the academic issues but let me make a request that; augment a political sections, through which the students would be indirectly linked with the governmental tier and would know, how the government is solving the issues of students. Thanks!

Arslan Ali (University of Lahore)

Your magazine has a good composition of interesting and informative content along with a wide range of topics. I would like to make a request to write something interlinking our education sector and the factor of Entrepreneurship As, we often hear that entrepreneurship is changing the world and it is changing the way that people use to think.

Saad Ijaz (Punjab University)

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.



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Astronomers Find Earth Size Planet 66.5 Light Years Away

Astronomers have found a new exoplanet just a little bit bigger than Earth, orbiting a red dwarf star just 66.5 light-years away. The planet is an excellent candidate, they say, to help fill our vast knowledge gap about the small, rocky planet population of our Milky Way galaxy.

Our detection ability and knowledge of exoplanets has practically exploded since the first discovery was published in 1992. Today, over 4,100 exoplanets have been confirmed in our galaxy, and we now have a much deeper understanding of planetary systems and how they form and evolve.

The Kepler exoplanet-hunting missions, and now TESS, have been increasing the number of detections of smaller exoplanets: those around the mass of Earth and Venus and therefore likely to be rocky, rather than gaseous that is one of the prerequisites for life as we know it. But, according to an international team led by astrophysicist Avi Shporer of MIT's Kavli Institute for Astrophysics and Space Research, these rocky planets are hard to measure and hard to characterise. That's because we don't often find them around stars that are bright enough to allow for detailed follow-up investigations.

That's why the discovery of this new exoplanet is significant. The team's paper has been uploaded to arXiv, and is yet to be peer reviewed, but their results are tantalising, to say the least.

GJ 1252 b is around 1.2 times the size of Earth, and around twice Earth's mass (so a bit denser than our home planet). It's orbiting a red dwarf star called GJ 1252, which is a little scrap of a thing, around 40 percent of the size and mass of the Sun.

The exoplanet whips around its star once every 12.4 hours - way too close for habitability, and probably tidally locked, where one side is always facing the star - but that tight orbit makes it attractive for another reason.





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TELL ME WHY DO BOOK SMELL?

Different people seem to like different smells when it comes to books. There are those people who like the smell of old books and there are others who like the smell of a book being opened for the first time. The aroma that emanates from books is caused by a number of chemical reactions.

Old books have a sweet smell with notes of vanilla flowers and almonds, which is caused by the breakdown of chemical compounds in the paper, while new books smell like they do because of the carious chemicals used when they are manufactured.



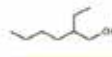


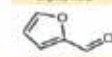



Over a period of time, the chemical breakdown of the compounds within paper produces the smell. Paper consists of cellulose and small amounts of lignin (a complex polymer of aromatic alcohols). Paper that is even finer contains less lignin than

cheaper materials, like the paper used in newspapers.

Lignin is the same chemical that makes the color of old paper yellow, as it becomes oxidized over a long period of time to break down into acids, which in turn break down to cellulose. Now, let's get to the chemistry of that remarkable smell.

The chemicals responsible for the smell of old paper are benzaldehyde, vanillin, ethyl hexanoal, toluene and ethyl benzene. These chemical reactions, which produce such volatile compounds, are called 'acid hydrolysis'. Chemical reactions spanning a considerable amount of time make these compounds produce sweet odors. Whereas, the smell of new books can be attributed to three factors: the paper itself (it smells good because of the chemicals used to manufacture it), the ink used to print the book, and the adhesives used in the process of book-binding.



OLD BOOKS		
		
TOLUENE Sweet odour	VANILLIN Vanilla-like	3-ETHYL HEXANOAL Slightly floral
		
ETHYL BENZENE Sweet odour	BENZALDEHYDE Almond-like	FURFURAL Almond-like
<p>Over time, gradual breakdown of cellulose and lignin in paper produces a large number of organic compounds. Type of paper and age of the book affect the compounds produced and their concentrations. For instance, very old books contain more lignin than modern books.</p>		
NEW BOOKS		
		
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INVENTION STORY OF STRAW

While plastic straws are a recent invention, humans have been using hollow, cylindrical tubes to bring liquid to their lips for centuries. Subsequently, drinking tubes made of metal and precious stones have been discovered in the tombs. In the 16th century, South Americans began using a special straw, the bombilla, to drink yerba mate, a tea infusion that contained so many shreds of leaves and stalks that they devised a tube of silver or bronze with a filter at the end to strain the solids. Mass-produced straws did not come to prominence until the 1800s when the rye straw was invented—the grass was bleached and cut before further rinsing and binding. The rye straw, with its tendency to disintegrate quickly and leave a residue in the drink, quickly fell out of fashion and was replaced by the paper straw, invented by American Marvin Stone. The paper straw gradually lost favor in the 1960s as more took to its plastic counterpart as plastic straws didn't tamper with the flavor of drinks and did not dissolve in liquids.



INVENTION STORY OF Scotch Tape

Scotch tape was invented in 1930 by engineer Richard Drew. Scotch tape was the world's first transparent adhesive tape. Drew also invented the first masking tape in 1925, a 2-inch-wide tan paper tape with a pressure sensitive adhesive backing. The brand name Scotch came about while Drew was testing his first masking tape to determine how much adhesive he needed to add. The body shop painter became frustrated with the sample masking tape and exclaimed, "Take this tape back to those Scotch bosses of yours and tell them to put more adhesive on it!" The name was soon applied to the entire line of 3M tapes. Scotch Brand Cellulose Tape was invented five years later. Made with a nearly invisible adhesive, the waterproof transparent tape was made from oils, resins, and rubber; and had a coated backing.



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DAY 2



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Greenland is Losing Ice Seven Times Faster than in the 1990s: Scientists

Greenland is losing ice seven times faster than in the 1990s and is tracking the Intergovernmental Panel on Climate Change's high-end climate warming scenario, which would see 40 million more people exposed to coastal flooding by 2100. A team of 96 polar scientists from 50 international organisations have produced the most complete picture of Greenland ice loss to date. The Ice Sheet Mass Balance Inter-comparison Exercise (IMBIE) Team combined 26 separate surveys to compute changes in the mass of Greenland's ice sheet between 1992 and 2018. Altogether, data from 11 different satellite missions were used, including measurements of the ice sheet's changing volume, flow and gravity.

The findings showed that Greenland has lost 3.8 trillion tonnes of ice since 1992 -- enough to push global sea levels up by 10.6 millimetres. The rate of ice loss has risen from 33 billion tonnes per year in the 1990s to 254 billion tonnes per year in the last decade -- a seven-fold increase within

three decades.

The assessment, led by Professor Andrew Shepherd at the University of Leeds and Dr Erik Ivins at NASA's Jet Propulsion Laboratory in California, was supported by the European Space Agency (ESA) and the US National Aeronautics and Space Administration (NASA).

In 2013, the Intergovernmental Panel on Climate Change (IPCC) predicted that global sea levels will rise by 60 centimetres by 2100, putting 360 million people at risk of annual coastal flooding. But this new study shows that Greenland's ice losses are rising faster than expected and are instead tracking the IPCC's high-end climate warming scenario, which predicts 7 centimetres more.

The team also used regional climate models to show that half of the ice losses were due to surface melting as air temperatures have risen. The other half has been due to increased glacier flow, triggered by rising ocean temperatures.



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School Facilities Advancing Human Understanding

Policymakers, educators, and business people are now focused on the need to ensure that students learn 21st century skills such as teamwork, collaboration, effective communication, and other skills.



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A growing body of research has found that school facilities can have a profound impact on both teacher and student outcomes. With respect to teachers, school facilities affect teacher recruitment, retention, commitment, and effort. With respect to students, school facilities affect health, behavior, engagement, learning, and growth in achievement. Thus, researchers generally conclude that without adequate facilities and resources, it is extremely difficult to serve large numbers of children with complex needs.

Besides general maintenance and construction issues, researchers have found most schools in Pakistan lack 21st century facilities in the form of infrastructure, laboratories, and instructional space. More than half do not have sufficiently flexible instructional space for effective teaching to take place.

Thus, facility quality is an important predictor of teacher retention and student learning. The physical and emotional health of students and teachers depend on the quality of the physical location, which makes establishing safe, healthy buildings essential.

Improving the quality of school facilities is an expensive undertaking. However, when the positive impacts of facility improvement on teachers and students are translated into dollar figures, the rewards of such investments far outstrip the cost of the investments. There are five primary facets of school facilities: acoustics/noise, air quality, lighting, temperature, and space. These are addressed below.

Policymakers, educators, and business people are now focused on the need to ensure that students learn 21st century skills such as teamwork, collaboration, effective communication, and other skills. As noted above, older buildings simply are not conducive to the teaching of 21st century skills. This is particularly true with the respect to reconfiguring seating arrangements to facilitate various modes of teaching and learning and the use of technology in the classroom as a mode of teaching and learning.

Integrating technology into the classroom is an effective way to connect with students of all learning styles. Using technology in the classroom gives teachers and other faculty members the opportunity to develop their student's digital citizenship skills. It's one thing to use mobile devices, it's a completely other thing to know how to use them correctly and responsibly. Technology helps students be more responsible. Owning your own device or borrowing the school's devices gives students the opportunity to improve their decision making skills as well as taking ownership of a valuable (and often times expensive) device. Again, this needs to be complemented by proper digital citizenship

training to see the best results.

From apps and e-textbooks to organizational platforms, there's no shortage of tools that can transform the classroom. Some instructors are turning toward classroom 'gamification,' the use of competitive scenarios, and the distribution of points and rewards to make the classroom more fun and engaging. The key to ensuring these methods are also effective is designing them to support the course learning objectives. Digital storytelling through gamification can make learning more exciting and sometimes relatable for students. Gamification allows for interactive lessons and can reduce passivity in the classroom.



PUNJAB'S INTERIOR DEPARTMENT CONDUCTS A SECURITY AUDIT OF 4,894 GOVERNMENT SCHOOLS

During the audit, the interior department inspected 1,025 schools in Gujranwala, 745 in Multan, 490 in Sheikhpura, 465 in Rawalpindi, 457 in Sargodha, 450 in D.G Khan, and 415 in Sahiwal, 360 in Faisalabad, 313 in Bahawalnagar and 129 in Lahore.





Schools are meant to be a safe place for children. They are an essential part of their lives and are meant to raise them to be the best version they can be. Unfortunately, there are still many issues that disrupt school security and bring parents new worries. Safety in schools needs to be given a good amount of importance, and also high-level priority. There are a lot of miscreants out there who are targeting the innocent and it needs to be controlled. A safe learning environment is essential for students of all ages. Without it they are unable to focus on learning the skills needed for a successful education and future.

Recently, the interior department of Punjab conducted a security audit of 4,894 government schools across the province. According to the audit report, hardly any public school has robust security measures in place which puts them at significant risk.

The interior department has brought the violation of the standard operating procedures (SOPs) by the government schools under the notice of education and police departments, and commissioners of ten districts.

During the audit, the interior department inspected 1,025 schools in Gujranwala, 745 in Multan, 490 in Sheikhpura, 465 in Rawalpindi, 457 in Sargodha, 450 in D.G Khan, and 415 in Sahiwal, 360 in Faisalabad, 313 in Bahawalnagar

and 129 in Lahore.

Of the 4,894 schools inspected in ten districts, 1,069 are without boundary walls and 254 have no CCTV cameras while 4,210 schools have no walkthrough gates. Security guards of nearly 40 schools are carrying non-functional firearms while guards of 12 schools have no metal detectors.

Moreover, 4,827 schools have no scanners while security guards at 854 schools let visitors go inside school premises without physical search whereas 263 schools fail to maintain a record of visitors. 1,626 schools have no bunkers at the entry/exit points.

Not a single school has a central control room to keep an eye on the situation. None of the schools have installed panic buttons or emergency alarms in case of an emergency. The interior department has recommended that all public schools should implement security measures laid down in the SOPs.

In response to the audit report, the Education department complained about inadequate funds to enforce security measures in accordance with the SOPs. The education department has demanded that the government should release sufficient funds to ensure security on campuses so that students can pursue their education without any fear.

Students and teachers have the right to feel safe and secure with the peace of mind that should a



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The education department has demanded that the government should release sufficient funds to ensure security on campuses so that students can pursue their education without any fear.

situation arise they have the right security measures and procedures in place to keep themselves and those around them safe. Parents too should feel reassured with the knowledge that when their child attends school, they will be safe in the care of the teachers and the security of the building.

Schools in Pakistan should take strict security measures in order to provide safe and secure environment to the students and teachers. There are some simple security measures to improve the security of a school: One central entrance is best, but all entrances must be monitored. If this is not possible, classrooms should have locks, ideally with a sturdy center mullion. Door handles and push bars should be flush with the door to prevent them from being tied together to hinder

law enforcement or emergency exit. Controlling who enters and leaves the building is imperative, but managing parking lot areas should also be explored. Policies should be written and enforced. Video intercoms can enable schools to determine the identity of visitors prior to allowing them into the secure area and can help administrators avoid face-to-face contact with an individual who might have ill intentions. Be especially alert to what is going on during arrival and dismissal times, when security must be lowered due to the volume of students and staff moving through the school. The right security plan should grow with the school. As students mature and the needs of the district change, the right security plan should be flexible to address these needs and to integrate new technology as it becomes available.





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In Conversation with
Behram Shah
 Director Business Development
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Q. Tell us about yourself and give an account of your journey at NGS?

Ans. My academic journey began at NGS Preschool for my early education years, and then I continued on to Aitchison College, Lahore. I completed my undergraduate degree from University of Manchester, UK in Economics and Business Studies. Returning back to Pakistan in 2013, I joined my family business, NGS Education. I will continue to dedicate myself to the education sector.

Q. Tell our readers about the culture of NGS?

Ans. NGS strives daily to uphold its motto: education transcending the classroom. Our commitment to excellence is primarily based on building and shaping the nation's future.

Q. What is the student strength of your school?

Ans. Our student strength is 1000+ students across the campuses and growing every day.

Q. Which curriculum do you use or follow?

Ans. We follow Cambridge Assessment International Education (CAIE). Cambridge Assessment International Education prepares school students for life, helping them develop an informed curiosity and a lasting passion for learning.



At NGS, parents are our partners and collaborators in providing students with the best quality education at school and beyond.

Q. How significant is the structured and unstructured teaching methodology in our education system?

Ans. Structured teaching is paramount in building the framework of a student's creativity and intelligence. At NGS, we believe in guided independent learning and exploration for the enhancement of critical thinking. We have worked tirelessly in building a strong STEM research department to give our students the right tools to ask the right questions.

Q. Do teachers have opportunities for professional development in Pakistan?

Ans. Yes, indeed. NGS has been at the centre of teacher training in Lahore since its inception. We are proud to boast of a teacher-training centre, headed by Dr. Sahar Qadir, who holds a PhD in Education Management from University of Cambridge, UK. The department primarily focuses on implementation of new types of learning in the classroom and beyond. Furthermore, NGS also works closely with British Council and Cambridge Examination board for annual training workshops and seminars.

Q. Do you think students have opportunities to make their future here in Pakistan?

Ans. Absolutely, Pakistan is thriving with opportunity and resources for a budding professional. Our higher education department, universities and research centers all over the country are spearheading fantastic projects and collaborating with international partners to provide our youth with the best of local and international education and experience.

Q. As an educationist can you tell us about the problems you face from the side of the parents?

Ans. At NGS, parents are our partners and collaborators in providing students with the best quality

education at school and at home. We believe in working closely with them on a daily basis, whether face-to-face or online, to resolve arising issues and queries.

Q. What is the future of NGS as an organisation?

Ans. We are exponentially focusing on quality expansion inside and outside of Lahore. Specifically, we are proud to announce our services in south of Punjab with the opening of two new state-of-the-art and purpose built campuses in Sadiqabad and Bahawalpur. Additionally, we are also working in building a dynamic career-counseling department under the guidance and expertise of Mr Ryan Young, University of Cambridge.

Q. Any message for our young readers?

Ans. I encourage Informal readers to work and collaborate together to learn from each other and utilise one's educational journey for the greater good and service of humanity for the burgeoning success of a community.





State-of-the-art Technology

We are engaged in collaborative work with our Employees to deliver high quality products for our Valuable Customers. We do believe in constant endeavors for the acquisition of knowledge and excellence in developing human skills, product innovations and state-of-the-art technologies in order to meet current & future requirements.



Chaudhary Zulfiqar
 Chairman S.M Foods

Chairman's Message

S.M Foods Limited is Pakistan standard certified company that has been fulfilling customer's needs for more than two decade. We are engaged in multiple segments i.e. Confectionery, Bakery, cakes, snacks & Pasta. S.M has introduced brands and products that have built strong market share in local as well as international markets, by offering its customers good value for money. Our unrivalled portfolio of brands has been meeting consumer needs for more than two decades.

The heart of the Company is in the Happiness of our Consumers.



Gibs proudly claims quality at affordable price

Our Goal

At S.M Foods Limited, our goal is simple: to bake the best products ever made. By using quality ingredients in every freshly baked treat, and offering excellent customer service, we guarantee products that are not only delicious but also nutritious.

Quality Ingredients

All of our Biscuits and products begin with carefully tested recipes, highly controlled production and the finest ingredients. Each of our premium treats is tested and baked fresh daily in facility.

Quality and Convenience

From our signature biscuits to our deliciously rich in taste products, S.M Foods Limited takes the element of taste and quality to a next level. The end results are the finest fresh-baked products right in

your neighborhood - perfect for every occasion and celebration.

Our Vision

To be a market leader in Bakery, Confectionery & Pasta brands in Pakistan and all over the world with focus on quality and positive contribution to the national economic growth and development.

Our Mission

To serve the generations nationally and around the globe by focusing on values and maximize customer's satisfaction. Our mission is to continuously endeavor to deliver

consistent quality of product to our consumers and we proudly claim, "Safe products with best hygienic quality at affordable price".

S.M Foods Limited is dedicated to graciously serving our community exceptionally delicious biscuits made with love, care and superior ingredients.

Our cookies are the perfect afternoon snack, and are one of the favorite things to munch on by the youth of Pakistan.

For a Good Life, Have a Good Bite.

CSR

- SM Foods is committed to provide excellent service while acting in environment friendly way.
- SM Foods has always generously donated during floods & calamities.
- SM Foods is committed to develop strong communities by providing financial support to educational institutes and health sector for well-being of masses.
- SM Foods is committed to actively participate in social welfare projects.





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Education overseas offers “insurance” as protests continue in Hong Kong

Hong Kong was confirmed as being in a recession in November and, as the protests that have swept the city continue, local education agencies have indicated an increase in the number of students making inquiries about studying abroad next year. “Education is a way of getting citizenship abroad, which people see as insurance if things get worse,” one agent, who asked to remain anonymous due to working in both Hong Kong and on the mainland. And there has been a huge increase in Hong Kongers taking IELTS tests with the British Council, a test used for entry into English language higher education courses.



Ghanaian students have the highest rate of visa denial to study in UK



Prospective students from Ghana applying for Tier 4 visas to study in the UK have seen a higher ratio of visa denials compared with other countries across sub-Saharan Africa, government statistics have revealed. Between Q1 and Q3 2019, 84% of Tier 4 visas for Ghanaians were granted, compared to 92% for Nigerian applicants. And for the remaining countries with the most applications, figures were considerably higher than Ghana. Mauritius (99.5%), Kenya (97%) and South Africa (95%) all had higher ratios of acceptance rates for Tier 4 visas, statistics showed.

‘Happiness-driven’ student housing project launched

A new purpose-built student accommodation project in London is hoping to raise the standard of student wellbeing, aiming to become the UK capital's hub for happy students. With international students making up 92% of residents, the Project at Hoxton in London has added an inclusive design and events program to “combat loneliness and encourage connection”. The Project provides 273 bedrooms consisting of studios, ‘twodios’ and shared apartments. “A lot of the international students have not experienced such a focus on wellbeing before and therefore find this very beneficial when they come to us.”



New type of 'Quantum Camouflage' hides heat signatures from infrared vision



A unique material that appears to decouple an object's temperature from the amount of thermal radiation it produces could provide a new way of hiding from infrared cameras. Thermal radiation is emitted by basically everything with a temperature above absolute zero, and the hotter things get, generally speaking, the brighter they glow in wavelengths of light. However, a new discovery presents a surprising exception to these enduring principles of physics, thanks to the strange properties of a quantum material called samarium nickel oxide.

China likely to turn on its 'Artificial Sun' fusion reactor soon

In March, Chinese researchers predicted that the nation's HL-2M tokamak - a device designed to replicate nuclear fusion, the same reaction that powers the Sun would be built before the end of 2019. No word yet on whether that's still the case, but in November, Duan Xuru, one of the scientists working on the "artificial sun," did provide an update, saying that construction was going smoothly and that the device should be operational in 2020 - a milestone that experts now tell Newsweek could finally make nuclear fusion a viable energy option on Earth.



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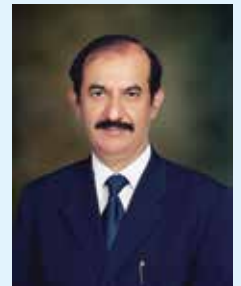
Islamia University Bahawalpur and IBA to Collaborate for Promoting Entrepreneurship

Vice Chancellor, Islamia University Bahawalpur, Engr. Prof. Dr. Athar Mahboob visited Aman Center for Entrepreneurial Development (CED), IBA Karachi. According to the spokesman of IUB Shahzad Ahmad, the purpose of his visit was to enter into a partnership with IBA CED and work together to promote entrepreneurship in Bahawalpur and vicinity. Dr. Shahid Qureshi, Program Director IBA CED briefed him about the indigenous model of CED and its various programs of entrepreneurship. The Vice Chancellor also had a meeting with Dr. Huma Baqai, Acting Executive Director IBA Karachi. Both the institutions will devise action plan to schedule faculty development for entrepreneurship teaching and launching incubation center.



Vice Chancellor visits Academic Departments of Sindh University

Vice Chancellor University of Sindh, Jamshoro, Prof. Dr. Fateh Muhammad Burfat visited different academic departments of the varsity. The academic heads as well as senior and junior faculty briefed the VC about the performance of their respective departments, the university spokesman informed and added that the vice chancellor walked into the classrooms, mingled with the students and asked them questions regarding their syllabus, attendance and academic work. The visit was meant as a monitoring move to ascertain preparedness of all things essential for teaching- learning process and attendance of students and teachers in the interest of smooth conduct of classes, the spokesman added.



Universities must be Connected with Communities: VC University of Okara



Universities are an integral part of the institutional system of a society and they can trigger a social change by interacting and connecting with the communities they serve. Vice Chancellor University of Okara Prof. Dr. Muhammad Zakria Zakar said this while talking to representatives of the local community. He argued that historically universities had been leading the institutions to connect society with knowledge and innovation. All academic departments of a university must be deeply connected with their corresponding social institutions. "The scientific community at a university must interact with local stakeholder to constantly enrich their knowledge and connect their activities with global best practices," he said.

HEC Approves Reserve Seats at Medical Colleges for Balochistan and FATA



Senate's Functional Committee on Problems of Less Developed Areas was told by Secretary Pakistan Medical Commission that 4 seats in all public medical and dental colleges have been approved and notified over and above the existing quota for the students of Balochistan and FATA. 29 seats were already available and 236 seats (4 in each of the 59 colleges) have been added on the recommendation of the committee. The committee appreciated the swift action taken by the Pakistan Medical Commission for better opportunities for students of less developed areas.

Applicants Reject CSS 2020 Date Sheet for Being Unfair

While the candidates are busy preparing for exams, a hectic schedule has irked the Central Superior Services (CSS) applicants, who believe that the Federal Public Service Commission, the body for organizing the tests, has put them in a disadvantageous position. According to the date sheet, the exams will begin on 12th February and will continue up to 20th February with no breaks in between for candidates to revise the courses. The candidates believe that instead of accommodating the candidates, the testing body has drafted an unfair schedule. Earlier, the federal cabinet had rejected the proposal for a screening test, saying that it would be unjust for students from backward areas.



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Allama Iqbal Open University focuses on Higher Education in Agriculture Sector

Allama Iqbal Open University (AIU) announced starting admission of MSC (Hons) in Live Stock Management, Agriculture Extension and Rural Development from January 15. The University management hoped that interested people will avail the opportunity to upgrade their academic-level in such subjects, which have special significance for the country, that comprises around 70 percent of rural areas. According to Director Admission, the AIU will prefer launching those academics programs that enable the people to generate employment opportunity and take part in the country's socio-economic development. Vice Chancellor Professor Dr. Zia-Ul-Qayyum has advised the University's 51 regional offices across the country to help the aspiring students in the admission process.



Sindh University organizes Awareness Seminar on "Education Opportunities in Canada"

The Bureau of Students Tutorial Guidance/Counseling Services and Co-curricular Activities (STAGS) in collaboration with Sindh Cultural and Literary Association Canada organized daylong awareness seminar on "Higher education Opportunities in Canada" at Shaikh Ayaz Auditorium of the Faculty of Arts. The Vice Chancellor Prof. Dr. Fateh Muhammad Burfat presided over the event while Mubashir Mullick was the Keynote Speaker on the occasion. Dr. Burfat in his presidential remarks said that such events served as catalysts to the varsity youth who possessed enormous potential and talent but lacked the requisite awareness to widen their academic and professional outreach.



CPHGC to Construct School in Gaddani, Lasbella



China Power Hub Generation Company (Pvt.) Ltd and The Citizens Foundation (TCF) signed an agreement to construct a school in the Gaddani, Lasbella. Being constructed at a cost of PKR 30 million, the school will accommodate 180 children and will be a source of education for the less privileged segment of our society. Construction of the school building has commenced and the first class will be inducted in April 2020. CPHGC has so far spent PKR 124 million on various sustainable CSR initiatives since 2016. The CPHGC-TCF School in Gaddani will be the first TCF school to be financed by a CPEC project. This is the 2nd collaboration between CPHGC and TCF.

Omani Minister Visits International Islamic University Islamabad



Omani Minister Abdullah bin Mohammed visited the International Islamic University Islamabad. On this visit he expressed that educational institution poses a pivotal role in unity of Muslim world. Omani Minister's reception was also attended by the Ambassador of Oman, Federal Minister for Religious Affairs and Interfaith Harmony Noor ul Haq Qadri, IIUI Rector Dr. Masoom Yasinzai, IIUI President Dr. Ahmed Yousif Al-Draiwesh and other important personalities. Speaking on the occasion, Sheikh Abdullah bin Mohammed bin Abdullah Al Salmi said the cooperation between Pakistani and Omani educational institution on religion was need of the hour. He also appreciated the services of IIUI, and thanked IIUI leadership for a warm welcome at university.

National University of Science and Technology organizes a Seminar on Kashmir Issue

In order to highlight the issue of IOK (Indian Occupied Kashmir) the NUST (National University of Science and Technology) organized a special seminar. This seminar was aimed at bringing forth some of the key aspects of Kashmir issue and the trajectory that it may witness in the future. In his opening statement, the Pro-Rector, Major Gen. Jahangir Khan (Retd), emphasized that this year's commemoration of Kashmiris' absolute right to self-determination highlighted the terrible fact that India's oppression of Kashmiris had increased manifold in the wake of the inhuman lockdown and blockade of millions of Kashmiris that followed India's dastardly revocation of Article 370 of its own constitution.



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 native.edu.pk



By: Ch. Salahuddin

Healthy Breakfast Makes You Energetic

It is important to make children consume healthy and digestible diet for e.g. fruits, raw vegetables like carrot & cucumber, milk, yoghurt, butter, egg, and honey. If children are given the same breakfast every day, they will get bored. Hence, change should be introduced periodically.

According to the latest research, if you want to reduce your weight you must consume heavy breakfast. Medical experts and scientist say that a heavy breakfast reduces cholesterol. Those people that consume heavy breakfast actually consume half of their daily meal. Their weight loss is more aggressive as compared to those who consume light breakfast. According to a research, breakfast does not let fats rise on the human body. On the other hand you should choose a large part of your breakfast consisting of protein and carbohydrates. With this you would not feel the urge to consume sweet and fried foods; whereas energy remains in your body for the whole day. This research is based on the breakfast eating habit of more than 100 individuals.

Some people cannot consume breakfast when they get up early in the morning. Such people take a cup of tea to reduce their tiredness. Most of the people are unaware that the breakfast is very healthy while tea consuming instead of breakfast is very harmful. Consuming tea on an empty stomach increases the acidity in the stomach and for the whole day one feels dizzy.

Energy maintained throughout the day: Porridge, milk and a small chapatti daily not only maintains energy, but also develops body. Because milk and porridge can give more than 20% calcium, this plays

an important role in relieving pain in joints and bones. Suitable breakfast early morning would reduce fatigue and energy levels shall be maintained even after working the whole day.

Breakfast is the problem of every household:

Breakfast is the problem of not few households but is a problem of every house. Especially to make children eat breakfast is a difficult situation. Most of the children tend to skip breakfast, because they do not know that it is better for their health. Parents forcefully make their children consume breakfast, this makes them unhealthy. Most of the parents tend to consult the doctors in this regard.

It is important to make children consume the healthy and easily digestible diet for e.g. fruits, uncooked vegetables like carrot & cucumber, milk, yoghurt, butter, egg, and honey.

Fibrous foods and our breakfast:

Fibrous food can change our lifestyle. We can get fiber from juice, fruits and vegetables. It must be noted that the consumption of fibers is also very important for a healthy body. An adult man and woman must consume 40g of fiber every day. The differentiation of fibrous foods is that it does not require much chewing.

Breakfast like a king is due to the fact that one has to start his day and has to work the whole day long. Dietitian say that if one starts consuming half amount of fibers than the normal requirement, the results will be astonishing. It addresses constipation, which itself is a cause of many ills. Eating disproportionately will not make you healthy, it will cause many problems.



BHS opened new state-of-the-art branch in Askari X

Bloomfield Hall offers modern systems and technologies in education and also provides an environment which is liberal and progressive to encourage critical enquiry among its pupils. It strongly advocates to its students to be happy, have a good self-image, be good citizens and set the foundations needed for adult life. Keeping in view with its traditions, BHS opened a new state-of-the-art purpose built branch in Askari X this fall, and is earnestly conducting educational yet fun-filled activities for its students. One of these included Colour Week during which the students participated in various activities. It gave the students a chance to acknowledge and appreciate the beauty of the numerous colours that surround us - A wonderful and joyous week indeed.



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Jinnah Colleges Mansehra Celebrates Annual Sports Gala

The much awaited annual sports gala was celebrated with a great zeal and excitement by Jinnah Colleges Mansehra. The annual sports gala started with a very special opening ceremony in which all four houses performed in an outstanding manner. Worthy director Mr. Fayyaz Ahmed took the oath and the fun filled events started. The houses competed in various games such as 50 meter race, musical chair, Tug of War, Badminton, table tennis, soccer etc. The students were agile and swift; the air was filled with cheering and grand encouragement for the young Pakhlians. It was a pleasant sight to see children applauding and encouraging their friends.

The annual sports gala ended with the prize distribution ceremony in which the winner of various games were awarded with gold, silver, and bronze medals. The Quaid house grabbed the winners' trophy, while the Iqbal house was declared the as runner up.



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Annual Business Conference organised by The Spirit Schools

The Spirit Schools organised its annual business conference 2019 in order to mark the excellence of the association and to acknowledge the efforts of principals and school/franchise owners. All the principals and franchise owners were present during the occasion. The conference was divided into four segments: presentation on Academics Planning for the next 3 years, review on last 5 years performance of The Spirit Schools, significance of Web Portal & Mobile App, and awards ceremony of franchise associates & principals.



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2nd Rectors' Conference organized by Superior University

Superior University organized 2nd Rectors' Conference 2019, themed 'Transforming Higher-Education Institutes to produce 21st Century Graduates.' The objective of this conference was to on-board change-driven individuals including educationists, industrialists and government representatives to analyze the alignment of academic vision of educational institutes with the vision of HEC and devise a plan to enhance the quality of graduates nation-wide.

The conference was attended by Chaudhary Muhammad Sarwar (Governor Punjab), Dr. Sumaira Rehman (Rector Superior University), Ms. Catherine Rodriguez (Consul General, USA), and other distinguished guests.



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WALKING TO WORK REDUCES THE RISK OF DIABETES

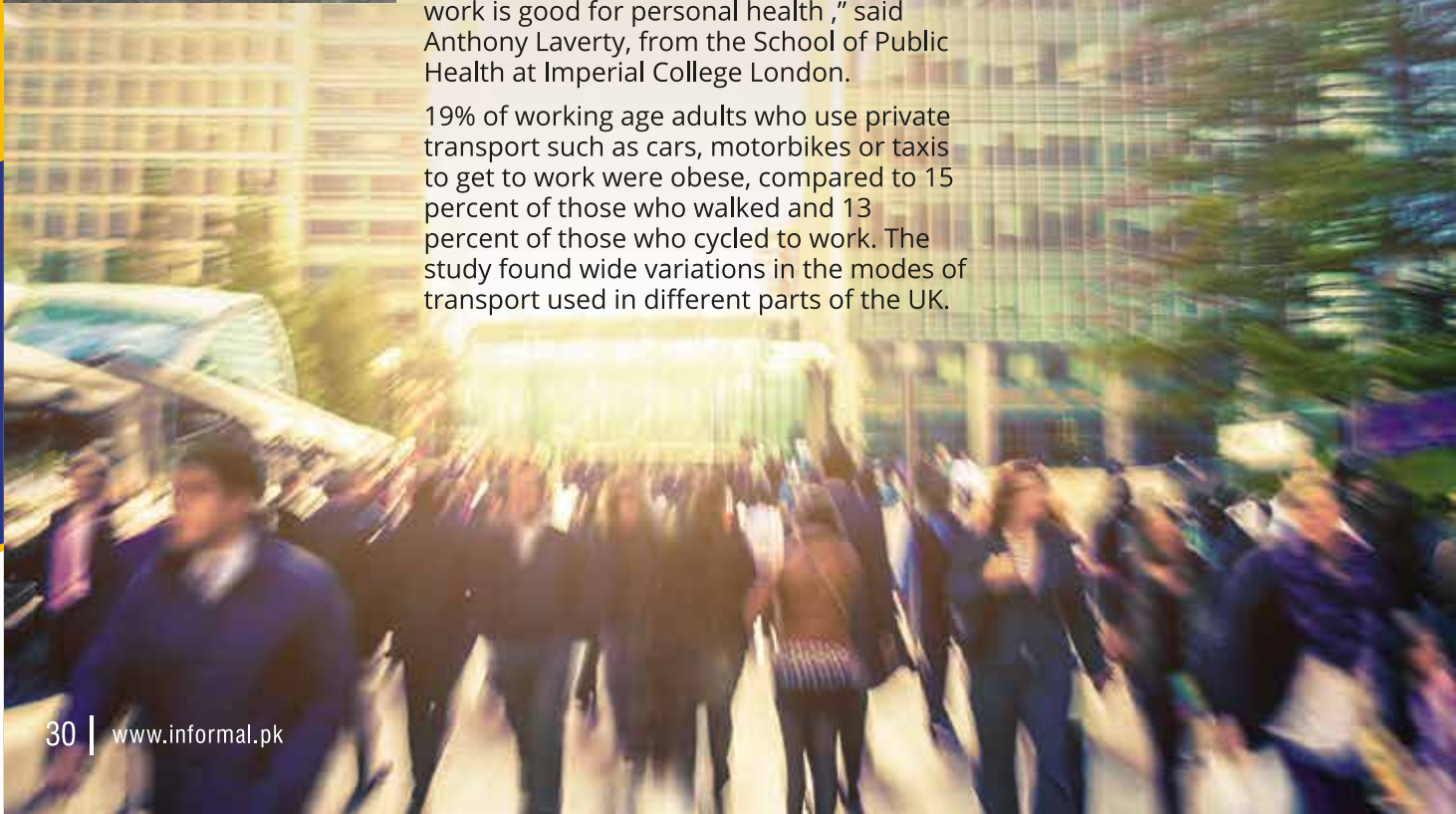


People who walk to work are around 40% less likely to have diabetes as those who drive, according to a new study. Researchers at Imperial College London and University College London examined how various health indicators related to people get to work, using data from a survey of 20,000 people across the UK. They found that cycling, walking, and using public transport were all associated with lower risk of being overweight than driving or taking a taxi.

People who walk to work were also 17 percent less likely than people who drive to have high blood pressure. Cyclists were around half as likely to have diabetes as drivers. High blood pressure, diabetes, and being overweight are all major risk factors for heart and circulatory disease, the UK's biggest killer.

The researchers said people could reduce their risks of serious health problems such as heart attacks by avoiding using a car. "This study highlights that building physical activity into the daily routine by walking, cycling or using public transport to get to work is good for personal health," said Anthony Laverty, from the School of Public Health at Imperial College London.

19% of working age adults who use private transport such as cars, motorbikes or taxis to get to work were obese, compared to 15 percent of those who walked and 13 percent of those who cycled to work. The study found wide variations in the modes of transport used in different parts of the UK.



MOU signed in between Aspire Colleges and Sundas Foundation

Aspire Educational & Media Group has fulfilled its Corporate Social Responsibility by signing a MoU with Sundas Foundation. The respectable Governor of Punjab Chaudhry Muhammad Sarwar was chief guest of the MoU signing ceremony.

Media personality Mr. Sohail Warraich also honoured the ceremony with his presences.

Sundas Foundation is the pioneer in voluntary healthy blood transfusion service in Gujranwala division. The center was set up in 1998 with the aim of supporting the poor sufferers of Thalassaemia, Haemophelia and Lukemia, mainly children. It started working on this important issue and found blood donors as well as philanthropists so that this work could continue on a bigger scale. Today, it is one of the biggest centers in Gujranwala providing healthy blood through its blood bank. The Gujranwala center also has a state-of-art laboratory to make sure that the blood is properly and safely screened before it is transfused. A team of competent doctors and ambulance service is available 24 hours a day.



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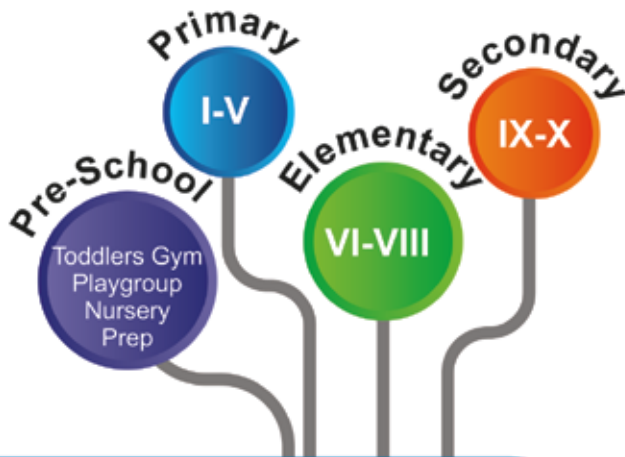
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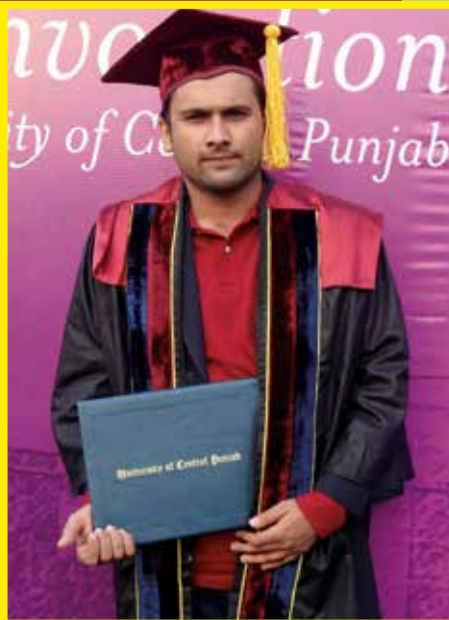
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Graduates Awarded with Degrees at UCP's 22nd Convocation

The 22nd Convocation of the University of Central Punjab was held at Expo Centre, Lahore in a graceful ceremony. Punjab Governor Ch Mohammad Sarwar graced the occasion with his presence as chief guest.

Salman Akbar Raja, renowned advocate, Supreme Court of Pakistan was present as guest of honour. 1,600 young graduates received their degrees. Fatima Tuz Zahra, received Roll of Honour and Yumna Fatima was the winner of Entrepreneurship Award, introduced this year to encourage entrepreneurship among students. Abdul Saboor received a gold medal for his highest CGPA (1st position) in BS Media and Communication Studies, while Tahreem Ansar received a silver medal by attaining 2nd position from the same department. A total of 98 position holders were awarded with gold, silver and bronze medals.

Earlier, in his welcome address, Dr. Mansoor Ahmad, Pro Rector UCP pointed out that UCP has published 271 Impact Factor Research Papers having a total impact of 546 in the last two years which signifies that the University is paying its due share in creation and enhancement of knowledge.





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EVENT

University of South Asia hosted the 4th Convocation'19

University of South Asia - Center for Innovation and Entrepreneurship DHA Campus, hosted University of South Asia's 4th Convocation'19. Honorable chief guest Ch. Pervaiz Elahi- speaker Punjab Assembly along with Chairman University of South Asia- Mr. Mahmood Sadiq, took the opportunity and inaugurated the center for innovation and entrepreneurship. Dr Fazal Khalid-Chairman PHEC, Raja Basharat- Minister of law Punjab, and Mr. Kamal Ali Agha- Senator were amongst the guest of honours. Esteemed members of the board of University of South Asia also attended the convocation which included Mian Imran Masood (Vice Chancellor), Dr. Muhammad Akram Chaudhry (Pro-Vice Chancellor), Ms. Hina Sadiq (Vice Chairperson), Mrs. Uzma Mahmood Sadiq (Member BOG), Dr. Shafqat Ali Baig (Vice Chairman) and Mr. Nauman Sadiq (Managing Director).

Chairman Mahmood Sadiq enlightened the audience with the concept inaugurated of Center for Innovation and Entrepreneurship. He addressed the need of job creation in Pakistan and how USA-CIE is committed to employ 1 million people of Pakistan through launching 200+ projects. In his address, he emphasized on the role of private sector in generating employment for the generations to come so that Pakistan's economy can progress in the coming years. He further mentioned to commit to make Center for innovation, Pakistan's first economic engine by creating one million jobs for the citizens of Pakistan. He envisions employing the citizens of Pakistan in several projects of various fields such as agriculture, manufacturing, retail, and education in 2020 which will eventually give a holistic boost to the economy. Around one thousand students attended the convocation where many medals were awarded to the extra ordinary students.



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Customized Website	Yes	Yes	Yes	
Personalized Customer Service	Yes	Yes	Yes	
Photo Bank Size	1GB	3GB	5GB	
Sub-accounts	5	5	5	
Biz Trends - My Performance	Yes	Yes	Yes	
Biz Trends - Industry Analysis	Yes	Yes	Yes	

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